# SAN BERNARDINO COUNTY:
# Our Community Vital Signs
## 2013 data report




SAN BERNARDINO COUNTYWIDE VISION
IT'S UP TO US!

Community Vital Signs Initiative
County of San Bernardino

ASR

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# ACKNOWLEDGMENTS

Thank you to all of those individuals serving on the Steering Committee and the subcommittees whose commitment of time, resources, and expert counsel has guided this process.

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**A very special thank you to all of those who contributed and helped locate secondary data for this report. Agencies and organizations are cited as sources, but the assistance of individuals has been critical.**

# ABOUT THE RESEARCHER

Applied Survey Research (ASR) is a nonprofit, social research firm dedicated to helping people build better communities by collecting meaningful data, facilitating information-based planning, and developing custom strategies. The firm was founded on the principle that community improvement, initiative sustainability, and program success are closely tied to assessment of needs, evaluation of community goals, and development of appropriate responses.

The Community Assessment Project is a prime example of a comprehensive evaluation of the needs of the community. Its goal is to stimulate dialogue about trends and to encourage informed strategies for shaping future policies and effective actions.

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# COMMUNITY VITAL SIGNS INITIATIVE

The Community Vital Signs Initiative is a community-driven effort in partnership with San Bernardino County to establish a health improvement framework by using data to help set goals and priorities for action to improve the quality of life in the county. This report provides a snapshot in a wide range of areas including education, employment, the environment, public safety, but especially in health. Data are provided for the county with city, and state comparisons, as well as the desired goals for population health as outlined by Healthy People 2020.

## History

This project was started by the San Bernardino County Departments of Public and Behavioral Health as well as Arrowhead Regional Medical Center, and has become transformed into a community-wide initiative. The first community workshop was held in September 2011 with more than 80 community stakeholders representing local nonprofit hospitals, universities, government agencies, businesses, faith, and community-based organizations gathered to discuss the purpose of the Community Vital Signs Initiative and to develop a shared vision. A working group of ten participants was selected by this larger body to create the purpose, value, and vision statements of the Community Vital Signs Initiative, which were then discussed and adopted by a cross sector of community members at a summit meeting in March 2012. They include:

### Purpose

Community Vital Signs is a community health improvement framework jointly developed by San Bernardino County residents, organizations, and government. It builds upon the Countywide Vision by setting evidence-based goals and priorities for action that encompass policy, education, environment, and systems change in addition to quality, affordable and accessible health care and prevention services. It provides the basis for aligning and leveraging resources and efforts by diverse agencies, organizations, and institutions to empower the community to make healthy choices.

### Vision

We envision a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations, and government.

### Values

Community Vital Signs is guided by the following values:

- **Community-driven:** Shared leadership by and for residents, engaging, and empowering all voices
- **Cultural competency:** Respecting and valuing diverse communities and perspectives
- **Inclusion:** Actively reaching out, engaging, and sharing power with diverse constituencies
- **Equity:** Access to participation, resources and service, addressing historical inequities and disparities
- **Integrity and Accountability:** Transparent and cost-effective use of resources
- **Collaboration:** Shared ownership and responsibility
- **Systemic change:** Transform structures, processes, and paradigms to promote sustained individual and community health and well-being.

## Collective Impact

The Community Vital Signs Initiative has adopted Collective Impact, a systemic approach to social impact for needle-moving change by aligning organizations and resources through the following five conditions:[1]

1. **Common Agenda:** All participants have a shared vision for change including a common understanding of the problem and a joint approach to solving it through agreed upon actions
2. **Shared Measurement:** Collecting data and measuring results consistently across all participants ensures efforts remain aligned and participants hold each other accountable
3. **Mutually Reinforcing Activities:** Participant activities must be differentiated while still being coordinated through a mutually reinforcing plan of action
4. **Continuous Communication:** Consistent and open communication is needed across the many players to build trust, assure mutual objectives, and appreciate common motivation
5. **Backbone Organization:** Creating and managing collective impact requires a separate organization(s) with staff and a specific set of skills to serve as the backbone for the entire initiative and coordinate participating organizations and agencies[2]

Collective Impact initiatives are currently being employed around the world to address a wide variety of issues including education, healthcare, homelessness, the environment, and community development. Many of these other initiatives are already showing concrete results, reinforcing the promise of Collective Impact in solving complex social problems.[3]

# Overall Snapshot

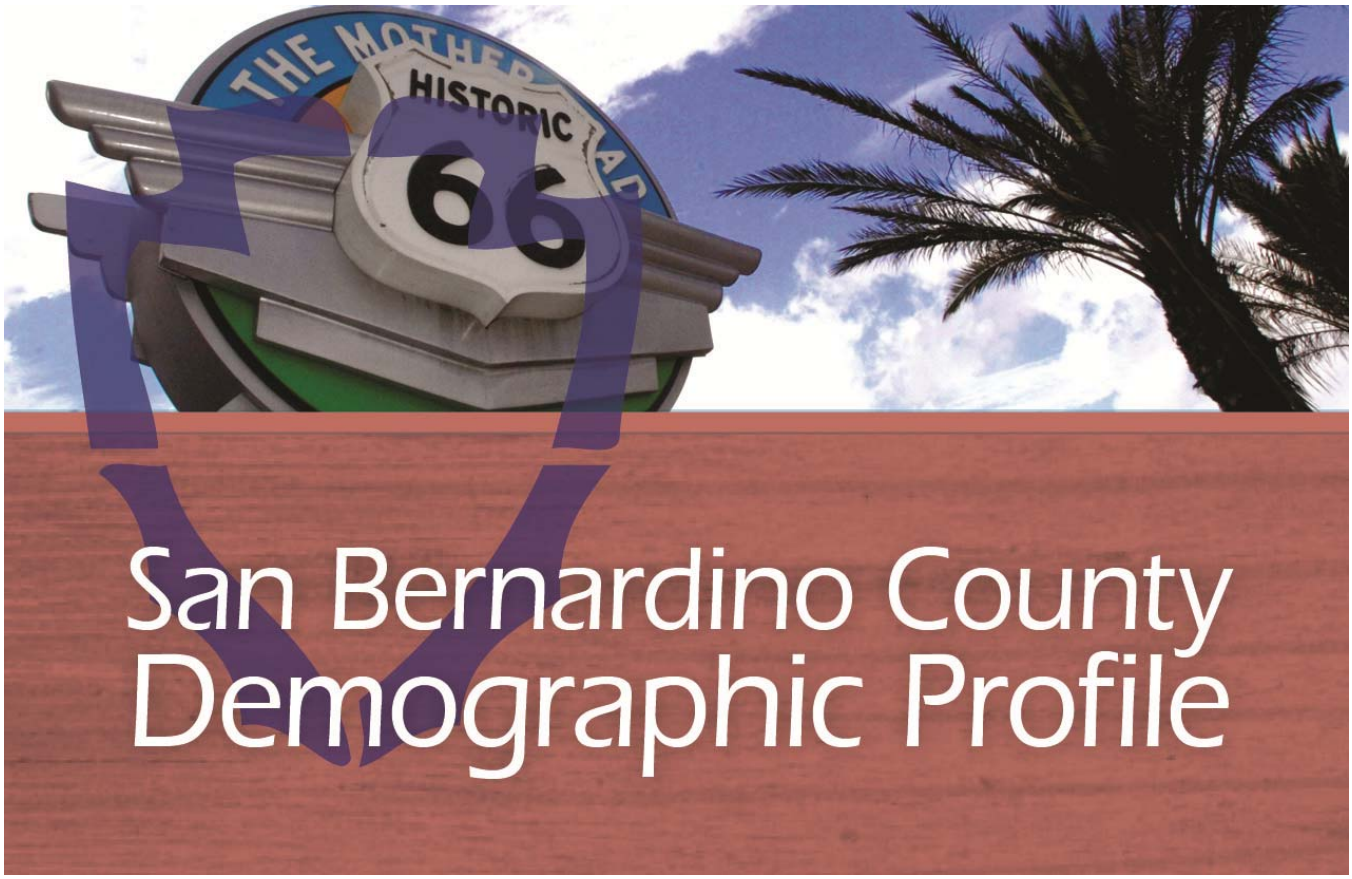
of SAN BERNARDINO COUNTY:

| | HP 2020 | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|---|
| **Population Estimates**<br>• Total population | NA | NA | 2,065,377 | ↑ |
| **Age Distribution**<br>• Percentage of population 60 years and older | NA | 16.8% | 13.7% | ↑ |
| **High School Graduation Rate** | 82.4% | 78.5% | 77.1% | ↑ |
| **Poverty**<br>• Percentage of individuals living in poverty | NA | 16.6% | 19.3% | ↑ |
| **Unemployment Rate** | NA | 9.7% | 10.8% | ↓ |
| **Health Insurance Coverage**<br>• Percentage of residents with health insurance | 100% | 81.9% | 79.2% | ↔ |
| **Delays in Access to Health Care**<br>• Percentage of residents who delayed or did not get medical care in the past year | 4.2% | 12.5% | 16.4% | ↑ |
| **Cardiovascular Disease**<br>• Percentage of adults ever diagnosed with high blood pressure | NA | 26.2% | 26.1% | ↑ |
| **Causes of Death**<br>• Death rate for all cancers per 100,000 population | 160.6 | 156.4 | 170.0 | ↓ |
| **Physical Activity**<br>• Percentage of teens (12-17 years) who met CDC recommendation of 1 hour or more of daily physical activity | 20.2% | 15.2% | 19.0% | NA |
| **Preterm Births**<br>• Percentage of preterm births | 11.4% | 10.0% | 11.2% | ↔ |
| **Access to Healthy Foods**<br>• Retail Food Environment Index | NA | 4.18 | 5.72 | NA |

*↑ Increasing (Upward) trend; ↓ Declining (Downward) trend; ↔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

*A note on geography: Most data in this report is county level. For detailed city level data reports (available 8/19/2013), please visit the Community Vital Signs website, http://www.communityvitalsigns.org.*




# San Bernardino County Demographic Profile

# Demographic Snapshot

of SAN BERNARDINO COUNTY:

| | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|
| **Population Estimates**<br>• Total population | NA | 2,065,377 | ↑ |
| **Age Distribution**<br>• Percentage of population 60 years and older | 16.8% | 13.7% | ↑ |
| **Language Spoken at Home**<br>• Percentage of households that speak Spanish as their primary language at home | 28.8% | 33.2% | ↔ |

*↑ Increasing (Upward) trend; ↓ Declining (Downward) trend; ↔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

# Population Estimates

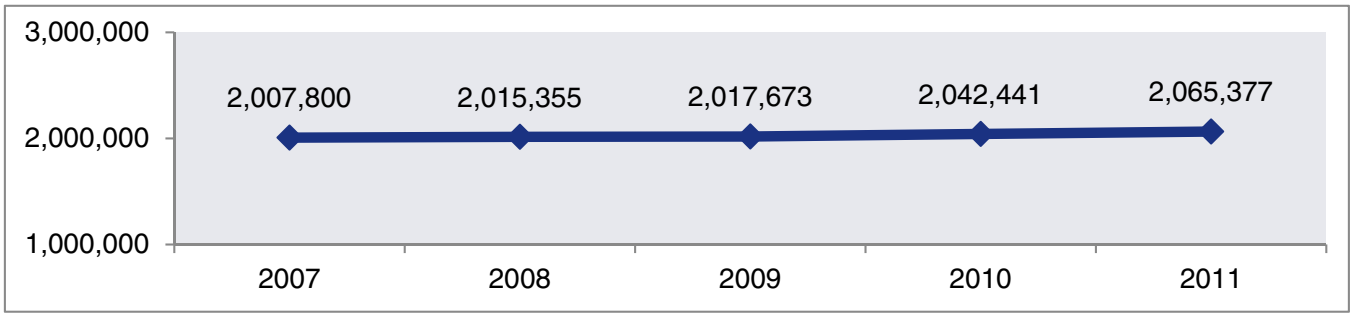
## Total Population

The U.S. Census Bureau calculates population estimates based largely on three factors: birth rates, mortality rates and migration. Policy makers use these estimates to plan for the future, especially in areas such as food, water, energy, and services such as health care. For example, with an aging population, there will be more demands on the health care system, social security, retirement homes, geriatric specialists, and home health care workers. With an increasing birth rate, there will be more demands on pediatricians, early childhood education, and K-12 education.

***THE POPULATION IN** San Bernardino County is rising and is expected to reach nearly 2.3 million by 2020.*

The U.S. Census Bureau estimated that there were a total of 2,065,377 people living in San Bernardino County in 2011, an increase of 3% since 2007. By 2020, the population is expected to be nearly 2.3 million people, which is approximately 208,000 more people than there were in 2011. The areas with the highest populations were San Bernardino City, Fontana, Ontario, and Rancho Cucamonga in 2011.

### TOTAL POPULATION, SAN BERNARDINO COUNTY



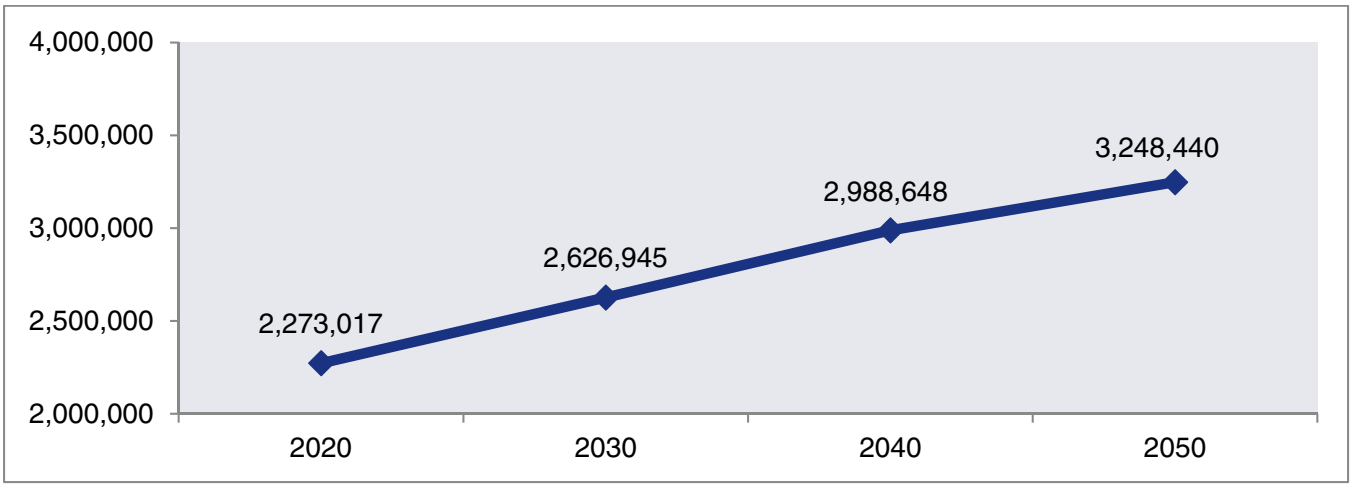

*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 1-year estimates, Table DP05, 2007 – 2011.*

## City Distribution, San Bernardino County, 2007-2011 5-Year Estimates

| City | Total Population | Percentage of County |
|---|---|---|
| Adelanto | 30,670 | 1.5% |
| Apple Valley | 68,316 | 3.4% |
| Barstow | 22,913 | 1.1% |
| Big Bear Lake | 5,109 | 0.3% |
| Chino | 78,050 | 3.9% |
| Chino Hills | 74,765 | 3.7% |
| Colton | 52,283 | 2.6% |
| Fontana | 192,779 | 9.5% |
| Grand Terrace | 12,132 | 0.6% |
| Hesperia | 88,247 | 4.4% |
| Highland | 52,777 | 2.6% |
| Loma Linda | 23,081 | 1.1% |
| Montclair | 36,802 | 1.8% |
| Needles | 4,910 | 0.2% |
| Ontario | 165,120 | 8.2% |
| Rancho Cucamonga | 163,151 | 8.1% |
| Redlands | 68,995 | 3.4% |
| Rialto | 99,501 | 4.9% |
| San Bernardino City | 210,100 | 10.4% |
| Twentynine Palms | 25,786 | 1.3% |
| Upland | 74,021 | 3.7% |
| Victorville | 111,704 | 5.5% |
| Yucaipa | 50,862 | 2.5% |
| Yucca Valley | 20,508 | 1.0% |
| Remainder of the county | 290,870 | 14.4% |

*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

## Population Projections, San Bernardino County




*Source: California Department of Finance. (2013). Population projections, 2010-2060. Report P-1: State and county population projections by county, by race/ethnicity, and by major age groups, 2010-2060 (by decade).*

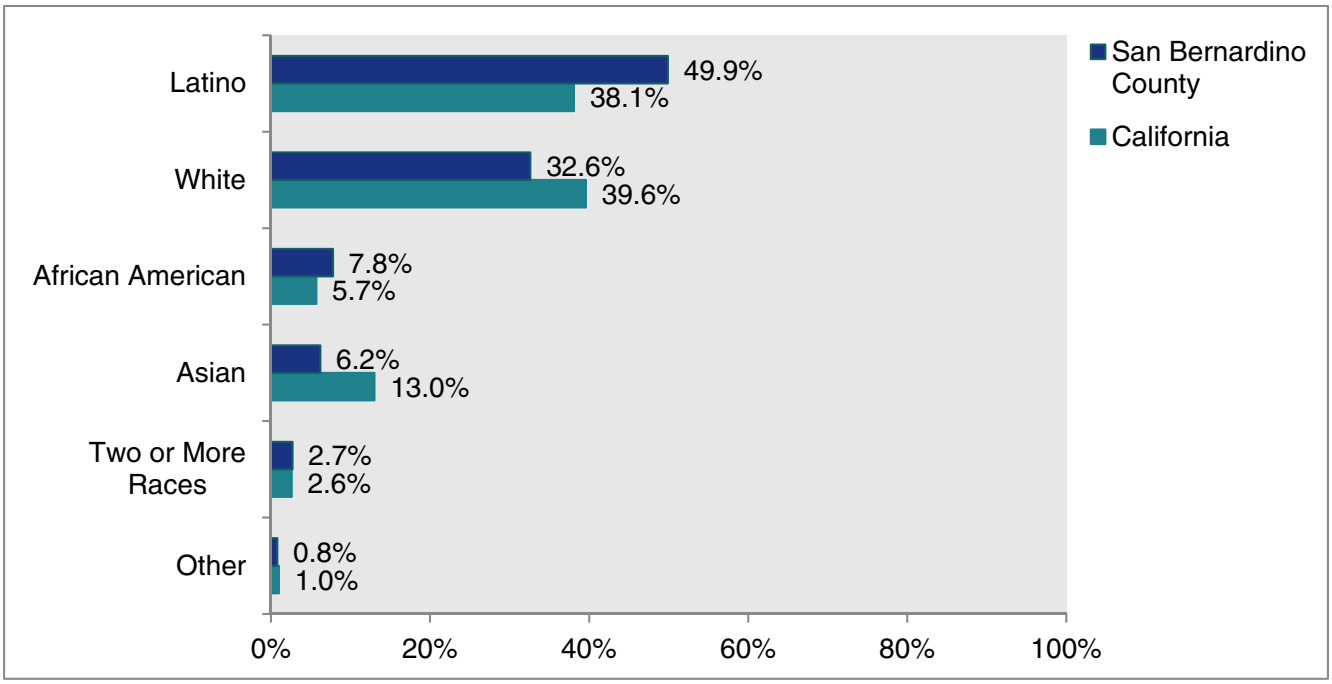
## Racial/Ethnic Distribution

***Half of the population in San** Bernardino County is Latino and the Latino and Asian populations are rising, while other ethnicities are falling.*

In San Bernardino County, half of the population (50%) was Latino while another 33% identified as White, 8% were African American, and 6% were Asian in 2011.

San Bernardino County had a higher percentage of Latinos (50%) compared to the state (38%), and a lower percentage of Whites (33%) as compared to the state (40%).

### Racial/Ethnic Distribution, 2011




*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 1-year estimates, Table DP05, 2011.*
*Note: Other includes American Indian and Alaska Native, Native Hawaiian and Other Pacific Islander, and Some Other Race.*

## Ethnic Distribution

| Ethnicity/Region | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| Asian | | | | | | |
| **San Bernardino County** | **5.7%** | **5.8%** | **5.8%** | **6.1%** | **6.2%** | **0.5** |
| California | 12.2% | 12.2% | 12.3% | 12.9% | 13.0% | 0.8 |
| African American | | | | | | |
| **San Bernardino County** | **8.4%** | **8.3%** | **8.3%** | **8.4%** | **7.8%** | **-0.6** |
| California | 6.0% | 5.9% | 5.8% | 5.8% | 5.7% | -0.3 |
| Latino | | | | | | |
| **San Bernardino County** | **46.8%** | **47.5%** | **48.1%** | **49.3%** | **49.9%** | **3.1** |
| California | 36.2% | 36.6% | 37.0% | 37.7% | 38.1% | 1.9 |
| White | | | | | | |
| **San Bernardino County** | **36.2%** | **35.5%** | **34.8%** | **33.0%** | **32.6%** | **-3.6** |
| California | 42.5% | 42.0% | 41.5% | 40.0% | 39.6% | -2.9 |
| Other | | | | | | |
| **San Bernardino County** | **1.0%** | **0.7%** | **1.0%** | **1.0%** | **0.8%** | **-0.2** |
| California | 1.0% | 1.1% | 1.1% | 1.0% | 1.0% | 0.0 |
| Two or More Races | | | | | | |
| **San Bernardino County** | **1.9%** | **2.2%** | **2.0%** | **2.2%** | **2.7%** | **0.8** |
| California | 2.1% | 2.2% | 2.3% | 2.6% | 2.6% | 0.5 |

*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 1-year estimates, Table DP05, 2011.*

*Note: Other includes American Indian and Alaska Native, Native Hawaiian and Other Pacific Islander, and Some Other Race.*

## Ethnic Distribution, by City, 2007-2011 5-Year Estimates

| City | Asian | African American | Latino | White | Other | Two or More Races |
|---|---|---|---|---|---|---|
| Adelanto | 2.2% | 20.9% | 51.8% | 18.8% | 1.3% | 5.1% |
| Apple Valley | 2.0% | 10.2% | 28.7% | 56.9% | 0.6% | 1.6% |
| Barstow | 1.6% | 16.2% | 39.6% | 34.0% | 4.5% | 4.2% |
| Big Bear Lake | >0.1% | 1.8% | 24.0% | 70.1% | 2.3% | 1.7% |
| Chino | 9.5% | 5.6% | 54.3% | 27.3% | 0.9% | 2.4% |
| Chino Hills | 27.8% | 3.7% | 30.2% | 34.7% | 0.8% | 2.8% |
| Colton | 5.2% | 10.2% | 68.0% | 14.7% | 0.6% | 1.5% |
| Fontana | 6.2% | 9.4% | 65.9% | 15.6% | 0.8% | 1.9% |
| Grand Terrace | 6.8% | 5.6% | 37.9% | 47.7% | 0.1% | 1.8% |
| Hesperia | 1.9% | 6.0% | 47.9% | 41.4% | 1.2% | 1.7% |
| Highland | 6.6% | 9.9% | 47.9% | 32.1% | 0.9% | 2.7% |
| Loma Linda | 28.7% | 6.7% | 22.8% | 39.0% | 0.9% | 2.0% |
| Montclair | 10.1% | 4.5% | 67.1% | 15.6% | 1.4% | 1.1% |
| Needles | 1.6% | 3.0% | 16.0% | 66.8% | 10.5% | 2.1% |
| Ontario | 4.4% | 6.9% | 66.5% | 19.9% | 0.5% | 1.8% |
| Rancho Cucamonga | 10.3% | 8.1% | 34.8% | 42.7% | 0.8% | 3.4% |
| Redlands | 7.7% | 5.0% | 29.5% | 54.5% | 0.9% | 2.3% |
| Rialto | 2.2% | 14.3% | 67.2% | 14.2% | 0.6% | 1.5% |
| San Bernardino City | 4.2% | 14.1% | 58.8% | 20.3% | 0.8% | 1.8% |
| Twentynine Palms | 3.5% | 7.3% | 19.8% | 62.7% | 3.7% | 3.0% |
| Upland | 9.0% | 5.2% | 37.8% | 44.6% | 0.6% | 2.8% |
| Victorville | 4.3% | 14.6% | 47.5% | 30.7% | 0.9% | 2.0% |
| Yucaipa | 2.4% | 1.8% | 26.3% | 66.2% | 0.7% | 2.6% |
| Yucca Valley | 2.4% | 2.3% | 14.1% | 77.6% | 0.9% | 2.7% |

*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*
*Note: Other includes American Indian and Alaska Native, Native Hawaiian and Other Pacific Islander, and Some Other Race.*

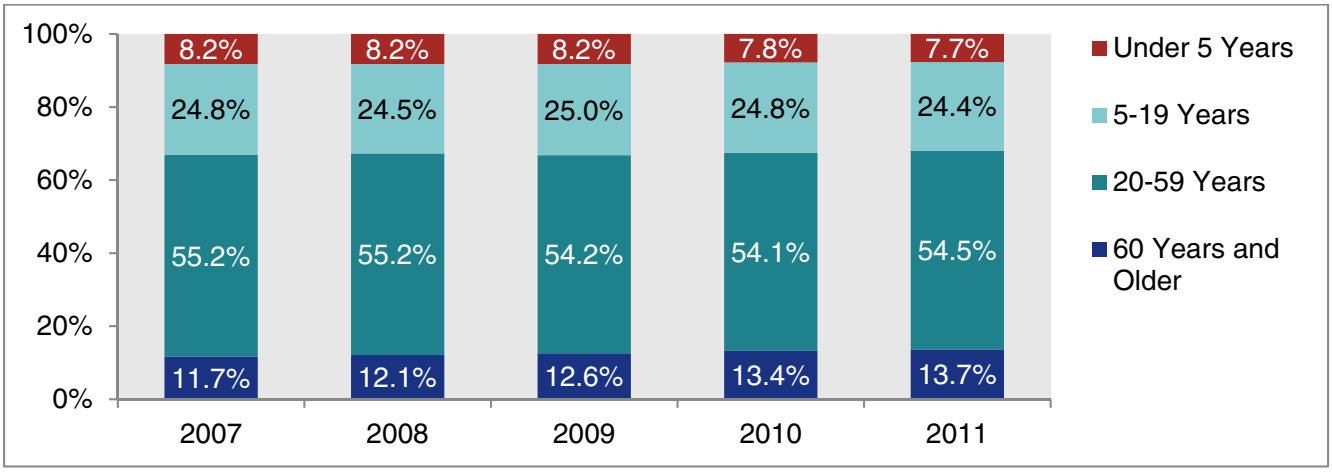
## Age Distribution

***THE POPULATION OF THOSE*** *60 years and older is increasing in San Bernardino County while the percentage of very young children under 5 is decreasing.*

Approximately 14% of the population in the county was 60 years and older in 2011, up from 12% in 2007.

There was widespread variation in ages of the population depending on where people lived. The cities with the highest percentage of residents ages 60 and older were Big Bear Lake (25%), Yucca Valley (23%), and Needles (22%). The three areas with the highest population of children under five were Twentynine Palms, Adelanto, and Needles (each at 11%).

### AGE DISTRIBUTION, SAN BERNARDINO COUNTY




*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 1-year estimates, Table DP05, 2007 – 2011.*

## Age Distribution, by City, 2007-2011 5-Year Estimates

| City | Under 5 Years | 5-19 Years | 20-34 Years | 35-59 Years | 60 Years & Older |
|---|---|---|---|---|---|
| Adelanto | 11.0% | 31.0% | 27.4% | 23.1% | 7.4% |
| Apple Valley | 7.3% | 24.1% | 17.5% | 31.1% | 20.0% |
| Barstow | 9.5% | 22.3% | 20.2% | 33.2% | 14.8% |
| Big Bear Lake | 4.6% | 23.1% | 13.3% | 34.2% | 24.8% |
| Chino | 6.7% | 21.5% | 25.2% | 35.1% | 11.5% |
| Chino Hills | 6.7% | 23.5% | 19.1% | 39.7% | 11.1% |
| Colton | 8.6% | 27.7% | 24.6% | 28.6% | 10.6% |
| Fontana | 9.1% | 27.4% | 22.8% | 32.3% | 8.4% |
| Grand Terrace | 6.5% | 19.0% | 22.9% | 34.6% | 17.0% |
| Hesperia | 8.9% | 27.5% | 20.2% | 30.3% | 13.2% |
| Highland | 8.3% | 28.8% | 19.5% | 33.0% | 10.4% |
| Loma Linda | 4.8% | 17.0% | 26.3% | 31.6% | 20.3% |
| Montclair | 8.9% | 22.7% | 24.1% | 31.6% | 12.7% |
| Needles | 10.5% | 18.5% | 14.9% | 34.1% | 22.0% |
| Ontario | 7.1% | 26.3% | 23.9% | 32.5% | 10.2% |
| Rancho Cucamonga | 6.8% | 21.9% | 22.1% | 37.4% | 11.8% |
| Redlands | 5.8% | 23.7% | 21.1% | 31.7% | 17.8% |
| Rialto | 9.5% | 27.6% | 22.9% | 29.5% | 10.5% |
| San Bernardino City | 8.9% | 27.5% | 22.0% | 30.2% | 11.3% |
| Twentynine Palms | 11.3% | 18.1% | 43.9% | 17.5% | 9.2% |
| Upland | 6.4% | 22.1% | 19.6% | 35.5% | 16.4% |
| Victorville | 9.0% | 28.9% | 21.5% | 29.8% | 10.9% |
| Yucaipa | 5.5% | 24.1% | 18.7% | 33.8% | 17.9% |
| Yucca Valley | 6.4% | 20.7% | 19.5% | 30.6% | 22.8% |

*Source: American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

## Household Composition

Family structure is an important factor in the health, development, and education of children.[4] There are links between family structure, income inequality, and ethnicity that intersect and get compounded across generations. The authors of one 2008 study describe a cycle where single motherhood leads to higher child poverty rates, and poverty exacerbates racial inequalities.[5]

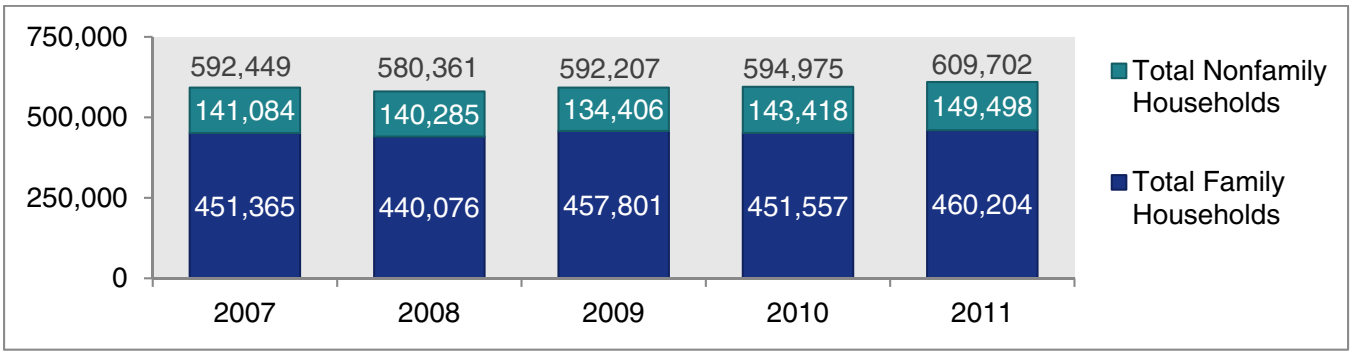
The U.S. Census Bureau collects data about household composition and it defines a "family household" as an individual living with related family members (and possibly non-related individuals in addition). There is no requirement that a child be present to be considered a family household. A "nonfamily household" is an individual living alone or with non-related individuals.

***THREE-QUARTERS OF** households in San Bernardino County are family households and one-quarter are nonfamily households.*

When looking only at family households in the county, about half (51%) were married-couple families, 17% were female-headed households and 7% were male-headed households in 2011.

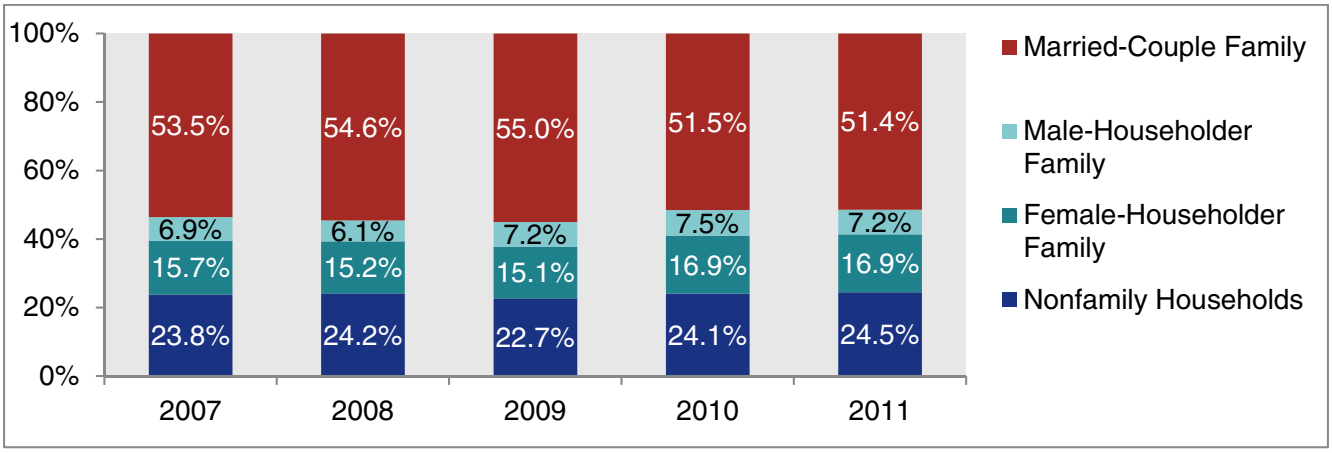
Families tended to be bigger in San Bernardino County than in the state as a whole; the average family size in the county (3.81) was higher than the state (3.56) in 2011. Families tended to be even bigger in Adelanto, Fontana, Montclair, and Rialto, where the average family size was more than four people.

### HOUSEHOLDS, SAN BERNARDINO COUNTY




*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 1-year estimates, Table DP02, 2007 – 2011.*

## HOUSEHOLDS BY TYPE, SAN BERNARDINO COUNTY




*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 1-year estimates, Table DP02, 2007 – 2011.*

*Note: Householder refers to the person (or one of the people) in whose name the housing unit is owned or rented (maintained) or, if there is no such person, any adult member, excluding roomers, boarders, or paid employees.*

## Households by Type and City, 2007-2011 5-Year Estimates

| City | Nonfamily Households | Married-Couple Family | Male-Householder Family | Female-Householder Family | Total Households |
|---|---|---|---|---|---|
| Adelanto | 15.6% | 51.4% | 6.2% | 26.8% | 7,060 |
| Apple Valley | 23.4% | 56.1% | 5.5% | 15.1% | 22,851 |
| Barstow | 36.6% | 41.5% | 4.5% | 17.4% | 8,264 |
| Big Bear Lake | 42.7% | 43.5% | 0.9% | 12.9% | 2,169 |
| Chino | 19.5% | 60.9% | 4.7% | 14.9% | 20,240 |
| Chino Hills | 14.7% | 70.9% | 5.7% | 8.8% | 22,280 |
| Colton | 22.6% | 48.5% | 8.6% | 20.3% | 15,076 |
| Fontana | 13.6% | 62.4% | 7.6% | 16.4% | 47,253 |
| Grand Terrace | 31.6% | 50.6% | 7.3% | 10.5% | 4,449 |
| Hesperia | 20.2% | 57.0% | 7.6% | 15.2% | 25,088 |
| Highland | 20.5% | 54.9% | 6.5% | 18.2% | 14,757 |
| Loma Linda | 36.2% | 45.5% | 5.5% | 12.8% | 8,468 |
| Montclair | 16.1% | 54.5% | 11.1% | 18.4% | 9,322 |
| Needles | 38.9% | 36.6% | 5.7% | 18.8% | 1,956 |
| Ontario | 20.5% | 52.9% | 7.8% | 18.7% | 45,283 |
| Rancho Cucamonga | 25.9% | 55.4% | 5.3% | 13.4% | 54,194 |
| Redlands | 33.9% | 49.0% | 4.3% | 12.9% | 24,257 |
| Rialto | 17.6% | 55.8% | 7.6% | 19.0% | 24,214 |
| San Bernardino City | 26.2% | 42.0% | 8.9% | 22.8% | 60,614 |
| Twentynine Palms | 26.2% | 55.8% | 6.1% | 11.9% | 7,612 |
| Upland | 27.2% | 53.3% | 4.6% | 14.9% | 25,347 |
| Victorville | 19.9% | 51.2% | 7.8% | 21.1% | 30,806 |
| Yucaipa | 25.4% | 56.9% | 5.5% | 12.2% | 17,227 |
| Yucca Valley | 35.3% | 45.1% | 7.8% | 11.8% | 7,957 |

*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 5-year estimates, Table DP02, 2007 – 2011.*

## Household Composition

| Household Characteristic/Region | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| Households with Persons 18 Years or Younger | | | | | | |
| **San Bernardino County** | **46.9%** | **46.3%** | **46.7%** | **45.2%** | **44.0%** | **-2.9** |
| California | 38.2% | 37.6% | 37.4% | 37.1% | 36.6% | -1.6 |
| Households with Persons 65 Years or Older | | | | | | |
| **San Bernardino County** | **19.7%** | **19.7%** | **20.8%** | **22.3%** | **22.3%** | **2.6** |
| California | 22.7% | 23.3% | 23.6% | 24.3% | 24.7% | 2.0 |
| Average Household Size | | | | | | |
| **San Bernardino County** | **3.31** | **3.40** | **3.34** | **3.37** | **3.31** | **-** |
| California | 2.93 | 2.95 | 2.96 | 2.94 | 2.96 | - |
| Average Family Size | | | | | | |
| **San Bernardino County** | **3.80** | **3.92** | **3.81** | **3.85** | **3.81** | **-** |
| California | 3.53 | 3.57 | 3.56 | 3.53 | 3.56 | - |

*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 1-year estimates, Table DP02, 2007 – 2011.*

## Household Composition, by City, 2007-2011, 5-Year Estimates

| City | Households with Persons 18 Years or Younger | Households with Persons 65 Years or Older | Average Household Size | Average Family Size |
|---|---|---|---|---|
| Adelanto | 64.8% | 14.9% | 4.06 | 4.40 |
| Apple Valley | 39.1% | 30.3% | 2.97 | 3.36 |
| Barstow | 36.1% | 19.7% | 2.72 | 3.45 |
| Big Bear Lake | 29.8% | 36.0% | 2.34 | 3.10 |
| Chino | 49.6% | 20.2% | 3.43 | 3.83 |
| Chino Hills | 47.7% | 16.0% | 3.35 | 3.64 |
| Colton | 50.2% | 17.2% | 3.45 | 3.92 |
| Fontana | 59.5% | 15.5% | 4.07 | 4.31 |
| Grand Terrace | 34.7% | 22.2% | 2.69 | 3.32 |
| Hesperia | 48.7% | 23.5% | 3.51 | 3.91 |
| Highland | 53.9% | 17.5% | 3.56 | 4.00 |
| Loma Linda | 28.9% | 26.3% | 2.66 | 3.22 |
| Montclair | 50.0% | 22.4% | 3.90 | 4.22 |
| Needles | 36.9% | 34.2% | 2.51 | 3.08 |
| Ontario | 50.9% | 17.6% | 3.63 | 4.01 |
| Rancho Cucamonga | 41.1% | 16.4% | 2.95 | 3.45 |
| Redlands | 34.7% | 25.3% | 2.74 | 3.39 |
| Rialto | 57.8% | 21.7% | 4.08 | 4.48 |
| San Bernardino City | 49.3% | 20.1% | 3.35 | 3.90 |
| Twentynine Palms | 39.6% | 16.0% | 2.73 | 3.12 |
| Upland | 38.3% | 22.3% | 2.90 | 3.41 |
| Victorville | 54.3% | 19.0% | 3.47 | 3.84 |
| Yucaipa | 39.3% | 26.3% | 2.92 | 3.42 |
| Yucca Valley | 32.1% | 31.7% | 2.54 | 3.10 |

*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 5-year estimates, Table DP02, 2007 – 2011.*

# Language Spoken at Home

Language barriers can prevent access to critical services such as employment, transportation, medical, and social services. In order to provide language appropriate services to the community, it is important to examine the percentage of the population that speaks other languages and which languages they are speaking.

***People speak Spanish** in one-third of San Bernardino County households.*

English was the primary language spoken at home in more than half (59%) of the households with people ages 5 years and over in San Bernardino County in 2011, followed by Spanish in one-third (33%) of the households, and an Asian or Pacific Islander language (5%). The ratio of English to Spanish speaking households has stayed consistent from 2007 to 2011.

### Language Spoken at Home (Population Ages 5 Years and Older)

| Language/Region | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| English Only | | | | | | |
| **San Bernardino County** | **59.9%** | **60.1%** | **59.2%** | **59.1%** | **59.2%** | **-0.7** |
| California | 57.4% | 57.7% | 56.9% | 56.3% | 56.2% | -1.2 |
| Spanish | | | | | | |
| **San Bernardino County** | **33.5%** | **33.1%** | **33.7%** | **34.1%** | **33.2%** | **-0.3** |
| California | 28.5% | 28.1% | 28.7% | 28.9% | 28.8% | 0.3 |
| Other Indo-Euro Languages | | | | | | |
| **San Bernardino County** | **1.8%** | **1.7%** | **1.8%** | **1.5%** | **1.7%** | **-0.1** |
| California | 4.2% | 4.4% | 4.4% | 4.3% | 4.5% | 0.3 |
| Asian and Pacific Islander Languages | | | | | | |
| **San Bernardino County** | **4.0%** | **4.3%** | **4.4%** | **4.5%** | **5.0%** | **1.0** |
| California | 9.1% | 9.0% | 9.1% | 9.6% | 9.6% | 0.5 |
| Other Languages | | | | | | |
| **San Bernardino County** | **0.8%** | **0.8%** | **0.9%** | **0.8%** | **0.9%** | **0.1** |
| California | 0.8% | 0.9% | 0.9% | 1.0% | 0.9% | 0.1 |

*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 1-year estimates, Table DP02, 2007 – 2011.*

## Language Spoken at Home (Population Ages 5 Years and Older), by City, 2007-2011 5-Year Estimates

| City | English Only | Spanish | Other Languages |
|---|---|---|---|
| Adelanto | 55.5% | 41.2% | 3.3% |
| Apple Valley | 83.1% | 14.2% | 2.7% |
| Barstow | 77.4% | 18.9% | 3.7% |
| Big Bear Lake | 80.8% | 18.0% | 1.2% |
| Chino | 52.6% | 37.6% | 9.8% |
| Chino Hills | 58.1% | 16.7% | 25.2% |
| Colton | 48.6% | 45.9% | 5.5% |
| Fontana | 41.3% | 51.1% | 7.6% |
| Grand Terrace | 78.0% | 14.1% | 7.9% |
| Hesperia | 65.9% | 31.3% | 2.8% |
| Highland | 59.8% | 32.2% | 8.0% |
| Loma Linda | 57.8% | 14.4% | 27.8% |
| Montclair | 33.7% | 56.1% | 10.2% |
| Needles | 86.7% | 9.2% | 4.1% |
| Ontario | 44.1% | 50.9% | 5.0% |
| Rancho Cucamonga | 67.5% | 20.3% | 12.2% |
| Redlands | 76.0% | 15.1% | 8.9% |
| Rialto | 43.0% | 54.0% | 3.0% |
| San Bernardino City | 52.9% | 41.8% | 5.3% |
| Twentynine Palms | 83.5% | 9.5% | 7.0% |
| Upland | 67.3% | 21.5% | 11.2% |
| Victorville | 63.6% | 31.1% | 5.3% |
| Yucaipa | 82.7% | 13.7% | 3.6% |
| Yucca Valley | 89.3% | 6.6% | 4.1% |

*Source: American Community Survey, United States Census Bureau. (2013). Selected social characteristics in the United States 5-year estimates, Table DP02, 2007 – 2011.*
*Note: Other languages include: other Indo-European languages, Asian and Pacific Islander languages, and other languages.*

# Education Snapshot

of SAN BERNARDINO COUNTY:

| | HP 2020 | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|---|
| **Educational Attainment**<br>• Percentage of adults with a Bachelor's degree or higher | NA | 30.3% | 18.2% | ↔ |
| **High School Graduation Rate** | 82.4% | 78.5% | 77.1% | ↑ |

↑ *Increasing (Upward) trend;* ↓ *Declining (Downward) trend;* ↔ *Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Educational Attainment

The relationship between educational attainment and health outcomes has been well documented. The National Poverty Center reports that people with more education have lower rates of the most common acute and chronic diseases.[6] In fact, people with a college education live longer compared to those without one.[7] Children's health is also related to educational attainment; children who are in poor health have a harder time focusing in class and miss more school days. They are more likely to fall behind in their studies, have lower test scores, and lower educational attainment.[8]

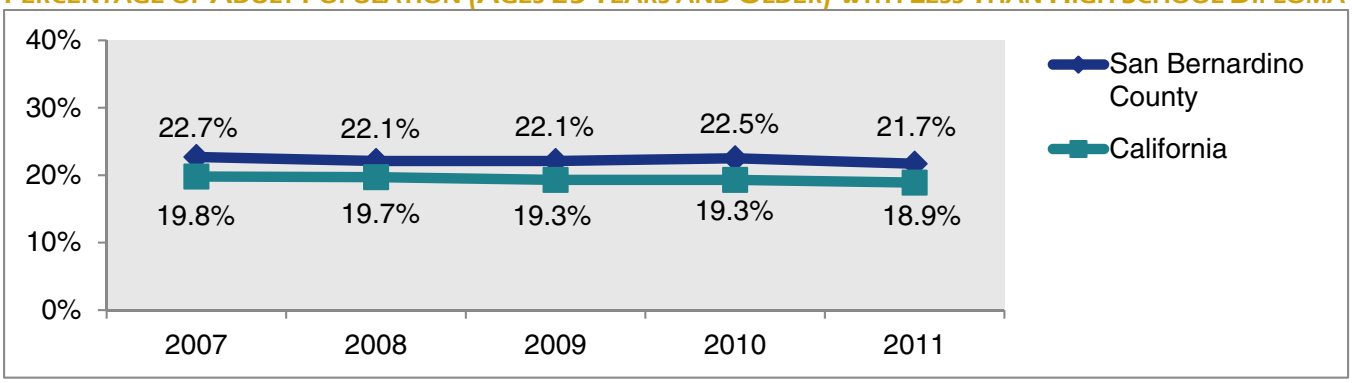
> ***San Bernardino County*** *adults have a much lower level of education, especially bachelor's degrees and higher, as compared to California overall.*

When looking at the percentage of adults ages 25 and older in San Bernardino County, 22% had less than a high school diploma in 2011, which was higher than the state at 19%. Only 18% of county residents had a bachelor's degree, a graduate degree or a professional degree as compared to 30% across the state in 2011.

Educational attainment differed greatly by city. The two areas with the highest percentage of people with advanced degrees included Chino Hills and Loma Linda (each with over 40% of the adults ages 25 and older with a bachelor's degree or higher), compared to the cities with the lowest educational attainment (Adelanto, Barstow, Needles, and Rialto) ranging from 7% to 9% of the population with an advanced degree.

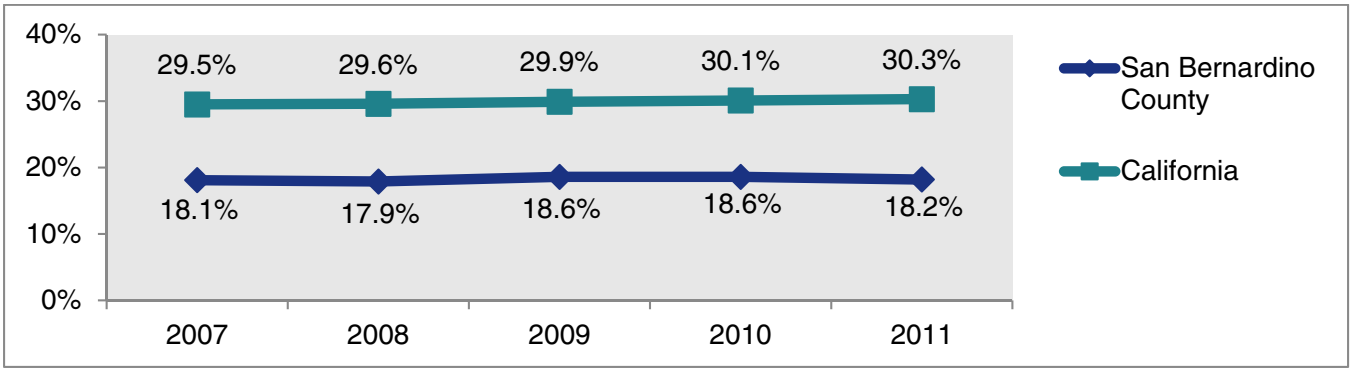
Similarly, educational attainment differed by race and ethnicity. A higher percentage of Latino adults ages 25 and older had less than a high school diploma in San Bernardino County (38%), as compared to other ethnicities including American Indian or Alaska Native (24%), African Americans (12%), Asians (12%), and Whites (9%) in 2011.

**Percentage of Adult Population (Ages 25 Years and Older) with Less Than High School Diploma**




*Source: American Community Survey, United States Census Bureau. (2013). Educational attainment 1-year estimates, Table S1501, 2007 – 2011.*

## Percentage of Adult Population (Ages 25 Years and Older) with Bachelor's Degree or Higher




*Source: American Community Survey, United States Census Bureau. (2013). Educational attainment 1-year estimates, Table S1501, 2007 – 2011.*

## Educational Attainment (Population Ages 25 Years and Older)

| Attainment Level/Region | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| Less Than 9th Grade | | | | | | |
| **San Bernardino County** | **10.2%** | **10.0%** | **10.0%** | **10.5%** | **10.2%** | **0** |
| California | 10.6% | 10.6% | 10.5% | 10.5% | 10.3% | -0.3 |
| 9th to 12th Grade, No Diploma | | | | | | |
| **San Bernardino County** | **12.5%** | **12.1%** | **12.1%** | **12.0%** | **11.5%** | **-1.0** |
| California | 9.2% | 9.1% | 8.8% | 8.8% | 8.6% | -0.6 |
| High School Diploma (Includes Equivalency) | | | | | | |
| **San Bernardino County** | **28.2%** | **26.4%** | **26.1%** | **26.0%** | **26.8%** | **-1.4** |
| California | 23.1% | 20.8% | 20.9% | 20.8% | 21.1% | -2.0 |
| Some College, No Degree | | | | | | |
| **San Bernardino County** | **22.4%** | **25.1%** | **25.4%** | **25.2%** | **25.6%** | **3.2** |
| California | 20.0% | 22.2% | 22.2% | 22.2% | 22.1% | 2.1 |
| Associate's Degree | | | | | | |
| **San Bernardino County** | **8.7%** | **8.4%** | **7.8%** | **7.7%** | **7.7%** | **-1.0** |
| California | 7.6% | 7.6% | 7.6% | 7.6% | 7.7% | 0.1 |
| Bachelor's Degree | | | | | | |
| **San Bernardino County** | **11.8%** | **11.8%** | **12.4%** | **11.7%** | **11.9%** | **0.1** |
| California | 19.0% | 18.8% | 19.1% | 19.1% | 19.2% | 0.2 |
| Graduate or Professional Degree | | | | | | |
| **San Bernardino County** | **6.3%** | **6.0%** | **6.1%** | **6.9%** | **6.4%** | **0.1** |
| California | 10.5% | 10.8% | 10.7% | 11.0% | 11.1% | 0.6 |

*Source: American Community Survey, United States Census Bureau. (2013). Educational attainment 1-year estimates, Table S1501, 2007 – 2011.*

## EDUCATIONAL ATTAINMENT (POPULATION AGES 25 YEARS AND OLDER), BY ETHNICITY, 2011

| Ethnicity/Region | Percentage with Less Than High School Diploma | Percentage with Bachelor's Degree or Higher |
|---|---|---|
| African American | | |
| **San Bernardino County** | **12.2%** | **19.2%** |
| California | 11.9% | 22.2% |
| American Indian or Alaska Native | | |
| **San Bernardino County** | **24.0%** | **14.0%** |
| California | 24.8% | 12.9% |
| Asian | | |
| **San Bernardino County** | **12.4%** | **48.7%** |
| California | 14.2% | 48.7% |
| Latino | | |
| **San Bernardino County** | **37.7%** | **7.4%** |
| California | 41.4% | 10.5% |
| White | | |
| **San Bernardino County** | **8.6%** | **23.9%** |
| California | 6.1% | 39.4% |
| Two or More Races | | |
| **San Bernardino County** | **11.9%** | **22.8%** |
| California | 15.6% | 28.2% |

*Source: American Community Survey, United States Census Bureau. (2013). Sex by educational attainment for the population 25 years and over 1-year estimates, Tables B15002B, B15002D, B15002I, B15002H, B15002C, and B15002G, 2011.*
*Note: Data were not available for Native Hawaiian and Other Pacific Islander in San Bernardino County for 2011.*

## Educational Attainment (Population Ages 25 Years and Older), by City, 2007-2011 5-Year Estimates

| City | Percentage with Less Than High School Diploma | Percentage with Bachelor's Degree or Higher |
|---|---|---|
| Adelanto | 35.0% | 6.9% |
| Apple Valley | 15.2% | 16.7% |
| Barstow | 19.0% | 9.2% |
| Big Bear Lake | 16.6% | 25.1% |
| Chino | 23.5% | 18.9% |
| Chino Hills | 7.9% | 42.9% |
| Colton | 28.6% | 13.2% |
| Fontana | 28.7% | 15.0% |
| Grand Terrace | 11.7% | 22.9% |
| Hesperia | 23.9% | 9.6% |
| Highland | 25.3% | 19.6% |
| Loma Linda | 13.4% | 44.2% |
| Montclair | 31.9% | 13.0% |
| Needles | 22.4% | 9.2% |
| Ontario | 30.3% | 14.0% |
| Rancho Cucamonga | 9.7% | 29.7% |
| Redlands | 10.3% | 37.2% |
| Rialto | 34.4% | 8.4% |
| San Bernardino City | 32.0% | 12.7% |
| Twentynine Palms | 10.0% | 16.8% |
| Upland | 11.8% | 29.7% |
| Victorville | 23.3% | 11.2% |
| Yucaipa | 11.5% | 21.8% |
| Yucca Valley | 14.0% | 16.7% |

*Source: American Community Survey, United States Census Bureau. (2013). Educational attainment 5-year estimates, Table S1501, 2007 – 2011.*

## High School Graduation Rate

High school graduates earn higher salaries, have better self-esteem, more personal life satisfaction, fewer health problems, and less involvement in criminal activity as compared to high school dropouts.[9] Households headed by a high school graduate accumulate ten times more wealth than households headed by a high school dropout.[10] Roughly 60% of jobs require some type of training or education beyond high school.[11]

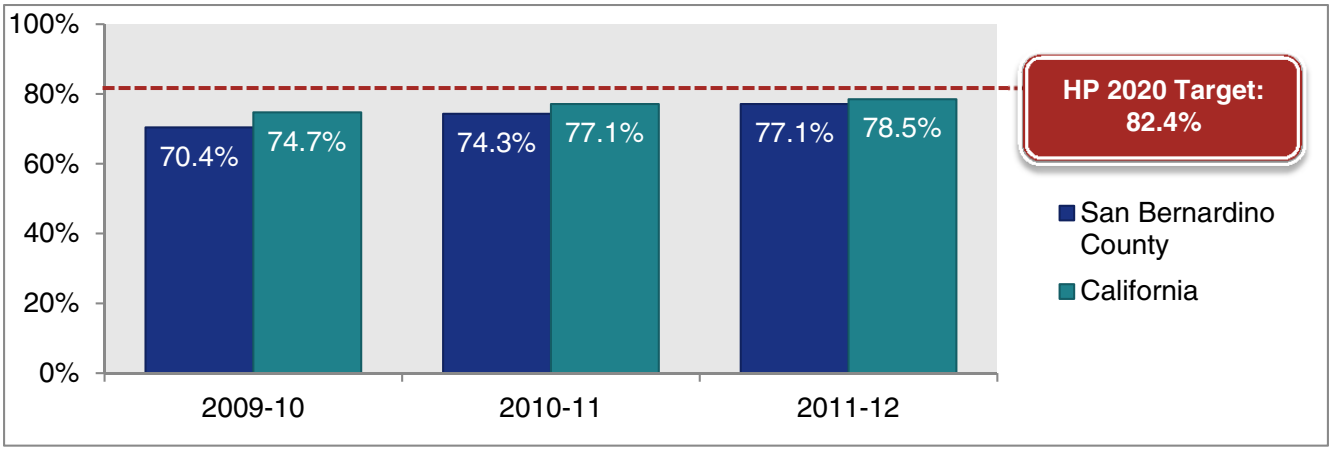
The graduation rate for San Bernardino County was 77% in the 2011-12 school year, slightly lower than the state rate at 79%. The rate increased from the 2009-10 school year for both the county (70% to 77%) and the state (75% to 79%).

Graduation rates differed by race and ethnicity in the county. Filipino and Asian students had the highest graduation rates (93% and 91% respectively), followed by Whites (83%), Pacific Islanders (78%), Latinos (75%), African Americans (70%), and Native Americans/Alaska Natives (64%). However, caution should be used when analyzing data for groups with low populations in the county, especially Native Americans/Alaska Natives, Asians, Pacific Islanders, and Filipinos. The graduation rate increased for all ethnicities between the 2009-10 and 2011-12 school years with the largest increase among African American students (60% to 70%), and Latinos (68% to 75%).

***THE HIGH SCHOOL** graduation rate is going up in San Bernardino County, especially for African American and Latino students.*

There were also differences in the graduation rate by school district in the county. The top two districts were Oro Grande Elementary, which serves students up to 12th grade (98%) and Upland Unified School District (94%). The two lowest districts were Barstow Unified (67%) and San Bernardino City Unified (73%).

### COHORT HIGH SCHOOL GRADUATION RATE




*Source: California Department of Education, Educational Demographics Unit, California Longitudinal Pupil Achievement Data System (CALPADS). (2013). Cohort outcome summary report – list of counties, 2009 – 2012.*
*Note: The cohort is the group of students that could potentially graduate during a 4-year time period (grade 9 through grade 12). The 4-year Adjusted Cohort includes students who enter 9th grade for the first time in the initial year of the 4-years used for the cohort. This cohort is then adjusted by: adding students who later transfer into the cohort during grade nine (year 1), grade 10 (year 2), grade 11 (year 3), and grade 12 (year 4); and subtracting students who transfer out, emigrate to another county, or die during the 4-year period.*

## Cohort High School Graduation Rate, by Ethnicity

| Ethnicity/Region | 2009 -10 | 2010 -11 | 2011-12 | 09-12 Net Change |
|---|---|---|---|---|
| African American | | | | |
| **San Bernardino County** | **60.3%** | **67.2%** | **70.4%** | **10.1** |
| California | 60.5% | 62.8% | 65.7% | 5.2 |
| Native American/Alaska Native | | | | |
| **San Bernardino County** | **61.5%** | **71.7%** | **64.3%** | **2.8** |
| California | 67.3% | 68.5% | 72.4% | 5.1 |
| Asian | | | | |
| **San Bernardino County** | **89.6%** | **89.2%** | **91.2%** | **1.6** |
| California | 89.0% | 90.3% | 91.0% | 2.0 |
| Filipino | | | | |
| **San Bernardino County** | **88.4%** | **90.5%** | **92.9%** | **4.5** |
| California | 87.4% | 89.9% | 90.6% | 3.2 |
| Latino | | | | |
| **San Bernardino County** | **67.7%** | **71.5%** | **75.0%** | **7.3** |
| California | 68.1% | 71.4% | 73.2% | 5.1 |
| Pacific Islander | | | | |
| **San Bernardino County** | **73.0%** | **73.8%** | **77.8%** | **4.8** |
| California | 72.3% | 74.9% | 76.8% | 4.5 |
| White | | | | |
| **San Bernardino County** | **77.4%** | **81.4%** | **82.9%** | **5.5** |
| California | 83.5% | 85.7% | 86.4% | 2.9 |
| Two or More Races | | | | |
| **San Bernardino County** | **75.0%** | **78.5%** | **80.5%** | **5.5** |
| California | 82.8% | 81.9% | 84.3% | 1.5 |

*Source: California Department of Education, Educational Demographics Unit, California Longitudinal Pupil Achievement Data System (CALPADS). (2013). Cohort outcome summary report by race/ethnicity, 2009 – 2012.*
*Note: The cohort is the group of students that could potentially graduate during a 4-year time period (grade 9 through grade 12). The 4-year Adjusted Cohort includes students who enter 9th grade for the first time in the initial year of the 4-years used for the cohort. This cohort is then adjusted by: adding students who later transfer into the cohort during grade nine (year 1), grade 10 (year 2), grade 11 (year 3), and grade 12 (year 4); and subtracting students who transfer out, emigrate to another county, or die during the 4-year period.*

## Cohort High School Graduation Rate, by School District, 2011-12

| School District | Total |
|---|---|
| Barstow Unified | 67.2% |
| Bear Valley Unified | 89.2% |
| Chaffey Joint Union High | 84.4% |
| Chino Valley Unified | 86.3% |
| Colton Joint Unified | 77.5% |
| Fontana Unified | 82.3% |
| Hesperia Unified | 82.5% |
| Morongo Unified | 83.9% |
| Oro Grande Elementary[1] | 97.8% |
| Redlands Unified | 90.5% |
| Rialto Unified | 78.5% |
| Rim of the World Unified | 78.0% |
| San Bernardino City Unified | 73.2% |
| Snowline Joint Unified | 85.7% |
| Upland Unified | 93.8% |
| Victor Valley Union High | 83.1% |
| Yucaipa-Calimesa Joint Unified | 88.9% |

*Source: California Department of Education, Educational Demographics Unit, California Longitudinal Pupil Achievement Data System (CALPADS). (2013). Cohort outcomes – list of districts in the County of San Bernardino, 2011 – 2012.*

*[1] Serves students up to 12th grade.*


# Economy

# Economic Snapshot

of SAN BERNARDINO COUNTY:

| | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|
| **Poverty**<br>• Percentage of individuals living in poverty | 16.6% | 19.3% | ⇑ |
| **Childhood Poverty**<br>• Percentage of children (under 18 years) living in poverty | 22.8% | 26.1% | ⇑ |
| **Homelessness**<br>• Estimated count of homeless individuals | NA | 2,321 | ⇓ |
| **Unemployment Rate** | 9.7% | 10.8% | ⇓ |
| **Housing Affordability**<br>• Percentage of residents who spent more than 30% of their income on housing | 48.0% | 48.0% | ⇔ |

*⇑ Increasing (Upward) trend; ⇓ Declining (Downward) trend; ⇔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Poverty

The U.S. government uses two distinct measures regarding poverty:

1. The federal poverty threshold (commonly known as the federal poverty level), which is largely used by the U.S. Census Bureau to determine the percentage of Americans living in poverty, and
2. The federal poverty guidelines, which are the levels used to determine if an individual or family is eligible for government benefit).

The federal poverty threshold was developed in the 1960s and was based on three times the cost of a nutritionally adequate monthly food plan, as determined by the U.S. Department of Agriculture. Since then, annual adjustments for inflation have occurred, based on changes in the Consumer Price Index. However, the federal poverty threshold presupposes that the average family spends one-third of their income on food and does not consider other factors such as child care, transportation, medical, and housing costs.

The federal poverty guidelines are used by federal and state governments to determine eligibility for government assistance. There are several programs that use these guidelines or percentages of the guidelines (such as 125% or 185% of the federal poverty guidelines), such as Head Start, food stamps, the school lunch program, low-income energy assistance, the children's health insurance program, and Medicare. In general, cash assistance such as Temporary Assistance for Needy Families (TANF), Supplemental Security Insurance (SSI), Earned Income Tax Credit (EITC), and Section 8 housing do not use the federal poverty guidelines. The federal poverty guideline for 2011 was $22,350 for a family of four, which was the average size of the family in the county (3.8).

***ALMOST ONE IN FIVE*** *San Bernardino County residents were living in poverty and poverty is increasing.*

When examining the federal poverty threshold, 19% of San Bernardino County residents were living in poverty in 2011, slightly higher than in California overall at under 17% in 2011. The county has experienced an increase in poverty from 12% of residents living in poverty in 2007, to 19% in 2011.

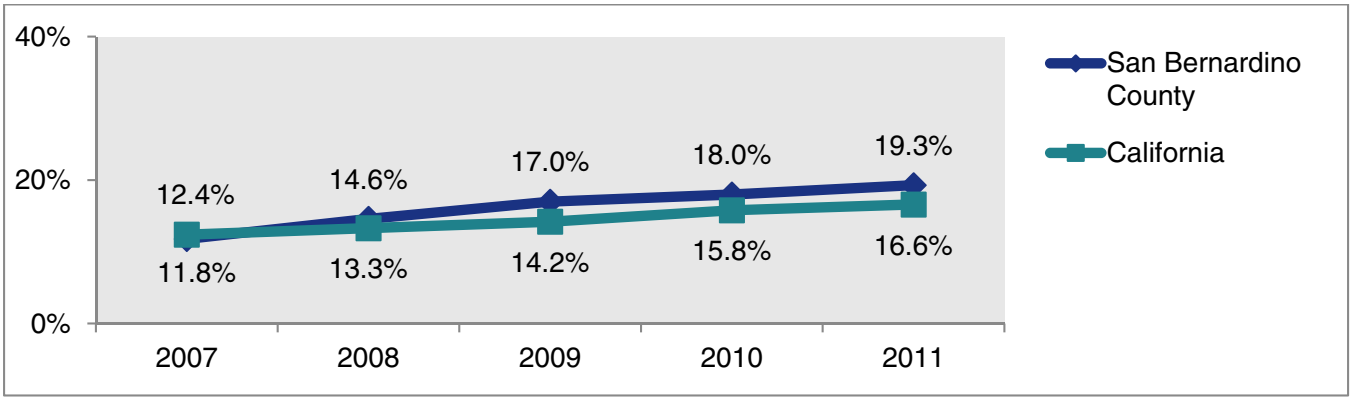
Children and youth under the age of 18 in the county had the highest rates of poverty (26% in 2011), as compared to adults 18-64 years old (17%), and seniors 65 and older (11%).

From 2010 to 2011, there was an increase in the percentage of Asian, African American, and White individuals living below the federal poverty level, while there was a slight decrease for Latinos and residents who identified as two or more races. Further, Latinos in San Bernardino County had a slightly lower rate of poverty (22%) as compared to Latinos across the state (23%) in 2011.

The cities with the highest percentage of people living in poverty included Needles (30%), San Bernardino City (29%), and Adelanto (28%).

As of June 2013, 25% of San Bernardino County residents received public assistance (cash aid, CalFresh, or Medi-Cal). The proportion of the population receiving public assistance varies widely by city, from less than 6% in Chino Hills to almost 48% in the city of San Bernardino.

## Percentage of Individuals below the Federal Poverty Threshold (Also Known as Federal Poverty Level)




*Source: American Community Survey, United States Census Bureau. (2013). Poverty status in the past 12 months 1-year estimates, Table S1701, 2007 – 2011.*

## Percentage of Individuals below the Federal Poverty Threshold, by Age Group

| Age/Region | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| Under 18 Years | | | | | | |
| **San Bernardino County** | **16.2%** | **20.6%** | **23.8%** | **24.7%** | **26.1%** | **9.9** |
| California | 17.3% | 18.5% | 19.9% | 22.0% | 22.8% | 5.5 |
| 18 – 64 Years | | | | | | |
| **San Bernardino County** | **10.3%** | **12.5%** | **14.8%** | **15.8%** | **17.3%** | **7.0** |
| California | 11.1% | 12.0% | 12.8% | 14.5% | 15.3% | 4.2 |
| 65 Years and Over | | | | | | |
| **San Bernardino County** | **7.6%** | **8.7%** | **9.1%** | **11.8%** | **11.2%** | **3.6** |
| California | 8.2% | 8.7% | 8.7% | 9.7% | 10.0% | 1.8 |

*Source: American Community Survey, United States Census Bureau. (2013). Poverty status in the past 12 months 1-year estimates, Table S1701, 2007 – 2011.*

## Percentage of Individuals below the Federal Poverty Threshold, by Ethnicity

| Ethnicity/Region | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| Asian | | | | | | |
| **San Bernardino County** | **8.4%** | **11.4%** | **9.8%** | **7.5%** | **18.5%** | **10.1** |
| California | 9.7% | 9.9% | 10.4% | 11.6% | 12.4% | 2.7 |
| African American | | | | | | |
| **San Bernardino County** | **20.6%** | **22.8%** | **22.0%** | **23.1%** | **29.2%** | **8.6** |
| California | 20.1% | 19.9% | 20.8% | 22.6% | 25.0% | 4.9 |
| Latino | | | | | | |
| **San Bernardino County** | **13.3%** | **17.3%** | **20.4%** | **23.6%** | **21.8%** | **8.5** |
| California | 17.8% | 19.2% | 20.6% | 22.9% | 23.4% | 5.6 |
| White | | | | | | |
| **San Bernardino County** | **8.2%** | **9.6%** | **12.0%** | **10.6%** | **13.4%** | **5.2** |
| California | 7.6% | 8.3% | 8.7% | 9.6% | 10.2% | 2.6 |
| Two or More Races | | | | | | |
| **San Bernardino County** | **9.3%** | **18.0%** | **16.5%** | **19.3%** | **16.3%** | **7.0** |
| California | 11.6% | 12.5% | 12.3% | 15.3% | 16.6% | 5.0 |

*Source: American Community Survey, United States Census Bureau. (2013). Poverty status in the past 12 months 1-year estimates, Table S1701, 2007 – 2011.*

*Note: Caution should be used in analyzing data for Asians and African-Americans due to the low number living in the county. Wider fluctuations are seen in the percentage of Asians and African Americans living in poverty since 2007, as compared to Whites and Latinos.*

## Percentage of Individuals below the Federal Poverty Threshold, by City, 2011

| City | Percentage below Federal Poverty Threshold | City | Percentage below Federal Poverty Threshold |
|---|---|---|---|
| Adelanto | 27.7% | Montclair | 16.2% |
| Apple Valley | 18.6% | Needles | 29.8% |
| Barstow | 22.2% | Ontario | 15.7% |
| Big Bear Lake | 23.4% | Rancho Cucamonga | 5.5% |
| Chino | 7.4% | Redlands | 11.1% |
| Chino Hills | 4.7% | Rialto | 16.1% |
| Colton | 22.2% | San Bernardino City | 28.6% |
| Fontana | 14.0% | Twentynine Palms | 12.9% |
| Grand Terrace | 5.8% | Upland | 9.6% |
| Hesperia | 19.9% | Victorville | 21.8% |
| Highland | 17.6% | Yucaipa | 10.3% |
| Loma Linda | 11.4% | Yucca Valley | 15.5% |

*Source: American Community Survey, United States Census Bureau. (2013). Poverty status in the past 12 months, 5-year estimates, Table S1701, 2007 – 2011.*

## Federal Poverty Guidelines, by Family Size (48 Contiguous States)

| Family Size | 2007 | 2008 | 2009 | 2010 | 2011 |
|---|---|---|---|---|---|
| 1 | $10,210 | $10,400 | $10,830 | $10,830 | $10,890 |
| 2 | $13,690 | $14,000 | $14,570 | $14,570 | $14,710 |
| 3 | $17,170 | $17,600 | $18,310 | $18,310 | $18,530 |
| 4 | $20,650 | $21,200 | $22,050 | $22,050 | $22,350 |
| 5 | $24,130 | $24,800 | $25,790 | $25,790 | $26,170 |
| 6 | $27,610 | $28,400 | $29,530 | $29,530 | $29,990 |
| 7 | $31,090 | $32,000 | $33,270 | $33,270 | $33,810 |
| 8 | $34,570 | $35,600 | $37,010 | $37,010 | $37,630 |

*Source: United States Department of Health and Human Services. (January 2013). 2007-2011 Federal Register, 78(16), pp. 5182-5183.*

*Note: For families larger than 8, an additional $3,820 is added for each additional person in 2011.*

## Homelessness

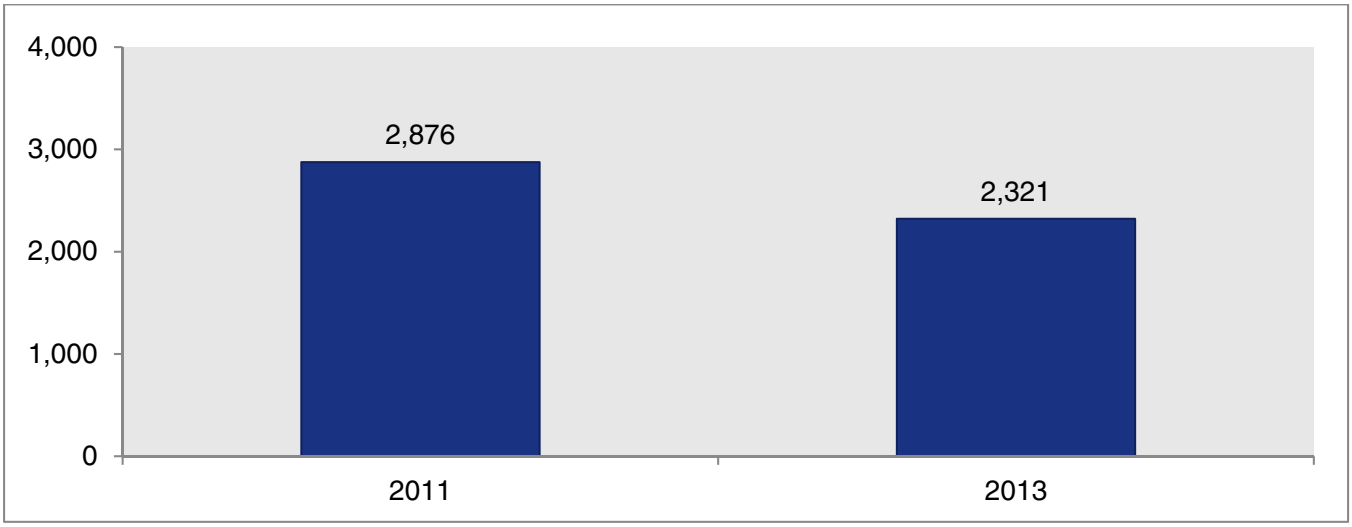
Every two years, all jurisdictions receiving federal funding to provide housing and services for homeless individuals and families are required by the U.S. Department of Housing and Urban Development (HUD) to conduct a Point-in-Time Count of homeless persons. The biennial count must include all unsheltered and sheltered homeless individuals and persons in families in emergency shelters, transitional housing facilities, safe havens, institutional settings, and outdoors (including on the streets, in parks, or in cars) on the date of the count. This count provides a snapshot of the local homeless population.

***OVER 2,300 PEOPLE WERE*** *experiencing homelessness in San Bernardino County.*

Individuals experiencing homelessness tend to have more health care issues than their non-homeless peers; they suffer at higher rates from preventable illnesses, have longer hospitalization stays, and a higher rate of premature death. It is estimated that those experiencing homelessness stay four days (or 36%) longer per hospital admission than non-homeless patients.[12] A study conducted by the National Health Care for the Homeless found that the average life expectancy for a person without permanent housing was between 42 and 52 years, more than 25 years younger than the average person in the United States.[13]

A total of 2,321 individuals experiencing homelessness were counted in San Bernardino County in 2013, a decrease of 555 people from 2011. The cities with the greatest number of homeless persons included San Bernardino (908), Victorville (292), and Upland (158). No one was reported in Chino Hills and Grand Terrace during the 2013 point-in-time homeless count.

### NUMBER OF HOMELESS INDIVIDUALS, SAN BERNARDINO COUNTY




*Source for 2011: County of San Bernardino, Office of Homeless Services. (2011). San Bernardino County 2011 point-in-time homeless count and survey report.*
*Source for 2013: County of San Bernardino, Office of Homeless Services. (2013). San Bernardino County 2013 homeless count and subpopulation survey: Preliminary findings and recommendations, April 2013.*

## Number of Homeless Individuals, by City, 2013

| City | Number of Individuals | City | Number of Individuals |
|---|---|---|---|
| Adelanto | 9 | Montclair | 15 |
| Apple Valley | 1 | Needles | 5 |
| Barstow | 61 | Ontario | 136 |
| Big Bear[1] | 8 | Rancho Cucamonga | 91 |
| Chino | 27 | Redlands | 62 |
| Chino Hills | 0 | Rialto | 26 |
| Colton | 73 | San Bernardino City | 908 |
| Fontana | 117 | Twentynine Palms | 5 |
| Grand Terrace | 0 | Upland | 158 |
| Hesperia | 50 | Victorville | 292 |
| Highland | 25 | Yucaipa | 12 |
| Loma Linda | 119 | Yucca Valley | 24 |

*Source: County of San Bernardino, Office of Homeless Services. (2013). San Bernardino County 2013 homeless count and subpopulation survey: Preliminary findings and recommendations, April 2013.*

*[1]Big Bear includes: City of Big Bear Lake and the unincorporated communities of Big Bear City, Crestline, Lake Arrowhead, and Running Spring*

# Unemployment

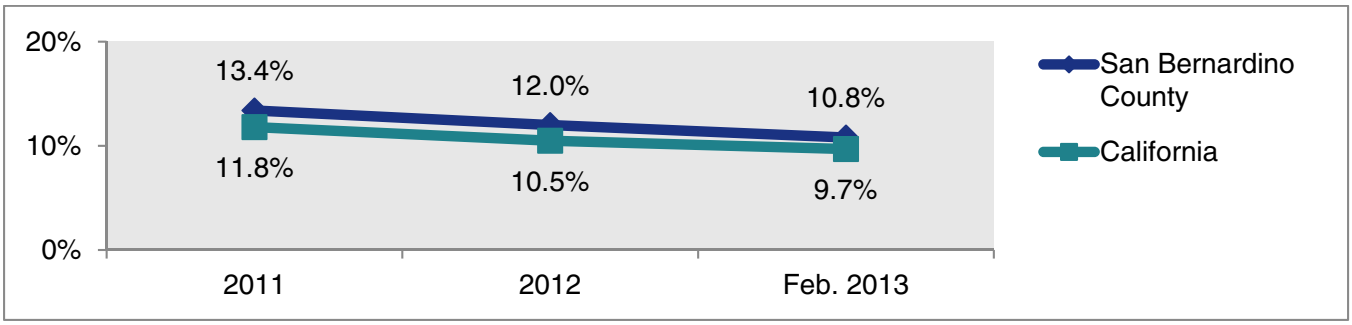
The unemployment rate is calculated based on the number of individuals in the civilian labor force (excluding those in school, retired, disabled, or in the military) divided by the number of people who are unemployed. However, to be counted in the unemployment rate, an individual must have looked for a job in the past four weeks. If an individual has given up looking for a job, they are not counted in the unemployment rate. Unemployment rates are announced by the Bureau of Labor Statistics (BLS) on the first Friday of every month.

***THE UNEMPLOYMENT** rate is going down in San Bernardino County.*

The unemployment rate in the county has been consistently higher than the state rate since 2011. For example, during the month of February 2013, the unemployment rate was 10.8% in San Bernardino County, compared to the state at 9.7%. However, the unemployment rate in San Bernardino County has gone down over the last three years from 13.4% in 2011 to 12.0% in 2012, and to 10.8% in February 2013.

Adelanto, with an unemployment rate of 16.8%, and San Bernardino City at 14.6%, had the highest unemployment rates in the county, while Chino Hills and Grand Terrace had the lowest rates in February 2013 (5.5% and 5.6%, respectively).

### UNEMPLOYMENT RATE




*Source: State of California, Employment Development Department, Labor Market Information Division. (March 2013). Historical civilian labor force, not seasonally adjusted, 2011, 2012, and February 2013.*
*Note: Data from 2013 only represent the month of February. Data prior to February 2013 represent an average for the year.*

## Unemployment Rate, by City

| City | 2012 | Feb. 2013 |
|---|---|---|
| Adelanto | 18.4% | 16.8% |
| Apple Valley | 13.1% | 11.9% |
| Barstow | 14.9% | 13.6% |
| Big Bear Lake | 8.8% | 7.9% |
| Chino | 10.7% | 9.7% |
| Chino Hills | 6.1% | 5.5% |
| Colton | 12.9% | 11.7% |
| Fontana | 12.5% | 11.3% |
| Grand Terrace | 6.2% | 5.6% |
| Hesperia | 15.4% | 14.0% |
| Highland | 15.1% | 13.7% |
| Loma Linda | 7.3% | 6.5% |
| Montclair | 11.5% | 10.4% |
| Needles | 9.0% | 8.2% |
| Ontario | 12.7% | 11.5% |
| Rancho Cucamonga | 7.8% | 7.0% |
| Redlands | 8.8% | 7.9% |
| Rialto | 15.3% | 13.9% |
| San Bernardino City | 16.0% | 14.6% |
| Twentynine Palms | 14.4% | 13.0% |
| Upland | 8.2% | 7.4% |
| Victorville | 14.4% | 13.1% |
| Yucaipa | 9.6% | 8.7% |
| Yucca Valley | 11.0% | 10.0% |

*Source: State of California, Employment Development Department, Labor Market Information Division. (March 2013). Monthly labor force data for cities and census designated places (CDP), annual average, not seasonally adjusted, 2012 and February 2013.*

*Note: Data from 2013 only represent the month of February. Data prior to February 2013 represent an average for the year.*

## Housing Affordability

The physical condition of a home, the neighborhood in which it is located, and the cost of rent or mortgage are strongly associated with the health, well-being, educational achievement, and economic success of those who live inside. A study by Children's Health Watch found that children of families that were behind on their mortgage/rent in the past year were more likely to be in poor health and have an increased risk of developmental delays than children whose families were stably housed.[14]

The U.S. Department of Housing and Urban Development's (HUD) definition of affordable housing is for a household to pay no more than 30% of its annual income on housing. Individuals who spend more than 30% of their income on housing may have difficulty affording necessities such as food, clothing, transportation, and medical care. Another way to look at housing affordability is to look at the housing cost as a percentage of the median income in the area. The median income is calculated by splitting up all households into two even segments: those who earn more than the median income, and those who earn less than the median income.

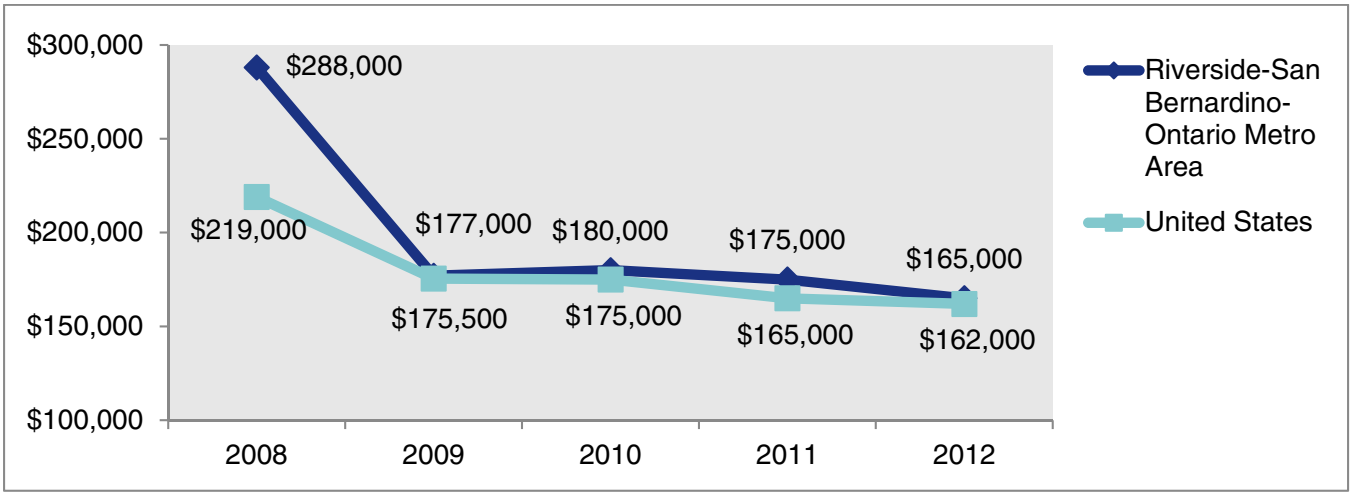
The median sale price of homes in the Riverside-San Bernardino-Ontario Metropolitan area was $165,000 in 2012, down from $288,000 in 2008. Overall, there was also a consistent decrease in the average rents in San Bernardino County over the past five years for those renting a studio up to a three-bedroom unit. For example, the average rent for a two-bedroom unit was $1,116 a month in 2013, down $97 from 2009.

***HOUSING PRICES*** *and rental costs are falling in San Bernardino County, but half of residents still spend 30% or more of their income on housing costs.*

Although HUD recommends spending no more than 30% of one's income on housing costs, almost half (48%) of residents in both San Bernardino County and the state overall reported spending more than 30% in 2011. The cities with the highest percentage of residents spending 30% or more on housing included Adelanto (61%), Big Bear Lake (57%), and Fontana (55%).

The H + T Affordability Index is an innovative tool that challenges the traditional measure of affordability used by planners, lenders, and most consumers-which recommends that housing should be less than 30% of income. The H + T Affordability Index, in contrast, takes into account not just the cost of housing, but the costs of housing and transportation. When looking at the H + T Affordability Index, 58% of the median income was spent on housing and transportation in San Bernardino County in 2009, leaving little money for other expenses such as food, medical, and child care. Chino Hills (75%) and Rancho Cucamonga (67%) had the highest housing and transportation costs as a percentage of median income, while Needles (46%), Barstow (46%) and Twentynine Palms (48%) had the lowest costs in 2009.

## Median Sale Price, All Home Types



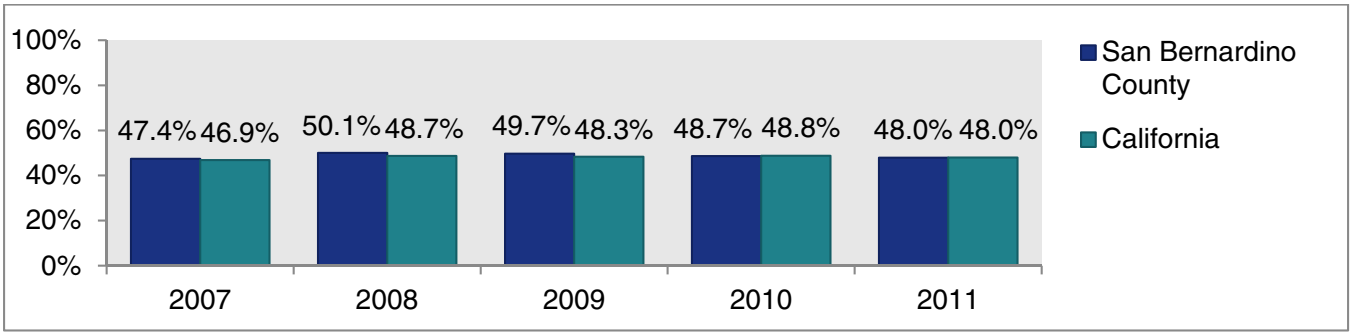

*Source: National Association of Home Builders. (2013). NAHB - Wells Fargo housing opportunity index (HOI), 1st quarter, 2008-2012.*

## Estimate of Average (50th Percentile) Rents, San Bernardino County

| Number of Bedrooms | 2009 | 2010 | 2011 | 2012 | 2013 |
|---|---|---|---|---|---|
| 0 | $952 | $938 | $945 | $886 | $763 |
| 1 | $1,040 | $1,024 | $1,032 | $974 | $879 |
| 2 | $1,213 | $1,195 | $1,204 | $1,149 | $1,116 |
| 3 | $1,722 | $1,697 | $1,710 | $1,617 | $1,577 |
| 4 | $2,014 | $1,984 | $1,999 | $1,886 | $1,924 |

*Source: United States Department of Housing and Urban Development. (2013). HUD USER data sets, 50th percentile rent estimates, 2009-2013 .*
*Note: For rental units with more than four bedrooms, an additional 15% of the four-bedroom average rent is added for each additional bedroom in 2013.*

## Percentage of Residents Spending 30% or More of Income on Housing[1]




*Source: American Community Survey, United States Census Bureau. (2013). Selected housing characteristics 1-year estimates, Table DP04, 2007 – 2011.*
*[1]Housing includes housing units with a mortgage, housing units without a mortgage, and rental units.*

## Percentage Spending 30% or More of Income on Housing, by City, 2007-2011 5-Year Estimates

| City | Percentage | City | Percentage |
|---|---|---|---|
| Adelanto | 61.4% | Montclair | 49.0% |
| Apple Valley | 47.8% | Needles | 39.6% |
| Barstow | 37.2% | Ontario | 51.4% |
| Big Bear Lake | 56.6% | Rancho Cucamonga | 49.2% |
| Chino | 53.3% | Redlands | 39.1% |
| Chino Hills | 46.2% | Rialto | 54.8% |
| Colton | 52.8% | San Bernardino City | 53.8% |
| Fontana | 55.2% | Twentynine Palms | 41.8% |
| Grand Terrace | 42.3% | Upland | 44.5% |
| Hesperia | 50.8% | Victorville | 51.8% |
| Highland | 45.5% | Yucaipa | 41.3% |
| Loma Linda | 42.0% | Yucca Valley | 43.7% |

*Source: American Community Survey, United States Census Bureau. (2013). Selected housing characteristics 5-year estimates, Table DP04, 2007 – 2011.*

## H + T Affordability Index: Housing Costs as a Percentage of Area Median Income Compared to Housing + Transportation Costs as a Percentage of Area Median Income, by City, 2009

| City | Housing Costs | Housing and Transportation Costs | City | Housing Costs | Housing and Transportation Costs |
|---|---|---|---|---|---|
| Adelanto | 23.6% | 53.0% | Needles | 15.8% | 46.0% |
| Apple Valley | 27.8% | 57.3% | Ontario | 30.3% | 55.7% |
| Barstow | 17.1% | 46.3% | Rancho Cucamonga | 41.4% | 67.3% |
| Big Bear Lake | 24.6% | 54.1% | Redlands | 32.0% | 58.8% |
| Chino | 38.5% | 64.3% | Rialto | 30.5% | 56.9% |
| Chino Hills | 48.7% | 75.3% | San Bernardino City | 24.0% | 50.1% |
| Colton | 25.7% | 51.3% | Twentynine Palms | 17.3% | 47.7% |
| Fontana | 38.1% | 64.4% | Upland | 34.6% | 60.3% |
| Grand Terrace | 30.0% | 56.4% | Victorville | 27.7% | 55.6% |
| Hesperia | 27.1% | 56.6% | Yucaipa | 28.6% | 56.9% |
| Highland | 31.3% | 58.4% | Yucca Valley | 20.0% | 50.1% |
| Loma Linda | 26.7% | 52.1% | **San Bernardino County** | **30.7%** | **58.0%** |
| Montclair | 27.8% | 53.2% | | | |

*Source: Center for Neighborhood Technology, Housing and Transportation (H + T) Affordability Index, (2013). Housing + costs % income by city and county.*
*Note: Data are most recent available.*

# Access to Health Care Snapshot

of SAN BERNARDINO COUNTY:

| | HP 2020 | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|---|
| **Health Insurance Coverage**<br>• Percentage of residents with health insurance | 100% | 81.9% | 79.2% | ↔ |
| **Source of Health Care**<br>• Percentage of residents with a usual source of care | 95.0% | 85.8% | 86.1% | ↔ |
| **Delays in Access to Health Care**<br>• Percentage of residents who delayed or did not get medical care in the past year | 4.2% | 12.5% | 16.4% | ↑ |
| **Access to Health Professionals**<br>• Physician and surgeon licenses per 100,000 population | NA | 266.8 | 177.4 | ↑ |

*↑ Increasing (Upward) trend; ↓ Declining (Downward) trend; ↔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Health Insurance Coverage

A lack of health insurance coverage is a significant barrier to accessing health services. Families and individuals without health insurance coverage often have unmet health needs, receive fewer preventive services, suffer delays in receiving appropriate care and experience more hospitalizations. Put another way, uninsured persons are less likely to receive medical care, and more likely to have poor health and to die prematurely.[15]

The Affordable Care Act has changed the country's health-care system since it was signed into law in March 2010. So far, it has expanded coverage for young adults by allowing them to stay on their parents' plans until they turn 26; it has outlawed lifetime limits on what insurance will cover; lowered the cost of drugs for seniors on Medicare; and expanded coverage of preventive care such as mammograms, immunizations, colonoscopies, Pap smears, well-baby checks, and tobacco cessation.[16] By October 1st, 2013, states will have health insurance exchanges where individuals can shop for health insurance. On January 1st, 2014, individuals will be required to have health insurance or face a penalty; there will be tax credits and subsidies for individuals and families based on their household income; and Medicaid will be expanded in some states, including California, for people earning up to 133% of the poverty level.[17] These combined changes will alter the health insurance landscape, and are expected to allow millions of Americans to obtain health insurance. In California, between 1.2 and 1.6 million more individuals are predicted to be enrolled in Medi-Cal in 2019 than otherwise would have been under current law.[18] An estimated 80,000 to 110,000 individuals under age 65 in San Bernardino County are expected to become eligible for Medi-Cal under the new Affordable Care Act by 2019.[19]

***San Bernardino County** residents across all ages had lower rates of health insurance coverage than in California overall.*

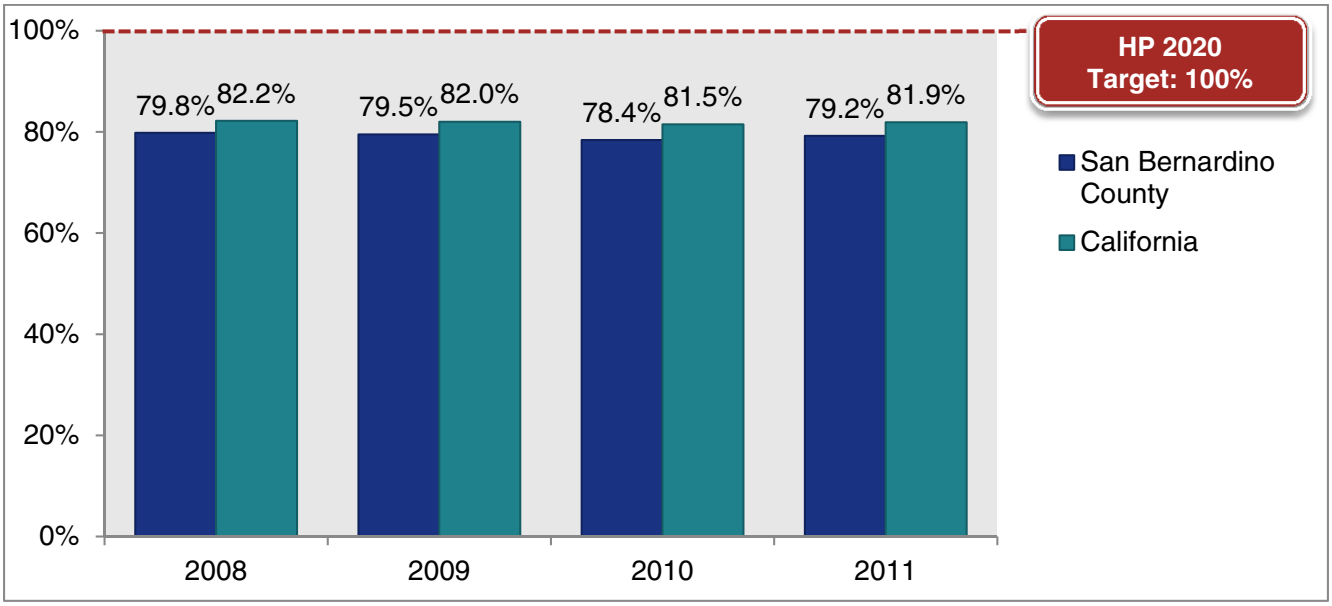
When looking at the most recently reported health insurance coverage data in San Bernardino County, 79% of residents had health insurance coverage in 2011, down slightly from 80% in 2008. Health insurance coverage in San Bernardino County remains below California and the Healthy People 2020 target across all years presented.

There were a variance of health care coverage between age groups, seniors 65 years and older had the highest rates of health insurance coverage at 97% in the county, followed by children under 6 years old (93%), children and youth ages 6-17 (88%), and adults ages 18-64 (72%) in 2011.

There were also differences in health care coverage based on ethnicity. Overall, Whites and Asians tended to have the highest rates of coverage. American Indians/Alaska Natives and people of "other" ethnicities had some of the lowest.

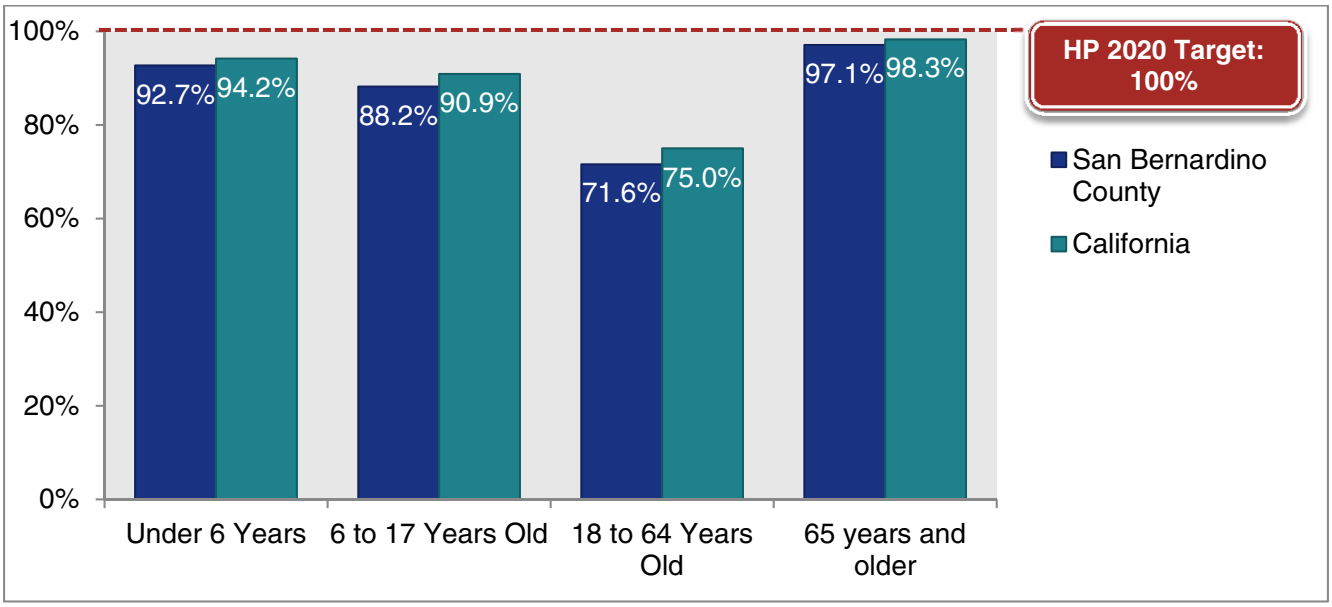
Medi-Cal is a state and federal government funded public health insurance program that provides services for low-income individuals in need. Medi-Cal beneficiaries include certified eligible beneficiaries (i.e., those who were determined eligible) but not those eligible who have not yet enrolled in the program. There were 479,967 Medi-Cal beneficiaries in San Bernardino County in July of 2011, up from 336,103 in July of 2007. Medi-Cal beneficiaries represented 23% of the total population in San Bernardino County in July of 2011, an increase from July 2007 at 18%. Similarly, the percentage is rising in the state.

## Percentage of Population with Health Insurance




*Source: American Community Survey, United States Census Bureau. (2011). Selected economic characteristics, 1-year estimates, Table DP03, 2010-2011; American Community Survey, United States Census Bureau. (2009). Health insurance coverage status sex by age, 1-year estimates, Table B27001, 2008-2009.*

## Percentage of Population with Health Insurance, by Age Group, 2011



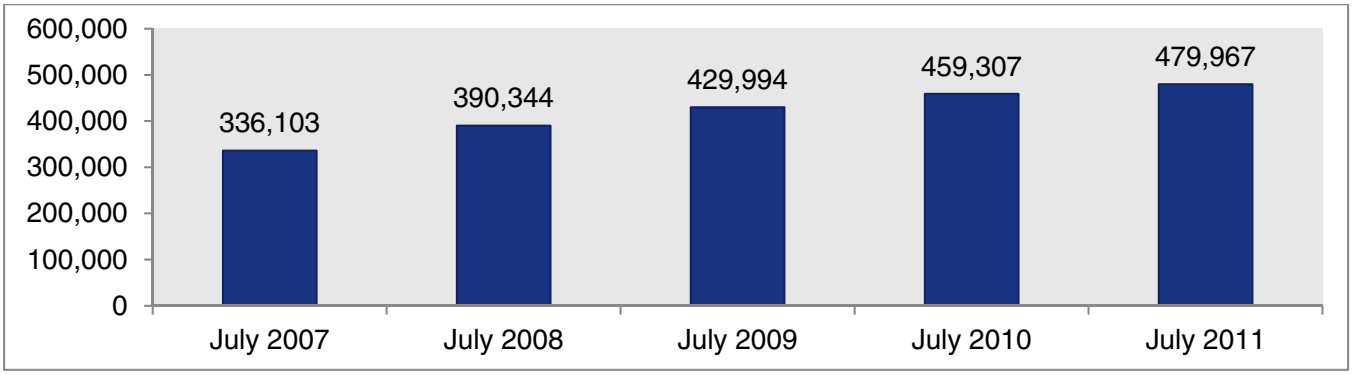

*Source: American Community Survey, United States Census Bureau. (2011). Health insurance coverage by age 1-year estimates, Table B27001, 2011.*

## Percentage of Population with Health Insurance, by Age Group and Ethnicity, San Bernardino County, 2011

| Ethnicity | Under 6 Years | 6 to 17 Years Old | 18 to 64 Years Old | 65 Years and Older |
|---|---|---|---|---|
| American Indian or Alaska Native | 79.5% | 96.9% | 75.8% | 95.2% |
| Asian | 97.2% | 91.4% | 77.3% | 90.9% |
| African American | 97.3% | 95.5% | 76.6% | 95.5% |
| Latino | 91.6% | 84.3% | 62.8% | 94.1% |
| White | 92.8% | 96.5% | 81.4% | 99.7% |
| Two or More Races | 96.0% | 91.6% | 70.1% | 98.4% |
| Some Other Race | 84.6% | 80.6% | 56.3% | 94.8% |

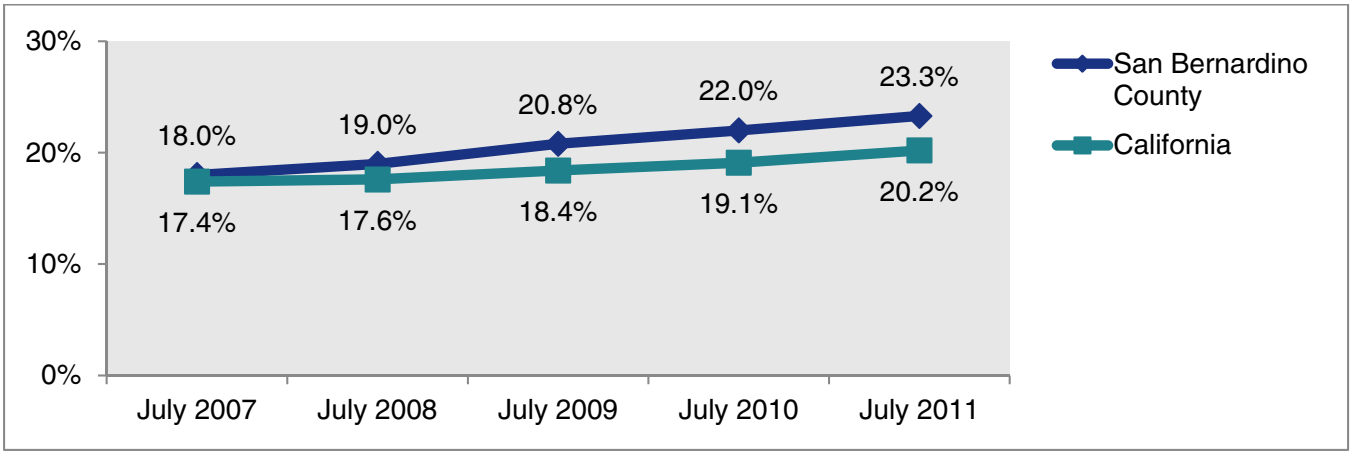
*Source: American Community Survey, United States Census Bureau. (2011). Health insurance coverage status by age 1-year estimates, Tables B27001- B, C, D, F, G, H, and I, 2011.*
*Note: San Bernardino County data were not available for Native Hawaiian and Other Pacific Islander. These data are not included in Some Other Race.*

## Number of Medi-Cal Beneficiaries, San Bernardino County




*Source: State of California, Department of Health Care Services. (July 2012). Number of beneficiaries by county, July 2007-2011.*

## Medi-Cal Beneficiaries as a Percentage of the Total Population




*Source: State of California, Department of Health Care Services. (July 2012). Proportion of population enrolled by county, July 2007-2011.*
*State of California, Department of Finance, Table E-2: County population estimates and components of change by year, July 1, 2000-2011. Sacramento, California, December 2009.*

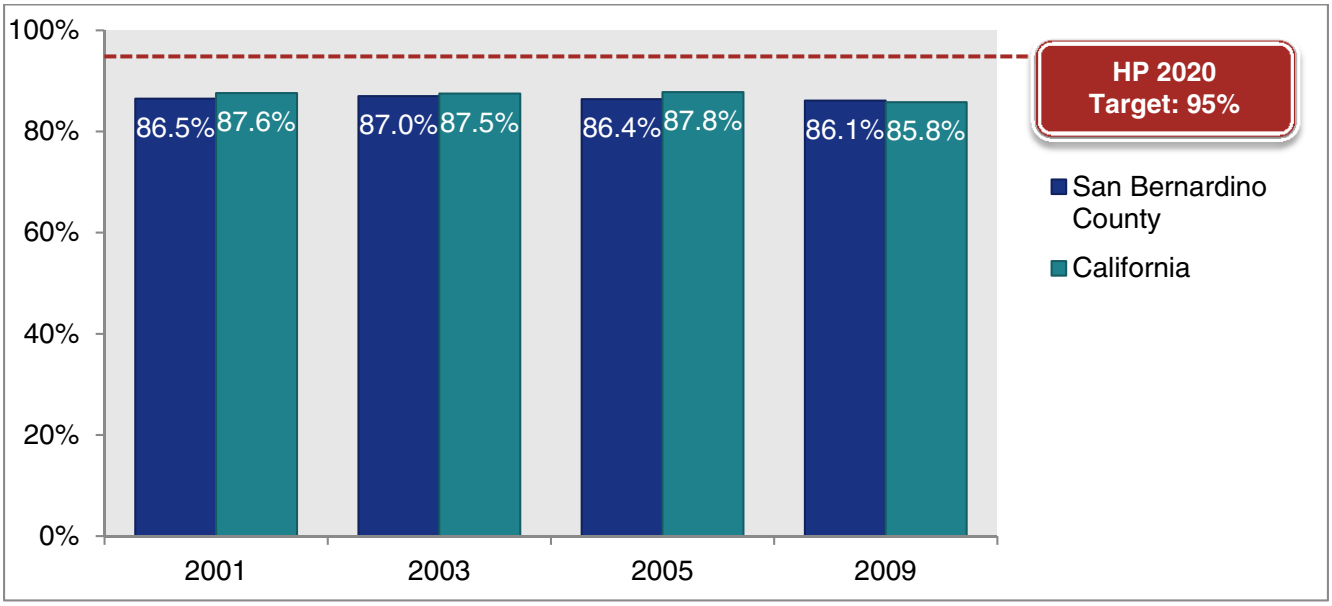
## Source of Health Care

Having a usual source of health care, or what is commonly called a "medical home" or "patient-centered medical home" (PCMH), is generally understood to provide more coordinated, comprehensive care, with a stable record of patient care. Some of the principles of having a medical home include having an ongoing relationship with a physician who leads a team of health care providers in order to coordinate a patient's care, track care across different providers including hospitals, specialists, and nursing homes, have a stable record of care and have patient-centered care. A 2010 study found that patients who had a medical home had 29% fewer emergency room visits, 6% fewer hospitalizations, and saved $10 per patient per month.[20]

***THE MAJORITY OF** San Bernardino County residents had a usual source of health care.*

The majority of the residents in San Bernardino County (86%) reported that they had a usual place to go when they were sick or needing health advice, the same as California in 2009. Residents were then asked about the location of their usual source of health care and half (55%) named a doctor's office/HMO/Kaiser, while 30% said a community clinic, government clinic or community hospital. Less than 1% said the emergency room was their usual source of care. Another 14% did not have a usual source of care in 2009. The percent of those using a doctor's office/HMO/Kaiser, however, decreased from 68% in 2001 to 55% in 2009, while the percent using the community clinics/government clinics and community hospitals went up from 16% in 2001 to 30% in 2009.

### RESIDENTS WHO REPORT THEY HAVE A USUAL PLACE TO GO TO WHEN SICK OR NEEDING HEALTH ADVICE, ALL AGES




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Have a usual place to go when sick or need health advice, 2001, 2003, 2005, and 2009.*
*Note: Data not available for 2007.*
*Note: Data are most recent available.*

## Type of Usual Source of Care, All Ages

| Source/Region | 2001 | 2003 | 2005 | 2009 |
|---|---|---|---|---|
| Doctor's Office/HMO/Kaiser | | | | |
| **San Bernardino County** | **67.6%** | **62.3%** | **60.2%** | **55.3%** |
| California | 69.9% | 67.1% | 63.8% | 61.2% |
| Community Clinic/Government Clinic/Community Hospital | | | | |
| **San Bernardino County** | **16.4%** | **21.4%** | **24.6%** | **29.6%** |
| California | 15.8% | 18.0% | 22.5% | 22.7% |
| Emergency Room/Urgent Care | | | | |
| **San Bernardino County** | **1.6%** | **2.6%** | **1.1%** | **0.6%[1]** |
| California | 1.2% | 1.7% | 0.9% | 1.1% |
| Some Other Place/No One Place | | | | |
| **San Bernardino County[1]** | **1.0%** | **0.7%** | **0.6%** | **0.7%** |
| California | 0.6% | 0.7% | 0.6% | 0.8% |
| No Usual Source of Care | | | | |
| **San Bernardino County** | **13.4%** | **13.0%** | **13.6%** | **13.9%** |
| California | 12.4% | 12.5% | 12.2% | 14.2% |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Type of usual source of care, 2001, 2003, 2005, and 2009.*
*Note: Data not available for 2007.*
*Note: Data are most recent available.*
*[1]Data are statistically unstable*

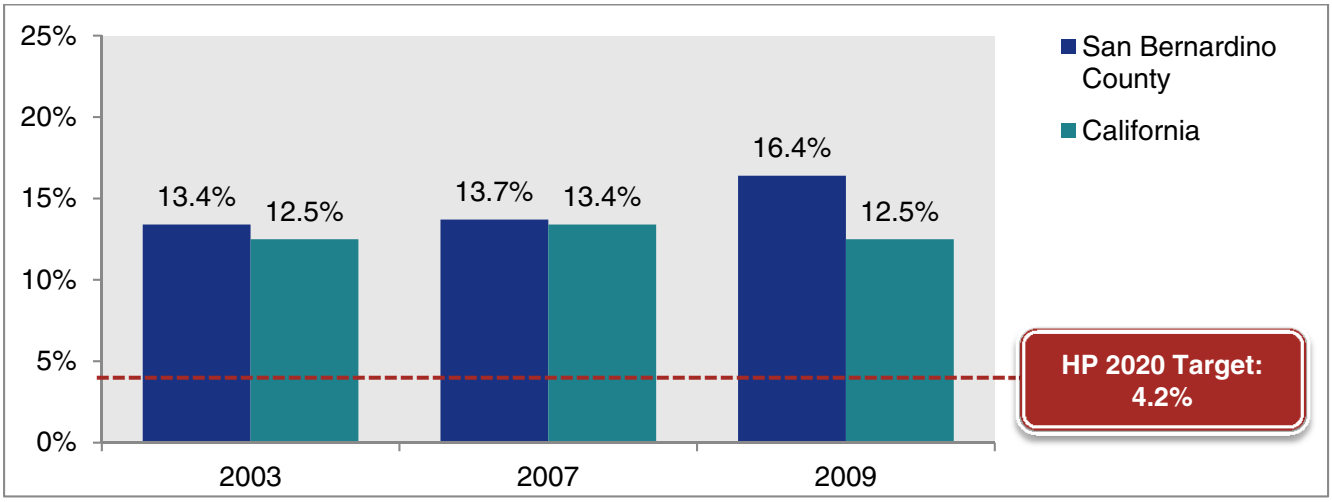
# Delays in Access to Health Care

Delays in access to health care can lead to more hospitalizations, more severe illnesses, and higher mortality rates compared to those who do not experience delays. According to the Centers for Disease Control and Prevention (CDC), delays in receiving health care can lead to poorer health outcomes and higher medical costs, especially for those individuals who already have health issues, including the approximately 40% of the U.S. population with one or more chronic diseases.[21]

***Fewer than one in five San** Bernardino County residents had a delay or did not get medical care in the last year.*

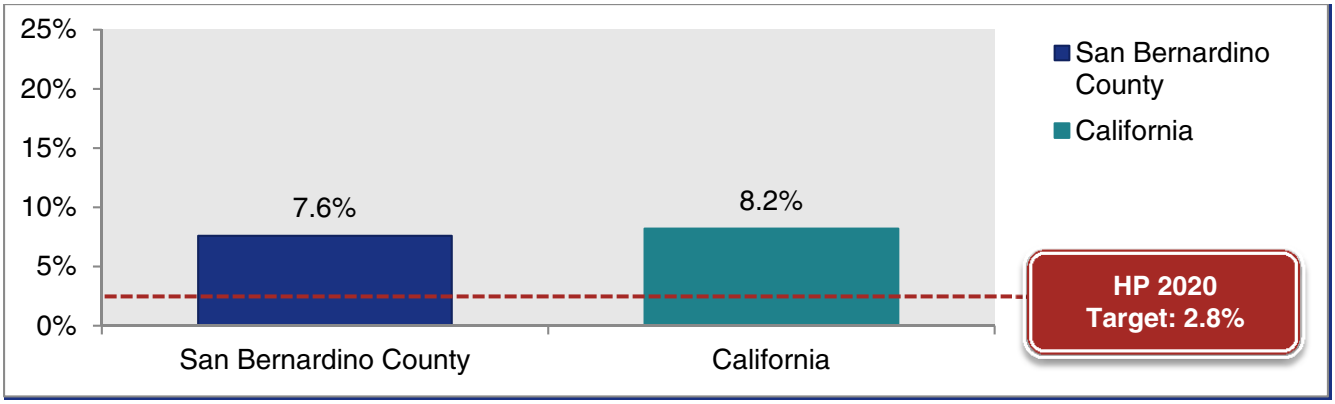
In San Bernardino County, 16% of residents reported that they delayed or did not get medical care in the past 12 months compared to 13% in California as a whole in 2009. In addition, nearly 8% of residents in San Bernardino County reported that they delayed or did not get a prescription in the past 12 months.

### Delayed or Did Not Get Medical Care in the Past 12 Months, All Ages




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Delayed or didn't get medical care, 2003, 2007, and 2009.*
*Note: Data not available for 2005.*
*Note: Data are most recent available.*

### Delayed or Did Not Get Prescription Medicine in the Past 12 Months, All Ages, 2009




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Delayed or didn't get prescription medicine, 2009.*
*Note: Data are most recent available.*

## Access to Health Professionals

The U.S. Department of Health and Human Services (HHS) designates certain areas and specific populations as being medically underserved based on the Index of Medical Underservice (IMU). The IMU takes various factors into consideration, including the ratio of physicians to the population, infant mortality, the percentage of people in poverty, and the percentage of the population who are ages 65 years and older. The IMU uses a scale from 0-100, where 0 means that an area is completely underserved and 100 is the best served or least underserved. If an area is below 62 on the scale, it is designated as medically underserved. The department also applies the IMU to populations within a region, such as low-income or Medicaid-eligible populations. Community health centers can apply for federal grants to serve areas or populations that are designated as medically underserved.

The map on the next page shows the medically underserved areas in red and the medically underserved populations in blue-green within San Bernardino County, as designated by the federal government. The Southeast region of the county was considered a medically underserved area; this designation was also approved in May 1994 by the California Healthcare Workforce Policy Commission.The Northwest region was considered to have medically underserved populations.

***THE SOUTHEAST REGION OF** San Bernardino County was a medically underserved concentrated area.*

In addition to medically underserved designations, there are also federal designations known as Health Professional Shortage Areas (HPSA). An HPSA is a geographic area, population group, or health care facility that has been designated by the federal government as having a shortage of health professionals. There are three categories of HPSAs: primary care (shortage of primary care clinicians), dental (shortage of oral health professionals), and mental health (shortage of mental health professionals). San Bernardino County is considered to be a Health Professional Shortage Area (HPSA-PC) for primary care providers, according to the California Office of Statewide Health Planning and Development.[22] Primary Care HPSAs are based on a physician to population ratio of 1:3,500. In other words, when there are 3,500 or more people per primary care physician, an area is eligible to be designated as a primary care HPSA.[23] According to Kathleen Sebelius, the U.S. Secretary of Health and Human Services, “When you don't have access to primary care, small health problems grow into big ones. Chronic conditions that could be managed spiral out of control.”[24] According to HHS, the Affordable Care Act will provide $11 billion in funding over the next five years for the expansion of health centers, especially in medically underserved areas.[25]

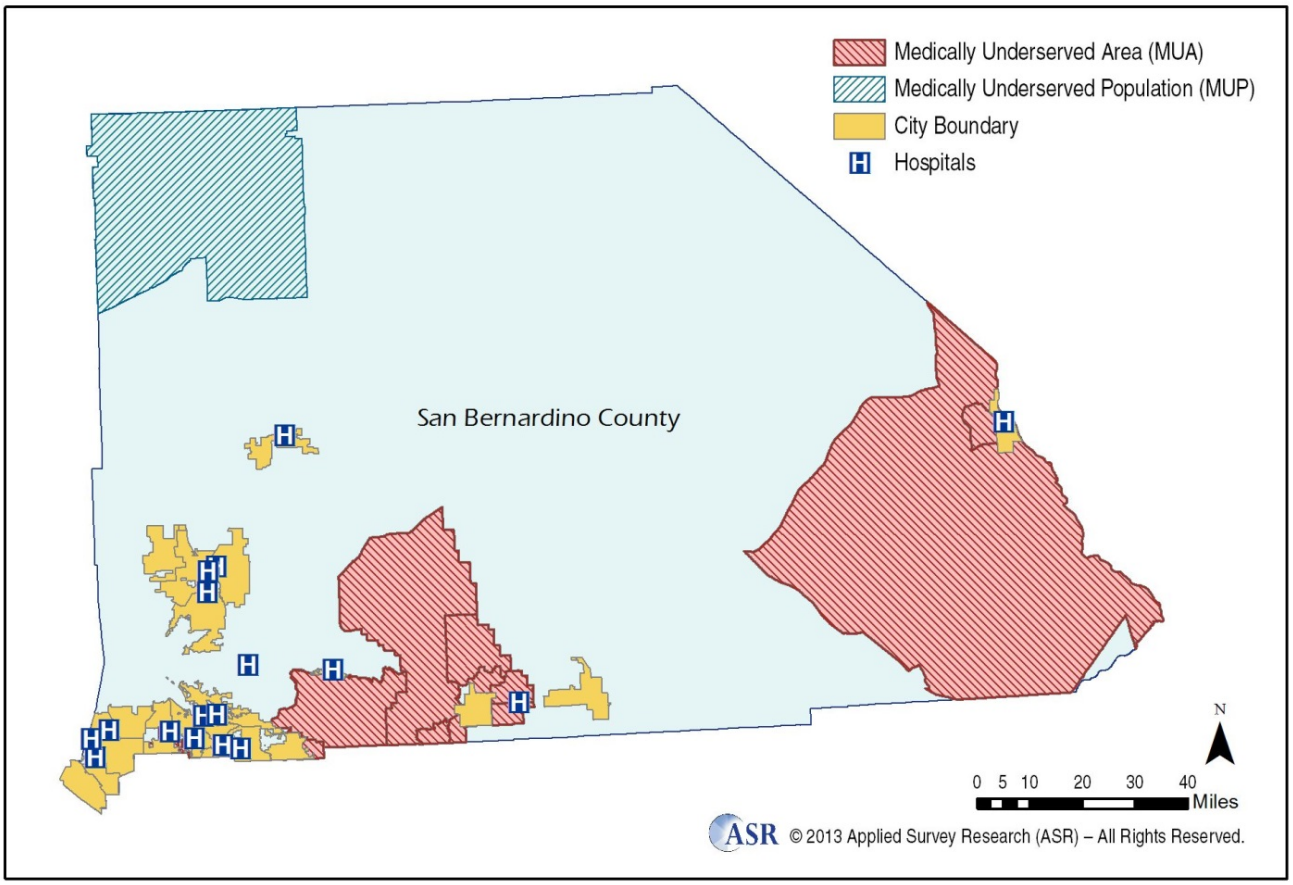
The county is also considered to be an HPSA-MH, or having shortages in mental health providers. Mental Health HPSAs are based on a psychiatrist to population ratio of 1:30,000. In other words, when there are 30,000 or more people per psychiatrist, an area is eligible to be designated as a mental health HPSA.[26]

The county is also designated as not having enough registered nurses, what is known as an RNSA: registered nurse shortage area.

There were 177.4 licensed physicians and surgeons in San Bernardino County per 100,000 residents in fiscal year 2010-11 up from 164.8 in 2006-07. San Bernardino County had lower numbers of available physicians per 100,000 residents for each specialty, as compared to the state. The top specialties in San Bernardino County in 2008 were internal medicine at 15 physicians per 100,000 residents and

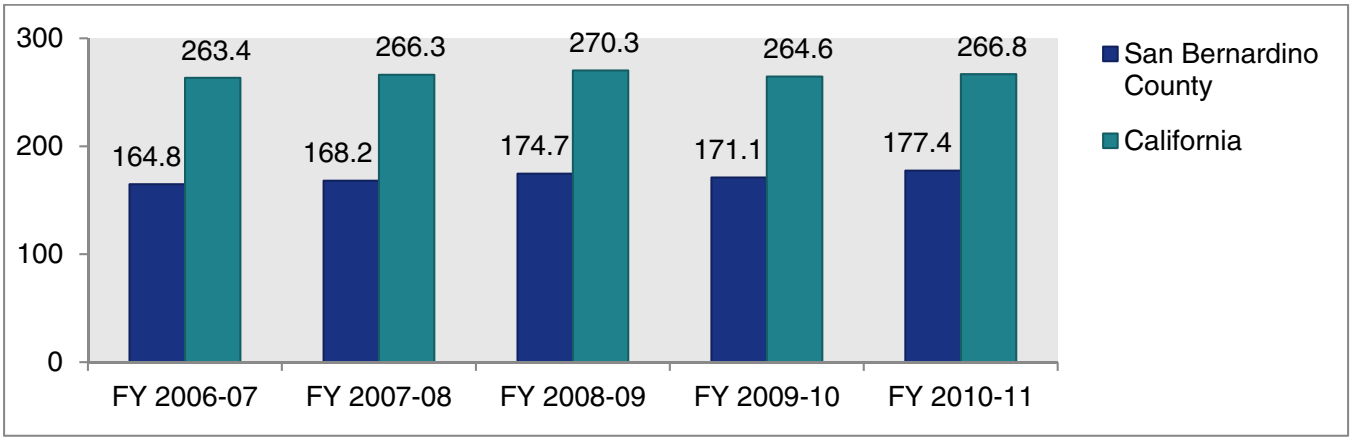
family medicine at 13 physicians per 100,000. The specialties with the lowest number of physicians per 100,000 residents were oncology and allergy and immunology at one physician each.

### Medically Underserved Areas (MUA) and Medically Underserved Populations (MUP), San Bernardino County, 2013




*Source: United States Department of Health and Human Services, Health Resources and Services Administration. (2013). Find shortage areas: Health professional shortage areas by state and by county.*

### Physician and Surgeon Licenses per 100,000 Population, San Bernardino County




*Source: Medical Board of California, Department of Consumer Affairs. (2010). Physician and surgeon license by county, Fiscal years 2006 – 2011.*

## Patient Care Physicians by Selected Specialty Based on Medical Board Counts, 2008

| Specialty | San Bernardino County | | California |
|---|---|---|---|
| | Number | Physicians per 100,000 People | Physicians per 100,000 People |
| Allergy and Immunology | 21 | 1.00 | 1.16 |
| Anesthesia | 138 | 6.58 | 9.29 |
| Cardiology | 41 | 1.96 | 4.26 |
| Dermatology | 37 | 1.77 | 3.18 |
| Emergency Medicine | 101 | 4.82 | 7.00 |
| Family Medicine | 269 | 12.83 | 15.36 |
| General Surgery | 62 | 2.96 | 3.86 |
| Gastroenterology | 35 | 1.67 | 3.01 |
| General Practitioner | 67 | 3.20 | 4.04 |
| Internal Medicine | 321 | 15.32 | 23.32 |
| Neonatal | 28 | 1.34 | 1.00 |
| Nephrology | 29 | 1.38 | 1.61 |
| Neurology | 34 | 1.62 | 2.42 |
| Obstetrics/Gynecology | 103 | 4.91 | 8.03 |
| Occupational Medicine | 23 | 1.10 | 1.12 |
| Oncology | 22 | 1.05 | 1.98 |
| Ophthalmology | 50 | 2.39 | 4.29 |
| Orthopedic Surgery | 68 | 3.24 | 4.76 |
| Otolaryngology | 31 | 1.48 | 2.06 |
| Pathology | 38 | 1.81 | 2.58 |
| Pediatrics | 211 | 10.07 | 13.34 |
| Plastic Surgery | 24 | 1.15 | 2.10 |
| Psychiatry | 142 | 6.78 | 10.53 |
| Pulmonology | 31 | 1.48 | 1.91 |
| Radiology | 72 | 3.44 | 5.81 |
| Urology | 25 | 1.19 | 2.22 |
| Vascular Surgery | 23 | 1.10 | 1.05 |

*Source: American Medical Association Masterfile and Medical Board of California. (2009). Counts of California physicians, 2008.*

*Note: Data are most recent available.*

# Health Conditions

# Health Conditions Snapshot

of SAN BERNARDINO COUNTY:

| | HP 2020 | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|---|
| **Mental Health**<br>• Percentage of 7th grade students who reported feeling so sad and hopeless every day for two weeks or more that they stopped doing some usual activities | NA | 27% | 30% | NA |
| **Asthma**<br>• Percentage of population ages one year and over that have been diagnosed with asthma | NA | 13.7% | 12.4% | ↓ |
| **Diabetes**<br>• Percentage of adult population ever diagnosed with diabetes | NA | 8.5% | 10.6% | ↑ |
| **Obesity**<br>• Percentage of low-income children under 5 who are obese | NA | 14.0% | 13.9% | ↓ |
| **Cardiovascular Disease**<br>• Percentage of adults ever diagnosed with high blood pressure | NA | 26.2% | 26.1% | ↔ |
| **Stroke**<br>• Age-adjusted hospitalization rates per 10,000 population due to cerebrovascular disease | NA | NA | 27.5 | ↔ |
| **Suicide**<br>• Suicide rate per 100,000 population | 10.2 | 10.2 | 10.3 | ↔ |
| **Causes of Death**<br>• Death rate for all cancers per 100,000 population | 160.6 | 156.4 | 170.0 | ↓ |

↑ *Increasing (Upward) trend;* ↓ *Declining (Downward) trend;* ↔ *Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Mental Health

The term "mental health" historically has been used in reference to mental illness; however, mental health is increasingly now viewed as a state of well-being. This new framework for mental health includes a focus on resilience, and having certain family and community supports that help improve well-being. Some resilience factors for adults include having people to rely on in a time of crisis, knowing people in one's neighborhood and having someone to watch one's child in case of an emergency. For youth, resilience factors include having an adult to rely on, having an adult outside of the home that cares about them, participating in after-school activities and volunteer and leadership opportunities in the community.

Mental health and physical health are deeply linked. Individuals with major mental illnesses have a higher risk of having a chronic disease, and of dying much earlier than their peers without mental illnesses.[27] Individuals with major mental health diagnoses such as schizophrenia, major depressive disorders, and bipolar disorder die at even younger ages than those with less severe mental health diagnoses. While most individuals with mental illness die of the same causes of death as those without mental illness, such as heart disease, cancer, stroke, and lung diseases, they have higher rates of these conditions and they die sooner.[28] One study showed that adults living with a mental illness died 25 years earlier than other Americans. Another study showed a loss of life from 13 to more than 30 years earlier for adults living with a mental illness, depending on which state they lived in and the year.[29]

San Bernardino County students in 7th, 9th and 11th grade were asked in a survey whether they had an adult outside of their home or school who really cared about them and around 90% said yes.

***THE VAST MAJORITY OF SAN BERNARDINO*** *County youth reported having an adult outside their home and school who really cared about them. However, boys and girls in all grades in the county reported higher rates of sadness than did their peers in California overall. Girls consistently reported feeling more sad and hopeless than boys across all grades and all school districts in the county.*

Students were also asked if they ever felt so sad and hopeless every day for two weeks or more that they stopped doing some usual activities. Boys and girls in all grades in San Bernardino County reported higher rates of sadness than did their peers in California overall in 2009-2011. Girls consistently reported feeling more sad and hopeless than boys across all grades and all school districts. For example, half of girls (50%) in 7th grade at Silver Valley Unified reported feeling sad and hopeless every day for two weeks, as compared to 23% of 7th grade boys in the same school district. When looking at county rates overall, girls in 9th and 11th grade reported the highest rates of sadness (40%), and boys in 7th, 9th and 11th grades reported the lowest rates of sadness (26%-28%).

A higher percentage of adults in the county reported seeing a health care provider for emotional/mental health and/or alcohol-drug issues in the past year (13%), as compared to adults in California (11%) in 2009. Latinos reported higher rates of seeing a health care provider (16%) than Whites (9%).

The mental health needs of residents living in poverty are not fully met by publically-provided services. There were an estimated 64,776 San Bernardino County residents living in poverty that were in need of mental health services in 2011-12. During that same year, slightly more than 41,000 San Bernardino County residents received direct treatment from San Bernardino County Behavioral Health Services. Although residents may be accessing mental health services from other sources, many are likely going without care.

## Students Who Reported They Have an Adult Outside of Their Home and School Who Really Cares about Them, by Grade, 2009-2010

| School District[1] | 7th Grade | 9th Grade | 11th Grade |
|---|---|---|---|
| Apple Valley Unified | 88% | 93% | 94% |
| Barstow Unified | 87% | 93% | 96% |
| Bear Valley Unified | 90% | 92% | 97% |
| Chino Valley Unified | 92% | 95% | 95% |
| Colton Joint Unified | 90% | 92% | 92% |
| Fontana Unified | 89% | 92% | 91% |
| Hesperia Unified | 91% | 92% | 92% |
| Morongo Unified | 90% | 89% | 93% |
| Redlands Unified | 93% | 96% | 95% |
| Rialto Unified | 90% | 90% | 94% |
| San Bernardino City Unified | 90% | 90% | 91% |
| Silver Valley Unified | 86% | 92% | 93% |
| Snowline Joint Unified | 91% | 90% | 93% |
| Upland Unified | 92% | 92% | 94% |
| Victor Valley Union High | 90% | 90% | 94% |
| Yucaipa-Calimesa Joint Unified | 93% | 92% | 95% |
| **San Bernardino County[2]** | **91%** | **92%** | **94%** |
| California[2] | 93% | 92% | 94% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Community protective factors (developmental supports): Outside of my home and school, there is a teacher or some other adult who really cares about me (CR), Table A3.13, By school district, 2009-2010, and by county and statewide, 2009-2011.*
*Note: Data represent students who answered: A Little True, Pretty Much True, and Very Much True.*
*Note: Data are the most recent available.*
*[1] Only school districts with more than 1,000 students are presented.*
*[2] County and state data are 2009-2011.*

## Percentage of Students Who Felt So Sad and Hopeless Every Day for Two Weeks or More That They Stopped Doing Some Usual Activities, Overall by Grade

| Grade | 2007-2009 | 2008-2010 | 2009-2011 | 07-11 Net Change |
|---|---|---|---|---|
| 7th Grade | | | | |
| **San Bernardino County** | **31%** | **31%** | **30%** | **-1.0** |
| California | 29% | 28% | 27% | -2.0 |
| 9th Grade | | | | |
| **San Bernardino County** | **33%** | **34%** | **34%** | **1.0** |
| California | 32% | 31% | 30% | -2.0 |
| 11th Grade | | | | |
| **San Bernardino County** | **35%** | **34%** | **34%** | **-1.0** |
| California | 33% | 32% | 32% | -1.0 |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Frequency of sad or hopeless feelings, Past 12 months, Table A7.2, by county and statewide, 2007-2009, 2008-2010, 2009-2011.*
*Note: Each three-year period represents two academic years. For example, the 2009 – 2011 data represent the 2009 – 2010 and 2010 – 2011 academic years.*
*Note: Data are most recent available.*

## Percentage of Students Who Felt So Sad and Hopeless Every Day for Two Weeks or More That They Stopped Doing Some Usual Activities, by Gender and Grade, 2008-2010

| School District[1] | 7th Grade | | 9th Grade | | 11th Grade | |
|---|---|---|---|---|---|---|
| | Female | Male | Female | Male | Female | Male |
| Apple Valley Unified | 42% | 25% | 42% | 24% | 40% | 25% |
| Barstow Unified | 35% | 30% | 41% | 22% | 42% | 28% |
| Bear Valley Unified | 36% | 28% | 45% | 29% | 45% | 29% |
| Chino Valley Unified | 31% | 26% | 38% | 28% | 37% | 29% |
| Colton Joint Unified | 34% | 30% | 37% | 26% | 38% | 26% |
| Fontana Unified | 38% | 28% | 41% | 30% | 42% | 27% |
| Hesperia Unified | 35% | 32% | 42% | 23% | 37% | 27% |
| Morongo Unified | 38% | 35% | 48% | 27% | 44% | 22% |
| Redlands Unified | 31% | 20% | 34% | 21% | 38% | 27% |
| Rialto Unified | 36% | 29% | 41% | 25% | 37% | 30% |
| San Bernardino City Unified | 36% | 27% | 44% | 28% | 41% | 31% |
| Silver Valley Unified | 50% | 23% | 43% | 20% | 52% | 33% |
| Snowline Joint Unified | 31% | 29% | 40% | 25% | 42% | 26% |
| Upland Unified | 22% | 21% | 35% | 15% | 34% | 29% |
| Victor Valley Union High | 36% | 31% | 38% | 26% | 40% | 28% |
| Yucaipa-Calimesa Joint Unified | 25% | 22% | 37% | 23% | 39% | 30% |
| **San Bernardino County** | **34%** | **27%** | **40%** | **26%** | **40%** | **28%** |
| California | 31% | 25% | 36% | 24% | 37% | 27% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Frequency of sad or hopeless feelings, Past 12 months, Table A7.2, By school district and by county and statewide, 2008-2010.*

*Note: Each three-year period represents two academic years. For example, the 2008– 2010 data represent the 2008 – 2009 and 2009– 2010 academic years.*

*Note: Data are most recent available.*

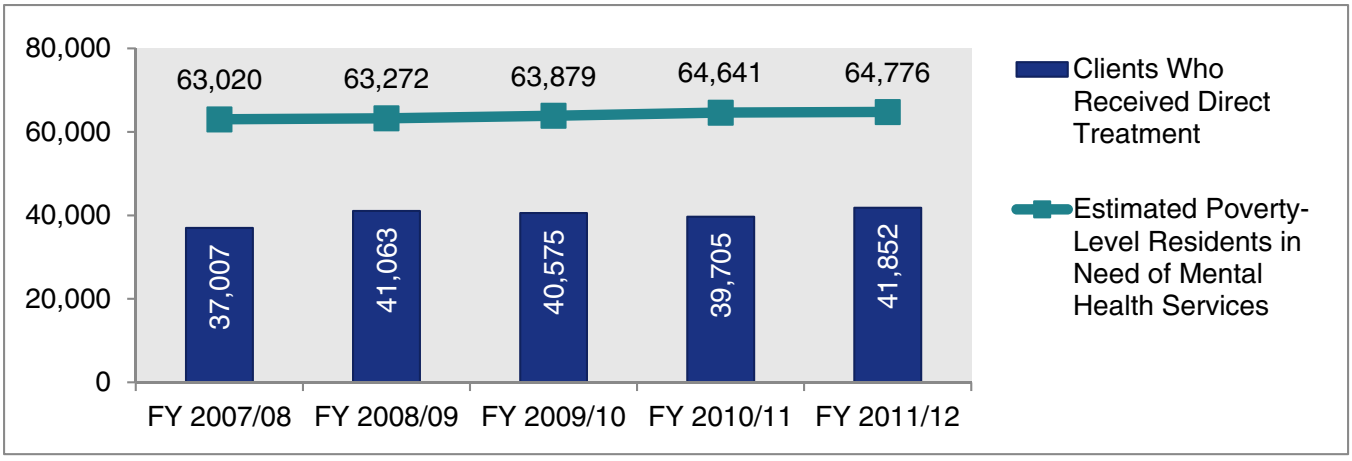
*[1] Only school districts with more than 1,000 students are presented.*

## Percentage of Adults (18 Years and Older) Who Saw a Health Care Provider for Emotional-Mental and/or Alcohol-Drug Issues in the Past Year, by Ethnicity

| Ethnicity/Region | 2007 | 2009 |
|---|---|---|
| Latino | | |
| **San Bernardino County** | **7.8%** | **15.8%**[1] |
| California | 10.3% | 9.0% |
| White | | |
| **San Bernardino County** | **15.2%** | **9.4%** |
| California | 14.8% | 13.3% |
| Other | | |
| **San Bernardino County** | **10.5%** | **13.0%** |
| California | 10.1% | 8.7% |
| All Ethnicities | | |
| **San Bernardino County** | **11.3%** | **12.8%** |
| California | 12.4% | 10.9% |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Saw any healthcare provider for emotional-mental and/or alcohol-drug issues in past year, 2007 and 2009.*
*Note: Other ethnicity includes African American, American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and Two or More Races because individual data were statistically unstable.*
*Note: Data are most recent available.*
*[1] Data are statistically unstable*

## Unduplicated Count of Clients Who Received Direct Treatment by the Public Mental Health System and the Estimated Number of Poverty-Level Residents in Need of Mental Health Services, San Bernardino County




*Source: San Bernardino County Mental Health Plan, Behavioral Health Services, Client Services Information System (SIMON). California Department of Mental Health. (2012). Persons in need tables.*

# Asthma

Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma affects people of all ages, but it most often starts in childhood. In the U.S., more than 22 million people are known to have asthma, and nearly nine million of them are children. Many things can cause asthma, including allergens (mold, pollen, animals, and irritants such as cigarette smoke and air pollution), exercise, and infections.[30] With appropriate medical care, even severe asthma symptoms can be minimized.

***ASTHMA HAS** recently been going down in San Bernardino County.*

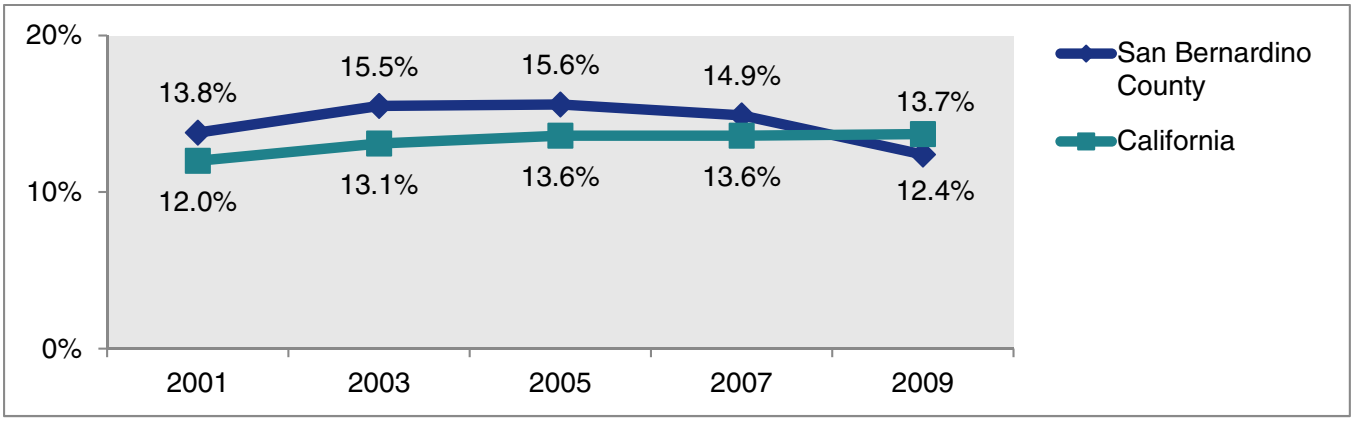
Twelve percent of the population ages one and older in the county have been diagnosed with asthma, lower than the state at almost 14%, according to 2009 data.

The asthma hospitalization rate is defined as the number of individuals out of 100,000 people in the county who were admitted to the hospital with asthma being the chief cause of their admission. In 2010, there were 128 hospitalizations per 100,000 children and youth under age 18 for asthma in San Bernardino County, higher than the state rate at 112 per 100,000. Apple Valley had the highest rate of child and youth hospitalizations at 284 per 100,000, while Ontario had the lowest rate at 69 per 100,000 (except for the cities where the numbers were too low to calculate a stable rate).

That same year, nearly 108 out of every 100,000 individuals in the county were admitted to the hospital for asthma. Barstow had the highest rate of hospitalizations at 288 per 100,000 and Chino Hills had the lowest at 39 per 100,000.

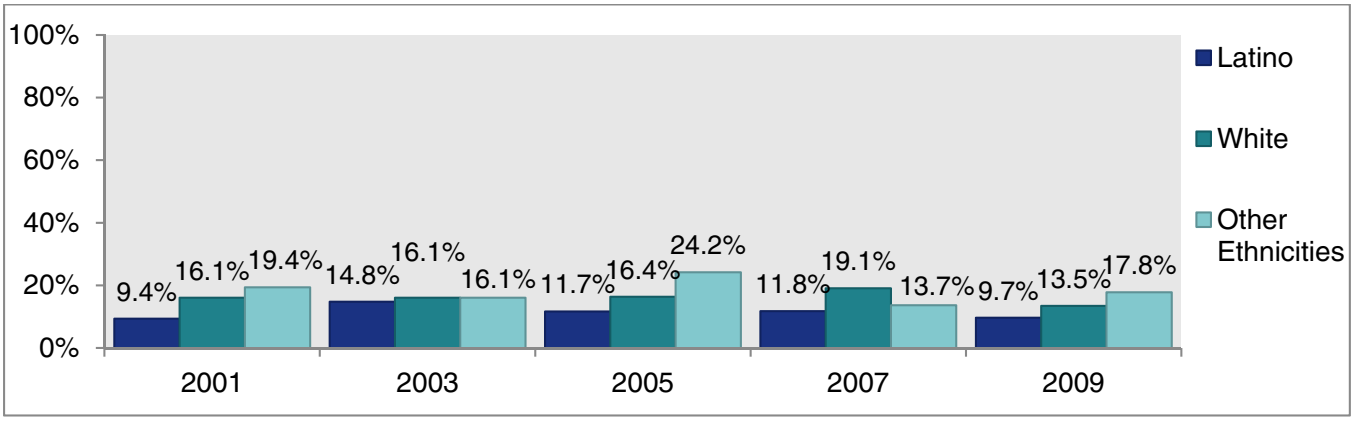
Emergency room and urgent care visits for asthma decreased from 20% in 2007 to 11% in 2009, suggesting that perhaps more individuals are getting ongoing care for their conditions.

### PERCENTAGE OF POPULATION ONE YEAR AND OLDER THAT HAVE BEEN DIAGNOSED WITH ASTHMA



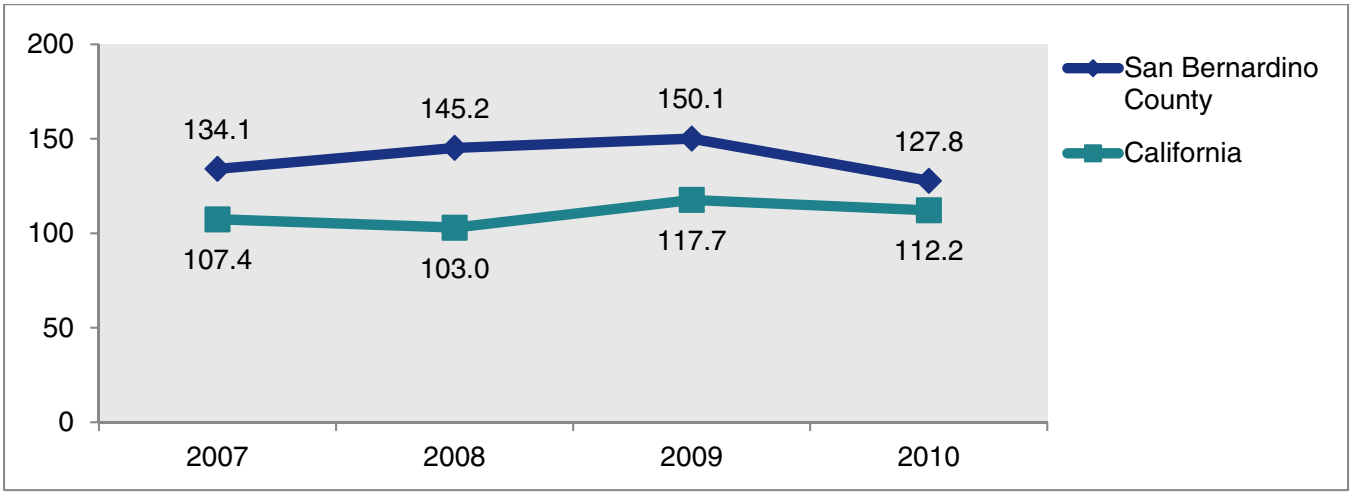

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever diagnosed with asthma, 2001, 2003, 2005, 2007, and 2009.*
*Note: Data are most recent available.*

## Percentage of Population One Year and Older That Have Been Diagnosed with Asthma, by Ethnicity, San Bernardino County




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever diagnosed with asthma, 2001, 2003, 2005, 2007, and 2009.*
*Note: Other ethnicity includes African American, American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and Two or More Races because individual data were statistically unstable.*
*Note: Data are most recent available.*

## Childhood Asthma Hospitalization Rate per 100,000 Children



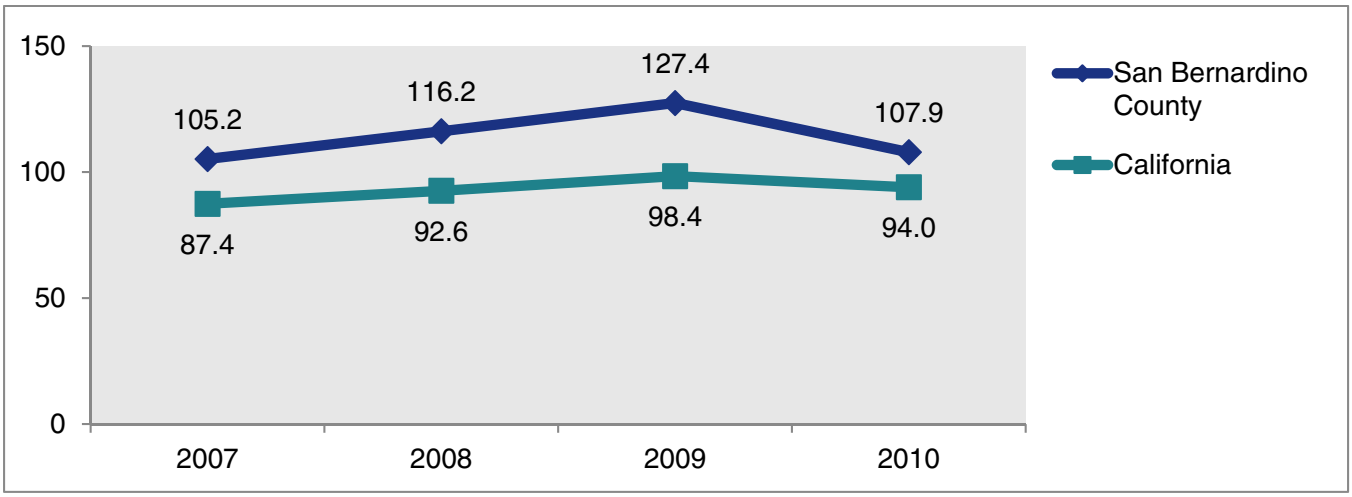

*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Asthma Hospitalizations, 2007 – 2010; American Community Survey, United States Census Bureau. (2013). Population under 18 years of age 1-year estimates, Table B09001, 2007 – 2010.*
*Note: Data for San Bernardino County are approximated based on zip codes. Please see Appendix I for further information.*

## Childhood Asthma Hospitalization Rate per 100,000 Children, by City, 2010

| City | Number | Rate |
|---|---|---|
| Adelanto | 29 | 243.0 |
| Apple Valley | 55 | 283.9 |
| Barstow | 13 | ^ |
| Big Bear Valley | 1 | ^ |
| Chino | 14 | ^ |
| Chino Hills | 14 | ^ |
| Colton | 26 | 153.4 |
| Fontana | 71 | 111.5 |
| Grand Terrace | 4 | ^ |
| Hesperia | 32 | 110.4 |
| Highland | 26 | 146.3 |
| Loma Linda | 4 | ^ |
| Montclair | 17 | ^ |
| Needles | 3 | ^ |
| Ontario | 34 | 69.2 |
| Rancho Cucamonga | 32 | 75.8 |
| Redlands | 7 | ^ |
| Rialto | 52 | 156.5 |
| San Bernardino City | 160 | 234.6 |
| Twentynine Palms | 3 | ^ |
| Upland | 14 | ^ |
| Victorville | 44 | 113.5 |
| Yucaipa | 9 | ^ |
| Yucca Valley | 5 | ^ |

*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Asthma hospitalizations, 2010; American Community Survey, United States Census Bureau. (2013). Population under 18 years of age 5-year estimates, Table B09001, 2007-2011.*
*^ Number of cases less than 20 are too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*

## Asthma Hospitalization Rate (All Ages) per 100,000 Population



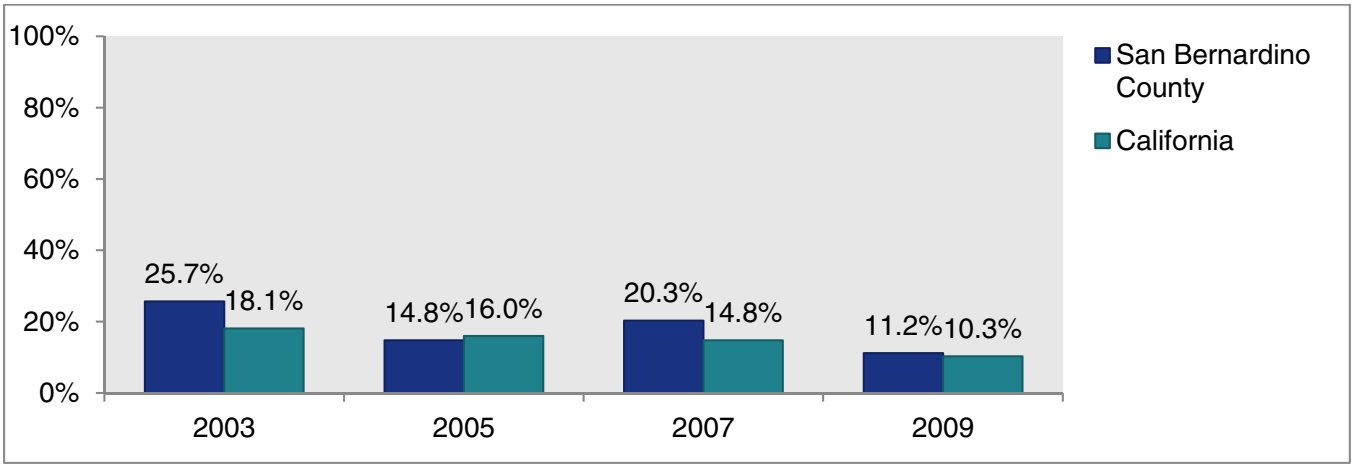

*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Asthma hospitalizations, 2007 – 2010; American Community Survey, United States Census Bureau. (2013). Demographic and housing 1-year estimates, Table DP05, 2007 – 2010.*
*Note: Data for San Bernardino County are approximated based on zip codes. Please see Appendix I for further information.*

## Asthma Hospitalization Rate (All Ages) per 100,000 Population, by City, 2010

| City | Number | Rate | City | Number | Rate |
|---|---|---|---|---|---|
| Adelanto | 70 | 228.2 | Montclair | 51 | 138.6 |
| Apple Valley | 152 | 222.5 | Needles | 7 | ^ |
| Barstow | 66 | 288.0 | Ontario | 120 | 72.7 |
| Big Bear Valley | 8 | ^ | Rancho Cucamonga | 94 | 57.6 |
| Chino | 52 | 66.6 | Redlands | 41 | 59.4 |
| Chino Hills | 29 | 38.8 | Rialto | 108 | 108.5 |
| Colton | 74 | 141.5 | San Bernardino City | 346 | 164.7 |
| Fontana | 158 | 82.0 | Twentynine Palms | 16 | ^ |
| Grand Terrace | 11 | ^ | Upland | 42 | 56.7 |
| Hesperia | 122 | 138.2 | Victorville | 135 | 120.9 |
| Highland | 54 | 102.3 | Yucaipa | 31 | 60.9 |
| Loma Linda | 10 | ^ | Yucca Valley | 18 | ^ |

*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Asthma hospitalizations, 2010; American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007-2011.*
*Note: Population statistics from American Community Survey demographic and housing estimates.*
*Note: Big Bear Valley extends beyond city limits and therefore zip code definitions were used for this population.*
*^ Number of cases less than 20 are too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*

## Emergency Room (ER) or Urgent Care Visit for Asthma within Past 12 Months




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Had emergency room / urgent care visit for asthma within past 12 months (current asthmatics), 2003, 2005, 2007, 2009*
*Note: Data are most recent available.*

# Diabetes

Diabetes is a disorder impacting how bodies digest food for energy and growth. Type 1 diabetes used to be known as juvenile diabetes, and is also known as insulin-dependent diabetes. In Type 1 diabetes, the pancreas produces little or no insulin, the hormone needed to allow sugar (glucose) to enter cells to produce energy. Although Type 1 diabetes typically appears during childhood or adolescence, it also can develop in adults. Various factors may contribute to Type 1 diabetes, including genetics and exposure to certain viruses. The far more common Type 2 diabetes occurs when the body becomes resistant to the effects of insulin or does not make enough insulin. Type 2 diabetes is more common in adults but it increasingly affects children as childhood obesity rates grow.[31]

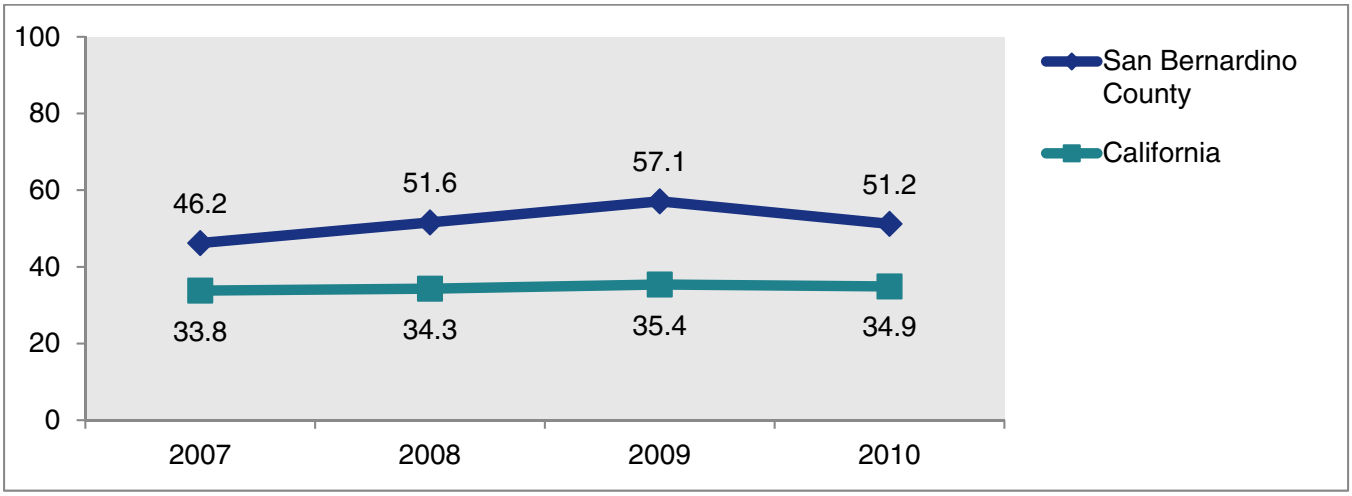
***Diabetes is going up in** San Bernardino County, especially for Latinos.*

Diabetes affects 25.8 million people of all ages in the U.S., which is about 8% of the U.S. population. Of the 25.8 million people, approximately 18.8 million were diagnosed and 7 million were undiagnosed. Diabetes is the leading cause of kidney failure and non-traumatic lower-limb amputations. It also is a major cause of heart disease and stroke and is the seventh leading cause of death in the U.S.[32]

The childhood diabetes hospitalization rate for children under 18 was 51 per 100,000 in San Bernardino County, higher than the state at 35 per 100,000 children in 2010.

Eleven percent of county adults had been diagnosed with any type of diabetes at some point in their life according to 2009 data, up from 7% of adults in 2005. Further, the county had consistently higher rates of diabetes than the state between 2003 and 2009. Latinos had slightly higher rates of diabetes (11.3%) as compared to Whites at 10.6% in 2009. Latinos with diabetes increased at a quicker rate from 8.4% in 2007 to 11.3% in 2009, compared to Whites who increased from 10% in 2007 to 10.6% in 2009.

### Childhood Diabetes (Any Type) Hospitalization Rate[1] per 100,000 Children




*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Childhood diabetes hospitalizations, 2007 – 2010; American Community Survey, United States Census Bureau. (2013). Population under 18 years by age 1-year estimates, Table B09001, 2007 – 2010.*

*[1] Rate of hospitalizations for patients under 18 years of age where diabetes was the condition established to be the chief cause of the admission of the patient to the facility for care.*

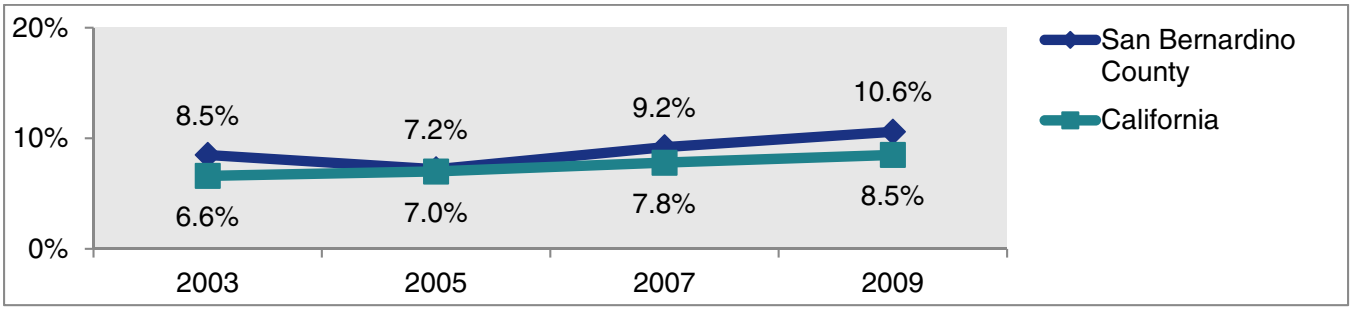
*Note: Data for San Bernardino County are approximated based on zip codes. Please see Appendix I for further information.*

## Number of Childhood Diabetes (Any Type) Hospitalizations, by City, 2010

| City | Number | City | Number |
|---|---|---|---|
| Adelanto | 5 | Montclair | 1 |
| Apple Valley | 17 | Needles | 1 |
| Barstow | 6 | Ontario | 20 |
| Big Bear Valley | 3 | Rancho Cucamonga | 13 |
| Chino | 13 | Redlands | 20 |
| Chino Hills | 4 | Rialto | 14 |
| Colton | 4 | San Bernardino City | 48 |
| Fontana | 34 | Twentynine Palms | 5 |
| Grand Terrace | 2 | Upland | 6 |
| Hesperia | 13 | Victorville | 19 |
| Highland | 7 | Yucaipa | 6 |
| Loma Linda | 0 | Yucca Valley | 2 |

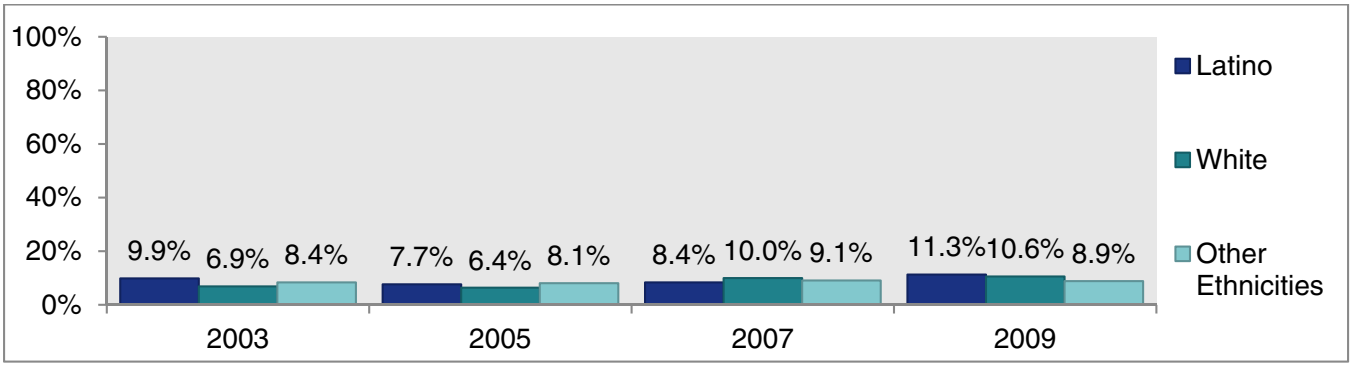
*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Childhood diabetes hospitalizations, 2010; American Community Survey, United States Census Bureau. (2013). Population under 18 years by age 1-year estimates, Table B09001, 2010.*

## Percentage of Adult Population Ever Diagnosed with Diabetes (Any Type)



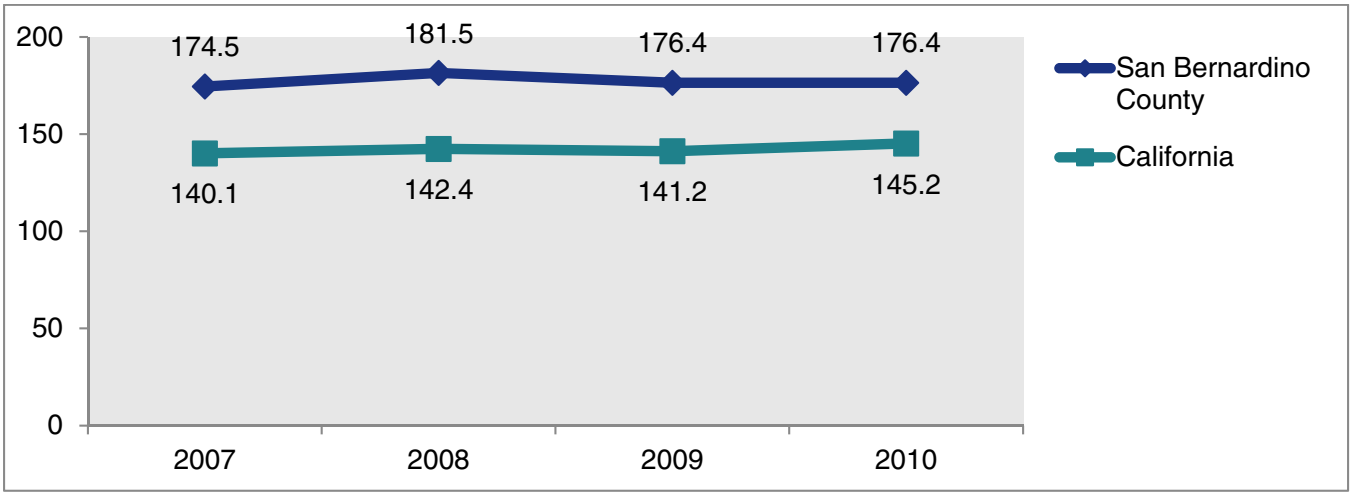

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever diagnosed with diabetes, 2003-2009.*
*Note: Data are most recent available.*

## Percentage of Adult Population Ever Diagnosed with Diabetes (Any Type), by Ethnicity




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever diagnosed with diabetes by ethnicity, 2003-2009.*
*Note: Other ethnicities include African American, American Indian/Alaska Native, Asian, Native Hawaiian/ Pacific Islander, and Two or More Races because individual data were statistically unstable.*
*Note: Data are most recent available.*

## Diabetes (Any Type) Hospitalization Rate (All Ages) per 100,000 Population




*Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Diabetes hospitalizations, 2007 – 2010; American Community Survey, United States Census Bureau. (2013). Demographic and housing 1-year estimates, Table DP05, 2007 – 2010.*
*Note: Data for San Bernardino County are approximated based on zip codes. Please see Appendix I for further information.*

## Diabetes (Any Type) Hospitalization Rate (All Ages) per 100,000 Population, by City, 2010

| City | Number | Rate |
|---|---|---|
| Adelanto | 72 | 234.8 |
| Apple Valley | 175 | 256.2 |
| Barstow | 87 | 379.7 |
| Big Bear Valley | 30 | 173.5 |
| Chino | 119 | 152.5 |
| Chino Hills | 57 | 76.2 |
| Colton | 106 | 202.7 |
| Fontana | 292 | 151.5 |
| Grand Terrace | 19 | ^ |
| Hesperia | 146 | 165.4 |
| Highland | 82 | 155.4 |
| Loma Linda | 36 | 156.0 |

| City | Number | Rate |
|---|---|---|
| Montclair | 87 | 236.4 |
| Needles | 16 | ^ |
| Ontario | 302 | 182.9 |
| Rancho Cucamonga | 167 | 102.4 |
| Redlands | 118 | 171.0 |
| Rialto | 200 | 201.0 |
| San Bernardino City | 565 | 268.9 |
| Twentynine Palms | 28 | 108.6 |
| Upland | 94 | 127.0 |
| Victorville | 177 | 158.5 |
| Yucaipa | 66 | 129.8 |
| Yucca Valley | 44 | 214.6 |

*Source: Source: Office of Statewide Health Planning and Development. (2013). Conditions, disease, & injury: Diabetes hospitalizations, 2010; American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007-2011.*
*^ Number of cases less than 20 are too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*

# Obesity

Health professionals define "overweight" as an excess amount of body weight that includes muscle, bone, fat, and water. "Obesity" specifically refers to an excess amount of body fat. Obesity is directly linked to chronic diseases and serious medical conditions such as type 2 diabetes, heart disease, high blood pressure, respiratory problems, depression, and stroke. Obesity is also linked to higher rates of nearly all types of cancer, including cancer of the colon, rectum, prostate, gallbladder, breast, uterus, cervix, and ovaries.[33] The serious health consequences and prevalence of obesity pose a significant threat to the quality and longevity of life. The greatest tool we have to combat these threats is prevention.

Health care providers typically use the Body Mass Index (BMI) to measure obesity, a number calculated using a person's weight and height. It is a fairly reliable indicator of body fat for most people but not all groups, e.g., bodybuilders. BMI may be used to identify possible direct and indirect weight-related health problems. The correlation between the BMI number and body fat is fairly strong, but varies by sex, race, and age. For example, women tend to have more body fat than men and older people tend to have more fat than younger people. According to the Centers for Disease Control and Prevention (CDC), BMI is an inexpensive and easy to perform method of screening weight categories that may lead to future health problems. It is one of the best methods for measuring obesity in populations and enables us to compare weight statuses of one community to another area.

$$\text{BMI} = \frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \times 703$$

Standard weight categories associated with BMI ranges for adults:[29]

| BMI | Weight Status |
|---|---|
| Below 18.5 | Underweight |
| 18.5-24.9 | Normal |
| 25.0-29.9 | Overweight |
| 30.0 and above | Obese |

Data about childhood obesity are most often collected through the Medicaid system, representing low-income children. Fourteen percent of low-income children under five years old in the county were obese in 2010. However, this is an improvement from 2006 when 16% of children were obese. Low-income Latino children under five had the highest rates of obesity (15%), as compared to low-income African Americans at 13%, Whites at 12% and Asians at 9%. When comparing children under five in the county to those statewide, there was a higher percentage of obese low-income children in the county between 2006 and 2008 than in the state. The trend reversed for 2009 and 2010 with California higher than San Bernardino County.

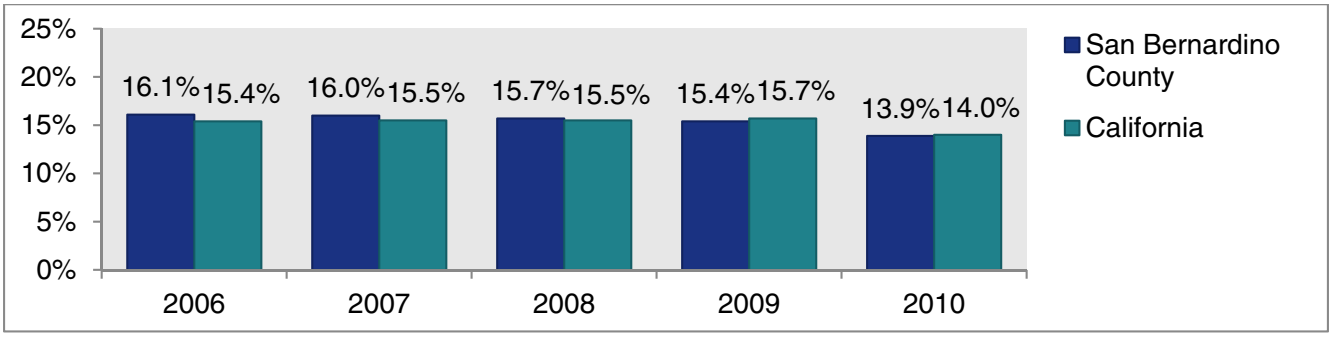
***OBESITY FOR LOW-INCOME CHILDREN*** *under 5 years old is going down in San Bernardino County, staying stable for low-income children ages 5-19, and going up for adults.*

Obesity rates increased with age. When looking at low-income children ages 5-19 years old, more than one in five (22%) were obese in 2010 in the county, as compared to 14% of children under five. Twenty-three percent of Latino children and youth ages 5-19 were obese, followed by 19% of White, 15% of African American and 11% of Asian children and youth in 2010.

A survey of school students of all economic groups showed that 39% of San Bernardino County 5th, 7th, and 9th graders were overweight or obese, similar to California at 38% in 2010.

For adults, there were higher rates of obesity in the county as compared to the state. Thirty percent of adults 18 years and older in the county were obese in 2009, higher than in California at 23%. African American, and Latino adults had higher rates of obesity (34% to 35%), than did Whites (29%) in 2009.

### Percentage of Low-Income Children (under 5 Years) Who Are Obese (95th Percentile)




*Source: California Department of Health Care Services, Pediatric Nutrition Surveillance System. (2013). Growth indicators by race/ethnicity and age, 2006-2010.*
*Note: The data are collected from participants in the Child Health and Disability Prevention Program, which serves Medi-Cal recipients and children/youth with family incomes up to 200% of the federal poverty level (FPL). These data on overweight/obesity capture approximately 22% of low-income (up to 200% FPL) children in California.*

### Percentage of Low-Income Children (under 5 Years) Who Are Obese (95th Percentile), by Ethnicity

| Ethnicity/Region | 2006 | 2007 | 2008 | 2009 | 2010 | 06-10 Net Change |
|---|---|---|---|---|---|---|
| African American | | | | | | |
| **San Bernardino County** | **14.4%** | **14.5%** | **13.1%** | **13.6%** | **12.9%** | **-1.5** |
| California | 14.3% | 14.7% | 14.3% | 14.6% | 12.9% | -1.4 |
| Asian | | | | | | |
| **San Bernardino County** | **15.3%** | **12.9%** | **11.3%** | **9.8%** | **9.3%** | **-6.0** |
| California | 12.3% | 12.2% | 12.5% | 12.6% | 10.2% | -2.1 |
| Latino | | | | | | |
| **San Bernardino County** | **16.9%** | **16.9%** | **16.9%** | **16.3%** | **14.9%** | **-2.0** |
| California | 16.7% | 16.9% | 16.8% | 17.1% | 15.4% | -1.3 |
| White | | | | | | |
| **San Bernardino County** | **11.4%** | **12.1%** | **11.9%** | **12.9%** | **12.0%** | **0.6** |
| California | 11.6% | 12.1% | 12.5% | 12.7% | 11.2% | -0.4 |

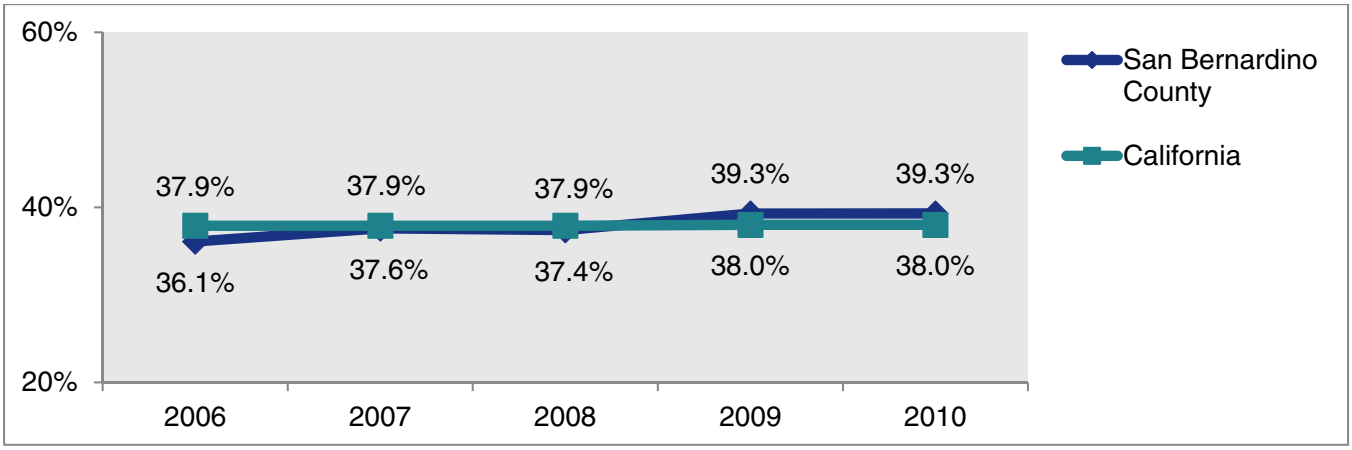
*Source: California Department of Health Care Services, Pediatric Nutrition Surveillance System. (2013). Growth indicators by race/ethnicity and age, 2006-2010.*
*Note: The data are collected from participants in the Child Health and Disability Prevention Program, which serves Medi-Cal recipients and children/youth with family incomes up to 200% of the Federal Poverty Level (FPL). These data on overweight/obesity capture approximately 22% of low-income (up to 200% FPL) children in California.*

## Percentage of Low-Income Children 5 to 19 Years Who Are Obese (95th Percentile), by Ethnicity

| Ethnicity/Region | 2006 | 2007 | 2008 | 2009 | 2010 | 06-10 Net Change |
|---|---|---|---|---|---|---|
| African American | | | | | | |
| **San Bernardino County** | **18.8%** | **17.8%** | **16.5%** | **16.9%** | **15.1%** | **-3.7** |
| California | 21.1% | 21.2% | 21.2% | 21.2% | 21.1% | 0.0 |
| Asian | | | | | | |
| **San Bernardino County** | **14.0%** | **16.1%** | **10.2%** | **10.7%** | **10.9%** | **-3.1** |
| California | 13.8% | 13.5% | 13.5% | 13.3% | 12.6% | -1.2 |
| Latino | | | | | | |
| **San Bernardino County** | **23.3%** | **22.8%** | **22.3%** | **22.6%** | **22.6%** | **-0.7** |
| California | 24.8% | 24.7% | 24.4% | 24.5% | 24.7% | -0.1 |
| White | | | | | | |
| **San Bernardino County** | **17.6%** | **16.1%** | **17.7%** | **16.2%** | **18.9%** | **1.3** |
| California | 19.2% | 20.0% | 20.1% | 19.9% | 20.3% | 1.1 |
| All Race/Ethnic Groups | | | | | | |
| **San Bernardino County** | **22.1%** | **22.0%** | **21.3%** | **21.5%** | **22.0%** | **-0.1** |
| California | 23.1% | 23.1% | 22.8% | 23.1% | 23.3% | 0.2 |

*Source: California Department of Health Care Services, Pediatric Nutrition Surveillance System. (2013). Growth indicators by race/ethnicity and age, 2006-2010.*
*Note: The data are collected from participants in the Child Health and Disability Prevention Program, which serves Medi-Cal recipients and children/youth with family incomes up to 200% of the Federal Poverty Level (FPL). These data on overweight/obesity capture approximately 22% of low-income (up to 200% FPL) children in California.*

## Percentage of Students (5th, 7th, & 9th Grades) Who Were Overweight or Obese




*Source: Babey, S. H., et al. (2011) A patchwork of progress: Changes in overweight and obesity among California 5th, 7th, and 9th graders, 2006-2010; UCLA Center for Health Policy Research and California Center for Public Health Advocacy.*

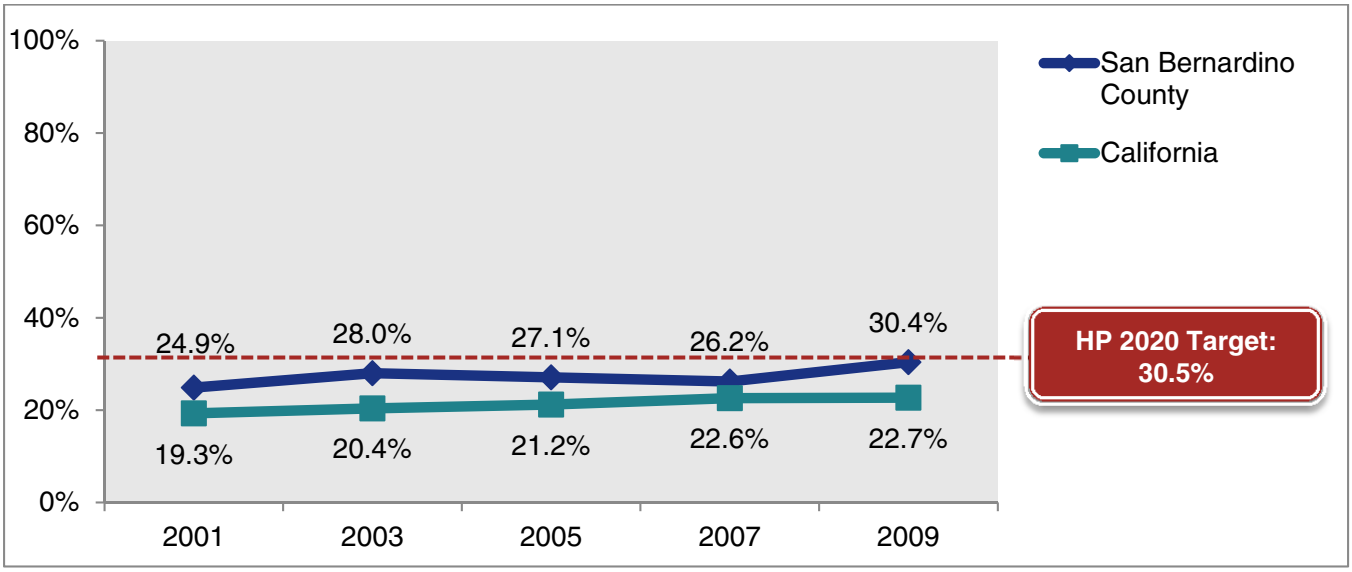
## Percentage of Students (5th, 7th, & 9th Grades) Who Were Overweight or Obese, by City, 2010

| City | Percentage |
|---|---|
| Adelanto | 40.4% |
| Apple Valley | 35.1% |
| Barstow | 42.3% |
| Chino | 41.8% |
| Chino Hills | 27.0% |
| Colton | 46.1% |
| Fontana | 44.9% |
| Hesperia | 41.0% |
| Highland | 32.8% |
| Loma Linda | 41.4% |
| Montclair | 43.9% |

| City | Percentage |
|---|---|
| Ontario | 43.3% |
| Rancho Cucamonga | 30.0% |
| Redlands | 30.8% |
| Rialto | 45.0% |
| San Bernardino City | 43.9% |
| Twentynine Palms | 32.1% |
| Upland | 42.4% |
| Victorville | 40.1% |
| Yucaipa | 27.4% |
| Yucca Valley | 37.1% |

*Source: Babey, S. H., et al. (2011) A patchwork of progress: Changes in overweight and obesity among California 5th, 7th, and 9th graders, 2006-2010; UCLA Center for Health Policy Research and California Center for Public Health Advocacy.*
*Note: Data are not available for Big Bear Lake and Needles.*

## Percentage of Adults (18 Years and Older) Who Are Obese




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Body mass index – 4 level (adult only), San Bernardino County and California, 2001-2009.*
*Note: Data are most recent available.*

## Percentage of Adults (18 Years and Older) Who Are Obese, by Ethnicity

| Ethnicity/Region | 2001 | 2003 | 2005 | 2007 | 2009 | 01-09 Net Change |
|---|---|---|---|---|---|---|
| African American | | | | | | |
| **San Bernardino County** | **27.9%** | **32.9%** | **30.6%** | **28.6%** | **34.1%** | **6.2** |
| California | 31.0% | 30.5% | 33.9% | 34.9% | 27.6% | -3.4 |
| Latino | | | | | | |
| **San Bernardino County** | **29.0%** | **32.5%** | **26.9%** | **31.7%** | **34.8%** | **5.8** |
| California | 25.4% | 26.7% | 27.3% | 29.9% | 29.9% | 4.5 |
| White | | | | | | |
| **San Bernardino County** | **22.7%** | **24.4%** | **28.3%** | **23.1%** | **29.2%** | **6.5** |
| California | 17.5% | 18.2% | 19.2% | 20.4% | 21.1% | 3.6 |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Body mass index – 4 level (adult only), 2001, 2003, 2005, 2007, 2009.*
*Note: Data for American Indian/Alaska Native, Native Hawaiian/Pacific Islander, Asian, and Two or More Races were not presented because data were statistically unstable due to small number of respondents.*
*Note: Data are most recent available.*

# Cardiovascular Disease

Cardiovascular disease is also more commonly known as heart disease, and the terms are used to describe a wide range of diseases including diseases of the blood vessels (coronary artery disease), heart rhythm problems (arrhythmia), heart infections, and heart defects. There are a wide range of risk factors for heart disease including smoking, a poor diet, diabetes, obesity, stress, high blood pressure, high cholesterol, and a family history of heart disease.[34] Complications from heart disease include heart failure, heart attack, stroke (when arteries to the brain are narrowed or blocked), aneurysm (a bulge in the wall of the artery), and peripheral artery disease (when extremities don't get enough blood flow).

## Heart Disease

***OVERALL, HEART DISEASE HAS BEEN*** *recently declining in San Bernardino County, but high blood pressure is going up, especially for Latinos. African Americans have much higher rates of hospitalization for heart disease than any other ethnicity.*

Overall, heart disease went down slightly both in the county and the state between 2001 and 2009. Approximately 7% of county adults ages 18 and older had been diagnosed at some point in their lives with heart disease in 2001, dropping slightly to 6% in 2009. The most recent heart disease rates in 2009 were the same for both the county and the state (6%). Whites had higher percentages of diagnosed heart disease (8%) as compared to Latinos (4%) in 2009.

Hospitalizations for heart disease have been going down in the county; 108 out of every 10,000 individuals had been hospitalized due to heart disease in 2009, down from 127 per 10,000 in 2005. However, hospitalization rates were higher for African Americans (160), than for Whites or any other race (121), and Latinos (86) per 10,000 individuals.

High blood pressure is going up in the county. Twenty-six percent of county adults had been diagnosed at some point in their lives with high blood pressure (which is a risk factor for heart disease) according to 2009 data, an increase from 23% in 2001. Whites had higher rates of diagnosed high blood pressure (31%) as compared to African Americans (26%) and Latinos (23%) in 2009.

## Percentage of Adults (18 Years and Older) Who Were Ever Diagnosed with Heart Disease, by Ethnicity

| Ethnicity/Region | 2001 | 2003 | 2005 | 2007 | 2009 | 01-09 Net Change |
|---|---|---|---|---|---|---|
| Latino | | | | | | |
| **San Bernardino County** | **2.9%** | **5.8%** | **2.3%[1]** | **2.8%[1]** | **4.3%** | **1.4** |
| California | 4.1% | 4.4% | 3.8% | 4.1% | 4.5% | 0.4 |
| White | | | | | | |
| **San Bernardino County** | **9.6%** | **9.5%** | **8.4%** | **10.1%** | **8.1%** | **-1.5** |
| California | 8.9% | 8.9% | 8.0% | 8.0% | 7.4% | -1.5 |
| Other | | | | | | |
| **San Bernardino County** | **7.1%** | **6.0%** | **7.7%** | **6.7%** | **4.8%** | **-2.3** |
| California | 6.7% | 5.8% | 5.6% | 6.0% | 4.7% | -2.0 |
| All Ethnic Groups | | | | | | |
| **San Bernardino County** | **6.6%** | **7.2%** | **5.7%** | **6.5%** | **5.9%** | **-0.7** |
| California | 7.0% | 6.9% | 6.2% | 6.3% | 5.9% | -1.1 |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever been diagnosed with heart disease, 2001, 2003, 2005, 2007, 2009.*
*Note: Data are most recent available.*
*Note: Other ethnicity includes African American, American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and Two or More Races because individual data were statistically unstable.*
*[1]Data are statistically unstable*

## Age-Adjusted Hospitalization Rates per 10,000 Population Due to Coronary Heart Disease, by Ethnicity, San Bernardino County

| Ethnicity | 2005 | 2006 | 2007 | 2008 | 2009 | 05-09 Net Change |
|---|---|---|---|---|---|---|
| African American | 189.2 | 164.6 | 171.9 | 161.4 | 160.1 | -29.1 |
| Asian or Pacific Islander | 70.9 | 62.4 | 56.8 | 54.5 | 52.4 | -18.5 |
| Latino | 110.1 | 101.0 | 96.4 | 96.9 | 86.4 | -23.7 |
| White or Other Race | 136.2 | 126.1 | 120.2 | 124.6 | 121.2 | -15.0 |
| Native American | 28.5 | 26.0 | 35.9 | 39.4 | 33.9 | 5.4 |
| **All Race/Ethnic Groups** | **127.3** | **117.0** | **112.3** | **114.0** | **108.0** | **-19.3** |

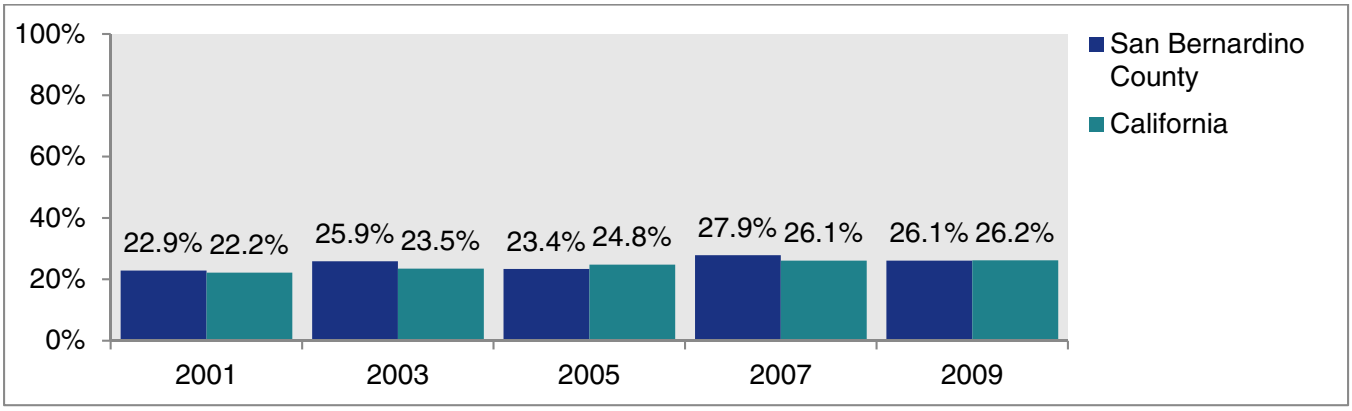
*Source: San Bernardino County Department of Public Health. (2013). Age-adjusted hospitalization rates due to coronary heart disease by race/ethnicity, 2005-2009.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2000-2010 population data from the California Department of Finance.*
*Note: Data are most recent available.*

## Number and Age-Adjusted Rates per 10,000 Population of Coronary Heart Disease Admissions and Hospitalizations, by City, 2009

| City | Number | Rate |
|---|---|---|
| Adelanto | 233 | 132.9 |
| Apple Valley | 1,119 | 139.3 |
| Barstow | 508 | 246.5 |
| Big Bear Valley | 233 | 106.3 |
| Chino | 752 | 130.2 |
| Chino Hills | 399 | 74.4 |
| Colton | 381 | 108.9 |
| Fontana | 1,163 | 103.7 |
| Grand Terrace | 94 | 75.9 |
| Hesperia | 833 | 115.9 |
| Highland | 586 | 153.4 |
| Loma Linda | 251 | 97.3 |
| Montclair | 304 | 111.1 |
| Needles | 40 | 70.8 |
| Ontario | 1,151 | 105.7 |
| Rancho Cucamonga | 968 | 76.0 |
| Redlands | 652 | 86.3 |
| Rialto | 828 | 124.3 |
| San Bernardino City | 2,254 | 140.6 |
| Twentynine Palms | 193 | 149.2 |
| Upland | 701 | 93.0 |
| Victorville | 742 | 86.1 |
| Yucaipa | 545 | 95.4 |
| Yucca Valley | 323 | 114.3 |

*Source: San Bernardino County Department of Public Health. (2013). Age-adjusted hospitalization rates due to coronary heart disease by race/ethnicity, 2005-2009.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2010 U.S. Census population data.*
*Note: Data are most recent available.*

## Percentage of Adults (18 Years and Older) Who Were Ever Diagnosed with High Blood Pressure




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever been diagnosed with high blood pressure, 2001, 2003, 2005, 2007, 2009.*
*Note: Data are most recent available.*

## Percentage of Adults (18 Years and Older) Who Were Ever Diagnosed with High Blood Pressure, by Ethnicity

| Ethnicity/Region | 2001 | 2003 | 2005 | 2007 | 2009 | 01-09 Net Change |
|---|---|---|---|---|---|---|
| African American | | | | | | |
| **San Bernardino County** | **30.9%** | **28.5%** | **22.3%** | **33.8%** | **26.2%** | **-4.7** |
| California | 32.9% | 33.9% | 36.6% | 38.3% | 36.4% | 3.5 |
| Latino | | | | | | |
| **San Bernardino County** | **16.0%** | **23.9%** | **15.5%** | **20.3%** | **23.1%** | **7.1** |
| California | 16.8% | 18.0% | 18.8% | 20.4% | 24.0% | 7.2 |
| White | | | | | | |
| **San Bernardino County** | **27.6%** | **29.5%** | **30.3%** | **34.0%** | **31.2%** | **3.6** |
| California | 24.7% | 25.9% | 27.9% | 28.5% | 27.4% | 2.7 |
| All Race/Ethnic Groups | | | | | | |
| **San Bernardino County** | **22.9%** | **25.9%** | **23.4%** | **27.9%** | **26.1%** | **3.2** |
| California | 22.2% | 23.5% | 24.8% | 26.1% | 26.2% | 4.0 |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Ever been diagnosed with high blood pressure by race/ethnicity, 2001, 2003, 2005, 2007, 2009.*
*Note: Data for American Indian/Alaska Native, Native Hawaiian/Pacific Islander, Asian, and Two or More Races were not presented because the individual data were statistically unstable due to small number of respondents.*
*Note: Data are most recent available.*

## Stroke

A stroke is caused by a problem with the blood supply to the brain. Cerebrovascular diseases are brain dysfunctions related to problems with the blood vessels that supply blood to the brain; one result of cerebrovascular disease can be a stroke. With cerebrovascular diseases, blood vessels become narrow, stiff, deformed and more vulnerable to fluctuations in blood pressure.

***HOSPITALIZATIONS FOR STROKE** have been going down slightly in San Bernardino County overall, but African Americans consistently had much higher hospitalization rates for stroke than any other ethnicity.*

In San Bernardino County, 28 out of every 10,000 individuals were hospitalized for cerebrovascular disease in 2009, down slightly from 30 per 10,000 in 2005. Stroke hospitalizations for African Americans were more common at 40 per 10,000 as compared to Whites or other races (excluding African American, Asian or Pacific Islander, Latino, and Native American) at 28 per 10,000 individuals and Latinos at 26 per 10,000.

### AGE-ADJUSTED HOSPITALIZATION RATES PER 10,000 POPULATION DUE TO CEREBROVASCULAR DISEASE (STROKE), BY ETHNICITY, SAN BERNARDINO COUNTY

| Ethnicity[1] | 2005 | 2006 | 2007 | 2008 | 2009 | 05-09 Net Change |
|---|---|---|---|---|---|---|
| African American | 42.2 | 43.0 | 39.7 | 48.2 | 39.7 | -2.5 |
| Asian or Pacific Islander | 19.6 | 15.9 | 18.2 | 17.6 | 15.4 | -4.2 |
| Latino | 30.0 | 26.9 | 27.9 | 29.8 | 26.1 | -3.9 |
| White or Other Race | 29.4 | 29.1 | 29.7 | 29.5 | 28.2 | -1.2 |
| **All Race/Ethnic Groups** | **29.7** | **28.5** | **29.2** | **29.9** | **27.5** | **-2.2** |

*Source: San Bernardino County Department of Public Health. (2013). Age-adjusted hospitalization rates due to cerebrovascular disease by race/ethnicity, 2005-2009.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2010 U.S. Census population data.*
*Note: Data are most recent available.*
*[1] Native America data were not included as the number of cases less than 20 are too small to calculate a rate.*

## Number and Age-Adjusted Rate per 10,000 Population of Cerebrovascular Disease (Stroke) Hospital Admissions and Hospitalizations, by City, 2009

| City | Number | Rate |
|---|---|---|
| Adelanto | 9 | ^ |
| Apple Valley | 17 | ^ |
| Barstow | 13 | ^ |
| Big Bear Valley | 8 | ^ |
| Chino | 10 | ^ |
| Chino Hills | 22 | 4.3 |
| Colton | 10 | ^ |
| Fontana | 39 | 2.9 |
| Grand Terrace | 5 | ^ |
| Hesperia | 19 | ^ |
| Highland | 16 | ^ |
| Loma Linda | 7 | ^ |
| Montclair | 10 | ^ |
| Needles | 1 | ^ |
| Ontario | 45 | 4.1 |
| Rancho Cucamonga | 31 | 2.4 |
| Redlands | 23 | 3.1 |
| Rialto | 28 | 4.2 |
| San Bernardino City | 56 | 3.4 |
| Twentynine Palms | 8 | ^ |
| Upland | 17 | ^ |
| Victorville | 21 | 2.6 |
| Yucaipa | 21 | 3.7 |
| Yucca Valley | 14 | ^ |

*Source: San Bernardino County Department of Public Health. (2013). Age-adjusted hospitalization rates due to cerebrovascular disease by race/ethnicity, 2005-2009.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2010 U.S.Census population data.*
*Note: Data are most recent available.*
*^ Number of cases less than 20 are too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*

## Suicide

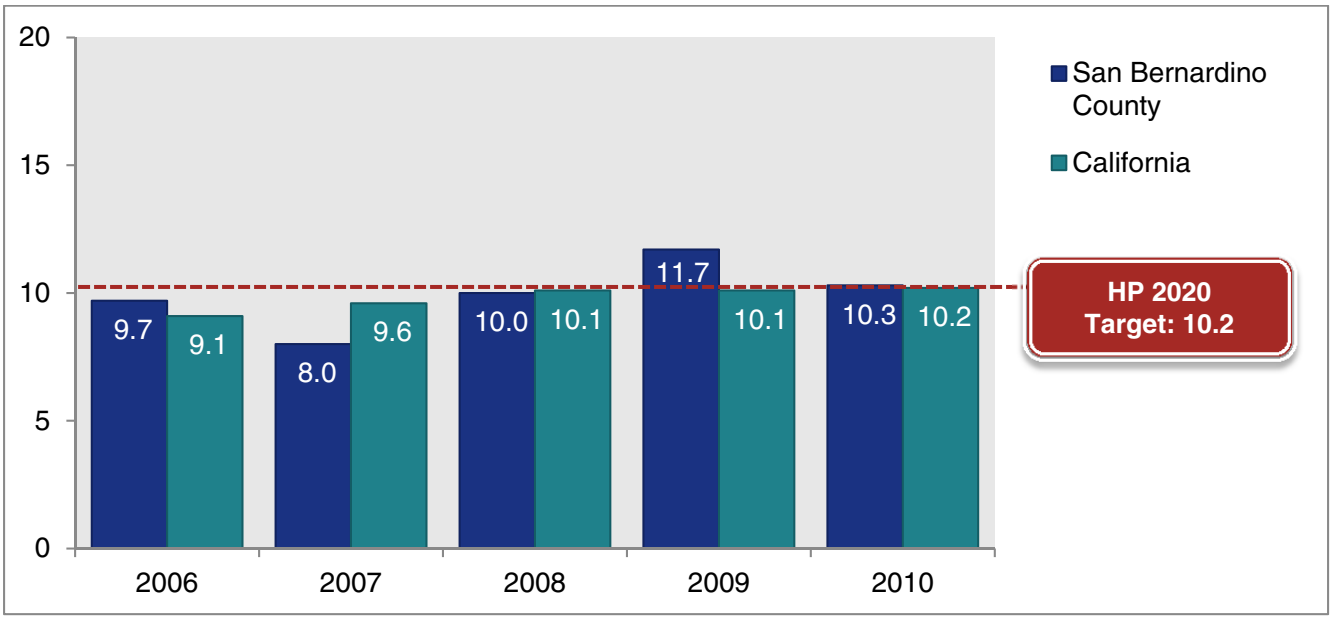
While most individuals with mental health illnesses die of natural causes such as heart disease, cancer, stroke, respiratory illnesses, and lung disease, the percentage of mental health clients who die from accidents, including motor vehicle accidents and suicide are higher than those of the general population.[35] Deaths from suicide are now higher than deaths from motor vehicle accidents, according to a new report from the Centers for Disease Control and Prevention (CDC).[36] According to the CDC, there were 33,687 deaths from motor vehicle crashes and 38,364 suicides in the United States in 2010. The greatest increases in suicide rates nation-wide were among people ages 50 to 59 years old (48% to 49%). Among ethnic groups, the greatest increases were among Whites (40%) and Native Americans and Alaska Natives (65%).

***Suicide rates for adults in** San Bernardino County are increasing among Whites and Latinos. One in five 9th graders has seriously considered attempting suicide in the last year.*

The suicide rate in the county was 10.3 per 100,000 individuals in 2010, up from 9.7 per 100,000 in 2006. Similar to the California trend, it was highest for Whites at 20.5 per 100,000 individuals in 2010. For Latinos, it was 5.1 per 100,000 in 2010.

One in five (20%) 9th graders in San Bernardino County reported that they seriously considered attempting suicide in the 12 months prior to the survey in 2009-2011. This was similar to the rates in California overall for 9th graders (19%). There were however, differences across the county based on school districts, with Bear Valley Unified and Morongo Unified School Districts having the highest rate at 24% of 9th graders, as compared to 16% in Rialto Unified and Silver Valley Unified in 2009-2010. When looking only at adults, approximately one in 10 (10%) had seriously contemplated suicide at some point, according to 2009 data.

### Suicide Rate per 100,000 Population




*Source: State of California, Department of Public Health, Death Records. (2010). Vital statistics: Death records, 2006-2010; State of California, Department of Finance. (2007). Race/ethnic population with age and sex detail, 2000-2050. Sacramento, CA.*

## Suicide Rate per 100,000 Population, by Ethnicity

| Ethnicity/Region | 2006 | 2007 | 2008 | 2009 | 2010 | 06-10 Net Change |
|---|---|---|---|---|---|---|
| Latino | | | | | | |
| **San Bernardino County** | **5.1** | **4.3** | **4.8** | **6.5** | **5.1** | **-** |
| California | 3.9 | 4.2 | 4.1 | 4.2 | 4.5 | 0.6 |
| White[1] | | | | | | |
| **San Bernardino County** | **17.4** | **12.5** | **19.0** | **22.6** | **20.5** | **3.1** |
| California | 15.2 | 15.9 | 17.3 | 17.5 | 18.0 | 2.8 |

*Source: State of California, Department of Public Health, Vital Statistics. (2013). Death statistical master files, 2006-2010.*
*Note: Data for American Indian, Asian/Pacific Islander, and African American were not presented because data were statistically unstable due to small number of respondents.*
*[1] White includes unknown ethnicities and other ethnicities (excluding: American Indian, Asian/Pacific Islander, and African American).*

## Percentage of Students Who Seriously Considered Attempting Suicide during the Past 12 Months, by School District and Grade, 2009-2010

| School District[1] | 9th Grade | 11th Grade |
|---|---|---|
| Apple Valley Unified | 18% | 16% |
| Barstow Unified | 20% | 24% |
| Bear Valley Unified | 24% | 17% |
| Chino Valley Unified | 18% | 15% |
| Colton Joint Unified | 21% | 18% |
| Fontana Unified | 20% | 17% |
| Hesperia Unified | 22% | 18% |
| Morongo Unified | 24% | 18% |
| Redlands Unified | 19% | 18% |
| Rialto Unified | 16% | 18% |
| San Bernardino City Unified | 19% | 16% |
| Silver Valley Unified | 16% | 30% |
| Snowline Joint Unified | 22% | 18% |
| Upland Unified | 21% | 15% |
| Victor Valley Union High | 19% | 19% |
| Yucaipa-Calimesa Joint Unified | 22% | 19% |
| **San Bernardino County[2]** | **20%** | **17%** |
| California[2] | 19% | 17% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Seriously considered attempting suicide, Past 12 months, Table A7.3, By school district, 2009-2010, By county and statewide, 2009-2011.*
*Note: Data are most recent available.*
*[1] Only school districts with more than 1,000 students are presented.*
*[2] County and State level data are for 2009-2011*

## Percentage of Adults Who Ever Seriously Thought about Committing Suicide

| | 2009 |
|---|---|
| **San Bernardino County** | **9.9%** |
| California | 8.7% |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2013). Ever seriously thought about committing suicide, 2009.*
*Note: Data are most recent available.*

## Causes of Death

Examining causes of death can provide a great deal of information about the overall health of a community. With knowledge about the common causes of death, attention can be directed toward the conditions with the highest mortality rates so that preventive action can be taken. However, death rates vary by numerous factors including age, race, ethnicity and geography.

According to the Centers for Disease Control, the five major causes of death nationally in 2011 were heart disease, cancer, chronic lower respiratory diseases, stroke, and accidents. Those accounted for 62% of all deaths in the United States. However, the leading causes of death varies depending on age. For children and adults ages one to 44, the leading cause of death was accidents in 2011; for people ages 45-64, it was cancer; and for those 65 years and older, it was heart disease.

There are also big differences in death rates by gender, and ethnicity in the United States. African American males had the highest death rate at 1,101 per 100,000, and Latino females had the lowest rates at 452 per 100,000 in 2011.[37] Since death rates vary by age, the causes of death are presented below using age-adjusted death rates.

The three-year age-adjusted death rate was 885 per 100,000 individuals in the county in 2000-2002, dropping to 778 per 100,000 individuals in 2009-2011. However, the death rate for Whites was 802 per 100,000 individuals as compared to Latinos at 587 per 100,000 in 2010.

***DEATH RATES ARE GOING** down in San Bernardino County over the last decade; however they are much higher for Whites as compared to Latinos.*

Deaths from cancer were the top cause of death in the county at 170 per 100,000 individuals in 2009-2011, followed by deaths from heart disease at 165 per 100,000. There were marked differences in the causes of death by ethnicity; Whites and African Americans died from lung cancer (47 and 42 per 100,000, respecitvely) at more than twice the rate of Latinos (20 per 100,000). African Americans died from diabetes at a higher rate (57 per 100,000) than all other ethnicities.

The highest death rates for all causes of death were in Barstow (1,485 per 100,000), Yucca Valley (1,189 per 100,000), Twentynine Palms (1,125 per 100,000) and the lowest rate was in Apple Valley at 458 per 100,000.

The overall death rate from cancer was highest in Barstow (297) and Highland (257) and lowest in Victorville (106) and Apple Valley (112) per 100,000 in 2009.

## Age-Adjusted Death Rate per 100,000 Population, by Cause of Death, 3-Year Averages

| Cause of Death | 2000-2002 | 2003-2005 | 2006-2008 | 2009-2011 | Healthy People 2020 National Objective |
|---|---|---|---|---|---|
| All Cancer Deaths | | | | | |
| **San Bernardino County** | **194.0** | **185.2** | **168.9** | **170.0** | 160.6 |
| California | 172.7 | 165.1 | 155.9 | 156.4 | |
| Lung Cancer | | | | | |
| **San Bernardino County** | **52.8** | **48.2** | **41.8** | **40.3** | 45.5 |
| California | 44.8 | 41.5 | 38.1 | 36.5 | |
| Coronary Heart Disease | | | | | |
| **San Bernardino County** | **237.1** | **224.1** | **182.8** | **164.8** | 100.8 |
| California | 186.0 | 163.1 | 137.1 | 122.4 | |
| Stroke | | | | | |
| **San Bernardino County** | **58.5** | **55.3** | **44.4** | **43.7** | 33.8 |
| California | 58.9 | 51.7 | 40.8 | 38.1 | |
| Diabetes | | | | | |
| **San Bernardino County** | **29.7** | **31.0** | **30.6** | **33.9** | None |
| California | 21.0 | 22.3 | 21.1 | 20.2 | |
| Accidents (Unintentional Injuries) | | | | | |
| **San Bernardino County** | **28.9** | **30.6** | **28.6** | **25.6** | 36.0 |
| California | 27.6 | 30.0 | 29.7 | 27.6 | |
| Drug-Induced | | | | | |
| **San Bernardino County** | **9.0** | **11.2** | **10.6** | **9.8** | 11.3 |
| California | 8.6 | 10.2 | 10.6 | 10.9 | |
| Motor Vehicle Accidents | | | | | |
| **San Bernardino County** | **15.6** | **17.5** | **14.2** | **9.9** | 12.4 |
| California | 11.1 | 12.2 | 10.3 | 7.5 | |
| Firearm-Related | | | | | |
| **San Bernardino County** | **12.2** | **12.1** | **10.1** | **8.9** | 9.2 |
| California | 9.5 | 9.4 | 8.5 | 7.8 | |
| Homicide | | | | | |
| **San Bernardino County** | **7.9** | **9.0** | **7.2** | **6.0** | 5.5 |
| California | 6.5 | 6.8 | 6.3 | 5.2 | |
| All Causes of Death | | | | | |
| **San Bernardino County** | **885.4** | **895.0** | **795.0** | **778.1** | None |
| California | 745.0 | 716.7 | 666.4 | 654.9 | |

*Source: California Department of Health Services. (2013). County health status profiles, 2000 – 2011.*

## Age-Adjusted Death Rate per 100,000 Population, by Selected Ethnicities, San Bernardino County

| Cause of Death/ Ethnicity | 2006 | 2007 | 2008 | 2009 | 2010 |
|---|---|---|---|---|---|
| All Cancer Deaths | | | | | |
| White | 205.5 | 188.7 | 179.3 | 181.6 | 176.7 |
| Latino | 128.2 | 129.7 | 127.5 | 131.2 | 122.3 |
| African American | 166.3 | 196.8 | 185.7 | 188.6 | 192.1 |
| Asian | 126.9 | 119.0 | 105.9 | 109.9 | 107.1 |
| Lung Cancer | | | | | |
| White | 56.3 | 51.2 | 50.1 | 48.9 | 47.0 |
| Latino | 20.0 | 23.1 | 20.3 | 19.9 | 19.5 |
| African American | 45.0 | 44.9 | 43.3 | 47.8 | 42.4 |
| Asian | ^ | 25.6 | ^ | 18.1 | 27.1 |
| Diseases of the Heart and Circulatory System | | | | | |
| White | 364.3 | 326.6 | 301.9 | 294.8 | 284.4 |
| Latino | 238.9 | 237.0 | 218.2 | 213.5 | 205.3 |
| African American | 370.8 | 370.4 | 343.5 | 312.0 | 297.5 |
| Asian | 183.9 | 149.9 | 145.3 | 188.8 | 171.4 |
| Diabetes | | | | | |
| White | 27.6 | 26.2 | 24.3 | 22.6 | 28.6 |
| Latino | 39.1 | 44.3 | 41.6 | 33.8 | 42.9 |
| African American | 46.6 | 50.8 | 43.3 | 44.3 | 56.5 |
| Asian | ^ | ^ | 26.8 | 25.3 | 30.6 |
| Accidents (Unintentional Injuries) | | | | | |
| White | 35.1 | 37.4 | 31.8 | 30.0 | 28.6 |
| Latino | 27.9 | 27.6 | 21.6 | 22.2 | 20.5 |
| African American | 27.9 | 22.2 | 16.9 | 24.5 | 21.8 |
| Asian | ^ | 23.7 | ^ | ^ | ^ |
| Motor Vehicle Accidents | | | | | |
| White | 17.9 | 19.3 | 13.9 | 11.4 | 11.6 |
| Latino | 17.1 | 16.8 | 12.0 | 10.3 | 7.5 |
| African American | 13.4 | 10.2 | ^ | 12.9 | 10.1 |
| Asian | ^ | 19.1 | ^ | ^ | ^ |
| Homicide | | | | | |
| White | 4.7 | 3.3 | 3.8 | 3.7 | 3.2 |
| Latino | 8.0 | 7.9 | 6.1 | 6.5 | 5.5 |
| African American | 22.6 | 24.1 | 13.9 | 17.2 | 14.7 |
| Asian | ^ | ^ | ^ | ^ | ^ |

| Cause of Death/ Ethnicity | 2006 | 2007 | 2008 | 2009 | 2010 |
|---|---|---|---|---|---|
| All Causes of Death | | | | | |
| White | 954.6 | 866.3 | 838.3 | 813.6 | 801.6 |
| Latino | 662.7 | 654.0 | 626.8 | 600.9 | 586.5 |
| African American | 936.1 | 921.3 | 855.5 | 810.5 | 823.4 |
| Asian | 487.9 | 427.3 | 399.5 | 438.8 | 419.1 |

*Source: State of California, Department of Public Health, Death Records. (2010). Vital statistics: Death records, 2006 – 2010.*
*Note: American Indian, Pacific Islander, and Two or more races were not presented due to a small number of deaths each year.*
*^ Number of cases less than 20 are too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*

### Number and Age-Adjusted Death Rates per 100,000 Population, for Selected Causes of Death, 2009

| City | All Cancers | | Heart Disease | | Stroke | | All Causes | |
|---|---|---|---|---|---|---|---|---|
| | # | Rate | # | Rate | # | Rate | # | Rate |
| Adelanto | 19 | ^ | 36 | 316.5 | 7 | ^ | 142 | 984.1 |
| Apple Valley | 93 | 112.4 | 116 | 146.2 | 21 | 25.8 | 370 | 458.3 |
| Barstow | 62 | 297.4 | 92 | 456.2 | 18 | ^ | 308 | 1,485.1 |
| Big Bear Valley | 33 | 149.6 | 33 | 188.6 | 8 | ^ | 114 | 624.1 |
| Chino | 78 | 147.6 | 89 | 197.8 | 22 | 54.7 | 345 | 707.3 |
| Chino Hills | 79 | 154.9 | 63 | 155.5 | 15 | ^ | 259 | 577.8 |
| Colton | 75 | 217.1 | 58 | 188.4 | 11 | ^ | 293 | 853.4 |
| Fontana | 169 | 150.9 | 182 | 196.3 | 47 | 55.8 | 758 | 727.4 |
| Grand Terrace | 18 | ^ | 14 | ^ | 5 | ^ | 80 | 637.3 |
| Hesperia | 146 | 211.0 | 156 | 236.0 | 34 | 53.6 | 623 | 897.6 |
| Highland | 86 | 256.9 | 81 | 274.2 | 11 | ^ | 350 | 1,063.6 |
| Loma Linda | 37 | 145.1 | 55 | 156.5 | 14 | ^ | 196 | 643.1 |
| Montclair | 37 | 134.4 | 55 | 222.0 | 11 | ^ | 182 | 697.2 |
| Needles | 12 | ^ | NA | NA | NA | NA | 57 | 1,039.9 |
| Ontario | 188 | 182.4 | 236 | 254.2 | 52 | 55.8 | 797 | 788.0 |
| Rancho Cucamonga | 175 | 143.3 | 166 | 157.8 | 31 | 28.9 | 667 | 585.3 |
| Redlands | 126 | 168.3 | 144 | 176.9 | 44 | 55.8 | 592 | 764.7 |
| Rialto | 101 | 152.2 | 105 | 185.3 | 32 | 57.3 | 453 | 722.0 |
| San Bernardino City | 245 | 165.5 | 343 | 234.0 | 64 | 44.2 | 1,319 | 863.4 |
| Twentynine Palms | 27 | 212.2 | 39 | 334.5 | 12 | ^ | 152 | 1,124.9 |
| Upland | 113 | 152.7 | 137 | 186.2 | 19 | ^ | 481 | NA |
| Victorville | 90 | 105.5 | 110 | 141.4 | 46 | NA | 440 | 528.9 |
| Yucaipa | 92 | 163.9 | 124 | 210.3 | 26 | 43.7 | 487 | 854.7 |
| Yucca Valley | 73 | NA | 92 | 289.9 | 44 | NA | 351 | 1,189.0 |
| **San Bernardino County** | **2,676** | **168.0** | **3,053** | **207.3** | **672** | **46.0** | **11,866** | **762.0** |

*Source: San Bernardino County Department of Public Health. (2013). Deaths and death rates for selected causes of death by race/ethnicity, Residents of San Bernardino County, Cities/towns/communities, and California, 2009.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2010 U.S. Census population data.*
*Note: Data are most recent available.*
*^ Number of cases less than 20 are too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*

## Number of Deaths for Selected Causes of Death, 2009

| City | Motor Vehicle Accidents | Pedal Cyclists and Pedestrian Accidents |
|---|---|---|
| Adelanto | 8 | 1 |
| Apple Valley | 3 | 1 |
| Barstow | 3 | 2 |
| Big Bear Valley | 3 | 2 |
| Chino | 4 | 1 |
| Chino Hills | 3 | 1 |
| Colton | 6 | 1 |
| Fontana | 19 | 3 |
| Grand Terrace | 2 | 1 |
| Hesperia | 9 | 4 |
| Highland | 12 | 2 |
| Loma Linda | 0 | 0 |
| Montclair | 3 | 2 |
| Needles | 0 | 0 |
| Ontario | 11 | 4 |
| Rancho Cucamonga | 5 | 3 |
| Redlands | 7 | 1 |
| Rialto | 32 | 4 |
| San Bernardino City | 18 | 5 |
| Twentynine Palms | 8 | 3 |
| Upland | 7 | 0 |
| Victorville | 11 | 0 |
| Yucaipa | 6 | 0 |
| Yucca Valley | 2 | 2 |
| **San Bernardino County** | **186** | **51** |

*Source: San Bernardino County Department of Public Health. (2013). Deaths and death rates for selected causes of death by race/ethnicity, Residents of San Bernardino County, Cities/towns/communities, and California, 2009.*
*Note: Number of cases are less than 20 and too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2010 U.S. Census population data.*
*Note: Data are most recent available.*

# Health Behaviors

# Health Behaviors Snapshot

of SAN BERNARDINO COUNTY:

| | HP 2020 | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|---|
| **Physical Activity**<br>• Percentage of teens (12-17 years) who met CDC recommendation of 1 hour or more of daily physical activity | 20.2% | 15.2% | 19.0% | NA |
| **Nutrition**<br>• Percentage of 7th grade students who ate breakfast in the past day | NA | 67% | 62% | ↑ |
| **Alcohol, Tobacco, and Other Drug Use**<br>• Percentage of 11th grade students who reported any alcohol or drug use in the past 30 days | NA | 39% | 42% | NA |

*↑ Increasing (Upward) trend; ↓ Declining (Downward) trend; ↔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Physical Activity

According to the Centers for Disease Control and Prevention (CDC), regular physical activity largely reduces the risk of coronary heart disease - the nation's leading cause of death - and decreases the risk of stroke, colon cancer, diabetes, and high blood pressure.[38] It also helps control weight, improves bone health, strengthens muscles and joints, reduces falls among older adults, helps relieve the pain of arthritis, reduces symptoms of anxiety and depression, and is linked with fewer hospitalizations, physician visits, and prescribed medications. The CDC recommends 30 minutes of moderate-intensity physical activity five or more times a week for adults and 60 minutes or more each day for children.

***SAN BERNARDINO COUNTY STUDENTS*** *and adults are exercising less than their peers in California.*

Data regarding physical activity among adults is limited and therefore adults who walked for transportation, fun, or exercise in the past seven days is used as a proxy measure. Fewer adults in San Bernardino County walked than in California as a whole. In San Bernardino County, African American adults had the highest percentages of those who walked (83%), followed by Latinos (75%) and Whites (74%) in 2009. Further, African Americans had the highest increase in walking, from 66% of adults in 2003 to 83% in 2009.

Less than 20% of teens (ages 12-17) in San Bernardino County met the CDC recommendation of 60 minutes of physical activity every day, greater than in California at 15% in 2009.

California students are assessed for whether they achieve six physical fitness standards in 5th, 7th and 9th grades. Students in San Bernardino County had slightly lower levels of achievement of at least five of the six- physical fitness standards as compared to students in California, in the school years 2010-11 and 2011-12. For example, 47% of county 5th graders achieved at least five of the six standards, as compared to 49% of California 5th graders in 2011/12.

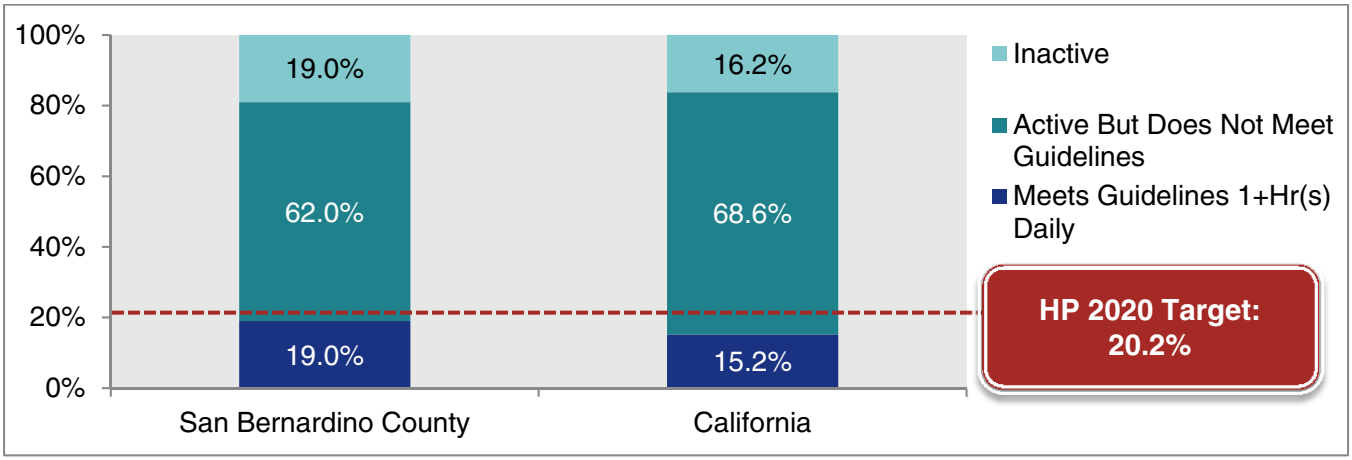
There was a wide range of differences in student fitness achievement depending on the school district in the county. For example, the top three schools for 9th grade achievement of five of six fitness standards were Yucaipa-Calimesa Joint Unified (78%), Bear Valley Unified (72%), and Chino Valley Unified (69%), while the lowest three districts were San Bernardino County Office of Education (28%), Colton Joint Unified (39%), and San Bernardino City Unified (39%).

## Percentage of Adults (18 Years and Older) Who Walked for Transportation, Fun, or Exercise in the Past Seven Days, by Ethnicity

| Ethnicity/Region | 2003 | 2005 | 2009 | 03-09[1] Net Change |
|---|---|---|---|---|
| African American | | | | |
| **San Bernardino County** | **65.9%** | **67.0%** | **83.4%** | **17.5** |
| California | 67.8% | 74.9% | 74.6% | 6.8 |
| Latino | | | | |
| **San Bernardino County** | **65.2%** | **79.3%** | **74.5%** | **9.3** |
| California | 74.5% | 79.0% | 79.1% | 4.6 |
| White | | | | |
| **San Bernardino County** | **65.7%** | **70.2%** | **73.9%** | **8.2** |
| California | 72.8% | 76.8% | 76.4% | 3.6 |
| All Ethnic Groups | | | | |
| **San Bernardino County** | **65.7%** | **73.8%** | **74.7%** | **9.0** |
| California | 73.0% | 77.9% | 77.2% | 4.2 |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Walked for transportation, fun, or exercise, 2003-2009.*
*Note: Data for American Indian/Alaska Native, Native Hawaiian/Pacific Islander, Asian, and Two or More Races were not presented because data were statistically unstable due to small number of respondents.*
*Note: Data presented are the most recent available.*
*[1] Question was not asked in 2007.*

## Percentage of Teens (12-17 Years) Who Were Physically Active in a Typical Week, 2009




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Number of days physically active at least one hour in a typical week. 2003-2009.*
*Note: Data presented are the most recent available.*

## Percentage of Students Achieving at Least 5 Out of 6 Physical Fitness Standards, by Grade

| Grade | 2010-11 | 2011-12 |
|---|---|---|
| 5th Grade | | |
| **San Bernardino County** | **46.3%** | **46.6%** |
| California | 48.4% | 48.6% |
| 7th Grade | | |
| **San Bernardino County** | **52.1%** | **52.8%** |
| California | 54.9% | 55.0% |
| 9th Grade | | |
| **San Bernardino County** | **53.8%** | **53.5%** |
| California | 59.4% | 59.4% |

*Source: California Department of Education, Statewide Assessment Division. (2013). Physical fitness testing results, 2010–2012. .*
*Note: The Fitness Areas include Aerobic Capacity, Body Composition, Abdominal Strength, Trunk Extensor Strength, Upper Body Strength, and Flexibility.*

## Percentage of Students Achieving at Least 5 Out of 6 Physical Fitness Standards, 2011-12

| School District[1] | 5th Grade | 7th Grade | 9th Grade |
|---|---|---|---|
| Adelanto Elementary | 40.7% | 52.3% | NA |
| Alta Loma Elementary | 61.8% | 61.9% | NA |
| Apple Valley Unified | 53.6% | 48.6% | 51.8% |
| Barstow Unified | 39.2% | 58.4% | 67.4% |
| Bear Valley Unified | 51.4% | 56.0% | 72.1% |
| Central Elementary | 61.5% | 73.5% | NA |
| Chaffey Joint Union High | NA | NA | 61.1% |
| Chino Valley Unified | 54.8% | 63.9% | 69.4% |
| Colton Joint Unified | 35.6% | 45.6% | 38.6% |
| Cucamonga Elementary | 55.9% | 71.6% | NA |
| Etiwanda Elementary | 61.9% | 68.5% | NA |
| Fontana Unified | 38.5% | 44.5% | 50.2% |
| Hesperia Unified | 47.1% | 56.6% | 48.0% |
| Lucerne Valley Unified | 33.8% | 35.5% | 43.2% |
| Morongo Unified | 48.5% | 50.6% | 66.7% |
| Mountain View Elementary | 63.6% | 61.6% | NA |
| Ontario-Montclair Elementary | 40.6% | 42.9% | NA |
| Oro Grande Elementary | 63.3% | 55.0% | 59.4% |
| Redlands Unified | 49.3% | 58.0% | 56.6% |
| Rialto Unified | 40.2% | 45.5% | 52.7% |
| Rim of the World Unified | 65.6% | 67.5% | 56.9% |
| San Bernardino City Unified | 40.9% | 42.9% | 39.0% |
| San Bernardino County Office of Education | 9.1% | 25.3% | 27.7% |
| Silver Valley Unified | 64.6% | 59.7% | 47.7% |
| Snowline Joint Unified | 41.6% | 61.6% | 64.6% |
| Upland Unified | 52.7% | 67.5% | 60.2% |
| Victor Elementary | 42.8% | NA | NA |
| Victor Valley Union High | NA | 45.3% | 49.3% |
| Yucaipa-Calimesa Joint Unified | 65.6% | 64.4% | 77.5% |

*Source: California Department of Education, Statewide Assessment Division. (2013). Physical fitness testing results, 2008-2010.*

*Note: The Fitness Areas include Aerobic Capacity, Body Composition, Abdominal Strength, Trunk Extensor Strength, Upper Body Strength, and Flexibility.*

*[1] Only school districts with more than 1,000 students are presented.*

# Nutrition

Eating breakfast is important for weight control and to provide focus and energy for the day.[39] Children who eat breakfast are better able to pay attention, perform problem-solving tasks, have fewer school absences, and have better behavior in school.[40]

***ONLY ABOUT HALF OF** San Bernardino County students in 9th and 11th grades ate breakfast the day before the survey.*

Only slightly more than half of 9th and 11th graders (54%) in the county had eaten breakfast in the past day in 2009-2011. Further, a smaller percentage of San Bernardino County students in 7th, 9th, and 11th grades ate breakfast as compared to students in California overall between 2007 and 2011. For example, 62% of county 7th graders ate breakfast in the day prior to the survey, as compared to 67% of 7th graders overall in California in 2009-2011. However, there were slight increases (about 3 to 4 percentage points) in county students from 7th, 9th and 11th grades eating breakfast between 2007 and 2011.

There were large differences in the percentage of children eating breakfast based on their school district. For example, 62% of 11th graders ate breakfast the day prior to the survey in Redlands Unified School District compared to 45% in Barstow Unified School District in 2008-2010.

### PERCENTAGE OF STUDENTS WHO ATE BREAKFAST IN THE PAST DAY

| Grade | 2007-2009 | 2008-2010 | 2009-2011 | 07-11 Net Change |
|---|---|---|---|---|
| 7th Grade | | | | |
| **San Bernardino County** | **59%** | **62%** | **62%** | **3.0** |
| California | 65% | 67% | 67% | 2.0 |
| 9th Grade | | | | |
| **San Bernardino County** | **50%** | **54%** | **54%** | **4.0** |
| California | 58% | 60% | 60% | 2.0 |
| 11th Grade | | | | |
| **San Bernardino County** | **50%** | **54%** | **54%** | **4.0** |
| California | 57% | 59% | 59% | 2.0 |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Eating of breakfast, Table A7.1, 2007 – 2009, 2008 – 2010, and 2009 – 2011.*
*Note: Each three-year period represents two academic years. For example, the 2009 – 2011 data represent the 2009 – 2010 and 2010 – 2011 academic years.*

## Percentage of Students Who Ate Breakfast in the Past Day, 2008-2010

| School District[1] | 7th Grade | 9th Grade | 11th Grade |
|---|---|---|---|
| Adelanto Elementary | 59% | NA | NA |
| Alta Loma Elementary | 69% | NA | NA |
| Apple Valley Unified | 54% | 57% | 55% |
| Barstow Unified | 53% | 47% | 45% |
| Bear Valley Unified | 61% | 67% | 58% |
| Central Elementary | 65% | NA | NA |
| Chaffey Joint Union High | NA | 55% | 57% |
| Chino Valley Unified | 65% | 63% | 60% |
| Colton Joint Unified | 58% | 55% | 49% |
| Cucamonga Elementary | 65% | NA | NA |
| Etiwanda Elementary | 68% | NA | NA |
| Fontana Unified | 56% | 52% | 52% |
| Hesperia Unified | 64% | 45% | 46% |
| Morongo Unified | 62% | 50% | 50% |
| Mountain View Elementary | 64% | NA | NA |
| Ontario-Montclair Elementary | 57% | NA | NA |
| Redlands Unified | 74% | 65% | 62% |
| Rialto Unified | 61% | 54% | 50% |
| San Bernardino City Unified | 54% | 45% | 47% |
| Silver Valley Unified | 60% | 48% | 57% |
| Snowline Joint Unified | 69% | 57% | 61% |
| Upland Unified | 72% | 60% | 58% |
| Victor Valley Union High | 65% | 54% | 57% |
| Yucaipa-Calimesa Joint Unified | 67% | 60% | 58% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Eating of breakfast, Table A7.1, 2007 – 2009, 2008 – 2010, and 2009 – 2011.*

*Note: Each three-year period represents two academic years. For example, the 2009 – 2011 data represent the 2009 – 2010 and 2010 – 2011 academic years.*

*[1] Only school districts with more than 1,000 students are presented.*

## Alcohol, Tobacco, and Other Drug Use

In the United States, binge drinking is usually defined as having five or more drinks on one occasion in about two hours. This behavior greatly increases the chances of getting hurt or hurting others due to car crashes, violence, and suicide. One-fourth of the alcohol consumed by adults in the United States is in the form of binge drinking. Binge drinking is commonly associated with college students, and the age group with the greatest number of binge drinkers is 18-34 years old. However, the age group that binge drinks most frequently is 65 years and over. Excessive alcohol consumption, including binge drinking, causes 80,000 deaths in the U.S. each year.[41]

Forty-two percent of San Bernardino County 11th graders reported using alcohol or any other drug in the past 30 days prior to a survey taken in 2009-2011. The rates were highest in Bear Valley Unified where about half (51%) of 11th graders reported using alcohol or another drug in 2009-2010. More than one third (36%) of county 11th graders reported drinking alcohol in the last month, according to the 2009-2011 survey. One in four 11th graders (24%) reported binge drinking in the last month in the county, similar to California at 22%.

***ONE IN FOUR 11TH GRADERS*** *reported binge drinking in the last month and more than one in four adults reported binging in the last year in San Bernardino County. Tobacco use is going down for adults in the county.*

More than one out of four county adults (31%) reported binge drinking in the past year, similar to California, according to 2009 data.

Lung cancer is the number one cause of cancer deaths in the United States. Smoking increases a person's risk of developing lung cancer and chronic lung diseases such as emphysema, heart disease, and stroke. People exposed to secondhand smoke or environmental smoke are also put at greater risk for developing these diseases. Additionally, children exposed to secondhand smoke are at greater risk for Sudden Infant Death Syndrome (SIDS), acute respiratory infections, ear problems, asthma, and have slower lung growth.[42]

Individuals who quit smoking lessen their risk for disease. Tobacco dependence is a chronic condition that often requires repeated interventions. Effective treatments and resources do exist and the CDC reports that there are now more ex-smokers than smokers.

Fourteen percent of county 11th graders reported smoking cigarettes in the last 30 days, similar to the state at 13%, according to 2009-2011 data. Fifteen percent of county adults reported being current tobacco smokers in 2009, down from 20% in 2001. White adults had the highest rates of current smoking at 18% in 2009, followed by African Americans at 15% and Latinos at 8%.

## Percentage of Students Who Reported Any Alcohol or Other Drug Use in the Past 30 Days, by School District and Grade, 2009-2010

| School District[1] | 7th Grade | 9th Grade | 11th Grade | Healthy People Objective 2020 Target |
|---|---|---|---|---|
| Apple Valley Unified | 29% | 32% | 39% | 16.6% |
| Barstow Unified | 21% | 38% | 35% | |
| Bear Valley Unified | 15% | 36% | 51% | |
| Chino Valley Unified | 16% | 29% | 39% | |
| Colton Joint Unified | 24% | 41% | 44% | |
| Fontana Unified | 26% | 38% | 41% | |
| Hesperia Unified | 21% | 33% | 44% | |
| Morongo Unified | 21% | 33% | 39% | |
| Redlands Unified | 9% | 23% | 38% | |
| Rialto Unified | 20% | 37% | 36% | |
| San Bernardino City Unified | 29% | 37% | 42% | |
| Silver Valley Unified | 20% | 36% | 38% | |
| Snowline Joint Unified | 20% | 32% | 35% | |
| Upland Unified | 13% | 30% | 34% | |
| Victor Valley Union High | 23% | 35% | 42% | |
| Yucaipa-Calimesa Joint Unified | 14% | 36% | 42% | |
| **San Bernardino County**[2] | **21%** | **34%** | **42%** | |
| California[2] | 16% | 29% | 39% | |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013)., Current alcohol and other drug use, Past 30 days, Table A4.3, By school district, 2009-2010, By county and statewide, 2009-2011.*

*[1] Only school districts with more than 1,000 students are presented.*

*[2] County and state data are 2009-2011.*

## Percentage of Students Who Reported Drinking Alcohol in the Past 30 Days, by School District and Grade, 2009-2010

| School District[1] | 7th Grade | 9th Grade | 11th Grade |
|---|---|---|---|
| Apple Valley Unified | 25% | 26% | 32% |
| Barstow Unified | 18% | 31% | 29% |
| Bear Valley Unified | 15% | 32% | 45% |
| Chino Valley Unified | 12% | 25% | 35% |
| Colton Joint Unified | 20% | 32% | 39% |
| Fontana Unified | 19% | 31% | 35% |
| Hesperia Unified | 17% | 27% | 37% |
| Morongo Unified | 17% | 26% | 35% |
| Redlands Unified | 8% | 19% | 33% |
| Rialto Unified | 16% | 31% | 31% |
| San Bernardino City Unified | 23% | 30% | 36% |
| Silver Valley Unified | 16% | 32% | 32% |
| Snowline Joint Unified | 15% | 25% | 31% |
| Upland Unified | 11% | 22% | 23% |
| Victor Valley Union High | 18% | 27% | 34% |
| Yucaipa-Calimesa Joint Unified | 13% | 30% | 36% |
| **San Bernardino County[2]** | **16%** | **28%** | **36%** |
| California[2] | 13% | 24% | 33% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Current alcohol and other drug use, Past 30 days, Table A4.3, By school district, 2009-2010, By county and statewide, 2009-2011.*

*[1] Only school districts with more than 1,000 students are presented.*

*[2] County and state data are 2009-2011.*

## Percentage of Students Who Reported Binge Drinking in the Past 30 Days, by School District and Grade, 2009-2010

| School District[1] | 7th Grade | 9th Grade | 11th Grade | Healthy People Objective 2020 Target |
|---|---|---|---|---|
| Apple Valley Unified | 17% | 16% | 22% | 8.6% |
| Barstow Unified | 9% | 20% | 20% | |
| Bear Valley Unified | 6% | 21% | 36% | |
| Chino Valley Unified | 6% | 15% | 22% | |
| Colton Joint Unified | 11% | 21% | 28% | |
| Fontana Unified | 9% | 18% | 23% | |
| Hesperia Unified | 8% | 17% | 28% | |
| Morongo Unified | 9% | 16% | 24% | |
| Redlands Unified | 3% | 12% | 21% | |
| Rialto Unified | 6% | 18% | 18% | |
| San Bernardino City Unified | 12% | 17% | 23% | |
| Silver Valley Unified | 9% | 19% | 24% | |
| Snowline Joint Unified | 7% | 16% | 22% | |
| Upland Unified | 4% | 13% | 16% | |
| Victor Valley Union High | 8% | 16% | 20% | |
| Yucaipa-Calimesa Joint Unified | 7% | 21% | 24% | |
| **San Bernardino County**[2] | **8%** | **17%** | **24%** | |
| California[2] | 5% | 15% | 22% | |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013).Current binge (episodic heavy) drinking, Past 30 days, Table A4.7, By school district, 2009-2010, By county and statewide, 2009-2011*

*Note: Binge drinking is considered five or more drinks of alcohol in a row within a two-hour period*

*[1] Only school districts with more than 1,000 students are presented.*

*[2] County and state data are 2009-2011.*

## Percentage of Adults (18 Years and Older) Who Reported Binge Drinking in the Past Year, by Ethnicity

| Ethnicity/Region | 2007 | 2009 | Healthy People Objective 2020 Target |
|---|---|---|---|
| Latino | | | 24.4% |
| **San Bernardino County** | **33.5%** | **30.0%** | |
| California | 32.4% | 33.1% | |
| White | | | |
| **San Bernardino County** | **30.4%** | **36.2%** | |
| California | 32.0% | 34.3% | |
| Other Ethnicity | | | |
| **San Bernardino County** | **18.6%** | **19.2%** | |
| California | 20.2% | 22.0% | |
| All Ethnicities | | | |
| **San Bernardino County** | **29.7%** | **30.6%** | |
| California | 29.7% | 31.3% | |

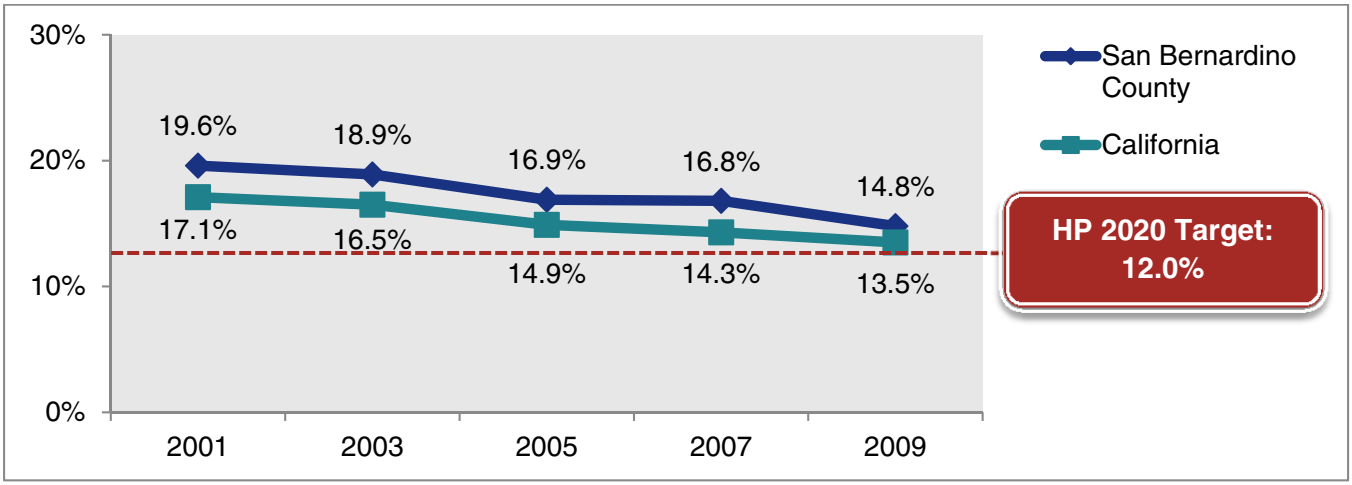
*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2013). Binge drinking in the past year by race/ethnicity, 2007 and 2009.*
*Note: Other Ethnicity includes African American, American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and Two or More Races because individual data were statistically unstable.*

## Percentage of Students Who Reported Smoking Cigarettes in the Past 30 Days, by School District and Grade Level, 2009-2010

| School District[1] | 7th Grade | 9th Grade | 11th Grade | Healthy People Objective 2020 Target |
|---|---|---|---|---|
| Apple Valley Unified | 15% | 11% | 15% | 16.0% |
| Barstow Unified | 8% | 14% | 15% | |
| Bear Valley Unified | 8% | 11% | 24% | |
| Chino Valley Unified | 4% | 11% | 14% | |
| Colton Joint Unified | 9% | 12% | 17% | |
| Fontana Unified | 7% | 12% | 12% | |
| Hesperia Unified | 8% | 12% | 14% | |
| Morongo Unified | 9% | 12% | 11% | |
| Redlands Unified | 4% | 8% | 13% | |
| Rialto Unified | 4% | 9% | 11% | |
| San Bernardino City Unified | 9% | 11% | 13% | |
| Silver Valley Unified | 8% | 16% | 23% | |
| Snowline Joint Unified | 5% | 10% | 15% | |
| Upland Unified | 4% | 8% | 18% | |
| Victor Valley Union High | 8% | 11% | 13% | |
| Yucaipa-Calimesa Joint Unified | 6% | 17% | 16% | |
| **San Bernardino County**[2] | **6%** | **11%** | **14%** | |
| California[2] | 5% | 9% | 13% | |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Any and daily use of cigarettes and smokeless tobacco, Past 30 days, Table A5.3, By school district, 2009-2010, By county and statewide, 2009-2011.*
*Note: This table does not include smokeless tobacco use data.*
*[1] Only school districts with more than 1,000 students are presented.*
*[2] County and state data are 2009-2011.*

## Percentage of Adults (18 Years and Older) Who Currently Smoke




*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Smoking status: Current, former, and never, 2001, 2003, 2005, 2007, 2009.*

## Percentage of Adults (18 Years and Older) Who Currently Smoke, by Ethnicity

| Ethnicity/Region | 2001 | 2003 | 2005 | 2007 | 2009 | 01-09 Net Change |
|---|---|---|---|---|---|---|
| African American | | | | | | |
| **San Bernardino County** | **26.2%** | **22.3%** | **15.5%[1]** | **21.6%** | **15.2%** | **-11.0** |
| California | 22.0% | 19.9% | 18.2% | 21.9% | 16.5% | -5.5 |
| Latino | | | | | | |
| **San Bernardino County** | **13.7%** | **13.5%** | **13.0%** | **12.1%** | **8.4%** | **-5.3** |
| California | 15.0% | 14.8% | 13.4% | 12.7% | 12.5% | -2.5 |
| White | | | | | | |
| **San Bernardino County** | **23.9%** | **23.0%** | **21.8%** | **21.4%** | **17.6%** | **-6.3** |
| California | 18.1% | 17.2% | 15.8% | 14.8% | 14.1% | -4.0 |

*Source: California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Smoking status: Current, former, and never, by race/ethnicity, 2001, 2003, 2005, 2007, 2009.*

*[1]Data are statistically unstable*

*Note: Data for American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and Two or More Races were not presented because data were statistically unstable due to small number of respondents.*

*Note: Data are most recent available.*

# Infant Health

# Infant Health Snapshot

of SAN BERNARDINO COUNTY:

| | HP 2020 | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|---|
| **Births**<br>• Number of live births | NA | NA | 30,573 | ↓ |
| **Preterm Births**<br>• Percentage of preterm births | 11.4% | 10.0% | 11.2% | ↔ |
| **Teen Births**<br>• Percentage of teen births | NA | 7.7% | 10.1% | ↓ |
| **Breastfeeding**<br>• Percentage of new mothers who breastfed exclusively in the hospital | NA | 60.6% | 56.8% | ↑ |

*↑ Increasing (Upward) trend; ↓ Declining (Downward) trend; ↔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Births

***Overall births are** decreasing substantially in San Bernardino County, especially for Pacific Islanders, Latinos and Native Americans.*

Births are an indication of population growth as well as a demand on a community's infrastructure, such as hospitals and schools. It is imperative to understand birth trends so that communities may plan for and accommodate the needed services for the future.

There were 30,573 births in San Bernardino County in 2011, a steady decline of 13% from 35,193 births in 2007. The most births were to Latino families at 17,843 births in 2011, followed by 7,615 births to White families, and 2,685 births to African American families.

Women who receive adequate prenatal care are more likely to have better birth outcomes. Eighty-two percent of births in 2011 were to mothers who received prenatal care during their first trimester; this percentage met and exceeded the Healthy People 2020 target of 78%.

The U.S. infant mortality rate is higher than those in most other developed countries, and the gap between the U.S. infant mortality rate and the rates for the countries with the lowest infant mortality appears to be widening.[43] In 2010, the infant mortality rate (infant deaths per 1,000 live births) was 5.7 for San Bernardino County residents, 21% higher than the California rate of 4.7.

### Number of Live Births, by Ethnicity, San Bernardino County

| Ethnicity | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 % Change |
|---|---|---|---|---|---|---|
| African American | 2,811 | 2,714 | 2,697 | 2,738 | 2,685 | -4.5% |
| Asian | 1,803 | 1,695 | 1,665 | 1,626 | 1,648 | -8.6% |
| Latino | 21,161 | 20,190 | 18,775 | 18,249 | 17,843 | -15.7% |
| White | 8,629 | 8,360 | 8,093 | 7,925 | 7,615 | -11.8% |
| Native American | 106 | 135 | 112 | 120 | 90 | -15.1% |
| Pacific Islander | 149 | 134 | 110 | 121 | 116 | -22.1% |
| Two or More Races | 534 | 560 | 532 | 588 | 576 | 7.9% |
| **All Race/Ethnic Groups** | **35,193** | **33,788** | **31,984** | **31,367** | **30,573** | **-13.1%** |

*Source: San Bernardino County Department of Public Health. (2013). San Bernardino County live births, By mother's race/ethnicity, first trimester prenatal care, birth weight, and mother's age, 2007 – 2011.*

## Live Birth Rate Per 1,000[1], by City, 2009

| City | Number | Birth Rate | City | Number | Birth Rate |
|---|---|---|---|---|---|
| Adelanto | 653 | 91.2 | Montclair | 575 | 70.4 |
| Apple Valley | 1,000 | 78.0 | Needles | 0 | - |
| Barstow | 981 | 207.6 | Ontario | 2,944 | 76.9 |
| Big Bear Valley | 204 | 75.3 | Rancho Cucamonga | 1,978 | 53.6 |
| Chino | 1,032 | 58.5 | Redlands | 886 | 59.7 |
| Chino Hills | 785 | 49.1 | Rialto | 1,741 | 76.0 |
| Colton | 997 | 81.4 | San Bernardino City | 4,676 | 97.9 |
| Fontana | 3,822 | 82.3 | Twentynine Palms | 670 | 119.9 |
| Grand Terrace | 152 | 59.5 | Upland | 955 | 61.1 |
| Hesperia | 1,311 | 68.2 | Victorville | 1,531 | 60.2 |
| Highland | 786 | 67.2 | Yucaipa | 632 | 64.6 |
| Loma Linda | 284 | 50.1 | Yucca Valley | 306 | 83.4 |

*Source: San Bernardino County Department of Public Health. (2013). San Bernardino County live births: By mother's race/ethnicity, first trimester prenatal care, birth weight, and mother's age, 2009; California Department of Public Health, Birth Records. (2010). Live births by race/ethnicity, San Bernardino County, 2009.*

*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2010 U.S. Census population data.*

*[1] General Fertility Rate defined as live births per 1,000 females 15-44 years of age.*

# Preterm Births

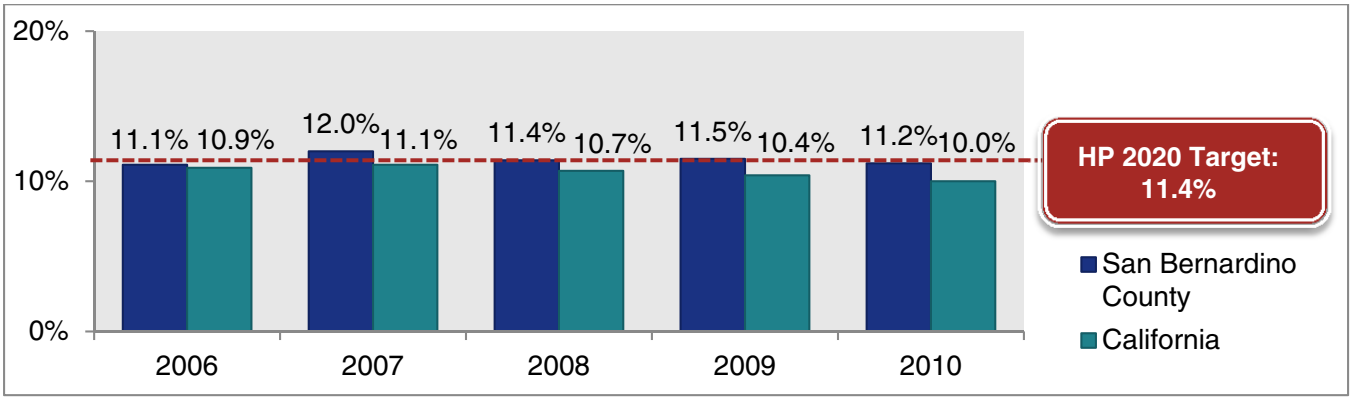
Babies are usually born at about 40 weeks of gestation. However, when a baby is born before 37 weeks, it is considered a preterm birth. Some of the factors that contribute to a preterm birth include being a teen mother or an older mother, a multiple pregnancy (e.g. twins, triplets), the use of fertility drugs, high blood pressure, tobacco use, a short cervix, infections, diabetes, and poor nutrition. African American women are more prone to having preterm births.[44]

***THERE WERE CONSISTENTLY*** *higher rates of preterm births in San Bernardino County than in California overall.*

In San Bernardino County, 11% of births were considered preterm in 2010, higher than in California overall at 10%.

The average newborn weights about seven pounds at birth. A newborn that weighs less than 5.5 pounds at birth is classified as low birth weight. The most common reason for low birth weight is preterm birth. Approximately 7% of all babies in the county were born at low birth weight in 2011; this percentage met the Healthy People 2020 target of 8%.

### PERCENTAGE OF PRETERM BIRTHS




*Source: State of California, Department of Public Health, Birth Records. (2013). Percentage of live births with selected medical characteristics, California counties and selected city health departments, Table 2-22, 2006-2010.*

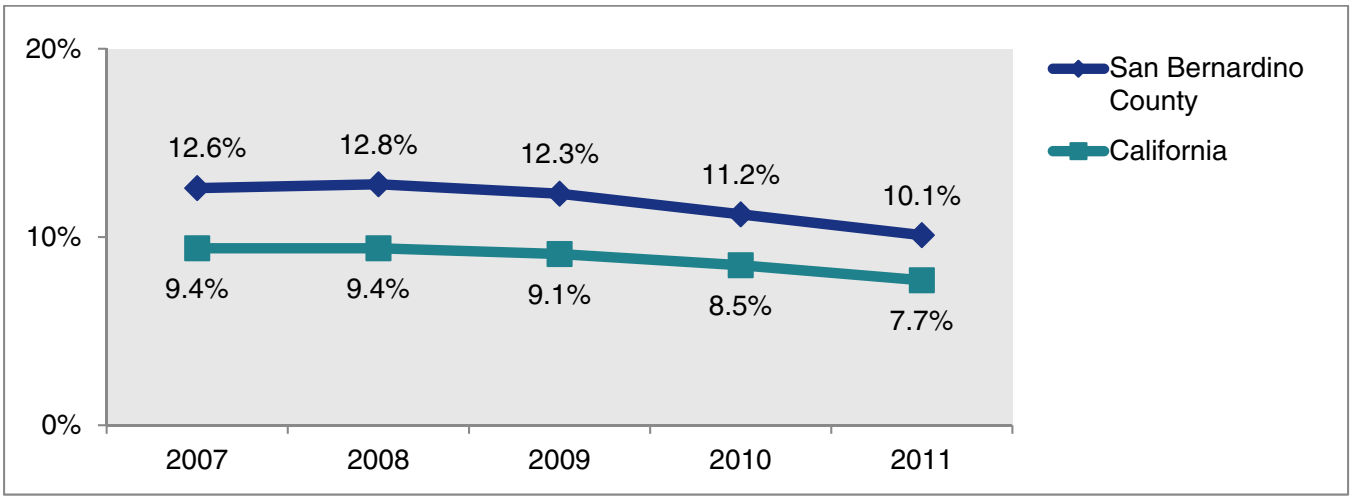
## Teen Births

Teen parents and their children are often at greater risk for experiencing negative short- and long-term consequences in the areas of health, school, and economic success, as compared to parents who wait to have children.[45] Research from the National Campaign to Prevent Teen Pregnancy links teen pregnancy to premature births, low birth weight, and lower school success.[46] For example, children born to teens are 50% more likely to repeat a grade, are less likely to complete high school, and perform lower on standardized tests than children of older mothers.

***THE TEEN BIRTH RATE IS HIGHER IN** San Bernardino County than in California overall, but it has been declining in both the county and the state.*

About 10% of births in the county in 2011 were to teens ages 19 and under. Multi-ethnic teens and African American teens had the highest teen birth rates at 13%-14%.

### TEEN BIRTHS AS A PERCENTAGE OF TOTAL BIRTHS (FOR AGES 19 AND UNDER)




*Source: State of California, Department of Public Health, Birth Records. (2013). Number and percentage of live births to teen mothers, California counties, Table 2-21, 2007-2011.*

## Teen Births as a Percentage of Total Births (Ages 19 and Under), by Ethnicity, San Bernardino County

| Ethnicity | 2007 | 2008 | 2009 | 2010 | 2011 | 07-11 Net Change |
|---|---|---|---|---|---|---|
| African American | | | | | | |
| Number | 460 | 451 | 442 | 406 | 359 | - |
| Percentage | 16.4% | 16.6% | 16.4% | 14.8% | 13.3% | -3.1 |
| Asian | | | | | | |
| Number | 43 | 29 | 32 | 22 | 24 | - |
| Percentage | 2.4% | 1.7% | 1.9% | 1.4% | 1.5% | -0.9 |
| Latino | | | | | | |
| Number | 3,057 | 2,991 | 2,661 | 2,410 | 2,095 | - |
| Percentage | 14.4% | 14.8% | 14.2% | 13.2% | 11.7% | -2.7 |
| White | | | | | | |
| Number | 742 | 728 | 652 | 552 | 507 | - |
| Percentage | 8.6% | 8.7% | 8.1% | 7.0% | 6.7% | -1.9 |
| Native American | | | | | | |
| Number | 17 | 19 | 15 | 14 | 11 | - |
| Percentage | 16.0% | 14.1% | 13.4% | 11.7% | 12.2% | -3.8 |
| Pacific Islander | | | | | | |
| Number | 13 | 12 | 11 | 9 | 9 | - |
| Percentage | 8.7% | 9.0% | 10.0% | 7.4% | 7.8% | -0.9 |
| Two or More Races | | | | | | |
| Number | 90 | 94 | 109 | 93 | 80 | - |
| Percentage | 16.9% | 16.8% | 20.5% | 15.8% | 13.9% | -3.0 |

*Source: San Bernardino County Department of Public Health. (2013). San Bernardino County live births, births by mother's race/ethnicity, San Bernardino County residents, 2007-2011.*

## Teen Birth Rate (Ages 15-17), by City, 2009

| City | Number | Rate per 1,000[1] | City | Number | Rate per 1,000[1] |
|---|---|---|---|---|---|
| Adelanto | 41 | 42.2 | Montclair | 20 | 21.4 |
| Apple Valley | 21 | 11.4 | Needles | - | - |
| Barstow | 41 | 73.7 | Ontario | 98 | 22.4 |
| Big Bear Valley | 4 | ^ | Rancho Cucamonga | 22 | 5.4 |
| Chino | 32 | 17.3 | Redlands | 19 | 12.2 |
| Chino Hills | 8 | ^ | Rialto | 79 | 26.1 |
| Colton | 36 | 26.8 | San Bernardino City | 260 | 45.5 |
| Fontana | 148 | 25.2 | Twentynine Palms | 4 | ^ |
| Grand Terrace | 2 | ^ | Upland | 23 | 13.9 |
| Hesperia | 48 | 17.6 | Victorville | 67 | 20.5 |
| Highland | 36 | 23.4 | Yucaipa | 16 | ^ |
| Loma Linda | 6 | ^ | Yucca Valley | 11 | ^ |

*Source: San Bernardino County Department of Public Health. (2013). San Bernardino County live births, by first trimester prenatal care, birth weight, and mother's age, 2009.*
*^ Number of cases are fewer than 20 and too small to calculate a rate, as small numbers are unstable and can be misinterpreted.*
*Note: There were no births to women who live in Needles in 2009.*
*Note: Rates were calculated by the San Bernardino County Department of Public Health using 2000 U.S. Census population data.*
*[1] Age specific birth rate defined as live births per 1,000 females 15-17 years of age.*

## Breastfeeding

According to the American Academy of Pediatrics (AAP), breastfeeding has health advantages for infants, mothers, families, and society. There is strong evidence that children who are breastfed have fewer infectious diseases, a lower rate of Sudden Infant Death Syndrome (SIDS), and better cognitive development. The social benefits include lower health care costs, parents missing fewer days of work, and less pressure on the environment from manufacturing milk (fewer pesticides, fertilizer, and antibiotics). Because of such benefits, the AAP recommends that infants should be exclusively breastfed for at least six months after birth.[47]

To improve exclusive breastfeeding rates in California, the senate recently passed SB402, which requires all perinatal hospitals in the state to adopt by 2025 the "Ten Steps to Successful Breastfeeding", an equivalent process that includes evidence-based policies and practices, or the California Department of Public Health Model Hospital Policy Recommendations. This bill aims to help improve health outcomes for infants and children.

***New mothers in San Bernardino** County hospitals are breastfeeding at a lower rate than new mothers in California overall. Latino, Asian, and African American mothers are breastfeeding exclusively at lower rates than White and Native American mothers in the county.*

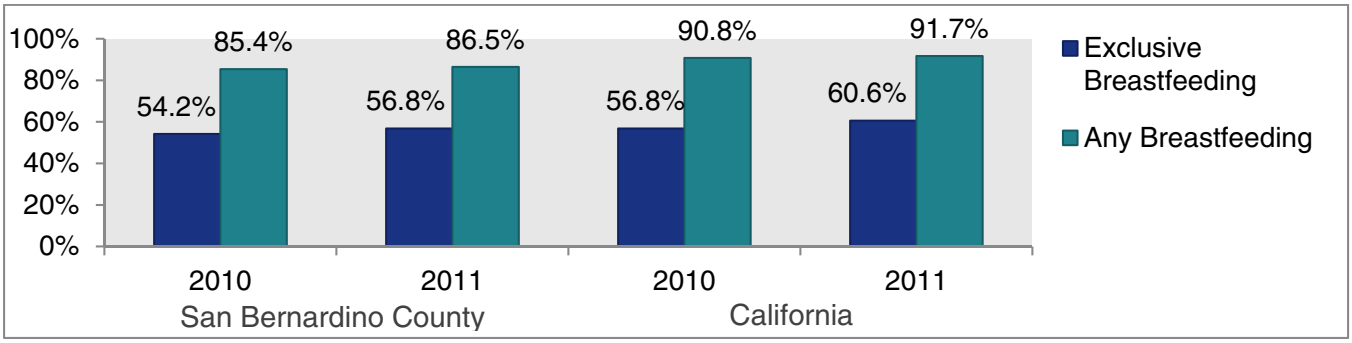
The term "exclusive breastfeeding" means that mothers are only breastfeeding, while "any breastfeeding" means that mothers are supplementing breast milk with infant formula. While both "any breastfeeding" and "exclusive breastfeeding" are displayed in the following pages, the text focuses on exclusive breastfeeding since it is the primary recommendation for new mothers.

New mothers in San Bernardino County hospitals are breastfeeding at a lower rate than new mothers in California overall; 57% of new mothers in the county breastfed exclusively in the hospital as compared to 61% of new mothers in California hospitals overall in 2011. The good news, however, is that exclusive breastfeeding is going up in the county, from 54% of new mothers in 2010 to 57% in 2011.

There were large differences in breastfeeding rates by hospital in the county. For example, 75% of new mothers breastfed exclusively at Kaiser Ontario Medical Center, while only 24% of new mothers at Montclair Hospital Medical Center and 32% of new mothers at Victor Valley Community Hospital breastfed exclusively in 2011.

Similarly, there were large differences in breastfeeding rates by ethnicity in the county. Sixty-eight percent of new mothers who identified as White breastfed exclusively in the hospital, followed by 67% of Native American mothers, 56% of Asian mothers, and 55% of Latino mothers. Less than half of African American mothers (43%) and less than one-third of Pacific Islander mothers (31%) breastfed in the hospital exclusively in 2011.

## In-Hospital Breastfeeding




*Source: California Department of Public Health. (2013). California in-hospital breastfeeding as indicated on the newborn screening test form, Statewide and maternal county of residence by race/ethnicity, 2010.*
*Note: Data presented cannot be compared to data published in prior years due to recent revisions to the NBS data collection tool (NBS Form) as well as changes in their data analysis methodology.*

## In-Hospital Breastfeeding, by Hospital

| Delivery Location | 2010 | 2011 |
|---|---|---|
| Arrowhead Regional Medical Center | | |
| Exclusive Breastfeeding | 75.0% | 68.7% |
| Any Breastfeeding | 86.0% | 84.9% |
| Barstow Community Hospital | | |
| Exclusive Breastfeeding | 56.0% | 62.5% |
| Any Breastfeeding | 77.8% | 79.0% |
| Desert Valley Hospital | | |
| Exclusive Breastfeeding | 32.8% | 41.4% |
| Any Breastfeeding | 79.8% | 79.4% |
| Hi-Desert Medical Center | | |
| Exclusive Breastfeeding | 60.5% | 65.2% |
| Any Breastfeeding | 81.0% | 82.4% |
| Kaiser-Fontana | | |
| Exclusive Breastfeeding | 73.7% | 72.2% |
| Any Breastfeeding | 90.2% | 90.3% |
| Kaiser Ontario Medical Center | | |
| Exclusive Breastfeeding | NA | 75.4% |
| Any Breastfeeding | NA | 92.6% |
| Loma Linda University Hospital | | |
| Exclusive Breastfeeding | 51.6% | 55.6% |
| Any Breastfeeding | 90.9% | 91.1% |

| Delivery Location | 2010 | 2011 |
|---|---|---|
| Montclair Hospital Medical Center | | |
| Exclusive Breastfeeding | 30.0% | 23.7% |
| Any Breastfeeding | 81.5% | 79.1% |
| Redlands Community Hospital | | |
| Exclusive Breastfeeding | 61.1% | 72.8% |
| Any Breastfeeding | 90.0% | 91.8% |
| San Antonio Community Hospital | | |
| Exclusive Breastfeeding | 64.3% | 62.2% |
| Any Breastfeeding | 88.8% | 91.1% |
| San Bernardino Community Hospital | | |
| Exclusive Breastfeeding | 51.4% | 51.5% |
| Any Breastfeeding | 79.4% | 77.0% |
| St. Bernardine Medical Center | | |
| Exclusive Breastfeeding | 60.4% | 58.7% |
| Any Breastfeeding | 84.8% | 85.1% |
| St. Mary Regional Medical Center | | |
| Exclusive Breastfeeding | 52.0% | 52.5% |
| Any Breastfeeding | 83.7% | 86.4% |
| Victor Valley Community Hospital | | |
| Exclusive Breastfeeding | 31.2% | 32.2% |
| Any Breastfeeding | 69.3% | 74.1% |

*Source: California Department of Public Health. (2013). California in-hospital breastfeeding as indicated on the newborn screening test form, Statewide and maternal county of residence by race/ethnicity, 2010.*
*Note: Data presented cannot be compared to data published in prior years due to recent revisions to the NBS data collection tool (NBS Form) as well as changes in their data analysis methodology.*

## In-Hospital Breastfeeding, by Ethnicity, San Bernardino County

| Ethnicity | 2010 | 2011 | 10-11 Net Change |
|---|---|---|---|
| African American | | | |
| Any Breastfeeding | 74.6% | 73.6% | -1.0 |
| Exclusive Breastfeeding | 44.2% | 42.5% | -1.7 |
| Native American | | | |
| Any Breastfeeding | 87.5% | 87.5% | 0.0 |
| Exclusive Breastfeeding | 62.5% | 66.7% | 4.2 |
| Asian | | | |
| Any Breastfeeding | 93.0% | 93.2% | 0.2 |
| Exclusive Breastfeeding | 51.8% | 55.8% | 4.0 |
| Latino | | | |
| Any Breastfeeding | 85.9% | 87.1% | 1.2 |
| Exclusive Breastfeeding | 51.6% | 54.7% | 3.1 |
| Pacific Islander | | | |
| Any Breastfeeding | 82.1% | 71.4% | -10.7 |
| Exclusive Breastfeeding | 48.7% | 31.0% | -17.7 |
| White | | | |
| Any Breastfeeding | 86.8% | 88.4% | 1.6 |
| Exclusive Breastfeeding | 65.4% | 68.3% | 2.9 |
| Other | | | |
| Any Breastfeeding | 89.2% | 93.2% | 4.0 |
| Exclusive Breastfeeding | 51.7% | 60.1% | 8.4 |
| Multiple Race | | | |
| Any Breastfeeding | 86.0% | 88.6% | 2.6 |
| Exclusive Breastfeeding | 58.4% | 59.1% | 0.7 |

*Source: California Department of Public Health. (2013). California in-hospital breastfeeding as indicated on the newborn screening test form, Statewide and maternal county of residence by race/ethnicity, 2010.*
*Note: Data presented cannot be compared to data published in prior years due to recent revisions to the NBS data collection tool (NBS Form) as well as changes in their data analysis methodology.*

# Built and Natural Environment

# Built and Natural Environment Snapshot

of SAN BERNARDINO COUNTY:

| | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|
| **Access to Healthy Foods** | | | |
| • Retail Food Environment Index | 4.18 | 5.72 | NA |
| **Access to Alcohol and Tobacco** | | | |
| • Number of retail alcohol outlets per 1,000 population | 2.10 | 1.57 | NA |
| **Active Transportation** | | | |
| • Number of existing bikeway miles | NA | 464.5 | NA |
| **Air Quality** | | | |
| • Number of days above California 1-hour ozone standard | NA | 94 | ↔ |

*↑ Increasing (Upward) trend; ↓ Declining (Downward) trend; ↔ Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

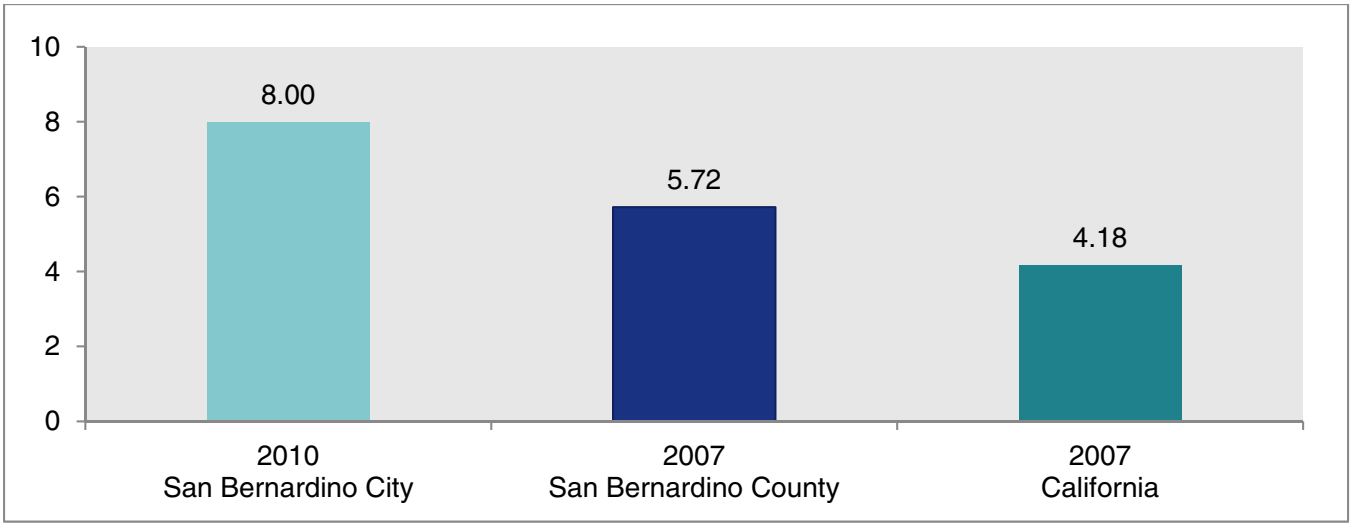
## Access to Healthy Foods

Diets rich in fruits and vegetables may help reduce the risk of chronic disease and cancer.[48] In contrast, people who frequently eat fast food often have fewer healthy meal choices and may consume too much sodium and saturated fat and too little fruit, vegetables, and whole grains. The Retail Food Environment Index (RFEI) is a tool used to evaluate a region's food environment. It is based on the ratio of fast food outlets and convenience stores to the total number of supermarkets and produce vendors in a region. A high RFEI means more fast food and convenience stores than healthy food outlets, and is correlated with higher rates of obesity and diabetes. A two-point increase in the RFEI (for example, from five to seven on the scale) is correlated with a 20%-25% increase in the proportion of residents diagnosed with obesity or diabetes.[49]

> ***San Bernardino County has the*** *highest ratio of fast food restaurants/convenience stores as compared to grocery stores than any county in California.*

San Bernardino County had the worst RFEI in the state; there were 5.72 fast food/convenience store outlets for every one supermarket/produce vendor in the county in 2007, higher than the state ratio of 4.18. There were 0.58 fast food restaurants for every 1,000 residents in the county, and 0.25 grocery stores for every 1,000 residents.

### Retail Food Environment Index[1]




*San Bernardino City Source: The Planning Center/DC&E. (2010). City of San Bernardino environment scan: A model for building communities that support healthy eating and active living.*
*San Bernardino County and California Source: California Center for Public Health Advocacy. (2007). Searching for healthy food: The food landscape in San Bernardino County.*
*Note: San Bernardino City data are from 2010 and San Bernardino County and California data are from 2007.*
*[1] City level data are currently only available for San Bernardino City. Data on other cities will be available in the next year.*

## Fast Food Restaurants per 1,000 Population, by City, 2011

| City | Number of Fast Food Restaurants per 1,000 Population | City | Number of Fast Food Restaurants per 1,000 Population |
|---|---|---|---|
| Adelanto | 0.23 | Needles | 1.22 |
| Apple Valley | 0.54 | Ontario | 0.74 |
| Barstow | 1.44 | Rancho Cucamonga | 0.67 |
| Big Bear Lake | 2.35 | Redlands | 0.99 |
| Chino | 0.59 | Rialto | 0.49 |
| Chino Hills | 0.45 | San Bernardino City | 0.71 |
| Colton | 0.78 | Twentynine Palms | 0.47 |
| Fontana | 0.56 | Upland | 0.89 |
| Grand Terrace | 0.41 | Victorville | 0.69 |
| Hesperia | 0.58 | Yucaipa | 0.55 |
| Highland | 0.47 | Yucca Valley | 0.78 |
| Loma Linda | 0.48 | **San Bernardino County** | **0.58** |
| Montclair | 0.98 | | |

*Source: California Department of Public Health, Network for a Healthy California. (2013). California geographic information system (GIS) map viewer; American Community Survey, United States Census Bureau. (2012). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

## Grocery Stores per 1,000 Population, by City, 2011

| City | Number of Grocery Stores per 1,000 Population | City | Number of Grocery Stores per 1,000 Population |
|---|---|---|---|
| Adelanto | 0.13 | Needles | 0.81 |
| Apple Valley | 0.26 | Ontario | 0.36 |
| Barstow | 0.52 | Rancho Cucamonga | 0.26 |
| Big Bear Lake | 2.54 | Redlands | 0.26 |
| Chino | 0.24 | Rialto | 0.20 |
| Chino Hills | 0.20 | San Bernardino City | 0.29 |
| Colton | 0.46 | Twentynine Palms | 0.08 |
| Fontana | 0.29 | Upland | 0.23 |
| Grand Terrace | 0.32 | Victorville | 0.25 |
| Hesperia | 0.18 | Yucaipa | 0.22 |
| Highland | 0.17 | Yucca Valley | 0.39 |
| Loma Linda | 0.26 | **San Bernardino County** | **0.25** |
| Montclair | 0.38 | | |

*Source: California Department of Public Health, Network for a Healthy California. (2013). California Geographic Information System (GIS) Map Viewer; American Community Survey, United States Census Bureau. (2012). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

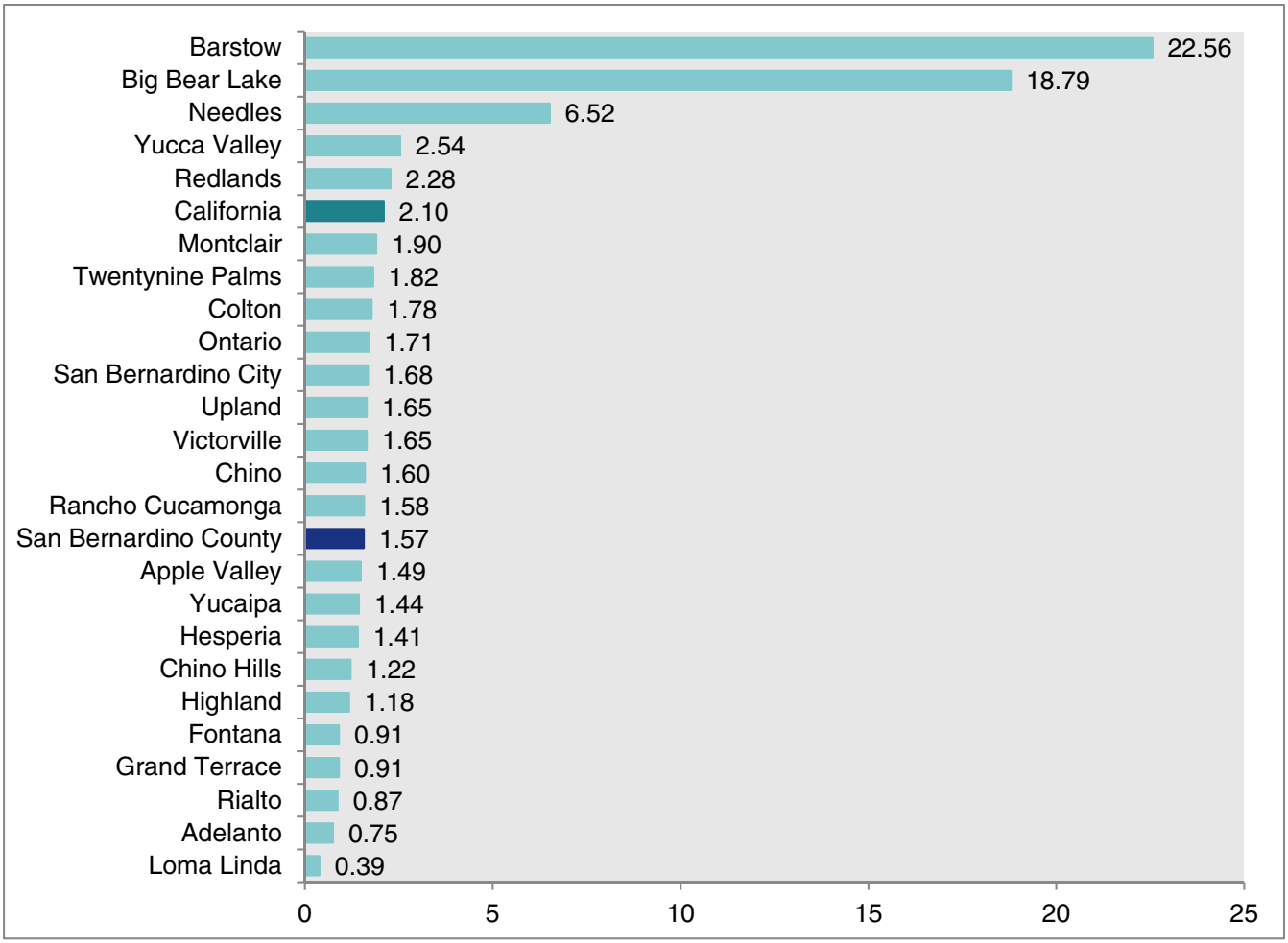
# Access to Alcohol and Tobacco

***THERE WERE 1.57 ALCOHOL** outlets and 0.87 retail tobacco outlets for every 1,000 residents in the county.*

People with greater access to liquor stores and bars are more likely to consume higher levels of alcohol. For example, when there are more alcohol outlets near a university, there is more drinking among the students.[50] When there are more alcohol outlets, there are also more violent crimes, assaults, child maltreatment and abuse, and homicides.[51] In fact, people with more access to liquor stores also tend to have higher levels of hospital contacts for anxiety, stress, and depression.[52] Further, there tend to be more alcohol and tobacco outlets in lower income neighborhoods and in communities of color.[53] It is important therefore, to track the number of alcohol and tobacco outlets in a particular region.

In San Bernardino County, Barstow had the highest number of alcohol outlets at 23 outlets per 1,000 residents in 2011, while Big Bear Lake had the highest number of tobacco outlets at nearly 6 per 1,000 residents in May 2013.

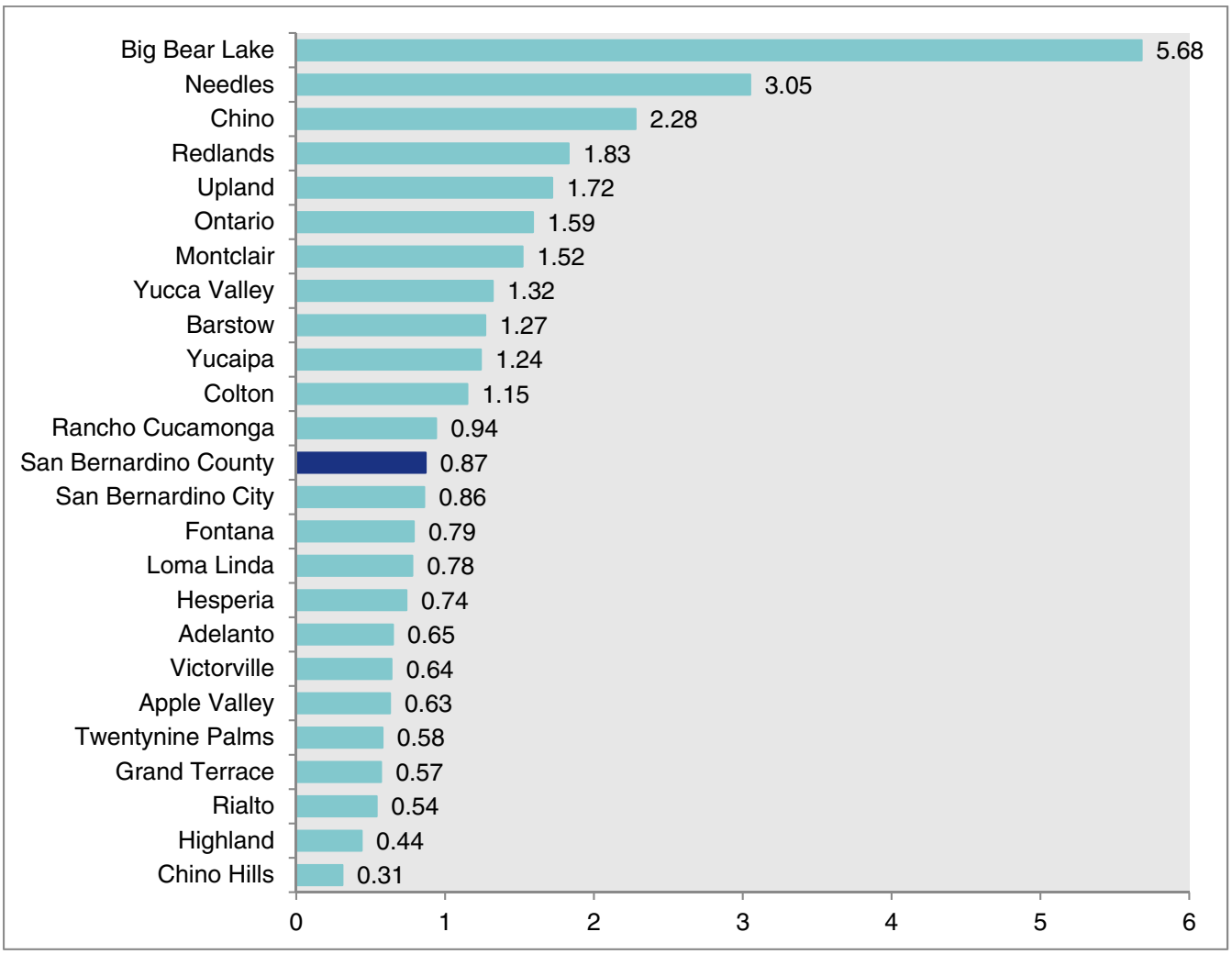
### NUMBER OF RETAIL ALCOHOL OUTLETS PER 1,000 POPULATION, BY CITY, 2011




*Source: State of California, Department of Alcohol Beverage Control. (2011). Alcohol beverage licenses as of June 30, 2011; American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

*Note: Retail alcohol outlets are where alcohol is sold for consumption off premises (supermarkets, liquor stores, etc.) as well as places where alcohol is consumed on the premises (bars, restaurants, etc.).*

## NUMBER OF RETAIL TOBACCO OUTLETS PER 1,000 POPULATION, BY CITY, MAY 2013




*Source: State of California, Board of Equalization, Technology Services Division. (May 2013). Tobacco seller's permits by city; American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

# Active Transportation

The benefits of riding a bicycle include improving health, saving money by not having to purchase a car or gasoline, and producing less impact on the environment.

***NEARLY 1,300 MORE** bikeway miles are planned for San Bernardino County.*

In San Bernardino County, there were a total of 465 bikeway miles in 2011, with another 1,282 miles planned for improvements. Rancho Cucamonga, with almost 112 miles, was the city with the largest number of bikeway miles within the county.

There has been a decline in the number of daily vehicle miles traveled in the county from 59.7 million in 2010 to 58.9 million in 2011, while the rate of daily vehicle miles traveled per 1,000 population has remained at 34.7.

### BIKEWAY MILES, SAN BERNARDINO COUNTY, 2011

| | Bikeway Miles | Rate per 1,000 Population |
|---|---|---|
| Existing | 464.5 | 0.2 |
| Planned | 1,282.1 | - |
| **Total** | **1,746.6** | **0.8** |

*Source: San Bernardino Associated Governments. (2011). San Bernardino County non-motorized transportation plan, March 2011.*
*Note: Total existing plus planned represents a slight over-representation of the future network totals. Totals are for shared use path or bike paths (Class I bikeway), bike lanes (Class II bikeway), and bike routes (Class III bikeway).*

### BIKEWAY MILES, BY CITY, 2011

| City | Existing Bikeway Miles | Rate Per 1,000 Population |
|---|---|---|
| Adelanto | 0 | NA |
| Apple Valley | 32.27 | 0.5 |
| Barstow | 0 | NA |
| Big Bear Lake | 14.66 | 2.9 |
| Chino | 27.49 | 0.4 |
| Chino Hills | 20.42 | 0.3 |
| Colton | 26.83 | 0.5 |
| Fontana | 32.49 | 0.2 |
| Grand Terrace | 3.71 | 0.3 |
| Hesperia | 31.81 | 0.4 |
| Highland | 9.27 | 0.2 |
| Loma Linda | 16.06 | 0.7 |

| City | Existing Bikeway Miles | Rate Per 1,000 Population |
|---|---|---|
| Montclair | 0.85 | 0.0 |
| Needles | NA | NA |
| Ontario | 3.94 | 0.0 |
| Rancho Cucamonga | 111.49 | 0.7 |
| Redlands | 0.35 | 0.0 |
| Rialto | 11.9 | 0.1 |
| San Bernardino City | 16.26 | 0.1 |
| Twentynine Palms | 13.54 | 0.5 |
| Upland | 39.41 | 0.5 |
| Victorville | 0.83 | 0.0 |
| Yucaipa | 18.08 | 0.4 |
| Yucca Valley | 23.41 | 1.1 |

*Source: San Bernardino Associated Governments. (2011). San Bernardino County non-motorized transportation plan, Summary of existing and planned bicycle network centerline mileage, March 2011; American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*
*Note: Totals are for shared use path or bike paths (Class I bikeway), bike lanes (Class II bikeway), and bike routes (Class III bikeway).*

## Daily Vehicle Miles Traveled, Rate per 1,000 Population, by City

| City | 2009 | 2010 | 2011 | 09-11 Net Change |
|---|---|---|---|---|
| Adelanto | 91.9 | 93.9 | 92.0 | 0.1 |
| Apple Valley | 79.6 | 79.5 | 77.4 | -2.2 |
| Barstow | 71.6 | 71.0 | 71.2 | -0.4 |
| Big Bear Lake | 21.5 | 21.7 | 21.5 | - |
| Chino | 93.6 | 93.5 | 92.2 | -1.5 |
| Chino Hills | 144.1 | 144.1 | 142.4 | -1.8 |
| Colton | 86.2 | 85.1 | 72.3 | -13.9 |
| Fontana | 114.0 | 109.5 | 115.3 | 1.3 |
| Grand Terrace | 92.0 | 92.9 | 84.6 | -7.4 |
| Hesperia | 70.1 | 69.9 | 74.2 | 4.1 |
| Highland | 110.8 | 139.7 | 126.9 | 16.1 |
| Loma Linda | 81.3 | 91.1 | 95.2 | 13.9 |
| Montclair | 64.9 | 66.0 | 65.1 | 0.2 |
| Needles | 87.4 | 111.9 | 93.0 | 5.6 |
| Ontario | 84.0 | 82.2 | 84.6 | 0.6 |
| Rancho Cucamonga | 93.0 | 92.3 | 94.3 | 1.3 |
| Redlands | 88.5 | 89.4 | 66.6 | -21.9 |
| Rialto | 99.2 | 104.3 | 112.7 | 13.5 |
| San Bernardino City | 94.9 | 93.4 | 92.8 | -2.1 |
| Twentynine Palms | 129.8 | 126.3 | 127.0 | -2.8 |
| Upland | 93.2 | 91.6 | 89.6 | -3.6 |
| Victorville | 91.0 | 84.4 | 87.8 | -3.2 |
| Yucaipa | 106.4 | 107.0 | 107.6 | 1.2 |
| Yucca Valley | 109.9 | 110.3 | 104.2 | -5.7 |
| **San Bernardino County** | **34.7** | **34.1** | **34.7** | **-** |

*Source: State of California, Department of Transportation, Division of Transportation System Information. (2012). California public road data, 2007 – 2011; State of California, Department of Finance. (November 2012). E-4 population estimates for cities, counties, and the state, 2001-2010, with 2000 & 2010 Census Counts. Sacramento, California; State of California, Department of Finance. (May 2013). E-4 population estimates for cities, counties, and the state, 2011-2013, with 2010 Census Benchmark. Sacramento, California.*
*Note: Of workers 16 and older who do not work at home.*

# Air Quality

***On one out of*** *every four days in San Bernardino County, the ozone level exceeds the California standard.*

Particulate matter and ozone appear to pose the greatest health concerns in California's outdoor air. Long-term exposure to high concentrations of particulate matter and high levels of ozone (which creates smog), are linked to breathing and heart problems. Air pollution from traffic, plastics, pesticides, and some chemicals can cause asthma, cognitive defects, cancer, and heart disease.[54] Levels of particulate matter and ozone are therefore measured to monitor air quality.

Air quality is measured routinely at close to 300 locations in California. Particulate matter is measured in two ways: by calculating the density of particles in the air of 2.5 microns or less in diameter (PM2.5) and of 10 microns or less (PM10).[55] Both sizes of particles easily penetrate the lungs and cause harm.[56] Ozone is also measured in two ways:[57] over a one-hour average (in California), and over an eight-hour period (for the federal government).[58]

In 2012, there were 94 days that exceeded the California ozone standard, up from 82 days in 2011. The Redlands-Dearborn air quality monitoring site registered the most days exceeding the California ozone standard at 66 days in 2012. There were 11 days in 2012 when the particulate matter of 2.5 microns or less exceeded the national standard, down from 19 days in 2008.

### Number of Days Above California 1-Hour Ozone Standard by Monitoring Site, San Bernardino County

| Monitoring Site | 2008 | 2009 | 2010 | 2011 | 2012 |
|---|---|---|---|---|---|
| Barstow | 5 | 1 | 1 | 0 | 0 |
| Crestline | 78 | 70 | 52 | 58 | 56 |
| Fontana-Arrow Highway | 55 | 45 | 28 | 39 | 61 |
| Hesperia-Olive Street | 29 | 18 | 15 | 24 | 21 |
| Joshua Tree – National Monument | 36 | 24 | 19 | 21 | 16 |
| Phelan – Beekley Road and Phelan Road | 32 | 19 | 28 | 29 | 23 |
| Redlands - Dearborn | 72 | 62 | 43 | 64 | 66 |
| San Bernardino – 4th Street | 62 | 53 | 27 | 40 | 41 |
| Trona – Athol and Telegraph | 3 | 0 | 0 | 0 | 0 |
| Upland | 51 | 51 | 31 | 36 | 42 |
| Victorville – 14306 Park Avenue | 16 | 8 | 6 | 2 | 6 |
| **San Bernardino County** | **94** | **81** | **75** | **82** | **94** |

*Source: Air Resource Board of California. (2013). iADAM: Air quality data statistics: Ozone, number of days above state one-hour standard, by monitoring site and by county, 2008 – 2012.*
*Note: The number of days above the California 1-hour ozone standard per monitoring site will not add to the total days in San Bernardino County. The total days in San Bernardino County were calculated by adding together each day a monitoring site logged above the standard. If multiple sites logged the same day, it was only counted once.*
*Note: Monitoring sites listed above are the only monitoring sites in the county. California data is not available.*

## Estimated Number of Days Above the National 24-Hour Particulate Matter (2.5) Standard by Monitoring Site, San Bernardino County

| Monitoring Site | 2008 | 2009 | 2010 | 2011 | 2012 |
|---|---|---|---|---|---|
| Big Bear City – 501 W. Valley Blvd. | 5.7 | 6.6 | * | 0 | * |
| Fontana-Arrow Highway | 19.3 | 6.2 | 6.6 | 7.1 | 10.6 |
| Ontario – 1408 Francis Street | 19.4 | 9.0 | 3.2 | 6.8 | 0 |
| San Bernardino – 4th Street | 9.5 | 6.2 | 5.9 | * | 0 |
| **San Bernardino County** | **19.4** | **9.0** | **6.6** | **7.1** | **10.6** |

*Source: Air Resource Board of California. (2013). iADAM: Air quality data statistics: PM2.5, estimated number of days above the national 24-hour standard, by monitoring site and by county, 2008 – 2012.*
** There were insufficient (or no) data available to determine the value.*
*Note: Monitoring sites listed above are the only monitoring sites in the county. California data is not available.*

# Community Safety

# Community Safety Snapshot

of SAN BERNARDINO COUNTY:

| | CALIFORNIA | SAN BERNARDINO COUNTY | COUNTY TREND |
|---|---|---|---|
| **Crime Rate**<br>• Crime rate per 1,000 population | 29.7 | 31.0 | ⇓ |
| **Safety at School**<br>• Percentage of 9th grade students who reported feeling safe or very safe at school | 60% | 50% | NA |
| **Gangs**<br>• Number of gang members | NA | 17,401 | ⇔ |

⇑ *Increasing (Upward) trend;* ⇓ *Declining (Downward) trend;* ⇔ *Inconclusive; variable; no clear trend; NA Not applicable or data unavailable.*

*Note: Data presented in the table are the most recent data available.*

## Crime Rate

Crime contributes to poorer physical health for victims, perpetrators, and community members. In addition to direct physical injury, victims of violence are at increased risk of depression, substance abuse, anxiety, reproductive health problems, and suicidal behavior, according to the World Health Organization's "World Report on Violence and Health."[59] Crime in a neighborhood causes fear, stress, unsafe feelings, and poor mental health. In one study, individuals who reported feeling unsafe to go out in the day were 64% more likely to be in the lowest quartile of mental health.[60] Witnessing and experiencing violence in a community can cause long term behavioral and emotional problems in youth. For example, a study in the San Francisco Bay area showed that youth who were exposed to violence showed higher rates of self-reported PTSD, depressive symptoms, and perpetration of violence.[61]

When residents feel safe in their homes and feel that their children are safe at school, their quality of life improves.[62] When people feel safe in their neighborhoods, they are more likely to be physically active outdoors and to have reduced stress levels.

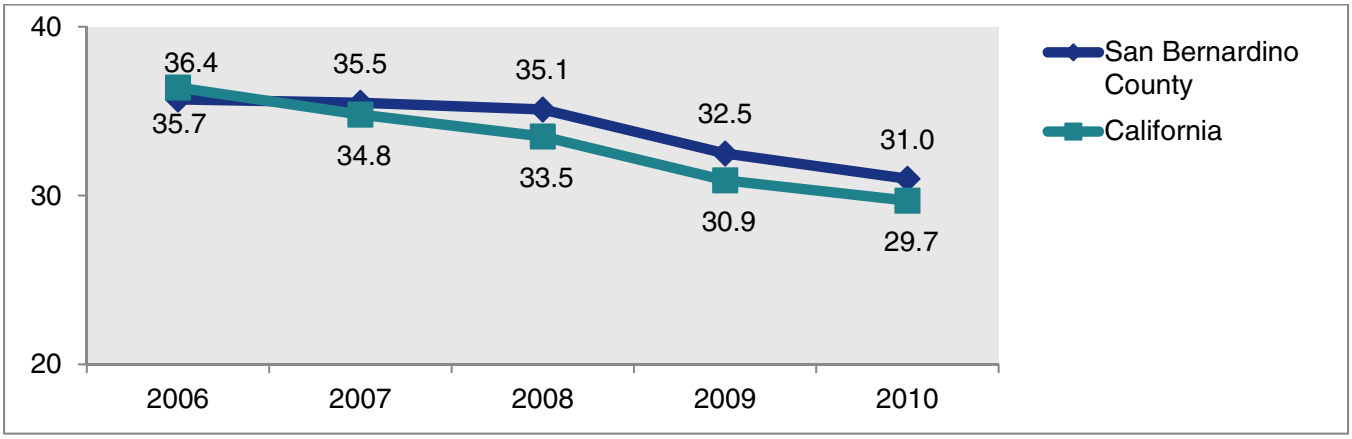
In 2010, there were 31 crimes per 1,000 residents in San Bernardino County, down from 36 crimes per 1,000 in 2006. Similarly, the crime rate is going down in the state. However, the crime rate in the county has been higher than the state since 2007.

***THE CRIME RATE IS*** *going down in San Bernardino County, for both violent crimes and property crimes.*

There was a total of 64,616 crimes in the county in 2010, down from 71,883 in 2006.There were 104 homicides in the county in 2010, down from 161 homicides in 2006. Other violent crimes in 2010 included aggravated assault (5,672), robbery (2,751), and rape (490). Among the property crimes in the county that same year, there were 14,828 burglaries, 10,800 cases of larceny over $400, and 8,623 motor vehicle thefts.

The jurisdictions with the highest crime rate included Needles at 56 crimes per 1,000 residents and Big Bear Lake at 55 crimes per 1,000 residents in 2010.

### CRIME RATE[1] PER 1,000 POPULATION




*Source: State of California, Department of Justice, Office of the Attorney General. (2010). Criminal justice profiles, crimes and crime rates, by category and crime, table 1, 2001 – 2010.*
*Note: Population statistics are from the California Department of Justice Crimes and Crime Rates tables.*
*[1] Crime rate is based on Uniform Crime Reports and includes the following crimes: homicide, forcible rape, robbery, aggravated assault, burglary, motor vehicle theft, larceny-theft over $400, larceny-theft $400 and under, and arson.*

## Crime Rate per 1,000 Population by Type of Crime

| Jurisdiction | 2006 | 2007 | 2008 | 2009 | 2010 |
|---|---|---|---|---|---|
| Violent Crime Rate[1] | | | | | |
| **San Bernardino County[3]** | **4.9** | **5.0** | **5.1** | **4.9** | **4.3** |
| California | 5.2 | 5.1 | 4.9 | 4.5 | 4.2 |
| Property Crime Rate[2] | | | | | |
| **San Bernardino County[3]** | **20.0** | **19.7** | **19.2** | **17.1** | **16.4** |
| California | 18.9 | 18.0 | 17.2 | 15.5 | 15.1 |

*Source: State of California, Department of Justice, Office of the Attorney General. (2010). Criminal justice profiles, crimes and crime rates, by category and crime, 2001-2010.*
*Note: Population statistics are from the California Department of Justice Crimes and Crime Rates tables.*
*[1] Violent crime rate includes: homicide, forcible rape, robbery, and aggravated assault.*
*[2] Property crime rate includes: burglary, motor vehicle theft, and larceny-theft over $400.*
*[3] San Bernardino totals include the California State University San Bernardino, San Bernardino Community College, Fontana Unified School District, San Bernardino Unified School District, Tehachapi DPR, Patton State Hospital, Union Pacific Railroad, and the California Highway Patrol.*

## Number of Crimes, San Bernardino County[1]

| Type of Crime | 2006 | 2007 | 2008 | 2009 | 2010 |
|---|---|---|---|---|---|
| Violent Crime | 9,912 | 10,238 | 10,489 | 10,038 | 9,017 |
| Aggravated assault | 5,695 | 6,057 | 6,388 | 6,400 | 5,672 |
| Robbery | 3,528 | 3,518 | 3,488 | 3,017 | 2,751 |
| Forcible rape | 528 | 504 | 494 | 500 | 490 |
| Homicide | 161 | 159 | 119 | 121 | 104 |
| Property Crime | 40,381 | 40,220 | 39,596 | 35,314 | 34,251 |
| Larceny over $400 | 11,419 | 12,430 | 12,969 | 10,406 | 10,800 |
| Burglary | 14,410 | 15,245 | 15,416 | 15,178 | 14,828 |
| Motor Vehicle Theft | 14,552 | 12,545 | 11,211 | 9,730 | 8,623 |
| Total Larceny Theft | 32,452 | 33,756 | 34,663 | 31,697 | 31,743 |
| Over $400 | 11,419 | 12,430 | 12,969 | 10,406 | 10,800 |
| $400 & under | 21,033 | 21,326 | 21,694 | 21,291 | 20,943 |
| Arson | 557 | 517 | 544 | 512 | 405 |
| **Total Crime** | **71,883** | **72,301** | **72,323** | **67,155** | **64,616** |

*Source: State of California, Department of Justice, Office of the Attorney General. (2010). Criminal justice profiles, crimes and crime rates, by category and crime, 2001 – 2010.*
*[1] San Bernardino totals include the California State University San Bernardino, San Bernardino Community College, Fontana Unified School District, San Bernardino Unified School District, Tehachapi DPR, Patton State Hospital, Union Pacific Railroad, and the California Highway Patrol.*

## Crime Rate per 1,000 Population, By Jurisdiction, 2010

| Jurisdiction | Violent Crime Rate[1] | Property Crime Rate[2] | Total Crime Rate |
|---|---|---|---|
| Sheriff's Department | | | |
| Adelanto | 7.9 | 17.7 | 32.0 |
| Apple Valley | 2.8 | 16.6 | 30.6 |
| Big Bear Lake | 5.5 | 22.3 | 55.0 |
| Chino Hills | 1.1 | 8.0 | 14.2 |
| Grand Terrace | 1.6 | 14.2 | 24.7 |
| Hesperia | 3.3 | 14.6 | 25.1 |
| Highland | 4.6 | 19.0 | 33.1 |
| Loma Linda | 1.2 | 16.2 | 25.3 |
| Needles | 3.9 | 31.0 | 56.4 |
| Rancho Cucamonga | 2.1 | 13.0 | 24.9 |
| Twentynine Palms | 4.6 | 11.0 | 25.1 |
| Victorville | 6.1 | 20.8 | 39.2 |
| Yucaipa | 2.7 | 10.5 | 18.7 |
| Yucca Valley | 5.1 | 15.1 | 31.1 |
| Unincorporated | 3.8 | 13.9 | 23.2 |
| Cities/Jurisdictions | | | |
| Barstow | 8.3 | 24.4 | 42.8 |
| Chino | 3.4 | 16.0 | 29.3 |
| Colton | 3.3 | 17.6 | 33.5 |
| Fontana | 3.9 | 12.0 | 23.1 |
| Montclair | 4.7 | 23.4 | 52.7 |
| Ontario | 3.8 | 17.9 | 33.8 |
| Redlands | 3.5 | 16.1 | 40.5 |
| Rialto | 5.0 | 16.9 | 30.9 |
| San Bernardino City | 7.7 | 27.5 | 50.7 |
| Upland | 2.8 | 16.9 | 34.7 |

*Source: State of California, Department of Justice, Office of the Attorney General. (2010). Criminal justice profiles, crimes and crime rates, by category and crime, 2001 – 2010; American Community Survey, United States Census Bureau. (2013). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.*

[1] *Violent crime rate includes: homicide, forcible rape, robbery, and aggravated assault.*

[2] *Property crime rate includes: burglary, motor vehicle theft, and larceny-theft over $400.*

## Safety at School

***ONLY ABOUT HALF OF** San Bernardino County students feel safe at school.*

When a child feels safe in school, it improves their educational performance and their ability to concentrate and learn.[63] However, in a 2011 nationally representative sample of youth in grades 9-12, 6% of youth did not go to school on one or more days in the last 30 days prior to the survey because they felt unsafe at school or on their way to school.[64] Seven percent reported being threatened or injured with a weapon on school property one or more times in the prior 12 months, while 5% reported carrying a weapon to school in the last 30 days.

Only about half (54%) of San Bernardino County students in 7th, 9th, and 11th grade felt "safe" or "very safe" (50% to 58%) in school in 2009-2011, lower than in California overall at 60% to 63%.

### PERCENTAGE OF STUDENTS WHO REPORTED FEELING SAFE AT SCHOOL, BY SCHOOL DISTRICT AND GRADE, 2009-2010, (RESPONDENTS ANSWERING "VERY SAFE" OR "SAFE")

| School District[1] | 7th Grade | 9th Grade | 11th Grade |
|---|---|---|---|
| Apple Valley Unified | 43% | 53% | 60% |
| Barstow Unified | 36% | 37% | 38% |
| Bear Valley Unified | 47% | 60% | 58% |
| Chino Valley Unified | 56% | 59% | 64% |
| Colton Joint Unified | 56% | 42% | 37% |
| Fontana Unified | 52% | 51% | 54% |
| Hesperia Unified | 56% | 56% | 59% |
| Morongo Unified | 51% | 45% | 54% |
| Redlands Unified | 73% | 70% | 71% |
| Rialto Unified | 49% | 41% | 41% |
| San Bernardino City Unified | 52% | 41% | 42% |
| Silver Valley Unified | 47% | 59% | 57% |
| Snowline Joint Unified | 64% | 52% | 70% |
| Upland Unified | 76% | 55% | 61% |
| Victor Valley Union High | 53% | 36% | 37% |
| Yucaipa-Calimesa Joint Unified | 65% | 49% | 60% |
| **San Bernardino County[2]** | **58%** | **50%** | **54%** |
| California[2] | 63% | 60% | 63% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Perceived safety of school, Table A6.10, By district, 2009-2010, and by county and statewide, 2009-2011.*

*[1] Only school districts with more than 1,000 students are presented.*

*[2] County and State level data are for 2009-2011*

# Gangs

***THE NUMBER OF GANGS IN** San Bernardino County has gone up since 2007, but there was a recent decline since 2009 in the number of gang members.*

An estimated 5% of the U.S. population has ever joined a gang, but gang membership can be much higher, from 14% to 30% of the population in some cities.[65] Gang members are responsible for the majority of serious violence committed by youth.[66] There are an estimated 756,000 youth involved in gangs in the U.S. and most gang members join between the ages of 12 and 15.[67] A recent CDC study of youth and gangs, however, showed that when youth had more protective factors, they had a much lower rate of gang membership. Protective factors may include good parent supervision, a supportive family, social skills, and an ability to cope with conflict. Youth who had seven or more protective factors had a 2% chance of joining a gang, compared to youth who had 0-3 protective factors who had a 26% chance of being in a gang.[68] Research also suggests that a comprehensive approach to gangs involving prevention, intervention, and suppression efforts work better than suppression efforts alone.[69]

There were 748 gangs in the county with 17,401 gang members in 2011, up from 700 gangs with 12,645 members in 2007.

### PERCENTAGE OF STUDENTS WHO REPORTED GANG INVOLVEMENT, BY SCHOOL DISTRICT AND GRADE, 2009-2010

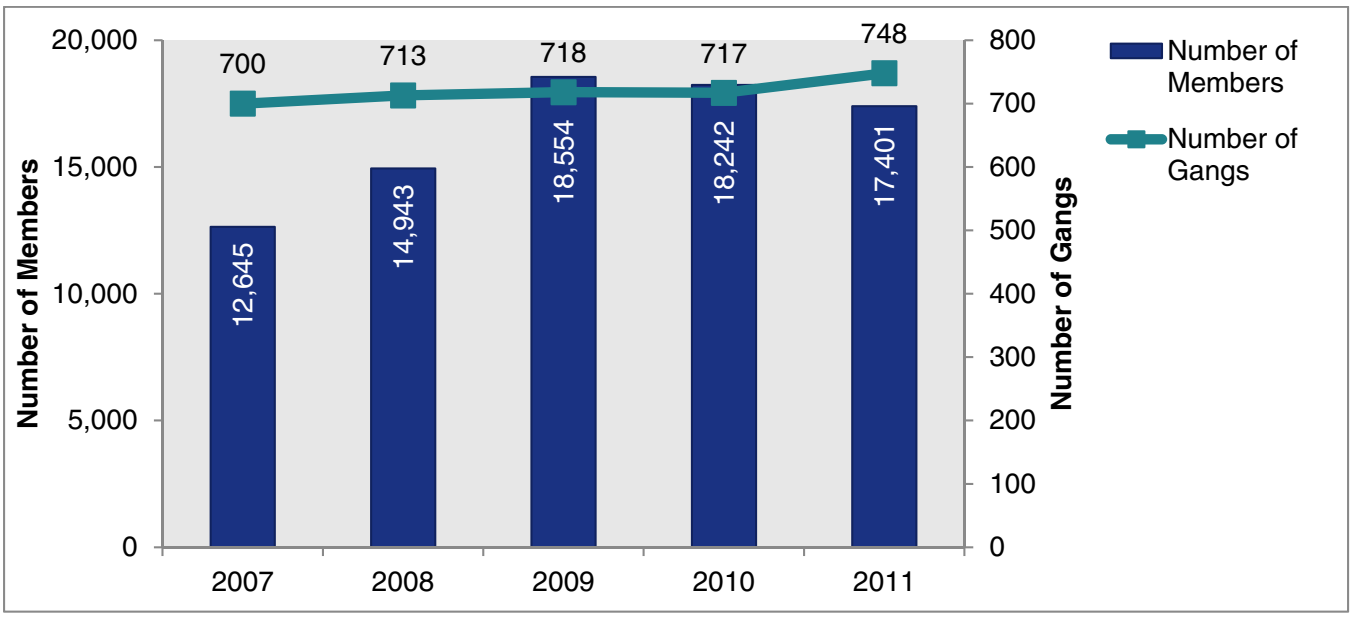
| School District[1] | 7th Grade | 9th Grade | 11th Grade |
|---|---|---|---|
| Apple Valley Unified | 16% | 12% | 9% |
| Barstow Unified | 10% | 12% | 13% |
| Bear Valley Unified | 11% | 8% | 8% |
| Chino Valley Unified | 9% | 8% | 7% |
| Colton Joint Unified | 12% | 11% | 10% |
| Fontana Unified | 9% | 11% | 9% |
| Hesperia Unified | 11% | 12% | 8% |
| Morongo Unified | 11% | 12% | 7% |
| Redlands Unified | 6% | 9% | 10% |
| Rialto Unified | 9% | 10% | 7% |
| San Bernardino City Unified | 12% | 10% | 7% |
| Silver Valley Unified | 7% | 11% | 10% |
| Snowline Joint Unified | 9% | 15% | 9% |
| Upland Unified | 10% | 12% | 8% |
| Victor Valley Union High | 11% | 9% | 9% |
| Yucaipa-Calimesa Joint Unified | 8% | 13% | 10% |
| **San Bernardino County[2]** | **9%** | **10%** | **9%** |
| California[2] | 8% | 9% | 8% |

*Source: California Department of Education, California Healthy Kids Survey (WestEd). (2013). Gang involvement, Current, by school district, 2009 – 2010, and by county and state, 2009–2011.*

*[1] Only school districts with more than 1,000 students are presented.*

*[2] County and State level data are for 2009-2011*

## GANGS AND GANG MEMBERSHIP, SAN BERNARDINO COUNTY




*Source: San Bernardino County Sheriff's Department. (2012). San Bernardino County community indicators report, Gang-related crime: Gangs and gang membership, 2007 – 2011.*

# APPENDIX 1: METHODOLOGY

## Indicator Selection


Applied Survey Research's (ASR) assessment model relies on clearly defined indicators to understand complex concepts and systems. The setting of the overall context for prioritizing the indicators is guided by the seven related domains of community assessments including education, the economy, public safety, the social and natural environment, health, and sustainability, as displayed in the visual. Health was the primary focus of this assessment.

For the purposes of the 2013 Our Community Vital Signs Data Report, the Community Vital Signs Steering Committee was engaged in a multi-step indicator selection process. Meetings were held with the committee to gather input on the project methodology as well as the various content areas that should be covered in the Data Report. The committee was presented with a list of nationally-recognized community and health assessment indicators that ASR recommended for inclusion in the Our Community Vital Signs Data Report. The committee then engaged in a participatory process to review, modify, and refine the proposed indicators to best suit the needs of the San Bernardino community. The criteria used for selecting and prioritizing indicators included: understandable to the general community, responsive to change, relevant for policy decision making, updated regularly, available at the city-level, and available by race/ethnicity (where possible). After a revised list was presented to the Steering Committee, they prioritized the indicators that were most important by voting on their top indicators. In all, 34 indicators were selected. Any indicators that were not selected for this report were placed on a data development agenda so they could be considered for inclusion in future reports.

## Secondary Data

Secondary (pre-existing) data were collected from a variety of sources, including but not limited to, the U.S. Census Bureau; federal, state, and local government agencies; health care institutions; and computerized sources through online databases and the Internet. Whenever possible, multiple years of data were collected to present trends. State level data were also collected for comparison to local data.

### American Community Survey

The American Community Survey (ACS) is an ongoing survey that provides data every year giving communities the current information they need to plan investments and services. It uses a series of monthly samples to produce annually updated data for small areas (census tracts and block groups) formerly surveyed via the decennial census long-form sample. For more information: http://www.census.gov/acs/www/methodology/methodology_main/

### California Health Interview Survey (CHIS)

The CHIS is the largest health survey of its kind in the nation as well as the largest telephone survey in California. The survey is conducted every other year starting in 2003. The data are released two years after the surveys are completed. The major areas covered in the survey include health-related behaviors, health insurance coverage, health status and conditions, and access to health care services. To ensure diverse populations were included in the survey, telephone interviews were conducted in six languages: English, Spanish, Chinese (Mandarin and Cantonese dialects), Vietnamese, Korean, and Khmer (Cambodian).

### California Healthy Kids Survey (CHKS)

The CHKS is a comprehensive youth self-reported data collection system that provides essential and reliable health risk assessment and resilience information to schools, school districts, and communities. It is developed and conducted by a multidisciplinary team of expert researchers, evaluators, and health and prevention practitioners.

### Office of Statewide Health Planning & Development (OSHPD)

OSHPD hospitalization data is based on inpatient discharges. An inpatient discharge record is submitted each time a patient is treated in a licensed general acute care hospital in California. These facilities report their discharge data via the Medical Information Reporting for California System (MIRCal). The reported data includes patient demographic information, such as age, sex, county of residence, and race/ethnicity, diagnostic information, treatment information, disposition, total charges, and expected source of payment. OSHPD data is collected and reported at the zip code level.

Data from OSHPD regarding asthma and diabetes hospitalizations were collected from Healthycity.org. County-level data were defined using the following zip codes. City-level data were defined using the San Bernardino County Department of Public Health zip code definitions presented below.

| County | Zip code |
|---|---|
| San Bernardino County | 91701, 91702, 91709, 91710, 91730, 91737, 91739, 91761, 91762, 91763, 91764, 91766, 91784, 91792, 92242, 92252, 92256, 92267, 92277, 92278, 92280, 92284, 92285, 92301, 92305, 92307, 92308, 92309, 92310, 92311, 92313, 92314, 92315, 92316, 92324, 92327, 92332, 92335, 92336, 92337, 92339, 92342, 92344, 92345, 92346, 92347, 92354, 92356, 92358, 92359, 92363, 92364, 92365, 92366, 92368, 92371, 92372, 92373, 92374, 92376, 92377, 92392, 92394, 92395, 92397, 92399, 92401, 92404, 92405, 92407, 92408, 92410, 92411, 92415, 92880, 93516, 93555, 93562 |

### San Bernardino County Department of Public Health

The San Bernardino County Department of Public Health provided birth data, death rates for various causes, hospital admissions, and hospitalization rates for heart disease and cerebrovascular disease. For birth rates, the data gathered was resident data and the rates for general fertility rate were defined as live births per 1,000 females 15-44 years of age and age specific birth rate were defined as live births per 1,000 females 15-17 years of age. For death rates, the data gathered were resident data and the rates were reported per 100,000 population, age-adjusted to the 2000 U.S. standard million population. For hospital admissions and hospitalization rates, the data gathered were resident data and the rates were reported per 10,000 population, age-adjusted to the 2000 U.S. standard million population. Rates computed for fewer than 20 deaths or 20 hospitalizations are unreliable and should be interpreted with caution.

Data were compiled by zip code according to the following groupings:

| City | Zip code |
|---|---|
| Adelanto | 92301 |
| Apple Valley | 92307, 92308 |
| Barstow | 92310, 92311 |
| Big Bear Valley | 92314, 92315, 92333, 92386 |
| Chino | 91710 |
| Chino Hills | 91709 |
| Colton | 92324 |
| Fontana | 92335, 92336, 92337 |
| Grand Terrace | 92313 |
| Hesperia | 92345 |
| Highland | 92346 |
| Loma Linda | 92354 |
| Montclair | 91763 |
| Needles | 92363 |
| Ontario | 91761, 91762, 91764 |
| Rancho Cucamonga | 91701, 91730, 91737, 91739 |
| Redlands | 92373, 92374 |
| Rialto | 92376, 92377 |
| San Bernardino City | 92401, 92404, 92405, 92407, 92408, 92410, 92411 |
| Twentynine Palms | 92277, 92278 |
| Upland | 91784, 91786 |
| Victorville | 92392, 92394 |
| Yucaipa | 92399 |
| Yucca Valley | 92284 |

### The U.S. Census

The U.S. Census attempts to count every resident in the United States. It is mandated by Article I, Section 2 of the Constitution and takes place every 10 years. The data collected by the decennial census determine the number of seats each state has in the U.S. House of Representatives and are used to distribute billions in federal funds to local communities.

The 2010 Census represented the largest participation movement ever witnessed in the U.S. Approximately 74% of households returned their census forms by mail; the remaining households were counted by census workers walking neighborhoods throughout the United States. National and state population totals from the 2010 Census were released on December 21, 2010. Redistricting data, which include additional state, county, and local counts, were released starting in February 2011.

### Healthy People 2020 Objectives

Healthy People 2020 is a set of health objectives for the nation to achieve over the second decade of the new century. They can be used by many different people, states, communities, professional organizations and others to help develop programs to improve health. Healthy People 2020 identifies nearly 600 objectives with 1,200 measures to improve the health of all Americans. To determine the success of Healthy People 2020, it is important to track and measure progress over time. Healthy People 2020 relies on data sources derived from both a national census of events (like the National Vital Statistics System) and nationally representative sample surveys (like the National Health Interview Survey).

## Data Analysis

To further understand the data collected and manipulated, it was often important to analyze the data in a number of meaningful ways, including comparisons of local rates with rates from the state, jurisdictional comparisons, comparisons of subgroups (e.g. ethnicity, age), and trend analysis.

### Age-Adjusted Death Rates

To make meaningful comparisons of mortality risk between groups, the effect of variation in the age distribution between groups must be taken into account. To overcome the effect of population age composition on comparisons of death rates, a summary measure of mortality risk that controls for variation in age distributions is needed. The age-adjusted death rate is such a summary measure. The age-adjusted death rate is defined as the death rate that would occur if the observed age-specific death rates were present in a population with an age distribution equal to that of a standard population. The age-adjusted death rate is a weighted average of age-specific death rates. The weights represent standard population proportions by age and are applied to the age-specific death rates of each comparison group or time period. The standard population used for the age-adjusted rates in this report is the year 2000 U.S. standard million population.

### Race/Ethnicity

Federal guidelines specify separate collection of ethnicity (Hispanic/Latino origin) and race (American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, White, two or more races). It is common practice for data tabulations to use a single, mutually exclusive set of categories of "race/ethnicity" that combine race and Latino origin into a single dimension. In the combined categories, all persons of Latino origin are included in the "Latino" category, then all remaining (non-Latino) persons are distributed among the remaining categories.

The resulting combined categories are used for tabulating population data in this report, as follows:

- Latino (of any race)

The following categories exclude persons of Latino origin:

- White
- African American
- Native American (includes Alaska Native, Aleut, Eskimo)
- Asian
- Pacific Islander (includes Native Hawaiian)
- Two or more races
- Other (In some tables in this report, a category "Other" combines the Native American, Asian, and Pacific Islander categories

There were a few exceptions to the above definition for the following indicators: poverty, educational attainment, and health insurance coverage, by ethnicity as follows:

The following categories include persons of Latino origin:

- African American
- Native American (includes Alaska Native, Aleut, Eskimo)
- Asian
- Pacific Islander (includes Native Hawaiian)
- Two or more races

### Data Proofing

Data in the report underwent extensive proofing to ensure accuracy. The data proofing protocol is a multi-step process that thoroughly checks text, numbers, and formatting in the narrative, tables, and charts. The process requires each piece of data to be proofed at least three times using an adapted Responsibility Assignment Matrix.

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SAN BERNARDINO COUNTY:

# Our Community Vital Signs

## 2013 data report

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