



Other Southern California Counties

This Region Health Profile provides data on key health topics for the 2,745,000 children and teens (age 17 and under) in the Other Southern California Counties.[^] One year estimates are based on the 2011 California Health Interview Survey (CHIS).¹



Demographics ²	Region(%)	California (%)
Age 0-11	66.4	66.4
Age 12-17	33.6	33.6
White	32.3	30.2
Latino	49.2	49.6
Asian	9.5	10.4
Black	4.7	5.6
Other race ³	4.3	4.2
Adults living with children, with income less than 200% FPL ⁴	42.1	45.0

Access and Utilization	Region		California	
	%	(95% CI)	%	(95% CI)
Uninsured all or part year (age 0-17)	8.8	(6.1 - 11.5)	8.1	(6.7 - 9.4)
Employment-based insurance, all year (age 0-17)	47.3	(42.8 - 51.9)	46.4	(44.0 - 48.8)
Medi-Cal or Healthy Families, all year (age 0-17)	37.6	(32.8 - 42.3)	38.5	(36.1 - 41.0)
No usual source of health care (age 0-17) ⁵	9.4	(6.6 - 12.2)	8.2	(6.9 - 9.6)
Health Outcomes				
Current asthma (age 0-17) ⁶	11.6	(8.5 - 14.7)	10.7	(9.2 - 12.1)
Overweight for age (age 2-11) ⁷	15.7	(10.9 - 20.5)	14.0	(11.8 - 16.3)
Overweight or obese (age 12-17) ⁸	30.1	(22.3 - 37.9)	31.2	(27.5 - 35.0)
Health Behaviors				
Engaged in regular physical activity in the last week (age 5-17) ⁹	24.6	(19.9 - 29.2)	26.9	(24.6 - 29.3)
Walked, skated or biked from school at least once in the last week (age 5-17)	39.1	(33.4 - 44.7)	40.9	(38.2 - 43.5)
Had fast food at least twice in last week (age 2-17)	44.3*	(39.5 - 49.1)	38.5	(36.1 - 40.9)
Had 5 or more servings of fruits and vegetables yesterday (age 2-17) ¹⁰	27.0	(22.8 - 31.3)	27.1	(24.9 - 29.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 2-11) ¹¹	28.7	(23.2 - 34.2)	26.4	(23.6 - 29.2)
Had 1 or more servings of soda or sugary drinks yesterday (age 12-17) ¹¹	70.1	(63.6 - 76.7)	68.1	(64.6 - 71.5)
Had flu vaccination in the last year (6 months - 11 years)	44.2	(38.6 - 49.8)	49.4	(46.5 - 52.4)
Visited a dentist in the last year (age 2-17)	85.0	(81.6 - 88.5)	87.3	(85.6 - 88.9)
Households with children (age 0-17) where smoking is permitted ¹²	1.7	(0.9 - 2.4)	1.6	(1.2 - 1.9)
Other Factors				
Low-income food insecurity (adults living with children) ¹³	8.2	(6.8 - 9.7)	8.3	(7.6 - 9.0)
Family member reads to child everyday (age 0-5)	66.7	(60.1 - 73.4)	64.1	(60.4 - 67.8)

[^] Comprised of Orange, San Diego, San Bernardino, Riverside and Imperial Counties

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



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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