For children who use illegal drugs, tobacco, and alcohol have an increased chance of acquiring lifelong dependency problems. Similarly, the National Center on Addiction and Substance Abuse indicates that we have experimentation with alcohol or marijuana in the past month will delay childbirth. 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 past 30 days in 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 have a high rate of health insurance coverage.

**Youth Tobacco, Alcohol and Drug Usage**

- More than one out of four 9th and 11th grade students in the county reported drinking alcohol at some point in their lives. These health behaviors and conditions are emerging in a region has been especially impacted by the economic crisis.
- Between 20% and 30% of county youth in 9th and 11th grades reported having used marijuana at some point to their lives, during that same time period.
- Initiation has been 1% to 15% of children in 7th to 11th grade.
- More than one out of four 9th and 11th grade students in the county reported drinking alcohol during the past 30 days, from 2004 to 2009.
- Between 20% and 30% of county youth in 9th and 11th grades reported having used marijuana at some point to their lives, during that same time period.
- Teen mothers are also less likely to complete high school and go on to college than teens who delay childbirth.
- Only 61% of teen mothers (15-19 years) in the county received adequate prenatal care in 2009.
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 disease can lead to better health outcomes for residents and significant savings for the government and businesses.

The cost of health insurance coverage for adults in the County has been continually decreasing from 91% in 2003 to 87% in 2010. 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 87% of face-to-face survey respondents indicated that their children had health insurance at the time of the 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 dietary and interventions for risky behaviors during pregnancy such as tobacco use, alcohol consumption, and poor dietary habits. Women who receive adequate prenatal care are more likely to have better birth outcomes. Prenatal care is especially important for young and low-income women. The home and school environments play a major role in health care and education and must be involved in developing strategies to encourage children to make healthy lifestyle changes. 76.0% of San Joaquin County mothers received first trimester prenatal care in 2009. If the county has been improving its rate since 2003 when just 66% got care.

- The percentage of San Joaquin County women receiving first trimester prenatal care was consistently much lower than in California over the five year period.
- Among all adults who currently have health insurance.

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 families 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.
- About half of all children (47%) were living below 150% of the Federal Poverty Level in 2007.
- About two-thirds of single moms and residents with less than a high school education who earn 100% of the household income on housing costs in 2010.
- Nearly 69% of adult telephone survey respondents were spending more than 30% of their household income on housing costs in 2010.
- Over half of all children under 6 years of age spend more than 30% of their household income on housing costs in 2010.
- Not more than 30% of a household’s annual income. Spending much more than 30% impacts savings for the government, businesses and patients. For example, spending more than 30% impacts savings for the government, businesses and patients.

Dietary habits, which affect food preferences, energy expenditures, and nutrient intake, are generally developed in early childhood and particularly during adolescence. The home and school environments play a major role in health care and education and must be involved in developing strategies to encourage children to make healthy lifestyle changes. The home and school environments play a major role in health care and education and must be involved in developing strategies to encourage children to make healthy lifestyle changes.

Asthma

Asthma is a chronic respiratory condition, characterized by coughing, wheezing, shortness of breath, and chest tightness and can be caused by factors such as air pollution, exercise, and stress. Asthma is a chronic respiratory condition, characterized by coughing, wheezing, shortness of breath, and chest tightness and can be caused by factors such as air pollution, exercise, and stress. Asthma is stabilized by long-term control medication such as a bronchodilator (e.g., inhaled bronchodilator or leukotriene modifier) and a controller (e.g., inhaled corticosteroid) while the trigger factors are avoided.

- 24% of San Joaquin County adults and 25% of the California adult population were obese in 2007.
- 20% of San Joaquin County adults and 25% of the California adult population were obese in 2007.
- 25.6% 27.1% 28.8% 28.9%
- 19.3% 20.4% 21.2% 22.7%

Diabetes

Diabetes is the leading cause of kidney failure, adult blindness, amputations and cardiovascular disease. The disease affects 26.5 million adults ages 20 or older, or 11.3% of all people in the age group in the United States. The vast majority of people who have been diagnosed with diabetes (90-95%) have type 2 diabetes, previously called adult-onset diabetes. Many people with type 2 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 9% in California in 2007.

- 25.6% 27.1% 28.8% 28.9%
- 19.3% 20.4% 21.2% 22.7%

Nutrition

Nutrition

Dietary habits, which affect food preferences, energy expenditures, and nutrient intake, are generally developed in early childhood and particularly during adolescence. The home and school environments play a major role in health care and education and must be involved in developing strategies to encourage children to make healthy lifestyle changes. The home and school environments play a major role in health care and education and must be involved in developing strategies to encourage children to make healthy lifestyle changes.

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