

904WARD

Duval County: Race in Retrospect

Part 3 – Health



904WARD

This report is the third in an eight-part series looking back on decades of disparities in our community and the progress we have collectively made to-date. These “Race in Retrospect” reports draw on research commissioned by The Community Foundation for Northeast Florida in 2020. It builds on earlier work done as part of Project Breakthrough: Changing the Story of Race in Jacksonville, an effort led by The Community Foundation, One Jax, the Jacksonville Human Rights Commission, and the Aspen Institute Roundtable on Community Change beginning in 2006. The reports synthesize data from nine community studies on racial equity and race relations going back to the 1940s and continuing through the 2000s, as well as the collective recommendations from those reports. We then take a look at how our community has, and has not, made progress on these recommendations, and highlight efforts underway to push toward a more equitable community where all people can thrive.

Health

In this segment of “Race in Retrospect” we take a closer look at health outcomes. As in many of the other focus areas addressed in these reports, disparate outcomes in health have been exacerbated by COVID-19. Because data is most often lagged, we can only imagine how communities, especially communities of color, have truly been impacted by this disease and how they will be impacted in the years to come.

For as much as we can, given the added devastation of COVID-19, we want to define success as having the ability to live long, healthy lives, with equitable access to care as necessary to prevent, treat and manage ailments. Do communities of color have the opportunity to live as long and healthy lives as White communities?

HEALTH RECOMMENDATIONS

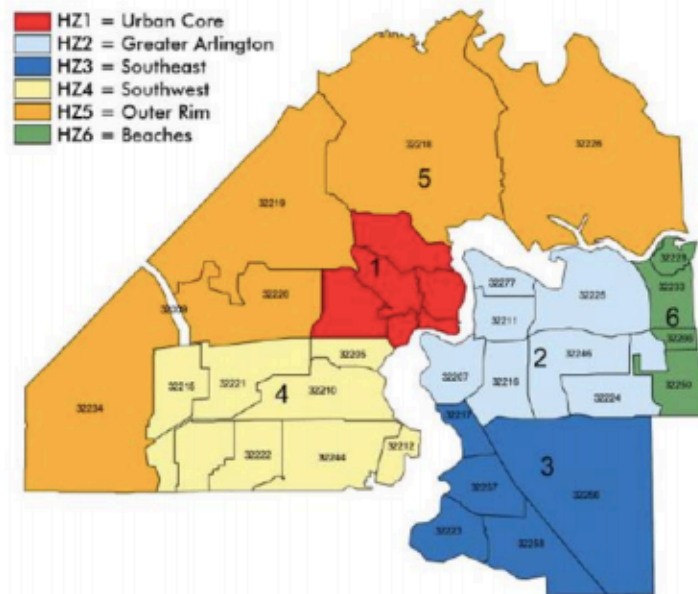
Most of the seven recommendations on Health focused on convening and educating groups and individuals about health needs and health disparities. Infant mortality, however, was a concern mentioned in multiple recommendations.

1. Encourage Communities in Charge Jacksonville to continue its leadership role in convening public and private health institutions to ensure adequate medical care for all and to decrease the disproportionate racial gap in medical coverage.
2. Convene an annual health summit to provide comprehensive health screenings and education targeted to the Black community.
3. Encourage fully-stocked grocery stores to locate in zip codes and neighborhoods with high infant mortality rates through tax and other incentive packages.
4. Bring together organizations in Jacksonville whose primary mission focuses on race relations to discuss the impact of racism and racial disparities on infant mortality.
5. Coordinate community viewing of the documentary series, *Unnatural Causes*, to open discussions throughout Jacksonville’s CPAC areas and neighborhoods on the implications of inequities in health and infant mortality.
6. Expand educational materials and programs of the JHRC Study circles to focus on the disproportionate rate of infant mortality and its root causes based in racism and socio-economic inequities.

7. Work with area health-care associations and institutions to ensure that members are educated on current racial disparities in health-care outcomes and treatment and to train medical professionals in best practices to improve health-care delivery for all people.

DUVAL COUNTY

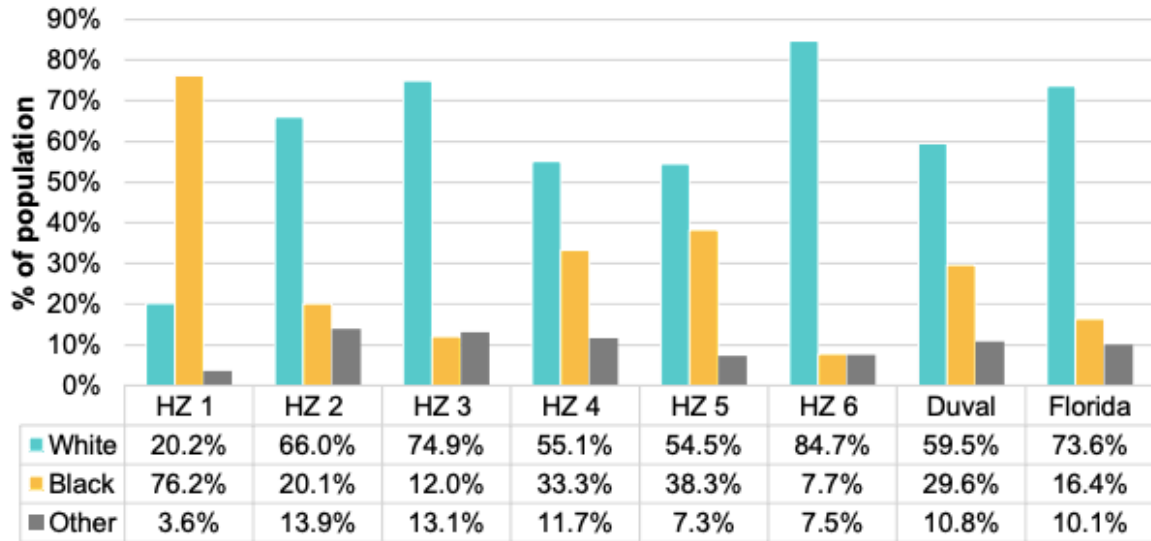
Duval County is a consolidated city-county government in Northeast Florida that includes the cities of Jacksonville, Baldwin, Jacksonville Beach, Neptune Beach, and Atlantic Beach with over 800 square miles of urban, suburban, and pockets of rural areas. The county is divided into six health zones (HZ) based on mutually exclusive ZIP codes tied to county organization and demographics. These HZs include the urban core (HZ1), the greater Arlington area (HZ2), the southeast (HZ3), the southwest (HZ4), the outer rim (HZ5), and the beaches (HZ6). Population demographics and health indicators are analyzed by HZs in order to make strategic decisions regarding resources and services.¹



Duval County is approximately 60% White, 30% Black, and 11% other races. Duval County has a larger percentage of Black residents as compared to the state (16%), but there is a smaller Hispanic/Latinx population in Duval County (9%) than Florida (25%). The HZs in Duval County vary greatly in their racial and ethnic composure. Over 76% of the residents in HZ1 are Black while only 12% of the residents in HZ3 are Black. While Hispanic/Latinx residents are dispersed throughout Duval County, HZ2 has the highest percentage of Hispanic/Latinx residents at 12%.

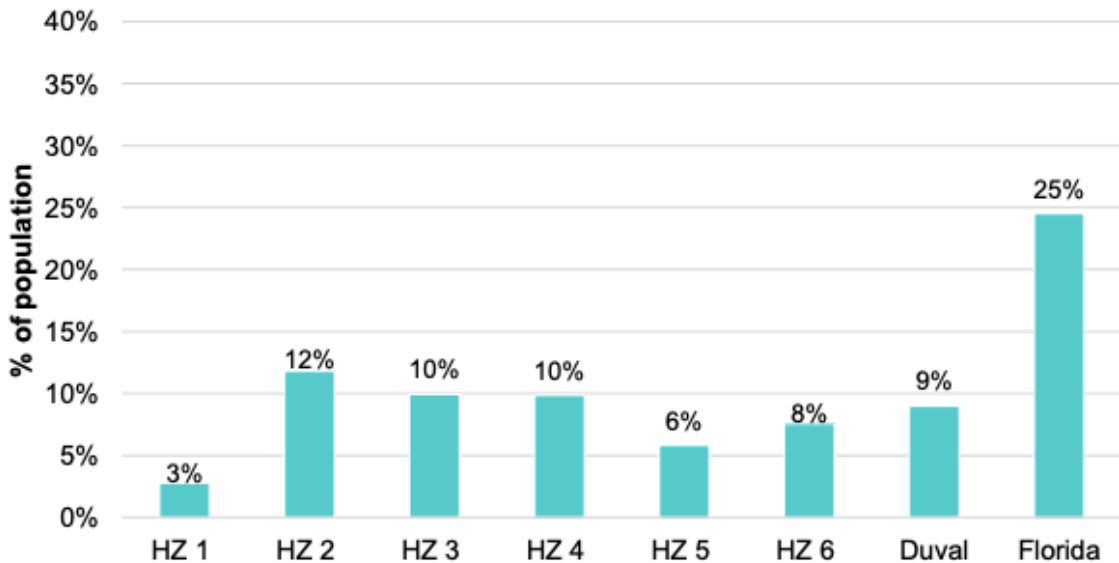
¹ http://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/duval-county/_documents/Duval_CHA.pdf

Population by Race and Location, 2016



Source: www.northeastfloridacounts.com

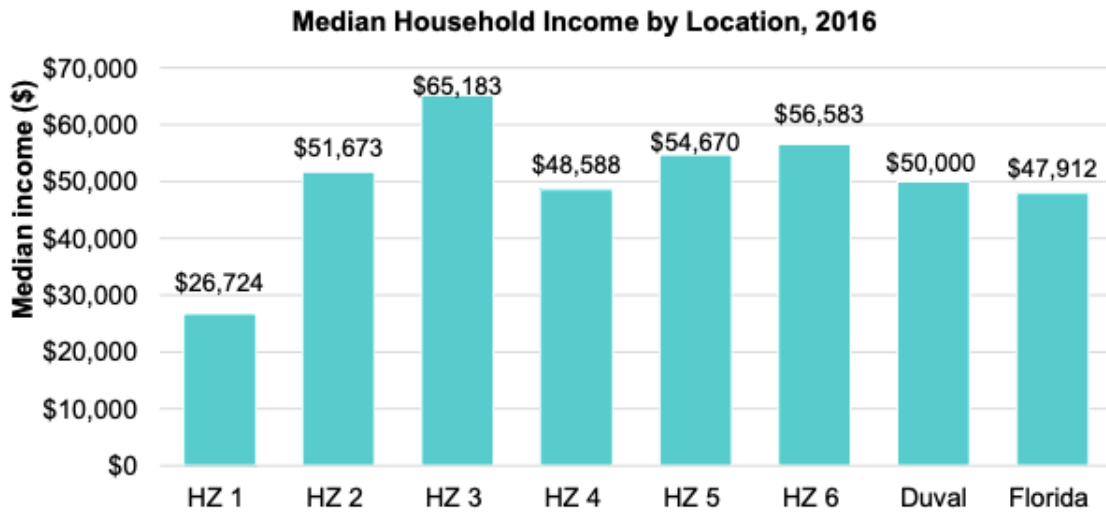
Hispanic Population by Location, 2016



Source: www.northeastfloridacounts.com

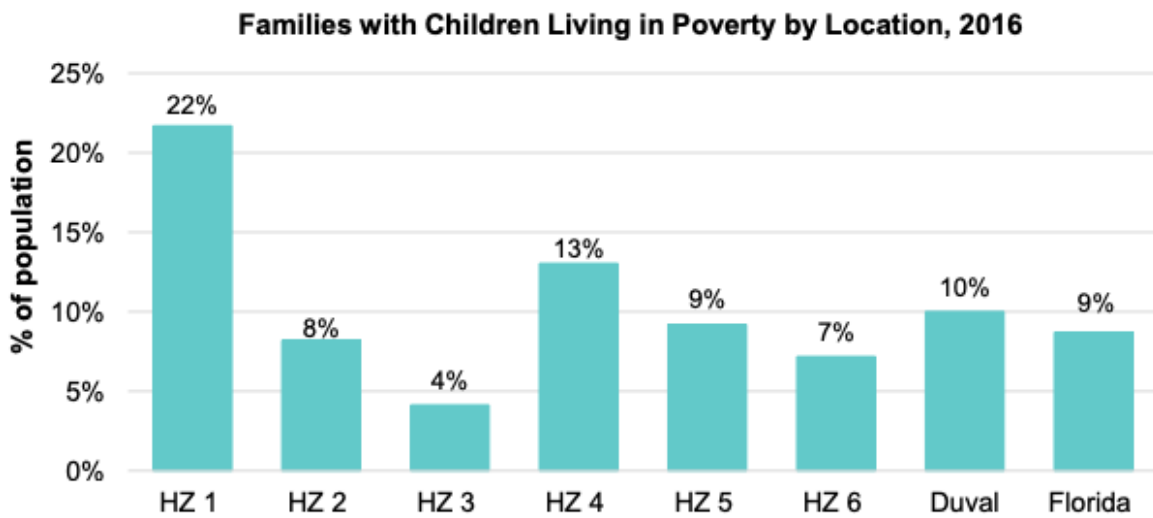
Income and poverty levels are consistent predictors of health and health outcomes. From access to nutritious foods to being able to afford medical care to quality of housing conditions to likelihood of exposure to domestic violence, income levels are solid indicators of how healthy a community is likely to be. While the average median household income for Duval County was \$50,000 in 2016, the average varied significantly from HZ to HZ.²

² Ibid.



Source: www.northeastfloridacounts.com

Likewise, the number of families living in poverty has a negative correlation with those numbers for as the average income decreases, the number of families living in poverty increases. Approximately 10% of families in Duval County live in poverty. The percentage of families living in poverty in HZ1 is more than two times higher than that of most other HZs in Duval County.³



Source: www.northeastfloridacounts.com

Education is also a health outcomes predictor as it directly impacts earning potential as well as the ability to understand health and medical information and the likelihood of having health

³ Ibid.

insurance coverage. HZ1 has the lowest educational levels, with 22.3% of residents not completing high school in 2016.⁴

Educational Attainment for Population 25 Years or Older by Location, 2016

Education	HZ 1	HZ 2	HZ 3	HZ 4	HZ 5	HZ 6	Duval	Florida
Less high school graduate	22.3%	9.6%	5.6%	12.5%	13.1%	6.6%	11.1%	13.4%
High school graduate	37.9%	27.5%	20.6%	31.0%	34.0%	23.1%	28.6%	29.7%
Some college, no degree	20.4%	22.4%	23.0%	26.2%	24.5%	22.1%	23.3%	20.7%
Associate's degree	6.1%	10.8%	10.1%	10.8%	9.9%	10.8%	10.0%	9.3%
Bachelor's degree	9.2%	21.1%	26.4%	14.1%	13.0%	24.0%	18.5%	17.3%
Graduate degree	3.6%	7.7%	13.0%	5.0%	4.8%	12.2%	7.6%	8.5%

Source: www.northeastfloridacounts.com

By examining the health data demographically as well as by HZ, we can better identify the disparities that exist as well as determine and implement realistic solutions that will positively impact the two most important health outcomes – length of life and quality of life.

LIFE EXPECTANCY

Life expectancy is one data point that is used to gauge the health of citizens in our country. Life expectancy is the average number of years a group of infants would live if they were to experience the age-specified death rates prevailing during a specified period. In the first half of 2020, life expectancy was 77.8 years, nationally, which is one year lower than it was in 2019.⁵ For Hispanic/Latinx people, life expectancy was 79.9 years, for White people it was 78 years, and for Black people, it was 72 years.⁶ The gap in life expectancy between Black and White people increased by 46% from 2019 (4.1 years) to the first half of 2020 (6.0 years), while the gap between Hispanic/Latinx people and white people have decreased by 37% during that same period.

According to the 2020 County Health Rankings (based on data between 2016 and 2018), the life expectancy for people in Duval County was 76.2 years. American Indian/American Native people had the highest life expectancy at 100+ years, followed by Asian people at 88.8 years and Hispanic/Latinx people at 84.3 years. White people were a distant fourth place at 76 years and Black people had the shortest life expectancy at 74.4 years.

The big picture here is a bit different than one might expect, because the top three racial/ethnic groups with the highest life expectancy are all communities of color. However, the distance between those three communities and White and Black communities is stark (between 8 and 10 years difference, respectively). The proximity in life expectancy between the Black and

⁴ Ibid.
⁵ <https://www.cdc.gov/nchs/data/vsrr/VSRR10-508.pdf>
⁶ Ibid.

White communities is equally intriguing. It seems that the inextricable history that has interconnected the two communities has also manifested in this indicator of health.

Floridians today are expected to live 9.1 years longer (80.1 years) than they were in 1970 (71.0 years). While the gap in the death rate between Whites and Blacks has diminished, Blacks are still dying at a higher rate. Infectious diseases, such as influenza, pneumonia, and tuberculosis, were the major killers of Floridians up through the mid 1900s. Today, chronic diseases have overtaken infectious diseases as the leading cause of death. The top five leading causes of death – cancer, heart diseases, unintentional injury, stroke, and chronic lower respiratory diseases – are the same across racial and ethnic groups. However, Blacks are more likely to die from these conditions earlier than any other group with the exception of unintentional injuries. There were not large differences in the top five causes of death across the HZs in Duval County.

Leading Causes in 2016 by Health Zone

	Cancer	Heart Disease	Unintentional Injury	CLRD	Stroke	Other
Duval County	20.7%	19.2%	9.1%	5.3%	4.8%	40.9%
Health Zone						
HZ 1	19.6%	19.5%	7.8%	4.5%	5.3%	43.3%
HZ 2	22.0%	18.8%	9.0%	5.3%	4.0%	40.9%
HZ 3	20.9%	20.3%	7.8%	4.0%	5.4%	41.6%
HZ 4	19.7%	18.9%	10.8%	5.9%	4.9%	40.2%
HZ 5	22.2%	20.4%	10.2%	8.0%	3.9%	35.3%
HZ 6	21.1%	19.4%	10.9%	5.6%	7.0%	36.1%

Source: DOH Vital Statistics, Death File, 2016

In Duval County, there has been a significant decrease in the rate of death from the top five leading causes from 1999-2001 as compared to 2017-2019 with the exception of unintentional injury, which saw an increase of 40.1 to 72.3 per 100,000 people. Other causes of death that saw an increase in comparing those two timeframes were kidney diseases, suicide, homicide, septicemia, chronic liver disease and cirrhosis, hypertension, and Parkinson’s Disease.⁷ Black residents have a higher rate than White residents for all of these causes except for suicide; however, it is significant to note that Black males age 20-24 outpace White males in deaths by suicide and Hispanic/Latinx women age 20-24 have a suicide rate seven times higher than non-Hispanic/Latinx women.

According to the Robert Wood Johnson Foundation, there is still some significant cause for concern. Among the largest counties in Florida, Duval County has the worst rankings in health outcomes and factors with the highest rate of premature death, child mortality and infant mortality. The county’s rate of drug overdose deaths is 42.5 per 100,000 people in 2016, nearly double the state’s rate of 23.9%. Duval County has the highest homicide rate in Florida and is in the lowest-performing quartile among all Florida counties for school safety, self-inflicted injuries in teens, immunizations, middle and high school-age physical activity, sexually

⁷ http://www.flhealthcharts.com/ChartsReports/rdPage.aspx?rdReport=MortalityAtlas.Dashboard_MortalityAtlas1&rdRequestForwarding=Form

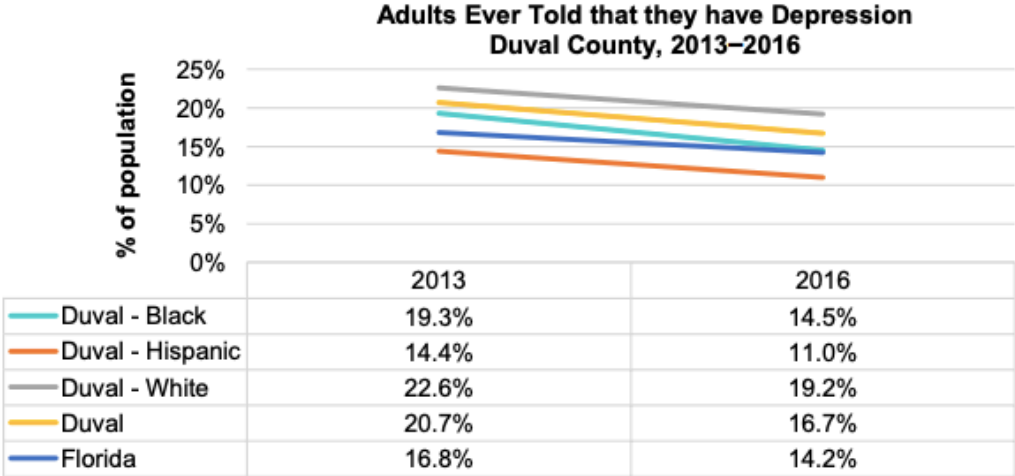
transmitted diseases, youth injuries in traffic wrecks, and chlamydia in young women. Duval County also has nearly the worst air quality among large Florida counties, which is of particular concern when chronic lower respiratory diseases is one of the top five causes of death. Additionally, Duval County ranks 38th among Florida’s 67 counties in how healthy people feel and 41st in behaviors that negatively impact health such as drinking, smoking, and obesity, meaning fewer of our community members feel healthy and more of them are engaging in risky health behaviors.⁸

While improvements have been made, there is clearly more work to do.

STATE HEALTH IMPROVEMENT

The State Health Improvement Plan for Florida (SHIP) identifies eight core health issues impacting the state and communities of color are disproportionately represented in these health issues. The eight health issues they are monitoring are: (1) behavioral health, (2) cancer, (3) chronic diseases and injury prevention, (4) healthy weight, (5) immunizations and influenza, (6) maternal health and birth outcomes, (7) sexually transmitted diseases, and (8) tobacco alcohol and substance abuse.

Behavioral Health refers to the prevention of mental, emotional and behavioral disorders, including substance abuse. According to the SHIP, approximately 73% of White people with severe mental illnesses received the treatment then needed versus 62% of Hispanic/Latinx and 54% of Black people. Depression, which is categorized by persistent sadness and sometimes irritability, is one of the leading causes of disease and injury. In Duval County, the percentage of adults who have ever been told that they have depression decreased from 2013 to 2016, with White (19%) residents more likely to have been told they have depression than Black (14%) or Hispanic/Latinx (11%) residents.⁹

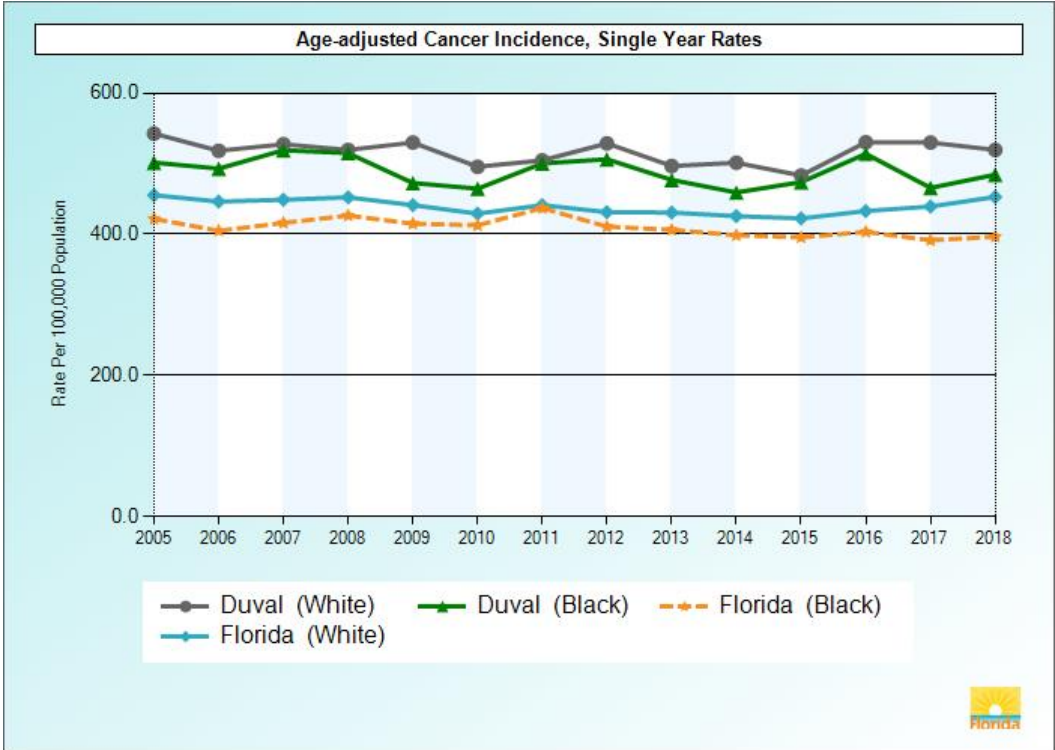


Source: Behavioral Risk Factor Surveillance System, 2013–2016

⁸ <https://www.countyhealthrankings.org/>

⁹ http://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/duval-county/_documents/Duval_CHA.pdf

Cancer broadly covers abnormal cell growth in the body. In the US, it is estimated that cancer will affect nearly 75% of families. There are 110,000 new cancer diagnoses in Florida, making the state number two in the nation for new cancer cases. The rate of cancer incidences in Duval County is higher than the state rate for both Blacks and Whites.



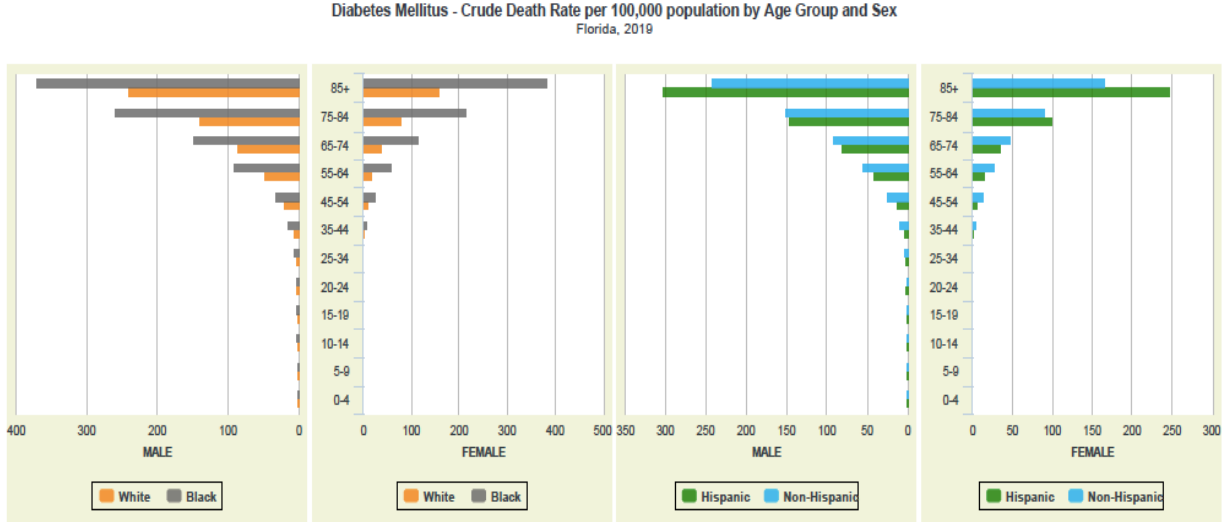
Source: Florida Department of Health Community Health Assessment Resource Tool Set (CHARTS)

The SHIP showed that over a 10-year period between 2004 and 2013, Black women had fewer cancer diagnoses than White women, but they were just as likely to die from cancer. Black males were two times more likely to be diagnosed with and die from cancer than White males.

Chronic diseases and conditions include, but are not limited to, ailments such as heart disease, asthma, type 2 diabetes, obesity and arthritis. These conditions are said to be the most common yet most preventable diseases and also the leading cause of disability and death. In fact, 70% of deaths in Florida were due to chronic diseases in 2014.

Black and Hispanic/Latinx communities bear a disproportionate hardship when it comes to managing asthma. In a 2015 study conducted by the Edward Waters College’s Center for the Prevention of Health Disparities, 64% of black residents tested in the New Town and College Gardens neighborhoods had elevated or severely elevated levels of antibodies for asthma or allergic diseases. A 2008 study by the Duval County Health Department found disparities between Black and White asthma sufferers as well. The findings from the 2015 study supported the 2008 study and several studies before it, revealing again that asthma is not just a matter of people not being aware of why they are ill, people smoking or people neglecting to take their medications. It is also a matter of people in low-income, mostly Black neighborhoods living in

housing with lead and other toxins as well as these neighborhoods being located near contaminated areas and roadways. According to the U.S. Department of Health and Human Services Office of Minority Health, Blacks are almost three times more likely to be hospitalized for asthma and to die from asthma than Whites.¹⁰



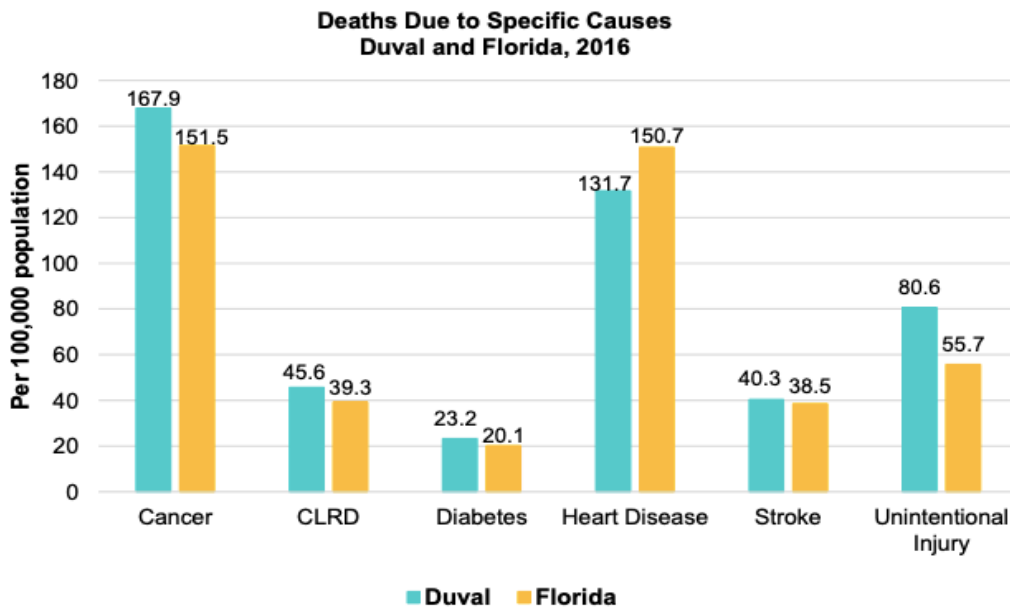
Diabetes, in particular type 2 diabetes, is another chronic illness that is far more prevalent in the Black community. According to the Florida Department of Health in 2016, 16.2% of Black adults were told they had diabetes as compared to the state average for Black adults of 14.5% and the county average for White adults of 9.7%.¹¹ In 2010, the National Library of Medicine published a paper by the National Institutes of Health and the Centers for Disease Control about assessing the prevalence of diabetes at the subcounty level in Duval County in 2007. Diabetes death rates during the previous 15 years in Duval County were disproportionately high compared with the rest of the state. The results showed that the urban, mostly minority, low-socioeconomic area of Duval County had twice the rate of diabetes-related illness and death as other areas of the county, and the inner city, low-income areas of the county had almost three times the rate of hospitalization and emergency department use for diabetes and diabetes-related conditions compared with the other areas of the county. These diabetes-related disparities affected not only the people and their families but also the community that

¹⁰ <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=15#:~:text=Non%2DHispanic%20African%20Americans%20were,the%20non%2DHispanic%20white%20population.>

¹¹ <http://www.flhealthcharts.com/charts/Brfss/DataViewer.aspx?bid=21&cid=10>

absorbed the costs associated with the disproportionate health care that resulted from these disparities.¹²

Injuries were the fourth leading cause of death in Florida in 2019 and the number one cause of death for people between the ages of 1 and 44 years old. Injuries accounted for 8.8% of all resident deaths, which is 8.9% higher than the national average.¹³ Injury-related deaths include motor vehicle injuries, falls, drownings, pedestrian, pedal cyclist, suicides, homicides and poisonings, to which males are more susceptible than females, particularly Black males. In Duval County, unintentional injury is the third leading cause of death and at a rate 45% higher than the state death rate.



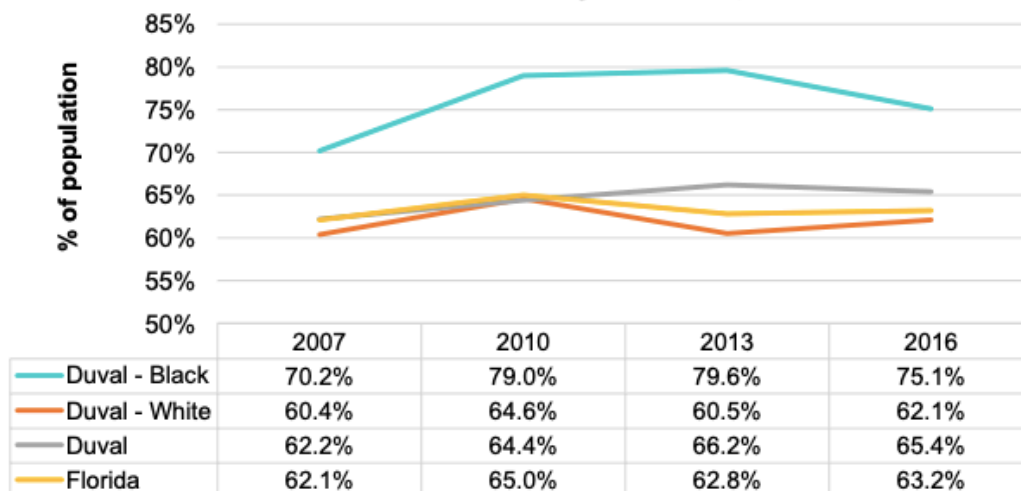
Source: www.floridacharts.com

A *healthy weight* means having a body mass index (BMI) between 18.5 and 24.9. According to the Florida Department of Health, just over one-third (35.7% in 2015) of Floridian adults are at a healthy weight. Being obese (having a BMI greater than 30) is linked to many of the previously discussed chronic diseases and conditions—diabetes, hypertension, cardiovascular disease, stroke, etc. In 2016, 62.1% of White residents of Duval County were considered overweight or obese as compared to a state rate of 61.9%. Comparatively, 75.1% of Black residents of Duval County were considered overweight or obese as compared to a state rate of 66.7%.

¹² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2938402/>

¹³ <http://www.floridahealth.gov/programs-and-services/prevention/injury-prevention/index.html>

Overweight and Obesity Duval County and Florida, 2007–2016



Source: Behavioral Risk Factor Surveillance System, 2007–2016

Immunizations are of particular note given the COVID-19 pandemic. As of April 11, 2021, 21.4% of Florida residents were fully vaccinated, which is slightly behind the national average of 22.6%. Duval County is running parallel with the state, with 21.59% being fully vaccinated and 35.40% having received the first dose. However, our neighbors to the south in St. Johns County, which has a much smaller population (264,672 as compared to 957,755 residents in Duval County), higher percentage of White residents (88.6% as compared to 60.6%) and a significantly higher median household income (\$82,252 as compared to \$55,807) according to 2019 U.S. Census data¹⁴, has 31.46% of its residents fully vaccinated and almost half (47.25%) have received the first dose.¹⁵

According to the Florida Department of Health State Immunization Surveys, children from age 24 to 35 months should receive a first series of vaccines by age 24 months (diphtheria, tetanus toxoids, and acellular pertussis (DTaP), poliovirus vaccine (IPV); measles, mumps and rubella vaccine; *Haemophilus influenzae* type b (Hib), hepatitis B, varicella and pneumococcal conjugate vaccines). Children from age 12 to 23 months should complete another series of vaccines, ideally by 12 months (DTaP vaccine, IPV, Hib and hepatitis B vaccines). The national target is for 80% of two-year-old children to complete the first vaccine series while the statewide target is 90%. The national and statewide targets for one-year-old children is 90%. The 2020 statewide immunization vaccination rate for two-year-olds was 93.4%; the 2019 statewide immunization vaccination rate for one-year-olds was 73.0%.

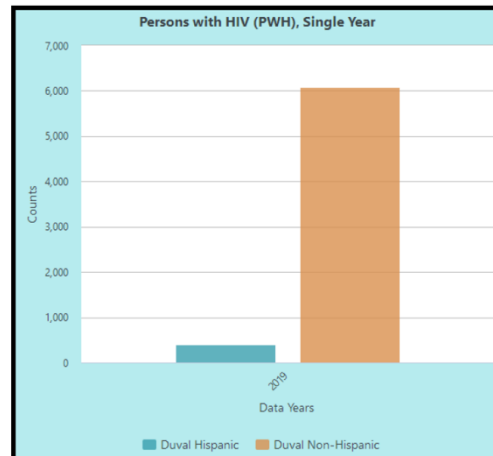
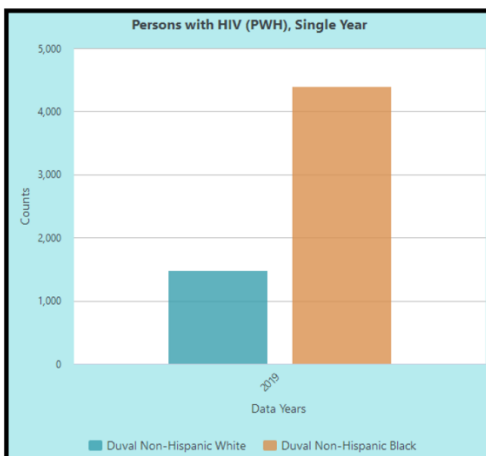
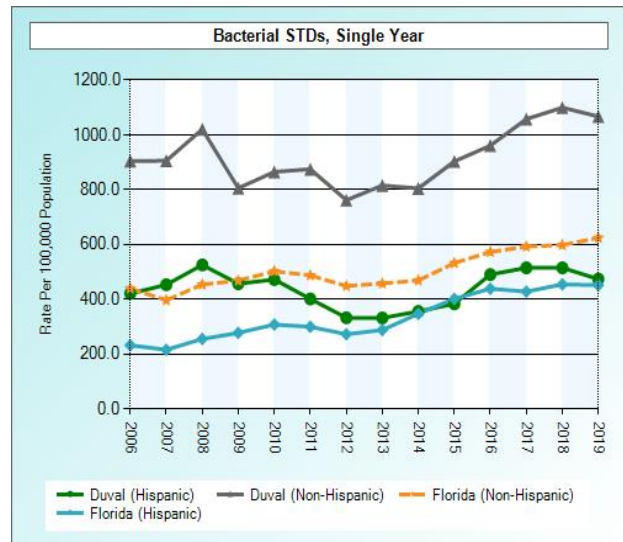
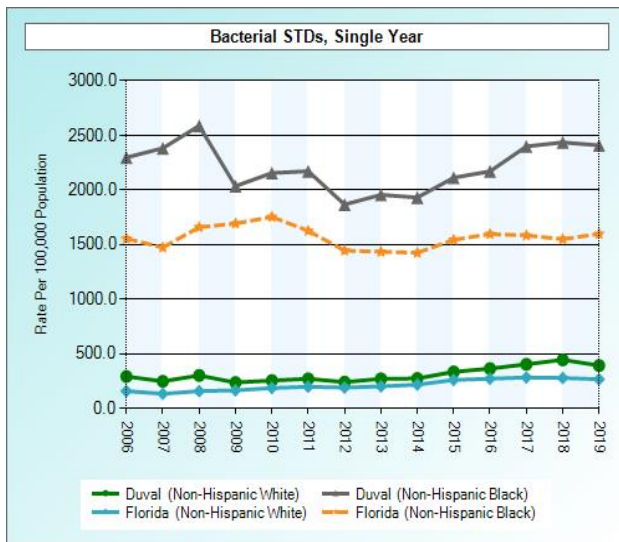
Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs) are infections that are passed from one person to another through sexual contact. The contact is usually vaginal, oral, and anal sex, but some STDs, like herpes and HPV, are spread by skin-to-skin contact. There are more than 20 types of STDs, including chlamydia, genital herpes, gonorrhea,

¹⁴ <https://www.census.gov/quickfacts/fact/dashboard/US/PST045219>

¹⁵ <https://data.democratandchronicle.com/covid-19-vaccine-tracker/florida/12/>

HIV/AIDS, HPV, pubic lice, syphilis, and trichomoniasis. STDs can be caused by bacteria, viruses, and parasites. Bacterial STDs are the most common and include chlamydia, gonorrhea, and syphilis. Most STDs affect men and women, but women tend to experience more severe health consequences as a result of them. STDs can also cause serious health risks to the baby in pregnant women.

According to the CDC’s Sexually Transmitted Disease Surveillance Report that examines data from 2017 to 2018, Jacksonville has the 45th highest STD rate in the nation and the second highest rate in the state behind Tallahassee with 1,088 infected residents per 100,000 people. That report shows 304 residents with HIV, 6,925 residents with chlamydia, 3,239 residents with gonorrhea, and 170 syphilis cases.¹⁶ These rates disproportionately affect Black residents when compared to White and Hispanic/Latinx residents.

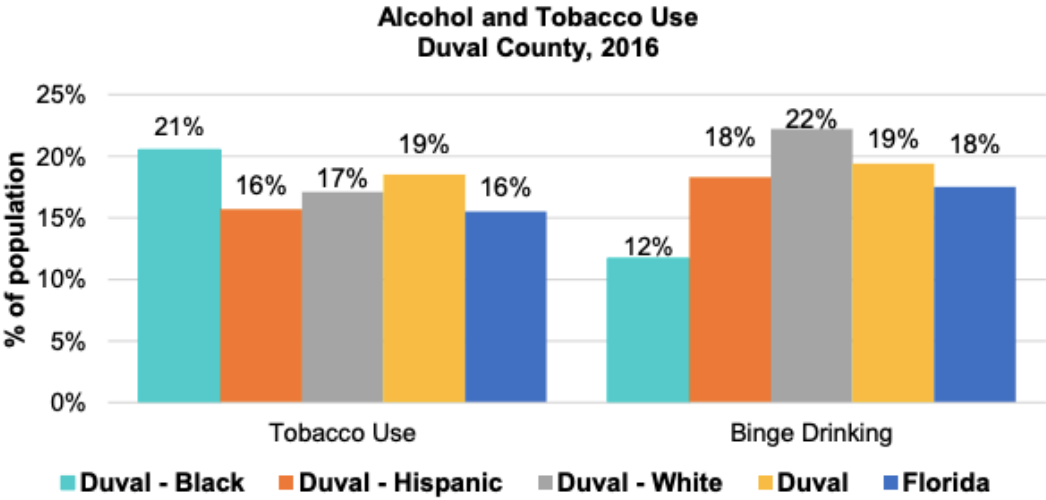


FLHealthCharts.com is provided by the Florida Department of Health, Division of Public Health Statistics & Performance Management. Data Source: Florida Department of Health, Bureau of Communicable Diseases

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¹⁶ <https://www.cdc.gov/std/stats18/default.htm>

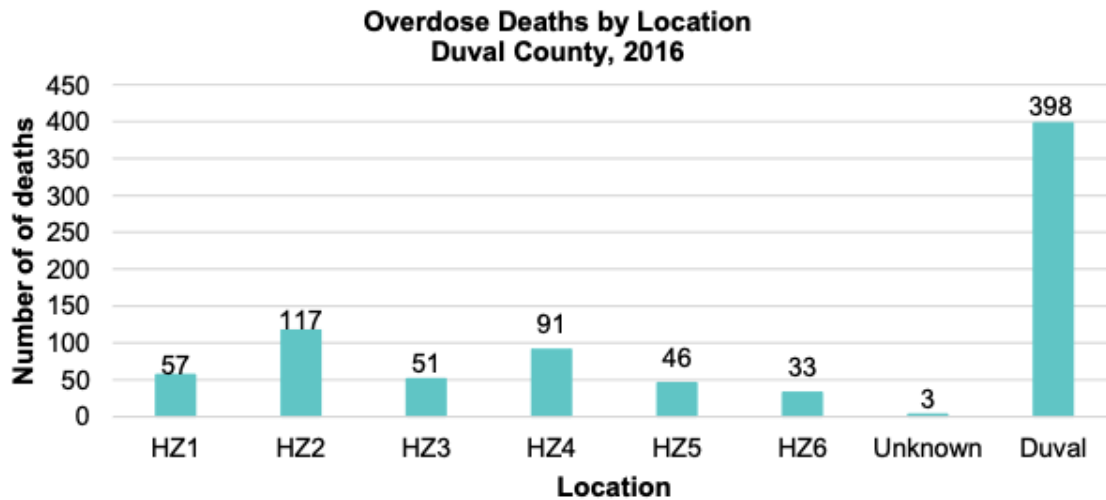
Tobacco use and substance abuse are leading causes of disease and disability. Findings from the 2015 Duval County study on youth risk behaviors found that tobacco and alcohol use are common among high school students. Over 7% of high school students reported cigarette use and 22% reported using e-cigarettes within the past 30 days. Alcohol consumption was also up, with usage being more common among females (33%) than males (26%), and with approximately 13% of high school students reporting binge drinking behavior. Tobacco and alcohol use is common among adults as well with 19% of adults reporting binge drinking and 19% of adults reporting current cigarette use, as compared to 16% for the state of Florida. Binge drinking was more common among White residents (22%) than Hispanic/Latinx (18%) or Black (12%) residents; cigarette use was more common among Black residents (21%) than White (17%) or Hispanic/Latinx (16%) residents.¹⁷



Source: Behavioral Risk factor Surveillance System, 2016

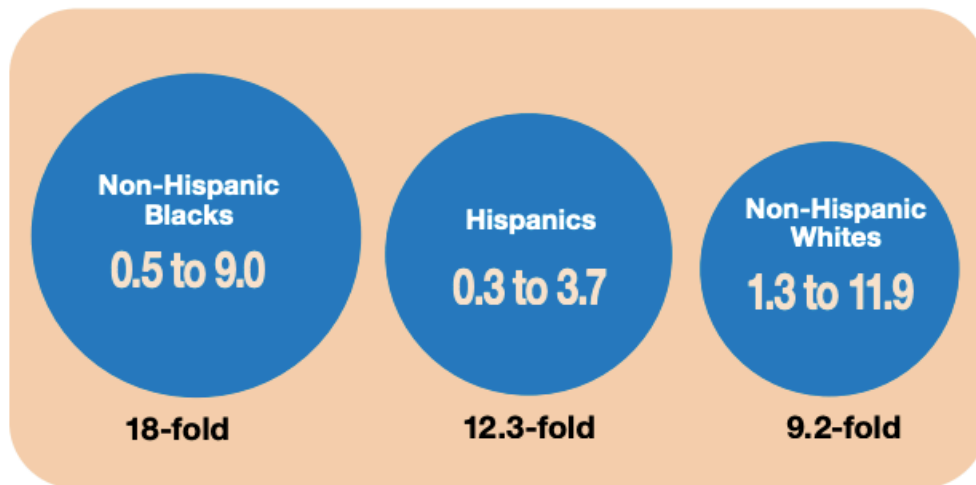
Illegal drug use is also a challenge in Duval County. Jacksonville is part of one of the nation’s 28 High Intensity Drug Trafficking Areas, indicating a high prevalence of drug smuggling and/or local manufacturing of illegal substances.¹⁸ Drug overdoses are a leading cause of death due to injury in the United States. In Duval County in 2016, 398 death occurred due to drug overdose; 311 of those deaths were due to opioid overdose.¹⁹ Over 50% of overdose deaths in 2016 were residents of HZ2 and HZ4.

¹⁷ http://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/duval-county/_documents/Duval_CHA.pdf
¹⁸ <https://www.dea.gov/divisions/hidta>
¹⁹ http://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/duval-county/_documents/Duval_CHA.pdf



Source: Florida Department of Health, Death File, 2016

In 2017, Jacksonville had the highest rate of fentanyl-related deaths in the state and the second highest number of fentanyl-related deaths behind Palm Beach County. In 2015, the opioid fentanyl was responsible for 56 deaths; in 2016, that number saw a 500% increase to 281 deaths.²⁰ While Whites have the highest mortality rate due to opioids, Blacks have experienced the highest change in the death rate due opioids.²¹ The chart below shows the increase in drug overdose deaths involving synthetic opioids other than methadone per 100,000 people by ethnicity nationally from 2013-2017.



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System – Mortality, 2013-2017.

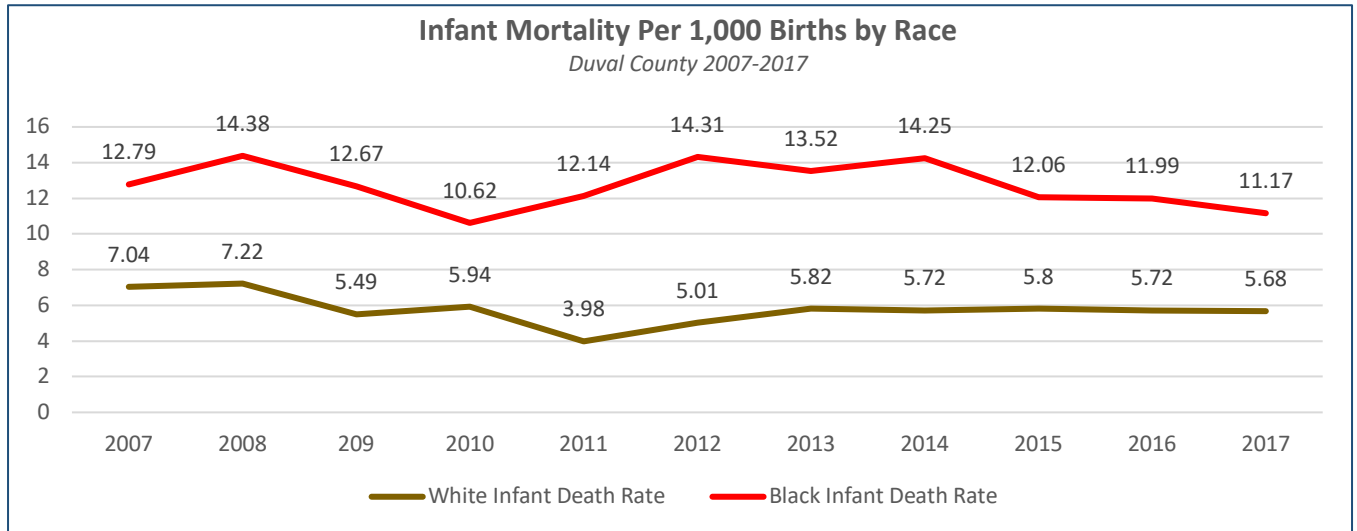
Note: For this measure, lower rates are better.

²⁰ <http://www.fdle.state.fl.us/MEC/Publications-and-Forms/Documents/Drugs-in-Deceased-Persons/2016-Annual-Drug-Report.aspx>

²¹ <https://www.ahrq.gov/sites/default/files/wysiwyg/research/findings/nhqrd/dr/dataspotlight-opioid.pdf>

INFANT MORTALITY AND MATERNAL AND CHILD HEALTH

Across the state, the community with the highest premature and low birth weight babies and pregnancy-related death is Black women. The rate for pregnancy-related death among Black women in 2018 was 32.0 for every 100,000 live births, which was more than double that of White women (12.9) and more than triple that of Hispanic/Latinx women (10.6)²²

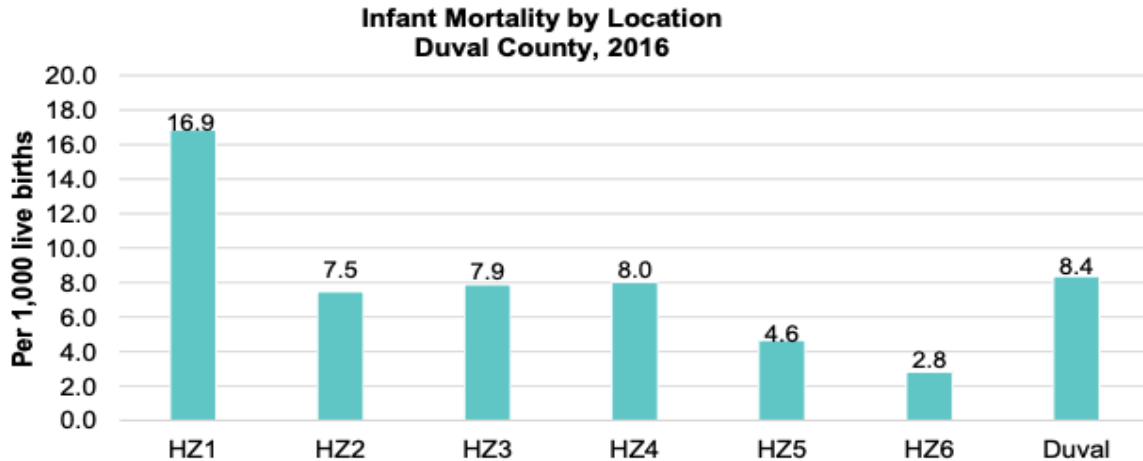


Source: CDC National Center for Health Statistics, PolicyMap

Infant Mortality has been the focus of many health initiatives in Duval County. In 2016 in Duval County, Black infants were almost three times more likely to die before their first birthday than white infants. The leading causes of infant death were prematurity/low birth weight (18%), birth defect (16%), unintentional injury (11%), Sudden Infant Death Syndrome (SIDS) (10%), and newborn affected by maternal complications of pregnancy (8%). HZ1 had the highest infant mortality rate in Duval County, with 16.9 deaths for every 1,000 births.²³

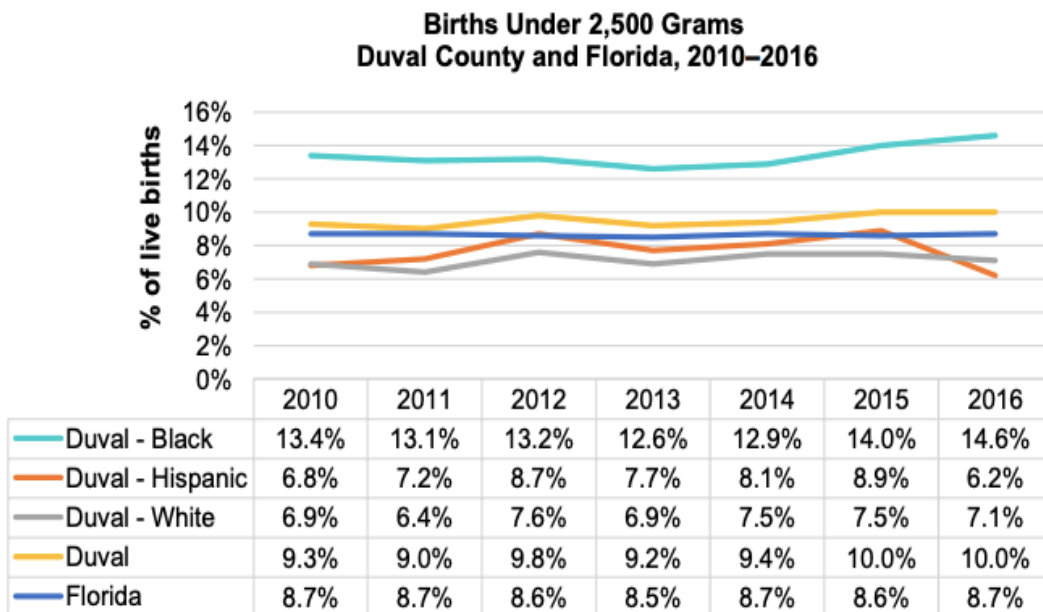
²² http://www.floridahealth.gov/statistics-and-data/PAMR/_documents/pamr-2018-update.pdf

²³ http://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/duval-county/_documents/Duval_CHA.pdf



Source: Florida Department of Health, Birth File

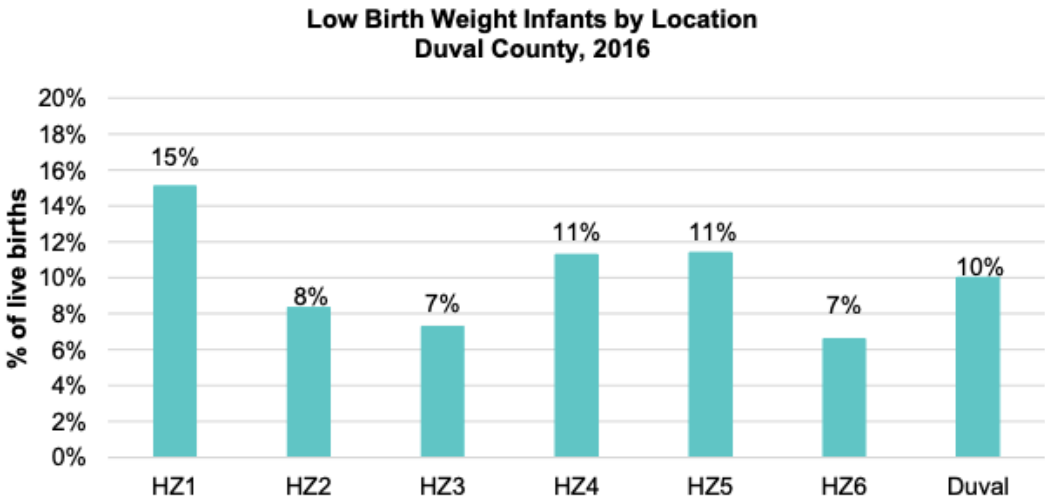
A newborn with a birth weight of less than 2,500 grams/5.5 pounds is categorized as *low birth weight*. A variety of factors contribute to low birth weight deliveries, including alcohol, tobacco, drug use, lack of weight gain, younger or older maternal age, low income, low education level, stress, and domestic violence. Low birth weight infants have higher rates of death and disability.



Source: www.floridacharts.com

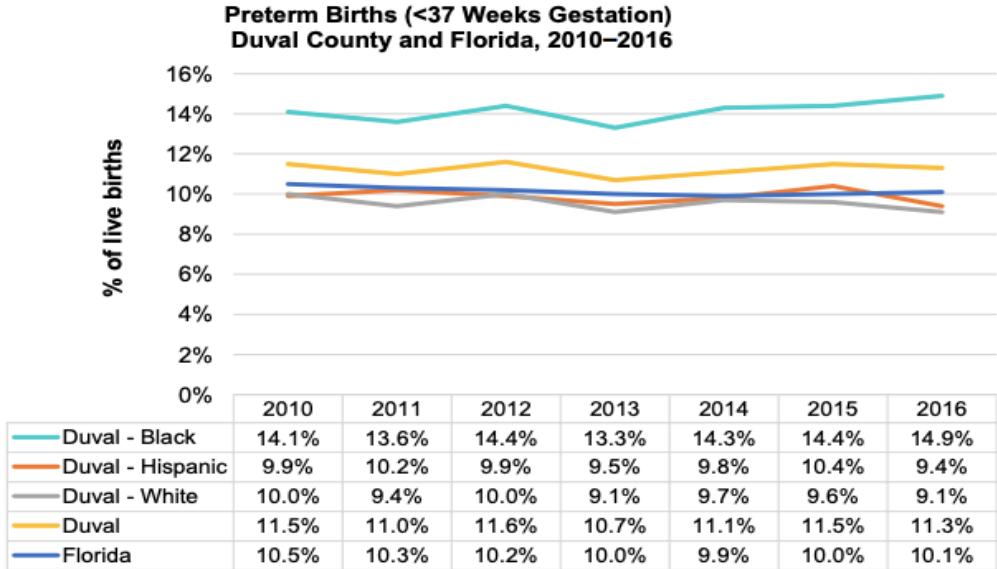
In 2016, the rate of low birth weight Black infants remained consistently higher than those of White and Hispanic/Latinx (all races) infants. In Duval County in 2016, 1,330 infants were low birth weight, and Black infants were over two times more likely to be low birth weight than

White and Hispanic/Latinx (all races) infants. HZ1 had the highest percentage of low birth weight infants in Duval County.²⁴



Source: Florida Department of Health, Birth File

A baby that is born before 37 weeks of pregnancy have been completed is considered a *preterm birth*. Babies born too early miss critical stages of growth and development, which places them at a higher risk for death and disability. Approximately 11% of deliveries were preterm birth in Duval County as 2016, with the number of preterm Black infants remaining consistently higher than the number of preterm White and Hispanic/Latinx infants.²⁵

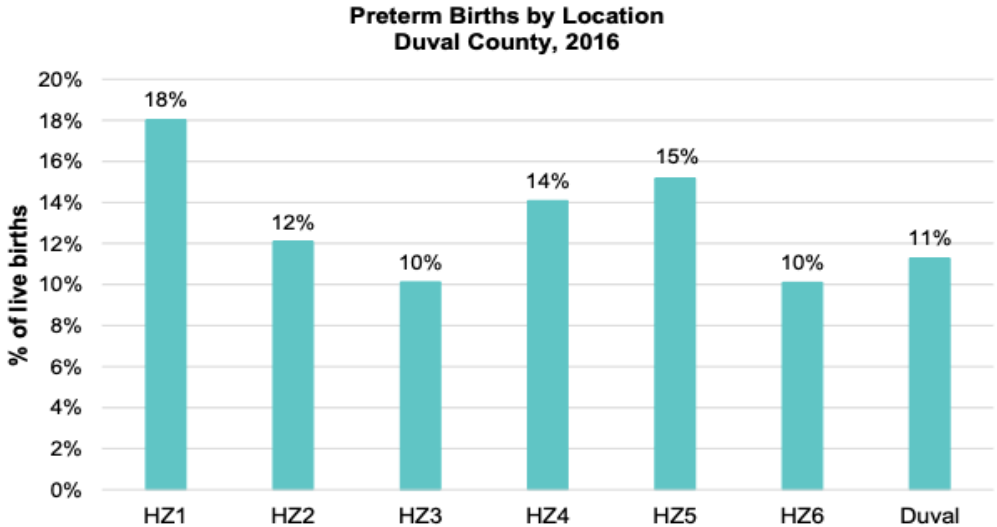


Source: www.floridacharts.com

²⁴ Ibid.

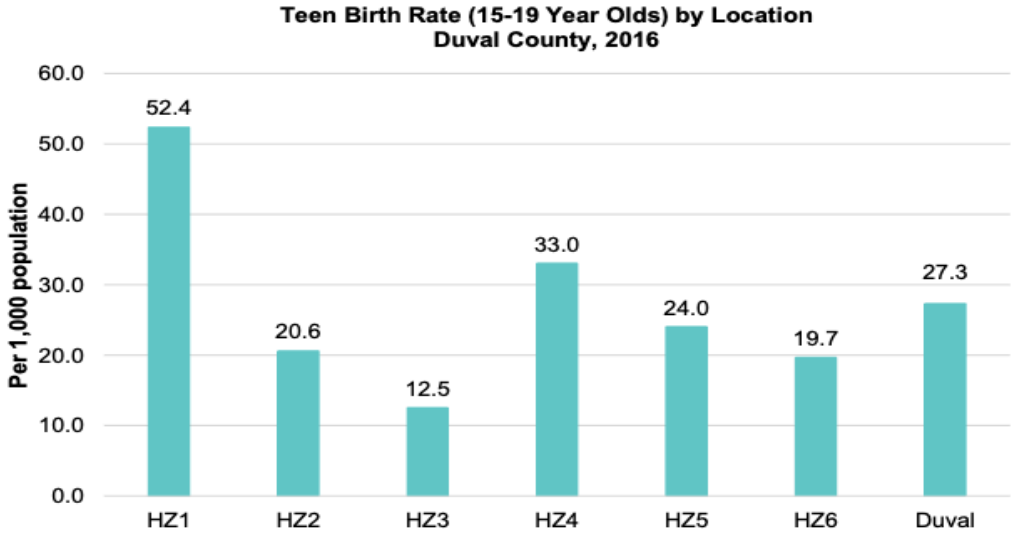
²⁵ Ibid.

HZ1 had the highest percentage of preterm births at 18%. Preterm births in HZ4 (14%) and HZ5 (15%) were higher than the overall average for Duval County.



Source: Florida Department of Health, Birth File

Teen births often have greater complications than births to adult women, and teen births are more likely to be preterm and low birth weight, increasing the likelihood of negative health outcomes. Teen birth rates in Duval County have been mirroring the national declining trend. Despite the decrease in teen pregnancies, the birth rate for Black and Hispanic/Latinx (all races) teens is consistently higher than the birth rate for White teens. In 2016, 736 infants were born to mothers between the ages of 15 to 19 in Duval County. The birth rate for Black and Hispanic/Latinx teens were nearly twice the rate for White teens. The teen birth rate in HZ1 is nearly two times the rate for the entire county.²⁶

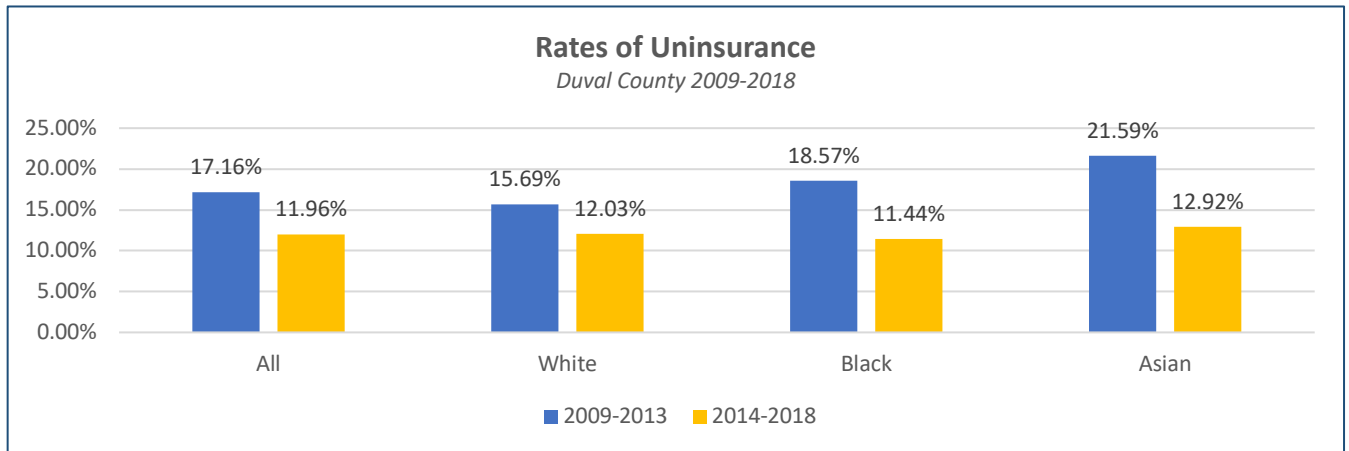


Source: Florida Department of Health, Birth File

²⁶ Ibid.

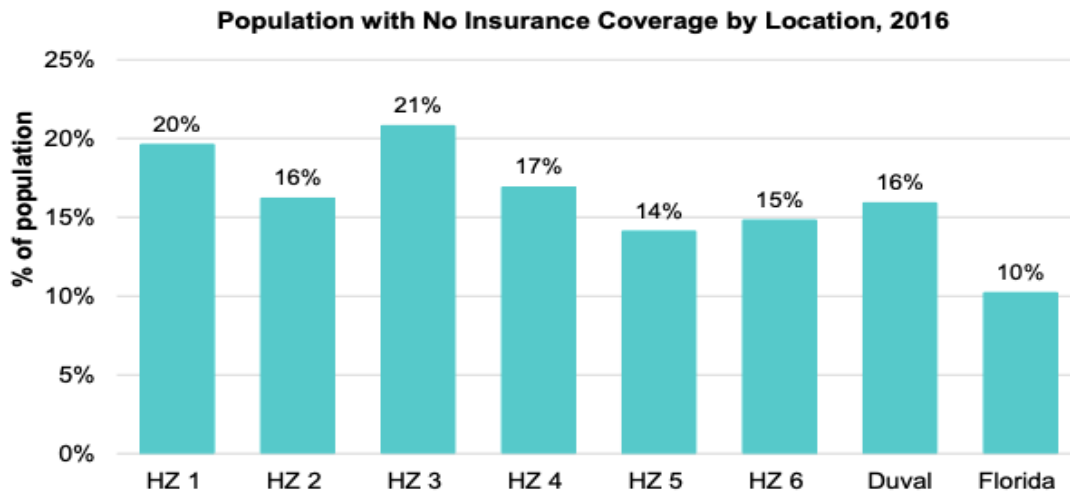
UNINSURANCE

Access to health care coverage improves the general health of people as well as it saves lives. When compared to people with health insurance, uninsured people are more likely to receive an initial diagnosis in the advanced stages of a disease, die or suffer permanent impairment after an accident or sudden-onset condition, and live with a chronic condition that could be managed if diagnosed.²⁷ Rates of uninsurance have dropped for all groups, including Blacks.



Source: Census, PolicyMap

While the rates of uninsurance have decreased, rates in Duval County (16%) are still higher than the average for the state of Florida (10%). Within Duval County, HZ3 (21%) and HZ1 (20%) have the highest rates of uninsured residents.²⁸



Source: www.northeastfloridacounts.com

²⁷

https://www.commonwealthfund.org/sites/default/files/documents/___media_files_publications_in_the_literature_2003_jun_the_costs_and_consequences_of_being_uninsured_davis_consequences_itl_663_pdf.pdf

²⁸ http://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/duval-county/_documents/Duval_CHA.pdf

CONCLUSION

While the health of Duval County residents has improved over the years, there is still a significant disparity between racial groups with Black residents having the most severe health risk factors, health outcomes and shortest life expectancy. As the most prevalent causes of death have migrated from infectious diseases to chronic ones, most of these illnesses are preventable and outcomes can be improved with proper preventions, interventions and management. However, to achieve equitable health outcomes and longevity requires that some barriers and challenges within the community be addressed.

- Health Education – Preventative health education has to become more frequent in our most impacted communities and be accessible to those with varying educational levels and English proficiency, especially as the demographics of our community change (see the Introduction report). Many residents, especially those in the communities with the poorest health outcomes, are not informed about proper nutrition, correct use of medication, warning signs, or adequate sex education. Additionally, many residents lack the knowledge of how to navigate the health care system effectively or the services they can receive within the system.
- Accessibility – Location of health services, especially for those without their own transportation, creates a significant barrier to receiving quality and regular care. This disproportionately impacts low-income, elderly, and disabled residents, who are often the most in need of the care. This also includes having access to healthier foods options and safe spaces.
- Affordability – Both the cost of health care services and the insurance to cover them is a significant barrier to receiving health care, particularly preventative care. Communities of color, elderly residents, recent immigrants, and undocumented people are the most impacted by this barrier.
- Looking Inward: Knowing these limitations exist, how can institutions of health become more transparent, accessible, affordable and meaningfully connected to the communities who need them most? How can our city be retrofitted, particularly in our urban core (HZ1), to be more conducive to better health?

Baptist Health has sponsored a community assessment to be completed by Blue Zones is committed to helping people in communities live longer, healthier lives after exploring communities around the world where people live to be 100+ years old.²⁹ How can we grab hold of efforts like this and other community partnerships with trusted institutions such as places of worship, community and civic groups, fraternities and sororities, and local non-profits to help spread this knowledge and build reciprocal trust between the community and the system of healthcare? Finally, there must be an honest effort and willingness to address systemic racism in how patients are perceived, counseled, and treated. Race and ZIP codes should not be the biggest determinant of how long a person will live. If we radically and intentionally address the factors that contribute to disparities in health outcomes, we can move into a time where they no longer exist.

²⁹ <https://www.bluezones.com>

About 904WARD

904WARD began in 2015 with a small group of friends who came together to talk openly, challenge each other, support each other, and take action together to build a more inclusive Jacksonville. We are mostly a volunteer group made up of people from Jacksonville's private, public, and nonprofit sectors committed to creating a community of inclusion for all of Jacksonville's residents. 904WARD creates racial healing and equity through deep conversations and learning, trusting relationships, and collective action. Our vision is an end to racism in Jacksonville, so all people thrive. To learn more and sign up to get involved, visit 904WARD.org.

About The Community Foundation for Northeast Florida

The Community Foundation for Northeast Florida, Florida's oldest and largest community foundation, works to stimulate philanthropy to build a better community. The Foundation helps donors invest their philanthropic gifts wisely, helps nonprofits serve the region effectively, and helps people come together to make the community a better place. Now in its 57th year, the Foundation has assets of more than \$540 million and has made nearly \$600 million in grants since 1964. For more information: www.jaxcf.org.

About Mary Kress Littlepage

Mary Kress Littlepage is a journalist, researcher and communications expert who has lived in Jacksonville since 1977. For the last two decades, her company, KBT & Associates, has worked with the community's leading philanthropic organizations to enhance understanding of critical community issues.