Sacramento County

This County Health Profile provides data on key health topics for the 1,055,000 adults (age 18 and over) in Sacramento County. Estimates are based on the 2011-2012 California Health Interview Survey (CHIS). 1

### Demographics

<table>
<thead>
<tr>
<th></th>
<th>County(%)</th>
<th>State(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-64</td>
<td>83.9</td>
<td>84.2</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>16.2</td>
<td>15.8</td>
</tr>
<tr>
<td>White</td>
<td>52.7</td>
<td>43.5</td>
</tr>
<tr>
<td>Latino</td>
<td>18.8</td>
<td>34.2</td>
</tr>
<tr>
<td>Asian</td>
<td>15.0</td>
<td>13.9</td>
</tr>
<tr>
<td>Black</td>
<td>9.1</td>
<td>5.6</td>
</tr>
<tr>
<td>Other race</td>
<td>4.5</td>
<td>2.8</td>
</tr>
<tr>
<td>Adults with income less than 200% FPL</td>
<td>32.9</td>
<td>35.9</td>
</tr>
</tbody>
</table>

### Access and Utilization

<table>
<thead>
<tr>
<th></th>
<th>County(%)</th>
<th>State(%) (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uninsured all or part year (age 18-64)</td>
<td>26.7 (21.2 - 32.2)</td>
<td>26.6 (25.7 - 27.4)</td>
</tr>
<tr>
<td>Employment-based insurance, all year (age 18-64)</td>
<td>54.4 (48.6 - 60.1)</td>
<td>50.6 (49.7 - 51.5)</td>
</tr>
<tr>
<td>Medi-Cal or Healthy Families, all year (age 18-64)</td>
<td>10.4 (6.9 - 14.0)</td>
<td>11.6 (11.0 - 12.2)</td>
</tr>
<tr>
<td>Other coverage, all year (age 18-64)</td>
<td>8.5 (5.8 - 11.2)</td>
<td>11.3* (10.7 - 11.8)</td>
</tr>
<tr>
<td>No usual source of health care</td>
<td>17.6 (13.2 - 22.1)</td>
<td>17.6 (16.9 - 18.2)</td>
</tr>
<tr>
<td>Delayed getting prescription drugs or medical services in past year</td>
<td>24.2 (19.7 - 28.7)</td>
<td>21.5 (20.9 - 22.2)</td>
</tr>
</tbody>
</table>

### Health Outcomes

<table>
<thead>
<tr>
<th></th>
<th>County(%)</th>
<th>State(%) (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serious psychological distress in the past year</td>
<td>9.0 (5.8 - 12.2)</td>
<td>7.9 (7.5 - 8.4)</td>
</tr>
<tr>
<td>Fair or poor health (age-adjusted)</td>
<td>16.0 (13.0 - 19.7)</td>
<td>19.4 (18.7 - 20.0)</td>
</tr>
<tr>
<td>Current asthma</td>
<td>8.7 (6.2 - 11.2)</td>
<td>7.7 (7.3 - 8.1)</td>
</tr>
<tr>
<td>Ever diagnosed with diabetes</td>
<td>9.2 (6.6 - 11.8)</td>
<td>8.4 (7.9 - 8.8)</td>
</tr>
<tr>
<td>Obese</td>
<td>28.0 (23.6 - 32.3)</td>
<td>24.8 (24.1 - 25.5)</td>
</tr>
<tr>
<td>Ever diagnosed with high blood pressure</td>
<td>27.5 (23.7 - 31.3)</td>
<td>27.3 (26.6 - 27.9)</td>
</tr>
</tbody>
</table>

### Health Behaviors

<table>
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</thead>
<tbody>
<tr>
<td>Engaged in regular walking in the past week</td>
<td>32.0 (27.0 - 36.9)</td>
<td>33.3 (32.5 - 34.1)</td>
</tr>
<tr>
<td>Ate fruits and vegetables 3 or more times yesterday</td>
<td>27.2 (23.0 - 31.3)</td>
<td>27.2 (26.5 - 27.9)</td>
</tr>
<tr>
<td>Current smoker</td>
<td>17.9 (14.0 - 21.8)</td>
<td>13.8* (13.2 - 14.3)</td>
</tr>
<tr>
<td>Binge drinking</td>
<td>31.6 (26.7 - 36.5)</td>
<td>31.1 (30.3 - 31.8)</td>
</tr>
</tbody>
</table>

### Other Factors

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<tr>
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<th>County(%)</th>
<th>State(%) (95% CI)</th>
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<tbody>
<tr>
<td>Food insecure</td>
<td>15.5 (11.5 - 19.5)</td>
<td>14.9 (14.3 - 15.6)</td>
</tr>
<tr>
<td>Limited English proficiency</td>
<td>16.4 (12.2 - 20.6)</td>
<td>26.9* (26.2 - 27.7)</td>
</tr>
</tbody>
</table>

* Statistically significant difference between county and state at p<0.05

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Notes

1 To obtain a representative sample, 42,935 adults in California were randomly selected to participate in CHIS 2011-2012.


3 Other race includes Native Hawaiian, Pacific Islander, American Indian, Alaska Natives, any other race and two or more races.

4 FPL is the Federal Poverty Level. Poverty estimates for CHIS 2011-2012 have been weighted to the Current Population Survey and

5 Other coverage includes: 1) Individually purchased private coverage; 2) Other public coverage that is not Medi-Cal or Healthy Families, such as AIM or MRMIP; and 3) Any combination of insurance types during the past year without a period of uninsurance.

6 Usual source of care excludes emergency department and urgent care visits.

7 Serious Psychological Distress (SPD) is often used as a proxy measure for severe mental illness in a population. Adult respondents were asked 6 questions, known as the “Kessler 6”, to assess symptoms of distress during a 30-day period in the past year.


9 Defined as ever diagnosed with asthma and reporting current asthma or an asthma attack/episode in the past year.

10 Excludes ever been diagnosed with gestational diabetes. Estimates were not age-adjusted because age-adjustment did not produce meaningfully different estimates.

11 Defined as body mass index (weight [kg] / height [m²]) greater than or equal to 30.0.

12 Defined as those who reported at least 150 minutes of walking for transportation or leisure in the past week.

13 Excludes consumption of fruit juice and fried potatoes.

14 Defined as having smoked at least 100 cigarettes in entire lifetime and currently smokes everyday or some days.

15 Defined as consuming four or more alcoholic drinks on one or more occasion for women and five or more drinks on one or more occasion for men at any point in the past year.

16 Defined as adults who had difficulty reliably putting food on the table in the past year. The question assumes that adults who are above 200% of the federal poverty level are food secure.

17 Defined as adults who speak English less than very well out of the entire population. The question was asked only of those who speak a language other than English at home.