



Community Health Assessment - 2013/2014



COMMUNITY REPORT

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The health of our community matters greatly. By health, we mean the broad components of our region's quality of life: *Access to Health Information and Care; Basic Needs; Education; and the Built Environment.*

The 2013 Stanislaus County Community Health Assessment (CHA) is the result of thousands of hours of work on the part of multiple agencies in our community, including government departments, local hospitals, family resource centers and community-based organizations.

The CHA provides a comprehensive view of our community's health and well-being while serving as a reference tool and call to action to improve our region's vitality. The CHA is a 'report card' that utilizes primary and secondary data. Primary data was gathered from surveys. Secondary data was gathered from reports including, but not limited to, the U.S. Census, health facilities, law enforcement, public records, state and local government agencies and computerized sources.

We recognize that beyond good data, it's really the coordinated efforts of multiple partners that will 'move the needle' on the many aspects that comprise a healthy community. Since 2009, the Health Services Agency has coordinated *The Framework for a Thriving Stanislaus: Healthy. Educated. Prosperous. Vibrant. Sustainable* – a collaborative of more than 50 local agencies

and partners. *The Framework* is designed to focus attention and inspire action in key areas to improve health and well-being in Stanislaus County by 2020. *The Framework* utilizes the Community Health Assessment as a launching pad for working together on various initiatives while sharing information and resources.

The agency partners within *The Framework* begin with the strategic questions: "How 'healthy' is the population of Stanislaus County? What are we doing well and what can we do better?"

We hope you consider these questions as well, as you read this community report. Each section of this report gives information and references to services and programs that are available for all Stanislaus County residents. We invite you to get involved with our community partners who are working toward a healthy, educated, prosperous, vibrant, and sustainable Stanislaus County. To read the full Community Health Assessment, please visit www.HSAHealth.org/data/2013CHA.

Sincerely,




John Walker, MD
Public Health Officer
Stanislaus County Health Services Agency



For more information on Stanislaus County, please visit
www.HSAHealth.org/data/2013CHA

For more information on *The Framework for a Thriving Stanislaus*, please visit
www.schsa.org/PublicHealth/mainpages/coalitionPartnerships/framework.html



How 'healthy' is the population of Stanislaus County? What are we doing well and what can we do better?

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COMMUNITY AT A GLANCE

DEMOGRAPHICS



Overall Population¹

518,336



166,948

Households



74.6%

Percentage of Households
that are Families

Definition of Family²

The Census Bureau uses the term family to refer to "those related to each other by birth, marriage or adoption."

41%¹

of the population speak a language
other than English at home.
(31.4% speak Spanish)



6.8%¹

of residents 18 years or
older are veterans.



Foreign-Born
Population

20.4%¹

67.7% are from **Latin America**

22.6% from **Asia**

6.2% from **Europe**

2.3% from **Pacific Island Nations**

1.0% each from **Africa** and **North America**

77.2%

Population by Race¹



White

8.6%

Other Race

5.9%

Asian or
Pacific
Islander

4.6%

Multiracial

2.8%

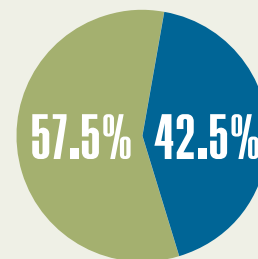
African
American

1.0%

American
Indian or
Alaska
Native



Population by Ethnicity¹



Non-Latino

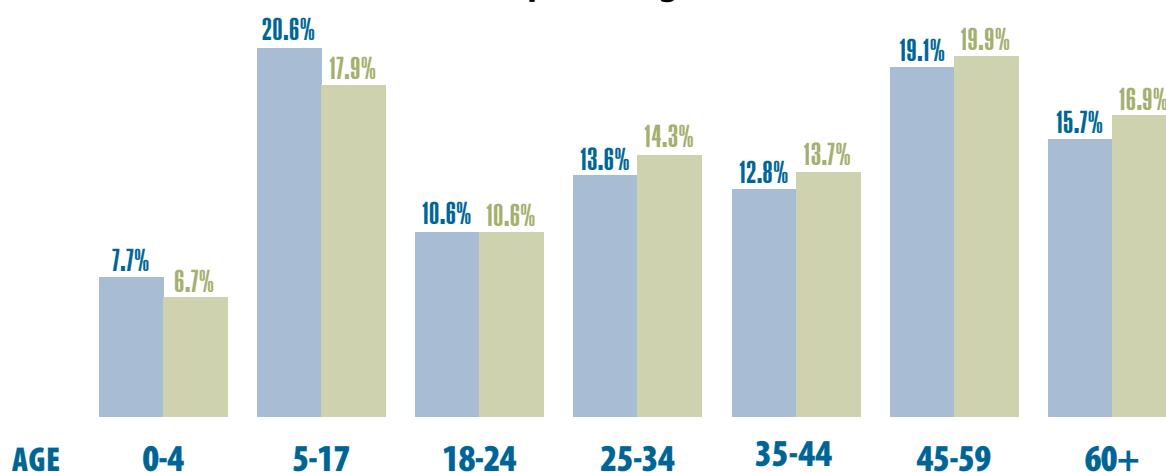
Latino

Definition of Race/Ethnicity³

The U.S. Census Bureau defines race based on skin color and geographic origin, and ethnicity based on language and culture.



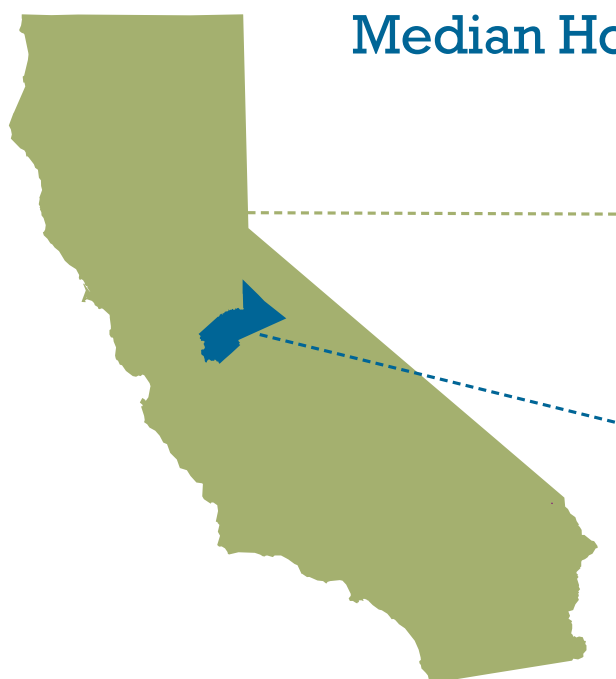
Age Breakdown¹ (percentage of residents)



Stanislaus
Median age =
33.0
YEARS

California
Median age =
35.4
YEARS

Median Household Income¹



California

\$59,368



Stanislaus County

\$46,879



21% ↓ **Lower than California median**

¹U.S. Census Bureau (2013). 2012 American Community Survey (three-year estimates).

²U.S. Census Bureau (2012). Families and living arrangements.

³Humes, K.R., Jones, N.A., & Ramirez, R. (2011). Overview of race and Hispanic origin: 2010. 2010 Census Briefs, CB2010BR-02. Washington D.C., U.S. Census Bureau.

COMMUNITY AT A GLANCE: MEASURES OF WELL-BEING

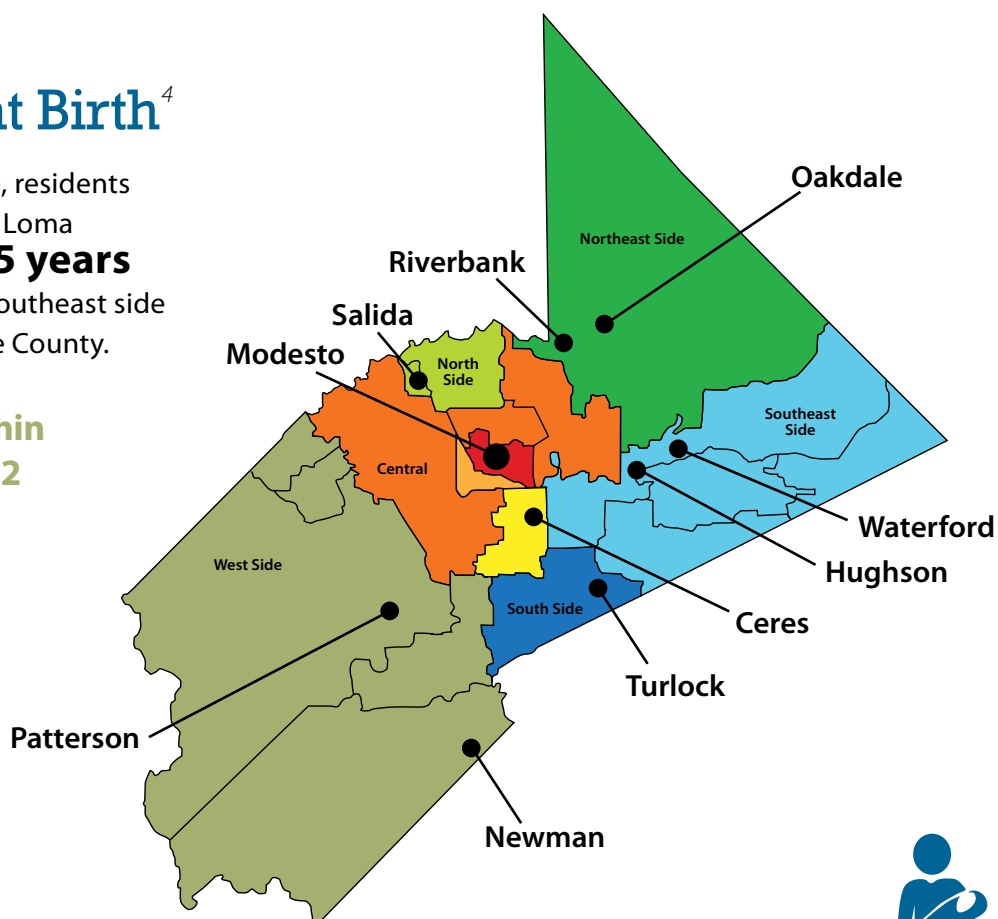
LIFE AND DEATH

Life Expectancy at Birth⁴

Where you live matters! On average, residents in East Central Modesto (Airport/La Loma neighborhoods) can expect to live **5 years** less, than those who reside in the Southeast side (e.g. Waterford and Hughson) of the County.

Life Expectancy at Birth Within Stanislaus County 2008-2012

| | | |
|---|--------------|-------------------|
| ■ | 75.01 | East Central |
| ■ | 77.73 | Central |
| ■ | 78.55 | Southwest Central |
| ■ | 78.71 | South Central |
| ■ | 79.02 | North Side |
| ■ | 79.56 | Northeast Side |
| ■ | 79.58 | West Side |
| ■ | 79.60 | South Side |
| ■ | 80.27 | Southeast Side |



Major Causes of Death in Stanislaus County (2010-2012)⁴

| | |
|--------------|-----------------------------------|
| 31.0% | Diseases of the Heart |
| 24.2% | Cancer |
| 7.4% | Chronic Lower Respiratory Disease |
| 6.6% | Stroke |
| 6.4% | Unintentional Injury |
| 5.5% | Alzheimer's Disease |
| 3.1% | Diabetes |

0% 10% 20% 30% 40%

Infant Mortality^{5,6}



Infant mortality improved **28.6%** in the last decade.



But...

Stanislaus County still ranks in the **bottom half** of state health jurisdictions.

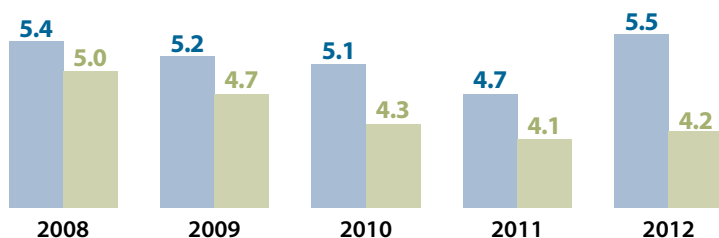


SAFETY

Crime⁷



Violent Crime Rate (per 1,000 residents)



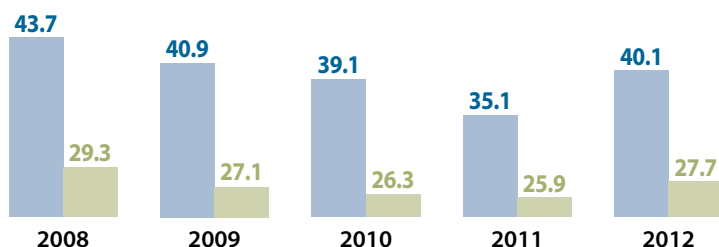
2008-2012
% Change

Stanislaus
↑ +0.8%

California
↓ -16.0%



Property Crime Rate (per 1,000 residents)



2008-2012
% Change

Stanislaus
↓ -8.1%

California
↓ -5.5%

Gangs^{9, 10}

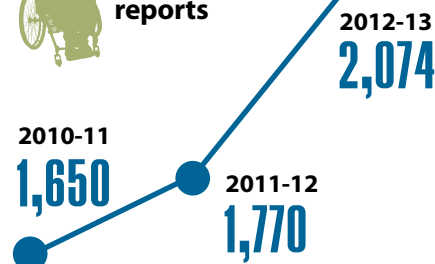
27 Gangs are active in Stanislaus County

5,000 Approximate number of gang members in Stanislaus County

Elder Abuse¹¹



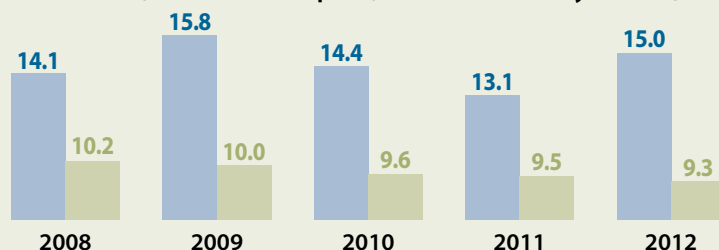
Adult Protective Services alleged reports



Child Abuse⁸

(Incidence rates per 1,000 children 6-17 years old)

Children with one or more substantiated referrals.



2008-2012
% Change

Stanislaus
↑ +6.3%

California
↓ -8.8%



⁴California Department of Public Health, Office of Health Information and Research (2006-2010). Death statistical master files. Provided to and analyzed by Stanislaus County Health Services Agency.

⁵California Department of Health Services (2005). California health status profiles 2005.

⁶California Department of Public Health (2013b). County health status profiles 2013.

⁷U.S. Department of Justice, Federal Bureau of Investigation, Criminal Justice Information Services Division (2012). Crime in the United States 2012.

⁸Needell, B., Webster, D., Armijo, M., Lee, S., Dawson, W., Magruder, J., Exel, M., Cuccaro-Alamin, S., Putnam-Hornstein, E., Williams, D., Yee, H., Hightower, L., Mason, F., Lou, C., Peng, C., King, B., & Lawson, J. (2013). Child welfare services reports for California. Berkeley CA: University of California at Center for Social Services Research.

⁹Armendariz, R.P. (2013). Gang awareness: A parent's guide. Modesto, CA: The Central Valley Gang Impact Taskforce.

¹⁰Tracy, E. (2013, May 15). 27 arrested in Stanislaus County gang sweep. The Modesto Bee.

¹¹Alameda County Social Services Agency (2013). Elders and disabled adults.

COMMUNITY AT A GLANCE: MEASURES OF WELL-BEING

BEHAVIORAL HEALTH

Behavioral Health¹²

1 in 17

of Stanislaus County residents were in need of mental health services for a severe mental illness or serious emotional disturbance.



Substance Abuse

**Stanislaus County
7th Graders¹⁵**

Have Used

| | | |
|---------------|--|------------------|
| 1 in 4 | | Alcohol |
| 1 in 5 | | Tobacco |
| 1 in 8 | | Marijuana |
| 1 in 8 | | Inhalents |

Anxiety/Depression¹³

Residents told by their health provider that they have...

Anxiety

1 in 6

Depression

1 in 6



Average number of emergency room visits per year due to substance abuse¹⁶



Social Connections¹³



Neighbors that say they know each other

75.4%



4.5%

People who feel they have **NO ONE** to turn to if they experience a serious personal crisis

Suicide¹⁴

30.2% ↑

increase since 2005



PHYSICAL HEALTH

Weight¹⁷



► **18% Higher** than California average



Asthma Prevalence (2009-2012)¹⁷

17.0%

Stanislaus

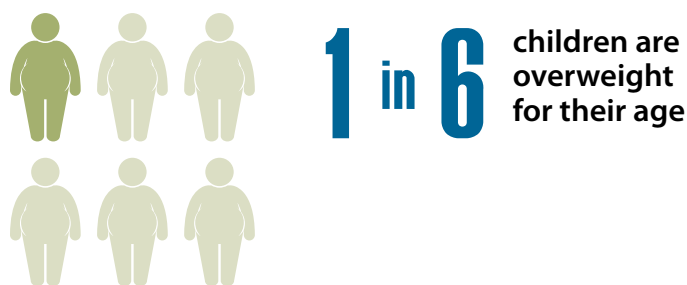
13.9%

California

**2001/2003–2009/2012
% Change**

**Stanislaus
↑ +26.9%**

**California
↑ +10.3%**



► **28% Higher** than California average

TOP 5 Community Concerns¹³

1. Crime
2. Neighborhood Safety
3. Alcohol & Drugs
4. Quality of Schools
5. Homelessness



¹²California Department of Health Care Services (2009). CPES estimates of need for mental health services for California, Stanislaus County (099), 2007.

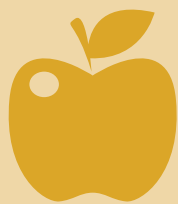
¹³University of California at Berkeley, Family Health Outcomes Project. (2013). Stanislaus County 2013 community survey.

¹⁴California Department of Public Health, Office of Health Information and Research (2006-2010). Death statistical master files. Analyzed by Stanislaus County Health Services Agency.

¹⁵California Healthy Kids Survey (2009-2011). Stanislaus County secondary 2009-2011: Main report. San Francisco: WestEd Health and Human Development Program for the California Department of Education.

¹⁶Office of Statewide Health Planning and Development (2006-2010). Emergency department and ambulatory surgery model dataset. Analyzed by Stanislaus County Health Services Agency.

¹⁷UCLA (multiple years). California Health Interview Survey.



FOCUS ON EDUCATION



High School Dropouts are more likely to:^{21, 22}

- Be unemployed
- Receive welfare
- Contribute to high health costs and have less healthy children
- Perpetrate crimes and end up in jail

GRADUATION RATE¹⁹

| Stanislaus | California |
|------------|------------|
| 78.4% | 78.5% |

DROPOUT RATE¹⁹

| Stanislaus | California |
|------------|------------|
| 14.6% | 13.2% |

Third Grade Reading Level^{18, 19}

Research shows that proficiency in reading by the end of third grade enables students to shift from learning to read to reading to learn, and to master the more complex subject matter they encounter in the fourth grade curriculum. Most students who fail to reach this critical milestone falter in the later grades and often drop out before earning a high school diploma.



In 2012, 42% of Stanislaus County 3rd grade students scored proficient or higher in reading.

High School Graduation Rate²⁰

| Percent Graduates | Student Category | Percent Drop Outs |
|-------------------|----------------------------------|-------------------|
| 78.4% | All Students | 14.6% |
| 63.6% | English Learners | 25.8% |
| 76.5% | Migrant Education | 16.1% |
| 73.1% | Socio-Economically Disadvantaged | 18.4% |
| 74.3% | African-American | 17.7% |
| 82.6% | Asian | 10.3% |
| 75.3% | Hispanic | 17.1% |
| 82.5% | White | 11.5% |



Educational Attainment and Income²³

| | Median Salary | Educational Attainment | |
|-----------------------------------|---------------|------------------------|------------|
| | | Stanislaus | California |
| Less than HS diploma or GED | \$19,240 | 23.4% | 18.9% |
| HS diploma or GED | \$27,147 | 28.8% | 20.8% |
| Some college / Associate's degree | \$32,869 | 31.6% | 29.8% |
| Bachelor's degree | \$49,570 | 10.9% | 19.4% |
| Graduate or Professional degree | \$65,528 | 5.3% | 11.1% |

Teenage Birth Rate^{24, 25, 26}

Why Teen Pregnancy Matters...Children of teen mothers perform worse on many measures of school readiness, are 50% more likely to repeat a grade, and are more likely than children born to older mothers to drop out of high school.

Teen Pregnancy



In the last 10 years, the Stanislaus County teen birth rate has decreased by 39.2%.

But...



Stanislaus County ranks 43 worst out of 61 health jurisdictions.



¹⁸Fiester, L. (2010). *Early warning! Why reading by the end of third grade matters*. Baltimore, MD: Annie E. Casey Foundation.

¹⁹California Department of Education (2013a). *STAR Test results*.

²⁰California Department of Education (n.d.) *California Longitudinal Pupil Achievement Data System*.

²¹Alliance for Excellent Education (2011). *The high cost of high school dropouts: What the nation pays for inadequate high schools*.

²²Amos, J. (2008). *Dropouts, diplomas and dollars: U.S. high schools and the nation's economy*. Washington, D.C.: Alliance for Excellent Education.

²³U.S. Census Bureau (2013). *2012 American Community Survey (three-year estimates)*.

²⁴California Department of Health Services (2005). *California health status profiles 2005*.

²⁵California Department of Public Health (2013b). *County health status profiles 2013*.

²⁶National Council of State Legislatures (2014). *Postcard: Teen pregnancy affects graduation rates*.



FOCUS ON EDUCATION

COMMUNITY INITIATIVES



Come Back Kids

Stanislaus County Office of Education proudly offers a high school program for young adults (ages 16-23) who want to come back to complete a diploma or a GED.

Come Back Kids offers:

- Individualized learning plans with a mix of online course work, classroom instruction, and career readiness seminars and presentations
- A modified independent study format with flexible hours to accommodate work and day care responsibilities
- Referral to appropriate support services
- Opportunities for internships, apprenticeship programs, and job placement
- Program offered at various locations throughout the county

➤ **209.238.6500**

Ceres Project YES

Project YES (Youth Employment Services) is a federally funded program under the Workforce Investment Act (WIA) designed to help economically disadvantaged youth overcome barriers to achieving academic and personal success, as well as to find employment.

The Ceres Unified School District (CUSD), in partnership with the Alliance Worknet (formerly Department of Education and Training), offers educational support and employability training for local youth residing in Stanislaus County. Project YES services are coordinated and managed locally through CUSD's Educational Options Department.

➤ **209.556.1558**

http://www.ceres.k12.ca.us/student_support/specialized_programs/project_y_e_s





Destination Graduation

Stanislaus County Office of Education (SCOE) launched a new initiative entitled Destination Graduation in July 2013. The goal of the initiative is to increase the high school graduation rate in the county.

5 Pillars of the Initiative

1. Best Practices

- Summits for sharing best practices
- Guest speakers from successful districts
- Expansion of Positive Behavior Support programs
- New SCOE Program: Come Back Kids

2. Mentoring Programs

- Development of mentor recruitment materials
- Partnering with community mentor efforts
- Mentor training
- Recruitment of interested schools, businesses, service groups, etc.
- Graduation Coaches (focus of the United Way)

3. Summer Camps

- Support for at risk 6th graders transitioning to 7th grade
- Education on the value of a high school diploma
- Career Awareness
- Field trips to receiving schools

4. Parent Campaign

- Creation of parent awareness materials
- Community Campaign
- Assistance to schools/districts with social media tools

5. Grade-Level Reading

- Join National Campaign for Grade-Level Reading to coordinate and engage local community action around school readiness, chronic absences, and summer learning loss.

➤ <http://www.stancoe.org/scoe/admin/destination-grad>

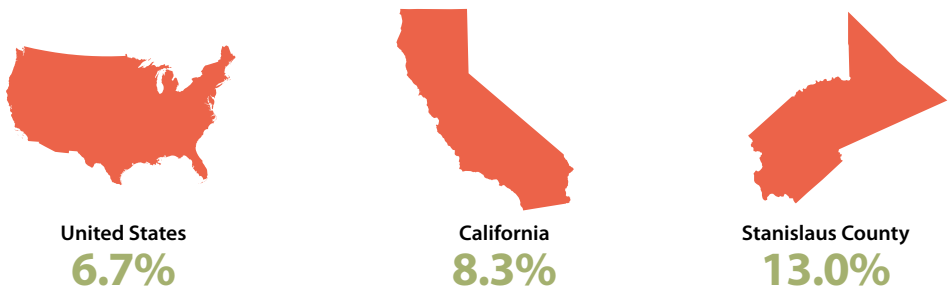


FOCUS ON BASIC NEEDS & ECONOMY

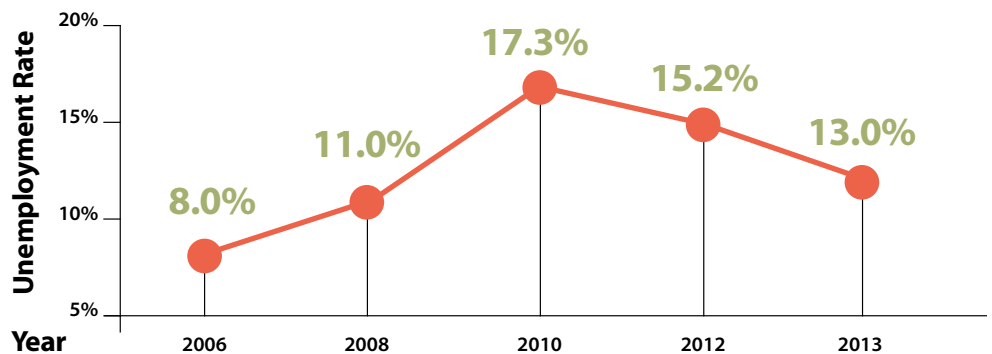


Employment Outlook^{27, 28, 29}

Annual Unemployment Rate, 2013



Unemployment Rate Over Time (Stanislaus County)



Housing Outlook^{30, 31}

Between November 2012 and November 2013, the foreclosure rate improved by

20%

But... the majority (54.7%) of residents spend more than they can afford on housing*.



*Economists recommend that housing costs should not exceed 30% of income.³²



► POVERTY INDICATORS:

What is Poverty?³³

The Federal Government sets the Federal Poverty Level (FPL) each year—a threshold in income a person or household of a certain size can earn and still be considered poor.

Modesto has the 5th highest suburban poverty rate in the nation.³⁴

Percent of County Residents Living in Poverty³⁵

1 in 3 kids 

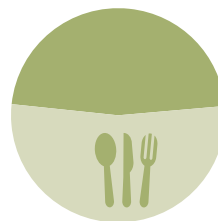
1 in 5 adults 

1 in 10 seniors 



What is Food Security?³⁷

The USDA defines this as people having access to enough food to have an active healthy life.



46.8%

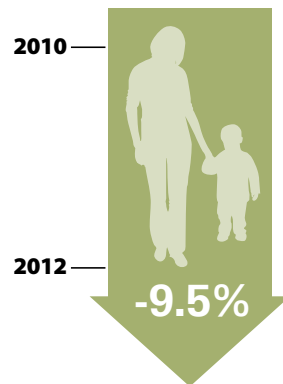
of Stanislaus low-income working age adults (18-64) are food insecure.³⁸

Child Care³⁹

High-quality child care can provide a good learning foundation preparing children for kindergarten, primary school, and beyond. Licensed child care providers are approved by the State and must meet minimum qualifications.



- Licensed child care slots are only available for 18% of Stanislaus children whose parents are in the workforce.
- The number of licensed child care slots in Stanislaus decreased by 9.5% between 2010 and 2012.



²⁷California Employment Development Department (2014). Historical data for unemployment rate and labor force (not seasonally adjusted) in Stanislaus County.

²⁸U.S. Department of Labor, Bureau of Labor Statistics (2014). Regional and state unemployment—2013 annual averages.

²⁹U.S. Department of Labor, Bureau of Labor Statistics (2014). Databases, tables & calculators by subject. Labor force statistics from the Current Population Survey.

³⁰RealtyTrac (2013a). Stanislaus County real estate statistics & foreclosure trends summary.

³¹University of California at Berkeley. Family Health Outcomes Project (2013). Stanislaus County 2013 community survey.

³²U.S. Department of Housing and Urban Development (2014). Affordable Housing.

³³U.S. Census Bureau (2013b). Poverty: Poverty thresholds.

³⁴Kneebone, E. & Berube, A. (2013). Confronting suburban poverty in America. Washington, DC: Brookings Institution Press.

³⁵U.S. Census Bureau (2013). 2012 American Community Survey (three-year estimates). Table S1701.

³⁶U.S. Census Bureau (2013). 2009 American Community Survey (three-year estimates). Table S1701.

³⁷U.S. Department of Agriculture, Economic Research Service (2014). Food security in the U.S.

³⁸UCLA (multiple years). California Health Interview Survey

³⁹California Child Care Resource & Referral Network (2013). 2013 California child care portfolio: Stanislaus County.



BASIC NEEDS:

COMMUNITY RESOURCES

Food Resources

Food Assistance and Classes

Throughout Stanislaus County, you can find Family Resource Centers and other community based organizations that provide information on and assist with the enrollment process for the CalFresh Program (nutrition assistance). 877.652.0734.



Farmers Markets

WIC and the Area Agency on Aging both provide coupons that can be used to get free produce at farmers markets for WIC participants and seniors.

Stanislaus County Farmers Markets 2014

Tuesdays

Airport Neighborhood Market
2150 Yosemite Boulevard
Modesto-Sciabica's Parking Lot

Wednesdays

Patterson Farmers Market
1040 W. Las Palmas Avenue
True Value Parking Lot

Riverbank Farmers Market,
Community Center on Santa Fe
between 6th and 7th

Oakdale Farmers Market
3rd Ave between E and F Streets

Thursdays

Modesto Farmers Market
16th Street, between H and I Streets

West Modesto Farmers Market,
601 N. Martin Luther King Drive

Fridays

Turlock Farmers Market
Broadway and Main Streets

Saturdays

Modesto Farmers Market
16th Street, between H and I Streets

Sundays

Vintage Fair Mall Farmers Market
Parking Lot near Buffalo Wild Wings

Multiple Days

Ceres Farmers Markets, School Sites
For more details, contact Lourdes at the
Ceres Partnership at 209-541-0303

Comprehensive Resources: 2-1-1 Center

In October of 2007, the United Way 2-1-1 call center became a fully functional 24 hours, 7 days a week, 365 days a year call center. It's an easy number for residents to remember and allows them access to community referrals any time. Trained, professional call specialists quickly provide referrals and access to services that callers need. 2-1-1 puts individuals in contact with the appropriate agencies and organizations that are best suited to assist them.



Childcare Resources

- Recognizing the need for resources and referral, the Child/Family Services division of the Stanislaus County Office of Education, provides comprehensive information and referrals regarding child care / development services to parents and providers. They also provide assistance in paying for child care or enrolling children into state preschool. 209.238.6400.
- StanWorks provides information on subsidized childcare on their call line: 209.558.2332.
- Early Head Start is a program for qualified low-income families with infants and toddlers and pregnant women. Migrant Head Start serves families who meet guidelines and migrate for employment. 209.238.1800.
- The Children's Crisis Center provides care for children in crisis, including emergency and overnight care and family advocacy. 209.577.0138 (general information) 209.577.4413 (24 hour crisis line).

Housing & Utility Services

- Community Housing and Shelter Services provides temporary shelter, housing counseling, and rental assistance for families in emergency situations. 209.527.0444.
- The Central Valley Opportunity Center offers rental and energy assistance, emergency shelter, and food vouchers. 209.577.3210.
- The Redwood Living Center provides transitional housing for women recovering from substance abuse and their children (ages 12 and younger). It also provides GED assistance for moms. 209.550.7352.
- Through the California Telephone Access Program (CTAP), the California Public Utilities Commission provides free assistive telephones for seniors and persons with disabilities. 800.806.1191.

Services for Seniors



Home-bound seniors can receive food at home through the Area Agency on Aging.

Area Agency on Aging 209.558.8698

- Senior Meals Sites - Weekday lunch sites for senior citizens throughout the County.
- Home-Delivered Meals - Lunch delivered to home-bound senior citizens weekdays.
- Farmers Market Coupons - 10-\$2 coupons to be used at certified farmers markets for moderate income senior citizens.
- Help obtaining free assistive telephones.
- Help applying for utilities discounts.
- Senior Community Service Employment Program (SCSEP). A training program for low income senior citizens.

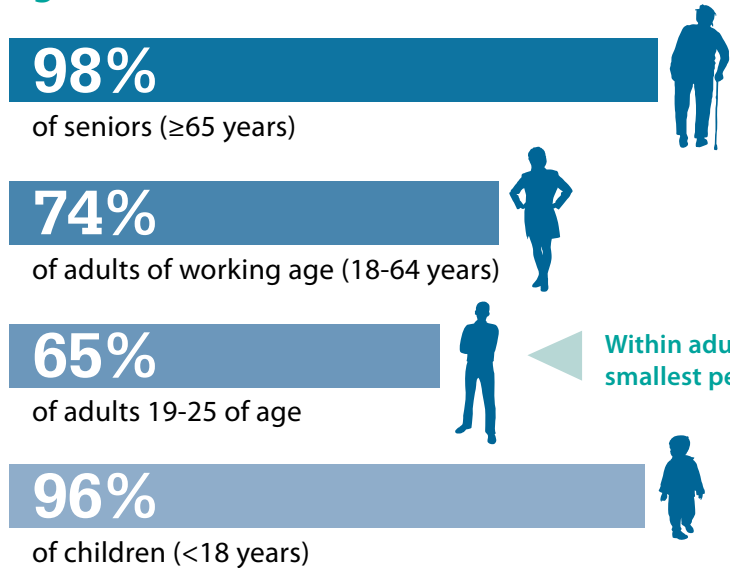


FOCUS ON ACCESS TO HEALTH CARE AND INFORMATION

Health Insurance:⁴⁰

Lack of health insurance coverage and inadequate health insurance are frequent barriers to accessing medical care.

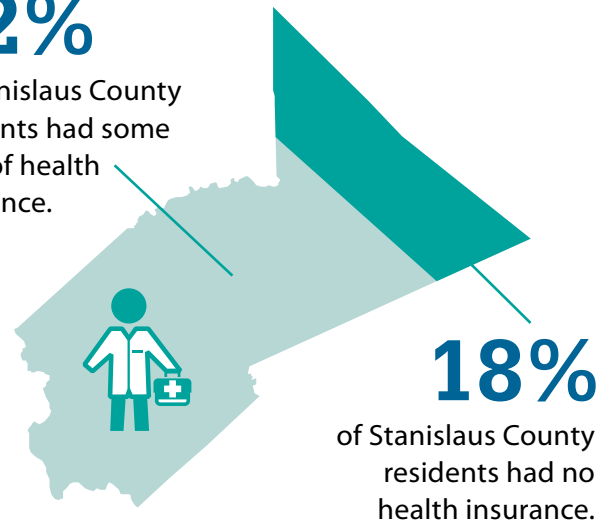
Age Breakdown of Those Insured



As of 2012,

82%

of Stanislaus County residents had some type of health insurance.



18%

of Stanislaus County residents had no health insurance.

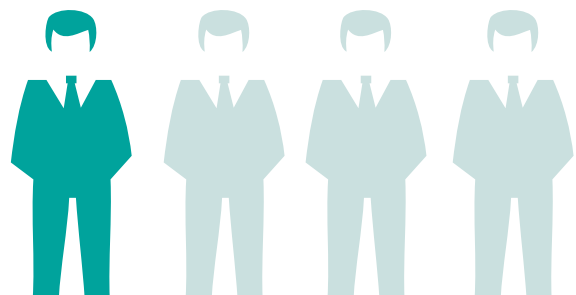
Within adults of working age, the youngest group had the smallest percentage of members with health care insurance.

Employer Based Insurance

In 2015, the Patient Protection and Affordable Care Act (ACA) will require employers with at least 50 full time employees (working 30+ hours per week) to offer minimum health care insurance coverage or pay a penalty.⁴¹

When polled in January 2013, 1 in 4 Stanislaus County employers were unsure if they would offer health insurance in 2014.⁴²

1 in 4 County Employers were unsure if they would offer Health Insurance





Health Care Provider Shortage:

**① : Primary Care
Provider Per** ⁴³

**① : Mental Health
Provider Per** ⁴⁴

| | | | |
|-------------------|------------------------|------------------------|---|
| Stanislaus | 1,525 residents | 1,615 residents |  |
| California | 1,326 residents | 637 residents | |

Quality of Health Care

More than 70% of 2013 CHA Community Survey participants indicated that they had received a recommended health screening based on age and gender.

Percentage of Residents Who Have Received Recommended Health Screenings ⁴⁵

| | |
|---------------------------|--------------|
| PAP SMEAR | 86.8% |
| DIABETES SCREENING | 83.3% |
| MAMMOGRAM | 76.5% |
| PROSTATE EXAM | 76.4% |
| COLONOSCOPY | 73.4% |



⁴⁰U.S. Census Bureau (2013). 2012 American Community Survey (three-year estimates). Tables S2701 and B18135.

⁴¹Lowry, S., Gravelle, J.G. (2013). The Affordable Care Act and small business: Economic issues. Congressional Research Service Report for Congress, 7-5700, R43181.

⁴²Stanislaus Economic Development and Workforce Alliance (2013). 2013 employer survey.

⁴³Health Resources and Services Administration (2011). HRSA area research file, 2011.

⁴⁴Centers for Medicare & Medicaid Services (2013). National provider information.

⁴⁵University of California at Berkeley, Family Health Outcomes Project. (2013). Stanislaus County 2013 community survey.



ACCESS TO HEALTH CARE AND INFORMATION COMMUNITY INITIATIVES

Connecting People to Insurance

Covered California enrollment assistance is offered throughout the county at Family Resource Centers, at the Community Services Agency, and at organizations such as United Way, Planned Parenthood, and El Concilio. 800.300.1516 / www.CoveredCA.com.

Medi-Cal expansion enrollment

- In late 2013 and early 2014, Stanislaus County's Community Services Agency, Health Services Agency, Behavioral Health and Recovery Services, and non-profit agencies conducted outreach to people who qualified for the Medi-Cal Expansion to assist them with enrolling. 800.300.1506.
- The Health Insurance Counseling and Advocacy Program (HICAP) assists Medicare beneficiaries. Staff and volunteers help seniors and persons with disabilities understand options under Medicare and associated health insurance programs. 209.558.4540.



- The Healthy Cubs program is a health access program that provides free outpatient health care to children ages 0-5 and prenatal care to pregnant women. It does not include hospitalization, emergency services, or services offered by non-contracted providers. 209.558.6231.





Increasing Number of Health Care Providers

Doctors

- The Valley Family Medicine Residency of Modesto graduates approximately 10 doctors per year; many stay to practice in the San Joaquin Valley. 209.576.3528.
- UC Merced is partnering with UC Davis School of Medicine and UCSF Fresno to train medical students in the region. <http://med.ucmerced.edu/>.

Mental Health Workforce

- The Workforce Education and Training component of the Mental Health Services Act provides funding to help transform the capacity of the mental health workforce and improve cultural and language competency. For example a partnership between Behavioral Health and Recovery Services and Modesto Junior College has resulted in an educational program to increase the number of well-trained mental health providers in the county.
- Educational stipends are provided to Masters students in Social Work and Psychology by Behavioral Health and Recovery Services through the Mental Health Services Act. In 2012/2013, five stipends were awarded and five students went on to be providers in Stanislaus County.

Empowering People to Stay Healthy

- **Body and Soul: Faithfully Fit** - Religious leaders in the West Modesto neighborhood were trained in February 2013 on ways to help their congregation be active and stay healthy. Funds from Kaiser Permanente's HEAL grant support this program. 209.552.6902.
- **Friends are Good Medicine** provides a resource guide and website that links individuals to community based self-help groups and updated resource and referral lists for service providers and community partners. It provides leadership training, consultation and assistance to groups. <http://www.friendsaregoodmedicine.com>.
- **Young at Heart** and other free exercise classes help increase strength, balance, and confidence for senior citizens. 209.523.2800 / www.healthylivingassociation.org.



- **Project Hope** is a set of programs that address depression, isolation, and life's challenges for older adults, including in-home, no-fee counseling by professionals and trained volunteers. The Area Agency on Aging 209.558.8695 or 800.510.2020.

FOCUS ON BUILT ENVIRONMENT

The built environment is a term used for all parts of a community that are created by humans including buildings, roads, sidewalks, and parks.

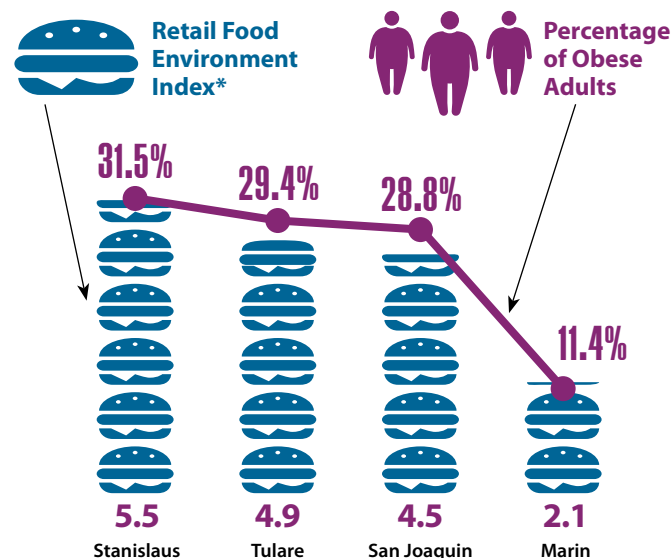
“When it comes to your health, your zip code matters more than your genetic code.”

– Dr. Tony Iton

Food Environment⁴⁷

The neighborhood environment affects a person's diet choices and risk of obesity and chronic disease. For every grocery store or produce vendor around Stanislaus County homes, there are nearly 5.5 times as many fast-food restaurants, pizza places, and convenience stores.

Obesity Prevalence and the Retail Food Environment by County



*RFEI = Number of unhealthy food outlets divided by number of healthy food outlets.

Safe Places to be Active⁴⁸

On average, Stanislaus County residents travel at least 5 minutes to find a safe place to exercise. However, residents of the La Loma and Airport Neighborhoods travel 26% longer and residents in West and South Modesto travel 15% longer than the county average to find a safe place to exercise.

Air Quality⁴⁶

Poor air quality can cause coughing, wheezing and difficulty breathing. It is known to trigger asthma attacks, cause lung damage and contribute to heart disease.

Air Quality Rankings and Grades for Stanislaus Compared to US, 2013

| Jurisdiction | Year-Round Particle Pollution (Annual PM _{2.5} [^]) | | Ozone Pollution | |
|-------------------|--|-------|-----------------|-------|
| | Ranking* | Grade | Ranking* | Grade |
| Stanislaus County | 7th worst | F | 20th worst | F |

*The ranking is out of 3,041 US counties in the nation.

[^]PM_{2.5} - Particulates are about 100 times thinner than a human hair.

⁴⁶American Lung Association (2013). State of the air report.

⁴⁷California Center for Public Health Advocacy (CCPHA), the UCLA Center for Health Policy Research, and Policy Link (2008). Designed for disease: The link between local food environments and obesity and diabetes.

⁴⁸University of California at Berkeley, Family Health Outcomes Project. (2013). Stanislaus County 2013 community survey.

BUILT ENVIRONMENT: COMMUNITY INITIATIVES



Creating Policy Change

- In April 2014, Stanislaus County became the first county in California to have all of its incorporated cities and the county government enact Healthy Eating / Active Living Resolutions.
- Stanislaus County jurisdictions that are revising or updating general plans, or area specific plans, have asked for assistance from the public health department, health care providers, and community-based organizations to ensure health and well-being are included in planning decisions and documents. For example,
 - The County has added an emphasis on creating a walkable, bike-able community with complete streets and increased connectivity in the Land Use and Circulation Elements of the General Plan. Some cities have officially recognized, through policy and plans, that streets are meant to serve people using all modes of transportation therefore, improving the ease and safety of walking and biking, not just personal automobiles.

Improving our Infrastructure

- Stanislaus County cities are working to increase opportunities for physical activity and improve the safety of people walking or biking.
 - Many community partners have joined together to design and build the Helen White Memorial Trail in West Modesto; this will allow children a safe route to school and offer residents a convenient place to be physically active. <http://westmodestocollaborative.com/>
 - The Tuolumne River Trust, working with the Airport Neighborhood Collaborative, built soccer fields in the Airport Neighborhood. Neighborhood residents also partnered with Love Modesto to build a sidewalk near Orville Wright Elementary school.
 - The City of Modesto is creating marked bike lanes on many major streets.



Supervisor Jim DeMartini presents the Stanislaus County Healthy Eating/ Active Living Resolution to Lourdes Perez of the Ceres Partnership for Healthy Children and Rocio Huerta of Sutter Gould Medical Foundation in April, 2014.

Educating and Empowering People

- Community organizations have joined with government departments to provide education for residents on why planning matters and how to get involved. 209.541.0101.
- Asthma Flag Program – Under the leadership of the Stanislaus County Asthma Coalition and the San Joaquin Valley Air Pollution Control District, over 200 schools, as well as government and health facilities, participate in the program. These facilities fly a colored flag tied to the Air Quality Index to alert people about the quality of the air. <http://www.hsahealth.org/publichealth/mainpages/coalitionpartnerships/asthma/>.



In 2012, the Virginia Corridor was extended to cross Briggsmore Avenue with a pedestrian/bicycle bridge.



PARTICIPATING AGENCIES

Child/Family Services, Stanislaus County Office of Education
Community and Local Neighborhood Research
Health Plan of San Joaquin
Kaiser Permanente of Northern California
Memorial Medical Center
Sierra Vista Child and Family Services
Stanislaus Community Foundation
Stanislaus County Behavioral Health and Recovery Services
Stanislaus County Children and Families Commission
Stanislaus County Community Services Agency
Stanislaus County Department of Aging and Veteran Services
Stanislaus Health Foundation
Stanislaus County Health Services Agency
Stanislaus County Office of Education
Stanislaus Economic Development and Workforce Alliance
Sutter Health Central Valley Region
Teach2Fish
United Way of Stanislaus County
West Modesto / King Kennedy Neighborhood Collaborative

For more information on Stanislaus County, please visit
www.HSAHealth.org/data/2013CHA