

Stanislaus County
Community Health Assessment
Executive Summary
2008

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The 2008 Community Health Assessment is a product of the enthusiastic commitment of the Mobilizing for Action through Planning and Partnership (MAPP) Stakeholder group, and the coordination efforts of Stanislaus County Health Services Agency/Public Health. Completion of this project demonstrates the synergistic effect of collaboration among Stanislaus County agencies, local hospitals, health plans, and community-based partners.

Health, as defined by the World Health Organization (WHO), is a “State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” In alignment with this definition, we are working towards identifying the issues that prevent the achievement of this healthy state of well-being, as well as recognizing and building on the strengths of our county in the areas of well-being.

This year’s comprehensive assessment takes into account over 70 social, economic, health and behavioral determinants of health. This assessment is part of an established cycle of surveying that began with the MAPP stakeholders in 2002. The previous Community Health Assessment, completed in 2004, set the visionary groundwork to actively work together for improving the health of our communities.

In keeping with the vision of the partnership, this assessment was conducted through self-administered surveys and secondary data analysis contributed by the partners and through data collected by Applied Survey Research.

This document is intended to provide valid information to human services agencies, individual institutions and the community to guide decisions in program design and service delivery. More importantly, the findings from this assessment can provide the impetus for the development of a plan that will propel the stakeholders from assessment to action as the partners attempt to leverage resources to address those priority health concerns identified. Through collaborative action, our goal is to improve the quality of life of Stanislaus County residents. You are part of the Public Health System and we invite you to get involved with our key community partners for a Healthier Stanislaus County. Please visit www.healthierstanislaus.org to find out how you can get involved.

We thank the members of the 2008 Community Health Assessment Steering Committee for their leadership and support in making this project possible.

Community Health Assessment

The Data

Data for this report included secondary (pre-existing) data collected from a variety of sources and a face-to-face survey of residents. Secondary (pre-existing) data were collected from a variety of sources, including but not limited to: the U.S. Census; federal, state and local government agencies; academic institutions; economic development groups; health care institutions; and computerized sources through online databases and the Internet.

The face-to-face self-administered surveys enabled the assessment to reach diverse groups including those who did not have a telephone, only used cell phones, lived in rural areas, had lower incomes, and may not have been available to answer a telephone survey. Surveys were available in Spanish and English and took an average of 10 minutes to complete.

The survey used a convenience sample approach. Agency members and community volunteers went to different areas in the County and asked residents attending events or visiting agencies to complete the survey. Surveys were also distributed to multiple agencies over a one month period. Over 2,800 valid face-to-face surveys were collected at many different sites and community agencies throughout the County.

County Demographics

The overall population of Stanislaus County is growing. There was a population increase of 6% between 2004 and 2008, from 494,747 residents to 525,903 residents.



According to population projections made by the California Department of Finance, in 2008, Whites made up approximately 49% of the population of Stanislaus County, followed by Hispanics at 41%, Asians at 5%, Blacks at 2%, and Multi-racial at 2%.

By 2015, the percentage of Whites is projected to decrease to 43% while the percentage of Hispanics is expected to increase to 46%. Other ethnic groups are not expected to experience large increases or decreases. In 2007, 61% of residents ages five and over in Stanislaus County spoke only English in their homes, 29% spoke only Spanish and 10% spoke another language.



The percentage of youth ages 0-17 is expected to remain fairly constant until 2015, while the percentage of adults ages 18-59 is expected to decrease slightly. The largest increase in population by age is expected to be adults ages 60 and older, which is projected to increase from 14% in 2008 to 16% in 2015.

The Economy

Stanislaus County, along with most of the state, has been suffering economically and has been particularly affected by the recent increase in home foreclosures. During the first quarter of 2008, there were 3,192 notices of defaults on houses and condominiums, an increase of 180% since the first quarter of 2007.

The median sale price of homes was \$214,500 in May 2008, down 37% from \$339,000 in May 2007. In 2008, the unemployment rate in Stanislaus County (10.8) was close to that of its neighboring counties, Merced (11.7) and San Joaquin County (9.5) but greater than that of the state (6.5).

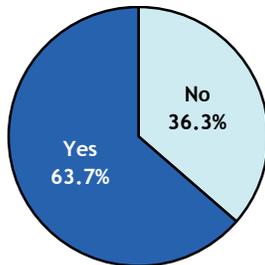
The 2008 survey of County residents showed that 42% of respondents had gone without basic needs during the previous 12 months including clothes, food, health and dental care, rent/housing, prescriptions, and child care. However, the median income in the County increased 9% from fiscal year 2004 to 2008, which was greater than that of California and the U.S.

Adult Health

Health Insurance Coverage

According to the California Health Interview Survey, 87% of adults ages 18 and over in Stanislaus County had health insurance in 2005. However, the face-to-face survey in 2008 showed that only 64% of respondents had health insurance.

Do You Have Health Insurance? 2008



Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008*.
N=2,751

The face-to-face survey had a higher percentage of lower income and diverse respondents, so the data reflect the status of more vulnerable residents.

Access to Health Care

Residents were asked if they needed health care during the past 12 months and if they were able to receive it. Over 33% of respondents who needed care were not able to receive it. The number one reason for not getting care was *lack of health insurance* (74%), followed by *couldn't afford it* (29%), *didn't know where to go for it* (12%), *insurance wouldn't cover it* (12%), and *couldn't afford the co-pay* (11%).

Births

From 2003 to 2007, the number of births in the County increased by 10%.

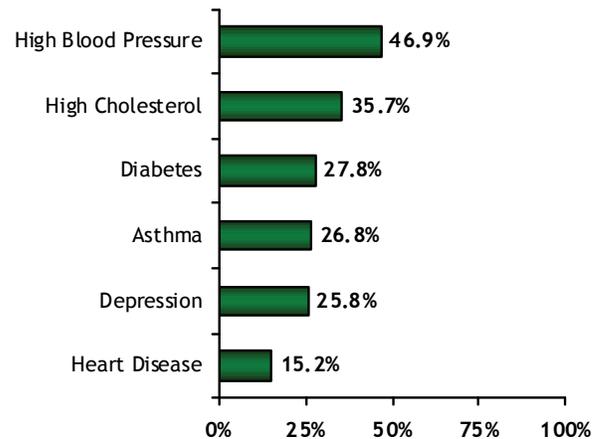


While the percentage of live births born at low birth weight since 2003 has remained relatively consistent, it has been slightly lower than that of California.

Health Concerns

The 2008 Stanislaus County Community Health Assessment Survey asked residents if they had been treated for or advised by a doctor that they have a particular health condition. Nearly 47% of respondents reported having high blood pressure, followed by high cholesterol (36%), diabetes (28%), asthma (27%), depression (26%), and heart disease (15%).

Have you ever been treated for or advised by a doctor that you have any of the following? (Mark all that apply), 2008



Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008*.
Multiple response question with 1,588 respondents offering 2,830 responses.

Mental Health

The 2008 survey also asked respondents about feeling sad or helpless in the last twelve months. Over 30% of respondents reported feeling *so sad or hopeless almost every day for two weeks in a row or more that they stopped doing some usual activities*. Of those who needed but were unable to receive mental health treatment, many respondents received help from their friends (26%), family (25%), and their church (20%).

Smoking and Alcohol Use

The California Health Interview Survey showed a decline in smoking from 22% in 2001 to 16% in 2005 in Stanislaus County. However, death rates from lung cancer were higher in Stanislaus County at 53 deaths per 100,000 residents as compared to 40 deaths in California per 100,000 residents in 2004-2006.

Twenty-six percent (26%) of respondents to the 2008 Stanislaus Community Health Assessment Survey reported binge drinking, where they drank five or more drinks in about two hours during the last 30 days.

Obesity

According to the California Health Interview Survey (CHIS), obesity is rising in Stanislaus County with 25% of adults who were obese in 2001 and 32% who were obese in 2005. The same 2005 CHIS survey showed that Stanislaus County residents had a higher rate of obesity than did Californians overall (32% versus 21% respectively).



The 2008 Stanislaus County Community Health Assessment Survey showed that 30% of residents were of normal weight, 35% were overweight, and one-third were obese (33%).

Diabetes

Diabetes has also been rising in Stanislaus County with 6% of adults who were diagnosed with diabetes as of the 2003 CHIS survey, and over 9% in 2005. The Stanislaus County percentage of 9% in 2005 was higher than that of California at 7%.

Senior Health

Senior Health Insurance Coverage and Health Access

Ninety-eight percent (98%) of all seniors ages 60 and over in Stanislaus County had health insurance in 2005, according to the California Health Interview Survey.



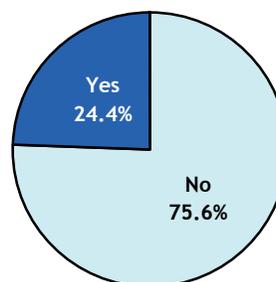
The face-to-face survey in 2008 showed 87% of the seniors interviewed had health insurance. The face-to-face survey had a higher percentage of lower income and diverse respondents, so the data reflect the status of more vulnerable residents.

Face-to-face survey data also revealed that 19% of respondents ages 60 and older who needed health care in the last year were unable to receive it. Some of the reasons why they couldn't obtain care included *no insurance* (55%), *couldn't afford it* (38%), *couldn't afford co-pay* (30%), and *didn't know where to go* (21%).

Senior Mental Health

Nearly a quarter (24%) of senior respondents reported *feeling so sad or hopeless almost every day for two weeks in a row or more that they stopped doing some usual activities*, according to the 2008 Stanislaus County Community Health Assessment Survey. In addition, the survey showed that 31% of those senior respondents who needed mental health care in the last year were unable to receive it.

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (Senior respondents) 2008



Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008*.
N=386

Asthma, Diabetes, and Obesity for Seniors

In 2005, 14% of seniors in Stanislaus County had been diagnosed with asthma at some point in their lives, a higher figure than that of California at 12%.

In 2005, 24% of seniors in the County and 17% of seniors in California had been diagnosed with diabetes at some point in their lives.

The percentage of obese seniors in 2005 was higher in Stanislaus County (31%) than in California (20%) according to the California Health Interview Survey (CHIS). The 2008 Stanislaus County Community Health Assessment Survey showed that 30% of seniors were of normal weight, 36% were overweight and 32% were obese.

Children and Adolescents

Health Insurance for Children Ages 0-5

According to CHIS, from 91% to 98% of children ages five and under in Stanislaus County were insured between 2001-2005. However, the 2008 Stanislaus County Community Health Assessment Survey showed that only 78% of children ages 0-5 were insured.



According to CHIS, in 2005, health insurance coverage for youth ages 17 and under in the County was lower than that of children ages 0-5. From 2001-2005, 88% to 94% of youth ages 17 and under had insurance coverage. According to the 2008 face-to-face survey results, 78% of children ages 0-5 and 77% of youth ages 6-17 had health insurance. However, the face-to-face data reflect the status of more vulnerable residents.

Child Care

Stanislaus County was ranked 2nd lowest in the state in the availability of licensed child care for children with parents in the labor force, according to the Stanislaus County Children’s Council’s 2007 *Condition of Children & Youth Report*.

Child Poverty

The percentage of students who received free or reduced cost meals increased in Stanislaus County from 51% in the 2003-2004 school year to 56% in 2007-2008. In 2007-2008, several districts had 71% to 78% of children who received free or reduced cost meals. In 2007, 18% of individuals less than 18 years of age, in Stanislaus County, and 17% in California, were living below the federal poverty level.

Percent of Children Ages 0-17 Living Below the Federal Poverty Level

	2004	2005	2006	2007
Stanislaus County	20.0%	18.9%	20.1%	17.9%
California	18.9%	18.6%	18.1%	17.3%

Source: U.S. Census Bureau, American Community Survey, *Poverty Status in the Past 12 Months*, 2008.

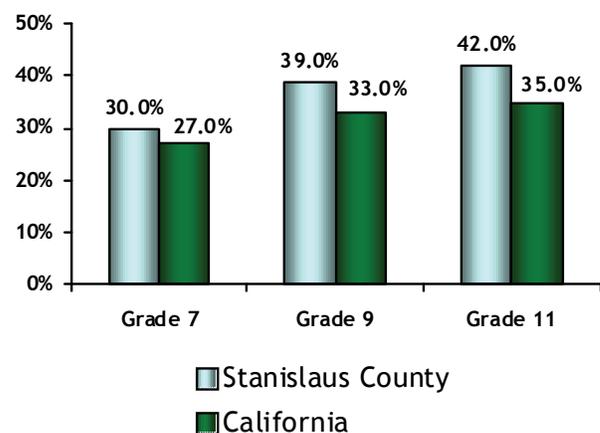
Child and Adolescent Obesity and Exercise

Almost one in four Stanislaus County children ages 5-19 were overweight (24%), according to the 2006 Pediatric Nutrition Surveillance. This percentage has been increasing in the County from nearly 21% in 2002, and has consistently been slightly higher in the County than the state. However, Stanislaus County had higher percentages of 7th, 9th, and 11th grade students who reported engaging in physical activity for at least 20 minutes on three or more of the seven days prior to taking the 2004-2006 California Healthy Kids Survey (78%, 76%, and 67% respectively), than did California (70%, 69%, and 56% respectively).

Youth Mental Health

Stanislaus County had higher percentages than the state of 7th, 9th and 11th grade students who *felt so sad and hopeless almost every day for two weeks or more that they stopped doing some usual activities* in the 12 months prior to taking the survey, according to the 2004-2006 California Healthy Kids Survey. The data showed that 11th graders had the highest percentage with sad or hopeless feelings (42% countywide and 35% statewide), followed by 9th graders (39% and 33%) and 7th graders (30% and 27%).

Percentage of Students Who, During the Past 12 Months, Felt So Sad and Hopeless Almost Every Day for Two Weeks or More that They Stopped Doing Some Usual Activities by Grade Level, 2004-2006



Source: Stanislaus County’s California Healthy Kids Survey, *Technical Report*, 2004-2006. California Healthy Kids Survey, *Technical Report*, 2004-2006.

Alcohol, Drug Use, and Drug Arrests for Teens

Alcohol and marijuana use were higher in Stanislaus County than in California overall, according to the 2004-2006 California Healthy Kids Survey. Survey results showed that 43% of Stanislaus County 11th graders had consumed at least one drink of alcohol in the last 30 days, followed by 37% of 9th graders and 16% of 7th graders. Eighteen percent (18%) of Stanislaus County 11th graders had used marijuana in the last 30 days, followed by 14% of 9th graders and 5% of 7th graders.

Felony drug and alcohol arrest rates for youth ages 10-17 in Stanislaus County have been decreasing per 1,000 youth from a high of 2.1 in 2004 to 1.3 in 2007. The youth drug and alcohol related misdemeanor arrest rate in Stanislaus County decreased overall from 4.4 per 1,000 youth in 2003 to 3.3 in 2007.

Standardized Test Scores

One of the most powerful predictors of later academic success is a child’s reading level in third grade. In Stanislaus County, only 32% of third graders were deemed proficient or above in the English Language Arts portion of the 2007 California Standards Test (STAR), lower than California third graders at 37%. However, there was improvement for Stanislaus County third graders from 29% who were deemed proficient or above in 2003, to 32% in 2007.

High School Dropout Rates

For the graduating class of 2007, over one in five Stanislaus County high school students dropped out (a rate of 20.5 per 100 students) during their four



years of high school, which was about the same as the state rate (21.1).

Teen Births

From 2003 to 2006, the percentage of teen births in Stanislaus County was consistently greater than the percentage in California. In 2007, 12% of all live births in the County were to teen mothers. Since 2005 though, the percentage of teen births born at a low birth weight has been decreasing.

Public Safety

Crime Rate

There were 3,207 violent crimes and 25,870 property crimes for a total of 29,077 crimes committed in Stanislaus County in 2007. This was a 14% increase in crimes from 2001. The Stanislaus County overall crime rate per 1,000 residents was 55.8 in 2007, higher than California at 35.0 per 1,000.

Crime Rates per 1,000 residents in Stanislaus County

Total	2001	2003	2005	2007
Violent Crime Rate	6.4	6.4	6.1	6.1
Property Crime Rate	49.3	56.7	54.8	49.6
Overall County Crime Rate	55.8	63.1	60.9	55.8
Overall California Crime Rate	39.1	40.0	38.1	35.0

Source: State of California Department of Justice, California Criminal Justice Profile, 2008. State of California, Department of Finance, E-4 Population Estimates for Cities, Counties and the State, 2001-2007, with 2000 DRU Benchmark, Sacramento, California, 2008. State Crime Rate: Uniform Crime Reporting (UCR) Program, 2008.

Domestic Violence

From 2001 to 2007, there has been a 17% decrease in domestic violence calls in Stanislaus County. While the rate of domestic violence calls per 1,000 residents is greater in Stanislaus County than in California, the rate in the County has decreased more rapidly than the rate in California since 2001. In 2001, there were 8.0 calls per 1,000 residents in the County and 5.8 in California. By 2007, the gap closed to 5.9 calls in the County compared to 4.6 calls in the state. Caution should still be used though when interpreting these data since domestic violence is typically underreported.

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Behavioral Health & Recovery Services
A Mental Health, Alcohol & Other Drug Services Organization

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