



Northern / Sierra Counties

This Region Health Profile provides data on key health topics for the 299,000 children and teens (age 17 and under) in the Northern / Sierra Counties.[^] One year estimates are based on the 2011 California Health Interview Survey (CHIS).¹



Demographics ²	Region(%)	California (%)
Age 0-11	65.0	66.4
Age 12-17	35.1	33.6
White	65.1	30.2
Latino	25.8	49.6
Asian	1.4 [†]	10.4
Black	--	5.6
Other race ³	7.5	4.2
Adults living with children, with income less than 200% FPL ⁴	50.1	45.0

Access and Utilization	Region % (95% CI)	California % (95% CI)
Uninsured all or part year (age 0-17)	11.6 (7.6 - 15.5)	8.1 (6.7 - 9.4)
Employment-based insurance, all year (age 0-17)	37.2* (31.6 - 42.9)	46.4 (44.0 - 48.8)
Medi-Cal or Healthy Families, all year (age 0-17)	42.7 (36.5 - 48.9)	38.5 (36.1 - 41.0)
No usual source of health care (age 0-17) ⁵	8.7 (5.1 - 12.3)	8.2 (6.9 - 9.6)
Health Outcomes		
Current asthma (age 0-17) ⁶	10.0 (6.5 - 13.4)	10.7 (9.2 - 12.1)
Overweight for age (age 2-11) ⁷	12.6 (7.5 - 17.7)	14.0 (11.8 - 16.3)
Overweight or obese (age 12-17) ⁸	31.0 (21.2 - 40.9)	31.2 (27.5 - 35.0)
Health Behaviors		
Engaged in regular physical activity in the last week (age 5-17) ⁹	39.0* (32.3 - 45.8)	26.9 (24.6 - 29.3)
Walked, skated or biked from school at least once in the last week (age 5-17)	32.7* (25.6 - 39.8)	40.9 (38.2 - 43.5)
Had fast food at least twice in last week (age 2-17)	29.7* (23.9 - 35.5)	38.5 (36.1 - 40.9)
Had 5 or more servings of fruits and vegetables yesterday (age 2-17) ¹⁰	31.4 (25.9 - 36.8)	27.1 (24.9 - 29.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 2-11) ¹¹	24.2 (17.7 - 30.8)	26.4 (23.6 - 29.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 12-17) ¹¹	68.0 (59.0 - 77.0)	68.1 (64.6 - 71.5)
Had flu vaccination in the last year (6 months - 11 years)	46.8 (39.5 - 54.2)	49.4 (46.5 - 52.4)
Visited a dentist in the last year (age 2-17)	80.4* (75.3 - 85.5)	87.3 (85.6 - 88.9)
Households with children (age 0-17) where smoking is permitted ¹²	1.5 (0.7 - 2.4)	1.6 (1.2 - 1.9)
Other Factors		
Low-income food insecurity (adults living with children) ¹³	7.9 (6.3 - 9.5)	8.3 (7.6 - 9.0)
Family member reads to child everyday (age 0-5)	69.4 (60.3 - 78.5)	64.1 (60.4 - 67.8)

[^] 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

* 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)

-- Estimate omitted due to small sample size and confidentiality considerations



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/m²) 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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