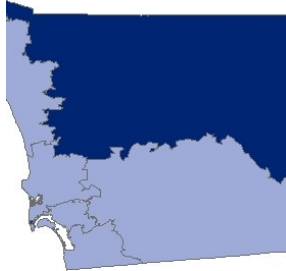




## North Inland Region of San Diego County

San Diego has 6 Health and Human Services Agency (HHS) regions. This profile provides data on key health indicators for the 139,000 children and teens (age 17 and under) in the North Inland Region of San Diego County. Estimates are based on the 2011-2012 California Health Interview Survey (CHIS).<sup>1</sup>

North Inland



San Diego County HHS Regions

Demographics <sup>2</sup>	North Inland Region (%)	San Diego County (%)
Age 0-11	75.0	66.6
Age 12-17	25.0	33.4
White	51.0	33.5
Latino	38.3	45.9
Asian	3.0	8.9
Black	--	5.6
Other Race <sup>3</sup>	7.6	6.0
Adults living with children, with income less than 200% FPL <sup>4</sup>	34.2	39.6

Access and Utilization	North Inland Region % (95% CI)	San Diego County % (95% CI)
Uninsured all or part year (age 0-17)	12.0 (7.8 - 16.2)	9.3 (7.6 - 11.0)
Employment-based insurance, all year (age 0-17)	52.4 (46.8 - 58.0)	53.6 (51.3 - 55.8)
Medi-Cal or Healthy Families, all year (age 0-17)	27.8 (22.1 - 33.6)	31.8 (29.3 - 34.3)
No usual source of health care (age 0-17) <sup>5</sup>	6.4 (3.7 - 9.1)	8.2 (6.8 - 9.6)
Health Outcomes		
Current asthma (age 0-17) <sup>6</sup>	12.5 (7.2 - 17.7)	10.9 (8.9 - 13.0)
Overweight for age (age 2-11) <sup>7</sup>	12.9 (6.9 - 18.9)	11.1 (8.7 - 13.6)
Overweight or obese (age 12-17) <sup>8</sup>	27.1 (19.7 - 34.5)	30.7 (25.8 - 35.6)
Health Behaviors		
Engaged in regular physical activity in the last week (age 5-17) <sup>9</sup>	18.2 (12.6 - 23.7)	19.1 (16.8 - 21.4)
Had fast food at least twice in last week (age 2-17)	33.0 (25.9 - 40.1)	36.1 (34.0 - 38.3)
Had 5 or more servings of fruits and vegetables yesterday (age 2-17) <sup>10</sup>	30.6 (24.9 - 36.2)	28.5 (25.8 - 31.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 2-11) <sup>11</sup>	22.5 (15.9 - 29.1)	27.5 (22.6 - 32.4)
Had 1 or more servings of soda or sugary drinks yesterday (age 12-17) <sup>11</sup>	61.3 (52.5 - 70.2)	55.7 (50.0 - 61.5)
Had flu vaccination in the past year (6 months - 11 years)	49.9 (42.3 - 57.6)	47.3 (42.8 - 51.9)
Visited a dentist in the past year (age 2-17)	82.9 (78.0 - 87.8)	89.1* (87.1 - 91.0)
Households with children (age 0-17) where smoking is permitted <sup>12</sup>	0.8 (0.2 - 1.3)	1.3 (0.9 - 1.7)
Other Factors		
Food insecure (adults living with children) <sup>13</sup>	6.6 (4.0 - 9.2)	7.2 (5.4 - 9.1)
Family member reads to child everyday (age 0-5)	71.7 (65.7 - 77.7)	68.9 (66.2 - 71.5)

\* Statistically significant difference between HHS Region and San Diego County at p<0.05

-- Direct estimates are omitted due to small sample size and small area estimates are omitted because the target population size is less than 10,000 persons.



## Notes

- <sup>1</sup> With the exception of age, race/ethnicity, FPL, and state level estimates, the estimates for the Child and Teen County Health Profiles were produced employing Small Area Estimation (SAE). SAE is a statistical modeling method used to produce estimates for small geographic areas or population groups that are not otherwise directly available from the survey sample.
- <sup>2</sup> Racial and ethnic categories are based on the Office of Management and Budget (OMB) definitions used in the 2010 Census. For more information, see *2010 Census Briefs*, issued March 2011. Retrieved August 26, 2013: <http://www.census.gov/prod/cen2010/briefs/c2010br-02.pdf>.
- <sup>3</sup> Other Race includes Native Hawaiian, Pacific Islander, American Indian, Alaska Natives, any other race and two or more races.
- <sup>4</sup> FPL is the Federal Poverty Level.
- <sup>5</sup> Usual source of care excludes emergency department and urgent care visits.
- <sup>6</sup> Defined as ever diagnosed with asthma, and reporting current asthma or asthma symptoms in the past year.
- <sup>7</sup> Defined as the proportion of children (age 2-11) whose weight for age is at or above the 85th percentile based on gender specific Centers for Disease Control and Prevention weight guidelines.
- <sup>8</sup> Defined as the proportion of teens (age 12-17) whose body mass index ( $\text{kg}/\text{m}^2$ ) is at or above the 85th percentile on gender and age specific Centers for Disease Control and Prevention BMI guidelines.
- <sup>9</sup> Defined as those who engaged in at least one hour of physical activity daily during the last week, excluding physical education.
- <sup>10</sup> Excludes consumption of fruit juice and fried potatoes.
- <sup>11</sup> Defined as drinking one or more glasses or cans of non-diet soda, sweetened sports drinks or energy drinks yesterday.
- <sup>12</sup> Defined as households with children where smoking is allowed some days or every day among all households.
- <sup>13</sup> Defined as adults with children who had difficulty reliably putting food on the table in the past year. The question assumes that adults with children who are above 200% of the federal poverty level are food secure.



The **UCLA Center for Health Policy Research** is one of the nation's leading health policy research centers and the premier source of health-related information on Californians.



The **California Endowment**, a private, statewide health foundation, was established in 1996 to expand access to affordable, quality health care for underserved individuals and communities and to promote fundamental improvements in the health status of all Californians. Learn more at: [www.calendow.org](http://www.calendow.org)



The **California Health Interview Survey (CHIS)** is the nation's largest state health survey and one of the largest health surveys in the United States. Learn more at: [www.askchis.com](http://www.askchis.com)