



Obesity & Diabetes

Overweight and obesity are strongly related to stroke, heart disease, some cancers, and type 2 diabetes. These chronic diseases represent leading causes of death nationwide, as well as among residents of San Joaquin County. Primary and secondary data indicate that there are many risk factors in common, such as unhealthy eating and lack of physical activity. Community concerns raised reflect this in that residents recognized that access to affordable healthy foods is limited in at-risk neighborhoods, and there are not enough safe places to enjoy every day physical activity. Diabetes is of particular concern as San Joaquin County has one of the highest rates in California for diabetes mortality.

Key Data

Indicators	Community Feedback
<p>Percent of Adults Overweight or Obese (BMI > 25.0)¹</p> <p>San Joaquin 76.6%</p> <p>California 62.5%</p>	<p>“These issues [health needs] are all interconnected. There is a ripple effect which may be direct or indirect (e.g., it’s not safe so children don’t go out and play).”</p> <p>– Interviewee</p>
<p>Percent of Youth Obese (BMI > 30.0)²</p> <p>San Joaquin 21.0%</p> <p>California 19.0%</p>	<p>“Lifelong habits are very hard to break – our new technology is creating a paradigm shift with new habits that increasingly interfere with healthy behaviors.”</p> <p>– Interviewee</p>
<p>Diabetes Mortality, Adult³ <i>Age-adjusted; Rate per 100,000 population</i></p> <p>San Joaquin 28.9</p> <p>California 20.2</p>	<p>30% of Community Survey respondents report that diabetes is a top health concern in their community.</p>

Key Themes Expressed by Residents and Stakeholders

Poor nutrition

- Healthy foods are too expensive
- Education needed about healthy foods and the effects of nutrition
- Too busy to eat healthy



Lack of physical activity

- Not enough safe, green space
- Lack of safe places to bike, walk, or hike
- Lack of affordable exercise options
- Community violence and traffic safety constraints inhibit playing outside





Obesity & Diabetes (continued)

Additional Data

Related Health Outcomes

Adult Diabetes Prevalence
Age-adjusted⁴

10.4 | 8.1
San Joaquin | California

Adult Prediabetes Prevalence
Estimate^{1,5}

47 | 46
San Joaquin | California

Prediabetes and Diabetes
Prevalence (combined)
% of adult pop

57 | 55
San Joaquin | California

Ischaemic Heart Disease
Prevalence (Medicare enrollees)
% of Medicare fee-for-service pop⁶

29.3 | 26.1
San Joaquin | California

A new study estimates that 47 percent of San Joaquin adults – including one out of three young adults – have prediabetes or undiagnosed diabetes.

Stroke Mortality, Adult
Age-adjusted mortality rate per 100,000 pop.⁷

45.8 | 37.4
San Joaquin | California

Nutrition

Low Fruit and Vegetable
Consumption
% adults consuming <5 servings of fruit and vegetables⁸

65.6 | 71.5
San Joaquin | California

35.2% of

Community Survey respondents indicated poor eating habits is a high concern in their community.

Fast Food
Fast food establishments per 100,000 pop.⁹

59.1 | 74.5
San Joaquin | California

Sweetened Beverages
% children age 2-11 consuming 1+ sugar-sweetened beverages on previous day¹⁰

38.3 | 27.0
San Joaquin | California

Grocery Stores
Grocery stores per 100,000 pop.¹¹

23.2 | 21.5
San Joaquin | California

Social and Economic Risks

Food Insecurity
% population experiencing food insecurity¹²

18.0 | 16.2
San Joaquin | California

Poverty and Food Access
% of low-income pop. with low food access¹³

4.6 | 3.4
San Joaquin | California

† The estimate of prediabetes is based on predictive models developed using 2009-2012 NHANES data and applied to CHIS 2013-14 data. Prediabetes estimates include adults with undiagnosed diabetes (approximately 3.9% of adults nationally).



San Joaquin County Community Health Needs Assessment

Obesity & Diabetes (continued)

Additional Data and Trends

Physical Activity

Health Behaviors

% adults with no leisure time activity²⁴

18.6 | **16.6**
San Joaquin | California

% youth in grades 5,7,9 with "high risk" or "needs improvement" aerobic capacity¹⁶

42.5 | **35.9**
San Joaquin | California

Safe Active Places

34.3%

of Community Survey respondents indicated that there are not enough safe active places in their community.



Physical Environment

% pop. living ½ mile from a park²⁵

45.6 | **58.6**
San Joaquin | California

Recreation and fitness centers per 100,000 pop.¹⁷

5.0 | **8.7**
San Joaquin | California

Clinical Care

Diabetes Management

% diabetic Medicare patients with HbA1c test⁸

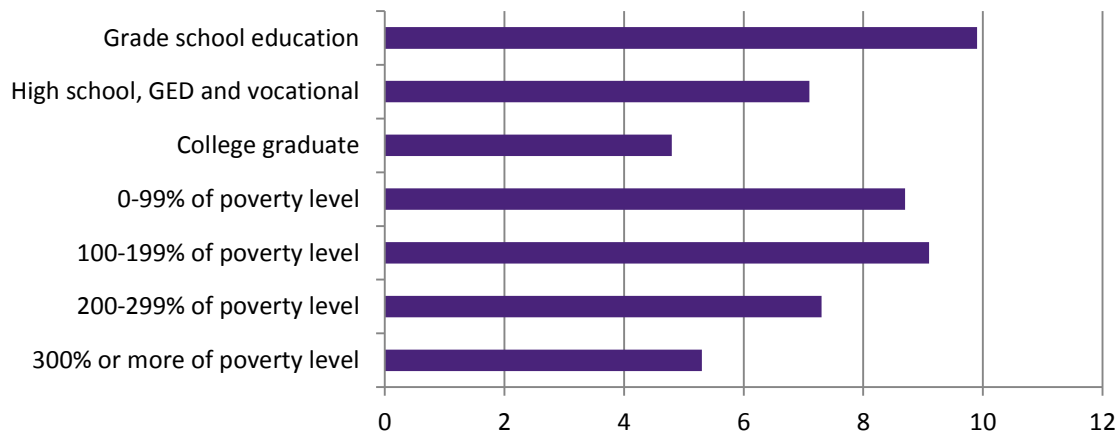
83.9 | **81.5**
San Joaquin | California



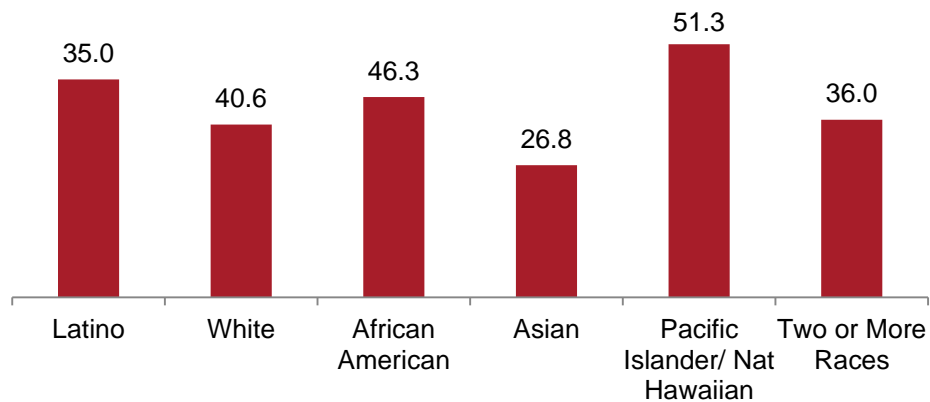
Obesity & Diabetes (continued)

Salient Disparities

California Prevalence of Type 2 Diagnosed Diabetes by Education and Poverty Level, 2011-2012



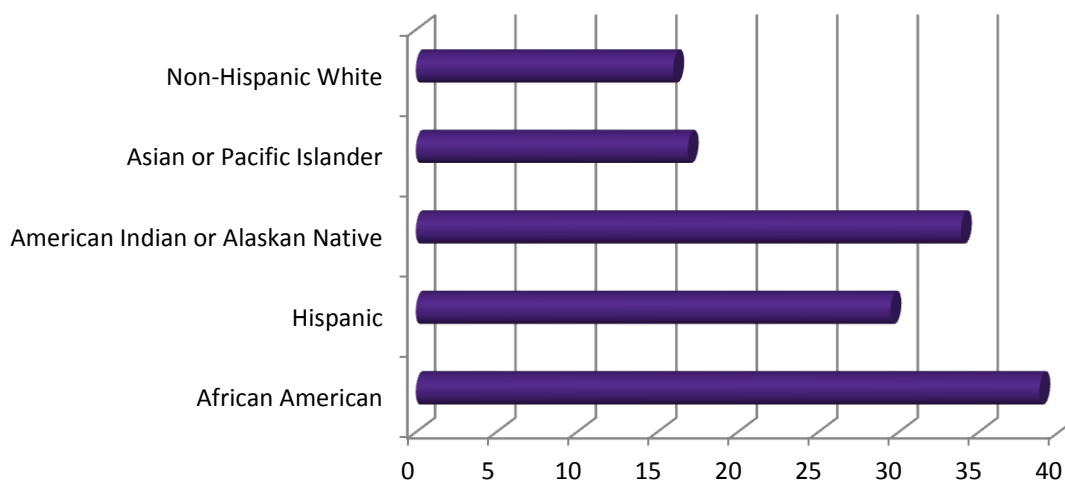
Percent of Youth Overweight and Obese in San Joaquin County by Race/Ethnicity¹⁹



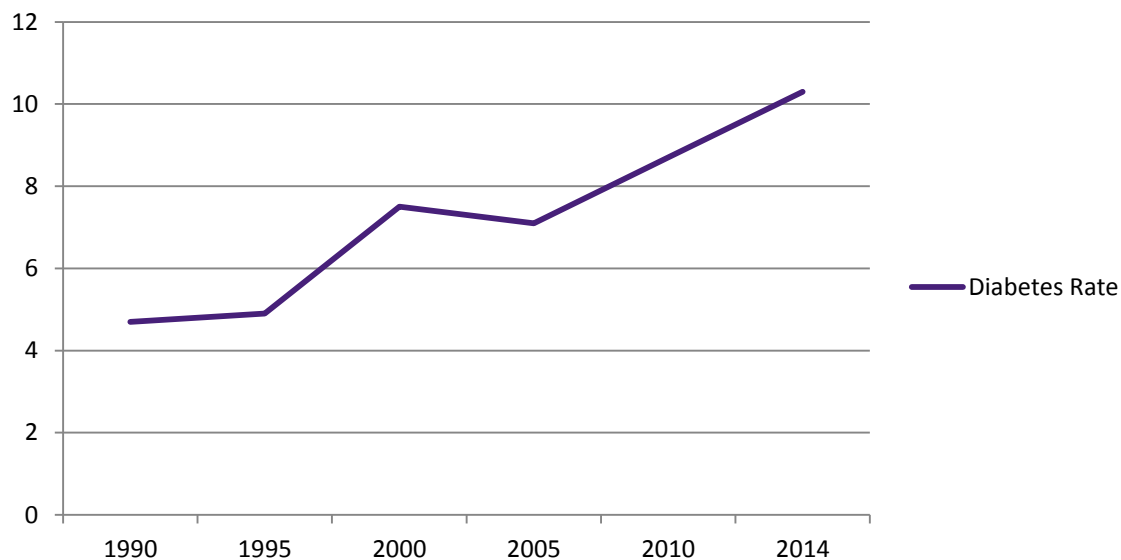


Obesity & Diabetes (continued)

Age-Adjusted Diabetes Mortality Rates by Race in California, 2010

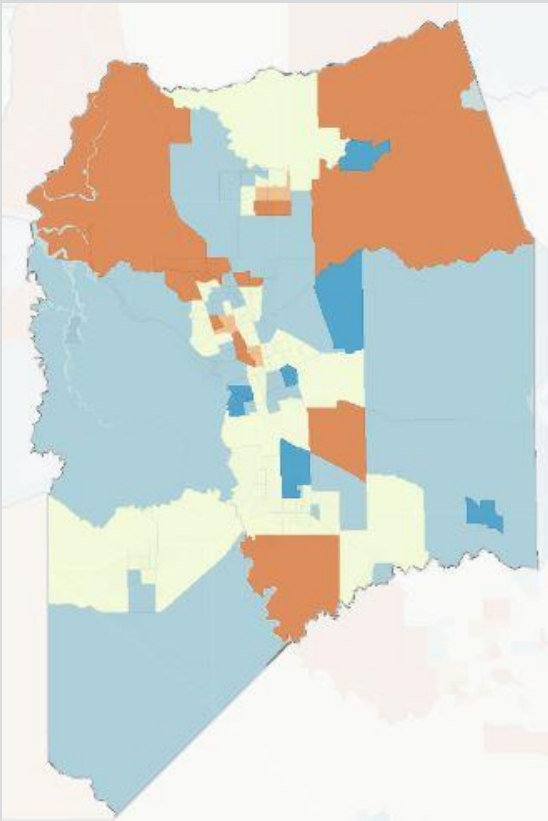


California Diabetes Rate



Salient Disparities

Geographic Distribution of Food Retailers in San Joaquin County



Modified Retail Food Environmental Index²⁰

The Modified Retail Food Environmental Index (mRFEI) measures the number of healthy and less healthy food retailers in an area. This map displays geographic disparities in access to healthy foods across San Joaquin County.

Key

- Index Score Over 30 (High Access)
- Index Score 15 - 30 (Moderate Access)
- Index Score 5 - 15 (Low Access)
- Index Score Under 5 (Poor Access)
- No Healthy Retail Food Outlet (No Access)
- No Retail Food Outlets Present (Food Desert)



Obesity & Diabetes (continued)

Examples of Existing Community Assets[†]

Free Mobile Farmers' Markets



Health Education Programs



Public Health Department



Ideas from Focus Group and Interview Participants[†]

- Increase safe areas for children to play
- Create urban community gardens
- Offer healthy cooking classes and support groups for overeaters
- Offer daily Meals on Wheels service, not frozen food for the week
- Support walkable communities in the city's General Plan
- Provide alternative recreation options during poor air quality days

[†] Assets and recommendations excerpted from qualitative data and San Joaquin CHNA Core Planning Group. For a comprehensive list of county assets and resources, reference <http://www.211sj.org/>.

¹ California Health Interview Survey, 2014.

² California Department of Education, FITNESSGRAM® Physical Fitness Testing, 2013-14.

³ California Department of Public Health, 2009-11.

⁴ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 2012.

⁵ University of California Los Angeles Center for Health Policy Research, Prediabetes Rates by County, 2016.

⁶ Centers for Medicare and Medicaid Services, 2012.

⁷ University of Missouri, Center for Applied Research and Environmental Systems., California Department of Public Health (CDPH), Death Public Use Data, 2010-12.

⁸ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse, 2005-09.

⁹ US Census Bureau, County Business Patterns. Additional data analysis by CARES, 2011.

¹⁰ California Health Interview Survey, 2011-12.

¹¹ US Census Bureau, County Business Patterns. Additional data analysis by CARES, 2011.

¹² Feeding America, Child Food Insecurity Data, 2012.

¹³ U.S. Department of Agriculture, Economic Research Service, 2010.

¹⁴ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 2012.

¹⁵ US Census Bureau, Decennial Census. ESRI Map Gallery, 2010.

¹⁶ California Department of Education, FITNESSGRAM® Physical Fitness Testing, 2013-14.

¹⁷ US Census Bureau, County Business Patterns. Additional data analysis by CARES, 2012.

¹⁸ Dartmouth College Institute for Health Policy and Clinical Practice, Dartmouth Atlas of Health Care, 2012.

¹⁹ California Department of Education, Physical Fitness Testing Research Files (Dec. 2015).

²⁰ Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity (DNPAO), 2011.