Residents with a Place to Go for Health Care: 83.1%

Women Receiving Early Prenatal Care: 82.2%

Overweight or Obese Adults: 72%

Residents with Diabetes: 12.3%

Residents with High Blood Pressure: 29.2%

Residents Receiving County Mental Health Services: 46,211

Children Entering Foster Care: 2,433

A Success Story

On June 23, 2015, the Community Vital Signs initiative unveiled a plan to transform San Bernardino County into a healthier place to live, work, learn, and play. The Community Transformation Plan establishes collective goals and measures of success in four priority areas: education, economy, access to health and wellness, and community and school safety. The plan will be used to prioritize existing activities, set new priorities, align the use of resources, and mobilize action among all sectors in a strategic manner.

The Community Transformation Plan is currently available on the Community Vital Signs website at www.communityvitalsigns.org and copies are available at all San Bernardino County Public Library branches.
**Significant Increase in Medi-Cal Enrollment**

Individuals who have health insurance and a usual source of care are more likely to seek routine health care and take advantage of preventative health screening services than those without such coverage. The result is a healthier population and more cost-effective health care. Delaying or not receiving needed medical care may result in more serious illness, increased complications, and longer hospital stays. With the implementation of the Affordable Care Act (ACA), more people will have access to health care; however, a regional shortage of doctors, particularly primary care physicians, may restrict timely access to care.

**How is San Bernardino County Doing?**

Estimates indicate that approximately one in five San Bernardino County residents are uninsured, a proportion that has declined slightly over the past five years:

- In 2013, 19.0% of San Bernardino County residents were uninsured, a five-year decrease of 1.5 percentage points.
- This proportion is higher than the United States (14.5%) and California (17.2%). It is in the mid-range compared to peers.
- Young adults were the age group most likely to be uninsured (28%).
- Latino residents were the racial or ethnic group most likely to be uninsured (25%).
- When broken out by household income, those with incomes in the lowest range (under $25,000) were the most likely to be uninsured (28%).
- 37% of those with less than a high school diploma were uninsured.
- At 28%, young adults were the age group most likely to be uninsured.
- 6% of young children, under age six, were uninsured.

**Uninsured by Race/Ethnicity, Income, Education and Age**

San Bernardino County, 2013

Note: Asian includes Native Hawaiian/Pacific Islander. All races are non-Latino. Educational attainment data is for the population age 25 and over.

Source: U.S. Census Bureau, American Community Survey, 1-Year Estimates (http://factfinder2.census.gov)
Compared to neighboring counties, more San Bernardino County residents have a usual place to go for medical care:

- According to the 2014 California Health Interview Survey (CHIS), 83.1% of people under age 65 had a usual place to go when they were sick or needed health advice. This is lower than the statewide average but higher than all neighboring counties compared, except Orange County.
- However, despite the relatively high proportion of residents with a usual place to go for care, more San Bernardino County residents under age 65 delayed or did not get the medical care that they needed than the state and all neighboring counties compared.
- Still, this is an improvement since 2009, when 17.4% of San Bernardino County residents under age 65 delayed or did not get needed medical care.
- There are 1,736 people for each primary care physician in San Bernardino County, higher than the state and all neighboring counties compared, except Riverside County. The national target ratio is 1,067 for each primary care physician.\(^1\)

\[\text{Number of Residents per Primary Care Physician} \]

\[\text{County Comparison, 2015} \]

- Orange: 1,290
- San Diego: 1,389
- Los Angeles: 1,736
- San Bernardino: 2,469
- Riverside: 3,000

\[\text{Source: County Health Rankings and Roadmaps (www.countyhealthrankings.org)} \]

**Medi-Cal Enrollment in San Bernardino County**

Medi-Cal, a health care program for certain low-income populations, has seen significant increases since the roll out of the Affordable Care Act, which expands eligibility and requires health insurance coverage.

- In 2015, Medi-Cal enrollment increased 31% from the previous year.
- In the 10-year period between 2006 and 2015, overall Medi-Cal enrollment more than doubled (140% increase).

\[\text{Medi-Cal Enrollment in San Bernardino County, 2006-2015} \]

\[\text{Source: San Bernardino County Human Services} \]

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\(^1\) Primary care physicians include practicing physicians under age 75 specializing in general practice medicine, family medicine, internal medicine, and pediatrics.
Rate of Women Receiving Early Prenatal Care Increases Slightly

Increasing the number of women who receive early prenatal care (in the first trimester of pregnancy) can improve birth outcomes and lower health care costs by reducing the likelihood of complications during pregnancy and childbirth. Babies born to mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care. Early prenatal care allows women and their health care providers to identify and, when possible, treat health problems and correct health-compromising behaviors that can be particularly damaging during the initial stages of fetal development.1 This indicator tracks early prenatal care rates for San Bernardino County, including detail by race and ethnicity.

How is San Bernardino County Doing?
In 2013, early prenatal care rates increased slightly:

- San Bernardino County’s early prenatal care rose 0.2 percentage points to 82.2% in 2013, marginally higher than the statewide rate of 82.1% and above the national Healthy People 2020 objective of 77.9%.
- Compared to neighboring and peer counties, San Bernardino County’s early prenatal care rate remains lower than all counties compared except for Los Angeles (81.9%).
- White mothers have the highest early prenatal care rate (84.5%), followed by Asian mothers (83.2%), and Latina mothers (82.0%).
- In 2013, levels of early prenatal care improved for Asian, White and African American mothers, but declined for Latina mothers.
- The majority of births are to Latina mothers (58%), followed by White mothers (24%), and African American mothers (9%).
- Over the past 10 years, the number of live births in San Bernardino County has decreased slightly from 31,914 live births in 2004 to 30,201 in 2013.

Live Births by Race and Ethnicity
San Bernardino County, 2013

[Graph showing live births by race and ethnicity]

Source: California Department of Public Health (www.apps.cdph.ca.gov/ezp/default.asp)

What is Healthy People 2020?
Healthy People 2020 is a national health promotion and disease prevention initiative that establishes national objectives to improve the health of all Americans, to eliminate disparities in health, and to increase the years and quality of healthy life.

Percentage of Mothers Receiving Early Prenatal Care, by Race and Ethnicity
San Bernardino County, 2004-2013

[Chart showing percentage of mothers receiving early prenatal care by race and ethnicity]

Source: California Department of Public Health (www.apps.cdph.ca.gov/ezp/default.asp)

Note: The ethnic category “Latino” includes any race; the racial categories “White,” “Asian,” and “African American” are all non-Latino. “Asian” includes Asian and Pacific Islander. ‘Other’ includes the categories of two or more races and American Indian/Native Alaskan.

Percentage of Mothers Receiving Early Prenatal Care
County Comparison, 2013

[Chart showing percentage of mothers receiving early prenatal care by county and race]


1 Child Trends (http://www.childtrends.org/?indicators=late-or-no-prenatal-care)
Child Deaths Increase but Long-Term Trend is Downward

Awareness of the leading causes of death for children can lead to intervention strategies to help prevent mortality. Many of these deaths are preventable through preconception health care, early and ongoing prenatal care, and outreach to parents and caregivers. This indicator measures the leading causes of death for infants less than one year old and children ages one through four in San Bernardino County. The rates of death from all causes for children from birth through four years of age in San Bernardino County are also compared to selected California counties.

How is San Bernardino County Doing?
In 2013, the overall death rate for children under five years of age in San Bernardino County increased:

- The number of infant deaths increased 13%, from 179 in 2012 to 202 in 2013.
- Among children ages one through four, however, there was a 12% decrease in the number of deaths, from 33 in 2012 to 29 in 2013.
- The overall death rate for children under five increased 9.0% between 2012 and 2013.
- The 10-year trend for San Bernardino County, as well as the state, is gradually downward.
- San Bernardino County has a consistently higher rate of death for children under five than the California average and all counties compared.
- Maternal pregnancy complications affecting the newborn and Sudden Infant Death Syndrome topped the list of leading causes of infant deaths.
- Drowning was the leading cause of death for young children (one to four years old).

Death Rate Due to All Causes for Children Under Five
San Bernardino County and California, 2004-2013

Death Rate Due to All Causes for Children Under Five
County Comparison, 2012 and 2013

Leading Causes of Death for Infants and Young Children
San Bernardino County, 2013*

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Number of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal Pregnancy Complications Affecting Newborn</td>
<td>34</td>
</tr>
<tr>
<td>Sudden Infant Death Syndrome</td>
<td>33</td>
</tr>
<tr>
<td>Prematurity/Low Birth Weight</td>
<td>25</td>
</tr>
<tr>
<td>Respiratory</td>
<td>24</td>
</tr>
<tr>
<td>Congenital Defects of Circulatory System</td>
<td>13</td>
</tr>
<tr>
<td>Chromosomal Abnormalities</td>
<td>10</td>
</tr>
<tr>
<td>Congenital Defects of Musculoskeletal System</td>
<td>8</td>
</tr>
<tr>
<td>Congenital Defects of Nervous System</td>
<td>6</td>
</tr>
<tr>
<td>Blood Infection</td>
<td>5</td>
</tr>
<tr>
<td>Infections (Perinatal)</td>
<td>5</td>
</tr>
<tr>
<td>Drowning</td>
<td>5</td>
</tr>
<tr>
<td>Assault (Homicide)</td>
<td>5</td>
</tr>
<tr>
<td>All Other Causes</td>
<td>29</td>
</tr>
<tr>
<td>TOTAL</td>
<td>202</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Number of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drowning</td>
<td>6</td>
</tr>
<tr>
<td>Sudden Unexplained Death in Childhood</td>
<td>4</td>
</tr>
<tr>
<td>Cancer</td>
<td>3</td>
</tr>
<tr>
<td>Assault (Homicide)</td>
<td>2</td>
</tr>
<tr>
<td>Cerebral Palsy</td>
<td>2</td>
</tr>
<tr>
<td>All other causes</td>
<td>12</td>
</tr>
<tr>
<td>TOTAL</td>
<td>29</td>
</tr>
</tbody>
</table>

* 2013 cause of death data is considered preliminary. With the exception of accidents, causes with fewer than five deaths for infants and fewer than two deaths for young children are included in “All other causes.”

Source: County of San Bernardino, Department of Public Health
Nearly Three-quarters of Adults are Overweight

Overweight children are more likely to become overweight or obese adults. A sedentary lifestyle and being overweight are among the primary risk factors for many health problems and premature death. Maintaining a healthy body weight may have positive impacts on physical and mental health, as well as reduce health care costs. This indicator measures the proportion of students in fifth, seventh and ninth grades with an unhealthy body composition (overweight or obese) using the California Department of Education (CDE) Physical Fitness Test. It also measures the weight status of adults.

How is San Bernardino County Doing?

Four out of 10 students in San Bernardino County schools are considered overweight or obese:

- In 2014, an average of 39.4% of San Bernardino County students in the grades tested had an unhealthy body composition, compared to 38.3% statewide.
- Of the San Bernardino County students with an unhealthy body composition in 2014, 20.6% were considered to be far outside the healthy range (“Needs Improvement– Health Risk”), while the remaining 18.8% were designated as “Needs Improvement.”
- The San Bernardino City school district has the highest proportion of overweight students (48%).
- Yucaipa-Calimesa, Rim of the World, Baker Valley, and Silver Valley school districts have the lowest proportion of overweight students (28% each).

Percentage of Students with Unhealthy Body Composition by School District
San Bernardino County, 2014

* Fewer than 50 students tested; data unstable.


Source: California Department of Education Physical Fitness Test (http://data1.cde.ca.gov/dataquest/)

1In 2014, the California Department of Education modified the body composition standards to be more aligned with the Center for Disease Control percentiles to identify lean, normal, overweight, and obese students. The category “Needs Improvement” approximates overweight, while the category “Needs Improvement – Health Risk” approximates obesity.
Almost three-quarters of San Bernardino County adults are overweight:

- In 2014, 38.0% of San Bernardino County adults were considered overweight and 34.0% obese. A little more than one-quarter (27.0%) had a healthy body weight.
- In comparison, 35.8% of adults in California had a healthy body weight.

### Weight Status of Adults
San Bernardino County and California, 2014

<table>
<thead>
<tr>
<th>Weight Status</th>
<th>San Bernardino County</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Weight</td>
<td>1.1%*</td>
<td>1.6%</td>
</tr>
<tr>
<td>Overweight</td>
<td>34.0%</td>
<td>27.0%</td>
</tr>
<tr>
<td>Obese</td>
<td>38.0%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Underweight</td>
<td>27.0%</td>
<td>35.8%</td>
</tr>
</tbody>
</table>

* Data considered unstable and should be interpreted with caution.

Source: University of California, Los Angeles, Center for Health Policy Research, California Health Interview Survey (www.chis.ucla.edu)

In 2013 and 2014, only 20.4% of teens in San Bernardino County met the Centers for Disease Control and Prevention (CDC) recommendation of one hour or more of physical activity daily. This is up slightly from 2009, when 19.0% of teens were getting the recommended amount of physical activity.

Source: California Health Interview Survey
Deaths Due to Heart Disease Down by One-Third

Chronic diseases – including diabetes, high blood pressure, and cardiovascular (heart disease) – are costly yet largely preventable. Chronic illnesses contribute to approximately 70% of deaths in the United States each year and account for about 75% of the nation’s health-related costs.¹ This indicator reports prevalence and/or death data for heart disease, diabetes, and high blood pressure/stroke. Also tracked are hospitalizations due to heart disease.

How is San Bernardino County Doing?
Fewer residents are dying from heart disease:
- In 2013, San Bernardino County’s death rate due to heart disease was 189.6 age-adjusted deaths per 100,000 residents. This marks a decrease of 34% since 2005 and a one-year decrease of 1%.
- While the death rate has declined, there has been an increase in the percentage of county residents who were diagnosed with heart disease – from 5.7% in 2005 to 6.5% in 2013.
- In 2013, San Bernardino County’s prevalence rate for heart disease was the highest among neighboring counties and the state.

Both diabetes prevalence and deaths are on the rise:
- In 2013, 12.3% of adults in San Bernardino County had been diagnosed with diabetes, the highest rate among counties compared and California.
- This marks an increase of 71% since 2005 when 7.2% of adults in the county had a diabetes diagnosis.
- At 33.0 age-adjusted deaths per 100,000 residents in 2013, San Bernardino County had the state’s second highest rate of deaths due to diabetes, behind only Kern County.
- While deaths due to diabetes decreased between 2012 and 2013 (down 3%), the longer term trend is upward, increasing 7% since 2005.

¹Centers for Disease Control and Prevention (www.cdc.gov/chronicdisease/overview/index.htm)
Nearly one out of three adults have been diagnosed with high blood pressure:

- In 2013, 29.2% of adults in San Bernardino County had high blood pressure, higher than California and all counties compared.
- This marks an increase of 6% since 2005.
- Of adults diagnosed with high blood pressure, 67% are currently taking medications to control their high blood pressure.
- Deaths due to strokes have decreased 33% since 2005.  

Note: This report presents longitudinal data for hospitalizations using 2005-2012 Census (ACS) population estimates. The recently completed San Bernardino County Community Transformation Plan also presents data related to heart disease hospitalizations. Because that plan presents a one-year snapshot for 2012, using 2010 Census population, the rates are not directly comparable.

Source: California Office of Statewide Health Planning and Development, American Community Survey 1-Year Estimates (2005-2012)

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2 Fully 70% of strokes can be directly linked to existing high blood pressure, making high blood pressure the single most important controllable stroke risk factor.

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In 2012, the hospitalization rate for heart disease was 92.7 per 10,000 residents (age-adjusted). This marks a 31% decline in the eight year period between 2005 and 2012 in the rate of hospitalizations and an 8% decline between 2011 and 2012.
More Low-Income Children Receive Mental Health Care

Mental disorders are among the most common causes of disability. According to the National Institute of Mental Health, in any given year, an estimated 13 million American adults (approximately one in 17) have a seriously debilitating mental illness. Suicide is the 11th leading cause of death in the United States, accounting for the deaths of approximately 30,000 Americans each year. This indicator measures the number of poverty-level residents estimated to be in need of mental health services and the number of clients served by publicly-funded county mental health programs.

How is San Bernardino County Doing?
Approximately 65,500 low-income residents of San Bernardino County were estimated to have a serious mental illness and needed mental health services in 2013/14:
• An unduplicated count of 46,211 clients received public mental health services during 2013/14.
• In addition to public care, low-income residents may be using services provided by private health coverage or community nonprofit agencies, or they may not receive any care to meet their mental health needs.
• Due in part to increased funding, the gap between those in need and those receiving services is the lowest it has been since at least 2005/06.
• Over the past five years, client counts for all age groups have grown with the exception of young adults. Children ages birth to five have witnessed the largest increase, growing 111% in five years, followed by children ages six to 11, growing 46%.
• Overall, more than a third (37%) of clients served in 2013/14 were children and youth ages birth through 17, including 2,054 children birth to age five (4% of all clients) and 8,873 adolescents ages 12-17 (19% of all clients).
• Approximately 12% of total clients were young adults between the ages of 18 and 24, while 41% were adults between ages 25 and 54.
• Residents ages 55 and older made up 11% of total clients, including 891 seniors ages 65 and over (2% of total).
• Of the clients served during 2013/14, 36% were Latino, 35% were White, 17% were African American, 2% were Asian/Pacific Islander, 1% were Native American, and 9% were other or unreported.

The Mental Health-Physical Health Connection
Mental health and physical health are closely connected. Mental illnesses, such as depression and anxiety, reduce one’s ability to participate in health-promoting behaviors such as eating right, exercising, and minimizing use of alcohol and tobacco. In turn, problems with physical health (see Chronic Disease) can have a serious impact on mental health and decrease a person’s ability to participate in treatment and recovery. Mental health and substance abuse are also closely aligned (see Substance Abuse).

Unduplicated Count of Clients Receiving Public Mental Health Services, by Race/Ethnicity
San Bernardino County, 2013/14

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2009/10</th>
<th>2010/11</th>
<th>2011/12</th>
<th>2012/13</th>
<th>2013/14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latino (36%)</td>
<td>40,859</td>
<td>38,843</td>
<td>42,697</td>
<td>44,705</td>
<td>46,211</td>
</tr>
<tr>
<td>White (35%)</td>
<td>36,461</td>
<td>36,776</td>
<td>38,752</td>
<td>40,162</td>
<td>41,657</td>
</tr>
<tr>
<td>African American (17%)</td>
<td>8,400</td>
<td>9,251</td>
<td>10,568</td>
<td>12,309</td>
<td>14,000</td>
</tr>
<tr>
<td>Asian/Pacific Islander (2%)</td>
<td>5,478</td>
<td>4,301</td>
<td>4,000</td>
<td>5,277</td>
<td>6,277</td>
</tr>
<tr>
<td>Native American (1%)</td>
<td>779</td>
<td>973</td>
<td>1,047</td>
<td>1,381</td>
<td>1,895</td>
</tr>
<tr>
<td>Other/Unreported (9%)</td>
<td>2,054</td>
<td>973</td>
<td>891</td>
<td>891</td>
<td>891</td>
</tr>
</tbody>
</table>

Source: County of San Bernardino, Department of Behavioral Health, Client Services Information System

Alcohol Abuse Takes its Toll; Treatment Admissions Increase

A broad spectrum of public health and safety problems are directly linked to substance abuse, including addiction, traffic accidents, domestic violence, crime, unintended pregnancy, and serious conditions such as cancer, liver disease, HIV/AIDS, and birth defects. Youth who engage in drinking and substance abuse early are more likely to develop alcohol dependence later in life and are more likely to experience changes in brain development that may have life-long effects, including problems with memory and normal growth and development. This indicator presents a variety of commonly-used indicators to help gauge the extent of alcohol and other drug (AOD) abuse in San Bernardino County. These include trends in AOD-related admissions to treatment facilities, serious (injury or fatal) alcohol-involved auto collisions, and AOD-related deaths.

How is San Bernardino County Doing?
AOD-related treatment continued to grow:
• In the past year (2013/14), AOD-related admissions to county treatment facilities rose 10%, led by 29% growth in admissions for alcohol abuse.
• When looking at the past five years, admissions have grown 15%, led by 26% growth in admissions for methamphetamine addiction.
• 20% of clients receiving AOD services also received county mental health services in 2013/14, while 44% have received mental health services in their lifetimes.

There were more alcohol-involved accidents in 2014 than the previous year:
• In 2014, there were 1,073 alcohol-involved serious collisions in San Bernardino County, and 16,960 in California.
• 12% of serious collisions in San Bernardino County involved alcohol, compared to 11% of collisions statewide.
• Between 2013 and 2014, alcohol-involved collisions rose 10% compared to a 1% decline statewide.
• Since 2010, alcohol-involved collisions rose 11% in San Bernardino County compared to a 6% decline statewide.

The rate of drug-induced deaths improved while the rate of alcohol-related deaths worsened:
• San Bernardino County’s rate of drug-induced deaths improved over the past five years and the county had fewer drug-induced deaths per capita than the statewide average.
• Deaths caused by chronic liver disease and cirrhosis, which are often associated with substance abuse, have worsened over the past five years and the county had more chronic liver disease and cirrhosis deaths than the statewide average.

1 Centers for Disease Control and Prevention (www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm)
2 San Bernardino County CalOMS dataset
3 California Department of Public Health, County Health Status Profiles (www.cdph.ca.gov/programs/ohir/Pages/CHSP.aspx)
Compared to the state as a whole, San Bernardino County has the lowest rate of placement with relatives among all neighboring counties compared, except Riverside County (30.5%).

A larger percentage of children are being placed with relatives:
- According to a point-in-time count on January 1, 2015, 36.2% of the children in foster care were placed with relatives, compared with 35.0% in 2014.
- San Bernardino County has the lowest rate of placement with relatives among all neighboring counties compared, except Riverside County (30.5%).
- Compared to the state as a whole, San Bernardino County places children with their siblings at a higher rate. In San Bernardino County, 76.9% of the children in foster care were placed with some of their siblings and 56.0% of the children were placed with all siblings (compared with the state where placement rates were 71.1% and 50.3%, respectively). San Bernardino County’s placement with siblings ranks highest among neighboring counties.