

Health Issues

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Health Issues

While health and health care are always important for all communities, these issues are particularly important for communities with an aging population, such as San Luis Obispo County. In this section we provide our survey results on health care, and we provide data on health services and outcomes. One interesting conclusion from these data is that the well-publicized decline of health-care service providers (doctors and hospitals) has not yet had a measurable impact.

Another conclusion is that San Luis Obispo County children are at risk. Substance abuse among County children is shockingly high. The proportion of survey respondents with dependent care insurance is declining. Fewer parents have received training and education about child dental care.

Our first survey question asks about the general physical health of the respondent. Here, our respondents reported their health as a bit better than they reported it in 1999 and a bit worse than they reported it in 2001. There does not appear to be a trend here. A strong majority continues to report their overall health is at least good.

About 25 percent of respondents report having no regular source of primary health care. This percentage is relatively unchanged from 2001, but it is significantly above the 1999 percentage. These responses are similar to those on satisfaction with medical care; satisfaction fell between 1999 and 2001, but it has been relatively unchanged since 2001.

There is a clear downward trend in the time from respondents' last routine check up, but this may be nothing more than a reflection of an aging population. We also know about 10 to 12 percent of the population reports foregoing medical care because of cost.

In contrast with the physical health, increasing percentages of respondents report mental health less than good. Remarkably, a smaller percentage of respondents report foregoing mental health care than physical health care because of cost.

Increasing percentages of respondents report having regular sources of dental care, and they report improving dental health. However, a lower percentage report having sealant applied to their children's teeth.

About 86 percent of respondents reported having health insurance. This number is relatively unchanged from the responses in the 1999 and 2001 surveys. However, it hides an important issue: the quality of that health insurance appears to be declining. While the percentages of policies that cover dental care and prescriptions rose a bit, we see significant declines in the percentages of policies that cover mental health and substance abuse treatment. We see smaller declines in the percentages of policies that cover regular physical exams, hospitalization, and dependant care.

Peoples' own behavior can affect their health. In this area, it appears the trends are generally good. Survey respondents report increased exercise. Referrals for child health and disability prevention are up. Many people are taking precautions about sun exposure. Reported smoking is down. However, immunization trends are down and immunization levels are low relative to California.

Substance abuse among San Luis Obispo County children is above that of California by every measure. Although several measures of use among County students are down from two years earlier, others are up. An alarming 29 percent of County 9th graders report having been very drunk. 36 percent report having drunk alcohol in the past 30 days. 28 percent report having smoked marijuana, including 18 percent in the past 30 days.

The most recent data show San Luis Obispo County's death rate has declined. For most causes of death, particularly heart disease, the County had lower death rates than California. County death rates from suicide, unintentional injury, and drug related were above those of California, however.

D1

Physical Health

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

	1999	2001	2003
Number of Respondents	544	804	522
Response	Percent	Percent	Percent
Excellent	21.0	30.0	22.0
Very Good	41.0	38.6	43.3
Good	26.5	23.3	22.4
Fair	8.5	6.6	9.6
Poor	3.1	1.6	2.7
Total	100.1	100.1	100.0

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

In general, would you say your health is:

Response	Number	Percent
Excellent	64,000	27.5
Very good	79,000	34.1
Good	60,000	25.8
Fair	23,000	10
Poor	6,000	2.6
Total	231,000	100

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

Response	Number	Percent
Requires special equipment	11,000	6.5
Doesn't require special equipment	166,000	93.5
Total	178,000	100

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

Response	Number	Percent
Limited a lot	14,000	7.6
Limited a little	32,000	17.7
Not limited at all	133,000	74.7
Total	178,000	100

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

Response	Number	Percent
Stayed in hospital overnight	17,000	7.5
Didn't stay in hospital overnight	214,000	92.5
Total	231,000	100

Source: California Health Interview Survey, 2001.

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

	2003
Number of Respondents	522
Response	Percent
Yes	41.2
No	58.6
Don't Know	0.2
Total	100

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

	2003
Number of Respondents	215
Response	Percent
Died	42.8
Diagnosed	38.1
Both	18.1
Don't Know	0.9
Total	100

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

	2003
Number of Respondents	522
Response	Percent
Yes	64.0
No	34.9
Don't Know	1.1
Total	100

Have you personally completed an Advance Directive?

	2003
Number of Respondents	522
Response	Percent
Yes	34.7
No	64.4
Not Available	0.4
Don't Know	0.6
Total	100

Do you have a regular source of primary health care?

	1999	2001	2003
Number of Respondents	542	777	522
Response	Percent	Percent	Percent
Yes	83.8	79.8	78.9
No	16.2	20.2	19.5
Not Available	na	na	0.4
Don't Know	na	na	1.1
Total	100	100	100.0

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

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

Response	Number	Percent
Has usual source of care	201,000	86.9
Does not have usual source of care	30,000	13.1
Total	231,000	100

Source: California Health Interview Survey, 2001.

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

	1999	2001	2003
Number of Respondents	543	801	522
Response	Percent	Percent	Percent
Within the past year	71.6	69.8	69.3
1-2 years	14.9	15.5	17.6
3-5 years	7.2	8.7	7.5
More than 5 years ago	5.0	5.1	4.2
Never	1.3	0.9	0.8
Don't Know	na	na	0.6
Total	100	100	100

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

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

	2001	2003
Number of Respondents	184	153
Response	Percent	Percent
Within past 6 months (since August 2000)	70.1	67.3
from 6 months to 1 year ago	23.4	24.2
more than 1 year ago	6.5	6.5
Don't Know	na	2.0
Total	100	100

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

D4

Last Routine Check Up, continued

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

Response	Number	Percent
0 visits	32,000	15.4
1 visit	52,000	24.7
2 visits	39,000	18.5
3 visits	24,000	11.2
4 visits	17,000	8.1
5 visits	10,000	4.8
6 visits	11,000	5.3
7 - 8 visits	4,000	2.1
9 - 12 visits	12,000	5.7
13 - 24 visits	4,000	2.1
25+ visits	4,000	2.1
Total	211,000	100

If zero visits, how long has it been since you last doctor visit?

Response	Number	Percent
A year ago or less	2,000	7.3
1-2 years ago	13,000	43.4
2-5 years ago	11,000	35.4
5 years ago or more	4,000	12.8
Never	-	-
Total	30,000	100

How satisfied are you with your medical care?

	1999	2001	2003
Number of Respondents	531	751	522
Response	Percent	Percent	Percent
Very satisfied	59.3	59.4	48.3
Somewhat satisfied	33.3	30.5	37.9
Not at all satisfied	7.3	10.1	9.4
Don't Know	na	na	4.4
Total	100	100	100.0

D6

Inability to Receive Medical Care

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

	1999	2001	2003
Number of Respondents	543	806	522
Response	Percent	Percent	Percent
Yes	9.9	12.4	11.1
No	90.1	87.6	88.3
Not Available	na	na	0.4
Don't Know	na	na	0.2
Total	100	100	100.0

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

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

	Number	Percent
Delayed or didn't get care	31,000	17.2
Didn't delay (got care)	147,000	82.8
Total	177,000	100

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

Response	Number	Percent
Couldn't afford / too expensive	6,000	20.4
Insurance wouldn't pay	1,000	4.7
Procrastination	1,000	3.4
Forgot	11,000	33.3
No insurance	4,000	13.1
Some other reason	3,000	10.9
More than one reason	4,000	14.1
Total	32,000	100

Source: California Health Interview Survey, 2001.

* Added in 2001 survey; answers in 1999 may not be comparable

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

	1999	2001	2003
Total Number of Respondents	544	802	522
Response	Percent	Percent	Percent
Excellent	25.9	36.9	29.5
Very Good	46.5	37.0	38.1
Good	21.1	19.8	22.6
Fair	5.5	5.2	7.7
Poor	0.9	1.0	1.9
Don't Know	na	na	0.2
Total	100	100	100

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

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

Response	Number	Percent
Did less due to emotional problem	21,000	11.6
Didn't do less due to emotional problem	157,000	88.4
Total	177,000	100

Source: California Health Interview Survey, 2001.

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

	2001	2003
Number of Respondents	801	522
Response	Percent	Percent
Yes	7.5	8.6
No	92.5	91.4
Total	100	100

Source: 2000 and 2003 ACTION for Healthy Communities, Telephone Surveys.

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

Response	Number	Percent
Needed help	28,000	15.8
Didn't need help	150,000	84.2
Total	178,000	100

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

Response	Number	Percent
Saw health professional	18,000	10
Didn't see health professional	160,000	90
Total	178,000	100

In the last 12 months, have you had any difficulties or delays getting mental health treatment?

Response	Saw professional		Didn't see professional	
	Number	Percent	Number	Percent
Had difficulties or delays	3,000	19.4	2,000	16.0
Didn't have difficulties or delays	14,000	80.6	11,000	84
Total	18,000	100	13,000	100

Source: California Health Interview Survey, 2001.

Mental Health Outpatients Clients

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

Age	1995-96	1996-97	1997-98	1998-99	1999-00	2002-03
1-17	840	996	1,061	927	1,153	1,306
18-54**	1,912	1,834	1,751	1,866	2,345	2,841
Over 55**	254	247	238	233	164	98
Total	3,006	3,077	3,050	3,026	3,662	4,245

**1999 figures represent age groups of 18-59 and 60-plus.

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

Gender	1995-96	1996-97	1997-98	1998-99	1999-00	2002-03
Female	1,472	1,505	1,548	1,519	1,945	2,253
Male	1,533	1,569	1,502	1,507	1,717	1,992
Total	3,006	3,077	3,050	3,026	3,662	4,245

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

Ethnicity	1995-96	1996-97	1997-98	1998-99	1999-00	2002-03
Caucasian	2,460	2,568	2,538	2,535	2,977	3,465
African American	98	96	98	90	105	111
Hispanic	341	321	328	326	415	491
Native American	31	20	25	22	40	–
Asian/ Pacific Islander	34	32	30	28	43	49
Other/ Unknown	42	40	31	35	82	129
Total	3,006	3,077	3,050	3,026	3,662	4,245

Patients Committed for Involuntary Emergency Brief Hospitalizations- 5150s

	1995-96	1996-97	1997-98	1998-99	1999-00	2002-03
Number Committed*	714	645	748	591	734	790

Source: San Luis Obispo County, Mental Health Department, 2003.

*Note: This count is not unique; it can represent several hospitalizations of a single patient.

D10 Regular Source of Dental Care

Do you have a regular source of dental care?

	1999	2001	2003
Number of Respondents	543	794	522
Response	Percent	Percent	Percent
Yes	75.3	74.8	78.5
No	24.7	25.2	21.3
Don't Know	na	na	0.2
Total	100	100	100.0

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

Do you have dental insurance?

Response	Number	Percent
Has dental insurance	115,000	55.7
Doesn't have dental insurance	91,000	44.3
Total	206,000	100

Source: California Health Interview Survey, 2001.

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

	2001	2003
Number of Respondents	788	522
Response	Percent	Percent
Within the past year	71.7	71.1
1-2 years	14.7	16.7
3-5 years	8.1	6.5
More than 5 years ago	4.3	3.6
Never	1.1	1.1
Don't Know	na	1.0
Total	100	100

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

	2001	2003
Number of Respondents	175	153
Response	Percent	Percent
Within the past year	77.1	77.1
1-2 years	6.9	7.2
3-5 years	1.1	1.3
More than 5 years ago	1.7	na
Never	13.1	11.1
Don't Know	na	3.3
Total	100	100

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

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

Response	Number	Percent
Never visited	2,000	1.1
1-6 months	101,000	56.9
7-12 months	26,000	14.4
1-2 years	18,000	10.1
2-5 years	18,000	10.1
More than 5 years	13,000	7.5
Total	178,000	100

Source: California Health Interview Survey, 2001.

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

	2001	2003
Number of Respondents	177	153
Response	Percent	Percent
Yes	54.8	50.3
No	45.2	43.8
Not Available	na	4.6
Don't Know	na	1.3
Total	100	100

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

	2001	2003
Number of Respondents	175	153.0
Response	Percent	Percent
Yes	70.9	63.4
No	29.1	34.0
Don't Know	na	2.6
Total	100	100

D13 Health Insurance

Do you have health insurance?

	1999	2001	2003
Number of Respondents	542	809	522
Response	Percent	Percent	Percent
Yes	84.5	87.9	86.2
No	15.5	12.1	13.4
Not Available	na	na	0.2
Don't Know	na	na	0.2
Total	100	100	100.0

If no, why not?

	1999	2003
Number of Respondents	27	70
Response	Percent	Percent
Too expensive	77.8	58.6
Already covered by Medi-Cal/Medicare/VA	7.4	5.7
Employer does not offer insurance	14.8	5.7
Other	na	41.4
Total	100	111

If yes, does it cover:

Dental care

	1999	2001	2003
Number of Respondents	452	701	450
Response	Percent	Percent	Percent
Yes	70.4	60.9	62.2
No	29.6	39.1	35.8
Don't Know	na	na	2.0
Total	100	100	100.0

If you have health insurance, does it cover:

Mental health

	1999	2001	2003
Number of Respondents	335	518	328
Response	Percent	Percent	Percent
Yes	83.0	80.5	82.0
No	17.0	19.5	17.7
Not Available	na	na	0.3
Total	100	100	100.0

Regular Physical Exams (Preventative Care)

	1999	2001	2003
Number of Respondents	426	688	450
Response	Percent	Percent	Percent
Yes	91.3	93.5	90.7
No	8.7	6.5	6.7
Not Available	na	na	0.2
Don't Know	na	na	2.4
Total	100	100	100.0

Substance Abuse Treatment

	1999	2001	2003
Number of Respondents	272	436	273
Response	Percent	Percent	Percent
Yes	86.4	76.8	78.1
No	13.6	23.2	21.3
Not Available	na	na	6.6
Total	100	100	100

Prescriptions

	1999	2001	2003
Number of Respondents	448	695	450
Response	Percent	Percent	Percent
Yes	91.1	87.1	89.8
No	8.9	12.9	8.4
Not Available	na	na	0.2
Don't Know	na	na	1.6
Total	100	100	100

Hospitalization

	1999	2001	2003
Number of Respondents	447	694	450
Response	Percent	Percent	Percent
Yes	98.4	98.7	96.4
No	1.6	1.3	1.6
Not Available	na	na	0.2
Don't Know	na	na	1.8
Total	100	100	100

Dependent Spouse and Children

	1999	2001	2003
Number of Respondents	420	637	450
Response	Percent	Percent	Percent
Yes	77.6	73.0	69.3
No	22.4	27.0	19.6
Total	100	100	100.0

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

Are you covered by Medicare? Medi-Cal? Health insurance plan or HMO through current or former employer or union? Health insurance plan purchased directly? CHAMPUS/VA? Other government health plan? Other?

Current health insurance - for 0-64 years

Response	Number	Percent
Uninsured	29,000	14.5
Medi-Cal	21,000	10.5
Healthy Families	3,000	1.3
Employment-based	118,000	60
Privately purchased	23,000	11.9
Other public coverage	4,000*	1.9*
Total	197,000	100

Current health insurance - for 65 years+

Response	Number	Percent
Medicare & Medi-Cal	3,000	9.9
Medicare & Other	27,000	77.4
Medicare only	3,000	10.1
Other only	1,000	2.3
Uninsured	-	-
Total	34,000	100

Source: California Health Interview Survey, 2001.

D14 MediCal

Number of MediCal Recipients

	July 1997	July 1998	July 1999	July 2000	July 2001	July 2002	% Change 2001-2002
San Luis Obispo County	22,948	21,841	21,745	22,214	23,110	25,696	11.2

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

	1999	2001	2003
Number of Respondents	544	792	522
Response	Percent	Percent	Percent
None	14.2	4.5	5.7
1-2 days	13.1	15.2	12.1
3-4 days	24.6	25.3	23.0
5 or more days	48.2	55.1	56.7
Don't Know	na	na	2.5
Total	100	100	100

Child Health and Disability Prevention Program

CDHP Condition	Referrals 1997	Referrals 2002	% Difference
Behavioral/Developmental	86	87	1.2
Nutritional/Growth	57	95	66.7
Communicable Disease	9	8	-11.1
Intergumntary (Skin)	15	32	113.3
Eyes/Ears/Nose	320	223	-30.3
Neurological	3	11	266.7
Respiratory	26	14	-46.2
Cardiovascular	15	36	140.0
Blood/Lymph	31	8	-74.2
Gastrointestinal	7	16	128.6
Endosrine	2	5	150.0
Musculoskeletal	27	19	-29.6
Genitourinary	42	24	-42.9
Dental/Oral	906	972	7.3
Other	152	20	-86.8

When you go outside on a very sunny day for MORE than one hour, how often do you wear any kind of hat that shades your face, ears and neck from the sun? Would you say always, sometimes or never?

Response	Number	Percent
Always	49,000	27.6
Sometimes	67,000	37.4
Never	60,000	33.9
Not in sun for more than 1 hour	2,000	1.1
Total	178,000	100

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

Response	Number	Percent
Always	22,000	12.4
Sometimes	69,000	39
Never	85,000	48.1
Not in sun for more than 1 hour	1,000 *	0.5 *
Total	177,000	100

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

Response	Number	Percent
Always	20,000	11.4
Sometimes	136,000	77.2
Never	20,000	11.4
Total	176,000	100

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

Response	Number	Percent
Always	52,000	29.5
Sometimes	73,000	40.9
Never	53,000	29.6
Total	178,000	100

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

Response	Number	Percent
0 times	103,000	57.9
1 time	32,000	18.1
2 times	19,000	10.4
3 times	9,000	5.3
4-5 times	7,000	4
6 or more times	8,000	4.3
Total	177,000	100

Source: California Health Interview Survey, 2001.

Child Care Students, All Centers, 2001

**Enrollment and Immunization Status,
Ages 2-5**

	California	San Luis Obispo County
Number of Students	437,693	2,839
Number of Schools	9,252	86
% with medical exemptions	0.2	0.3
% with personal exemptions	1.3	2.8
% requiring follow-up	8.2	7.7
% requiring no follow-up	91.8	92.3

Child Care Students, Public Centers, 2001

**Enrollment and Immunization Status,
Ages 2-5**

	California	San Luis Obispo County
Number of Students	86,073	451
Number of Schools	2,015	22
% with medical exemptions	0.2	0
% with personal exemptions	0.98	2
% needing one or more immunizations	7.3	9.1
% with all required immunizations	92.7	90.9

Child Care Students, Private Centers, 2001

**Enrollment and Immunization Status,
Ages 2-5**

	California	San Luis Obispo County
Number of Students	277,906	2,064
Number of Schools	5,634	50
% with medical exemptions	0.28	0.44
% with personal exemptions	1.67	3.25
% needing one or more immunizations	9	7.6
% with all required immunizations	91	92.4

Child Care Students, Head Start Centers, 2001

**Enrollment and Immunization Status,
Ages 2-5**

	California	San Luis Obispo County
Number of Students	73,714	324
Number of Schools	1,603	16
% with medical exemptions	0.14	0
% with personal exemptions	0.24	0.93
% needing one or more immunizations	5.9	7.1
% with all required immunizations	94.1	92.9

Source: California Department of Health Service, 2003.

D18 Immunization Levels, continued

% of Kindergartners Having

Immunizations Up-to-date	2000	2001	2002
San Luis Obispo County	92.4	90.4	91.2
California	92.9	90.9	92.3

% of Kindergartners Having

Immunizations Up-to-date at age 2	1999	2000	2001	2002
Central Coast Region	67.9	75.8	68.3	69.2
California	63.9	68.6	71.0	72.2
Central Coast Rank (among 7 regions)	1	1	6	4

Source: California Department of Health Services, Immunization Branch, 2003.

If you are over the age of 65, have you had a flu shot in the past 12 months?

Had flu shot	Number	Percent
Had flu shot	26,000	76.3
Didn't have flu shot	8,000	23.7
Total	34,000	100

Source: California Health Interview Survey

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

	1999	2001	2003
Number of Respondents	544	804	522
Response	Percent	Percent	Percent
Every day	9.0	12.4	9.6
Some days	8.1	3.9	3.8
Not at All	82.9	83.7	86.4
Don't Know	na	na	0.2
Total	100.0	100.0	100.0

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

Youth Smoking (self-reported)

		Grade Level		
San Luis Obispo County (2001)	7th	9th	11th	
% Smoked cigarettes at least once	15	37	55	
% Smoked cigarettes in past 30 days	3	13	22	
San Luis Obispo County (1999)	7th	9th	11th	
% Smoked cigarettes at least once	10	31	44	
% Smoked cigarettes in past 30 days	6	17	23	
California (2001)	7th	9th	11th	
% Smoked cigarettes at least once	7	21	36	
% Smoked cigarettes in past 30 days	4	11	19	

Source: California Healthy Kids Survey, 2001.

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

	2001	2003
Number of Respondents	131	70
Response	Percent	Percent
Yes	67.2	65.7
No	32.8	32.9
Don't Know	na	1.4
Total	100	100.0

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

	2001	2003
Number of Respondents	131	70
Response	Percent	Percent
Yes	8.4	8.6
No	91.6	91.4
Total	100	100.0

Smoking Inside Home (including Smokeless Tobacco, Pipe)

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

	2001	2003
Number of Respondents	761	522
Response	Percent	Percent
Yes	12.7	9.8
No	87.3	89.1
Don't Know	na	1.1
Total	100	100.0

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

	2001	2003
Number of Respondents	97	51
Response	Percent	Percent
Yes	75.3	64.7
No	24.7	35.3
Total	100	100.0

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

	2001	2003
Number of Respondents	762	522
Response	Percent	Percent
Yes	2.4	1.5
No	97.6	98.1
Don't Know	na	0.4
Total	100	100

Do you currently smoke cigars or a pipe?

	2001	2003
Number of Respondents	765	522
Response	Percent	Percent
Yes	2.6	2.9
No	97.4	96.7
Don't Know	na	0.4
Total	100	100.0

How concerned are you about drug, tobacco, and alcohol abuse in your community? Please answer "Very Concerned," "Somewhat Concerned," or "Not at All Concerned."

Drug, tobacco, and alcohol abuse

	1999	2001	2003
Number of Respondents	539	804	522
Response	Percent	Percent	Percent
Very concerned	42.1	45.9	30.8
Somewhat concerned	38.6	34.6	42.3
Not at all concerned	19.3	19.5	25.3
Don't Know	na	na	1.5
Total	100	100	100.0

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

	1999	2001	2003
Number of Respondents	543	799	522
Response	Percent	Percent	Percent
None	51.4	44.8	47.5
1 to 2	19.2	21.4	20.1
3 to 5	12.0	16.1	16.7
6 or more	17.5	17.6	15.5
Don't know	na	na	0.2
Total	100	100	100.0

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

In the past month, have you had at least one drink? If yes, on days you drank, how many drinks did you consume?

Response	Number	Percent
1 drink/day	54,000	44.3
2 drinks/day	32,000	26.6
3 drinks/day	15,000	12.2
4 drinks/day	7,000	6.2
5 drinks/day	2,000	2.0
6 drinks/day	7,000	5.6
7 or more drinks/day	4,000	3.2
Total	121,000	100

Source: California Health Interview Survey, 2001.

Alcohol Consumption, National Comparisons

	2000	2001
Persons consuming alcohol in the last month	104,000,000	109,000,000
Percent of national population	46.6	48.3
Person engaged in binge drinking (5 or more drinks per sitting)	45,900,000	46,300,000
Percent of drinkers engaged in binge drinking	20.6	20.5
Persons engaged in Heavy Drinking (binge drinking 5+ times in the last month)	12,500,000	12,900,000
Percent of drinkers engaged in binge drinking	5.6	5.7

Source: Substance Abuse and Mental Health Services Administration, Office of Applied Studies, 2003.

Student Self-Reports of Substance Abuse

Percent of Students Who Reported Using Each Substance Ever and in the Last 30 Days, by County and State, 2001

Behavior	7th Graders		9th Graders		11th Graders	
	SLO		SLO		SLO	
	County	State	County	State	County	State
Drink Alcohol, ever	21	21	51	48	71	65
Been Very Drunk, ever	6	8	29	22	54	43
Use Inhalants, ever	7	6	14	9	17	13
Smoke Marijuana, ever	6	8	28	24	46	44
Drink Alcohol, last 30 days	13	10	36	29	52	41
Drink 5 Drinks in a couple of hours, last 30 days	3	3	18	13	32	26
Use Inhalants, last 30 days	2	2	5	3	3	4
Smoke Marijuana, last 30 days	3	4	18	13	28	23

Percent of Students Who Reported Using Each Substance Ever and in the Last 30 Days, San Luis Obispo County, 1999

Behavior	San Luis Obispo County		
	7th Graders	9th Graders	11th Graders
Drink Alcohol, ever	26	59	73
Been Very Drunk, ever	9	34	52
Use Inhalants, ever	8	15	16
Smoke Marijuana, ever	7	29	46
Drink Alcohol, last 30 days	13	35	48
Drink 5 Drinks in a couple of hours, last 30 days	4	21	33
Use Inhalants, last 30 days	3	5	5
Smoke Marijuana, last 30 days	3	17	25

Source: California Healthy Kids Survey, 2001.

Student Self-Reports of Substance Abuse, continued

National Comparisons- Use in Last 12 Months*

Substance	1999			2001		
	8th Graders	10th Graders	12th Graders	8th Graders	10th Graders	12th Graders
Alcohol	44	64	74	42	64	73
Been Drunk	19	41	53	17	40	53
Marijuana	17	32	38	15	33	37
Cocaine	3	5	6	3	4	5
Inhalants	10	7	6	9	7	5
Ecstasy	2	4	6	4	6	9
Nitrites	–	–	<1	–	–	<1
Halucinogens	3	7	9	3	5	8
PCP	–	–	2	–	–	2
Narcotics other than heroin	--	--	7	--	--	7

Source: "Monitoring the Future," Institute for Social Research, University of Michigan, 1999 and 2001.

*Note: Some of the substances listed differ from those in the 1999 publication of the ACTION report.

--" denotes data not available.

Death by Leading Causes

San Luis Obispo County Death Rates*

Cause	1996-1998	1997-1999	1998-2000
All Deaths	392.4	743.5	709.9
Heart Disease	83.5	178.1	165.7
Malignant Neoplasms	107.8	168.6	170.1
Lung Cancer	28.8	45.5	46.4
Breast Cancer	20.9	25.4	25.1
Stroke	22.0	58.5	57.3
Unintentional Injury	28.6	31.9	33.6
Suicide	11.3	11.3	11.3
Homicide	2.9	1.2	1.7
Motor Vehicle	11.6	7.9	9.1
Firearm Injuries	8.5	5.2	5.8
Drug Related	9.6	12.5	10.9

California Death Rates*

Cause	1996-1998	1997-1999	1998-2000
All Deaths	425.7	791.5	777.8
Heart Disease	93.9	204.0	201.5
Malignant Neoplasms	110.3	179.5	179.8
Lung Cancer	30.0	46.9	46.8
Breast Cancer	18.3	24.6	25.2
Stroke	25.3	63.3	63.3
Unintentional Injury	24.2	27.5	27.4
Suicide	9.4	9.4	9.5
Homicide	7.2	6.0	6.1
Motor Vehicle	11.4	9.5	9.8
Firearm Injuries	11.6	9.2	9.3
Drug Related	7.5	9.1	8.7

Source: County Health Status Profiles 2001, California Department of Health Services. (www.dhs.cahwnet.gov/chs/phweek/cprofile2001/Profile2001.pdf)

Note: Rate is per 100,000 people

*Rates are age adjusted

Suicide Rate, 1990-2000

	1990-1992	1993-1995	1996-1998	1999-2000
San Luis Obispo County Deaths (annual average)	na	15.3	12.9	11.5
San Luis Obispo County Suicide death rate*	14.6	13	11.3	11.3
California suicide death rate*	11.3	10.9	9.4	9.5

Source: County Health Status Profiles 2001, California Department of Health Services. (www.dhs.cahwnet.gov/chs/phweek/cprofile2001/Profile2001.pdf)

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

Reported Communicable Diseases

New Cases Diagnosed

Disease	1997	1998	1999	2000	2001	2002	01-02 %
							Change
AIDS	13	19	0	0	0	0	0
Chlamydia	233	334	265	324	306	313	2.3
Cryptosporidiosis	0	0	0	3	5	3	-40.0
E. Coli	4	2	0	4	2	2	0.0
Giardia	58	52	33	22	30	6	-80.0
Gonorrhea	37	31	31	26	20	17	-15.0
Hepatitis A	25	9	2	9	5	5	0.0
Hepatitis B	2	0	39	38	44	28	-36.4
Meningitis- Total	37	60	20	19	25	13	-48.0
Pertussis	11	2	1	0	2	0	-100.0
Salmonellosis	35	33	12	19	31	8	-74.2
Syphilis- Total	3	4	2	7	0	8	na
Tuberculosis	9	9	6	4	11	1	-90.9

AIDS cases and Cumulative Incidence (1981- December 31, 2002)

AIDS Cases	Total Cases	Living Cases	Deceased Number	Deceased Percent	Incidence per 100,000	Statewide Rank
San Luis Obispo County	502	278	224	45%	203.5	43
California	128,196	50,819	77,377	60%	378.5	

Infant Death Rate, San Luis Obispo County and State

Infant Deaths	1993-1995	1994-1996	1995-1997	1996-1998
SLO County Annual Number of Infant Deaths, average	17	13.7	12.7	13
SLO County Birth Cohort Infant Death Rate	6.4	5.2	5	5.3
California Birth Cohort Infant Death Rate	6.8	6.4	6.1	5.8
SLO County Statewide Rank	29	12	18	24

Source: County Health Status Profiles 2001, California Department of Health Services. (www.dhs.cahwnet.gov/chs/phweek/cprofile2001/Profile2001.pdf)

Note: Rates are per 1000 live births

Note: Because of incidence levels, rates are calculated as rolling 3 year averages.

Infant Death Rate, San Luis Obispo County, by Ethnicity, 1996-1998

Infant Deaths	Asian/Other	Black	Hispanic	White
SLO County Annual Number of Infant Deaths, average	0.3	0	2.7	10.1
SLO County Birth Cohort Infant Death Rate	3.7	0	3.9	6.1
California Birth Cohort Infant Death Rate	5.2	12.2	6.6	5.2
SLO County Statewide Rank	25	2	17	39

Source: County Health Status Profiles 2001, California Department of Health Services. (www.dhs.cahwnet.gov/chs/phweek/cprofile2001/Profile2001.pdf)

Note: Rates are per 1000 live births

Note: Because of incidence levels, rates are calculated as rolling 3 year averages.

D29 Prenatal Care

Prenatal Care, San Luis Obispo County and State

	1995-1997	1996-1998	1997-1999	1998-2000
San Luis Obispo County				
% late or no prenatal care	19.7	18.6	17.1	17.4
California statewide				
% late or no prenatal care	19.5	18.4	17.4	16.5
San Luis Obispo County statewide				
rank late or no prenatal care	22	19	20	21
San Luis Obispo County %				
adequate/adequate plus prenatal care	80.3	81.4	83.8	82.7
California statewide %				
adequate/adequate plus prenatal care	67.1	70.5	75	75.8
SLO County statewide rank				
adequate/adequate plus prenatal care	1	1	1	3

Source: County Health Status Profiles 2001, California Department of Health Services. (www.dhs.cahwnet.gov/chs/phweek/cprofile2001/Profile2001.pdf)

Note: Because of incidence levels, rates are calculated as rolling 3 year averages.

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

Live Births by Trimester in which Prenatal Care Began, 2001 (percentages)

	First	Second	Third	None	Unknown	County Rank for Receiving any Prenatal Care*
	Trimester	Trimester	Trimester			
San Luis Obispo County	82.2	14.5	2.8	0.1	0.4	7
California	84	11.5	2.3	0.6	1.6	

Source: Department of Health Services, Center for Health Statistics, 2003. (www.applications.dhs.ca.gov/vsq/default.asp)

*Out of 58 California counties

Birth Weight for all Births (percentages)

San Luis Obispo County and State, 2001

	Under 1500 Grams	1500- 2499 Grams	2500- 4499 Grams	4500 grams and Over	Unknown
San Luis Obispo County	0.9	4.3	93.2	1.6	0
California	1.1	5.1	92.1	1.6	0

San Luis Obispo County and State, 2000

	Under 1500 Grams	1500- 2499 Grams	2500- 4499 Grams	4500 grams and Over	Unknown
San Luis Obispo County	0.7	4.6	92.8	1.8	0
California	1.1	5	92.2	1.6	0

Source: Department of Health Services, Center for Health Statistics, 2003. (www.applications.dhs.ca.gov/vsq/default.asp)

Low Birthweight Births (as percentage of all births)

San Luis Obispo County and State

	1997	1998	1999	2000	2001
San Luis Obispo County	5.4	4.6	4.9	5.3	5.1
California	6.1	6.2	6.1	6.1	6.2
San Luis Obispo Rank Among California counties	33	51	41	40	44

Source: Department of Health Services, Center for Health Statistics, 2003. (www.applications.dhs.ca.gov/vsq/default.asp)

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

Teen Births: San Luis Obispo County and California

Teen Births	1995-1997	1996-1998	1997-1999	1998-2000
SLO County Annual				
Number of Births (average)	254.7	249.0	245.0	245.3
SLO County Teen Birth Rate	29.5	27.9	30.3	25.2
California Teen Birth Rate	61.7	57.2	53.6	50.3
SLO County Rank	4	7	11	8

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

Note: Birth Rate refers to the number of births to females, ages 15-19, per 1000 women in that age group.

Note: Because of incidence levels, rates are calculated as a rolling 3 year average.

Teen Births by Age and Ethnicity, San Luis Obispo County, 2001

Ethnicity	10-14	15-17	18-19	Total
Caucasian	0	21	73	94
Hispanic	2	32	69	103
Total	2	53	142	197

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

How concerned are you about child abuse in your community? Please answer “Very Concerned,” “Somewhat Concerned,” or “Not at All Concerned.”

Child Abuse

	1999	2001	2003
Number of Respondents	536	794	522
Response	Percent	Percent	Percent
Very Concerned	44.8	56.4	47.7
Somewhat concerned	29.5	26.8	27.4
Not at all concerned	25.7	16.8	23.0
Don't know	na	na	1.9
Total	100	100	100.0

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

	2001	2003
Number of Respondents	757	522
Response	Percent	Percent
Yes	8.5	5.9
No	91.5	93.7
Don't know	na	0.4
Total	100	100.0

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

	2003
Number of Respondents	522
Response	Percent
Yes	7.1
No	92.5
Not Available	0.2
Don't Know	0.2
Total	100

If yes, who helps this person?

	2003
Number of Respondents	37
Response	Percent
Relative/Family Member	56.7
Neighbor/Friend/Church Member	10.8
Someone from a Government Agency	0.0
Someone from a Private/Non-Profit Organization	2.7
Other	32.4

Have you heard of the Healthy Families Program?

	2001	2003
Number of Respondents	186	153*
Response	Percent	Percent
Yes	51.6	58.2
No	48.4	41.2
Don't know	na	0.7
Total	100	100.0

Source: 2003 ACTION for Healthy Communities, Telephone Survey.

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