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The power of data to guide actions toward improving community health is immense.

Accurate, relevant information helps us determine how to most effectively direct limited resources and where to find assets we can leverage to make positive change. It helps us understand who is most vulnerable to health threats and what demands most need our attention.

For these reasons and more, we are pleased to share this community health assessment with you. This report will serve as a resource for all of us who are working to promote health and wellness in San Luis Obispo County.

The assessment paints a point-in-time picture of the health status of the county and highlights the important social, economic, and health conditions that face our community. For those interested in specific issues, the report offers details on our local context, as well as state and national comparisons.

We hope this report will provide a powerful launching point for realistic, well-informed conversations and actions to improve the health of our community. We look forward to working alongside local leaders—from community organizations to academia, philanthropy, government, and business—to use this assessment in working toward our shared goals.

Together, we can use this data to inform our pursuit of a stronger, healthier San Luis Obispo County.

To Health,

Penny Borenstein, MD, MPH
Health Officer / Public Health Director
County of San Luis Obispo
A community health assessment is both a process and a product. It is the process of gathering a broad range of information from many diverse sources in order to understand important trends and factors influencing the health of the community. As a product, it reports the information gathered through that process. It is also about sharing that information and using it to develop strategies to improve the health of the community.

Two-Part Planning Effort
The County of San Luis Obispo Public Health Department is working with community partner organizations on a two-part planning effort to improve the health of San Luis Obispo County residents. The Community Health Assessment report represents the first part of that collaborative effort: identifying the health issues of the county and their larger context. The Public Health Department and community partners then use the community health assessment to inform discussions and identify priority areas for part two of the collaborative effort: a community health improvement plan.

Collaborative Process
In January 2017, the Public Health Department reached out to partner organizations to discuss participating in a community health assessment based on the framework and standards established by the Public Health Accreditation Board. In all, close to 200 individual residents provided information or actively participated in the development of the community health assessment. This included community stakeholders and representatives of organizations across multiple sectors.

The Public Health Department engaged participants through surveys, meetings, workshops, and focus groups to gauge their perceptions of the community’s health, areas for health improvement, factors that contribute to health challenges, and existing community resources available to improve health. See Appendix 2: Methods of Data Collection for a list of local organizations that participated in the community health assessment, as well as a summary of comments submitted by partners on a draft of this report.
INTRODUCTION

Scope of the Assessment

How a community defines health influences what is included in a community health assessment. This community has defined health broadly in recognition of the range of factors that can influence the community’s health. These factors include clinical care issues such as access to medical services; behaviors such as diet and exercise; social and economic factors such as housing and employment opportunities; and parts of the physical environment such as water and air quality.

Community stakeholders and representatives from multi-sector organizations selected the following nine priority areas to include in the assessment:

- Social Determinants of Health
- Access to Health Care
- Maternal, Child & Adolescent Health
- Infectious Disease
- Chronic Disease
- Health Behaviors
- Injuries
- Social & Emotional Wellness
- Environment

These nine priority areas include 37 specific health indicators.

This community health assessment is organized as a reference document. Readers can quickly navigate to any of nine health categories or directly to one of the 37 health indicators. Indicators are based on Healthy People 2020, a set of science-based, 10-year national objectives for improving the health of all Americans, and on factors either unique to this region or of noted interest to community members (depending on data availability, reliability, and validity). In addition to relevant statistical data, the report addresses the impact and context for each indicator. For those who want to dive deeper, a comprehensive catalogue of indicators is available in Appendix 4: Indicators at a Glance. In addition, the SLO Health Counts data hub (www.SLOHealthCounts.org) serves as a complementary resource to this report.

The report is informed by primary data from the Public Health Department and secondary data from national, state, and other local sources. While broad in scope, the report does not focus deeply on any one indicator. Some indicators which merited examination are not addressed in the report due to data limitations and information gaps. Due to the relatively small population size of San Luis Obispo County, data may be grouped in multiple years when working with statistically small sample sizes. Please see Appendix 2: Methods of Data Collection for a further description of how and what information was collected and analyzed for the community health assessment.

The report includes perspectives and insights from residents across San Luis Obispo County, including those who are part of neighborhood organizations, schools and colleges, advocacy groups, nonprofits, community clinics, employers, hospitals, law enforcement organizations and the faith community, as well as community members who have been traditionally underrepresented. Together, these voices provide important insights into many of the broad array of issues, assets and concerns that shape a community’s health.

The community health assessment also looks at the capacity of the public health system to provide essential public health services, which are the fundamental framework for activities that protect and promote the health and well-being of communities. A community’s existing capacity to support residents’ well-being is also relevant. This includes formal elements of the public health system (such as clinics), services provided by businesses and community groups, and natural assets such as open space for physical activity. Please see Appendix 3: Health Assets and Resources for a map of the physical assets, such as parks, clinics, and fresh food markets, community partners identified as supporting health.

Highlights

In this report, many readers will find information significant to their areas of interest or concern. Among the findings, several stand out as especially notable.

Areas of strength:

- **Lower rate of diabetes**: The rate of adults with diabetes in San Luis Obispo County is nearly half the national rate. 5.6 percent of local adults have diabetes, compared to 9.3 percent statewide and 10.5 percent nationwide.
- **Higher rate of breastfeeding initiated at birth**: In San Luis Obispo County, 97.6 percent of mothers initiated breastfeeding in the hospital in 2016, higher than the national and state averages, and higher than the Healthy People 2020 goal of 81.9 percent.
- **Lower rate of teen births**: The teen birth rate is 14.1 per 1,000, compared to 21 per 1,000 statewide and the Healthy People 2020 target of 36.2 per 1,000.

Areas for improvement:

- **Insufficient access to Denti-Cal Providers**: The ratio of Denti-Cal providers to beneficiaries has been classified by the state as below standard. Denti-Cal patients report waiting months for critical dental care.
- **High rate of teens who consider suicide**: 18 percent of eleventh graders surveyed had seriously considered suicide in the past 12 months. This rate is similar to the state average.
- **Insufficient affordable housing**: Only 15.4 percent of homes for sale in San Luis Obispo County are affordable for median-income families. Most renters spend more than one-third of their income on housing.

Health Equity

The ultimate aim of health improvement planning is not only to achieve goal-driven health measures for the population as a whole, but also to ensure all residents are equally able to benefit from this achievement. This means eliminating health disparities based on poverty, employment, education, race, ethnicity, urban or rural location, and other such factors.

The indicators in this report show measures or patterns of health attainment for the population of San Luis Obispo County as a whole. In the context of a community that often compares favorably to state and national indicators, it is critical to recognize that these measures may vary significantly for sub-groups within that whole. In some cases, it is possible that positive overall patterns—an indicator showing improvement over time, for example—may mask challenges or unfavorable outcomes for a particular population or group.
Using data to identify such disparities is a valuable part of health improvement planning. In some cases where data is available, the indicators highlight patterns for sub-groups (such as residents who primarily speak Spanish) as well as the population as a whole. In a county of this size, however, meaningful data sources and statistical tools focused on health equity are often limited or unavailable. That makes it all the more important to consider possible health equity implications when reviewing the data and charting health improvement efforts.

Adverse Childhood Experiences

As communities work toward health equity, researchers are seeking to understand the factors that shape health outcomes over a lifetime. A growing body of research points to adverse childhood experiences (ACEs) as among those key factors. While the first study connecting ACEs with health outcomes was published nearly 20 years ago, this connection is only more recently emerging as a valid and powerful factor in understanding health.

Research on ACEs shows a strong link between childhood trauma and chronic disease in adults, including physical as well as social and emotional problems. The predictive value of an ACEs “score” (the degree of trauma experienced as a child) has been shown to remain valid regardless of other socioeconomic or ethnic indicators. The related practice of trauma-informed care aims to mitigate the effect of ACEs on long-term health outcomes.

Because this field is only recently gaining prominence, local ACEs data is not available for this report. It will be critical to maintain a keen lens on the ACEs construct as health improvement planning continues in years ahead, and in particular to consider ways the community may deploy trauma-informed care to help ensure every child has the opportunity to become a healthy adult.

Next Steps

The findings in this report helped inform discussion at a February 2018 convening of stakeholders and community leaders. The purpose of the convening was to begin to establish goals and strategies to achieve collective impact through a five-year plan for countywide health improvement. Convening participants worked on identifying common goals, developing strategies for improvement, identifying opportunities to amplify and support each other’s work, and creating or enhancing meaningful partnerships. The Community Health Improvement Plan (CHIP) is now under development and is expected to follow shortly on the heels of this Community Health Assessment.
“Our county has significant health assets, from beautiful natural resources to the dedicated people working on the ground every day to support our health. But we still face real challenges to ensuring everyone in San Luis Obispo County has the opportunity to be healthy.”

- Dr. Penny Borenstein, Health Officer
compared to the state (26.4 percent).\textsuperscript{4} Regional analysis reports this number has been falling in recent years, alongside a loss of early- to mid-career population (ages 30 to 44).\textsuperscript{5}

On the other hand, seniors account for a relatively higher share of the population as compared to the state. Those over the age of 60 accounted for nearly one-quarter of the population in San Luis Obispo County (24.5 percent), compared to the state (18.3 percent).\textsuperscript{6} Regional analysis reports that this number has been continuing to increase in recent years.\textsuperscript{7}

**Race/Ethnicity**

The majority of residents (69.2 percent) identify as white, followed by 22.3 percent as Hispanic/Latino, 3.9 percent as Asian and 2.0 percent as African American.\textsuperscript{8} In a comparison of race/ethnicity make-up, San Luis Obispo County has a higher percentage of non-Hispanic white residents compared to the state of California (37.7 percent), and a lower percentage of Hispanic/Latino, African American and Asian individuals compared to the state of California.\textsuperscript{9}

**Language**

Residents who do not speak English can face linguistic difficulties and barriers in many areas, including health. These barriers are most common among households that are in “linguistic isolation,”\textsuperscript{10} which the U.S. Census Bureau defines as a household in which no member 14 years old or older speaks English “very well.” It is important to recognize and accommodate non-English speaking residents as they may require additional support in outreach, health education, and service delivery from health providers. In San Luis Obispo County, 3.5 percent of all households report being linguistically isolated.\textsuperscript{10}

Eighty-three percent of residents of San Luis Obispo County speak English as the primary language in their household, and over 13 percent speak Spanish as their primary language. Over 20 percent of Paso Robles residents speak Spanish at home. Roughly two percent of county residents speak Chinese or Tagalog, and another two percent speak other Indo-European languages.\textsuperscript{10}

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SocioNeeds Index

The SocioNeeds Index is a measure of socioeconomic need that is correlated with poor health outcomes. This tool, developed by Conduent Healthy Communities Institute and made available on the SLO Health Counts data hub (www.SLOHealthCounts.org), provides a snapshot of how current socioeconomic needs vary within San Luis Obispo County.

All ZIP codes in the U.S. are given an index value from 0 (low need) to 100 (high need). For example, a ZIP code with an index value of 50 would be average, as compared with the rest of the country. To help identify areas of highest need within the community, ZIP codes are ranked from 1 to 5 based on their index value, color-coded and displayed on an interactive map at www.SLOHealthCounts.org.

This index combines multiple socioeconomic indicators into a single composite value. As a single indicator, the index can serve as a concise way to explain which areas are of highest need. The index is calculated from six indicators, one each from the following topics: poverty, income, unemployment, occupation, education, and language. The indicators are weighted to maximize the correlation of the index with premature death rates and preventable hospitalization rates.

In San Luis Obispo County, areas ranked as having highest need include the campus of California Polytechnic State University (Cal Poly), likely because of comparatively low student income and employment rates, and portions of Oceano, San Miguel, and Shandon. Conversely, areas ranked as having the lowest need include portions of Shell Beach, Cayucos, Harmony, Arroyo Grande, and Creston. See map on page 10 for more detail.

Populations with Special Needs

Disabled individuals comprise a vulnerable population that requires targeted services and outreach by community and health care providers. Underemployment and poverty are also major problems facing individuals with disabilities.

According to the Centers for Disease Control and Prevention (CDC), more than 50 million people (approximately 20 percent of the population) in the U.S. have a disability, and, of those, more than 34 million (>12 percent) live with a severe disability.

In San Luis Obispo County, 25.6 percent have a disability.\textsuperscript{11} These are individuals who are limited in any activity because of physical, mental, or emotional problems.

SocioNeeds Index, San Luis Obispo County, 2018

Source: Conduent Healthy Communities Institute, available at www.slohealthcounts.org
Health is about more than just medical care. Safe affordable housing, clean drinking water, healthy affordable food, access to education and employment that offers a livable wage are essential components for living a healthy life; all of these factors affect the overall health of the community. Policies recognizing that there is more to health and well-being than health care alone contribute to a flourishing society. Increased health contributes to increased productivity, a more efficient workforce, and reduced expenditure on health care services.

Recent studies examining diseases in the context of social conditions are generating a better understanding of how poverty, neighborhood violence, substandard housing conditions, family instability, and other stresses can contribute to illnesses, like asthma, high blood pressure and others. The research is not only leading to a more accurate understanding of why health patterns vary along class and racial lines, but why anti-poverty efforts, even more than medication, offer the most promise for healthier communities.  

Educational Attainment

Why this Matters

Research suggests that educational attainment is one of the strongest predictors of health. More education is consistently associated with greater earning potential, higher life expectancy, and lower levels of certain chronic and infectious diseases. Completion of formal education is a key pathway to employment and access to healthier and higher paying jobs that can provide food, housing, transportation, health insurance, and other basic necessities for a healthy life.

In San Luis Obispo County
San Luis Obispo County has a higher percentage of residents who have their high school diploma (90.1 percent) compared to the state (82.1 percent). The county also has a higher percentage of residents with a Bachelor's degree or higher (34.1 percent) compared to the state (32.0 percent).

In the county, 91.5 percent of students receive their high school diploma within four years of their first enrollment in 9th grade. This meets the Healthy People 2020 goal of 87 percent. In addition, 88 percent of students pass the English-Language Arts section of the California High School Exit Exam (CAHSEE), and 89 percent pass the Math section.

Housing

Why this Matters
The availability of affordable, safe, stable, quality housing is central to the health of a community. This includes the physical conditions within homes; conditions in the neighborhoods surrounding homes; and housing affordability.

Quality physical conditions within homes protect individuals and families from harmful exposures (e.g. mold, lead, injuries, air pollutants) and provide them with a sense of privacy, security, stability and control, which can impact health. Conditions in neighborhoods (e.g. safe places for play, employment opportunities, low crime, healthy foods, high levels of trust) can also affect an individual's sense of control, stability and stress levels and their exposure to violence. Lastly, affordable housing (when a family spends less than one-third of its income to rent or buy a residence) enables low and moderate income families to put more of their financial resources toward basic necessities, like nutritious food, medical care, and reliable child care.

In San Luis Obispo County
Fifty-nine percent of San Luis Obispo County residents reported spending one-third or more of their household income on housing costs in 2016. Spanish-speaking individuals and renters experienced greater housing challenges, with 86.8 percent of Spanish-speaking individuals spending more than one-third of their income on housing costs (57.1 percent spending over half) and 76.4 percent of renters (versus 47.9 percent of home owners).

In 2015, 21-1 San Luis Obispo County, a local information line which links people to safety net services, received 3,473 total calls for assistance. The single greatest request, with 33 percent of call volume, was for housing and utilities.

Among 225 communities in the U.S., San Luis Obispo County ranked as the 6th least affordable

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<th>Rank</th>
<th>Metro Area</th>
<th>Homes Affordable for Median Family Income</th>
<th>Median Family Income</th>
<th>Median Sales Price</th>
</tr>
</thead>
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<td>1</td>
<td>San Francisco-Redwood City-South San Francisco, CA</td>
<td>9.2%</td>
<td>$119,600</td>
<td>$1,260,000</td>
</tr>
<tr>
<td>2</td>
<td>Los Angeles-Long Beach-Glendale, CA</td>
<td>9.5%</td>
<td>$68,000</td>
<td>$589,000</td>
</tr>
<tr>
<td>3</td>
<td>Salinas, CA</td>
<td>10.7%</td>
<td>$69,100</td>
<td>$550,000</td>
</tr>
<tr>
<td>4</td>
<td>Anaheim-Santa Ana-Irvine, CA</td>
<td>11.9%</td>
<td>$93,000</td>
<td>$720,000</td>
</tr>
<tr>
<td>5</td>
<td>Santa Cruz-Watsonville, CA</td>
<td>12.2%</td>
<td>$81,400</td>
<td>$710,000</td>
</tr>
<tr>
<td>6</td>
<td>San Luis Obispo-Paso Robles-Arroyo Grande, CA</td>
<td>15.4%</td>
<td>$80,600</td>
<td>$558,000</td>
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<tr>
<td>7</td>
<td>Napa, CA</td>
<td>15.7%</td>
<td>$88,500</td>
<td>$635,000</td>
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<tr>
<td>8</td>
<td>San Jose-Sunnyvale-Santa Clara, CA</td>
<td>16.6%</td>
<td>$125,200</td>
<td>$135,000</td>
</tr>
<tr>
<td>9</td>
<td>San Diego-Carlsbad, CA</td>
<td>18.6%</td>
<td>$81,800</td>
<td>$530,000</td>
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<tr>
<td>10</td>
<td>San Rafael, CA</td>
<td>22.5%</td>
<td>$139,000</td>
<td>$975,000</td>
</tr>
<tr>
<td>11</td>
<td>Oakland-Hayward-Berkeley, CA</td>
<td>23.5%</td>
<td>$103,000</td>
<td>$670,000</td>
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<tr>
<td>12</td>
<td>Oxnard-Thousand Oaks-Ventura, CA</td>
<td>24.8%</td>
<td>$96,000</td>
<td>$562,000</td>
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<td>13</td>
<td>Santa Maria-Santa Barbara, CA</td>
<td>25.8%</td>
<td>$79,600</td>
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<td>14</td>
<td>Merced, CA</td>
<td>26.6%</td>
<td>$48,200</td>
<td>$270,000</td>
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<td>15</td>
<td>Stockton-Lodi, CA</td>
<td>28.5%</td>
<td>$63,700</td>
<td>$365,000</td>
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area for housing in the first quarter of 2018, a slight improvement from the third least affordable in 2009.21

This lack of affordable housing options is compounded by a similarly low number of income-restricted affordable housing units. The county currently has 3,275 income-restricted affordable rental housing units for low- to moderate-income households.22 These units are dispersed throughout the county and are managed by a network of nonprofit and private entities. The nonprofit housing developers in San Luis Obispo County include the San Luis Obispo Housing Trust Fund, Peoples’ Self-Help Housing, Housing Authority of San Luis Obispo, Paso Robles Housing Authority, and Transitions-Mental Health Association (TMHA). Currently, none of these agencies have affordable housing available.

Affordable housing scarcity, alongside a variety of other issues, can lead individuals to become homeless. The 2017 San Luis Obispo County Homeless Point-in-Time Count found 1,125 individuals in San Luis Obispo County who met the HUD definition of homelessness.23 This represents a decrease of 26 percent from 2015.24 Of those counted, 780 (69 percent) were unsheltered (sleeping outdoors, on the street, in parks, in vehicles, etc.) and 345 (31 percent) were considered sheltered (i.e. emergency shelter or transitional housing).25 Eight percent were under the age of 25. Twenty-six percent were between the ages of 25 and 40, 54 percent were between the ages of 41 and 60, and 12 percent were 61 years or older.26

Income and Poverty

Why this Matters

Economic insecurity is often associated with poor health. Poverty increases the risk of many conditions, including poor nutrition, low birth weight, cognitive and developmental delays, decreased mental well-being, poor academic achievement, unemployment, lack of access to health care, and inadequate housing. Low socioeconomic status is also associated with differences in life expectancy of 15-20 years in many California cities, according to the California Endowment.27

In San Luis Obispo County

From 2011-2015, 14,375 households in San Luis Obispo County were living in poverty, 14.8 percent of all households.28 San Luis Obispo County saw a slight increase in the percentage of children living below the federal poverty level from 13 percent in 2010 to 15 percent in 2015, while adults

25 Ibid.
26 Ibid.
and seniors had a smaller increase during the same time period.29

While the Federal Poverty Level, a metric developed in the 1960s, bases its formula solely on the cost of food, it does not consider other factors such as child care, transportation, medical needs, and housing costs, which can vary considerably across the country. For this reason, the state of California uses another measure to estimate poverty: the Self-Sufficiency Standard. The Self-Sufficiency Standard provides a threshold income needed for families to meet their basic needs without public or private assistance. It provides a more comprehensive measure of income adequacy by taking into account housing, child care, health care, transportation, food, taxes, and economic differences between counties. It also better assesses changing costs over time compared to federal poverty estimates.

In 2014, 24,781 households (35.3 percent of all households) in San Luis Obispo County were living below the Self-Sufficiency Standard.30 A single adult in San Luis Obispo County would need to earn $11.98 per hour and work 40 hours a week in 2014 to be self-sufficient, whereas a single adult with a teenager and a school-aged child would need to earn $21.28 per hour.31

Self-perception of health status and well-being is also a powerful indicator of the health status of a community. When ACTION telephone survey respondents were asked to rate their overall health, those who had less than $300 in a savings account were far more likely to rate their health as “Fair” or “Poor” (48.95 percent) as compared to their counterparts with more savings (22.35 percent).

ACTION telephone survey respondents were asked if they went without any basic needs in the last year. Overall, 5.6 percent reported going without health care and 3.8 percent went without food. Spanish-speaking respondents had much higher levels of difficulty: nearly 17 percent went without health care and 29.8 percent without food. When Spanish-speaking respondents were asked why they went without these basic needs, the majority responded they had “no money to pay for it.”

**Employment**

**Why this Matters**

A well-paying job with income stability makes it easier for workers to live in healthier neighborhoods, provide quality education for their children, secure child care services, and buy more nutritious food—all of which have substantial impacts on health. This includes not only base salary, but also the benefits that come with stable employment, including insurance, vacation and sick time, and family leave. Higher earning translates to a longer lifespan—since 1977, the life expectancy of male workers retiring at age 65 has risen 5.8 years for top earners, but only 1.3 years for their lower-earning counterparts.32

31 Ibid.

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**Self-Sufficiency Standards, San Luis Obispo County, 2014**

<table>
<thead>
<tr>
<th>Expense Type (Monthly)</th>
<th>Single Adult</th>
<th>Single Adult + 2 Children</th>
<th>2 Adults + 2 Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing</td>
<td>$941</td>
<td>$1,215</td>
<td>$1,215</td>
</tr>
<tr>
<td>Child Care</td>
<td>$0</td>
<td>$514</td>
<td>$1,600</td>
</tr>
<tr>
<td>Food</td>
<td>$244</td>
<td>$646</td>
<td>$765</td>
</tr>
<tr>
<td>Transportation</td>
<td>$278</td>
<td>$287</td>
<td>$543</td>
</tr>
<tr>
<td>Health Care</td>
<td>$137</td>
<td>$452</td>
<td>$482</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$160</td>
<td>$311</td>
<td>$461</td>
</tr>
<tr>
<td>Taxes</td>
<td>$348</td>
<td>$536</td>
<td>$914</td>
</tr>
<tr>
<td>Earned Income Tax Credit</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
</tr>
<tr>
<td>Child Care Tax Credit</td>
<td>$0</td>
<td>-$50</td>
<td>-$100</td>
</tr>
<tr>
<td>Child Tax Credit</td>
<td>$0</td>
<td>-$167</td>
<td>-$167</td>
</tr>
</tbody>
</table>

**Self-Sufficiency Wage**

<table>
<thead>
<tr>
<th></th>
<th>Hourly Per Adult</th>
<th>Monthly</th>
<th>Annually</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$11.98</td>
<td>$2,109</td>
<td>$25,305</td>
</tr>
<tr>
<td></td>
<td>$21.28</td>
<td>$3,745</td>
<td>$44,935</td>
</tr>
<tr>
<td></td>
<td>$16.23</td>
<td>$5,713</td>
<td>$68,560</td>
</tr>
</tbody>
</table>


**Responses to: “In any given month during the past year, did you go without ...?”**

<table>
<thead>
<tr>
<th>Basic Need</th>
<th>Overall</th>
<th>Homeless</th>
<th>Spanish-Speaking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health care</td>
<td>5.6 %</td>
<td>31.6 %</td>
<td>16.9 %</td>
</tr>
<tr>
<td>Food</td>
<td>3.8 %</td>
<td>42.1 %</td>
<td>11.2 %</td>
</tr>
<tr>
<td>Child Care</td>
<td>1.3 %</td>
<td>5.3 %</td>
<td>9.0 %</td>
</tr>
<tr>
<td>Utilities</td>
<td>0.9 %</td>
<td>29.8 %</td>
<td>4.5 %</td>
</tr>
<tr>
<td>Housing</td>
<td>1.9 %</td>
<td>70.2 %*</td>
<td>15.7 %</td>
</tr>
<tr>
<td>Other</td>
<td>0.2 %</td>
<td>5.3 %</td>
<td>1.1 %</td>
</tr>
<tr>
<td>Did Not Go Without Basic Needs</td>
<td>88.7 %</td>
<td>15.8 %</td>
<td>69.7 %</td>
</tr>
</tbody>
</table>

Source: ACTION for Healthy Communities Telephone Survey, 2016.

* The 2017 San Luis Obispo County Homeless Point-in-Time Count found 1,125 individuals in San Luis Obispo County who met the HUD definition of homelessness. Of those counted, approximately 70 percent were unsheltered (sleeping outdoors, on the street, in parks, in vehicles, etc.) and approximately 30 percent were sheltered (such as in an emergency shelter or transitional housing). These survey results reflect a similar pattern.
In San Luis Obispo County

Compared to the state of California, San Luis Obispo County had a lower percentage of unemployment during the past decade. In December 2017, the unemployment rate in San Luis Obispo County was 3.1 percent, compared to a statewide average of 4.2 percent and a nationwide average of 3.9 percent.\(^{33}\) The highest unemployment rate in the county was 6.5 percent in San Miguel, while the lowest unemployment rate was 1.7 percent in Cayucos during this same period.\(^{34}\) However, many jobs are in low-paying industries, many without benefits such as health insurance—and these are the sectors that are growing. The leisure and hospitality industries have been the largest contributors to the county’s overall growth from 2016 to 2017, increasing payrolls by 4.5 percent (800 jobs).\(^{35}\) This is because the county is a prime destination for visitors. Other industries leading employment gains include information services, construction, education, and health. Health services employment will continue to play an important role as the county’s aging population drives the demand for health-related services.\(^{36}\)

Surveyed residents were asked if they were concerned about employment opportunities in their community. Rates were quite high across the county: 67.8 percent of respondents in North Coast reported being “very concerned” or “somewhat concerned,” as did 68.5 percent in North County, 74 percent in San Luis Obispo, and 74.3 percent in South County.\(^{37}\)

Food Security

**Why this Matters**

Access to affordable, healthy food is a critical component for health and well-being. Food insecurity is associated with malnutrition, particularly as it relates to inadequate consumption of nutritious foods such as fresh fruit and vegetables. Individuals living in food insecure households face more health challenges and are more likely to suffer from chronic diseases such as obesity, type 2 diabetes, and pulmonary disease.

**National Context**

Forty-two million people face hunger in the U.S., including 13 million children and 5.4 million seniors.\(^{38}\)

**In San Luis Obispo County**

Twenty-seven percent of San Luis Obispo County residents whose income is less than 200 percent of the Federal Poverty Level reported they were not able to afford enough food in 2014.\(^{39}\)

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\(^{34}\) Ibid.

\(^{35}\) Ibid.


Many of these residents turn to programs like CalFresh (food stamps) and school meal programs.

In 2013, 43,893 individuals were eligible to receive CalFresh based on their income, but only 40.2 percent of students participating from 2015-2016. This was lower than the state overall, which remained at 58.5 percent during the same time period.43

In 2016, approximately 46,000 San Luis Obispo County residents faced hunger, a 4.5 percent increase from 2013 (44,000). Of those facing hunger, 40 percent are youth, age 18 or younger, and 20 percent are seniors, often on a fixed income.44

Even with rates lower than the state, food security remains a problem in the county. Twenty-three of 53 census tracts (122,873 people) in the county still live within USDA-defined food deserts. Food deserts are defined as parts of the country with limited access to fresh fruit, vegetables, and other healthy foods, a significant share of residents are more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket.45

Violence

Why this Matters

Violence affects people in all stages of life. Violence includes physical acts such as rape, robbery, aggravated assault and homicide, as well as emotional and psychological violence that can occur within homes, schools and neighborhoods. In addition to serious effects on individuals and families, violence negatively impacts communities by diverting valuable resources, reducing productivity, decreasing property values, and disrupting social services.

Studies have shown that violence contributes to poor physical and mental health. Victims of violence are at increased risk of depression, substance abuse, anxiety, reproductive health problems, and suicidal behavior.46 Additionally, exposure to violent crime in neighborhoods has been linked with higher rates of hypertension and other negative health outcomes.48

National Context

Violence and crime have been persistent problems nationally, but the U.S. saw major reductions in most types of violent crime between 1994 and 2014. Nonetheless, certain groups are more likely to be victims of violence and crime, including adolescents, who face higher rates of robbery, assault, rape and other sexual assault than do adults.49

Violence (both physical and emotional) can also occur within homes and schools. Nationally, the rate of substantiated child abuse was 9.2 cases per 1,000 population. This type of abuse can lead to cognitive, emotional, and behavioral problems, like anxiety, depression, substance abuse, delinquency, difficulty in school, and early sexual activity.50 New research shows that 38 percent or more of children nationwide have had at least one Adverse Childhood Experience (ACE), such as the death or incarceration of a parent, witnessing or being a victim of violence, or living with someone who has been suicidal or had a drug or alcohol problem.51

Nationally, bullying in the school and cyber settings has also received significant attention, with 20.2 percent of eleventh grade students reporting harassment or bullying on school property within the past 12 months and 15.5 percent reporting cyber bullying (including by e-mail, chat rooms, instant messaging, websites, or texting) in the past 12 months.52

The prevalence of guns in a community can also have an effect on crime. Each year, 33,000 people in the U.S. die as a result of gun violence, and almost 85,000 more suffer non-fatal gun injuries.53

In San Luis Obispo County

The top three public safety concerns for residents surveyed in 2016 included crime (72 percent), child abuse (71 percent), and family violence (66 percent). The majority (81 percent) of respondents felt “very safe” in their neighborhood in 2016. Among Spanish-speaking respondents, only 39 percent felt “very safe” in their neighborhood.

The rate of violent crime in San Luis Obispo County rose from 251.9 crimes per 100,000 residents in 2011 to 409.6 crimes per 100,000 residents in 2015.54 This violent crime rate is greater than the national average of 383.2 per 100,000 population, but lower than California’s rate of 426.5 per 100,000 population.55 Among reported violent crimes, homicide and robbery have both decreased in San Luis Obispo County since 2010, while aggravated assault and rape have increased. The rate of homicide in San Luis Obispo County was 1.75 deaths per 100,000 population. The highest rate or violent crime by area in 2014 in San Luis Obispo County was Pismo Beach, at 51.5 per 1,000 residents, with the lowest in Atascadero at 17.5 per 1,000 residents.

There were 642 domestic violence calls to law enforcement in the county in 2015, up from 551
calls in 2014. Of those calls, 368 involved a weapon, an increase from 339 calls involving a weapon in 2014. Domestic violence is typically underreported so these numbers are likely an underrepresentation. RISE, a service provider for survivors of domestic violence in San Luis Obispo County, served 966 individuals (882 women; 84 men) in 2015–2016. This is a 69 percent increase from 301 individuals served in 2012–2013.

Sexual assault, especially on college campuses, has also been of concern in the county and nationally. In 2016, California Polytechnic State University (Cal Poly) reported 17 cases of sexual assault, including rape, statutory rape, and fondling. At least five of those occurred off campus. This is an increase from the previous year, when a total of 9 cases (on- and off-campus) were reported. According to the FBI's Uniform Crime Reporting (UCR) program, 284 rapes were reported in the county from 2014 to 2016. Almost half of those were reported in the city of San Luis Obispo. In 2016, the San Luis Obispo Police Department reported a total of 38 rapes, higher than the total number of rapes (21) reported that year by the SLO County Sheriff's Office, which serves unincorporated areas, and nearly five times higher than Paso Robles, the next most populous city.

The rate of substantiated child abuse cases in San Luis Obispo County, 11.4 per 1,000, is higher than both the state (8.0 per 1,000) and the nation (9.2 cases per 1,000). The vast majority of cases were classified as “general neglect.”

Within schools in San Luis Obispo County, 32 percent of eleventh graders had been bullied in the past year, higher than the national average of 20.2 percent. During the same year, 19 percent reported they had been victims of cyber bullying, higher than the national average of 15.5 percent.

Access to health services means the ability to get the care needed for the best health outcomes. Access includes being able to afford health services, having those services nearby, and being able to receive those services in a reasonable amount of time.

Individuals who lack a dependable source of health care often have more difficulties obtaining needed care, receive fewer preventive health services, and are more likely to wait until their conditions worsen before seeking treatment.

Dignity Health’s 2016 Community Health Needs Assessment ranked access to health care as its number one significant community need. Reasons cited in the report included lack of providers, lack of walk-in clinics and clinics with extended hours, and lack of health insurance.

Access to Primary Care

Why this Matters
Access to primary health care is essential for monitoring healthy growth and development and preventing everyday illnesses from developing into more serious health concerns. People with a dependable source of primary care are more likely to get the education and referrals needed for on-time health screenings, such as mammograms and colonoscopies. These screenings can help find problems early, when a patient’s chances for treatment and cure are better.

Primary care clinicians include allopathic physicians (MDs), osteopathic physicians (DOs), nurse practitioners (NPs), and physician assistants (PAs).

National and State Context
With the 2010 passage of the Affordable Care Act (ACA), the U.S. has seen an estimated decline of 11 million uninsured adults since 2010. The Affordable Care Act (ACA) went into effect in January 2014, allowing millions of uninsured people nationwide to obtain comprehensive health coverage. The percentage of San Luis Obispo County residents with health insurance jumped as the law went into effect, increasing from 84 percent in 2010 to 90 percent in 2016. This means more than 16,000 County residents who lacked health insurance now have comprehensive health coverage that allows them to see a primary care doctor or specialist, have surgery if needed, fill prescriptions, and get regular screenings to catch illness early, when it can be treated most effectively.
the coverage expansions took effect. The remaining uninsured are more likely to be young, Latino, low-income, and/or work for small-sized employers. While expanded coverage is a critical component to ensure access to care, a sufficient health care workforce is also critical.

According to a 2017 research report on California’s primary care workforce, the number of employed primary care clinicians in the state in 2015 was 124 per 100,000 population. This number includes 71 physicians, 27 nurse practitioners, and 26 physician assistants. The average number of employed primary care clinicians per 100,000 population in the U.S. was 143 in 2015, which is notably higher than in California. This number includes 70 physicians, 42 nurse practitioners, and 31 physician assistants. The same report forecasts that California is expected to face a statewide shortfall of primary care providers in the next 15 years, with acute shortages in the Central Valley, Central Coast and Southern Border areas, due to the uneven distribution of care across the state.

In San Luis Obispo County
The estimated number of primary care clinicians in San Luis Obispo County is 143 per 100,000 population, which includes 86 physicians and 57 non-physician primary care clinicians per 100,000. Other factors besides the number of licensed physicians affect availability, such as location, language spoken, insurance plans accepted, and capacity.

From 2014–2016, 85.3 percent of California Health Interview Survey respondents in San Luis Obispo County reported they had a usual place to go for health care, about the same as the statewide average. Among adult county residents surveyed, 85 percent reported they had visited the doctor in the past year, higher than the statewide average of 81 percent.

Six percent of residents surveyed in the ACTION for Healthy Communities report responded they had gone without health care in the past year. Spanish-speaking respondents had higher levels of difficulty accessing care, with 17 percent reporting going without health care in the last year. Of those who reported going without health care, the majority said it was because they did not have the money to pay for it. Barriers to accessing care among homeless individuals included lack of transportation (33 percent) and not knowing where to get health care (22 percent).

65 Ibid.
67 Ibid.
68 Primary care physician counts vary significantly according to the reporting source. The HRSA AHRF Dashboard indicates a total of 240 PCPs in San Luis Obispo County in 2015, while the CHCF counts, which include only physicians providing 20 or more hours of patient care per week, reports a total of 153 PCPs for the county.

**Number of Primary Care Clinicians in San Luis Obispo County, per 100,000 Residents**

<table>
<thead>
<tr>
<th>Primary Care Clinicians</th>
<th>SLO County</th>
<th>CA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary care physicians</td>
<td>86/100,000</td>
<td>78/100,000</td>
</tr>
<tr>
<td>Non-physician primary care providers</td>
<td>57/100,000</td>
<td>46/100,000</td>
</tr>
<tr>
<td>Total Primary Care Clinicians</td>
<td>143/100,000</td>
<td>124/100,000</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>118/100,000</td>
<td>54/100,000</td>
</tr>
</tbody>
</table>

Source: Health Resources and Services Administration, U.S. Department of Health and Human Services.

**On-Time Health Screenings, San Luis Obispo County and California**

<table>
<thead>
<tr>
<th>Screening Type</th>
<th>SLO County</th>
<th>CA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of adults age 50+ who have ever had a sigmoidoscopy/colonoscopy</td>
<td>80.1%</td>
<td>76.3%</td>
</tr>
<tr>
<td>Percent of women age 21-65 years with Pap test in past 3 years</td>
<td>83.1%</td>
<td>84.1%</td>
</tr>
<tr>
<td>Percent of women age 40+ with mammogram in past 2 years</td>
<td>78%</td>
<td>76.4%</td>
</tr>
<tr>
<td>Percent of adults who visited a dentist in the past year</td>
<td>73.9%</td>
<td>69.2%</td>
</tr>
</tbody>
</table>

Access to Behavioral Health Care

Why this Matters
Making sure that individuals have access to effective services and treatment for mental and substance use disorders can improve lives and communities. For many, it can dramatically reduce or eliminate the risk of suicide, legal troubles, family conflict, employment issues, and further mental and physical health problems. Mental illness and substance use disorders are common and recurrent in the U.S., but only a subset of these individuals actually receive services. Several factors contribute to barriers to accessing or maintaining necessary treatment, including lack of perceived need for treatment, stigma, financial need, inconvenience due to work schedule and/or transportation, and lack of local providers and services.

National and State Context
Federal and state laws mandating parity in coverage of mental and physical illness, together with National and State Context
Regarding
Federal and state laws mandating parity in coverage of mental and physical illness, together with

coverage expansion under the ACA, have made more services available, especially for Californians or older. Of the 19 million adults with a past year substance use disorder, just 2 million received substance use treatment in the past year, which was similar to the estimates in all years between 2008 and 2015.

Regarding mental health services, the same study indicated about 43.1 percent of the 44.7 million adults reporting any mental illness in the past year received mental health services in the past year, which was similar to the percentages in most years from 2008 to 2015.72 Included in the 44.7 million adults who experienced mental illness in the past year, were 10.4 million adults with serious mental illness. Of the 10.4 million adults with serious mental illness, 64.8 percent received mental health services in the past year, which was similar to the estimates in all years between 2008 and 2015.

In San Luis Obispo County
Among San Luis Obispo County adult respondents of the California Health Interview Survey who said they had needed to see a professional for problems with emotions or drugs/alcohol in the past year, 48.3 percent said they had received professional treatment and 51.7 percent said they had not.73 This is lower than the statewide average of 59.2 percent of respondents reporting they had received the behavioral health care they needed.

In 2016, 17 percent of ACTION survey respondents experiencing homelessness and 8 percent of Spanish-speaking individuals reported that they or someone in their family had needed to talk to a mental health professional but could not due to lack of money or insurance.74

Acute psychiatric beds provide short-term care for people who experience a psychiatric crisis and require 24-hour care. A 2015 report prepared by a local behavioral health collaborative noted a significant shortage of acute inpatient psychiatric beds throughout California, including San Luis Obispo County.75 There are 28 county-based psychiatric health facilities in the state, including San Luis Obispo County’s 16-bed psychiatric health facility, the only inpatient psychiatric unit in the county. The report cited a 2015 California Hospital Association analysis that concluded the absolute minimum number of public psychiatric beds to meet current needs (excluding beds in California state hospitals, such as Atascadero State Hospital in San Luis Obispo County) is 50 per 100,000 population. San Luis Obispo County has approximately 5.8 beds per 100,000 population and, based on the above ratio, would need an additional 124 beds to meet current needs.

The 2015 report by the local behavioral health collaborative also noted a long-identified need for residential treatment and withdrawal support for low-income and Medi-Cal covered residents as part of a continuum of care for those with substance use disorders. Land and location have been significant barriers to the establishment of a local facility.76

Access to Dental Care

Why this Matters
Access to appropriate and timely dental care and routine check-ups can help prevent oral diseases, like tooth decay, which are among the most common chronic conditions in the U.S. If left untreated, oral diseases can financially burden households, cause pain and disability, and affect attendance at work and school. Oral signs and symptoms may provide the first clues to the presence of other diseases such as diabetes, autoimmune disorders, human immunodeficiency virus (HIV), and nutritional deficiencies. Oral conditions may not only reflect general health, but may adversely affect other chronic conditions. A person’s ability to access oral health care is associated with factors such as education level, income, race, and ethnicity.

National and State Context
Nearly one-third, or 31.6 percent, of all adults in the U.S. and 18.6 percent of children have untreated tooth decay, or tooth caries.77 In 2016, 67.1 percent of adults in California visited a dental provider in 2015.78

72 Ibid.
73 Ibid.
77 Ibid.
dental office in the past year, slightly higher than the U.S. average of 66.4 percent.79

California children miss 874,000 days of school each year due to dental problems, and tooth decay is the most common chronic condition experienced by children—far more common than asthma.80

In California, the Medi-Cal Dental Program, called Denti-Cal, covers diagnostic, preventive, and restorative dental services to approximately 13 million Medi-Cal beneficiaries. There is a significant shortage of Denti-Cal providers, primarily due to low reimbursement rates to providers, and consequently, Denti-Cal members often experience challenges accessing care.

In San Luis Obispo County
There are fewer dentists in San Luis Obispo County (77.11 per 100,000 population) compared to the statewide average (80.2 per 100,000 population).

In San Luis Obispo County, only 45 percent of children with Denti-Cal had a dental visit in 2015-2016, similar to the state percentage. The California Department of Health Care Services classified the Denti-Cal provider to beneficiary ratio as ‘Below Standard’ based on meeting 61 to 90 percent of the state’s standard for Denti-Cal provider to beneficiary ratio.41 This finding was echoed by local stakeholder interviews with low-income individuals who noted limited availability of dental appointments with dentists taking Denti-Cal, having to travel far distances when an appointment is available, and waiting months for critical dental care.42

While Denti-Cal may not be meeting local need, surveyed residents of all insurance backgrounds reported a more optimistic outlook. Two-thirds (69 percent) of adult survey respondents had a routine dental checkup in the past year. Among survey respondents experiencing homelessness, 30 percent indicated that dental care is a major problem for them personally, which is a decrease from 56 percent in 2013.43

Access to Specialty Care

Why this Matters
Primary-care patients often require additional physician expertise to address their health issues and are referred to a specialist. Specialists include orthopedists, neurologists, radiologists, cardiologists, psychiatrists, oncologists, and other specialties. But many residents in San Luis Obispo County, some of whom may be facing the greatest challenges to health, have difficulty accessing specialty care. Lack of timely specialty care can result in adverse medical outcomes and potentially higher costs from avoidable emergency department visits and hospitalizations.

In San Luis Obispo County
San Luis Obispo County's mid-sized population and distance from major metropolitan areas are key challenges to recruiting and retaining quality specialists. Focus groups described long wait times for specialty care appointments and the burden of traveling out of the area, sometimes hundreds of miles, to see a specialist. Accessing local specialty care for children and veterans was even more challenging.

Insurance Coverage

Why this Matters
Families and individuals without health insurance coverage frequently have unmet health needs, experience delays in receiving appropriate care, receive fewer preventive services, and have a higher rate of hospitalizations.44 Children who have health insurance perform better in school, have higher school attendance rates, are more likely to have a regular dependable source of primary care, and are less likely to be hospitalized for conditions that could be treated by a primary care physician.45

National and State Context
Insurance coverage expansion through the Affordable Care Act (ACA) went into effect in January 2014, allowing millions of uninsured individuals nationwide to obtain health coverage. California opted to fully implement the law—expanding Medi-Cal (California's Medicaid program) to low-income single adults without dependent children and creating a state-based insurance marketplace, Covered California. Medi-Cal coverage further expanded in May 2016, covering all children meeting income requirements regardless of immigration status. The share of Californians with no health insurance dropped nearly 10 percentage points, hitting a historic low of 7.3 percent in 2016, compared with about 17 percent in the years prior to 2014. Low-income Californians saw the largest gains in coverage: among those with family incomes below $50,000, the share without health insurance fell more than 15 points to about 11% in 2016.88 However, 2.9 million Californians remain uninsured.

In San Luis Obispo County
Ninety percent of residents surveyed reported having health insurance in 2016, an increase from 84 percent in 2010.86 Over half (54 percent) of Spanish-speaking individuals had health insurance in 2016, while 79 percent of respondents experiencing homelessness reported having health insurance.46

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Covered California provides health insurance with subsidies to 11,580 residents in San Luis Obispo County. In addition, approximately 62,800 people in San Luis Obispo County were enrolled in Medi-Cal in January 2016, 18,417 (29.3 percent) of whom were eligible due to the Medicaid/Medi-Cal expansion program. CenCal Health administers Medi-Cal managed care in San Luis Obispo County. As of December 2017, CenCal Health reported Medi-Cal enrollment in the county was 54,217. Almost one-third of children and adolescents under the age of 20 and 19.5 percent of the county’s total population are covered by CenCal’s Medi-Cal managed care.

Obtaining insurance coverage is critical, but it may not remove all barriers to care. In focus groups conducted by the Public Health Department and CAPSLO, residents reported long wait times for appointments with doctors who were accepting new patients, difficulty skipping work to attend appointments, and concerns about affordability; some Spanish-speaking patients reported a lack of comfort with the “many questions” related to a Social Security card or other documentation.

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Beginning life as a healthy baby provides one of the best opportunities for lifelong health. For this reason, health at birth is closely analyzed, including such factors as birthweight, breastfeeding, premature birth, births to teens, and prenatal care.

**Prenatal Care**

*Why this Matters*

Early prenatal care (care in the first trimester of a pregnancy) allows women and their health care providers to identify and, when possible, treat or correct health problems during the initial stages of fetal development. It also allows health care providers to educate mothers on important health issues, such as their diet and nutrition, exercise, immunizations, weight gain, and abstaining from drugs and alcohol. Increasing the number of women who receive prenatal care, and who do so early in their pregnancies, can improve birth outcomes and lower health care costs by reducing the likelihood of complications during pregnancy and childbirth.

Quality prenatal care is essential to preventing preterm births (births prior to 37 weeks gestation) and low birth weight. Premature babies are more likely to suffer from intellectual disabilities, respiratory problems, visual problems, hearing loss, and feeding and digestive problems.

**National Context**

Nationally, early prenatal care has increased steadily since the 1970s. However, certain groups are still more likely to have late or no prenatal care, including American Indian and Alaska Native women (11 percent), black women (10 percent), Hispanic women (8 percent), and teen mothers (10 percent). 94

In San Luis Obispo County

For years, San Luis Obispo County mothers (80.5 percent) have been less likely than mothers across the state (83.3 percent) to access prenatal care in the first trimester. 95 Babies born to mothers who do not receive prenatal care are three times more likely to have a low

### Good News Spotlight

**Supporting Mothers Who Face Depression and Anxiety After Pregnancy**

Perinatal Mood and Anxiety Disorders (PMAD), often referred to more generally as postpartum depression, includes a wide range of emotional and physiological reactions following childbirth. To support mothers facing these serious symptoms, the Public Health Department launched an initiative with local OB/GYN practitioners to move toward universal screening for PMAD. This helps ensure new mothers experiencing PMAD receive the care they need.

15-20 percent of postpartum women experience severe depression or anxiety, also called PMAD, following childbirth.

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birth weight and five times more likely to die than those born to mothers who do get care.96

Even with lower rates of prenatal care in the first trimester, only 8 percent of babies were born preterm in 2013.97 This is lower than the Healthy People 2020 target of 11 percent and the California average of 8.8 percent. Additionally, only 6.1 percent of all babies in the county were born with low birth weight (under 2500g, or 5.5 lbs) from 2014-2016, lower than the statewide average of 6.8 percent.98 This is also lower than the Healthy People 2020 target of 7.8 percent.

Breastfeeding

Why this Matters
Breastfeeding is widely acknowledged to provide the most complete form of nutrition for infants, with a range of benefits impacting health, growth, immunity and development. The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of an infant’s life and breastfeeding in conjunction with introduction of complementary foods until at least one year of age. Feeding only breastmilk for at least the first three months of life has been associated with significantly fewer ear infections, respiratory tract infections and gastrointestinal infections.99

National and State Context
Nationally, 81.1 percent of mothers initiated breastfeeding at birth.100 At 6 months, however, the national rate drops to 51.8 percent and then further, to 30.7 percent at one year.101 In California, 94.0 percent of mothers initiated breastfeeding in the hospital in 2016, meeting the Healthy People 2020 goal of 81.9 percent.102

High initiation rates show that most mothers want to breastfeed and are trying to do so. However, the sharp declines in breastfeeding rates at 6 and 12 months of age indicate that many mothers still face obstacles in achieving the desired duration and exclusivity targets. These rates suggest that mothers may not be getting the support they need, in part from health care providers, family members, or employers.

In San Luis Obispo County
In San Luis Obispo County, 97.6 percent of mothers initiated breastfeeding in the hospital in 2016, higher than the state’s overall average.103 At three months post-delivery, 74.8 percent of mothers

101 Ibid.

Teen Births, by Age of Mother, San Luis Obispo County

<table>
<thead>
<tr>
<th>Year</th>
<th>Under 15</th>
<th>15-17</th>
<th>18-19</th>
<th>20-24</th>
<th>25-29</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45+</th>
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</thead>
<tbody>
<tr>
<td>2010-12</td>
<td>192</td>
<td>201</td>
<td>236</td>
<td>215</td>
<td>170</td>
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<td>147</td>
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<tr>
<td>2011-13</td>
<td>192</td>
<td>201</td>
<td>236</td>
<td>215</td>
<td>170</td>
<td>203</td>
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<td>2012-14</td>
<td>192</td>
<td>201</td>
<td>236</td>
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<td>2013-15</td>
<td>192</td>
<td>201</td>
<td>236</td>
<td>215</td>
<td>170</td>
<td>203</td>
<td>147</td>
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<tr>
<td>2014-16</td>
<td>192</td>
<td>201</td>
<td>236</td>
<td>215</td>
<td>170</td>
<td>203</td>
<td>147</td>
<td>154</td>
<td>142</td>
</tr>
</tbody>
</table>

Source: County of San Luis Obispo Public Health Department. Note: Counts less than 5 are masked to preserve patient confidentiality.

Infants Whose Mothers Received Prenatal Care in the First Trimester, San Luis Obispo County and California

<table>
<thead>
<tr>
<th>Year</th>
<th>California</th>
<th>SLO County</th>
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</thead>
<tbody>
<tr>
<td>2010-12</td>
<td>83.6%</td>
<td>80.4%</td>
</tr>
<tr>
<td>2011-13</td>
<td>83.6%</td>
<td>80.1%</td>
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<tr>
<td>2012-14</td>
<td>83.5%</td>
<td>80.3%</td>
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<tr>
<td>2013-15</td>
<td>83.3%</td>
<td>80.3%</td>
</tr>
<tr>
<td>2014-16</td>
<td>83.3%</td>
<td>80.5%</td>
</tr>
</tbody>
</table>

were still breastfeeding (46.4 percent exclusively). Rates 6 and 12 months of age were unavailable at the county level.

Teen Births

Why this Matters
Children born to teen mothers are more likely to be born prematurely, at a low birth weight, or to die as infants, compared with children born to mothers in their twenties and early thirties. They generally have poorer academic and behavioral outcomes than do children born to older mothers, and are more likely to have a teen birth themselves. In addition, teen mothers are less likely to finish high school or go on to college, more likely to be dependent on public programs, and more likely to be a single parent.

National and State Context
Nationally, teen births have been estimated to cost approximately $28 billion annually in lost productivity and increased burdens on the health care, child welfare, and prison systems. The rate of teen births has been declining steadily over the past several years. In 2015, there were 17.6 births per 1,000 women aged 15-19 in California, a 62 percent decline from just 15 years earlier (46.7 births per 1,000 females in 2000). This decrease in teen births was seen across all racial and ethnic groups, with teen birth rates dropping for Hispanic teens (77.3 to 27.0), African-American teens (59.1 to 19.7), white teens (22.3 to 6.9), and Asian teens (15.0 to 2.9).

Despite these improving trends, however, disparities still exist. African-American and Hispanic adolescents were still 3 to 4 times more likely to give birth than white adolescents. Teen birth rates also varied considerably by location, from a low of 6.7 in Marin County to a high of 43.1 in Del Norte County.

In San Luis Obispo County
From 2013-2015, the average annual teen birth rate in San Luis Obispo county was 14.1 per 1,000 women (15 to 19 years old), lower than the state’s rate of 21.0 per 1,000 women in 2013. Rates are 6 and 12 months of age were 46.4 percent exclusively. Rates 6 and 12 months of age were unavailable at the county level.

116 California Department of Public Health. California’s Adolescent Birth Rate Drops to Another Record Low (2017). https://www.cdph.ca.gov/Programs/OPA/Pages/MI17-082.aspx
117 Ibid.
118 Ibid.
119 California Department of Public Health. County Health Status Profiles. https://www.cdph.ca.gov/Programs/CHS/Pages/County-Health-Status-Profiles.aspx.

Teen Births, by ZIP Code in San Luis Obispo County, 2006-2016

Source: County of San Luis Obispo Public Health Department.

Infant Mortality, Cases per Year, San Luis Obispo County

<table>
<thead>
<tr>
<th>Year</th>
<th>Cases</th>
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</thead>
<tbody>
<tr>
<td>2010</td>
<td>17</td>
</tr>
<tr>
<td>2011</td>
<td>15</td>
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<tr>
<td>2012</td>
<td>19</td>
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<tr>
<td>2013</td>
<td>15</td>
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<tr>
<td>2014</td>
<td>15</td>
</tr>
<tr>
<td>2015</td>
<td>11</td>
</tr>
</tbody>
</table>

of teen births, a breakdown of rates by race and ethnicity (as was provided at the state level) was unavailable at the county level.

Infant Mortality

Why this Matters
In addition to the tragic loss of a young life, infant mortality is a key measure of a nation's health, reflecting socioeconomic conditions, public health practices, maternal health, and access to quality medical care. Infant mortality can result from a variety of circumstances, including birth defects, short gestation and low birthweight, pregnancy complications, and Sudden Infant Death Syndrome (SIDS).

National and State Context
California’s infant mortality rate declined by 37 percent between 1994 and 2015, from 7 infant deaths per 1,000 live births to 4.4 per 1,000 - though rates range widely, from 2.8 (San Mateo) to 8.1 (Mendocino).\(^{114}\)

Nationally, rates have declined as well, though it remains higher than other developed countries and still impacts certain groups more than others; for example, black mothers face infant mortality at more than double the rate for other ethnicities, both nationally and in California.\(^{115}\)

In San Luis Obispo County
From 2013-2015, the infant mortality rate for San Luis Obispo County (4.9 per 1,000 births) was just slightly above the statewide average (4.6 per 1,000 births).\(^{116}\) This rate includes all deaths to infants under 1 year of age. It is important to note that the low number of occurrences in San Luis Obispo County (e.g. 11 infant deaths in 2015) can lead rates to fluctuate year over year.

115. Ibid.
Infectious, or communicable, diseases have a significant influence on illness and death in a community and are largely preventable or treatable. Examples of communicable diseases include those transmitted from human to human, from vectors (e.g., infected ticks or mosquitoes) to humans, and from contaminated food or water to humans.

**Sexually Transmitted Diseases (STDs)**

**Why this Matters**

The term STD refers to more than 25 infectious organisms that are transmitted primarily through sexual activity. Some are bacterial, such as chlamydia, syphilis, and gonorrhea; others are viral, such as hepatitis B, herpes, human immunodeficiency virus (HIV), and human papillomavirus (HPV); and still others are parasitic, such as trichomoniasis. Their health implications can range from mild to severe, with some causing only mild discomfort and others, if left untreated, causing infertility, pregnancy complications or life-threatening illness.

**National and State Context**

The CDC estimates that there are approximately 20 million new STD infections each year—almost half of them among people ages 15 to 24.117 Nationally, the most common STDs are chlamydia, gonorrhea, genital herpes, HPV and syphilis. California was ranked highest among all states in 2016 for the total number of cases for chlamydia, gonorrhea, syphilis, and congenital syphilis.118 Bacterial STDs in California (chlamydia, gonorrhea, and syphilis) significantly increased in 2016. Important disparities persisted, with the highest rates found among young people, African-Americans, and men who have sex with men. Chlamydia remains the most frequently reported disease in California. In 2017, the rate of chlamydia was 552.1 cases per 100,000 Californians, a 9 percent increase over 2016. Gonorrhea cases increased 16 percent in 2017 to the rate of 190.5 per 100,000 Californians.119

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INFECTIOUS DISEASE

In San Luis Obispo County
Chlamydia was the most commonly diagnosed STD in San Luis Obispo County in 2017, with a rate of 445.9 cases per 100,000 population, up from 410.9 cases per 100,000 in 2016. This rate, while significantly lower than the state average of 552.1 cases per 100,000 population, has been steadily climbing over the past decade, nearly tripling compared to the 2004 rate of 176.9 cases per 100,000 population.120 Gonorrhea was the county’s second most common STD (after chlamydia), with a rate of 63.31 cases per 100,000 population in 2017, up from 11.3 cases per 100,000 population in 2010.121

HIV/AIDS

Why this Matters
The human immunodeficiency virus (HIV) damages the immune system, eventually leading infected individuals to develop acquired immunodeficiency syndrome (AIDS), a chronic and potentially life-threatening condition. No effective cure exists for HIV, but increasingly effective treatments are allowing people with HIV to live longer, healthier, and more productive lives.

National and State Context
The total number of people living with HIV in the U.S. is increasing, but the number of new HIV infections has remained stable in recent years. The CDC estimates that there are approximately 1.1 million adults and adolescents living with HIV in the U.S.122 Of those, they believe roughly 15 percent do not know they are infected. While new infections have continued to occur, with an estimated 37,600 new HIV infections reported annually, the estimated number of annual new infections has declined 10 percent from 2010 (41,900) to 2014 (37,600). California is experiencing a slower rate of decline at 2.9 percent from 2011 to 2015, while the rate of new diagnoses per 100,000 population declined by 6.1 percent, from 13.5 to 12.7 during the same time period.123

In San Luis Obispo County
HIV patterns in the county are similar to those at the national level, with newly acquired HIV infections hovering around a rate of 6.4 cases per 100,000 population from 2010-2015 (compared to a rate of 13.2 cases per 100,000 population at the state).124 In January 2018, the total number of individuals living with HIV in San Luis Obispo County was 269.125

120 State of California, Department of Health Service; Sexually Transmitted Disease Control Branch. http://www.cdph.ca.gov/data/statistics/Pages/STDData.aspx
121 State of California, Department of Health Service; Sexually Transmitted Disease Control Branch. http://www.cdph.ca.gov/data/statistics/Pages/STDData.aspx
125 County of San Luis Obispo Public Health Department, 2018.
Hepatitis

Why this Matters
Hepatitis is inflammation of the liver, a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Hepatitis is most often caused by a virus, which can be spread in a variety of ways. Hepatitis A is typically caused by ingestion of contaminated food or water. Hepatitis B and C usually occur as a result of contact with infected body fluids. Hepatitis C is most commonly transmitted through injection drug use while, unlike hepatitis B, sexual transmission is rare. About 75-85 percent of persons infected with hepatitis C will develop chronic infection, and 1-5 percent of these individuals will die from cirrhosis or liver cancer.

National Context
In the U.S., the most common types of viral hepatitis are hepatitis A, B and C. About 75 percent of all hepatitis C cases are among persons born 1945-1965 and about half of these individuals do not know that they are infected.

In San Luis Obispo County
The majority of hepatitis cases in the county are hepatitis C, with 358 cases reported in 2017. Hepatitis C cases occur across all age groups, with the risk highest for those who have multiple sexual partners or unprotected sex, inject illicit drugs, have been incarcerated, or have sexual contact with other men. While still a concern in the county, the virus has been steadily declining, with newly reported cases down from 692 cases in 2012. In 2017, there were 102 cases of hepatitis C reported. The increase in acute hepatitis C refers to the first several months after someone is infected. Severity of acute infection can range from very mild illness to a serious condition requiring hospitalization. The increase in acute hepatitis C will need to be followed and may be related to increased transmission through injection drug use as a result of the opioid epidemic.

Pneumonia and Influenza

Why this Matters
Pneumonia and influenza together are the eighth leading cause of death in the U.S. The two diseases are traditionally reported together because the symptoms and physiology that leads to death are similar and pneumonia is frequently a complication of influenza. Influenza is a contagious disease caused by a virus, while pneumonia is a serious bacterial infection of the lungs that develops when the immune system is weakened. The flu vaccine is recommended for all individuals six months and older; flu and pneumonia vaccines are especially recommended for persons most at risk from serious complications from influenza, including the very young, the elderly, and people with certain chronic medical conditions.

Annual Disease Counts, San Luis Obispo County, 2010-2017

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>HIV</td>
<td>18</td>
<td>20</td>
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<td>12</td>
<td>7</td>
<td>12</td>
<td>16</td>
<td>7</td>
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<tr>
<td>AIDS</td>
<td>6</td>
<td>4</td>
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<td>3</td>
<td>4</td>
<td>3</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Campylobacteriosis</td>
<td>101</td>
<td>88</td>
<td>78</td>
<td>77</td>
<td>74</td>
<td>74</td>
<td>50</td>
<td>72</td>
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<tr>
<td>Chlamydia</td>
<td>673</td>
<td>815</td>
<td>862</td>
<td>963</td>
<td>1030</td>
<td>1072</td>
<td>1142</td>
<td>1249</td>
</tr>
<tr>
<td>Valley Fever</td>
<td>102</td>
<td>225</td>
<td>135</td>
<td>82</td>
<td>33</td>
<td>55</td>
<td>257</td>
<td>368</td>
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<tr>
<td>Cryptosporidiosis</td>
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<td>13</td>
<td>7</td>
<td>5</td>
<td>9</td>
<td>5</td>
<td>9</td>
<td>8</td>
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<tr>
<td>E. Coli</td>
<td>13</td>
<td>4</td>
<td>8</td>
<td>13</td>
<td>14</td>
<td>12</td>
<td>16</td>
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<td>Giardiasis</td>
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<td>10</td>
<td>15</td>
<td>12</td>
<td>9</td>
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<tr>
<td>Gonorrhea</td>
<td>31</td>
<td>50</td>
<td>84</td>
<td>56</td>
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<td>163</td>
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<td>Hepatitis A</td>
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<td>Hepatitis B (Chronic)</td>
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<td>27</td>
<td>27</td>
<td>25</td>
<td>26</td>
<td>38</td>
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<tr>
<td>Hepatitis C (Community)</td>
<td>-</td>
<td>-</td>
<td>355</td>
<td>263</td>
<td>281</td>
<td>219</td>
<td>251</td>
<td>260</td>
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<td>Hepatitis C (Correctional)</td>
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<td>337</td>
<td>272</td>
<td>227</td>
<td>148</td>
<td>138</td>
<td>98</td>
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<tr>
<td>Lyme Disease</td>
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<td>2</td>
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<tr>
<td>Measles (Rubeola)</td>
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<tr>
<td>Meningitis (Bacterial)</td>
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<td>2</td>
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<td>4</td>
<td>4</td>
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<tr>
<td>Meningitis (Viral)</td>
<td>35</td>
<td>12</td>
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<td>17</td>
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<td>21</td>
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<td>Pertussis</td>
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<td>13</td>
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<td>Syphilis (Primary/Secondary)</td>
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<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Source: County of San Luis Obispo Public Health Department.

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Vector-Borne Disease

Why this Matters
Vector-borne diseases account for 17 percent of all infectious diseases worldwide, causing over 1 million deaths annually.\(^{121}\) They include dengue, malaria, Zika, West Nile virus, yellow fever, Lyme and others. They are spread through vectors, like mosquitoes, ticks, flies, sandflies, fleas, and others, which may transmit infectious diseases between humans or from animals to humans.

Distribution of these diseases is determined by a complex dynamic of environmental and social factors. The increasingly globally-connected world and environmental challenges such as climate change have had a significant impact on disease transmission in recent years, allowing diseases to emerge in countries where they were previously unknown.

Global, National and State Context
The Zika virus has been a particular concern in recent years, following an explosion of the virus in Latin America and the Caribbean. The disease, spread through the bite of an *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*), can cause certain birth defects, such as microcephaly, and Guillain-Barré Syndrome in adults.\(^{122}\) Local transmission has been detected in some parts of Texas and Florida, but has not yet been detected in California.\(^{123}\)

Lyme disease has also been a concern nationally and is the most commonly reported vector-borne illness in the U.S. The disease, spread through the bite of an infected black-legged tick, can cause fever, headache, fatigue, skin rash, and, if left untreated, can spread to joints, the heart, and lungs.\(^{124}\)

Zika has also been a particular concern in recent years, following an explosion of the virus in Latin America and the Caribbean. The disease, spread through the bite of an *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*), can cause certain birth defects, such as microcephaly, and Guillain-Barré Syndrome in adults.\(^ {122}\) Local transmission has been detected in some parts of Texas and Florida, but has not yet been detected in California.\(^ {123}\)

In San Luis Obispo County
In San Luis Obispo County, from 2014-2016, less than half (41.0 percent) of people received their annual flu shot - lower than the state overall during the same period (44.6 percent).\(^{128}\) Those under age 18 were more likely to get their flu shot (44.7 percent) compared to adults ages 18 and older (40.5 percent).\(^{129}\) During 2000-2010, an average of 43 deaths per year occurred in San Luis Obispo County with a primary cause of influenza or pneumonia.\(^ {130}\)

\[\text{Source: County of San Luis Obispo Public Health Department}\]

\[\text{Valley Fever Cases by ZIP Code, San Luis Obispo County, 2012-2016}\]

\[\text{Legend}\]
- Valley Fever Cases
  - 0-7
  - 8-18
  - 19-35
  - 36-56
  - 57-143

\[\text{Note: Map reflects home address of residents with reported cases of Valley Fever, not necessarily the location where residents contracted Valley Fever.}\]

\[\text{Source: County of San Luis Obispo Public Health Department}\]
the nervous system. In 2015, 95 percent of confirmed Lyme disease cases were reported from 14 states (Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, and Wisconsin).144

Statewide cases of West Nile virus rose to 516 in 2017 from 442 in 2016.135

In San Luis Obispo County
The last reported case of human West Nile virus in San Luis Obispo County was confirmed in 2016, and West Nile virus continues to be present in the county, as testing of dead birds recently confirmed.136

The Aedes species mosquito has not yet been detected in San Luis Obispo, Santa Barbara or Monterey Counties, although it is present in 12 other California counties, including Kern County. One case of travel-related Zika reported in San Luis Obispo County in 2016.

The western black-legged tick, which transmits Lyme disease in California, has been found in 56 of 58 California counties. It is most commonly seen in Northern California along the coast and on the western slope of the Sierra Nevada range, and much less commonly in San Luis Obispo County. From 2006 to 2015, there were 11 cases of confirmed Lyme disease among San Luis Obispo County residents, or an incidence rate of 0.40 per 100,000 population.138 Statewide during the same period, there were 778 cases, or an incidence rate of 0.20 per 100,000 population.139 Among the statewide 2015 total, 30 percent of patients with confirmed cases reported travel history with exposure outside of California, most commonly in the northeastern U.S.140

Foodborne Illness
Why this Matters
Foodborne illness, or food poisoning, is a common public health problem. Each year, one in six Americans gets sick by consuming contaminated foods or beverages. While most recover within days, some illnesses are severe and can even be deadly. Many different disease-causing microbes, or pathogens, can contaminate foods, including Campylobacter, E. coli, Listeria, Norovirus, Salmonella, Shigella and others.

In San Luis Obispo County
In San Luis Obispo County in 2017, reported cases of foodborne illness included 72 cases of Campylobacter, 16 cases of E. coli, no cases of Listeria, 29 cases of Salmonella, and 8 cases of Escherichia coli O157:H7. Why this Matters
Foodborne illness, or food poisoning, is a common public health problem. Each year, one in six Americans gets sick by consuming contaminated foods or beverages. While most recover within days, some illnesses are severe and can even be deadly. Many different disease-causing microbes, or pathogens, can contaminate foods, including Campylobacter, E. coli, Listeria, Norovirus, Salmonella, Shigella and others.

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In San Luis Obispo County
San Luis Obispo County noted similar trends as the state, with a record high 368 cases reported in 2017.

Vaccines and Immunizations

Why this Matters
Immunizations are a successful and cost-effective measure to protect children and adults from numerous infectious diseases such as measles, mumps, and whooping cough. These diseases can result in extended work or school absences, hospitalizations, and even death.

Sufficient vaccination rates are necessary to achieve community immunity (also known as herd immunity). Community immunity is the idea that if a certain percentage of people are vaccinated from a disease, everyone in the community will be safe from the illness. Community immunity protects children too young to have received a vaccine, those with compromised immune systems, or others who have medical conditions that prevent them from receiving a vaccine. For some highly contagious infectious diseases, like measles, the CDC estimates that between 96 to 99 percent of people need to be immunized to establish community immunity.

In San Luis Obispo County
Eighty-eight percent of children in public and private child care centers in San Luis Obispo County in 2015–16 had up-to-date immunizations. The percent of kindergarteners with all required immunizations (DTaP, OPV, MMR, Hib, HepB, VZV and PCV) in San Luis Obispo County was 95.6 percent for the 2016-2017 year, up from 89.7 percent in 2015-2016. This is higher than the Healthy People 2020 goal of 80 percent, and the same as the California average of 95.6 percent.

Key to immunizations:
- DTaP: Diphtheria, tetanus, and pertussis (whooping cough)
- OPV: Oral polio vaccine
- MMR: Measles, mumps, rubella (German measles)
- Hib: Haemophilus influenzae, type B
- HepB: Hepatitis B
- VZV: Varicella zoster vaccine (chicken pox)
- PCV: Pneumococcal conjugate vaccine

Chronic diseases and conditions—such as heart attacks and stroke, cancers, respiratory diseases and diabetes—are among the most common, costly, and preventable of all health problems. Because of this, the burden of chronic disease is a commonly used measure of community health status.

Monitoring the causes of death within a community is important for planning prevention programs and to help inform the public and health practitioners about health risks. In 2015, the top five leading causes of death in the U.S. were heart disease, cancer, chronic lower respiratory diseases, accidents (unintentional injuries), and stroke.146

A little over half (55 percent) of deaths from 2005-2013 were due to three leading causes: heart disease, cancer, and stroke.147

The leading cause of death in San Luis Obispo County in 2005–13 was cancer. San Luis Obispo County had lower death rates per 100,000 population than California for heart disease (140.6 versus 163.2), Alzheimer’s (21.3 versus 25.9), and diabetes (12.9 versus 20.1).

Cancer

**Why this Matters**

Cancer is a genetic disease—that is, it is caused by changes to genes that control the way cells function, especially how they grow and divide. While some of the factors are inherited at birth, others are influenced by lifestyle and environmental factors. Cancer refers to many different types of disease characterized by uncontrolled growth and spread of abnormal cells. The principal danger of cancer is its tendency to metastasize, or invade neighboring tissues or organs, and to grow in other areas of the body. If this spread remains untreated, cancer cells invade vital organs, causing serious illness or death.

A person’s cancer risk can be reduced with healthy choices like avoiding tobacco, limiting alcohol use, protecting one’s skin from the sun and avoiding indoor tanning, eating a diet rich in fruits and vegetables, keeping a healthy weight, and being physically active.148

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In San Luis Obispo County
For the last several years, cancer has been the leading cause of death in San Luis Obispo County (with 5,603 deaths attributed to cancer between 2005-2013), followed closely by heart disease. The most common types of cancer that contributed to these deaths were lung and bronchus, prostate, colon and rectum, breast, pancreas, ovary, liver, non-Hodgkin lymphoma, esophagus, melanoma, bladder, kidney, leukemia, and myeloma.149

Heart Disease

Why this Matters
Heart disease is a term that encompasses a variety of different diseases affecting the heart. The most common type of heart disease, coronary heart disease, occurs when plaque builds up in the arteries that supply blood to the heart and the arteries narrow (atherosclerosis). As the arteries narrow, the flow of blood to the heart can slow or stop, causing chest pain, shortness of breath, a heart attack, or other symptoms.

Certain health behaviors, like smoking, eating an unhealthy diet, and not getting enough exercise, all increase the risk for heart disease. Having high cholesterol, high blood pressure, or diabetes also can increase the risk for heart disease.150

National Context
More than 600,000 Americans die of heart disease each year, making it the leading cause of death in the U.S. According to the CDC, coronary heart disease is the most common type of heart disease, costing over $100 billion overall in health services, medication, and lost productivity.

In San Luis Obispo County
Heart disease is the second leading cause of death in San Luis Obispo County, with 5,546 deaths attributed to heart disease between 2005-2013.151 Approximately 5.6 percent of adults aged 18 and older have ever been told by a doctor that they have heart disease or angina (lower than California at 6.3 percent).152

The age-adjusted death rate in the county due to heart disease was 140.6 deaths per 100,000 population.153 Deaths for the most common type of heart disease, coronary heart disease, accounted for 66.1 deaths per 100,000 population in 2013-2015.154 This was lower than the previous period for the county (90.5 deaths per 100,000 population in 2009-2011) and meets the

Cancers by Incidence, San Luis Obispo County, 2010-2014

<table>
<thead>
<tr>
<th>Site</th>
<th>Total</th>
<th>Age-adjusted Rate</th>
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<tr>
<td>Breast</td>
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<tr>
<td>Prostate (males only)</td>
<td>952</td>
<td>108.5</td>
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<tr>
<td>Lung and Bronchus</td>
<td>817</td>
<td>46</td>
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<td>Melanoma of the Skin</td>
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<tr>
<td>Colon &amp; Rectum</td>
<td>596</td>
<td>34.2</td>
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<tr>
<td>Urinary Bladder, invasive and in situ</td>
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<td>Non-Hodgkin Lymphoma</td>
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<td>In Situ Breast</td>
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<tr>
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<td>205</td>
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<td>Pancreas</td>
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<tr>
<td>Corpus Uteri (females only)</td>
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<td>Thyroid</td>
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<tr>
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<tr>
<td>Lymphocytic Leukemia</td>
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Source: California Cancer Registry.

Cancers by Mortality Rate, San Luis Obispo County, 2010-2014

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<thead>
<tr>
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<th>Age-adjusted Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung and Bronchus</td>
<td>592</td>
<td>33.2</td>
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<tr>
<td>Prostate (males only)</td>
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<tr>
<td>Pancreas</td>
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<td>Ovary (females only)</td>
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<td>Liver and Intrahepatic Bile Duct</td>
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<tr>
<td>Esophagus</td>
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<tr>
<td>Urinary Bladder</td>
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<td>Kidney and Renal Pelvis</td>
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<td>3.7</td>
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<tr>
<td>Myeloid and Monocytic Leukemia</td>
<td>59</td>
<td>3.5</td>
</tr>
<tr>
<td>Myeloma</td>
<td>46</td>
<td>2.5</td>
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</tbody>
</table>

Source: California Cancer Registry.
Healthy People 2020 target of less than or equal to 103.4 deaths per 100,000 population. It is also lower than the state of California (93.2 deaths per 100,000 population) and the nation (99.6 deaths per 100,000 population) over the same period.

**Stroke**

*Why this Matters*

A stroke occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts, causing parts of the brain to become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death.

*National Context*

Stroke is the fifth leading cause of death in the U.S. and is a major cause of serious disability for adults. About 795,000 people in the U.S. have a stroke each year. Certain groups are more at risk for a stroke. African Americans are 40 percent more likely than their non-Hispanic white peers to die from a stroke and several Southeastern states in the U.S. (Alabama, Arkansas, Georgia, Mississippi, North Carolina, South Carolina and Tennessee) have higher death rates due to stroke.

In San Luis Obispo County

In San Luis Obispo County, strokes are the third leading cause of death, accounting for an estimated 51.6 deaths per 100,000 population. This is greater than the California average over the same time period (37.4 deaths per 100,000 population) and the Healthy People 2020 target of 33.8 deaths per 100,000 population.

**Chronic Obstructive Pulmonary Disease (COPD)**

*Why this Matters*

Chronic lower respiratory diseases, most commonly chronic obstructive pulmonary disease (COPD), occur most often in older people. Between 80 and 90 percent of COPD is attributable to cigarette smoking, although exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role.

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162 Ibid.
National and State Context

COPD is the third leading cause of death in the U.S. Almost 15.7 million Americans (6.4 percent) reported that they have been diagnosed with COPD.163 The California age-adjusted death rate from COPD was 35.0 per 100,000 population, but ranged greatly across California counties (from a high of 77.4 in Yuba County to a low of 18.9 in San Francisco County).164 165

In San Luis Obispo County

The age-adjusted death rate from COPD in San Luis Obispo County was 35.6 per 100,000 population, about the same as the state overall.166 A Healthy People 2020 goal for deaths due to COPD has not been established.

Diabetes

Why this Matters

Diabetes is a disease that affects how the body turns food into energy. The food a person eats is broken down into sugar (glucose), which the insulin hormone then tells the body to use as energy. If a person has diabetes, the body either doesn’t make enough insulin or can’t use the insulin it makes as well as it should. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).167

Diabetes prevalence has increased steadily over the past decade across the U.S. The most common type of diabetes is type 2 diabetes, which accounts for about 90 percent to 95 percent of all diagnosed cases.168

People from minority populations are more likely to be affected by type 2 diabetes. Minority groups constitute 25 percent of all adult patients with diabetes in the U.S. Mexican-Americans and Puerto Ricans are twice as likely to have the disease as non-Hispanic whites of similar age.169

National Context

In 2016, the CDC estimated that 29 million Americans had diabetes (25 percent unaware that they had it). Approximately 86 million more are living with prediabetes, a serious health condition associated with cardiovascular disease. In the U.S., diabetes has remained the seventh leading cause of death in the U.S.,170 primarily from diabetes-associated cardiovascular disease. In the U.S., diabetes is the leading cause of non-traumatic amputations, blindness among adults aged 20-74, and end-stage renal disease. In 2007, total direct and indirect costs for diabetes in the U.S. was $174 billion.

In San Luis Obispo County

The percentage of adults with diabetes in San Luis Obispo County was 5.6 percent, compared to 9.3 percent in the state and 10.5 percent nationally.171 In San Luis Obispo County, it is estimated that 46 percent of adults have prediabetes or undiagnosed diabetes and 5 percent (approximately 14,070) have diagnosed type 2 diabetes.172

Asthma

Why this Matters

Asthma is a serious and growing health problem. Air pollution and airborne allergens are two environmental triggers that can exacerbate asthma, disproportionately affecting low-income families who are often exposed to asthma triggers—including mold, mildew, and dust mites—inside their own homes.173

National Context

An estimated 16.4 million adults (14.0 percent) and 7.0 million children in the U.S. have been diagnosed with asthma at some point in their lives.174 175 In California, 14.6 percent of adults and 15.2 percent of children and teens have ever been told they had asthma.176

In San Luis Obispo County

In San Luis Obispo County, 12.4 percent of adults and 13.8 percent of children and teens have ever been diagnosed with asthma.177

Oral Health

Why this Matters

Oral diseases, like tooth decay, are among the most common chronic conditions in the U.S. Poor oral health disproportionately affects certain groups, including seniors (65+ years) who grew up without the benefit of community water fluoridation and other fluoride products, as well as the economically disadvantaged, uninsured, and members of racial and ethnic minorities.178 Additionally, people with disabilities and other health conditions are more likely to have poor oral health.179

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166 Ibid.
168 Ibid.
177 Ibid.
National and State Context
In the U.S., approximately 23 percent of children have at least one dental cavity by age 5. By age eight, that number increases to 37 percent. In California, 69.2 percent of adults had seen a dentist in the last year.

These diseases have financial implications, with more than $113 billion a year spent on costs related to dental care. They can also cause pain and disability for millions of Americans, and affect attendance at work and school.

In San Luis Obispo County
In San Luis Obispo County, 73.9 percent of adults had seen a dentist or dental hygienist in the last year, higher than the state average. Additionally, 53.0 percent of adults in the county reported the condition of their teeth as excellent’ or ‘very good.’

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181 Ibid.
183 Ibid.
184 Ibid.
According to the Centers for Disease Control and Prevention, four health risk behaviors—lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption—are responsible for much of the illness and death related to chronic diseases, including heart disease, cancer, and stroke.185

Tobacco

Why this Matters
Living tobacco-free lowers a person’s risk of developing lung cancer, heart disease, and other diseases and causes of death. Tobacco-free living means avoiding use of all types of tobacco products, including cigarettes, cigars, smokeless tobacco, hookah, and electronic smoking devices (“e-cigarettes”), as well as living free from secondhand smoke exposure. Studies have also found that youth who smoke are more likely than non-smokers to engage in numerous high-risk behaviors including alcohol and other drug use, to be involved in violence and gangs, and experience school-related problems and disengagement.186

National and State Context
The CDC reports that tobacco use is the single most avoidable cause of disease, disability and death in the U.S.187 Research estimates that smoking alone contributes to one out of every five deaths in the U.S.188

The prevalence of smoking among adults in California has decreased significantly over the past decades, from 23.7 percent in 1988 to 10.5 percent in 2015.189 Despite this success, large differences in smoking prevalence persist for adults and youth by race/ethnicity and among population groups by socioeconomic status, educational attainment, occupation, mental health status,

188 Ibid.
sexual orientation, and geography. These high-risk groups suffered disproportionately from
tobacco-related illnesses and death despite the progress made in reducing adult tobacco use in
California.186

Even with these gains, California’s smoking population still totals approximately 3.2 million people,
with the number of smokers in the state exceeding the total population in 21 states.191 The direct
health care costs attributed to this tobacco use are $13.29 billion annually in California, with
taxpayers spending $3.58 billion dollars each year to treat cancer and other smoking-related
disease through Medi-Cal.192

In San Luis Obispo County

The percentage of San Luis Obispo County California Health Interview Survey respondents who
smoked at the time of the survey increased from 12.5 percent (2012-2014 average) to 13.0 percent
(2014-2016 average). This is higher than the California rate, which saw a decrease over this same
time period, from 12.7 percent (2012-2014 average) to 12.2 percent (2014-2016 average).193

According to the 2015–2016 California Healthy Kids Survey, 19 percent of San Luis Obispo eleventh
graders had ever smoked a whole cigarette, a decrease from 36 percent in 2007-09. Seven percent
of San Luis Obispo eleventh graders smoked in the last 30 days (similar to the California
average of 7.7 percent), which meets the Healthy People 2020 goal of 16 percent or lower.194

In the same survey, however, 39 percent of eleventh graders had ever used e-cigarettes or
other vaporing device, with 14 percent noting use in the last 30 days.195 These trends show that
while cigarette, cigar, smokeless, and pipe tobacco use continue to decline, sharp increases in
e-cigarette and hookah use in recent years have offset overall progress.196

Obesity, Diet and Exercise

Why this Matters

People who are overweight or obese, defined as having a body mass index (BMI) of 25 or higher,
are at increased risk for heart disease, high blood pressure, type 2 diabetes, arthritis-related
disabilities, some cancers, sleep disorders, depression, and other mental health disorders.197

In the past 30 years, obesity has more than doubled in children and tripled in adolescents.198
Obese children are at high risk of becoming obese adults. They are also at risk for chronic diseases
such as type 2 diabetes occurring at an earlier age.199

Many factors contribute to the nation’s growing rates of overweight and obesity. Changes in food
environments that make highly calorific and non-nutritious food and beverages more available and
affordable have contributed to the increase, as have social and environmental changes that have
reduced physical activity and largely replaced it with sedentary activities.

National Context

Obesity has increased dramatically in the U.S. in the past 20 years. Nearly two-thirds of U.S.
adults—65.3 percent—were overweight or obese in 2015.200 The medical costs associated with
obesity were projected by the CDC to have risen to $147 billion annually.201

In San Luis Obispo County

More than half (56.4 percent) of San Luis Obispo County adults are overweight or obese, lower
than the state, at 64.2 percent.202 While more than half of adults were overweight or obese, only 17
percent of children were overweight for their age.203 Among seventh graders, 65.4 percent were at
a healthy weight, compared to 62 percent of seventh-graders at the state level.204

In 2016, just over half (52 percent) of local residents surveyed participating in five or
more days of physical activity for at least 30 minutes, an increase from 48 percent in 2010. Half (50
percent) reported eating five or more servings of fruits and vegetables every day.

195 Ibid.
196 https://www.fda.gov/downloads/TobaccoProducts/PublicHealthEducation/ProtectingKidsfromTobaccoUCMS58880.pdf
203 Ibid.

185 HMRI.
186 CFIDS.
187 Chis.ucla.edu.
188 Ibid.
189 Ibid.
190 Ibid.
INJURIES
Injuries affect everyone, regardless of age, race, or economic status. Each year, millions of people across the country are injured. They are faced with lifelong mental, physical, and financial problems that can impact long-term quality of life and economic stability. Unintentional injuries are the leading cause of death for Americans ages 1 to 44.

Injuries can result from a variety of causes, intentional or unintentional, including motor vehicle accidents, poisonings, falls, bike accidents, fires, near-drownings and firearms. The leading cause of non-fatal hospitalization from injuries in the county is falls, followed by injuries related to motor vehicle accidents.

There were an average of 108 accidental deaths each year in San Luis Obispo County between 2013-2015, with an age-adjusted rate of 35.5 deaths per 100,000 population, compared to 30.0 for California. The majority of accidental deaths were due to motor vehicle accidents (41 percent), poisonings (22 percent), and falls (18 percent).

During that period, males comprised 59 percent of the total number of accidental deaths, with those aged 20-29 experiencing the highest rates of accidental death overall, more than twice as likely to die from an accident as their female counterparts.

Motor Vehicle Accidents

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Good News Spotlight

Helping Seniors Prevent Falls

On any given day in San Luis Obispo County, five seniors are transported by ambulance to the hospital because of injuries related to a fall. Many are seriously injured and some become disabled, leading to costly medical expenses and diminished quality of life. In response, the Public Health Department and local partners launched a program in 2017 to help prevent falls and protect seniors’ quality of life. It includes group instruction on how to prevent falls—with exercises focused on stability and balance—plus general education and in-home assessments where potential risks are mitigated through home modifications, such as handrails or grab bars. Local hospitals help identify seniors who are at high risk of falling.

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Motor Vehicle Accidents

Why this Matters

Every day, millions of Americans are involved in motor vehicle accidents that result in injury or death, costing millions of dollars in medical bills and even more in lost work opportunity and disability.
Proven interventions can improve these numbers, including increasing the use of car seats, booster seats, and seat belts; reducing drinking and driving; and improving teen driver safety.

**National and State Context**

Motor vehicle accidents are the leading cause of death among children ages 1-14 in the U.S., and account for approximately 48 percent of the deaths from unintentional injuries. More than 2.5 million Americans went to the emergency room—and nearly 200,000 were then hospitalized—for crash-related injuries in 2012. On average, each crash-related ER visit costs about $3,300 and each hospitalization costs about $57,000 over a person’s lifetime.212 In California, there were 8.3 deaths per 100,000 population caused by motor vehicle crashes (2013-2015 average).

**In San Luis Obispo County**

Motor vehicle crashes are the leading cause of accidental death in most age groups. For San Luis Obispo County residents, there were 9.7 deaths per 100,000 population caused by motor vehicle crashes (2013-2015 average), higher than the state for the same time period.212 These crashes included overturns or collisions with another vehicle, pedestrian, animal, road debris, or other stationary obstruction, such as a tree, pole or building.

San Luis Obispo ranked 23rd among the 58 California counties (i.e., 22 counties had a lower death rate due to motor vehicle crashes). Both California and San Luis Obispo County presently meet the Healthy People 2020 national objective of 12.4 or fewer deaths per 100,000 population.213

**Bike and Pedestrian Accidents**

**Why this Matters**

Besides being recreational, bicycling and walking are important travel modes and healthy alternatives to motor vehicle transportation. The number of Americans bicycling and walking, also referred to as active transportation, is on the rise. Nationwide, the number of cyclists traveling to work have increased 64 percent from 2000 to 2012.214 The majority of serious bicycling and pedestrian injuries and deaths are from collisions involving motor vehicles.

**National and State Context**

In 2015, 5,376 pedestrians were killed in traffic crashes in the U.S., a 9.5 percent increase from prior year figures and the highest number on record since 1996. More than two-thirds (70 percent) of pedestrians killed were males, and nearly half (48 percent) involved alcohol for either the driver or the pedestrian. An estimated 70,000 pedestrians were injured in traffic crashes.215 In addition, 818 cyclist deaths were reported nationally, accounting for 2.3 percent of all traffic fatalities.

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212 Ibid.

213 Ibid.


California had the second highest number of cyclist fatalities, with 129 of those deaths.\textsuperscript{216}

In San Luis Obispo County

According to 2015 CA Office of Traffic Safety rankings, San Luis Obispo County ranks 31st out of 58 counties in the state for the rate of pedestrians who are injured or killed in accidents, and 6th out of 58 counties for the number of victims injured or killed in bicycle accidents.\textsuperscript{217} Out of 1,499 total accidents, 191 (13 percent) involved alcohol.\textsuperscript{218}

Falls

Why this Matters

According to the CDC, each year millions of older Americans fall. Many of them are seriously injured, and some are disabled. Many people who fall, even if they are not injured, become afraid of falling again. They restrict their everyday activities and withdraw and often become depressed. As they become less active, they become weaker, which increases their chances of falling a second time.

National Context

Falls are the number one cause of ER visits for ages 1-14 and 25 and over, and the number two cause for ages 15-24, in the U.S.\textsuperscript{219} This also dramatically affects the senior population, with 2.8 million older people treated every year in ERs for fall injuries. Research estimates that direct medical costs for fall-related injuries are $31 billion annually.\textsuperscript{220} With growing senior populations nationwide, these numbers are expected to increase in the coming years.

In San Luis Obispo County

Every day in San Luis Obispo County, an average of five seniors (ages 60 and older) are taken by ambulance to the emergency department with serious injuries due to falls.\textsuperscript{221}

While motor vehicle crashes are the leading cause of accidental death in San Luis Obispo County for all age groups, fall-related injuries or complications were the leading cause of accidental death for persons over the age of 70.\textsuperscript{222}


\textsuperscript{218} Ibid.


\textsuperscript{221} Based on most recent ambulance transport data available (2014) from the County of San Luis Obispo Public Health Department Emergency Medical Services Division.

SOCIAL & EMOTIONAL WELLNESS
Social and emotional wellness includes our emotional well-being (such as perceived life satisfaction), psychological well-being (such as self-acceptance and optimism) and social well-being (beliefs in the potential of people and society as a whole). Social and emotional wellness is essential to a person’s well-being, family and interpersonal relationships, and ability to live a full and productive life. Social factors, such as feeling isolated and experiencing racism or bias-motivated harassment, also impact both mental and physical health.

Mental Health

Why this Matters
Mental health can affect all aspects of a person’s life, including the ability to maintain good physical health. Mental health disorders span a wide range: they can affect thinking, mood, and behavior and can be caused both by biological factors, such as genetics, and life experiences. Some are acute and short-lived. Others are persistent and can lead to difficulty with functioning to the point of disability. It is important to recognize and address potential mental health issues before they become critical. Adults, children and adolescents with untreated mental illness are at higher risk for unsafe behaviors, including alcohol or drug abuse and suicide.

The Office of the U.S. Surgeon General notes that many of the social determinants of mental health are the same as the social determinants of general health—including adequate housing, safe neighborhoods, equitable jobs and wages, quality education, and equity in access to quality health care. 223

National and State Context
Approximately one in five adults in the U.S. (43.8 million) experiences mental illness in a given year, and one in 25 (9.8 million)
experiences a serious mental illness that substantially interferes with or limits one or more major life activities in a given year. One in five children ages 13 to 18 have, or will have a serious mental illness. 234 Depression is the most common mental health disorder in the U.S., affecting more than 26 percent of the U.S. adult population. 235

The prevalence of mental illness among adults in California is slightly lower compared to the rest of the nation. Key findings published by the California Health Care Foundation report that nearly one in six adults in California experiences a mental illness of some kind every year, and one in 24 has a serious mental illness resulting in functional impairment that limits activities of daily life. A significant number of children and teenagers also experience mental health disorders. One in 13 children in California had a serious emotional disturbance that could interfere with home, learning, or getting along with people. 236

Mental illness alone does not lead to a higher prevalence of criminality or violence, yet people with serious mental illness are particularly vulnerable to conditions that increase an individual’s risk of arrest and incarceration, such as poverty, homelessness, and addiction. According to a report from the U.S. Department of Justice, prisoners and jail inmates were three to five times as likely to have a serious mental disorder as adults in the general population. 237 Among youth in the juvenile justice system, approximately 70 percent have at least one mental health condition and at least 20 percent live with a serious mental illness. 238

The prevalence and severity of mental illness among inmates in California’s prisons and jails is on the rise. Researchers have used the receipt of psychotropic medications as an indicator of serious mental illness among incarcerated individuals. Over 30 percent of inmates in California prisons currently receive treatment for a serious mental disorder, an increase of 150 percent since 2000. 239 In California’s County jails, about 20 percent of the inmates receive psychotropic medication for a mental health disorder, an increase of 25 percent in the last five years. 240

In San Luis Obispo County

Among adult county residents surveyed, 16.2 percent reported they needed professional help for emotional-mental and/or alcohol-drug issues in the past year, 241 and 6.4 percent reported

226 Ibid.

11th Grade Students in San Luis Obispo County Who Report ...

<table>
<thead>
<tr>
<th>Behavior</th>
<th>CA</th>
<th>SLO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using Rx pain killers, diet pills, or other Rx stimulant recreationally</td>
<td>21.8%</td>
<td>21%</td>
</tr>
<tr>
<td>Using alcohol or illicit drugs in past 30 days</td>
<td>35.2%</td>
<td>38%</td>
</tr>
<tr>
<td>Using marijuana within the last 30 days</td>
<td>20.1%</td>
<td>23%</td>
</tr>
<tr>
<td>Smoking cigarettes in past 30 days</td>
<td>8.5%</td>
<td>7%</td>
</tr>
<tr>
<td>Using e-cigarettes or other vaping device</td>
<td>32.4%</td>
<td>39%</td>
</tr>
<tr>
<td>Driving after drinking, or been driven by someone who had</td>
<td>19.0%</td>
<td>17%</td>
</tr>
<tr>
<td>Binge drinking within last 30 days</td>
<td>17.6%</td>
<td>18%</td>
</tr>
</tbody>
</table>


Children’s Mental Health in San Luis Obispo County, California, and U.S.

1 in 3 eleventh graders in San Luis Obispo County noted persistent sad or hopeless feelings over the past 12 months that prevented them from doing their usual activities.

1 in 3 children in California had a serious emotional disturbance that could interfere with home, learning, or getting along with people.

1 in 5 children in the U.S. ages 13 to 18 have, or will have, a serious mental illness.

20 percent among 45 other county jails in the state. Youths’ flaws are also greatly affected. In the 2015–2016 California Healthy Kids Survey, 33 percent of eleventh graders in San Luis Obispo County noted persistent sad or hopeless feelings over the past 12 months that prevented them from doing their usual activities.244

Like many other counties across the nation, San Luis Obispo County has high rates of inmates diagnosed with some level of mental illness in the County Jail. In early 2017, the tragic death in custody at the County Jail of a 36-year-old man with serious mental illness brought attention to flaws in the system for managing and caring for inmates with serious mental illness. The County Jail has an average daily population of approximately 600 inmates; of that, approximately 40 percent are taking psychotropic medication for a mental disorder, compared to an average of 20 percent among 45 other county jails in the state.245 These higher rates may be attributable to the practice at the County Jail of reporting certain sleep aid medications in the same category as psychotropic medications used to treat symptoms related to serious mental illness. Researchers did note that higher rates of inmates taking psychotropic medications could suggest higher rates of mental illness among inmates, or differences in reporting data, or a more thorough mental health screening and assessment process.

Substance Use Disorders

Why this Matters
Substance use disorders contribute to costly social, physical, mental, and public health problems and have a major impact on individuals, families, and communities. Substance abuse can lead to disease and illness as well as high-risk behaviors associated with increased rates of teenage pregnancy, domestic violence, child abuse, motor vehicle crashes, crime and suicide.244

National and State Context
In 2014, about 21.5 million (8.1 percent) of Americans ages 12 and older had a substance use disorder.233 In California, 6.6 percent of individuals aged 12 or older in 2014–2015 had an alcohol use disorder in the past year, compared to 6.1 percent nationally.234 Heroin use among the same age group in California, 1.5 percent, was comparable to the national rate of 1.2 percent.234


328 SAMHSA. Mental and Substance Use Disorders. https://www.samhsa.gov/disorders.

SOCIAL & EMOTIONAL WELLNESS

In California, 9.3 percent of adolescents aged 12-17 initiated alcohol use (i.e., used it for the first time) in the past year and 5.4 percent initiated marijuana use in the past year.240

A dramatic rise in opioid addiction over the last two decades in the U.S. is receiving increasing attention. Overdose deaths from opioids — either prescription medications or illicit drugs, such as heroin or fentanyl — present a crisis the U.S. Since 1999, the number of overdose deaths in the U.S. involving opioids (including prescription opioids and heroin) has quadrupled.241 Certain regions of California have death rates approaching the highest in the country. Nearly 2,000 Californians died of an opioid overdose in 2016.242

In San Luis Obispo County

About 10 percent of adults in San Luis Obispo County have some form of substance use disorder.243 Among surveyed residents, 74 percent said they were concerned about drug, tobacco, and alcohol abuse the community.244

The opioid epidemic affects San Luis Obispo County as well. Deaths related to opioids have been on the rise in the county in recent years, from 15 in 2006 to 37 in 2016, however, according to preliminary data, opioid-related deaths dropped to 22 in 2017.245 Emergency room visits related to the use of opioids have also increased in the county.246 Substance abuse treatment admissions in the county reporting heroin as the primary drug rose sharply in 2012 and climbed to over 400 in 2015, matching methamphetamine as the primary drug, with alcohol following third.247 While the rate of opioid prescriptions in the county appear to be declining, they have been consistently higher than the state overall in all years studied.248 For every 1,000 residents in the county in 2016, there were 728 prescriptions for an opioid medication, higher than the statewide average of 585.249

The rate of binge drinking is higher in San Luis Obispo County than the state average. Binge drinking 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 two weeks. Among San Luis Obispo County residents surveyed in 2014 who were age 21 and older, 53 percent reported an episode of binge drinking

Note: The definition of binge drinking in the U.S. 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 two weeks.


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### Table: Non-Fatal Opioid-Related Emergency Room Visits, San Luis Obispo County

<table>
<thead>
<tr>
<th>Year</th>
<th># ER of visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>219</td>
</tr>
<tr>
<td>2007</td>
<td>215</td>
</tr>
<tr>
<td>2008</td>
<td>256</td>
</tr>
<tr>
<td>2009</td>
<td>309</td>
</tr>
<tr>
<td>2010</td>
<td>353</td>
</tr>
<tr>
<td>2011</td>
<td>356</td>
</tr>
<tr>
<td>2012</td>
<td>444</td>
</tr>
<tr>
<td>2013</td>
<td>516</td>
</tr>
<tr>
<td>2014</td>
<td>640</td>
</tr>
</tbody>
</table>

Source: California Department of Public Health. EpiCenter.

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### Binge Drinking in the Past Year (Age 21 and Older)

<table>
<thead>
<tr>
<th>Year</th>
<th>San Luis Obispo County</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>33.7%</td>
<td>31.5%</td>
</tr>
<tr>
<td>2012</td>
<td>40.7%</td>
<td>31.1%</td>
</tr>
<tr>
<td>2013</td>
<td>33.6%</td>
<td>31.4%</td>
</tr>
<tr>
<td>2014</td>
<td>53.0%</td>
<td>32.5%</td>
</tr>
</tbody>
</table>

Note: The definition of binge drinking in the U.S. 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 two weeks.


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239 Ibid.
244 California Office of Statewide Health Planning and Development (OSHPD); County of San Luis Obispo Coroner’s Office.
245 Ibid.
247 Ibid.
in the past year, compared to 33 percent statewide.249 Binge drinking is most common among younger adults aged 18–34 years, but more than half of the total binge drinks are consumed by those aged 25 and older. Binge drinking is a common consequence of youth underage drinking and is linked to alcohol poisoning and other unhealthy high-risk behaviors.250

According to the 2015–16 California Healthy Kids Survey, 53 percent of San Luis Obispo County eleventh graders had consumed at least one drink of alcohol over the past month, 41 percent had used marijuana in the past 30 days, and 16 percent reported having used prescription opioids, tranquilizers, or sedatives recreationally at least once in their lifetime (6 percent in the last 30 days).251

Suicide

Why this Matters

Suicide is a serious public health problem with broad and lasting consequences. Most people survive suicide attempts, but they may experience serious injuries, such as broken bones, brain damage, or organ failure, which may have long-term effects on their health.252 Suicide also affects the health of others and the community. When people die by suicide, their family and friends often experience shock, anger, guilt, and depression. The medical costs and lost wages associated with suicide can also take their toll on a community.

National and State Context

Suicide was the tenth leading cause of death in the U.S. in 2016 and the eleventh in California.253 But suicide deaths only account for part of the problem. In 2016, 9.8 million American adults seriously thought about suicide, 2.8 million made a plan, and 1.3 million attempted suicide.254

Suicide is a problem throughout the life span, but rates differ dramatically by gender, age and race. Among females, the national suicide rate was highest for those aged 45-64 (9.8 per 100,000).255 Among males, the national suicide rate was highest for those aged 75 and over (38.8 per 100,000).256 The rates of suicide were highest for males (27.4 per 100,000) and females (8.7 per 100,000) in the American Indian/Alaska Native group, followed by males (25.8 per 100,000) and females (7.5 per 100,000) in the White/non-Hispanic group.257

<table>
<thead>
<tr>
<th>Lifetime Alcohol or Drug Use Among Teens, San Luis Obispo County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 7</td>
</tr>
<tr>
<td>---------</td>
</tr>
<tr>
<td>Alcohol (one full drink)</td>
</tr>
<tr>
<td>0 times</td>
</tr>
<tr>
<td>1 time</td>
</tr>
<tr>
<td>2 to 3 times</td>
</tr>
<tr>
<td>4 or more times</td>
</tr>
<tr>
<td>Marijuana</td>
</tr>
<tr>
<td>0 times</td>
</tr>
<tr>
<td>1 time</td>
</tr>
<tr>
<td>2 to 3 times</td>
</tr>
<tr>
<td>4 or more times</td>
</tr>
<tr>
<td>Inhalants (to get “high”)</td>
</tr>
<tr>
<td>0 times</td>
</tr>
<tr>
<td>1 time</td>
</tr>
<tr>
<td>2 to 3 times</td>
</tr>
<tr>
<td>4 or more times</td>
</tr>
<tr>
<td>Cocaine, Methamphetamine, or any amphetamines</td>
</tr>
<tr>
<td>0 times</td>
</tr>
<tr>
<td>1 time</td>
</tr>
<tr>
<td>2 to 3 times</td>
</tr>
<tr>
<td>4 or more times</td>
</tr>
<tr>
<td>Ecstasy, LSD, or other psychedelics</td>
</tr>
<tr>
<td>0 times</td>
</tr>
<tr>
<td>1 time</td>
</tr>
<tr>
<td>2 to 3 times</td>
</tr>
<tr>
<td>4 or more times</td>
</tr>
<tr>
<td>Any other drug, or pill, or medicine to get “high” or for other than medical reasons</td>
</tr>
<tr>
<td>0 times</td>
</tr>
<tr>
<td>1 time</td>
</tr>
<tr>
<td>2 to 3 times</td>
</tr>
<tr>
<td>4 or more times</td>
</tr>
<tr>
<td>Any of the above AOD use</td>
</tr>
<tr>
<td>11</td>
</tr>
</tbody>
</table>

Survey Question: During your life, how many times have you used the following substances? One full drink of alcohol (such as a can of beer, glass of wine, wine cooler, or shot of liquor)... Marijuana (pot, weed, grass, hash, bud)... Inhalants (things you sniff), huff, or breathe to get “high” such as glue, paint, aerosol sprays, gasoline, poppers, gases... Cocaine, Methamphetamine, or any amphetamines (meth, speed, crystal, crank, ice)... Ecstasy, LSD, or other psychedelics (acid, mescaline, peyote, mushrooms)... Any other drug, or pill, or medicine to get “high” or for other than medical reasons. na—Not asked of middle school students. Note: NT includes continuation, community day, and other alternative school types.

Source: California Healthy Kids Survey, 2015-2016

255 Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. WISQARS.
256 Ibid.
257 Ibid.
In San Luis Obispo County, suicide is the seventh leading cause of death.\(^{258}\) While the county’s overall suicide rate has varied, it has been consistently higher than the state rate. From 2014–2016, the age-adjusted death rate due to suicide in San Luis Obispo County was 17.2 per 100,000 population, compared to 10.4 in California and 13.2 in the U.S.\(^{259}\) The Healthy People 2020 national target is to reduce the suicide rate to 10.2 or below.

Local patterns for suicide, gender and age are similar to state and national data. Among residents of San Luis Obispo County, the majority of suicides (44 percent) are by adults age 45 to 64. Males account for 68 percent of all suicides. Firearms are the most prevalent means of suicide (39 percent) followed by hanging/suffocation (27 percent) and poisoning (25 percent).\(^{260}\)

According to the 2015–2016 California Healthy Kids Survey, when eleventh graders in San Luis Obispo were asked, “During the past 12 months, did you ever seriously consider attempting suicide?” 18 percent responded, “Yes.”\(^{261}\)

Data from the California Polytechnic State University, San Luis Obispo (Cal Poly) participation in the 2016 Healthy Minds Study found that 11 percent of Cal Poly students surveyed reported having seriously thought about attempting suicide in the past year; three percent made a plan for attempting suicide; and less than half of one percent attempted suicide in the past year.\(^{262}\)

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\(^{258}\) California Department of Public Health. County Health Status Profiles. https://www.cdph.ca.gov/Programs/CHSPages/County-Health-Status-Profiles.aspx.

\(^{259}\) Ibid.


\(^{262}\) California Polytechnic State University, San Luis Obispo, California. Counseling Services: Suicide Prevention. https://hcs.calpoly.edu/content/counseling/suicide-facts.
ENVIRONMENT
Safe air, soil, and water are fundamental to a healthy community environment. An environment free of hazards, such as secondhand smoke, carbon monoxide, allergens, lead, and toxic chemicals, helps prevent disease and other health problems. Implementing and enforcing environmental standards and regulations, monitoring pollution levels and human exposures, building environments that support healthy lifestyles, and considering the risks of pollution in decision-making can improve health and quality of life.

In 2016, surveyed residents in San Luis Obispo County were most concerned about the following environmental issues: water quality (76 percent), building in open space (63 percent), traffic congestion (62 percent), pesticide use near homes (55 percent), and air pollution (53 percent).263 These have remained the top community concerns among residents since 2010.

Air Quality

Why this Matters

The quality of the air, both indoors and outside, has a direct impact on health. Air pollution can trigger heart attacks, stroke, and irregular heart rhythms—particularly in those with existing lung and heart disease. Very small airborne particles found in haze, smoke, and dust are especially harmful because they can become trapped in the lungs or enter the bloodstream, causing both short and long-term damage. Ground-level ozone (the main component of smog) and particle pollution are two of the many threats to air quality and public health in the U.S.264 These can cause damage to the cells that line the lungs, allowing lungs to become more susceptible to infection, reducing lung function, or leading to permanent lung damage. Certain groups of people are especially sensitive to poor air quality, including children, the elderly, and individuals with asthma, heart disease, and chronic obstructive pulmonary disease (COPD).265

265 Ibid.
**National and State Context**

Nearly one in 10 children and one in 12 adults in the U.S. has asthma, which is caused, triggered, and exacerbated by environmental factors such as air pollution and secondhand smoke. Outdoor air quality has improved since the 1990s, but many air quality problems persist.

The California Air Resources Board (ARB) and the U.S. EPA have adopted ambient air quality standards for six common air pollutants of primary public health concern: 

- ozone, particulate matter (PM10 and PM2.5), nitrogen dioxide, sulfur dioxide, carbon monoxide, and lead. These are called “criteria pollutants” because the standards establish permissible airborne pollutant levels based on criteria developed after careful review of medical and scientific studies of the effects of each pollutant on public health and welfare.

**In San Luis Obispo County**

In 2016, San Luis Obispo County had nine days (2.5 percent of all measured days) with air quality in the unhealthy range. This compares to 8.2 percent of all measured days statewide over the same time period. This is defined as an Air Quality Index (AQI) greater than 100 (in the unhealthy range). AQI is based on five of the six “criteria pollutants” mentioned above (ozone, particulate matter (PM10 and PM2.5), nitrogen dioxide, sulfur dioxide, carbon monoxide), measured at nine stations around San Luis Obispo County. If any one of the stations measures unhealthy levels of a pollutant, that day is categorized as unhealthy for the whole county.

While overall indicators are promising, regional differences in air quality exist throughout the county. The Nipomo Mesa, in South County, frequently has periods of high particulate matter (PM) from blowing dust. This occurs most often in the spring, but may occur any time of the year. While the federal PM10 standard was not exceeded at any site in 2016, the more stringent state standard was exceeded more than 20 percent of the time on the Nipomo Mesa, an increase over the previous year.

SLO County can also experience effects of smoke from seasonal wildfires. These tend to occur in the dry summer months and their impact on air quality varies depending on the size, location and duration of the fire. Smoke from the Soberanes and Chimney wildfires had major impacts on air quality throughout the county in 2016. The Soberanes Fire burned over 130,000 acres in and around the Los Padres National Forest from July through October, and the Chimney Fire burned more than 46,000 acres around Lake Nacimiento from August to September 2016. The year’s highest ozone concentrations in North County all occurred during these fires, as did North County’s highest particulate matter readings (3 highest PM10 days at Paso Robles and 2 out of 3 of the highest PM10 and PM2.5 days at Atascadero).

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268 Ibid.


271 Ibid.

272 Ibid.

273 Ibid.
Water Quality

Why this Matters

Poor water quality can lead to a range of health conditions within a community, including waterborne diseases, cancer, and other adverse outcomes. For that reason, monitoring and limiting the levels of microorganisms, chemicals, and other contaminants in our community’s water is necessary to reduce residents’ risk.

Public drinking water systems are required to monitor approximately 90 contaminants and indicators regulated by the Environmental Protection Agency. A health-based violation occurs when a contaminant exceeds its Maximum Contamination Limit (MCL)—the highest amount allowed in drinking water—or when water is not treated properly.

In San Luis Obispo County

According to County Health Rankings, during FY 2013-2014, approximately 6.4 percent of county residents received water from public water systems that had received at least one health-based violation in the recording period. This situation was worse than both the state (2.5 percent) and the county’s prior year value (4.0 percent).274

Over 3,000 residents rely on private wells for their drinking water supply. The water quality from private wells is not regulated by any outside agency. It is the responsibility of the well owner to test and ensure their well water is safe.

In 2015, Trichloroethene (also known as TCE) was detected above a state-mandated Maximum Contaminant Level (MCL) of five micrograms per liter of water (µg/L) in five residential water wells near the San Luis Obispo airport.275 Historically used as an industrial solvent and metal degreaser, this chemical can lead to health problems, such as liver or kidney damage and increased risk of cancer, when it is consumed in drinking water. While toxic chemicals like TCE have been known to be present in groundwater in the past, current drought conditions, decline in groundwater level, and reduced recharge from nearby creeks may have increased concentrations to unsafe levels.

Ocean water quality is also an important indicator for health. Ocean water can have high levels of disease-causing organisms such as bacteria, viruses and protozoa, which can cause skin, respiratory, and intestinal problems. People with compromised immune systems, plus the very young and elderly, are especially vulnerable to these waterborne pathogens. The Public Health Department takes ocean water samples at 19 locations along the coast on a weekly basis and posts the results. In 2016, there were five days of beach closures as a result of poor ocean water quality.276


Water Availability

Why this Matters

Adequate water supply is necessary to provide for public health and safety, like the provision of safe drinking water, clean rivers and beaches, and flood protection. It is also necessary to protect the environment and support a stable California economy.

National and State Context

The average family in the U.S. uses more than 300 gallons of water per day at home.277 Beyond use at home, water is also used in the U.S. to grow our food, manufacture goods, and keep businesses running smoothly.

While the nation’s water bodies have long supplied Americans with abundant freshwater, recent events, such as the 2012-2016 California drought, have raised concerns about ongoing water management and availability. The California drought included the driest four-year statewide precipitation on record (from 2012-2015) and the smallest Sierra-Sacramento snowpack on record (with 2015 achieving only 5 percent of average snowfall). It was also marked by extraordinary heat: 2012, 2014, 2015 and 2016 were California’s first, second and third warmest years in terms of statewide average temperatures.279

Water management in California has always been a challenge, with the state’s variable climate marked by long droughts and severe floods, and stark regional differences in water availability and demand between its hot, dry deserts and its snow-covered mountains and foggy coastlines.279 An expansive network of water storage and transport infrastructure has long delivered water from the wetter parts of the state (north of Sacramento, where 75 percent of California’s precipitation occurs) to population and farming centers south of Sacramento (where 75 percent of water consumption takes place).280 Statewide, average water use is roughly 50 percent environmental,281 40 percent agricultural, and 10 percent urban, with wide variances across regions and between wet and dry years.282

In San Luis Obispo County

San Luis Obispo County has experienced a persistent lack of water in recent years, leading to an official drought declaration in 2012. Beginning in 2014, diminishing groundwater supplies caused by drought conditions led to many of the over 3,000 private wells in use by San Luis Obispo County residents to no longer reach groundwater levels. These impacts and other severe drought conditions in San Luis Obispo County prompted a local state of emergency in 2014.

Between 2012 and 2014, six out of 19 communities reached a level III severity for their water supply and/or water system, signifying that their water demand exceeded supply or their water delivery system had reached its capacity.283 The issue appears to be most severe in North County, where studies show that residents reliant on the Paso Robles groundwater basin are in severe danger of not having water for either agricultural or residential use by 2025.284 Due to these conditions, surveyed residents in San Luis Obispo County in 2016 were “very” (53.5 percent) or “somewhat” (27.4 percent) concerned about the availability and quality of our water supply, making it the top environmental concern reported.285

Beyond these far reaching impacts on personal households, water availability also affects the economy overall in the county. San Luis Obispo County is well known for its long agricultural history - with grapes, strawberries, avocados and more than a hundred other crops grown in the county locally, alongside water-intensive cattle production. In 2016, the county’s total gross crop value totaled $914,724,000, leaving the County of San Luis Obispo ranked 16th in the state for overall agricultural production value.286 287 The threat of diminishing water resources have placed a strain on agricultural production—an industry which uses 40 percent of all state water resources.288

Built Environment

Why this Matters

Health begins where people live, learn, work, and play. The design of our homes, schools, workplaces, streets, communities, and open spaces has a tremendous impact on health, affecting chronic diseases such as asthma, heart disease, and obesity. Communities with an optimal built environment have safe places to walk and bike; access to open space and parks; access to affordable healthy foods; and access to affordable and safe housing.

Health-promoting features in a community include greater access to parks, exercise opportunities, farmers’ markets, grocery stores, and more. Other indicators—such as fast food density and liquor store density—can impede community health. This is because consumer choices about food spending and diet are likely to be influenced by the accessibility and affordability of food retailers—travel time to shopping, availability of healthy foods, and food prices.

Some people and places, especially those with low income, may face greater barriers in accessing healthy and affordable food retailers, which may negatively affect diet and food security.

In San Luis Obispo County

Access to health-promoting parks and exercise opportunities was noted as fairly high among surveyed residents, with 89.2 percent of the population claiming reasonable access to exercise opportunities in 2016, eclipsing the national rate of 84.0 percent but coming up short compared

281 Environmental water use includes water in rivers protected as “wild and scenic” under federal and state laws, water required for maintaining habitat within streams, water that supports wetlands within wildlife preserves, and water needed to maintain water quality for agricultural and urban use.
282 Ibid.
284 Goldberg, A. & Freiheit, G. Assessing the San Luis Obispo County Food System. (Central Coast Grown, U.C. Davis Agricultural Sustainability Institute and U.C. Sustainable Agriculture Research and Education Program, 2014)
to the state average of 93.5 percent.  

In 2016, 39 percent of those surveyed reported visiting their nearest park, trail, or beach 10 or more times in the last month, though many still expressed a need for more hiking trails (28 percent) and local or community parks or playgrounds (27 percent). Sixty-four percent of teen residents lived within walking distance to a park, playground, or open space in 2014.

Residents participating in 2017 focus groups reported that not all areas had equal access to parks and recreation, with limited street lights and sidewalks in some areas of the county making access difficult.

Access to healthy food also varied in the county. While San Luis Obispo County had seven farmers’ markets per 100,000 population (greater than the national average of three farmers’ markets per 100,000 population), 289 in 2014, the county also had a large number of fast food restaurants, with 80 establishments per 100,000 people. 291 While a high per capita rate of fast food restaurants in San Luis Obispo County is concerning, that figure has been declining in recent years. 292

Additionally, liquor store density has increased in recent years, from 20.2 stores per 100,000 population in 2011 to 21.0 stores per 100,000 population in 2015. 293 This rate was higher than both the state (10.1) and national (10.5) rates. 294 High alcohol outlet density has been shown to be related to increased rates of drinking and driving, motor vehicle-related pedestrian injuries, and child abuse and neglect. In addition, liquor stores frequently sell food and other goods that are unhealthy and expensive, promoting unhealthy habits in the areas they serve.

Transportation

Why this Matters

Transportation includes walking, biking, and use of public transit or a personal vehicle. Affordable and reliable transportation is essential for a healthy community, and provides access to jobs, schools, grocery stores, health care, opportunities to socialize, and other resources beneficial to health. People with access to quality public transportation walk and bike more than those without access and also drive less, which reduces automobile-related emissions.

Alternative transportation refers to commuting in any way other than driving alone. Examples include biking, walking, carpooling, and taking public transportation. 295 There are myriad benefits to using alternative transportation, including reduced commuting costs, reduced stress, improved health, improved air quality, reduced peak period traffic congestion, reduced energy

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289 Healthy Communities Institute calculation (County Health Rankings using 2010 and 2014 data from Business Analyst, Delorme map data, ESRI, and U.S. Census Figerline Files).


291 Ibid.

292 Ibid.


294 Ibid.

consumption, and less land use for parking facilities. Encouraging employees to cycle or walk to work can provide a variety of benefits to both the individual and the community.

In San Luis Obispo County
From 2011-2015, 1.5 percent of county residents aged 16 years and older took public transportation to work, lower than both the California average of 5.2 percent and the Healthy People 2020 target of 5.5 percent. While public transportation figures are lower than state and national benchmarks, rates of walking to work were higher than average when compared to state and national trends. In San Luis Obispo County, 4.5 percent of residents aged 16 years and older walked to work (higher than the California average of 2.7 percent and meeting the Healthy People 2020 target of 3.1 percent).

Pesticides and Toxic Substances
Why this Matters
Pesticides and toxic substances in the environment can lead to a variety of health problems, ranging from short-term impacts such as headaches and nausea to chronic impacts like cancer, reproductive harm, and endocrine disruption. Some chemicals in and around homes and workplaces can contribute to acute poisonings and other toxic effects.

Pesticides include any substance used to control a pest. The general term “pesticide” also includes more specific terms describing what type of pest is being controlled, such as insecticide, fungicide, herbicide, etc. Pesticides are one of only a few known toxic materials that are intentionally released into the environment for a specific purpose. Because of this, pesticides are heavily regulated, and use of the most hazardous pesticides is strictly controlled.

In San Luis Obispo County
The agriculture sector is the largest user of pesticides in San Luis Obispo County. Over 60 percent of all pesticides used in San Luis Obispo County are applied to strawberries and wine grapes. The top five pesticides used in San Luis Obispo County in 2016 were sulfur; chloropicrin; 1,3-dichloropropene; metam-potassium; and sodium bromide.
SLO Health Counts is a local health data hub that complements this community health assessment. It is a source of population data and community health information for San Luis Obispo County that includes research-based promising practices for each health indicator.

With SLO Health Counts, you can:
- View 120+ health and quality of life data indicators
- Map and visualize data
- Generate custom data reports
- Examine zip-code level maps of socio-economic need
- Browse 2,000+ evidence-based practices and programs related to specific health indicators
- Access information on local health improvement activities and resources
- Track progress toward county and regional goals
- ... and more.

We invite you to use this site as a tool for analysis, strategic planning, collaboration, and advocacy.
METHODS OF DATA COLLECTION

This section describes the different sources and methods of data collection. The type of data collected includes a wide range of both quantitative and qualitative data, and the sources include primary data from the Public Health Department and secondary data from national, state, and other local sources.

Community Health Survey

The Public Health Department used the ACTION for Healthy Communities (ACTION) survey as its main source to identify and collect data and information for the assessment, given its rich history in the region and in an effort to reduce duplication of efforts. The ACTION for Healthy Communities collaborative, a consortium of local public and private health, education, business, environmental, human service and civic organizations, of which the Public Health Department is a part, meets monthly to discuss health issues in San Luis Obispo County. Representatives from First 5 San Luis Obispo County, Transitions Mental Health Association, County of San Luis Obispo Administration, San Luis Obispo Council of Governments, County of San Luis Obispo Office of Education, Dignity Health, San Luis Obispo Planning Department, Community Action Partnership of San Luis Obispo County, the Public Health Department and the Community Foundation of San Luis Obispo County regularly attend.

ACTION works with a professional research firm to conduct a random telephone survey of residents every three years to gather data on human needs, changing trends, and emerging issues in the region. This 2016 survey represents the seventh survey and report from ACTION and was facilitated by Applied Survey Research (ASR), a nonprofit social research firm. Their research team vetted the survey questions and conducted the survey outreach.

As part of this research, 1,100 telephone surveys were completed in May and June of 2016. Telephone contacts were attempted with a random sample of residents 18 years or older in San Luis Obispo County. Potential respondents were selected based on phone
number prefixes, and quota sampling was employed to obtain the desired gender distribution, as well as the desired geographic distribution of respondents across the four geographic sub-areas: North County, North Coast, San Luis Obispo, and South County. In addition to the telephone surveys, face-to-face self-administered surveys were conducted by nonprofit partners for three target groups that were considered to have higher health risk or poorer health outcomes. These target groups included caregivers; individuals experiencing homelessness; and Spanish-speaking parents.

Partner Surveys
The Public Health Department conducted surveys to gain insight on partners’ perception of health issues and indicators, health assets and resources, and a vision statement for health in the community. Survey questions about health assets and resources addressed both physical assets (such as local parks, recreation centers, farmers’ markets, free clinics, and schools) and non-physical assets (such as residents’ skills, local service or professional associations, institutions, social capital, community resilience, and a strong business community).

Representatives from a wide variety of partner organizations also participated in the planning and development of the community health assessment.

Participating Partner Organizations
- 5 Cities Homeless Coalition
- Access Support Network
- ACTION for Healthy Communities
- Aegis Treatment Centers, LLC
- Air Pollution Control Board
- Alliance for Pharmaceutical Access
- ALPHA
- Alzheimer’s Association
- American Cancer Society
- Big Brothers Big Sisters
- Bike SLO County
- Cal Poly University
- CalFresh Alliance
- CalFresh Nutrition Education
- California State Parks
- Cambria Community Healthcare District
- Casa Solana Inc.
- Cayucos Elementary School
- CenCal Health
- Center for Family Strengthening
- Central Coast Dental Society
- City of Grover Beach Police Dept.
- City of Morro Bay Planning Dept.
- City of Paso Robles
- Coast Smiles on Wheels
- Commission on Aging
- Community Action Partnership of SLO (CAPSLO)
- Community Foundation of SLO County
- Community Health Centers of Central Coast (CHC)
- Conifer Health
- County Health Commission
- County of San Luis Obispo Departments:
  - Agriculture/Weights and Measures
  - Behavioral Health
  - Libraries
  - Parks and Recreation
  - Planning and Building
  - Probation
  - Public Health
  - Public Works
  - Social Services
- County Planning Commission
- Cuesta College
- Dentists
- Dignity Health
- Drinker & Associates
- District Attorney’s Office
- Family Care Network
- First 5 of SLO County
- HEAL SLO
- Health Navigator Project
- HomeShareSLO
- Hospice
- Integrated Waste Management Authority (IWMA)
- Latino Outreach Council
- Leadership SLO
- Long-term Care Ombudsman
- Meals that Connect
- Movement for Life
- Noor Foundation
- People’s Self Help Housing
- Planned Parenthood CA Central Coast
- Pregnancy and Parenting Support of SLO
- Promotoras
- RISE
When I tried to sign my grandchild up for Medi-Cal, I thought it would be an easy process, as I just had to add a new baby to my daughter's plan. I waited on the phone for twenty minutes and then got frustrated and hung up. When I told my friend, she laughed and said that she had waited two hours.

"While it's a good thing to have a quality early childhood education program; it's a really bad thing to have a not quality early childhood education program. There's no middle ground. If your child is in a bad program, there are lifelong implications."

"The process for accessing government services can be incredibly frustrating to get through. There is lots of paperwork and then waiting, hoping that you did everything right. It's like you need a dedicated case manager just to help you get through the red tape."

"My son's a picky eater, so I spend my time trying to make every person in the family a meal that they'll eat. It's exhausting."

"With two kids and my work schedule, there's just never enough hours in the day, so we go for what's easy and convenient."

"We have great insurance, but when I went to find a periodontist for my son, the closest in-network provider was in Bakersfield."

"I am getting custody of my four grandchildren and trying to get both legal custody and getting them enrolled in Medi-Cal has been stressful and confusing. I just want to get them into a safe space, but the paperwork is killing me."

"I had thought I might be retired by now. Or use my savings to go on a vacation. But now I have custody of my grandchildren and they need me, so those things aren't going to happen."

"Someone asked me recently what I thought about the millions that the government spends on social services. I admitted that it sounded like a huge number, but when I think about how much my family gets each month, it only gets us through the first two weeks."

"So last week I decided that our county's new tagline should be: San Luis Obispo County, a great place to live if you have no health issues."

"There's always something that needs to be repaired at our apartment, but I'm too afraid to ask the landlord to repair it for fear that they'd increase our rent and we'd be forced out."

"I'm a great cook and know how to cook Mexican food for my family. But I'd like to learn how to make the recipes healthier, and I don't know the first thing about doing that."

"I hear the term 'welfare queens' and wonder if people realize how much time and effort it takes to get all of the support we're eligible for. Frankly, it'd be easier to work. But I'm disabled, so finding employment is not so easy either."
"My son loves carrots, but he also loves soda. Getting him to drink healthy drinks instead has been a real challenge."

"I would love to be able to prepare healthy meals, but we live in Shandon and it seems like when we finally get home after work, we barely have enough time to get the kids fed, bathed and put to bed. There just never seems to be enough time."

“If we talk about specialty care, we have to look at how it really plays out in our community. Let’s take a specialist like an orthopedic surgeon, for example. With a small population like ours, doctors have such a small sample size of cases that they can train up in that they don’t ever get the experience needed. This pediatrician that I spoke with said that if they had to send their kid to a specialist, they wouldn’t want them to go to one in SLO even if there was one available because they just don’t have enough practice doing the procedure. It’s a little bit of a geographic hazard of living in the place that we do.”

Secondary Data Sources

The community health assessment also includes data obtained from national, state, and local surveys, reports, and fact sheets.

Key sources include:

- ACTION for Healthy Communities’ Vital Signs – Understanding San Luis Obispo County (2016)
- Behavioral Risk Factor Surveillance System, 2016 Annual Survey Data
- California Health Interview Survey, AskCHIS©
- California Healthy Kids Survey (CHKS), Results of the fifteenth Biennial Statewide Student Survey, Grades 7, 9, and 11 (2013-2015)
- Dignity Health Community Health Needs Assessment, June 2016
- SLOCOG 2050 Regional Growth Forecast for San Luis Obispo County (2017)
- Substance Abuse and Mental Health Services Administration (SAMHSA). Behavioral Health Barometer: California, Volume 4 (2017)
- U.S. Census American Community Survey

SLO Health Counts Data Hub

In November 2017, the Public Health Department launched SLO Health Counts (www.slohealthcounts.org), an online data hub available free to the public. The data hub is a companion piece to the community health assessment. The SLO Health Counts data hub includes over 120 health and quality of life indicators and provides context of state and national averages, national public health goals, and overall trends. It also includes factors that influence health, such as median household income and educational attainment. Users of the site can map and visualize data, generate custom reports, examine ZIP-code level maps of socio-economic needs, and research evidence-based practices, programs, and funding sources specific to health indicators.

Unlike the static nature of the community health assessment document, the data on the SLO Health Counts site is regularly updated whenever the source data is updated.

Data Limitations and Information Gaps

Some indicators which merited examination were not addressed in the report due to data limitations and information gaps. To the extent possible, data was sought that represented the County of San Luis Obispo or the sub-regions (North Coast, North County, San Luis Obispo, and South County) and ZIP codes included therein. In addition to geographic data, data was also sought to distinguish age groups, gender and race or ethnicity represented in the county. However, due to the relatively small population size of San Luis Obispo County, most demographic-specific data results in too small a sample size to be statistically significant. Indicator data is sometimes grouped in multiple years when working with small sample sizes.

Summary of Public Comments

Below is a summary of comments submitted by partners on a draft of this report, and changes made in response to the comments. Note this summary includes only substantive content changes or additions, and does not include line-level points of clarification.

<table>
<thead>
<tr>
<th>Comment</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consider including more data with focus on health equity and diversity. If county-level data not available, then discuss state data and how that may apply to sub populations in SLO County not captured in county-level data.</td>
<td>This has been noted as an area for improvement and will be considered in the planning and development of the next edition of the CHA.</td>
</tr>
<tr>
<td>Use census tract data when possible to display race, income, and language within SLO County regions.</td>
<td>This is somewhat addressed through the addition of the SocioNeeds Index data and map, which ranks by ZIP codes within the county. However, potential exists for this to be addressed more comprehensively in future editions. Census tract data is not often appropriate or statistically relevant due to population size and privacy needs.</td>
</tr>
<tr>
<td>Suicide section focuses on teens when it should note that majority of suicides are committed by older white men—including death by firearms.</td>
<td>This was addressed by the addition of local suicide data by gender, age, and means.</td>
</tr>
<tr>
<td>Should discuss SLO County ranking in context of Robert Wood Johnson Foundation Health Status Rankings.</td>
<td>We recognize the value of the RWJF County Health Rankings; however, we instead prioritized including national and state comparative data and Healthy People 2020 target objectives, which are in line with the SLO Health Counts data hub.</td>
</tr>
</tbody>
</table>
Health assets are strengths and resources that may contribute to the overall health or quality of life in a community. Community health improvement planning includes consideration of assets and resources that individuals and organizations can mobilize to address health issues. Assets and resources may be physical or non-physical.
Physical Assets

Physical assets and resources, such as access to parks, open space, markets, clinics and other aspects of a community can also impact a person's ability to get and stay healthy.

Community members mentioned the following when asked what physical assets were present in SLO County:

- Quality, accessible doctors, clinics and hospitals
- Neighborhood schools with walkable routes
- Neighborhood grocery stores on walkable/bus-able routes
- Farmers Markets and produce stands that are accessible to lower income neighborhoods and families
- Recreational trails
- Mobile and accessible social services
- Partner agencies of the Food Bank with the capacity to store and distribute food
- Mobile food sources for aging population
- Community parks
- Rec centers for youth
- Neighborhood markets and corner stores
- Lots of open space
- Farmer's markets and community gardens
- Clean air and water
- Regional parks and hiking trails
- Safe and enjoyable walking trails, good for families
- Safe sidewalks, bike lanes, trails
- Easy access to beaches and ocean
- Clean water and air
- Safe walking streets that invite me to ditch my car
- Walkable & wheelchair friendly outdoor paths & city sidewalks
- Senior housing close to activity & shopping centers with access by walking
- Respite Care Centers
- Dog-accessible parks and beaches
- Grocery stores in rural areas
- Walkable towns
- Bike friendly in some areas (less so in others)
- Class 1 bike lanes
- High frequency bus routes
- Parks with playgrounds
- Walking routes and bikeways separate from roads
- Affordable, accessible quality grocery stores
- Free Healthcare Clinics
- K-12 schools, pre-schools and higher education
- Charity care facilities (health care, food access, etc.)
- Farmer's Markets and grocery stores that sell affordable fresh foods

Please visit www.slohealthcounts.org/health-assets to view a map of some of the physical assets that shape health in San Luis Obispo County.
Non-Physical Assets

Non-physical assets and resources include the skills of residents; the power of local associations, like service or professional associations; local institutions, like faith-based groups, local foundations, governmental agencies, institutions of higher learning; social capital; community resilience; and a strong business community. Community members mentioned the following when asked what non-physical assets were present in SLO County:

- School staff that values kids’ mental and physical wellness.
- A community of individuals passionate about promoting health in the built environment.
- A community focused on giving.
- Resources that increase accessibility and resources for an aging population.
- A positive, open attitude of the medical community in delivering care.
- Engaged and empowered service clubs, like Rotary.
- Volunteers committed to addressing issues like food insecurity and hunger.
- Robust and well-funded evidenced-based health communication and prevention media campaigns.
- Food service directors at several districts that are enthusiastic about scratch cooking.
- Environmentally-focused NGOs.
- A community of 1st adopters.
- Strong business associations and Chamber of Commerce.
- Committed public health staff.
- Connected and resilient citizens.
- Engaged health care providers.
- Accessible mental health practitioners.
- An incredible community foundation.
- Collaborations with Cal Poly and Cuesta that benefit the community.
- Excellent city and county government services.
- Strong senior citizen organizations.
- High quality K-12 schools.
- Skills of residents & institutions of higher learning.
- Healthy levels of non-profit and government collaboration.
- Caring and passionate community-members.
- Charming, small town environment.
- Local associations and coalitions that focus on emerging needs.
- Strong social networks that keep residents connected.
- Socially conscious businesses—e.g. family friendly employers.
- Health care providers set up to serve regardless of patient ability to pay.
- Government that prioritizes community health—including attention to the environment, equitable access to care, focus on early prevention and health promotion.
- A strong culture of volunteerism.
- A strong nonprofit network.
- A community with strong values and culture.
- Strong business-based organizations.

APPENDIX 4

INDICATORS AT A GLANCE

This appendix includes the data components that the reader will find contained within the body of this report. Data tables may include indicators from the most recent (2010) decennial national census, annual census estimates, multiple years grouped together to strengthen the statistical power of an indicator, or the most current validated data available at the time a particular section was written. Persons interested in viewing the most up-to-date annual or multi-year data are encouraged to look to SLOHealthCounts.org now and on an ongoing basis.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SLO County</th>
<th>CA</th>
<th>US</th>
<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demographics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population under the age of 18</td>
<td>18.1% (2015)</td>
<td>23.3% (2015)</td>
<td>22.8% (2016)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>Projections for population over the age of 60 (by 2050)</td>
<td>28.0%</td>
<td>25.0%</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>Department of Finance</td>
</tr>
<tr>
<td>Population density</td>
<td>81.7 people/ sq. mi</td>
<td>239.1 people/ sq. mi</td>
<td>87.4 people/ sq. mi</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>Owner-occupied housing rate</td>
<td>57.7% (2011-2015)</td>
<td>54.3% (2011-2015)</td>
<td>63.9% (2011-2015)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Non-Hispanic African American</td>
<td>2.0%</td>
<td>6.5%</td>
<td>13.3%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% American Indian and Alaskan Native</td>
<td>1.4%</td>
<td>1.7%</td>
<td>1.3%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Asian</td>
<td>3.9%</td>
<td>14.8%</td>
<td>5.7%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Native Hawaiian/Other Pacific Islander</td>
<td>0.2%</td>
<td>0.5%</td>
<td>0.2%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Hispanic</td>
<td>22.3%</td>
<td>38.9%</td>
<td>17.8%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Non-Hispanic white</td>
<td>69.2%</td>
<td>37.7%</td>
<td>61.3%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
</tbody>
</table>
### Social Determinants of Health

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SLO County</th>
<th>CA</th>
<th>US</th>
<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>% not proficient in English</td>
<td>3.5% (2011-2015)</td>
<td>9.5% (2011-2015)</td>
<td>4.5% (2011-2015)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Foreign born persons</td>
<td>10.5%</td>
<td>27.0%</td>
<td>13.2%</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Females</td>
<td>49.3% (2016)</td>
<td>50.3% (2016)</td>
<td>50.8% (2016)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>Veterans</td>
<td>19,134</td>
<td>1,777,410</td>
<td>20,108,332</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>% Rural</td>
<td>16.6% (2010)</td>
<td>5.0% (2010)</td>
<td>19.3% (2010)</td>
<td>NA</td>
<td>NA</td>
<td>Census</td>
</tr>
</tbody>
</table>

### Access to Care

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SLO County</th>
<th>CA</th>
<th>US</th>
<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proportion of people spending 30% or more of household income on housing</td>
<td>57.8% (2011-2015)</td>
<td>56.9% (2011-2015)</td>
<td>51.8% (2011-2015)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>Percent of children eligible for the Free Lunch Program</td>
<td>44.2% (2015-2016)</td>
<td>59.0% (2015-2016)</td>
<td>NA</td>
<td>NA</td>
<td>National Center for Education Statistics</td>
<td></td>
</tr>
<tr>
<td>Percent enrolled in CalFresh, also known as Supplemental Nutrition Assistance Program (SNAP)</td>
<td>6.4% (2016)</td>
<td>10.8% (2016)</td>
<td>14.2% (2015)</td>
<td>NA</td>
<td>NA</td>
<td>CA Budget &amp; Policy Center</td>
</tr>
<tr>
<td>Percentage of population reporting food insecurity</td>
<td>13.4% (2015)</td>
<td>12.5% (2015)</td>
<td>13.7% (2015)</td>
<td>NA</td>
<td>NA</td>
<td>Feeding America</td>
</tr>
<tr>
<td>Percent of students who graduate high school within four years of their first enrollment in 9th grade</td>
<td>91.5% (2014-2015)</td>
<td>82.3% (2014-2015)</td>
<td>83.2% (2014-2015)</td>
<td>&gt;=87%</td>
<td>Met</td>
<td>CA Dept of Ed</td>
</tr>
<tr>
<td>Percent of adults age 25+ with high school degree or higher</td>
<td>89.7% (2011-2015)</td>
<td>81.8% (2011-2015)</td>
<td>86.7% (2011-2015)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>Percent of adults age 25+ with Bachelor's degree or higher</td>
<td>33% (2011-2015)</td>
<td>31.4% (2011-2015)</td>
<td>29.8% (2011-2015)</td>
<td>NA</td>
<td>NA</td>
<td>ACS</td>
</tr>
<tr>
<td>Percent of third grade children reading at proficient or advanced level</td>
<td>49% (2016)</td>
<td>42% (2016)</td>
<td>&gt;&gt;36.3%</td>
<td>Met</td>
<td>CDE/US Dept of Ed</td>
<td></td>
</tr>
<tr>
<td>Percent of 4th grade students proficient in English Language Arts (ELA) and Math</td>
<td>69% ELA 75% Math (2013)</td>
<td>65% ELA 72% Math (2013)</td>
<td>NA</td>
<td>NA</td>
<td>CA Dept of Ed</td>
<td></td>
</tr>
<tr>
<td>Percent of adults (18-64) with health insurance</td>
<td>90.5% (2015)</td>
<td>87.9% (2015)</td>
<td>89.5% (2015)</td>
<td>100%</td>
<td>Not met</td>
<td>SAHIE</td>
</tr>
<tr>
<td>Children with Health Insurance</td>
<td>97.3% (2016)</td>
<td>97.1% (2016)</td>
<td>95.5% (2016)</td>
<td>100%</td>
<td>Not met</td>
<td>ACS</td>
</tr>
<tr>
<td>People with a usual source of health care</td>
<td>85.3% (2014-2016)</td>
<td>85.7% (2014-2016)</td>
<td>&gt;&gt;95%</td>
<td>Not met</td>
<td>CHIS/BRFSS</td>
<td></td>
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<tr>
<td>Percent of adults who were always able to get a doctor's appointment within 2 days in past year</td>
<td>49.7% (2013-2015)</td>
<td>52.6% (2013-2015)</td>
<td>NA</td>
<td>NA</td>
<td>CHIS</td>
<td></td>
</tr>
</tbody>
</table>
### APPENDIX 4

#### Community Health Assessment | July 2018

## Infectious Disease

<table>
<thead>
<tr>
<th>Indicator</th>
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<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of mothers breastfeeding at 6 months (MICH-21.2)</td>
<td>NA</td>
<td>58.5% (2013)</td>
<td>51.8% (2013)</td>
<td>&gt;=60.6%</td>
<td>NA</td>
<td>NHIS</td>
</tr>
<tr>
<td>Percent of newborns with low birth weight</td>
<td>6.1% (2014-2016)</td>
<td>6.8% (2014-2016)</td>
<td>8.0% (2012-2014)</td>
<td>&lt;=7.8%</td>
<td>Met</td>
<td>CDPH</td>
</tr>
<tr>
<td>Percent of newborns with very low birth rates</td>
<td>0.9% (2013)</td>
<td>1.2% (2013)</td>
<td>1.4% (2013)</td>
<td>&lt;=1.4%</td>
<td>Met</td>
<td>Kidsdata.org</td>
</tr>
<tr>
<td>Mothers who received early prenatal care (1st trimester)</td>
<td>80.5% (2014-2016)</td>
<td>83.3% (2014-2016)</td>
<td>&gt;=77.9%</td>
<td>Met</td>
<td>CDPH</td>
<td></td>
</tr>
<tr>
<td>Percent of pre-term births (&lt;37 weeks gestation)</td>
<td>8.0% (2013)</td>
<td>8.8% (2013)</td>
<td>11.4% (2013)</td>
<td>&lt;=11.4%</td>
<td>Met</td>
<td>Kidsdata.org</td>
</tr>
<tr>
<td>Percentage of mothers reporting postpartum depression</td>
<td>11.5% (2013-2014)</td>
<td>13.0% (2013-2014)</td>
<td>NA</td>
<td>NA</td>
<td>CDPH</td>
<td></td>
</tr>
<tr>
<td>Infant mortality (deaths per 1,000 live births)</td>
<td>4.9/1,000 (2013-2015)</td>
<td>4.6/1,000 (2013-2015)</td>
<td>6.0/1,000 (2012)</td>
<td>&lt;=6.0</td>
<td>Not Met</td>
<td>CDPH</td>
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#### Maternal, Child & Adolescent Health

<table>
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<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of mothers initiating breastfeeding in the hospital (MICH-21.1)</td>
<td>97.6% (2015)</td>
<td>94.0% (2015)</td>
<td>81.1% (2013)</td>
<td>&gt;=81.9%</td>
<td>Met</td>
<td>CDPH/NIS</td>
</tr>
<tr>
<td>Percent of mothers exclusively breastfeeding at 3 months (MICH-21.4)</td>
<td>46.4% (2013-2014)</td>
<td>27.4% (2013-2014)</td>
<td>44.4% (2013)</td>
<td>&gt;=46.2%</td>
<td>Met</td>
<td>CDPH/NIS</td>
</tr>
<tr>
<td>Percent of WIC mothers exclusively breastfeeding at 3 months (MICH-21.4)</td>
<td>32.0% (2013-2014)</td>
<td>20.1% (2013-2014)</td>
<td>NA</td>
<td>&gt;=46.2%</td>
<td>Met</td>
<td>CDPH</td>
</tr>
<tr>
<td>Percent of mothers exclusively breastfeeding at 6 months (MICH-21.5)</td>
<td>NA</td>
<td>24.8% (2013)</td>
<td>22.3% (2013)</td>
<td>&gt;=25.5%</td>
<td>NA</td>
<td>NIS</td>
</tr>
</tbody>
</table>

#### APPENDIX 4

#### Kidsdata.org

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Percent of mothers breastfeeding at 6 months (MICH-21.2)</td>
<td>NA</td>
<td>58.5% (2013)</td>
<td>51.8% (2013)</td>
<td>&gt;=60.6%</td>
<td>NA</td>
<td>NHIS</td>
</tr>
<tr>
<td>Percent of newborns with low birth weight</td>
<td>6.1% (2014-2016)</td>
<td>6.8% (2014-2016)</td>
<td>8.0% (2012-2014)</td>
<td>&lt;=7.8%</td>
<td>Met</td>
<td>CDPH</td>
</tr>
<tr>
<td>Percent of newborns with very low birth rates</td>
<td>0.9% (2013)</td>
<td>1.2% (2013)</td>
<td>1.4% (2013)</td>
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<td>Mothers who received early prenatal care (1st trimester)</td>
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<td>Percentage of mothers reporting postpartum depression</td>
<td>11.5% (2013-2014)</td>
<td>13.0% (2013-2014)</td>
<td>NA</td>
<td>NA</td>
<td>CDPH</td>
<td></td>
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<tr>
<td>Infant mortality (deaths per 1,000 live births)</td>
<td>4.9/1,000 (2013-2015)</td>
<td>4.6/1,000 (2013-2015)</td>
<td>6.0/1,000 (2012)</td>
<td>&lt;=6.0</td>
<td>Not Met</td>
<td>CDPH</td>
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#### Maternal, Child & Adolescent Health

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<tr>
<td>Percent of mothers initiating breastfeeding in the hospital (MICH-21.1)</td>
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<td>81.1% (2013)</td>
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<td>Percent of WIC mothers exclusively breastfeeding at 3 months (MICH-21.4)</td>
<td>32.0% (2013-2014)</td>
<td>20.1% (2013-2014)</td>
<td>NA</td>
<td>&gt;=46.2%</td>
<td>Met</td>
<td>CDPH</td>
</tr>
<tr>
<td>Percent of mothers exclusively breastfeeding at 6 months (MICH-21.5)</td>
<td>NA</td>
<td>24.8% (2013)</td>
<td>22.3% (2013)</td>
<td>&gt;=25.5%</td>
<td>NA</td>
<td>NIS</td>
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<td>Indicator</td>
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</tr>
<tr>
<td>HIV Prevalence Rate</td>
<td>54.6/100,000 (2013)</td>
<td>119.7/100,000 (2013)</td>
<td>NA</td>
<td>NA</td>
<td>CDPH</td>
<td></td>
</tr>
<tr>
<td>HIV/AIDS Prevalence Rate</td>
<td>166.4/100,000 (2013)</td>
<td>308.1/100,000 (2013)</td>
<td>NA</td>
<td>NA</td>
<td>CDPH</td>
<td></td>
</tr>
<tr>
<td>Tuberculosis incidence</td>
<td>2.2/100,000 (2011)</td>
<td>5.9/100,000 (2011)</td>
<td>3.4/100,000 (2011)</td>
<td>&lt;=1.0</td>
<td>Not Met</td>
<td>CDPH</td>
</tr>
</tbody>
</table>

**Health Behaviors**

- **Percent of adults who are overweight or obese**: 56.4% (2014-2016), 64.2% (2014-2016), 65.2% (2016), NA, NA | CDPH/BRFSS |
- **Percent of adults who are obese (NWS-9)**: 20.1% (2014-2016), 27.6% (2014-2016), 29.9% (2016), <=30.5%, Met | CDPH/BRFSS |
- **Obesity among children and adolescents (NWS-10.4)**: 17.0% (2015-2016), 19.0% (2015-2016), 17.0% (2011-2014), <=14.5%, Not Met | CDPH/state data/NHANES |
- **Percent of 7th graders who are a healthy weight**: 65.4% (2015-2016), 62% (2016), NA, NA, NA | CDPH/state data |
- **Adults consuming fast food within the past week**: 53.1% (2014-2016), 64.2% (2014-2016), NA, NA, NA | CDPH |
- **Teens Consuming 5+ Servings of Fruits/Vegetables per Day**: 37.9% (2013-2015), 32.9% (2013-2015), NA, NA, NA | CDPH |
- **Percent of adults drinking one or more sugar sweetened beverages per day**: 17.5% (2013-2014), 17.4% (2013-2014), NA, NA, NA | CDPH |
- **Children consuming one or more sugar sweetened beverages (other than soda) per day**: 37.9% (2013-2015), 24.6% (2013-2015), NA, NA, NA | CDPH |
- **Percentage of adults age 20 and over reporting no leisure-time physical activity**: 15% (2009), 18% (2009), NA, NA, NA | BRFSS |
- **Workers who walk to work**: 4.5% (2011-2015), 2.7% (2011-2015), 2.8% (2011-2015), >=3.1%, Met | ACS |
- **Adults who walk regularly**: 28.8% (2013-2014), 33.0% (2013-2014), NA, NA, NA | CDPH |
- **Percent of 7th graders who are physically fit**: 78.0% (2015-2016), 65.1% (2015-2016), NA, NA, NA | CDE |

**Chronic Disease**

- **Percent of adults who reported being in poor or fair health**: 10.9% (2013-2015), 17.1% (2013-2015), 12.0% (2010), NA, NA | CDPH/NHIS |
- **Percent of adults ever diagnosed with asthma**: 12.4% (2014-2016), 14.6% (2014-2016), 14.0% (2016), NA, NA | CDPH/BRFSS |
- ** Percent of children (0-17) ever diagnosed with asthma**: 13.8% (2011-2016), 15.2% (2011-2016), NA, NA, NA | CDPH/BRFSS |
- **Percent of adults who have diabetes**: 5.6% (2014-2016), 9.3% (2014-2016), 10.5% (2016), NA, NA | CDPH/BRFSS |
### Community Health Assessment | July 2018 San Luis Obispo County

<table>
<thead>
<tr>
<th>Indicator</th>
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<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of adults with heart disease</td>
<td>5.6% (2014-2016)</td>
<td>6.3% (2014-2016)</td>
<td>3.5% (2013-2014)</td>
<td>NA</td>
<td>NA</td>
<td>CHS/NHANES</td>
</tr>
<tr>
<td>Percent of adults with high blood pressure</td>
<td>22.6% (2014-2016)</td>
<td>28.5% (2014-2016)</td>
<td>30.9% (2015)</td>
<td>&lt;=26.9%</td>
<td>Met</td>
<td>CHS/NHIS</td>
</tr>
<tr>
<td>Breast cancer age adjusted incidence</td>
<td>138.2/100,000 (2009-2013)</td>
<td>121.4/100,000 (2009-2013)</td>
<td>7.5/100,000 (2009-2013)</td>
<td>&lt;=7.2</td>
<td>Met</td>
<td>NCI</td>
</tr>
<tr>
<td>Cervical cancer age adjusted incidence</td>
<td>35.0/100,000 (2009-2013)</td>
<td>38.3/100,000 (2009-2013)</td>
<td>40.6/100,000 (2009-2013)</td>
<td>&lt;=38.6</td>
<td>Met</td>
<td>NCI</td>
</tr>
<tr>
<td>Lung cancer age adjusted incidence</td>
<td>46.9/100,000 (2009-2013)</td>
<td>46.5/100,000 (2009-2013)</td>
<td>62.4/100,000 (2009-2013)</td>
<td>NA</td>
<td>NA</td>
<td>NCI</td>
</tr>
<tr>
<td>Prostate cancer age adjusted incidence</td>
<td>114.2/100,000 (2009-2013)</td>
<td>118.7/100,000 (2009-2013)</td>
<td>123.1/100,000 (2009-2013)</td>
<td>NA</td>
<td>NA</td>
<td>NCI</td>
</tr>
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#### Injuries

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Non-fatal emergency department visits for fall related injuries for adults 65 and older</td>
<td>4,607/100,000 (2014)</td>
<td>4,178/100,000 (2014)</td>
<td>6,042/100,000 (2014)</td>
<td>&lt;=4,712</td>
<td>Met</td>
<td>CDPH</td>
</tr>
<tr>
<td>Non-fatal emergency department visits for motor vehicle crash injuries (occupants)</td>
<td>405/100,000 (2014)</td>
<td>509/100,000 (2014)</td>
<td>758/100,000 (2014)</td>
<td>NA</td>
<td>NA</td>
<td>CDPH</td>
</tr>
<tr>
<td>Bicycle-involved collision rate</td>
<td>44.2/100,000 (2013)</td>
<td>35.1/100,000 (2013)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CHP</td>
</tr>
<tr>
<td>Injury deaths (IP-1.1)</td>
<td>59/100,000 (2015)</td>
<td>46.8/100,000 (2015)</td>
<td>63.9/100,000 (2015)</td>
<td>&lt;=53.7</td>
<td>Not met</td>
<td>NVSS</td>
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#### Causes of Death

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<tr>
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</tr>
<tr>
<td>Pedestrian motor vehicle death rate (WP-18)</td>
<td>1.0/100,000 (2005-2013)</td>
<td>1.8/100,000 (2005-2013)</td>
<td>1.4/100,000 (2008)</td>
<td>&lt;=1.4</td>
<td>Met</td>
<td>CDPH/NVSS</td>
</tr>
<tr>
<td>Stroke age adjusted mortality rate</td>
<td>51.6/100,000 (2005-2013)</td>
<td>37.4/100,000 (2005-2013)</td>
<td>36.8/100,000 (2013-2015)</td>
<td>&lt;=34.8</td>
<td>Not met</td>
<td>CDPH</td>
</tr>
<tr>
<td>Accidents age adjusted mortality rate</td>
<td>35.5/100,000 (2005-2013)</td>
<td>30.0/100,000 (2005-2013)</td>
<td>41.1/100,000 (2013-2015)</td>
<td>&lt;=36.4</td>
<td>Met</td>
<td>CDPH</td>
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</table>

**Social & Emotional Wellness**

<table>
<thead>
<tr>
<th>Indicator</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Serious psychological stress in the past year</td>
<td>6.4% (2014-2016)</td>
<td>8.1% (2014-2016)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CHIS</td>
</tr>
<tr>
<td>Percent of adults who needed help for emotional/mental health problems or use of alcohol/drug</td>
<td>16.2% (2014-2016)</td>
<td>16.7% (2014-2016)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CHIS</td>
</tr>
<tr>
<td>Percent of adults needing and receiving help for emotional-mental and/or alcohol-drug issues in past year</td>
<td>48.3% (2014-2016)</td>
<td>59.2% (2014-2016)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CHIS</td>
</tr>
<tr>
<td>Percent of 11th grade students who felt sad or hopeless almost everyday for 2 weeks or more so that they stopped doing some usual activities</td>
<td>33% (2015-2016)</td>
<td>34% (2013-2015)</td>
<td>29.9% (2015)</td>
<td>NA</td>
<td>NA</td>
<td>CHKS/YRBSS</td>
</tr>
<tr>
<td>Percent of 11th grade students who seriously considered attempting suicide in the past year</td>
<td>18% (2015-2016)</td>
<td>18.7% (2013-2015)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CHKS</td>
</tr>
<tr>
<td>Percent of 11th grade students reporting harassment or bullying on school property within the past 12 months for any reason</td>
<td>32% (2015-2016)</td>
<td>31% (2013-2015)</td>
<td>20.2% (2015)</td>
<td>NA</td>
<td>NA</td>
<td>CHKS/YRBSS</td>
</tr>
<tr>
<td>Percent of 11th grade students who report they've been victims of cyber bullying in the past 12 months</td>
<td>19% (2015-2016)</td>
<td>19.3% (2013-2015)</td>
<td>15.5% (2015)</td>
<td>NA</td>
<td>NA</td>
<td>CHKS/YRBSS</td>
</tr>
<tr>
<td>Percent of 11th grade students reporting harassment on school property related to their sexual orientation</td>
<td>6.0% (2015-2016)</td>
<td>7.3% (2013-2015)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CDE</td>
</tr>
<tr>
<td>Death rate due to drug overdose (per 100,000)</td>
<td>14.7 (2013-2015)</td>
<td>11.7 (2013-2015)</td>
<td>15.0 (2013-2015)</td>
<td>&lt;=11.3</td>
<td>Not met</td>
<td>CDC Wonder</td>
</tr>
<tr>
<td>Percent of adults with a physical, mental or emotional disability</td>
<td>25.6% (2014-2016)</td>
<td>29.7% (2014-2016)</td>
<td>20.6% (2015)</td>
<td>NA</td>
<td>NA</td>
<td>CHIS</td>
</tr>
<tr>
<td>Substantiated child abuse rate</td>
<td>11.4/1,000 (2016)</td>
<td>8.0/1,000 (2016)</td>
<td>9.2/1,000 (2015)</td>
<td>&lt;=8.5</td>
<td>Not met</td>
<td>UC Berkeley, Child Welfare Indicators Project</td>
</tr>
<tr>
<td>Number of domestic violence calls for assistance and rate per 1,000 population</td>
<td>642 calls 2.3/1,000 (2015)</td>
<td>166,351 calls 4.3/1,000 (2010)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CA DOJ, Open Justice Crime Stats</td>
</tr>
<tr>
<td>Violent crime rate</td>
<td>409.6/100,000 (2015)</td>
<td>426.5/100,000 (2015)</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>CA DOJ, Open Justice Crime Stats</td>
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**Environment**

<table>
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<tr>
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<tbody>
<tr>
<td>Percent of days with Air Quality Index &gt;100 (Unhealthy range)</td>
<td>2.5% (9/366 days) (2016)</td>
<td>8.2% (1,541/18,879 days) (2016)</td>
<td>1.4% (4,577/328,141 days) (2016)</td>
<td>NA</td>
<td>NA</td>
<td>EPA AQS</td>
</tr>
<tr>
<td>Fast Food Restaurants per 100,000 population</td>
<td>80/100,000 (2014)</td>
<td>69.4/100,000 (2009)</td>
<td>68.4/100,000 (2009)</td>
<td>NA</td>
<td>NA</td>
<td>USDA Food Environment Atlas</td>
</tr>
</tbody>
</table>
### Percent of all restaurants that are fast-food establishments

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SLO County</th>
<th>CA</th>
<th>US</th>
<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>41% (2009)</td>
<td>49% (2009)</td>
<td>NA</td>
<td>NA</td>
<td>ACS County Business Patterns</td>
<td></td>
</tr>
</tbody>
</table>

### Grocery Stores per 100,000 population

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SLO County</th>
<th>CA</th>
<th>US</th>
<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>26/100,000 (2012)</td>
<td>22.2/100,000 (2009)</td>
<td>21.8/100,000 (2009)</td>
<td>NA</td>
<td>NA</td>
<td>USDA, ACS County Business Patterns</td>
</tr>
</tbody>
</table>

### Liquor Stores per 100,000 population

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SLO County</th>
<th>CA</th>
<th>US</th>
<th>HP2020</th>
<th>HP 2020 Achieved?</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>21.0/100,000 (2015)</td>
<td>10.1/100,000 (2015)</td>
<td>10.5/100,000 (2015)</td>
<td>NA</td>
<td>NA</td>
<td>USDA, ACS County Business Patterns</td>
</tr>
</tbody>
</table>

### Glossary for Indicators at a Glance

**FEDERAL**
- ACS: American Community Survey
- USDA: U.S. Department of Agriculture
- MIT: Massachusetts Institute of Technology
- SAHIE: Small Area Health Insurance Estimates
- NIH: National Immunization Survey
- BRFSS: Behavioral Risk Factor Surveillance System
- YRBSS: Youth Risk Behavior Surveillance System
- NHANES: National Health and Nutrition Examination Survey
- MEPS: Medical Expenditure Panel Survey
- IHME: Institute for Health Metrics and Evaluation

**STATE**
- CARB: California Air and Resources Board
- CHKS: California Healthy Kids Survey
- CDE: California Department of Education
- CA DOJ: California Department of Justice

**LOCAL**
- ACTION: ACTION for Healthy Communities

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THANK YOU

Across San Luis Obispo County, individuals and organizations are making a difference every day in the health and well-being of county residents.

Special thanks to the people and the groups doing this valuable work, and to those who have contributed to this report and the overall collaborative health improvement effort.

We look forward to working together to ensure everyone in San Luis Obispo County has the opportunity to be healthy.
Learn more and stay connected.

This community health assessment is part of a long-term health improvement planning effort for San Luis Obispo County. If you would like to be part of this effort or would like to share comments on this report, please contact the Public Health Department at slopublichealth@co.slo.ca.us or 805-781-5500.

For regular data updates, please visit www.SLOHealthCounts.org.

To learn more about the Public Health Department, please visit www.slopublichealth.org.