






















Health Issues

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Summary

Indicator	Measurement	Data	Year	Trend	Direction	Page
Physical Health	Percentage of residents that said their health was “good”, “very good”, or “excellent”	92%	2007	↑		90
End of Life Wishes	Percentage of respondents with an advance directive	29.3%	2010	↓		92
Source of Primary Health Care	Percentage of respondents who do not have a regular source of health care	85.1%	2010	↑		93
Last Routine Check Up	Percentage of residents with zero visits to the doctor in the past year	21.9%	2007	↑		96
Inability to Receive Medical Care	Percentage of respondents who did not receive medical care due to cost	13.9%	2010	↑		97
Mental Health	Percentage of respondents rating their mental health as “good” or “excellent”	87.7%	2010	↓		99
Mental Health Access	Percentage of respondents who wanted to discuss problems or situations with a mental health professional but did not have the money or insurance to do so	13.3%	2010	↑		100
Mental Health Outpatient Clients	Total number of mental health outpatient clients in the county	4,437	2008-2009	↑		103
Regular Source of Dental Care	Percentage of 12-17 year olds with dental insurance in the past year	73.3%	2007	↑		104
Preventative Dental Care	Percentage of respondents who have received a routine check up from their dentist in the past year	70.9%	2010	—		106
Health Insurance	Percentage of respondents with health insurance	83.7%	2010	↓		108
Healthy Families Program	New subscriber enrollment	1,776	2009	↑		113
Exercise	Percentage of respondents with regular moderate physical activity (at least 3 times per week)	77.0%	2010	↓		114
Nutrition	Percentage of county teens who self-reported getting the daily recommendation of fruits and vegetables	33.7%	2007	—		120
Obesity	Percentage of county adults with BMI greater than 25 (overweight or obese)	49.1%	2007	↓		125
Care for People with Disabilities	Percentage of respondents with household members unable to perform activities of daily life	10.6%	2010	↓		127
Immunization Levels	Percentage of county children entering kindergarten with up-to-date immunization schedule	88.8%	2009	↓		130
Smoking	Percentage of 11 th graders in the county who have had a cigarette in the past month	16%	2009-2010	↓		134
Smoking, Attempt to Quit	Percentage of respondents attempting to quit smoking for one or more days	69.7%	2010	↑		137

Indicator	Measurement	Data	Year	Trend	Direction	Page
Smoking Inside Home (including Smokeless Tobacco, Pipe)	In the past 30 days, percentage of respondents who smoked inside the home	5%	2010	↓		138
Concern About Drug, Tobacco, and Alcohol Abuse	Percentage of respondents “somewhat” or “very concerned” with drug, tobacco, and alcohol abuse in the community	77.5%	2010	—		139
Alcohol Use	Percentage of county respondents reporting binge drinking in the past year	34%	2007	—		143
Student Self-Reports of Substance Abuse	Percentage of county 11 th graders who had at least one drink of alcohol in the past 30 days	37%	2009-2010	↓		145
Death by Leading Causes	County cancer death rate per 100,000 residents	151.3	2006-2008	↓		147
Suicides	County suicide death rate per 100,000 residents	12.6	2006-2008	—		149
Reported Communicable Diseases	Number of new cases of Chlamydia in the county	641	2006-2008	↑		150
Infant Mortality Rate	County statewide rank in infant mortality deaths per 1,000 live births	16	2006-2008	↑		151
Prenatal Care	Percentage of county mothers receiving adequate prenatal care	83%	2006-2008	↑		152
Birth Weight	Percentage of all county births with low birth weights	6.4%	2008	↑		154
Teen Birth Rate	Rate of births per 1,000 women ages 15-19 in the county	21.0	2006-2008	—		155

Legend

Item	Description
	Indicates data moving in an upward direction over time.
	Indicates data moving in a downward direction over time.
	Indicates data remaining constant over time or no trend data available.
	Indicates data with a combination of both challenges and successes.
	Indicates data moving in a negative direction.
	Indicates data moving in a positive direction.



Physical Health

In 2007, 92% of California Health Interview survey respondents said that their health was “excellent”, “very good”, or “good” compared to 86% in 2003. They also feel healthier than California residents overall. Among ACTION for Healthy Communities face-to-face survey respondents, respondents who indicated that they were homeless reported the poorest health.



In general, would you say your health is...?

Response	2001		2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Excellent	26.2%	24.0%	27.3%	25.9%	27.8%	25.4%	30.1%	25.0%
Very Good	34.4%	30.5%	32.1%	29.6%	31.3%	29.5%	37.4%	30.4%
Good	26.8%	29.1%	26.3%	27.3%	28.4%	28.8%	24.0%	28.8%
Fair	10.2%	13.3%	11.2%	13.6%	8.6%	13.0%	6.7%	12.5%
Poor	2.5%	3.1%	3.2%	3.7%	3.8%	3.3%	1.8%	3.3%
Total Respondents	234,000	33,883,000	239,000	35,086,000	244,000	36,147,000	246,000	36,786,000

Source: California Health Interview Survey, 2001, 2003, 2005, and 2007.



In general, would you say your physical health is...? (2010)

Response	Dependent Adults	Homeless	Spanish Speaking Parents
Excellent	6.6%	6.9%	8.3%
Very good	17.6%	21.6%	7.1%
Good	30.9%	22.4%	61.9%
Fair	27.2%	30.2%	17.9%
Poor	17.6%	19.0%	4.8%
Total respondents	136	116	84

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.

☹☹☹ Please indicate if each of the following items is a “Major Problem,” a “Minor Problem,” or “Not a Problem” for you personally: (2010)

Dependent Adults	Major Problem	Minor Problem	Not a Problem	Total respondents
Loneliness / isolation	19.4%	29.1%	51.5%	134
Taking care of yourself physically	15.6%	33.3%	51.1%	135
Getting prescription drugs	13.1%	17.5%	69.3%	137
Dental care	43.1%	14.6%	42.3%	137
Eating nutritious food	21.2%	22.6%	56.2%	137

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.

☹☹☹ Please indicate if each of the following items is a “Major Problem,” a “Minor Problem,” or “Not a Problem” for you personally: (2010)

Homeless	Major Problem	Minor Problem	Not a Problem	Total respondents
Loneliness / isolation	31.9%	30.2%	37.9%	116
Taking care of yourself physically	17.9%	35.0%	47.0%	117
Getting prescription drugs	23.3%	25.9%	50.9%	116
Dental care	53.8%	22.2%	23.9%	117
Eating nutritious food	25.0%	44.8%	30.2%	116

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.

☹☹☹ Please indicate if each of the following items is a “Major Problem,” a “Minor Problem,” or “Not a Problem” for you personally: (2010)

Spanish Speaking Parents	Major Problem	Minor Problem	Not a Problem	Total respondents
Loneliness / isolation	6.3%	43.0%	50.6%	79
Taking care of yourself physically	3.6%	54.2%	42.2%	83
Getting prescription drugs	15.5%	48.8%	35.7%	84
Dental care	39.3%	41.7%	19.0%	84
Eating nutritious food	8.3%	51.2%	40.5%	84

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.

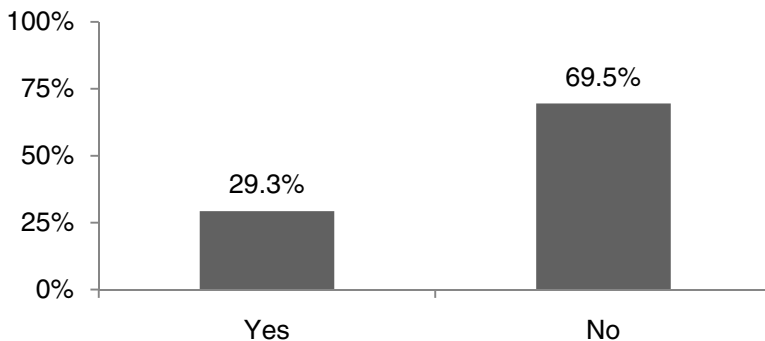


End of Life Wishes (Living Will or Advance Directive)

An advance directive pertains to treatment preferences and the designation of a surrogate decision-maker in the event a person should become unable to make medical decisions on their own behalf. Advance directives generally fall into three categories: living will, power of attorney and health care proxy. There has been a decline since 2003 in the percentage of survey respondents with an advance health care directive.



☎ Have you completed an Advance Health Care Directive or other legal health care document, such as a Durable Power of Attorney for Health Care, Living Will, or Health Care Proxy within the past 5 years? (2010)



N=1,097

Source: ACTION for Healthy Communities, Telephone Survey, 2003 and 2010.

A *living will* is a written document that specifies what types of medical treatment are desired. A living will can be very specific or very general. The most common statement in a living will is to the effect that: If I suffer an incurable, irreversible illness, disease, or condition and my attending physician determines that my condition is terminal, I direct that life-sustaining measures that would serve only to prolong my dying be withheld or discontinued. More specific living wills may include information regarding an individual's desire for such services such as analgesia (pain relief), antibiotics, hydration, feeding, and the use of ventilators or cardiopulmonary resuscitation.

A *health care proxy* is a legal document in which an individual designates another person to make health care decisions if he or she is rendered incapable of making their wishes known. The health care proxy has, in essence, the same rights to request or refuse treatment that the individual would have if capable of making and communicating decisions.

A *durable power of attorney* is the third type of advance directive. Individuals may draft legal documents providing power of attorney to others in the case of incapacitating medical condition. The durable power of attorney allows an individual to make bank transactions, sign Social Security checks, apply for disability, or simply write checks to pay the utility bill while an individual is medically incapacitated.

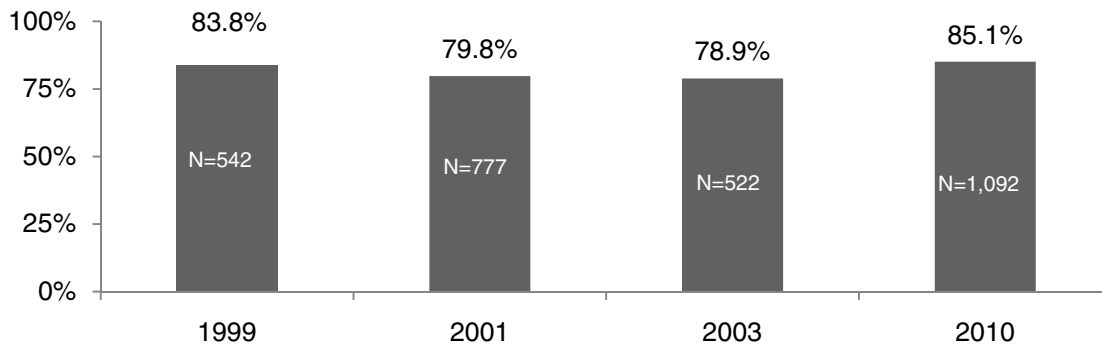


Source of Primary Health Care

Individuals with a regular source of primary health care tend to have better overall health. They receive more preventative care, have increased access to care, receive continuous care, have lower rates of hospitalization, and lower health care costs.¹ In 2010, 85% of telephone survey respondents had a regular source of health care.



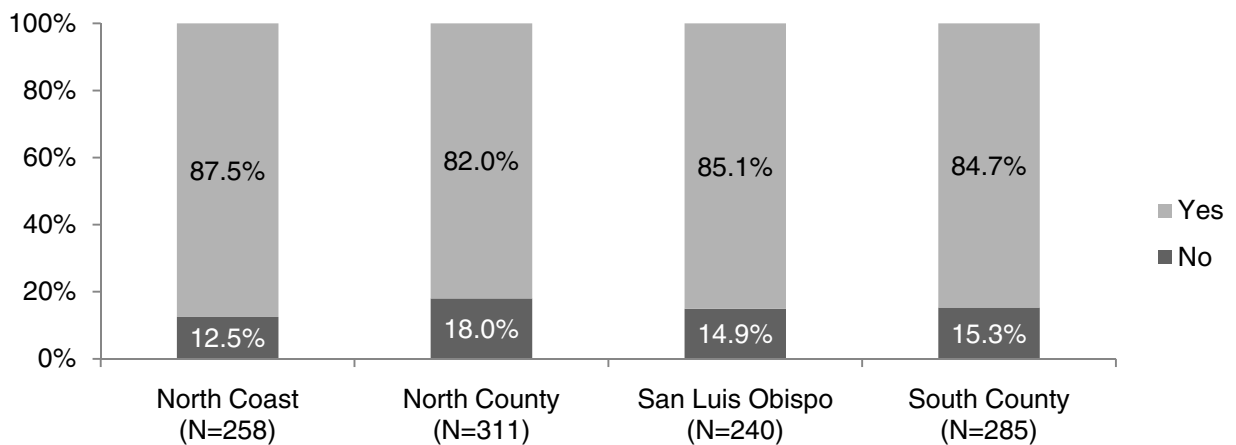
Do you have a regular source of health care? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey 1999, 2001, 2003, and 2010.

Note: This telephone survey question was not asked in 2006.

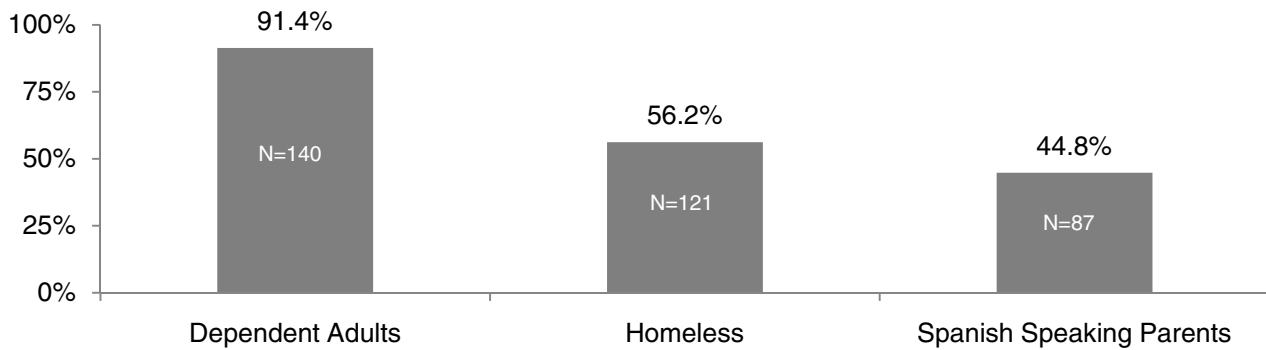
Do you have a regular source of health care? *By Region* (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

¹ U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau. *Women's Health USA 2008*. Rockville, Maryland: U.S. Department of Health and Human Services, 2008.

👤 Do you have a regular source of health care? (Respondents answering “Yes”) (2010)



Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.

Note: This face-to-face survey question was not asked in 2006.

📞 When you need healthcare, do you usually go to a...?

Response	1999	2006	2010
Private doctor	73.1%	80.4%	77.5%
Clinic	33.9%	14.0%	15.8%
A different place each time	NA	3.7%	3.2%
Emergency room at a hospital	7.3%	1.9%	1.5%
Alternative care practice	NA	NA ¹	0.7%
Veterans Clinic / Hospital	NA	NA ¹	0.7%
Other	NA	NA ¹	0.5%
Total respondents	454	443	924

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2006 and 2010.

¹This was not a response option in 2006.

📞 What is the ONE main reason you don't have a regular¹ source of health care?

Response	2006	2010
Cost of medical care	23.5%	27.2%
Don't want or need	40.0%	22.2%
No insurance	8.7%	21.5%
Local provider didn't accept insurance or insurance problem	2.3%	3.2%
Other reason	25.4%	25.9%
Total respondents	48	162

Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

¹Question in 2006 was: "What is the one main reason you don't have a USUAL source of health care?"

What is the ONE main reason you don't have a regular source of health care? (2010)

Response	Dependent Adults	Homeless	Spanish Speaking Parents
Local provider didn't accept insurance or insurance problem	25.0%	10.6%	7.3%
No insurance or lost insurance	50.0%	55.3%	56.1%
Cost of medical care	25.0%	29.8%	34.1%
Don't want or need	8.3%	2.1%	7.3%
Other reason	0.0%	12.8%	0.0%
Total respondents	12	47	41
Total responses	13	52	43

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.

Note: This face-to-face survey question was not asked in 2006.



Last Routine Checkup

The 2007 California Health Interview Survey data showed that San Luis Obispo County residents were making fewer visits to the doctor, with more than one-fifth (22%) of residents making zero visits to the doctor in the past year. This was higher than the state of California with 17% of respondents reporting no visits.



How long has it been since you visited a doctor for a routine checkup? (2010)

Response	Dependent Adults	Homeless	Spanish Speaking Parents
Within the past year	84.7%	58.8%	41.0%
1-2 years	8.8%	17.6%	44.6%
3-5 years	4.4%	8.4%	7.2%
More than 5 years ago	1.5%	12.6%	3.6%
Never	0.7%	2.5%	3.6%
Total respondents	137	119	83

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.



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

Response	2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
0 visits	17.9%	16.7%	14.0%	16.5%	21.9%	16.9%
1 visit	21.4%	20.4%	21.5%	20.9%	21.0%	21.1%
2 visits	19.2%	18.1%	17.5%	18.6%	16.5%	18.6%
3 visits	12.1%	12.3%	12.0%	11.8%	12.8%	11.9%
4 visits	8.9%	8.5%	9.1%	8.6%	8.8%	9.0%
5 visits	3.5%	5.2%	4.7%	5.1%	4.4%	5.0%
6 visits	3.6%	4.9%	4.3%	5.0%	2.9%	4.3%
7 - 8 visits	3.6%	3.3%	3.6%	3.2%	3.4%	3.2%
9 - 12 visits	4.8%	5.8%	6.6%	6.0%	4.6%	5.7%
13 - 24 visits	3.3%	3.0%	4.0%	2.7%	2.4%	2.8%
25+ visits	1.6%	1.7%	2.8% ¹	1.6%	1.2% ¹	1.4%
Total Respondents	239,000	35,086,000	244,000	36,147,000	246,000	36,786,000

Source: California Health Interview Survey, 2003, 2005, and 2007.

¹Data is statistically unstable and has not met the criteria for a minimum number of respondents needed and/or has exceeded an acceptable value for coefficient of variance.

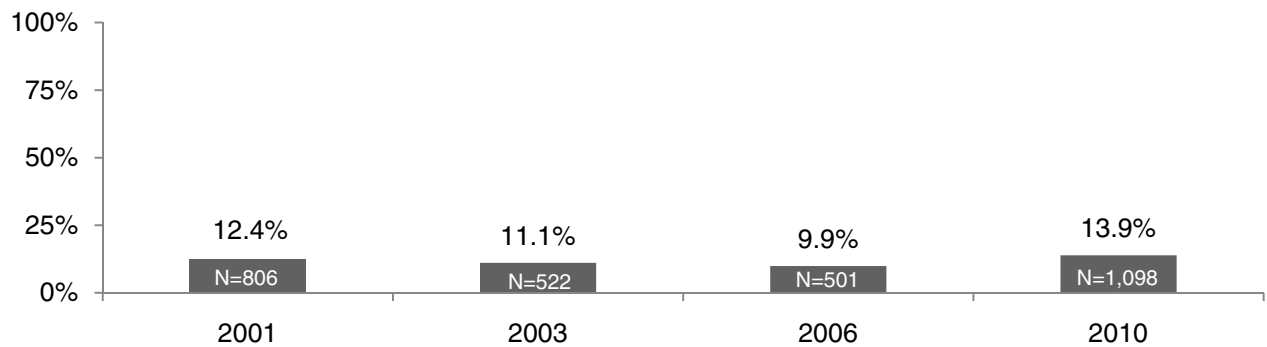


Inability to Receive Medical Care

According to telephone survey respondents, there has been an increase in the percentage of household members who have been unable to receive care due to financial barriers, from 10% in 2006 to 14% in 2010.

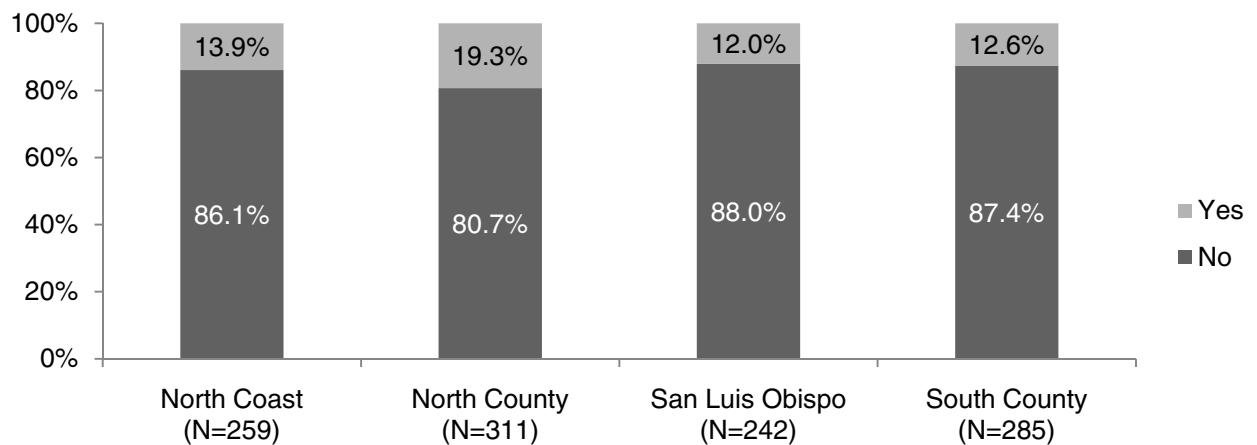


☎ Have you or a member of your household needed health care in the past year and been unable to receive it because you could not afford it? (Respondents answering “Yes”)



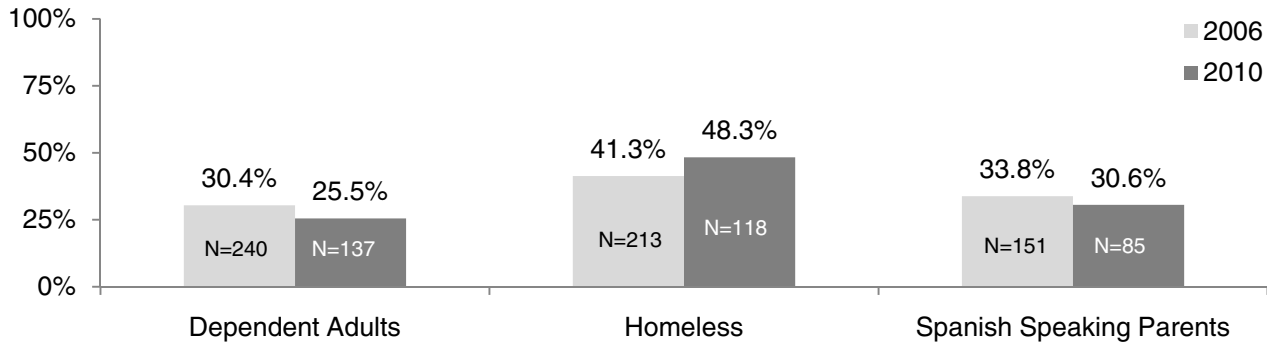
Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006 and 2010.

☎ 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? By Region (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

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? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

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		2007	
	San Luis Obispo County	California	San Luis Obispo County	California
Delayed or didn't get care	15.2%	12.5%	13.7%	13.4%
Did not delay care	84.8%	87.5%	86.3%	86.6%
Total Respondents	239,000	35,086,000	246,000	36,786,000

Source: California Health Interview Survey, 2003 and 2007.

Mental Health

The mental health status of the telephone survey respondents appears to be decreasing with 94% of respondents rating their mental health as good or better in 1999, decreasing to 89% in 2006 and 88% in 2010.



☎ Would you say, in general, your mental health, which includes stress, depression and problems with emotions, is...?

Response	1999	2001	2003	2006	2010
Excellent	25.9%	36.9%	29.5%	28.3%	34.7%
Very good	46.5%	37.0%	38.1%	35.9%	31.5%
Good	21.1%	19.8%	22.6%	25.1%	21.5%
Fair	5.5%	5.2%	7.7%	7.9%	7.2%
Poor	0.9%	1.0%	1.9%	2.8%	5.1%
Total respondents	544	802	522	499	1,089

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006 and 2010.

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



Respondent Likely Has Had Psychological Stress During the Past Month

Response	2007	
	San Luis Obispo County	California
Yes	2.8%	3.7%
No	97.2%	96.3%
Total Respondents	213,000	30,280,000

Source: California Health Interview Survey, 2007.



Mental Health Care Access

There has been an increase in the percentage of telephone survey respondents who have not had the money to talk to someone about their mental health from 7.5% in 2001 to 13.3% in 2010.

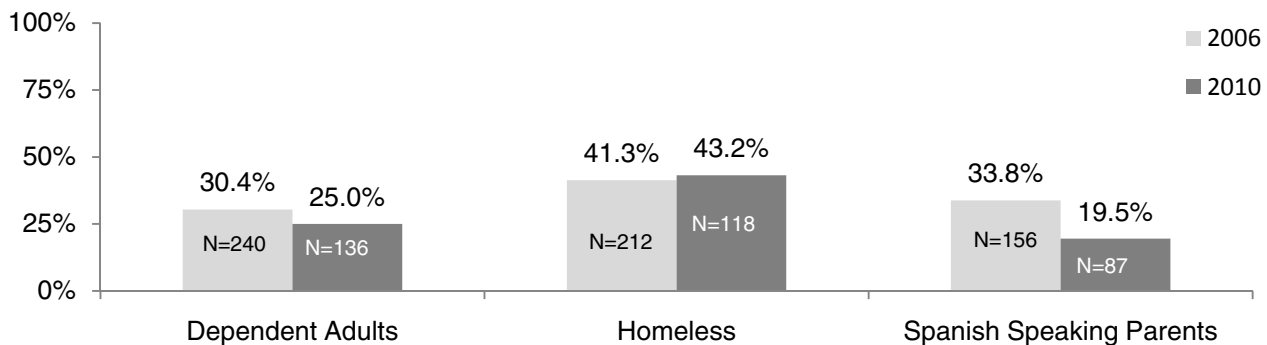


☎ Have you ever felt the need to discuss problems or situations with a mental health professional but have not had the money or insurance to do so? (Respondents answering “Yes”)



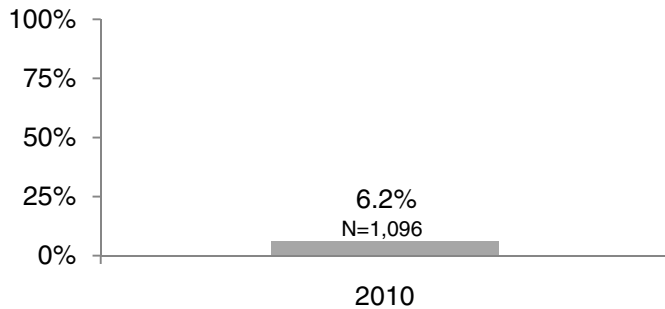
Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006 and 2010.
 Note: Totals may not equal 100% due to respondents answering “Don’t know.”

👥 Have you ever felt the need to discuss problems or situations with a mental health professional but have not had the money or insurance to do so? (Respondents answering “Yes”)



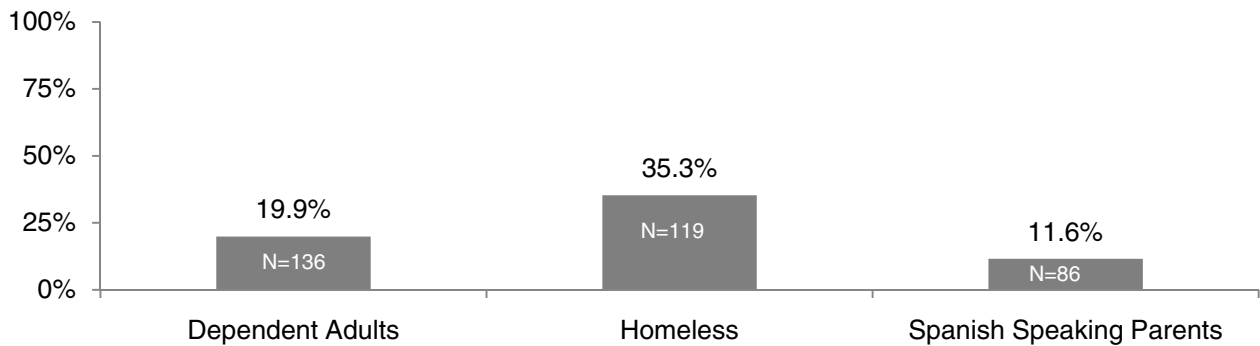
Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

☎ Have you ever felt the need to talk to a mental health professional, but were concerned others might treat you differently if they found out? (Respondents answering “Yes”) (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.
 Note: This telephone survey question was not asked in 2006.

👤 Have you ever felt the need to talk to a mental health professional, but were concerned others might treat you differently if they found out? (Respondents answering “Yes”) (2010)



Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.
 Note: This face-to-face survey question was not asked in 2006.

🏥 Sought Help for Self-Reported Mental/Emotional and/or Alcohol and Drug issues in the Past 12 Months

Response	2007	
	San Luis Obispo County	California
Needed help but did not receive treatment	25.8%	43.0%
Needed help and received treatment	74.2%	57.0%
Total Respondents	29,000	4,406,000

Source: California Health Interview Survey, 2007.



**Saw Health Professional for Emotional/Mental and/or Alcohol and Drug issues
in the Past Year**

Response	2007	
	San Luis Obispo County	California
Yes	13.8%	12.4%
No	86.2%	87.6%
Total Respondents	192,000	26,769,000

Source: California Health Interview Survey, 2007.



Mental Health Outpatient Clients

The increase in mental health outpatient clients over the past 10 years in San Luis Obispo County could be an indicator of increased utilization of services without a large change in the number of people requiring services, or it could represent an increased prevalence of mental health problems. Thus, it is difficult to interpret, but important to note, that there has been a 126% increase in Hispanic patients, the highest percent change out of all race/ethnicity mental health visits from 1999 to 2009.



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

Gender	1998-99	2002-03	2004-05	2005-06	2006-07	2007-08	2008-09
Female	1,519	2,253	2,266	2,141	2,178	2,232	2,284
Male	1,507	1,992	1,968	1,909	1,960	2,065	2,153
Total	3,026	4,245	4,234	4,050	4,138	4,297	4,437

Source: San Luis Obispo County, Mental Health Services, 2006 and 2010.

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

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

Ethnicity	1998-99	2002-03	2004-05	2005-06	2006-07	2007-08	2008-09
Caucasian	2,535	3,465	3,441	3,229	3,246	3,280	3,423
African American	90	111	124	124	128	131	122
Hispanic	326	491	512	543	566	703	736
Native American	22	NA	39	37	40	43	28
Asian / Pacific Islander	28	49	31	34	43	46	52
Other / Unknown	35	129	87	83	115	94	76
Total	3,026	4,245	4,234	4,050	4,138	4,297	4,437

Source: San Luis Obispo County, Mental Health Services, 2006 and 2010.

Note: Hispanic includes Latin American and Mexican American/Chicano categories. Asian / Pacific Islander includes: Amerasian, Asian Indian, Cambodian, Chinese, Filipino, Guamanian, Hawaiian Native, Japanese, Korean, Laotian, Samoan, and Vietnamese categories. Other / Unknown categories include Other Asian, Other Non White, Other Spanish, Other Southeast Asian, Multiple, and Unknown

Patients Committed for Involuntary Emergency Brief Hospitalizations

	1999-00	2001-02	2003-04	2004-05	2005-06	2006-07	2007-08 ¹
Number Committed	728	924	860	907	989	939	918

Source: California Health and Human Services Agency, Department of Mental Health, Statistics and Data Analysis, 1999-2008.

¹Data available has not yet been finalized.

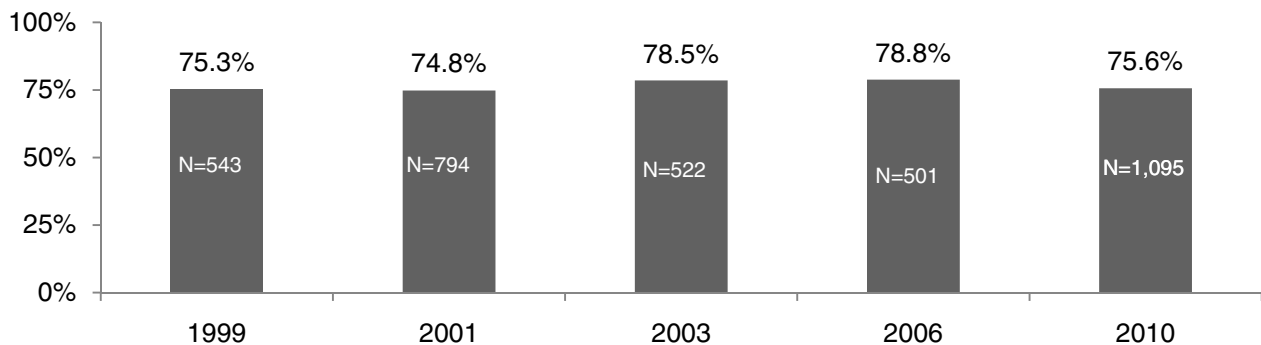


Regular Source of Dental Care

Over one-third (37%) of San Luis Obispo County telephone survey respondents went without dental insurance in the past year. Regular dental care may be impeded by a lack of dental insurance. Fortunately, there has been a 13% increase from 2005 to 2007 in the number of youth ages 12 to 17 years old with dental coverage.

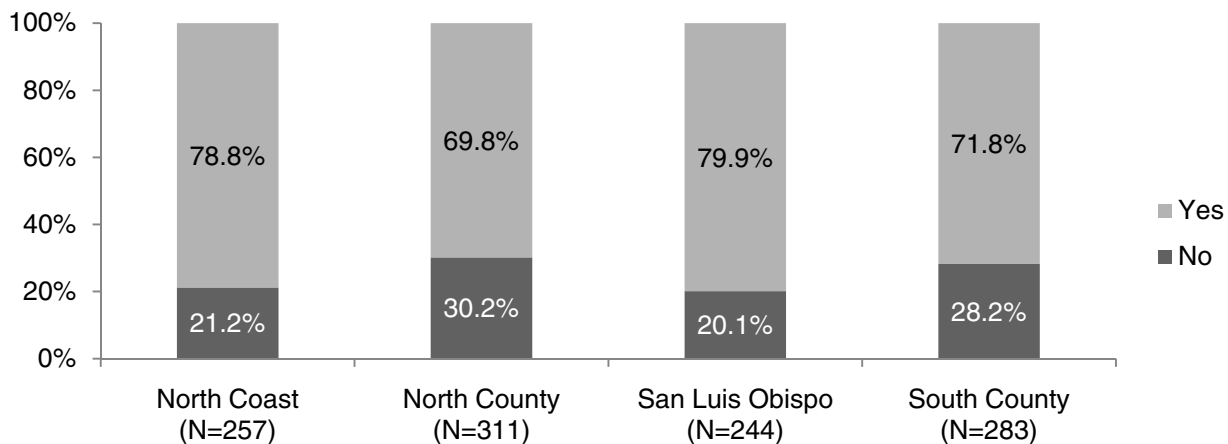


Do you have a regular source of dental care? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006 and 2010.

Do you have a regular source of dental care? *By Region* (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.



Dental Insurance in the Past Year

Response	2007	
	San Luis Obispo County	California
Has dental insurance (part of the year or the whole year)	62.8%	66.3%
Doesn't have dental insurance	37.2%	33.7%
Total Respondents	192,000	26,874,000

Source: California Health Interview Survey, 2007.



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

Response	2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California
Has dental insurance	60.1%	73.1%	73.3%	75.8%
Doesn't have dental insurance	39.9%	26.9%	26.7% ¹	24.2%
Total Respondents	20,000	3,309,000	21,000	3,465,000

Source: California Health Interview Survey, 2005 and 2007.

¹ Data is statistically unstable and has not met the criteria for a minimum number of respondents needed and/or has exceeded an acceptable value for coefficient of variance.

Preventative Dental Care

Untreated oral health problems can lead to serious health consequences down the road.² A majority (71%) of telephone survey respondents have had a routine checkup in the past year, and many children are practicing recommended healthy habits like brushing twice a day and flossing daily.



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

Response	2001	2003	2006	2010
Within the past year	71.7%	71.1%	73.0%	70.9%
1-2 years	14.7%	16.7%	13.3%	14.5%
3-5 years	8.1%	6.5%	7.0%	7.2%
More than 5 years ago	4.3%	3.6%	6.2%	7.3%
Never	1.1%	1.1%	0.4%	0.2%
Total respondents	788	522	501	1,098

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006 and 2010.

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

How long has it been since your child(ren) last visited a dentist for a routine checkup?

Response	2001	2003	2006	2010
Within the past year	77.1%	77.1%	82.5%	77.4%
1-2 years	6.9%	7.2%	2.5%	7.6%
3-5 years	1.1%	1.3%	1.9%	1.8%
More than 5 years ago	1.7%	NA	1.0%	0.5%
Never	13.1%	3.3%	12.1%	12.7%
Total respondents	175	153	108	287

Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006 and 2010.

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

² American Dental Association. (2010). *Access to Dental Care / Oral Health Care*. Chicago, IL. Retrieved from <http://www.ada.org/index.aspx>

 Which of these dental activities does your child do at home?

Response	2010
Brush once a day	23.0%
Brush twice a day	68.3%
Brush three times a day	8.1%
Floss at least once a day	37.8%
Dental rinse	28.8%
Total respondents	283
Total responses	469

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Note: This telephone survey question was not asked in 2006.

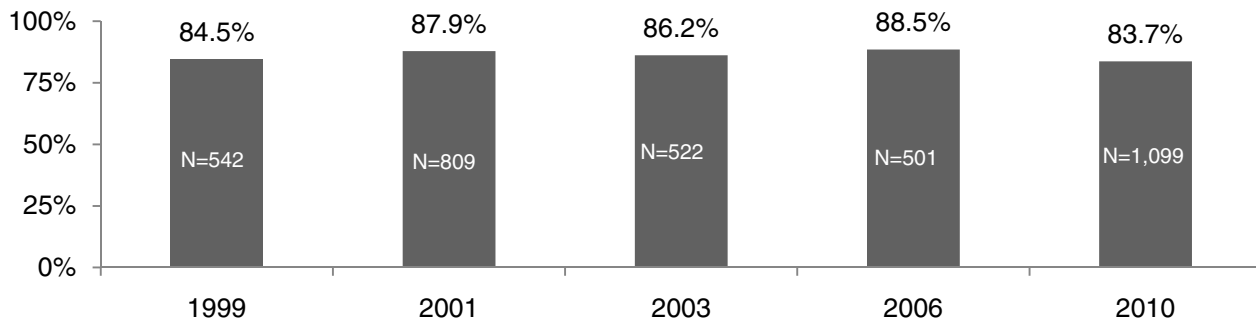


Health Insurance

Lack of health insurance is a significant barrier to quality health care due to rising health care costs. Expenditures in the United States on health care surpassed \$2.3 trillion in 2008, more than three times the \$714 billion spent in 1990, and over eight times the \$253 billion spent in 1980.³ The percentage of currently uninsured telephone survey respondents increased from 2006 to 2010. The majority of those who were uninsured stated that it was due to the high costs of health insurance.

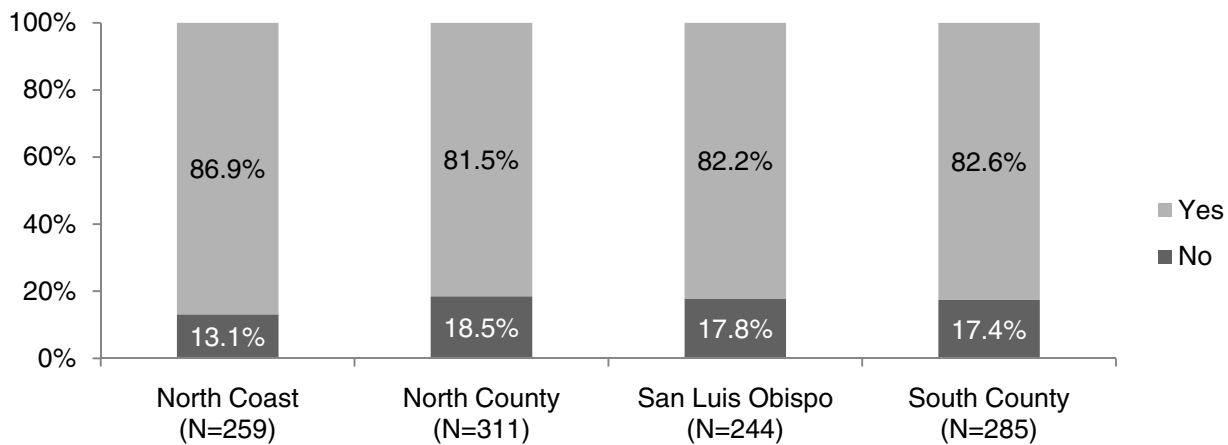


Do you have health insurance? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006 and 2010.

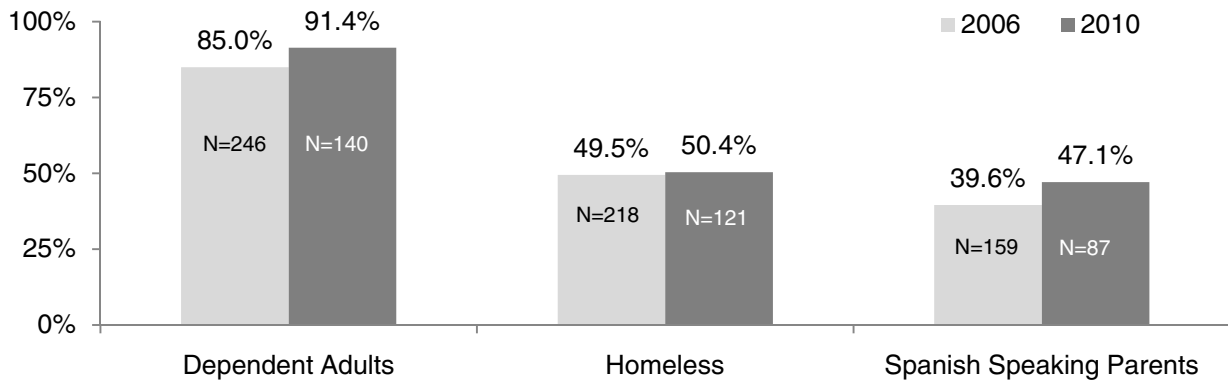
Do you have health insurance? By Region (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

³ The Henry J. Kaiser Family Foundation. (2010). *U.S. Health Care Costs*. KaiserEdu.org. Retrieved from <http://www.kaiseredu.org/index.asp>

Do you have health insurance? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

Does that include insurance through:

Response	2003	2006	2010
Your employer or spouse’s employer	60.7%	57.8%	66.0%
State or federal program (such as Medi-Cal or Medicare)	18.4%	31.9%	26.2%
Private insurance you purchased on your own	29.6%	28.6%	27.0%
Other	2.0%	3.5%	0.5%
Total respondents	72	442	912
Total responses	522	538	1,092

Source: ACTION for Healthy Communities, Telephone Survey, 2003, 2006 and 2010.

Why don’t you have health insurance? (Top 3 Responses)

Response	1999	2003	2006	2010
Too expensive / can’t afford it	65.6%	58.6%	60.0%	72.7%
Employer does not offer health insurance	12.5%	5.7%	15.0%	29.5%
Covered by Medi-Cal / Medicare / VA	6.3%	5.7%	11.9%	17.0%
Total respondents	32	70	55	179
Total responses	NA	522	63	213

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2003, 2006 and 2010.

Why don't you have health insurance?

Response	Dependent Adults		Homeless		Spanish Speaking Parents	
	2006	2010	2006	2010	2006	2010
Too expensive / can't afford it	81.1%	81.8%	77.5%	73.2%	62.1%	77.5%
Employer does not offer health insurance	29.7%	9.1%	7.8%	7.1%	40.0%	30.0%
Other	5.4%	9.1%	22.5%	26.8%	5.3%	7.5%
Total respondents	37	11	102	56	95	40
Total responses	43	11	110	60	102	46

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

Does your health insurance cover...?

	1999	2001	2003	2006	2010
Vision care	NA	NA	NA	67.3% (N = 426)	68.5% (N = 872)
Dental care	70.0% (N = 454)	60.9% (N = 701)	62.2% (N = 450)	64.4% (N = 437)	64.0% (N = 908)
Mental health benefits	61.4% (N = 453)	80.5% (N = 518)	59.8% (N = 450)	81.4% (N = 293)	80.1% (N = 705)
Substance abuse treatment	51.8% (N = 454)	76.8% (N = 436)	47.3% (N = 450)	74.0% (N = 217)	71.5% (N = 571)
Prescriptions	90.1% (N = 453)	87.1% (N = 695)	89.8% (N = 450)	92.4% (N = 437)	96.2% (N = 909)
Dependent spouse and children	73.8% (N = 442)	73.0% (N = 637)	69.3% (N = 450)	70.7% (N = 396)	70.8% (N = 864)

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006 and 2010.

Currently Insured for 18-64 years old

Response	2001		2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Yes	82.2%	80.8%	83.1%	80.6%	83.8%	81.2%	83.6%	81.5%
No	17.8%	19.2%	16.9%	19.4%	16.2%	18.8%	16.4%	18.5%
Total Respondents	146,000	21,041,000	150,000	21,827,000	154,000	22,515,000	153,000	22,973,000

Source: California Health Interview Survey, 2001, 2003, 2005 and 2007.

**Type of Current Health Coverage Source for 18-64 years old**

Response	2001		2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Employment-based	59.0%	61.9%	58.8%	59.1%	57.8%	60.4%	62.4%	61.1%
Uninsured	17.8%	19.2%	16.9%	19.4%	16.2%	18.8%	16.4%	18.5%
Privately Purchased	13.0%	6.4%	12.1%	6.8%	12.7%	7.0%	14.6%	6.7%
Medi-Cal	6.9%	9.3%	9.9%	11.0%	8.0%	9.8%	4.4%	9.3%
Other Public	1.6% ¹	1.4%	0.5% ¹	1.7%	1.8% ¹	1.8%	1.1% ¹	2.1%
Total Respondents	146,000	21,041,000	150,000	21,827,000	154,000	22,515,000	153,000	22,973,000

Source: California Health Interview Survey, 2001, 2003, 2005 and 2007.

¹Data is statistically unstable and has not met the criteria for a minimum number of respondents needed and/or has exceeded an acceptable value for coefficient of variance.

**Currently Insured for 65 years old +**

Response	2001		2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Yes	99.7%	99.2%	99.4%	99.4%	99.5%	99.3%	100.0%	99.2%
No	-	0.8%	-	0.6%	-	0.7%	-	0.8%
Total Respondents	36,000	3,565,000	37,000	3,770,000	38,000	3,873,000	39,000	3,901,000

Source: California Health Interview Survey, 2001, 2003, 2005 and 2007.

Note: Hyphen (-) means estimate is less than 500 people.

**Type of Current Health Coverage Source for 65 years old +**

Response	2001		2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Medicare & Other	77.4%	66.7%	82.4%	68.2%	75.0%	67.8%	84.9%	68.9%
Medicare & Medi-Cal	9.7%	20.8%	8.6% ¹	20.3%	15.1%	20.0%	6.8% ¹	18.6%
Medicare only	10.4%	6.9%	8.4% ¹	6.4%	8.4%	6.7%	7.8%	6.4%
Other only	2.2% ¹	4.8%	-	4.6%	-	4.8%	-	5.3%
Uninsured	-	0.8%	-	0.6%	-	0.7%	-	0.8%
Total Respondents	36,000	3,565,000	37,000	3,770,000	38,000	3,873,000	39,000	3,901,000

Source: California Health Interview Survey, 2001, 2003, 2005 and 2007.

Note: Hyphen (-) means estimate is less than 500 people.

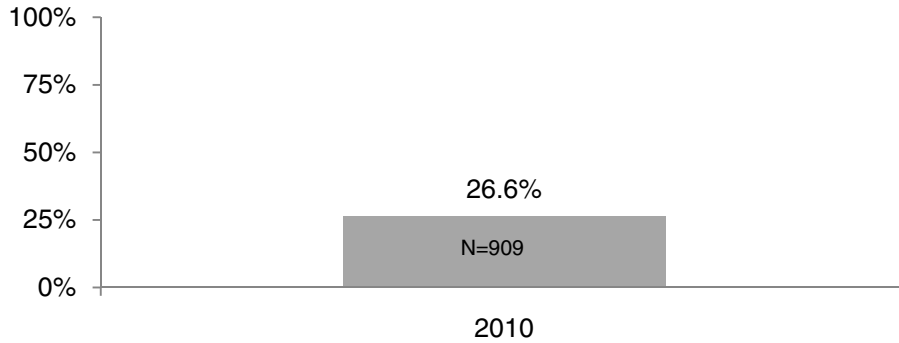
¹Data is statistically unstable and has not met the criteria for a minimum number of respondents needed and/or has exceeded an acceptable value for coefficient of variance.

Number of Medi-Cal Recipients

County	July 2000	July 2002	July 2004	July 2005	July 2006	July 2007	July 2008	00-08 % Change
San Luis Obispo	22,048	25,696	28,179	28,154	28,373	28,785	29,407	33.4%

Source: California Department of Health Services, Fiscal Forecasting & Data Management Branch, Medi-Cal Beneficiary Profiles by County Data Files, 2000-2008.

☎ At this time, are you covered by Medicare? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

🏥 Covered by Medi-Cal

Response	2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Yes	15.3%	16.9%	13.4%	16.7%	7.5%	15.7%
No	84.7%	83.1%	86.6%	83.3%	92.5%	84.3%
Total	239,000	35,086,000	244,000	36,147,000	246,000	36,786,000

Source: California Health Interview Survey, 2003, 2005 and 2007.



Healthy Families Program

Healthy Families is a low cost insurance program for children and teens. It provides health, dental, and vision coverage to children who do not have insurance.⁴ There are currently 5,234 youth enrolled in San Luis Obispo County and there has been a 12% increase in enrollment since 2001. This is compared to a 9% increase in new subscribers in California.



New Subscriber Enrollment

	2001	2003	2005	2006	2007	2008	2009	01-09% Change
San Luis Obispo County	1,583	1,527	1,658	1,665	1,877	1,824	1,776	12.2%
California	278,646	269,379	283,979	280,626	327,448	341,795	303,609	9.0%

Source: Managed Risk Medical Insurance Board, 2001-2010.

Note: Annual total based on sum of each month January - December. The enrollment data is based on the effective date of coverage.

Current Enrollment¹

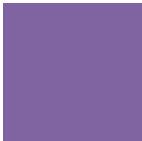
	2010
San Luis Obispo County	5,234
California	877,617

Source: Managed Risk Medical Insurance Board, 2010.

Note: All enrollment data is based on the effective date of coverage.

¹Enrollment as of May 2010.

⁴ California Healthy Families Program. (2008). Retrieved from <http://www.healthyfamilies.ca.gov/Home/default.aspx>



Exercise

The current recommended exercise guidelines for adults by Healthy People 2010 is at least thirty minutes of exercise a day for five days a week or more.⁵ In San Luis Obispo County, there has been a decrease since 2001 in respondents meeting these guidelines. However, the majority of telephone survey respondents participated in 3 or more days of physical activity for at least 30 minutes.



📞 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	2010
None	14.2%	4.5%	5.7%	6.8%
1-2 days	13.1%	15.2%	12.1%	16.2%
3-4 days	24.6%	25.3%	23.0%	28.8%
5 or more days	48.2%	55.1%	56.7%	48.2%
Total respondents	544	792	522	1,096

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003 and 2010.

Note: Question in 2006 was worded differently and is not comparable to 2010 data.

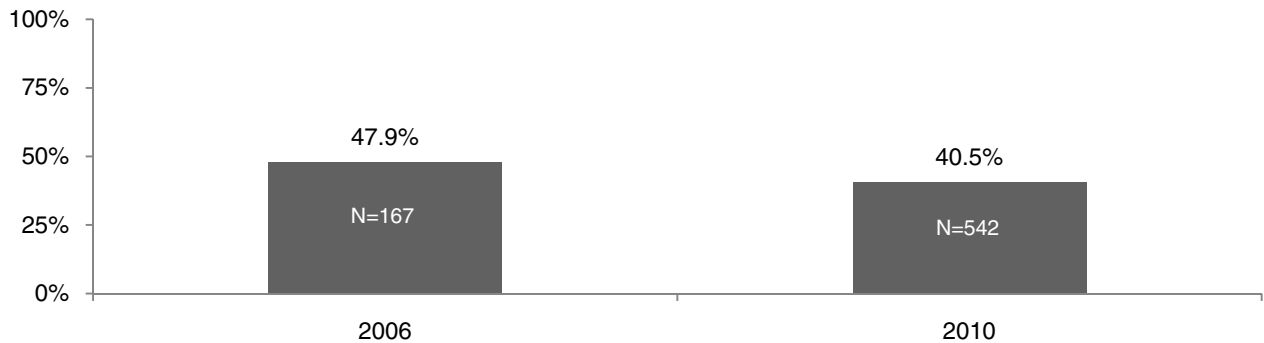
📞 How many days a week do you engage in physical activity (such as brisk walking or gardening) for a combined total of 30 minutes or more? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
None	8.0%	5.6%	6.9%	6.5%
1-2 times	16.8%	15.4%	19.4%	12.9%
3-4 times	23.8%	27.8%	29.7%	34.2%
5 or more days	51.4%	51.2%	43.9%	46.3%
Total respondents	259	309	242	285

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

⁵ U.S. Department of Health and Human Services. *Healthy People 2010. 2nd ed. With Understanding and Improving Health and Objectives for Improving Health. 2 vols.* Washington, DC: U.S. Government Printing Office, November 2000.

☎ Does your employer try to help employees with healthier eating and physical activity, which might include providing stress management classes, subsidizing health club memberships, or paying for weight reduction programs? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

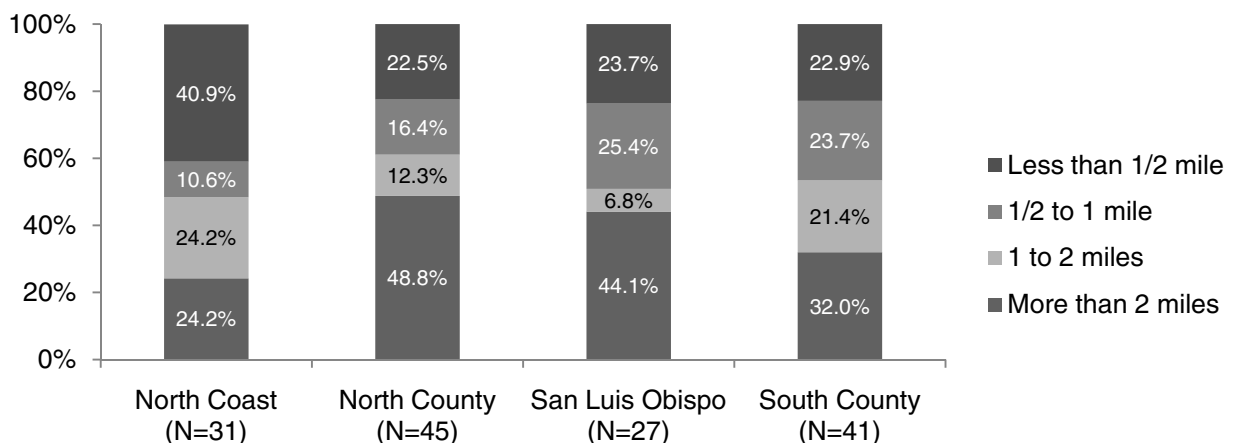
☎ About how far do you live from your child/children’s school? (2010)

Response	Elementary School	Junior High / Middle School	High School
Less than 1/2 mile	28.9%	12.4%	12.5%
1/2 to 1 mile	19.2%	21.1%	7.7%
1 to 2 miles	17.5%	16.0%	14.4%
More than 2 miles	34.4%	50.5%	65.3%
Total respondents	145	66	121

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

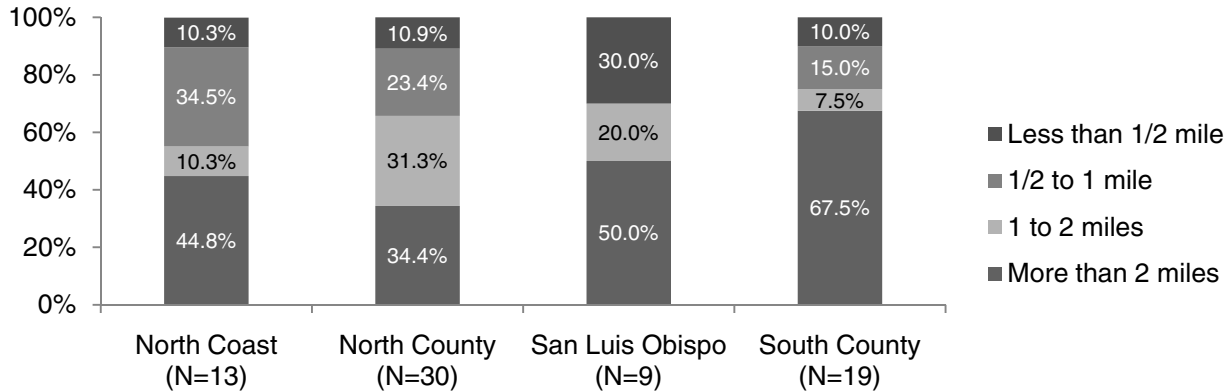
Note: This telephone survey question was not asked in 2006.

☎ About how far do you live from your child/children’s Elementary School? By Region (2010)



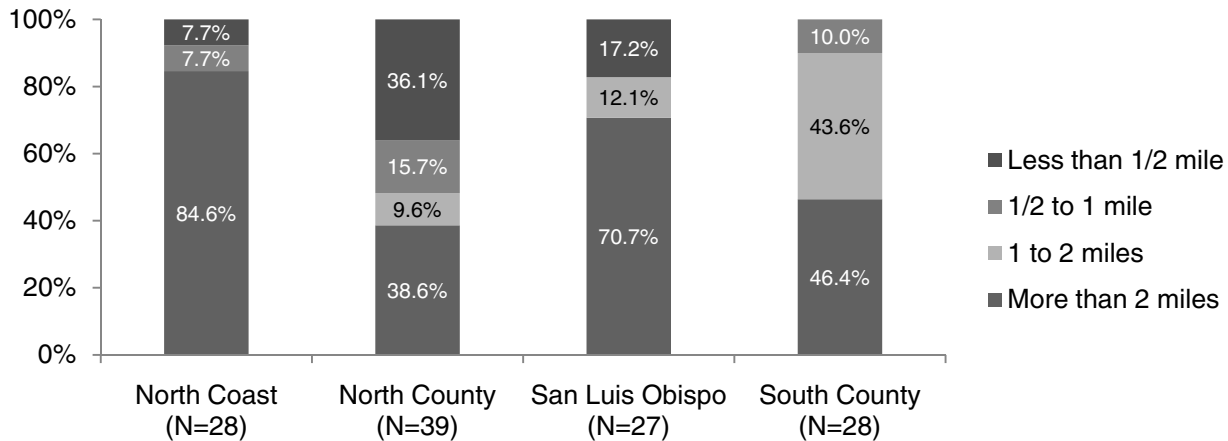
Source: ACTION for Healthy Communities, Telephone Survey, 2010.

📞 About how far do you live from your child/children’s Junior High or Middle School? By Region (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

📞 About how far do you live from your child/children’s High School? By Region (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

📞 How does/do your child/children usually get to school? (Top 5 Responses) (2010)

Elementary School	Junior High / Middle School	High School
Driven to school (60.5%)	Driven to school (66.3%)	Driven to school (50.7%)
Walk (19.3%)	School bus (14.7%)	Drive themselves to school (22.1%)
School bus (14.2%)	Walk (12.7%)	School bus (9.6%)
Ride bike (5.0%)	Ride bike (5.1%)	Walk (8.4%)
Public transportation (1.0%)	Public transportation (1.0%)	Public transportation (6.0%)
Total respondents = 145	Total respondents = 66	Total respondents = 122

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Note: This telephone survey question was not asked in 2006.

📞 How does/do your Elementary School child/children usually get to school? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
School bus	9.1%	6.1%	22.0%	19.4%
Public transportation	0.0%	0.0%	5.1%	0.0%
Driven to school	60.6%	75.4%	42.4%	63.7%
Ride bike	10.6%	4.1%	5.1%	0.0%
Walk	19.7%	14.3%	25.4%	16.8%
Other	0.0%	0.0%	0.0%	0.0%
Total respondents	31	45	27	41

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

📞 How does/do your Middle or Junior High School child/children usually get to school? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
School bus	0.0%	20.3%	15.0%	27.5%
Public transportation	0.0%	4.7%	0.0%	0.0%
Driven to school	79.3%	59.4%	50.0%	62.5%
Ride bike	10.3%	0.0%	15.0%	0.0%
Walk	10.3%	15.6%	20.0%	10.0%
Other	0.0%	0.0%	0.0%	0.0%
Total respondents	13	30	9	19

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

📞 How does/do your High School child/children usually get to school? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
School bus	0.0%	4.8%	24.6%	9.6%
Public transportation	13.1%	7.2%	0.0%	0.0%
Driven to school	35.0%	60.2%	49.1%	68.1%
Drive themselves to school	42.5%	7.2%	15.8%	11.2%
Ride bike	1.6%	0.0%	5.3%	4.8%
Walk	7.7%	20.5%	5.3%	6.4%
Other	0.0%	0.0%	0.0%	0.0%
Total respondents	28	39	26	29

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

☎ Which of the following would encourage your child(ren) to walk or bike to school more frequently?

Response	2010
Living closer to school	65.2%
Sidewalk or street improvements for safety	43.8%
Increased feeling of safety from crime	26.7%
Change in attitude, so that it's a cool thing to do	26.4%
Traffic crossing guards on duty	24.9%
Slower traffic speeds on streets	23.8%
Other	6.2%
Total respondents	204
Total responses	444

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

☎ During a typical school week, how much of your child's afterschool time is spent in the following activities? (2010)

	Less than 5 hours a week	5-10 hours a week	More than 10 hours a week	Total respondents
Reading	38.5%	44.7%	16.8%	243
Screen time – computer, TV, videos, texting	28.6%	46.2%	25.1%	246
Physical activity	24.5%	44.3%	31.2%	246

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Note: This telephone survey question was not asked in 2006.

☎ Which of the following would encourage your child(ren) to do more physical activity?

Response	2010
Increased school, after-school or other play and sports program	53.0%
Safer streets for children to walk to destinations	45.3%
A park or playground located closer to my existing home	41.5%
More awareness of benefits of physical activity for your child(ren)	37.1%
Housing that I like and can afford closer to a school or park	29.0%
Other	10.7%
Total respondents	214
Total responses	463

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Note: This telephone survey question was not asked in 2006.

📞 Which of the following would encourage your child(ren) to do more physical activity? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
Housing that I like and can afford closer to a school or park	26.4%	22.2%	21.3%	40.3%
A park or playground located closer to my existing home	31.9%	44.8%	31.2%	55.4%
Safer streets for children to walk to destinations	44.9%	46.9%	37.5%	51.2%
Increased school, after-school or other play and sports programs	60.9%	57.1%	58.8%	38.8%
More awareness of benefits of physical activity for your child or children	40.7%	32.3%	47.5%	29.3%
Other	17.6%	8.9%	0.0%	12.4%
Total respondents	48	73	37	59

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

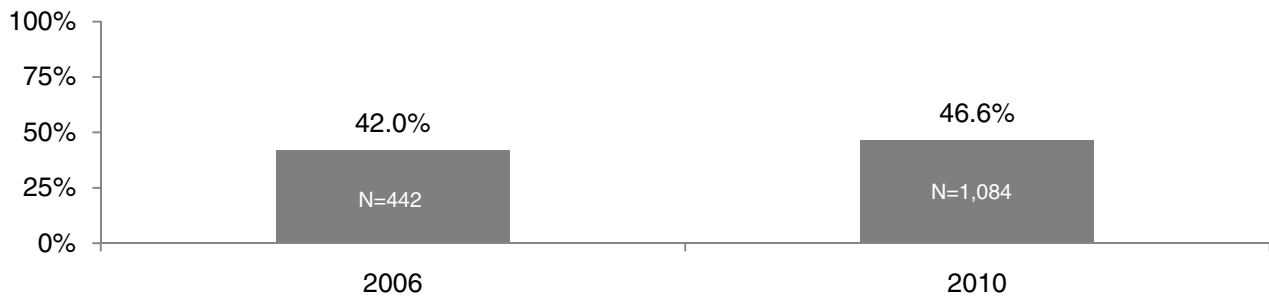


Nutrition

Adults and teens are not getting enough fruits and vegetables. The current nutrition guidelines made by the U.S. Department of Agriculture recommend getting a minimum of five fruits and vegetables per day⁶. According to the 2010 ACTION for Healthy Communities telephone survey, only 42% of teens in San Luis Obispo County met this requirement and less than half (47%) adult survey respondents got their recommended daily serving of fruits and vegetables.



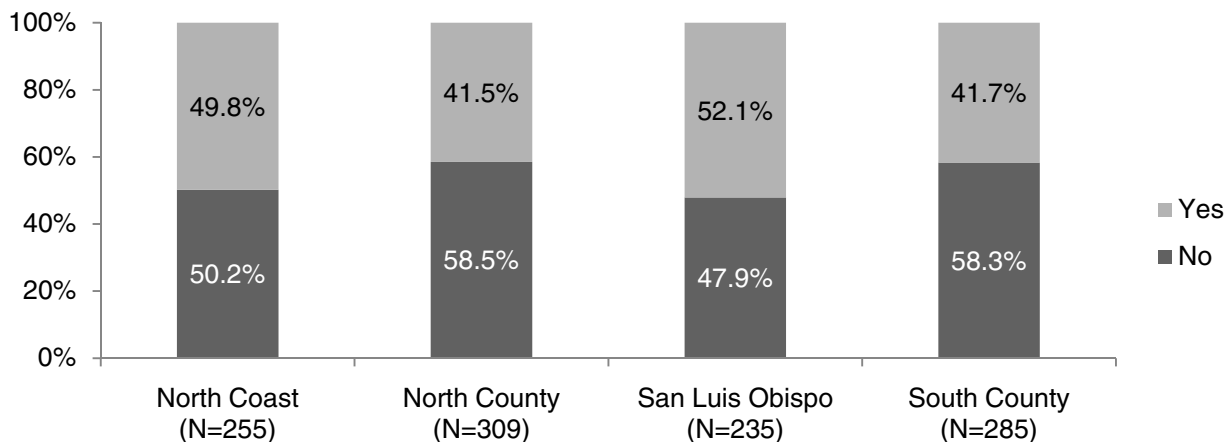
📞 On average, do you eat 5 or more servings of fruits and vegetables every day? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

Note: “On average” added to the question in 2010.

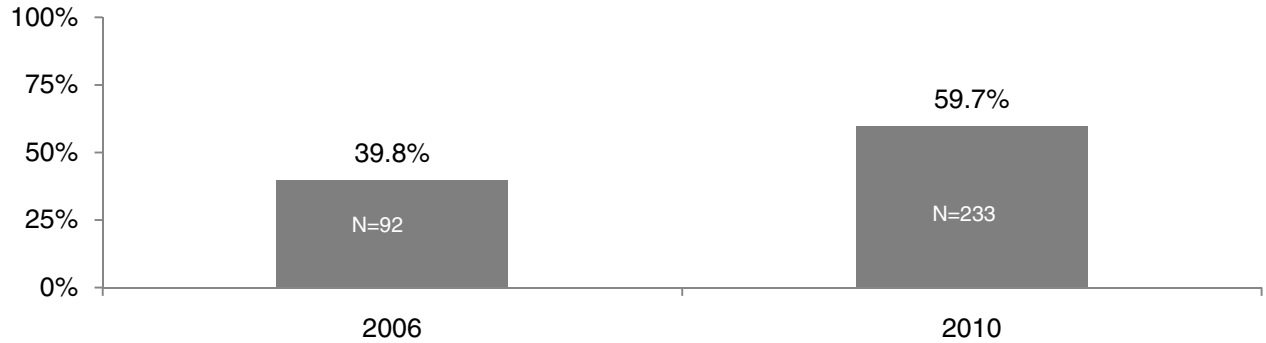
📞 On average, do you eat 5 or more servings of fruits and vegetables every day? By Region (2010)



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

⁶ U.S. Department of Agriculture. (2010). MyPyramid. (USDA Publication No. OMB 0584-0535). Retrieved from http://www.mypyramid.gov/professionals/pdf_food_intake.html

📞 On average, does your child eat 5 or more servings of fruits and vegetables every day? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

Note: “On average” added to the question in 2010.

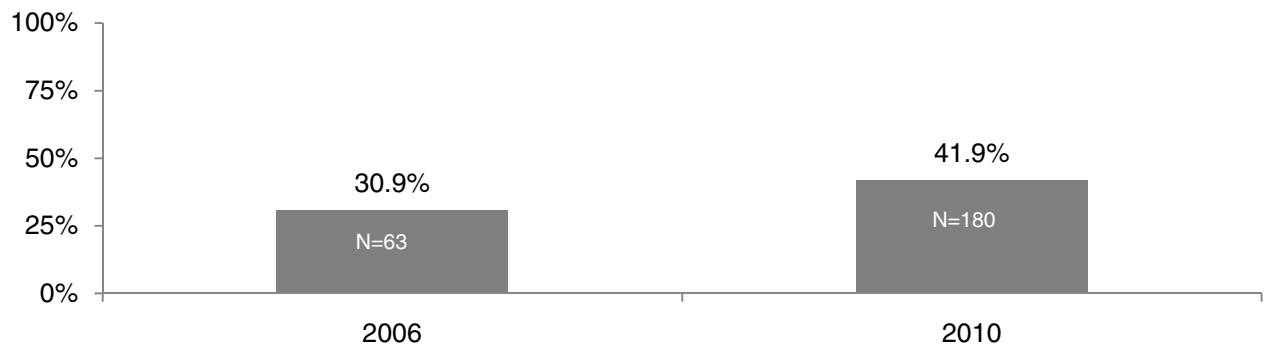
👨‍⚕️ Do you eat five or more servings of fruits and vegetables daily? *Children*

Response	2007	
	San Luis Obispo County	California
Yes	52.5%	48.2%
No	47.5%	51.8%
Total Respondents	27,000	5,338,000

Source: California Health Interview Survey, 2007.

Note: This question was asked of children 2 years and older. This variable was created based on multiple diet questions asked for prior 24 hour eating habits.

📞 On average, does your teen eat 5 or more servings of fruits and vegetables every day? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

Note: “On average” added to the question in 2010.



Do you eat five or more servings of fruits and vegetables daily? Teens

Response	2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Yes	29.2%	25.0%	25.1%	23.1%	33.7%	20.3%
No	70.8%	75.0%	74.9%	76.9%	66.3%	79.7%
Total Respondents	19,000	3,260,000	21,000	3,359,000	21,000	3,511,000

Source: California Health Interview Survey, 2003, 2005, and 2007.

Note: In 2003 and 2005 respondents were asked, "Yesterday, how many servings of fruit, such as an apple or banana, did you eat?" AND "Yesterday, how many servings of vegetables, like corn, green beans, green salad, or other vegetables did you have?" In 2007 this variable was created based on multiple diet questions asked for prior 24 hour eating habits.



In the past 7 days, how many times did you eat fast food? (2010)

Response	2010
Zero times	46.6%
1-2 times	40.8%
3-4 times	9.2%
5-6 times	1.7%
7-8 times	0.9%
9-10 times	0.6%
11 or more times	0.1%
Total respondents	1,099

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Note: This telephone survey question was not asked in 2006.

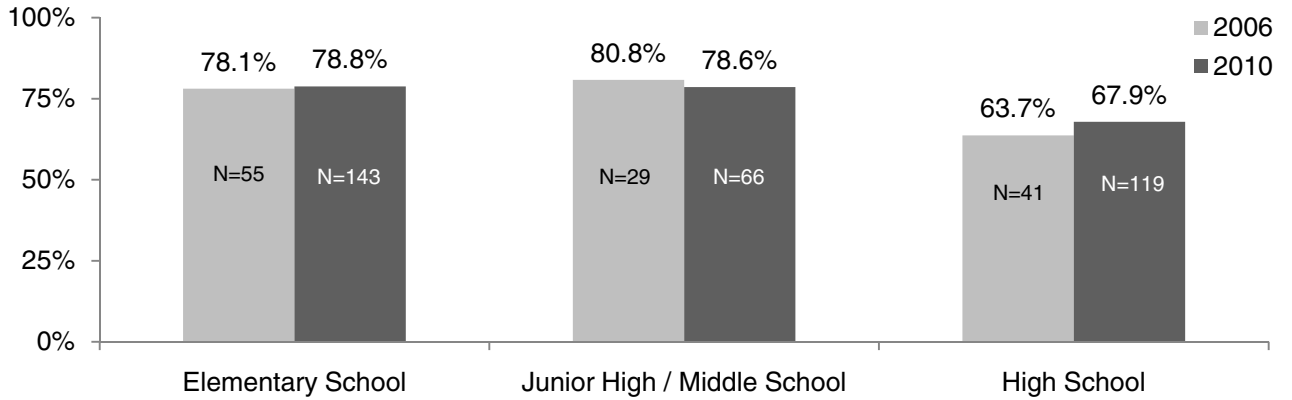


How concerned are you about helping your child to eat healthy? Would you say you are...?

Response	2006	2010
Very concerned	77.6%	65.4%
Somewhat concerned	17.1%	22.3%
Not very concerned	5.4%	12.3%
Total respondents	92	362

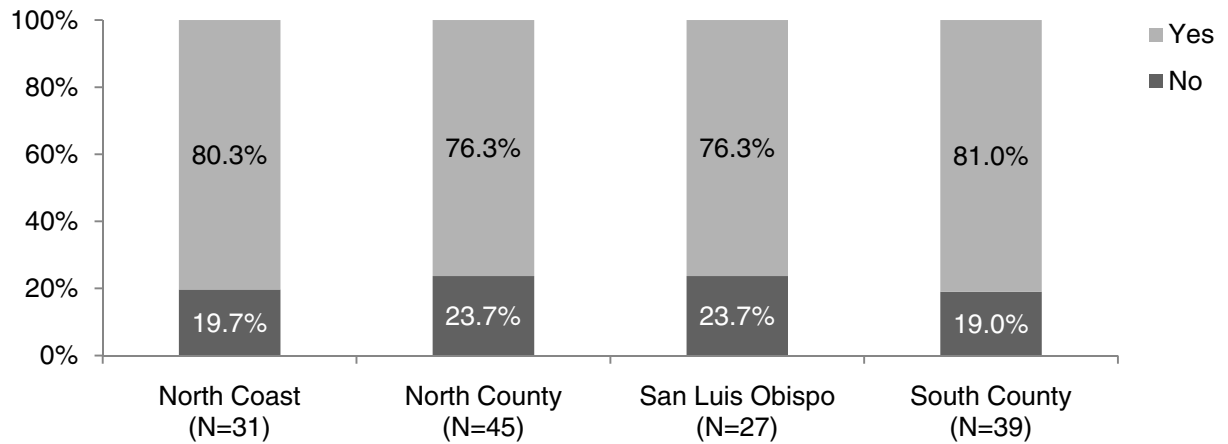
Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

☎ Are you aware of any efforts at your child’s school to provide healthier food options and increase physical activity? (Respondents answering “Yes”)



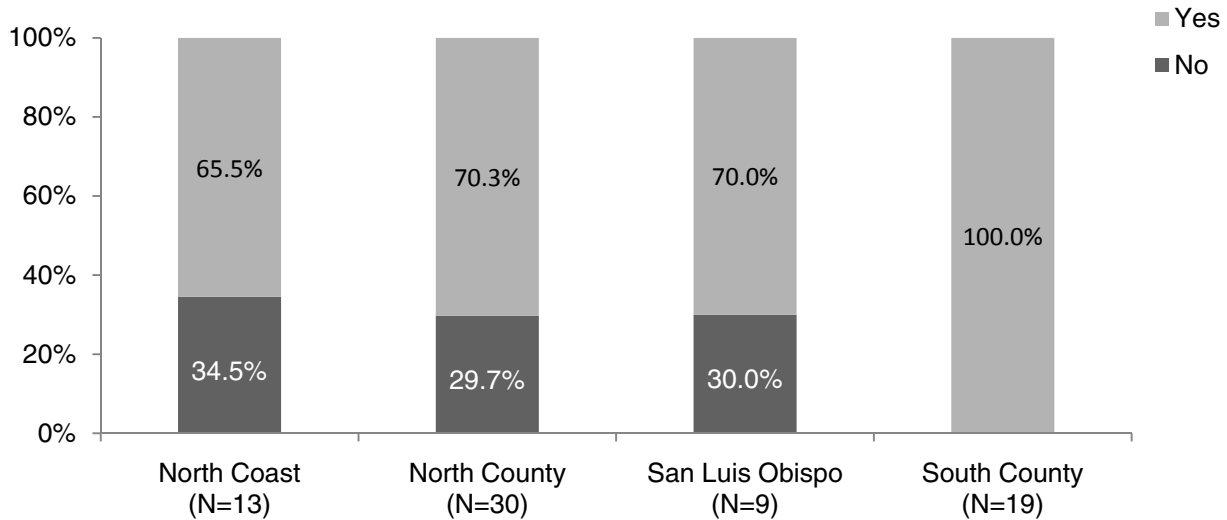
Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

☎ Are you aware of any efforts at your child’s Elementary School to provide healthier food options and increase physical activity? By Region (2010)



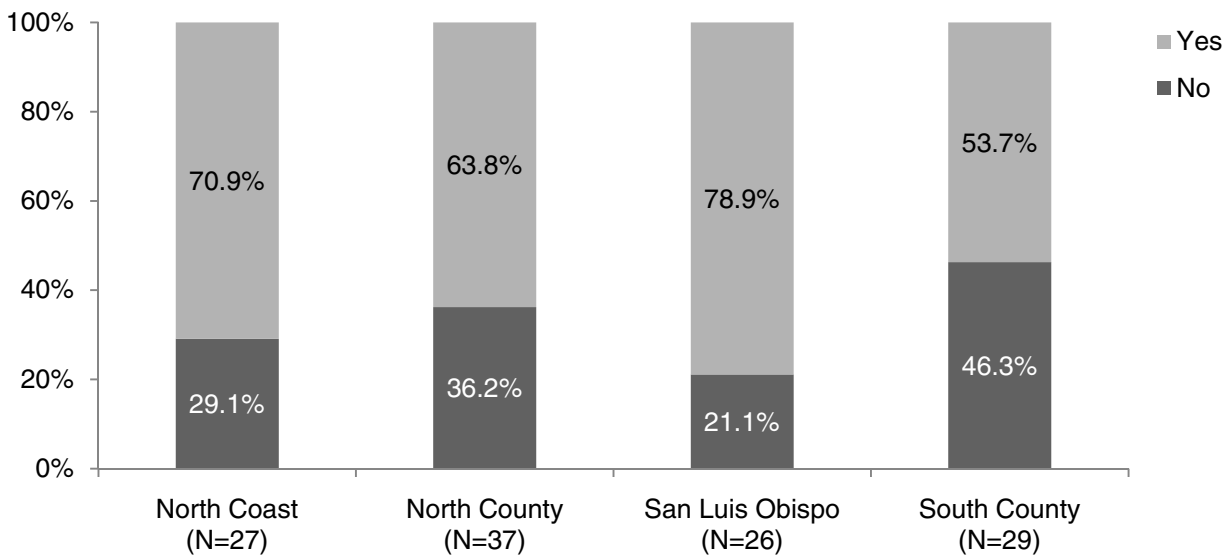
Source: ACTION for Healthy Communities, Telephone Survey, 2010.

☎ Are you aware of any efforts at your child’s Junior High or Middle School to provide healthier food options and increase physical activity? *By Region (2010)*



Source: ACTION for Healthy Communities, Telephone Survey, 2010.

☎ Are you aware of any efforts at your child’s High School to provide healthier food options and increase physical activity? *By Region (2010)*



Source: ACTION for Healthy Communities, Telephone Survey, 2010.



Obesity

In 2007, almost half (49%) of adults in San Luis Obispo were overweight or obese. In 2008, about 40% of children 5 to 19 years old were at risk of becoming overweight or were already overweight, putting them at greater risk to becoming obese later in life.⁷



Adults Overweight or Obese (BMI¹>25)

Response	2001		2003		2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California	San Luis Obispo County	California
Not overweight or obese	45.2%	45.2%	45.1%	44.4%	43.4%	43.9%	50.9%	42.9%
Overweight or obese	54.8%	54.8%	54.9%	55.6%	56.6%	56.1%	49.1%	57.1%
Overweight	38.5%	35.5%	37.0%	35.2%	39.4%	34.9%	31.6%	34.4%
Obese	16.3%	19.3%	17.9%	20.4%	17.2%	21.2%	17.5%	22.7%
Total Respondents	178,000	23,852,000	187,000	25,597,000	192,000	26,388,000	192,000	26,874,000

Source: California Health Interview Survey, 2001, 2003, 2005 and 2007.

Note: In adults, obesity is defined as a BMI of 30 kg/m² or more; overweight is a BMI of 25 kg/m² or more.

¹Body mass index (BMI) is calculated as weight in kilograms (kg) divided by the square of height in meters (m²) (BMI = weight [kg]/height [m]²). To estimate BMI using pounds (lbs) and inches (in), divide weight in pounds by the square of height in inches. Then multiply the resulting number by 704.5 (BMI = weight [lbs]/height [in]² X 704.5).

⁷ U.S. Department of Health and Human Services. (November 2000). *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office.

Percentage of Children (Ages 3 to 19) Who Are At-Risk of Overweight or Overweight

	2000	2001	2002	2003	2004	2005	2006	2007	2008	00-08 Net Change
Children 3 -4 Years										
San Luis Obispo County	29.5%	28.3%	30.5%	29.7%	32.0%	28.9%	27.6%	32.0%	26.7%	-2.8%
California	32.9%	32.8%	33.6%	33.8%	33.8%	33.7%	33.2%	33.6%	33.3%	0.4%
Children 5 -19 Years										
San Luis Obispo County	37.2%	36.3%	37.7%	39.7%	39.6%	42.4%	43.3%	40.5%	38.7%	1.5%
California	37.4%	37.7%	38.9%	40.1%	40.7%	41.0%	41.5%	41.5%	39.5%	2.1%

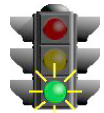
Source: California Department of Health Care Services, Pediatric Nutrition Surveillance, 2000-2008.

Note: Overweight and obese weight categorization is based on 2000 CDC growth chart percentiles for BMI-for-age for children 2 years of age and older. 85th to <95th percentile category identifies children at risk of overweight. Children *95th percentile category identifies children who are overweight.

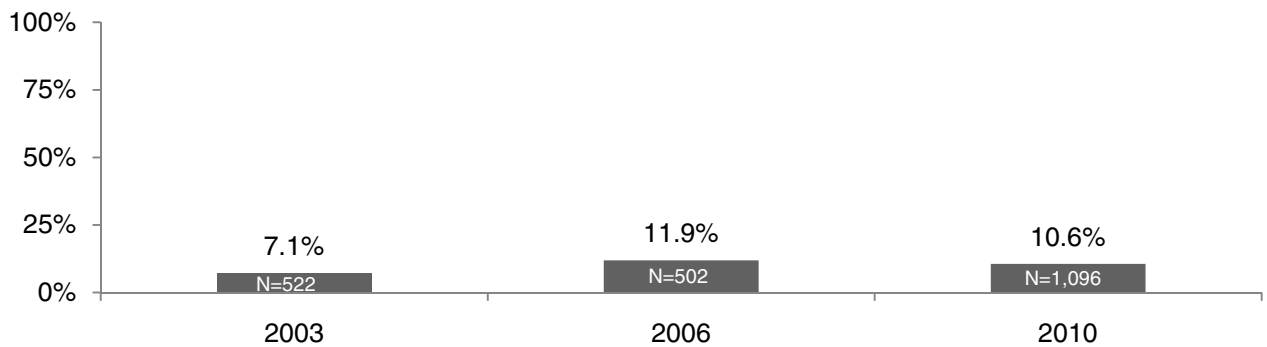


Care for People with Disabilities

Between 2006 and 2010, there was an increasing number of relatives or family members providing care for their loved ones, especially among Spanish-speaking parent and dependent adult respondents. However, in-home care was not considered a major problem for most respondents in 2010, and there was a decreased percentage of individuals with household members unable to perform daily activities of life.

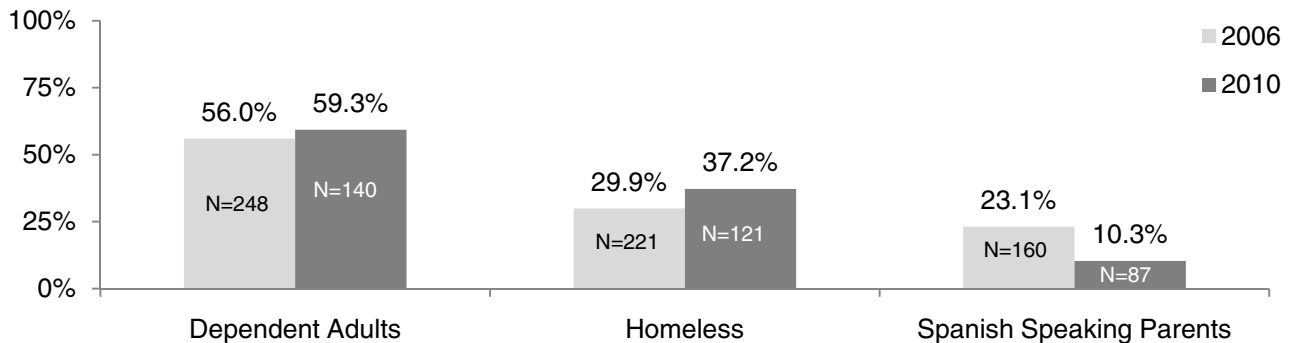


☎ Do you, or does anyone in your household, have a permanent physical or mental impairment that substantially limits a major life activity, such as bathing, dressing, stair climbing, shopping, or managing one’s money? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2003, 2006, and 2010.

♿ Do you, or does anyone in your household, have a permanent or chronic physical or mental medical condition that substantially limits a major life activity, such as bathing, dressing, stair climbing, shopping, or managing one’s money? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

☎ Who helps that person perform these activities? (Top 3 Responses)

2003	2006	2010
Relative / family member (56.8%)	Relative / family member (69.3%)	Relative / family member (70.7%)
I don't need anyone to help me (NA)	I don't need anyone to help me (18.0%)	Neighbor, friend, or church member (18.8%)
Someone from a private or non-profit organization (2.7%)	Someone from a private or non-profit organization (11.2%)	Someone from a private or non-profit organization (9.5%)
Total respondents = 37	Total respondents = 58	Total respondents = 113
Total responses = NA	Total responses = 61	Total responses = 131

Source: ACTION for Healthy Communities, Telephone Survey, 2003, 2006, and 2010.

👥 Who helps that person perform these activities?

Response	2006			2010		
	Dependent Adults	Homeless	Spanish Speaking Parents	Dependent Adults	Homeless	Spanish Speaking Parents
Relative / family member	46.6%	53.2%	57.1%	61.7%	35.9%	75.0%
Someone from a government agency	31.3%	16.1%	45.7%	34.6%	10.3%	0.0%
Neighbor / friend / church member	12.2%	14.5%	2.9%	18.5%	28.2%	12.5%
Someone from a private or non-profit organization	14.5%	17.7%	0.0%	13.6%	25.6%	0.0%
Other	13.0%	27.4%	0.0%	7.4%	12.8%	12.5%
Total respondents	131	62	35	81	39	8
Total responses	154	80	37	110	44	8

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

☎ Are you, or is anyone else in your household, the caregiver to...? (Respondents answering “Yes”)

	2003	2010
A disabled child	19.4% (Total respondents = 491)	1.5% (Total respondents = 1,101)
A disabled adult (18-60 years old)	35.5% (Total respondents = 491)	5.1% (Total respondents = 1,100)
An older person (over 60 years of age)	48.4% (Total respondents = 491)	9.5% (Total respondents = 1,101)

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Are you, or is anyone else in your household, the caregiver to...? (Respondents answering “Yes”)

Response	2006			2010		
	Dependent Adults	Homeless	Spanish Speaking Parents	Dependent Adults	Homeless	Spanish Speaking Parents
Disabled child	5.1%	3.6%	11.1%	3.3%	7.6%	6.3%
Disabled adult	20.3%	11.8%	6.0%	21.6%	12.5%	7.6%
Older person (over 60 years of age)	11.4%	6.9%	11.8%	17.6%	9.9%	6.4%

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

Are you, or is anyone else in your household, the caregiver to...? (Respondents answering “Yes”)

Response	2006			2010		
	Dependent Adults	Homeless	Spanish Speaking Parents	Dependent Adults	Homeless	Spanish Speaking Parents
Disabled child	5.1%	3.6%	11.1%	3.3%	7.6%	6.3%
Total Respondents	214	231	220	121	105	80
Disabled adult	20.3%	11.8%	6.0%	21.6%	12.5%	7.6%
Total Respondents	196	195	189	125	104	79
Older person (over 60 years of age)	11.4%	6.9%	11.8%	17.6%	9.9%	6.4%
Total Respondents	144	133	136	125	101	78

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

Please indicate if in-home care is a “Major Problem,” a “Minor Problem,” or “Not a Problem” for you personally (Dependent Adults):

Response	2010
Major problem	10.4%
Minor problem	6.7%
Not a problem	82.8%
Total Respondents	134

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2010.



Immunization Levels

Only 89% of kindergarteners in 2009 had up-to-date immunizations compared to 91% kindergarteners statewide. The number of immunizations in San Luis Obispo County have been decreasing since 2001. While, only 17% of San Luis Obispo adults (18-64) in 2009 received flu shots, fewer than the 27% of all California adults (18-64).



Child Care, All Centers

Response	2001		2003		2005		2007		2009	
	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA
Number of Students	2,839	437,693	2,868	456,675	2,892	498,860	3,235	512,490	3,014	488,488
Number of Centers	86	9,252	89	9,550	90	9,771	96	9,965	94	9,850
Percent with medical exemptions	0.3%	0.2%	0.2%	0.3%	0.2%	0.2%	0.8%	0.2%	0.1%	0.2%
Percent with personal exemptions	2.8%	1.3%	3.0%	1.4%	2.7%	1.4%	2.8%	1.4%	3.5%	2.0%
Percent needing one or more immunizations	7.7%	8.2%	7.8%	5.1%	8.2%	5.2%	6.6%	4.9%	4.5%	5.8%
Percent with all required immunizations	92.3%	91.8%	89.0%	93.4%	88.9%	93.3%	89.9%	93.5%	91.9%	91.9%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results, 2001, 2003, 2005, 2007 and 2009.

Note: The annual child care assessment is conducted each fall to monitor compliance with the California School Immunization Law. All required immunizations include (4+ DTP, 3+ Polio, 1+ MMR, 1+ Hib, 3+ Hep B, and 1+ Var or physician-documented varicella disease). Results from this assessment are used to measure immunization coverage among children entering licensed child care.

Child Care, Public Centers

Response	2001		2003		2005		2007		2009	
	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA
Number of Students	451	86,073	437	95,660	544	104,656	557	132,118	422	118,175
Number of Centers	22	2,015	23	2,109	24	2,339	28	2,622	22	2,422
Percent with medical exemptions	0.0%	0.2%	0.2%	0.2%	0.0%	0.2%	0.2%	0.1%	0.0%	0.2%
Percent with personal exemptions	2.0%	1.0%	0.7%	0.8%	2.2%	0.9%	1.1%	0.9%	2.6%	1.1%
Percent needing one or more immunizations	9.1%	7.3%	9.6%	4.4%	10.9%	4.7%	7.0%	4.6%	2.6%	6.5%
Percent with all required immunizations	90.9%	92.7%	89.5%	94.6%	87.0%	94.3%	91.7%	94.3%	94.8%	92.3%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results; 2001, 2003, 2005, 2007 and 2009.

Note: The annual child care assessment is conducted each fall to monitor compliance with the California School Immunization Law. All required immunizations include (4+ DTP, 3+ Polio, 1+ MMR, 1+ Hib, 3+ Hep B, and 1+ Var or physician-documented varicella disease). Results from this assessment are used to measure immunization coverage among children entering licensed child care.

Child Care, Private Centers

Response	2001		2003		2005		2007		2009	
	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA
Number of Students	2,064	277,906	2,146	284,075	1,963	306,139	2,210	292,675	2,154	283,042
Number of Centers	50	5,634	53	5,711	47	5,710	48	5,516	54	5,664
Percent with medical exemptions	0.4%	0.3%	0.2%	0.3%	0.4%	0.2%	1.1%	0.2%	0.1%	0.3%
Percent with personal exemptions	3.3%	1.7%	3.9%	1.8%	3.1%	1.9%	3.7%	2.0%	4.2%	2.9%
Percent needing one or more immunizations	7.6%	9.0%	7.0%	5.7%	6.2%	5.8%	5.8%	5.5%	5.7%	6.3%
Percent with all required immunizations	92.4%	91.0%	89.0%	92.2%	90.4%	92.1%	89.5%	92.3%	90.0%	90.5%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results; 2001, 2003, 2005, 2007 and 2009.

Note: The annual child care assessment is conducted each fall to monitor compliance with the California School Immunization Law. All required immunizations include (4+ DTP, 3+ Polio, 1+ MMR, 1+ Hib, 3+ Hep B, and 1+ Var or physician-documented varicella disease). Results from this assessment are used to measure immunization coverage among children entering licensed child care.

Child Care, Head Start Centers

Response	2001		2003		2005		2007		2009	
	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA	San Luis Obispo	CA
Number of Students	324	73,714	285	76,940	385	88,065	468	87,697	438	87,271
Number of Centers	16	1,603	13	1,730	19	1,722	20	1,827	18	1,764
Percent with medical exemptions	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	0.2%	0.1%
Percent with personal exemptions	0.9%	0.3%	0.4%	0.3%	1.3%	0.3%	0.6%	0.3%	0.7%	0.4%
Percent needing one or more immunizations	7.1%	5.9%	10.9%	3.4%	15.1%	3.7%	10.0%	3.3%	0.5%	3.5%
Percent with all required immunizations	92.9%	94.1%	88.8%	96.2%	83.6%	95.9%	89.3%	96.4%	98.6%	96.0%

Source: California Department of Health Service, Immunization Branch, Child Care Assessment Results; 2001, 2003, 2005, 2007 and 2009.

Note: The annual child care assessment is conducted each fall to monitor compliance with the California School Immunization Law. All required immunizations include (4+ DTP, 3+ Polio, 1+ MMR, 1+ Hib, 3+ Hep B, and 1+ Var or physician-documented varicella disease). Results from this assessment are used to measure immunization coverage among children entering licensed child care.

Percentage of Kindergarteners with Up-to-date Immunizations

County	2001	2003	2005	2006	2007	2008	2009
San Luis Obispo	90.4%	93.2%	91.6%	91.5%	89.6%	89.4%	88.8%
California	90.9%	92.5%	92.8%	92.7%	92.1%	91.7%	91.1%

Source: California Department of Health Services, Immunization Branch, Kindergarten Assessment Results, 2001-2009.

Note: The annual child care assessment is conducted each fall to monitor compliance with the California School Immunization Law. All required immunizations include (4+ DTP, 3+ Polio, 1+ MMR, 1+ Hib, 3+ Hep B, and 1+ Var or physician-documented varicella disease).

Percentage of Kindergarteners with Up-to-date Immunizations at Age 2

	1999	2001	2003	2005	2006	2007	2008	2009
Central Coast Region	67.9%	68.3%	70.4%	77.7%	81.3%	71.7%	77.8%	79.2%
California	63.9%	71.0%	71.9%	76.3%	77.1%	75.7%	76.7%	77.9%
Central Coast Rank (among 7 regions)	1	6	5	2	1	6	2	3

Source: California Department of Health Services, Immunization Branch, Kindergarten Retrospective Survey, 1999-2009.

Note: Age checkpoints are defined according to whether or not children are up-to-date for DTaP, Polio, MMR, Hep B, and Varicella vaccines at 3, 5, 7, 13, 19 and 24 months. Since this is a retrospective survey, estimates immunization coverage represent coverage levels among toddlers approximately 3-4 years ago.



Have you had a flu shot in the past 12 months? For respondents 18-64 years old

Response	2005		2007	
	San Luis Obispo County	California	San Luis Obispo County	California
Had flu shot	19.1%	19.7%	17.2%	26.7%
Didn't have flu shot	80.9%	80.3%	82.8%	73.3%
Total Respondents	154,000	22,515,000	153,000	22,973,000

Source: California Health Interview Survey, 2005 and 2007.



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

Response	2001		2003		2005		2007	
	San Luis Obispo County	CA	San Luis Obispo County	CA	San Luis Obispo County	CA	San Luis Obispo County	CA
Had flu shot	76.9%	67.0%	75.4%	73.9%	70.3%	65.7%	61.0%	68.9%
Didn't have flu shot	23.1%	33.0%	24.6%	26.1%	29.7%	34.3%	39.0%	31.1%
Total Respondents	36,000	3,548,000	37,000	3,770,000	38,000	3,873,000	39,000	3,901,000

Source: California Health Interview Survey, 2001, 2003, 2005 and 2007.



Smoking

San Luis Obispo County experienced a slight increase in the percentage of adults who smoked daily in 2010 compared to 2006. The prevalence of smoking among youth appeared to be greatest in 11th grade, and was occurring at a rate higher than the state of California. Amongst 11th graders who had had a cigarette in their lifetime, almost one-quarter had smoked four or more times. According to the 2009-2010 California Healthy Kids Survey, 16% of San Luis Obispo 11th graders had smoked tobacco over the past month, a decrease from 19% in 2003-2004.



Do you smoke cigarettes every day, some days, or not at all?

Response	1999	2001	2003	2006	2010
Every day	9.0%	12.4%	9.6%	8.6%	8.8%
Some days	8.1%	3.9%	3.8%	3.1%	4.3%
Not at all	82.9%	83.7%	86.4%	88.3%	86.9%
Total respondents	544	804	522	501	1,101

Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006 and 2010.

Note: Totals may not equal 100% due to respondents answering “Don’t know.”

Do you smoke cigarettes every day, some days, or not at all? *By Region (2010)*

	North Coast	North County	San Luis Obispo	South County
Every day	7.6%	12.3%	6.3%	10.8%
Some days	2.9%	5.5%	2.7%	7.1%
Not at all	89.5%	82.2%	91.1%	82.1%
Total respondents	259	311	244	286

Source: ACTION for Healthy Communities, Telephone Survey, 2010.



During the past 30 days, on how many days did you use cigarettes or smokeless tobacco?

Response	2007	
	San Luis Obispo County	California
Did not smoke in past 30 Days	70.5%	69.1%
1 cigarette or less	19.8% ¹	15.3%
2-5 cigarettes	9.7% ¹	12.6%
6-19 cigarettes	-	1.6%
20+ cigarettes	-	1.3% ¹
Total Respondents	8,000	543,000

Source: California Health Interview Survey, 2007.

Note: Hyphen (-) means estimate is less than 500 people

¹Data is statistically unstable and has not met the criteria for a minimum number of respondents needed and/or has exceeded an acceptable value for coefficient of variance.

Youth Reported Tobacco Use, Prior 30 Days

Ever Used Cigarettes or Smokeless Tobacco in Lifetime

	Grade 7			Grade 9			Grade 11		
	03-04	05-06	09-10	03-04	05-06	09-10	03-04	05-06	09-10
A cigarette, even one or two puffs									
San Luis Obispo	13%	17%	15%	30%	30%	NA	46%	45%	NA
California	16%	15%	NA	31%	30%	NA	42%	41%	NA
A whole cigarette									
San Luis Obispo	5%	8%	7%	17%	19%	23%	34%	32%	31%
California	6%	6%	NA	16%	16%	NA	26%	25%	NA
Smokeless tobacco									
San Luis Obispo	3%	4%	4%	7%	9%	11%	14%	14%	16%
California	3%	3%	NA	5%	6%	NA	8%	9%	NA

Source: California Healthy Kids Survey, 2003, 2005 and 2007.

Any and Daily Use of Cigarettes and Smokeless Tobacco in Past 30 days, San Luis Obispo

	Grade 7			Grade 9			Grade 11		
	03-04	05-06	09-10	03-04	05-06	09-10	03-04	05-06	09-10
Cigarettes									
Any									
San Luis Obispo	3%	5%	5%	11%	11%	12%	19%	20%	16%
California	4%	4%	NA	9%	9%	NA	13%	13%	NA
Daily									
San Luis Obispo	0%	0%	1%	2%	2%	3%	5%	6%	4%
California	0%	0%	NA	1%	1%	NA	3%	3%	NA
Smokeless Tobacco									
Any									
San Luis Obispo	1%	2%	2%	3%	4%	6%	6%	6%	6%
California	2%	2%	NA	3%	3%	NA	3%	3%	NA
Daily									
San Luis Obispo	0%	0%	0%	1%	1%	2%	2%	1%	2%
California	0%	0%	NA	0%	0%	NA	0%	0%	NA

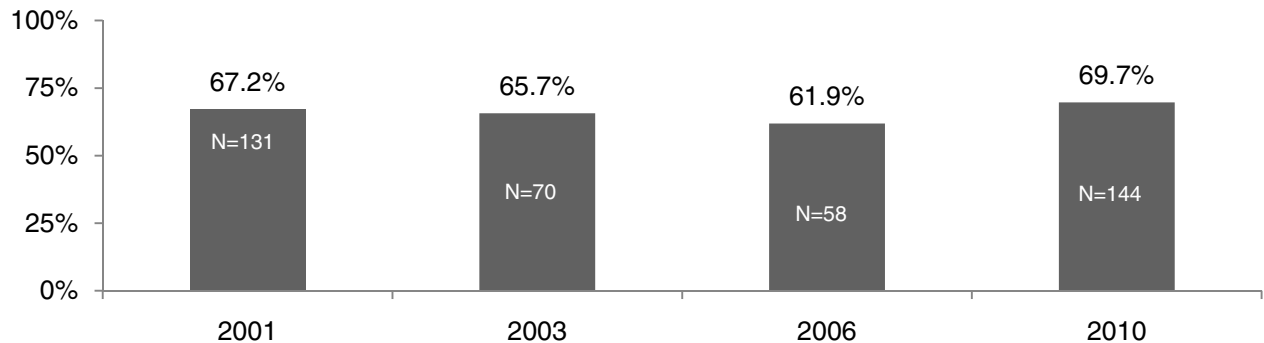
Source: California Healthy Kids Survey, 2003, 2005 and 2007.

Smoking, Attempt to Quit

Cigarette smoking is the single most preventable cause of disease and death in the United States. Smoking results in more deaths each year nationwide than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes, and fires combined. Tobacco-related deaths account for more than 430,000 deaths per year among U.S. adults, representing more than 5 million years of potential life lost.⁸ Fortunately, more survey respondents have attempted to quit smoking, with an 8% increase from 2006 to 2010.



In the past 12 months, have you quit smoking for 1 day or longer? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006, and 2010.

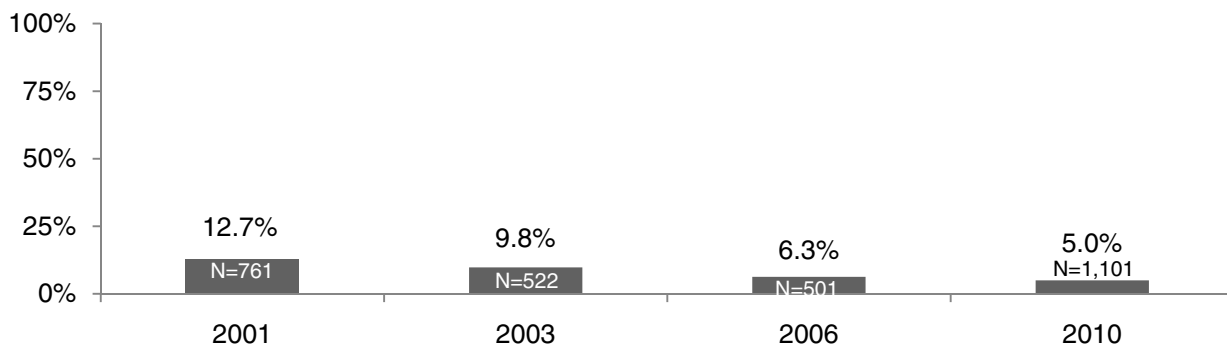
⁸ Center for Disease Control and Prevention, *Healthy People 2010: Tobacco Use*, Retrieved from http://www.healthypeople.gov/document/html/volume2/27tobacco.htm#_edn8

Smoking Inside Home (including Smokeless Tobacco, Pipe)

Environmental tobacco smoke (ETS), or second-hand smoke, increases the risk of heart disease and significant lung conditions, especially asthma and bronchitis in children. ETS is responsible for an estimated 3,000 lung cancer deaths each year among adult non-smokers.⁹ Fortunately, there has been a reduction in both smoking in the home and a very large decrease in smoking in the home with non-smokers present within San Luis Obispo County.

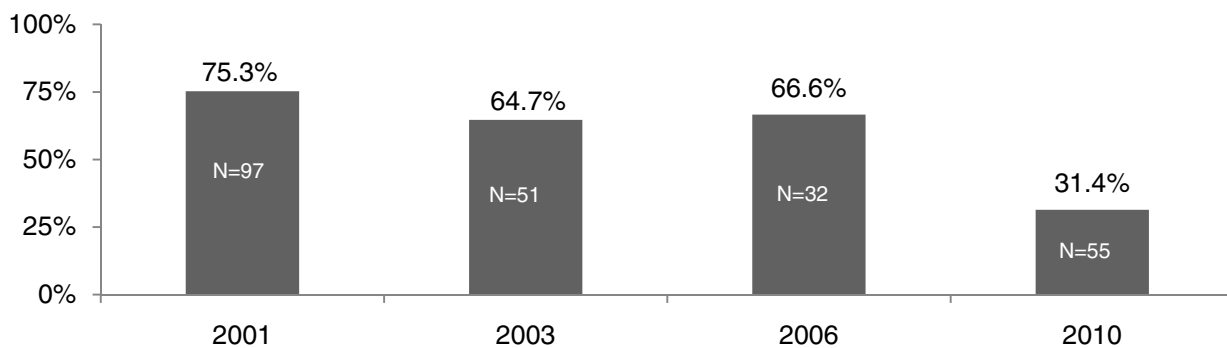


☎ In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006, and 2010.

☎ Have there been any non-smokers present in your home, while someone was smoking? (Respondents answering “Yes”)



Source: ACTION for Healthy Communities, Telephone Survey, 2001, 2003, 2006, and 2010.

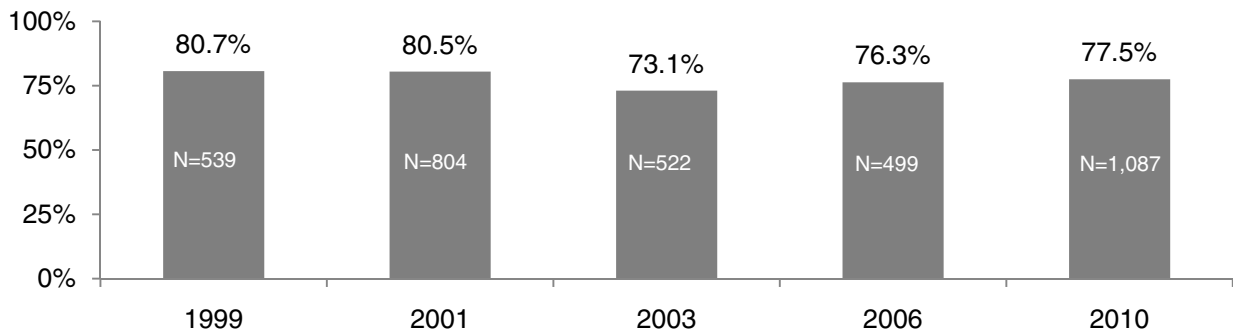
⁹ *Center for Disease Control and Prevention, Healthy People 2010: Tobacco Use, Retrieved from http://www.healthypeople.gov/document/html/volume2/27tobacco.htm#_edn8*

Concern about Drug, Tobacco, and Alcohol Abuse

Concern in San Luis Obispo County about drug, tobacco and alcohol abuse has decreased slightly with 78% of survey respondents being “very” or “somewhat” concerned in 2010 compared to 81% in 1999. However, concern among parents with children in high school increased to 91% in 2010, up from 83% in 1999.



☎ How concerned are you about drug, tobacco, and alcohol abuse in your community? (Respondents answering “Very concerned” or “Somewhat concerned”)



Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006, and 2010.

☎ How concerned are you about drug, tobacco, and alcohol abuse in your community? *By Region* (2010)

	North Coast	North County	San Luis Obispo	South County
Very concerned	32.9%	40.3%	40.0%	37.2%
Somewhat concerned	47.5%	36.9%	34.9%	39.7%
Not at all concerned	19.6%	22.8%	25.2%	23.2%
Total respondents	255	310	239	285

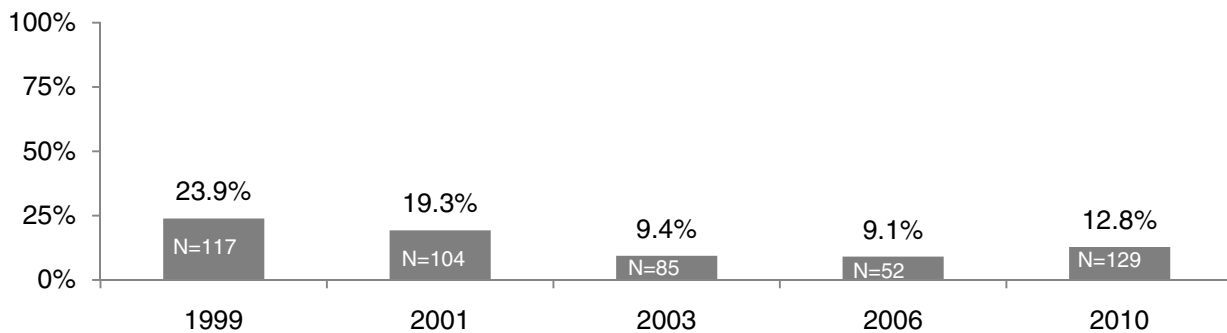
Source: ACTION for Healthy Communities, Telephone Survey, 2010.

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

Response	Dependent Adults		Homeless		Spanish Speaking Parents	
	2006	2010	2006	2010	2006	2010
Very concerned	52.7%	54.7%	46.6%	33.3%	50.3%	24.7%
Somewhat concerned	25.3%	28.1%	32.9%	34.2%	31.2%	49.4%
Not at all concerned	22.0%	17.3%	20.5%	32.5%	18.5%	25.9%
Total respondents	245	139	216	120	157	85

Source: ACTION for Healthy Communities, Face-to-Face Survey, 2006 and 2010.

☎️ How serious would you say alcohol and drug abuse problems are at your child's elementary school? (Respondents answering "Very serious" or "Somewhat serious")



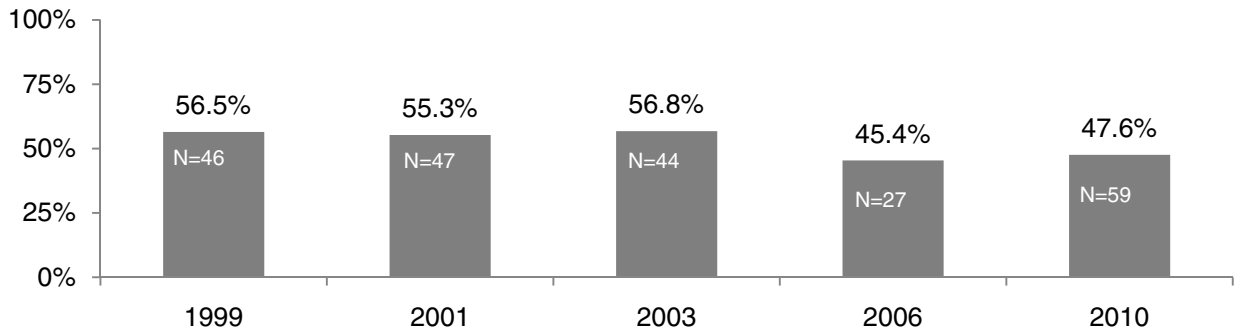
Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006, and 2010.

☎️ How serious would you say alcohol and drug abuse problems are at your child's elementary school? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
Very serious	0.0%	6.9%	13.5%	7.9%
Somewhat serious	5.0%	13.8%	5.8%	5.3%
Not at all serious	95.0%	79.3%	80.8%	86.8%
Total respondents	28	40	24	35

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

☎ How serious would you say alcohol and drug abuse problems are at your child’s junior high or middle school? (Respondents answering “Very serious” or “Somewhat serious”)



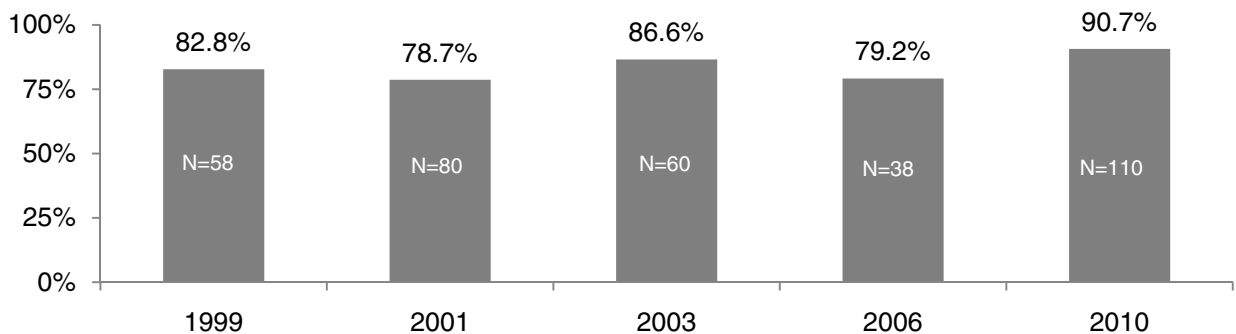
Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006, and 2010.

☎ How serious would you say alcohol and drug abuse problems are at your child’s junior high or middle school? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
Very serious	13.0%	21.8%	20.0%	22.5%
Somewhat serious	56.5%	52.7%	45.0%	40.0%
Not at all serious	30.4%	25.5%	35.0%	37.5%
Total respondents	11	26	9	19

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

☎ How serious would you say alcohol and drug abuse problems are at your child’s high school? (Respondents answering “Very serious” or “Somewhat serious”)



Source: ACTION for Healthy Communities, Telephone Survey, 1999, 2001, 2003, 2006, and 2010.

☎ How serious would you say alcohol and drug abuse problems are at your child's high school? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
Very serious	45.6%	41.0%	21.3%	30.0%
Somewhat serious	49.1%	36.1%	78.7%	54.2%
Not at all serious	5.3%	22.9%	0.0%	15.9%
Total respondents	26	39	22	26

Source: ACTION for Healthy Communities, Telephone Survey, 2010.

Alcohol Use

Binge drinking in San Luis Obispo was higher than the state of California in 2007, with about one-third (34%) of residents reporting an episode of binge drinking in the past year compared to 30% in California.



☎ Considering all the types of alcoholic beverages, in the past 30 days about how many times did you have (4 if female; 5 if male) or more drinks on an occasion?

Response	2006	2010
None	74.7%	79.5%
1-2 times	14.9%	12.1%
3-5 times	5.7%	4.7%
6 or more times	4.7%	3.7%
Total respondents	500	1,099

Source: ACTION for Healthy Communities, Telephone Survey, 2006 and 2010.

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

☎ Considering all types of alcoholic beverages, in the past 30 days, about how many times did you have (4 if female; 5 if male) or more drinks on an occasion? By Region (2010)

	North Coast	North County	San Luis Obispo	South County
None	76.8%	76.3%	87.1%	78.2%
1-2	13.9%	14.9%	7.3%	12.2%
3-5	4.2%	3.7%	4.4%	6.0%
6 or more	5.2%	5.0%	1.1%	3.6%
Total respondents	259	309	244	287

Source: ACTION for Healthy Communities, Telephone Survey, 2010.



Binge Drinking in the Past Year

Response	2007	
	San Luis Obispo County	California
No Binge Drinking	66.0%	70.3%
Binge Drinking ¹	34.0%	29.7%
Total Respondents	192,000	26,874,000

Source: California Health Interview Survey, 2007.

¹The definition of *binge drinking* in the United States is the consumption of five or more drinks in a row by men — or four or more drinks in a row by women — at least once in the previous 2 weeks.

Alcohol Consumption, National Comparisons

	2000	2002	2004	2005	2006	2007	2008
Persons consuming alcohol in the last month (in thousands)	104,092	119,820	120,934	126,028	125,309	126,760	128,974
Percentage of national population	46.6%	51.0%	50.3%	51.8%	50.9%	51.1%	51.6%
Persons engaged in binge drinking ¹ (in thousands)	46,049	53,787	54,725	55,090	56,575	57,778	58,096
Percentage of drinkers engaged in binge drinking ¹	20.6%	22.9%	22.8%	22.7%	23.0%	23.3%	23.3%
Persons engaged in heavy drinking ² (in thousands)	12,554	15,860	16,689	16,035	16,946	17,010	17,292
Percentage of drinkers engaged in heavy drinking ²	5.6%	6.7%	6.9%	6.6%	6.9%	6.9%	6.9%

Source: United States Department of Health and Human Services, Substance Abuse and Mental Health Statistics, Office of Applied Statistics, National Survey on Drug Use and Health, 2000-2008.

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.

National Alcohol Use by Pregnant Women

	2000-2001	2001-2002	2002-2003	2003-2004	2004-2005	2005-2006	2006-2007	2007-2008
Pregnant Women								
Current Alcohol Use ¹	12.9%	9.1%	9.8%	11.2%	12.1%	11.8%	11.6%	10.6%
Binge Drinking²	4.6%	3.1%	4.1%	4.5%	3.9%	2.9%	3.7%	4.5%
During First Trimester	NA	NA	NA	10.6%	NA	4.6%	6.6%	10.3%
Heavy drinking ³	NA	0.7%	0.7%	0.5%	0.7%	0.7%	0.7%	0.8%
Non-Pregnant Women								
Current Alcohol Use ¹	49.8%	53.4%	53.0%	52.8%	53.1%	53.0%	53.2%	54.0%
Binge Drinking²	20.5%	23.4%	23.2%	23.3%	23.3%	23.6%	24.1%	24.2%
Heavy drinking ³	NA	NA	NA	NA	NA	5.4%	5.5%	5.5%

Source: U.S. Department of Health and Human Services, Office of Applied Studies, National Survey on Drug Use and Health, 2000-2008.

Note: All estimates by pregnancy status are based on data averaged over time period e.g. 2007-2008

Note: Pregnant women included in data were ages 15 to 44 years old. Data on non-pregnant pregnant women used for comparison were from the same age group.

Note: Alcohol use during pregnancy is known to cause fetal alcohol syndrome, a leading cause of preventable mental retardation.

¹ Current Alcohol Use is defined as at least one drink in the past 30 days (includes binge and heavy use).

² Binge Drinking is defined as five or more drinks on the same occasion at least once in the past 30 days (includes heavy use).

³ Heavy use is defined as five or more drinks on the same occasion on at least 5 different days in the past 30 days.

Student Self-Reports of Substance Abuse

According to the 2009-10 California Healthy Kids Survey, 37% of San Luis Obispo County 11th graders have consumed at least one drink of alcohol over the past month, a decrease from 43% in 2003-04. While the percentage of 11th graders using marijuana in the past 30 days has remained at about a quarter since 2003-04.



Percentage of Students Who Reported Using Each Substance Ever, 7th Grade

Response	2003-04		2005-06		2009-10	
	Female	Male	Female	Male	Female	Male
Drank alcohol (1 full drink)						
San Luis Obispo	20%	19%	22%	21%	20%	21%
California	16%	17%	15%	16%	NA	NA
Used inhalants						
San Luis Obispo	9%	10%	10%	11%	10%	10%
California	7%	6%	7%	7%	NA	NA
Smoked marijuana						
San Luis Obispo	5%	6%	7%	10%	8%	10%
California	7%	10%	6%	8%	NA	NA

Source: California Healthy Kids Survey, 2004, 2006, 2010.

Percentage of Students Who Reported Using Each Substance Ever, 9th Grade

Response	2003-04		2005-06		2009-10	
	Female	Male	Female	Male	Female	Male
Drank alcohol (1 full drink)						
San Luis Obispo	46%	44%	45%	44%	44%	46%
California	46%	38%	43%	39%	NA	NA
Used inhalants						
San Luis Obispo	14%	10%	14%	13%	18%	14%
California	11%	6%	12%	7%	NA	NA
Smoked marijuana						
San Luis Obispo	20%	24%	23%	25%	26%	29%
California	22%	23%	21%	22%	NA	NA

Source: California Healthy Kids Survey, 2004, 2006, 2010.

Percentage of Students Who Reported Using Each Substance Ever, 11th Grade

Response	2003-04		2005-06		2009-10	
	Female	Male	Female	Male	Female	Male
Drank alcohol (1 full drink)						
San Luis Obispo	66%	66%	67%	63%	63%	62%
California	65%	61%	64%	62%	NA	NA
Used inhalants						
San Luis Obispo	11%	12%	14%	11%	12%	13%
California	9%	9%	10%	9%	NA	NA
Smoked marijuana						
San Luis Obispo	40%	48%	41%	41%	43%	44%
California	38%	39%	36%	44%	NA	NA

Source: California Healthy Kids Survey, 2004, 2006, 2010.

Percentage of Students Who Reported Using Substance in the Last 30 Days

Substance	Grade 7			Grade 9			Grade 11		
	03-04	05-06	09-10	03-04	05-06	09-10	03-04	05-06	09-10
Alcohol (at least 1 drink)									
San Luis Obispo	12%	13%	13%	28%	27%	26%	43%	41%	37%
California	10%	11%	N/A	25%	27%	N/A	37%	37%	N/A
Marijuana									
San Luis Obispo	3%	5%	6%	12%	12%	16%	25%	20%	24%
California	4%	4%	N/A	12%	12%	N/A	20%	20%	N/A
Inhalants									
San Luis Obispo	4%	5%	5%	4%	5%	6%	4%	3%	5%
California	4%	4%	N/A	4%	5%	N/A	5%	4%	N/A
Cocaine									
San Luis Obispo	NA	NA	N/A	2%	3%	4%	5%	4%	4%
California	NA	NA	N/A	3%	2%	N/A	5%	4%	N/A
Methamphetamines or any amphetamines									
San Luis Obispo	NA	NA	N/A	2%	3%	3%	3%	2%	2%
California	NA	NA	N/A	3%	2%	N/A	5%	2%	N/A
LSD or other psychedelics									
San Luis Obispo	NA	NA	N/A	2%	2%	5%	4%	3%	5%
California	NA	NA	N/A	2%	2%	N/A	3%	2%	N/A

Source: California Healthy Kids Survey, 2004, 2006 and 2010.

Death by Leading Causes

The leading cause of death in San Luis Obispo County was cancer followed by heart disease, which are in line with the national leading causes of death according to Healthy People 2010.¹⁰ San Luis Obispo had higher death rates per 100,000 people than California for stroke, breast cancer, unintentional injury, and suicide. All other causes of death were at rates lower than California. County death rates that have been increasing since 2000 included drug related deaths and motor vehicle deaths. However, the death rates from heart disease, lung cancer, stroke, and diabetes were decreasing in the county from 2000 to 2008.



San Luis Obispo County Death Rates

Cause	2000-2002	2002-2004	2003-2005	2004-2006	2005-2007	2006-2008
All Deaths	664.3	673.2	646.4	637.8	639.7	628.0
Heart Disease	147.1	131.4	121.6	120.7	111.9	103.4
All Cancer	169.0	164.6	158.8	154.7	151.4	151.3
Lung Cancer	46.9	44.7	44.4	44.0	43.8	40.4
Breast Cancer	20.9	20.2	20.9	19.7	21.1	20.8
Stroke	54.1	49.2	47.3	45.6	48.3	45.7
Unintentional Injury	34.0	32.7	28.2	38.1	40.6	37.7
Suicide	13.5	11.4	11.3	10.5	13.2	12.6
Homicide	1.9 ¹	2.3 ¹	2.1 ¹	2.0 ¹	2.5 ¹	2.6 ¹
Motor Vehicles	11.7	13.0	15.1	16.6	15.5	12.0
Firearms Related	7.5	6.6 ¹	6.5 ¹	6.2 ¹	7.6	6.8 ¹
Drug Related	11.3	9.6	9.3	11.5	12.4	12.6
Diabetes	15.2	14.7	15.9	14.0	13.0	10.1

Source: County Health Status Profiles 2000-2010, California Department of Health Services and California Conference of Local Health Officers, 2003-2010. National Center for Health Statistics 2007, 2009.

Note: Rate is per 100,000 people adjusted for age. The time period is averaged over three years to provide more valid estimates.

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

¹⁰ U.S. Department of Health and Human Services. (2000). *Healthy People 2010: Understanding and Improving Health. 2nd ed.* Washington, DC: U.S. Government Printing Office.

California Death Rates

Cause	2000-2002	2002-2004	2003-2005	2004-2006	2005-2007	2006-2008
All Deaths	745.0	704.5	716.7	697.5	683.5	666.4
Heart Disease	191.4	164.7	161.7	154.0	145.2	137.1
All Cancer	177.0	164.1	165.1	161.3	159.3	155.9
Lung Cancer	45.9	41.8	41.5	40.2	39.2	38.1
Breast Cancer	24.5	22.8	22.7	22.1	21.7	21.2
Stroke	60.5	52.4	51.7	47.8	43.5	40.8
Unintentional Injury	27.9	29.3	29.5	30.2	30.4	29.7
Suicide	9.5	9.4	9.3	9.0	9.0	9.4
Homicide	6.4	6.7	6.8	6.8	6.6	6.3
Motor Vehicles	10.8	12.1	12.2	11.9	11.1	10.3
Firearms Related	9.5	9.4	9.4	9.2	8.9	8.5
Drug Related	8.7	10.0	10.2	10.3	10.5	10.6
Diabetes	21.5	21.3	22.3	22.1	21.9	21.1

Source: County Health Status Profiles 2000-2010, California Department of Health Services and California Conference of Local Health Officers, 2003-2010. National Center for Health Statistics 2007, 2009.

Note: Rate is per 100,000 people adjusted for age. The time period is averaged over three years to provide more valid estimates.

Suicides

The average annual rate of deaths due to suicide in San Luis Obispo County was 12.6 deaths per 1,000 people from 2006 to 2008. While the county's overall death rate has varied over the past decade, the suicide rate has been consistently much higher than California's suicide death rate.



Suicide Rate

	1999- 2001	2000- 2002	2001- 2003	2002- 2004	2003- 2005	2004- 2006	2005- 2007	2006- 2008
San Luis Obispo County deaths (annual average)	32.3	35.0	35.7	31.0	31.0	29.3	36.3	34.7
San Luis Obispo County suicide death rate	12.6	13.5	13.5	11.4	11.3	10.5	13.2	12.6
California suicide death rate	9.6	9.5	9.6	9.4	9.3	9.0	9.0	9.4

Source: California Department of Health Services, County Health Status Profiles, 1999-2010.

Note: Death Rates are calculated per 100,000 people and are age adjusted.

Reported Communicable Diseases

San Luis Obispo County has seen a 25% increase in the number of new cases of the sexually transmitted disease, Chlamydia: from 511 cases in 2003 to 641 cases in 2009. No other reported disease in the county has shown such a steadily increasing trend.



New Cases Diagnosed

Disease	2001	2003	2005	2006	2007	2008	2009
AIDS	20	13	21	1	9	9	NA
Chlamydia	306	511	549	567	631	634	641
Cryptosporidiosis	5	8	6	23	18	8	25
E. Coli	2	2	6	2	4	5	6
Giardia	30	12	19	21	7	9	10
Gonorrhea	20	56	49	42	48	33	NA
Hepatitis A	3	4	5	12	5	13	1
Hepatitis B	40	37	94	72	29	43	55
Meningitis – Total	23	34	33	28	32	27	32
Pertussis	2	1	109	75	16	16	2
Salmonellosis	31	22	23	42	27	26	14
Syphilis – Total	0	10	13	9	18	41	8
Tuberculosis	11	8	8	9	2	2	0

Source: San Luis Obispo County Public Health Department, 2001-2010.

AIDS Cases and Cumulative Incidence (1981 – January 31, 2009)

AIDS Cases	Total Cases	Living Cases	Deceased Number	Deceased Percent
San Luis Obispo County	593	314	279	47%
California	152,724	66,671	86,053	56%

Source: California Department of Health Services, Office of AIDS, HIV/AIDS Case Registry Section, 2009.

Infant Mortality Rate

The infant death rate for San Luis Obispo County for 2005-2007 met the Health People 2010 goal of having an infant mortality rate of 4.5 or fewer infant deaths per 1,000 live births.



Infant Death Rate, San Luis Obispo County and State

	1997- 2000 ³	1999- 2001	2000- 2002	2001- 2003	2002- 2004	2003- 2005	2004- 2006	2005- 2007 ⁴
San Luis Obispo County Number of Infant Deaths (three year average)	11.7	10.7	10.7	10.7	11.0	14.7	15.0	12.0
San Luis Obispo County Birth Cohort Infant Death Rate ¹	4.8 ¹	4.4 ¹	4.4 ¹	4.3 ¹	4.3 ¹	5.5 ¹	5.6 ¹	4.3 ¹
California Birth Cohort Infant Death Rate ²	5.7	5.5	5.5	5.3	5.4	5.4	5.3	5.3
San Luis Obispo County Statewide Rank	18	15	18	19	16	34	35	16

Source: California Department of Health Services, County Health Status Profiles, 1996-2010. National Center for Health Statistics. 2007, 2009.

Note: 2006 data for All Races, Black, Hispanic, and White.

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

²Rates are per 1,000 live births for children under 1 year of age.

³Data for 1998 is not available.

⁴Most current data available

Infant Death Rate, San Luis Obispo County, by Ethnicity, 2005-2007

	White	Hispanic ¹	Black ¹	Asian/Pacific Islander ¹
San Luis Obispo County Number of Infant Deaths (three year average)	5.0	5.0	0.0	1.7
San Luis Obispo County Birth Cohort Infant Death Rate ¹	3.1	5.1	NA	23.3
California Birth Cohort Infant Death Rate ²	4.8	5.2	12.4	4.5
San Luis Obispo County Statewide Rank	8	33	4	57

Source: California Department of Health Services, County Health Status Profiles, 1996-2010. National Center for Health Statistics. 2007, 2009.

Note: 2006 data for All Races, Black, Hispanic, and White.

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

²Birth cohort infant death rates are per 1,000 live births.



Prenatal Care

A large majority (83%) of San Luis Obispo County mothers received adequate or better than adequate prenatal care from 2006-2008. However, while it is recommended that mothers begin prenatal care in the first trimester of pregnancy, there have been an increasing number of mothers beginning care in the second trimester, especially younger mothers.



Prenatal Care, San Luis Obispo County and State

	1999-2001	2001-2003	2002-2004	2004-2006	2005-2007	2006-2008
Percent Late or No Prenatal Care						
San Luis Obispo County	17.1%	17.6%	17.3%	15.0%	16.9%	19.5%
California	15.5%	13.6%	13.0%	13.5%	14.9%	16.3%
San Luis Obispo County Statewide Rank	22	28	31	21	21	24
Percent Adequate/Adequate Plus Prenatal Care¹						
San Luis Obispo County	81.9%	79.8%	79.9%	82.3%	82.9%	83.0%
California	76.4%	77.7%	78.3%	78.5%	78.5%	78.7%
San Luis Obispo County Statewide Rank	4	10	10	8	8	7

Source: California Department of Health Services, County Health Status Profiles, 1999-2010.

Note: The definition of adequate/adequate plus prenatal care is based on the Kotelchuck Index: based on the month prenatal care began and the number of visits attended as recommended by the American College of OB-GYN Standards of Care. Adequate and adequate plus categories represent care begun by the 4th month of pregnancy (second trimester), with a total of 12 to 17 visits received.

¹Adequate Plus prenatal care is care that exceeds the number of recommended visits according to the Kotelchuck Index.

Live Births by Trimester in which Prenatal Care Began

	First Trimester					Second Trimester				
	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008
San Luis Obispo County	82.0%	85.5%	85.7%	76.6%	76.3%	13.7%	11.7%	11.4%	18.3%	19.1%
California	85.6%	85.8%	85.2%	81.1%	80.7%	10.1%	10.7%	11.2%	13.6%	14.0%
	Third Trimester					No Care				
	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008
San Luis Obispo County	1.7%	1.9%	2.1%	3.1%	2.3%	0.8%	0.6%	0.7%	0.3%	0.4%
California	2.0%	2.0%	2.2%	2.6%	2.6%	0.6%	0.6%	0.6%	0.6%	0.5%
	Unknown									
	2004	2005	2006	2007	2008					
San Luis Obispo County	1.8%	0.3%	0.3%	1.7%	1.8%					
California	1.7%	0.8%	0.8%	2.1%	2.1%					

Source: California Department of Health Services, Birth Statistical Data, 2004-2008.

Trimester Prenatal Care Began, by Mother's Age (2009)

Mother's Age	First Trimester	Second Trimester	Third Trimester	Unknown	Total
<20	61%	26%	8%	5%	170
20-24	68%	23%	6%	3%	554
25-29	80%	17%	1%	1%	815
30-34	85%	12%	2%	1%	665
35-39	82%	15%	2%	1%	313
40+	79%	16%	4%	1%	94

Source: Department of Public Health, County of San Luis Obispo, 2010.



Birth Weight

Low birth weight babies (less than 5 pounds, 8 ounces) are more likely to experience health problems both immediately and long term.¹¹ The county of San Luis Obispo has consistently had lower percentages of births at low birth weight compared to the state of California. However, the 2008 percentage is higher than previous years which may indicate a need for more preventative measures to catch this increasing trend.



Birth Weight

	Under 1500 grams						1500-2499 grams					
	2003	2004	2005	2006	2007	2008	2003	2004	2005	2006	2007	2008
San Luis Obispo County	0.9%	0.8%	1.0%	1.1%	1.5%	0.6%	4.5%	5.7%	6.0%	4.7%	4.6%	5.8%
California	1.2%	1.2%	1.2%	0.1%	1.2%	1.1%	5.4%	5.5%	5.6%	5.7%	5.7%	5.7%
	2500-4499 grams						4500 grams and over					
	2003	2004	2005	2006	2007	2008	2003	2004	2005	2006	2007	2008
San Luis Obispo County	93.1%	91.8%	91.4%	93.0%	92.0%	92.0%	1.5%	1.7%	1.5%	1.2%	1.9%	1.6%
California	91.9%	91.9%	91.9%	92.9%	92.0%	92.0%	1.5%	1.4%	1.3%	1.2%	1.2%	1.1%

Source: California Department of Health Services, Birth Statistical Data, 2003-2008.

Low Birth Weight Births (as Percentage of all Births)

	2000	2002	2004	2005	2006	2007	2008
San Luis Obispo County	5.3%	5.9%	6.5%	7.1%	5.7%	6.1%	6.4%
California	6.2%	6.4%	6.7%	6.9%	6.9%	6.9%	6.8%

Source: State of California, Department of Public Health, Birth Records, California Department of Public Health, Birth Statistical Data, 2008.

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

¹¹ Journal of American Medical Association. (2002). Low Birth Weight. *Journal of American Medical Association*, 287(2):270. Retrieved from www.jama.com

Teen Birth Rate

The teen birth rate is 21 per 1,000 women (15 to 19 years old), much lower than the state's rate of 37 per 1,000 women.



Teen Births: San Luis Obispo County and California

	2000-2002	2002-2004	2003-2005	2004-2006	2005- 2007	2006-2008
San Luis Obispo County Number of Births (average)	218.7	220.7	213.0	201.0	208.3	216.0
San Luis Obispo County Teen Birth Rate	21.4	21.7	21.4	20.0	20.5	21.0
California Teen Birth Rate	45.0	39.2	38.2	37.8	37.3	36.6
San Luis Obispo County Statewide Rank ¹	6	11	10	9	10	10

Source: California Department of Health Services, County Health Status Profiles, 1999-2010.

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

¹ Counties are ranked in descending order by teen birth rate, 1 indicating the highest teen birth rate statewide.

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

Ethnicity	Under 15 years of age				15-17 years of age				18-19 years of age			
	2004	2006 ²	2008	2009	2004	2006	2008	2009	2004	2006	2008	2009
Caucasian	33%	NA	0%	0%	31%	45%	22%	35%	38%	38%	40%	41%
Hispanic	67%	NA	0%	0%	67%	53%	69%	61%	56%	56%	55%	53%
Other ¹	0%	NA	100%	100%	2%	2%	8%	4%	6%	6%	6%	6%

Source: Department of Public Health, County of San Luis Obispo, 2010

Note: Percentages are shown here to protect confidentiality.

¹ "Other" category includes: Asian, Black, American Indian, Multi-Racial, Other, and Unknown.

² Data on teen births for women under 15 years of age unavailable for 2006.

