



Health Issues

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Health Issues

Health indicators provide insight into the well being of any community. This section of the ACTION for Healthy Communities Report focuses on self-reported health data, California Health Interview Survey (CHIS) data, and other important health indicator data.

Overall good physical health is a combination of many factors. Regular exercise, a healthy diet, and regular health screenings can all help maintain good physical health. These factors all contribute to greater well being and can improve residents' quality of life. Respondents to the ACTION for Healthy Communities telephone survey were asked to state their physical health status. Approximately 19% of respondents stated they were in "excellent" health in 2006, compared to 22% of respondents in 2003. Thirty percent of respondents stated they were in "good" health in 2006, compared to 22% in 2003.

Obesity has been increasing greatly in the last 20 years¹, and is associated with diabetes, high cholesterol, high blood pressure, asthma, arthritis, and poor health status². CHIS data reports that over 56% of adults in San Luis Obispo County were overweight or obese in 2005. In the same year, 15% of 7th graders, 11% of 9th graders, and 10% of 11th graders were considered overweight according to the California Healthy Kids Survey. Almost 29% of children aged 3-5 were considered at-risk of overweight or overweight in 2005-2006.

Timely medical visits help residents get appropriate preventive care and treatment for common and chronic conditions. People with a regular place to go for medical treatment may be more likely to use it, and may feel more comfortable accessing care.

¹ Center for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity, *Overweight and Obesity: Economic Consequences*, 2004.

² CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity, *Overweight and Obesity: Health Consequences*, 2004.

In 2006, 89% of telephone respondents reported "having a place to go when they are sick or need advice about their health." When asked about health care satisfaction, 62% of telephone respondents felt "very satisfied" with their medical care in 2006, compared to 48% in 2003.

Additionally, 2006 telephone respondents rated the County Public Health Services as "very good" (17%), "good" (28%), and "fair" (12%).

Health insurance is an important component of access to health care. According to the 2006 telephone survey, 88% of respondents had health insurance, a slight increase from 86% in 2003 and 85% in 1999. The 2003 CHIS data state that 58% of San Luis Obispo County residents had dental insurance, compared to 65% of California residents. The number of Medi-Cal recipients has increased 31% between 1999 and 2005, from 21,528 recipients in 1999 to 28,154 recipients in 2005. The new enrollment of children in the Healthy Families Insurance Program in San Luis Obispo County increased 4.7% from 2001 to 2005. As of September of 2006, 4,509 children were enrolled in the Healthy Families Insurance Program in San Luis Obispo County.

Health prevention measures are another important health care indicator. Immunization levels for children have increased slightly among most childcare centers, but the immunization of kindergartners in San Luis Obispo County has decreased slightly from 93% in 2004 to 92% in 2005. According to the CHIS data, 70% of respondents over the age of 65 had a flu shot in 2005, which is down from 77% in 2001.

Reported smoking in the County has been decreasing since 2001 to its lowest level in 2006. In 2006, twelve percent of telephone survey respondents indicated they smoke cigarettes. However, the percentage of those who have tried to quit smoking for one day or longer has decreased from 66% in 2003 to 62% in 2006. There has been

an increase in the percentage of those attending a class or program to help them stop smoking – from 9% in 2003 to 12% in 2006. Youth self-reported smoking in the County has gone up among 7th and 9th graders since 2003-2004, according to the California Healthy Kids Survey.

When telephone respondents were asked “in the past 30 days, how many times did you have 4 or more drinks on an occasion?”, 74% of respondents indicated that on no occasion had they consumed 4 or more drinks. In 2005-2006, student self reports of substance abuse indicate that students in the 11th grade are more likely to have drunk alcohol, used inhalants, and smoked marijuana compared to students in the 7th and 9th grades. These figures are relatively unchanged since 2003-2004.


A 2005 study measured alcohol use among pregnant women enrolled in prenatal care clinics in San Luis Obispo. Data revealed that 38% of the pregnant women used alcohol prior to recognition of the pregnancy, and 27% continued use after knowledge of the pregnancy. Among the 203 women who continued to use alcohol, over half (57%) fell into the lightest level of drinking (<1 day/week), and another 31% were drinking 1 to 2 days per week.

From 2002 to 2004, the San Luis Obispo County suicide death rate was 11.4 per 100,000 people. This is higher than the California suicide death rate at 9.4 per 100,000 people.

Mental illnesses affect nearly every family in San Luis Obispo County regardless of economic status, background and age. Approximately 7% of county residents are disabled by a serious mental illness and the impact on members of the extended family is inestimable. The lack of access to mental health services and of coordination within services can be frustrating and have a negative impact on the long-term outcome for recovery. For instance, untreated mental illness is the leading cause of disability and suicide and nearly always leaves the individual with mental illness unable to participate in typical functions like school, work and supportive relationships and possibly result in jail or juvenile hall stays, hospitalization or institutionalization. The good news is that effective treatment and support results in recovery from mental illness for most people.

Low birth rate percentages have been increasing since 2000, with 5.3% of all births considered “low weight” in 2000, and 7.0% of births considered “low weight” in 2006. The teen birth rate in San Luis Obispo County is declining slightly, with a rate of 21.7 teen births per 1,000 women ages 15-19 in 2002-2004. This is lower than the 1999-2001 teen birth rate of 22.6 births per 1,000 women ages 15-19. The number of actual births to teens ages 15-19 has decreased from 217 in 2004 to 189 in 2006.


D1 Physical Health

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

Response	1999	2001	2003	2006
Excellent	21.0%	30.0%	22.0%	18.8%
Very Good	41.0%	38.6%	43.3%	36.0%
Good	26.5%	23.3%	22.4%	29.8%
Fair	8.5%	6.6%	9.6%	10.5%
Poor	3.1%	1.6%	2.7%	4.5%
Total Respondents	544	804	522	502


Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 **In general, would you say your health is:**

Response	2001		2003		2005	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Excellent	26.2%	18.9%	27.3%	21.5%	27.8%	25.4%
Very Good	34.4%	31.1%	32.1%	29.7%	31.3%	29.5%
Good	26.8%	30.6%	26.3%	28.3%	28.4%	28.8%
Fair	10.2%	15.4%	11.2%	15.7%	8.6%	13.0%
Poor	2.5%	3.9%	3.2%	4.8%	3.8%	3.3%
Total Respondents	234,000	24,567,000	240,000	25,595,000	243,000	36,147,000

Source: California Health Interview Survey, 2001, 2003, and 2005..

 **Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?**

Response	2001	
	San Luis Obispo County	California
Requires special equipments	6.4%	6.2%
Doesn't require special equipment	93.6%	93.8%
Total Respondents	181,000	24,595,000

Source: California Health Interview Survey, 2001.

 **New data not available**



Do you need special equipment or someone to help you with eating, dressing, bathing, getting out of chairs, moving around the house, or using the toilet because of a health problem or condition?

Response	2003	
	San Luis Obispo County	California
Need special equipment or help	2.0% ¹	2.4%
Doesn't need special equipment or help	98.0%	97.6%
Total Respondents	187,000	25,597,000

Source: California Health Interview Survey, 2003.

¹ Statistically unstable.



New data not available



Does your health limit your moderate activities such as golf, etc.?

Response	2001	
	San Luis Obispo County	California
Limited a lot	7.7%	8.4%
Limited a little	18.4%	17.2%
Not limited at all	73.9%	74.4%
Total Respondents	181,000	24,555,000

Source: California Health Interview Survey, 2001.



New data not available



Have you stayed overnight in the hospital in the past year?

Response	2001	
	San Luis Obispo County	California
Stayed in hospital overnight	8.6%	8.6%
Didn't stay in hospital overnight	91.4%	91.4%
Total Respondents	181,000	24,587,000

Source: California Health Interview Survey, 2001.



New data not available

D2 Hospice Services

 **In the past year, has anyone you feel very close to either been diagnosed with a life-threatening illness or died?**

Response	2003
Yes	41.2%
No	58.6%
Total Respondents	522

Source: ACTION for Healthy Communities, Telephone Survey, 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

 **Was that person diagnosed with a life-threatening illness, or did he/she die?**


Response	2003
Died	42.8%
Diagnosed	38.1%
Both	18.1%
Total Respondents	215

Source: ACTION for Healthy Communities, Telephone Survey, 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

 **Are you aware of any organizations in San Luis Obispo County that provide support for the terminally ill?**

Response	2003
Yes	64.0%
No	34.9%
Total Respondents	522

Source: ACTION for Healthy Communities, Telephone Survey, 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

**Have you personally completed an Advance Directive?**

Response	2003	2006
Yes	34.7%	40.2%
No	64.4%	58.9%
Total Respondents	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

**Has it been updated within the past 5 years?**

Response	2006
Yes	74.4%
No	24.1%
Total Respondents	202

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D3

Source of Primary Health Care

 **Do you have a regular source of primary health care?**


Response	1999	2001	2003
Yes	83.8%	79.8%	78.9%
No	16.2%	20.2%	19.5%
Total Respondents	542	777	522

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

 **Is there a place you usually go when you are sick or need advice about your health?**

Response	2006
Yes	88.9%
No	9.7%
Total Respondents	502

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."



Is there a place that you USUALLY go to when you are sick or need advice about your health?

Response	2001		2003		2005	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Has usual source of care	84.5%	88.5%	88.1%	86.5%	86.3%	86.7%
Does not have usual source of care	15.5%	14.5%	11.9%	13.5%	13.7%	13.3%
Total Respondents	181,000	24,547,000	187,000	25,595,000	191,000	26,388,000

Source: California Health Interview Survey, 2001, 2003 and 2005.

D4 Last Routine Check Up

How long has it been since your last routine check up?

Response	1999	2001	2003
Within the past year	71.6%	69.8%	69.3%
1-2 years	14.9%	15.5%	17.6%
3-5 years	7.2%	8.7%	7.5%
More than 5 years ago	5.0%	5.1%	4.2%
Never	1.3%	0.9%	0.8%
Total Respondents	543	801	522

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

How long has it been since any of your children visited a doctor for a routine check up?

Response	2001	2003
Within past 6 months	70.1%	67.3%
6 months to 1 year ago	23.4%	24.2%
More than 1 year ago	6.5%	6.5%
Total Respondents	184	153

Source: ACTION for Healthy Communities, Telephone Survey, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

In the past 12 months, how many times have you seen a medical doctor?

Response	2006
Never	13.2%
1 time	18.4%
2 times	17.1%
3 times	13.3%
4 times	9.5%
5 times	6.1%
6 times	5.1%
7-12 times	9.7%
Over 12 times	5.5%
Total Respondents	502

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."



In the past 12 months, how many times has your child seen any kind of medical doctor?

Response	2006
Never	3.1%
1 time	22.7%
2 times	21.1%
3 times	15.2%
4 times	10.5%
5 times	4.5%
6 times	7.2%
7 times	7.2%
Total Respondents	94

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."



In the past 12 months, how many times have you visited the doctor?

Response	2001		2003	
	San Luis Obispo County	California	San Luis Obispo County	California
0 visits	16.0%	18.1%	19.0%	18.3%
1 visit	23.9%	22.1%	20.4%	19.2%
2 visits	18.1%	17.5%	17.8%	16.6%
3 visits	10.5%	11.1%	10.4%	11.3%
4 visits	8.7%	8.4%	8.4%	8.5%
5 visits	5.0%	4.4%	4.2%	5.0%
6 visits	5.1%	4.8%	4.0%	5.2%
7 - 8 visits	2.1%	3.0%	4.1%	3.5%
9 - 12 visits	6.0%	5.9%	5.7%	6.7%
13 - 24 visits	2.3% ¹	3.1%	4.1%	3.6%
25+ visits	2.5%	1.7%	1.9%	2.1%
Total Respondents	180,000	24,364,000	187,000	25,597,000

Source: California Health Interview Survey, 2001 and 2003.

¹ Statistically unstable.



New data not available

**If zero visits, how long has it been since your last doctors visit?**

Response	2001		2003	
	San Luis Obispo County	California	San Luis Obispo County	California
A year ago or less	7.4%	7.4%	3.3% ¹	3.3% ¹
1 - 2 years	44.4%	44.4%	45.2%	45.2%
2 - 5 years	34.4%	34.4%	35.6%	35.6%
5 years ago or more	12.9%	12.9%	12.8% ¹	12.8% ¹
Never	²	²	3.0% ¹	3.0% ¹
Total Respondents	30,000	29,000	36,000	36,000

Source: California Health Interview Survey, 2001 and 2003.

¹ Statistically unstable.


² Estimate is less than 500 people.



New data not available

D5

Satisfaction with Medical Care

 **How satisfied are you with your medical care?**

Response	1999	2001	2003	2006 ¹
Very satisfied	59.3%	59.4%	48.3%	62.0%
Somewhat satisfied	33.3%	30.5%	37.9%	33.0%
Not at all satisfied	7.3%	10.1%	9.4%	3.0%
Total Respondents	531	751	522	446

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

¹ Asked of those who had a regular source of medical care.

 **How would you rate County Public Health Services?**

Response	2006
Excellent	5.4%
Very Good	16.8%
Good	28.2%
Fair	12.3%
Poor	4.5%
Total Respondents	502

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D6

Inability to Receive Medical Care

Healthy People 2010 Objective: No more than 7% of people will experience difficulties or delays in obtaining needed health care.



Have you or a member of your household needed health care in the past year and been unable to receive it because you could not afford it?¹

Response	1999	2001	2003	2006
Yes	9.9%	12.4%	11.1%	9.9%
No	90.1%	87.6%	88.3%	89.9%
Total Respondents	543	806	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

¹ Added in 2001 survey; answers in 1999 may not be comparable.



During the last 12 months, did you delay or not get other medical care you felt you needed, such as seeing a doctor, a specialist, or other health professional?

Response	2003	
	San Luis Obispo County	California
Delayed or didn't get care	16.2%	14.6%
Did not delay care	83.8%	85.4%
Total Respondents	187,000	25,597,000

Source: California Health Interview Survey, 2003.



New data not available



What was the reason you delayed or did not receive medical care?

Response	2001	
	San Luis Obispo County	California
Forgot	33.3%	36.2%
Couldn't afford/too expensive	18.4%	11.2%
No insurance	13.5%	8.8%
Insurance wouldn't pay	4.4% ¹	3.8%
Procrastination	3.8% ¹	0.9%
Some other reason	12.6%	21.3%
More than one reason	14.0%	17.4%
Total Respondents	31,000	3,238,000

Source: California Health Interview Survey, 2001.

¹ Statistically unstable.



New data not available

D7 Mental Health

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

Response	1999	2001	2003	2006
Excellent	25.9%	36.9%	29.5%	28.2%
Very Good	46.5%	37.0%	38.1%	35.7%
Good	21.1%	19.8%	22.6%	24.9%
Fair	5.5%	5.2%	7.7%	7.9%
Poor	0.9%	1.0%	1.9%	2.7%
Total Respondents	544	802	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 **During the past 4 weeks, did you do LESS than you would have liked because of any kind of emotional problems?**

Response	2001	
	San Luis Obispo County	California
Did less due to an emotional problem	11.6%	13.1%
Didn't do less due to emotional problem	88.4%	86.9%
Total Respondents	180,000	24,546,000

Source: California Health Interview Survey, 2001.

 **New data not available**


D8 Mental Health Access

 **Have you ever felt the need to talk to a mental health professional but have not had the money or insurance to do so?**

Response	2001	2003	2006
Yes	7.5%	8.6%	6.3%
No	92.5%	91.4%	93.4%
Total Respondents	801	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.


Note: Totals may not equal 100% due to respondents answering "Don't know."

 **During the last 12 months, did you need help for emotional or mental health problems, such as feeling sad, blue, anxious, or nervous?**

Response	2001	
	San Luis Obispo County	California
Needed help	16.1%	15.1%
Didn't need help	83.9%	84.9%
Total Respondents	181,000	24,466,000

Source: California Health Interview Survey, 2001.

 **New data not available**

 **In the last 12 months, have you seen a psychiatrist, psychologist, social worker, or counselor for emotional or mental health problems?**

Response	2001	
	San Luis Obispo County	California
Saw a health professional	10.1%	7.3%
Didn't see a health professional	89.9%	92.7%
Total Respondents	182,000	24,535,000

Source: California Health Interview Survey, 2001.

 **New data not available**



In the last 12 months, have you had any difficulties or delays getting mental health treatment? (Asked of those who needed or received help for emotional/mental/substance abuse problems in the past 12 months)

Response	2001	
	San Luis Obispo County	California
Had difficulties or delays	16.9%	8.3%
Didn't have difficulties or delays	83.1%	91.7%
Total Respondents	31,000	3,966,000

Source: California Health Interview Survey, 2001.



New data not available

D9

Mental Health Outpatient Clients

San Luis Obispo County, Mental Health Outpatient Clients, by Age

Age	1999-2000	2000-2001	2002-2003	2003-2004	2004-2005
1-17	1,153	1,306	1,306	1,014	1,146
18-59	2,345	2,841	2,841	3,200	3,022
Over 60	164	98	98	281	249
Total	3,662	4,245	4,245	4,495	4,417

Source: San Luis Obispo County, Mental Health Services, 2006.

Note: 2001-2002 data not available. For years prior to 1999, age categories not comparable.

San Luis Obispo County, Mental Health Outpatient Clients, by Gender

Gender	1997-1998	1998-1999	1999-2000	2002-2003	2003-2004	2004-2005
Female	1,548	1,519	1,945	2,253	2,423	2,349
Male	1,502	1,507	1,717	1,992	2,072	2,068
Total	3,050	3,026	3,662	4,245	4,495	4,417

Source: San Luis Obispo County, Mental Health Services, 2006.

Note: 2000-2001 and 2001-2002 data not available.

San Luis Obispo County, Mental Health Outpatient Clients, by Ethnicity

Ethnicity	1997-1998	1998-1999	1999-2000	2002-2003	2003-2004
Caucasian	2,538	2,535	2,977	3,465	3,654
African American	98	90	105	111	136
Hispanic	328	326	415	491	517
Native American	25	22	40	NA	38
Asian/Pacific Islander	30	28	43	49	40
Other/Unknown	31	35	82	129	110
Total	3,050	3,026	3,662	4,245	4,495

Source: San Luis Obispo County, Mental Health Services, 2006.

Patients Committed for Involuntary Emergency Brief Hospitalizations

	1999-2000	2000-2001	2001-2002	2002-2003	2003-2004
Number Committed	728	801	924	893	860

Source: California Health and Human Services Agency, Department of Mental Health, Statistics and Data Analysis, 1999-2004.

D10 Regular Source of Dental Care

Healthy People 2010 Objective: 56% of people ages two years and older will have annual dental visits.

 **Do you have a regular source of dental care?**

Response	1999	2001	2003	2006
Yes	75.3%	74.8%	78.5%	78.7%
No	24.7%	25.2%	21.3%	21.1%
Total Respondents	543	794	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 **Do you have dental insurance?**

Response	2001		2003	
	San Luis Obispo County	California	San Luis Obispo County	California
Has dental insurance	58.0%	67.0%	58.3%	64.8%
Doesn't have dental insurance	42.0%	33.0%	41.7%	35.2%
Total Respondents	182,000	24,606,000	187,000	25,597,000

Source: California Health Interview Survey, 2001 and 2003.

 **New data not available**

 **Do you have dental insurance? (Ages 12-17 years old)**

Response	2005	
	San Luis Obispo County	California
Has dental insurance	60.1%	73.1%
Doesn't have dental insurance	39.9%	26.9%
Total Respondents	20,000	3,309,000

Source: California Health Interview Survey 2005.

Note: In 2005, this question was only asked to those ages 12-17.

D11 Last Dental Check Up

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

Response	2001	2003	2006
Within the past year	71.7%	71.1%	72.9%
1-2 years	14.7%	16.7%	13.3%
3-5 years	8.1%	6.5%	7.0%
More than 5 years ago	4.3%	3.6%	6.2%
Never	1.1%	1.1%	0.4%
Total Respondents	788	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

How long has it been since any of your children visited a dentist for a routine check up?

Response	2001	2003	2006
Within the past year	77.1%	77.1%	81.0%
1-2 years	6.9%	7.2%	2.5%
3-5 years	1.1%	1.3%	1.8%
More than 5 years ago	1.7%	NA	1.0%
Never	13.1%	11.1%	11.8%
Total Respondents	175	153	110

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

How long has it been since you last visited a dentist, dental hygienist, or orthodontist?

Response	2001		2003	
	San Luis Obispo County	California	San Luis Obispo County	California
Never been to dentist	1.1% ¹	2.5%	1.8% ¹	2.4%
1 - 6 months	57.4%	54.1%	55.4%	46.1%
7 - 12 months	13.9%	14.9%	18.7%	21.1%
1 - 2 years	10.4%	11.3%	8.2%	12.4%
2 - 5 years	9.6%	9.2%	9.7%	10.8%
More than 5 years	7.6%	7.9%	6.2%	7.2%
Total Respondents	181,000	24,499,000	187,000	25,595,000

Source: California Health Interview Survey, 2001 and 2003.

¹ Statistically unstable.



New data not available

D12 Sealants/Dental Education for Child(ren)

 **Has your child/ Have any of your children ever had their teeth sealed by a dentist?**


Response	2001	2003
Yes	54.8%	50.3%
No	45.2%	43.8%
Total Respondents	177	153

Source: ACTION for Healthy Communities, Telephone Survey, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

 **In the past year, have you received any information, education, or training on how to take care of your child(ren)'s teeth and gums, from a dentist, health class, or school?**

Response	2001	2003
Yes	70.9%	63.4%
No	29.1%	34.0%
Total Respondents	175	153

Source: ACTION for Healthy Communities, Telephone Survey, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

D13 Health Insurance

Healthy People 2010 Objective: 100% of residents under 65 years will have health insurance.

Do you have health insurance?

Response	1999	2001	2003	2006
Yes	84.5%	87.9%	86.2%	88.3%
No	15.5%	12.1%	13.4%	11.4%
Total Respondents	542	809	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Does that include insurance through:

Response	2006
Your employer or spouse's employer	57.5%
State or Federal program (such as Medi-Cal or Medi-Care)	31.7%
Private insurance you purchased on your own	28.4%
Other	3.5%
Total Respondents	444
Total Responses	539

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Why don't you have health insurance?¹ (Asked of those who do not have health insurance)

Response	1999	2003 ²	2006
Too expensive/can't afford it	77.8%	58.6%	57.9%
Employer does not offer health insurance	14.8%	5.7%	14.4%
Covered by Medi-Cal/Medicare/VA	7.4%	5.7%	11.4%
Don't need/want insurance ³	NA	NA	8.6%
In between jobs now ³	NA	NA	6.3%
Self employed ³	NA	NA	5.5%
Other	NA	41.4%	5.5%
Total Respondents	27	70	57
Total Responses⁴	NA	NA	65

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

¹Question changed from: "If no, why not?" to "Why don't you have health insurance?" in 2006.

²Question not asked in 2001.

³Response categories added in 2006.

⁴Multiple response option added in 2006.

 **If you have health insurance, does it cover:**

Dental Care

Response	1999	2001	2003	2006
Yes	70.4%	60.9%	62.2%	63.4%
No	29.6%	39.1%	35.8%	35.0%
Total Respondents	452	701	450	444

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Mental Health

Response	1999	2001	2003	2006
Yes	83.0%	80.5%	82.0%	53.7%
No	17.0%	19.5%	17.7%	12.3%
Total Respondents	335	518	328	444

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Regular Physical Exams (Preventative Care)

Response	1999	2001	2003
Yes	91.3%	93.5%	90.7%
No	8.7%	6.5%	6.7%
Total Respondents	426	688	450

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

Substance Abuse Treatment

Response	1999	2001	2003	2006
Yes	86.4%	76.8%	78.1%	36.2%
No	13.6%	23.2%	21.3%	12.7%
Total Respondents	272	436	273	444

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Prescriptions

Response	1999	2001	2003	2006
Yes	91.1%	87.1%	89.8%	91.1%
No	8.9%	12.9%	8.4%	7.4%
Total Respondents	448	695	450	444

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Hospitalization

Response	1999	2001	2003
Yes	98.4%	98.7%	96.4%
No	1.6%	1.3%	1.6%
Total Respondents	447	694	450

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available

Dependent Spouse and Children

Response	1999	2001	2003	2006
Yes	77.6%	73.0%	69.3%	63.2%
No	22.4%	27.0%	19.6%	26.2%
Total Respondents	420	637	450	444

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

**Current health insurance - for 18-64 years**

Response	2001		2003		2005	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Employment-based	59.0%	53.4%	58.8%	50.8%	57.8%	60.4%
Uninsured	17.8%	16.6%	16.9%	16.6%	16.2%	18.8%
Privately purchased	13.0%	5.6%	12.1%	5.9%	12.7%	7.0%
Medi-Cal	8.6%	8.1%	10.7%	9.6%	10.3%	11.1%
Other public	1.6% ¹	1.3%	1.5% ¹	1.5%	2.9% ¹	2.5%
Total Respondents	146,000	24,589,000	150,000	25,597,000	154,000	22,515,000

Source: California Health Interview Survey, 2001, 2003 and 2005.

¹ Statistically unstable.


Current health insurance - for 65 years+

Response	2001		2003		2005	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Medicare & Other	77.4%	66.6%	82.4%	68.2%	75.0%	67.8%
Medicare & Medi-Cal	9.7%	20.8%	8.6% ²	20.2%	15.1%	20.0%
Medicare only	10.4%	6.9%	8.4% ²	6.4%	8.4%	6.7%
Other only	2.2% ²	4.8%	¹	4.6%	¹	4.8%
Uninsured	¹	0.8%	¹	0.6%	¹	0.7%
Total Respondents	36,000	3,547,000	37,000	3,769,000	37,000	3,873,000

Source: California Health Interview Survey, 2001, 2003 and 2005.

¹ Estimate is less than 500 people.

² Statistically unstable.

D14 Medi-Cal/Medicare

Number of Medi-Cal Recipients

County	July 1999	July 2000	July 2001	July 2002	July 2003	July 2004	July 2005	99-05 % Change
San Luis Obispo	21,528	22,048	23,995	25,696	27,182	28,179	28,154	30.8%

Source: California Department of Health Services, Fiscal Forecasting & Data Management Branch, Medi-Cal Beneficiary Profiles by County Data Files, 2006.



Are you enrolled in Medicare?

Response	2006
Yes	95.5%
No	4.5%
Total Respondents	126

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."



Have you enrolled in Part D, the new Prescription Drug Plan?

Response	2006
Yes	36.9%
No	57.5%
Total Respondents	121

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."



Why haven't you enrolled in Part D?

Response	2006
Have alternative coverage/insurance	66.3%
Don't need it (unspecified reason)	12.7%
Advised by insurance company that don't need it	9.0%
Pay for it ourselves	3.0%
Other	9.0%
Total Respondents	67

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 **Has Part D saved you money buying your drugs?**

Response	2006
Yes	69.6%
No	19.7%
Total Respondents	45

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D15 Exercise

 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	1999	2001	2003	2006
None	14.2%	4.5%	5.7%	NA
1-2	13.1%	15.2%	12.1%	27.1%
3-4	24.6%	25.3%	23.0%	35.8%
5 or more days	48.2%	55.1%	56.7%	36.0%
Total Respondents	544	792	522	350

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D16 Nutrition

 **Do you eat 5 or more servings of fruit and vegetables every day?**

Response	2006
Yes	41.6%
No	57.5%
Total Respondents	446

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 **Do you eat 5 or more servings of fruit and vegetables every day?**

Response	2001	
	San Luis Obispo County	California
Yes	50.2%	50.6%
No	49.8%	49.4%
Total Respondents	177,000	23,869,000

Source: California Health Interview Survey, 2001.

 **New data not available**

D17 Obesity



Adults Overweight or Obese (BMI>25)

Response	2001		2003		2005	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Not overweight or obese	45.2%	45.1%	45.1%	44.4%	43.4%	43.9%
Overweight or obese	54.8%	54.9%	54.9%	55.6%	56.6%	56.1%
Total Respondents	177,000	23,853,000	187,000	25,597,000	191,000	26,388,000

Source: California Health Interview Survey, 2001, 2003 and 2005.

Student Body Mass Index

	Grade 7		Grade 9		Grade 11	
	03-04	05-06	03-04	05-06	03-04	05-06
Underweight	3.0%	5.0%	2.0%	2.0%	2.0%	2.0%
Acceptable	68.0%	64.0%	72.0%	72.0%	72.0%	74.0%
At risk of overweight	17.0%	17.0%	14.0%	15.0%	14.0%	14.0%
Overweight	11.0%	15.0%	11.0%	11.0%	11.0%	10.0%

Source: California Healthy Kids Survey, 2003 and 2005.

Percentage of Preschool Children, 3-5 Years, At-risk of Overweight and Overweight

Region	2005-2006
South County	40.2%
North Coast	23.3%
SLO/Central	19.6%
North County	27.5%
Total County	28.8%

Source: San Luis Obispo County Department of Public Health, Maternal and Child Health.

D18 Care for People with Disabilities

 **Are you, or is anyone else in your household, the care giver to a disabled child, disabled adult, or older person?**

Response	2006
Yes	8.3%
No	91.7%
Total Respondents	502

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D19 Sun Exposure



When you go outside on a very sunny day for MORE than one hour, how often do you wear any kind of hat that shades your face, ears and neck from the sun?

Response	2001	
	San Luis Obispo County	California
Always	28.1%	26.3%
Sometimes	37.1%	34.8%
Never	33.5%	38.4%
Not in the sun for more than 1 hour	1.3% ¹	0.5%
Total Respondents	181,000	24,519,000

Source: California Health Interview Survey, 2001.

¹ Statistically unstable.



New data not available



And when you go outside on a very sunny day for more than an hour, how often do you wear a long sleeved shirt?

Response	2001	
	San Luis Obispo County	California
Always	13.1%	12.6%
Sometimes	39.0%	38.0%
Never	47.3%	49.2%
Not in the sun for more than 1 hour	0.7% ¹	0.2%
Total Respondents	181,000	24,506,000

Source: California Health Interview Survey, 2001.

¹ Statistically unstable.



New data not available



When you go outside on a very sunny day for MORE than one hour, how often do you stay in the shade?

Response	2001	
	San Luis Obispo County	California
Always	11.5%	22.5%
Sometimes	77.0%	70.7%
Never	11.5%	6.7%
Total Respondents	179,000	24,487,000

Source: California Health Interview Survey, 2001.



New data not available



When you go outside on a very sunny day for MORE than one hour, how often do you use sunscreen of SPF 15 or greater?

Response	2001	
	San Luis Obispo County	California
Always	30.2%	22.9%
Sometimes	40.0%	35.7%
Never	29.8%	41.4%
Total Respondents	181,000	24,534,000

Source: California Health Interview Survey, 2001.



New data not available



How many times in the past year have you had a sunburn?

Response	2001	
	San Luis Obispo County	California
0 times	58.5%	62.5%
1 time	17.7%	18.4%
2 times	10.4%	10.1%
3 times	5.4%	3.6%
4-5 times	3.6%	3.0%
6 or more times	4.4%	2.4%
Total Respondents	181,000	24,491,000

Source: California Health Interview Survey, 2001.



New data not available

D20 Immunization Levels

Childcare, All Centers

Response	2001		2003		2005	
	San Luis Obispo	California	San Luis Obispo	California	San Luis Obispo	California
Number of Students	2,839	437,693	2,868	456,675	2,892	498,860
Number of Centers	86	9,252	89	9,550	90	9,771
Percent with medical exemptions	0.3%	0.2%	0.2%	0.3%	0.2%	0.2%
Percent with personal exemptions	2.8%	1.3%	3.0%	1.4%	2.7%	1.4%
Percent needing one or more immunizations	7.7%	8.2%	7.8%	5.1%	8.2%	5.2%
Percent with all required immunizations	92.3%	91.8%	89.0%	93.4%	88.9%	93.3%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results, 2006.

Childcare, Public Centers

Response	2001		2003		2005	
	San Luis Obispo	California	San Luis Obispo	California	San Luis Obispo	California
Number of Students	451	86,073	437	95,660	544	104,656
Number of Centers	22	2,015	23	2,109	24	2,339
Percent with medical exemptions	0.0%	0.2%	0.2%	0.2%	0.0%	0.2%
Percent with personal exemptions	2.0%	1.0%	0.7%	0.8%	2.2%	0.9%
Percent needing one or more immunizations	9.1%	7.3%	9.6%	4.4%	10.9%	4.7%
Percent with all required immunizations	90.9%	92.7%	89.5%	94.6%	87.0%	94.3%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results, 2006.

Childcare, Private Centers

Response	2001		2003		2005	
	San Luis Obispo	California	San Luis Obispo	California	San Luis Obispo	California
Number of Students	2,064	277,906	2,146	284,075	1,963	306,139
Number of Centers	50	5,634	53	5,711	47	5,710
Percent with medical exemptions	0.4%	0.3%	0.2%	0.3%	0.4%	0.2%
Percent with personal exemptions	3.3%	1.7%	3.9%	1.8%	3.1%	1.9%
Percent needing one or more immunizations	7.6%	9.0%	7.0%	5.7%	6.2%	5.8%
Percent with all required immunizations	92.4%	91.0%	89.0%	92.2%	90.4%	92.1%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results, 2006.

Childcare, Head Start Centers

Response	2001		2003		2005	
	San Luis Obispo	California	San Luis Obispo	California	San Luis Obispo	California
Number of Students	324	73,714	285	76,940	385	88,065
Number of Centers	16	1,603	13	1,730	19	1,722
Percent with medical exemptions	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%
Percent with personal exemptions	0.9%	0.3%	0.4%	0.3%	1.3%	0.3%
Percent needing one or more immunizations	7.1%	5.9%	10.9%	3.4%	15.1%	3.7%
Percent with all required immunizations	92.9%	94.1%	88.8%	96.2%	83.6%	95.9%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results, 2006.

Percent of Kindergarteners Having Immunizations Up-to-date

County	2000	2001	2002	2003	2004	2005
San Luis Obispo	92.4%	90.4%	91.2%	93.2%	93.0%	91.6%
California	92.9%	90.9%	92.3%	92.5%	92.9%	92.8%

Source: California Department of Health Services, Immunization Branch, Kindergarten Assessment Results, 2006.

Percent of Kindergarteners Having Immunizations Up-to-date at age 2

	1999	2000	2001	2002	2003	2004	2005
Central Coast Region	67.9%	75.8%	68.3%	69.2%	70.4%	72.8%	77.7%
California	63.9%	68.6%	71.0%	72.2%	71.9%	71.8%	76.3%
Central Coast Rank (among 7 regions)	1	1	6	5	5	4	2

Source: California Department of Health Services, Immunization Branch, Kindergarten Retrospective Survey, 2006.

**Has your child had a flu shot in the past 12 months? For respondents 18-64 years old**

Response	2005	
	San Luis Obispo County	California
Had flu shot	19.1%	19.7%
Didn't have flu shot	80.9%	80.3%
Total Respondents	153,000	22,515,000

Source: California Health Interview Survey, 2005.

**Have you had a flu shot in the past 12 months? For respondents 65 and older**

Response	2001		2003		2005	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Had flu shot	76.9%	67.0%	75.4%	73.9%	70.3%	65.7%
Didn't have flu shot	23.1%	33.0%	24.6%	26.1%	29.7%	34.3%
Total Respondents	36,000	3,550,000	37,000	3,769,000	38,000	3,872,000

Source: California Health Interview Survey, 2001, 2003 and 2005.

D21 Smoking

Healthy People 2010 Objective: No more than 12% of adults ages 18 years and older will smoke cigarettes.

 **Do you smoke cigarettes everyday, some days, or not at all?**

Response	1999	2001	2003	2006
Every day	9.0%	12.4%	9.6%	8.6%
Some days	8.1%	3.9%	3.8%	3.1%
Not at all	82.9%	83.7%	86.4%	88.2%
Total Respondents	544	804	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Youth Smoking (self-reported)

Ever Used Cigarettes or Smokeless Tobacco in Lifetime, San Luis Obispo County

	Grade 7		Grade 9		Grade 11	
	03-04	05-06	03-04	05-06	03-04	05-06
A cigarette, even one or two puffs						
0 times	87.0%	83.0%	70.0%	70.0%	54.0%	55.0%
1 time	8.0%	8.0%	11.0%	10.0%	10.0%	11.0%
2 to 3 times	3.0%	4.0%	6.0%	5.0%	9.0%	7.0%
4 or more times	3.0%	5.0%	13.0%	15.0%	27.0%	26.0%
A whole cigarette						
0 times	95.0%	92.0%	83.0%	81.0%	66.0%	68.0%
1 time	2.0%	2.0%	3.0%	3.0%	5.0%	5.0%
2 to 3 times	1.0%	2.0%	4.0%	4.0%	6.0%	4.0%
4 or more times	2.0%	4.0%	10.0%	12.0%	23.0%	22.0%
Smokeless tobacco						
0 times	97.0%	96.0%	93.0%	91.0%	86.0%	86.0%
1 time	1.0%	2.0%	3.0%	4.0%	4.0%	4.0%
2 to 3 times	1.0%	1.0%	2.0%	2.0%	2.0%	3.0%
4 or more times	1.0%	1.0%	3.0%	4.0%	7.0%	7.0%

Source: California Healthy Kids Survey, 2003 and 2005.

Ever Used Cigarettes or Smokeless Tobacco in Lifetime, California (2003-2004)

	Grade 7	Grade 9	Grade 11
A cigarette, even one or two puffs			
0 times	83.0%	65.0%	55.0%
1 time	11.0%	15.0%	15.0%
2 to 3 times	3.0%	8.0%	10.0%
4 or more times	3.0%	12.0%	21.0%
A whole cigarette			
0 times	94.0%	82.0%	72.0%
1 time	3.0%	5.0%	6.0%
2 to 3 times	1.0%	4.0%	6.0%
4 or more times	2.0%	9.0%	17.0%
Smokeless tobacco			
0 times	98.0%	96.0%	92.0%
1 time	1.0%	2.0%	3.0%
2 to 3 times	0.0%	1.0%	2.0%
4 or more times	0.0%	1.0%	3.0%

Source: California Healthy Kids Survey, 2003.



New data not available

Any and Daily Use of Cigarettes and Smokeless Tobacco in Past 30 days, San Luis Obispo (2003-2004)

	Grade 7		Grade 9		Grade 11	
	03-04	05-06	03-04	05-06	03-04	05-06
Cigarettes						
Any	3.0%	5.0%	11.0%	11.0%	19.0%	20.0%
Daily	0.0%	0.0%	2.0%	2.0%	5.0%	6.0%
Smokeless Tobacco						
Any	1.0%	2.0%	3.0%	4.0%	6.0%	6.0%
Daily	0.0%	0.0%	1.0%	1.0%	2.0%	1.0%

Source: California Healthy Kids Survey, 2003 and 2005.

Any and Daily Use of Cigarettes and Smokeless Tobacco in Past 30 days, California (2003-2004)

	Grade 7	Grade 9	Grade 11
Cigarettes			
Any	5.0%	10.0%	15.0%
Daily	0.0%	1.0%	3.0%
Smokeless Tobacco			
Any	2.0%	2.0%	3.0%
Daily	0.0%	0.0%	0.0%

Source: California Healthy Kids Survey, 2005.



New data not available

D22 Smoking, Attempt to Quit

 In the past 12 months, have you: Quit smoking for 1 day or longer?

Response	2001	2003	2006
Yes	67.2%	65.7%	61.9%
No	32.8%	32.9%	38.1%
Total Respondents	131	70	58

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 In the past 12 months, have you: Attended any class or participated in any program to help you stop smoking?

Response	2001	2003	2006
Yes	8.4%	8.6%	11.9%
No	91.6%	91.4%	88.1%
Total Respondents	131	70	58

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D23

Smoking Inside Home (including Smokeless Tobacco, Pipe)

 In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

Response	2001	2003	2006
Yes	12.7%	9.8%	6.3%
No	87.3%	89.1%	93.5%
Total Respondents	761	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 Have there been any non-smokers present in your home while someone was smoking?

Response	2001	2003	2006
Yes	75.3%	64.7%	66.6%
No	24.7%	35.3%	33.4%
Total Respondents	97	51	32

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 Do you currently use any smokeless tobacco products, such as chewing tobacco or snuff?

Response	2001	2003	2006
Yes	2.4%	1.5%	1.5%
No	97.6%	98.1%	98.3%
Total Respondents	762	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

 Do you currently smoke cigars or a pipe?

Response	2001	2003	2006
Yes	2.6%	2.9%	3.9%
No	97.4%	96.7%	95.9%
Total Respondents	765	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D24

Concern About Drug, Tobacco, and Alcohol Abuse



How concerned are you about drug, tobacco, and alcohol abuse in your community?

Response	1999	2001	2003	2006
Very concerned	42.1%	45.9%	30.8%	33.6%
Somewhat concerned	38.6%	34.6%	42.3%	42.2%
Not at all concerned	19.3%	19.5%	25.3%	23.6%
Total Respondents	539	804	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D25 Alcohol Use

Healthy People 2010 Objective: No more than 6% of adults ages 18 years and older will engage in binge drinking.



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

Response	1999	2001	2003
None	51.4%	44.8%	47.5%
1 to 2	19.2%	21.4%	20.1%
3 to 5	12.0%	16.1%	16.7%
6 or more	17.5%	17.6%	15.5%
Total Respondents	543	799	522

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."



New data not available



On days when you drank, about how many drinks did you drink on average?

Number of Drinks	2003	
	San Luis Obispo County	California
1 drink/day	40.4%	41.3%
2 drinks/day	30.7%	30.6%
3 drinks/day	11.7%	12.5%
4 drinks/day	8.4%	5.7%
5 drinks/day	2.1% ¹	2.5%
6 drinks/day	2.0% ¹	3.2%
7 or more drinks/day	4.4% ¹	3.9%
Total Respondents	124,000	14,579,000

Source: California Health Interview Survey, 2003.

¹ Statistically unstable.



New data not available

☎ Considering all types of all alcoholic beverages, in the past 30 days about how many times did you have 4 or more drinks on an occasion?

Response	2006
None	74.4%
1 to 2	14.8%
3 to 5	5.7%
6 or more	4.7%
Total Respondents	502

Source: ACTION for Healthy Communities, Telephone Survey, 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Alcohol Consumption, National Comparisons

	2000	2001	2002	2003	2004
Persons consuming alcohol in the last month (in thousands)	104,092	109,029	119,820	118,965	120,934
Percent of national population	46.6%	48.3%	51.0%	50.1%	50.3%
Persons engaged in binge drinking ¹ (in thousands)	46,049	46,365	53,787	53,770	54,725
Percent of drinkers engaged in binge drinking ¹	20.6%	20.5%	22.9%	22.6%	22.8%
Persons engaged in heavy drinking ² (in thousands)	12,554	12,944	15,860	16,144	16,689
Percent of drinkers engaged in heavy drinking ²	5.6%	5.7%	6.7%	6.8%	6.9%

Source: United States Department of Health and Human Services, Substance Abuse and Mental Health Statistics, Office of Applied Statistics, 2000-2004.

¹ Binge drinking is defined as drinking five or more drinks on the same occasion on at least 1 day in the past 30 days.

² Heavy drinking is defined as drinking five or more drinks on the same occasion on each of five or more days in the past 30 days.

Alcohol Use by Pregnant Women, 2005¹

Total number of pregnant women	744	
Assessment Results	Number	Percent of All Pregnant Women
Used alcohol in month before known pregnant	280	37.6%
Used alcohol since known pregnant	203	27.3%
Alcohol Use Patterns	Number	Percent of Pregnant Women Using Alcohol
Every day	4	2.0%
3-6 days/week	21	10.3%
1-2 days/week	63	31.0%
<1 day/week	115	56.7%

Source: Chasnoff, I. J., McGourty, R. F., Bailey, G. W., Hutchins, E., Lightfoot, S. O., Pawson, L. L., Fahey, C., May, B., Brodie, P., McCulley, L., Campbell, J. The 4P's Plus[®] screen for substance use in pregnancy: Clinical applications and outcomes. *Journal of Perinatology*; 25:368-374, 2005.

¹ The participants in this study includes pregnant women enrolled in prenatal care clinics in San Luis Obispo, who were screened for substance use with the 4P's Plus[®]. The 4P's Plus[®] identifies those pregnant women whose drinking or drug use is at a high enough level to impair daily functioning. Women with a positive screen underwent an assessment for substance use through a follow-up structured clinical interview conducted at the same prenatal visit.

D26

Student Self-Reports of Substance Abuse

Percent of Students Who Reported Using Each Substance Ever and in the Last 30 Days, San Luis Obispo County, 2003-2004

Response	Grade 7		Grade 9		Grade 11	
	Female	Male	Female	Male	Female	Male
Drank alcohol (1 full drink)	12.0%	13.0%	30.0%	25.0%	42.0%	44.0%
Used inhalants	3.0%	4.0%	4.0%	4.0%	3.0%	6.0%
Smoked marijuana	5.0%	4.0%	11.0%	13.0%	21.0%	29.0%

Source: California Healthy Kids Survey, 2003.

Percent of Students Who Reported Using Each Substance Ever and in the Last 30 Days, San Luis Obispo County, 2005-2006

Response	Grade 7		Grade 9		Grade 11	
	Female	Male	Female	Male	Female	Male
Drank alcohol (1 full drink)	12.0%	14.0%	30.0%	24.0%	44.0%	38.0%
Used inhalants	5.0%	5.0%	6.0%	4.0%	3.0%	4.0%
Smoked marijuana	4.0%	7.0%	12.0%	12.0%	19.0%	21.0%

Source: California Healthy Kids Survey, 2005.

Percent of Students Who Reported Using Each Substance Ever and in the Last 30 Days, California, 2003-2004

Response	Grade 7		Grade 9		Grade 11	
	Female	Male	Female	Male	Female	Male
Drank alcohol (1 full drink)	11.0%	9.0%	30.0%	20.0%	40.0%	34.0%
Used inhalants	3.0%	3.0%	6.0%	3.0%	4.0%	5.0%
Smoked marijuana	3.0%	4.0%	12.0%	12.0%	19.0%	20.0%

Source: California Healthy Kids Survey, 2003.



New data not available

Percent of Students Who Reported Using Substance in the Last 30 Days, San Luis Obispo County

Substance	Grade 7		Grade 9		Grade 11	
	03-04	05-06	03-04	05-06	03-04	05-06
Alcohol (at least 1 drink)	12.0%	13.0%	28.0%	27.0%	43.0%	41.0%
Marijuana	3.0%	5.0%	12.0%	12.0%	25.0%	20.0%
Inhalants	4.0%	5.0%	4.0%	5.0%	4.0%	3.0%
Cocaine	NA	NA	2.0%	3.0%	5.0%	4.0%
Methamphetamines or any amphetamines	NA	NA	2.0%	3.0%	3.0%	2.0%
LSD or other psychedelics	NA	NA	2.0%	2.0%	4.0%	3.0%

Source: California Healthy Kids Survey, 2003 and 2005.

Percent of Students Who Reported Using Substance in the Last 30 Days, California 2003-2004

Substance	Grade 7	Grade 9	Grade 11
Alcohol (at least 1 drink)	10.0%	25.0%	37.0%
Marijuana	4.0%	12.0%	20.0%
Inhalants	3.0%	4.0%	5.0%
Cocaine	NA	3.0%	5.0%
Methamphetamines or any amphetamines	NA	3.0%	5.0%
LSD or other psychedelics	NA	2.0%	3.0%

Source: California Healthy Kids Survey, 2003.



New data not available

Percent of Students Who Reported Using Substance in the Last 30 Days, United States 2004

Substance	Grade 8	Grade 10	Grade 12
Alcohol ¹	18.6%	35.2%	48.0%
Marijuana	6.4%	15.9%	19.9%
Inhalants	4.5%	2.4%	1.5%
Cocaine	0.9%	1.7%	2.3%
Methamphetamines or any amphetamines	2.3%	4.0%	4.6%
LSD or other psychedelics	1.0%	1.6%	1.9%

Source: University of Michigan, Institute for Social Research, Monitoring the Future, 2005.

Note: The "Monitoring the Future" survey does not indicate the school year, only the calendar year.

¹This includes any alcohol use.



New data not available

D27 Death by Leading Causes

San Luis Obispo County Death Rates

Cause	1999-2001	2000-2002	2001-2003	2002-2004
All Deaths	685.7	664.3	686.8	673.2
Heart Disease	154.6	138.8	136.9	131.4
All Cancer	166.7	165.0	166.4	164.6
Lung Cancer	45.2	45.8	46.4	44.7
Breast Cancer	22.6	21.8	20.5	20.2
Stroke	52.3	49.7	52.4	49.2
Unintentional Injury	33.0	34.0	32.7	32.7
Suicide	12.8	13.6	13.4	11.4
Homicide	1.6 ¹	1.7 ¹	2.1 ¹	2.3 ¹
Motor Vehicles	10.2	11.8	12.5	13.0
Firearms Related	6.7 ¹	7.3	7.6	6.6 ¹
Drug Related	11.9	12.0	10.6	9.6
Diabetes	14.3	14.6	14.8	14.7

Source: County Health Status Profiles 1999-2004, California Department of Health Services and California Conference of Local Health Officers, 2003-2006.

Note: Rate is per 100,000 people.

¹ Death rate unreliable, relative standard error is greater than or equal to 23%.

California Death Rates

Cause	1999-2001	2000-2002	2001-2003	2002-2004
All Deaths	760.0	745.0	729.0	704.5
Heart Disease	194.3	186.0	175.9	164.7
All Cancer	176.1	172.7	169.6	164.1
Lung Cancer	45.9	44.8	43.8	41.8
Breast Cancer	24.5	24.1	23.4	22.8
Stroke	61.2	58.9	55.6	52.4
Unintentional Injury	27.2	27.6	28.6	29.3
Suicide	9.5	9.5	9.5	9.4
Homicide	6.2	6.5	6.7	6.7
Motor Vehicles	10.3	11.1	12.0	12.1
Firearms Related	9.3	9.5	9.6	9.4
Drug Related	8.4	8.6	9.4	10.0
Diabetes	20.7	21.0	21.3	21.3

Source: County Health Status Profiles 1999-2004, California Department of Health Services and California Conference of Local Health Officers, 2003-2006.

Note: Rate is per 100,000 people.

D28 Suicides

Suicide Rate

	1996-1998	1999-2001	2002-2004
San Luis Obispo County Deaths (annual average)	30.3	32.3	31.0
San Luis Obispo County suicide death rate ¹	11.3	12.8	11.4
California suicide death rate ¹	9.4	9.5	9.4

Source: California Department of Health Services, County Health Status Profiles 1999-2006.

¹Rates are per 100,000 people and are age adjusted.

D29

Reported Communicable Diseases

New Cases Diagnosed

Disease	2003	2004	2005
AIDS	13	8	21
Chlamydia	510	474	549
Cryptosporidiosis	8	53	6
E. Coli	2	2	6
Giardia	12	11	27
Gonorrhea	56	37	49
Hepatitis A	4	4	8
Hepatitis B	37	41	94
Meningitis – Total	28	31	22
Pertussis	1	0	95
Salmonellosis	22	25	23
Syphilis – Total	10	12	13
Tuberculosis	3	7	0

Source: San Luis Obispo County Public Health Department, 2003-2005.

AIDS cases and Cumulative Incidence (1981 - December 31, 2005)

AIDS Cases	Total Cases	Living Cases	Deceased Number	Deceased Percent
San Luis Obispo County	546	286	260	47.6%
California	139,449	58,235	81,214	58.2%

Source: California Department of Health Services, Office of AIDS, HIV/AIDS Case Registry Section, 2005.

D30 Infant Mortality Rate

Infant Death Rate, San Luis Obispo County and State

	1996-1999 ³	1997-2000 ³	1999-2001	2000-2002	2001-2003
San Luis Obispo County Number of Infant Deaths (three year average)	13.0	11.7	10.7	10.7	10.7
San Luis Obispo County Birth Cohort Infant Death Rate ¹	5.3 ¹	4.8 ¹	4.4 ¹	4.4 ¹	4.3 ¹
California Birth Cohort Infant Death Rate ²	5.8	5.7	5.5	5.5	5.3
San Luis Obispo County Statewide Rank	24	18	15	18	19

Source: California Department of Health Services, County Health Status Profiles 1996-2003.

¹Death rate unreliable. Relative standard error is greater than or equal to 23%.

²Rates are per 1,000 live births. ³Rates are per 1,000 live births.

³Data for 1998 is not available.

Infant Death Rate, San Luis Obispo County, by Ethnicity, 2001-2003

	White	Hispanic	Black	Asian/Pacific Islander
San Luis Obispo County Number of Infant Deaths (three year average)	5.0	5.3	0.0	0.3
San Luis Obispo County Birth Cohort Infant Death Rate ¹	3.2 ¹	6.8 ¹	0.0 ¹	3.9 ¹
California Birth Cohort Infant Death Rate ²	4.7	5.1	11.2	4.1
San Luis Obispo County Statewide Rank	12	49	3	30

Source: California Department of Health Services, County Health Status Profiles 2001-2003.

¹Death rate unreliable. Relative standard error is greater than or equal to 23%.

²Rates are per 1,000 live births.

D31 Prenatal Care

Healthy People 2010 Objective: 90% of pregnant women will receive early and adequate prenatal care.

Prenatal Care, San Luis Obispo County and State

	1999-2001	2000-2002	2001-2003	2002-2004
Percent Late or No Prenatal Care				
San Luis Obispo County	17.1%	18.2%	17.6%	17.3%
California	15.5%	14.5%	13.6%	13.0%
San Luis Obispo County Statewide Rank	22	28	28	31
Percent Adequate/Adequate Plus Prenatal Care				
San Luis Obispo County	81.9%	79.4%	79.8%	79.9%
California	76.4%	76.9%	77.7%	78.3%
San Luis Obispo County Statewide Rank	4	11	10	10

Source: California Department of Health Services, County Health Status Profiles 1999-2004.

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.



New data not available

Live Births by Trimester in which Prenatal Care Began, 2004

	First Trimester	Second Trimester	Third Trimester	No Care	Unknown
San Luis Obispo County	82.0%	13.7%	1.7%	0.8%	1.8%
California	85.6%	10.1%	2.0%	0.6%	1.7%

Source: California Department of Health Services, Birth Statistical Data, 2004.



New data not available

Trimester Prenatal Care Began, by Mother's Age, 2006

Mother's Age	First Trimester	Second Trimester	Third Trimester	Unknown	Total
<20	75.1%	18.0%	5.3%	1.6%	189
20-24	79.2%	16.3%	3.2%	1.3%	624
25-29	87.7%	9.8%	1.9%	0.6%	826
30-34	89.8%	8.1%	0.5%	1.6%	639
35-39	91.6%	7.3%	0.5%	0.5%	382
40+	90.4%	8.5%	0.0%	1.1%	94

Source: Department of Public Health, County of San Luis Obispo – Vital Records, 2006.

D32 Birth Weight

Healthy People 2010 Objective: No more than 5% of infants will be born at low birth weight.

Birth Weight for all Births

San Luis Obispo County and State, 2003

	Under 1500 grams	1500-2499 grams	2500-4499 grams	4500 grams and over
San Luis Obispo County	0.9%	4.5%	93.1%	1.5%
California	1.2%	5.4%	91.9%	1.5%

Source: California Department of Health Services, Birth Statistical Data, 2003.



New data not available

San Luis Obispo County and State, 2004

	Under 1500 grams	1500-2499 grams	2500-4499 grams	4500 grams and over
San Luis Obispo County	0.8%	5.7%	91.8%	1.7%
California	1.2%	5.5%	91.9%	1.4%

Source: California Department of Health Services, Birth Statistical Data, 2004.



New data not available

Low Birth Weight Births (as Percentage of all Births)

	2000	2001	2002	2003	2004	2006
San Luis Obispo County	5.3%	5.2%	5.9%	5.4%	6.5%	7.0%
California	6.2%	6.3%	6.4%	6.6%	6.7%	NA

Source: 2000-2004 Data: California Department of Health Services, Birth Statistical Data, 2000-2004.; Department of Public Health, County of San Luis Obispo – Vital Records, 2006.

Note: Low birth weight is less than 2,500 grams (5lbs, 8oz.).

D33 Teen Birth Rate

Teen Births: San Luis Obispo County and California

	1999-2001	2000-2002	2001-2003	2002-2004
San Luis Obispo County Number of Births (average)	226.7	218.7	216.7	220.7
San Luis Obispo County Teen Birth Rate	22.6	21.4	21.3	21.7
California Teen Birth Rate	47.7	45.0	41.1	39.2
San Luis Obispo County Statewide Rank	8	6	7	11

Source: California Department of Health Services, County Health Status Profiles, 1999-2004.

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



New data not available

Teen Births by Age and Ethnicity, San Luis Obispo County, 2004 and 2006

Ethnicity	Under 15 years of age		15-17 years of age		18-19 years of age	
	2004	2006	2004	2006	2004	2006
Caucasian	1	NA	17	28	62	48
Hispanic	2	NA	37	33	90	71
Asian	0	NA	0	NA	1	NA
Black	0	NA	0	0	1	4
American Indian	0	NA	0	NA	1	NA
Multi-racial	0	NA	1	NA	7	NA
Other	NA	NA	NA	0	NA	4
Unknown	NA	NA	NA	1	NA	0
Total Births	3	NA	55	62	162	127

Source: 2004 Data: California Department of Health Services, Birth Statistical Data, 2004. 2006 Data: Department of Public Health, County of San Luis Obispo – Vital Records, 2006.

D34

Concern With Child Abuse



How concerned are you about child abuse in your community?

Response	1999	2001	2003	2006
Very Concerned	44.8%	56.4%	47.7%	47.9%
Somewhat Concerned	29.5%	26.8%	27.4%	35.8%
Not at all Concerned	25.7%	16.8%	23.0%	14.3%
Total Respondents	536	794	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D35 Caregivers

Are you the caregiver to a disabled child, disabled adult or older person?

Response	2001	2003	2006
Yes	8.5%	5.9%	8.3%
No	91.5%	93.7%	91.7%
Total Respondents	757	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

Does anyone in your household have a permanent mental or physical impairment that substantially limits life activity?

Response	2003	2006
Yes	7.1%	11.9%
No	92.5%	87.7%
Total Respondents	522	502

Source: ACTION for Healthy Communities, Telephone Survey, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

If yes, who helps this person?

Response	2003	2006
Relative/Family Member	56.7%	68.0%
Neighbor/Friend/Church Member	10.8%	4.9%
Someone from a Government Agency	0.0%	1.7%
Someone from a Private/Non-Profit Organization	2.7%	11.0%
I don't need anyone to help me	NA	17.6%
Other	32.4%	NA
Total Respondents	37	60
Total Responses	NA	63

Source: ACTION for Healthy Communities, Telephone Survey, 2003 and 2006.

Note: Totals may not equal 100% due to respondents answering "Don't know."

D36 Healthy Families Program

 **Have you heard of the Healthy Families Program?**

Response	2001	2003 ¹
Yes	51.6%	58.2%
No	48.4%	41.2%
Total Respondents	186	153

Source: ACTION for Healthy Communities, Telephone Survey, 2001 and 2003.

Note: Totals may not equal 100% due to respondents answering "Don't know."

¹This question was asked to parents of children aged 0-14.



New data not available

New Subscriber Enrollment

	2001	2002	2003	2004	2005	01-05 % Change
San Luis Obispo County	1,583	1,625	1,527	1,708	1,658	4.7%
California	278,646	287,012	269,379	281,067	283,979	1.9%

Source: Managed Risk Medical Insurance Board, 2000-2005.

Current Enrollment¹

	2006
San Luis Obispo County	4,509
California	773,744

Source: Managed Risk Medical Insurance Board, 2006.

¹Enrollment as of September 2006.