



## Central Coast Counties

This Region Health Profile provides data on key health indicators for the 536,000 children and teens (age 17 and under) in the Central Coast Counties.<sup>^</sup> Estimates are based on the 2011-2012 California Health Interview Survey (CHIS).



Demographics <sup>1</sup>	Region (%)	California (%)
Age 0-11	66.0	65.8
Age 12-17	34.0	34.2
White	33.1	27.3
Latino	58.1	51.4
Asian	2.2	10.6
Black	0.9	5.5
Other race <sup>2</sup>	5.8	5.2
Adults living with children, with income less than 200% FPL <sup>3</sup>	45.3	45.1

	Region (%)	California (%)
Access and Utilization	(95% CI)	(95% CI)
Uninsured all or part year (age 0-17)	10.4 (6.1 - 14.6)	7.7 (6.7 - 8.6)
Employment-based insurance, all year (age 0-17)	45.1 (38.6 - 51.6)	45.1 (43.3 - 47.0)
Medi-Cal or Healthy Families, all year (age 0-17)	39.8 (33.3 - 46.3)	40.5 (38.5 - 42.4)
No usual source of health care (age 0-17) <sup>4</sup>	9.4 (5.7 - 13.1)	8.8 (7.8 - 9.8)
Health Outcomes		
Current asthma (age 0-17) <sup>5</sup>	8.2 (4.2 - 12.3)	10.1 (9.0 - 11.3)
Overweight for age (age 2-11) <sup>6</sup>	9.1 (4.9 - 13.4)	13.6 (11.8 - 15.3)
Overweight or obese (age 12-17) <sup>7</sup>	28.3 (18.8 - 37.9)	32.4 (29.5 - 35.3)
Health Behaviors		
Engaged in regular physical activity in the last week (age 5-17) <sup>8</sup>	21.9 (15.2 - 28.6)	20.8 (19.1 - 22.5)
Had fast food at least twice in last week (age 2-17)	30.8 (24.7 - 36.9)	37.2 (35.4 - 39.0)
Had 5 or more servings of fruits and vegetables yesterday (age 2-17) <sup>9</sup>	25.8 (20.6 - 30.9)	26.6 (25.0 - 28.3)
Had 1 or more servings of soda or sugary drinks yesterday (age 2-11) <sup>10</sup>	20.9 (14.3 - 27.6)	27.0 (24.9 - 29.1)
Had 1 or more servings of soda or sugary drinks yesterday (age 12-17) <sup>10</sup>	63.9 <sup>†</sup> (53.6 - 74.2)	64.7 (61.9 - 67.6)
Had flu vaccination in the past year (6 months - 11 years)	53.2 (45.1 - 61.3)	50.0 (47.7 - 52.2)
Visited a dentist in the past year (age 2-17)	89.9 (85.7 - 94.2)	87.8 (86.5 - 89.1)
Households with children (age 0-17) where smoking is permitted <sup>11</sup>	0.9 (0.4 - 1.5)	1.3 (1.1 - 1.5)
Other Factors		
Food insecure (adults living with children) <sup>12</sup>	7.7 (5.9 - 9.5)	8.4 (7.9 - 9.0)
Family member reads to child everyday (age 0-5)	65.5 <sup>†</sup> (55.4 - 75.5)	62.2 (59.1 - 65.2)

<sup>^</sup> Comprised of Ventura, Santa Barbara, San Luis Obispo, Monterey and San Benito Counties

<sup>†</sup> Estimate should be interpreted with caution because it is either unstable (coefficient of variation  $\geq 40\%$ ) or it has a wide confidence interval ( $>20$  percentage points).

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## Notes

- <sup>1</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>2</sup> Other Race includes Native Hawaiian, Pacific Islander, American Indian, Alaska Natives, any other race and two or more races.
- <sup>3</sup> FPL is the Federal Poverty Level.
- <sup>4</sup> Usual source of care excludes emergency department and urgent care visits.
- <sup>5</sup> Defined as ever diagnosed with asthma, and reporting current asthma or asthma symptoms in the past year.
- <sup>6</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>7</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>8</sup> Defined as those who engaged in at least one hour of physical activity daily during the last week, excluding physical education.
- <sup>9</sup> Excludes consumption of fruit juice and fried potatoes.
- <sup>10</sup> Defined as drinking one or more glasses or cans of non-diet soda, sweetened sports drinks or energy drinks yesterday.
- <sup>11</sup> Defined as households with children where smoking is allowed some days or every day among all households.
- <sup>12</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.



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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)