Health Insurance Coverage

Health insurance is a crucial component of access to health care. People with medical insurance are more likely to have a primary care doctor and to receive adequate preventive care as compared to those without health insurance. Adults with health insurance are twice as likely to have routine check-ups compared to those without insurance. Prevention and early detection of illnesses lead to better health outcomes for residents and savings for the government, businesses and the patient.

Residents Who Currently Have Health Insurance Coverage, by Age, 2003

Most residents of all ages (over 83%) in both San Joaquin County and California reported having health insurance coverage in 2003. Ninety-three percent of respondents to the Healthier San Joaquin County Community Assessment telephone survey and 85% of face-to-face survey respondents indicated that their children had health insurance at the time of the 2004 survey.

Emergency Room Use

Residents without health insurance often use the emergency room for their primary care as well as for emergencies. In 2004, 12% of respondents to the San Joaquin telephone survey and 28% of face-to-face respondents reported using the emergency room as their main source of health care. Use of the emergency room for primary health care is not only costly but inappropriate.
**Asthma**

Asthma is a chronic respiratory condition characterized by breathlessness, wheezing and chest tightness and has been on the rise in the country over the past 20 years. Asthma is the leading cause of activity restriction among children and is the second most common chronic childhood condition. Fortunately, asthma can be successfully controlled with medical supervision and treatment.

In 2003, 25% of children ages 1-17 were reported to have asthma while 16% of San Joaquin County adults and 12% of California adults reported having a diagnosis of asthma.

**Residents Who Have Been Diagnosed with Asthma, by Age, 2003**

<table>
<thead>
<tr>
<th>Age</th>
<th>San Joaquin County</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-17 Years</td>
<td>24.9%</td>
<td>7.6%</td>
</tr>
<tr>
<td>Ages 18 and Older</td>
<td>15.4%</td>
<td>6.6%</td>
</tr>
</tbody>
</table>

| San Joaquin County N (1-17 years): 179,000; N (ages 18 and older): 422,000. |

**Diabetes**

Diabetes is a silent killer because it is often overlooked. Yet diabetes is the leading cause of kidney failure, adult blindness, amputation and a leading contributor to strokes and heart attacks. In the United States, 17 million people have diabetes. The vast majority (90%-95%) have type 2 diabetes, previously called adult onset diabetes, and 5-10% have type 1 diabetes, also called juvenile diabetes. Most children with diabetes have type 1 diabetes, where the immune system attacks and kills the insulin-producing cells of the pancreas. People with type 1 diabetes must take insulin daily to survive. Good self-management and care help control the disease and prevent complications.

**Residents Who Have Been Diagnosed with Diabetes, 2003**

- **Healthy People 2010 Objective**: No more than 2.5% of people will have diabetes

| San Joaquin County N (ages 18 and older): 422,000. |

Nearly 8% of adults ages 18 and older in San Joaquin County have been diagnosed with diabetes compared to 7% in California.
Overweight and Obese Adults and Children

Obesity is on the rise and is associated with diabetes, high cholesterol, high blood pressure, asthma, arthritis and poor health status. Obesity and being overweight also have large economic consequences. From 1998-2000, expenditures due to obesity in California were estimated at $7,675,000,000. The national costs associated with obesity among children and adolescents increased from $35 million in 1979 to $127 million in 1999.

The following charts define overweight and obesity using Body Mass Index (BMI) measures. BMI for adults is calculated in the following way:

\[
BMI = \frac{\text{Weight in Pounds}}{\text{(Height in inches)} \times \text{(Height in inches)}} \times 703
\]

For adults, a BMI over 30.0 is considered obese, 25.0 - 29.9 is overweight, 18.5 - 24.9 is normal and a BMI below 18.5 is considered underweight. Though BMI is generally the most accepted measure of overweight and obesity, it is basically a height / weight comparison and does not take into account body fat or lean muscle mass. Therefore, an adult with much muscle mass might have a high BMI but relatively low body fat and therefore not be at an elevated health risk due to his or her weight.

The Healthy People 2010 Objective is that no more than 15% of the population will be obese. In 2001 however, almost 27% of San Joaquin County adults and over 19% of the California adult population were reported as being obese.

**Age-Adjusted Percentage of Adults Who Are Obese (greater than or equal to 30.0 BMI), 2001**

Approximately 21% of San Joaquin County children ages 5-19 were overweight in 2002 (greater than or equal to 95th percentile for BMI). When the data are broken down by ethnicity, about 25% of Caucasian, African American and Latino children ages 12-19 were overweight. Asian/Pacific Islander children made up the smallest percentage of those who were overweight with 12% of children ages 12-19 overweight.

**Percentage of San Joaquin County Children Who Are Overweight (greater than or equal to the 95th Percentile for Body Mass Index), by Ethnicity and Age, 2002**

Most San Joaquin residents of all ages (over 85%) reported having health insurance in 2003. However, 12% of Healthier San Joaquin County Community Assessment telephone survey respondents and a full 28% of face-to-face survey respondents said they used the emergency room as their main source of health care, indicating that access to health care is an issue for some residents.

These data suggest that even with health insurance coverage, access to medical care and engaging in healthy behaviors can be a challenge for county residents.

### Child and Adolescent Nutrition

US Department of Agriculture (USDA), the National Academy of Sciences, the American Cancer Society and the National Cancer Institute recommend that people consume between five to nine serving of fruits and vegetables each day to help maintain good health and reduce the risk of cancer and heart disease. In San Joaquin County during the 2002/2003 and the 2004/2005 school years, about half of 7th, 9th and 11th graders reported eating five or more servings of fruits or vegetables in the past 24 hours.

#### Percentage of San Joaquin County 7th, 9th and 11th Grade Students Who Reported Consuming 5 or More Portions of Fruits or Vegetables in the Past 24 Hours

<table>
<thead>
<tr>
<th></th>
<th>7th Grade</th>
<th>9th Grade</th>
<th>11th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002 / 2003</td>
<td>54.0% 57.0%</td>
<td>49.0% 47.0%</td>
<td>42.0% 41.0%</td>
</tr>
<tr>
<td>2004 / 2005</td>
<td>54.0% 57.0%</td>
<td>49.0% 47.0%</td>
<td>42.0% 41.0%</td>
</tr>
</tbody>
</table>


Note: 2002/03 data presented represent the following districts: Escalon Unified, Lincoln Unified, Manteca Unified and Stockton City Unified. 2004/05 data presented represent all districts except New Hope Elementary School District.

### Summary

When looking at chronic diseases, greater percentages of San Joaquin County youth and adults reported having asthma in 2003 than California youth or adults. Almost one-quarter of San Joaquin County children ages 1-17 had asthma in 2003. Diabetes is another chronic disease in the national spotlight, and 8% of San Joaquin County adults and 7% of California adults said they had been diagnosed with diabetes. This is almost three times higher than the Healthy People 2010 Objective that no more than 2.5% of people will have diabetes. An issue related to diabetes is overweight and obese adults and children. In 2001, 27% of San Joaquin County adults and 19% of California adults were obese. Comparatively, about 21% of San Joaquin County children ages 5-19 were overweight in 2002. Finally, about half of middle school students reported eating the recommended five servings of fruits or vegetables each day.
San Joaquin County Community Health Assessment Collaborative (SJC2HAC) In-Kind Contributors

Name
Dale Bishop, MD
Campbell Bullock
Sheri Coburn, Ed.D.
Dawn Custer
Mariela Deleon
Susan DeMontigny
Desmond de Moor
Dixie Evans
Karen Furst, MD
Vicki Gallego
Russell C. Hayward
Debbie Hodges
David Jomaoas
Judith Jones
Bruce Johnston
Becky Knodt
Jackie Lor
William Mitchell, MPH
Robin Morrow
Karen Mudd
Alfred Murillo
Tammy Shaff
Steve Shetzline
Jeff Slater
Irv Staller
Stewart Wakeling

Title
Assistant Health Officer
Assistant Director
Director
Adolescent Programs Coordinator
Program Manager, Community Quality
Senior Deputy Director
Director
Director, Community Health & Chair SJC2HAC
Health Officer
Chief Nursing Officer
Executive Director
Director, Volunteer Services
Chief Operations Officer
Deputy Director
Grant Coordinator
Community Benefit Manager
Planning & Evaluation Director
Director of Public Health Services
Senior Health Educator
Director, Marketing & Communications
Deputy Director
Community Benefit Program Manager
Health Education & Community Outreach Manager
Grant Administrator
Executive Director
Acting Director

Agency
San Joaquin County Public Health Services
San Joaquin County Office of Education
San Joaquin County Public Health Services
Kaiser Permanente
San Joaquin County Public Health Services
San Joaquin County Data Cooperative
St. Joseph’s Medical Center
San Joaquin County Public Health Services
Dameron Hospital
YMCA
Dameron Hospital
Community Medical Centers
Human Services Agency
St. Joseph’s Medical Center Community Health
Kaiser Permanente
Community Partnership for Families
San Joaquin County Public Health Services
Health Plan of San Joaquin
Sutter Tracy Community Hospital
San Joaquin County Health Care Services
Sutter Tracy Community Hospital
Community Medical Centers
Health Plan of San Joaquin
Delta Healthcare
Community Partnership for Families

Financial Contributors
- Dameron Hospital
- Healthier Community Coalition
- Health Plan of San Joaquin
- Kaiser Permanente
- San Joaquin County Human Services Agency
- San Joaquin County Office of Education
- San Joaquin Medical Society
- St. Joseph’s Medical Center
- Sutter Tracy Community Hospital

Endnotes
2 Ibid.
4 Ibid.
6 Ibid.
7 Ibid.
11 Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity, Overweight and Obesity: Economic Consequences, 2004.
12 Ibid.
13 Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity, Overweight and Obesity: Defining Overweight and Obesity, 2003.
14 Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 5 a Day Frequently Asked Questions, 2004.

For a Copy of the Comprehensive Report, Please Visit www.healthiersanjoaquin.org