



Central Coast Counties

This Region Health Profile provides data on key health topics for the 549,000 children and teens (age 17 and under) in the Central Coast Counties.[^] One year estimates are based on the 2011 California Health Interview Survey (CHIS).¹



Demographics ²	Region(%)	California (%)
Age 0-11	67.8	66.4
Age 12-17	32.2	33.6
White	35.5	30.2
Latino	55.9	49.6
Asian	2.7 [†]	10.4
Black	1.5 [†]	5.6
Other race ³	4.4	4.2
Adults living with children, with income less than 200% FPL ⁴	37.9	45.0

Access and Utilization	Region % (95% CI)	California % (95% CI)
Uninsured all or part year (age 0-17)	7.5 (3.3 - 11.7)	8.1 (6.7 - 9.4)
Employment-based insurance, all year (age 0-17)	42.4 (35.0 - 49.9)	46.4 (44.0 - 48.8)
Medi-Cal or Healthy Families, all year (age 0-17)	44.4 (36.2 - 52.6)	38.5 (36.1 - 41.0)
No usual source of health care (age 0-17) ⁵	10.2 (5.8 - 14.6)	8.2 (6.9 - 9.6)
Health Outcomes		
Current asthma (age 0-17) ⁶	7.9 (2.7 - 13.0)	10.7 (9.2 - 12.1)
Overweight for age (age 2-11) ⁷	10.0 (3.1 - 17.0)	14.0 (11.8 - 16.3)
Overweight or obese (age 12-17) ⁸	24.6 (15.5 - 33.7)	31.2 (27.5 - 35.0)
Health Behaviors		
Engaged in regular physical activity in the last week (age 5-17) ⁹	23.4 (15.6 - 31.1)	26.9 (24.6 - 29.3)
Walked, skated or biked from school at least once in the last week (age 5-17)	43.5 (34.4 - 52.6)	40.9 (38.2 - 43.5)
Had fast food at least twice in last week (age 2-17)	31.6 (24.3 - 39.0)	38.5 (36.1 - 40.9)
Had 5 or more servings of fruits and vegetables yesterday (age 2-17) ¹⁰	27.9 (20.7 - 35.0)	27.1 (24.9 - 29.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 2-11) ¹¹	23.9 (14.2 - 33.7)	26.4 (23.6 - 29.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 12-17) ¹¹	62.5 [†] (51.2 - 73.7)	68.1 (64.6 - 71.5)
Had flu vaccination in the last year (6 months - 11 years)	56.5 [†] (46.2 - 66.7)	49.4 (46.5 - 52.4)
Visited a dentist in the last year (age 2-17)	90.9 (85.4 - 96.3)	87.3 (85.6 - 88.9)
Households with children (age 0-17) where smoking is permitted ¹²	0.9 [†] (0.0 - 2.0)	1.6 (1.2 - 1.9)
Other Factors		
Low-income food insecurity (adults living with children) ¹³	6.0* (4.2 - 7.8)	8.3 (7.6 - 9.0)
Family member reads to child everyday (age 0-5)	69.1 [†] (58.3 - 80.0)	64.1 (60.4 - 67.8)

[^] Comprised of Ventura, Santa Barbara, Santa Cruz, San Luis Obispo, Monterey and San Benito Counties

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

[†] Estimate should be interpreted with caution because it is either unstable (coefficient of variation >=40%) or it has a wide confidence interval (>20 percentage points)

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Notes

- ¹ To obtain a representative sample and produce one-year estimates, 4,823 randomly selected children and teens in California participated in CHIS 2011.
- ² 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 December 18, 2012: http://quickfacts.census.gov/qfd/meta/long_RHI525211.htm.
- ³ Other races include Native Hawaiian and other Pacific Islander, American Indian and Alaska Native, and two or more races.
- ⁴ FPL is the Federal Poverty Level. Poverty estimates for CHIS 2011 have been weighted to the Current Population Survey 2010 and are not comparable to estimates from previous CHIS cycles.
- ⁵ Estimates exclude emergency room and urgent care visits as a usual source of care.
- ⁶ Defined as ever diagnosed with asthma and reporting current asthma or an asthma attack/episode in the last year.
- ⁷ Defined as children (age 2-11) whose weight for age is at or above the 85th percentile based on the gender-specific Centers for Disease Control and Prevention weight guidelines.
- ⁸ Defined as teens (age 12-17) whose body mass index (kg/m^2) is at or above the 85th percentile based on gender and age-specific Centers for Disease Control and Prevention BMI guidelines.
- ⁹ Defined as those who engaged in at least one hour of physical activity daily during the last week, excluding physical education.
- ¹⁰ Excludes consumption of fruit juice and fried potatoes.
- ¹¹ Defined as drinking one or more glasses or cans of non-diet soda, sweetened sports drinks or energy drinks yesterday.
- ¹² Defined as households with children where smoking is allowed some days or every day among all households.
- ¹³ Defined as adults with children who are under 200% of the federal poverty level and had difficulty reliably putting food on the table in the last year among all adults in the population.



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