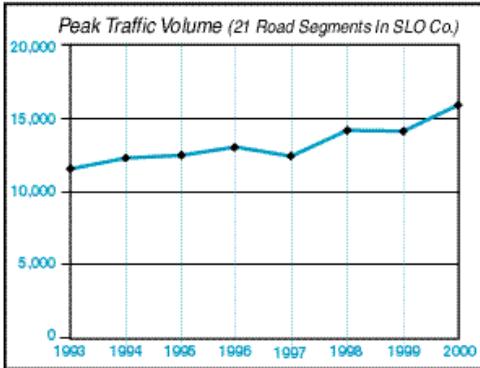
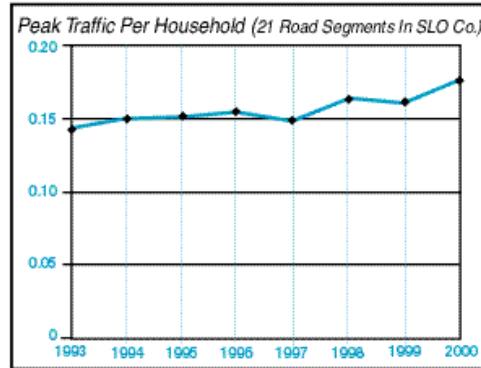


**NATURAL ENVIRONMENT ACTION GOAL:** *We maintain & enhance the health & beauty of the natural environment by living within our natural resources & human abilities, & we plan & manage development.*

**Traffic Volume** The graph on the left shows that traffic volume is increasing, in part due to an increase in the county's population. The graph on the right is a measure of the amount of peak hour traffic per household. It can be used as a measure of the success of local policies that encourage the use of public transit, bicycles and our own two feet as alternatives to the automobile. It may also be, that the increase in peak hour traffic per household would have been even greater in the absence of adopted policies and programs.

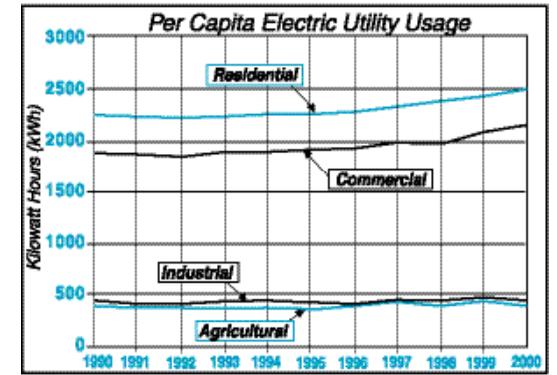


Source: San Luis Obispo Department of Planning & Building, 2007



Source: San Luis Obispo Department of Planning & Building, 2007

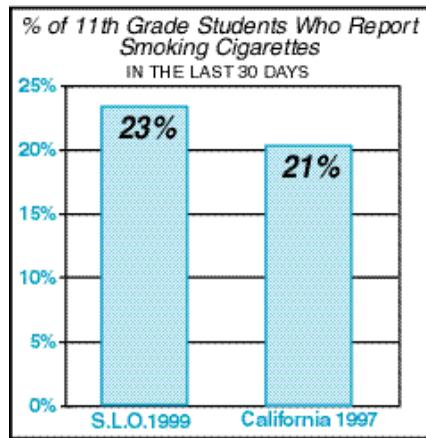
**Energy Use** This indicator measures the amount of electricity used in San Luis Obispo County per person by the residential, commercial, industrial and agricultural sectors. Since 1996, residential electrical energy use has increased by about 10 percent. This trend is going in the wrong direction. Per capita commercial electricity use also shows a rising trend, which may be due to the improved business environment in the last half of the 1990s. Industrial and agricultural electrical energy use have remained stable.



Source: California Energy Commission, 2007

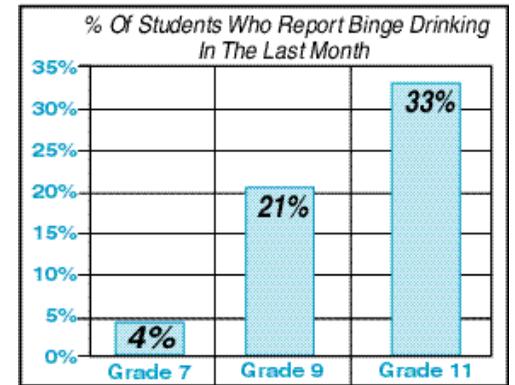
**HEALTH ISSUES ACTION GOAL:** *All persons practice healthy behaviors, & have access to & use preventive & primary healthcare services that enable them to maximize their physical & mental well being.*

**Teen Tobacco Use** Among student respondents in the California Healthy Kids Survey, in 1999 23 percent of San Luis Obispo County 11th graders reported smoking in the last 30 days, which was two percent above the most recently obtained state average (1997). On average, someone who smokes a pack or more of cigarettes each day lives seven years less than someone who never smoked. Among young people, the short-term health consequences of smoking include respiratory and non-respiratory effects, addiction to nicotine, and the associated risk of other drug use. Long-term health consequences of youth smoking are reinforced by the fact that most young people who smoke regularly continue to smoke throughout adulthood. In addition, teens who smoke are three times more likely than nonsmokers to use alcohol, eight times more likely to use marijuana, and 22 times more likely to use cocaine. Smoking is associated with a host of other risky behaviors, such as fighting and engaging in unprotected sex.



Source: California Healthy Kids Survey 2001

**Teen Alcohol Abuse** In 1999 the California Healthy Kids Survey asked students the following question: "During the past 30 days, did you drink five (alcoholic) drinks in a couple of hours?" This indicator measures self-reported episodes of heavy drinking episodes among students, "binge drinking." In addition to increased likelihood of addiction, as well as short-term and long-term health risks, binge drinkers open themselves up to many alcohol-related problems, including losing control over their actions, and taking part in high-risk activities such as unprotected sex or driving while intoxicated. It appears that binge drinking among county youth may be higher than the state average, estimated at 10.5 percent in the 1999 National Household Survey on Drug Abuse.

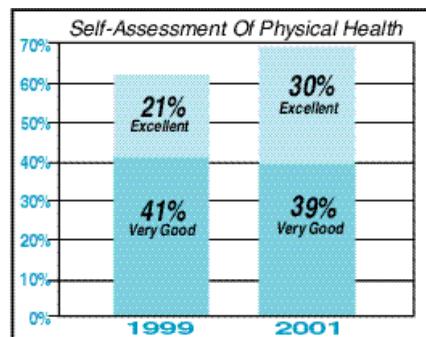


Source: California Healthy Kids Survey, 2001

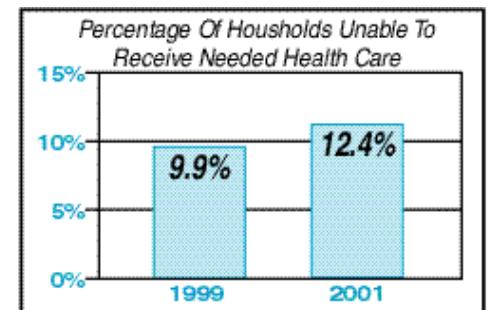
**Access to Health Care** In the 1999 community phone survey, 10 percent of respondents answered yes to the question, "Have you or a member of your household needed health care in the past year and been unable to receive it?" In 2001, those answering yes rose to more than 12 percent. The direction does not appear encouraging. There may be fewer affordable health insurance alternatives available to county residents now than a few years ago because some insurance companies have withdrawn from the county and others have raised rates.



**Physical Health** Good physical health makes it easier for people to participate in nearly every aspect of personal and community life. Respondents to the 1999 and 2001 telephone surveys were asked to assess their physical health (including physical illness and injury) on a five-point scale: excellent, very good, good, fair and poor. Results show that more than two-thirds consider their physical health to be "very good" or "excellent." This represents an increase from 1999, including a statistically meaningful rise in the proportion of those citing "excellent" health.



Source: ACTION for Healthy Communities telephone surveys 1999 & 2001



NOTE: 2001 survey wording was changed to add "because you could not afford it"; results are not statistically comparable.  
Source: ACTION for Healthy Communities telephone surveys 1999 & 2001