



Northern / Sierra Counties

This Region Health Profile provides data on key health indicators for the 296,000 children and teens (age 17 and under) in the Northern / Sierra Counties.[^] Estimates are based on the 2011-2012 California Health Interview Survey (CHIS).



Demographics ¹	Region (%)	California (%)
Age 0-11	65.4	65.8
Age 12-17	34.6	34.2
White	59.8	27.3
Latino	29.5	51.4
Asian	2.3	10.6
Black	0.9	5.5
Other race ²	7.6	5.2
Adults living with children, with income less than 200% FPL ³	49.3	45.1

Access and Utilization	Region (%)	California (%)
	(95% CI)	(95% CI)
Uninsured all or part year (age 0-17)	12.0 (8.4 - 15.5)	7.7* (6.7 - 8.6)
Employment-based insurance, all year (age 0-17)	35.9 (31.4 - 40.4)	45.1* (43.3 - 47.0)
Medi-Cal or Healthy Families, all year (age 0-17)	45.1 (40.2 - 50.1)	40.5 (38.5 - 42.4)
No usual source of health care (age 0-17) ⁴	8.8 (6.1 - 11.5)	8.8 (7.8 - 9.8)
Health Outcomes		
Current asthma (age 0-17) ⁵	10.4 (7.6 - 13.1)	10.1 (9.0 - 11.3)
Overweight for age (age 2-11) ⁶	10.7 (6.7 - 14.6)	13.6 (11.8 - 15.3)
Overweight or obese (age 12-17) ⁷	34.9 (27.2 - 42.6)	32.4 (29.5 - 35.3)
Health Behaviors		
Engaged in regular physical activity in the last week (age 5-17) ⁸	29.1 (24.2 - 34.0)	20.8* (19.1 - 22.5)
Had fast food at least twice in last week (age 2-17)	26.4 (21.9 - 30.8)	37.2* (35.4 - 39.0)
Had 5 or more servings of fruits and vegetables yesterday (age 2-17) ⁹	33.5 (28.9 - 38.2)	26.6* (25.0 - 28.3)
Had 1 or more servings of soda or sugary drinks yesterday (age 2-11) ¹⁰	23.3 (17.4 - 29.2)	27.0 (24.9 - 29.1)
Had 1 or more servings of soda or sugary drinks yesterday (age 12-17) ¹⁰	63.6 (56.0 - 71.2)	64.7 (61.9 - 67.6)
Had flu vaccination in the past year (6 months - 11 years)	43.9 (37.6 - 50.2)	50.0 (47.7 - 52.2)
Visited a dentist in the past year (age 2-17)	82.9 (78.6 - 87.1)	87.8* (86.5 - 89.1)
Households with children (age 0-17) where smoking is permitted ¹¹	1.6 (0.9 - 2.2)	1.3 (1.1 - 1.5)
Other Factors		
Food insecure (adults living with children) ¹²	7.4 (6.1 - 8.7)	8.4 (7.9 - 9.0)
Family member reads to child everyday (age 0-5)	65.1 (57.7 - 72.6)	62.2 (59.1 - 65.2)

[^] 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 and Alpine Counties

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



Notes

- ¹ 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>.
- ² Other Race includes Native Hawaiian, Pacific Islander, American Indian, Alaska Natives, any other race and two or more races.
- ³ FPL is the Federal Poverty Level.
- ⁴ Usual source of care excludes emergency department and urgent care visits.
- ⁵ Defined as ever diagnosed with asthma, and reporting current asthma or asthma symptoms in the past year.
- ⁶ 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.
- ⁷ Defined as the proportion of teens (age 12-17) whose body mass index (kg/m^2) is at or above the 85th percentile on gender and age specific Centers for Disease Control and Prevention BMI guidelines.
- ⁸ Defined as those who engaged in at least one hour of physical activity daily during the last week, excluding physical education.
- ⁹ Excludes consumption of fruit juice and fried potatoes.
- ¹⁰ Defined as drinking one or more glasses or cans of non-diet soda, sweetened sports drinks or energy drinks yesterday.
- ¹¹ Defined as households with children where smoking is allowed some days or every day among all households.
- ¹² 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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