



Northern / Sierra Counties

This profile provides data on key health topics for the 1,064,000 adults (18 and over) in Northern / Sierra Counties.[^] Estimates are based on the 2009 California Health Interview Survey (CHIS).



Demographics ¹	Region (%)	California (%)
Age 18-64	79.7	85.2
Age 65 and over	20.3	14.8
White	79.8	46.5
Latino	11.7	32.5
Asian	2.6	12.9
Black	0.8	5.6
Other ²	5.3	3.0
Adults with income less than 200% FPL	37.1	34.0

Access and Utilization	Region		California	
	%	(95% CI)	%	(95% CI)
Uninsured all or part year (age 18-64)	25.7	(23.1 - 28.3)	26.6	(25.3 - 28.0)
Employment-based insurance, all year (age 18-64)	46.2	(43.5 - 48.9)	52.6*	(51.3 - 54.0)
Medi-Cal or Healthy Families, all year (age 18-64)	13.5	(11.5 - 15.5)	8.9*	(8.1 - 9.6)
Other coverage, all year (age 18-64) ³	14.6	(12.7 - 16.6)	11.9*	(11.1 - 12.7)
No usual source of health care ⁴	15.9	(14.0 - 17.8)	17.8	(16.8 - 18.9)
Delayed getting prescription drugs or medical services in last year	25.4	(23.4 - 27.4)	20.4*	(19.5 - 21.4)
Health Outcomes				
Serious psychological distress in the last year ⁵	8.3	(6.9 - 9.7)	6.5*	(5.9 - 7.1)
Fair or poor health (age-adjusted) ⁶	17.3	(15.5 - 19.2)	18.5	(17.7 - 19.4)
Current asthma ⁷	10.6	(9.1 - 12.0)	7.7*	(7.2 - 8.3)
Ever diagnosed with diabetes ⁸	8.6	(7.4 - 9.7)	8.5	(7.8 - 9.1)
Obese ⁹	25.4	(23.5 - 27.3)	22.7*	(21.8 - 23.6)
Ever diagnosed with high blood pressure	30.6	(28.7 - 32.5)	26.2*	(25.3 - 27.1)
Health Behaviors				
Engaged in regular physical activity in the last week ¹⁰	21.4	(19.5 - 23.3)	21.8	(20.9 - 22.8)
Ate fruits and vegetables 3 or more times yesterday ¹¹	25.9	(24.1 - 27.7)	25.4	(24.4 - 26.3)
Current smoker ¹²	19.0	(17.1 - 21.0)	13.6*	(12.8 - 14.4)
Binge drinking ¹³	34.5	(32.2 - 36.8)	31.3*	(30.2 - 32.4)
Other Factors				
Low-income food insecurity ¹⁴	12.7	(11.0 - 14.4)	13.7	(12.7 - 14.7)
Limited English proficiency ¹⁵	8.4	(6.8 - 10.0)	26.2*	(25.1 - 27.3)

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

[^] Comprised of Butte, Shasta, Humboldt, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Mendocino, Lake, Tehama, Glenn, Colusa, Sutter, Yuba, Nevada, Plumas, Sierra, Tuolumne, Calaveras, Amador, Inyo, Mariposa, Mono and Alpine Counties.

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Notes

- ¹ Racial and ethnic categories are based on the Office of Management and Budget (OMB) Standards of classification: <http://www.census.gov/population/www/socdemo/race/Ombdir15.html>, unless otherwise noted.
- ² Other includes Native Hawaiian, Pacific Islander, American Indian, Alaska Natives and two or more races.
- ³ 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 last year without a period of uninsurance.
- ⁴ Estimates exclude emergency room and urgent care visits as a usual source of care.
- ⁵ 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 last year.
- ⁶ Age-adjusted to U.S. Standard Population in 2000.
- ⁷ Defined as ever diagnosed with asthma and reporting current asthma or an asthma attack/episode in the last year.
- ⁸ Excludes ever been diagnosed with gestational diabetes. Estimates were not age-adjusted because age-adjustment did not produce meaningfully different estimates.
- ⁹ Defined as body mass index (weight [kg] / height [m²]) greater than or equal to 30.0.
- ¹⁰ Defined as those who reported at least 30 minutes of moderate activity (excluding walking) for 5 or more days in the last week or those who reported at least 20 minutes of vigorous activity for 3 or more days in the last week.
- ¹¹ Excludes consumption of fruit juice and fried potatoes.
- ¹² Defined as having smoked at least 100 cigarettes in entire lifetime and currently smokes everyday or some days.
- ¹³ 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 last year.
- ¹⁴ Defined as adults in the population who had difficulty reliably putting food on the table in the last year and were under 200% of the federal poverty level.
- ¹⁵ Defined as adults in the population who speak English less than very well. Question was only asked of those speaking a language other than English at home.



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