



**AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT**

ACCESS TO HEALTH CARE SERVICES	<ul style="list-style-type: none"> <li>▪ Barriers to Access               <ul style="list-style-type: none"> <li>– Cost of Physician Visits</li> <li>– Finding a Physician</li> </ul> </li> <li>▪ Routine Medical Care</li> <li>▪ Regular Dental Care</li> <li>▪ Difficulty Accessing Children’s Health Care</li> <li>▪ Ratings of Local Health Care</li> </ul>
CANCER	<ul style="list-style-type: none"> <li>▪ Leading Cause of Death</li> <li>▪ Prostate Cancer (Deaths and Incidence)</li> </ul>
COVID-19/ CORONAVIRUS DISEASE	<ul style="list-style-type: none"> <li>▪ Economic Impact of the Pandemic</li> <li>▪ Mental Health Impact of the Pandemic</li> <li>▪ Health Care Delay/Avoidance</li> <li>▪ <i>Key Informants: COVID-19 ranked as a top concern</i></li> </ul>
DIABETES	<ul style="list-style-type: none"> <li>▪ Prevalence of Borderline/Pre-Diabetes</li> <li>▪ <i>Key Informants: Diabetes ranked as a top concern</i></li> </ul>
HEART DISEASE & STROKE	<ul style="list-style-type: none"> <li>▪ Leading Cause of Death               <ul style="list-style-type: none"> <li>– High Blood Pressure Prevalence</li> <li>– High Blood Cholesterol Prevalence</li> </ul> </li> <li>▪ <i>Key Informants: Heart disease and stroke ranked as a top concern</i></li> </ul>
HOUSING	<ul style="list-style-type: none"> <li>▪ Housing Insecurity</li> <li>▪ Unhealthy/Unsafe Housing Conditions</li> </ul>
INJURY & VIOLENCE	<ul style="list-style-type: none"> <li>▪ Homicide Deaths</li> <li>▪ Violent Crime Rate</li> </ul>
MENTAL HEALTH	<ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ <i>Key Informants: Mental health ranked as a top concern</i></li> </ul>
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	<ul style="list-style-type: none"> <li>▪ Children’s Physical Activity</li> <li>▪ Overweight &amp; Obesity [Adults]</li> <li>▪ <i>Key Informants: Nutrition, physical activity, and weight ranked as a top concern</i></li> </ul>
SEXUAL HEALTH	<ul style="list-style-type: none"> <li>▪ HIV/AIDS Deaths</li> <li>▪ HIV Prevalence</li> </ul>
SUBSTANCE ABUSE	<ul style="list-style-type: none"> <li>▪ Binge Drinking</li> </ul>
TOBACCO USE	<ul style="list-style-type: none"> <li>▪ Use of Vaping Products</li> </ul>



Individuals' ratings for each criteria were averaged for each tested health issue, and then these composite criteria scores were averaged to produce an overall score. This process yielded the following prioritized list of community health needs:

1. COVID-19
2. Access to Health Care Services
3. Mental Health
4. Nutrition, Physical Activity & Weight
5. Heart Disease & Stroke
6. Diabetes
7. Substance Abuse
8. Sexual Health
9. Housing
10. Cancer
11. Injury & Violence
12. Tobacco Use

### COVID-19 (p. 87)

- Over half of Miami-Dade County survey respondents consider the coronavirus/COVID-19 to be a “major problem” in the community.
  - DISPARITY ► “Major problem” ratings are lowest in Southwest Miami-Dade. Greater concern is noted among women and adults age 40 and older
- During late summer/early fall 2020, 38.7% of Miami-Dade County respondents had been tested for the COVID-19 virus.
  - DISPARITY ► Testing is lowest among adults in the South. By demographics, adults under 65 and those with the highest household incomes are more likely to have been tested
- A total of 24.9% of survey respondents in Miami-Dade County report that they or a member of their household lost a job as a result of the coronavirus/COVID-19 pandemic.
  - DISPARITY ► The prevalence is higher in younger adults, those with lower incomes, and in communities of color.
- Another 38.9% of county adults lost work hours or wages (but didn't lose a job) due to the pandemic.
  - DISPARITY ► Higher among women and adults under age 65.
- Overall, 8.8% of respondents indicate that they or a member of their household lost health insurance coverage as a result of the COVID-19 pandemic.
  - DISPARITY ► This is particularly prevalent in Central Miami.



### **Access to Health Care Services** (p.168)

- A total of 40.5% of Miami-Dade County adults report some type of difficulty or delay in obtaining health care services in the past year.
  - DISPARITY ► Highest in Northeast Miami-Dade (affecting half of respondents there). Highest among young adults, residents living on very low incomes, and Whites.
- Of the tested barriers, cost of a physician visit and difficulty finding a doctor impacted the greatest shares of Miami-Dade County adults.
  - BENCHMARK ► Both barriers received a much higher percentage response than found nationally.
  - DISPARITY ► Northeast Miami-Dade, Central Miami, and South Miami-Dade reported the highest percentages of barriers (not shown).
- A considerable proportion (35.8%) of survey respondents report that there been a time since the start of the pandemic when they needed medical care or had a medical appointment scheduled, but chose to avoid receiving care due to concerns about possible exposure to the virus.
  - DISPARITY ► The prevalence is lowest among Southwest Miami-Dade respondents. By demographics, the percentage decreases with age in Miami-Dade County.
- A considerable proportion (27.7%) of surveyed parents report a time since the beginning of the pandemic when they avoided getting needed medical care for their child due to concerns about COVID-19.
  - DISPARITY ► The prevalence is lowest among parents in Southeast Miami-Dade.

### **Mental Health** (p.65)

- A total of 19.2% of Miami-Dade County adults have been diagnosed by a physician as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).
  - BENCHMARK ► Worse than the Florida percentage.
  - DISPARITY ► Unfavorably high in Central Miami.
- In Miami-Dade County, there were 8.6 suicides per 100,000 population (2016-2018 annual average age-adjusted rate).
  - BENCHMARK ► Below the state and national suicide rates. Satisfies the Healthy People 2030 objective.
  - DISPARITY ► Dramatically higher among Whites than Blacks and Hispanics in Miami-Dade County
- Difficulty Accessing Mental Health Services 10.0% of Miami-Dade County adults report a time in the past year when they needed mental health services but were not able to get them.
  - DISPARITY ► Correlates with income level and is highest among adults under age 40
- A total of 23.1% of survey respondents believe that their mental health status has gotten worse since the beginning of the pandemic.



- Among parents of a child age 5 through 17 at home, 12.1% report that their child's mental health has worsened during the pandemic.

### **Nutrition, Physical Activity & Weight** (p. 136)

- 18.2% of Miami-Dade County adults find it “very” or “somewhat” difficult to access affordable fresh fruits and vegetables.
  - DISPARITY ► Unfavorably high among Central Miami respondents. More often reported among young adults and those living at or near the federal poverty level.
- A total of 26.7% of Miami-Dade County adults report no leisure-time physical activity in the past month.
  - BENCHMARK ► Better than the US figure but fails to satisfy the Healthy People 2030 objective.
  - DISPARITY ► Highest among respondents in Central Miami.
- A total of 26.4% of Miami-Dade County adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).
  - BENCHMARK ► Better than the Florida and US percentages.
  - DISPARITY ► Lowest in Central Miami. These adults are less likely to report activity levels that meet physical activity recommendations: women, adults age 65+, lower-income residents, and communities of color

### **Heart Disease & Stroke**

- Together, heart disease and cancers accounted for nearly one-half of all deaths in Miami-Dade County in 2018.
- Between 2016 and 2018, there was an annual average age-adjusted heart disease mortality rate of 147.2 deaths per 100,000 population in Miami-Dade County.
  - DISPARITY ► Highest in the county's Black population.
- Between 2016 and 2018, there was an annual average age-adjusted stroke mortality rate of 42.8 deaths per 100,000 population in Miami-Dade County.
  - DISPARITY ► Considerably higher in the county's Black population.

### **Diabetes**

- Between 2016 and 2018, there was an annual average age-adjusted diabetes mortality rate of 22.1 deaths per 100,000 population in Miami-Dade County.
  - DISPARITY ► Dramatically higher in the Black population.
- A total of 11.9% of Miami-Dade County adults report having been diagnosed with diabetes.
  - DISPARITY ► Unfavorably high in Central Miami. The prevalence increases sharply with age and is higher among Whites and Blacks when compared with Hispanics.



### **Substance Abuse**

- Between 2016 and 2018, Miami-Dade County reported an annual average age-adjusted cirrhosis/liver disease mortality rate of 7.1 deaths per 100,000 population.
  - BENCHMARK ► Below the state and national rates and satisfying the Healthy People 2030 objective.
- A total of 35.8% of area adults are binge drinkers (men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month).
  - BENCHMARK ► Much higher than Florida and US benchmarks. Fails to satisfy the Healthy People 2030 objective.
- A total of 2.9% of Miami-Dade County adults acknowledge using an illicit drug in the past
- month.
  - BENCHMARK ► Easily satisfies the Healthy People 2030 objective.
  - DISPARITY ► The prevalence decreases with age and is much higher among upper-income residents when compared with those in households with lower income levels.
- A total of 10.8% of Miami-Dade County report using a prescription opioid drug in the past year.
  - DISPARITY ► Decreases with age and is highest among Whites and residents at either end of the income spectrum.

### **Sexual Health**

- In 2018, there was a prevalence of 1,116.3 HIV cases per 100,000 population in Miami-Dade County.
  - DISPARITY ► The rate is exponentially higher in the county's Black population.
- In 2018, the chlamydia incidence rate in Miami-Dade County was 486.8 cases per 100,000 population.
  - The Miami-Dade County gonorrhea incidence rate in 2018 was 156.6 cases per 100,000 population.

### **Housing**

- A total of 18.5% of Miami-Dade County residents report living in unhealthy or unsafe housing conditions during the past year.
  - BENCHMARK ► Well above the US prevalence.
  - DISPARITY ► Considerably higher in Northeast Miami-Dade. Correlates with age and income and is higher in the Black population.



### **Cancer**

- Lung cancer is the leading cause of cancer deaths in Miami-Dade County.
  - Other leading sites include prostate cancer, female breast cancer, and colorectal cancer (both sexes)
- The highest cancer incidence rates are for prostate cancer and female breast cancer.

### **Injury & Violence**

- Between 2016 and 2018, there was an annual average age-adjusted unintentional injury mortality rate of 31.1 deaths per 100,000 population in Miami-Dade County.
  - BENCHMARK ► Well below the state and national death rates. Satisfies the Healthy People 2030 objective.
  - DISPARITY ► Particularly high among Whites in Miami-Dade County.

### **Tobacco Use**

- A total of 16.6% of Miami-Dade County adults currently smoke cigarettes, either regularly (every day) or occasionally (on some days).
  - BENCHMARK ► Fails to satisfy the Healthy People 2030 objective.
  - DISPARITY ► Highest in the East Coast/Miami Beach community. More often reported among men, young adults, residents living below poverty, and Whites.