



2025 COMMUNITY HEALTH NEEDS ASSESSMENT

Brevard County, Florida

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INTRODUCTION

PROJECT OVERVIEW

Project Goals

This Community Health Needs Assessment — a follow-up to similar studies conducted in 2004, 2009, 2013, 2016, 2019, and 2022 — is a systematic, data-driven approach to determining the health status, behaviors, and needs of residents in Brevard County. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. This Community Health Needs Assessment will serve as a tool toward reaching three basic goals:

- To improve residents' health status, increase their life spans, and elevate their overall quality of life. A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.
- To reduce the health disparities among residents. By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors that historically have had a negative impact on residents' health.
- To increase accessibility to preventive services for all community residents. More accessible preventive services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventive care.

This assessment was conducted on behalf of Space Coast Health Foundation by Professional Research Consultants, Inc. (PRC), a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

Methodology

This assessment incorporates data from primary research (the PRC Community Health Survey) and allows for trending and comparison to benchmark data at the state and national levels.

PRC Community Health Survey

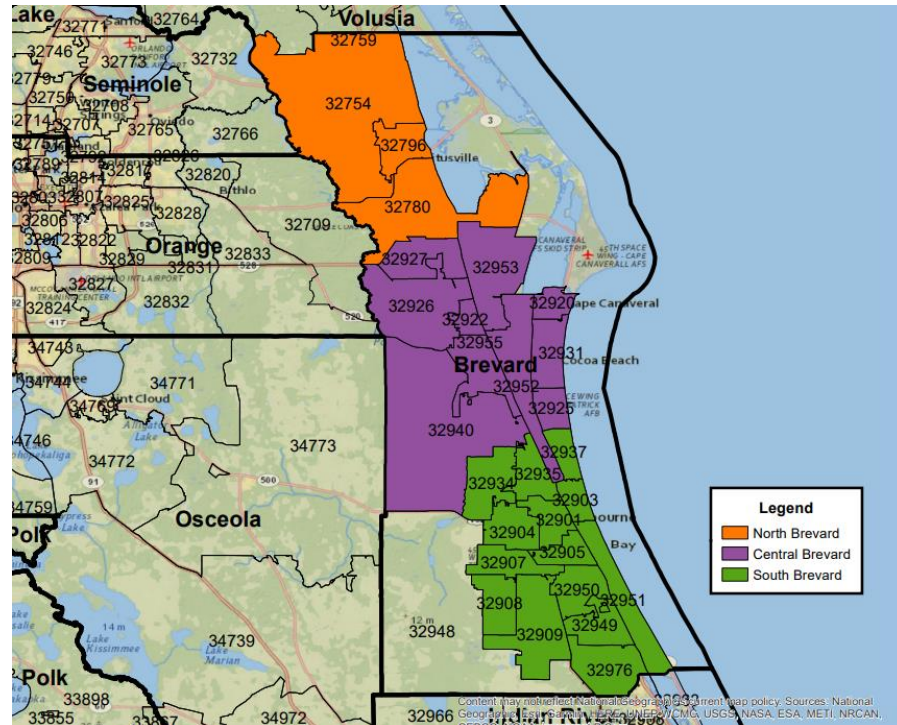
Survey Instrument

The survey instrument used for this study is based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions addressing gaps in indicator data relative to health promotion and disease prevention objectives and other recognized health issues. The final survey instrument was developed by Space Coast Health Foundation and PRC and is similar to the previous surveys used in the region, allowing for data trending.



Community Defined for This Assessment

The study area for the survey effort (Brevard County) is defined as each of the residential ZIP Codes comprising the county, divided into three strata (North Brevard, Central Brevard, and South Brevard). This community is illustrated in the following map.



Sample Approach & Design

A precise and carefully executed methodology is critical in asserting the validity of the results gathered in the PRC Community Health Survey. Thus, to ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included targeted surveys conducted by PRC via telephone (landline and cell phone) or through online questionnaires, as well as a community outreach component promoted by Space Coast Health Foundation through social media posting and other communications.

RANDOM-SAMPLE SURVEYS (PRC) ► For the targeted administration, PRC administered 600 surveys throughout the service area.

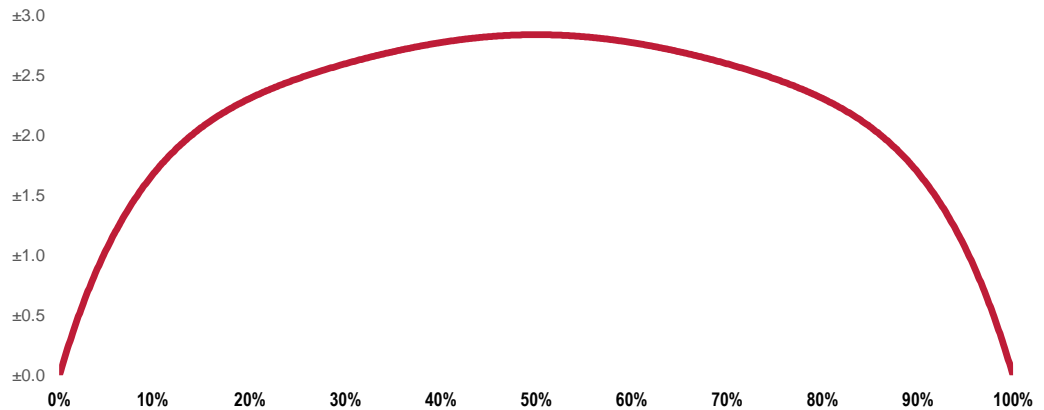
COMMUNITY OUTREACH SURVEYS (Space Coast Health Foundation) ► PRC also created a link to an online version of the survey, and Space Coast Health Foundation promoted this link locally in order to drive additional participation and bolster overall samples. This yielded an additional 647 surveys to the overall sample.

In all, 1,247 surveys were completed through these mechanisms (233 in North Brevard, 457 in Central Brevard, and 557 in South Brevard). Once the interviews were completed, these were weighted in proportion to the actual population distribution so as to appropriately represent Brevard County as a whole. All administration of the surveys, data collection, and data analysis was conducted by PRC.

For statistical purposes, for questions asked of all respondents, the maximum rate of error associated with a sample size of 1,247 respondents is $\pm 2.8\%$ at the 95 percent confidence level.



Expected Error Ranges for a Sample of 1,247 Respondents at the 95 Percent Level of Confidence



- Note:
- The "response rate" (the percentage of a population giving a particular response) determines the error rate associated with that response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.
- Examples:
- If 10% of the sample of 1,247 respondents answered a certain question with a "yes," it can be asserted that between 8.3% and 11.7% (10% ± 1.7%) of the total population would offer this response.
 - If 50% of respondents said "yes," one could be certain with a 95 percent level of confidence that between 47.2% and 52.8% (50% ± 2.8%) of the total population would respond "yes" if asked this question.

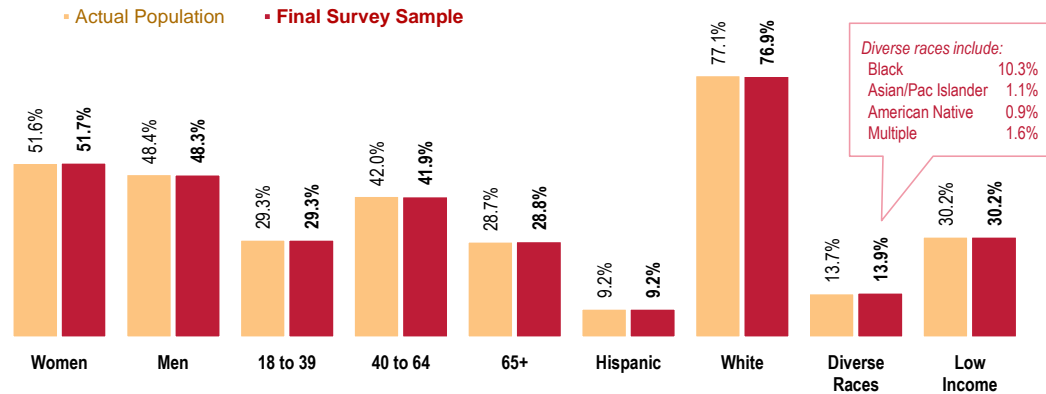
Sample Characteristics

To accurately represent the population studied, PRC strives to minimize bias through application of a proven telephone methodology and random-selection techniques. While this random sampling of the population produces a highly representative sample, it is a common and preferred practice to "weight" the raw data to improve this representativeness even further. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely sex, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual's responses is maintained, one respondent's responses might contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics might have been slightly oversampled, might contribute the same weight as 0.9 respondents.

The following chart outlines the characteristics of the Brevard County sample for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; data on children were given by proxy by the person most responsible for that child's health care needs, and these children are not represented demographically in this chart.]



Population & Survey Sample Characteristics (Brevard County, 2024)



- Sources:
- US Census Bureau, 2016-2020 American Community Survey.
 - 2024 PRC Community Health Survey, PRC, Inc.
- Notes:
- "Low Income" reflects those living under 200% of the federal poverty level, based on guidelines established by the US Department of Health & Human Services.
 - All Hispanic respondents are grouped, regardless of identity with any other race group. Race reflects those who identify with a single race category, without Hispanic origin. "Diverse Races" includes those who identify as Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian/Pacific Islander, or as being of multiple races, without Hispanic origin.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total population of community members in the defined area with a high degree of confidence.

Benchmark Comparisons

Trending

Similar surveys were administered in Brevard County in 2004, 2009, 2013, 2016, 2019, and 2022 by PRC on behalf of Space Coast Health Foundation. Trending data, as revealed by comparison to prior survey results, are provided throughout this report whenever available.

Florida Data

State-level findings are provided where available as an additional benchmark against which to compare local findings. For survey indicators, these are taken from the most recently published data from the CDC's Behavioral Risk Factor Surveillance System (BRFSS).

National Data

National survey data, which are also provided in comparison charts, are taken from the *2023 PRC National Health Survey*; these data may be generalized to the US population with a high degree of confidence.

Healthy People 2030 Objectives

Healthy People provides 10-year, measurable public health objectives — and tools to help track progress toward achieving them. Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first four decades.



The Healthy People 2030 framework was based on recommendations made by the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030. After receiving feedback from individuals and organizations and input from subject matter experts, the US Department of Health and Human Services (HHS) approved the framework which helped guide the selection of Healthy People 2030 objectives.



Determining Significance

Differences noted in this report represent those determined to be significant. For survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level), using question-specific samples and response rates.

Information Gaps

While this assessment is quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all of the community's health needs.

For example, certain population groups — such as the homeless, institutionalized persons, or those who only speak a language other than English or Spanish — are not represented in the survey data. Other population groups — for example, pregnant women, undocumented residents, and members of certain racial/ethnic or immigrant groups — while included in the overall findings, might not be individually identifiable or might not comprise a large-enough sample for independent analyses.

In addition, this assessment does not include secondary data from existing sources, which can provide relevant data collected through death certificates, birth certificates, or notifications of infectious disease cases in the community.

In terms of content, this assessment was designed to provide a comprehensive and broad picture of the health of the overall community. However, there are certainly medical conditions that are not specifically addressed.



SUMMARY OF FINDINGS

Significant Health Needs of the Community

The following “Areas of Opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment. From these data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data (particularly national data); identified trends; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue.

AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT	
ACCESS TO HEALTH CARE SERVICES	<ul style="list-style-type: none"> ▪ Lack of Health Insurance ▪ Barriers to Access <ul style="list-style-type: none"> – Inconvenient Office Hours – Cost of Prescriptions – Cost of Physician Visits – Appointment Availability – Difficulty Finding a Physician – Lack of Transportation ▪ Difficulty Accessing Children’s Health Care ▪ Dental Insurance Coverage ▪ Ratings of Local Health Care
CANCER	<ul style="list-style-type: none"> ▪ Leading Cause of Death ▪ Cancer Prevalence
DIABETES	<ul style="list-style-type: none"> ▪ Diabetes Prevalence ▪ Prevalence of Borderline/Pre-Diabetes
DISABLING CONDITIONS	<ul style="list-style-type: none"> ▪ Activity Limitations ▪ Caregiving
HEART DISEASE & STROKE	<ul style="list-style-type: none"> ▪ Leading Cause of Death ▪ High Blood Pressure Prevalence ▪ High Blood Cholesterol Prevalence
INJURY & VIOLENCE	<ul style="list-style-type: none"> ▪ Violent Crime Experience

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AREAS OF OPPORTUNITY (continued)

<p>MENTAL HEALTH</p>	<ul style="list-style-type: none"> ▪ “Fair/Poor” Mental Health ▪ Diagnosed Depression ▪ Symptoms of Chronic Depression ▪ Stress ▪ Receiving Treatment for Mental Health ▪ Difficulty Obtaining Mental Health Services
<p>NUTRITION, PHYSICAL ACTIVITY & WEIGHT</p>	<ul style="list-style-type: none"> ▪ Food Insecurity ▪ Children’s Physical Activity ▪ Overweight & Obesity [Adults]
<p>SOCIAL DETERMINANTS OF HEALTH</p>	<ul style="list-style-type: none"> ▪ Housing Insecurity ▪ Food Insecurity ▪ Perceptions of the Community as Welcoming to All People
<p>SUBSTANCE USE</p>	<ul style="list-style-type: none"> ▪ Illicit Drug Use ▪ Personally Impacted by Substance Use
<p>TOBACCO USE</p>	<ul style="list-style-type: none"> ▪ Use of Vaping Products ▪ Smoking Cessation



Summary Tables: Comparisons With Benchmark Data

Reading the Summary Tables

- In the following tables, Brevard County results are shown in the larger, gray column.
- The columns to the left of the Brevard County column provide comparisons among the three subareas within the county, identifying differences for each as “better than” (☀️), “worse than” (🌧️), or “similar to” (☁️) the combined opposing areas.
- The columns to the right of the Brevard County column provide trending, as well as comparisons between local data and any available state and national findings, and Healthy People 2030 objectives. Again, symbols indicate whether Brevard County compares favorably (☀️), unfavorably (🌧️), or comparably (☁️) to these external data.

TREND SUMMARY


































(Current vs. Baseline Data)

Trends represent significant changes since 2004 (or earliest available data).

Note that blank table cells signify that data are not available or are not reliable for that area and/or for that indicator.

Tip: Indicator labels beginning with a “%” symbol are taken from the PRC Community Health Survey.









SOCIAL DETERMINANTS	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Unable to Pay Cash for a \$400 Emergency Expense	 34.8	 28.1	 29.5	29.6		 34.0		 30.0
% Worry/Stress Over Rent/Mortgage in Past Year	 41.7	 37.9	 42.4	40.7		 45.8		 28.9
% Unhealthy/Unsafe Housing Conditions	 22.8	 16.7	 18.3	18.3		 16.4		 17.8
% Food Insecure	 39.1	 31.2	 35.6	34.4		 43.3		 21.7
% 4+ Adverse Childhood Experiences (High ACEs Score)	 29.5	 25.7	 31.4	29.0		 25.5		 24.3
% [Adults With an ACE] Have Received Treatment for ACE	 20.8	 25.7	 30.2	27.4				
% Disagree That the Community is Welcoming to All People	 15.0	 18.4	 20.0	18.9		 11.9		 17.5

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.


better








































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















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OVERALL HEALTH	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% "Fair/Poor" Overall Health	 21.8	 15.1	 15.1	15.9	 19.1	 15.7		 13.8

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

 better  similar  worse

ACCESS TO HEALTH CARE	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% [Age 18-64] Lack Health Insurance	 17.0	 12.3	 14.0	13.7	 15.4	 8.1	 7.6	 24.0
% Difficulty Accessing Health Care in Past Year (Composite)	 56.3	 58.2	 57.9	57.8		 52.5		 37.0
% Cost Prevented Physician Visit in Past Year	 26.9	 26.0	 26.0	26.1	 12.9	 21.6		 11.8
% Cost Prevented Getting Prescription in Past Year	 22.1	 23.4	 21.5	22.3		 20.2		 13.3
% Difficulty Getting Appointment in Past Year	 35.8	 38.3	 37.6	37.7		 33.4		 11.8
% Inconvenient Hrs Prevented Dr Visit in Past Year	 22.6	 21.0	 21.4	21.4		 22.9		 8.1
% Difficulty Finding Physician in Past Year	 31.9	 30.0	 25.4	27.9		 22.0		 6.3

ACCESS TO HEALTH CARE (continued)	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			TREND
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	
% Transportation Hindered Dr Visit in Past Year	 22.5	 13.6	 12.3	14.0		 18.3		 4.7
% Language/Culture Prevented Care in Past Year	 2.9	 2.0	 1.2	1.7		 5.0		 1.2
% Stretched Prescription to Save Cost in Past Year	 22.6	 24.8	 20.7	22.4		 19.4		 20.3
% Difficulty Getting Child's Health Care in Past Year	 3.5	 12.5	 13.6	11.9		 11.1		 1.2
% Have a Specific Source of Ongoing Care	 66.6	 72.1	 75.3	73.1		 69.9	 84.0	 72.6
% Routine Checkup in Past Year	 66.4	 68.4	 75.1	71.6	 78.9	 65.3		 70.5
% [Child 0-17] Routine Checkup in Past Year	 83.1	 84.8	 92.4	88.2		 77.5		 88.1
% Two or More ER Visits in Past Year	 13.3	 13.0	 11.0	12.0		 15.6		 9.8
% Rate Local Health Care "Fair/Poor"	 29.2	 17.9	 22.3	21.4		 11.5		 13.4

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



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CANCER	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Cancer	12.0	16.8	14.3	15.0	15.1	7.4		14.2
% [Women 50-74] Breast Cancer Screening	74.6	81.0	79.2	79.4		64.0	80.5	86.7
% [Women 21-65] Cervical Cancer Screening	65.0	73.3	75.2	73.4		75.4	84.3	79.5
% [Age 45-75] Colorectal Cancer Screening	74.8	78.2	73.9	75.6		71.5	74.4	77.5

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



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DIABETES	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Diabetes/High Blood Sugar	18.7	12.4	12.6	13.2	12.5	12.8		9.3
% Borderline/Pre-Diabetes	14.1	16.6	20.1	18.1		15.0		9.1
% [Non-Diabetics] Blood Sugar Tested in Past 3 Years	47.2	46.1	54.6	50.6		41.5		55.8

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



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DISABLING CONDITIONS	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% 3+ Chronic Conditions	44.1	41.0	40.1	40.9		38.0		47.7
% Activity Limitations	34.4	35.4	32.1	33.6		27.5		19.3
% High-Impact Chronic Pain	24.7	26.5	19.9	22.9		19.6	6.4	21.5
% Caregiver to a Friend/Family Member	29.0	34.1	32.4	32.7		22.8		24.1

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

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HEART DISEASE & STROKE	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Heart Disease	11.4	11.5	12.0	11.7	8.4	10.3		9.1
% Stroke	8.3	4.4	3.9	4.6	3.6	5.4		6.3
% High Blood Pressure	49.3	48.7	47.5	48.2	35.9	40.4	42.6	38.2
% [HBP] Taking Action to Control High Blood Pressure	84.1	82.2	85.8	84.2				80.8

HEART DISEASE & STROKE (continued)	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% High Cholesterol	 44.9	 44.5	 42.6	43.6		 32.4		 34.4
% [HBC] Taking Action to Control High Blood Cholesterol	 82.9	 86.1	 86.1	85.7				 77.4
% 1+ Cardiovascular Risk Factor	 91.4	 89.6	 87.9	88.9		 87.8		 92.1

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.






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INFANT HEALTH & FAMILY PLANNING	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Aware of Healthy Start Coalition's Maternal & Infant Services	 24.4	 34.5	 29.2	30.6				

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.













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INJURY & VIOLENCE	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Victim of Violent Crime in Past 5 Years	 6.2	 5.4	 5.3	5.4		 7.0		 2.8
% Victim of Intimate Partner Violence	 19.2	 22.0	 23.7	22.5		 20.3		 20.9

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.
































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MENTAL HEALTH	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% "Fair/Poor" Mental Health	 24.2	 27.7	 25.0	26.0		 24.4		 12.8
% Diagnosed Depression	 31.1	 28.5	 31.7	30.4	 16.3	 30.8		 17.0
% Symptoms of Chronic Depression	 41.7	 45.5	 44.9	44.8		 46.7		 21.7
% Diagnosed Anxiety Disorder	 35.2	 34.4	 31.8	33.2				
% Typical Day Is "Extremely/Very" Stressful	 23.4	 26.2	 17.9	21.6		 21.1		 13.7
% Receiving Mental Health Treatment	 23.2	 25.8	 23.0	24.1		 21.9		 13.2

MENTAL HEALTH (continued)	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			TREND
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	
% Unable to Get Mental Health Services in Past Year	 16.2	 14.1	 15.5	15.1		 13.2	 5.6	
% [Child 5-17] "Fair/Poor" Mental Health				14.0			 10.6	
% [Child 5-17] Needed Mental Health Svcs in the Past Yr				27.2			 19.3	

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.































better



similar



worse

NUTRITION, PHYSICAL ACTIVITY & WEIGHT	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			TREND
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	
% "Very/Somewhat" Difficult to Buy Fresh Produce	 34.8	 30.6	 32.1	31.9		 30.0	 28.1	
% 2+ Servings of Vegetables Per Day	 60.1	 61.7	 58.0	59.7			 59.7	
% No Leisure-Time Physical Activity	 26.1	 30.9	 21.5	25.5	 25.4	 30.2	 21.8	 24.2
% Meet Physical Activity Guidelines	 21.8	 27.7	 33.0	29.7	 31.5	 30.3	 29.7	 24.2
% [Child 2-17] Physically Active 1+ Hours per Day	 39.8	 33.1	 31.9	33.3		 27.4	 46.7	

NUTRITION, PHYSICAL ACTIVITY & WEIGHT (continued)	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Overweight (BMI 25+)	68.6	65.9	67.7	67.1	65.7	63.3		58.7
% Obese (BMI 30+)	39.9	31.0	38.1	35.6	30.1	33.9	36.0	19.4
% [Child 5-17] Overweight (85th Percentile)				30.6		31.8		29.4
% [Child 5-17] Obese (95th Percentile)				13.3		19.5	15.5	21.1

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



better



similar



worse

ORAL HEALTH	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Have Dental Insurance	66.3	69.9	67.9	68.5		72.7	75.0	60.4
% Dental Visit in Past Year	52.2	65.4	58.5	60.4		56.5	45.0	59.9
% [Child 2-17] Dental Visit in Past Year	55.8	76.8	78.9	75.3		77.8	45.0	74.7

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.









better



similar



worse

RESPIRATORY DISEASE	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% COPD (Lung Disease)	 11.9	 7.6	 8.6	8.6	 6.8	 11.0		 9.9

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.





























better



similar



worse

SUBSTANCE USE	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Excessive Drinking	 21.9	 24.9	 20.7	22.4	 16.1	 34.3		 18.5
% Used an Illicit Drug in Past Month	 7.8	 6.5	 6.5	6.7		 8.4		 3.5
% Used a Prescription Opioid in Past Year	 19.9	 15.5	 10.6	13.5		 15.1		 12.7
% Ever Sought Help for Alcohol or Drug Problem	 5.7	 8.2	 5.5	6.5		 6.8		 3.2
% Personally Impacted by Substance Use	 49.3	 57.7	 52.1	53.9		 45.4		 40.0

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



















better



similar



worse

TOBACCO USE	DISPARITY AMONG SUBAREAS			Brevard County	BREVARD COUNTY vs. BENCHMARKS			
	North Brevard	Central Brevard	South Brevard		vs. FL	vs. US	vs. HP2030	TREND
% Smoke Cigarettes	 20.4	 14.6	 14.9	15.4	 10.5	 23.9	 6.1	 20.4
% Use Vaping Products	 13.2	 16.1	 13.1	14.3	 7.6	 18.5		 2.7
% [Smokers] Have Quit Smoking 1+ Days in Past Year				40.0		 53.1	 65.7	 51.5

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



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COMMUNITY DESCRIPTION

SOCIAL DETERMINANTS OF HEALTH

ABOUT SOCIAL DETERMINANTS OF HEALTH

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

– Healthy People 2030 (<https://health.gov/healthypeople>)

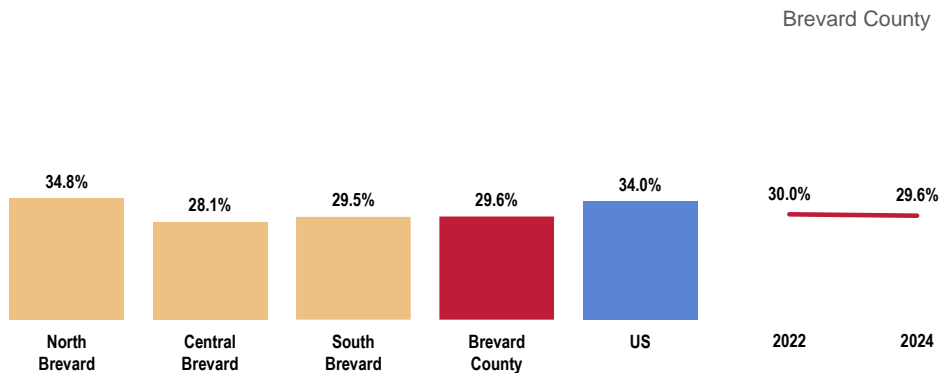
Financial Resilience

A total of 29.6% of Brevard County residents would not be able to afford an unexpected \$400 expense without going into debt.

BENCHMARK ▶ Lower than found across the US.

DISPARITY ▶ Highly correlated with age and income and more often reported among women, Hispanic residents, Black residents, and LGBTQ+ respondents.

Do Not Have Cash on Hand to Cover a \$400 Emergency Expense



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 53]
 • 2023 PRC National Health Survey, PRC, Inc.

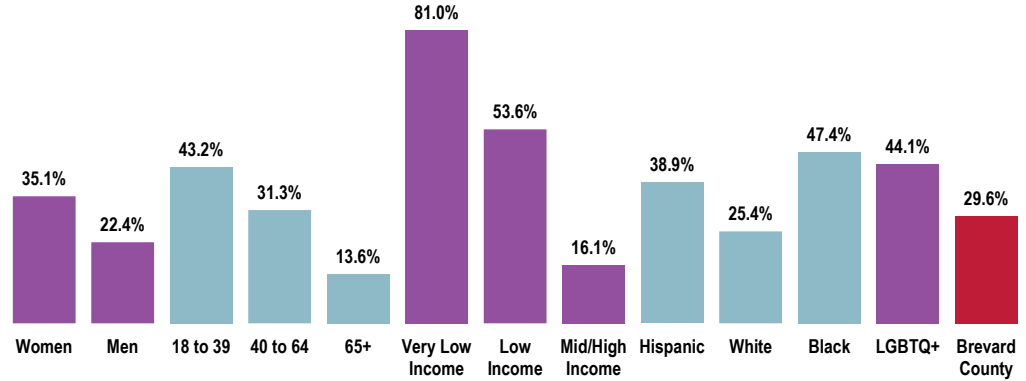
Notes: • Asked of all respondents.
 • Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.

Respondents were asked: "Suppose that you have an emergency expense that costs \$400. Based on your current financial situation, would you be able to pay for this expense either with cash, by taking money from your checking or savings account, or by putting it on a credit card that you could pay in full at the next statement?"



NOTE: For indicators derived from the population-based survey administered as part of this project, text describes significant differences determined through statistical testing. The reader can assume that differences (against or among local findings) that are not mentioned are ones that are not statistically significant.

Do Not Have Cash on Hand to Cover a \$400 Emergency Expense (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 53]
 Notes: • Asked of all respondents.
 • Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.

INCOME & RACE/ETHNICITY

INCOME ► Income categories used to segment survey data in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2023 guidelines place the poverty threshold for a family of four at \$30,000 annual household income or lower). In sample segmentation: “very low income” refers to community members living in a household with defined poverty status; “low income” refers to households with incomes just above the poverty level and earning up to twice (100%-199% of) the poverty threshold; and “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used. All Hispanic respondents are grouped, regardless of identity with any other race group. Data are also detailed for individuals identifying with a race category, without Hispanic origin. “White” reflects those who identify as White alone, without Hispanic origin. “Black” includes those who identify as Black or African American, without Hispanic origin.

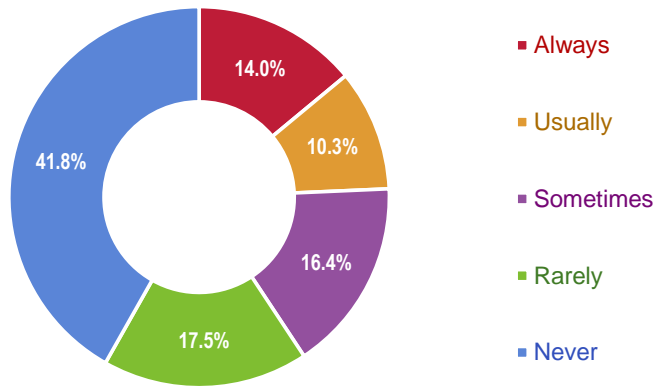


Housing

Housing Insecurity

Most surveyed adults rarely, if ever, worry about the cost of housing.

Frequency of Worry or Stress Over Paying Rent or Mortgage in the Past Year (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 56]
 Notes: • Asked of all respondents.

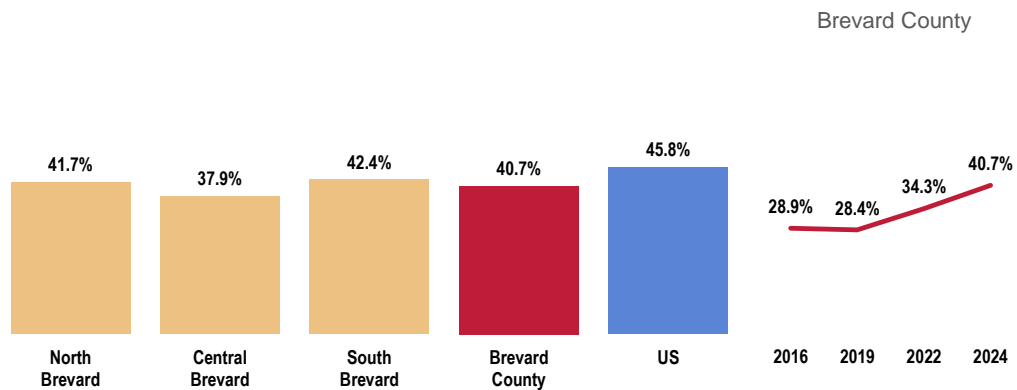
However, a considerable share (40.7%) reports that they were “sometimes,” “usually,” or “always” worried or stressed about having enough money to pay their rent or mortgage in the past year.

BENCHMARK ▶ Lower than the national finding.

TREND ▶ Rising significantly over time.

DISPARITY ▶ Highly correlated with age and income and more often reported among women, Hispanic residents, Black residents, LGBTQ+ respondents, and renters.

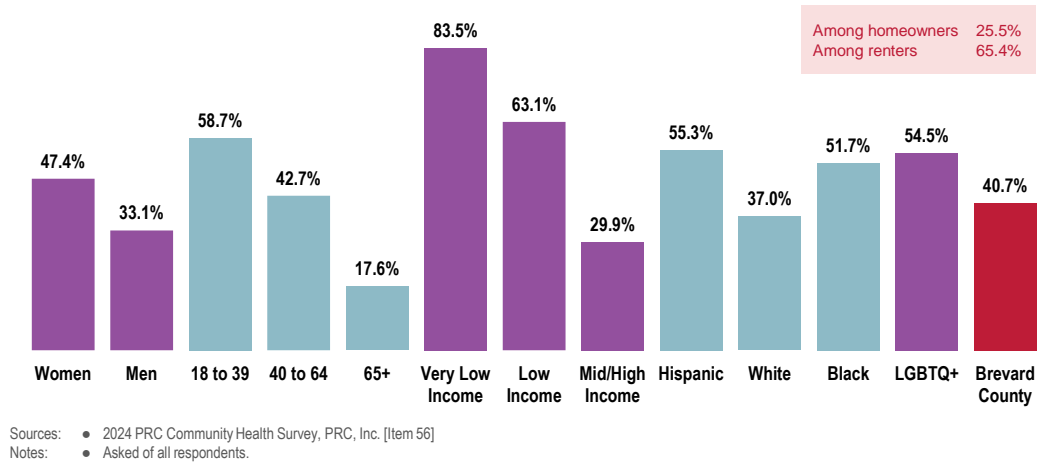
“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 56]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.



“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year (Brevard County, 2024)

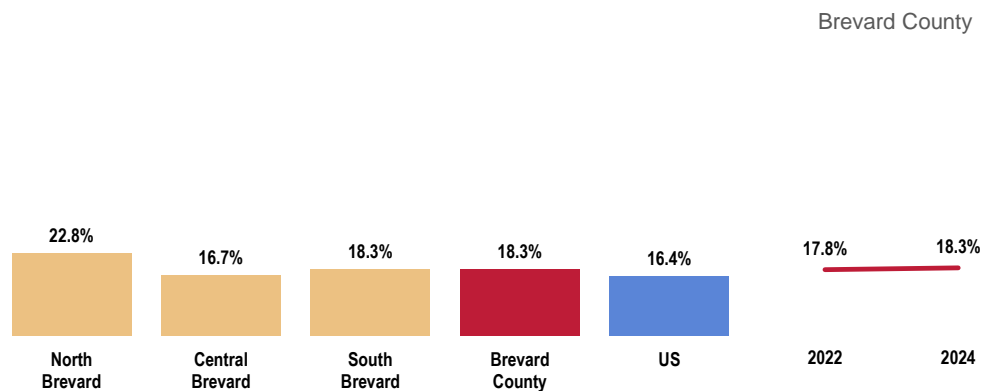


Unhealthy or Unsafe Housing

A total of 18.3% of Brevard County residents report living in unhealthy or unsafe housing conditions during the past year.

DISPARITY ▶ More often reported among adults younger than 65 (especially those age 18 to 39), those with lower incomes, Hispanic residents, LGBTQ+ respondents, and renters.

Unhealthy or Unsafe Housing Conditions in the Past Year

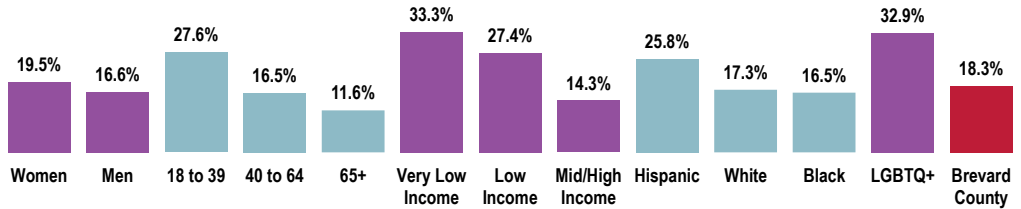


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 55]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.



Unhealthy or Unsafe Housing Conditions in the Past Year (Brevard County, 2024)

Among homeowners 11.9%
Among renters 31.9%



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 55]

Notes: • Asked of all respondents.

• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.

Food Access

Food Insecurity

Overall, 34.4% of community residents are determined to be “food insecure,” having run out of food in the past year and/or been worried about running out of food.

BENCHMARK ▶ Lower than found nationally.

TREND ▶ Trending significantly higher over time.

DISPARITY ▶ Highly correlated with age and income and more often reported among women, Hispanic residents, Black residents, and LGBTQ+ respondents.

Surveyed adults were asked: “Now I am going to read two statements that people have made about their food situation. Please tell me whether each statement was “often true,” “sometimes true,” or “never true” for you in the past 12 months:

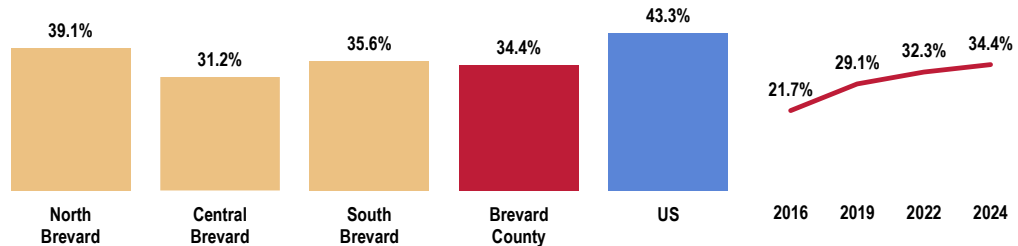
I worried about whether our food would run out before we got money to buy more.

The food that we bought just did not last, and we did not have money to get more.”

Those answering “often” or “sometimes” true for either statement are considered to be food insecure.

Food Insecurity

Brevard County



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 98]

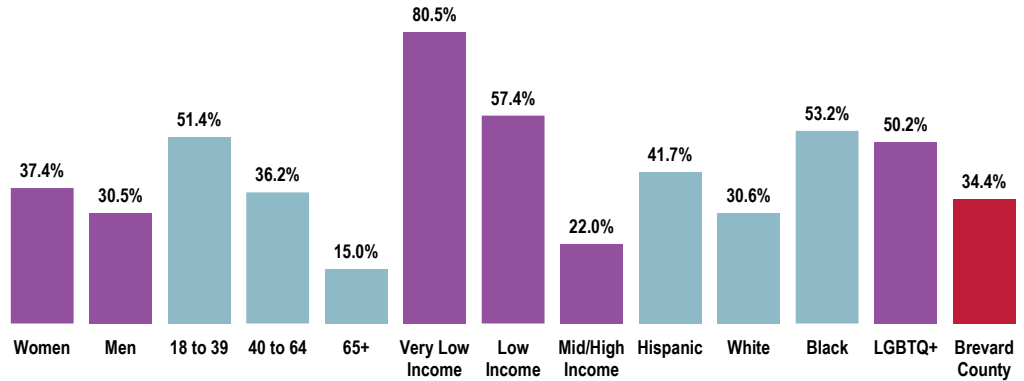
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.



Food Insecurity (Brevard County, 2024)

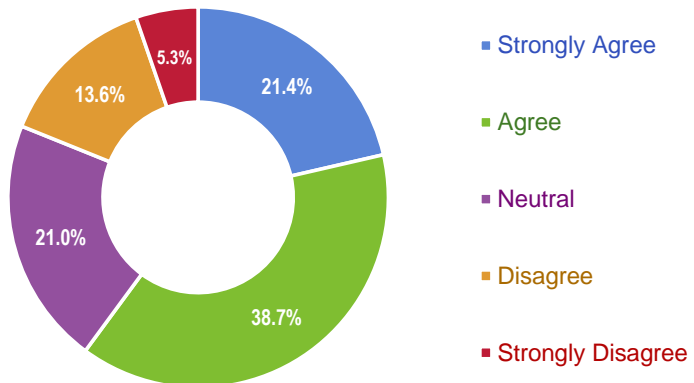


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 98]
 Notes: • Asked of all respondents.
 • Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

Diversity & Inclusion

Six in 10 surveyed adults (60.1%) agree with the statement, *“I feel that my community is a welcoming place for all people, regardless of race, ethnicity, sexual orientation, gender identity, age, physical disability, or other differences.”*

Feel That the Community is Welcoming to All People, Regardless of Demographic Differences (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 306]
 Notes: • Asked of all respondents.
 • Demographic differences include race, ethnicity, sexual orientation, gender identity, age, physical disability, or other differences.

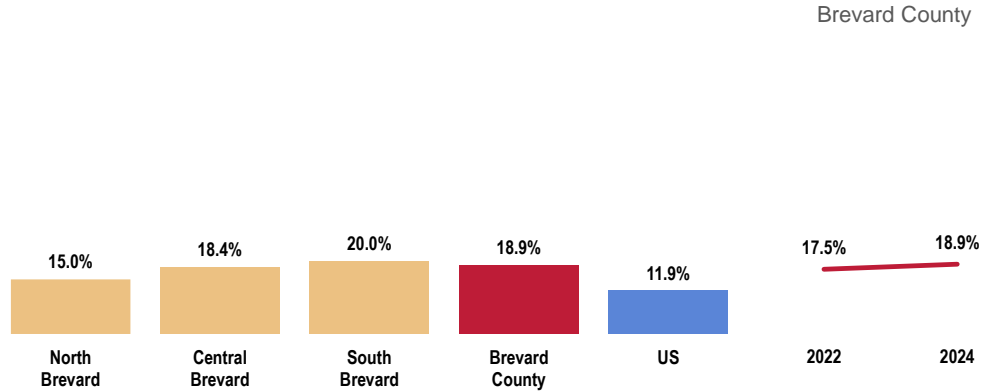


However, 18.9% said they “disagree” or “strongly disagree” with the statement.

BENCHMARK ▶ Higher than found nationally.

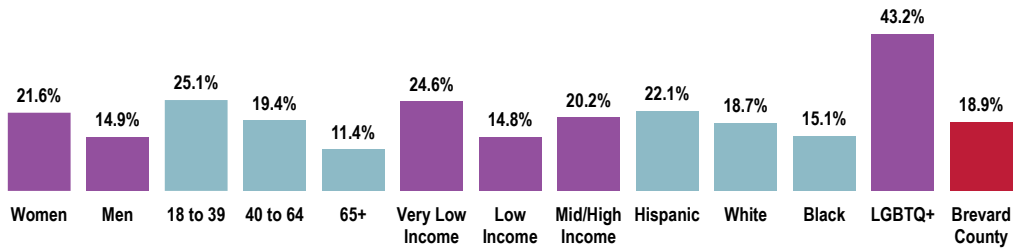
DISPARITY ▶ Women, adults younger than 65, those at or below the federal poverty level, and LGBTQ+ respondents are more likely to disagree that the community is a welcoming place.

Disagree That the Community is Welcoming to All People, Regardless of Demographic Differences



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 306]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • Demographic differences include race, ethnicity, sexual orientation, gender identity, age, physical disability, or other differences.

Disagree That the Community is Welcoming to All People, Regardless of Demographic Differences (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 306]
 Notes: • Asked of all respondents.
 • Demographic differences include race, ethnicity, sexual orientation, gender identity, age, physical disability, or other differences.



Adverse Childhood Experiences (ACEs)

ABOUT ACEs

Adverse Childhood Experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They are a significant risk factor for substance use disorders and can impact prevention efforts. ACEs include:

- Physical abuse or neglect
- Emotional abuse or neglect
- Sexual abuse
- Intimate partner violence
- Household substance misuse
- Household mental illness
- Parental separation/divorce
- Incarcerated household member

A series of 11 survey questions was used to identify adults' experiences of adverse childhood events prior to the age of 18 years. These 11 questions align with eight ACEs categories, as outlined in the following table.

Adverse Childhood Experiences (ACEs)

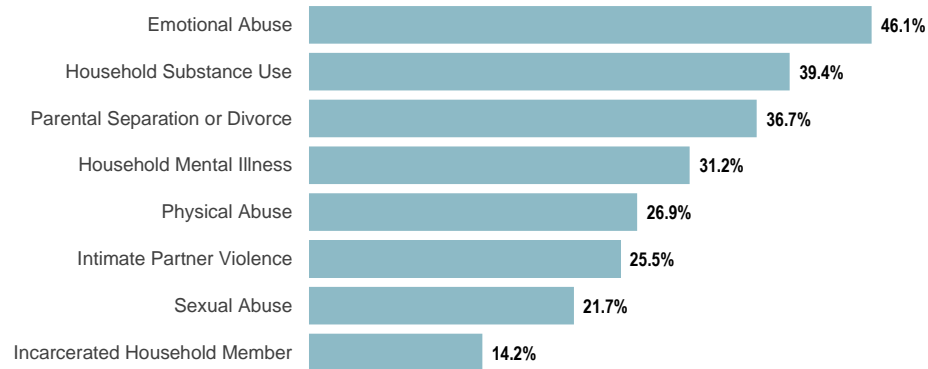
CATEGORY	QUESTION
HOUSEHOLD MENTAL ILLNESS	Before you were 18 years of age, did you live with anyone who was depressed, mentally ill, or suicidal?
HOUSEHOLD SUBSTANCE USE	Before you were 18 years of age, did you live with anyone who was a problem drinker or alcoholic?
	Before you were 18 years of age, did you live with anyone who used illegal street drugs or who abused prescription medications?
INCARCERATED HOUSEHOLD MEMBER	Before you were 18 years of age, did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?
PARENTAL SEPARATION OR DIVORCE	Before you were 18 years of age, were your parents separated or divorced?
INTIMATE PARTNER VIOLENCE	Before age 18, how often did your parents or adults in your home slap, hit, kick, punch or beat each other up?
PHYSICAL ABUSE	Before age 18, how often did a parent or adult in your home hit, beat, kick, or physically hurt you in any way? Do not include spanking.
EMOTIONAL ABUSE	Before age 18, how often did a parent or adult in your home swear at you, insult you, or put you down?
SEXUAL ABUSE	Before you were 18 years of age, how often did an adult or anyone at least 5 years older than you touch you sexually?
	Before you were 18 years of age, how often did an adult or anyone at least 5 years older than you try to make you touch them sexually?
	Before you were 18 years of age, how often did an adult or anyone at least 5 years older than you force you to have sex?

Sources: ● 2024 PRC Community Health Survey, PRC, Inc.
 Notes: ● Reflects the total sample of respondents.



By category, ACEs were most prevalent in Brevard County for emotional abuse (affirmed by 46.1% of respondents), followed by household substance use (39.4%), parental separation or divorce (36.7%), and household mental illness (31.2%).

Adverse Childhood Experiences (ACEs) (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 326-333]
 Notes: • Reflects the total sample of respondents.
 • ACEs are stressful or traumatic events, including abuse and neglect. They are a significant risk factor for substance abuse disorders and can impact prevention efforts.

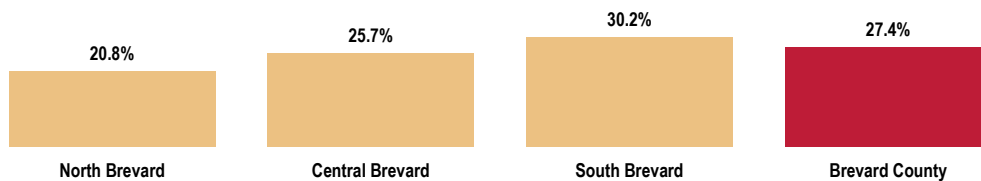
Have Received Treatment for ACE

Among Brevard County adults reporting at least one ACE, 27.4% say they ever have received help or treatment for their childhood experience.

DISPARITY ► Lower in North Brevard. Those less likely to report having received treatment include men, adults age 40+ (especially those age 65+), White residents, and Black residents. Meanwhile, LGBTQ+ respondents were more likely to report having received treatment.

All respondents were told that information and referrals are available by calling the National Hotline for Child Abuse at 1-800-4-A-CHILD, or 1-800-422-4453.

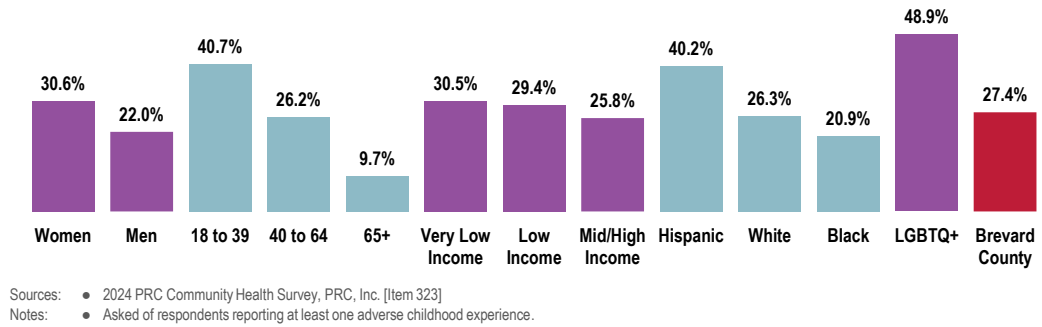
Have Received Help or Treatment for Adverse Childhood Experience (Adults Reporting One or More ACEs)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 323]
 Notes: • Asked of respondents reporting at least one adverse childhood experience.



Have Received Help or Treatment for Adverse Childhood Experience (Adults Reporting One or More ACEs; Brevard County, 2024)



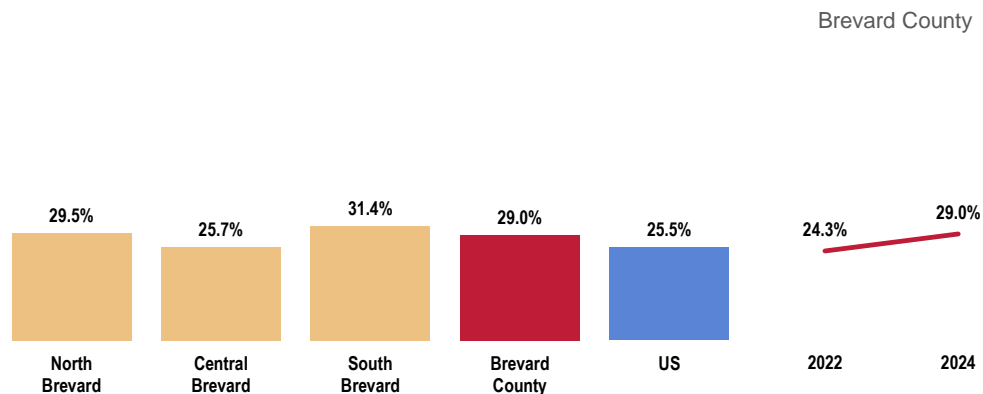
High ACE Scores

The impact of ACEs on future health and well-being are cumulative. PRC looks at these compounding issues by scoring the ACE series — survey respondents receive one “point” for each of the eight ACEs categories containing an affirmative response; a score of four or higher is determined to be a “high” ACE score.

In all, 29.0% of Brevard County residents reported four or more of the adverse childhood experiences tested (a high ACE score).

DISPARITY ► Lower in Central Brevard. More often reported among adults younger than 65 (especially those age 18 to 39), those with lower incomes, Hispanic residents, and LGBTQ+ respondents.

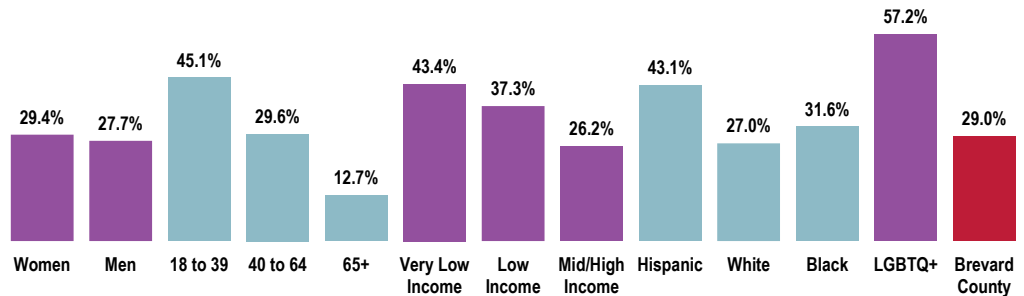
Prevalence of High ACE Scores (Four or More ACEs)



Sources: ● 2024 PRC Community Health Survey, PRC, Inc. [Item 334]
● 2023 PRC National Health Survey, PRC, Inc.
Notes: ● Asked of all respondents.
● Adults who report four or more ACEs is categorized as having a high ACE score.



Prevalence of High ACE Scores (Four or More ACEs) (Brevard County, 2024)



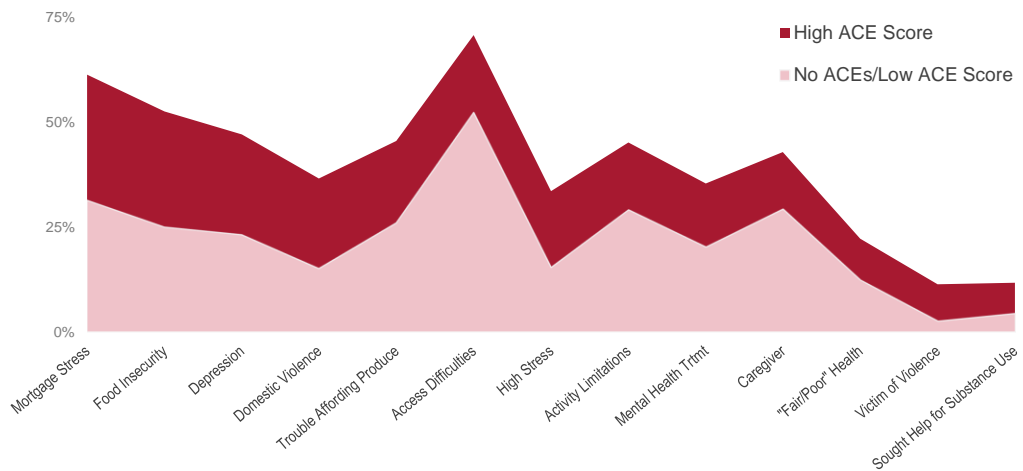
Sources: ● 2024 PRC Community Health Survey, PRC, Inc. [Item 334]
 Notes: ● Asked of all respondents.
 ● Adults who report four or more ACEs is categorized as having a high ACE score.

Relationship of ACEs with Other Health Issues

As a person's ACE score increases, so does their risk for disease, social issues, and emotional problems.

Note the following strong correlations of various health indicators in Brevard County, comparing those reporting no ACEs with those with low (1-3) and high (4+) ACE risk.

Relationship of ACEs With Other Health Issues (By ACE Risk Classification; Brevard County, 2024)



Sources: ● 2024 PRC Community Health Survey, PRC, Inc. [Item 335]
 Notes: ● Asked of all respondents.
 ● Adults with at least one ACE are categorized as having a low score (1 to 3 ACEs) or a high score (4+ ACEs).





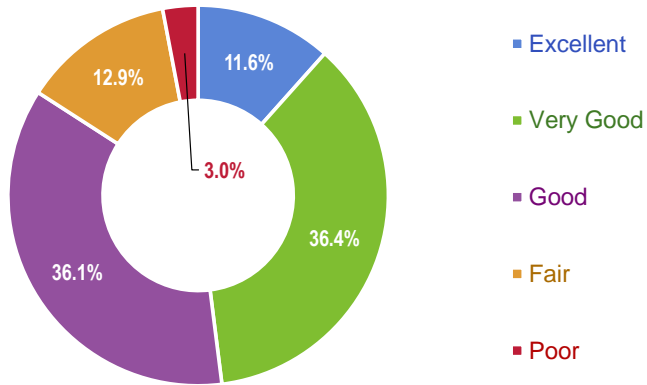
HEALTH STATUS

OVERALL HEALTH STATUS

“In general, would you say that your health is excellent, very good, good, fair, or poor?”

Most Brevard County residents rate their overall health favorably (responding “excellent,” “very good,” or “good”).

Self-Reported Health Status
(Brevard County, 2024)



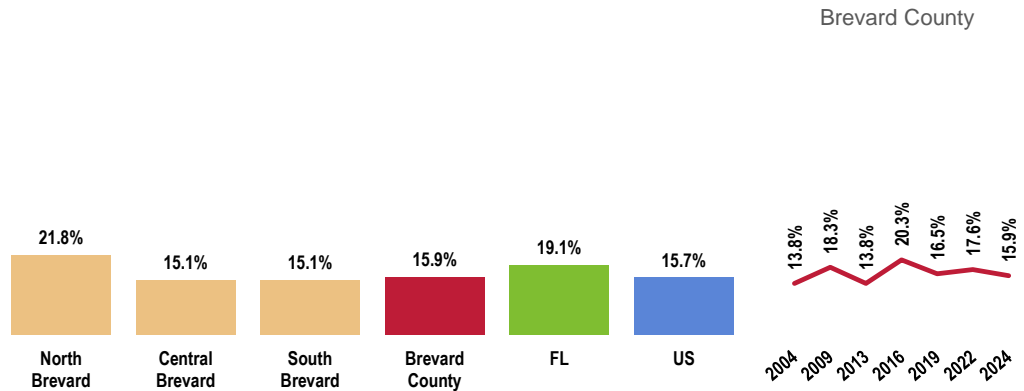
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 4]
Notes: • Asked of all respondents.

However, 15.9% of Brevard County adults believe that their overall health is “fair” or “poor.”

BENCHMARK ► Significantly better than found statewide.

DISPARITY ► Higher in North Brevard. More often reported among those with lower incomes and LGBTQ+ respondents.

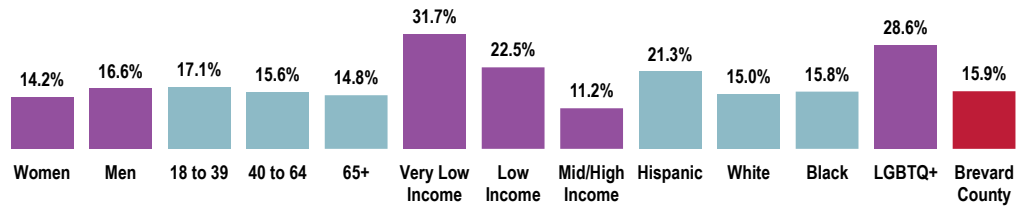
Experience “Fair” or “Poor” Overall Health



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 4]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Experience “Fair” or “Poor” Overall Health (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 4]
 Notes: • Asked of all respondents.



MENTAL HEALTH

ABOUT MENTAL HEALTH & MENTAL DISORDERS

About half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime. ...Mental disorders affect people of all ages and racial/ethnic groups, but some populations are disproportionately affected. And estimates suggest that only half of all people with mental disorders get the treatment they need.

In addition, mental health and physical health are closely connected. Mental disorders like depression and anxiety can affect people’s ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders. Increasing screening for mental disorders can help people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

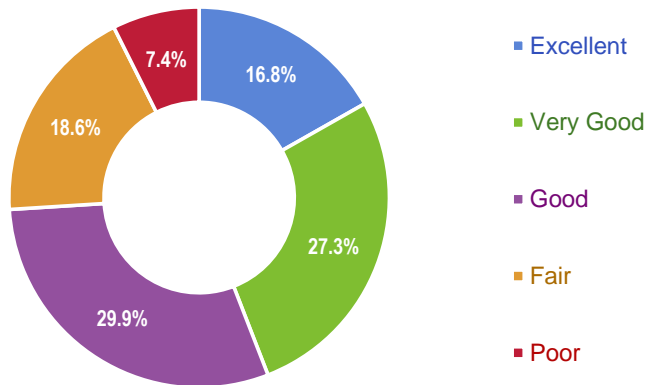
Mental Health Status

Adults

Most Brevard County adults rate their overall mental health favorably (“excellent,” “very good,” or “good”).

“Now thinking about your mental health, which includes stress, depression, and problems with emotions, would you say that, in general, your mental health is excellent, very good, good, fair, or poor?”

Self-Reported Mental Health Status
(Brevard County, 2024)



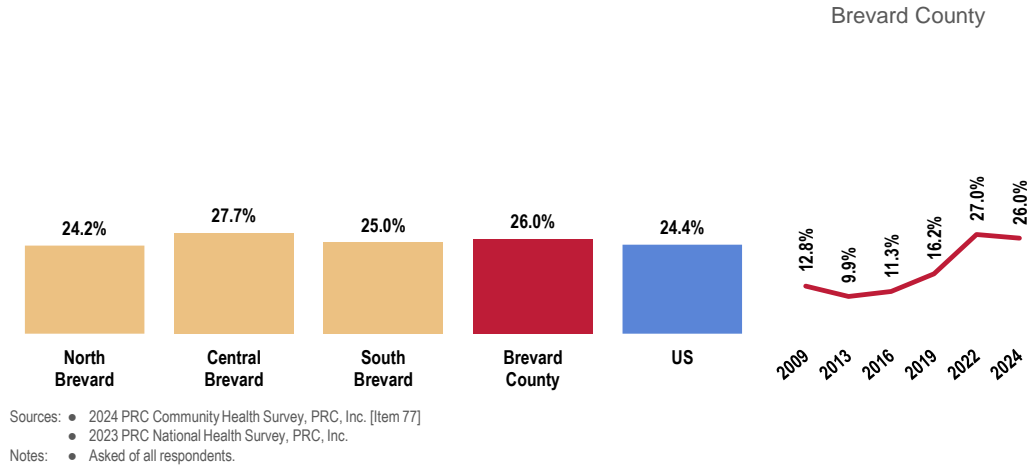
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 77]
Notes: • Asked of all respondents.



However, 26.0% believe that their overall mental health is “fair” or “poor.”

TREND ► Trending significantly higher over time (although similar to 2022 findings).

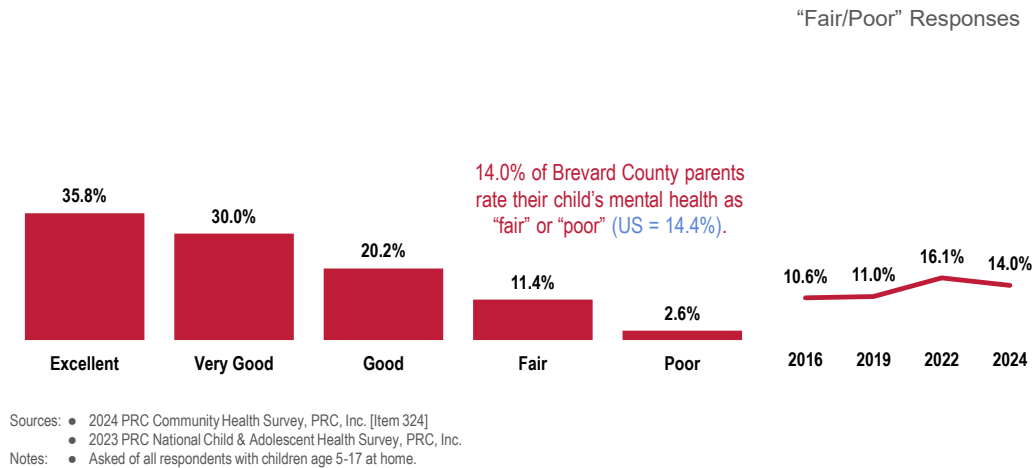
Experience “Fair” or “Poor” Mental Health



Children

While most Brevard County parents of children age 5 to 17 consider their child’s mental health status to be “excellent,” “very good,” or “good,” a total of 14.0% rate it as “fair” or “poor.”

Child’s Mental Health Status (Brevard County Children 5-17)



Depression

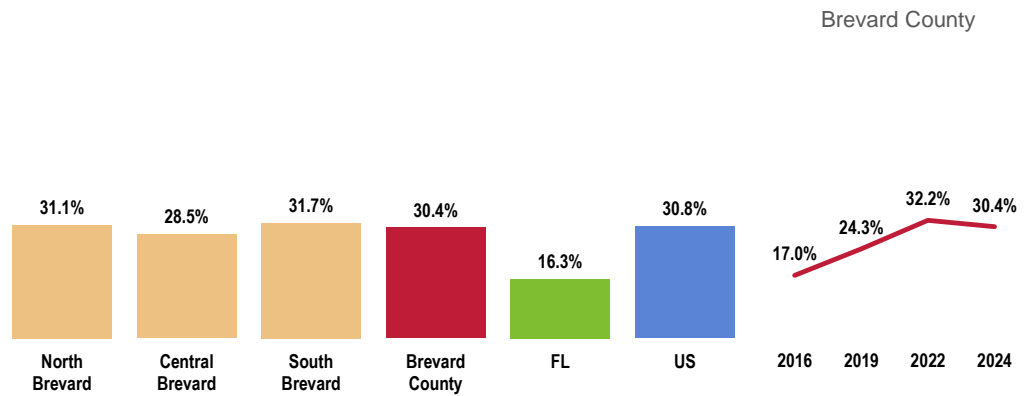
Diagnosed Depression

A total of 30.4% of Brevard County adults have been diagnosed by a physician or other health professional as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).

BENCHMARK ▶ Almost two times the Florida percentage (although similar to 2022 findings).

TREND ▶ Rising significantly over time.

Have Been Diagnosed With a Depressive Disorder



Sources:

- 2024 PRC Community Health Survey, PRC, Inc. [Item 80]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Florida data.
- 2023 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.
- Depressive disorders include depression, major depression, dysthymia, or minor depression.



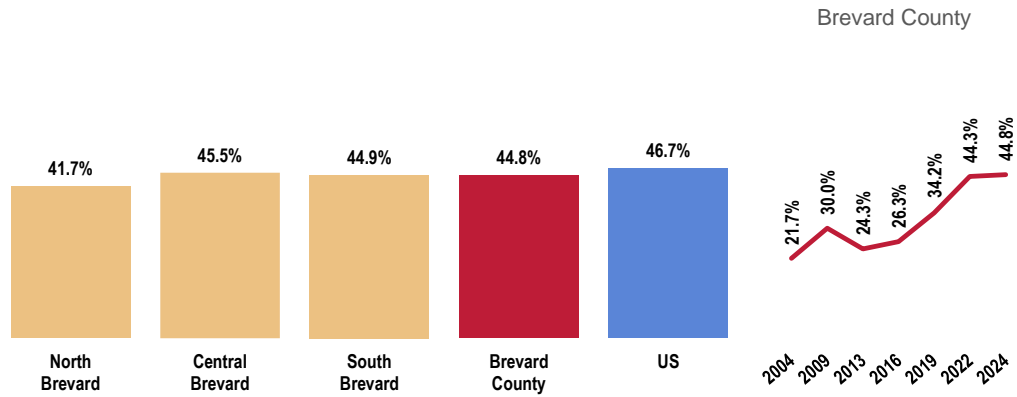
Symptoms of Chronic Depression

A total of 44.8% of Brevard County adults have had two or more years in their lives when they felt depressed or sad on most days, although they may have felt okay sometimes (symptoms of chronic depression).

TREND ▶ Trending significantly higher over time (although similar to 2022 findings).

DISPARITY ▶ Highly correlated with age and income and more often reported among women, Hispanic residents, and LGBTQ+ respondents.

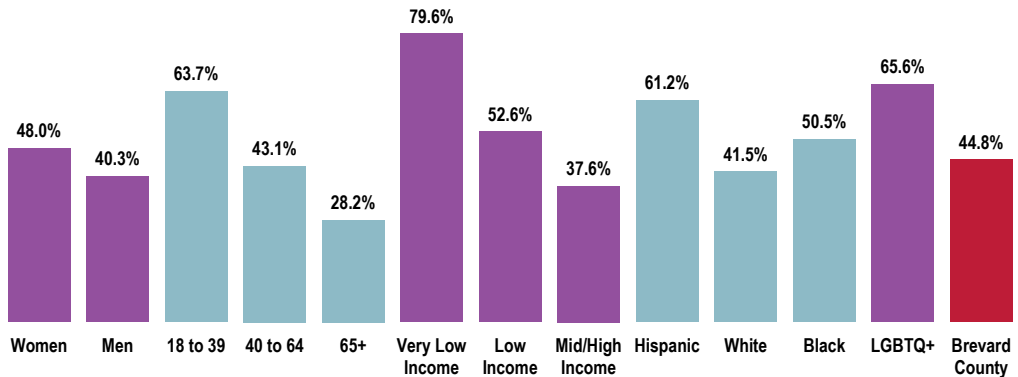
Have Experienced Symptoms of Chronic Depression



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 78]
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
 • Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.

Have Experienced Symptoms of Chronic Depression (Brevard County, 2024)



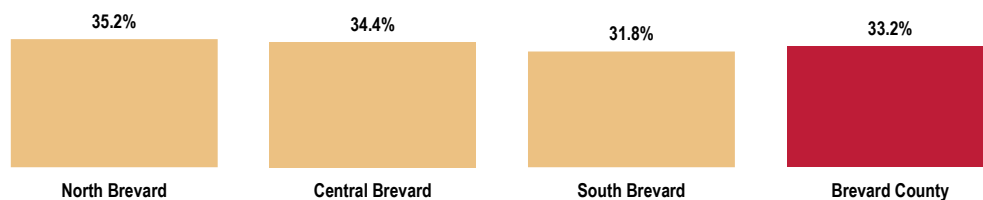
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 78]
 Notes: • Asked of all respondents.
 • Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.



Anxiety Disorders

One-third of Brevard County adults (33.2%) has been diagnosed by a physician or other health professional as having an anxiety disorder (such as acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder).

Have Been Diagnosed with an Anxiety Disorder

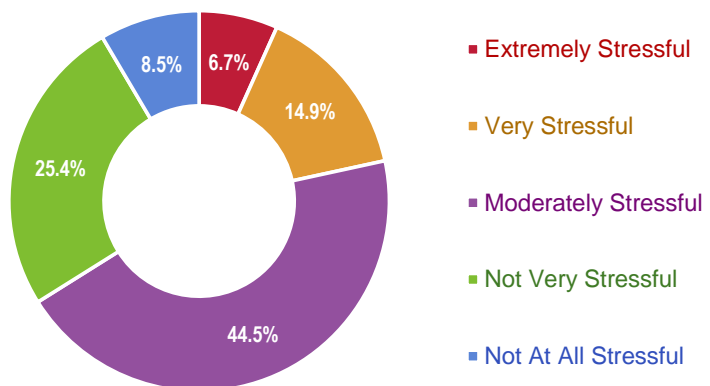


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 309]
Notes: • Asked of all respondents.
• Anxiety disorders include acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder.

Stress

A majority of surveyed adults characterize most days as no more than “moderately” stressful.

Perceived Level of Stress On a Typical Day (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 79]
Notes: • Asked of all respondents.

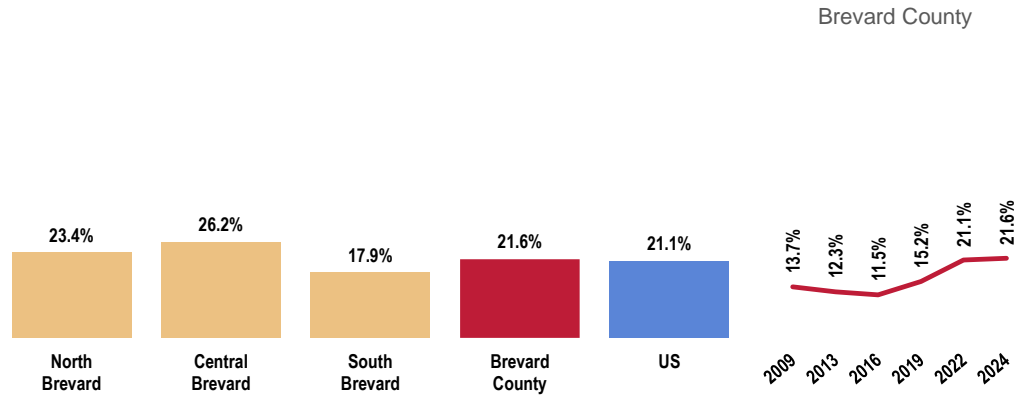


In contrast, 21.6% of Brevard County adults feel that most days for them are “very” or “extremely” stressful.

TREND ▶ Marks a significant increase from the 2009 baseline (although similar to 2022 findings).

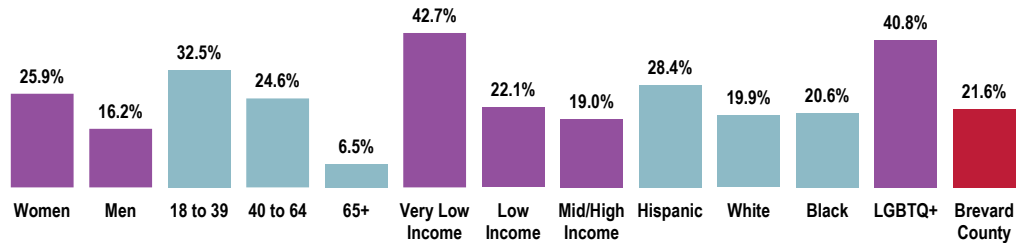
DISPARITY ▶ Higher in Central Brevard. More often reported among women, adults younger than 65, those at or below the federal poverty level, Hispanic residents, and LGBTQ+ respondents.

Perceive Most Days As “Extremely” or “Very” Stressful



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 79]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Perceive Most Days as “Extremely” or “Very” Stressful (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 79]
 Notes: • Asked of all respondents.



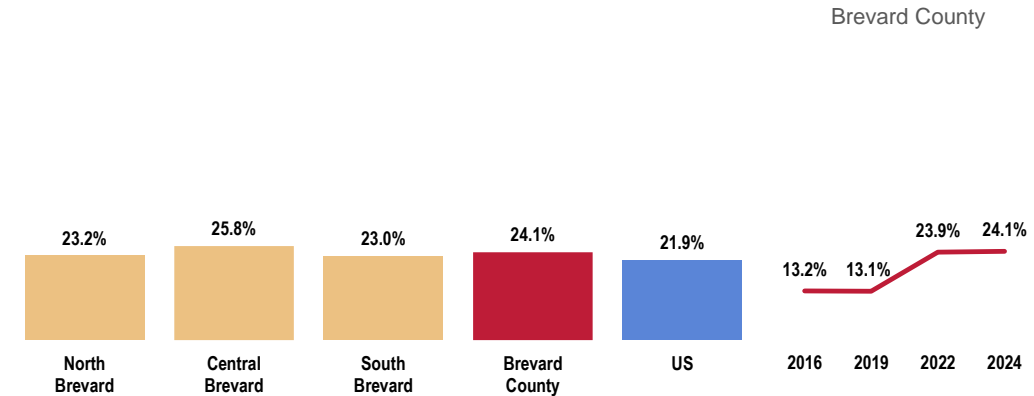
Mental Health Treatment

Currently Receiving Treatment

A total of 24.1% of area adults are currently taking medication or otherwise receiving treatment from a doctor or other health professional for some type of mental health condition or emotional problem.

TREND ► Rising significantly over time (although similar to 2022 findings).

Currently Receiving Mental Health Treatment



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 81]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • Includes those now taking medication or otherwise receiving treatment for any type of mental health condition or emotional problem.

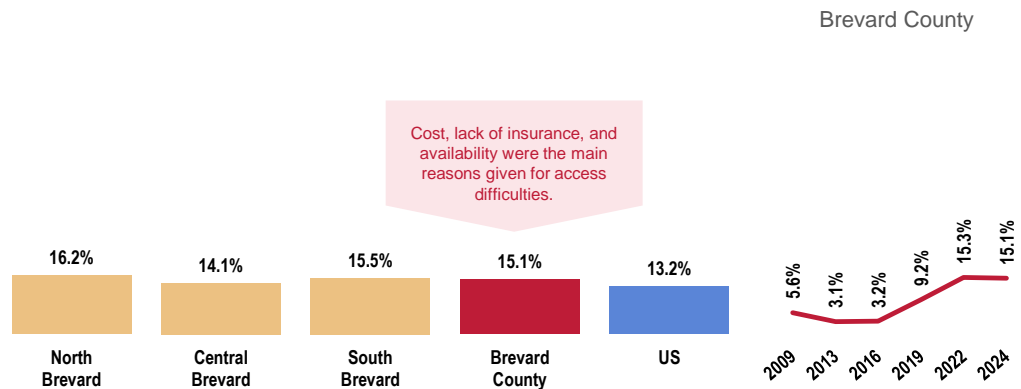
Difficulty Accessing Mental Health Services

A total of 15.1% of Brevard County adults report a time in the past year when they needed mental health services but were not able to get them.

TREND ► Trending significantly higher over time (although similar to 2022 findings).

DISPARITY ► More often reported among women, adults younger than 65, those at or below the federal poverty level, Hispanic residents, and LGBTQ+ respondents.

Unable to Get Mental Health Services When Needed in the Past Year

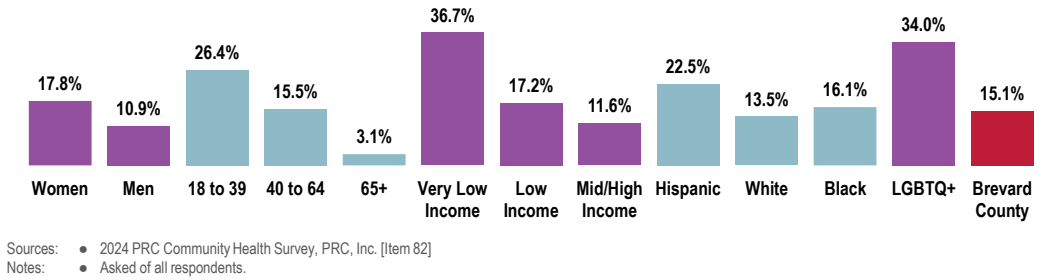


Cost, lack of insurance, and availability were the main reasons given for access difficulties.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 82, 310]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.



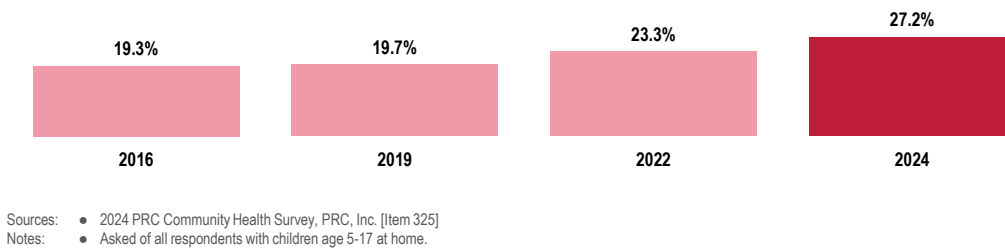
Unable to Get Mental Health Services When Needed in the Past Year (Brevard County, 2024)



Children Needing Mental Health Services

A total of 27.2% of county parents with children age 5 to 17 indicate that their child needed mental health services at some point in the past year.

Child Needed Mental Health Services in the Past Year (Children 5-17)





DEATH, DISEASE & CHRONIC CONDITIONS

CARDIOVASCULAR DISEASE

ABOUT HEART DISEASE & STROKE

Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

In addition, making sure people who experience a cardiovascular emergency — like stroke, heart attack, or cardiac arrest — get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Prevalence of Heart Disease & Stroke

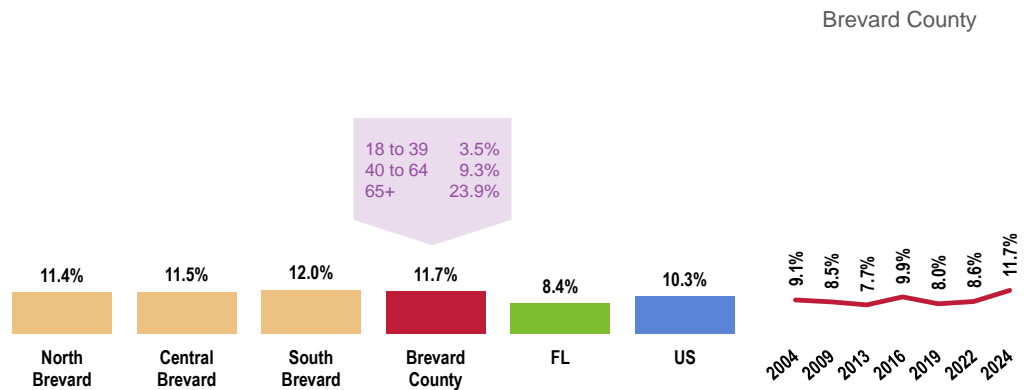
Prevalence of Heart Disease

A total of 11.7% of surveyed adults report that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina, or heart attack.

BENCHMARK ▶ Higher than found across Florida.

DISPARITY ▶ Higher among adults age 40+ (especially those age 65+).

Prevalence of Heart Disease



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 22]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); BRFSSR Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

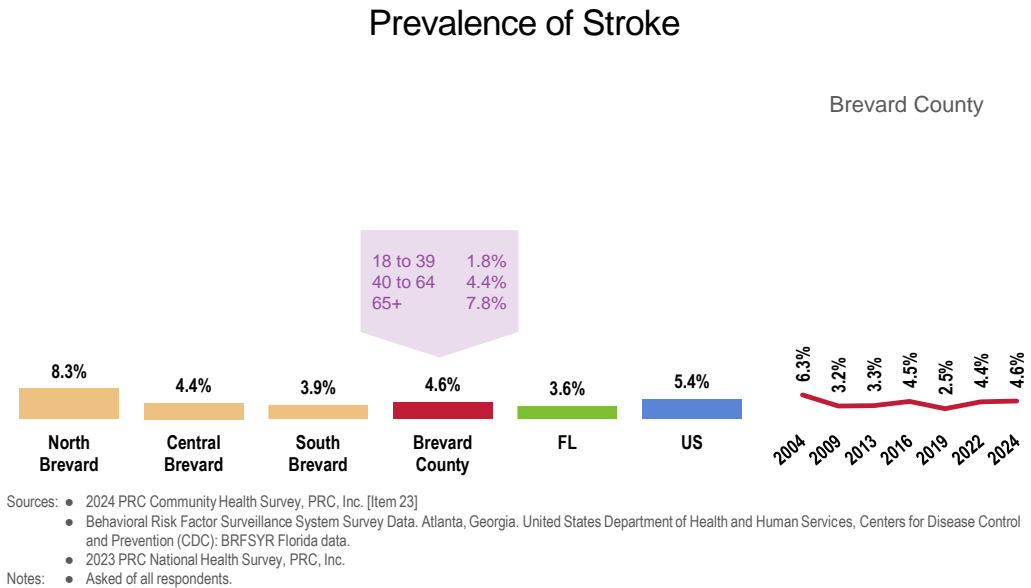
Notes: • Asked of all respondents.
 • Includes diagnoses of heart attack, angina, or coronary heart disease.



Prevalence of Stroke

A total of 4.6% of surveyed adults report that they suffer from or have been diagnosed with cerebrovascular disease (a stroke).

DISPARITY ► Higher in North Brevard. Higher among adults age 40+.



Cardiovascular Risk Factors

Blood Pressure & Cholesterol

A total of 48.2% of Brevard County adults have been told by a health professional at some point that their **blood pressure** was high.

BENCHMARK ► Higher than state and national percentages. Fails to satisfy the Healthy People 2030 objective.

TREND ► Marks a significant increase from the 2004 baseline.

A total of 43.6% of adults have been told by a health professional that their **cholesterol level** was high.

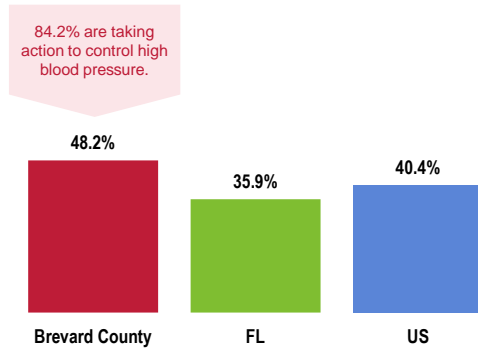
BENCHMARK ► Higher than the national percentage.

TREND ► Marks a significant increase from the 2004 baseline.

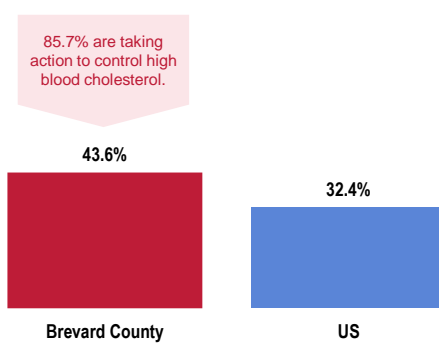


Prevalence of High Blood Pressure

Healthy People 2030 = 42.6% or Lower



Prevalence of High Blood Cholesterol

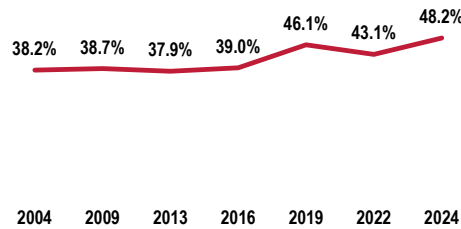


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 29, 30, 303, 304]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYR Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

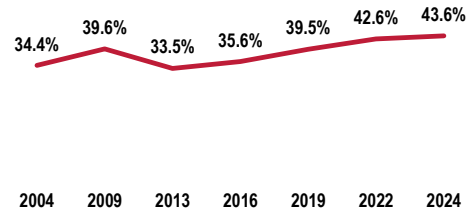
Notes: • Asked of all respondents.

Prevalence of High Blood Pressure (Brevard County)

Healthy People 2030 = 42.6% or Lower



Prevalence of High Blood Cholesterol (Brevard County)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 29-30]
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.



Total Cardiovascular Risk

Total cardiovascular risk reflects the individual-level risk factors which put a person at increased risk for cardiovascular disease, including:

- High Blood Pressure
- High Blood Cholesterol
- Cigarette Smoking
- Physical Inactivity
- Overweight/Obesity

Modifying these behaviors and adhering to treatment for high blood pressure and cholesterol are critical both for preventing and for controlling cardiovascular disease.

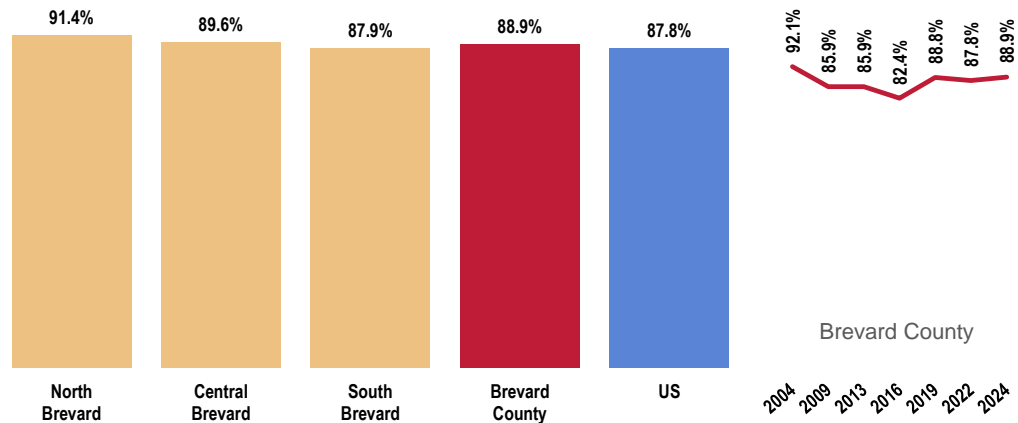
A total of 88.9% of Brevard County adults report one or more cardiovascular risk factors, such as being overweight, smoking cigarettes, being physically inactive, or having high blood pressure or cholesterol.

TREND ▶ Marks a significant improvement from the 2004 baseline.

DISPARITY ▶ More often reported among adults age 65+ and those living just above the federal poverty level.

RELATED ISSUE
See also *Nutrition, Physical Activity & Weight and Tobacco Use* in the **Modifiable Health Risks** section of this report.

Exhibit One or More Cardiovascular Risks or Behaviors

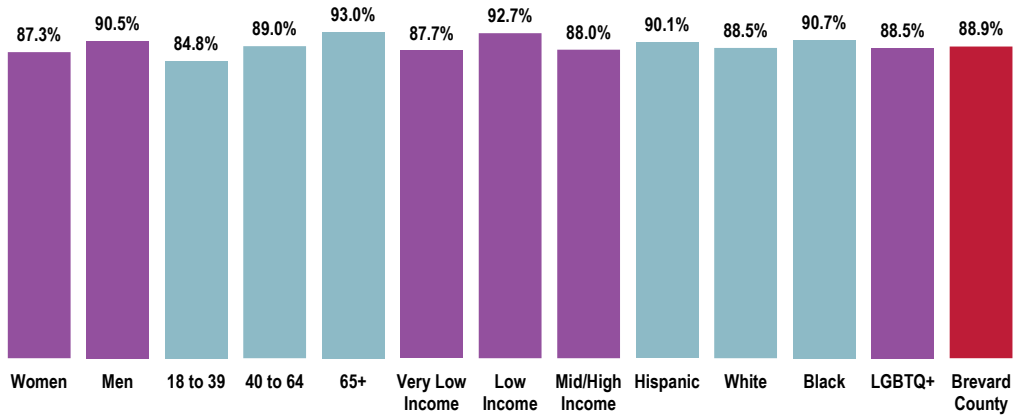


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 100]
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Reflects all respondents.
• Cardiovascular risk is defined as exhibiting one or more of the following: 1) no leisure-time physical activity; 2) regular/occasional cigarette smoking; 3) high blood pressure; 4) high blood cholesterol; and/or 5) being overweight/obese.



Exhibit One or More Cardiovascular Risks or Behaviors (Brevard County, 2024)



Sources: ● 2024 PRC Community Health Survey, PRC, Inc. [Item 100]

Notes: ● Reflects all respondents.

● Cardiovascular risk is defined as exhibiting one or more of the following: 1) no leisure-time physical activity; 2) regular/occasional cigarette smoking; 3) high blood pressure; 4) high blood cholesterol; and/or 5) being overweight/obese.



CANCER

ABOUT CANCER

The cancer death rate has declined in recent decades, but over 600,000 people still die from cancer each year in the United States. Death rates are higher for some cancers and in some racial/ethnic minority groups. These disparities are often linked to social determinants of health, including education, economic status, and access to health care.

Interventions to promote evidence-based cancer screenings — such as screenings for lung, breast, cervical, and colorectal cancer — can help reduce cancer deaths. Other effective prevention strategies include programs that increase HPV vaccine use, prevent tobacco use and promote quitting, and promote healthy eating and physical activity. In addition, effective targeted therapies and personalized treatment are key to helping people with cancer live longer.

– Healthy People 2030 (<https://health.gov/healthypeople>)

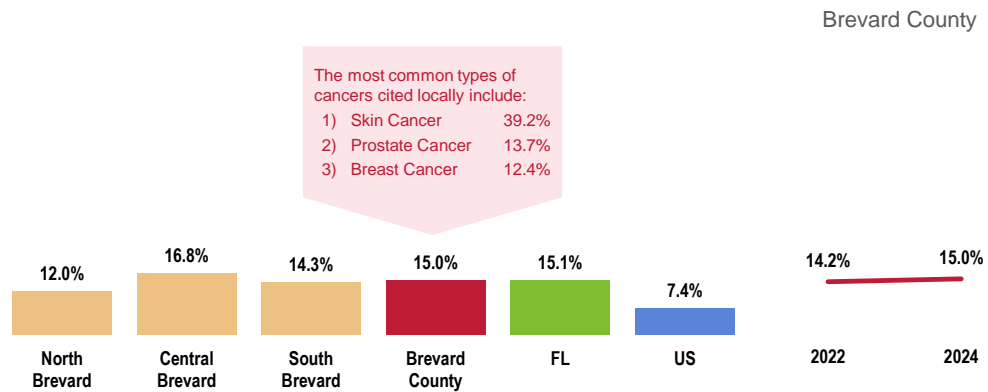
Prevalence of Cancer

A total of 15.0% of surveyed Brevard County adults report having ever been diagnosed with cancer.

BENCHMARK ▶ Two times the US percentage.

DISPARITY ▶ More often reported among adults age 40+ (especially those age 65+), those living above the federal poverty level, and White residents.

Prevalence of Cancer

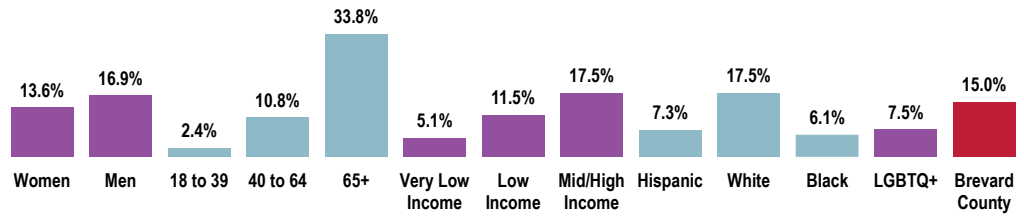


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 24-25]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); BRFSS Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.



Prevalence of Cancer (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 24]
 Notes: • Asked of all respondents.



Cancer Screenings

The American Cancer Society recommends that both men and women get a cancer-related checkup during a regular doctor's checkup. It should include examination for cancers of the thyroid, testicles, ovaries, lymph nodes, oral cavity, and skin, as well as health counseling about tobacco, sun exposure, diet and nutrition, risk factors, sexual practices, and environmental and occupational exposures. Screening levels in the community were measured in the PRC Community Health Survey relative to the following cancer sites:

FEMALE BREAST CANCER

The US Preventive Services Task Force (USPSTF) recommends biennial screening mammography for women age 50 to 74 years.

CERVICAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for cervical cancer every 3 years with cervical cytology alone in women age 21 to 29 years. For women age 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting). The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of the cervix and do not have a history of a high-grade precancerous lesion (i.e., cervical intraepithelial neoplasia [CIN] grade 2 or 3) or cervical cancer.

COLORECTAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer starting at age 45 years and continuing until age 75 years.

- US Preventive Services Task Force, Agency for Healthcare Research and Quality, US Department of Health & Human Services

Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

Among women age 50 to 74, 79.4% have had a mammogram within the past 2 years.

BENCHMARK ▶ More favorable than the US finding.

Among Brevard County women age 21 to 65, 73.4% have had appropriate cervical cancer screening.

BENCHMARK ▶ Fails to satisfy the Healthy People 2030 objective.

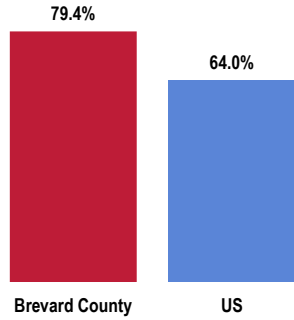
Among all adults age 45 to 75, 75.6% have had appropriate colorectal cancer screening.

“Appropriate cervical cancer screening” includes Pap smear testing (cervical cytology) every 3 years in women age 21 to 65.

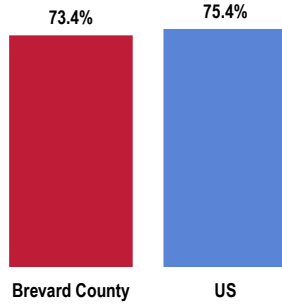
“Appropriate colorectal cancer screening” includes a fecal occult blood test within the past year and/or lower endoscopy (sigmoidoscopy or colonoscopy) within the past 10 years.



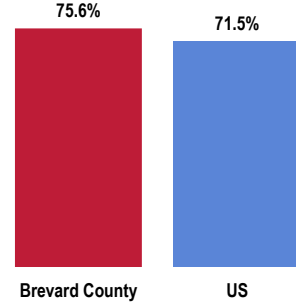
Breast Cancer Screening
(Women 50-74)
Healthy People 2030 = 80.5% or Higher



Cervical Cancer Screening
(Women 21-65)
Healthy People 2030 = 84.3% or Higher

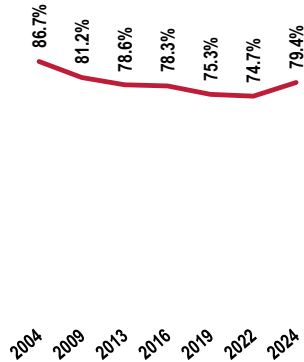


Colorectal Cancer Screening
(All Adults 45-75)
Healthy People 2030 = 74.4% or Higher

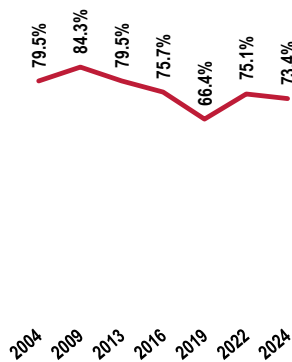


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 101-103]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Each indicator is shown among the gender and/or age group specified.
 • Note that national data for colorectal cancer screening reflect adults ages 50 to 75.

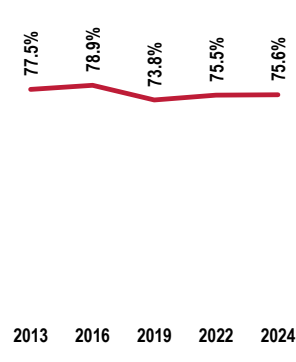
Breast Cancer Screening
(Women 50-74)
Healthy People 2030 = 80.5% or Higher



Cervical Cancer Screening
(Women 21-65)
Healthy People 2030 = 84.3% or Higher



Colorectal Cancer Screening
(All Adults 45-75)
Healthy People 2030 = 74.4% or Higher



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 101-103]
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Each indicator is shown among the gender and/or age group specified.
 • Note that trend data for colorectal cancer screening reflect the age group (50 to 75) of the previous recommendation.



RESPIRATORY DISEASE

ABOUT RESPIRATORY DISEASE

Respiratory diseases affect millions of people in the United States. ...More than 25 million people in the United States have asthma. Strategies to reduce environmental triggers and make sure people get the right medications can help prevent hospital visits for asthma. In addition, more than 16 million people in the United States have COPD (chronic obstructive pulmonary disease), which is a major cause of death. Strategies to prevent the disease — like reducing air pollution and helping people quit smoking — are key to reducing deaths from COPD.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Prevalence of Respiratory Disease

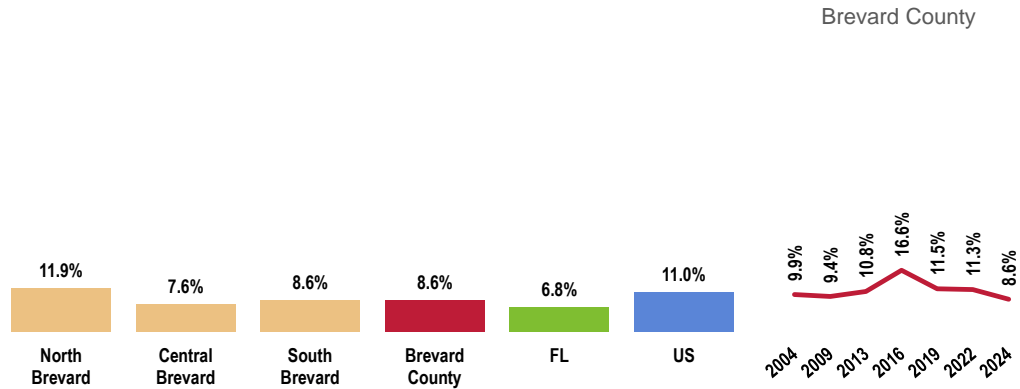
Chronic Obstructive Pulmonary Disease (COPD)

A total of 8.6% of Brevard County adults suffer from chronic obstructive pulmonary disease (COPD).

BENCHMARK ▶ Higher than found statewide.

Note: COPD includes lung diseases such as emphysema and chronic bronchitis.

Prevalence of Chronic Obstructive Pulmonary Disease (COPD)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 21]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
 • Includes conditions such as chronic bronchitis and emphysema.



INJURY & VIOLENCE

ABOUT INJURY & VIOLENCE

INJURY ► In the United States, unintentional injuries are the leading cause of death in children, adolescents, and adults younger than 45 years. ...Many unintentional injuries are caused by motor vehicle crashes and falls, and many intentional injuries involve gun violence and physical assaults. Interventions to prevent different types of injuries are key to keeping people safe in their homes, workplaces, and communities.

Drug overdoses are now the leading cause of injury deaths in the United States, and most overdoses involve opioids. Interventions to change health care providers' prescribing behaviors, distribute naloxone to reverse overdoses, and provide medications for addiction treatment for people with opioid use disorder can help reduce overdose deaths involving opioids.

VIOLENCE ► Almost 20,000 people die from homicide every year in the United States, and many more people are injured by violence. ...Many people in the United States experience physical assaults, sexual violence, and gun-related injuries. Adolescents are especially at risk for experiencing violence. Interventions to reduce violence are needed to keep people safe in their homes, schools, workplaces, and communities.

Children who experience violence are at risk for long-term physical, behavioral, and mental health problems. Strategies to protect children from violence can help improve their health and well-being later in life.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Intentional Injury (Violence)

Violent Crime

Community Violence

A total of 5.4% of surveyed adults acknowledge being the victim of a violent crime in the area in the past five years.

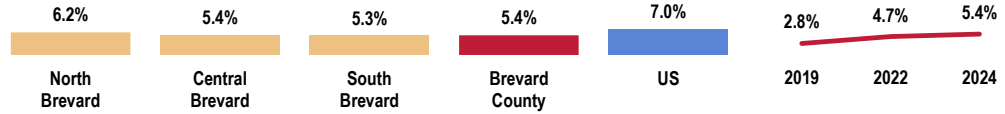
TREND ► Trending significantly higher over time.

DISPARITY ► More often reported among adults younger than 65 and those living at or below the federal poverty level.



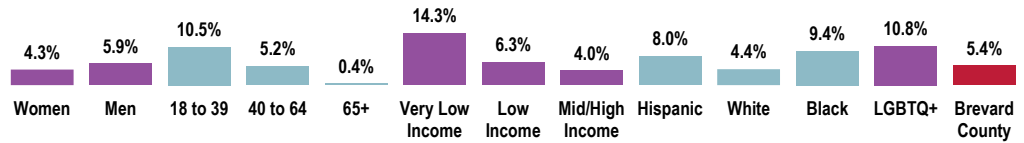
Victim of a Violent Crime in the Past Five Years

Brevard County



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 32]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Victim of a Violent Crime in the Past Five Years (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 32]
 Notes: • Asked of all respondents.



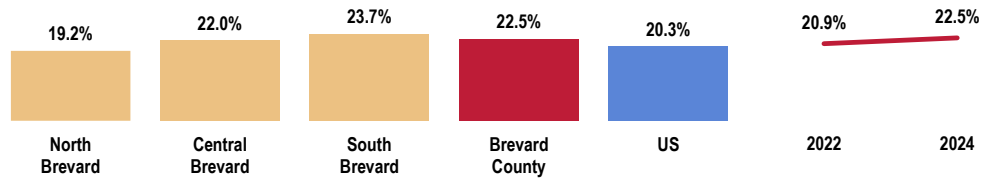
Intimate Partner Violence

A total of 22.5% of Brevard County adults acknowledge that they have ever been hit, slapped, pushed, kicked, or otherwise hurt by an intimate partner.

Respondents were read: "By an intimate partner, I mean any current or former spouse, boyfriend, or girlfriend. Someone you were dating, or romantically or sexually intimate with would also be considered an intimate partner."

Have Ever Been Hit, Slapped, Pushed, Kicked, or Hurt in Any Way by an Intimate Partner

Brevard County



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 33]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



DIABETES

ABOUT DIABETES

More than 30 million people in the United States have diabetes, and it's the seventh leading cause of death. ...Some racial/ethnic minorities are more likely to have diabetes. And many people with diabetes don't know they have it.

Poorly controlled or untreated diabetes can lead to leg or foot amputations, vision loss, and kidney damage. But interventions to help people manage diabetes can help reduce the risk of complications. In addition, strategies to help people who don't have diabetes eat healthier, get physical activity, and lose weight can help prevent new cases.

– Healthy People 2030 (<https://health.gov/healthypeople>)

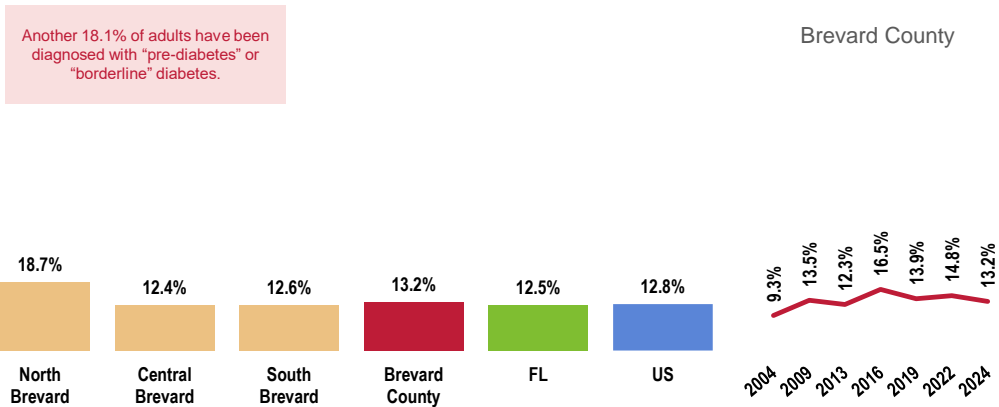
Prevalence of Diabetes

A total of 13.2% of Brevard County adults report having been diagnosed with diabetes.

TREND ▶ Denotes a significant increase from the 2004 baseline.

DISPARITY ▶ Higher in North Brevard. More often reported among men, adults age 40+ (especially those age 65+), and those living above the federal poverty level.

Prevalence of Diabetes



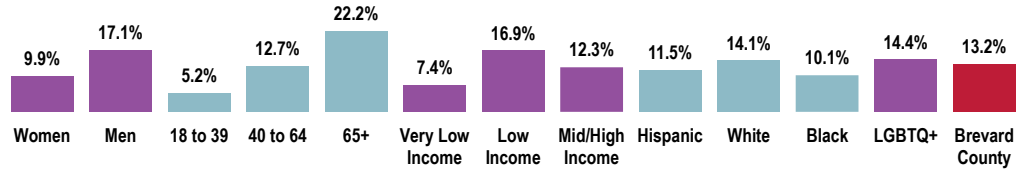
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 106]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents. Excludes gestational diabetes (occurring only during pregnancy).



Prevalence of Diabetes (Brevard County, 2024)

Note that among adults who have not been diagnosed with diabetes, 50.6% report having had their blood sugar level tested within the past three years.



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 106, 302]
 Notes: • Asked of all respondents.
 • Excludes gestational diabetes (occurring only during pregnancy).



DISABLING CONDITIONS

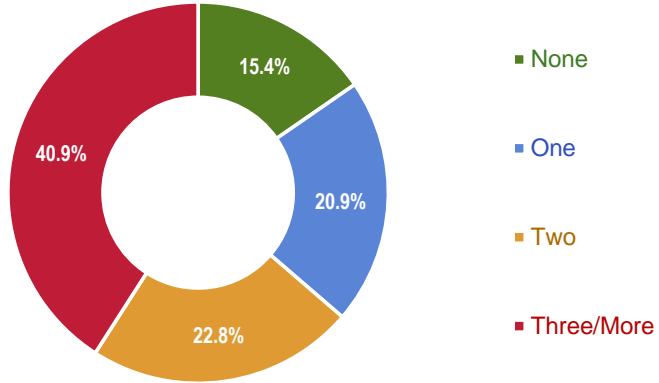
Multiple Chronic Conditions

For the purposes of this assessment, chronic conditions include:

- Cancer
- Chronic pain
- Diabetes
- Diagnosed depression
- Heart disease
- High blood cholesterol
- High blood pressure
- Lung disease
- Obesity
- Stroke

Among Brevard County survey respondents, most report having at least one chronic health condition.

Number of Chronic Conditions
(Brevard County, 2024)



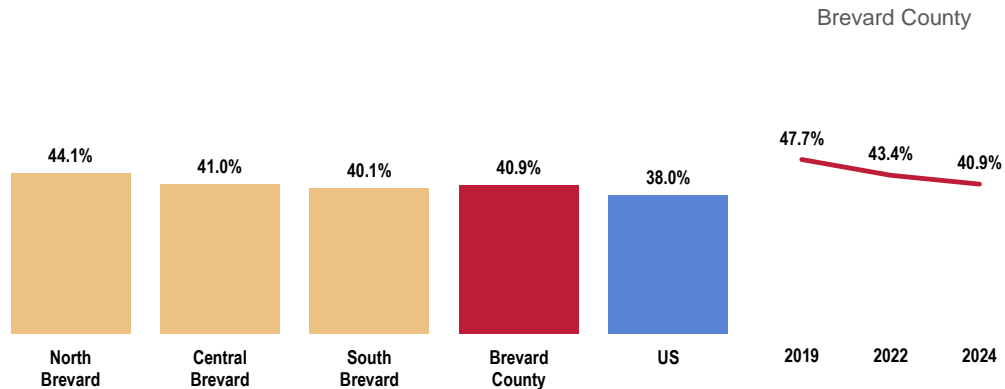
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 107]
 Notes: • Asked of all respondents.
 • In this case, chronic conditions include cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and stroke.

In fact, 40.9% of Brevard County adults report having three or more chronic conditions.

TREND ► Marks a significant decline over time.

DISPARITY ► Correlated with age and income and more often reported among Hispanic residents and White residents.

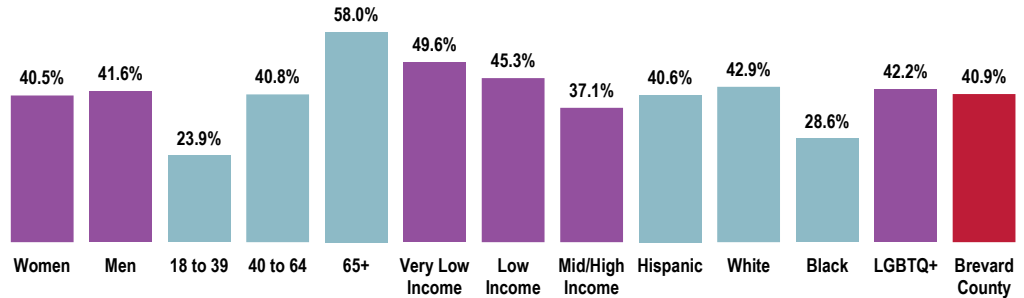
Have Three or More Chronic Conditions



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 107]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • In this case, chronic conditions include cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and/or stroke.



Have Three or More Chronic Conditions (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 107]

Notes: • Asked of all respondents.

• In this case, chronic conditions include cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and/or stroke.

Activity Limitations

ABOUT DISABILITY & HEALTH

Studies have found that people with disabilities are less likely to get preventive health care services they need to stay healthy. Strategies to make health care more affordable for people with disabilities are key to improving their health.

In addition, people with disabilities may have trouble finding a job, going to school, or getting around outside their homes. And they may experience daily stress related to these challenges. Efforts to make homes, schools, workplaces, and public places easier to access can help improve quality of life and overall well-being for people with disabilities.

– Healthy People 2030 (<https://health.gov/healthypeople>)

A total of 33.6% of Brevard County adults are limited in some way in some activities due to a physical, mental, or emotional problem.

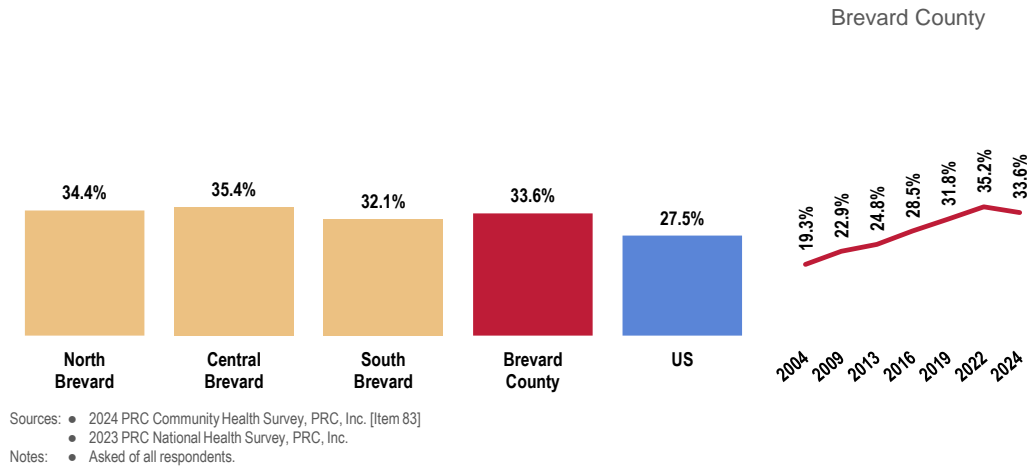
BENCHMARK ▶ Higher than the US finding.

TREND ▶ Trending significantly higher over time (although similar to 2022 findings).

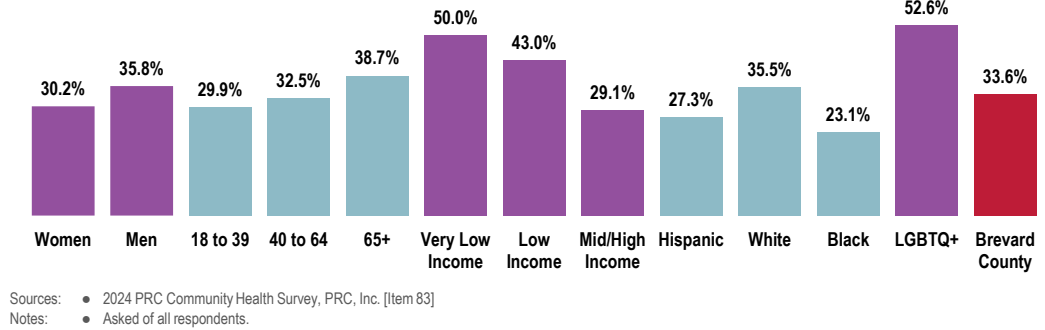
DISPARITY ▶ More often reported among adults age 65+, those with lower incomes, White residents, and LGBTQ+ respondents.



Limited in Activities in Some Way Due to a Physical, Mental, or Emotional Problem



Limited in Activities in Some Way Due to a Physical, Mental, or Emotional Problem (Brevard County, 2024)



Chronic Pain

A total of 22.9% of Brevard County adults experience high-impact chronic pain, meaning physical pain that has limited their life or work activities “every day” or “most days” during the past six months.

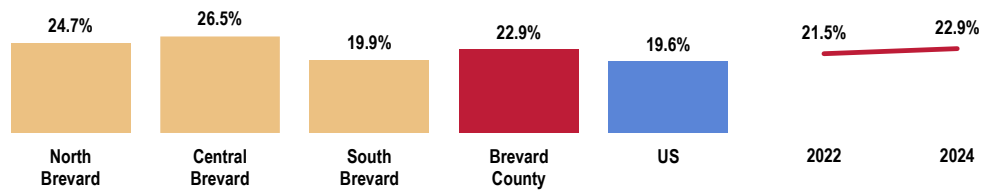
BENCHMARK ▶ Far from satisfying the Healthy People 2030 objective.

DISPARITY ▶ Higher in Central Brevard. More often reported among adults age 40 to 64, those with lower incomes, and White residents.

Experience High-Impact Chronic Pain

Healthy People 2030 = 6.4% or Lower

Brevard County

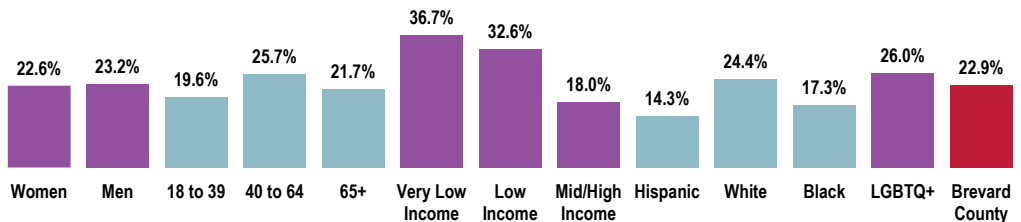


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 31]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents.
 • High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.

Experience High-Impact Chronic Pain

(Brevard County, 2024)

Healthy People 2030 = 6.4% or Lower



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 31]
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents.
 • High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.



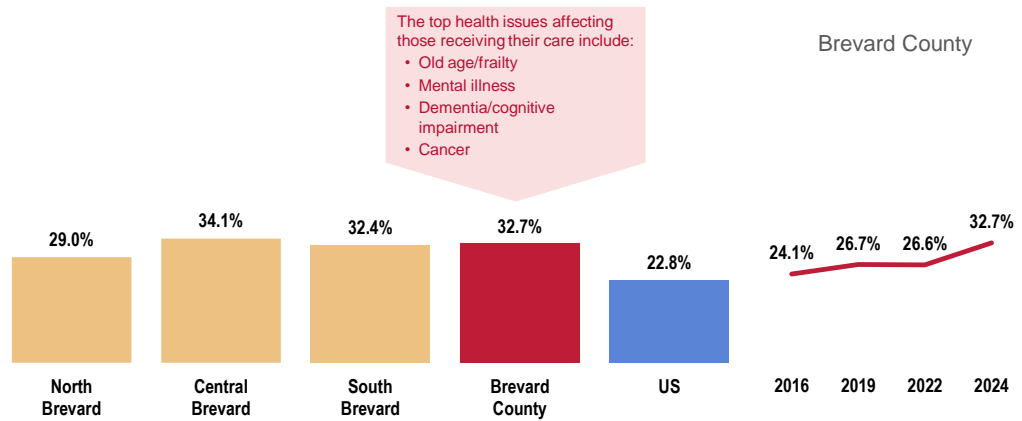
Caregiving

A total of 32.7% of Brevard County adults currently provide care or assistance to a friend or family member who has a health problem, long-term illness, or disability.

BENCHMARK ▶ Higher than found across the US.

TREND ▶ Represents a significant increase from previous surveys.

Act as Caregiver to a Friend or Relative with a Health Problem, Long-Term Illness, or Disability



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 85-86]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.





MATERNAL & INFANT HEALTH

AWARENESS OF HEALTHY START COALITION'S SERVICES

Healthy Start is a free home visiting program that provides education and care coordination to pregnant women and families of children under the age of three. The goal of the program is to lower risk factors associated with preterm birth, low birth weight, infant mortality and poor developmental outcomes.

Healthy Start offers:

- Home visitation.
- Prenatal and parenting education.
- Interconception education including reproductive planning.
- Stress management education.
- Care coordination to help families learn about resources available in the community and assistance in accessing those services.

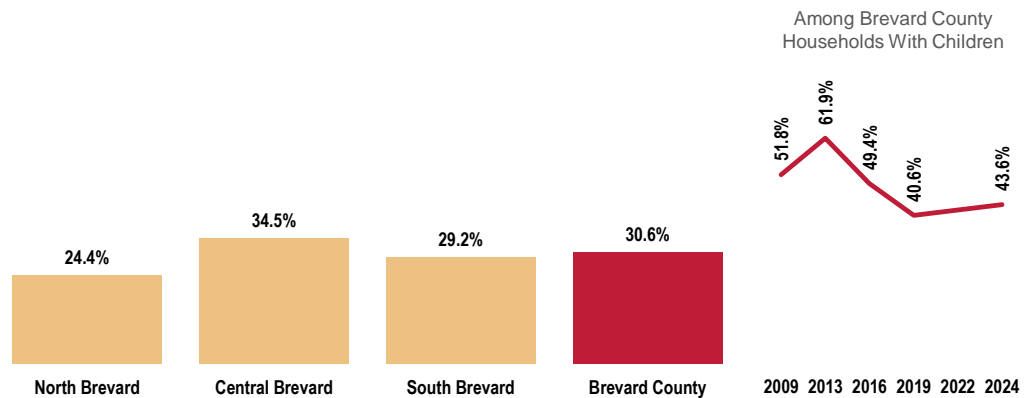
– Florida Health (<https://www.floridahealth.gov/programs-and-services/childrens-health/healthy-start/index.html>)

In Brevard County, 30.6% of adults are aware that the Healthy Start Coalition of Brevard provides education, support, and resources to pregnant mothers, newborns, and families with children up to the age of 3.

DISPARITY ► Lower in North Brevard.

TREND ► Among households with children, awareness has declined over the years.

Aware That the Healthy Start Coalition of Brevard Provides Maternal & Infant Services



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 311]
 Notes: • Asked of all respondents.





MODIFIABLE HEALTH RISKS

NUTRITION

ABOUT NUTRITION & HEALTHY EATING

Many people in the United States don't eat a healthy diet. ...People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.

Some people don't have the information they need to choose healthy foods. Other people don't have access to healthy foods or can't afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity and hunger and improving health.

– Healthy People 2030 (<https://health.gov/healthypeople>)

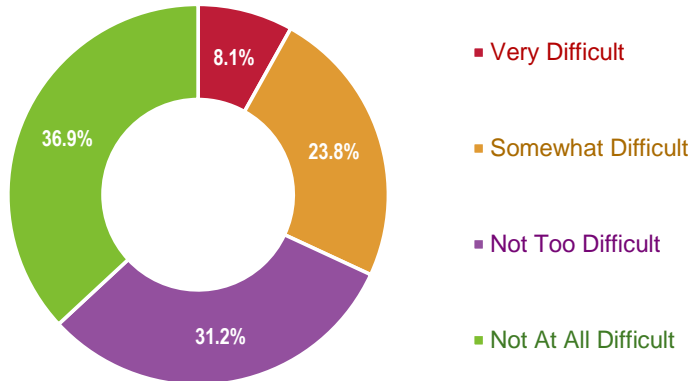
Difficulty Accessing Fresh Produce

Most Brevard County adults report little or no difficulty buying fresh produce at a price they can afford.

Respondents were asked, “How difficult is it for you to buy fresh produce like fruits and vegetables at a price you can afford? Would you say very difficult, somewhat difficult, not too difficult, or not at all difficult?”

RELATED ISSUE
See also *Food Access* in the **Social Determinants of Health** section of this report.

Level of Difficulty Finding Fresh Produce at an Affordable Price
(Brevard County, 2024)



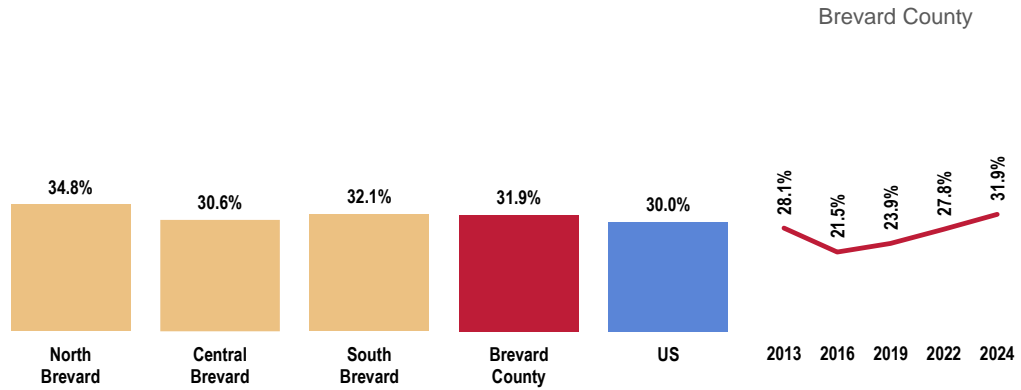
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 66]
Notes: • Asked of all respondents.



However, 31.9% of Brevard County adults find it “very” or “somewhat” difficult to access affordable fresh fruits and vegetables.

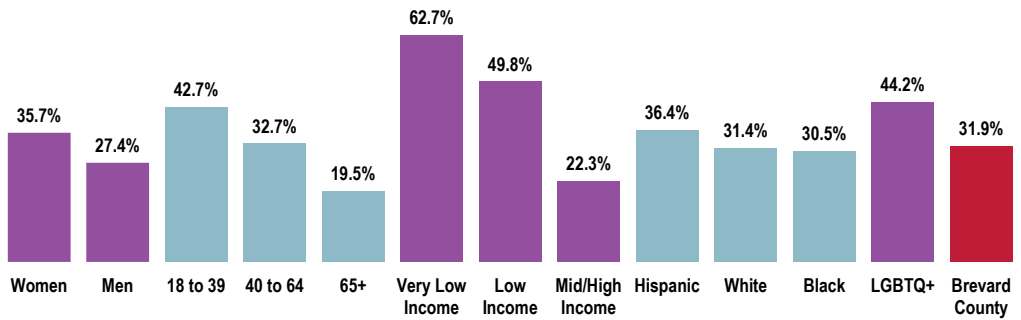
DISPARITY ► More often reported among women, those younger than 65, those with lower incomes, and LGBTQ+ respondents.

Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 66]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 66]
 Notes: • Asked of all respondents.



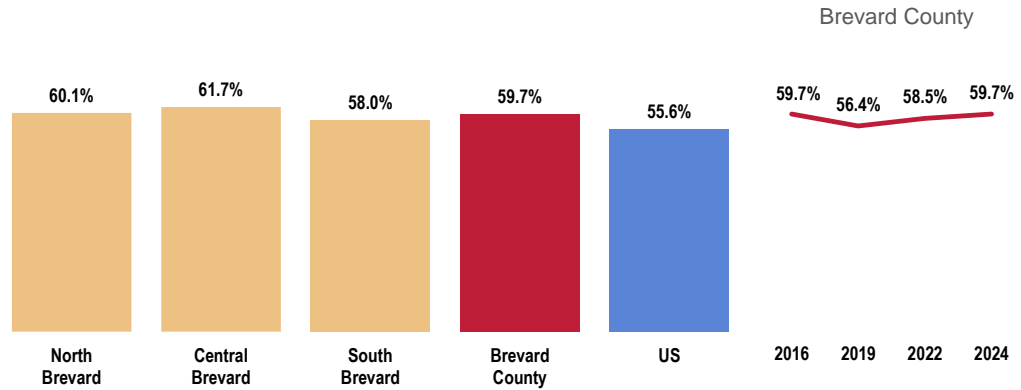
Daily Recommendation of Vegetables

To measure vegetable consumption, survey respondents were asked about the foods and drinks they consumed on the day prior to the interview.

A total of 59.7% of Brevard County adults report eating two or more servings of vegetables per day.

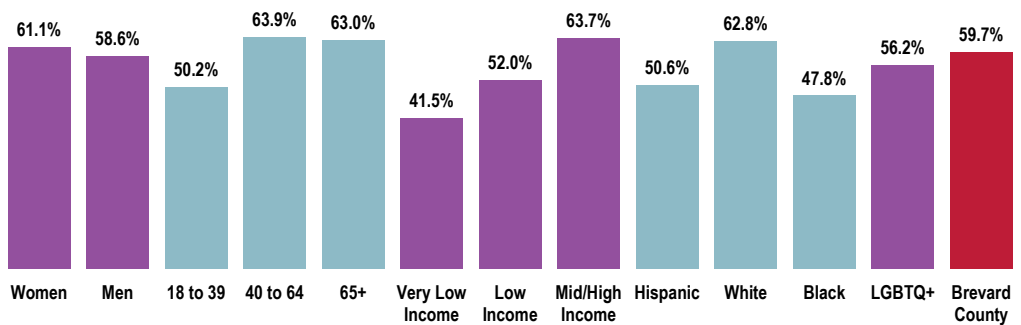
DISPARITY ▶ Less often reported among adults age 18 to 39, those with lower incomes, Hispanic residents, and Black residents.

Consume Two or More Servings of Vegetables Per Day



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 308]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • For this issue, respondents were asked to recall their food intake on the previous day.

Consume Two or More Servings of Vegetables Per Day (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 308]
 Notes: • Asked of all respondents.
 • For this issue, respondents were asked to recall their food intake on the previous day.



PHYSICAL ACTIVITY

ABOUT PHYSICAL ACTIVITY

Physical activity can help prevent disease, disability, injury, and premature death. The Physical Activity Guidelines for Americans lays out how much physical activity children, adolescents, and adults need to get health benefits. Although most people don't get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities.

Strategies that make it safer and easier to get active — like providing access to community facilities and programs — can help people get more physical activity. Strategies to promote physical activity at home, at school, and at childcare centers can also increase activity in children and adolescents.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Leisure-Time Physical Activity

A total of 25.5% of Brevard County adults report no leisure-time physical activity in the past month.

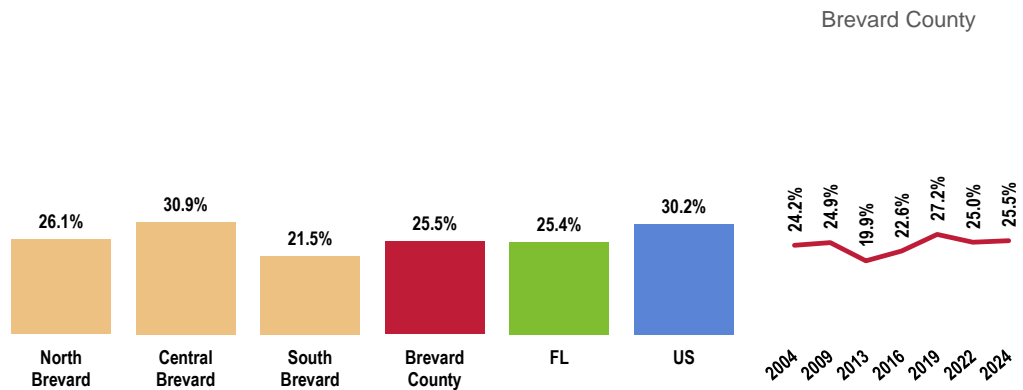
BENCHMARK ▶ Lower than the US percentage. Fails to satisfy the Healthy People 2030 objective.

DISPARITY ▶ Higher in Central Brevard.

Leisure-time physical activity includes any physical activities or exercises (such as running, calisthenics, golf, gardening, walking, etc.) which take place outside of one's line of work.

No Leisure-Time Physical Activity in the Past Month

Healthy People 2030 = 21.8% or Lower



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 69]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.



Activity Levels

Adults

ADULTS: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

For adults, “meeting physical activity recommendations” includes adequate levels of both aerobic and strengthening activities:

- **Aerobic activity** is one of the following: at least 150 minutes per week of light to moderate activity (such as walking), 75 minutes per week of vigorous activity (such as jogging), or an equivalent combination of both.
- **Strengthening activity** is at least two sessions per week of exercise designed to strengthen muscles (such as push-ups, sit-ups, or activities using resistance bands or weights).

– 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services. www.cdc.gov/physicalactivity

A total of 29.7% of Brevard County adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).

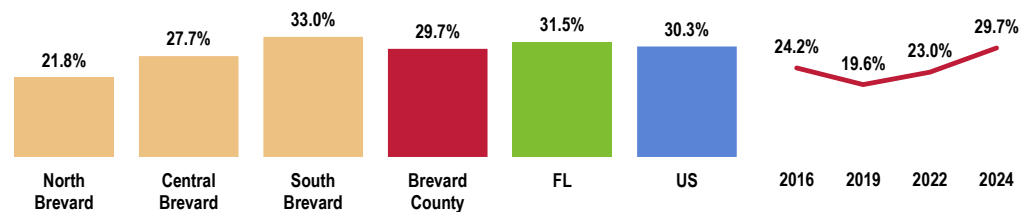
TREND ▶ Marks a significant increase from previous surveys.

DISPARITY ▶ Lower in North Brevard. Women and those with lower incomes are less likely to report meeting the recommendations.

Meets Physical Activity Recommendations

Healthy People 2030 = 29.7% or Higher

Brevard County



Sources:

- 2024 PRC Community Health Survey, PRC, Inc. [Item 110]
- Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Florida data.
- 2023 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

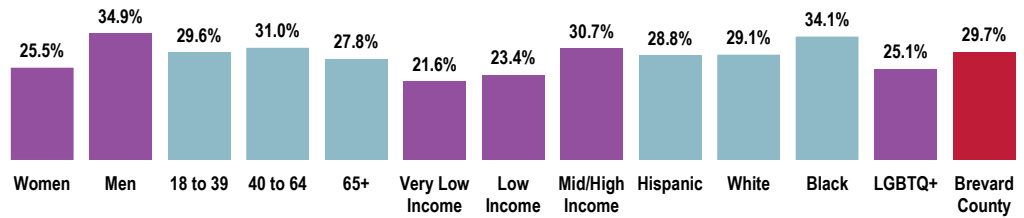
 Notes:

- Asked of all respondents.
- Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report doing physical activities specifically designed to strengthen muscles at least twice per week.



Meets Physical Activity Recommendations (Brevard County, 2024)

Healthy People 2030 = 29.7% or Higher



- Sources:
- 2024 PRC Community Health Survey, PRC, Inc. [Item 110]
 - US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
- Notes:
- Asked of all respondents.
 - Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report doing physical activities specifically designed to strengthen muscles at least twice per week.

Children

CHILDREN: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

- 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services. www.cdc.gov/physicalactivity

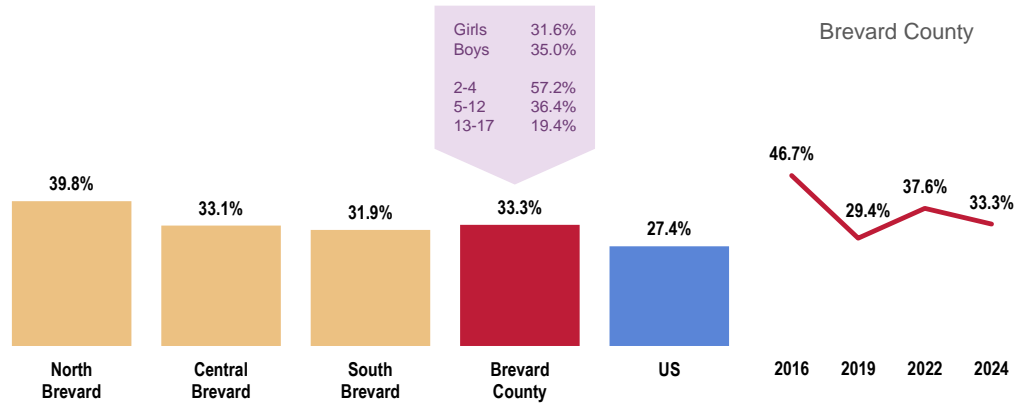
Among Brevard County children age 2 to 17, 33.3% are reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day).

TREND ► Denotes a significant decrease from the 2016 baseline.

DISPARITY ► Children age 5 and older (especially adolescents) are less likely to be reported as being physically active.



Child Is Physically Active for One or More Hours per Day (Children 2-17)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 94]
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 2-17 at home.
 • Includes children reported to have one or more hours of physical activity on each of the seven days preceding the survey.



WEIGHT STATUS

ABOUT OVERWEIGHT & OBESITY

Obesity is linked to many serious health problems, including type 2 diabetes, heart disease, stroke, and some types of cancer. Some racial/ethnic groups are more likely to have obesity, which increases their risk of chronic diseases.

Culturally appropriate programs and policies that help people eat nutritious foods within their calorie needs can reduce overweight and obesity. Public health interventions that make it easier for people to be more physically active can also help them maintain a healthy weight.

- Healthy People 2030 (<https://health.gov/healthypeople>)

Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. The BMI should be used to assess overweight and obesity and to monitor changes in body weight. In addition, measurements of body weight alone can be used to determine efficacy of weight loss therapy. BMI is calculated as weight (kg)/height squared (m^2). To estimate BMI using pounds and inches, use: [weight (pounds)/height squared (inches²)] x 703.

In this report, overweight is defined as a BMI of 25.0 to 29.9 kg/m^2 and obesity as a BMI $\geq 30 kg/m^2$. The rationale behind these definitions is based on epidemiological data that show increases in mortality with BMIs above 25 kg/m^2 . The increase in mortality, however, tends to be modest until a BMI of 30 kg/m^2 is reached. For persons with a BMI $\geq 30 kg/m^2$, mortality rates from all causes, and especially from cardiovascular disease, are generally increased by 50 to 100 percent above that of persons with BMIs in the range of 20 to 25 kg/m^2 .

- Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.

Adult Weight Status

CLASSIFICATION OF OVERWEIGHT AND OBESITY BY BMI	BMI (kg/m^2)
Underweight	<18.5
Healthy Weight	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30.0

Source: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.



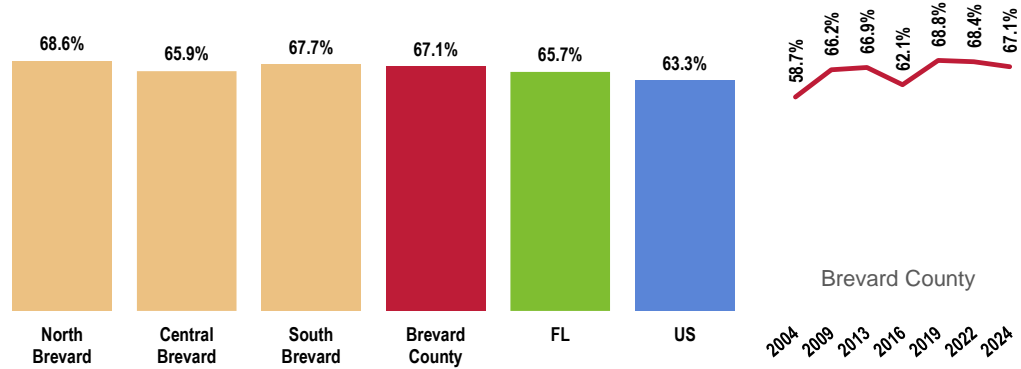
Overweight Status

More than two-thirds of Brevard County adults (67.1%) are **overweight**.

TREND ▶ Marks a significant increase from the 2004 baseline.

Here, "overweight" includes those respondents with a BMI value ≥ 25 .

Prevalence of Total Overweight (Overweight and Obese)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 112]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Based on reported heights and weights, asked of all respondents.
 • The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0. The definition for obesity is a BMI greater than or equal to 30.0.

The overweight prevalence above includes 35.6% of Brevard County adults who are **obese**.

BENCHMARK ▶ Higher than found across Florida.

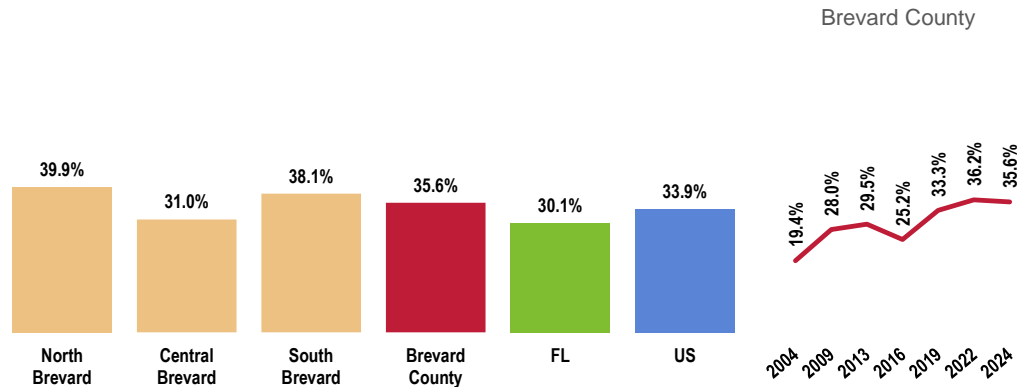
TREND ▶ Represents a significant increase from the 2004 baseline.

DISPARITY ▶ Lower in Central Brevard. More often reported among female respondents.

"Obese" (also included in overweight prevalence discussed previously) includes respondents with a BMI value ≥ 30 .

Prevalence of Obesity

Healthy People 2030 = 36.0% or Lower

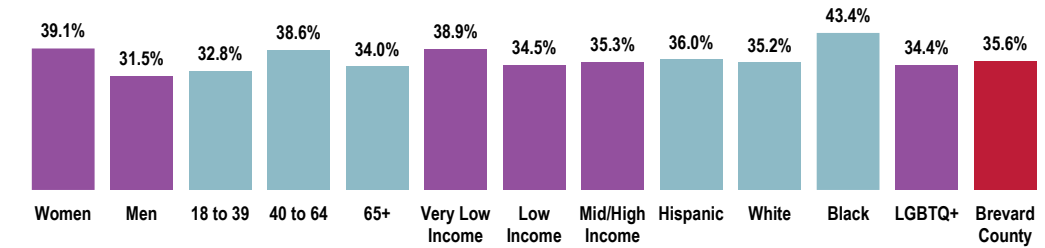


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 112]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Based on reported heights and weights, asked of all respondents.
 • The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0.



Prevalence of Obesity (Brevard County, 2024)

Healthy People 2030 = 36.0% or Lower



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 112]
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

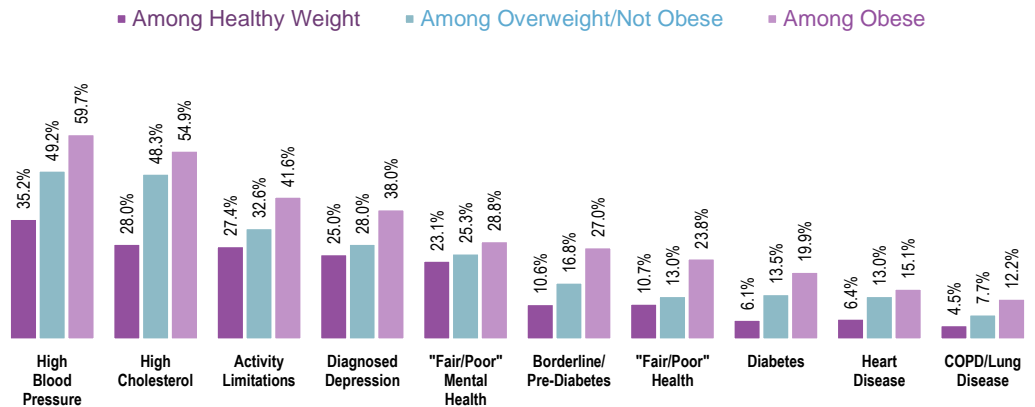
Notes: • Based on reported heights and weights, asked of all respondents.
 • The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

Relationship of Overweight With Other Health Issues

Overweight and obese adults are more likely to report a number of adverse health conditions, as outlined in the following chart.

The correlation between overweight and various health issues cannot be disputed.

Relationship of Overweight With Other Health Issues (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 112]
 Notes: • Based on reported heights and weights, asked of all respondents.



Children's Weight Status

ABOUT WEIGHT STATUS IN CHILDREN & TEENS

In children and teens, body mass index (BMI) is used to assess weight status – underweight, healthy weight, overweight, or obese. After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age.

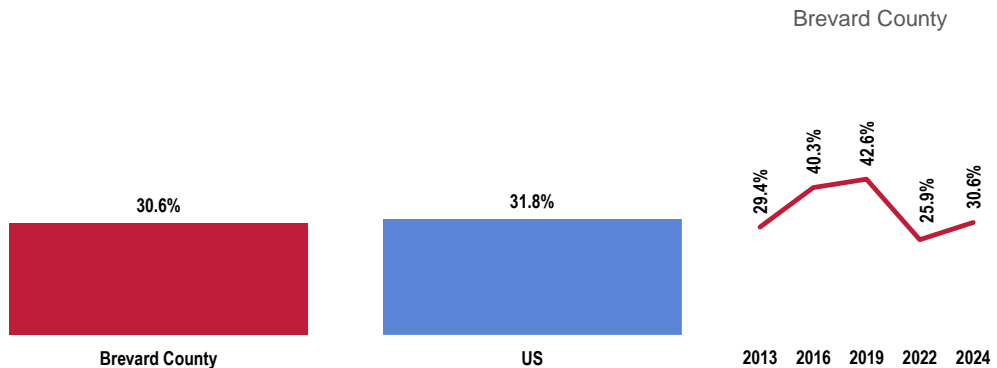
BMI-for-age weight status categories and the corresponding percentiles are shown below:

- Underweight <5th percentile
- Healthy Weight ≥5th and <85th percentile
- Overweight ≥85th and <95th percentile
- Obese ≥95th percentile

– Centers for Disease Control and Prevention

Based on the heights/weights reported by surveyed parents, 30.6% of Brevard County children age 5 to 17 are overweight or obese (≥85th percentile).

Prevalence of Overweight in Children (Children 5-17)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 113]
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 5-17 at home.
 • Overweight among children is determined by children's Body Mass Index status at or above the 85th percentile of US growth charts by gender and age.

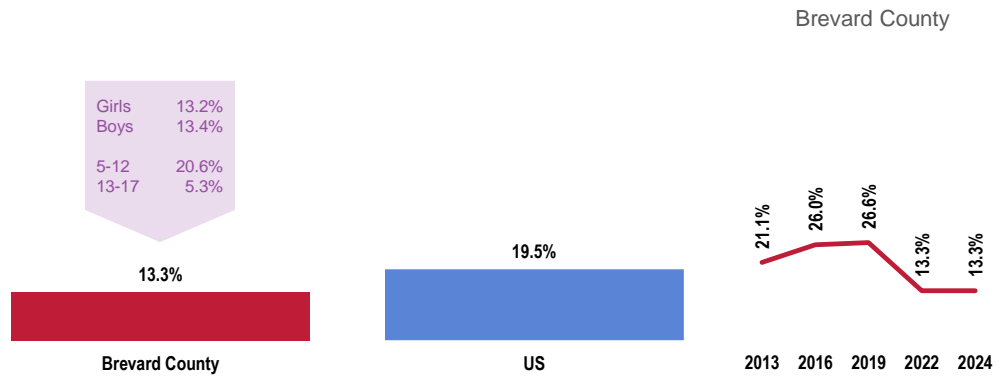


The childhood overweight prevalence above includes 13.3% of area children age 5 to 17 who are obese (≥95th percentile).

DISPARITY ► Higher among children age 5 to 12.

Prevalence of Obesity in Children (Children 5-17)

Healthy People 2030 = 15.5% or Lower



- Sources:
- 2024 PRC Community Health Survey, PRC, Inc. [Item 113]
 - 2023 PRC National Health Survey, PRC, Inc.
 - US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
- Notes:
- Asked of all respondents with children age 5-17 at home.
 - Obesity among children is determined by children's Body Mass Index status equal to or above the 95th percentile of US growth charts by gender and age.



SUBSTANCE USE

ABOUT DRUG & ALCOHOL USE

Substance use disorders can involve illicit drugs, prescription drugs, or alcohol. Opioid use disorders have become especially problematic in recent years. Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths.

Effective treatments for substance use disorders are available, but very few people get the treatment they need. Strategies to prevent substance use — especially in adolescents — and help people get treatment can reduce drug and alcohol misuse, related health problems, and deaths.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Alcohol Use

Excessive Drinking

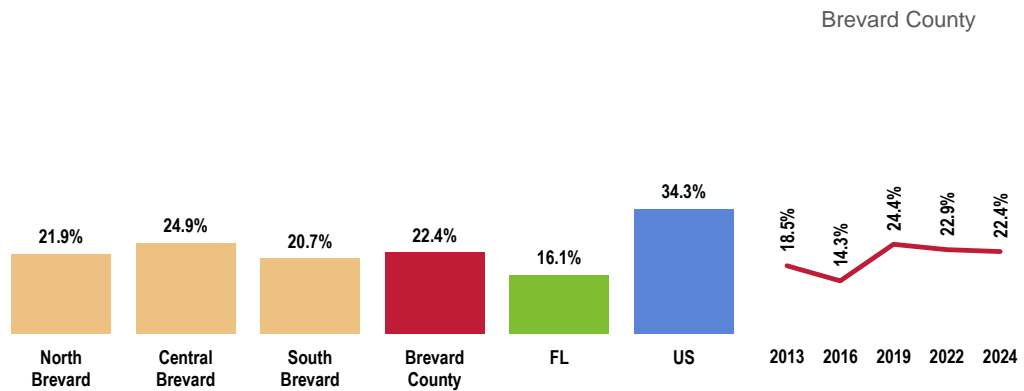
Excessive drinking includes heavy and/or binge drinkers:

- **HEAVY DRINKING** ► men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview.
- **BINGE DRINKING** ► men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.

A total of 22.4% of area adults engage in excessive drinking (heavy and/or binge drinking).

BENCHMARK ► Higher than found statewide but lower than found nationally.

Engage in Excessive Drinking



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 116]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
 • Excessive drinking reflects the percentage of persons age 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



Drug Use

Illicit Drug Use

A total of 6.7% of Brevard County adults acknowledge using an illicit drug in the past month.

TREND ▶ Denotes a significant increase from the 2004 baseline.

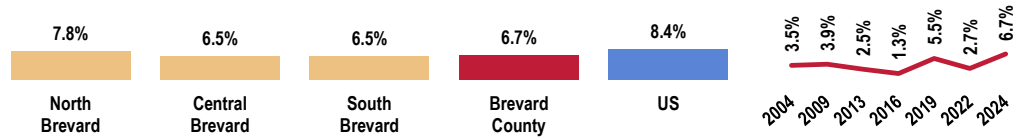
DISPARITY ▶ More often reported among men, adults age 18 to 39, those with lower incomes, and LGBTQ+ respondents.

For the purposes of this survey, "illicit drug use" includes use of illegal substances or of prescription drugs taken without a physician's order.

Note: As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that actual illicit drug use in the community is likely higher.

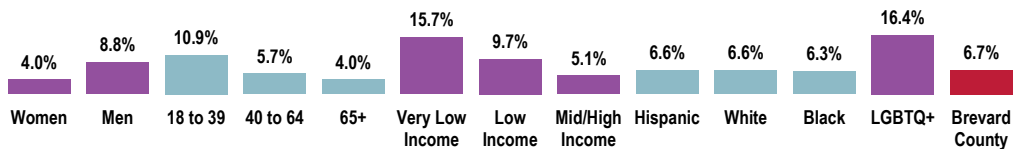
Illicit Drug Use in the Past Month

Brevard County



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 40]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Illicit Drug Use in the Past Month (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 40]
 Notes: • Asked of all respondents.



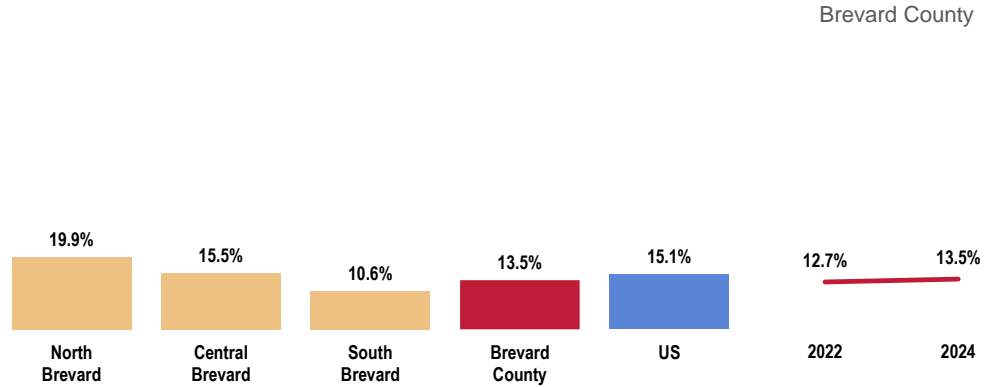
Use of Prescription Opioids

Opioids are a class of drugs used to treat pain. Examples presented to respondents include morphine, codeine, hydrocodone, oxycodone, methadone, and fentanyl. Common brand name opioids include Vicodin, Dilaudid, Percocet, OxyContin, and Demerol.

A total of 13.5% of Brevard County adults report using a prescription opioid drug in the past year.

DISPARITY ► Higher in North Brevard. More often reported among adults age 65+ and those with lower incomes. Lower among Black respondents.

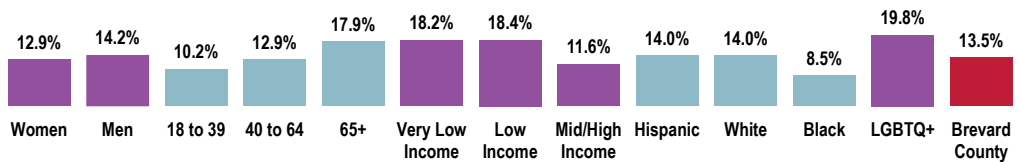
Used a Prescription Opioid in the Past Year



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 41]
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Used a Prescription Opioid in the Past Year (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 41]
 Notes: • Asked of all respondents.



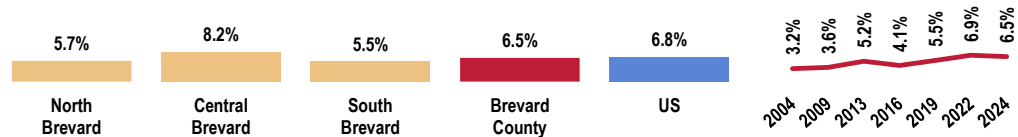
Alcohol & Drug Treatment

A total of 6.5% of Brevard County adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

TREND ► Trending significantly higher over time.

Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem

Brevard County

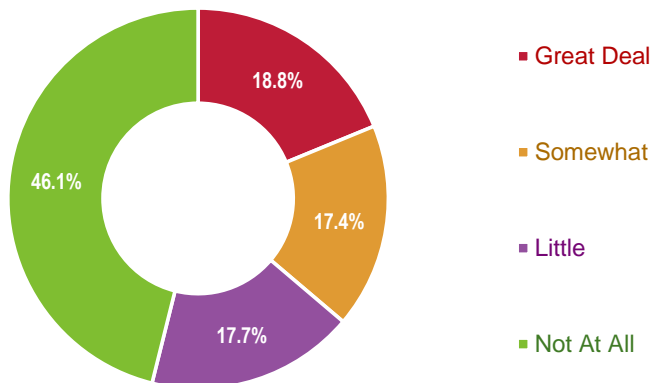


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 42]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Personal Impact From Substance Use

Nearly one-half of Brevard County residents' lives have not been negatively affected by substance use (either their own or someone else's).

Degree to Which Life Has Been Negatively Affected by Substance Use (Self or Other's) (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 43]
 Notes: • Asked of all respondents.

Surveyed adults were also asked to what degree their lives have been impacted by substance use (whether their own use or that of another).



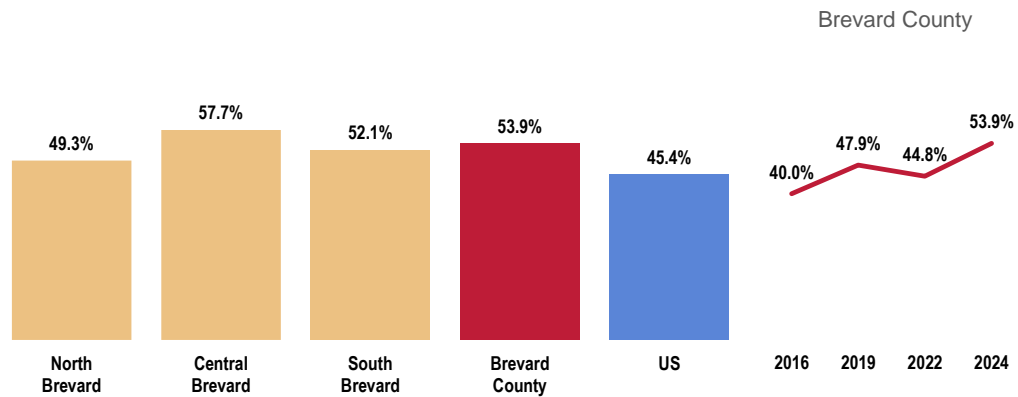
However, 53.9% have felt a personal impact to some degree (“a little,” “somewhat,” or “a great deal”).

BENCHMARK ▶ Higher than the US percentage.

TREND ▶ Represents a significant increase from the 2016 baseline.

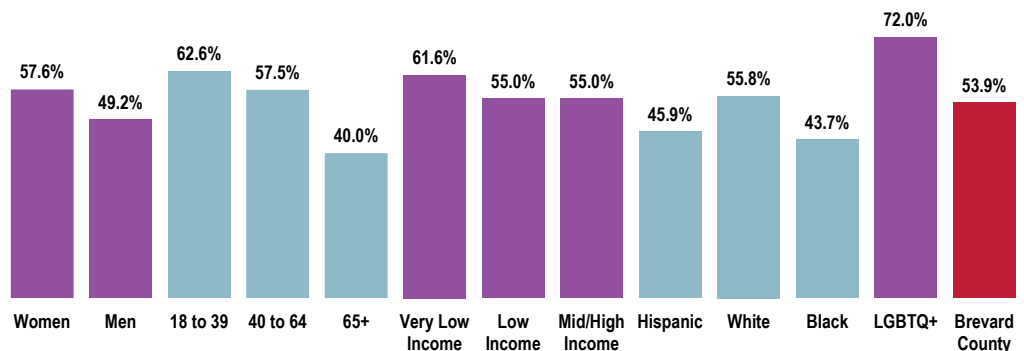
DISPARITY ▶ Higher in Central Brevard. More often reported among women, adults younger than 65, White residents, and LGBTQ+ respondents.

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 43]
 • 2023 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • Includes those responding “a great deal,” “somewhat,” or “a little.”

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else) (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 43]
 Notes: • Asked of all respondents.
 • Includes those responding “a great deal,” “somewhat,” or “a little.”



TOBACCO USE

ABOUT TOBACCO USE

Most deaths and diseases from tobacco use in the United States are caused by cigarettes. Smoking harms nearly every organ in the body and increases the risk of heart disease, stroke, lung diseases, and many types of cancer. Although smoking is widespread, it's more common in certain groups, including men, American Indians/Alaska Natives, people with behavioral health conditions, LGBT people, and people with lower incomes and education levels.

Several evidence-based strategies can help prevent and reduce tobacco use and exposure to secondhand smoke. These include smoke-free policies, price increases, and health education campaigns that target large audiences. Methods like counseling and medication can also help people stop using tobacco.

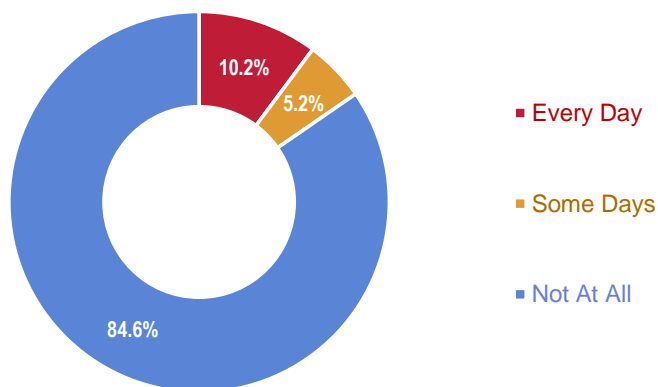
– Healthy People 2030 (<https://health.gov/healthypeople>)

Cigarette Smoking

Prevalence of Cigarette Smoking

A total of 15.4% of Brevard County adults currently smoke cigarettes, either regularly (every day) or occasionally (on some days).

Prevalence of Cigarette Smoking
(Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 34]
Notes: • Asked of all respondents.



Note the following findings related to cigarette smoking prevalence in Brevard County.

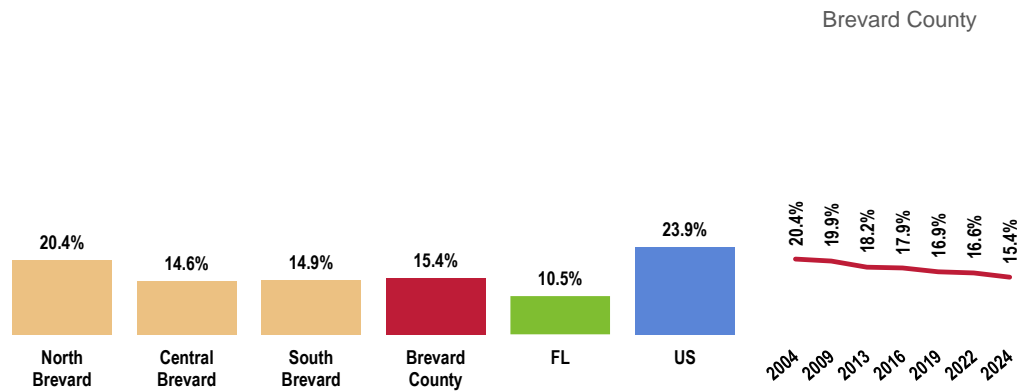
BENCHMARK ▶ Higher than found across Florida but lower than found across the US. Fails to satisfy the Healthy People 2030 objective.

TREND ▶ Marks a significant decline over time.

DISPARITY ▶ Men, adults younger than 65, those with lower incomes, and Black residents are more likely to report that they smoke cigarettes.

Currently Smoke Cigarettes

Healthy People 2030 = 6.1% or Lower



Sources:

- 2024 PRC Community Health Survey, PRC, Inc. [Item 34]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); BRFSS Florida data.
- 2023 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

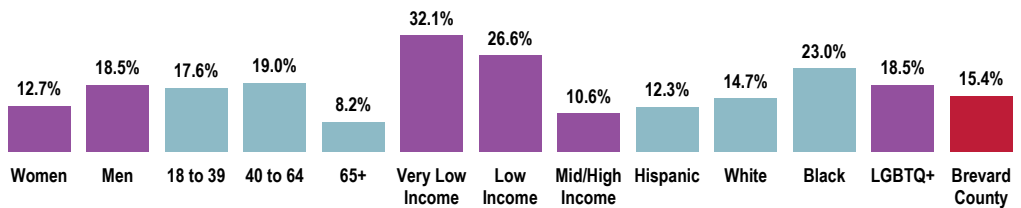
Notes:

- Asked of all respondents.
- Includes those who smoke cigarettes every day or on some days.

Currently Smoke Cigarettes

(Brevard County, 2024)

Healthy People 2030 = 6.1% or Lower



Sources:

- 2024 PRC Community Health Survey, PRC, Inc. [Item 34]
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes:

- Asked of all respondents.
- Includes those who smoke cigarettes every day or on some days.



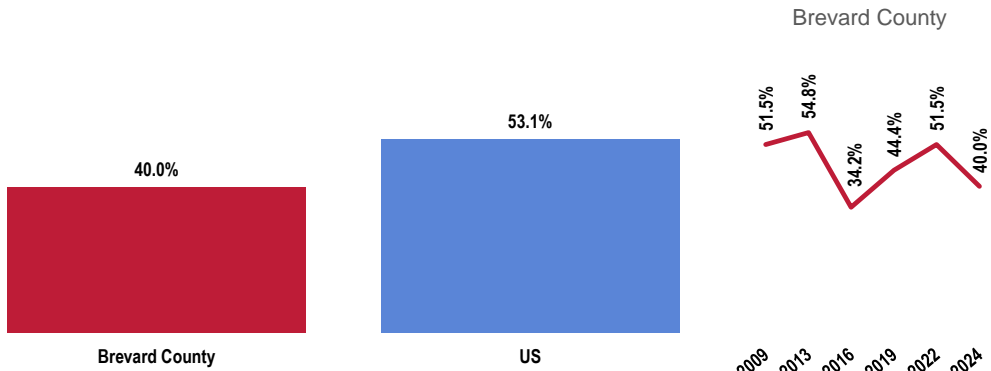
Smoking Cessation

Four in 10 adults who regularly smoke cigarettes (40.0%) went without smoking for one day or longer in the past year because they were trying to quit smoking.

BENCHMARK ▶ Less favorable than the national finding. Fails to satisfy the Healthy People 2030 objective.

Have Stopped Smoking for One Day or Longer in the Past Year (Brevard County Everyday Smokers, 2024)

Healthy People 2030 = 65.7% or Higher

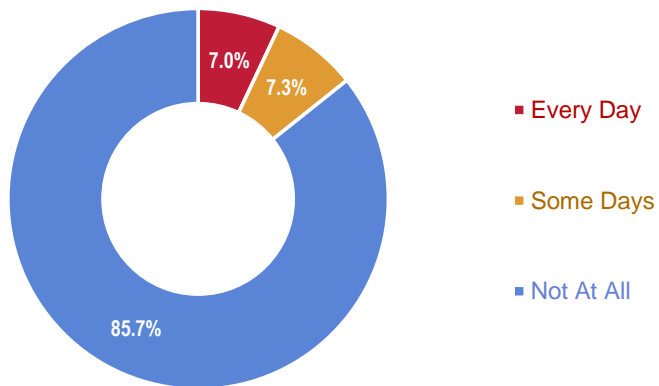


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 305]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of respondents who smoke cigarettes every day.

Use of Vaping Products

Most Brevard County adults do not use electronic vaping products.

Use of Vaping Products (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 36]
 Notes: • Asked of all respondents.



However, 14.3% currently use electronic vaping products either regularly (every day) or occasionally (on some days).

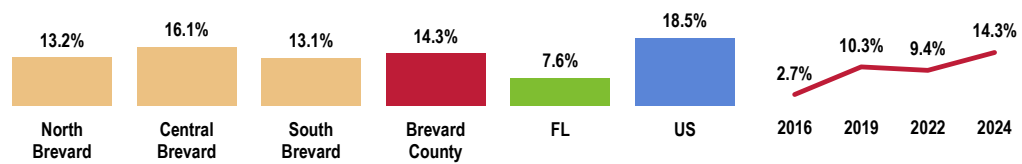
BENCHMARK ▶ Higher than found across Florida but lower than found across the US.

TREND ▶ Trending significantly higher over time.

DISPARITY ▶ More often reported among men, adults younger than 65 (especially those age 18 to 39), those with lower incomes, Black residents, and LGBTQ+ respondents.

Currently Use Vaping Products (Every Day or on Some Days)

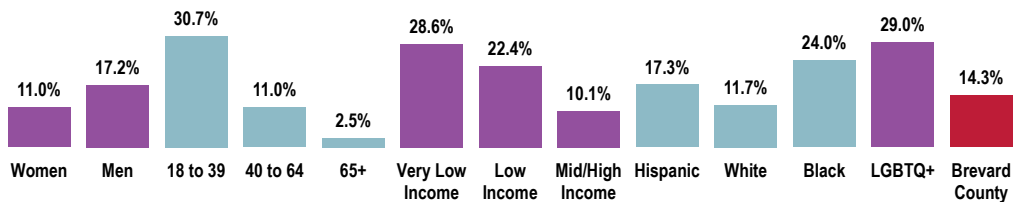
Brevard County



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 36]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
 • Includes those who use vaping products every day or on some days.

Currently Use Vaping Products (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 36]
 Notes: • Asked of all respondents.
 • Includes those who use vaping products every day or on some days.





ACCESS TO HEALTH CARE

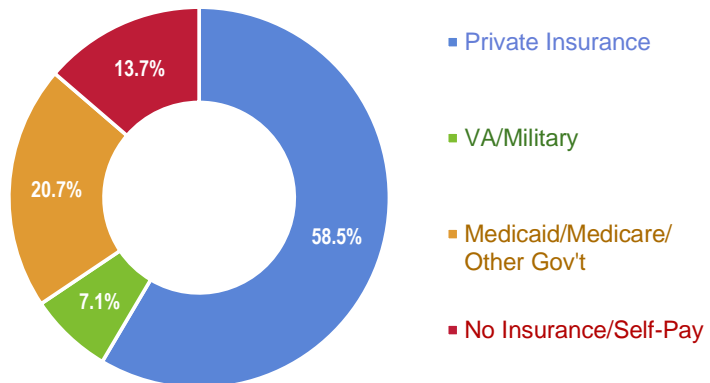
HEALTH INSURANCE COVERAGE

Type of Health Care Coverage

Survey respondents were asked a series of questions to determine their health care insurance coverage, if any, from either private or government-sponsored sources.

A total of 58.5% of Brevard County adults age 18 to 64 report having health care coverage through private insurance. Another 27.8% report coverage through a government-sponsored program (e.g., Medicaid, Medicare, military benefits).

Health Care Insurance Coverage
(Adults 18-64; Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 117]
Notes: • Reflects respondents age 18 to 64.

Lack of Health Insurance Coverage

Here, lack of health insurance coverage reflects respondents age 18 to 64 (thus, excluding the Medicare population) who have no type of insurance coverage for health care services – neither private insurance nor government-sponsored plans (e.g., Medicaid).

Among adults age 18 to 64, 13.7% report having no insurance coverage for health care expenses.

BENCHMARK ► Higher than found nationally. Fails to satisfy the Healthy People 2030 objective.

TREND ► Denotes a significant decrease from the 2004 baseline.

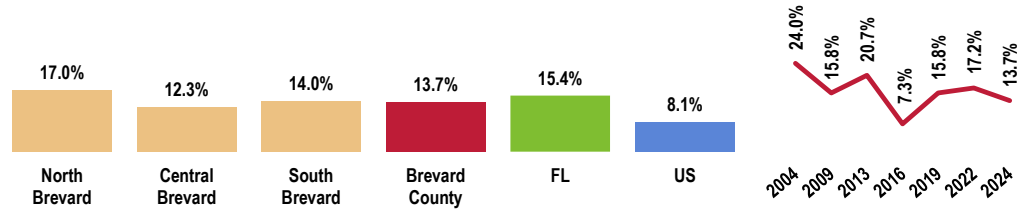
DISPARITY ► More often reported among adults age 18 to 39 and those with lower incomes.



Lack of Health Care Insurance Coverage (Adults 18-64)

Healthy People 2030 = 7.6% or Lower

Brevard County



Sources:

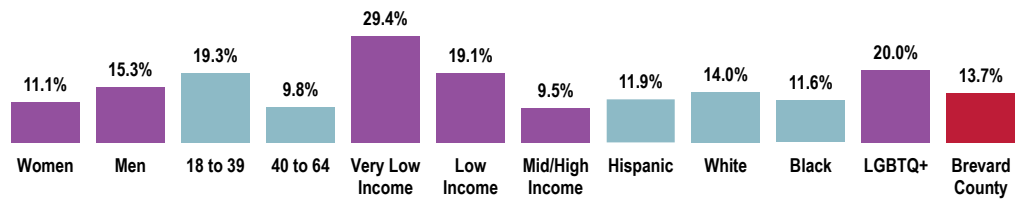
- 2024 PRC Community Health Survey, PRC, Inc. [Item 117]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Florida data.
- 2023 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes:

- Reflects respondents age 18 to 64.

Lack of Health Care Insurance Coverage (Adults 18-64; Brevard County, 2024)

Healthy People 2030 = 7.6% or Lower



Sources:

- 2024 PRC Community Health Survey, PRC, Inc. [Item 117]
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes:

- Reflects respondents age 18 to 64.



DIFFICULTIES ACCESSING HEALTH CARE

ABOUT HEALTH CARE ACCESS

Many people in the United States don't get the health care services they need. ...People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need. Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.

Sometimes people don't get recommended health care services, like cancer screenings, because they don't have a primary care provider. Other times, it's because they live too far away from health care providers who offer them. Interventions to increase access to health care professionals and improve communication — in person or remotely — can help more people get the care they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Difficulties Accessing Services

A total of 57.8% of Brevard County adults report some type of difficulty or delay in obtaining health care services in the past year.

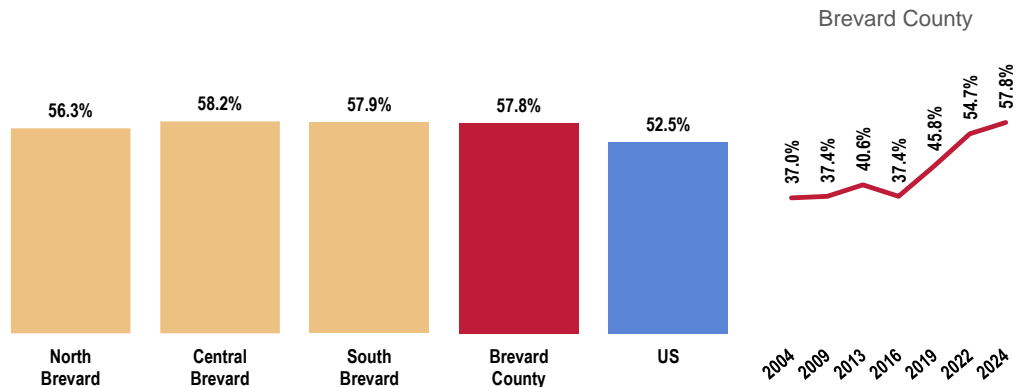
BENCHMARK ► Higher than found nationally.

TREND ► Rising significantly over time.

DISPARITY ► Correlated with age and income and more often reported among women, Hispanic residents, and LGBTQ+ respondents.

This indicator reflects the percentage of the total population experiencing problems accessing health care in the past year, regardless of whether they needed or sought care. It is based on reports of the barriers outlined in the following section.

Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 119]

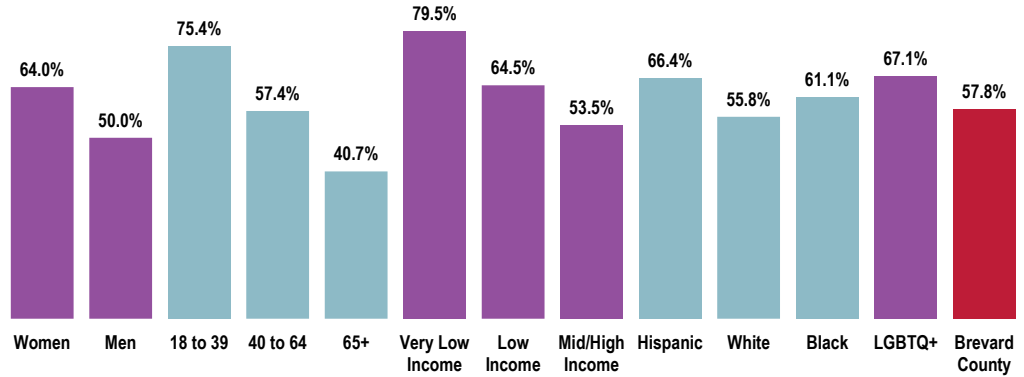
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.



Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 119]
 Notes: • Asked of all respondents.
 • Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.

Barriers to Health Care Access

Of the tested barriers, appointment availability impacted the greatest share of Brevard County adults.

BENCHMARK ▶ Three of the seven barriers are more prevalent in Brevard County than across the US: **appointment availability**, **finding a physician**, and **cost of a physician visit**.

TREND ▶ Over time, six of the seven barriers have recorded a significant increase in mention in Brevard County: **appointment availability**, **finding a physician**, **cost of a physician visit**, **cost of prescriptions**, **inconvenient office hours**, and **lack of transportation**.

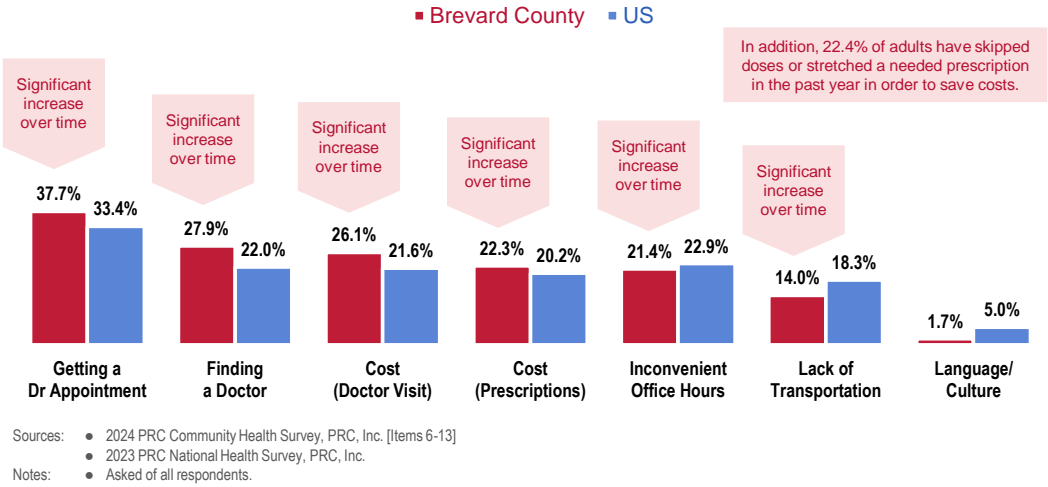
DISPARITY ▶ Lack of **transportation** is more of a barrier in North Brevard, while **finding a physician** is less of a barrier in South Brevard (not shown).

To better understand health care access barriers, survey participants were asked whether any of seven types of barriers to access prevented them from seeing a physician or obtaining a needed prescription in the past year.

Again, these percentages reflect the total population, regardless of whether medical care was needed or sought.



Barriers to Access Have Prevented Medical Care in the Past Year



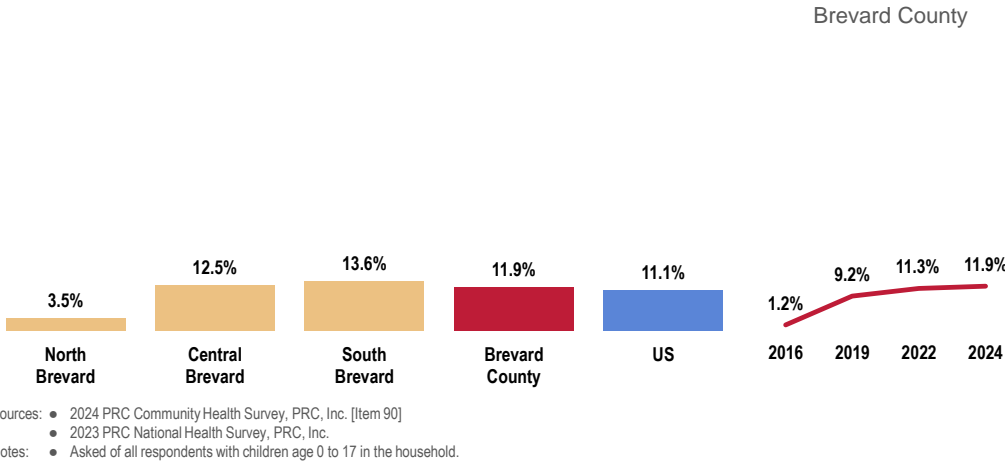
Accessing Health Care for Children

Surveyed parents were also asked if, within the past year, they experienced any trouble receiving medical care for a randomly selected child in their household.

A total of 11.9% of area parents say there was a time in the past year when they needed medical care for their child but were unable to get it.

- TREND ► Represents a significant increase from the 2016 baseline.
- DISPARITY ► Lower in North Brevard.

Had Trouble Obtaining Medical Care for Child in the Past Year (Children 0-17)



PRIMARY CARE SERVICES

ABOUT PREVENTIVE CARE

Getting preventive care reduces the risk for diseases, disabilities, and death — yet millions of people in the United States don't get recommended preventive health care services.

Children need regular well-child and dental visits to track their development and find health problems early, when they're usually easier to treat. Services like screenings, dental check-ups, and vaccinations are key to keeping people of all ages healthy. But for a variety of reasons, many people don't get the preventive care they need. Barriers include cost, not having a primary care provider, living too far from providers, and lack of awareness about recommended preventive services.

Teaching people about the importance of preventive care is key to making sure more people get recommended services. Law and policy changes can also help more people access these critical services.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Specific Source of Ongoing Care

A total of 73.1% of Brevard County adults were determined to have a specific source of ongoing medical care.

BENCHMARK ▶ Fails to satisfy the Healthy People 2030 objective.

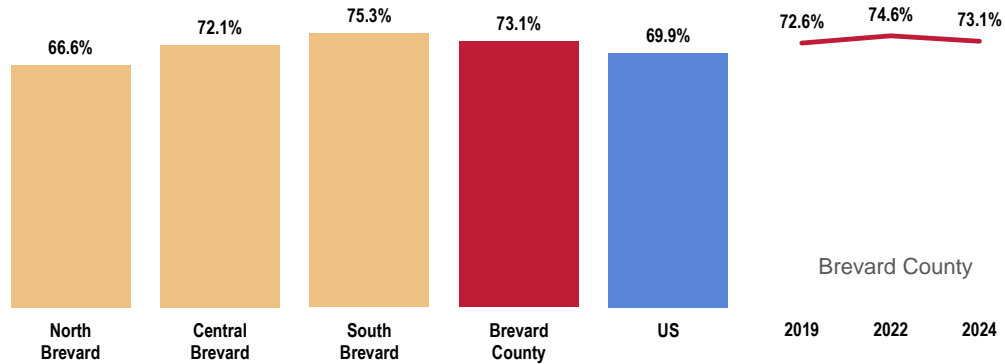
DISPARITY ▶ Lower in North Brevard.

Having a specific source of ongoing care includes having a doctor's office, public health clinic, community health center, urgent care or walk-in clinic, military/VA facility, or some other kind of place to go if one is sick or needs advice about his or her health. This resource is crucial to the concept of "patient-centered medical homes" (PCMH).

A hospital emergency room is not considered a specific source of ongoing care in this instance.

Have a Specific Source of Ongoing Medical Care

Healthy People 2030 = 84.0% or Higher



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 118]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents.



Utilization of Primary Care Services

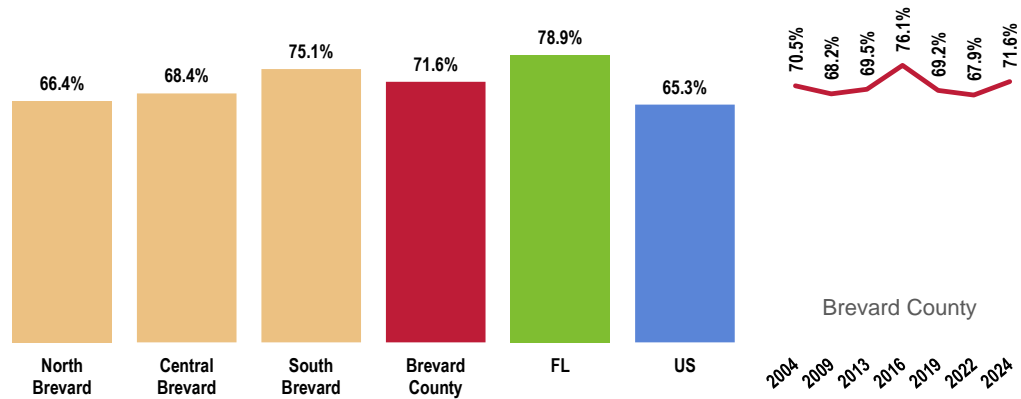
Adults

Seven in 10 area adults (71.6%) visited a physician for a routine checkup in the past year.

BENCHMARK ▶ Lower than found statewide but higher than found nationally.

DISPARITY ▶ Higher in South Brevard. Adults younger than 65, those with lower incomes, and LGBTQ+ respondents are less likely to report having received a checkup.

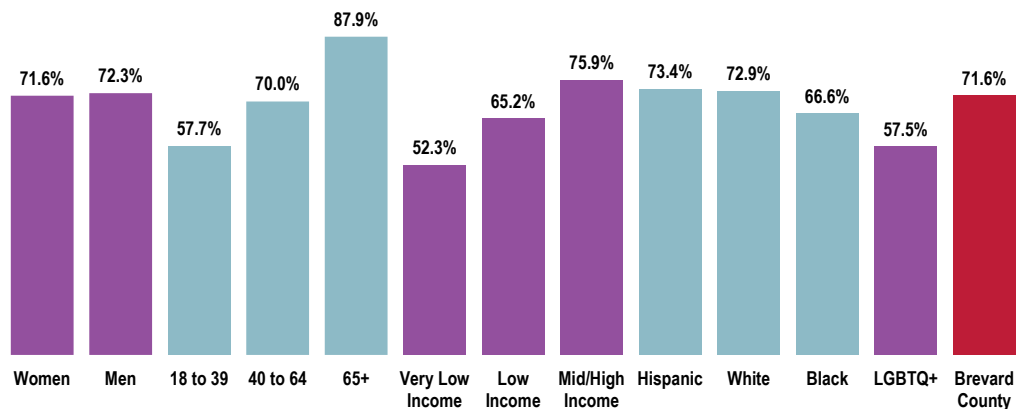
Have Visited a Physician for a Checkup in the Past Year



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 16]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Florida data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Have Visited a Physician for a Checkup in the Past Year (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 16]
 Notes: • Asked of all respondents.



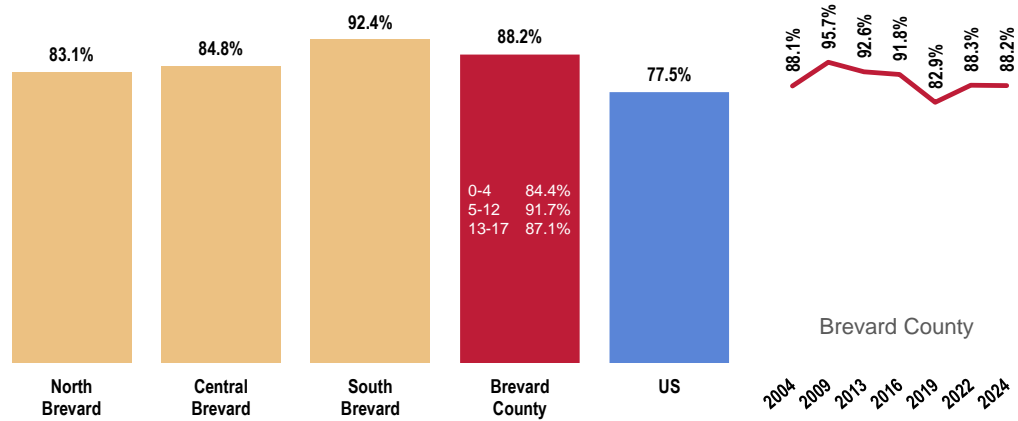
Children

Among surveyed parents, 88.2% report that their child has had a routine checkup in the past year.

BENCHMARK ▶ More favorable than the US finding.

DISPARITY ▶ Higher in South Brevard.

Child Has Visited a Physician
for a Routine Checkup in the Past Year
(Children 0-17)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 91]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents with children age 0 to 17 in the household.



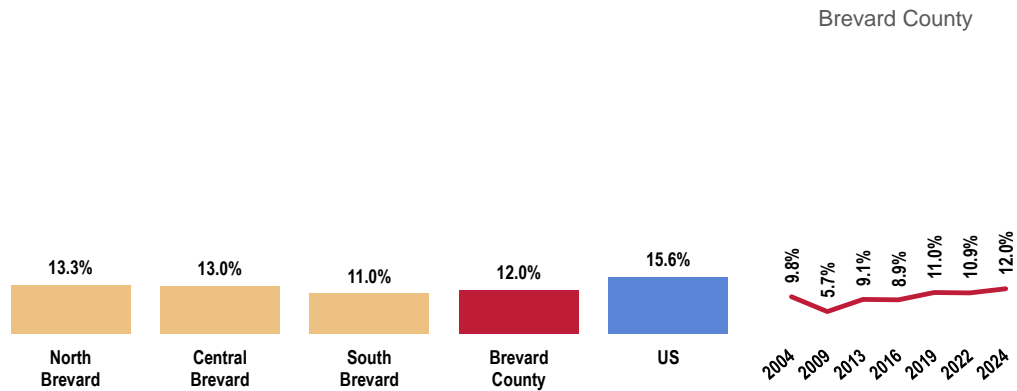
EMERGENCY ROOM UTILIZATION

A total of 12.0% of Brevard County adults have gone to a hospital emergency room more than once in the past year about their own health.

BENCHMARK ▶ Lower than found nationally.

DISPARITY ▶ ER utilization is higher among adults age 18 to 39, those with lower incomes, Hispanic residents, and Black residents.

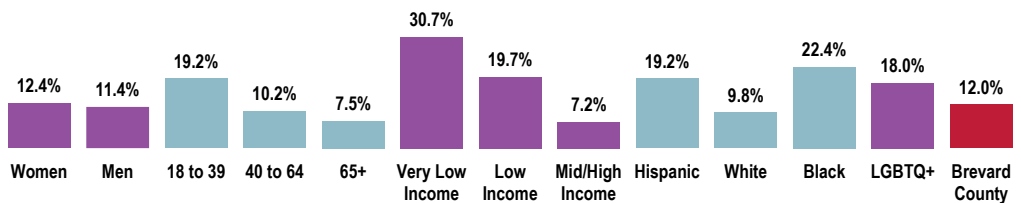
Have Used a Hospital Emergency Room More Than Once in the Past Year



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 19]
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Have Used a Hospital Emergency Room More Than Once in the Past Year (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 19]
 Notes: • Asked of all respondents.



ORAL HEALTH

ABOUT ORAL HEALTH

Tooth decay is the most common chronic disease in children and adults in the United States. ...Regular preventive dental care can catch problems early, when they're usually easier to treat. But many people don't get the care they need, often because they can't afford it. Untreated oral health problems can cause pain and disability and are linked to other diseases.

Strategies to help people access dental services can help prevent problems like tooth decay, gum disease, and tooth loss. Individual-level interventions like topical fluorides and community-level interventions like community water fluoridation can also help improve oral health. In addition, teaching people how to take care of their teeth and gums can help prevent oral health problems.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Dental Insurance

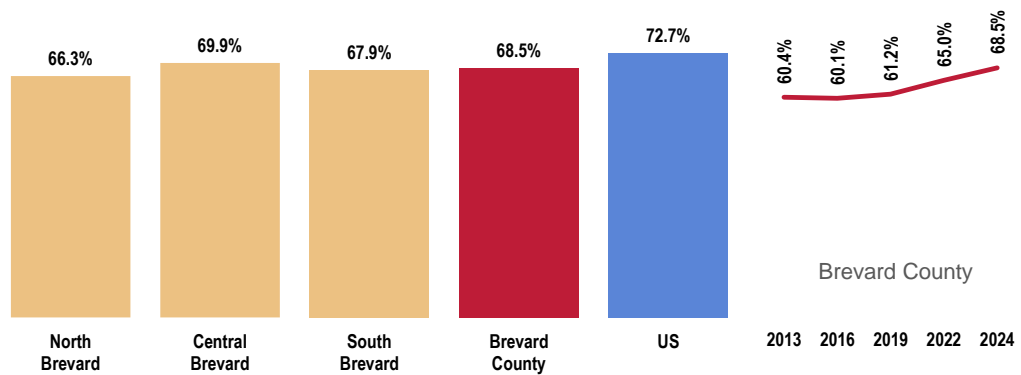
More than two-thirds (68.5%) of Brevard County adults have dental insurance that covers all or part of their dental care costs.

BENCHMARK ▶ Lower than the national percentage. Fails to satisfy the Healthy People 2030 objective.

TREND ▶ Trending significantly higher over time.

Have Insurance Coverage That Pays All or Part of Dental Care Costs

Healthy People 2030 = 75.0% or Higher



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 18]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents.



Dental Care

Adults

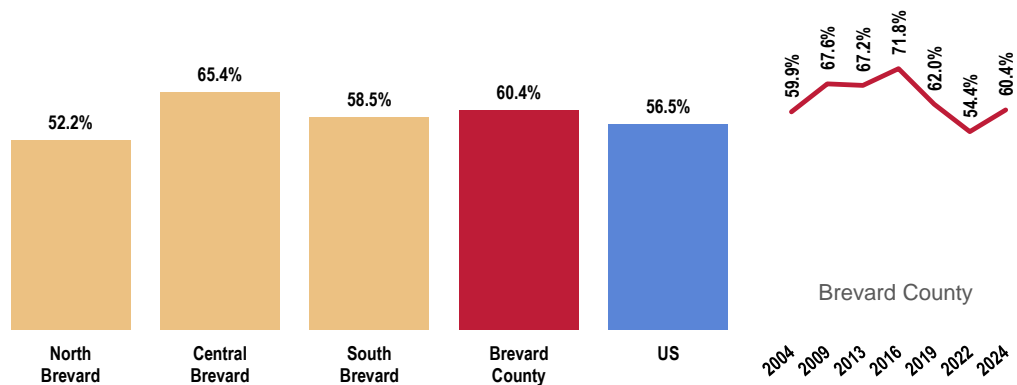
A total of 60.4% of Brevard County adults have visited a dentist or dental clinic (for any reason) in the past year.

BENCHMARK ▶ Satisfies the Healthy People 2030 objective.

DISPARITY ▶ Lower in North Brevard. Those less likely to report having received dental care include adults younger than 65, those with lower incomes, LGBTQ+ respondents, and those without dental insurance.

Have Visited a Dentist or Dental Clinic Within the Past Year

Healthy People 2030 = 45.0% or Higher

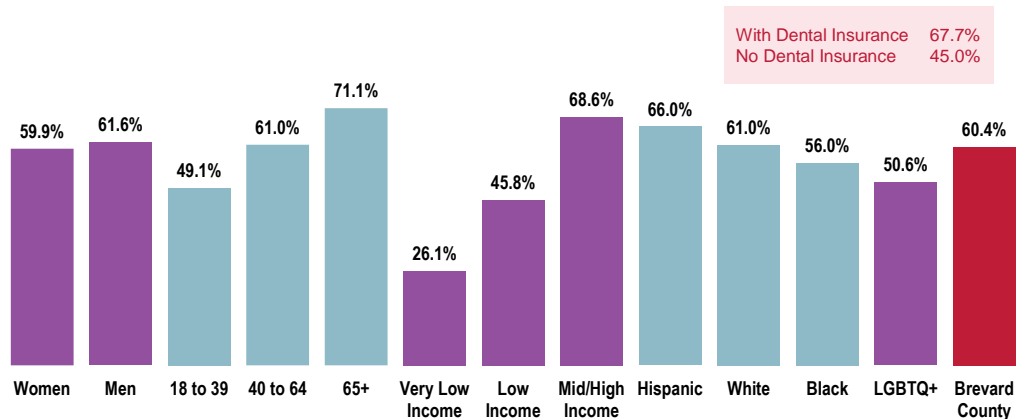


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 17]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents.

Have Visited a Dentist or Dental Clinic Within the Past Year

(Brevard County, 2024)

Healthy People 2030 = 45.0% or Higher



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 17]
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents.



Children

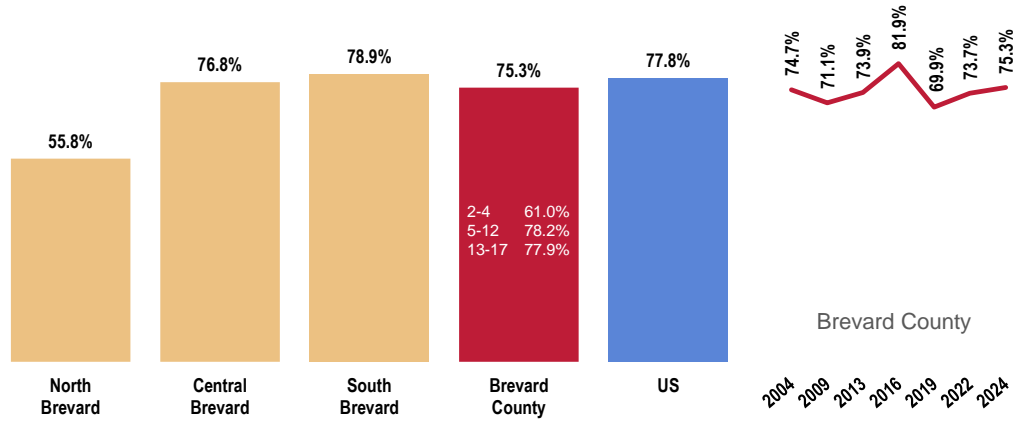
A total of 75.3% of parents report that their child (age 2 to 17) has been to a dentist or dental clinic within the past year.

BENCHMARK ▶ Satisfies the Healthy People 2030 objective.

DISPARITY ▶ Lower in North Brevard. Lower among children age 2 to 4.

Child Has Visited a Dentist or Dental Clinic Within the Past Year (Children 2-17)

Healthy People 2030 = 45.0% or Higher



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 93]
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Asked of all respondents with children age 2 through 17.



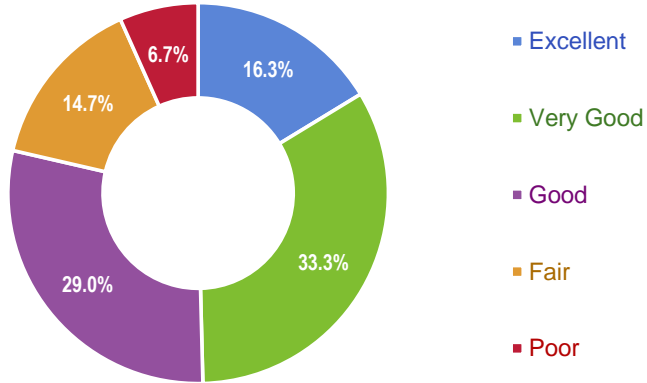


LOCAL RESOURCES

PERCEPTIONS OF LOCAL HEALTH CARE SERVICES

Nearly one-half of Brevard County adults rate the overall health care services available in their community as “excellent” or “very good.”

Rating of Overall Health Care Services Available in the Community (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

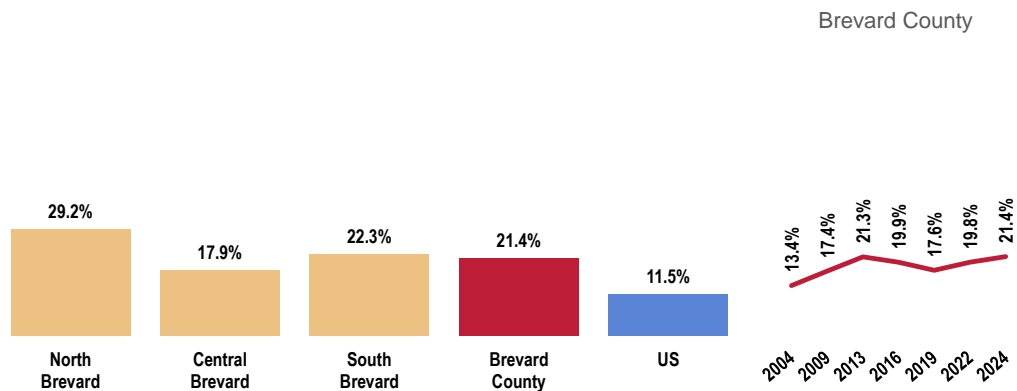
However, 21.4% of residents characterize local health care services as “fair” or “poor.”

BENCHMARK ▶ Worse than found nationally.

TREND ▶ Marks a significant increase from the 2004 baseline.

DISPARITY ▶ Higher in North Brevard. Adults younger than 65, those with lower incomes, LGBTQ+ respondents, and those with access difficulties are more likely to give low ratings of local services.

Perceive Local Health Care Services as “Fair/Poor”

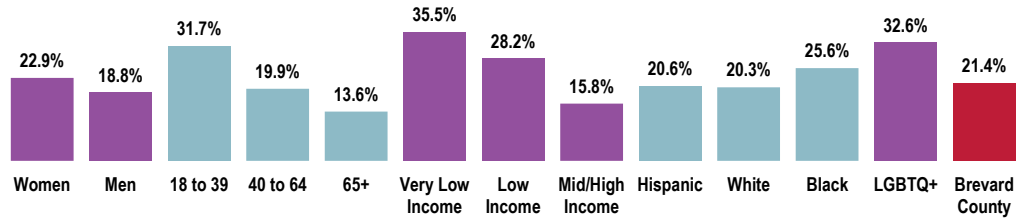


Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 5]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Perceive Local Health Care Services as “Fair/Poor” (Brevard County, 2024)

With Access Difficulty 33.1%
No Access Difficulty 5.5%



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

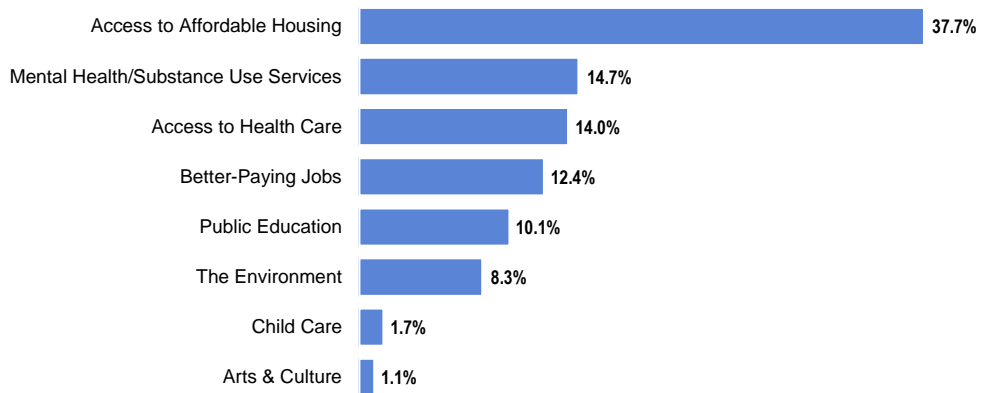


PERCEIVED TOP COMMUNITY PRIORITY

All survey respondents were provided a list of eight community issues and asked which one they believe should be the top priority for county leaders during the next three years.

As shown below, more than one-third of respondents (37.7%) selected access to affordable housing. Respondents selected the remaining local priorities with less frequency, which ranged from 14.7% for mental health services, including substance use services to a low of 1.1% for arts and culture.

Perceived Top Community Priority for Brevard County Leaders to Address During the Next Three Years (Brevard County, 2024)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 301]
Notes: • Asked of all respondents.

