



***Our  
Health***

**A**ccess to quality, affordable health care is critical to preventing illnesses, deaths and disabilities. We already know that safe food and water and a strong public health system are effective in reducing the incidence of disease and serious health complications. However, we still have challenges to face, such as AIDS, alcohol abuse and drug addiction, that take a serious toll on our population.

**T**he consequences of beginning life unhealthy can be lifelong and devastating. Low birth weight and birth defects can cause serious health problems, imposing significant hardship on individuals, their families and society. Staying healthy as children and adults also is important and requires us to learn behaviors that promote wellness.

## CRITICAL BENCHMARKS



4.1 BIRTHS TO TEENAGERS



4.2 LOW BIRTH WEIGHT



4.3 INFANT MORTALITY



4.8 HEALTH CARE ACCESS



4.10 HEALTH CARE COSTS



4.13 PREVENTABLE CANCER



4.14 COMMUNICABLE DISEASES



4.16 MENTAL HEALTH



4.17 IMMUNIZATIONS



# Beginning life healthy

4.1	BIRTHS TO TEENAGERS	TRENDS				GOALS	
		FL1994	1985	1990	1996	2000	2010
4.1.1	<i>Percentage of babies born to teenage mothers:</i> Of the babies born the percentage who were born to teenage mothers (ages 15-19)	13%	11%	10%	9.4%	8.3%	7.0%
4.1.2	<i>Teen birthrate:</i> Number of teenage mothers (ages 15-19) who gave birth per 1,000 teenage girls ages 15-19 in the following racial groups						
	a) White teenage mothers	51	26	34	35	35	35
	b) Non-white teenage mothers	113	139	114	97	90	75
	c) All teenage mothers	65	48	56	55	55	50
4.1.3	<i>Repeat births to teenagers:</i> The percentage of teenage mothers (ages 15-19) giving birth who already had a child	23%	19%	19%	15%	13%	10%
4.2	LOW BIRTH WEIGHT	FL1994	1985	1990	1996	2000	2010
4.2.1	<i>Low birth weight babies:</i> Percentage of full-term and pre-mature babies in the following racial groups who weighed less than 5 lbs. 9 oz. at birth						
	a) White babies	6.3%	5.8%	5.7%	6.5%	5.0%	5.0%
	b) Non-white babies	12%	13%	11%	11%	5.0%	5.0%
	c) All babies	7.8%	7.8%	7.4%	8.1%	5.0%	5.0%



## Beginning life healthy *continued*

		TRENDS				GOALS	
<b>4.3</b>	<b>INFANT MORTALITY</b>	<b>FL1994</b>	<b>1985</b>	<b>1990</b>	<b>1996</b>	<b>2000</b>	<b>2010</b>
<b>4.3.1</b>	<b>Infants dying in the first year of life:</b> Number of infants (per 1,000 births) who died before their first birthday						
	a) White babies	6.5	8.2	6.4	4.8	4.4	4.0
	b) Non-white babies	13	23	16	12	8.0	4.0
	c) All babies	8.1	12	9.3	7.3	6.0	4.0
<b>4.4</b>	<b>AIDS AND DRUG-AFFLICTED BABIES</b>	<b>FL1994</b>	<b>1985</b>	<b>1990</b>	<b>1996</b>	<b>2000</b>	<b>2010</b>
<b>4.4.1</b>	<b>AIDS babies:</b> Number of babies who were diagnosed with AIDS in the first year of life	51	0	7	5	5	5
<b>4.4.2</b>	<b>Drug-afflicted babies:</b> Number of substance-exposed newborns	3,224	not available	413	226		
<b>4.5</b>	<b>INFANT SCREENING</b>	<b>FL1994</b>	<b>1985</b>	<b>1992</b>	<b>1996</b>	<b>2000</b>	<b>2010</b>
<b>4.5.1</b>	<b>Prenatal screening:</b> Percentage of mothers receiving prenatal screening whose unborn infants were at risk of death or disability because of late prenatal care or adverse conditions in the mother's living or social environment	46%	not available	47%	49%	80%	90%
<b>4.5.2</b>	<b>Infant screening after birth:</b> Percentage of newborns who were at risk of illness or death because of medical problems or adverse conditions in the infant's home or living environment	12%	not available	14%	15%	10%	0%



# Living healthy lives

4.6 ADULT HEALTH	TRENDS				GOALS	
	FL1994	1990	1994	1997	2000	2010
<b>4.6.1 General health:</b> By survey, percentage of adults who rated their health as good, very good, or excellent <ul style="list-style-type: none"> <li>a) Household income less than \$14,200</li> <li>b) Household income \$14,200 to \$28,699</li> <li>c) Household income \$28,700 to \$49,999</li> <li>d) Household income \$50,000 to \$74,999</li> <li>e) \$75,000 or more</li> <li>f) TOTAL - all income levels</li> </ul>	not available	not available	60%	65%		
	not available	not available	85%	79%		
	not available	not available	90%	90%		
	not available	not available	98%	94%		
	not available	not available	97%	95%		
	86%	not available	86%	86%	86%	86%
<b>4.6.2 Days of poor physical health:</b> By survey, percentage of adults who, within the past 30 days, did not have good physical health for <ul style="list-style-type: none"> <li>a) 0 days</li> <li>b) 1-7 days</li> <li>c) 8-30 days</li> </ul>	not available	not available	72%	72%	75%	80%
	not available	not available	16%	18%	20%	15%
	not available	not available	11%	8.8%	5%	5%
<b>4.6.3 Daily living:</b> By survey, percentage of adults who, because of a physical or mental health problem, were kept from doing their usual activities over the past 30 days for <ul style="list-style-type: none"> <li>a) 0 days</li> <li>b) 1-7 days</li> <li>c) 8-30 days</li> </ul>	81%	not available	83%	83%	85%	90%
	11%	not available	9.7%	11%	10%	5%
	8%	not available	7.1%	6.6%	5%	5%



## Living healthy lives *continued*

4.7	HEALTH INSURANCE	TRENDS				GOALS	
		FL1993	1990	1994	1997	2000	2010
4.7.1	<b>Uninsured:</b> Percentage of people in the following age groups who had no health insurance						
	<b>a) Non-elderly (age 0-64)</b>						
	1) Children under age 18	24%	not available	not available	not available		
	2) Adults ages 18-34	22%	not available	not available	not available		
	3) Adults ages 35-64	29%	not available	21%	19%	18%	1.0%
	<b>b) Elderly (age 65 and older)</b>	21%	not available	14%	14%	13%	1.0%
		1%	not available	0.7%	0.6%	0.6%	1.0%
4.7.2	<b>Race of uninsured:</b> Percentage of non-elderly adults (ages 18-64) in the following racial and ethnic groups who had no health insurance						
	<b>a) White</b>	23%	not available	14%	13%		
	<b>b) Non-white</b>	27%	not available	25%	24%		
	<b>c) From a Spanish-speaking country</b>	not available	not available	25%	20%		
4.8	HEALTH CARE ACCESS	FL1993	1990	1994	1997	2000	2010
4.8.1	<b>Supply of physicians:</b> Percentage of people who were living in areas without enough primary care physicians to serve the population	12%	not available	not available	not available		
4.8.2	<b>Affordability of health care:</b> By survey, percentage of adults who needed to see a doctor over the past 12 months but could not, because of the cost	not available	not available	11%	7.4%	5.0%	5.0%



**Living healthy lives** *continued*

		TRENDS				GOALS	
<b>4.9</b>	<b>HEALTH CARE QUALITY</b>	<b>FL1993</b>	<b>1990</b>	<b>1994</b>	<b>1997</b>	<b>2000</b>	<b>2010</b>
<b>4.9.1</b>	<b>Consumer satisfaction:</b> By survey, how satisfied people were with the health care they received						
	a) very satisfied	not available	not available	59%	61%	70%	70%
	b) somewhat satisfied	not available	not available	29%	31%	25%	25%
	c) not satisfied	not available	not available	11%	8.1%	5%	5%
<b>4.10</b>	<b>HEALTH CARE COSTS</b>	<b>FL1992</b>	<b>1984</b>	<b>1988</b>	<b>1992</b>	<b>2000</b>	<b>2010</b>
<b>4.10.1</b>	<b>Growth rate for health care expenditures:</b> Annual percentage increase in total dollars spent for health care received (in nominal dollars)						
	a) Broward County						
	1) hospitals						
	2) physician offices and clinics						
	3) nursing homes						
	b) Florida						
	1) hospitals	+8.7%	+10%	+9.7%	+8.7%		
	2) physician offices and clinics	+11.4%	+20%	+11%	+11%		
	3) nursing homes	+15.4%	not available	+15%	+15%		
		to be included in the future edition					
<b>4.10.2</b>	<b>Inflation rate for cost of living:</b> Annual percentage increase in the general cost of living in the United States	+3.3%	+4.5%	+4.3%	+3.3%		
<b>4.11</b>	<b>LIFE EXPECTANCY</b>	<b>FL1994</b>	<b>1985</b>	<b>1990</b>	<b>1996</b>	<b>2000</b>	<b>2010</b>
<b>4.11.1</b>	<b>Life expectancy at birth (in years)</b>						
	a) Broward County		not available	not available	not available	78	80
	b) Florida	77	75	76	not available		



## Living healthy lives *continued*

4.11 LIFE EXPECTANCY <small>CONTINUED</small>	TRENDS				GOALS	
	FL1994	1985	1990	1996	2000	2010
<b>4.11.2 Life expectancy by race and gender:</b> Average life expectancy (in years)						
a) Broward County						
1) Whites		not available	not available	not available		
2) Non-whites		not available	not available	not available		
3) Males		not available	not available	not available		
4) Females		not available	not available	not available		
b) Florida						
1) Whites	78	76	77	79		
2) Non-whites	71	70	70	71		
3) Males	73	72	72	73		
4) Females	80	79	80	80		
<b>4.11.3 Premature death</b>						
a) Number of residents who died before age 65 per 100,000 residents under age 65	313	335	316	313		
b) Average number of years of life lost by residents who died before age 65	20	19	20	19		
<b>4.12 DEATHS</b>	<b>1980</b>	<b>1985</b>	<b>1990</b>	<b>1996</b>	<b>2000</b>	<b>2010</b>
<b>4.12.1 Death rate:</b> Number of deaths per 100,000 residents						
a) Broward County		498	483	464		
b) Florida	559	518	491	not available		





*Living healthy lives* continued

**4.12 DEATHS** CONTINUED

**4.12.2 Top five causes of death:** Number of deaths per 100,000 residents for the top five causes of death

**a) Heart disease**

1) Broward County

2) Florida

**b) Cancer**

1) Broward County

2) Florida

**c) Unintentional injuries**

1) Broward County

2) Florida

**d) Cerebrovascular disease (e.g., strokes)**

1) Broward County

2) Florida

**e) Chronic obstructive lung disease (e.g., bronchitis, asthma)**

1) Broward County

2) Florida

	TRENDS				GOALS	
	FL1994	1985	1990	1996	2000	2010
		156	133	119	110	100
	122	158	133	not available		
		123	132	121	110	100
	126	129	131	not available		
		40	25	29	25	20
	31	40	35	not available		
		26	23	20	18	15
	30	37	31	not available		
		14	15	17	15	14
	19	17	17	not available		



**Living healthy lives** *continued*

4.13

**PREVENTABLE CANCER**

- 4.13.1 Preventable cancer death rate:** Number of deaths from preventable cancer per 100,000 residents
- a) Broward County
  - b) Florida
- 4.13.2 Breast cancer diagnosis:** Percentage of breast cancer cases diagnosed at an early stage
- a) Broward County
  - b) Florida
- 4.13.3 Prostate cancer diagnosis:** Percentage of prostate cancer cases diagnosed at an early stage
- a) Broward County
  - b) Florida

	TRENDS			GOALS		
	FL	1985	1990	1994	2000	2010
		76	82	75	70	60
		81	81	77		
		51%	64%	70%	75%	85%
		53%	64%	not available		
		61%	67%	81%	83%	85%
		not available	not available	not available		



**Living healthy lives** *continued*

4.14

**COMMUNICABLE DISEASES**

	TRENDS				GOALS	
	FL1994	1985	1990	1996	2000	2010
<b>4.14.1 Major categories of communicable diseases:</b> Number of new cases reported per 100,000 residents						
a) Vaccine-preventable diseases	7	20	11	5.5		
b) Sexually transmitted diseases	409	506	396	333		
c) Intestinal diseases	77	44	41	52		
d) Animal-transmitted diseases	1.0	0.5	1.9	1.9		
<b>4.14.2 Top four communicable diseases:</b> Number of new cases reported per 100,000 residents						
a) <b>Gonorrhea</b>						
1) Broward County		425	282	116	100	90
2) Florida	177	505	339	not available		
b) <b>AIDS</b>						
1) Broward County		9.1	64	85	85	80
2) Florida	62	4.8	30	not available		
c) <b>Tuberculosis</b>						
1) Broward County		9	13	10	10	8
2) Florida	13	12	14	not available		
d) <b>Syphilis</b>						
1) Broward County		55	42	2.1	2.0	2.0
2) Florida	5	32	40	not available		



## Living healthy lives *continued*

		TRENDS				GOALS	
<b>4.15</b>	<b>SUICIDE</b>	<b>FL1994</b>	<b>1985</b>	<b>1990</b>	<b>1996</b>	<b>2000</b>	<b>2010</b>
	<b>4.15.1</b> <i>Suicide</i> : Number of deaths by suicide per 100,000 residents	15	17	15	16	15	15
	<b>4.15.2</b> <i>Suicide by age group</i> : Number of deaths by suicide per 100,000 residents in the following age groups						
	a) ages 0-17	1.7	0.4	1.2	1.0		
	b) ages 18-24	14.0	22	16	9.0		
	c) ages 25-44	19.1	18	20	24		
	d) ages 45-64	17.6	18	18	20		
	e) ages 65-74	17.0	17	11	12		
	f) ages 75 and older	27.9	38	30	26		
<b>4.16</b>	<b>MENTAL HEALTH</b>	<b>FL1994</b>	<b>1985</b>	<b>1994</b>	<b>1997</b>	<b>2000</b>	<b>2010</b>
	<b>4.16.1</b> <i>Mental health of adults</i> : By survey, percentage of adults who, within the past 30 days, did not have good mental health for						
	a) 0 days	68%	not available	71%	74%	75%	75%
	b) 1-7 days	19%	not available	18%	16%	15%	15%
	c) 8-30 days	12%	not available	11%	10%	10%	10%



# Learning to stay healthy

		TRENDS				GOALS	
		FL1993	1986	1993	1997	2000	2010
<b>4.17</b>	<b>IMMUNIZATIONS</b>						
	<i>4.17.1 Immunizations:</i> Percentage of two-year-olds who were adequately immunized	73%	53%	77%	88%	90%	95%
<b>4.18</b>	<b>PHYSICAL FITNESS</b>						
	<i>4.18.1 Physical exercise:</i> By survey, percentage of adults who exercised at least 3 times per week for at least 20 minutes per occasion.	not available	not available	52%	49%	52%	60%
	<i>4.18.2 Obesity:</i> By survey, percentage of adults who were more than 20% overweight	30%	not available	23%	28%	25%	20%
<b>4.19</b>	<b>ALCOHOL AND DRUG USE</b>						
	<i>4.19.1 Binge drinkers:</i> By survey, percentage of adults who had 5 or more alcoholic beverages on a single occasion within the last month	14%	not available	14%	13%	12%	10%
	<i>4.19.2 Chronic drinkers:</i> By survey, percentage of adults who had 60 or more alcoholic beverages within the last month	4%	not available	3.6%	5.9%	5.0%	5.0%



## Learning to stay healthy *continued*

		TRENDS				GOALS	
<b>4.19</b>	<b>ALCOHOL AND DRUG USE</b>	<b>FL1994</b>	<b>1990</b>	<b>1994</b>	<b>1997</b>	<b>2000</b>	<b>2010</b>
	<b>4.19.3 Use of illegal drugs:</b> By survey, percentage of people who, during the last 12 months, have used illegal drugs a) youth (tenth graders) b) adults age 18 and older	not available not available	not available not available	not available not available	not available 2.2%		
	<b>4.19.4 Misuse of prescription drugs:</b> By survey, percentage of adults who, during the past 12 months, have used prescription drugs not according to their doctor's orders	not available	not available	not available	3.7%		
<b>4.20</b>	<b>CIGARETTE SMOKING</b>	<b>FL1994</b>	<b>1994</b>	<b>1995</b>	<b>1997</b>	<b>2000</b>	<b>2010</b>
	<b>4.20.1 Smoking:</b> By survey, percentage of people who smoked a) youth (grades 9-12) b) adults age 18 and over	not available 24%	not available 41%	23% not available	not available 22%	10% 20%	0.0% 10%
<b>4.21</b>	<b>CHECK-UPS/PREVENTIVE HEALTH</b>	<b>FL1993</b>	<b>1990</b>	<b>1994</b>	<b>1997</b>	<b>2000</b>	<b>2010</b>
	<b>4.21.1 Medical check-ups:</b> By survey, percentage of adults who had a medical check-up within the last year	69%	not available	73%	79%	85%	90%
	<b>4.21.2 Mammograms:</b> By survey, percentage of women over age 50 who had a) a mammogram within the past year b) a mammogram and clinical breast exam within the past two years	54% not available	not available not available	75% 69%	72% 67%	75% 75%	85% 85%



**Learning to stay healthy** *continued*

**4.21 CHECK-UPS/PREVENTIVE HEALTH** CONTINUED

**4.21.3 Dental check-ups:** By survey, percentage of people who had a dental checkup within the last year  
 a) Children under age 18  
 b) Adults age 18 and older

**4.21.4 Safe sex:** By survey, percentage of adults who practiced safe sex

	TRENDS				GOALS	
	FL1993	1990	1994	1997	2000	2010
not available not available	not available not available	not available not available	not available not available	70% 72%	80% 75%	90% 80%
not available	not available	not available	84%	85%	90%	

