



Healthier Jupiter
LIGHTING THE WAY

2017 Community Survey Results

Healthier Jupiter's Community Survey sought to learn more about our community's needs around health and well-being. 496 Jupiter community members completed the survey, representative of the demographics of the community. This was the second year the survey was conducted.

Demographics

Of all surveys received, **74%** of respondents live in Jupiter full time, **13%** visit Jupiter regularly, **35%** work in Jupiter, and **12%** attend school in Jupiter. The most reported zip-code was **33458**.

GENDER



31%
Male



69%
Female

AGE



Under 18 = **11%**
18-45 = **40%**
46-65 = **34%**
66-80 = **13%**
Older than 80 = **2%**

RACE



White = **62%**
Black/African American = **10%**
Latino/Hispanic = **23%**
Asian = **1.5%**
Multiple Races = **2%**
Other = **1.5%**

Current Health

Most described their current health positively: **66%** said their current health is **excellent or very good**, **23%** said their current health is **good** and **11%** described their health as **fair or poor**.

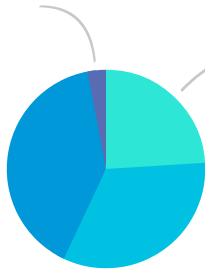
BMI's

(calculated by self-reported weight and height)

Underweight

3%

Normal
40%



Overweight
33%

Obese
24%

Have you ever been told you are diabetic or pre-diabetic?

5%
diabetic

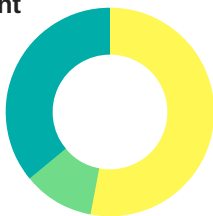
7%
pre-diabetic

88%
do not have
diabetes or pre-diabetes

Of those who are diabetic or pre-diabetic, **64%** are **White**, **22%** are **Latino/Hispanic**, and **12%** are **Black/African American** and **2%** are **Multiple Races**.

Are you currently trying to lose or maintain weight?

Maintain Weight
36%



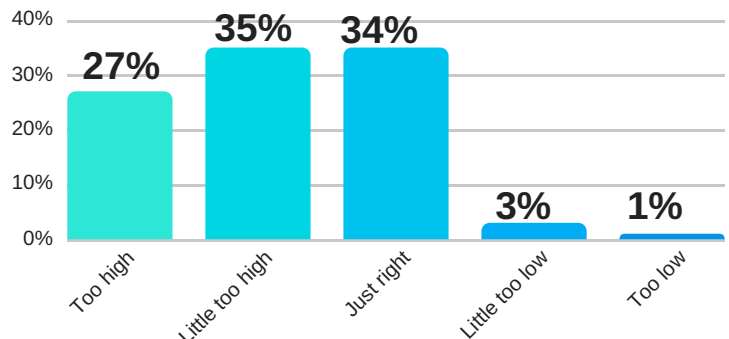
None Above
11%

Lose Weight
53%

73%
of those who are
diabetic or pre-diabetic
are trying to
lose weight

There were similar percentages across race.

Do you believe your current weight is...

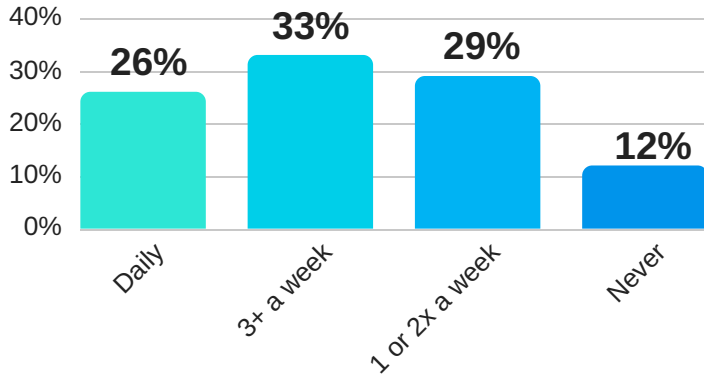


85% of those who are **diabetic/pre-diabetic** recognized their weight as **too high or a little too high**.

Healthy Foods / Physical Fitness

Physical Activity

During a normal week, how often do you participate in any physical activity?



55% of diabetics/pre-diabetics reported rarely being active (1 to 2x a week or never). Also, 62% of Hispanics/Latinos, 57% of Other, and 42% of African Americans/Blacks reported rarely being active (1 to 2x a week or never).



65% of respondents would like to be more active than they currently are. **Hispanics/Latinos** and those who identify as **Other** most want to be more active at 73% each.

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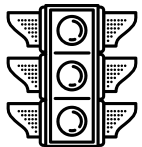
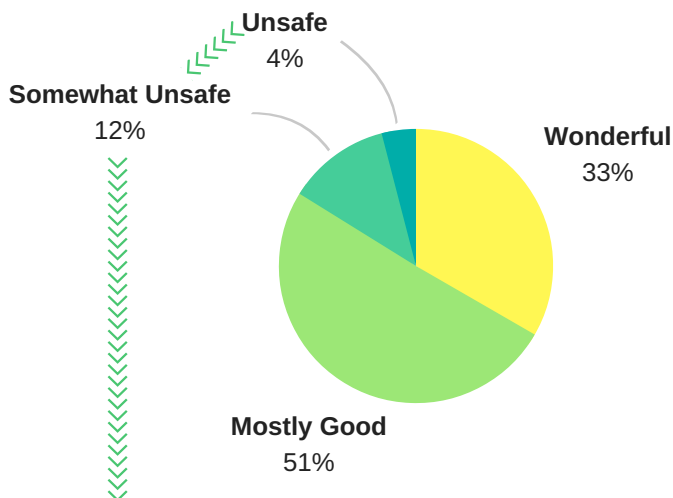
Top 3 Barriers to Physical Activity



Across all races, **lack of time** was the most identified barrier to physical activity.

Walkability/Bikeability

How pleasant and inviting is it to walk or bike in our community?



Those surveyed recognize that it is unsafe for walkers or bikers because of dangerous drivers and traffic, lack of lighting, inadequate sidewalks, unsafe or lack of bike paths/lanes.

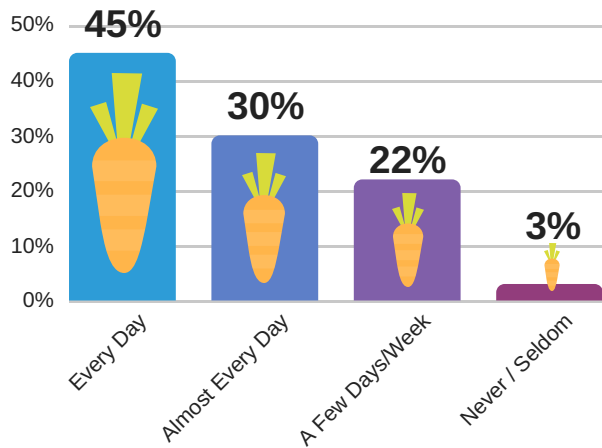
Top reasons why people walk or bike in their neighborhood instead of driving:

1. Exercise
2. Enjoy the outdoors
3. Walk the dog
4. I don't often walk or bike in my neighborhood
5. Get out with children
6. Visit neighbors
7. Go to a specific place
8. Go to the bus stop

Across all races, the **top two reasons** to walk/bike in their neighborhood are to **exercise** and to **enjoy the outdoors**.

Healthy Foods

Do you eat fresh fruits and vegetables every day during a normal week?



64% of those who are **diabetic/pre-diabetic** do not eat fresh fruits/vegetables every day. Additionally, 73% of those who identify as **Multiple Races**, 68% **Hispanic/Latino**, and 58% **Black/African American** do not eat fruits/vegetables every day.

YEARLY TREND:

Those eating fresh fruits and vegetables every day increased from 2016 to 2017. In 2016 36% ate fresh fruits and vegetables every day, and now in 2017 45% do.

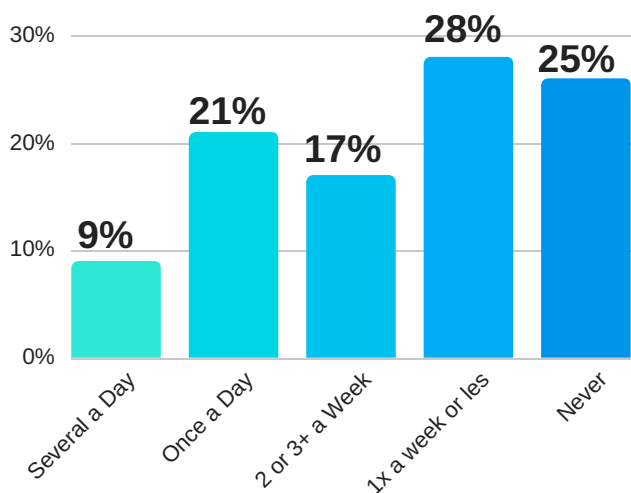


Which of the following sources of fresh fruits and vegetables are used regularly by your family?



Across all races, the main source of fresh fruits and vegetables was from a supermarket chain. The second source most regularly used changed for each race: **Whites** go to **green markets (29%)**, **Black/African Americans** use their **own garden (13%)**, **Hispanics/Latinos** go to **local grocery stores (24%)**, those who identify as **Multiple Races** go to **green markets (60%)**, and **Asians** are split between **local grocery store (33%)** and **green markets (33%)**, and those who identify as **Other** go to **local grocery store (67%)**.

How many times do you have a sugary drink?



Awareness of Diabetes Risks

66%

Know it to be true that Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans.

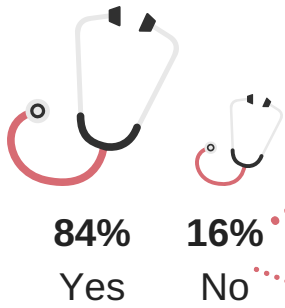
39%

Recognized all of the risk factors involved in putting a person at greater risk for developing Type 2 diabetes. Respondents identified **being overweight (34%)**, **having a relative with diabetes (27%)**, and **being inactive (24%)** as the next highest risk factors.

Marketing / Access to Medical Care

Access to Medical Care

Do you have affordable health insurance?



21% of those who are **diabetic/pre-diabetic** do not have insurance. 44% of **Hispanics** surveyed do not have insurance, which is the largest group that does not have affordable health insurance, followed by those who identify as **Other** at 17%, **Black/African American** at 10%, those who identify as **Multiple Races** at 9% and **White** at 7%.

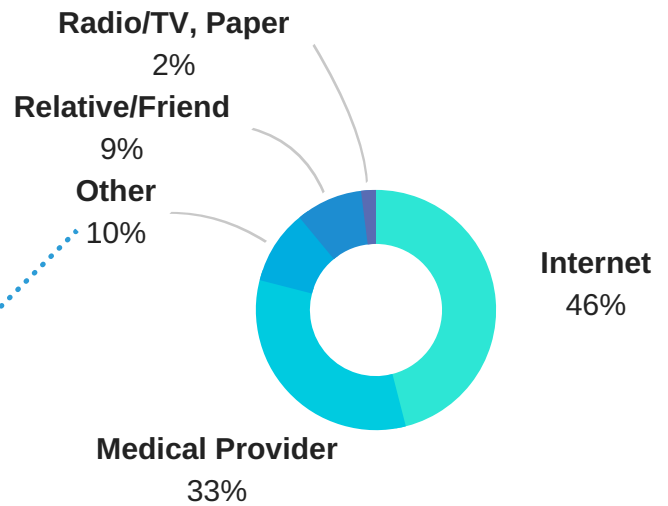
Why don't you have insurance?

1. Too expensive
2. Immigration status
3. I do not qualify
4. I don't know how to get it
5. Recently Unemployed

Where is the first place you turn when you want to learn more about your health?

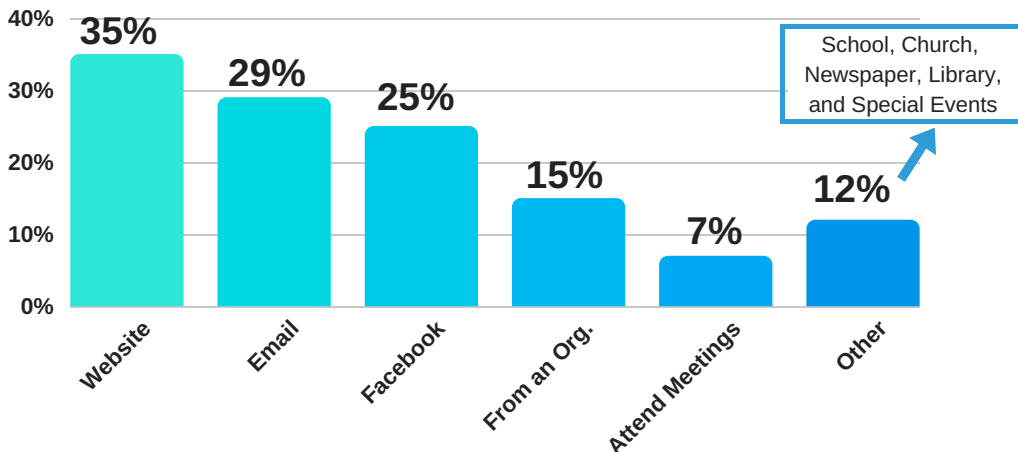
Each race goes to the internet first to learn more about their health, except **African Americans/Blacks** who first go to a **medical provider (52%)**.

"Other" responses were various combinations of the choices listed: relative/friend, medical provider, and internet.



Healthier Jupiter Awareness

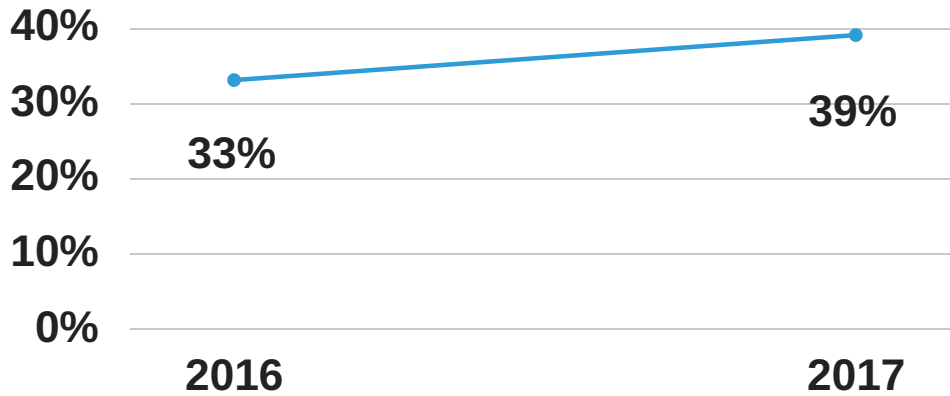
How would you like to receive information about Healthier Jupiter?



There was significant communication differences among race: **Whites** would like information from **website and email**, **African Americans/Blacks** from **Organizations and Facebook/Email**, **Hispanic/Latino** from **Organization and Website**, **Asian and Multiple Races** from **Facebook and Website** and **Other** from **Email/Organization**.

Yearly Trends

Respondents who have heard of Healthier Jupiter:



Note on Analysis: Realizing the sample we took was not random, we set a target for participation, and then validated that it represented Jupiter's overall population demographics. With our sample of 496, we have results that are significant for the overall survey of +/- 4.4% at the 95% confidence level. So when we compare 2017 to 2016 results, we should see a difference of at least 4.4% to note that an actual change has occurred.

Although there has been an increase in awareness, still many of those surveyed **do not know** of Healthier Jupiter. **90%** of those who identify as **Multiple Races do not**, followed by **Asians (67%)**, **Hispanics/Latinos (67%)**, **Whites (59%)**, and **Blacks/African Americans (48%)** and those who identify as **Other (43%)**.

The Community's Ideas

"Some class in the future about nutrition"



" [I] love the walk and talks you do"



"Safety concerns for bike lanes needs to be addressed for the community"



"Having separate bike lane from the traffic [may] encourag[e] healthier lifestyles"



"Nice trails that are poorly marked, rarely used"



"Pine Gardens has some sidewalks but not enough"



"[C]ommunity exercise accessible to everyone like the Zumba classes"



"I'd like to see community gardens in more communities throughout town"



"Indoor free yoga, indoor affordable cycle, non weight bearing"