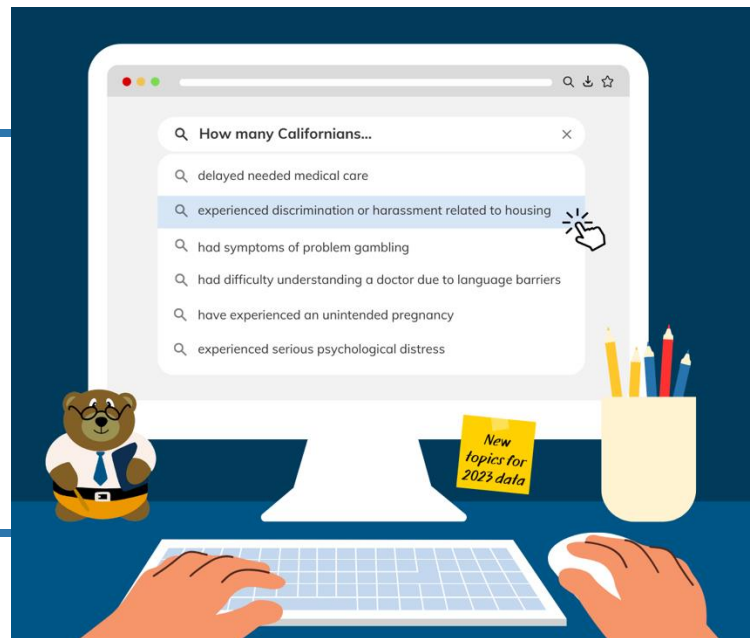


October 3, 2024

# California Health Interview Survey (CHIS) 2023 Data Release

Ninez A. Ponce and Todd Hughes



# Stay Informed

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## AskCHIS™ Dashboard

[Give us feedback](#)[Clean/Start New Query](#)

Geographic Area	Topic	Compare Topics	Limit Population	Years	Get Data
State	Likely has had serious psychological distress during past year	optional	optional	2022	

## Your Data Results

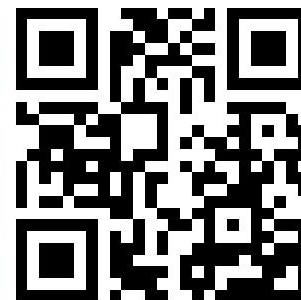
[Export](#) [Print](#)

Data Charts Trends

Compare Geography ▾

Adjust layout ▾

Likely has had serious psychological distress during past year	
Likely has serious psychological distress	17.4% ( 16.9 - 17.8 ) 5,651,000
Not likely to have serious psychological distress	82.6% ( 82.2 - 83.1 ) 26,876,000
	100.0%

california  
health  
interview  
survey**CALIFORNIA HEALTH INTERVIEW SURVEY  
DATA USER TRAINING****THURSDAY, OCTOBER 17, 2024 | NOON-1:30 P.M. PT**



# 2024 E.R. Brown Symposium

## *Building a Better Future of Health Policy and Research*

**Thursday, October 24, 2024**

10:00 a.m.–3:00 p.m.

Hammer Museum

Featuring a keynote address by

**Dr. Aaron Carroll**

President and CEO, AcademyHealth



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**30th Anniversary Gala  
and Awards Dinner**

**NOVEMBER 13, 2024**

**UCLA Luskin Conference Center**

# What Is CHIS?

---

- **Nation's largest state health survey**
- **Most comprehensive source of health information on Californians**
- **Comprehensive range of health topics**
  - Health Status
  - Health Conditions
  - Mental Health
  - Oral Health
  - Health Behaviors
  - Employment
  - Access to & Use of Health Care
  - Health Insurance
  - Respondent Characteristics
- **CHIS is a collaborative project, funded by federal and state health agencies, California and national foundations, and others**



# CHIS 2023 Making an Impact

**1.8+**  
million

More than 1.8 million queries have been run in AskCHIS™ and AskCHIS™ Neighborhood Edition (NE) since inception.

**435+**  
media hits

CHIS data were featured in local, state, national, and international news outlets, including Reuters, Los Angeles Times, ABC, and more!

The October 2023 release of CHIS 2022 data included responses from 22,423 households, including 21,463 adults, 985 adolescents, and 3,395 children.

**107,000+**  
queries

CHIS data were used or cited in nearly 100 publications in 2023 — from peer-reviewed journal articles to policy briefs to government reports.

Nearly  
**100**  
publications

**22,423**  
households

More than 107,000 queries were run in AskCHIS™ and AskCHIS™ Neighborhood Edition (NE) in 2023.

**10**  
million

There are currently 391 total variables and topics and 10 million different estimates that can be explored in AskCHIS™.

## A report of 2023 CHIS impact through:

- Access to data tools
- Legislation and advocacy
- Seminars, events, and presentations
- Journal articles and publications
- Media coverage

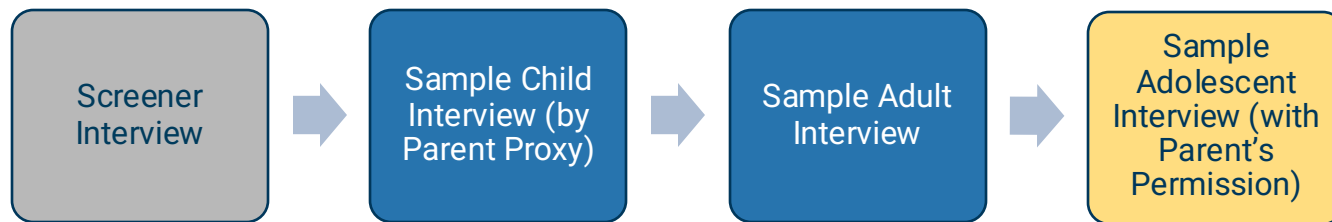


# CHIS Design

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- **CHIS interviews**

- An adult (ages 18+) in the household, adolescent (ages 12–17) if present, and child (ages 0–11) if present

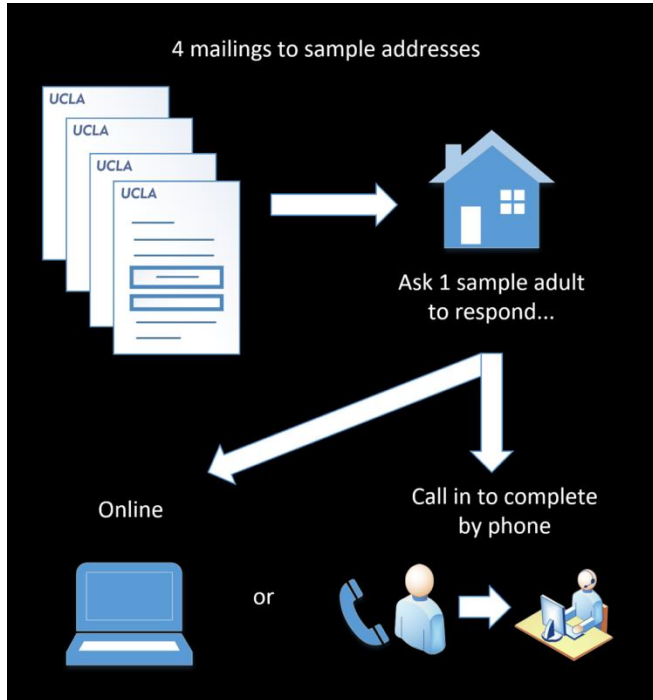


- **CHIS conducted in multiple languages**

- English, Spanish, Chinese (both Cantonese and Mandarin dialects), Korean, Vietnamese, and Tagalog

# CHIS 2023 Data Collection Method for Adults: Address-Based Sampling with Web and Telephone Response

## Phase 1: Push-to-Web

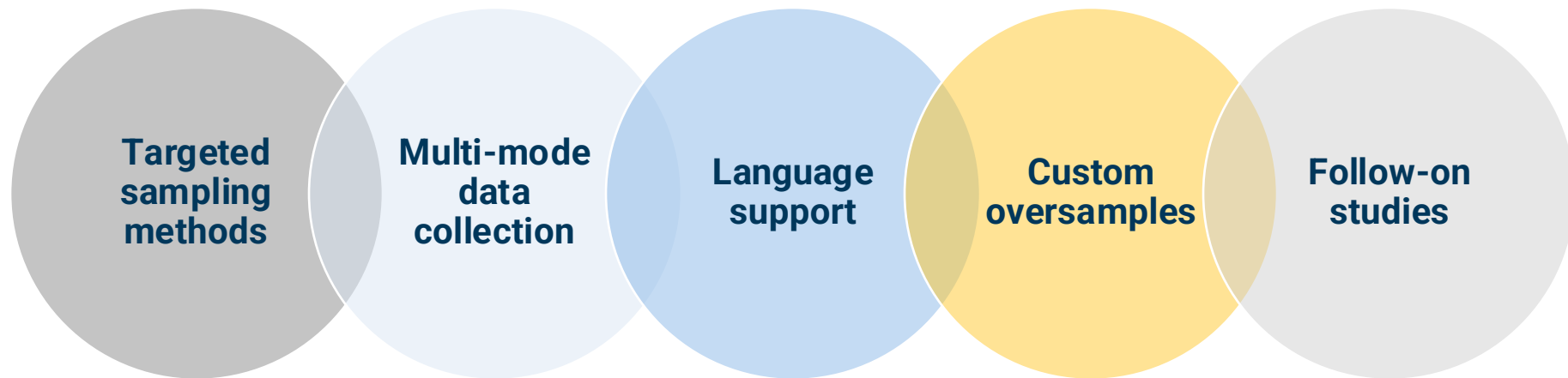


## Phase 2: Telephone Nonresponse Follow-up



# CHIS Methods to Reflect California's Diversity

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CHIS received the **American Association for Public Opinion Research's 2024 Inclusive Voices Award**, which recognizes important data sets, research, and survey methods that have improved the ability to study complex social phenomena related to understudied populations.



# 2023 Data Collection Results

## CHIS 2023 RACIAL/ETHNIC GROUP SAMPLES BY AGE

	ADULT (Age 18+)	ADOLESCENT (Age 12-17)	CHILD (Age 0-11)
<b>Total Sample Size</b>	<b>21,671</b>	<b>968</b>	<b>3,377</b>
<b>RACE*</b>			
African American	1,064	38	155
American Indian/Alaska Native	529	36	73
Asian	3,407	138	523
Native Hawaiian/Pacific Islander	77	6	18
Other single race	1,538	78	255
Two or More Races	1,079	100	422
White	13,977	572	1,931
<b>LATINO ETHNICITY</b>			
Latino	6,000	393	1,529
Non-Latino	15,671	575	1,848

**CHIS 2023 includes interviews conducted between January and December 2023**

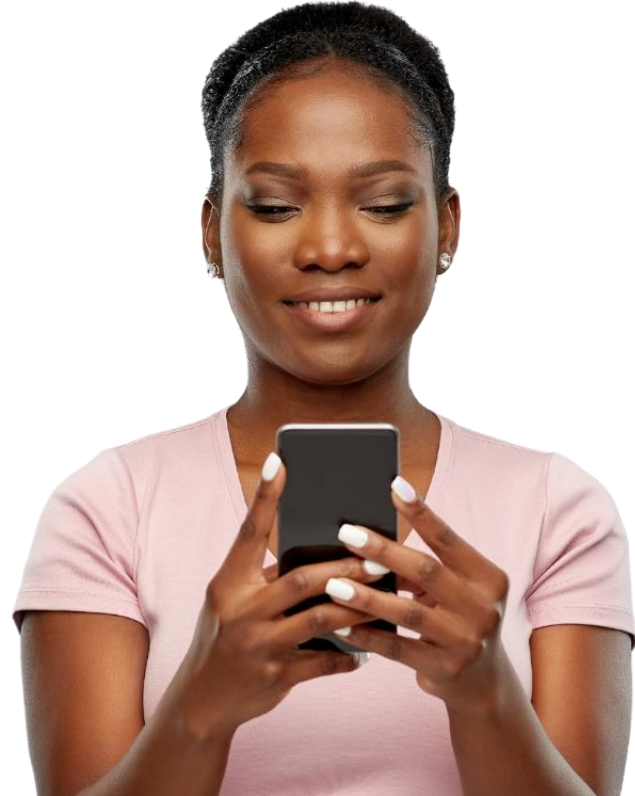
See: <https://healthpolicy.ucla.edu/our-work/california-health-interview-survey-chis/chis-design-and-methods>

# Supplemental Sampling Methods for 2023 CHIS

---

## Prepaid Cell Phone Sample

- Target of 450 completes
- Objective to increase representation from respondents who were:
  - Age 18 to 24
  - Hispanic or Latinx
  - Black or African American
  - Prefer to take the survey in one of the non-English languages offered



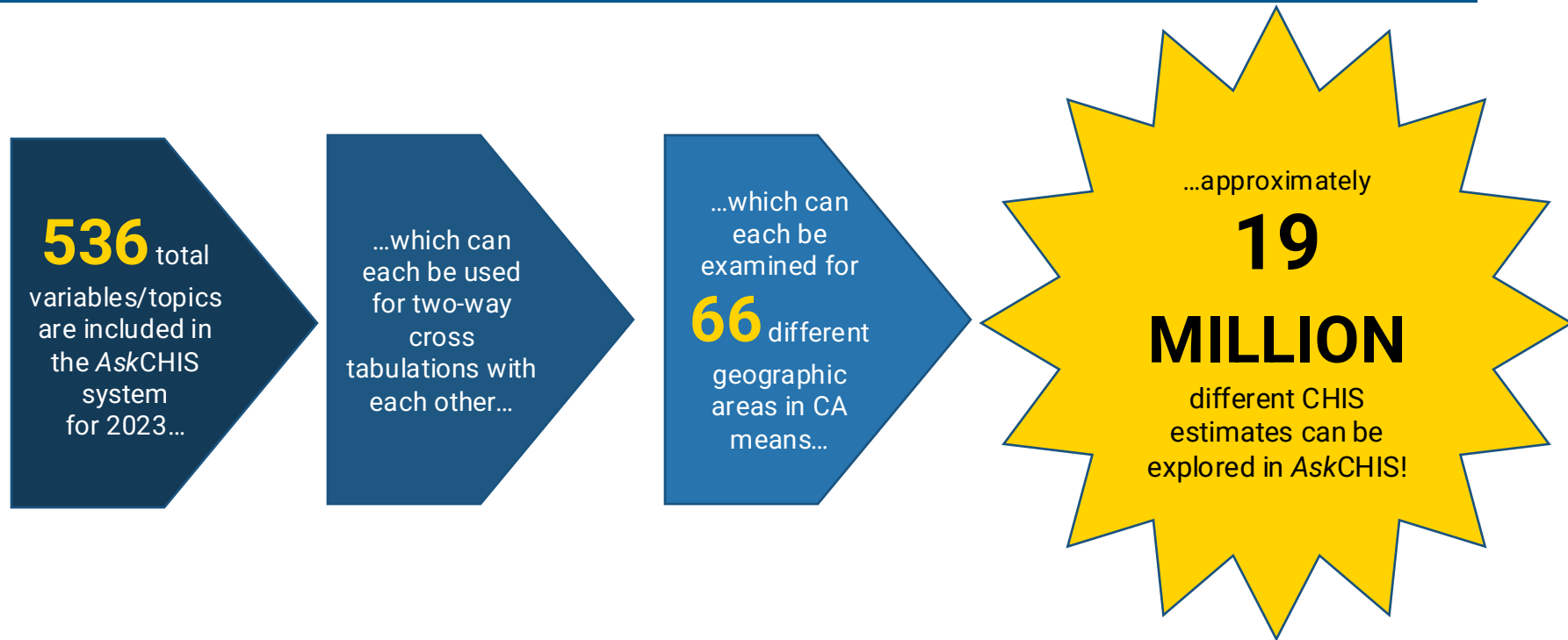
# Supplemental Sampling Methods for 2023 CHIS



## Other Targeted Oversamples

- San Diego County Health and Human Services oversample
- City of Long Beach Health and Human Services (additional 500 adults)
- Santa Clara County Public Health Department (additional 1,925 adults)

# How Much CHIS 2023 Data Is Now Available?



\*Plus, CHIS 2023 Public Use Files contain **1,493** detailed variables for research!

# Noteworthy Additions to CHIS 2023

---

- **Housing Discrimination**
- **Gambling**
- **Unintended Pregnancy**
- **Adolescents' College Plans**
- **Adolescent Sexual Orientation**
- **Many other topics, too!**



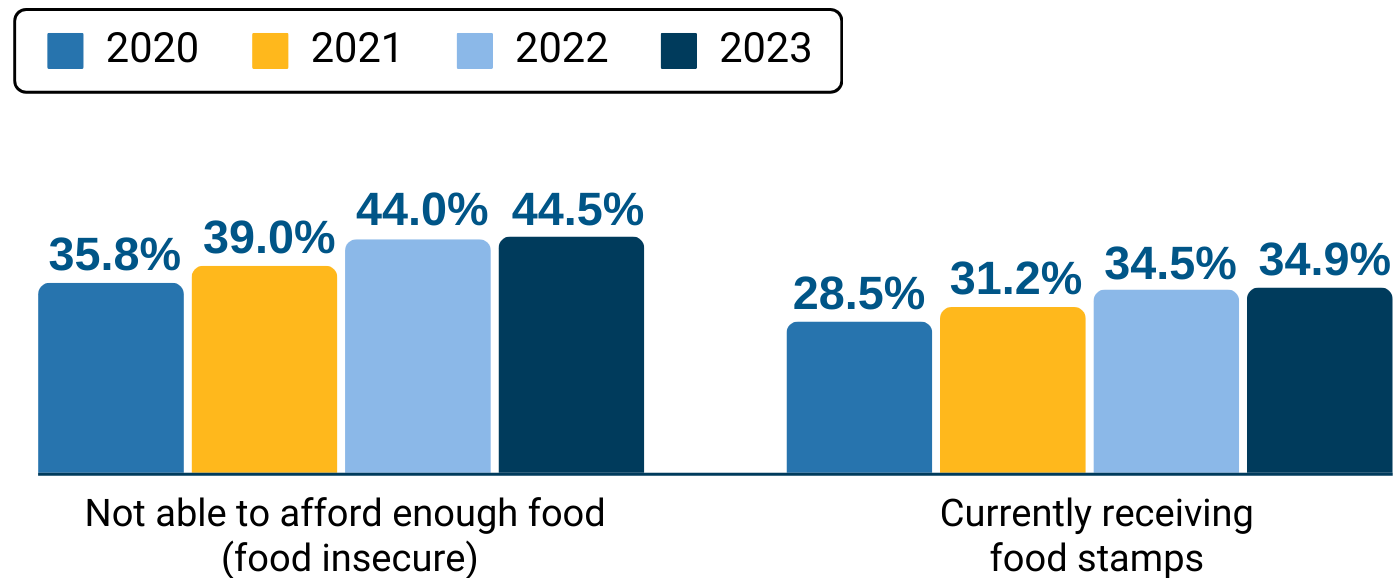
See the “What’s New” document on the CHIS Methodology Reports Repository for details on new topics and identification of which data are available in AskCHIS or the Public Use File (PUF).

# Highlights from the 2023 CHIS

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## Of California adults earning less than 200% of the federal poverty level



\*2022 and 2023 rates are all statistically significantly higher than the 2020 and 2021 rates.

Source: 2023 California Health Interview Survey



## Medical Debt

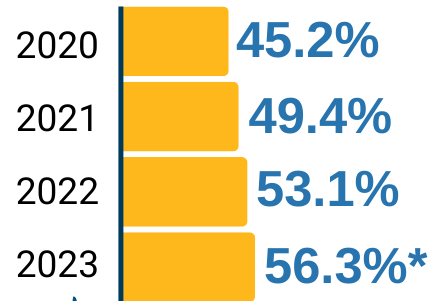
Among adults who had problems paying medical bills in the past year:



More than

**1 in 3** (36.4%)

have been unable to pay  
for basic necessities due  
to their medical debt



\*Statistically significantly higher than the rate for 2020

Source: 2023 California Health Interview Survey

UCLA

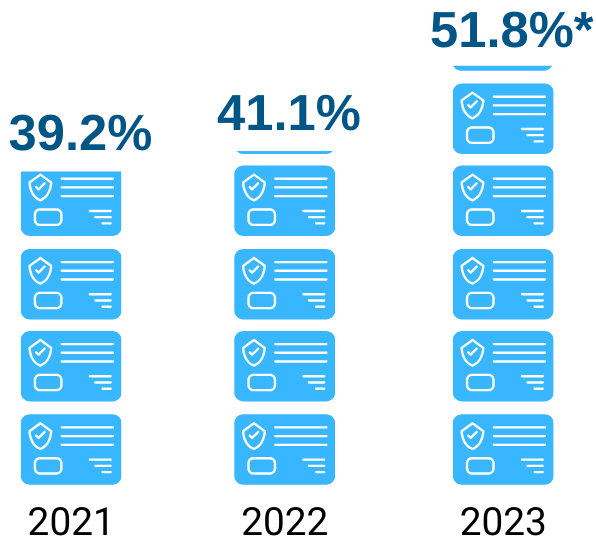
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survey



# Medi-Cal Older Adult Expansion

*In May 2022 a new law in California gave full scope Medi-Cal to adults 50 years of age or older who qualify, without regard to immigration status. The rate of noncitizen adults (including those with green cards) age 50 and older covered by Medi-Cal has seen a significant increase in 2023 as a result.*



\*Statistically significantly higher than 2022 and 2021

Source: 2023 California Health Interview Survey

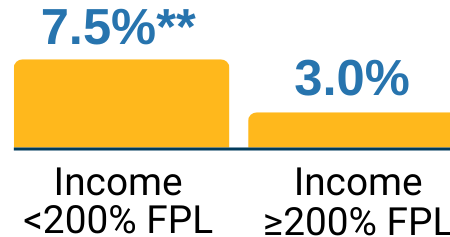


## Unintended Pregnancy

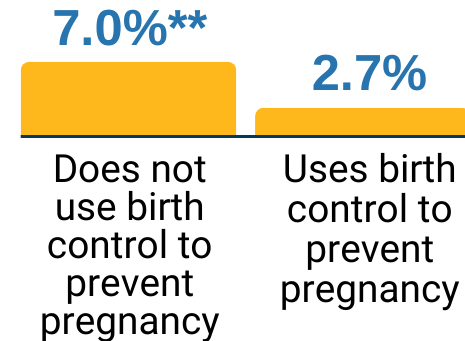
**4.4%**

of sexually active adult women\* age 18–44 became pregnant with an unintended pregnancy in the past 12 months

Those with lower incomes were more than twice as likely to experience an unintended pregnancy in the past 12 months:



Those who do not use birth control to prevent pregnancy were more than twice as likely to experience an unintended pregnancy in the past 12 months:



FPL = Federal Poverty Level

\*Assigned female at birth with a male or female sexual partner in the past 12 months, who are able to get pregnant

\*\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey



## Mental Health

*The need for adults to seek mental health care for mental/emotional or alcohol/drug related problems remains higher after the pandemic, as does the difficulty in getting appointments.*

	2019	2020	2021	2022	2023
Needed help for emotional/mental health or alcohol/drug problem in the past year	21.6%	20.9%	25.0%*	25.4%*	24.7%*
Saw a counselor, psychiatrist, or social worker in past year for mental/emotional or alcohol/drug problems	11.6%	11.3%	12.9%	14.5%*	14.4%*
Difficulty in getting an appointment was the reason why they didn't get the emotional help needed	23.3%	22.7%	24.4%	33.3%*	30.6%*

\*Statistically significantly higher than the rates for 2020 and 2019

Source: 2019–2023 California Health Interview Surveys



## Mental Health

*One positive finding is that the rates of adults reporting serious psychological distress and severe social life and family life impairment due to emotions are all now trending back down to pre-pandemic levels after 2022 highs.*

	2019	2020	2021	2022	2023
Likely had serious psychological distress in the past year	13.0%	12.2%	17.0%*	16.4%*	13.9%
Severe social life impairment due to emotions in the past 12 months	10.3%	9.9%	12.8%*	13.0%*	10.9%
Severe family life impairment due to emotions in the past 12 months	8.3%	7.9%	10.5%*	10.8%*	8.7%

\*Statistically significantly higher than the rates for 2023, 2020, and 2019

Source: 2019–2023 California Health Interview Surveys









## Mental Health

***There is a correlation between economic instability and poor mental health — those who report housing instability and those with income below 200% FPL have higher rates of serious psychological distress and suicide ideation.***



	 Has stable housing	 Has unstable housing	 0–199% FPL	 200%+ FPL
Likely had serious psychological distress in the past year	13.1%	30.0%*	17.5%*	14.4%
Ever seriously thought about committing suicide	19.2%	28.2%*	21.0%*	19.1%

\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey



## Sexual Orientation

*The 2023 CHIS includes modified response categories for the sexual orientation question, and added the question for the first time to the adolescent survey.*



	Straight	Gay or Lesbian	Bisexual or Pansexual	Use a different term	Don't know	Prefer not to answer
Adolescents (11–17)	76.8%	2.5%	9.8%	1.0%	6.7%	3.2%
Adults (18+)	84.4%	3.4%	5.1%	0.8%	1.8%	4.5%

More than

**1 in 8** (13.3%)

adolescents report that they are gay, lesbian, bisexual, pansexual, or use a different term, compared to **9.3%** of adults



# Adolescent Sexual Orientation and Mental Health

*Adolescents who don't identify as straight or heterosexual report much higher rates of serious psychological distress during the past year, needing help for emotional/mental health problems, and receiving psychological/emotional counseling in the past year.*

	Straight	Gay or Lesbian	Bisexual or Pansexual	Use a different term	Don't know	Prefer not to answer	All Adolescents
Likely had serious psychological distress during the past year	23.2%	67.8%*	57.6%*	82.1% <sup>!</sup>	37.4%*	25.8%	29.3%*
Needed help for emotional/mental health problems	23.3%	97.4% <sup>!</sup>	64.3%*	91.5% <sup>!</sup>	29.9%	22.3%	30.3%*
Received psychological/emotional counseling in the past year	13.7%	28.8%	39.3%*	36.3% <sup>!</sup>	35.1%*	24.0%	18.6%*

\*Statistically significantly higher than the rate for straight or heterosexual

<sup>!</sup> Unstable estimate

Source: 2023 California Health Interview Survey



Center for Health  
Policy Research





# Adolescent College Plans

Among California adolescents age 12–17,  
how many think they are likely to attend college?



**67.8%**

Very likely

**25.4%**

Somewhat likely

**6.8%**

Not very likely or  
not at all likely



Adolescent rates of  
being very or somewhat  
likely to attend college

**By sex**

**96.8%\***

Female

**vs.**

**89.8%**

Male

**By family type**

**96.2%\***

Married  
parents

**vs.**

**86.8%**

Single  
parents



\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey

**UCLA**

**Center for Health  
Policy Research**

**CHIS**  
california  
health  
interview  
survey



## Adolescent College Plans

In the context of CHIS questions on **Adverse Childhood Experiences** (ACEs), adolescents with zero ACEs reported being very or somewhat likely to attend college at higher rates than those with one or more ACEs reported.

**95.2%\***

0 ACEs

**vs.**

**90.5%**

1 or more ACEs



Similarly, those reporting three or more **Positive Childhood Experiences** (PCEs) were more likely to plan to attend college than those with less than three.

**94.5%\***

3 or more PCEs

**vs.**

**88.0%**

Less than 3 PCEs

\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey

**UCLA**

**Center for Health  
Policy Research**





## Adolescent College Plans

**Stronger community engagement was also associated with higher rates of being very or somewhat likely to go to college:**

**98.8%\***

Ever volunteered to solve a problem in the community

**91.5%**

Has not ever volunteered to solve a problem in the community



**94.7%\***

Strongly agrees/agrees that people in neighborhood can be trusted

**87.5%**

Strongly disagrees/disagrees that people in neighborhood can be trusted



**94.8%\***

Strongly/somewhat agrees that they can make a difference in the community

**89.3%**

Strongly/disagrees that they can make a difference in the community



\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey





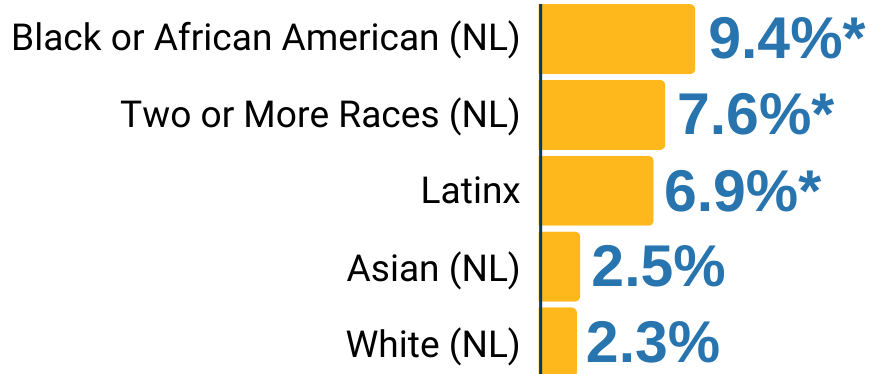
## Housing Discrimination



**4.6%**

of adults in California report experiencing discrimination or harassment related to housing in the past 2 years

**Rates for experiencing housing discrimination/harassment are higher among Black or African American, Latinx, or multiracial Californians than among non-Latinx white or Asian adults:**



NL = Non-Latinx

\*Statistically significantly higher than the rate for Asian (Non-Latinx) or white (Non-Latinx).

Estimates for AIAN and NHPI were not statistically stable.

Source: 2023 California Health Interview Survey



# Housing Discrimination

**Rates for experiencing housing discrimination/harassment are higher for adults that are noncitizens, speak a language other than English at home, have lower incomes, and are renters.**

## By citizenship status

**6.6%\***

Noncitizens

**4.3%**

U.S.-born or  
naturalized citizens

## By federal poverty level (FPL)

**8.0%\***

Income  
<200% FPL

**3.1%**

Income  
≥200% FPL

## By language spoken

**6.0%\***

Speak one or more  
languages other than  
English at home

**3.5%**

Speak English  
only at home

## By type of residence

**8.8%\***

Renting in multi-  
unit building

**3.9%**

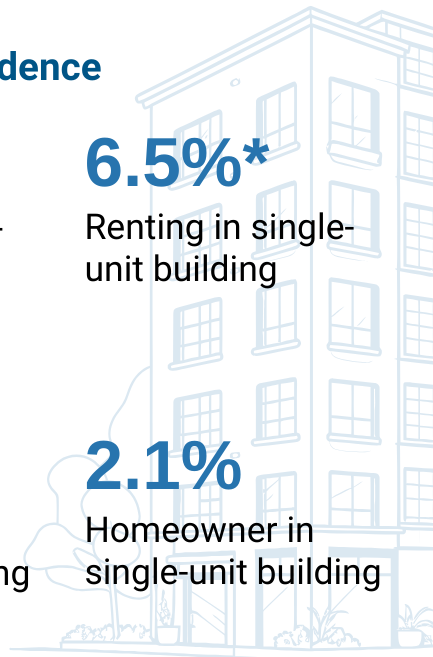
Homeowner in  
multi-unit building

**6.5%\***

Renting in single-  
unit building

**2.1%**

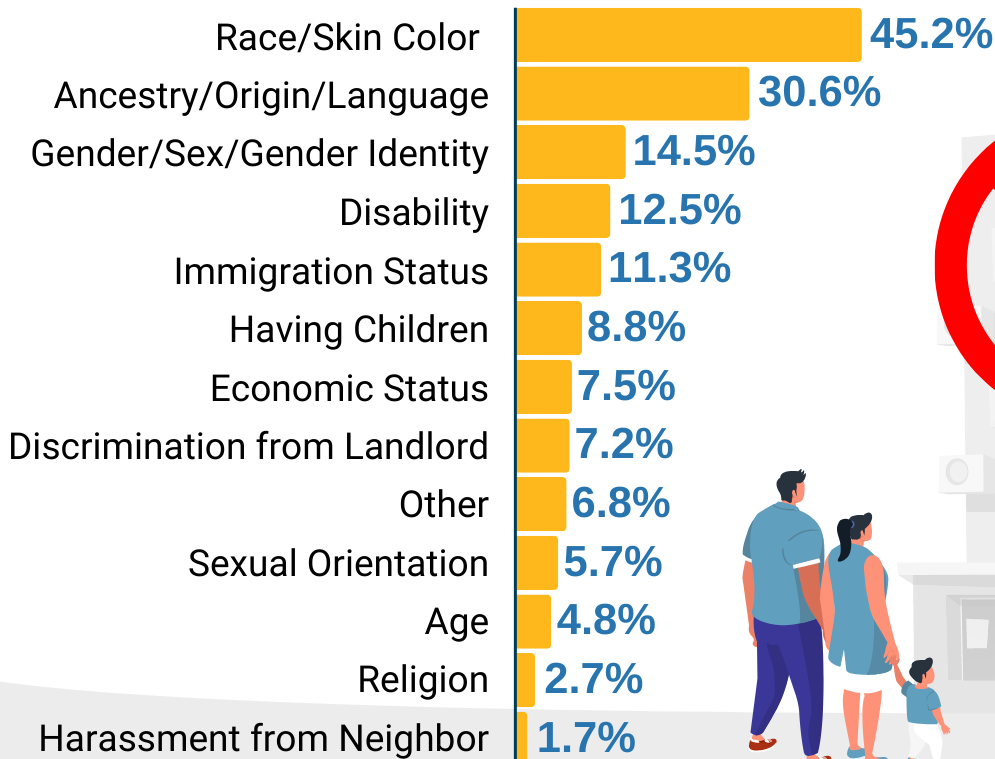
Homeowner in  
single-unit building





# Housing Discrimination

**Of those that report experiencing housing discrimination/harassment, they believe the treatment is due to these reasons:**



Note that more than one reason may apply per person.

Source: 2023 California Health Interview Survey

**UCLA**

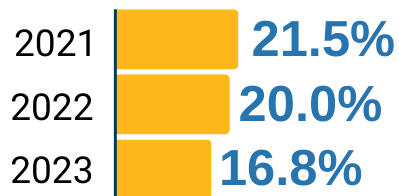
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interview  
survey



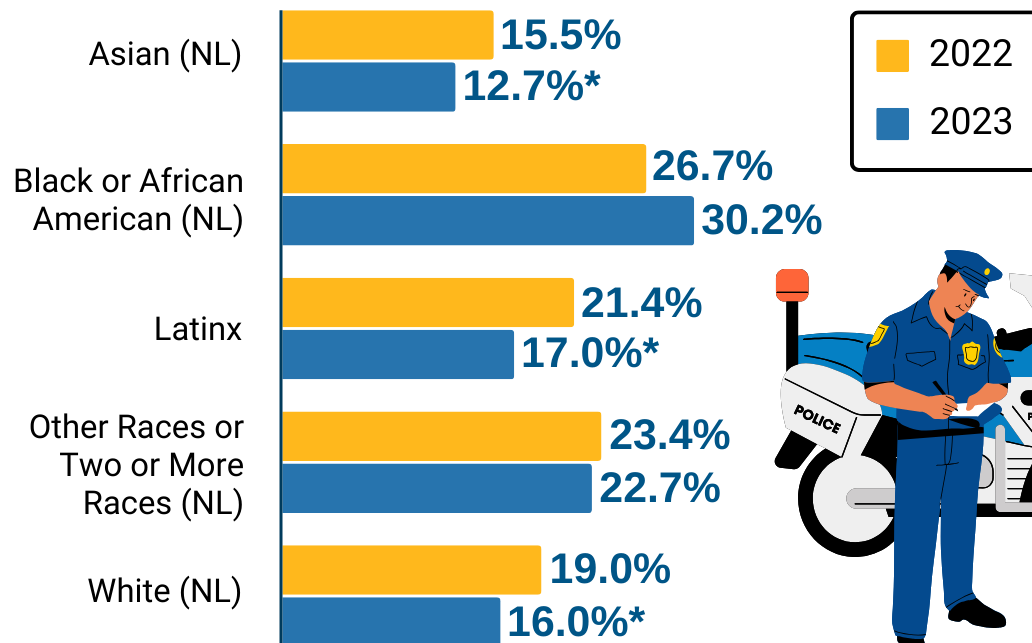
## Stopped by Police

The rate of California adults that report being stopped at least once by police in the past three years has dropped again in 2023.



*(differences between all years are statistically significant)*

However, drops in these rates were only experienced by Latinx, white (non-Latinx), and Asian (non-Latinx) adults.



\*Statistically significantly lower than the rate for 2022. Estimates for AIAN and NHPI alone were not statistically stable.

Source: 2023 California Health Interview Survey

UCLA

Center for Health  
Policy Research





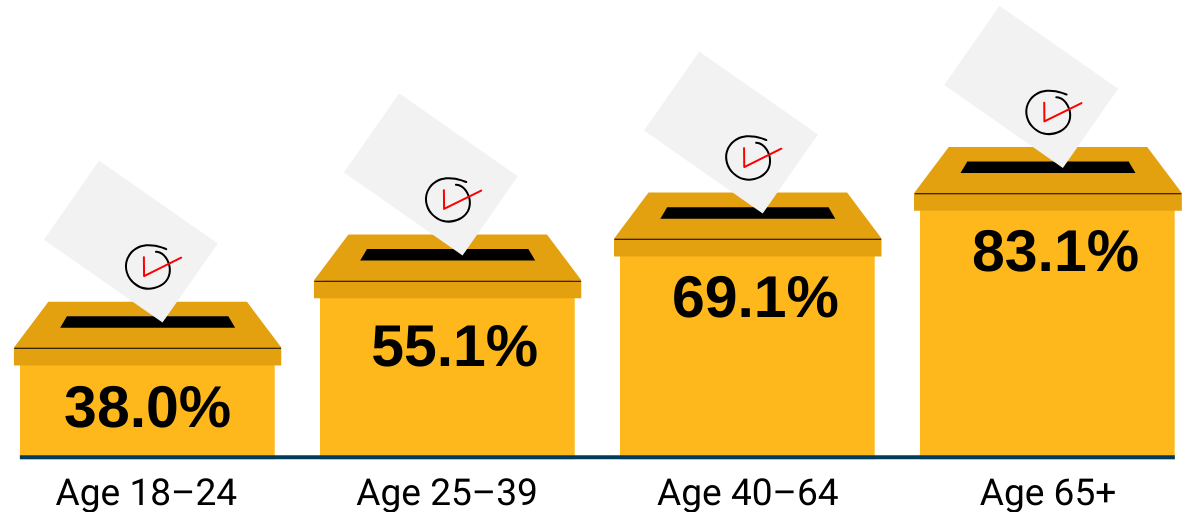
## Voter Engagement



Nearly  
**2 in 3** (65%)

U.S. citizen adults in California report being either always or frequently engaged in national, state, and local elections

Rates of voter engagement increase with age. Percent of U.S. citizen adults in California that report being either always or frequently engaged in national, state, and local elections:



*(Differences between all age groups are statistically significant)*



## Voter Engagement



Among race and ethnicity groups, white (non-Latinx) adults have the highest voter engagement at

**78.2%**

Voter engagement is higher among gay, lesbian, and homosexual adults than straight adults

**77.0%**

gay, lesbian, and homosexual adults

**vs.**

**65.2%**

straight adults



# Voter Engagement and Issues Impacting Health

*Those with characteristics associated with poorer health outcomes or adversely impacted by some election issues are sometimes also less likely to be engaged in national, state, and local elections.*

**Percent of U.S. citizen adults in California that report being either always or frequently engaged in national, state, and local elections:**

## By birth control usage

**61.3%\***

Uses birth control  
to prevent pregnancy  
(sexually active females)



**38.8%**

Does not use birth control  
to prevent pregnancy  
(sexually active females)

## By help needed for emotional/mental health problems or use of alcohol/drugs

**66.0%\***

Did not need help

**62.0%**

Needed help



## By serious psychological distress (SPD) in the past year

**66.8%\***

Not likely to  
have had SPD

**53.6%**

Likely to  
have had SPD



## By access to care

**70.8%\***

Has a usual place  
to go when sick or  
need health advice

**45.7%**

Does not have a usual  
place to go when sick  
or need health advice



\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey

**UCLA**

**Center for Health  
Policy Research**

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california  
health  
interview  
survey





# Voter Engagement and Issues Impacting Health

*Those with characteristics associated with poorer health outcomes or adversely impacted by some election issues are sometimes also less likely to be engaged in national, state, and local elections.*

Percent of U.S. citizen adults in California that report being either always or frequently engaged in national, state, and local elections:

## By housing stability



**65.7%\***

Has stable housing



**48.8%**

Has unstable housing

## By federal poverty level (FPL)



**71.8%\***

Income  $\geq$ 200% FPL



**47.1%**

Income <200% FPL

## By food security



**50.8%\***

Able to afford enough food  
(Income <200% FPL)



**42.3%**

Not able to afford enough food  
(Income <200% FPL)



\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey

**UCLA**

**Center for Health  
Policy Research**

**CHIS**  
california  
health  
interview  
survey

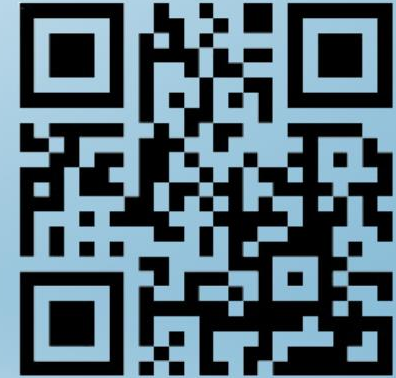
FACT SHEET

**UCLA** Center for Health  
Policy Research

October 2024

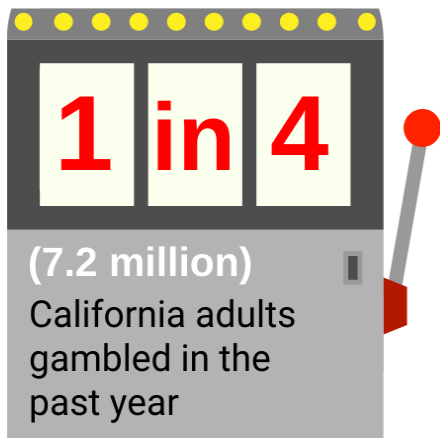
## Gambling and Associated Health Risks in California

Sean Tan and Ninez A. Ponce





## Gambling



Of those who reported  
gambling in the past year:

**6.7%** (488,000)

reported they had symptoms  
of problem gambling

### California adults who reported gambling in the past year:

#### By gender

**28.1%\***

Men

**21.7%**

Women

#### By age

**17.6%**

Young adults  
ages 18–24

**29.1%\***

Adults  
ages 50–64

#### By veteran status

**32.0%\***

Veterans

**24.4%**

Non-veterans

#### By race or ethnicity

**40.4%\***

American Indian and  
Alaska Native adults

**34.0%\***

Black or African  
American adults

**24.8%**

White adults

**19.9%**

Asian adults

#### By employment status

**27.5%\***

Adults who  
work full time

**19.6%**

Adults who  
work part time

**19.0%**

Adults who were  
unemployed but  
looking for work

\*Statistically significantly higher than the associated comparison group

Source: 2023 California Health Interview Survey

**UCLA**

**Center for Health  
Policy Research**





## Gambling

**Adults who reported any gambling in the past year also reported other types of behaviors associated with increased risk of poor health outcomes.**

**24.4%**

binge drinking

**6.4%**

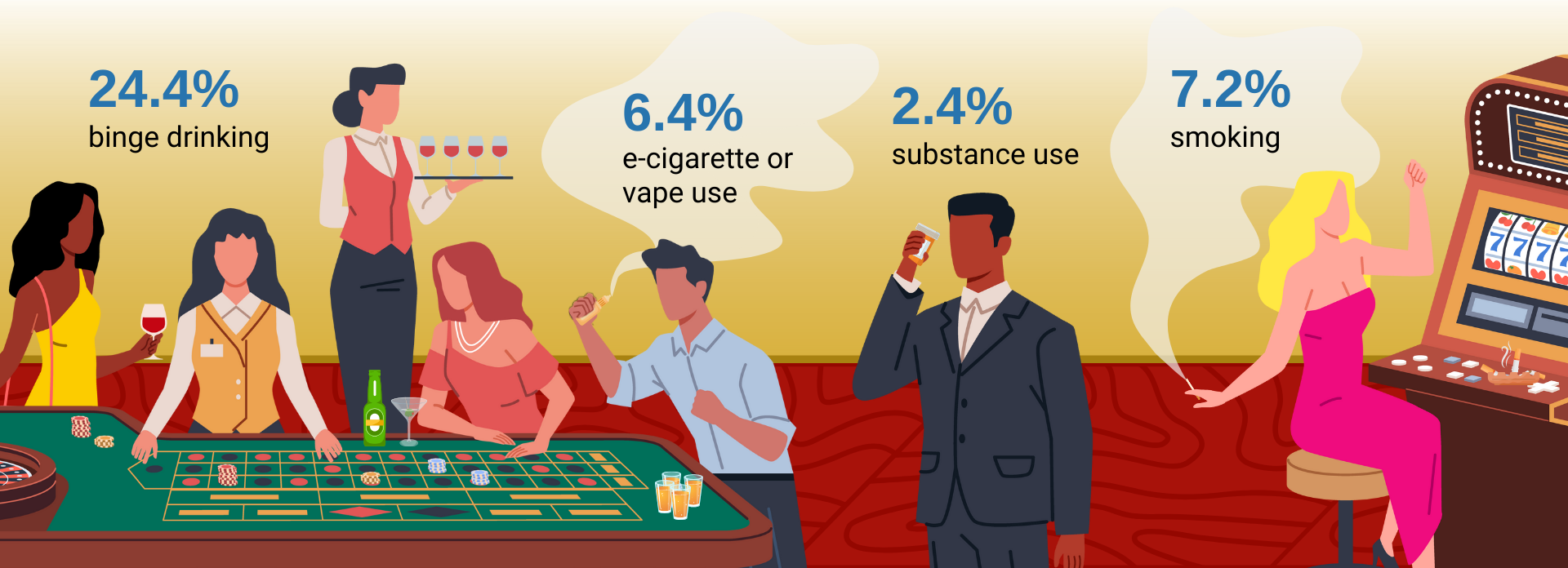
e-cigarette or  
vape use

**2.4%**

substance use

**7.2%**

smoking



\*Rates listed are statistically significantly higher than the rates for adults who did not gamble in the past year.

Source: 2023 California Health Interview Survey

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california  
health  
interview  
survey



## Gambling

Among California adults who gambled in the past 12 months:

**1.6%** (112,000)

reported that they needed help with living expenses from friends, family members, or public assistance programs because of gambling

**3.8%** (274,000)

reported that they had kept their friends or family from knowing how much they gambled

**4.7%** (341,000)

reported feeling restless, irritable, or anxious when trying to quit or cut down on gambling





## Gambling

California adults with symptoms of problem gambling reported experiencing serious psychological distress in the past year:



**1 in 4 (24.9%)**

gambling adults with symptoms of problem gambling



Nearly

**1 in 7 (13.5%)**

gambling adults without symptoms of a gambling problem



## Gambling

**Gambling adults with problem gambling who saw any health care provider to discuss their mental health or alcohol or drug use in the past year:**



**32.9%**

of adults who kept  
their family or friends  
from knowing how  
much they gamble



**27.6%**

of adults who became  
restless, irritable, or  
anxious when trying to  
quit or cut down on  
gambling



**18.4%**

of adults who  
sought financial  
help from family or  
friends because of  
their gambling



**28.2%**

of gambling  
adults with any  
symptoms of  
problem gambling



# How to Access CHIS Data

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# What Are the CHIS Dissemination Aims?

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1. Protect respondent confidentiality
2. Democratize access to data — put data into the hands of those who can use it
3. Reach a large and diverse audience across divides of technology, skills, and resources

# CHIS Dissemination

## CHIS DATA

Data user support and  
health data capacity building

### Data Access Center (DAC)

Secure network that holds data and analysis, protecting confidentiality.

### Public Use File (PUF)

Available as free download in SAS and STATA format.

### AskCHIS

Premier online health data query tool. (Health Data All-Star – 2013)

### AskCHIS Neighborhood Edition and AskCHIS NE en Español

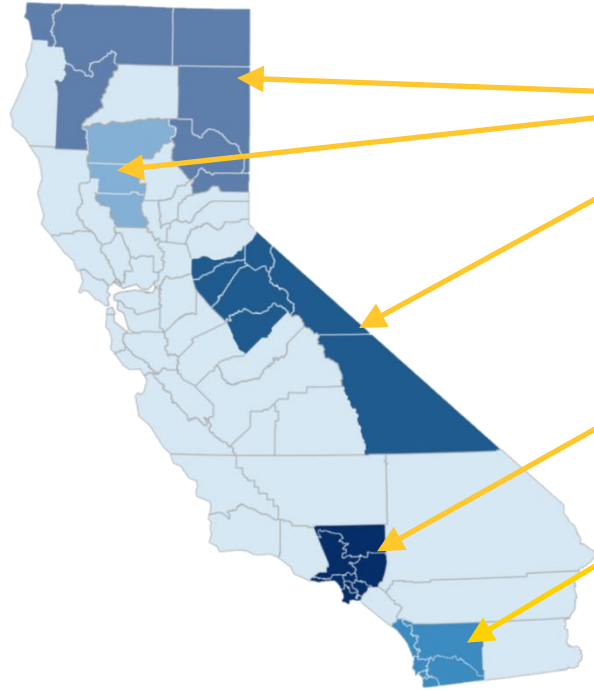
Granular health data beyond counties (Small Area Estimates).

### Health Profiles

Reports on CHIS' most requested health topics.

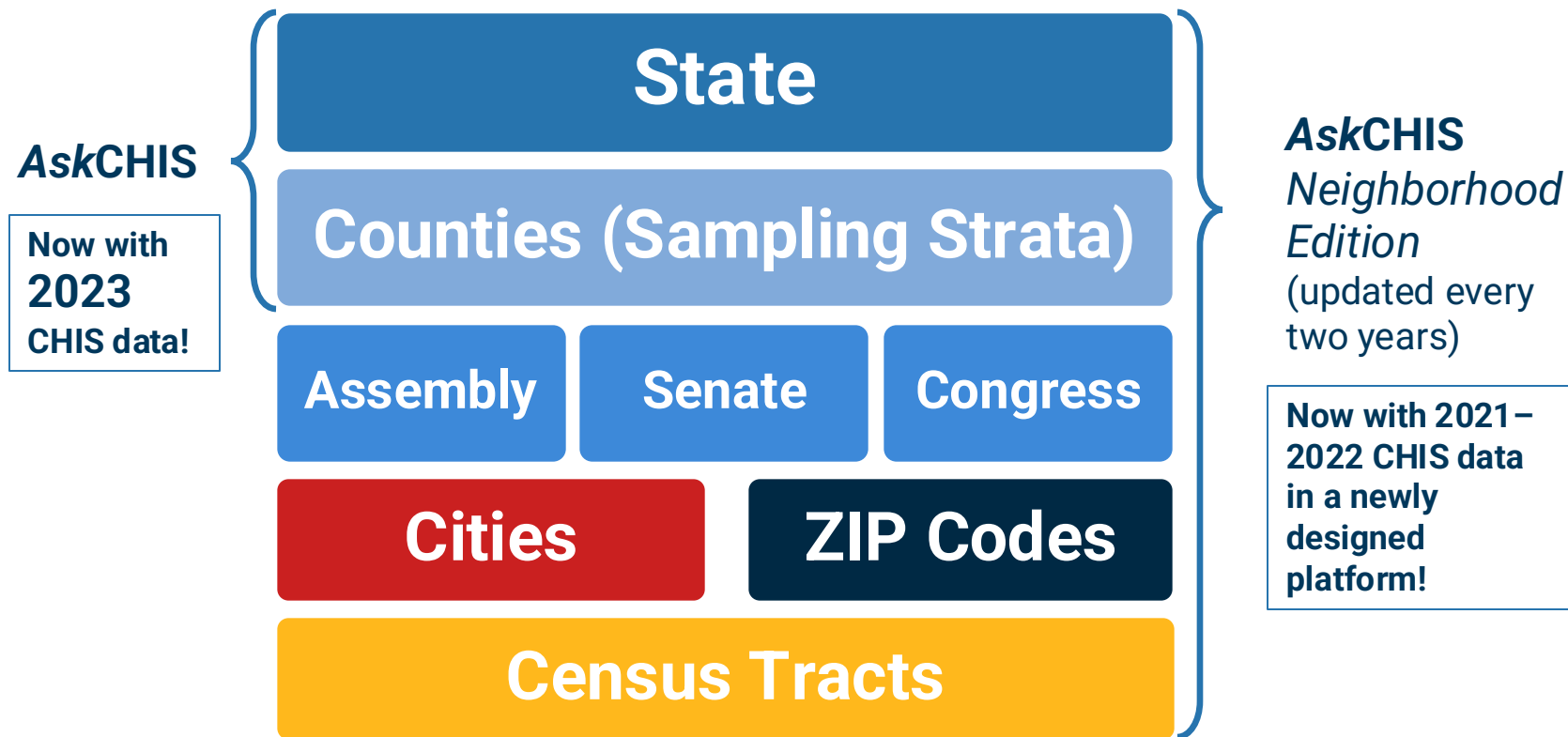
# Geographic Sample Design to Produce Direct Estimates for Each Sampling Stratum

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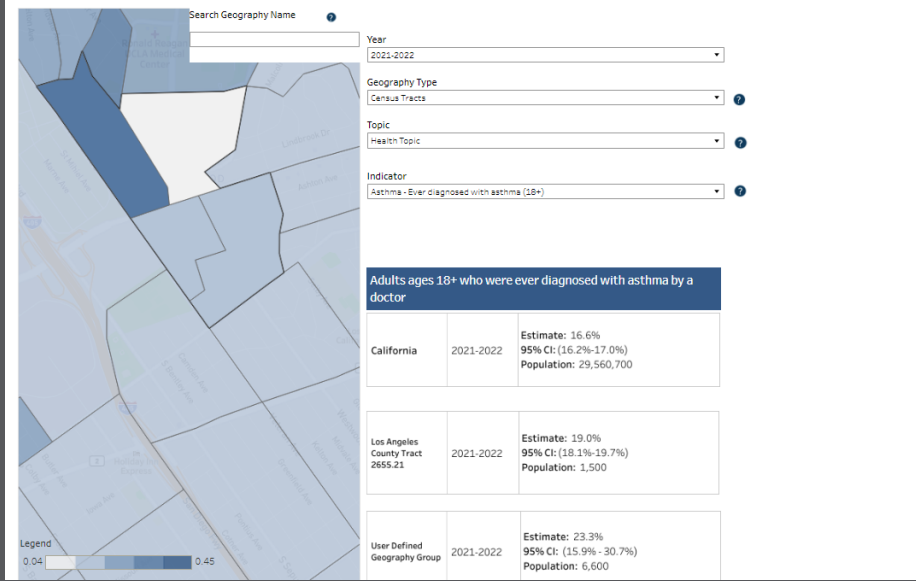
- 56 total geographically defined strata
- 3 grouped county strata containing the 17 smallest counties (by population)
- 2 counties with sub-county strata
  - Los Angeles: 8 Service Planning Areas (SPAs)
  - San Diego: 6 Health Regions
- Remaining 39 counties each form their own individual strata
- Lower levels of geography require 2 years of data to produce modeled estimates

# Data Across Geographies



# Census Tract Estimates in AskCHIS Neighborhood Edition

Year	Census Tract Name	Congressional District	State Assembly District	State Senate District
2012-2020	Los Angeles County Tract 2655.10	Congressional District 33	Assembly District 54	State Senate District 26
	<a href="#">Copy</a>	<a href="#">Copy</a>	<a href="#">Copy</a>	<a href="#">Copy</a>
2022	Los Angeles County Tract 2655.21	Congressional District 32 Brad Sherman (Democratic Party)	Assembly District 51 Rick Chavez Zour (Democratic Party)	State Senate District 24 Ben Allen (Democratic Party)
	<a href="#">Copy</a>	<a href="#">Copy</a>	<a href="#">Copy</a>	<a href="#">Copy</a>



Year(s)		(Multiple values)			
Indicator(s)		Asthma - Ever diagnosed with asthma (18+)			
Geography Type		City			
Geographies		Los Angeles			
		<a href="#">Export Data</a>			
		State California	County Los Angeles County	Census Tracts Los Angeles County Tra..	City Los Angeles
Asthma - Ever diagnosed with asthma (18+)	2021-2022	Estimate: 16.6% 95% CI: (16.2%-17.0%) Population: 29,560,700	Estimate: 15.1% 95% CI: (15.0%-15.2%) Population: 7,480,800	Estimate: 19.0% 95% CI: (18.1%-19.7%) Population: 1,500	Estimate: 14.8% 95% CI: (14.7%-14.9%) Population: 2,851,300
	2019-2020	Estimate: 16.1% 95% CI: (15.6%-16.7%) Population: 29,684,900	Estimate: 15.2% 95% CI: (15.0%-15.3%) Population: 7,694,600		Estimate: 15.4% 95% CI: (15.2%-15.5%) Population: 2,990,100

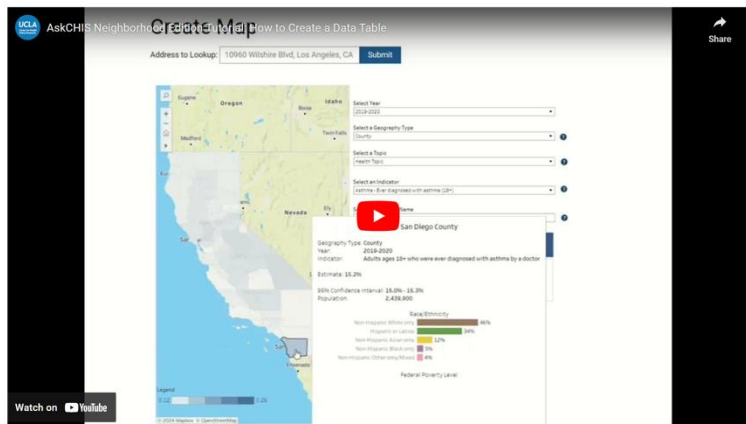
# Video Training on CHIS Data Tools

## Tutorials within AskCHIS Neighborhood Edition

### Create Map



### Create Table



## Training Library at <https://healthpolicy.ucla.edu/our-work/training>



California Health Interview Survey (CHIS)

### California Health Interview Survey (CHIS) Data User Training: August 2024

The California Health Interview Survey (CHIS) hosted a data user training webinar to demonstrate how to use AskCHIS™ Neighborhood Edition (NE). This training highlights the refreshed dashboard (now in Tableau) and creating maps and tables.

53 minutes

Intermediate

August 27, 2024



California Health Interview Survey (CHIS)

### Data Access Center (DAC) Online: How to Submit a Project Application

We are excited to announce that the new version of DAC Online is now live!

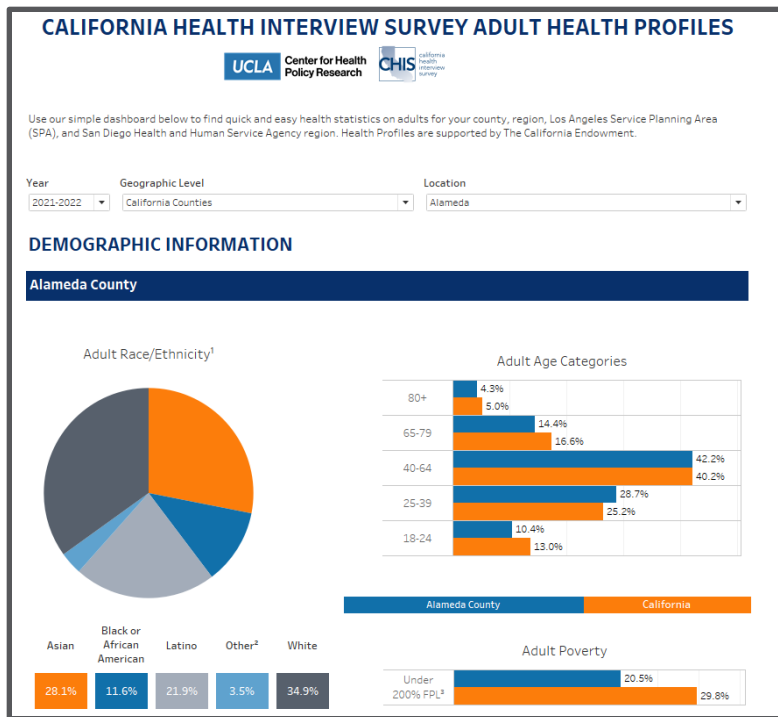
12 minutes

Beginner

April 22, 2024



# 2021–2022 CHIS Adult and Race/Ethnicity Health Profiles



<https://healthpolicy.ucla.edu/our-work/health-profiles>

- Simple dashboards providing health estimates from the CHIS on various key health topics:
- By county, region, LA SPA, and San Diego health regions
- By racial and ethnic group and many Latino and Asian subgroups
- Can be downloaded as PDF and CSV formats

# Thank You

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**Special thanks to our data collection partner SSRS, our content partner PHI, the members of our Advisory Board and committees, and the rest of the UCLA CHPR CHIS team:**

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# Thank You

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