

Health Issues

Community Goals

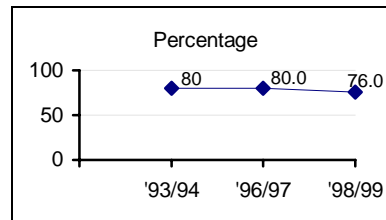
By the Year 2004, Santa Cruz County residents will have access to primary medical and dental care.

By the Year 2004, Santa Cruz County youth alcohol and other drug use will be at or below the statewide average.

By the Year 2004, Santa Cruz County residents over age 60 will live healthy and independent lives.

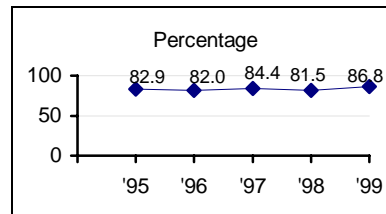
Benchmarks

Student Alcohol and Drug Use



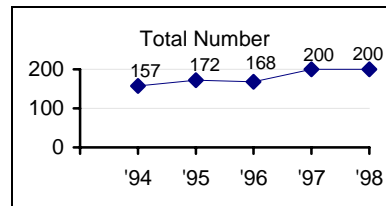
✓ Percent of eleventh graders reporting use of alcohol in the last 12 months

Primary Health Care



✓ Respondents reporting that they have a regular source of primary health care

Birth Weight



✓ Low birth weight births (Under 2,499 grams)

Community Quotes:

“I often sacrifice health care essentials because I live on a fixed income.”

“As a community, we have a responsibility to teach our children how to lead healthy lives.”

“Healthcare is not a luxury. Everyone is entitled to affordable healthcare regardless of income.”

Health Summary

How healthy are the citizens of Santa Cruz County? Access to primary health care is a key quality of life indicator that addresses the overall health of the community. Access to primary care allows for prevention of, or early treatment of disease as well as reduced necessity to utilize more expensive sources of care. This year, the trend continues in the right direction with 87% of respondents stating they have a primary source of health care, up from 82% last year. In addition, 86% of these same respondents stated they have health insurance, an increase of 4% over last year. These positive findings are attributed, in part, to the continued success of the Central Coast Alliance for Health - the Medi-Cal HMO, expansion of community clinic services, and the increased enrollment of children in California's Healthy Families Program.

While CAP findings report increases in access and availability of care, the Latino community has not reported improvement from previous years. Targeted efforts are required to address the health needs of the Latino community. For instance, more respondents report having a regular source of dental care and dental insurance. Yet for Latinos, especially Latino children, the provision of low cost dental care remains less than satisfactory.

Santa Cruz children are starting life right. The percentage of low birth weight babies born in 1999 continues to be low (less than 1%), and access to prenatal care during the first trimester continues to increase. Both indicators are important as predictors of the future health of children. Santa Cruz County trends in these areas continue to be positive. Teen births have decreased over the last five years, but again, this trend is less favorable in the Latino community.

In addition to the adult telephone survey, the results from the 1998/99 American Drug and Alcohol Survey administered to Santa Cruz County students are very encouraging. Since the initial survey in 1993/94, overall self-reports of drug use among in-school youth have declined in nearly every drug category and grade level. The trend towards decreased use of alcohol and drugs by youth is made more significant by the fact that similar self-reports of use are increasing among youth nationwide. While the decline in prevalence data is good news, the use of alcohol and other drugs by Santa Cruz County youth remains unacceptably high, and in many cases above the national average.

Another important indicator is the community standard for tolerance of drug use. In 1999, the percentage of respondents who reported the use of marijuana as unacceptable to the community and to respondents themselves increased significantly.

Other positive health trends include a decline in tobacco use among youth and adults and a dramatic increase in the number of respondents who reported they engage in regular exercise, an important disease prevention activity.

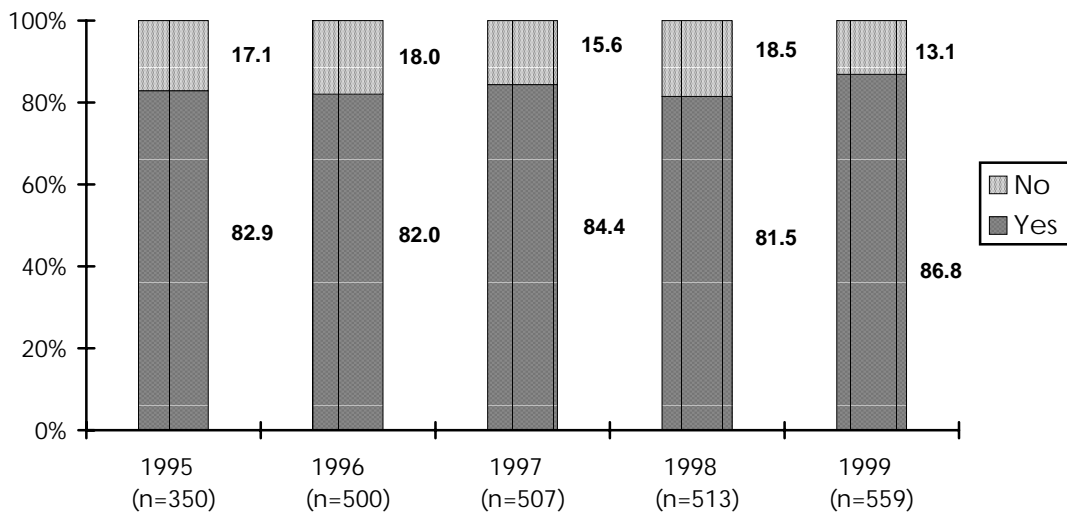
A special thanks to Carol Adams and Salem Magarian, M.D. from Dominican Santa Cruz Hospital for contributing to the summary.

*Quality of Life
Indicator 43*

☎ Access to Health Care

Adequate access to primary care allows for prevention of, or early treatment of disease, as well as reduced necessity to utilize more expensive sources of care.

Do you have a regular source of primary health care?



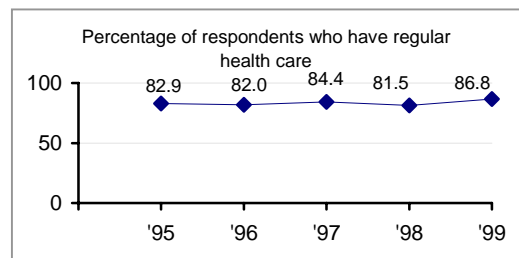
If yes, where do you go? (Top four responses)

Response	1996	1997	1998	1999
Private Doctor	57.1	60.7	71.8	52.7
Medical Clinics	22.5	32.6	36.7	35.3
Urgent Care Clinics	9.6	11.7	16.5	2.4
Emergency room	2.9	10.3	12.6	0.8

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Note: Due to low numbers the “don’t know” response is not included in the graph.

Benchmark Snapshot



*Quality of Life
Indicator 43*

 **Access to Health Care (Continued)**
Demographic Comparisons

Percent of respondents indicating that they have a regular source of primary health care:

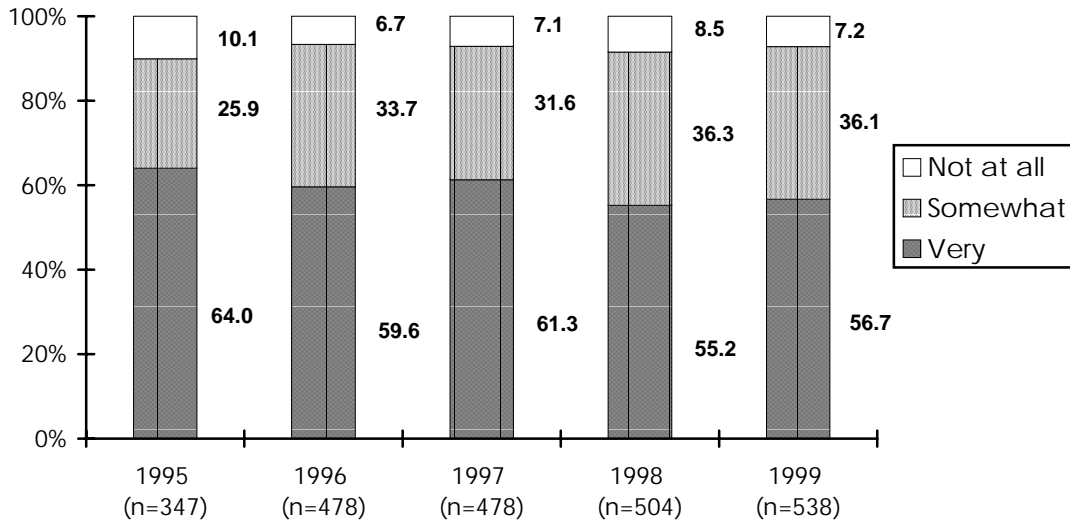
Demographics	1998	1999
Caucasian	84.4	87.6
Latino	71.7	80.7
North County	82.0	86.5
South County	84.4	86.7
San Lorenzo Valley	81.5	90.0
18-24	-	69.5
25-44	-	85.6
45-64	-	91.6
65 and older	-	96.3
Male	-	84.4
Female	-	88.7
Under \$15,000 per year	-	72.5
\$15,000 - \$34,999 per year	-	81.1
\$35,000 - \$64,999 per year	-	87.1
Over \$65,000 per year	-	97.4
Total Respondents	513	559

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 43*

☎ Access to Health Care (Continued)

How satisfied are you with your medical care?



Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 43*

** Access to Health Care (Continued)
Demographic Comparisons**

Percent of respondents who are "very satisfied" with their medical care:

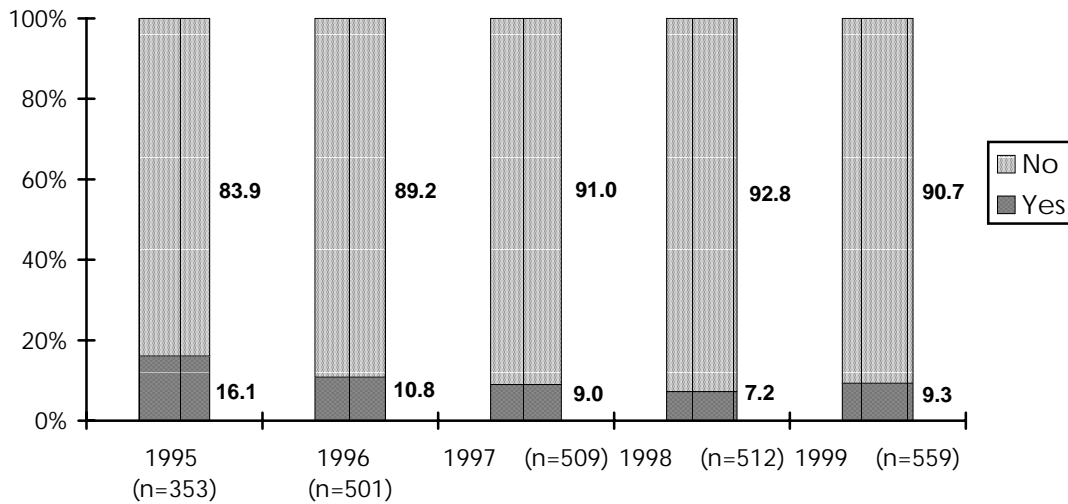
Demographics	1998	1999
Caucasian	55.8	58.0
Latino	52.8	51.2
North County	54.8	54.0
South County	58.1	60.2
San Lorenzo Valley	50.0	57.9
18-24	-	46.7
25-44	-	52.2
45-64	-	59.0
65 and older	-	71.6
Male	-	53.8
Female	-	58.4
Under \$15,000 per year	-	49.2
\$15,000 - \$34,999 per year	-	49.1
\$35,000 - \$64,999 per year	-	63.5
Over \$65,000 per year	-	55.0
Total Respondents	504	538

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 43*

☎ Access to Health Care (Continued)

*Have you needed health care (included alternative health care) in the past year and been unable to receive it?**



If yes, why couldn't you receive it? (Top three responses)

Reason	1996	1997	1998	1999
Couldn't afford it	28.3	35.9	50.0	33.3
No insurance	26.7	20.5	26.5	31.4
Insurance wouldn't cover it	6.7	23.1	11.8	17.6

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

** Question was reworded slightly in 1999.*

*Quality of Life
Indicator 44*

Central Coast Alliance for Health

Tracking information on Central Coast Alliance For Health members, their linkages to primary care providers and their demographics helps to measure the impact of Central Coast Alliance For Health on increasing access to primary care for the Medi-Cal population in Santa Cruz County.

Number of Recipients – Medi-Cal

Type	1997	1998	1999	% Change
Clinic	8,048	6,700	6,422	-4.1
Private Practice	12,472	11,227	10,853	-3.3
Special Members	3,624	2,914	3,803	30.5
Total	24,144	20,841	21,078	1.1

Number of Recipients – Healthy Families

Type	1999
Clinic	78
Private Practice	176
Special Members	0
Total	254

Percent of Recipients – Medi-Cal

Area ¹	1997	1998	1999	% Change
South County	46.0	46.0	47.0	2.2
Mid County	9.0	9.0	8.0	-11.1
North County	41.0	42.0	42.0	0.0
Out of County	4.0	3.0	3.0	0.0
Total	100.0	100.0	100.0	0.0

Source: Central Coast Alliance For Health, 1999.

¹ South County includes the areas of Freedom, La Selva Beach and Watsonville. Mid County includes the areas of Aptos, Capitola and Soquel. North County includes the areas of Santa Cruz, Scotts Valley, Davenport, Felton, Ben Lomond, Boulder Creek, Brookdale and Mt. Hermon.

*Quality of Life
Indicator 44*

Central Coast Alliance for Health (Continued)

Percent of Recipients – Healthy Families

Area	1999
South County	70.0
Mid County	6.0
North County	24.0
Out of County	0.0
Total	100.0

Percent of Recipients – Medi-Cal

Ethnicity	1997	1998	1999	% Change
Caucasian	45.0	45.0	44.0	-2.2
Hispanic	40.0	40.0	42.0	5.0
Other	15.0	15.0	14.0	-6.7
Total	100.0	100.0	100.0	0.0

Percent of Recipients – Healthy Families

Ethnicity	1999
Caucasian	15.0
Hispanic	71.0
Other	14.0
Total	100.0

Source: Central Coast Alliance For Health, 1999.

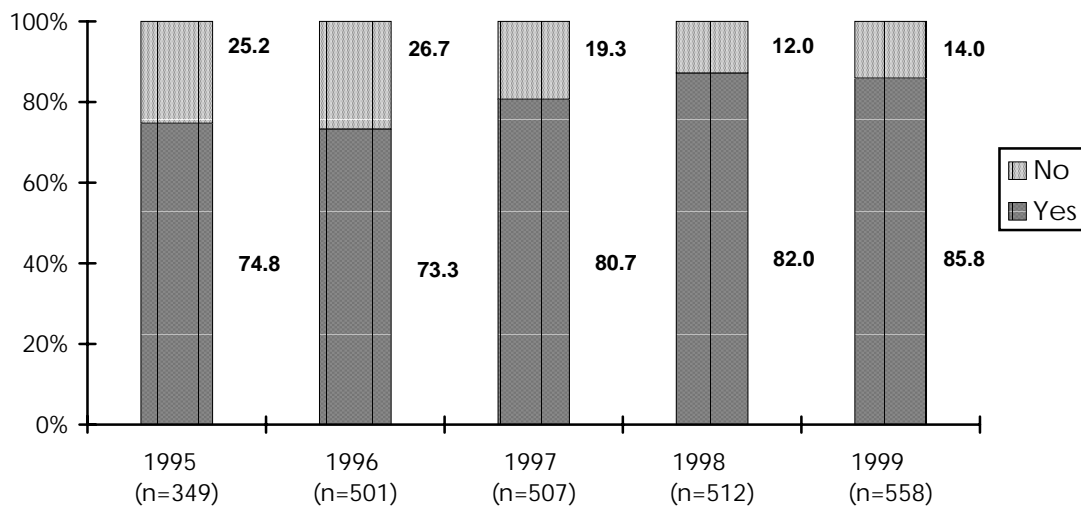
Note: Central Coast Alliance For Health is the Medi-Cal Managed Care Plan for Santa Cruz County and a participating health care plan under the Healthy Families Program (a Federal and State funded insurance program for low income children). Members of Santa Cruz County Health Options who are linked to a Primary Care Provider can choose to be linked to a clinic or a physician in private practice. Special members include people new to the county and waiting assignment and some special categories of clients such as children who are placed out of county, and children on probation who are in out of county placements. They also include members who have moved to another county in the state and are in the process of establishing their Medi-Cal eligibility in their new county.

Quality of Life Indicator 45

Health Insurance

Since 1995, the number of survey respondents indicating that they have health insurance has increased by more than 14% countywide.

Do you have health insurance?



If yes, does your insurance policy cover:

Type of Coverage	1995	1996	1997	1998	1999
Medical care	97.7	93.1	93.4	95.0	97.3
Dental care	63.2	63.7	69.4	74.7	75.6
Prescriptions	77.0	82.5	82.4	86.8	89.0
Mental health	54.8	62.8	61.3	69.7	67.3
Preventive care	70.1	78.9	81.5	85.7	88.0
Long Term care	61.3	61.8	42.4	47.1	43.7
Substance abuse	41.0	48.2	49.6	57.7	56.5
Dependents	-	-	-	-	67.8

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Note: Due to low numbers the "don't know" response is not included in the graph.

*Quality of Life
Indicator 45*

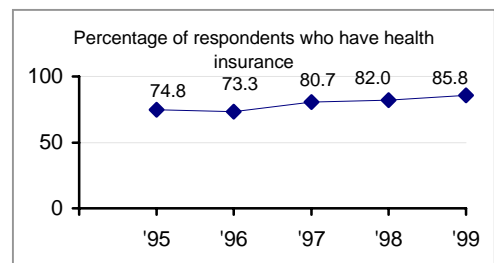
Health Insurance (Continued) Demographic Comparisons

Percent of respondents who have health insurance:

Demographics	1998	1999
Caucasian	89.1	88.9
Latino	50.5	67.4
North County	84.4	86.5
South County	77.2	84.3
San Lorenzo Valley	86.2	86.7
18-24	-	78.0
25-44	-	82.0
45-64	-	88.1
65 and older	-	98.8
Male	-	86.3
Female	-	85.9
Under \$15,000 per year	-	73.9
\$15,000 - \$34,999 per year	-	73.2
\$35,000 - \$64,999 per year	-	91.0
Over \$65,000 per year	-	98.0
Total Respondents	512	558

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Benchmark Snapshot

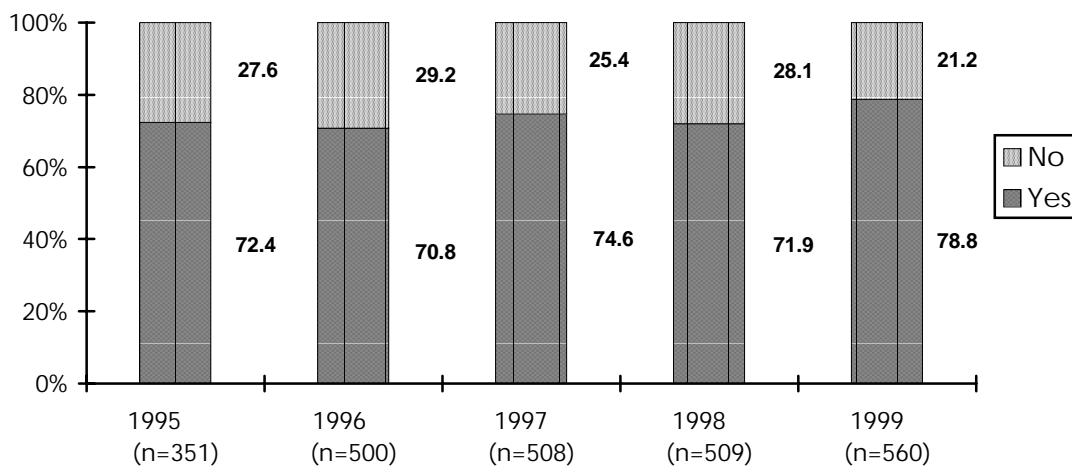


*Quality of Life
Indicator 46*

☎ Dental Care

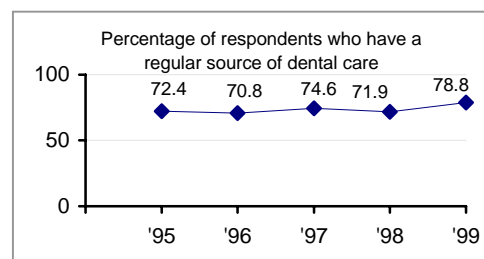
Adequate access to dental care allows for early prevention and/or treatment of tooth decay, gum disease, and other related dental problems.

Do you have a regular source of dental care?



Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Benchmark Snapshot



*Quality of Life
Indicator 46*

 **Dental Care (Continued)**
Demographic Comparisons

Percent of respondents who have a regular source of dental care:

Demographics	1998	1999
Caucasian	77.5	83.4
Latino	51.6	53.9
North County	72.1	78.3
South County	70.1	76.9
San Lorenzo Valley	75.3	86.7
18-24	-	62.2
25-44	-	73.7
45-64	-	87.1
65 and older	-	91.4
Male	-	77.5
Female	-	80.0
Under \$15,000 per year	-	53.6
\$15,000 - \$34,999 per year	-	66.1
\$35,000 - \$64,999 per year	-	84.8
Over \$65,000 per year	-	93.4
Total Respondents	509	560

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 47*

Dientes Community Dental Clinic

Dientes is the only community based, low income dental clinic in the county.

Number of Patients Served by Dientes Community Dental Clinic

	9/94-3/95	3/95-2/96	3/96-1/97	2/97-1/98	2/98-1/99	% Change
Number of Patients	1,017	3,723	2,776	3,208	3,973	23.8

Source: Dientes Community Dental Clinic, 1999.

Note: Patient visits increased due to implementation of school program in Pajaro Valley.

Estimated number of Dentists accepting Medi-Cal

Type of Dental Care	1996	1998	% Change
Dentists accepting Medi-Cal	12	12	0.0
Oral Surgeons Accepting Medi-Cal	4	2	-50.0
Orthodontists Accepting Medi-Cal	1	4	300.0
Pedodontists Accepting Medi-Cal	3	1	-66.7
Total	20	19	-5.0

Source: Santa Cruz County Health Services, 1999.

*Quality of Life
Indicator 48*

Teen Pregnancy

Teen births, especially to teens less than 18 years of age are generally considered unplanned pregnancies. Many of these young mothers drop out of school and depend upon a variety of public funded programs for support for themselves and their children.

Teen Births: Santa Cruz County and State Comparisons

Teen Births	1995	1996	1997	1998
Number of Births	475	428	400	409
Percent of Total Births	12.4	11.1	10.1	10.8
California	12.4	11.9	11.6	-

Teen Births by Age, Santa Cruz County

Age	1995	1996	1997	1998
14 & Under	18	10	8	9
15	44	24	40	29
16-17	164	138	127	137
18-19	249	256	225	234
Total	475	428	400	409

Teen Births by Ethnicity, Santa Cruz County

Age	1995	1996	1997	1998
Caucasian	120	98	82	61
Hispanic	343	323	308	330
African American	6	1	5	8
Asian	4	1	2	5
Other	2	5	3	5
Total	475	428	400	409

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Teens are up to 20 years of age.

*Quality of Life
Indicator 49*

Prenatal Care - all Ages

Access to, and utilization of prenatal care services prevents untoward outcomes of pregnancy.

Santa Cruz County

	1994	1995	1996	1997	1998	Percent of 1998 Births
1 st Trimester	2885	3135	3105	3249	3,138	83.0
3 rd Trimester	124	130	129	81	91	2.4
Inadequate Kessner Index	286	165	156	119	115	3.0
None	15	23	14	19	24	0.6
Unknown	70	52	56	50	48	1.2
Total Births	3,662	3,835	3,845	3,948	3,798	100.0
Santa Cruz Birth Rate	15.4	14.4	14.0	14.4	-	-
California Birth Rate	17.8	17.2	16.6	15.9	-	-

Dominican Hospital

	1994	1995	1996	1997	1998
1 st Trimester	1,562	1,583	1,273	1,160	1,096
3 rd Trimester	19	21	25	12	23
Inadequate Kessner Index	158	29	27	21	24
None	6	7	3	6	4
Unknown	66	48	45	46	43

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Second trimester data is not included in the tables. The Kessner Index is utilized by Santa Cruz County, and is a non-published standard for determining adequacy of prenatal care.

Quality of Life
Indicator 49

Prenatal Care - all Ages (Continued)

Sutter Maternity and Surgery Center

	1994	1995	1996	1997	1998
1 st Trimester	-	-	308	535	593
3 rd Trimester	-	-	17	5	7
Inadequate Kessner Index	-	-	17	7	7
None	-	-	0	1	0
Unknown	-	-	2	0	1

Watsonville Community Hospital

	1994	1995	1996	1997	1998
1 st Trimester	1,256	1,234	1,221	1,231	1,167
3 rd Trimester	103	96	80	57	51
Inadequate Kessner Index	121	111	102	82	70
None	6	9	10	10	15
Unknown	1	0	1	0	0

Out of County

	1994	1995	1996	1997	1998
1 st Trimester	-	245	249	265	226
3 rd Trimester	-	9	4	4	5
Inadequate Kessner Index	-	16	7	5	7
None	-	2	1	0	3
Unknown	-	1	6	2	2

Source: Santa Cruz County Birth Certificate Summary, 1998.

*Quality of Life
Indicator 49*

Prenatal Care - all Ages (Continued)

Non Hospital

	1994	1995	1996	1997	1998
1 st Trimester	67	73	54	58	56
3 rd Trimester	2	4	3	3	5
Inadequate Kessner Index	7	9	3	4	7
None	3	5	0	2	2
Unknown	3	3	2	2	2

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Second trimester data is not included in the tables. The Kessner Index is utilized by Santa Cruz County, and is a non-published standard for determining adequacy of prenatal care.

*Quality of Life
Indicator 49*

Prenatal Care - Teens

Santa Cruz County

	1995	1996	1997	1998
1 st Trimester	336	284	286	297
3 rd Trimester	29	18	22	12
Inadequate Kessner Index	38	23	20	22
None	2	3	1	9
Unknown	9	9	6	8
Total Births	475	428	400	409

Dominican Hospital

	1995	1996	1997	1998
1 st Trimester	105	85	79	80
3 rd Trimester	4	6	1	3
Inadequate Kessner Index	7	7	2	4
None	1	1	1	0
Unknown	8	8	6	8

Sutter Maternity and Surgery Center

	1995	1996	1997	1998
1 st Trimester	-	7	24	24
3 rd Trimester	-	0	0	1
Inadequate Kessner Index	-	0	0	1
None	-	0	0	0
Unknown	-	0	0	0

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Second trimester data is not included in the tables. The Kessner Index is utilized by Santa Cruz County, and is a non-published standard for determining adequacy of prenatal care. Teens are up to 20 years of age.

*Quality of Life
Indicator 49*

Prenatal Care Teens (Continued)

Watsonville Community Hospital

	1995	1996	1997	1998
1 st Trimester	198	180	168	186
3 rd Trimester	25	12	20	8
Inadequate Kessner Index	29	16	17	16
None	1	2	0	8
Unknown	0	0	0	0

Out of County

	1995	1996	1997	1998
1 st Trimester	24	11	13	7
3 rd Trimester	0	0	0	0
Inadequate Kessner Index	2	0	0	1
None	0	0	0	1
Unknown	0	0	0	0

Non Hospital

	1995	1996	1997	1998
1 st Trimester	9	1	2	0
3 rd Trimester	0	0	1	0
Inadequate Kessner Index	0	0	1	0
None	0	0	0	0
Unknown	1	1	0	0

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Second trimester data is not included in the tables. The Kessner Index is utilized by Santa Cruz County, and is a non-published standard for determining adequacy of prenatal care. Teens are up to 20 years of age.

*Quality of Life
Indicator 49*

Prenatal Care Initiated in 1st Trimester

Percent Receiving Care in 1st Trimester, All Ages

Population	1994	1995	1996	1997	1998
Total Births	79.0	82.0	81.0	82.0	82.6
Teens	65.0	69.0	66.0	71.0	72.6
Dominican Hospital	87.0	89.0	86.0	87.0	86.9
Sutter Maternity and Surgery Center	-	-	81.0	88.0	86.8
Watsonville Community Hospital	71.0	75.0	74.0	76.0	77.3
California	77.0	78.0	80.0	80.8	-

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Teens are up to 20 years of age.

*Quality of Life
Indicator 50*

Birth Weight – all Births

Low birth weight is associated with a number of health problems and can be used as a predictor of future medical care needs.

Santa Cruz County

Birth Weight	1994	1995	1996	1997	1998	Percent of 1998 Births
Under 1500 grams	21	29	32	35	33	0.9
1500 - 2499 grams	136	143	136	165	167	4.4
2500 grams and over	3,505	3,663	3,677	3,748	3,598	94.7
Total Births	3,662	3,835	3,845	3,948	3,798	100.0
Medi-Cal delivery	1,855	1,874	1,789	1,755	1,577	42.0
Santa Cruz Birth Rate	15.4	14.4	14.0	14.4	-	-
California Birth Rate	17.8	17.2	16.6	15.9	-	-

Dominican Hospital

Birth Weight	1994	1995	1996	1997	1998
Under 1500 grams	10	3	2	6	7
1500 - 2499 grams	74	60	61	70	68
2500 grams and over	1,716	1,717	1,409	1,256	1,185
Total Births	1,800	1,780	1,472	1,332	1,260
Medi-Cal delivery	529	578	546	508	413

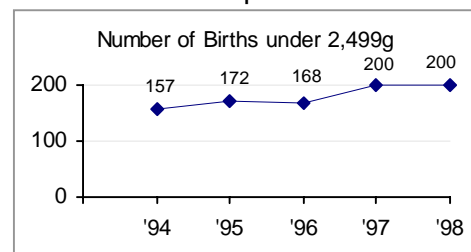
Sutter Maternity and Surgery Center

Birth Weight	1994	1995	1996	1997	1998
Under 1500 grams	-	-	0	0	0
1500 - 2499 grams	-	-	2	8	12
2500 grams and over	-	-	379	603	671
Total Births	-	-	381	611	683
Medi-Cal Delivery	-	-	35	86	96

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Data for Sutter Maternity was not available until 1996.

Benchmark Snapshot



*Quality of Life
Indicator 50*

Birth Weight - all Births (Continued)

Watsonville Community Hospital

Birth Weight	1994	1995	1996	1997	1998
Under 1500 grams	10	6	8	7	9
1500 - 2499 grams	62	51	45	50	51
2500 grams and over	1,694	1,587	1,588	1,568	1,448
Total Births	1,766	1,644	1,641	1,625	1,508
Medi-Cal Delivery	1,322	1,196	1,146	1,110	1,021

Out of County

Birth Weight	1994	1995	1996	1997	1998
Under 1500 grams	-	19	22	20	17
1500 - 2499 grams	-	31	27	36	36
2500 grams and over	-	239	224	235	208
Total Births	-	289	273	291	261
Medi-Cal Delivery	-	93	56	45	45

Non Hospital

Birth Weight	1994	1995	1996	1997	1998
Under 1500 grams	1	1	0	2	0
1500 - 2499 grams	0	1	1	1	0
2500 grams and over	95	120	77	86	86
Total Births	96	122	78	89	86
Medi-Cal Delivery	4	7	6	6	2

Source: Santa Cruz County Birth Certificate Summary, 1998.

*Quality of Life
Indicator 50*

Birth Weights - Teen Births

Santa Cruz County

Birth Weight	1995	1996	1997	1998	Percent of 1998 Births
Under 1500 grams	6	1	2	5	1.2
1500 - 2499 grams	19	14	14	18	4.4
2500 grams and over	450	413	384	386	94.4
Total Births	475	428	400	409	100.0
Medi-Cal delivery	403	358	327	337	82.4

Source: Santa Cruz County Birth Certificate Summary, 1998.

Note: Teens are up to 20 years of age.

Quality of Life
Indicator 51

Immunization Levels at Entrance to School

Vaccine-preventable illnesses continue to take their toll. Immunization levels can be used to identify health needs for increased attention.

Kindergarten Students, All Schools

Enrollment and Immunization Status	1994	1995	1996	*1997	1998
Number of Students	3,999	3,579	3,472	3,587	3,298
Number of Schools	61	66	66	68	65
Percent with medical exemptions	<1.0	<1.0	2.3	0.3	0.5
Percent with personal exemptions	2.4	1.5	1.5	2.8	3.1
Percent needing one or more immunizations	4.1	4.5	2.8	53.4	13.2
Percent with all required immunizations	93.3	94.0	95.5	43.6	83.3

Kindergarten Students, Public Schools

Enrollment and Immunization Status	1994	1995	1996	*1997	1998
Number of Students	3,502	3,607	-	3,102	2,856
Number of Schools	41	43	43	46	43
Percent with medical exemptions	0.1	<1.0	-	0.2	0.4
Percent with personal exemptions	2.2	1.3	-	2.3	2.7
Percent needing one or more immunizations	3.9	3.5	-	54.4	12.9
Percent with all required immunizations	93.8	95.1	-	43.0	84.0

Kindergarten Students, Private Schools

Enrollment and Immunization Status	1994	1995	1996	*1997	1998
Number of Students	497	512	-	485	437
Number of Schools	20	23	23	22	22
Percent with medical exemptions	<1.0	0.0	-	0.4	1.1
Percent with personal exemptions	4.0	2.5	-	5.6	5.5
Percent needing one or more immunizations	5.6	10.4	-	47.0	14.9
Percent with all required immunizations	89.9	87.1	-	47.0	78.5

Source: Immunizations Assessment of Kindergarten Students, 1998.

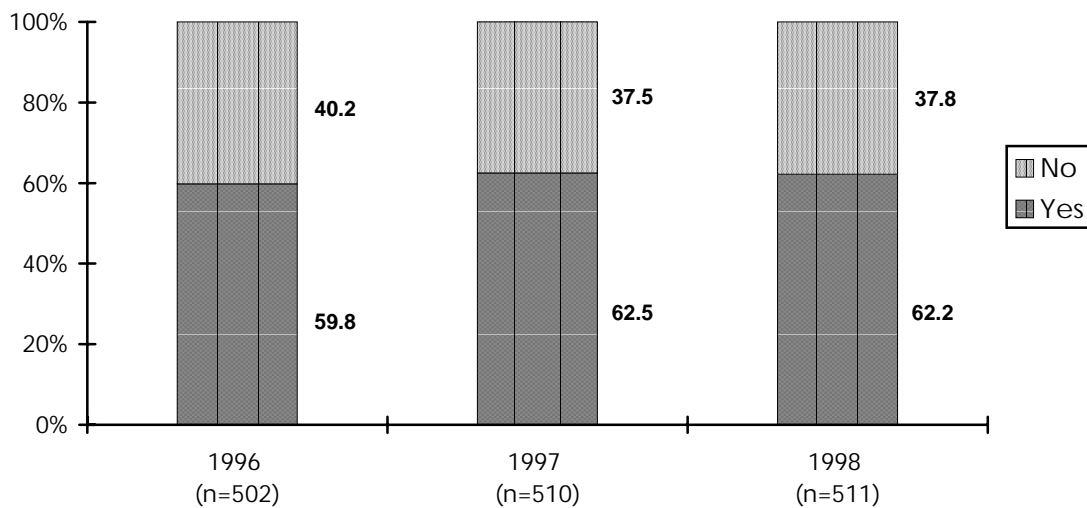
Note: Beginning in 1997, the state required incoming Kindergartners to have completed the 3 dose Hepatitis B vaccine series in addition to the previously required doses of Measles, Mumps and Rubella to be considered up to date on immunizations. Hepatitis B requirement is new and therefore many children are out of compliance.

*Quality of Life
Indicator 52*

Health Promotion

Regular exercise is an important preventive activity. Community monitoring can identify needs for health education.

Do you engage in physical activity three or more times a week for 20 minutes or more?



Source: Santa Cruz County Community Assessment Project, Telephone Survey 1996-1998.

*Quality of Life
Indicator 52*

 **Health Promotion (Continued)**

How many days a week do you engage in physical activity for a combined total of 30 minutes or more?

Response	Percent 1999
None	14.6
1-2 days	13.9
3-4 days	33.2
5 or more days	38.2
Total Respondents	560

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Note: Question was reworded in 1999.

*Quality of Life
Indicator 53*

Nutritional Status by Selected Ethnicity

Low hemoglobin values (anemia) frequently indicate poor nutritional status, as do low or high weight for height measurements.

Low Hemoglobin (<5th Percentile) for 0-17 years

Ethnicity	1995		1996		1997	
	# Exams	% < 5 th Percentile	# Exams	% < 5 th Percentile	# Exams	% < 5 th Percentile
Caucasian	243	10.7	109	14.7	110	15.5
Latino	2,048	13.2	1,708	14.5	1,963	14.2
All other	30	*	32	*	31	*
Not specified	1,027	16.8	705	16.7	706	23.5
County Total	3,382	14.2	2,568	15.0	2,810	16.6
State Total	3,870,931	16.5	950,626	15.6	869,195	15.0

* Value does not meet standards of reliability or precision.

Low Weight / Height (< 5th Percentile)

Ethnicity	1995		1996		1997	
	Number	Percent	Number	Percent	Number	Percent
Caucasian	1,469	3.9	478	2.7	443	4.1
Latino	7,362	2.1	4,641	1.5	4,452	1.6
All other	241	2.9	122	3.3	109	-
Not specified	1,788	2.6	1,047	2.1	1,320	2.4
County Total	10,970	2.5	6,336	1.7	6,324	2.0
State Total	1,621,370	2.5	1,811,950	2.5	1,619,914	2.5

Source: *Pediatric Nutrition Surveillance, Summary of Indicators by age and ethnic groups, 1997.*

Note: In the CHDP program, 75% are children 0-5 years, 17% are 6-12 years and 13% are 13-20 years old.

Quality of Life
Indicator 53

Nutritional Status by Selected Ethnicity (Continued)

High Weight / Height (> 95th Percentile)

Ethnicity	1995		1996		1997	
	Number	Percent	Number	Percent	Number	Percent
Caucasian	1,469	9.5	478	8.8	443	8.8
Latino	7,362	13.9	4,641	15.3	4,432	16.4
All other	214	3.7	122	10.7	109	13.8
Not specified	1,788	12.6	1,047	11.4	1,320	13.1
County Total	10,970	12.8	6,336	14.0	6,304	15.1
State Total	1,621,370	13.3	1,811,950	13.1	1,619,914	13.4

Source: Pediatric Nutrition Surveillance, Summary of Indicators by age and ethnic groups, 1997.

Note: In the CHDP program, 75% are children 0-5 years, 17% are 6-12 years and 13% are 13-20 years old.

*Quality of Life
Indicator 54*

Mental and Physical Health

Measures people's perception of their mental health—an important indicator of well being.

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

Response	1996	1997	1998	1999
Excellent	27.1	27.7	30.9	36.0
Very good	37.5	36.9	40.9	37.1
Good	23.6	22.4	21.6	21.3
Fair	10.0	10.8	5.6	5.0
Poor	1.8	2.2	1.0	0.5
Total Respondents	499	506	514	558

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

Response	1996	1997	1998	1999
Excellent	27.1	27.7	29.4	29.0
Very good	37.5	36.9	36.6	38.3
Good	23.6	22.4	22.8	19.7
Fair	10.0	10.8	9.3	10.4
Poor	1.8	2.2	1.9	2.7
Total Respondents	501	509	514	559

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 55*

 **Alcohol Use**

Measures reported use of alcohol as well as the availability of alcohol in the community.

How many times a week do you drink more than 2 alcoholic drinks in one sitting? (Asked of those 18 years and older)

Number of Times	1996	1997	1998	1999
Never	66.9	63.6	73.2	66.5
1	14.7	15.9	12.8	9.5
2	7.2	8.5	6.2	6.8
3	3.9	3.7	2.7	5.7
4	2.0	2.0	1.2	3.4
5	0.8	2.0	1.0	1.8
6	0.4	0.0	0.0	1.3
7	4.1	4.3	2.9	5.0
Total Respondents	489	508	514	558

Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 55*

Availability of Alcohol

Alcohol Outlets Per 10,000 People

	1995	1996	1998
Santa Cruz County	28.1	27.2	26.3
Statewide	21.2	20.6	19.9
Number of licensed retail alcohol outlets in Santa Cruz County	679	-	410

Source: Santa Cruz Alcohol and Drug Programs, California Department of Alcohol Beverage Control, 1998.

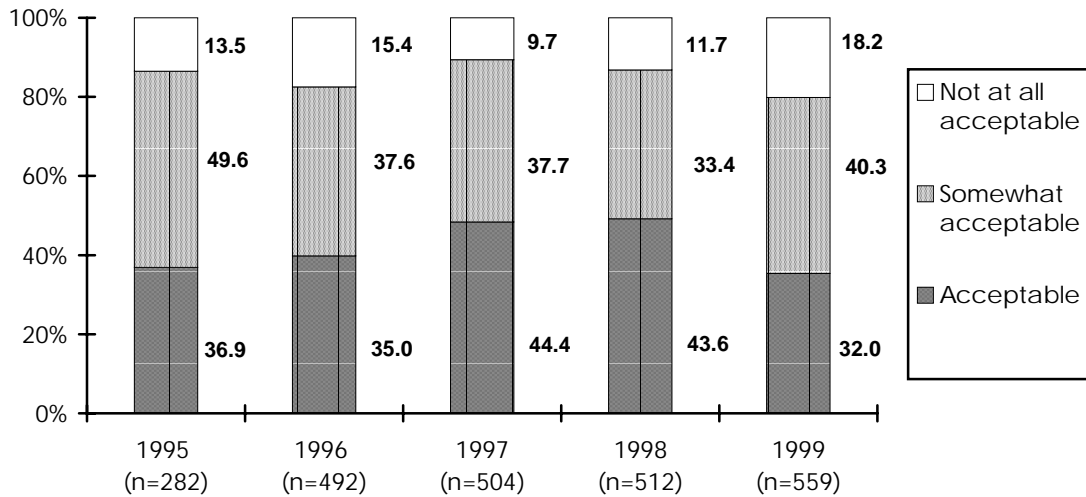
Note: The number of alcohol outlets in Santa Cruz County is 25.2% higher than State average. Figures for 1998 are as of June 30th. Department of Finance, population estimates were used.

*Quality of Life
Indicator 56*

Marijuana Use Community Standards

Measures perception of community tolerance towards the use of marijuana.

How acceptable do you think our community finds the use of marijuana for recreational or non-medicinal use?



Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Due to low numbers the "don't know" response is not included in the graph.

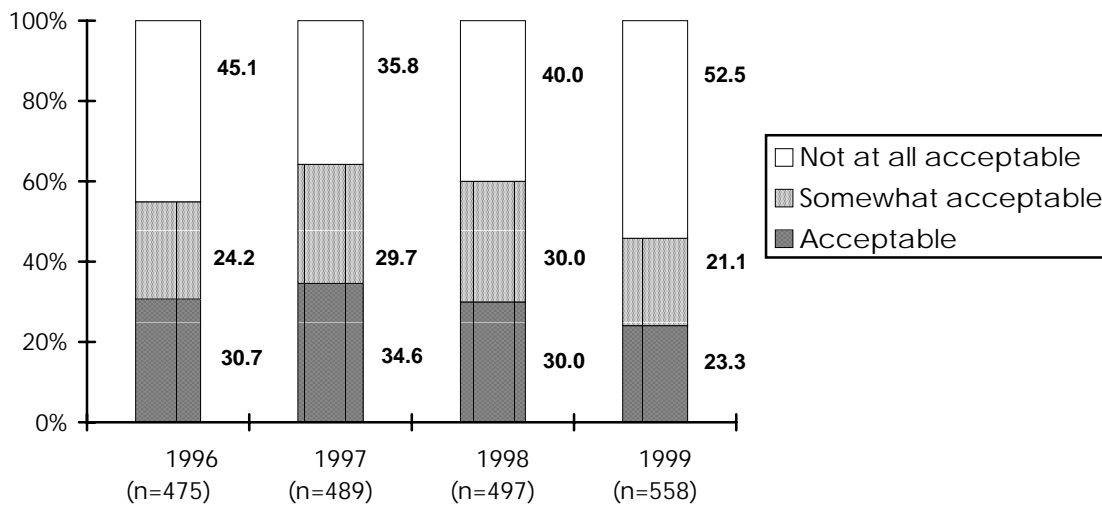
*Quality of Life
Indicator 56*

**☎ Marijuana Use (Continued)
Community Standards**

*Why do you think our community feels this way?
(Top four responses)*

Response	1998	1999
O.K. for medical use	28.7	5.7
Liberal community	23.5	13.7
It's acceptable	12.2	28.0
Should be legal	5.0	2.7
Total Respondents	512	559

*How acceptable do you find the use of marijuana for recreational or non-medicinal use?**



Source: Santa Cruz County Community Assessment Project, Telephone Survey.

Note: Question reworded in 1999.

Due to low numbers the “don’t know” response is not included in the graph.

*Quality of Life
Indicator 57*

Tobacco Use

Measures the self-reported use of tobacco by students, juveniles and adults

Student Use, Santa Cruz County

Tobacco – Cigarettes	6th Graders School year			8th Graders School year			9th Graders School year			11th Graders School year		
	'93- '94	'96- '97	'98- '99	'93- '94	'96- '97	'98- '99	'93- '94	'96- '97	'98- '99	'93- '94	'96- '97	'98- '99
Ever Used	15.0	15.0	–	49.0	41.0	35.0	65.0	55.0	51.0	64.0	66.0	59.0
Use Daily	<1.0	<1.0	–	4.0	6.0	3.0	11.0	9.0	7.0	12.0	13.0	10.0
Half a Pack or More a Day	<1.0	<1.0	–	2.0	8.0	1.0	3.0	5.0	3.0	6.0	6.0	4.0
Smokeless Tobacco												
Ever Used	5.0	4.0	–	18.0	9.0	7.0	27.0	14.0	11.0	31.0	23.0	14.0
Use Daily	<1.0	<1.0	–	1.0	<1.0	<1.0	2.0	<1.0	<1.0	2.0	2.0	<1.0
Daily: Six or More Times	<1.0	<1.0	–	<1.0	<1.0	<1.0	1.0	0.0	<1.0	<1.0	1.0	<1.0

Source: *The American Drug and Alcohol Survey, 1999.*

*Quality of Life
Indicator 57*

Tobacco Use (Continued)

Tobacco Use among Adolescents

Santa Cruz Tri-County Area*

Percent who say they have smoked in the past 30 days		Percent 1990	Percent 1996	% Change
Overall		12.5	9.0	-28.0
Gender	Boys	12.4	7.4	-40.3
	Girls	12.5	10.7	-14.4
Age	12 – 13	2.9	1.8	-37.9
	14 – 15	16.4	8.4	-48.8
	16 – 17	18.9	15.9	-15.9
Race / Ethnicity	African American	-	-	-
	Asian	3.0	7.6	153.3
	Latino	12.1	5.7	-52.9
	Caucasian	13.9	11.8	-15.1

Tobacco Use among Adolescents, California

Percent who say they have smoked in the past 30 days		Percent 1990	Percent 1996	% Change
Overall		9.2	12.0	30.4
Gender	Boys	9.7	12.6	24.8
	Girls	8.7	11.3	36.1
Age	12 – 13	3.6	3.3	6.5
	14 – 15	8.0	10.9	13.5
	16 – 17	16.6	22.1	39.0
Race / Ethnicity	African American	5.6	6.3	31.3
	Asian	4.7	8.8	63.0
	Latino	8.9	10.8	52.1
	Caucasian	11.0	14.3	21.2

Note: All figures are within 95% confidence intervals.

Santa Cruz Tri-County area includes Monterey, San Benito, and Santa Cruz Counties.

Source: Department of Health Services, Tobacco Control in California: *Who's Winning the War?*, 1998.

*Quality of Life
Indicator 57*

Tobacco Use (Continued)

Adult Tobacco Use

Tobacco Use, Santa Cruz Tri-County Area,*

Percent of Sample Size	Current Smoker		Former Smoker		Quit Ratio	
	1990	1996	1990	1996	1990	1996
Santa Cruz Tri-County Area	19.0	16.5	11.1	11.6	37.0	41.1
California	22.2	18.1	9.8	10.3	30.6	36.4

Note: All figures are within 95% confidence intervals. Former smoker and quit ratios are within the last five years. The sample size for the Santa Cruz Tri-County Area was 3,249 in 1990 and 3,645 in 1996. In California, the sample size was 65,139 in 1990, and 78,337 in 1996.

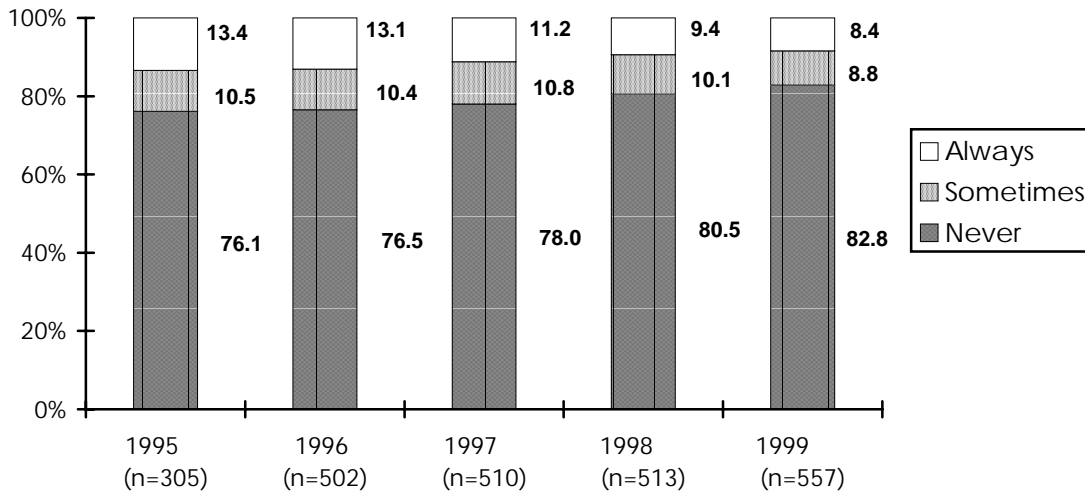
Source: Department of Health Services, Tobacco Control in California: Who's Winning the War? 1998.

** Santa Cruz Tri-County area includes Monterey, San Benito, and Santa Cruz Counties.*

*Quality of Life
Indicator 57*

☎ Tobacco Use

How often do you use tobacco?



Source: Santa Cruz County Community Assessment Project, Telephone Survey.

*Quality of Life
Indicator 58*

Student Self-Reports of Substance Use

Measures the self reported drug and alcohol use among youth in Santa Cruz County, as well as statewide and national comparisons.

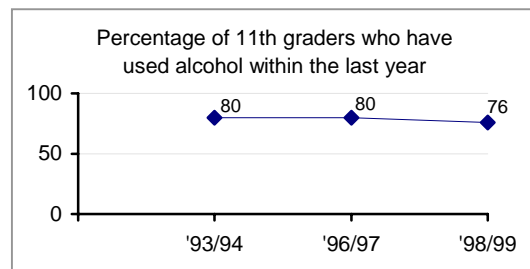
Percent of Students Who Reported They Have Used Each Substance in the Last 12 Months, Santa Cruz County

Substance	6th graders School year			8th graders School year			9th graders School year			11th graders School year		
	1993 -1994	1996 -1997	1998 -1999	1993 -1994	1996 -1997	1998 -1999	1993 -1994	1996 -1997	1998 -1999	1993 -1994	1996 -1997	1998 -1999
Alcohol	30.0	24.0	-	65.0	51.0	48.0	77.0	68.0	66.0	80.0	80.0	76.0
Been Drunk	3.0	4.0	-	29.0	19.0	15.0	48.0	37.0	34.0	62.0	57.0	53.0
Marijuana	5.0	6.0	-	34.0	27.0	21.0	49.0	46.0	40.0	54.0	54.0	50.0
Cocaine	2.0	<1.0	-	5.0	3.0	4.0	5.0	8.0	7.0	8.0	13.0	10.0
Stimulants	<1.0	<1.0	-	5.0	3.0	3.0	5.0	6.0	7.0	8.0	8.0	8.0
Legal Stimulants	3.0	2.0	-	10.0	6.0	5.0	10.0	11.0	7.0	15.0	12.0	6.0
Inhalants	6.0	7.0	-	18.0	13.0	12.0	12.0	11.0	10.0	7.0	8.0	5.0
Nitrites	0.0	<1.0	-	<1.0	1.0	<1.0	2.0	2.0	<1.0	4.0	2.0	<1.0
Downers	<1.0	<1.0	-	3.0	3.0	2.0	6.0	4.0	3.0	4.0	6.0	3.0
Hallucinogens	<1.0	<1.0	-	10.0	6.0	4.0	16.0	13.0	9.0	20.0	20.0	12.0
PCP	<1.0	<1.0	-	2.0	1.0	1.0	4.0	2.0	3.0	3.0	3.0	1.0
Heroin	-	<1.0	-	-	2.0	2.0	-	3.0	3.0	-	4.0	3.0
Other Narcotics	<1.0	<1.0	-	2.0	1.0	2.0	3.0	4.0	3.0	4.0	5.0	3.0
Number Enrolled	1,662	3,029	-	2,048	2,898	2,691	2,450	3,007	2,906	1,915	2,527	2,642
Number Surveyed	565	768	-	579	1,069	1,587	426	775	1,149	409	851	1,174
Percent of enrolled students surveyed	34.0	25.4	-	28.0	36.9	59.0	28.0	36.9	40.0	21.0	30.2	44.0

Source: *The American Drug and Alcohol Survey, 1999.*

Note: The figures above reflect student self reports of substance use during the twelve months prior to the survey. Use of “downers” under a doctor's orders is not included in these findings.

Benchmark Snapshot



*Quality of Life
Indicator 58*

Student Self-Reports of Substance Use (Continued)

State Comparison, 1993/1994 - Use in last 12 months

Substance	Percent of		Percent of 11th graders
	7th graders	9th graders	
Alcohol	53.1	68.6	74.3
Marijuana	11.1	30.4	40.0
Cocaine	2.8	6.1	4.9
Amphetamines	2.9	7.5	10.1
Inhalants	16.5	21.5	13.1
Barbiturates	1.4	2.3	1.7
Sedatives	1.1	2.5	3.3
Tranquilizers	2.4	6.3	7.0
LSD	2.5	8.6	12.2
PCP	3.5	5.4	3.7
Other Narcotics	2.9	6.6	7.8
Heroin	1.8	2.4	1.4

Source: *Fifth Biennial California Student Substance Abuse Survey, 1994.*

 **New data not available.**

National Comparisons - Use in last 12 months

Substance	Percent of 8 th Graders		Percent of 10 th Graders		Percent of 12 th Graders	
	1997	1998	1997	1998	1997	1998
	Any illicit drug	22.1	21.0	38.5	35.0	42.4
Any illicit drug other than Marijuana	11.8	11.0	18.2	16.6	20.7	20.2
Marijuana / Hashish	17.7	16.9	34.8	31.1	38.5	37.5
Inhalants	11.8	11.1	8.7	8.0	6.7	6.2
Hallucinogens	3.7	3.4	7.6	6.9	9.8	9.0
LSD	3.2	2.8	6.7	5.9	8.4	7.6
Hallucinogens other than LSD	1.8	1.6	3.3	3.4	4.6	4.6

Source: *"Monitoring the Future. Institute for Social Research, University of Michigan, 1998.*

*Quality of Life
Indicator 59*

Reported Communicable Diseases

Communicable diseases are an indicator of a community's overall health, and are largely preventable and/or treatable.

Average Yearly Cases

Disease	1993-1995	1994-1996	1996-1998	% Change
Chlamydia	338	333	342	2.7
Gonorrhea	40	37	43	16.2
Hepatitis A	44	54	50	-7.4
Hepatitis B (Acute)	12	12	11	-8.3
Lyme Disease	3	3	3	0.0
Measles	2	1	1	0.0
Pertussis (Whooping Cough)	15	28	60	114.3
Salmonellosis	52	53	51	-3.8
Shigellosis	32	36	28	-22.2
Syphilis	16	13	6	-53.8
Tuberculosis	24	20	15	-25.0

Source: Santa Cruz County Health Department, "Communicable Disease Morbidity Comparisons", 1998.

Newly Diagnosed Cases of AIDS

Ethnicity	1994	1995	1996	1997	1998
Caucasian	34	29	13	18	9
Hispanic	6	9	5	3	3
African American	0	1	1	0	1
Asian	1	3	0	0	0
American Indian	0	1	1	2	0
Other / unknown	0	0	0	1	1
Total	41	43	20	24	14

Source: Santa Cruz County Health Services HIV/AIDS Reporting System, 1998.

*Quality of Life
Indicator 60*

Suicides

In a society where there is much stigma and ignorance regarding mental illness, suicide and attempted suicide has often been misunderstood, overlooked, or ignored. Suicide, and the underlying problems associated with emotional pain continue to effect residents of Santa Cruz County across all ages.

Suicides by Age, Santa Cruz County

	1994	1995	1996	1997	1998	% Change
Under 18	3	1	1	2	1	-50.0
18-29	8	4	4	7	7	0.0
30-39	8	8	6	7	3	-57.1
40-49	8	8	8	6	11	83.3
50-59	7	1	8	2	5	150.0
60 and Above	7	5	9	4	3	-25.0
Total	41	27	36	28	30	7.1

Suicide Rate, Santa Cruz County

	1994	1995	1996	1997	1998	% Change
Number of Suicides	44	27	36	28	30	7.1
Population	237,800	239,975	242,575	245,400	249,000	1.5
Suicide Rate	1.7	1.1	1.5	1.1	1.2	9.1

Source: Santa Cruz County Coroner's Office, 1998. Population figures from Department of Financ.

*Quality of Life
Indicator 61*

Deaths by Leading Causes

Monitoring the causes of death is important for planning prevention activities.

Santa Cruz County Deaths per 100,000. Three Year Averages

Cause	1990-1992	1992-1994	1994-1996	1997*
Heart Disease	213.2	179.1	177.2	190.3
Malignant Neoplasms	158.9	171.0	157.3	164.6
Lung Cancer	37.9	42.3	41.1	35.9
Breast Cancer	23.3	29.0	30.3	14.7
Stroke	57.9	52.2	56.3	56.2
Pneumonia and Influenza	39.6	36.8	39.9	36.7
Chronic Obstructive Pulmonary Disease	34.6	35.4	37.8	35.0
Unintentional Injury	30.9	26.6	27.1	28.1
Suicide	13.7	15.8	13.9	10.6
Chronic Liver Disease / Cirrhosis	13.7	11.8	11.6	11.8
Acquired Immune Deficiency Syndrome	9.3	11.6	11.6	3.7
Diabetes Mellitus	10.3	10.6	14.5	10.2
Homicide	4.7	3.9	3.3	1.2

Source: Health Data Summaries for California Counties, California Department of Health Services, 1997

** The three year average for 1997 is not yet available.*

*Quality of Life
Indicator 61*

Deaths by Leading Causes (Continued)

California Deaths per 100,000. Three Year Averages

Cause	1990-1992	1992- 1994	1994-1996	1997*
Heart Disease	218.8	182.8	181.5	207.2
Malignant Neoplasms	161.8	159.5	159.4	157.2
Lung Cancer	43.6	42.7	42.5	41.8
Breast Cancer	27.7	27.0	27.0	12.5
Stroke	49.9	48.3	50.3	50.5
Pneumonia and Influenza	31.8	29.3	-	37.3
Chronic Obstructive Pulmonary Disease	31.2	32.1	-	35.6
Unintentional Injury	32.0	33.3	28.9	26.6
Suicide	12.2	11.8	11.4	10.4
Chronic Liver Disease / Cirrhosis	12.3	11.6	-	10.6
Acquired Immune Deficiency Syndrome	18.0	20.0	-	5.6
Diabetes Mellitus	11.1	12.9	-	17.0
Homicide	12.8	12.7	10.9	5.9

Source: Health Data Summaries for California Counties, California Department of Health Services, 1997.

** The three year average for 1997 is not yet available.*

*Quality of Life
Indicator 62*

Deaths by Leading Causes by Ethnicity

Caucasian

Causes of Death	1993	1994	1995	*1996	1997
Heart Disease	486	500	488	455	422
Malignant Neoplasms	417	360	352	324	352
Cerebrovascular Disease	102	99	149	115	126
Chronic Obstructive Pulmonary Disease	98	77	87	97	84
Pneumonia / Influenza	72	87	82	103	82
Unintentional Injuries	50	43	48	49	52
Acquired Immune Deficiency Syndrome	15	33	22	18	8
Homicide	9	3	3	2	1
Chronic Liver Disease Cirrhosis	20	22	25	22	20
Suicide	39	32	24	30	19
Diabetes Mellitus	20	22	17	42	19
All Other Causes / Residual	181	231	258	251	259
Total	1,555	1,509	1,555	1,508	1,444

* Includes Native Americans

Source: Health Data Summaries for California Counties, California Department of Health Services, 1997.

*Quality of Life
Indicator 62*

Deaths by Leading Causes by Ethnicity (Continued)

Latino

Causes of Death	1993	1994	1995	1996	1997
Heart Disease	24	27	23	32	25
Malignant Neoplasms	19	24	23	22	39
Cerebrovascular Disease	9	11	7	6	6
Chronic Obstructive Pulmonary Disease	3	3	4	1	0
Pneumonia / Influenza	4	3	3	2	5
Unintentional Injuries	7	16	19	10	12
Acquired Immune Deficiency Syndrome	3	2	3	0	5
Homicide	2	3	5	8	2
Chronic Liver Disease Cirrhosis	3	6	3	4	8
Suicide	0	4	4	2	6
Diabetes Mellitus	3	3	2	6	5
All Other Causes / Residual	30	35	31	29	21
Total	107	137	127	122	134

Source: Department of Health Services, State of California, Vital Statistics Section, 1993-1997 Death Records.

*Quality of Life
Indicator 62*

Deaths by Leading Causes by Ethnicity (Continued)

African American

Causes of Death	1993	1994	1995	1996	1997
Heart Disease	1	1	0	3	4
Malignant Neoplasms	3	4	2	5	2
Cerebrovascular Disease	1	0	0	1	1
Chronic Obstructive Pulmonary Disease	1	1	0	0	1
Pneumonia / Influenza	0	0	0	0	1
Unintentional Injuries	0	2	1	0	2
Acquired Immune Deficiency Syndrome	1	3	0	2	0
Homicide	1	0	0	0	0
Chronic Liver Disease Cirrhosis	0	0	0	0	1
Suicide	0	2	1	0	1
Diabetes Mellitus	0	1	1	1	0
All Other Causes / Residual	1	0	1	2	0
Total	9	14	6	14	13

Source: Department of Health Services, State of California, Vital Statistics Section, 1993-1997 Death Records.

*Quality of Life
Indicator 62*

Deaths by Leading Causes by Ethnicity (Continued)

Asian / Other

Causes of Death	1993	1994	1995	1996	1997
Heart Disease	13	12	12	24	16
Malignant Neoplasms	15	12	4	8	11
Cerebrovascular Disease	3	5	5	10	5
Chronic Obstructive Pulmonary Disease	3	1	0	3	0
Pneumonia / Influenza	0	4	3	2	0
Unintentional Injuries	1	6	2	0	3
Acquired Immune Deficiency Syndrome	0	1	0	0	0
Homicide	1	0	0	0	0
Chronic Liver Disease Cirrhosis	1	1	1	0	0
Suicide	1	0	0	2	0
Diabetes Mellitus	1	2	3	4	0
All Other Causes / Residual	9	5	7	6	14
Total	48	49	37	59	49

Source: Department of Health Services, State of California, Vital Statistics Section, 1993-1997 Death Records.

Quality of Life
Indicator 63

Average Percent of Deaths by Age and Selected Ethnicity

Caucasian

Age Group	1993-1995	1994-1996	1997	% Change
<1	0.77	0.37	0.50	35.1
1-4	0.03	0.03	0.03	0.0
5-14	0.02	0.02	0.01	-50.0
15-19	0.04	0.04	0.08	100.0
20-24	0.06	0.07	0.03	-57.1
25-34	0.13	0.12	0.07	-41.7
35-44	0.21	0.21	0.15	-28.6
45-54	0.51	0.54	0.30	-44.4
55-64	0.99	0.89	0.68	-23.6
65+	5.29	5.24	5.00	-4.6

Latino

Age Group	1993-1995	1994-1996	1997	% Change
<1	1.11	1.10	0.48	-56.4
1-4a	0.00	0.02	0.00	-100.0
5-14	0.02	0.02	0.01	-50.0
15-19	0.04	0.06	0.11	83.3
20-24	0.10	0.08	0.04	-50.0
25-34	0.12	0.13	0.10	-23.1
35-44	0.16	0.19	0.13	-31.6
45-54	0.35	0.38	0.34	-10.5
55-64	0.67	0.67	0.74	10.4
65+	3.86	3.99	2.44	-38.8

Source: 1990 Census Data, Department of Health Services, State of California Vital Statistics Section, 1997.

Note: To determine the average number of deaths by age/ethnicity, the ethnicity category is divided by the total population in that age/ethnicity category. The population is based on the 1990 census data for that category.