2013 Stanislaus County Community Health Assessment Released

Stanislaus County Health Services Agency, the Community Health Assessment Steering Committee and the Executive Team of The Framework for a Thriving Stanislaus (Framework) are pleased to release the 2013 Stanislaus County Community Health Assessment (CHA). The CHA provides a comprehensive view of the health and well-being of Stanislaus County and answers the questions “How ‘healthy’ is the population of Stanislaus County? What are we doing well and what can we do better?”

The CHA is the result of several years’ work by the CHA Steering Committee. Starting in 2011, the CHA Steering Committee, comprised of representatives from private and public agencies, local hospitals, health plans and community-based partners, began the process of creating and developing the needs assessment to evaluate progress on the Framework. The Framework is a plan to improve health and well-being in Stanislaus County by 2020 by focusing on four major community issues: Access to Health Information and Health Care; Basic Needs; Education; and Built Environment. This multi-agency initiative is led by an Executive Team of 10 public and private agencies. (For more information, see http://www.hsahealth.org/PublicHealth/mainpages/coalitionPartnerships/framework.html.)

The CHA project demonstrates synergy among Stanislaus County agencies, local hospitals, health plans, and other community based partners. The CHA utilizes primary and secondary data; primary data was collected from community members and employers, while secondary data was gathered from existing sources including, but not limited to, the U.S. Census, health facilities, law enforcement, public records, state and local government agencies and computerized sources. The assessment pinpoints priority health concerns and calls us all to take action.

The full report can be accessed at www.HSAHealth.org/data/2013CHA. A copy of the Community Report is attached to this press release.
The health of our community matters greatly. By health, we mean the broad components of our region’s quality of life: Access to Health Information and Care; Basic Needs; Education; and the Built Environment.

The 2013 Stanislaus County Community Health Assessment (CHA) is the result of thousands of hours of work on the part of multiple agencies in our community, including government departments, local hospitals, family resource centers and community-based organizations.

The CHA provides a comprehensive view of our community’s health and well-being while serving as a reference tool and call to action to improve our region’s vitality. The CHA is a ‘report card’ that utilizes primary and secondary data. Primary data was gathered from surveys. Secondary data was gathered from reports including, but not limited to, the U.S. Census, health facilities, law enforcement, public records, state and local government agencies and computerized sources.

We recognize that beyond good data, it’s really the coordinated efforts of multiple partners that will ‘move the needle’ on the many aspects that comprise a healthy community. Since 2009, the Health Services Agency has coordinated The Framework for a Thriving Stanislaus: Healthy. Educated. Prosperous. Vibrant. Sustainable – a collaborative of more than 50 local agencies and partners. The Framework is designed to focus attention and inspire action in key areas to improve health and well-being in Stanislaus County by 2020. The Framework utilizes the Community Health Assessment as a launching pad for working together on various initiatives while sharing information and resources.

The agency partners within The Framework begin with the strategic questions: “How ‘healthy’ is the population of Stanislaus County? What are we doing well and what can we do better?”

We hope you consider these questions as well, as you read this community report. Each section of this report gives information and references to services and programs that are available for all Stanislaus County residents. We invite you to get involved with our community partners who are working toward a healthy, educated, prosperous, vibrant, and sustainable Stanislaus County. To read the full Community Health Assessment, please visit www.HSAHealth.org/data/2013CHA.

Sincerely,

John Walker, MD
Public Health Officer
Stanislaus County Health Services Agency

For more information on Stanislaus County, please visit www.HSAHealth.org/data/2013CHA

For more information on The Framework for a Thriving Stanislaus, please visit www.schsa.org/PublicHealth/mainpages/coalitionPartnerships/framework.html
How ‘healthy’ is the population of Stanislaus County? What are we doing well and what can we do better?

Table of Contents

4 Community at a Glance

10 Focus on Education

14 Focus on Basic Needs and Economy

18 Focus on Access to Health Care and Information

22 Focus on Built Environment
COMMUNITY AT A GLANCE
DEMOGRAPHICS

Overall Population

518,336

Households

166,948

Percentage of Households that are Families

74.6%

Definition of Family

The Census Bureau uses the term family to refer to “those related to each other by birth, marriage or adoption.”

Population by Race

White 8.6%
Other Race 5.9%
Asian or Pacific Islander 4.6%
Multiracial 2.8%
African American 1.0%

Population by Ethnicity

Non-Latino 57.5%
Latino 42.5%

Definition of Race/Ethnicity

The U.S. Census Bureau defines race based on skin color and geographic origin, and ethnicity based on language and culture.

41% of the population speak a language other than English at home. (31.4% speak Spanish)

6.8% of residents 18 years or older are veterans.

67.7% are from Latin America
22.6% from Asia
6.2% from Europe
2.3% from Pacific Island Nations
1.0% each from Africa and North America

1 of residents 18 years or older are veterans.
Age Breakdown
(percentage of residents)

<table>
<thead>
<tr>
<th>AGE</th>
<th>0-4</th>
<th>5-17</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7.7%</td>
<td>10.6%</td>
<td>13.6%</td>
<td>12.8%</td>
<td>18.1%</td>
<td>15.7%</td>
<td>16.9%</td>
</tr>
<tr>
<td></td>
<td>6.7%</td>
<td>17.8%</td>
<td>14.3%</td>
<td>13.7%</td>
<td>19.9%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Median Household Income

California
$59,368

Stanislaus County
$46,879

21% Lower than California median

1U.S. Census Bureau (2013). 2012 American Community Survey (three-year estimates).
2U.S. Census Bureau (2012). Families and living arrangements.
Life Expectancy at Birth

Where you live matters! On average, residents in East Central Modesto (Airport/La Loma neighborhoods) can expect to live **5 years** less than those who reside in the Southeast side (e.g. Waterford and Hughson) of the County.

Life Expectancy at Birth Within Stanislaus County 2008-2012

<table>
<thead>
<tr>
<th>Area</th>
<th>Life Expectancy</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Central</td>
<td>75.01</td>
</tr>
<tr>
<td>Central</td>
<td>77.73</td>
</tr>
<tr>
<td>Southwest Central</td>
<td>78.55</td>
</tr>
<tr>
<td>South Central</td>
<td>78.71</td>
</tr>
<tr>
<td>North Side</td>
<td>79.02</td>
</tr>
<tr>
<td>Northeast Side</td>
<td>79.56</td>
</tr>
<tr>
<td>West Side</td>
<td>79.58</td>
</tr>
<tr>
<td>South Side</td>
<td>79.60</td>
</tr>
<tr>
<td>Southeast Side</td>
<td>80.27</td>
</tr>
</tbody>
</table>

Major Causes of Death in Stanislaus County (2010-2012)

- **31.0%** Diseases of the Heart
- **24.2%** Cancer
- **7.4%** Chronic Lower Respiratory Disease
- **6.6%** Stroke
- **6.4%** Unintentional Injury
- **5.5%** Alzheimer’s Disease
- **3.1%** Diabetes

Infant Mortality

- Infant mortality improved **28.6%** in the last decade.
- Stanislaus County still ranks in the **bottom half** of state health jurisdictions.
# SAFETY

## Crime

### Violent Crime Rate (per 1,000 residents)

<table>
<thead>
<tr>
<th>Year</th>
<th>Violent Crime Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>5.4</td>
</tr>
<tr>
<td>2009</td>
<td>5.2</td>
</tr>
<tr>
<td>2010</td>
<td>5.1</td>
</tr>
<tr>
<td>2011</td>
<td>4.7</td>
</tr>
<tr>
<td>2012</td>
<td>4.2</td>
</tr>
</tbody>
</table>

**2008-2012 % Change**

- **Stanislaus**: +0.8%
- **California**: -16.0%

## Property Crime Rate (per 1,000 residents)

<table>
<thead>
<tr>
<th>Year</th>
<th>Property Crime Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>43.7</td>
</tr>
<tr>
<td>2009</td>
<td>40.9</td>
</tr>
<tr>
<td>2010</td>
<td>39.1</td>
</tr>
<tr>
<td>2011</td>
<td>35.1</td>
</tr>
<tr>
<td>2012</td>
<td>40.1</td>
</tr>
</tbody>
</table>

**2008-2012 % Change**

- **Stanislaus**: -8.1%
- **California**: -5.5%

## Gangs

- **27** Gangs are active in Stanislaus County
- **5,000** Approximate number of gang members in Stanislaus County

## Elder Abuse

- **2012-13**: 2,074 Adult Protective Services alleged reports
- **2010-11**: 1,650
- **2011-12**: 1,770

## Child Abuse

**Children with one or more substantiated referrals.**

<table>
<thead>
<tr>
<th>Year</th>
<th>Child Abuse Incidence rates per 1,000 children 6-17 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>14.1</td>
</tr>
<tr>
<td>2009</td>
<td>15.8</td>
</tr>
<tr>
<td>2010</td>
<td>14.4</td>
</tr>
<tr>
<td>2011</td>
<td>13.1</td>
</tr>
<tr>
<td>2012</td>
<td>15.0</td>
</tr>
</tbody>
</table>

**2008-2012 % Change**

- **Stanislaus**: +6.3%
- **California**: -8.8%

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*California Department of Public Health, Office of Health Information and Research (2006-2010). Death statistical master files. Provided to and analyzed by Stanislaus County Health Services Agency.


*Alameda County Social Services Agency (2013). Elders and disabled adults.
COMMUNITY AT A GLANCE: MEASURES OF WELL-BEING
BEHAVIORAL HEALTH

Behavioral Health

1 in 17 of Stanislaus County residents were in need of mental health services for a severe mental illness or serious emotional disturbance.

Substance Abuse

<table>
<thead>
<tr>
<th>Stanislaus County 7th Graders</th>
<th>Have Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 in 4</td>
<td>Alcohol</td>
</tr>
<tr>
<td>1 in 5</td>
<td>Tobacco</td>
</tr>
<tr>
<td>1 in 8</td>
<td>Marijuana</td>
</tr>
<tr>
<td>1 in 8</td>
<td>Inhalents</td>
</tr>
</tbody>
</table>

Anxiety/Depression

Residents told by their health provider that they have...

Anxiety 1 in 6  Depression 1 in 6

Suicide

30.2% increase since 2005

Social Connections

75.4%

People who feel they have NO ONE to turn to if they experience a serious personal crisis

Neighbors that say they know each other

4.5%
PHYSICAL HEALTH

Weight

18% Higher than California average

2 in 3 adults are overweight or obese

28% Higher than California average

Asthma Prevalence (2009-2012)

17.0%

13.9%


Stanislaus +26.9%

California +10.3%

TOP 5 Community Concerns

1. Crime
2. Neighborhood Safety
3. Alcohol & Drugs
4. Quality of Schools
5. Homelessness

12 California Department of Health Care Services (2009). CPES estimates of need for mental health services for California, Stanislaus County (099), 2007.
17 UCLA (multiple years). California Health Interview Survey.
Third Grade Reading Level

Research shows that proficiency in reading by the end of third grade enables students to shift from learning to read to reading to learn, and to master the more complex subject matter they encounter in the fourth grade curriculum. Most students who fail to reach this critical milestone falter in the later grades and often drop out before earning a high school diploma.

In 2012, 42% of Stanislaus County 3rd grade students scored proficient or higher in reading.

High School Graduation Rate

<table>
<thead>
<tr>
<th>Percent Graduates</th>
<th>Student Category</th>
<th>Percent Drop Outs</th>
</tr>
</thead>
<tbody>
<tr>
<td>78.4%</td>
<td>All Students</td>
<td>14.6%</td>
</tr>
<tr>
<td>63.6%</td>
<td>English Learners</td>
<td>25.8%</td>
</tr>
<tr>
<td>76.5%</td>
<td>Migrant Education</td>
<td>16.1%</td>
</tr>
<tr>
<td>73.1%</td>
<td>Socio-Economically Disadvantaged</td>
<td>18.4%</td>
</tr>
<tr>
<td>74.3%</td>
<td>African-American</td>
<td>17.7%</td>
</tr>
<tr>
<td>82.6%</td>
<td>Asian</td>
<td>10.3%</td>
</tr>
<tr>
<td>75.3%</td>
<td>Hispanic</td>
<td>17.1%</td>
</tr>
<tr>
<td>82.5%</td>
<td>White</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

High School Dropouts are more likely to:

- Be unemployed
- Receive welfare
- Contribute to high health costs and have less healthy children
- Perpetrate crimes and end up in jail

Grades:

- **Graduation Rate**: 78.4% (Stanislaus), 78.5% (California)
- **Dropout Rate**: 14.6% (Stanislaus), 13.2% (California)
Teenage Birth Rate

Why Teen Pregnancy Matters...Children of teen mothers perform worse on many measures of school readiness, are 50% more likely to repeat a grade, and are more likely than children born to older mothers to drop out of high school.

Teen Pregnancy
In the last 10 years, the Stanislaus County teen birth rate has decreased by 39.2%.

But...
Stanislaus County ranks 43 worst out of 61 health jurisdictions.

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Educational Attainment and Income

<table>
<thead>
<tr>
<th>Educational Attainment</th>
<th>Median Salary</th>
<th>Stanislaus</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than HS diploma or GED</td>
<td>$19,240</td>
<td>23.4%</td>
<td>18.9%</td>
</tr>
<tr>
<td>HS diploma or GED</td>
<td>$27,147</td>
<td>28.8%</td>
<td>20.8%</td>
</tr>
<tr>
<td>Some college / Associate’s degree</td>
<td>$32,869</td>
<td>31.6%</td>
<td>29.8%</td>
</tr>
<tr>
<td>Bachelor’s degree</td>
<td>$49,570</td>
<td>10.9%</td>
<td>19.4%</td>
</tr>
<tr>
<td>Graduate or Professional degree</td>
<td>$65,528</td>
<td>5.3%</td>
<td>11.1%</td>
</tr>
</tbody>
</table>

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20 California Department of Education (n.d.) California Longitudinal Pupil Achievement Data System.
Come Back Kids

Stanislaus County Office of Education proudly offers a high school program for young adults (ages 16-23) who want to come back to complete a diploma or a GED.

**Come Back Kids offers:**

- Individualized learning plans with a mix of online course work, classroom instruction, and career readiness seminars and presentations
- A modified independent study format with flexible hours to accommodate work and day care responsibilities
- Referral to appropriate support services
- Opportunities for internships, apprenticeship programs, and job placement
- Program offered at various locations throughout the county

**209.238.6500**

Ceres Project YES

Project YES (Youth Employment Services) is a federally funded program under the Workforce Investment Act (WIA) designed to help economically disadvantaged youth overcome barriers to achieving academic and personal success, as well as to find employment.

The Ceres Unified School District (CUSD), in partnership with the Alliance Worknet (formerly Department of Education and Training), offers educational support and employability training for local youth residing in Stanislaus County. Project YES services are coordinated and managed locally through CUSD’s Educational Options Department.

**209.556.1558**

[http://www.ceres.k12.ca.us/student_support/specialized_programs/project_y_e_s](http://www.ceres.k12.ca.us/student_support/specialized_programs/project_y_e_s)
Destination Graduation

Stanislaus County Office of Education (SCOE) launched a new initiative entitled Destination Graduation in July 2013. The goal of the initiative is to increase the high school graduation rate in the county.

5 Pillars of the Initiative

1. **Best Practices**
   - Summits for sharing best practices
   - Guest speakers from successful districts
   - Expansion of Positive Behavior Support programs
   - New SCOE Program: Come Back Kids

2. **Mentoring Programs**
   - Development of mentor recruitment materials
   - Partnering with community mentor efforts
   - Mentor training
   - Recruitment of interested schools, businesses, service groups, etc.
   - Graduation Coaches (focus of the United Way)

3. **Summer Camps**
   - Support for at risk 6th graders transitioning to 7th grade
   - Education on the value of a high school diploma
   - Career Awareness
   - Field trips to receiving schools

4. **Parent Campaign**
   - Creation of parent awareness materials
   - Community Campaign
   - Assistance to schools/districts with social media tools

5. **Grade-Level Reading**
   - Join National Campaign for Grade-Level Reading to coordinate and engage local community action around school readiness, chronic absences, and summer learning loss.

[http://www.stancoe.org/scoe/admin/destination-grad]
Between November 2012 and November 2013, the foreclosure rate improved by 20%.

But... the majority (54.7%) of residents spend more than they can afford on housing*.

*Economists recommend that housing costs should not exceed 30% of income.
POVERTY INDICATORS:

What is Poverty?  
The Federal Government sets the Federal Poverty Level (FPL) each year—a threshold in income a person or household of a certain size can earn and still be considered poor.

Modesto has the 5th highest suburban poverty rate in the nation.  

Percent of County Residents Living in Poverty  

1 in 3 kids  
1 in 5 adults  
1 in 10 seniors  

Between 2008 and 2011, Stanislaus had a 37.0% increase in those living in poverty.  

What is Food Security?  
The USDA defines this as people having access to enough food to have an active healthy life.

Child Care  
High-quality child care can provide a good learning foundation preparing children for kindergarten, primary school, and beyond. Licensed child care providers are approved by the State and must meet minimum qualifications.

- Licensed child care slots are only available for 18% of Stanislaus children whose parents are in the workforce.
- The number of licensed child care slots in Stanislaus decreased by 9.5% between 2010 and 2012.
Food Resources

Food Assistance and Classes
Throughout Stanislaus County, you can find Family Resource Centers and other community based organizations that provide information on and assist with the enrollment process for the CalFresh Program (nutrition assistance). 877.652.0734.

Farmers Markets

WIC and the Area Agency on Aging both provide coupons that can be used to get free produce at farmers markets for WIC participants and seniors.

Stanislaus County Farmers Markets 2014

Tuesdays
Airport Neighborhood Market
2150 Yosemite Boulevard
Modesto-Sciabica’s Parking Lot

Wednesdays
Patterson Farmers Market
1040 W. Las Palmas Avenue
True Value Parking Lot

Riverbank Farmers Market,
Community Center on Santa Fe between 6th and 7th

Oakdale Farmers Market
3rd Ave between E and F Streets

Thursdays
Modesto Farmers Market
16th Street, between H and I Streets

West Modesto Farmers Market,
601 N. Martin Luther King Drive

Fridays
Turlock Farmers Market
Broadway and Main Streets

Saturdays
Modesto Farmers Market
16th Street, between H and I Streets

Sundays
Vintage Fair Mall Farmers Market
Parking Lot near Buffalo Wild Wings

Multiple Days
Ceres Farmers Markets, School Sites
For more details, contact Lourdes at the Ceres Partnership at 209-541-0303
Comprehensive Resources: 2-1-1 Center

In October of 2007, the United Way 2-1-1 call center became a fully functional 24 hours, 7 days a week, 365 days a year call center. It’s an easy number for residents to remember and allows them access to community referrals any time. Trained, professional call specialists quickly provide referrals and access to services that callers need. 2-1-1 puts individuals in contact with the appropriate agencies and organizations that are best suited to assist them.

Housing & Utility Services

- Community Housing and Shelter Services provides temporary shelter, housing counseling, and rental assistance for families in emergency situations. 209.527.0444.
- The Central Valley Opportunity Center offers rental and energy assistance, emergency shelter, and food vouchers. 209.577.3210.
- The Redwood Living Center provides transitional housing for women recovering from substance abuse and their children (ages 12 and younger). It also provides GED assistance for moms. 209.550.7352.
- Through the California Telephone Access Program (CTAP), the California Public Utilities Commission provides free assistive telephones for seniors and persons with disabilities. 800.806.1191.

Childcare Resources

- Recognizing the need for resources and referral, the Child/Family Services division of the Stanislaus County Office of Education, provides comprehensive information and referrals regarding child care / development services to parents and providers. They also provide assistance in paying for child care or enrolling children into state preschool. 209.238.6400.
- StanWorks provides information on subsidized childcare on their call line: 209.558.2332.
- Early Head Start is a program for qualified low-income families with infants and toddlers and pregnant women. Migrant Head Start serves families who meet guidelines and migrate for employment. 209.238.1800.
- The Children’s Crisis Center provides care for children in crisis, including emergency and overnight care and family advocacy. 209.577.0138 (general information) 209.577.4413 (24 hour crisis line).

Services for Seniors

- Senior Meals Sites - Weekday lunch sites for senior citizens throughout the County.
- Home-Delivered Meals - Lunch delivered to home-bound senior citizens weekdays.
- Farmers Market Coupons - 10-$2 coupons to be used at certified farmers markets for moderate income senior citizens.
- Help obtaining free assistive telephones.
- Help applying for utilities discounts.
- Senior Community Service Employment Program (SCSEP). A training program for low income senior citizens.

Area Agency on Aging 209.558.8698

- Senior Meals Sites - Weekday lunch sites for senior citizens throughout the County.
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- Help obtaining free assistive telephones.
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Health Insurance:

Lack of health insurance coverage and inadequate health insurance are frequent barriers to accessing medical care.

Age Breakdown of Those Insured

- **98%** of seniors (≥65 years)
- **74%** of adults of working age (18-64 years)
- **65%** of adults 19-25 of age
- **96%** of children (<18 years)

As of 2012, **82%** of Stanislaus County residents had some type of health insurance.

**18%** of Stanislaus County residents had no health insurance.

Within adults of working age, the youngest group had the smallest percentage of members with health care insurance.

Employer Based Insurance

In 2015, the Patient Protection and Affordable Care Act (ACA) will require employers with at least 50 full time employees (working 30+ hours per week) to offer minimum health care insurance coverage or pay a penalty.

When polled in January 2013, 1 in 4 Stanislaus County employers were unsure if they would offer health insurance in 2014.
Quality of Health Care

More than 70% of 2013 CHA Community Survey participants indicated that they had received a recommended health screening based on age and gender.

Percentage of Residents Who Have Received Recommended Health Screenings

<table>
<thead>
<tr>
<th>Screening</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pap Smear</td>
<td>86.8%</td>
</tr>
<tr>
<td>Diabetes Screening</td>
<td>83.3%</td>
</tr>
<tr>
<td>Mammogram</td>
<td>76.5%</td>
</tr>
<tr>
<td>Prostate Exam</td>
<td>76.4%</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>73.4%</td>
</tr>
</tbody>
</table>

Health Care Provider Shortage:

<table>
<thead>
<tr>
<th>Provider Type</th>
<th>Stanislaus</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care Provider Per</td>
<td>1,525 residents</td>
<td>1,326 residents</td>
</tr>
<tr>
<td>Mental Health Provider Per</td>
<td>1,615 residents</td>
<td>637 residents</td>
</tr>
</tbody>
</table>

Quality of Health Care

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<td>Colonoscopy</td>
<td>73.4%</td>
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</table>

Connecting People to Insurance

Covered California enrollment assistance is offered throughout the county at Family Resource Centers, at the Community Services Agency, and at organizations such as United Way, Planned Parenthood, and El Concilio. 800.300.1516 / www.CoveredCA.com.

Medi-Cal expansion enrollment

- In late 2013 and early 2014, Stanislaus County’s Community Services Agency, Health Services Agency, Behavioral Health and Recovery Services, and non-profit agencies conducted outreach to people who qualified for the Medi-Cal Expansion to assist them with enrolling. 800.300.1506.

- The Health Insurance Counseling and Advocacy Program (HICAP) assists Medicare beneficiaries. Staff and volunteers help seniors and persons with disabilities understand options under Medicare and associated health insurance programs. 209.558.4540.

- The Healthy Cubs program is a health access program that provides free outpatient health care to children ages 0-5 and prenatal care to pregnant women. It does not include hospitalization, emergency services, or services offered by non-contracted providers. 209.558.6231.
Increasing Number of Health Care Providers

Doctors

- The Valley Family Medicine Residency of Modesto graduates approximately 10 doctors per year; many stay to practice in the San Joaquin Valley. 209.576.3528.

- UC Merced is partnering with UC Davis School of Medicine and UCSF Fresno to train medical students in the region. http://med.ucmerced.edu/.

Mental Health Workforce

- The Workforce Education and Training component of the Mental Health Services Act provides funding to help transform the capacity of the mental health workforce and improve cultural and language competency. For example a partnership between Behavioral Health and Recovery Services and Modesto Junior College has resulted in an educational program to increase the number of well-trained mental health providers in the county.

- Educational stipends are provided to Masters students in Social Work and Psychology by Behavioral Health and Recovery Services through the Mental Health Services Act. In 2012/2013, five stipends were awarded and five students went on to be providers in Stanislaus County.

Empowering People to Stay Healthy

- **Body and Soul: Faithfully Fit** - Religious leaders in the West Modesto neighborhood were trained in February 2013 on ways to help their congregation be active and stay healthy. Funds from Kaiser Permanente’s HEAL grant support this program. 209.552.6902.

- **Friends are Good Medicine** provides a resource guide and website that links individuals to community based self-help groups and updated resource and referral lists for service providers and community partners. It provides leadership training, consultation and assistance to groups. http://www.friendsaregoodmedicine.com.

- **Young at Heart** and other free exercise classes help increase strength, balance, and confidence for senior citizens. 209.523.2800 / www.healthyagingassociation.org.

- **Project Hope** is a set of programs that address depression, isolation, and life’s challenges for older adults, including in-home, no-fee counseling by professionals and trained volunteers. The Area Agency on Aging 209.558.8695 or 800.510.2020.
FOCUS ON BUILT ENVIRONMENT

The built environment is a term used for all parts of a community that are created by humans including buildings, roads, sidewalks, and parks.

When it comes to your health, your zip code matters more than your genetic code.

— Dr. Tony Iton

Food Environment

The neighborhood environment affects a person’s diet choices and risk of obesity and chronic disease. For every grocery store or produce vendor around Stanislaus County homes, there are nearly 5.5 times as many fast-food restaurants, pizza places, and convenience stores.

Air Quality

Poor air quality can cause coughing, wheezing and difficulty breathing. It is known to trigger asthma attacks, cause lung damage and contribute to heart disease.

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Creating Policy Change

- In April 2014, Stanislaus County became the first county in California to have all of its incorporated cities and the county government enact Healthy Eating / Active Living Resolutions.
- Stanislaus County jurisdictions that are revising or updating general plans, or area specific plans, have asked for assistance from the public health department, health care providers, and community-based organizations to ensure health and well-being are included in planning decisions and documents. For example,
  - The County has added an emphasis on creating a walkable, bike-able community with complete streets and increased connectivity in the Land Use and Circulation Elements of the General Plan. Some cities have officially recognized, through policy and plans, that streets are meant to serve people using all modes of transportation therefore, improving the ease and safety of walking and biking, not just personal automobiles.

Improving our Infrastructure

- Stanislaus County cities are working to increase opportunities for physical activity and improve the safety of people walking or biking.
  - Many community partners have joined together to design and build the Helen White Memorial Trail in West Modesto; this will allow children a safe route to school and offer residents a convenient place to be physically active. http://westmodestocollaborative.com/
  - The Tuolumne River Trust, working with the Airport Neighborhood Collaborative, built soccer fields in the Airport Neighborhood. Neighborhood residents also partnered with Love Modesto to build a sidewalk near Orville Wright Elementary school.
  - The City of Modesto is creating marked bike lanes on many major streets.

Educating and Empowering People

- Community organizations have joined with government departments to provide education for residents on why planning matters and how to get involved. 209.541.0101.
- Asthma Flag Program – Under the leadership of the Stanislaus County Asthma Coalition and the San Joaquin Valley Air Pollution Control District, over 200 schools, as well as government and health facilities, participate in the program. These facilities fly a colored flag tied to the Air Quality Index to alert people about the quality of the air. http://www.hsahealth.org/publichealth/mainpages/coalitionpartnerships/asthma/.

In 2012, the Virginia Corridor was extended to cross Briggsmore Avenue with a pedestrian/bicycle bridge.

Supervisor Jim DeMartini presents the Stanislaus County Healthy Eating/Active Living Resolution to Lourdes Perez of the Ceres Partnership for Healthy Children and Rocio Huerta of Sutter Gould Medical Foundation in April, 2014.
PARTICIPATING AGENCIES

Child/Family Services, Stanislaus County Office of Education
Community and Local Neighborhood Research
Health Plan of San Joaquin
Kaiser Permanente of Northern California
Memorial Medical Center
Sierra Vista Child and Family Services
Stanislaus Community Foundation
Stanislaus County Behavioral Health and Recovery Services
Stanislaus County Children and Families Commission
Stanislaus County Community Services Agency
Stanislaus County Department of Aging and Veteran Services
Stanislaus Health Foundation
Stanislaus County Health Services Agency
Stanislaus County Office of Education
Stanislaus Economic Development and Workforce Alliance
Sutter Health Central Valley Region
Teach2Fish
United Way of Stanislaus County
West Modesto / King Kennedy Neighborhood Collaborative

For more information on Stanislaus County, please visit www.HSAHealth.org/data/2013CHA