



San Bernardino County  
**Community Vital Signs Initiative**

**2022 - 2023**

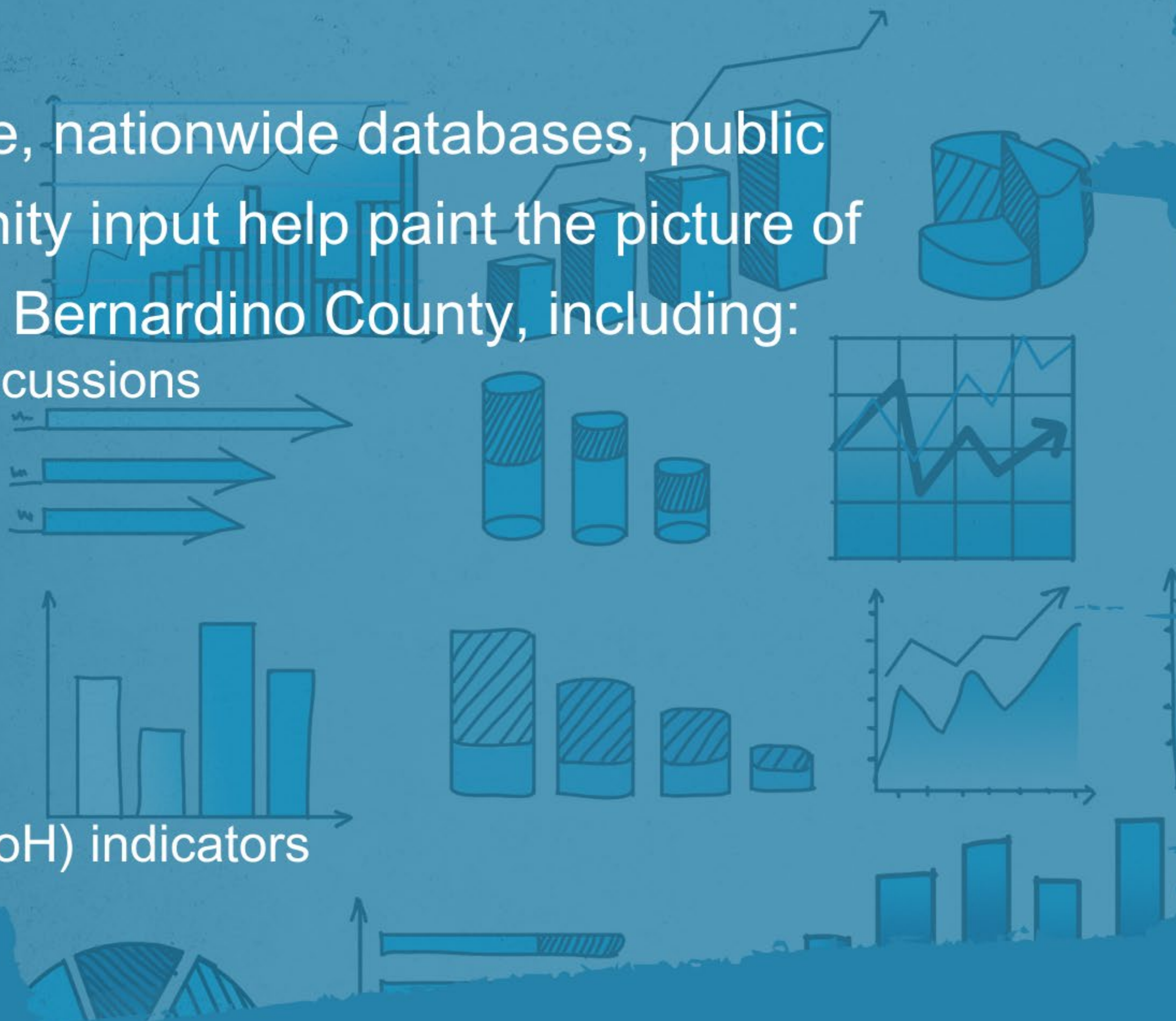
# **Community Health Assessment**

**Community Survey and Health Data  
Presentation**

# Data Sources

Data from several local, state, nationwide databases, public health sources, and community input help paint the picture of health and well-being in San Bernardino County, including:

- Community Surveys and Discussions
- Population characteristics
- Health outcomes
- Health behaviors
- Healthcare utilization
- Access to care indicators
- Social Drivers of Health (SDoH) indicators



# What rose to the top?

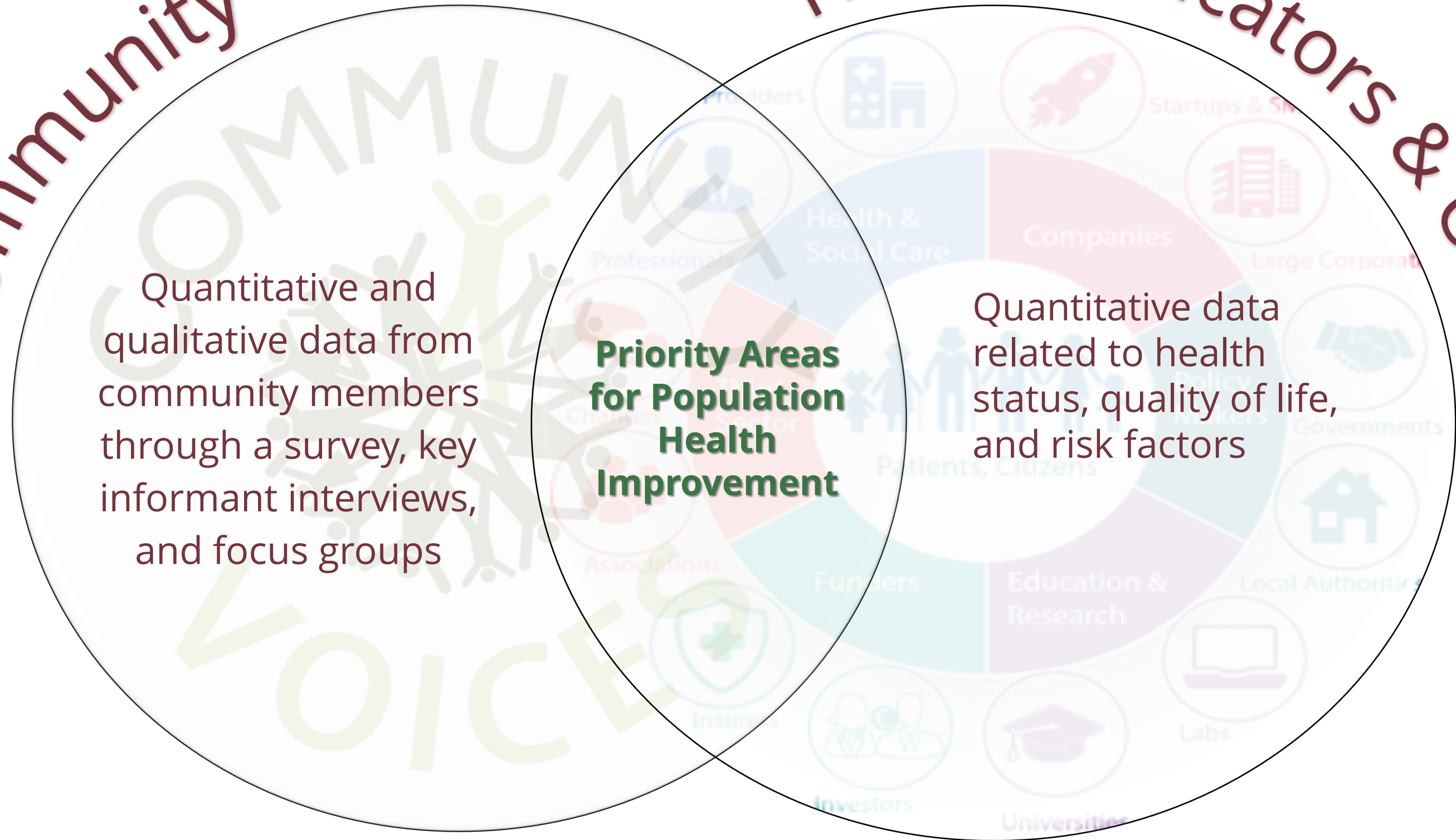
## Community Voices

Quantitative and qualitative data from community members through a survey, key informant interviews, and focus groups

## Health Indicators & Outcomes

Quantitative data related to health status, quality of life, and risk factors

**Priority Areas for Population Health Improvement**



# Framing the Steering Committee Discussion

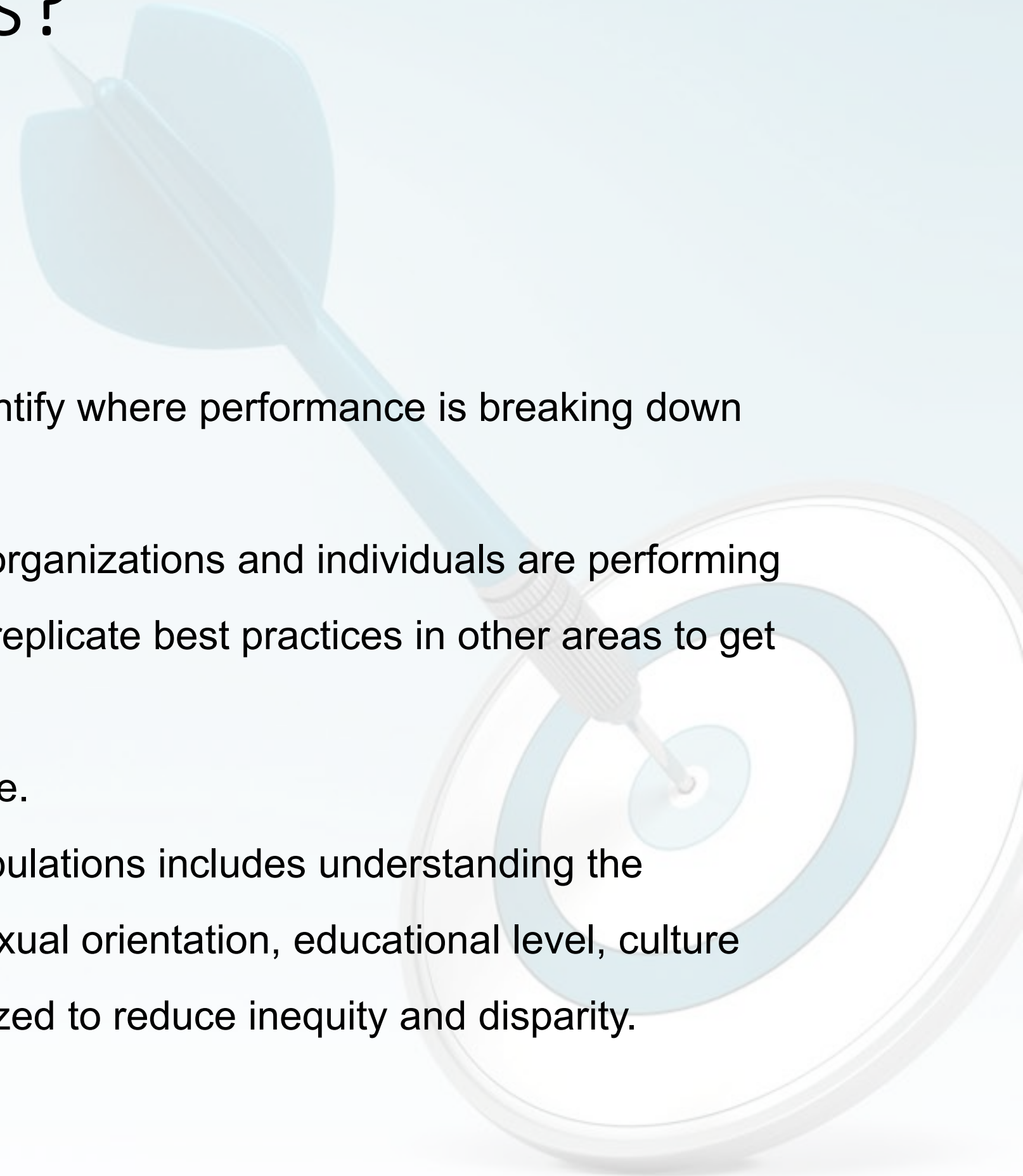
Data can be overwhelming and confusing.

These five questions will help you think about the data you see:

- What do you think is at the root of the health issues you see in the data?
- What health issues in your community do you think we (all of us) can change for the better?
- What are the challenges with improving some of these health issues/concerns?
- What are the opportunities to improving some of the health issues and community concerns?
- What exists that we can build on?
- What new ideas might make something we have better?

# How does data help us set goals?

- Make better decisions including:
  - Finding new partners
  - Aligning resources
  - Develop effective strategies
- Identify and solve problems - tracking and reviewing data helps identify where performance is breaking down so you can make improvements and repair the damage.
- Understand performance - Knowing which programs/interventions/organizations and individuals are performing well gives you the ability to find the key areas of their success and replicate best practices in other areas to get better results.
- Streamline processes - Finding what works and putting energy there.
- Understand the community - having a clear picture of the target populations includes understanding the differences within the population (race, ethnicity, gender identity, sexual orientation, educational level, culture etc.) allows interventions/services/prevention activities to be organized to reduce inequity and disparity.





# Refresher

2022 - 2023

Community Themes & Strengths Survey

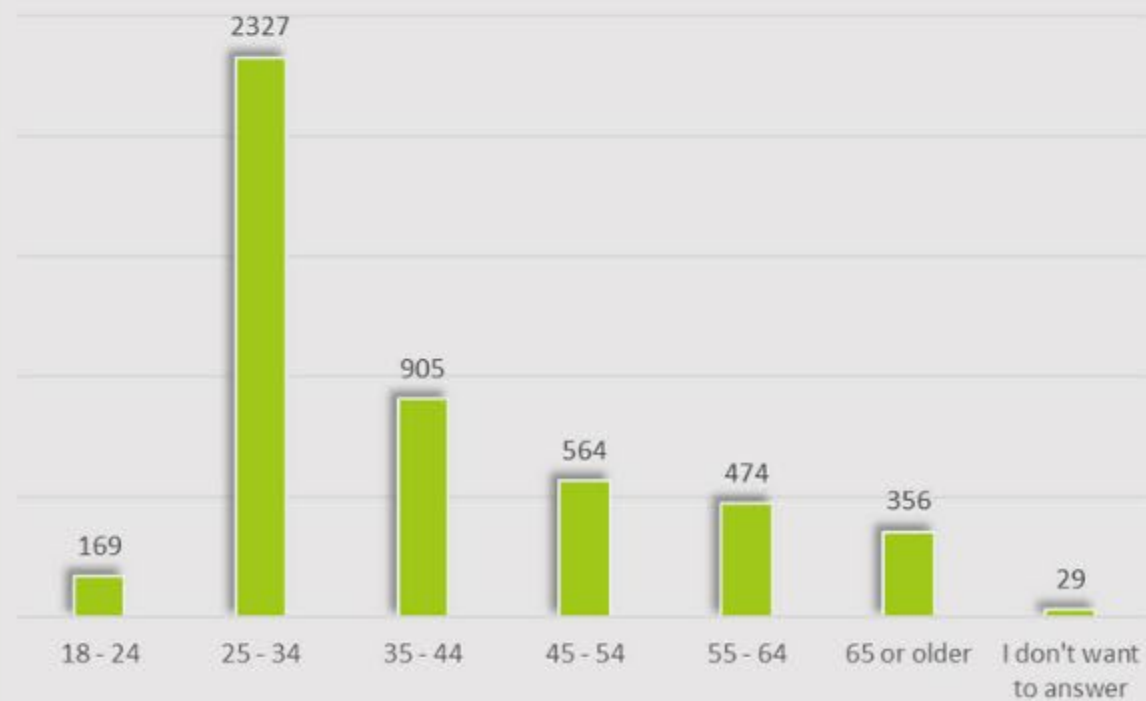
Who took the survey?

# self-concept

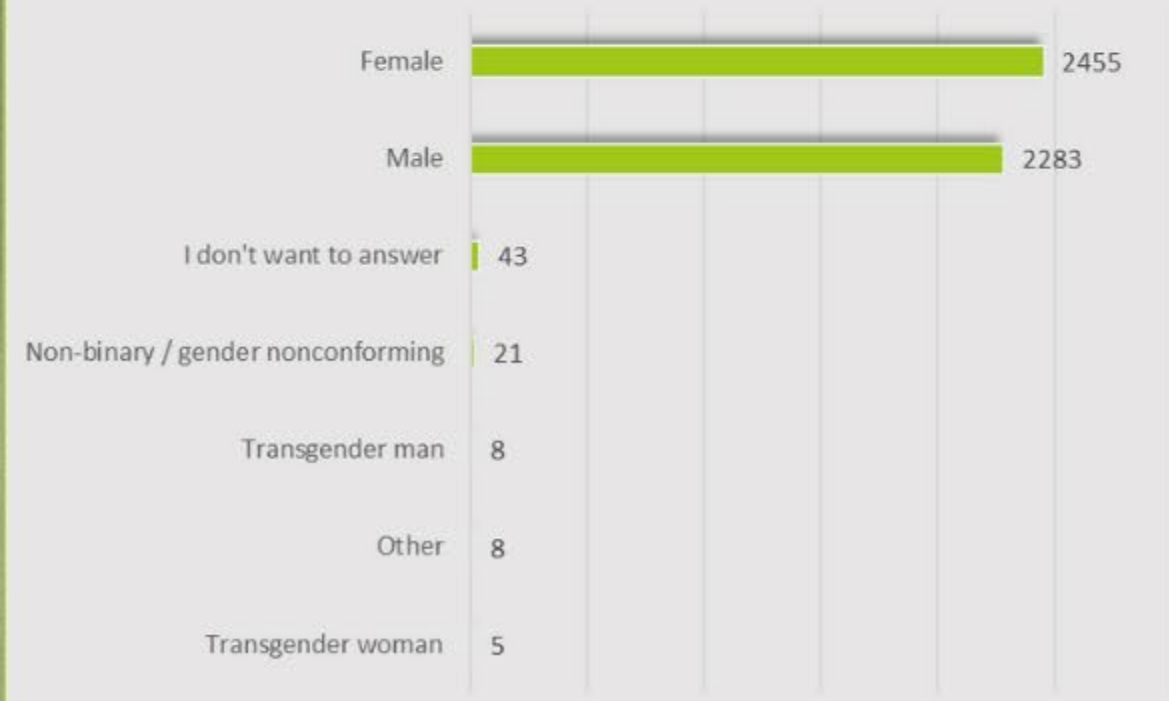
*noun*

the idea or mental image one has of oneself and one's strengths, weaknesses, status, etc.; self-image

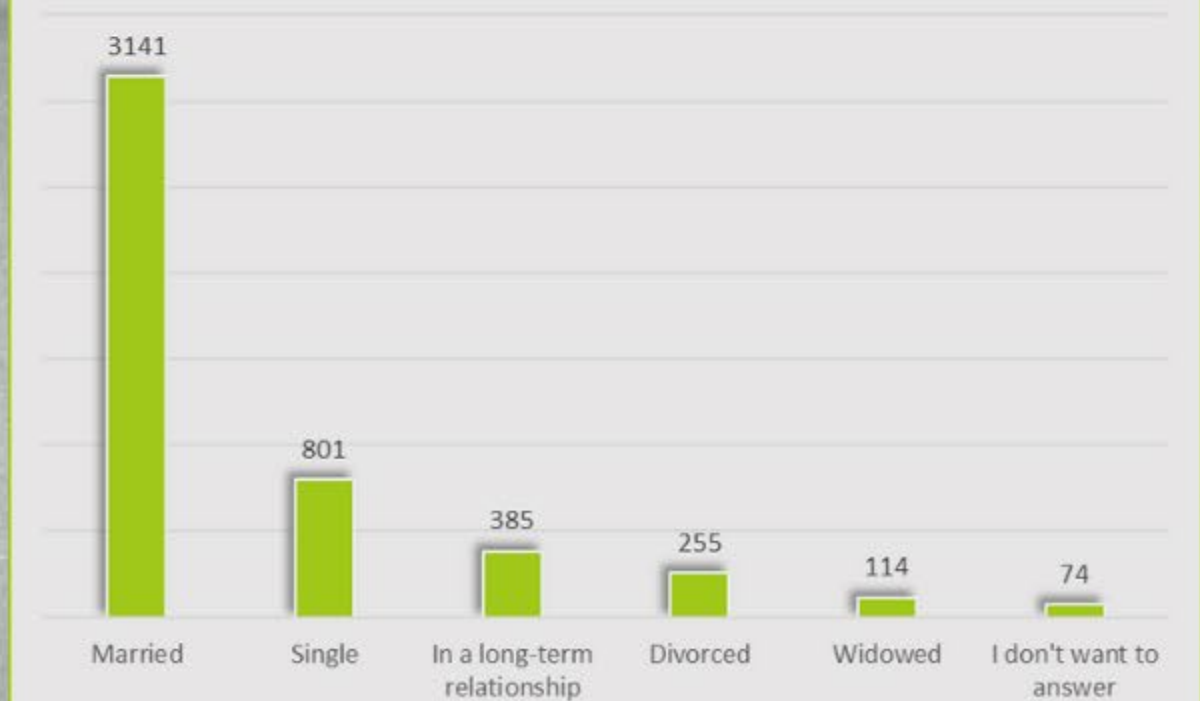
### Respondent Age



### Respondent Gender Identity

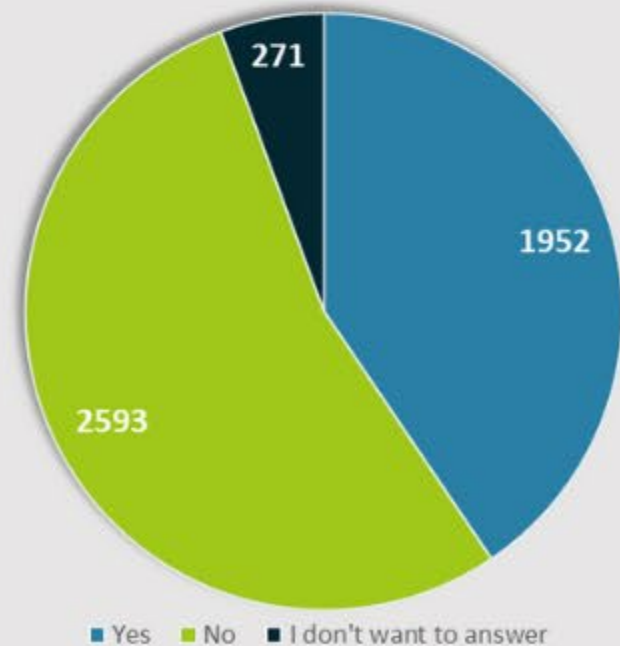


### Respondent Relationship Status

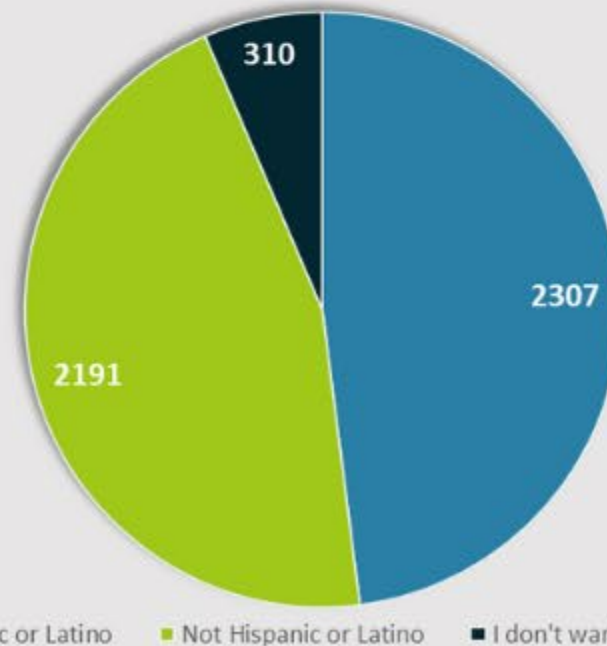


Multiple types of identity exist within every person including:  
Cultural identity, Professional identity, Ethnic and National identity,  
Religious identity,  
Gender identity, and Disability identity.

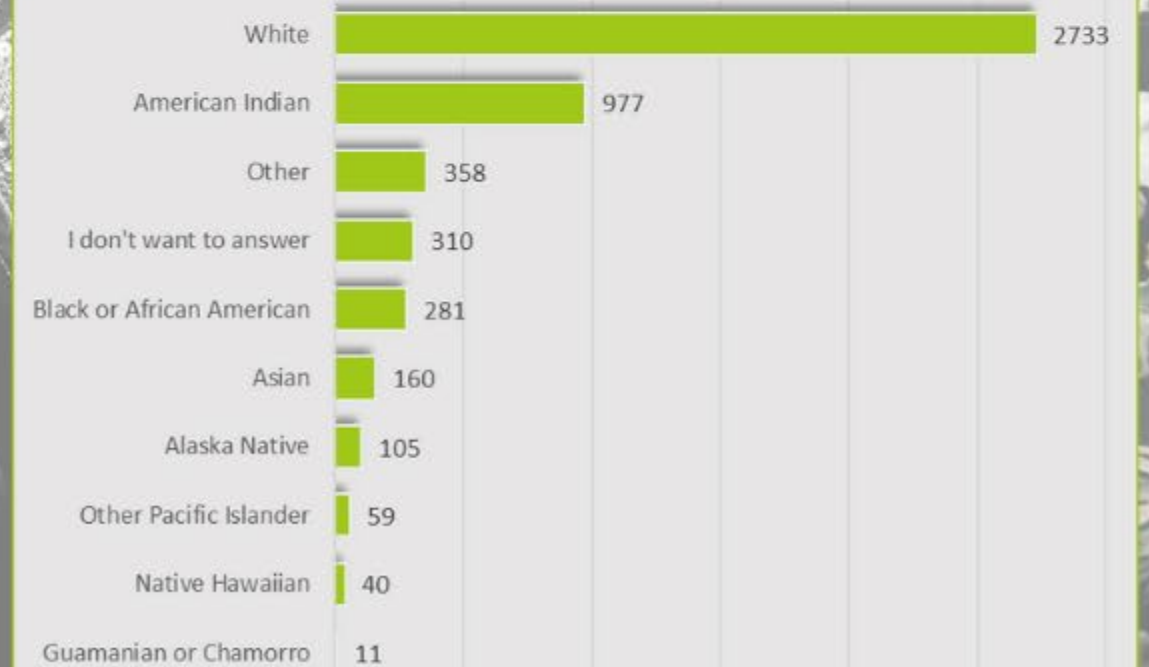
Does Respondent Identify as a Person of Color?



Respondent Ethnicity

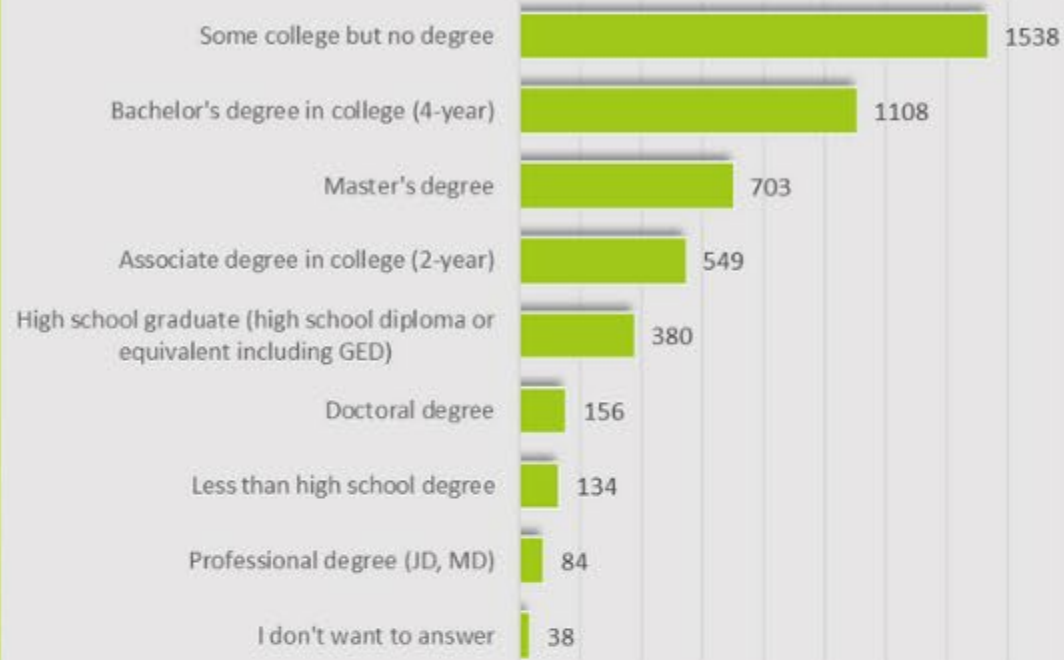


Respondent Race

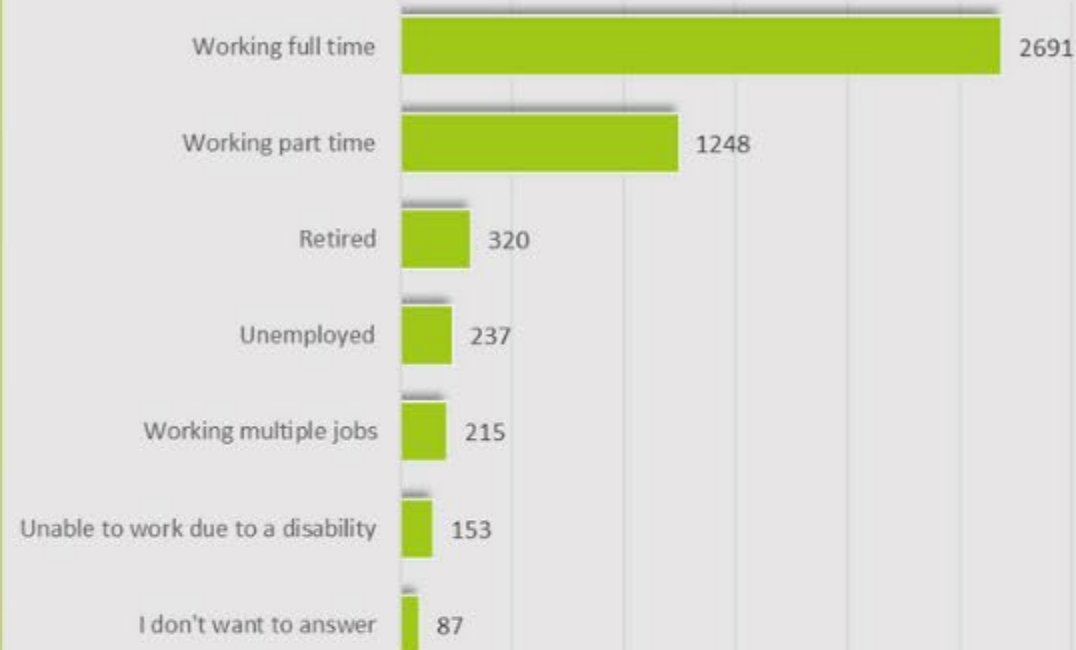




### Respondent Education Level



### Respondent Employment Status



### Respondent Income Level





## **Community Perspective: The Strengths and Challenges of Living In San Bernardino County**

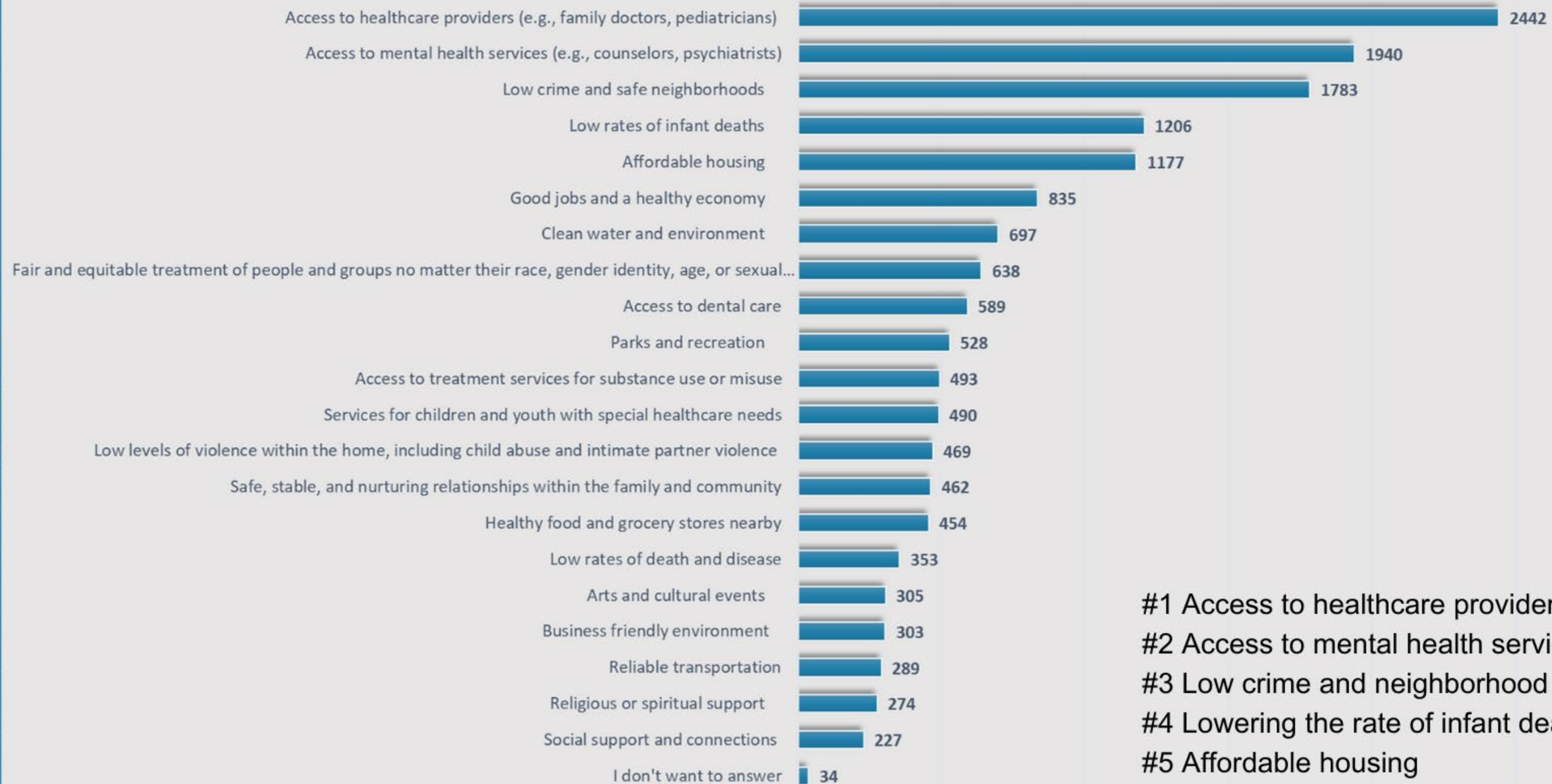
On behalf of Community Vital Signs, HMA gathered community opinions about crucial health issues and the quality of life in San Bernardino County for children and families through an online community health survey.

Community members were asked to identify the:

- Top Three Most Important Things to Improve Your Health & Well-being
- Top Three Most Damaging Things to the Health of Your Community
- Top Three Most Damaging Things to the Health of People in Your Community

# Top Three Most Important Things to Improve Your Health & Well-being

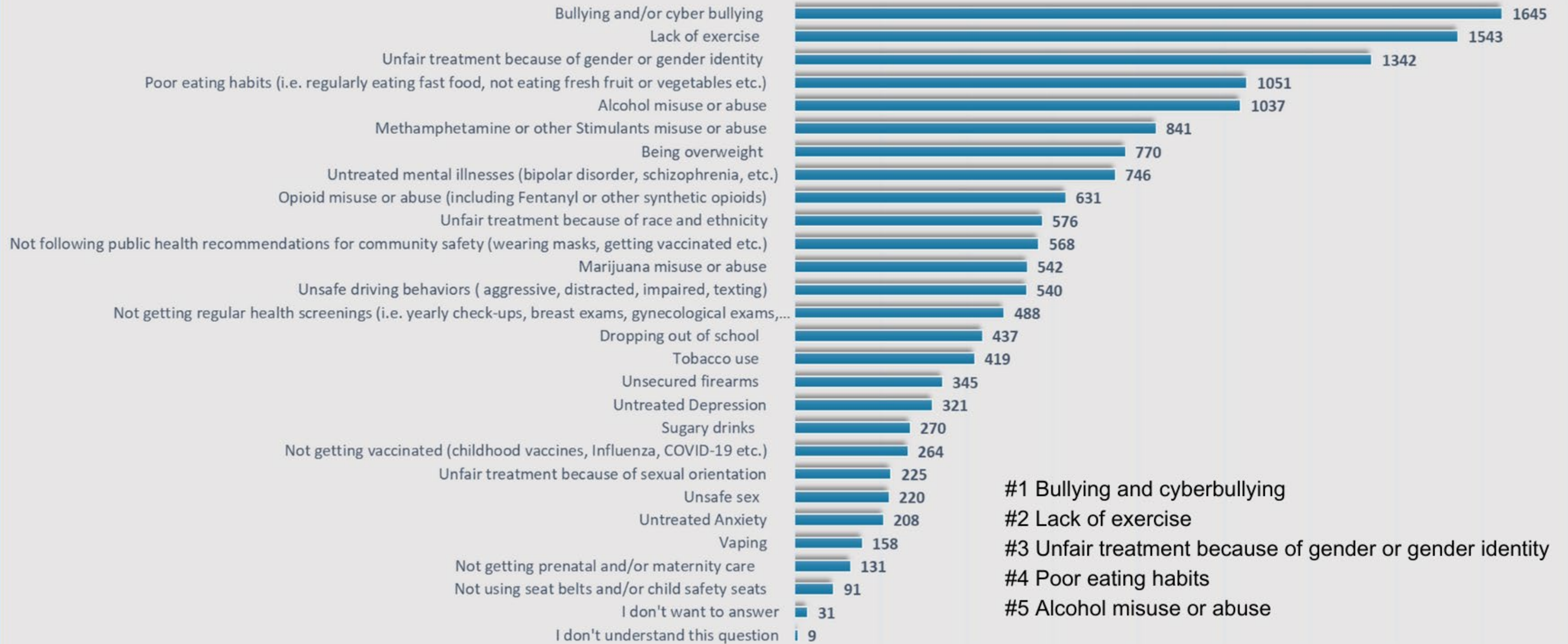
What three (3) things are most important to you to improve your health and well-being where you live?



- #1 Access to healthcare providers
- #2 Access to mental health services
- #3 Low crime and neighborhood safety
- #4 Lowering the rate of infant death
- #5 Affordable housing

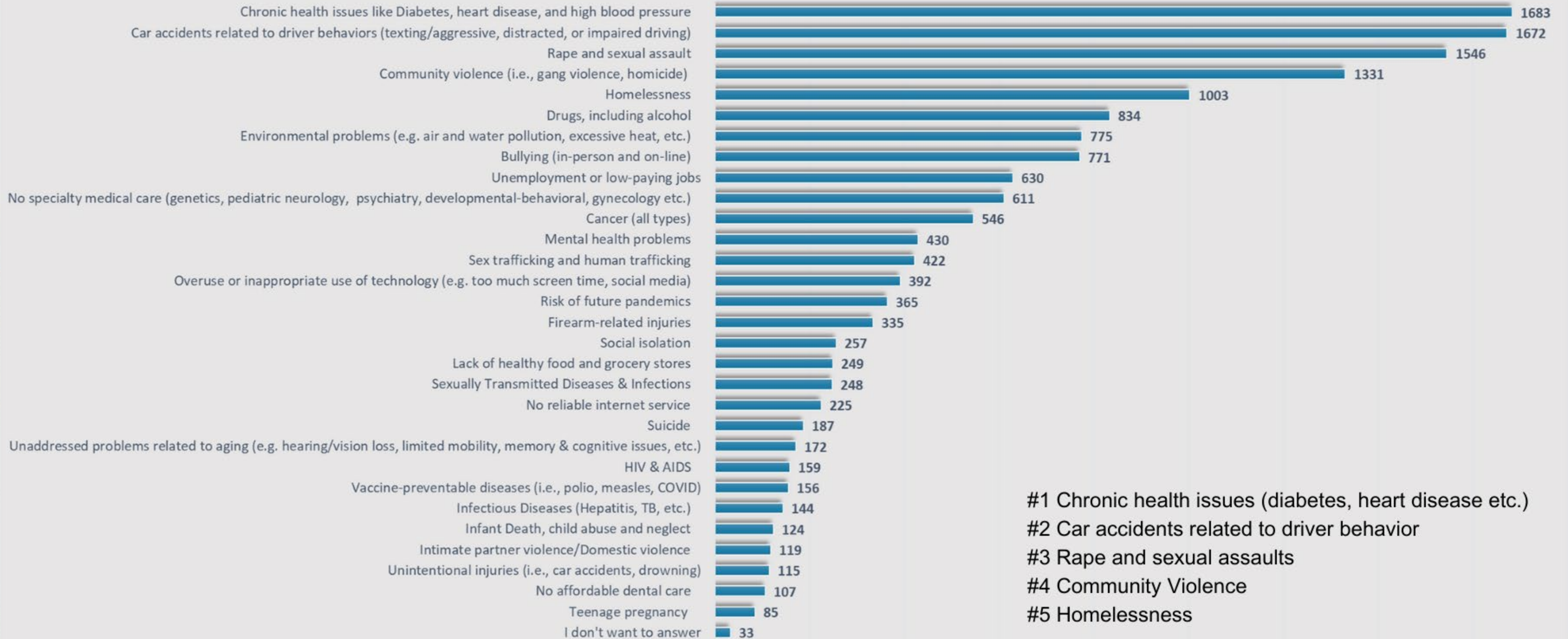
# Top Three Most **Damaging** Things to the Health of **People** in Your Community

What three (3) things do you think are the **most damaging to the health of people** in your community?



# Top Three Most **Damaging** Things to the Health of **Your Community**

What three (3) things do you think are the **most damaging to the health of your community?**



- #1 Chronic health issues (diabetes, heart disease etc.)
- #2 Car accidents related to driver behavior
- #3 Rape and sexual assaults
- #4 Community Violence
- #5 Homelessness



# WELLNESS

## Community Context: Availability & Access

How easy or hard it is for people to get the services they need where they live?

# Accessing Services

1

Secondary data supports community members' experiences. Accessing care is difficult in part because of the shortage of healthcare providers.

2

More San Bernardinans live in poverty and are covered by Medi-Cal than the state. Meeting basic needs is difficult, likely exacerbating the inability to access care.

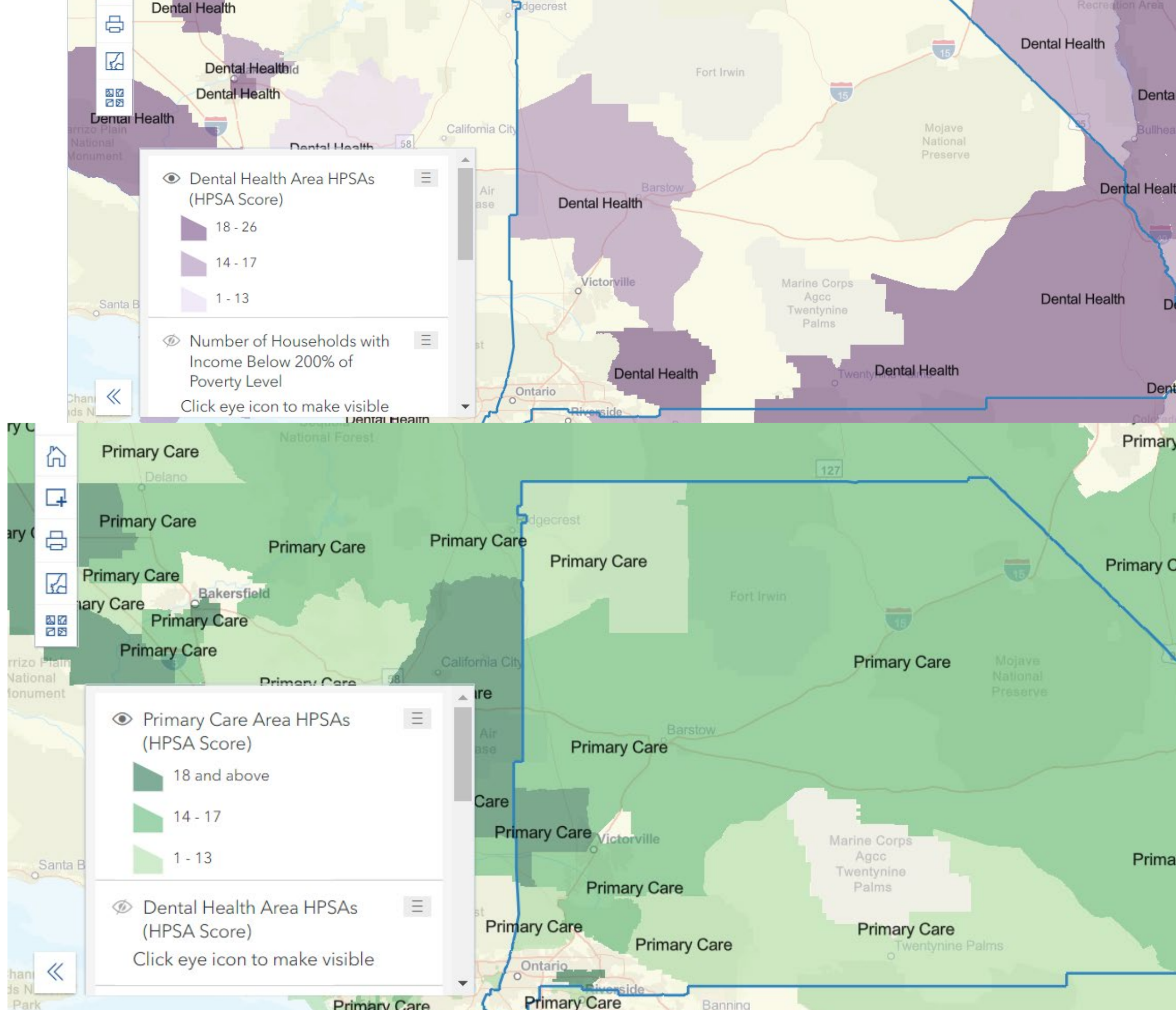
3

Few community members appear to access care via technology and most experience barriers when attempting to access care during non-traditional hours of operation.

# Health Professional Shortage Area (HPSA)

The Health Resources & Services Administration (HRSA) estimates the number of HPSAs.

HPSA Discipline	Count	Year
Primary Care	26	2021
Dental Health	17	2021
Primary Care	26	2022
Dental Health	18	2022

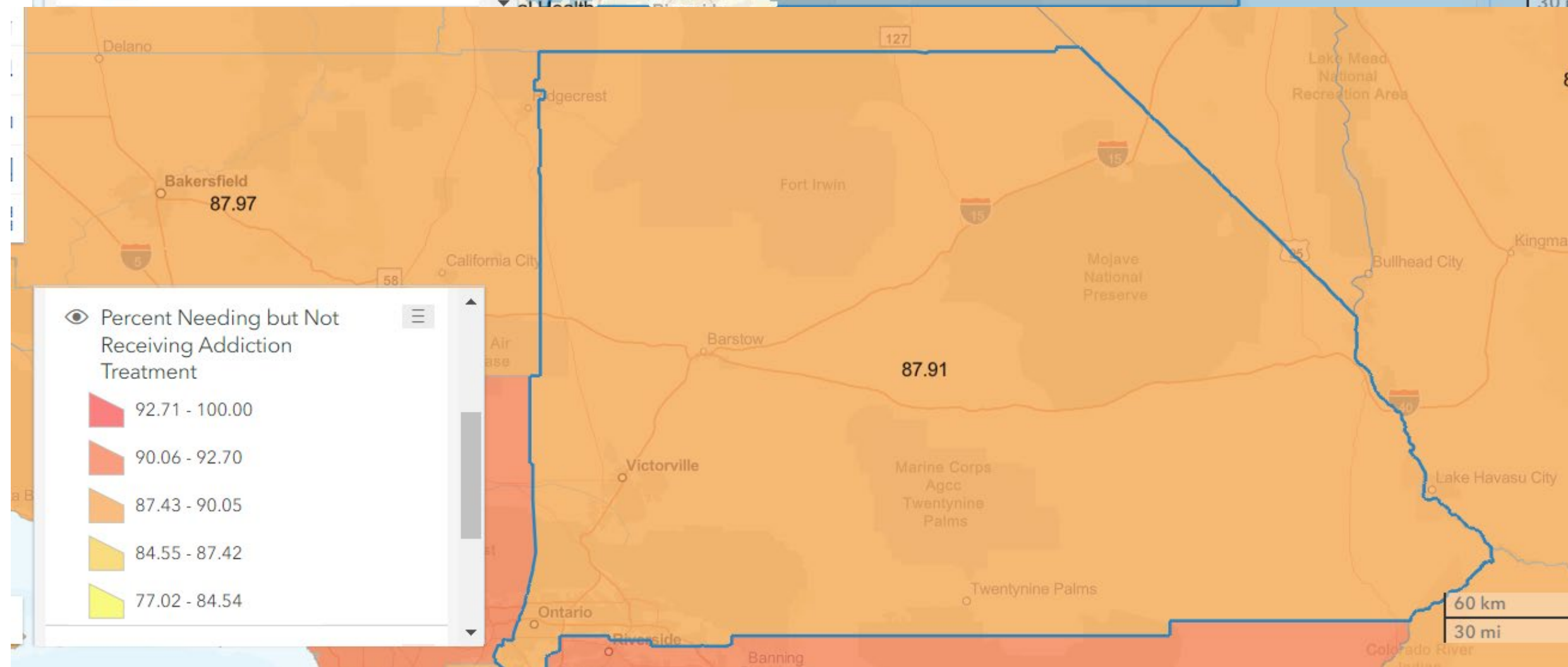
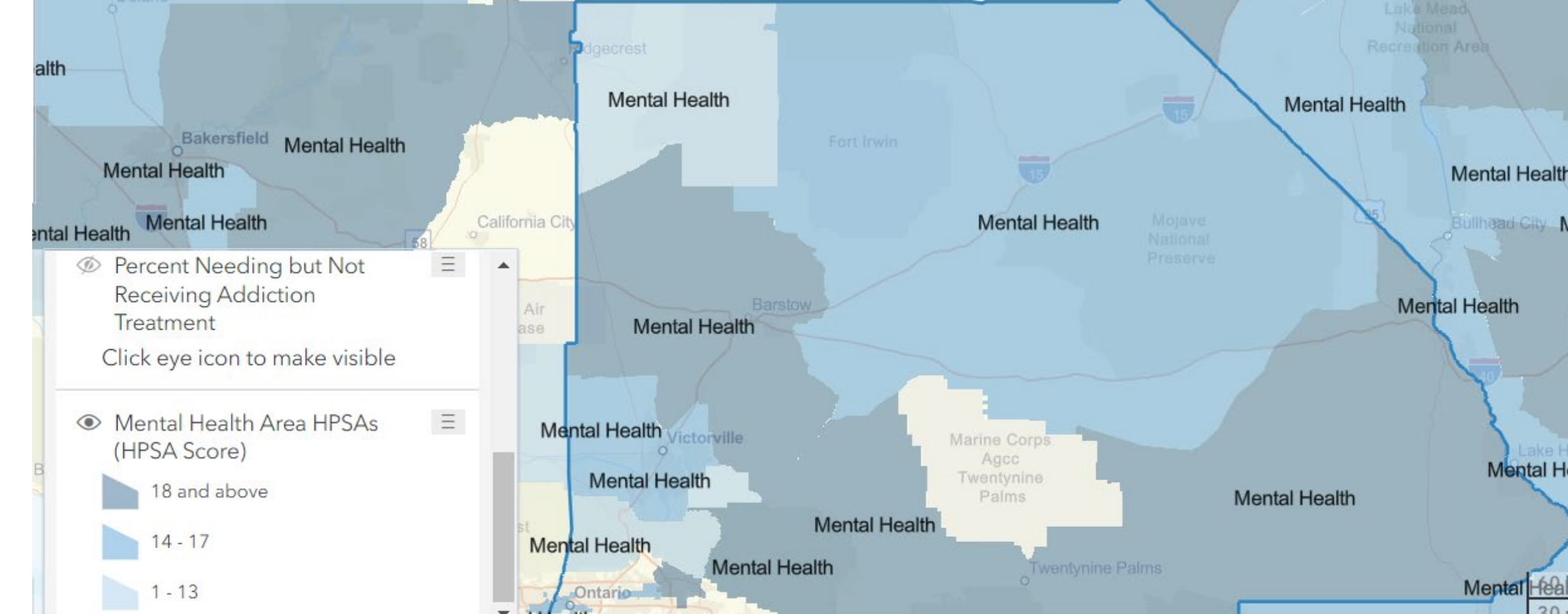




## Health Professional Shortage Area (HPSA)

In 2021, San Bernardino County had 27 mental health HPSAs.  
In 2022 the number increased to 28 HPSAs.

87% of San Bernardino County residents live in areas without access to addiction treatment services.





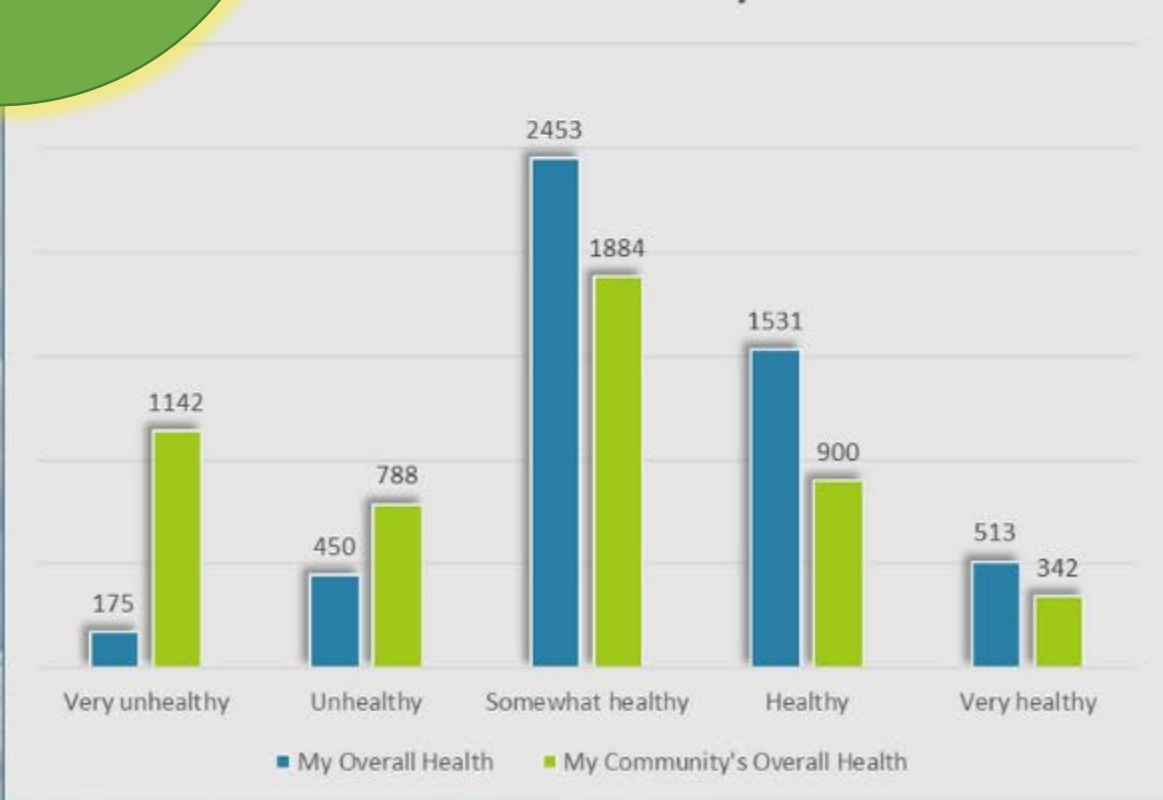
# Access to Services

Access to affordable, quality healthcare is vital to physical, social, and mental health.

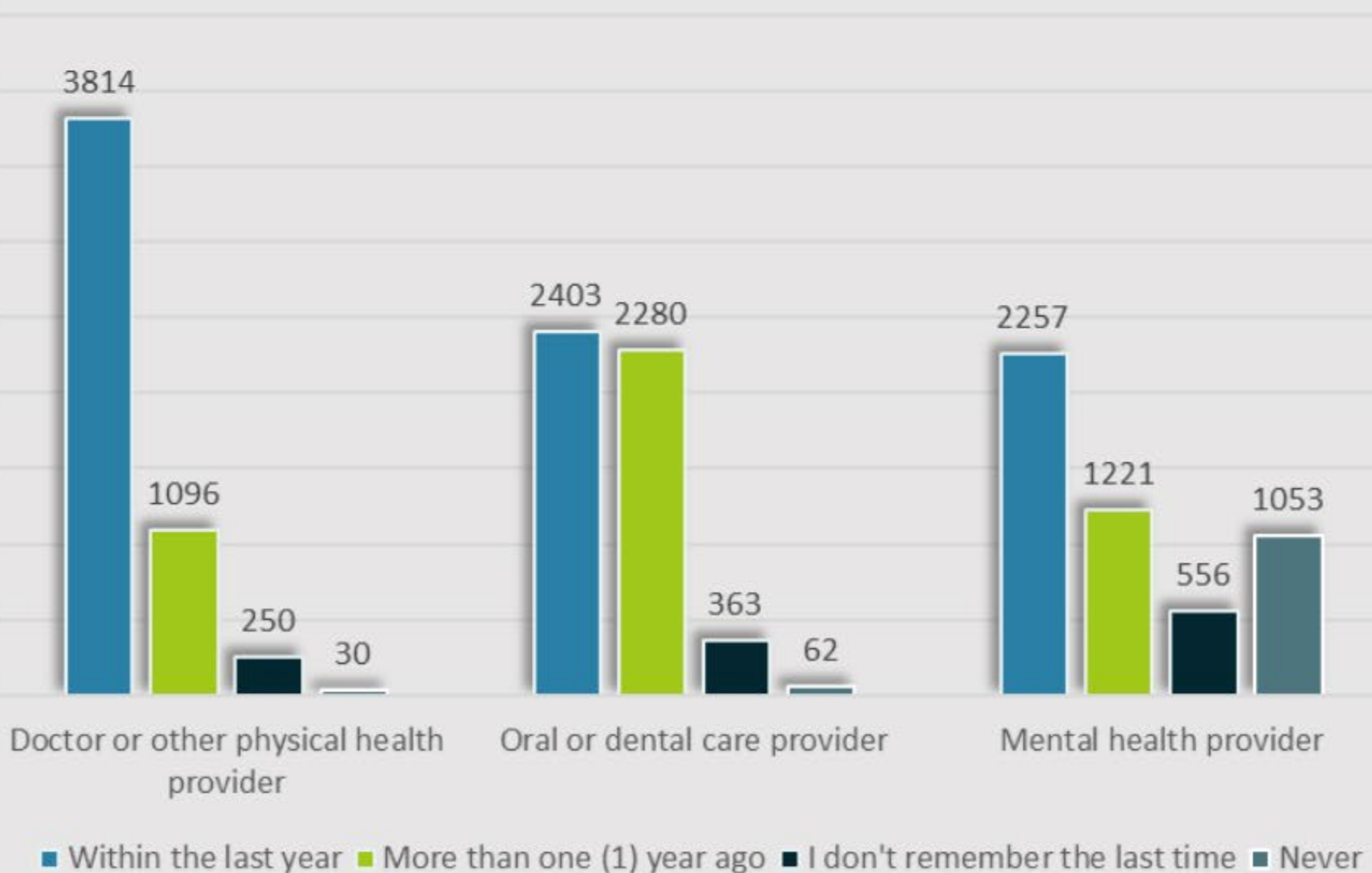
Access to care allows individuals to enter the healthcare system, find care easily and locally, pay for care, and get their health needs met.

Community Survey Respondents told us...

### Personal Vs. Community Health



### Time Since Last Seeing A Healthcare Professional



## Medicaid Coverage: California & San Bernardino County

Consistently more San Bernardino County residents are receiving healthcare coverage from Medicaid than Californians.

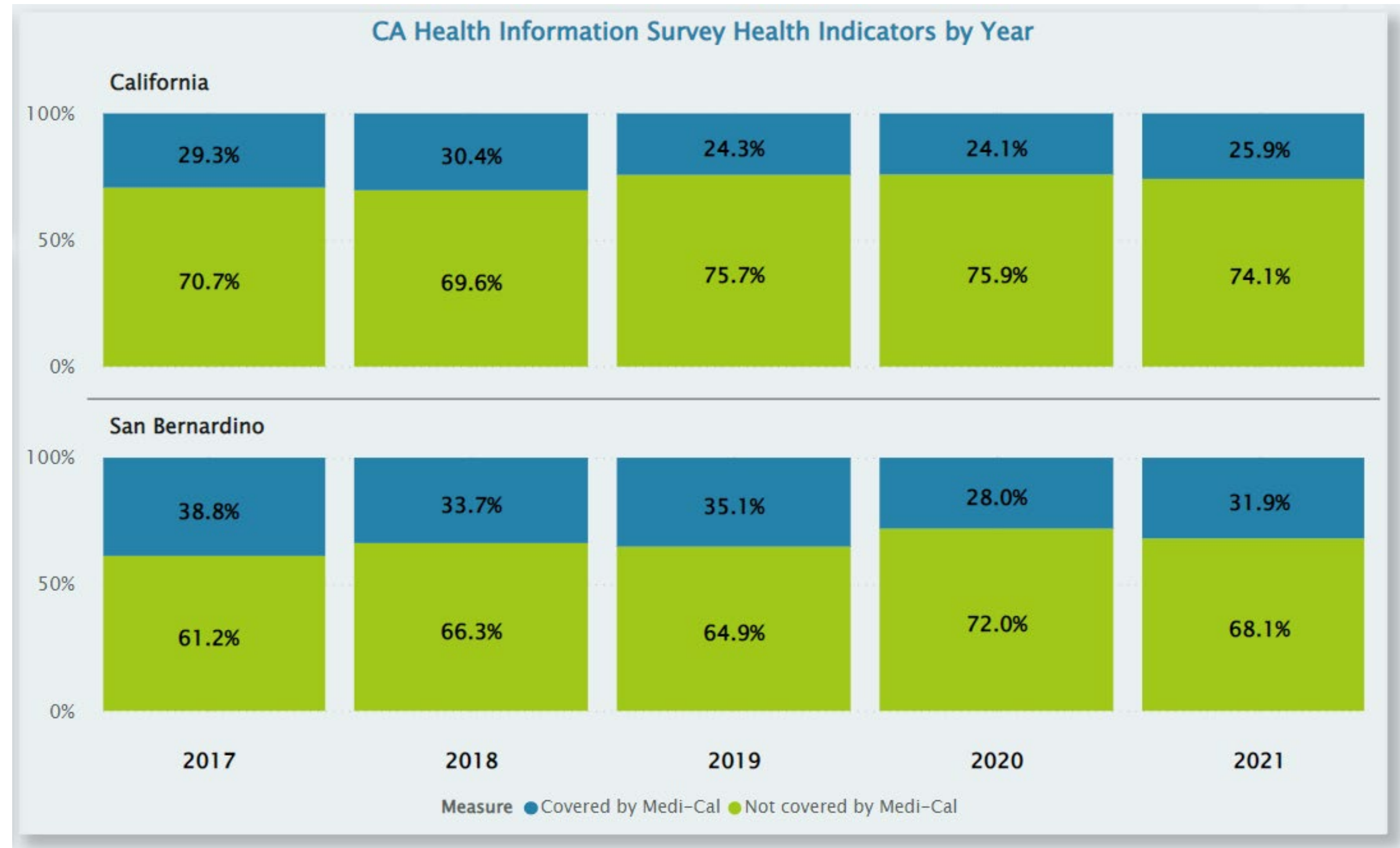
### 2023 Medi-Cal Annual Income Eligibility

Single Person - \$20,121

2-Person HH - \$27,214

3-Person HH - \$34,307

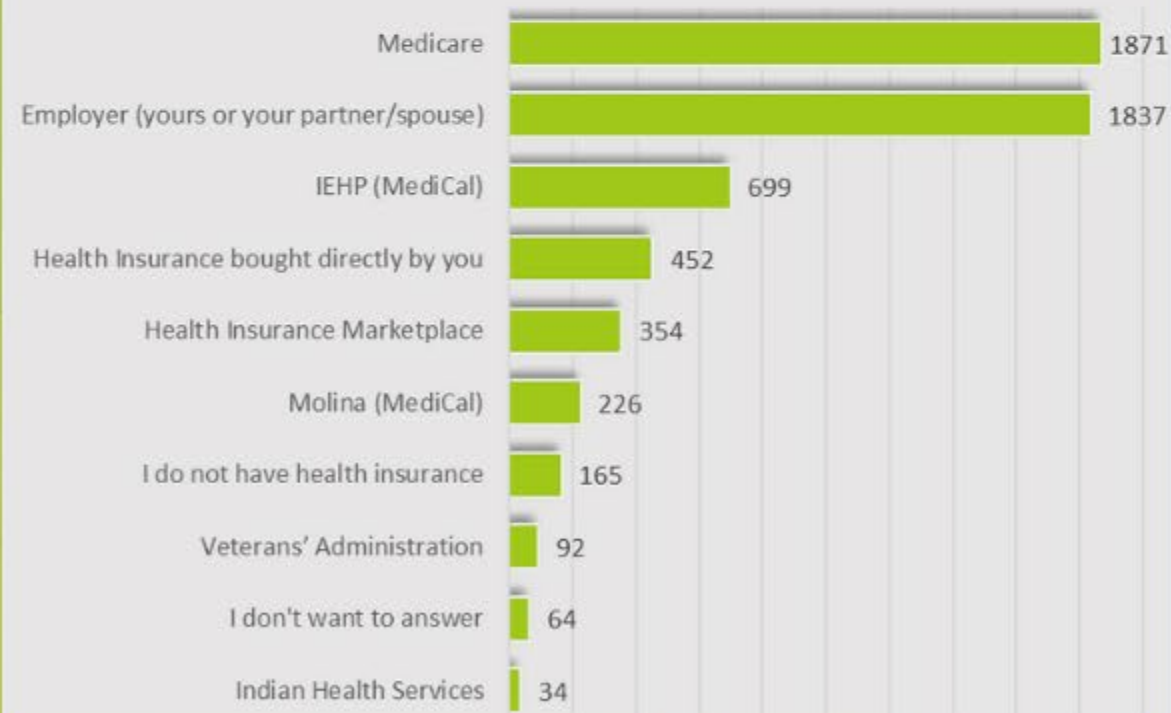
4-Person HH - \$41,400



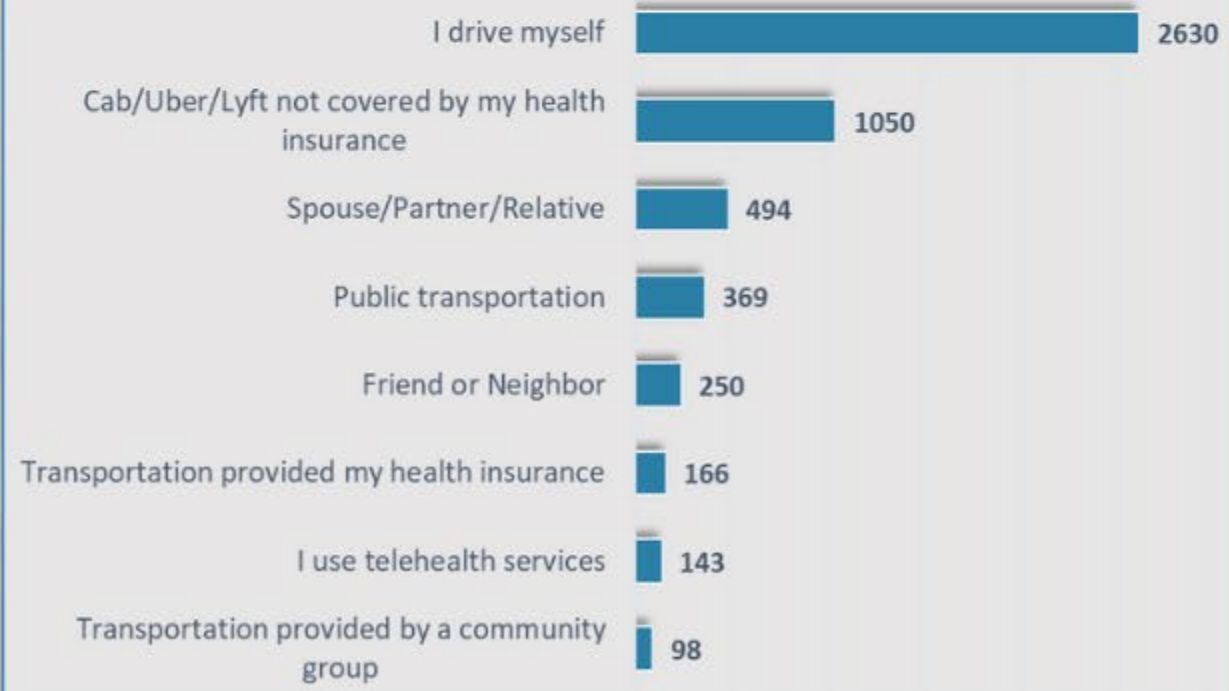
Community Survey Respondents told us...

# How people get healthcare services

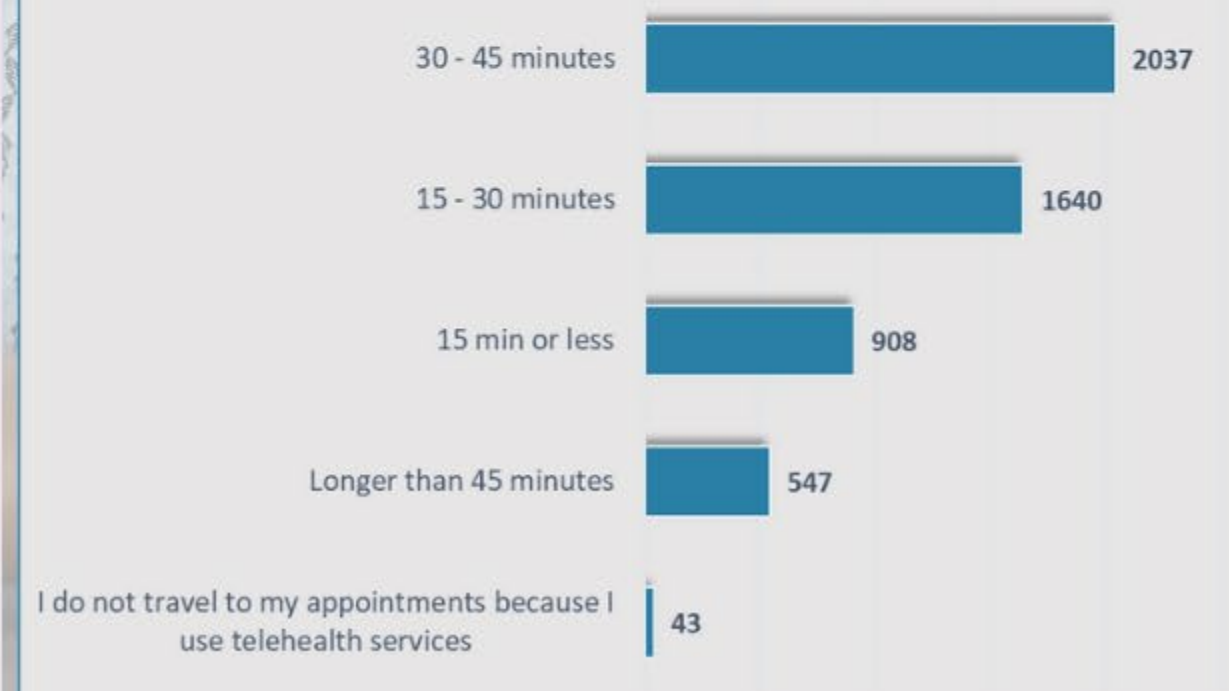
**Respondent Health Insurance Sources**



**How Respondents Get to Medical Appointments**



**Average Travel Time to See Health Care Provider**

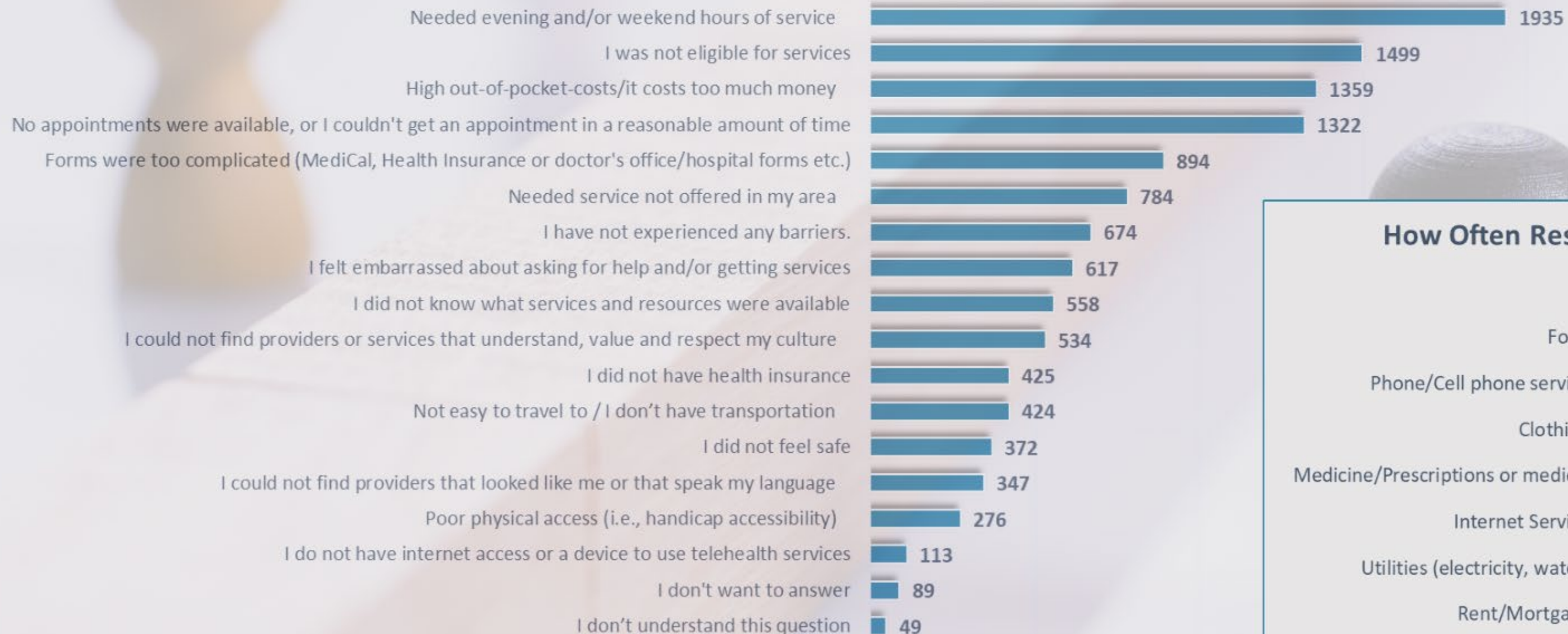


# barrier

*noun*

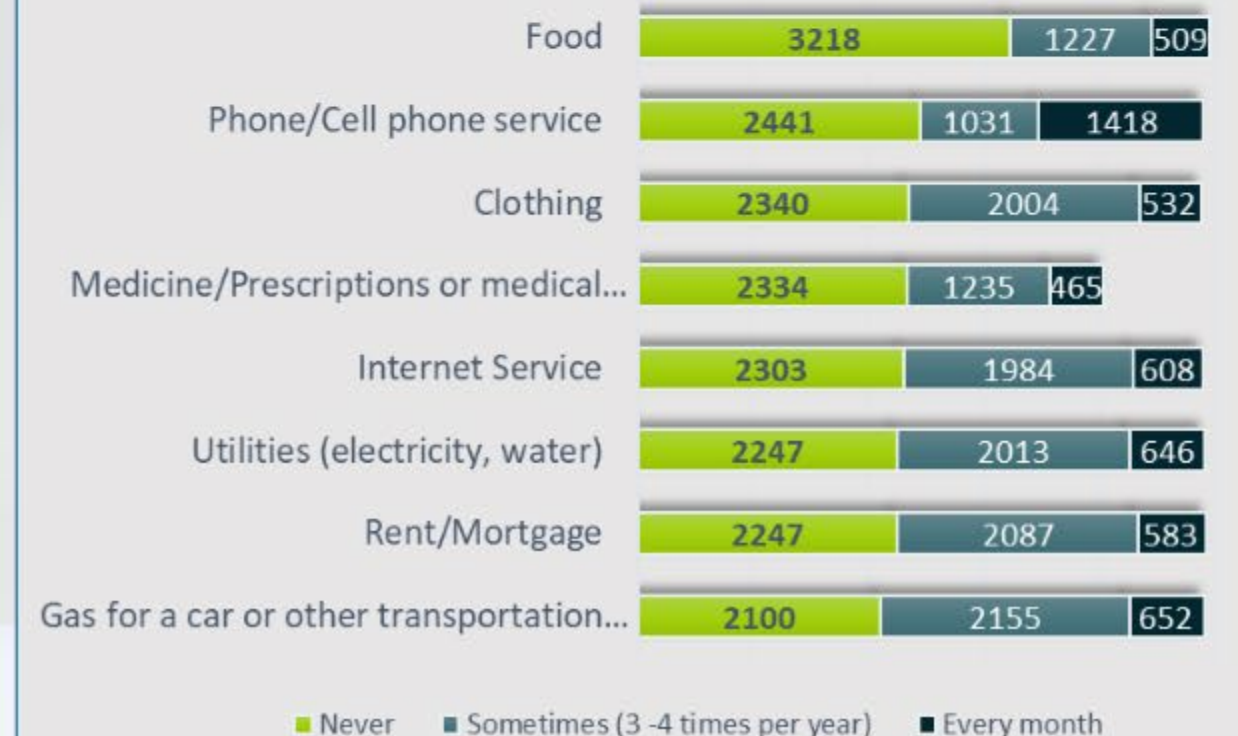
something immaterial that impedes or separates : **OBSTACLE**

## Barriers to Getting Services



Community Survey Respondents told us...

## How Often Respondents Lack Money for Essentials



# Health Status

Individual and societal behaviors and their outcomes contribute to the health of every person and the community. These behaviors and outcomes make up Health Status.

**What behaviors are impacting the health status in San Bernardino County?**

**What structural or systemic factors are impacting the health status in San Bernardino County?**

## Years of Potential Life Lost

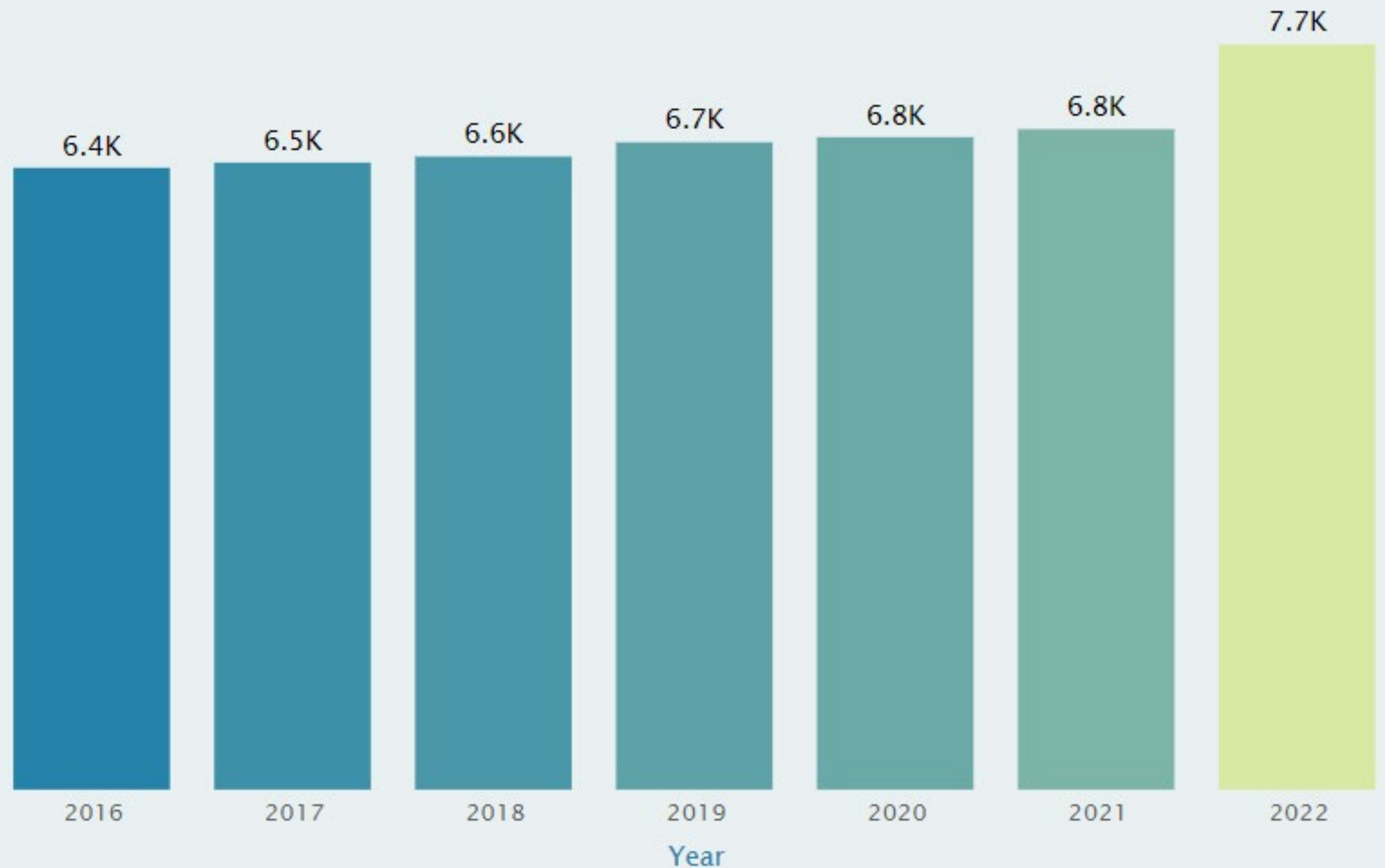
YPLL involves estimating the average time a person would have lived had he or she not died prematurely.

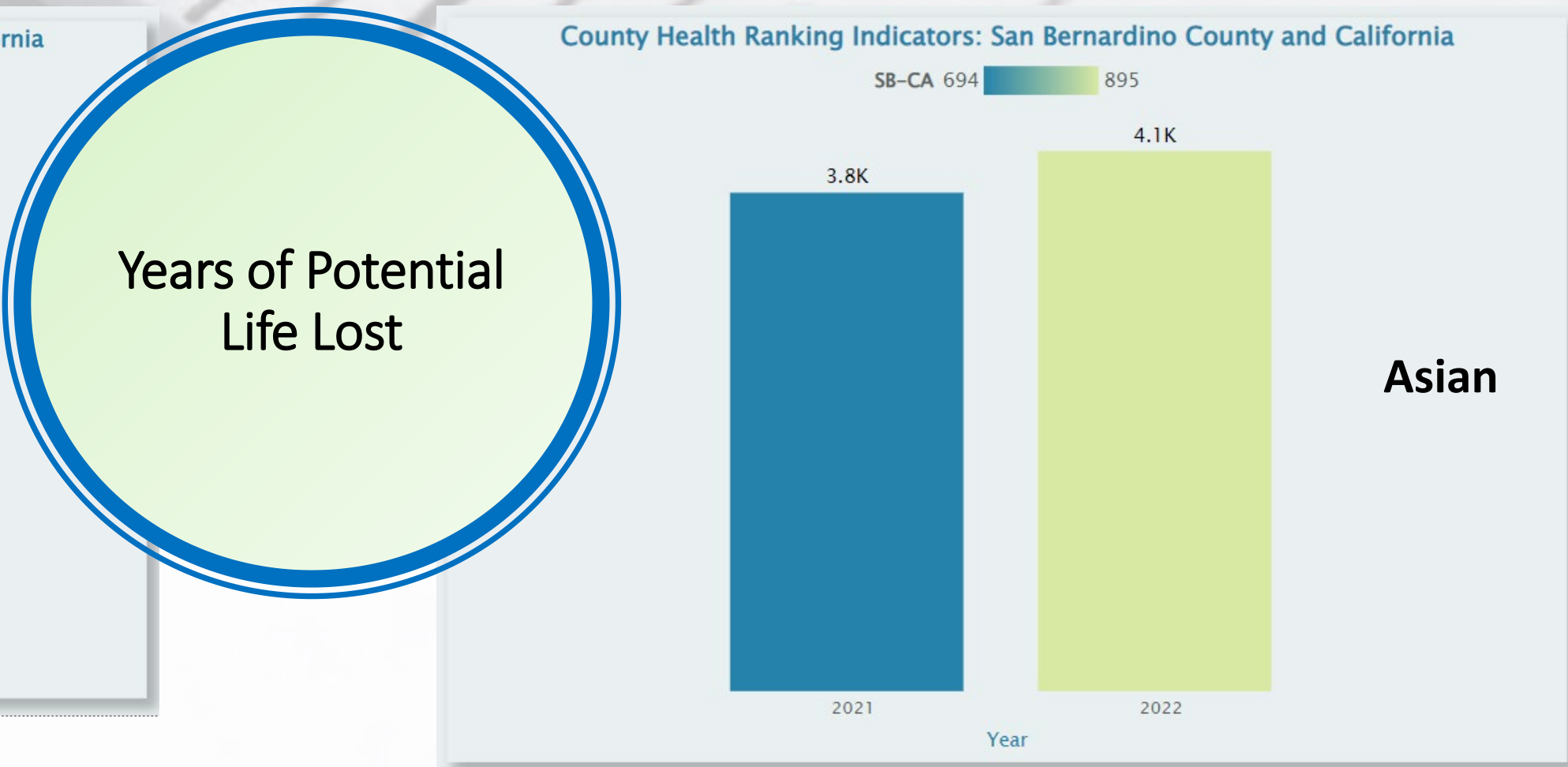
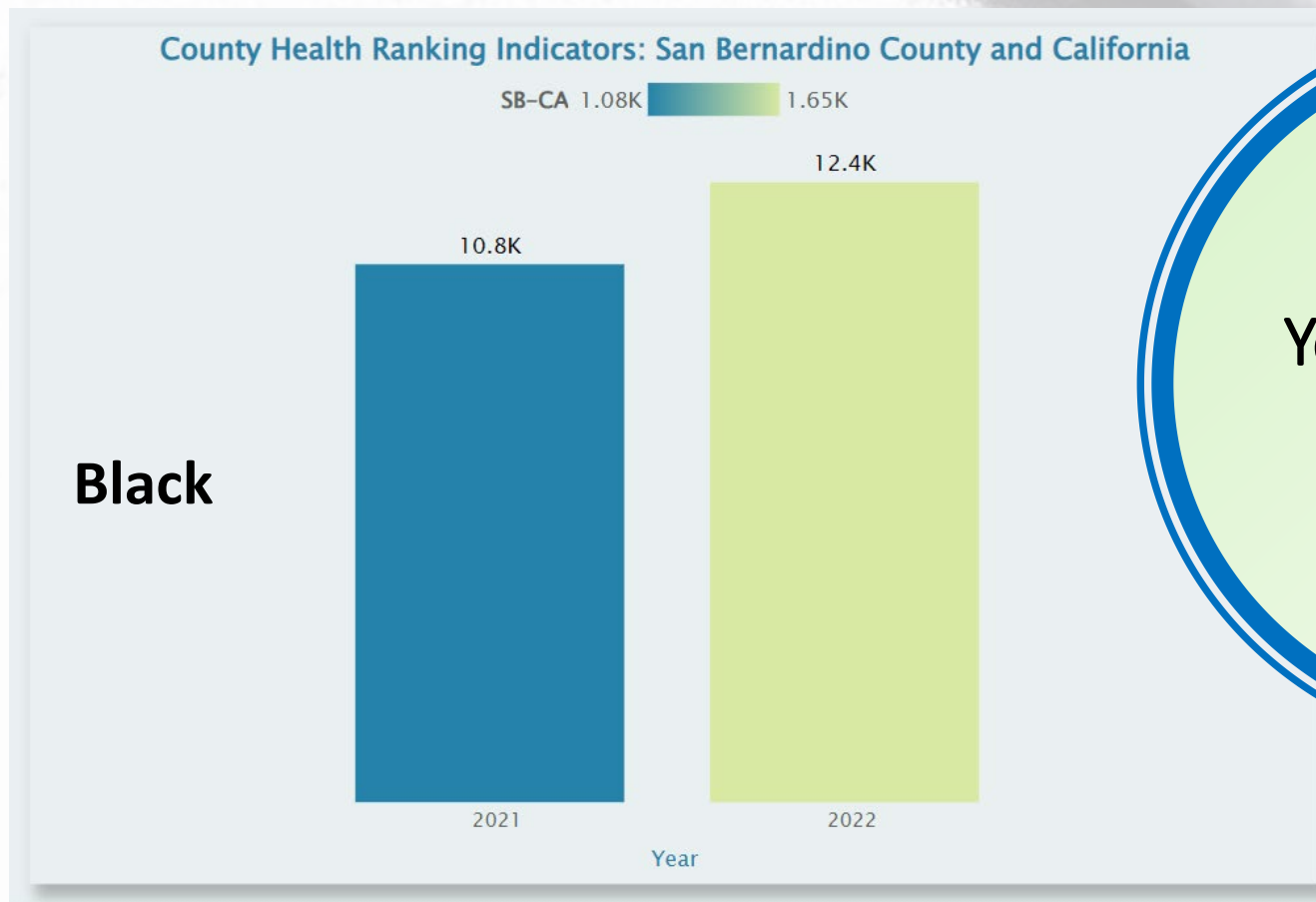
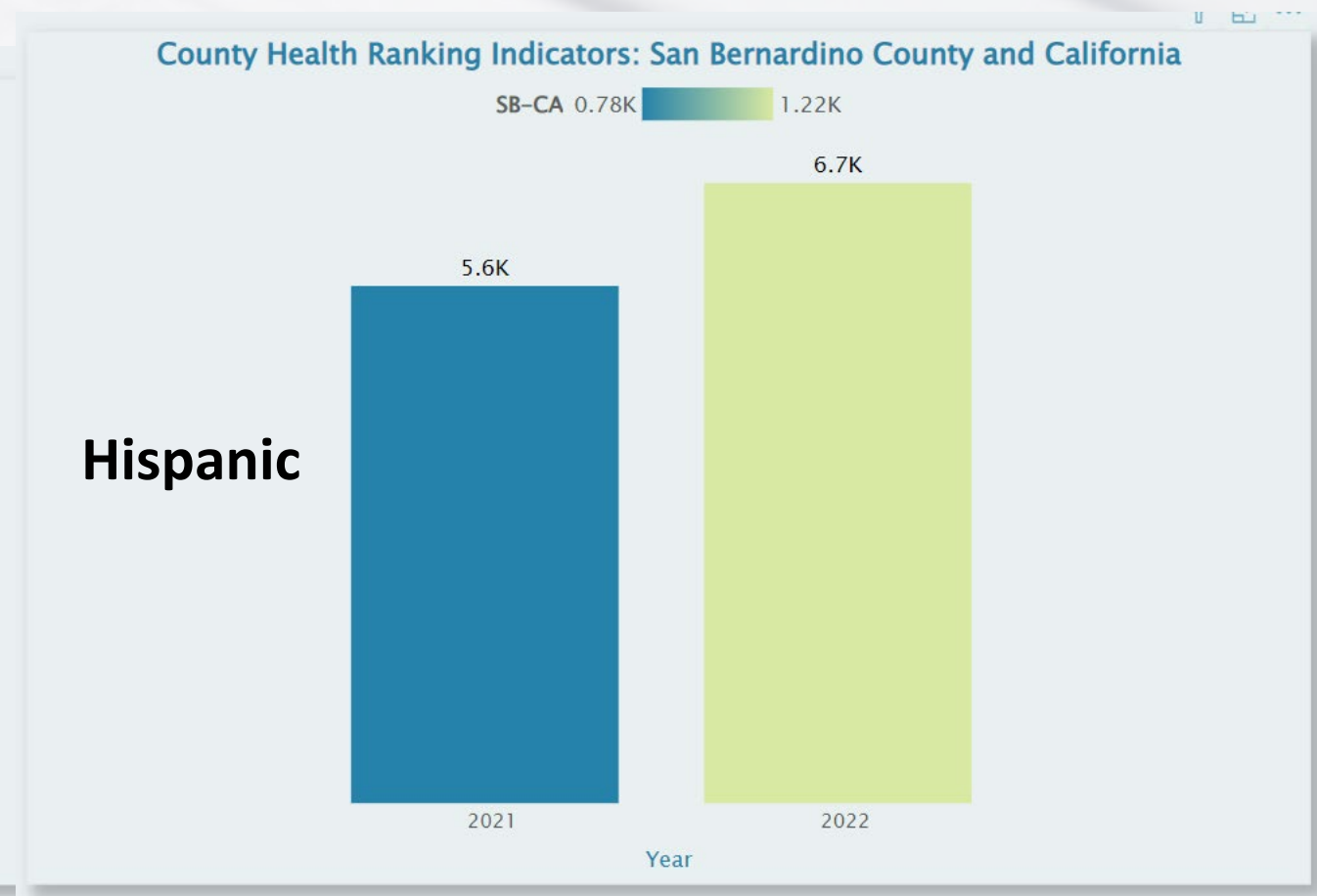
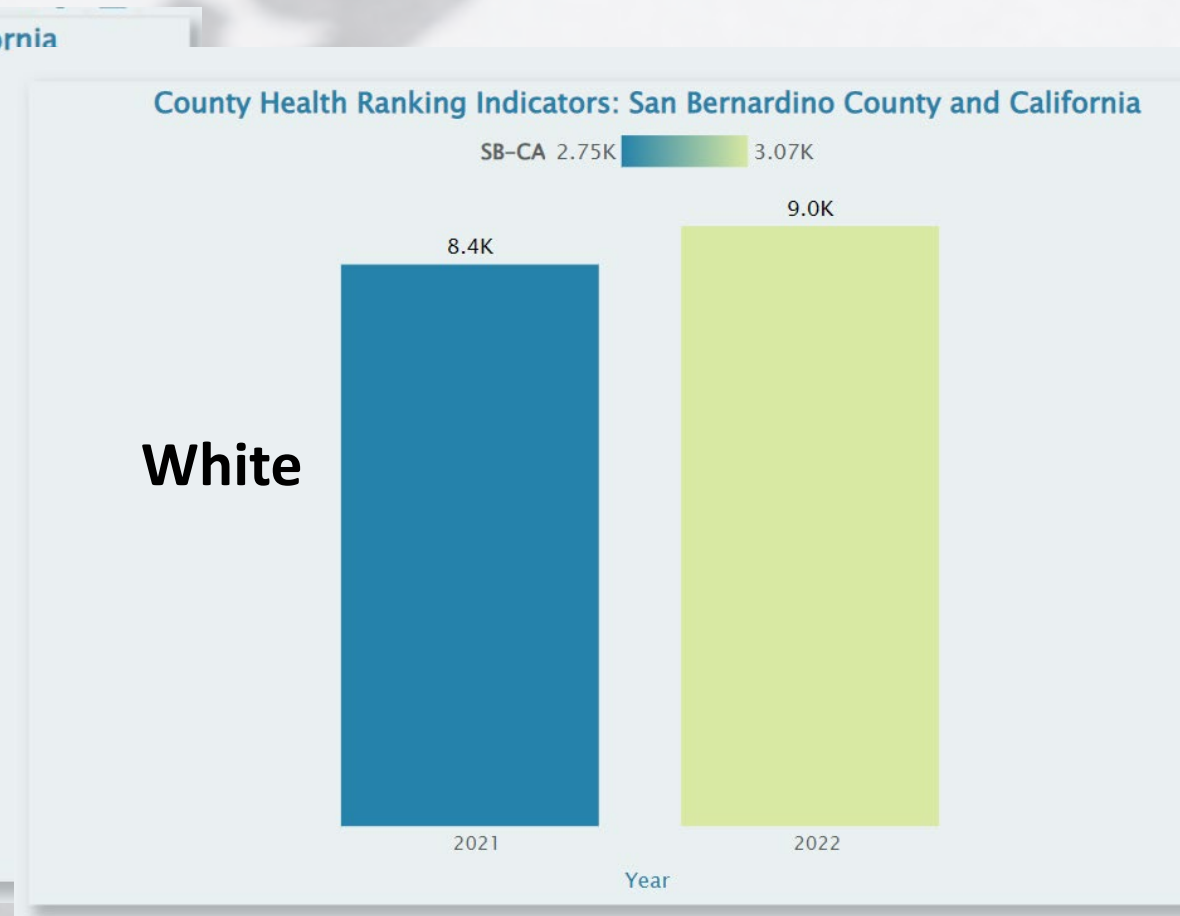
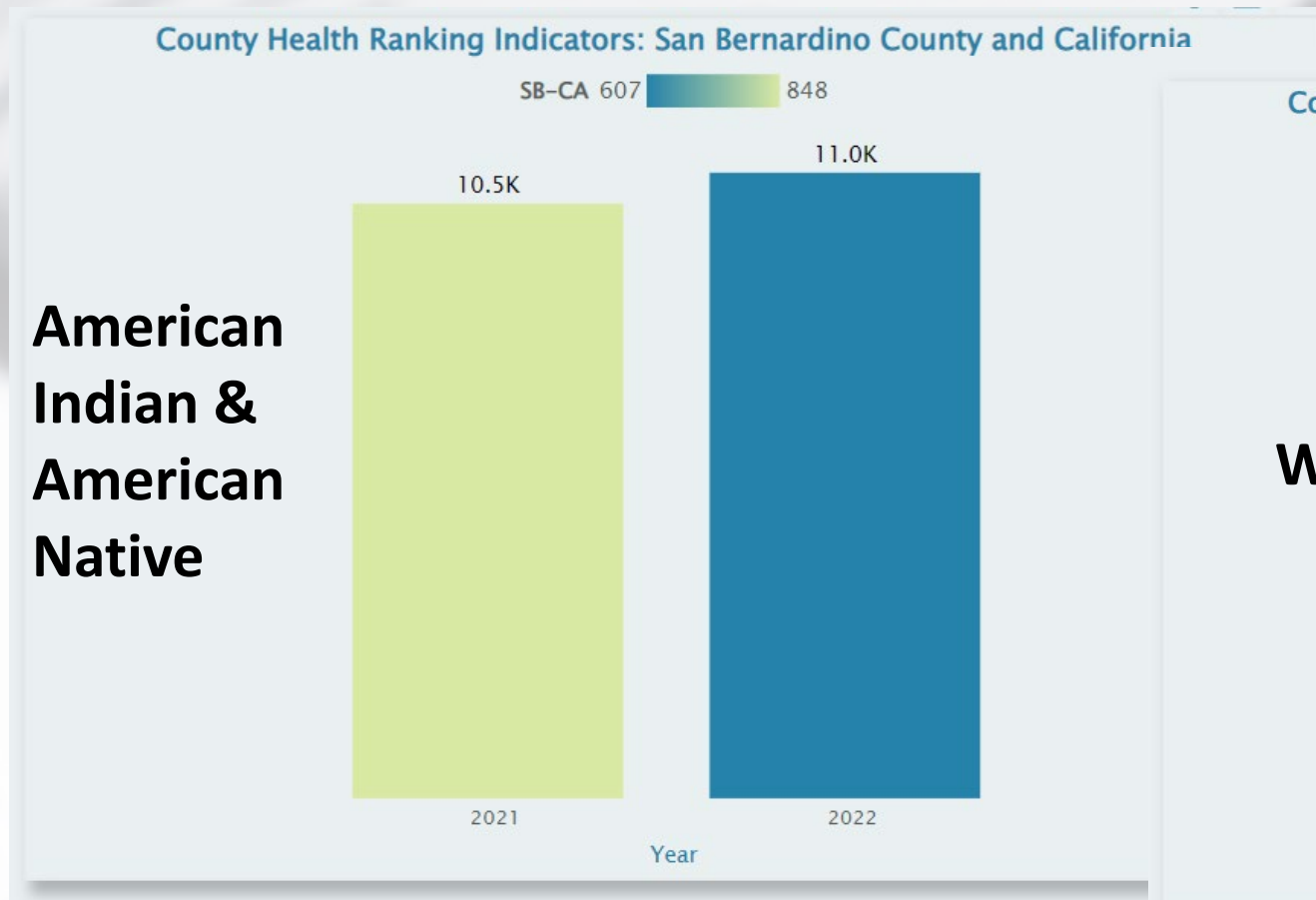
Years of potential life lost before age 75 per 100,000 population (age-adjusted).

In San Bernardino County, California, 7,700 years of life were lost to deaths of people under age 75, per 100,000 people.

### County Health Ranking Indicators: San Bernardino County and California

SB-CA 1.17K  2.05K





**Years of Potential Life Lost**



# Chronic Disease

CDC data suggests that Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States

Chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both.

## WHAT THE COMMUNITY SAID:

#1 to improve health:  
Access to healthcare providers  
#1 damaging to health:  
Chronic health issues (diabetes,  
heart disease etc.)

STATE RANK	HEALTH STATUS INDICATOR
<b>56</b>	<b>DIABETES</b>
<b>52</b>	FEMALE BREAST CANCER
<b>51</b>	ALZHEIMER'S DISEASE
<b>48</b>	CHRONIC RESPIRATORY DISEASE
<b>48</b>	PROSTATE CANCER
<b>47</b>	CORONARY HEART DISEASE
<b>44</b>	COLORECTAL CANCER
<b>42</b>	ALL CANCER
<b>42</b>	STROKE

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diabetes

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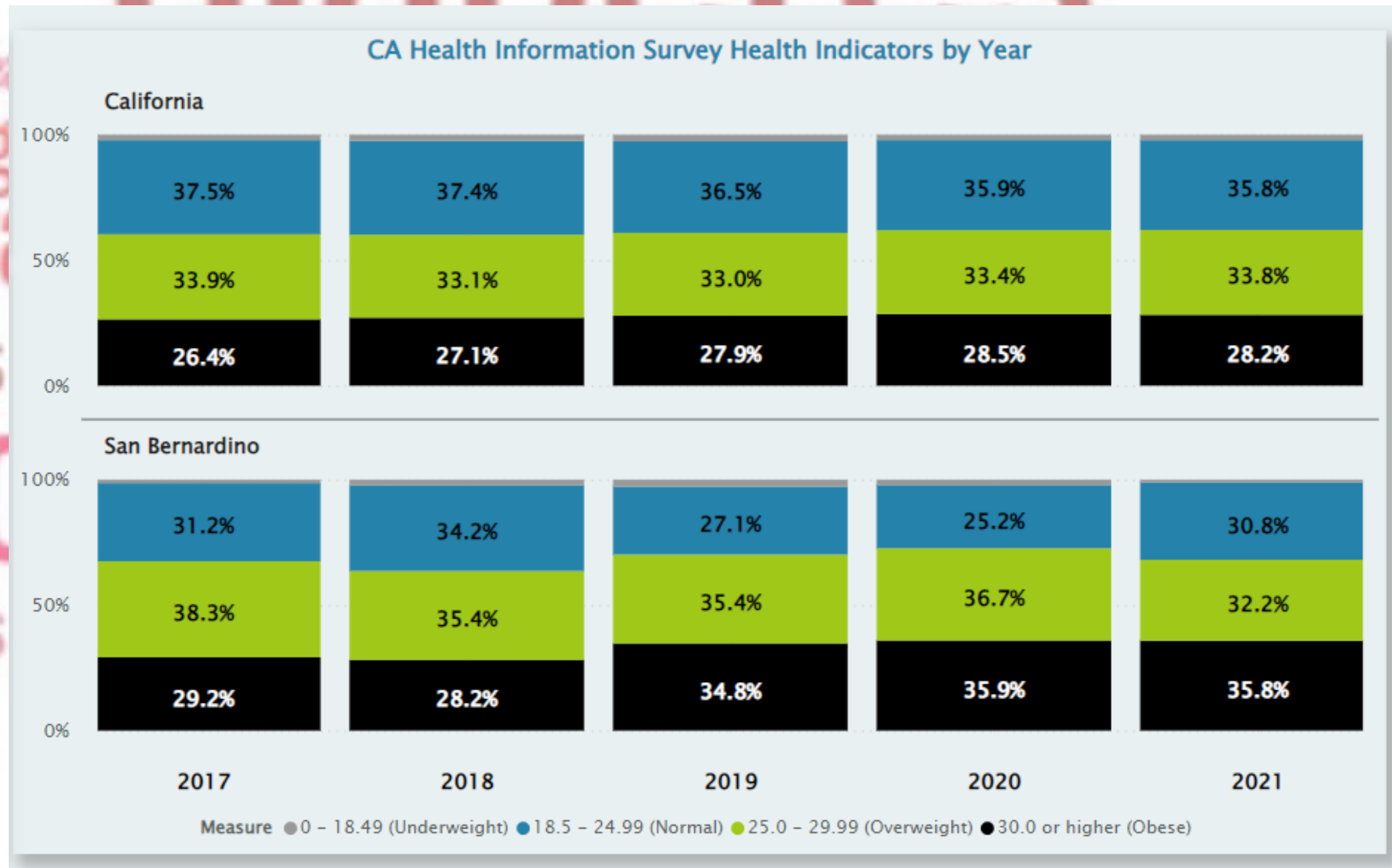
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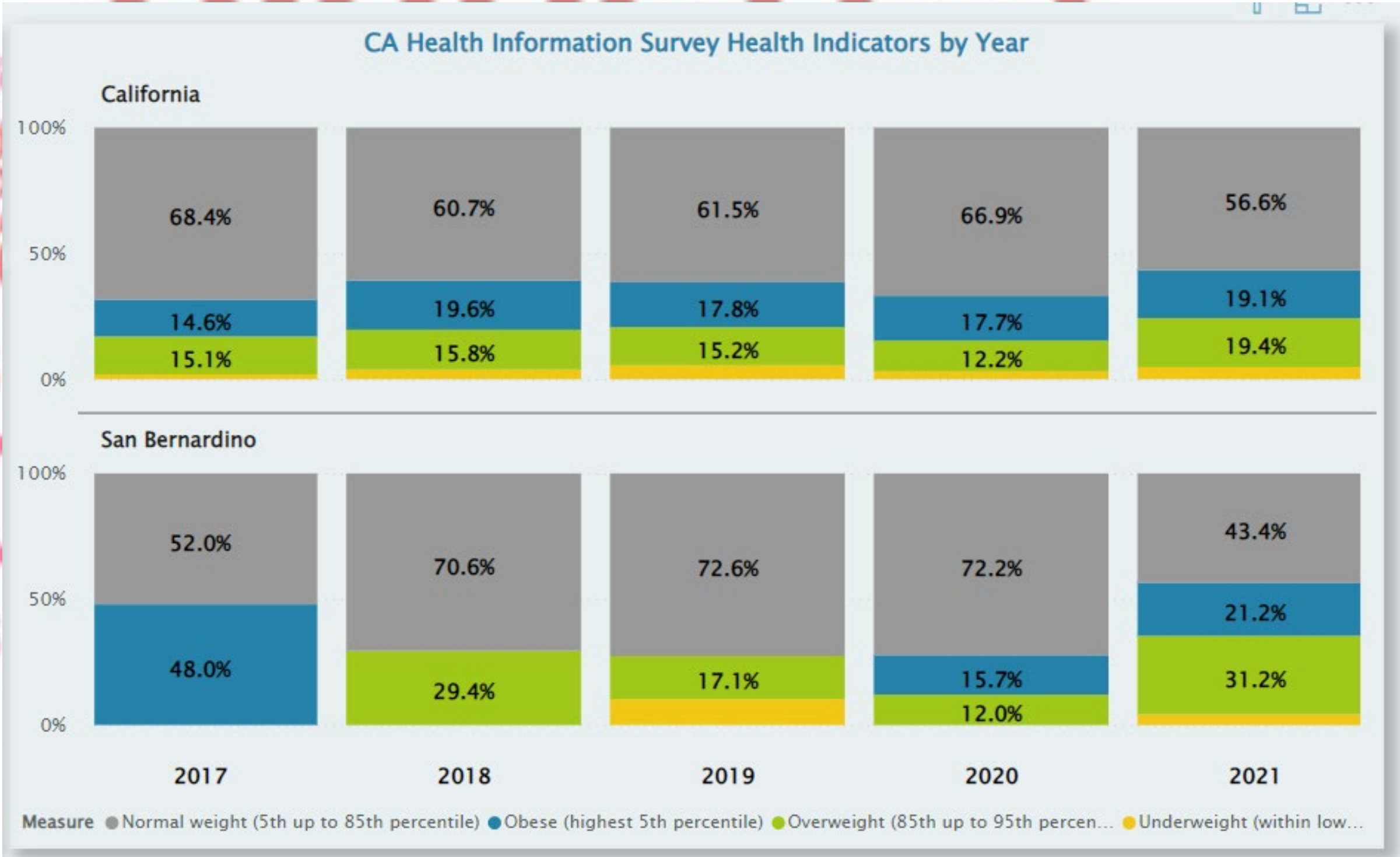
**ADULT OBESITY**  
Obesity in adults continues to increase in San Bernardino County and is consistently higher than obesity rates in the state.



healthcare hyp

# diabetes

**TEEN OBESITY**  
Obesity rates for teens continues to increase in San Bernardino County and is consistently higher than obesity rates in the state.  
Teenage obesity is an early predictor for diabetes and may be indicative of poor mental health among youth.

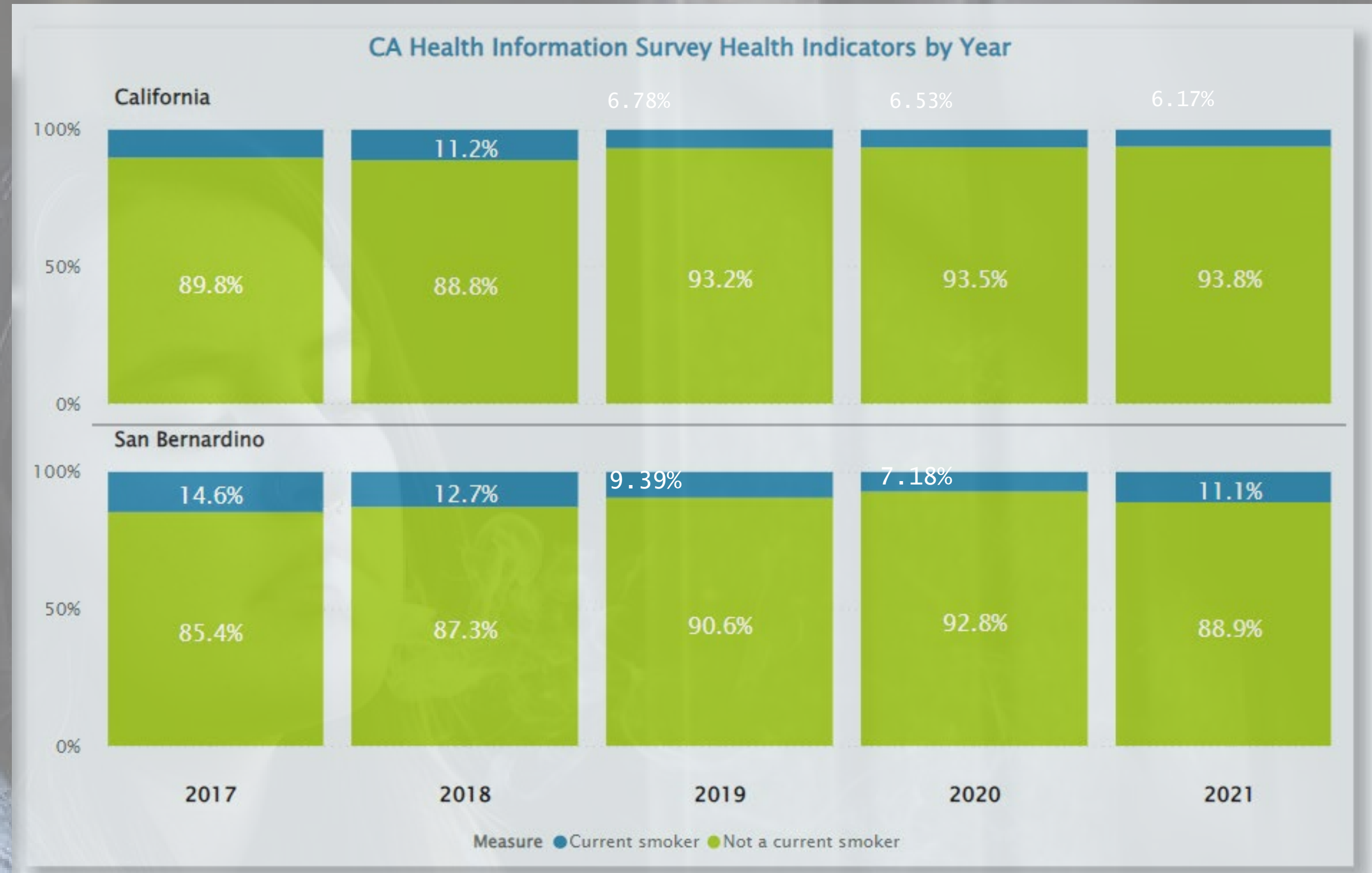


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## ADULT SMOKING

Smoking among adults in San Bernardino County has steadily increased since 2017 and is consistently higher than rates of smoking among adults in the state.

In the state of California SBC Ranks:  
48<sup>th</sup> for Chronic Respiratory Disease  
47<sup>th</sup> for Coronary Heart Disease  
42<sup>nd</sup> for all types of Cancer



# All Injury

The 2019 cost of injury in the U.S. was \$4.2 trillion, according to a report in CDC's Morbidity and Mortality Weekly Report. The costs include spending on health care, lost work productivity, as well as estimates of cost for lost quality of life and lives lost.

STATE RANK	HEALTH STATUS INDICATOR
8	ACCIDENTS (UNINTENTIONAL INJURIES)
28	MOTOR VEHICLE TRAFFIC CRASHES
17	SUICIDE
35	HOMICIDE
29	FIREARM RELATED DEATHS
19	DRUG INDUCED DEATHS

# OVERDOSE MORTALITY RATE

2016-2022

Number of drug poisoning deaths per 100,000 population.

Drug overdose deaths are a leading contributor to premature death and are largely preventable.

San Bernardino County, the state and U.S. are experiencing an epidemic of drug overdose deaths.

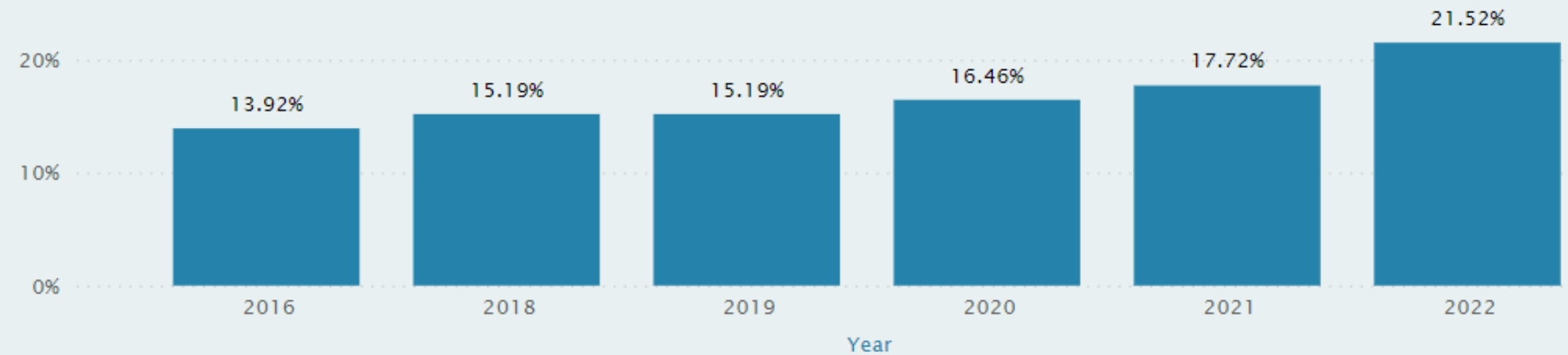
Since 2018, the rate of drug overdose deaths has increased from 9.43% to 30.2% in 2022.

County Health Rankings, National Vital Statistics System (NVSS)

## County Health Rankings: Unranked Indicators 2016 – 2022

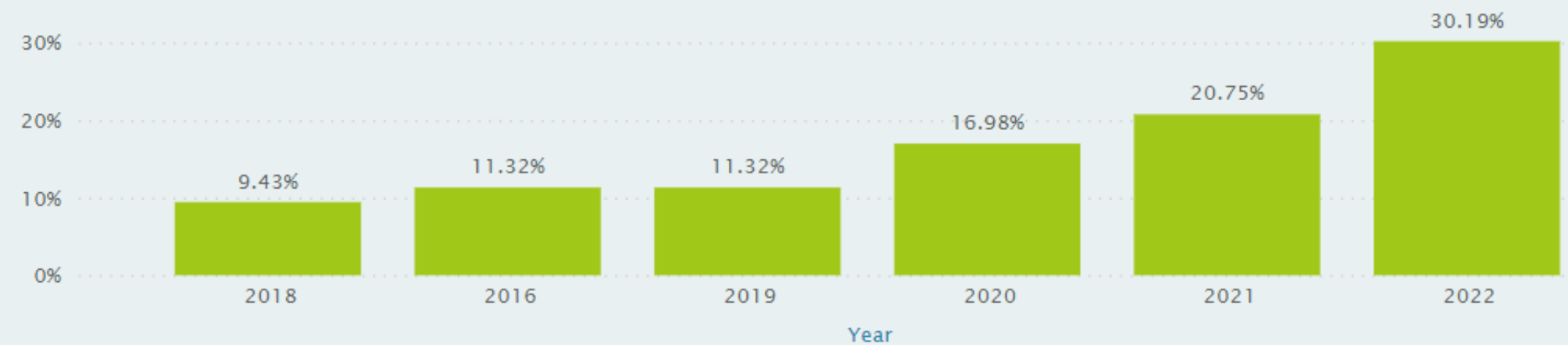
### California

Drug Overdose Mortality Rate



### San Bernardino County

Drug Overdose Mortality Rate



# OVERDOSE SURVEILLANCE

2016-2022

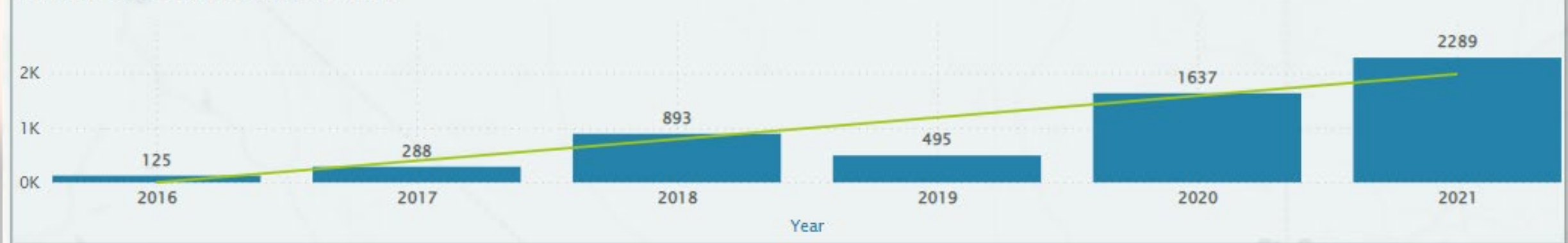
Opioids contribute largely to drug overdose deaths; since 2000, there has been a 200% increase in deaths involving opioids (opioid pain relievers and heroin).

San Bernardino experienced 354 opioid-related overdose deaths in 2021, the most recent full year of data available.

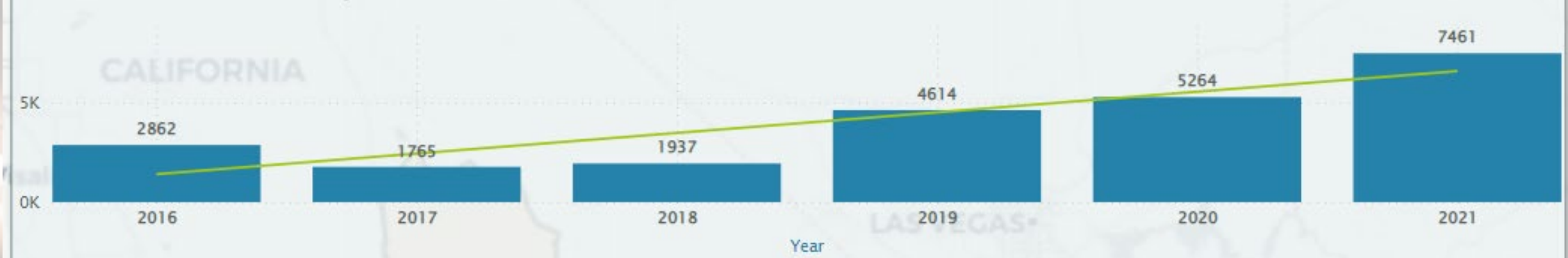
The annual crude mortality rate for 2021 was 16.09 per 100k residents, an increase of 165% from 2019.

## San Bernardino County, Overdose Surveillance

Sum of OD Death Rates by Year



Sum of OD ED Visit Rates by Year



Sum of OD Hospitalization Rates by Year



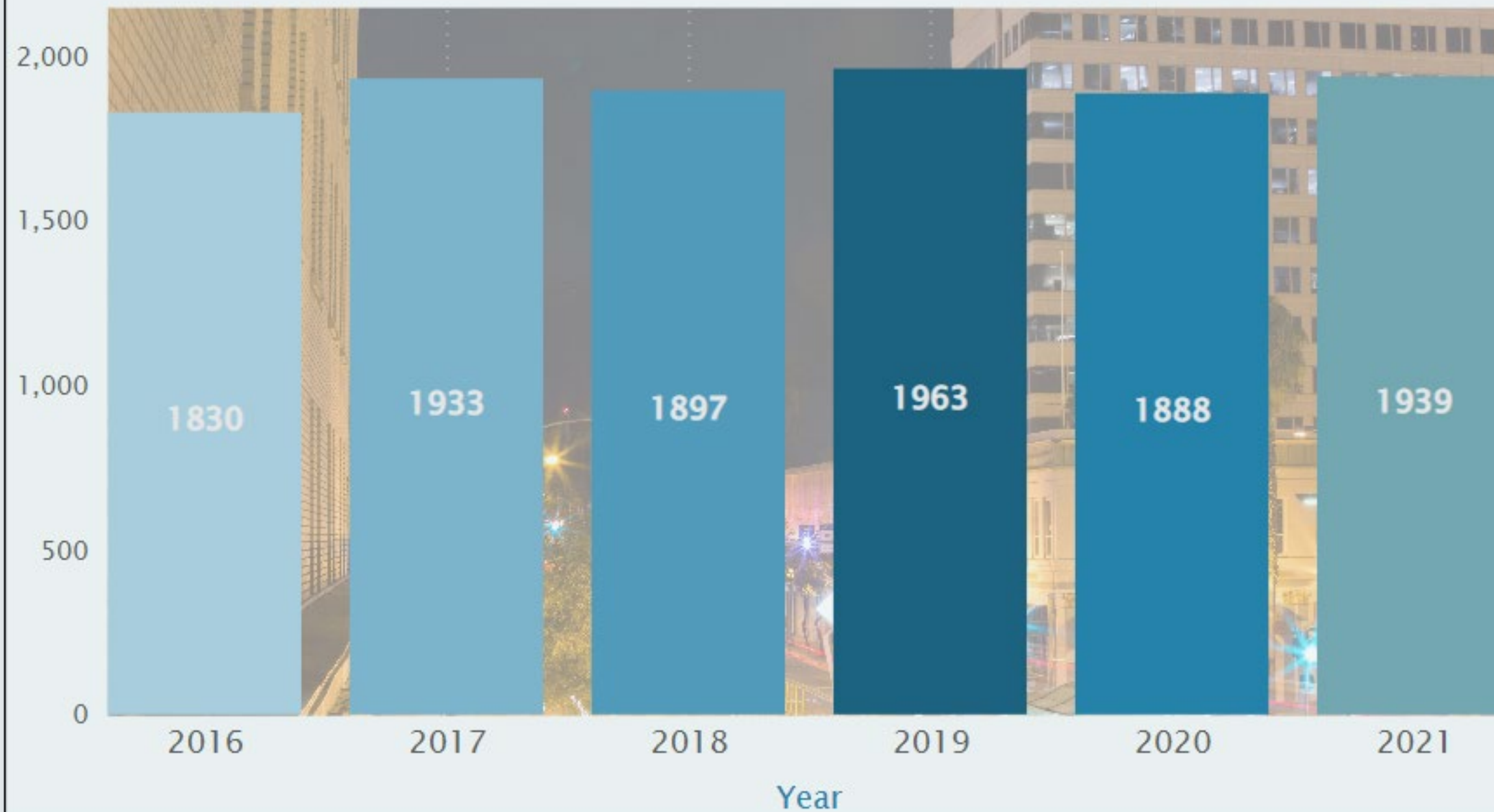
## INJURY ALL TYPES

COUNT 11,450  
2016-2021

The rate of injury resulting in hospitalization increased in San Bernardino county from 2016 to 2021.

The top cause of injuries resulting in hospitalization is assault.

Count of Injuries Resulting in Hospitalization by Year





# Behavioral Health



# What is Behavioral Health?

Behavioral Health (BH) refers generally to the promotion of mental well-being and the prevention and treatment of mental health and substance use concerns.

- Like physical health, behavioral health can fall anywhere on the spectrum from illness to wellness and can vary over the course of a lifetime.
- Behavioral health conditions arise from the interaction between genetic and environmental factors.
- Common BH problems include anxiety, depression, substance use disorder, attention-deficit/hyperactivity disorder (ADHD), bipolar disorder, and schizophrenia.

According to the [2020 National Survey on Drug Use and Health](#), in the past year:

- 21 percent of U.S. adults had a mental health condition such as depression, anxiety, or schizophrenia.
- 17 percent of youth had a major depressive episode.
- 11 percent of adults and 3 percent of youth had alcohol use disorder.
- 7 percent of adults and 5 percent of youth had an illicit-drug-use disorder.
- Close to 6 percent experienced “serious interference with major life activities,” also referred to as serious mental illness.

Behavioral health is deeply connected to physical health outcomes, as well as to social and economic well-being. People with behavioral health conditions are at [greater risk of developing chronic diseases](#) such as heart disease or diabetes and [more likely to have unstable employment, insecure housing, or involvement with the criminal justice system](#).

## MENTALLY UNHEALTHY DAYS (RATE)

Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted).

Frequent mental distress is a corollary measure to poor mental health days.

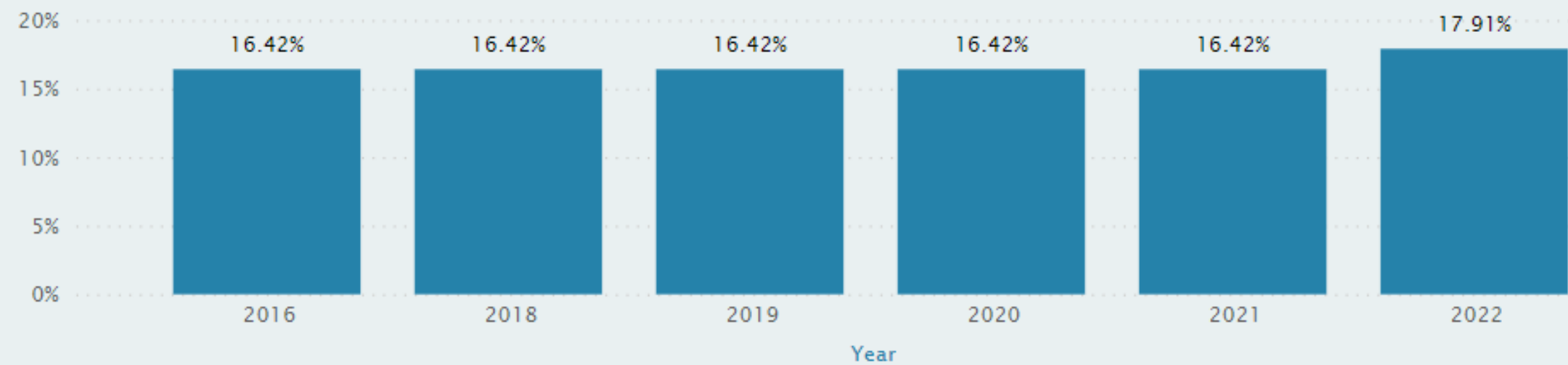
This indicator spotlights those who are experiencing more chronic, and likely severe, mental health issues.

County health rankings, frequent mental distress, a quality of life measure.

### County Health Rankings: Unranked Indicators 2016 – 2022

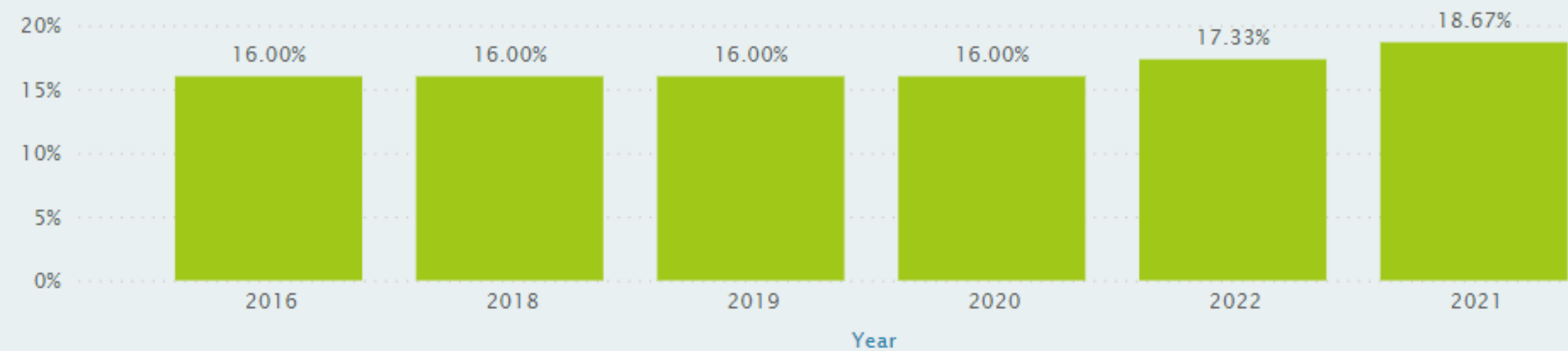
#### California

% Frequent Mental Distress

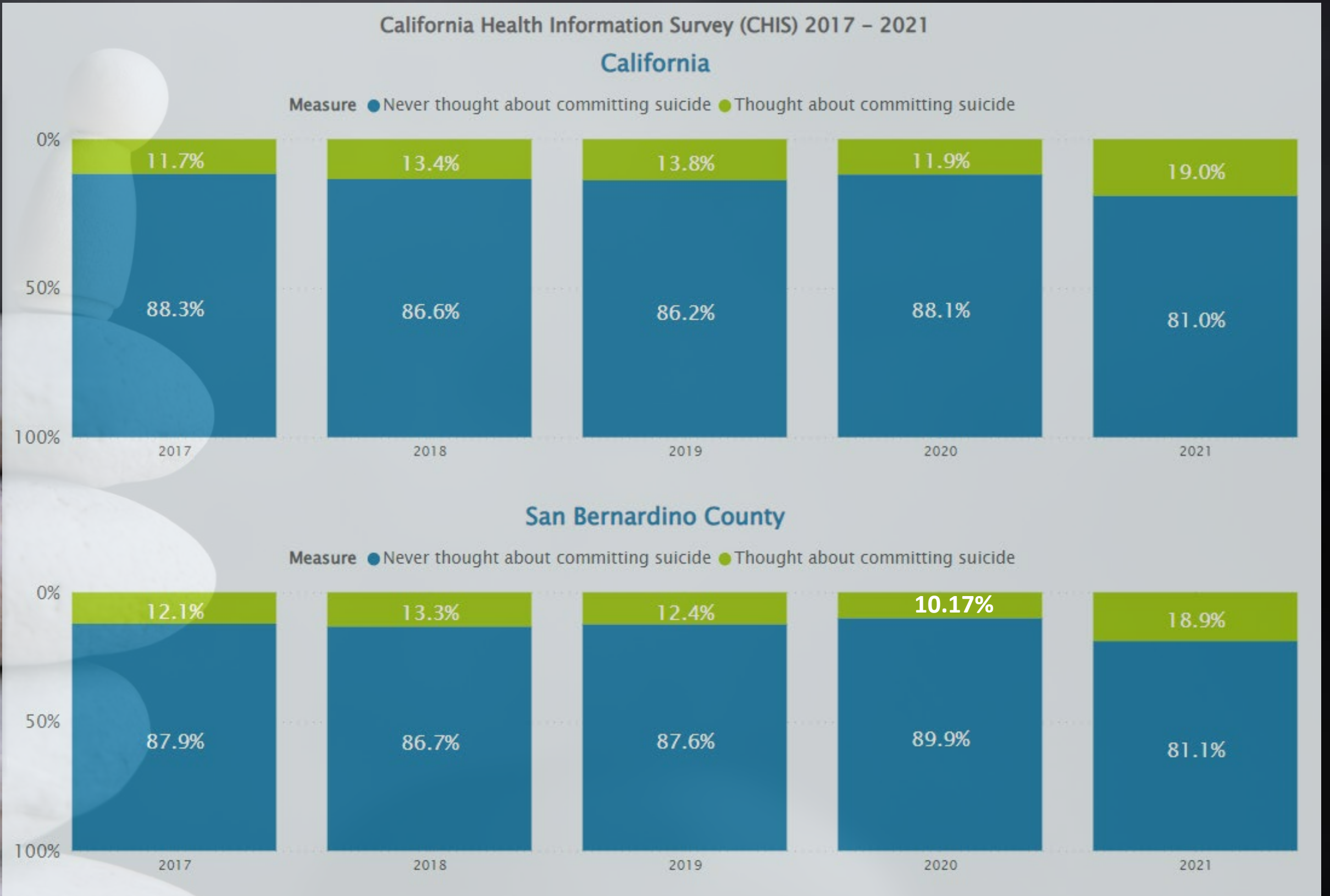


#### San Bernardino County

% Frequent Mental Distress



**SUICIDAL IDEATION (RATE)**  
 The rate of suicidal ideation in San Bernardino County significantly increased from 2016 to 2021.



## SUICIDE ALL TYPES

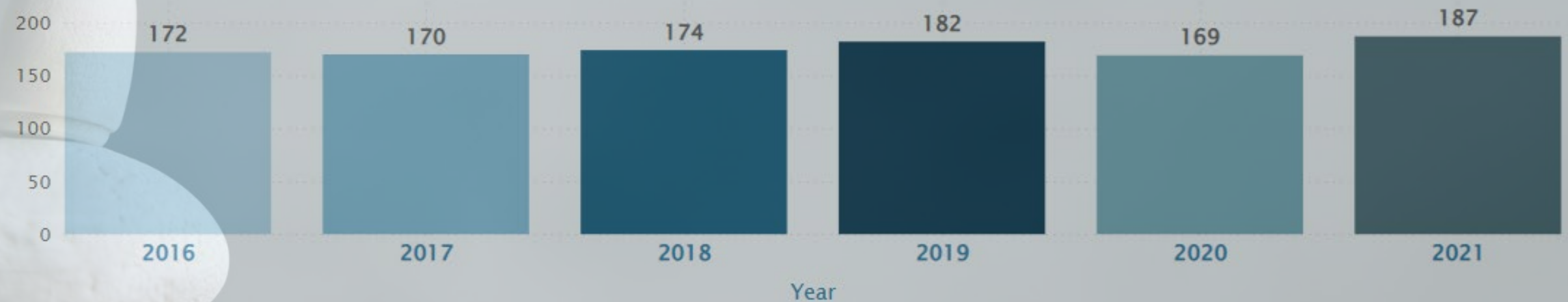
COUNT 954  
2016-2021

The number of suicide deaths in San Bernardino County increased from 2016 to 2021.

Between 2016 – 2021 most suicide deaths are of individuals who identify as White, non-Hispanic followed by Hispanics.

### Epi Center, California Injury Data Online

Count of Injury Cause Description by Year



Count of Injury Cause Description by Race/Ethnicity



**THE MAIN  
METHOD OF  
SUICIDE IS BY  
FIREARM**

COUNT 542  
2016-2021


**Epi Center, California Injury Data Online**

Count of Injury Cause Description by Year



Count of Injury Cause Description by Race/Ethnicity





**RACISM AND  
DISCRIMINATION  
ADVERSELY IMPACT A  
PERSON'S MENTAL  
HEALTH, WHICH IN  
TURN HURTS THE  
ENTIRE COMMUNITY.**

## **Racism and Discrimination are Adverse Childhood Experiences.**

### **ACEs Lead to Increased Risk of Negative Physical Health Outcomes**

#### **A person with four or more ACEs is:**

- 2.1 times as likely to die from heart disease
- 2.3 times as likely to die from cancer
- 5.9 times as likely to contract a sexually transmitted infection

### **ACEs Lead to Increased Risk of Negative Mental Health Outcomes**

#### **A person with four or more ACEs is:**

- 4.4 times as likely to suffer from depression
- 4.7 times as likely to seek help from a mental health professional
- 30.1 times as likely to attempt suicide

### **ACEs Lead to Increased Risk of Substance Use**

#### **A person with four or more ACEs is:**

- 2.9 times as likely to smoke
- 7.4 times as likely to experience alcoholism
- 10.3 times as likely to use injection drugs

### **In San Bernardino County:**

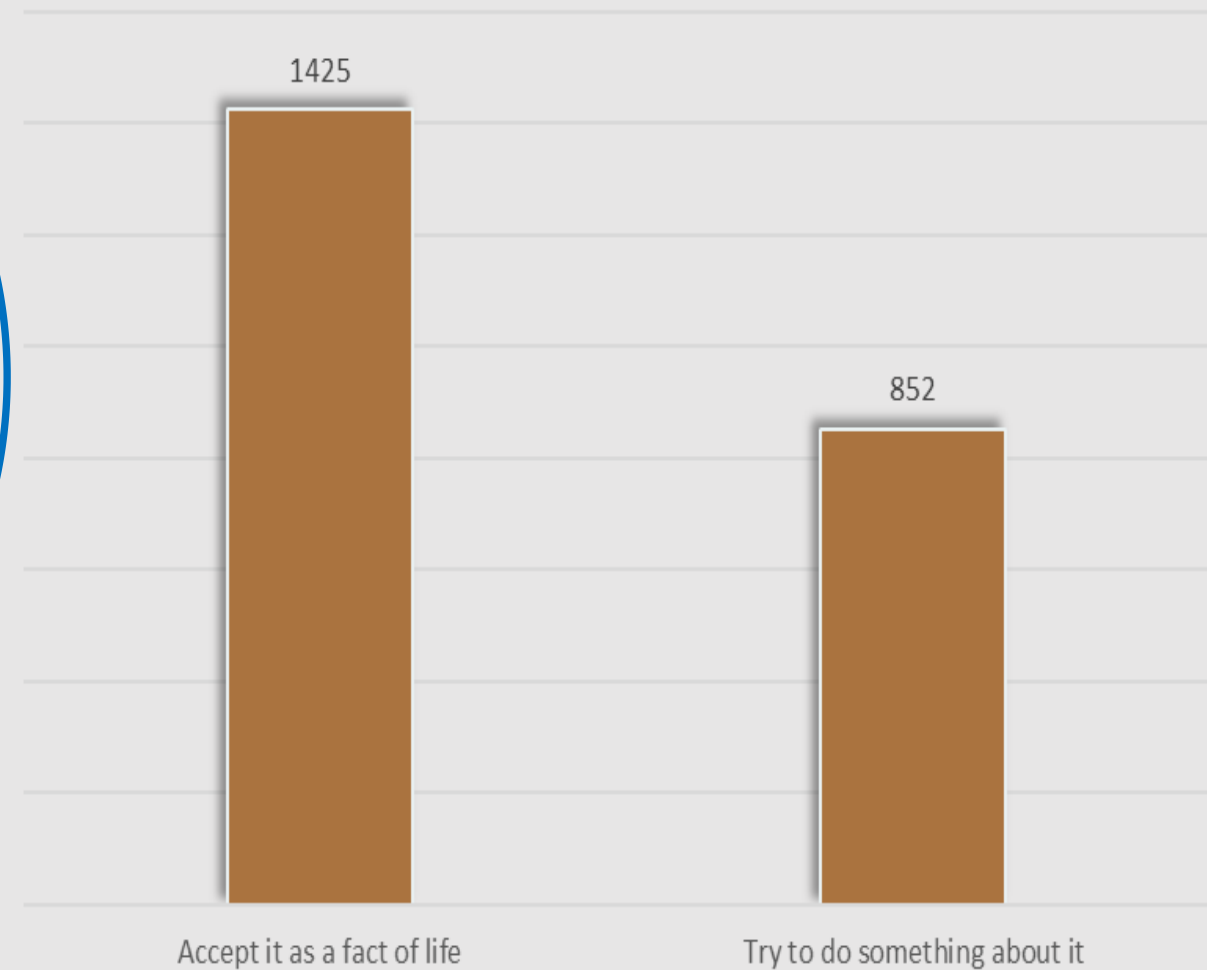
- 21% of children experienced 2+ ACES
- 29% experience one ACE

# Survey Respondent's Experiences: Racism & Discrimination

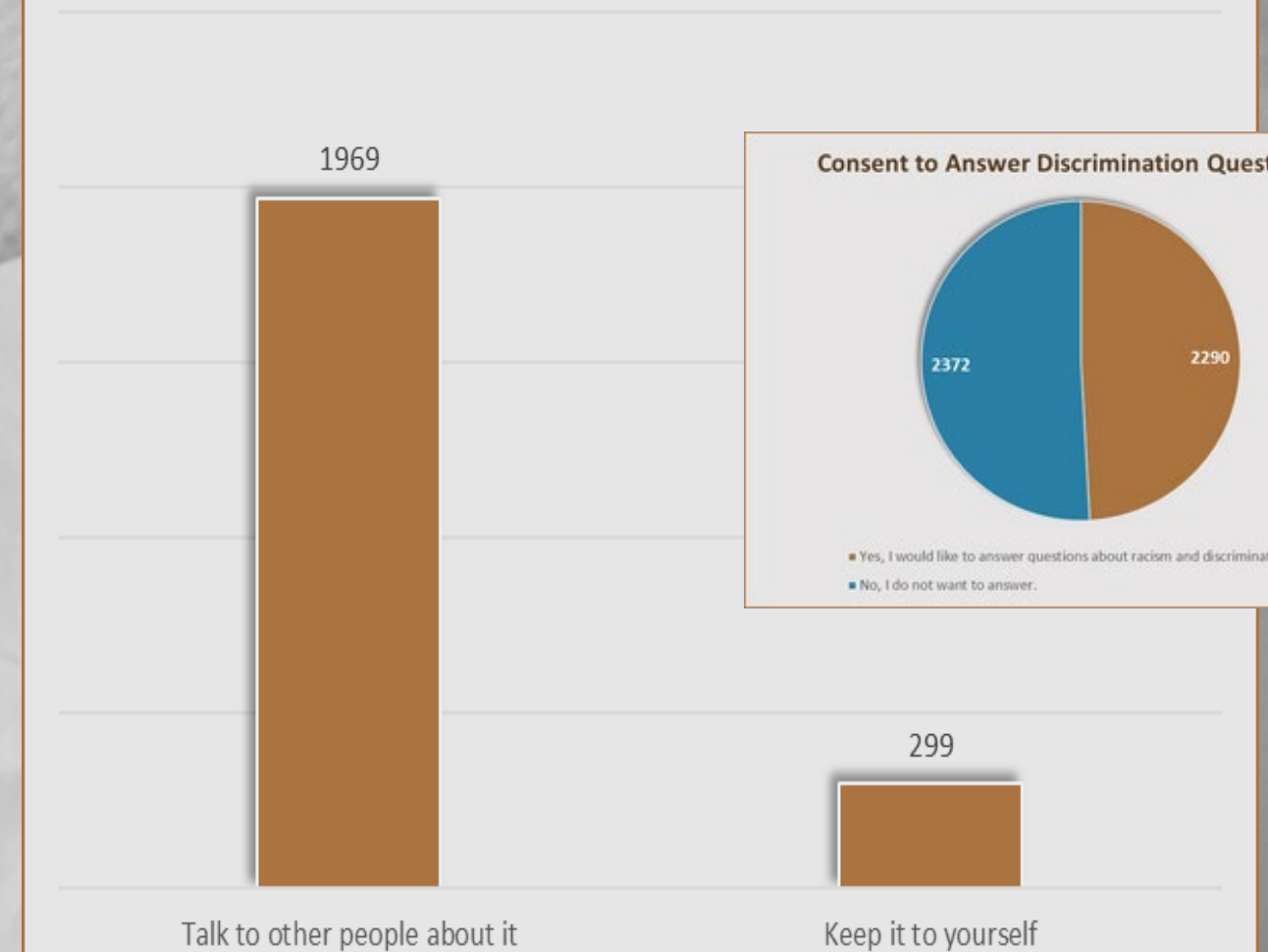
81% indicate experiencing discrimination because of race, ethnicity, or skin color.

60% indicate that groups who are not white experience discrimination.

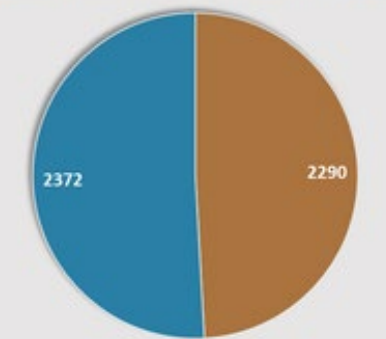
### Internal Response to Unfair Treatment



### External Response to Unfair Treatment



### Consent to Answer Discrimination Questions

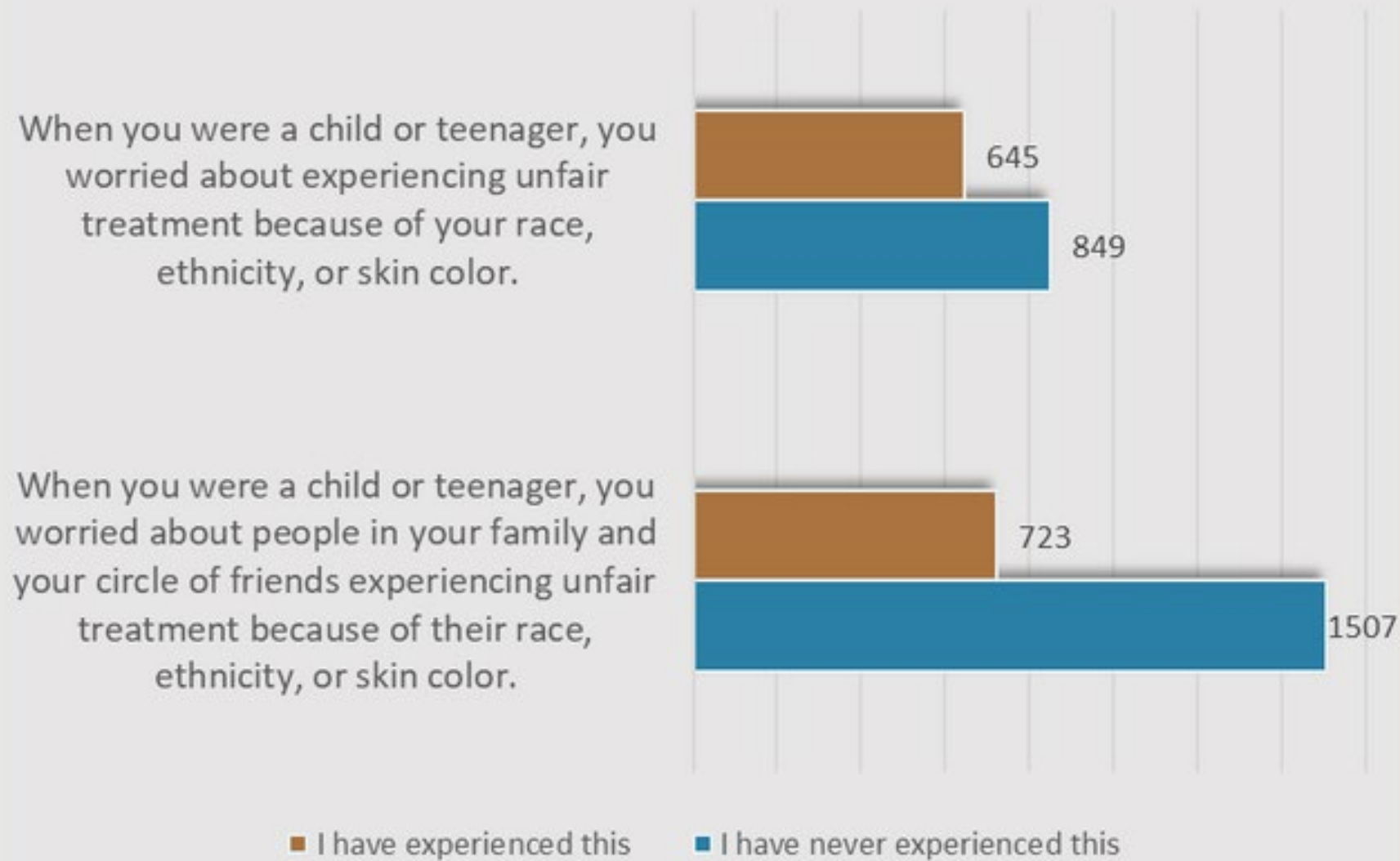


■ Yes, I would like to answer questions about racism and discrimination.  
■ No, I do not want to answer.

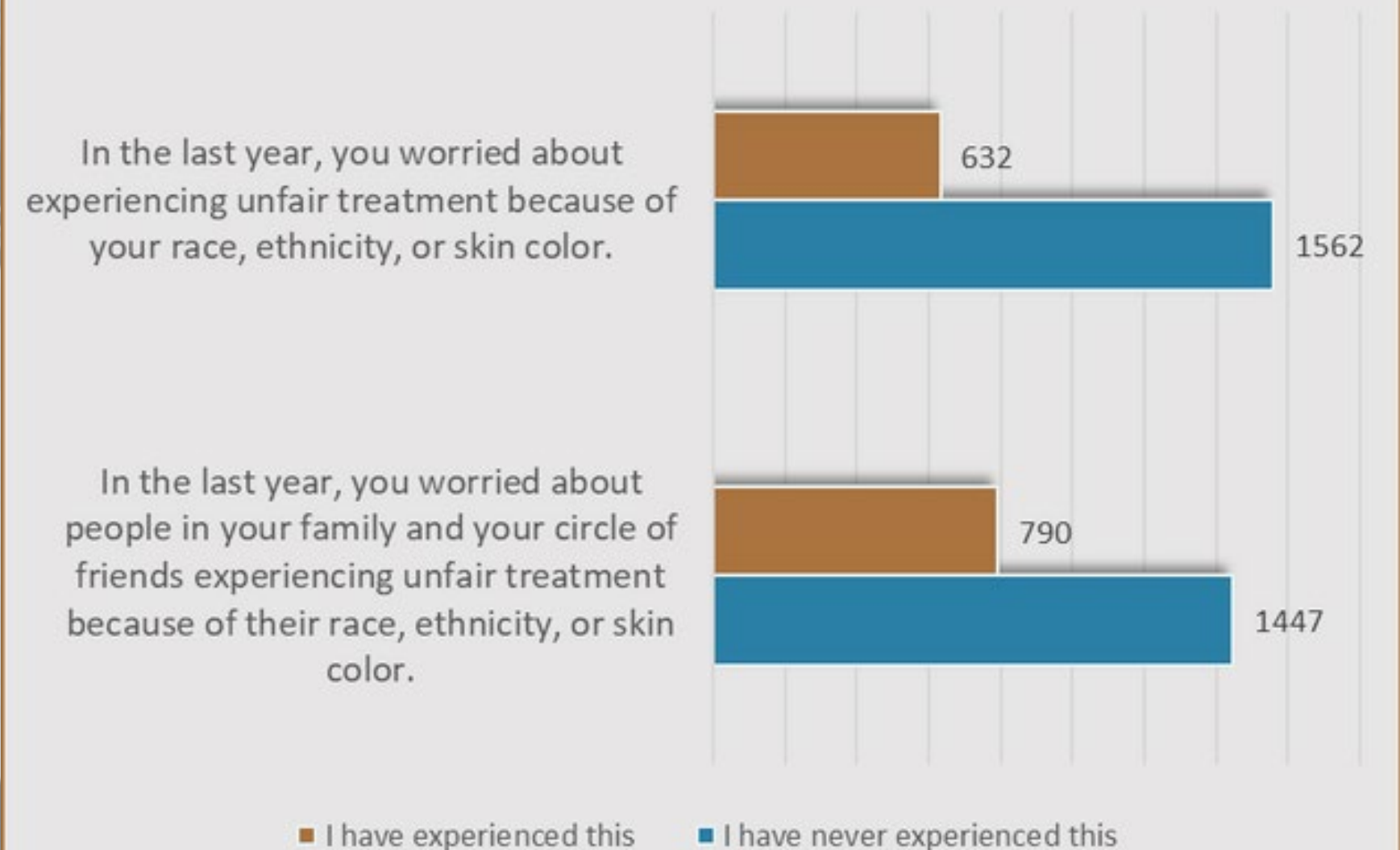


# Survey Respondent's Experiences: Racism & Discrimination

## Childhood Worries

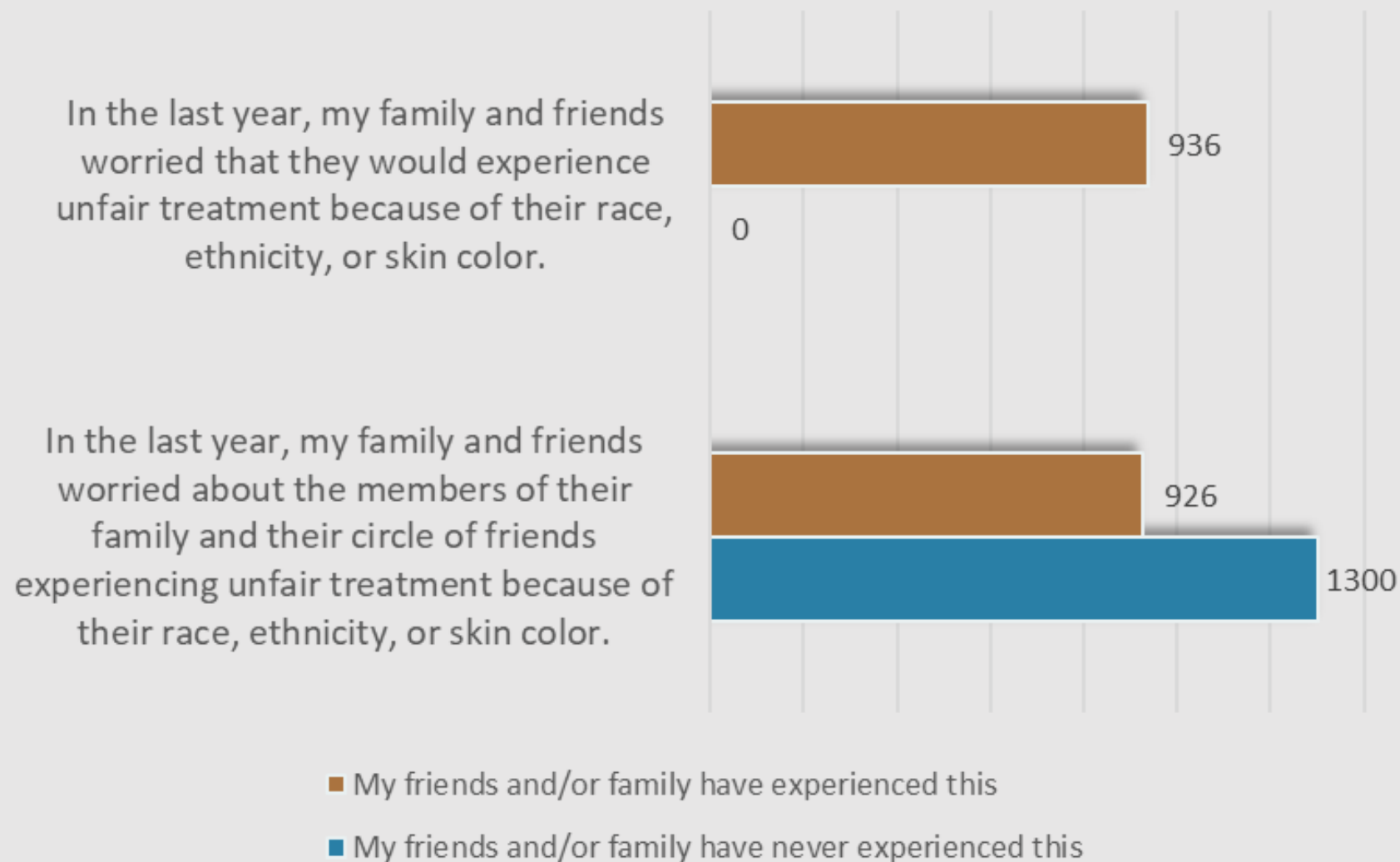


## Recent Worries

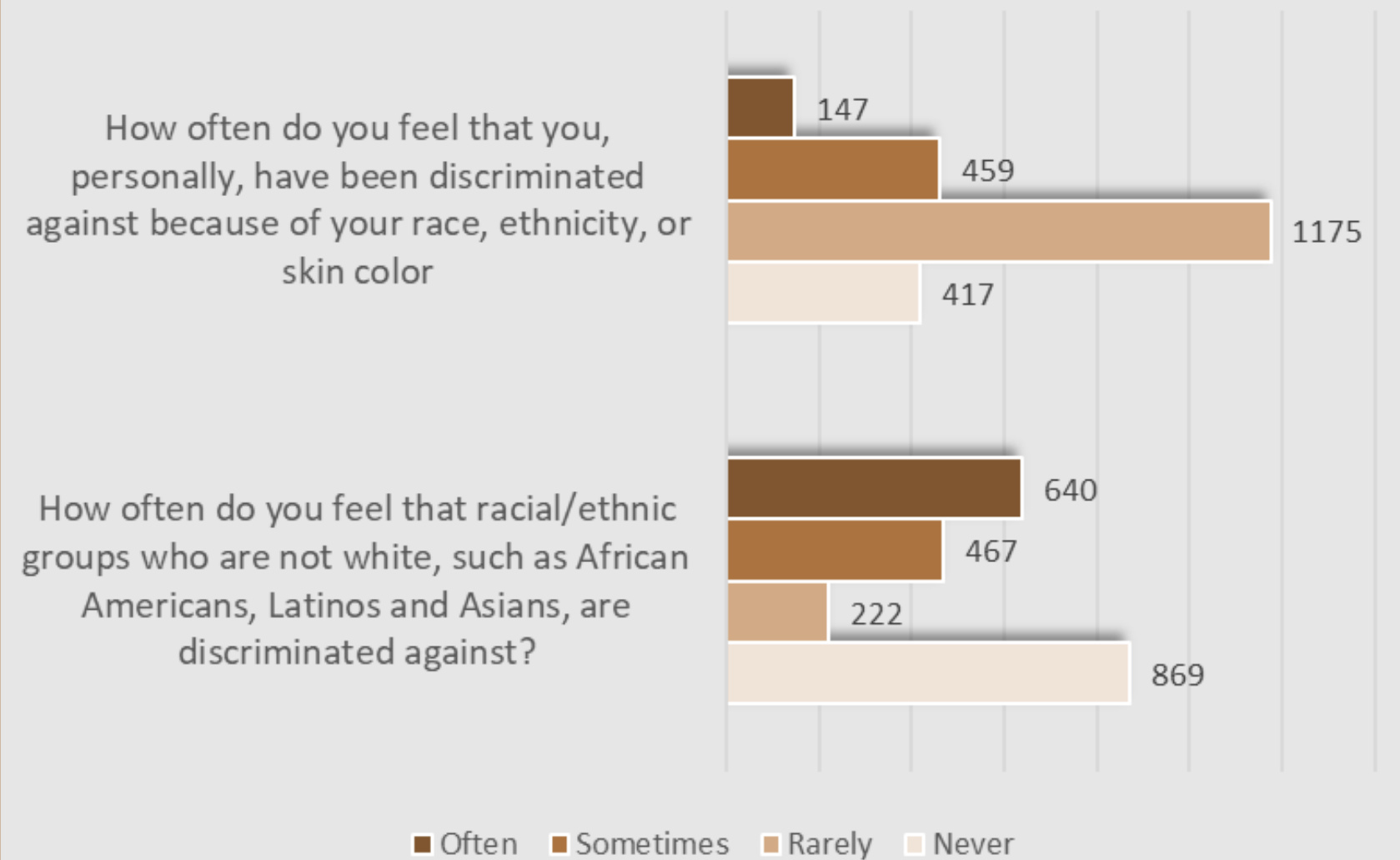


# Survey Respondent's Experiences: Racism & Discrimination

## Family and Friends' Worries

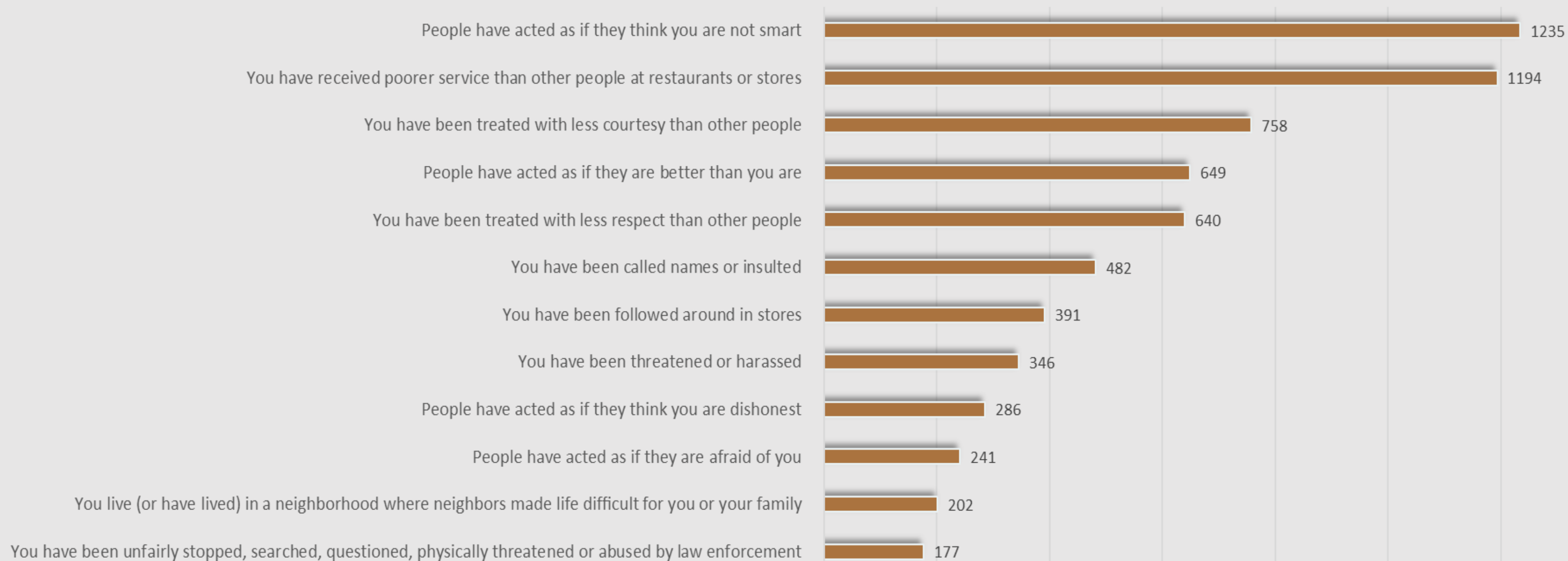


## Discrimination



# Experiences of Unfair Treatment

## Unfair Treatment



# Communicable Disease

Communicable disease is one that is spread from one person to another through a variety of ways that include:

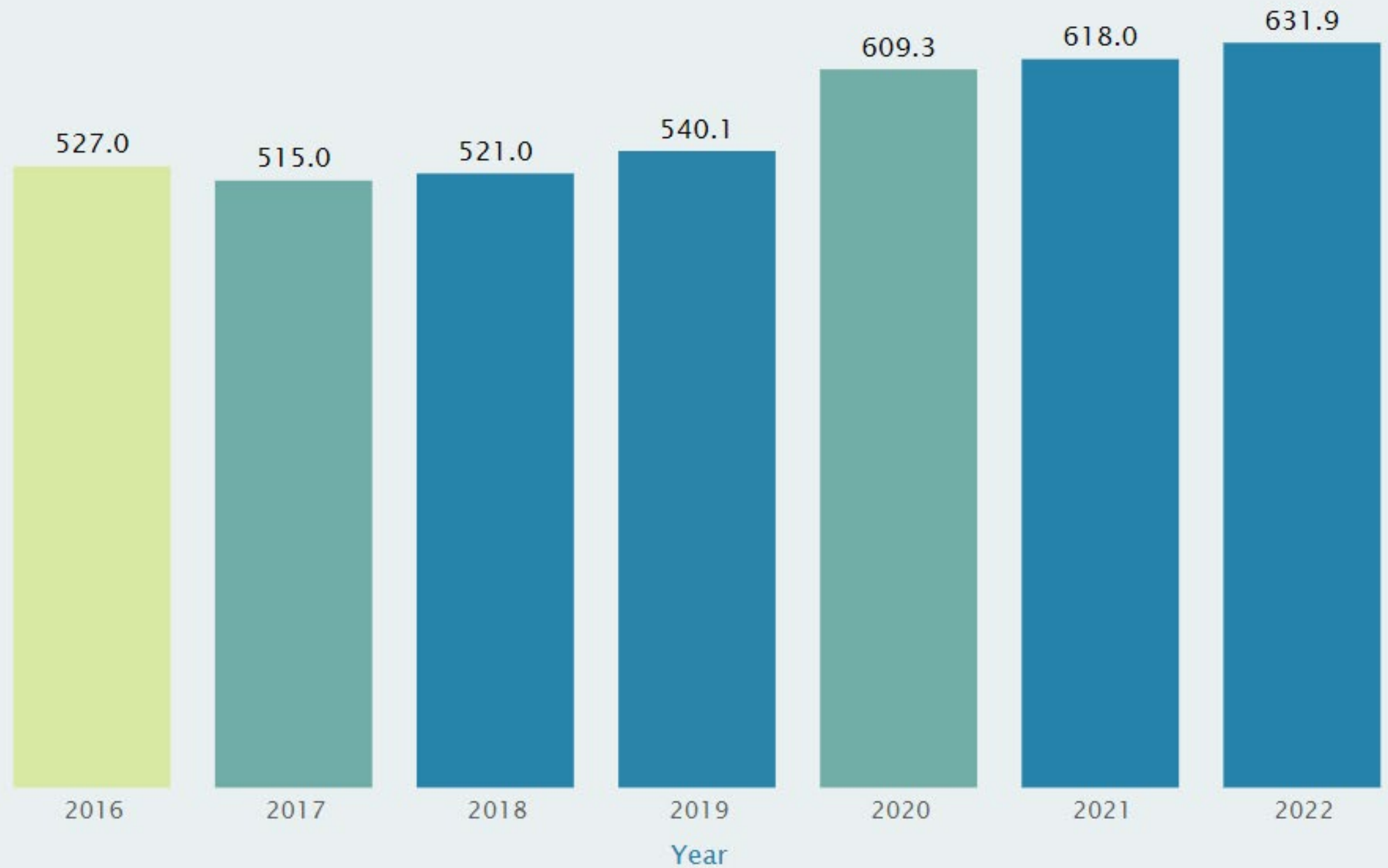
- contact with blood and bodily fluids
- breathing in an airborne virus
- by being bitten by an insect.



According to the Centers for Disease Control and Prevention (CDC), the number of combined cases of gonorrhea, syphilis and chlamydia was more than 2.4 million in 2018, up from 1.8 million in 2013; half of these STIs are among youth.

### County Health Ranking Indicators: San Bernardino County and California

SB-CA 33  87





**Time to  
discuss!**