

Action for Healthy Communities

Health Issues

HEALTH ISSUES

Health Issues

Health and the availability of quality care is a primary concern in any community. The assessment looked at the availability of health care locally.

In telephone and face-to-face surveys, more than 80% of respondents said they have a regular source of health care, and 73% see a private doctor for their health care. Seventy-two percent of telephone respondents had seen their doctor in the past year, while 64% of face-to-face respondents had visited a doctor in the last year.

The majority of residents reported satisfaction with the medical care they receive: 59% of telephone respondents said they were "very satisfied" with their health care, while another 33% said they were "somewhat satisfied" with their care.

Although the majority of county residents do have health care, they are concerned about its availability nonetheless. In telephone surveying, 37% of respondents said they were "very concerned" about the access to care, with cost cited as the largest concern. Fifty-three percent of face-to-face survey respondents expressed concern over the access to care; of this group 65% were Latino, 60% had incomes less than \$15,000 and 54% were over 55 years of age.

Likewise, the majority of residents surveyed (85% of telephone respondents; 80% of face-to-face respondents) said they had health insurance. Their insurance often covers most medical needs, such as hospitalization, medical care, prescriptions and preventative care.

Of the 20% of face-to-face survey respondents who said they didn't have insurance, cost was the largest factor (58%), followed by an employer not offering the coverage.

When asked if either they or a household member had needed care in the past year but could not receive it, 10% of telephone survey respondents said yes; and 16% of face-to-face respondents said yes. Of this latter group, 23% were Latino, and 24% had incomes under \$15,000.

A regular source of dental care is indicated by a majority of residents as well, though there are too many residents who are lacking care. Fifty-four percent of face-to-face survey residents with

incomes under \$15,000, 53% of Latinos and 23% of senior citizens don't receive regular dental care.

While health and dental care is imperative, prenatal care is just as important for the health of mothers and their future children. The federal government has set high standards for prenatal care by the year 2000. In San Luis Obispo County, 80% of births between 1995-1997 had "adequate/adequate-plus" prenatal care. That is higher than the state average of 67% for the same time period.

The assessment looked at other health concerns, including death rates and incidence of disease. The three-year average, (1995-1997) leading cause of death in San Luis Obispo County were Malignant Neoplasms at 113.9 per 100,000 people. Heart Disease ranked second at 88.3 per 100,000 people. In 1997, the latest reporting period, there were 385 cases of AIDS in the county.

Another health concern is the use of drugs and alcohol. Surveying methods presented a measurement of local drug and alcohol use.

The telephone survey showed that 51% of county adults don't drink on a regular basis; 19% drink one-two drinks a week; and 18% have six or more drinks per week. Interestingly, there are more retail stores selling alcohol in the county than the state average; accounting for almost 13% of all taxable sales. Only 17% of telephone survey respondents, who were 18 or older, said they smoke.

An important Indicator of health in a community is that community's own perception of their health. When asked about their state of health, the majority of county residents reported positively: Twenty-one percent said they are in excellent health; 47% said their health is very good; and 27% said their health is good.

Residents also feel healthy emotionally. Twenty-six percent said their mental health is excellent; 47% said it is very good; and 21% said it is good.

Almost 50% of telephone respondents reported that they exercise five or more days a week, while 25% said they exercise at least three-four days a week. Twenty-eight percent of residents indicated they

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were very concerned about weight management for themselves and their family.

INDICATOR 1

Access to Health Care

 Telephone Survey Results

Do you have a regular source of primary health care?

RESPONSE	NUMBER	PERCENT
Yes	454	83.8
No	88	16.2
Total	542	100.0

 Telephone Survey Results

If yes, where do you go?

RESPONSE	NUMBER	PERCENT
Private Doctor	332	73.1
Medical Clinics	154	33.9
Emergency room	33	7.3
Total	519	114.3

Note: Multiple response question- 454 respondents offered 519 responses.

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 1

Access to Health Care, continued

 Community Survey Results

Do you have a regular source of primary health care?

RESPONSE	NUMBER	PERCENT
Yes	3,057	81.7
No	686	18.3
Total	3,743	100.0

If yes, where do you go?

RESPONSE	NUMBER	PERCENT
Private Doctor	2,264	73.0
Medical Clinics	987	31.8
Emergency room	279	9.0

Note: Multiple response question- 3,101 respondents offered 3,530 responses.

INDICATOR 1A

Access to Health Care, continued

 Telephone Survey Results

How long has it been since you last visited a doctor for a routine check up?

RESPONSE	NUMBER	PERCENT
Within the past year	389	71.6
1 – 2 years	81	14.9
3 – 5 years	39	7.2
More than 5 years ago	27	5.0
Never	7	1.3
Total	543	100.0

 Responses, by Respondent Type

RESPONDENT	WITHIN THE PAST YEAR	1-2 YEARS	3-5 YEARS	MORE THAN 5 YEARS	NEVER
Respondents with income less than \$15,000	78.9	10.5	5.3	5.3	--
Seniors 55 and older	82.5	10.8	4.6	2.1	--
Latino	63.9	18.1	9.7	2.8	5.6
North County	67.0	17.6	6.8	6.3	2.7
North Coast	78.5	14.0	4.7	1.9	0.9
San Luis Obispo	70.4	13.0	11.1	3.7	1.9
South County	73.6	13.5	6.1	6.8	0.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 1A

Access to Health Care, continued

 Community Survey Results

How long has it been since you last visited a doctor for a routine check up?

RESPONSE	NUMBER	PERCENT
Within the past year	2,404	64.3
1 – 2 years	728	19.5
3 – 5 years	302	8.1
More than five years ago	238	6.4
Never	64	1.7
Total	3,736	100.0

 Responses, by Respondent Type

RESPONDENT	WITHIN THE PAST YEAR	1-2 YEARS	3-5 YEARS	MORE THAN 5 YEARS	NEVER
Respondents with income less than \$15,000	59.0	18.3	9.6	10.0	3.1
Seniors 55 and older	76.3	13.8	5.1	4.1	0.6
Latino	57.6	21.1	9.7	7.1	4.5
North County	66.2	18.2	8.4	5.4	1.8
North Coast	63.2	20.0	6.7	8.2	1.9
San Luis Obispo	65.6	19.8	7.6	6.0	1.0
South County	63.0	19.2	8.8	6.8	2.2

Source: 1999 Action for Healthy Communities, Community Survey.

Access to Health Care, continued

 Telephone Survey Results

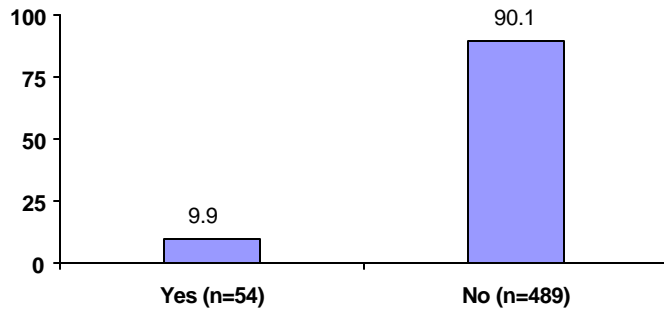
How satisfied are you with your medical care

RESPONSE	NUMBER	PERCENT
Very satisfied	315	59.3
Somewhat satisfied	177	33.3
Not at all satisfied	39	7.3
Total	531	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 1C

Access to Health Care, continued


 Telephone Survey Results

Have you or a member of your household needed health care in the past year and been unable to receive it?

RESPONSE	NUMBER	PERCENT
Yes	54	9.9
No	489	90.1
Total	543	100.0

 Responses, by Respondent Type

RESPONDENT	YES	NO
Respondents with income less than \$15,000	12.3	87.7
Seniors 55 and older	6.2	93.8
Latino	16.9	83.1

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INDICATOR 1C

Access to Health Care, continued

If yes, why couldn't you receive it?

RESPONSE	NUMBER	PERCENT
Couldn't afford it	11	21.2
Insurance wouldn't cover it	9	17.3
No insurance	17	32.7
Medi-Cal (problems)	4	7.7
Not available locally	2	3.8
Too expensive / No money	1	1.9
Limitations of insurance	3	5.8
Desired care not available in the area	1	1.9
Other	4	7.7
Total	52	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 1C

Access to Health Care, continued

 Community Survey Results

Have you or a member of your household needed health care in the past year and been unable to receive it?

RESPONSE	NUMBER	PERCENT
Yes	611	16.4
No	3,111	83.6
Total	3,722	100.0

 Responses, by Respondent Type

RESPONDENT	YES	No
Respondents with income less than \$15,000	24.0	76.0
Seniors 55 and older	12.8	87.2
Latino	23.1	76.9
North County	15.5	84.5
North Coast	18.6	81.4
San Luis Obispo	13.9	86.1
South County	18.2	81.8

If yes, why couldn't you receive it?

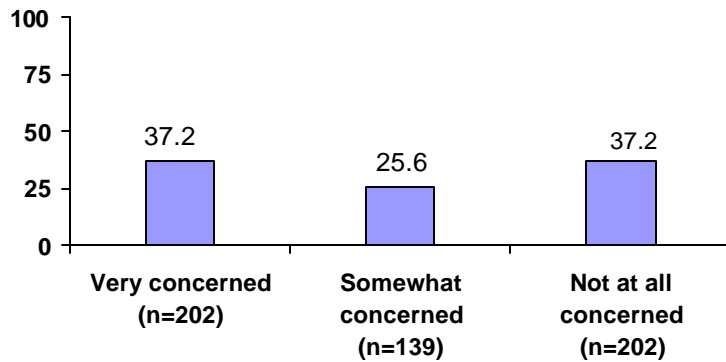
RESPONSE	NUMBER	PERCENT
Too expensive/No money	176	37.3
No insurance/ No coverage (includes medi-cal)	165	35.0
Limitations of insurance	59	12.5
Desired care not available in the area	17	3.6
Other	54	11.4
Don't know	1	0.2
Total	472	100.0

Source: 1999 Action for Healthy Communities, Community Survey.

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INDICATOR 1D

Access to Health Care, continued


 Telephone Survey Results

How concerned would you say you are about access to health care in your community?

RESPONSE	NUMBER	PERCENT
Very Concerned	202	37.2
Somewhat Concerned	139	25.6
Not at all Concerned	202	37.2
Total	543	100.0

 Responses, by Respondent Type

RESPONDENT	VERY CONCERNED	SOMEWHAT CONCERNED	NOT AT ALL CONCERNED
Respondents with income less than \$15,000	48.2	23.2	28.6
Seniors 55 and older	35.2	24.9	39.9
Latino	55.6	13.9	30.6
North County	37.5	22.2	40.3
North Coast	36.4	35.5	28.0
San Luis Obispo	30.6	23.1	46.3
South County	42.6	23.6	33.8

Source: 1999 Action for Healthy Communities, Telephone Survey.

Access to Health Care, continued

Telephone Survey Results

What concerns you the most?

RESPONSE	NUMBER	PERCENT
Affordability/Cost of care	68	20.3
Poor Quality of HMOs	29	8.7
Lack of care for Uninsured	27	8.1
Lack of services/facilities/clinics in area	26	7.8
Equal access for Everyone	25	7.5
Lack of care and access for Seniors	24	7.2
Poor Quality of care	23	6.9
Lack of care for Low income/Working Poor	19	5.7
HMO-related Availability	19	5.7
Closure of General Hospital	16	4.8
General lack of Accessibility	14	4.2
Better access to Emergency Care	7	2.1
Lack of Availability	7	2.1
Lack of care for Healthcare for Children	6	1.8
Don't know	6	1.8
Other	19	5.7
Total	335	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 1E

Access to Health Care, continued

Community Survey Results

How concerned would you say you are about access to health care in your community?

RESPONSE	NUMBER	PERCENT
Very Concerned	1,891	53.2
Somewhat Concerned	1,156	32.5
Not at all Concerned	510	14.3
Total	3,557	100.0

Responses, by Respondent Type

RESPONDENT	VERY CONCERNED	SOMEWHAT CONCERNED	NOT AT ALL CONCERNED
Respondents with income less than \$15,000	59.8	27.7	12.5
Seniors 55 and older	54.1	30.6	15.3
Latino	65.3	24.3	10.5
North County	57.3	28.3	14.4
North Coast	54.9	34.1	11.0
San Luis Obispo	47.1	36.7	16.3
South County	54.3	31.9	13.8

Source: 1999 Action for Healthy Communities, Community Survey.

Access to Health Care, continued

Community Survey Results

What concerns you the most?

RESPONSE	NUMBER	PERCENT
Affordability / cost of care/quality, affordable insurance	367	15.9
Poor quality of care	240	10.4
General lack of accessibility	217	9.4
Lack of care for low income / working poor	197	8.5
Poor quality of HMOs	154	6.7
Lack of care for uninsured	151	6.5
Equal access for everyone	134	5.8
Lack of services / facilities / clinics in area	132	5.7
Lack of care and access for seniors	130	5.6
Lack of availability	114	4.9
Lack of care for healthcare for children	83	3.6
HMO-related availability / HMOs leaving county / cancellation	76	3.3
Closure of general hospital	74	3.2
Better access to emergency care	37	1.6
Don't know	6	0.3
Other	196	8.5
Total	2308	100.0

Source: 1999 Action for Healthy Communities, Community Survey.

INDICATOR 2

Health Insurance

 Telephone Survey Results
Do you have health insurance?

RESPONSE	NUMBER	PERCENT
Yes	458	84.5
No	84	15.5
Total	542	100.0

If no, why not?:

RESPONSE	NUMBER	PERCENT
Too expensive	21	77.8
Already covered by Medi-Cal / Medicare/ VA	2	7.4
Employer does not offer insurance	4	14.8
Total	27	100.0

*If yes, does it cover:**Medical care*

RESPONSE	NUMBER	PERCENT
Yes	429	94.5
No	20	4.4
Don't know	5	1.1
Total	454	100.0

Dental care

RESPONSE	NUMBER	PERCENT
Yes	318	70.0
No	134	29.5
Don't know	2	0.4
Total	454	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 2

Health Insurance, continued

Mental health

RESPONSE	NUMBER	PERCENT
Yes	278	61.4
No	57	12.6
Don't know	118	26.0
Total	453	100.0

Preventive Care

RESPONSE	NUMBER	PERCENT
Yes	389	85.7
No	37	8.1
Don't know	28	6.2
Total	454	100.0

Substance Abuse

RESPONSE	NUMBER	PERCENT
Yes	235	51.8
No	37	8.1
Don't know	182	40.1
Total	454	100.0

Prescriptions

RESPONSE	NUMBER	PERCENT
Yes	408	90.1
No	40	8.8
Don't know	5	1.1
Total	453	100.0

Long Term Care

RESPONSE	NUMBER	PERCENT
Yes	166	36.6
No	142	31.3
Don't know	145	32.0
Total	453	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 2

Health Insurance, continued

Hospitalization

RESPONSE	NUMBER	PERCENT
Yes	440	96.9
No	7	1.5
Don't know	7	1.5
Total	454	100.0

Dependant Spouse and Children

RESPONSE	NUMBER	PERCENT
Yes	326	73.8
No	94	21.3
Don't know	22	5.0
Total	442	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

 Responses by respondent type
Do you have health insurance?

RESPONSE	YES	NO
Income less than 15,000	70.2	29.8
Seniors 55 and older	91.2	8.8
Latinos	60.6	39.4

INDICATOR 2

INDICATOR 2

Health Insurance, continued

Community Survey Results

Do you have health insurance?

RESPONSE	NUMBER	PERCENT
Yes	2,995	79.9
No	753	20.1
Total	3,748	100.0

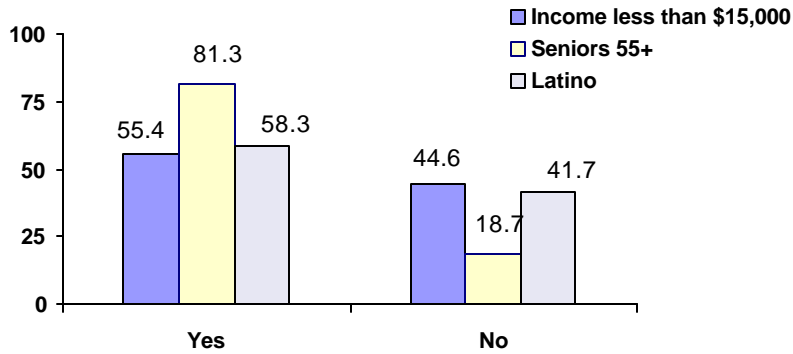
If no, why not?

RESPONSE	NUMBER	PERCENT
Too expensive	283	58.0
Employer does not offer insurance	56	11.5
Already covered by Medi-cal / Medicare / VA	52	10.7
Don't qualify	29	5.9
Don't need it / think about it	10	2.0
Dropped from HMO	5	1.0
Don't know	8	1.6
Other	45	9.2
Total	488	100.0

Source: 1999 Action for Healthy Communities, Community Survey.

INDICATOR 3

Dental Care



 Telephone Survey Results


Do you have a regular source of dental care?

RESPONSE	NUMBER	PERCENT
Yes	409	75.3
No	134	24.7
Total	543	100.0

 Responses, by Respondent Type*

RESPONDENT	YES	No
Respondents with income less than \$15,000	55.4	44.6
Seniors 55 and older	81.3	18.7
Latino	58.3	41.7

Please see telephone survey demographics for the corresponding numbers

 *If you have dependants, do they have a regular source of dental care?*

RESPONSE	NUMBER	PERCENT
Yes	203	38.8
No	59	11.3
Total	262	50.1

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 3

Dental Care, continued

 Community Survey Results

Do you have a regular source of dental care?

RESPONSE	NUMBER	PERCENT
Yes	2,665	70.8
No	1,097	29.2
Total	3,762	100.0

 Responses, by Respondent Type

RESPONDENT	Yes	No
Respondents with income less than \$15,000	46.5	53.5
Seniors 55 and older	77.4	22.6
Latino	47.1	52.9

Source: 1999 Action for Healthy Communities, Community Survey.

INDICATOR 4

Prenatal Care

Prenatal Care, San Luis Obispo County and State

	1995 – 1997 BIRTHS (AVERAGE)	PERCENT	PERCENT STATE
Late or no prenatal care	498.7	19.7	19.5
Adequate / adequate plus prenatal care	2,042.3	80.3	67.1

Source: Department of Health Services, Center for Health Statistics, 1998.

Live Births by Trimester Prenatal Care Began, 1997

	FIRST TRIMESTER	SECOND TRIMESTER	THIRD TRIMESTER	NONE	TOTAL
San Luis Obispo County	2,061	341	75	7	2,491
California	423,640	75,064	14,681	4,563	524,174

Source: Department of Health Services, Center for Health Statistics, 1998.

Note: The definition of adequate/adequate plus prenatal care includes mothers who initiated prenatal care visits recommended by the American College of Obstetricians and Gynecologists.

INDICATOR 5

Birth Weight for all Births, San Luis Obispo County

BIRTH WEIGHT	1994	1995	1996	1997
Under 2500 grams (5 lb. 5 oz)	131	121	136	134
2500 grams and over	2,541	2,548	2,404	2,357
Total Births	2,672	2,669	2,540	2,491

Source: Department of Health Services, Center for Health Statistics, 1998.

INDICATOR 6

Teen Pregnancy

Teen Births: San Luis Obispo County and State Comparisons

TEEN BIRTHS	1994	1995	1996	1997
Number of Births	271	273	249	243

Source: Department of Health Services, Center for Health Statistics, Department of Finance, Demographic Research Unit, 1998.

Teen Births by Age and Ethnicity, San Luis Obispo County, 1997

ETHNICITY	10-14	15-17	18-19	TOTAL
Caucasian / Other	0	41	86	127
African American	1	0	0	1
American Indian / Eskimo / Aleut	0	0	0	0
Asian / Pacific Islander	0	0	2	2
Hispanic	0	55	58	113
Total	1	96	146	243

Source: California Department of Health Services Maternal and Child Health Epidemiology Section, 1997.

INDICATOR 6

Teen Pregnancy, continued

Teen Birth Rate by Age and Ethnicity, San Luis Obispo County, 1997

ETHNICITY	10-14	15-17	18-19	TOTAL
Caucasian / Other	*	11.9	23.8	9.9
African American	*	*	*	*
American Indian / Eskimo / Aleut	*	*	*	*
Asian / Pacific Islander	*	*	*	*
Hispanic	*	76.9	92.9	42.9

Source: California Department of Health Services Maternal and Child Health Epidemiology Section, 1997.

Teen Birth Rate by Age and Ethnicity, California, 1997

ETHNICITY	10-14	15-17	18-19	TOTAL
Caucasian / Other	0.3	14.0	46.1	13.0
African American	2.0	46.1	118.6	37.2
American Indian / Eskimo / Aleut	*	44.1	108.8	36.2
Asian / Pacific Islander	0.5	13.7	34.0	10.8
Hispanic	2.1	68.0	161.8	49.9

Source: California Department of Health Services Maternal and Child Health Epidemiology Section, 1997.

Note: Birth Rate refers to the number of births to females, ages 15 – 19, per 1,000 women in that age group.

* Too few births to reliably calculate a birth rate.

INDICATOR 7

Reported Communicable Diseases

Average Yearly New Cases

DISEASE	1994	1995	1996
AIDS	49	40	38
Chlamydia	357	250	244
Cryptosporidiosis	1	0	2
E. Coli	5	5	2
Giardia	47	36	51
Gonorrhea	49	38	44
Hepatitis A	21	19	19
Hepatitis B	4	6	9
Meningitis – Total	19	24	18
Pertussis	17	2	6
Salmonellosis	28	45	43
Syphilis – Total	11	9	19
Tuberculosis	13	34	10

Source: San Luis Obispo County Health Department, "Communicable Disease Morbidity Comparisons" 1998.

Newly Diagnosed Cases of AIDS, 1997 Cumulative

SAN LUIS OBISPO COUNTY ETHNICITY	COMMUNITY		INSTITUTIONAL	TOTAL REPORTED
	MALE	FEMALE	MALE	TOTAL
White / Not Hispanic	147	14	57	218
African American	8	2	94	104
Hispanic	20	1	38	59
Native American	0	0	3	3
Asian / Pacific Islander	1	0	0	1
Total	176	17	192	385

Source: San Luis Obispo County Public Health Department, 1998.

INDICATOR 8

Deaths by Leading Causes

San Luis Obispo County Age Adjusted Death Rates

CAUSE	1994-1996	1995-1997
All Deaths	411.7	402.0
Heart Disease	90.9	88.3
Malignant Neoplasms	119.2	113.9
Lung Cancer	36.0	33.0
Breast Cancer	21.7	20.0
Stroke	20.8	21.2
Unintentional Injury	29.1	29.5
Suicide	12.5	12.4
Homicide	3.6	3.0
Motor Vehicle	13.3	11.9
Firearm Injuries	8.5	8.3
Drug Related	9.0	9.6

California Age Adjusted Death Rates

CAUSE	1994-1996	1995-1997
All Deaths	454.2	439.9
Heart Disease	100.6	96.9
Malignant Neoplasms	115.9	113.3
Lung Cancer	31.8	31.0
Breast Cancer	19.7	18.9
Stroke	26.3	26.1
Unintentional Injury	26.6	29.3
Suicide	10.7	25.7
Homicide	11.8	10.6
Motor Vehicle	13.2	12.4
Firearm Injuries	15.0	13.5
Drug Related	8.0	7.9

Source: Health Data Summaries for California Counties, California Department of Health Services, 1998.

Note: Rate is per 100,000 people.

INDICATOR 9

Alcohol Use

 Telephone Survey Results

How many servings of alcohol do you generally drink in a week?

RESPONSE	NUMBER	PERCENT
None	279	51.4
1 to 2	104	19.2
3 to 5	65	12.0
6 or more	95	17.5
Total	543	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

Alcohol Consumption, National Comparisons

	1996	1997
Persons consuming alcohol in the last month	109,000,000	111,000,000
Percent of National Population	41.1	41.2
Persons engaged in Binge Drinking (5 or more drinks in a sitting)	32,000,000	32,000,000
Percent of drinkers engaged in Binge Drinking	29.4	28.8
Persons engaged in Heavy Drinking (Binge drinking more than 5 times in last month)	11,000,000	11,200,000
Percent of drinkers engaged in Heavy Drinking	10.1	10.1

Source: 1997 American Household Survey, National Clearinghouse for Drug and Alcohol Information and the Historical National Population Estimates, US Census Bureau, 1999.

Note: National Population counts used for the above percentages are: 1996 (265,189,794) and 1997 (267,743,595).

INDICATOR 10

Availability of Alcohol

Alcohol Availability and Sales, 1997

JURISDICTION	NUMBER OF PERMITS	PERCENT OF TOTAL OUTLETS	PERCENT OF TOTAL TAXABLE SALES
San Luis Obispo County	429	4.7	12.8
Statewide	40,769	4.2	8.4

Source: Thirty-Seventh Annual Sales and Use Tax Report, California State Board of Equalization, 1997.

Alcohol Outlets, June 30, 1998

TYPE OF OUTLET	SAN LUIS OBISPO COUNTY	
	COUNTY	CALIFORNIA
Wholesale	244	26,978
Retail	454	39,317
Total Outlets	698	66,295

Source: State of California Alcoholic Beverage Control, 1998.

Tobacco Use

Telephone Survey Results

How often do you use tobacco?

RESPONSE	NUMBER	PERCENT
Never	451	82.9
Sometimes	44	8.1
Always	49	9.0
Total	544	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

Incidence of Cigarette Smoking, National comparisons

	1996	1997
National	62,000,000	64,000,000
Percent of population	23.4	23.9

Source: 1997 American Household Survey, National Clearinghouse for Drug and Alcohol Information.

INDICATOR 12

Physical Health

Telephone Survey Results

Would you say that, in general, your physical health (including physical illness and injury) is:

RESPONSE	NUMBER	PERCENT
Excellent	114	21.0
Very Good	223	41.0
Good	144	26.5
Fair	46	8.5
Poor	17	3.1
Total	544	100.0

Telephone Survey Results

How many days a week do you engage in physical activity (such as brisk walking or gardening) for a combined total of 30 minutes or more?:

RESPONSE	NUMBER	PERCENT
None	77	14.2
1-2 days	71	13.1
3-4 days	134	24.6
5 or more days	262	48.2
Total Respondents	544	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

Mental Health

 Telephone Survey Results

*Would you say that in general your mental health
(which includes stress, depression and problems with emotions) is:*

RESPONSE	NUMBER	PERCENT
Excellent	141	25.9
Very Good	253	46.5
Good	115	21.1
Fair	30	5.5
Poor	5	0.9
Total	544	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 13A

Suicides San Luis Obispo County

Suicide Rate, 1995 - 1997

	1995-1997
San Luis Obispo Deaths (3 year average)	33.3
San Luis Obispo Age- adjusted suicide death Rate	14.4
California Age- adjusted suicide death Rate	10.3

Source: Department of Health Services, Center for Health Statistics, 1998.

Note: Age-adjusted suicide rates are per 100,000 people.

INDICATOR 13B

Mental Health Outpatients Clients

San Luis Obispo County, Mental Health Outpatients Clients Served, by Age

AGE	1995-1996	1996-1997	1997-1998	1998-1999
1 – 17	840	996	1,061	927
18 – 54	1,912	1,834	1,751	1,866
Over 55	254	247	238	233
Total	3,006	3,077	3,050	3,026

Source:: San Luis Obispo County, Mental Health Department, 1999.

San Luis Obispo County, Mental Health Outpatients Clients Served, by Gender

GENDER	1995-1996	1996-1997	1997-1998	1998-1999
Female	1,472	1,505	1,548	1,519
Male	1,533	1,569	1,502	1,507
Total	3,006	3,077	3,050	3,026

Source:: San Luis Obispo County, Mental Health Department, 1999.

San Luis Obispo County, Mental Health Outpatients Clients Served, by Ethnicity

ETHNICITY	1995-1996	1996-1997	1997-1998	1998-1999
Caucasian / Other	2,460	2,568	2,538	2,535
African American	98	96	98	90
Hispanic	341	321	328	326
Native American	31	20	25	22
Asian / Pacific Islander	34	32	30	28
Other/Unknown	42	40	31	35
Total	3,006	3,077	3,050	3,026

Source:: San Luis Obispo County, Mental Health Department, 1999.

Patients Committed for Involuntary Emergency Brief Hospitalizations – 5150's

	1995-1996	1996-1997	1997-1998	1998-1999
Number Committed	714	645	748	591

Source:: San Luis Obispo County, Mental Health Department, 1999.

INDICATOR 14

Nutrition

Telephone Survey Results

How concerned are you about weight management for you and your family?:

RESPONSE	NUMBER	PERCENT
Very Concerned	153	28.1
Somewhat Concerned	222	40.8
Not At All Concerned	169	31.1
Total	544	100.0

Source: 1999 Action for Healthy Communities, Telephone Survey.

INDICATOR 15

Child Health and Disability Prevention

Child Health and Disability Prevention Program

CHDP CONDITION	REFERRALS 1996	REFERRALS 1997	% DIFFERENCE
Behavioral/Developmental	85	86	1%
Nutritional/Growth	40	57	30%
Communicable Disease	2	9	77%
Integumentary (Skin)	9	15	40%
Eyes/Ears/Nose	318	320	1%
Neurological	1	3	66%
Respiratory	15	26	42%
Cardiovascular	16	15	- 6%
Blood/Lymph	53	31	- 42%
Gastrointestinal	1	7	86%
Endocrine	0	2	200%
Musculoskeletal	30	27	- 10%
Genitourinary	51	42	- 18%
Dental/Oral	919	906	- 1%
Other	107	152	30%

Source: San Luis Obispo County Health and Disability Program Report 1996 & 1997.

Note: The statistics include children who were referred to a specialist or were scheduled to come back to their health care provider for additional diagnosis and treatment due to these prevalent problems.

INDICATOR 16

Immunization Levels, San Luis Obispo County, 1997

Child Care Students, All Centers

ENROLLMENT AND IMMUNIZATION STATUS	1997
Number of Students	2,442
Number of Schools	81
Percent with medical exemptions	.04
Percent with personal exemptions	.86
Percent needing one or more immunizations	29.1
Percent with all required immunizations	70.9

Child Care Students, Public Centers

ENROLLMENT AND IMMUNIZATION STATUS	1997
Number of Students	597
Number of Schools	22
Percent with medical exemptions	0.0
Percent with personal exemptions	0.5
Percent needing one or more immunizations	23.6
Percent with all required immunizations	76.4

Child Care Students, Private Centers

ENROLLMENT AND IMMUNIZATION STATUS	1997
Number of Students	1,650
Number of Schools	45
Percent with medical exemptions	.06
Percent with personal exemptions	1.09
Percent needing one or more immunizations	32.5
Percent with all required immunizations	67.5

Source: Immunizations Assessment of Kindergarten Students, 1998.

** Beginning in 1997, the state required incoming Kindergartners to have completed the 3 dose Hepatitis B vaccine series in addition to the previously required doses of Measles, Mumps and Rubella to be considered up to date on immunizations. Hepatitis B requirement is new and therefore many children are out of compliance.*

HEALTH ISSUES