Healthier San Joaquin County Community Assessment 2011

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Community Assessment Project Overview

The 2010 San Joaquin County Community Assessment Project presents data on the health and general well-being of San Joaquin County residents. The San Joaquin County Community Health Assessment Collaborative (SJC2HAC) was first formed in 2004 in order to complete the Community Health Needs Assessment mandated by the State of California (SB697) which requires non-profit hospitals to document how they are serving their communities. The collaborative evolved from the 2001 Needs Assessment Group that included St. Joseph’s Medical Center, Dameron Hospital, Sutter Tracy Community Hospital, Kaiser Permanente and Health Plan of San Joaquin (Medi-Cal option HMO).

The 2011 report provides a comprehensive community health profile of San Joaquin County. The collaborative hopes that this community profile will be used to inform and engage local stakeholders and community members to promote collaborative efforts based on data, community input, and group consensus in order to improve the health of local residents.

The Data

In 2010, Applied Survey Research conducted a telephone survey in both English and Spanish, of 431 randomly selected adult residents. In addition, a total of 1,950 face-to-face surveys were collected at different locations throughout San Joaquin County, including community agencies such as First 5 and community health fairs, in August and September of 2010. Secondary (pre-existing) data were collected for over 55 quality-of-life indicators from a variety of sources, including but not limited to: the US Census Bureau, government agencies, academic institutions, health care institutions, and online databases.

County Demographics

In 2010, Caucasians made up 40% of the county population while Latinos made up 36%. However, by 2015, there are expected to be more Latinos than Caucasians in the county. Over the next five years, the percentage of Asians and African Americans will remain at about 16% and 7%, respectively. The county’s diversity is reflected in the languages commonly used by residents as well. In 2009, 39% of residents over age five spoke a language other than English in their home. Of the total population, 26% spoke Spanish. These demographic changes will present challenges to the community in regards to health care access and delivery for residents facing linguistic and cultural barriers to services.

Economic Well-being

San Joaquin County continues to face economic difficulties. Median household income in the county is lower than the state and the nation. Currently, the highest probability of mortgage default in California is in Merced, Stanislaus, and San Joaquin County. Some individuals are going without basic needs such as food, housing, child care and health care.

• One out of five children under 18 was living below the poverty level in 2009.
• Almost half of Latino (47%) and African American (45%) San Joaquin County residents earned less than what was required to be self-sufficient or independent from government support in 2007 compared to 18% of Caucasians.
• About two-thirds of single moms and residents with less than a high school diploma earned less income than was required to be self-sufficient in 2007.
• One half of survey respondents felt they were worse off economically in 2010 as compared to the year before.
Health Insurance Coverage

Health insurance is a crucial component of health care access. Uninsured people are less likely to receive medical care, more likely to have poor health, and are more likely to die early. Prevention and early detection of illnesses lead to better health outcomes for residents and monetary savings for the government, businesses and patients.

- The rate of health insurance coverage for adults in the County has been decreasing from 85% in 2003 to 81% in 2007. Health insurance coverage rates were generally similar in San Joaquin County and California until 2007, when the county fell below the state.
- 97% of children and youth (0 - 17 years) had health insurance coverage in 2007.
- 96% of respondents to the telephone survey and 85% of face-to-face survey respondents indicated that their children had health insurance at the time of the 2010 survey.

Prenatal Care

Prenatal care is comprehensive medical care provided for the mother and fetus that includes screening and treatment for medical conditions as well as identification and interventions for risky behaviors during pregnancy such as tobacco use, alcohol consumption, and poor eating habits. Women who receive adequate prenatal care are more likely to have better birth outcomes, such as full term and normal weight babies.

- 73% of San Joaquin County mothers received first trimester prenatal care compared to 81% of California mothers in 2009. However, the county has been improving its rates since 2000 when just 69% got care.
- The percentage of San Joaquin County women receiving first trimester prenatal care was consistently much lower than in California over the last decade.

Housing Affordability and Foreclosures

The U.S. Department of Housing and Urban Development (HUD) defines affordable housing as costing no more than 30% of a household’s annual income. Spending much more than 30% impacts residents’ ability to afford other basic needs such as health care and child care.

- Over 73% of telephone and face-to-face survey respondents reported spending more than 30% of their household income on housing costs in 2010.
- There were 13,798 notices of default (the first step in the foreclosure process) in 2009 in the county, up from 3,381 in 2006.

Educational Attainment

Educational attainment is an important indicator of future success, as those with at least a high school diploma have better employment opportunities. Limited education can also impact residents in other quality of life areas such as access to health care and life expectancy. In general, San Joaquin County residents have less higher education (AA degrees or higher) than California residents overall.

- The high school graduation rate in San Joaquin County has been steadily declining from 92% in 2003-04 to 74% in 2008-09.
- The county graduation rate used to be higher than the state rate but has been dropping below the state rate since 2006-2007.
- One out of four San Joaquin County adults 25 years and older had not graduated from high school, in 2009.
**Nutrition**

Dietary habits, which affect food preferences, energy consumption, and nutrient intake, are generally developed in early childhood and particularly during adolescence. The home and school environments play a major role in determining a child’s attitude to, and consumption of individual foods.

- About half of 7th and 9th graders in the county reported eating five or more servings of fruits or vegetables in the past 24 hours, from 2002 to 2007.
- Fruit and vegetable consumption decreased as youth got older; 11th graders reported the lowest percentages (41% - 44%) of eating five or more fruits or vegetables over the five year period while 7th graders reported the highest consumption (54% - 57%).

**Obesity**

Obesity rates nationally were stable during the 1960’s to 1980’s, but have increased since that period. Now more than 1 in 3 Americans (33.8%) are obese and more than 2 out of 3 Americans are either overweight or obese, according to a new study of the National Health and Nutrition Examination Survey (NHANES).

- Obesity is associated with diabetes, high cholesterol, high blood pressure, asthma, arthritis and poor health status.
- Nearly 69% of adult telephone survey respondents were overweight or obese in 2010.
- 29% of San Joaquin County adults and 23% of the California adult population were obese, in 2007.
- One out of four (23%) children and teens (5 - 19 years) were overweight, in 2009.

**Diabetes**

Diabetes is the leading cause of kidney failure, adult blindness, amputation and a leading contributor to strokes and heart attacks. Diabetes affects 25.6 million adults ages 20 or older, or 11.3% of all people in this age group in the United States. The vast majority of U.S. residents who have been diagnosed with diabetes (90% - 95%) have type II diabetes, previously called adult onset diabetes. Many people with type II diabetes can control their condition by eating well, exercising, losing weight and taking oral medication.

- Over 9% of adults in San Joaquin County were diagnosed with diabetes, compared to 8% in California in 2007.
- San Joaquin County has consistently had higher rates of diabetes than California from 2003 to 2009.

**Asthma**

Asthma is a chronic respiratory condition characterized by breathlessness, wheezing and chest tightness and has been on the rise in the U.S. over the past 20 years.

- A higher percentage of San Joaquin County adults were diagnosed with asthma (15%) compared to the state (13%) in 2007.
- San Joaquin County has had consistently higher rates of asthma than California since 2001. However, the rates in the county saw a dip from 16% in 2005 to 15% in 2007, while the California rate increased in that time period.

San Joaquin County 2001 N = 379,000; 2003 N = 422,000; 2005 N = 447,000; 2007 N = 443,000.
California 2001 N = 24,377,000; 2003 N = 25,337,000; 2005 N = 25,334,000; 2007 N = 26,474,000.
Note: No new data available.

Photo Credit: “Women’s Health Fair” by Stevevs Sontowski, “Pacific Gas Tower” and “Pacific Roses” provided by University of the Pacific.
Teen Births

Teenage girls face a greater risk of delivering low birth weight babies and infant mortality than older mothers. Teen mothers are also less likely to complete high school and go on to college than teens who delay childbirth. Due in part to an interruption in the mother's education, babies born to teen mothers are more likely to live in poverty. 10

- 11% of county births were to teens as compared to 9% of births to teens in California in 2009.
- Only 61% of teen mothers (15-19 years) in the county received adequate prenatal care in 2009.

Youth Tobacco, Alcohol and Drug Usage

Children who use illegal drugs, tobacco, and alcohol have an increased chance of acquiring life-long dependency problems.11 Similarly, the National Center on Addiction and Substance Abuse indicates that teens who experiment with alcohol are "virtually certain" to continue using alcohol in the future. Among youth, the use of alcohol and other drugs has been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.12

- More than one out of four 9th and 11th grade students in the county reported drinking alcohol in the past 30 days, from 2004 to 2009.
- Between 24% and 39% of county youth in 9th and 11th grades reported having used marijuana at some point in their lives, during that same time period.
- Inhalants had been used by 9% to 15% of students in 7th to 11th grade while cocaine and methamphetamine had been used by 4% to 8% of 9th and 11th graders.
- Between 10% and 14% of high school students reported using tobacco in the past 30 days in 2009.

Summary

San Joaquin County is becoming more diverse and by 2015, there are expected to be more Hispanics than Caucasians in the County. County residents continue to face economic difficulties, including 13,798 notices of default in 2009 (the first step in the foreclosure process). One out of five children under 18 was living below the poverty level in 2009. Educational attainment is an important indicator of future success; however, the high school graduation rate has been steadily declining from 92% in 2003-2004 to 74% in 2008-2009. The rate of health insurance coverage for adults has also been decreasing from 85% in 2003 to 84% in 2007. The good news, however, is that children under age 18 had a high rate of health insurance coverage. Ninety-six percent of telephone survey respondents said their child had health insurance coverage in 2010, but a lower percentage of face-to-face survey respondents (85%) said their child was covered. The percentage of San Joaquin County women receiving prenatal care during the first trimester was consistently much lower than the state of California from 2000 to 2008. Teen births in the county have been higher than the state over the last decade. Some chronic diseases are more prevalent in San Joaquin County than the state of California such as diabetes and asthma. Additionally, obesity for both children and adults is a particular problem for the county. One out of four children and teens were overweight in 2009 and 69% of telephone survey respondents were either overweight or obese in 2010. One out of four high school students reported drinking alcohol in the last 30 days. Between 24% and 39% of 9th and 11th graders reported using marijuana at some point in their lives. These health behaviors and conditions are emerging in a county where residents have increasingly fewer resources to devote to prevention and health care costs as the region has been especially impacted by the economic crisis.
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Endnotes

8 Adolescent Pregnancy, Adolescent Pregnancy is Pregnancy in girls age 19 or younger, September 9, 2010.