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# Community Health Status Report

2009

Santa Barbara County  
Public Health Department



*Leading Causes of Premature Death,  
Risk Factors & Prevention Steps*

# Community Health Status Report

## Leading Causes of Premature Death, Risk Factors & Prevention Steps

### Santa Barbara County Public Health Department

2009

#### Acknowledgments

This report was produced by staff of the Santa Barbara County Public Health Department, including:

Elliot Schulman, MD, MPH, Director  
Michele Mickiewicz, MPH, Deputy Director  
Susan Klein-Rothschild, MSW, Assistant Deputy Director  
Scott McCann, PhD, LCSW, Director of Health Education  
Amy Bellomy, PhD, MPH, RN, Supervising Epidemiologist  
Laura MacColl, MPH, Epidemiologist

#### Editors

Elizabeth Snyder, MHA, Deputy Director  
Daniel Reid, Assistant Deputy Director  
Dawn Dunn, Program Administrator  
Stacy Covarrubias, Cost Analyst  
Amber Bermond, Accountant  
Susan Horne, Health Educator  
Graphic Design: Rose Davis, Contracts Unit Manager

#### Santa Barbara County Board of Supervisors

1<sup>st</sup> District — Salud Carbajal  
2<sup>nd</sup> District — Janet Wolf  
3<sup>rd</sup> District — Doreen Farr  
4<sup>th</sup> District — Joni Gray  
5<sup>th</sup> District — Joseph Centeno

#### County Administrator

Michael F. Brown

For more information about the report, visit the Public Health Department Website at: [www.sbcphd.org](http://www.sbcphd.org), or contact:  
Linda Contreras  
Santa Barbara County Public Health Department  
300 North San Antonio Road, Santa Barbara, CA 93110  
805-681-5439

# Quotes from PHD Clients and Community Members

*"I lost my job in January and therefore lost my insurance and was concerned about a lump in my breast. With your ultrasound scholarship I was able to have it checked out. I really appreciate the support you gave me and the support you are giving many other women in need."*

— Cancer Detection Program Client

*"The case management provided by the Public Health staff has made my life better... Now I feel that I am not alone out there in this vast world."*

— AIDS Program Client

*"Thank you so much for your past four years of service. It has been wonderful. There were many days we truly didn't think we could put food on the table, but thanks to WIC we could."*

— Women Infants and Children Nutrition Services Client

*"Over the past five years the consistent efforts and expertise of these (health education) programs' staff have positively impacted the health of the more than 15,000 students of this district."*

— School District Superintendent

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# Introduction

## Santa Barbara County Public Health Department

The mission of the Santa Barbara County Public Health Department is to improve the health of our communities by preventing disease, promoting wellness, and ensuring access to needed health care. Our vision is: *Healthier communities through leadership, partnership, and science.*

The Public Health Department works with community members and organizations to:

- ⊕ Prevent epidemics and the spread of disease
- ⊕ Protect against environmental hazards
- ⊕ Prevent injuries
- ⊕ Promote healthy behaviors
- ⊕ Respond to disasters and assist communities in recovery
- ⊕ Ensure the quality and accessibility of health services

The Santa Barbara County Public Health Department offers a number of programs and services designed to promote health, and treat and prevent disease. For more information about these programs see our website at [www.sbcphd.org](http://www.sbcphd.org), or call 805-681-5100.

## Community Health Status Report

The Community Health Status Report was developed by the Public Health Department to provide information to County staff, the general public, and local professionals about the health of the residents of Santa Barbara County. Understanding the health of the community informs critical decision making regarding program and policy development, resource allocation, and personal behavior. When we are well-informed with current statistical information and scientific data, we can make better decisions and take more effective actions that support healthier and longer lives.

First we examine the *leading causes of premature death* in Santa Barbara County. Causal and contributing factors, and methods for preventing these deaths and diseases are examined. Current efforts and resources to address these health concerns are also addressed. In some cases local statistics are compared to statewide averages and to the *Healthy People 2010* goals established by the U.S. Department of Health and Human Services.

*Guidelines for healthy living* and preventing premature death and serious injury, and sources of additional information are provided next.

*Demographic data* that describes key characteristics of the residents of Santa Barbara County, and data sources used in the report are included in the final sections of the report.

Data on other health issues and causes of premature death, and information about Public Health Department programs, are provided on our website at [www.sbcphd.org](http://www.sbcphd.org).

# Leading Causes of Premature Death

With greater health awareness and progress in medical care, the average life expectancy of Americans has increased from 47 years in 1900 to 78 years in 2006.<sup>1</sup> Deaths that occur prior to the age of 75 may be considered premature. The number of years of life lost by premature death, that is the difference between the age of death and 75 years, is a meaningful indicator of the impact of premature death. By understanding the leading causes of premature death and the factors that contribute to them, we can help prevent premature death and disease, and increase both the quality and length of life in Santa Barbara County.

## Leading Causes of Death and Premature Death

The ten leading causes of all death and of premature death in Santa Barbara County in 2007 are listed below.<sup>2</sup> In 2007, coronary heart disease was the leading cause of death and premature death in Santa Barbara County, and accounted for 1,855 years of life lost (i.e., the average number of years of life lost per person times the number of deaths).

While stroke was the 2<sup>nd</sup> leading cause of all death, it was the 4<sup>th</sup> leading cause of premature death, as more stroke-related deaths occurred among people over 75. Motor vehicle accidents were the 2<sup>nd</sup> leading cause of premature death, and the leading cause of all deaths among people between the ages of 15-44. Accidental drug overdose was the 3<sup>rd</sup> leading cause of premature death, and lung cancer was the 3<sup>rd</sup> leading cause of all death.

This report focuses on the top three causes of premature death; coronary heart disease, motor vehicle accidents, and accidental drug overdose. Additional information on other leading causes of death and premature death, and other health issues can be found on the Public Health Department website at [www.sbcphd.org](http://www.sbcphd.org).

Leading Causes of Death & Premature Death in Santa Barbara County in 2007			
Total Number of Deaths (All Causes): 2,787		Total Years of Life Lost (All Causes): 18,128	
Leading Causes of Death	No. of Deaths	Leading Causes of Premature Death*	Years Lost
1. Coronary Heart Disease	472	1. Coronary Heart Disease	1,855
2. Stroke	196	2. Motor Vehicle Accidents	1,849.5
3. Lung Cancer	150	3. Accidental Drug Overdose	1,041.5
4. COPD**/Emphysema	143	4. Stroke	805
5. Alzheimer's Disease	84	5. Chronic Liver Disease and Cirrhosis	784.5
6. Dementia	71	6. Suicide	722
7. Hypertensive Heart Disease	68	7. Lung Cancer	692
8. Pancreatic Cancer	61	8. Hypertensive Heart Disease	493
9. Diabetes	60	9. Diabetes	405
10. Influenza and Pneumonia	56	10. Pancreatic Cancer	390.5

\* Deaths among ages 1-75 years

\*\* Chronic Obstructive Pulmonary Disease

# Coronary Heart Disease

Coronary heart disease was the leading cause of premature and all death in Santa Barbara County in 2007. Coronary heart disease generally refers to arteries clogged with cholesterol and fat deposits that restrict the flow of blood and oxygen to the heart. When the flow of blood to the heart is cut off, a heart attack results, causing permanent damage to the heart muscle.

## Risk Factors

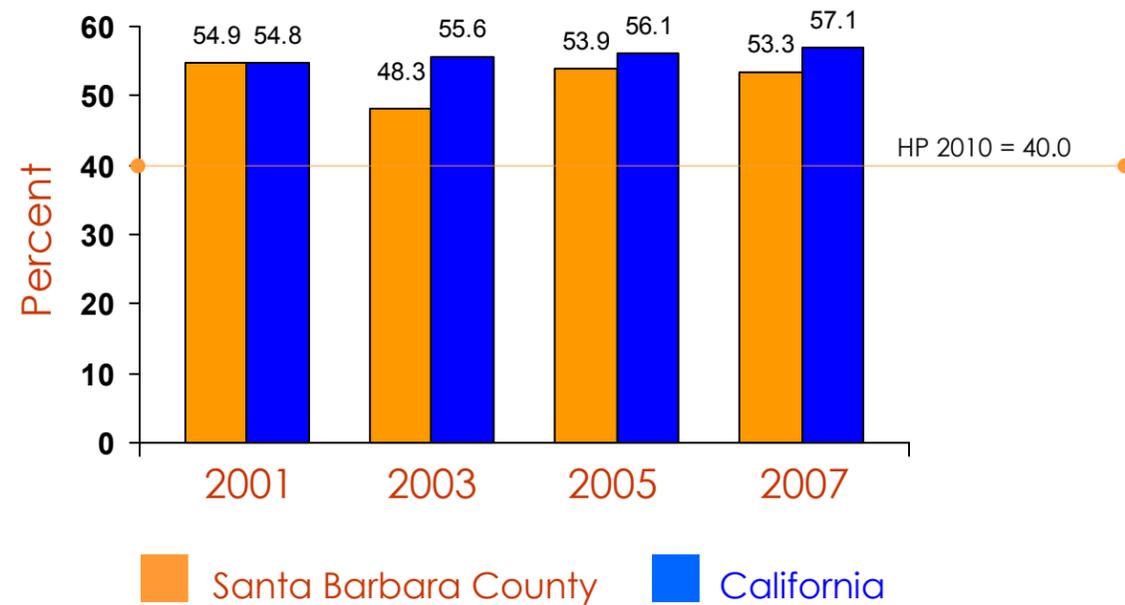
Coronary heart disease is caused by high fat diets, lack of physical activity, and smoking. Diabetes, high blood pressure, high cholesterol, and being overweight or obese are related factors. Family history of heart disease, age, and previous heart attack are also risk factors.



## Obesity

Over 53% of adults (18 and older) in Santa Barbara County were overweight or obese in 2007.<sup>3</sup> While this is slightly below the state average, it is well above the *Healthy People 2010* target.

## Percentage of Overweight or Obese Adults



# Obesity — Continued

In 2007, 68.9% of Latino adults in Santa Barbara County reported excessive weight, compared to 46.2% of White adults.<sup>3</sup> This is due in part to lower income levels among Latinos resulting in less access to healthier, higher-cost foods. Santa Barbara County has three times as many fast food restaurants as supermarkets and produce vendors, with an even higher ratio of fast food restaurants to markets in many lower income neighborhoods.<sup>4</sup>



Low consumption of fruits and vegetables, and excessive consumption of foods high in calories and fat have contributed to obesity among youth. In 2007, 52.1% of local children age 2-11 ate the recommended five or more servings of fruits and vegetables daily, compared to only 20.6% of teens age 12-17 who ate recommended serving levels.<sup>3</sup> Further, 30.3% of local teens reported buying soda at school three or more times during the previous week, and 31.8% of teens drank two or more glasses of soda or other sugary drinks the preceding day, compared to 25.7% of teens in the State. Additionally,

78.9% of local children ate fast food one or more times per week, and 81.4% of teens ate fast food at least once per week.

Lower than recommended levels of physical activity also contribute to obesity in Santa Barbara County. In 2007 only 26.3% of local children and teens could walk or bike to school within a half hour, compared to 46.8% of children and teens in the state.<sup>3</sup>

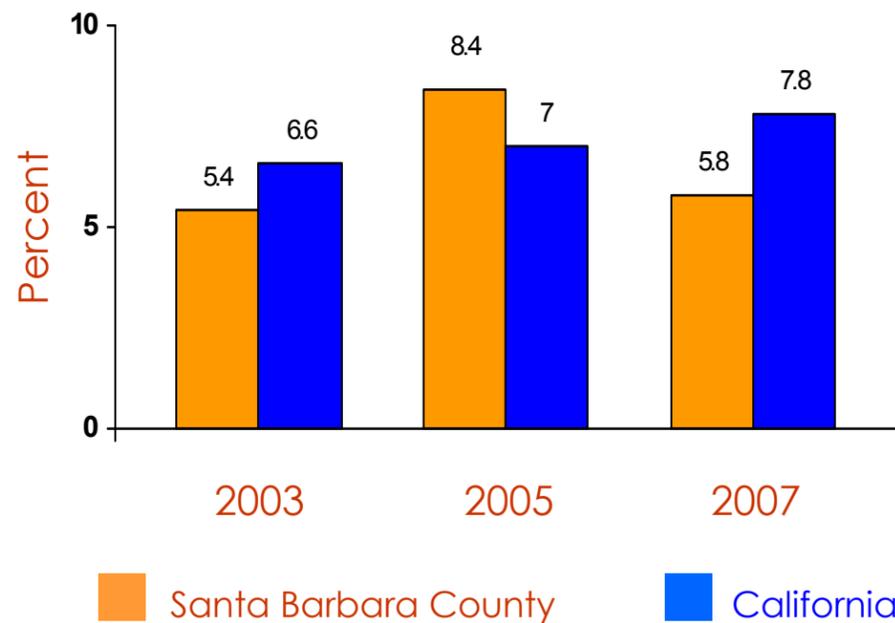


# Coronary Heart Disease

## Diabetes

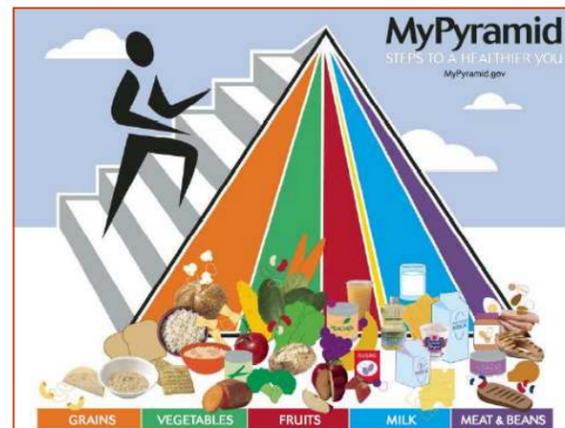
Diabetes contributes to coronary heart disease and was the 9<sup>th</sup> leading cause of both premature and all death in Santa Barbara County in 2007. Diabetes is manageable through dietary control and medication. However, unmanaged, it can cause blindness, kidney failure, circulatory problems, and death. Type 2 diabetes is associated with being overweight or obese, lack of physical activity, and older age. In 2007 Latinos had a 1.81 times greater age-adjusted death rate due to diabetes compared to Whites.<sup>5</sup>

Percentage of Adults Diagnosed with Diabetes



## Community Prevention Steps

Public policies, programs, and community designs that promote physical activity and healthy eating habits, and reduce smoking, can all help reduce premature death due to heart disease.



# Personal Prevention Steps

Individuals can reduce their risk of heart disease by:

- ⊖ Eating a healthy diet rich in fruits and vegetables and low in fat, sodium, and sugar
- ⊖ Increasing physical activity
- ⊖ Not smoking
- ⊖ Managing diabetes and cholesterol levels
- ⊖ Getting regular medical exams



## Local Prevention Activities & Resources

The Santa Barbara County Public Health Department offers several programs that help prevent heart disease. The Network for a Healthy California, Women, Infants & Children Nutrition Services (WIC), and the Maternal Child and Adolescent Health (MCAH) programs promote healthy diets and physical activity. The Tobacco Prevention Program supports the prevention and reduction of smoking. Community agencies that help prevent heart disease include the American Heart Association, the American Lung Association, the Diabetes Resource Center, and Sansum Diabetes Research Institute.



Individual cities in Santa Barbara County have also begun to address heart disease prevention by including health promotion as a guiding principle in their urban planning efforts. For example, the City of Santa Barbara recently added *public health* as a policy driver in its long-term general plan.

# Motor Vehicle Accidents

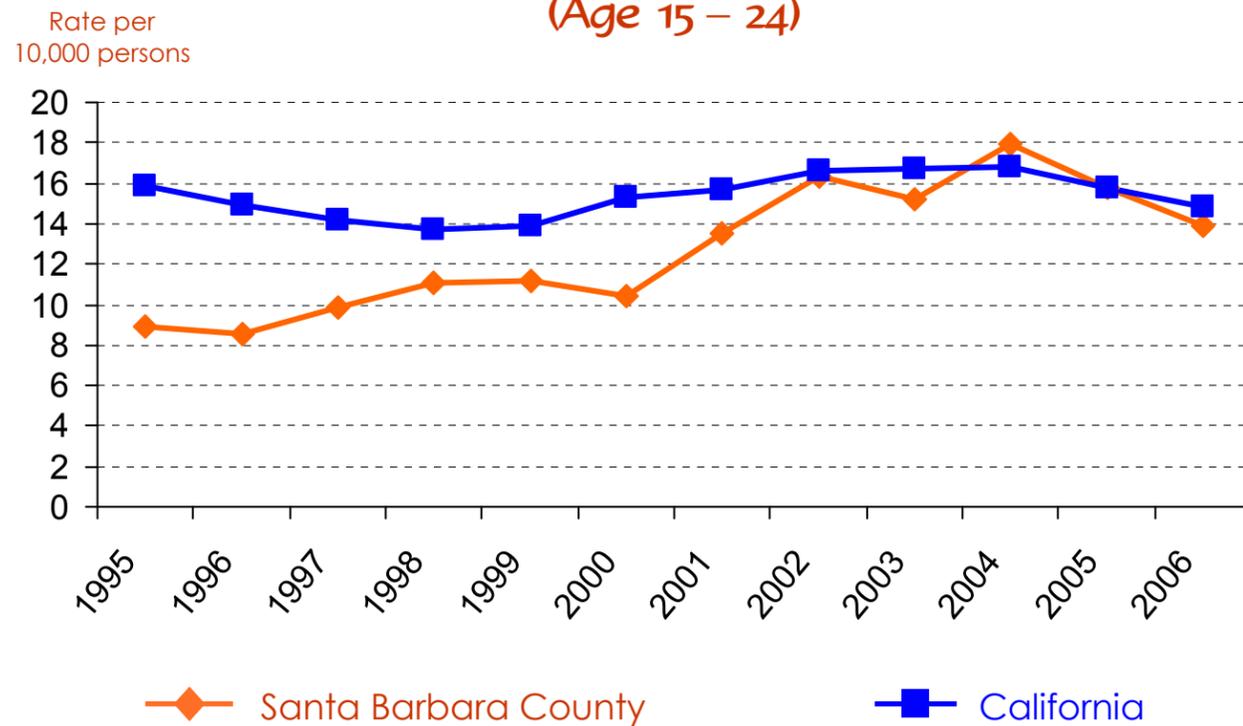
Motor vehicle accidents (MVAs) were the 2<sup>nd</sup> leading cause of premature death in Santa Barbara County in 2007, and were the leading cause of all death for residents between the ages of 15-44.<sup>5</sup> MVAs may include a vehicle hitting a stationary object, one or more vehicles colliding, and pedestrians or bicyclists being hit by a vehicle. The majority (58.9%) of MVAs in Santa Barbara County in 2007 involved another moving vehicle, while 27.9% involved a stationary object, and relatively few involved pedestrians (2.3%) or bicycles (2.6%).<sup>6</sup>



Hospitalization among 15-24 year olds due to motor vehicle accident injury increased in Santa Barbara County between 1995 and 2006.<sup>7</sup>



MVA Injury Hospitalization  
Age-Specific Rates  
(Age 15 – 24)

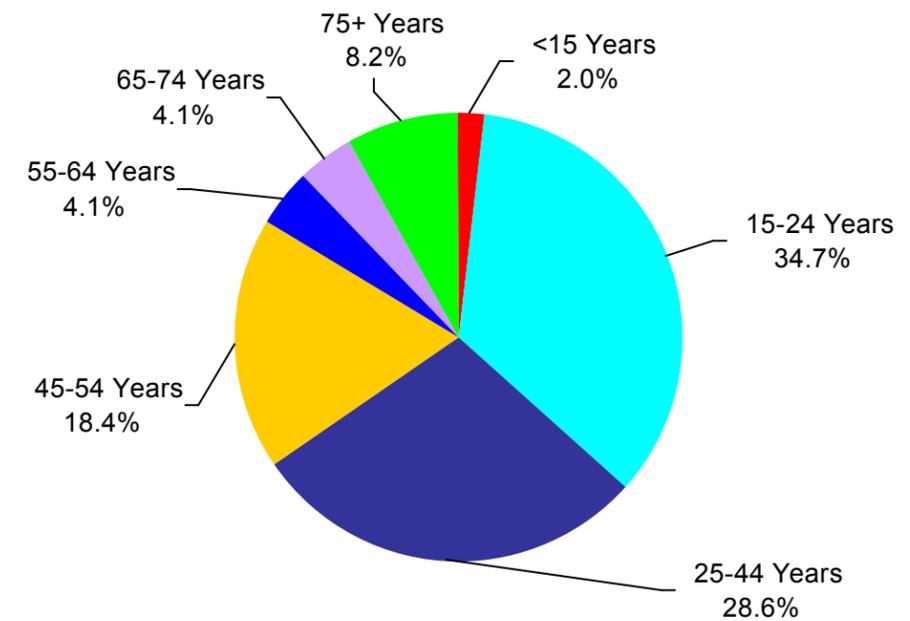


# Risk Factors

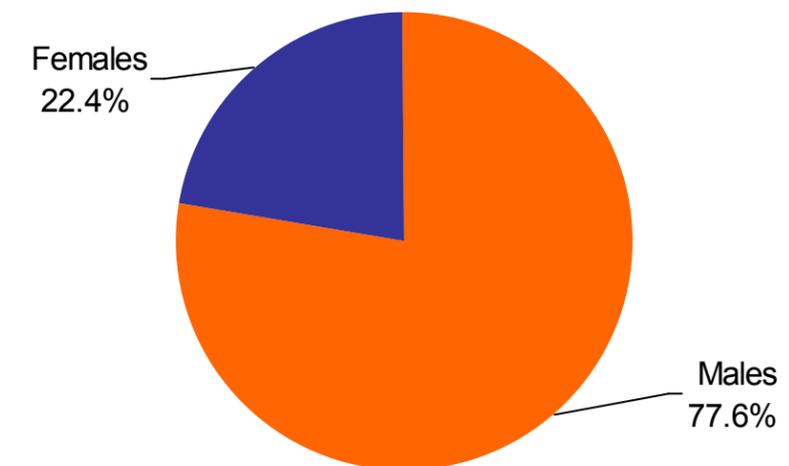
Motor vehicle accidents are usually caused by dangerous driving behavior, such as speeding and driving under the influence of alcohol or other drugs. Out of a total of 6,607 local MVAs in 2007, driving at an unsafe speed accounted for 28.2% of accidents, and improper turning accounted for 19.4%.<sup>6</sup> While only 9.6% of all MVAs were associated with alcohol or drug use, 34.8% of fatal MVAs involved alcohol or drug use. Deaths due to MVAs in Santa Barbara County in 2007 were much more common among male drivers, and among drivers 15-24 years of age.<sup>2</sup>

Deaths Due to MVA  
Santa Barbara County 2007 (N=49)

By Age Group



By Gender



## Community Prevention Steps

Motor vehicle accident prevention steps that public servants and policy makers can take include:

- ⊕ Enforcement of all traffic laws
- ⊕ Media campaigns to promote seat belt use, car seats, safe driving, and not drinking and driving
- ⊕ Availability of low-cost transportation for people who have been drinking alcohol
- ⊕ Supporting safe streets, sign posting, and stop lights
- ⊕ Supporting national safety standards for car design



## Personal Prevention Steps

Steps individuals can take to reduce the risk of motor vehicle accidents include:

- ⊕ Abiding by all traffic laws, especially the posted speed limit
- ⊕ Not driving under the influence of alcohol or drugs
- ⊕ Always wearing seat belts
- ⊕ Placing children in age-appropriate, properly installed, car seats
- ⊕ Having children under 12 ride in the rear seat

## Local Prevention Activities & Resources

The Santa Barbara County Sheriff's Department, local police departments, and the California Highway Patrol all play key roles in the enforcement of traffic safety laws.

## Accidental Drug Overdose

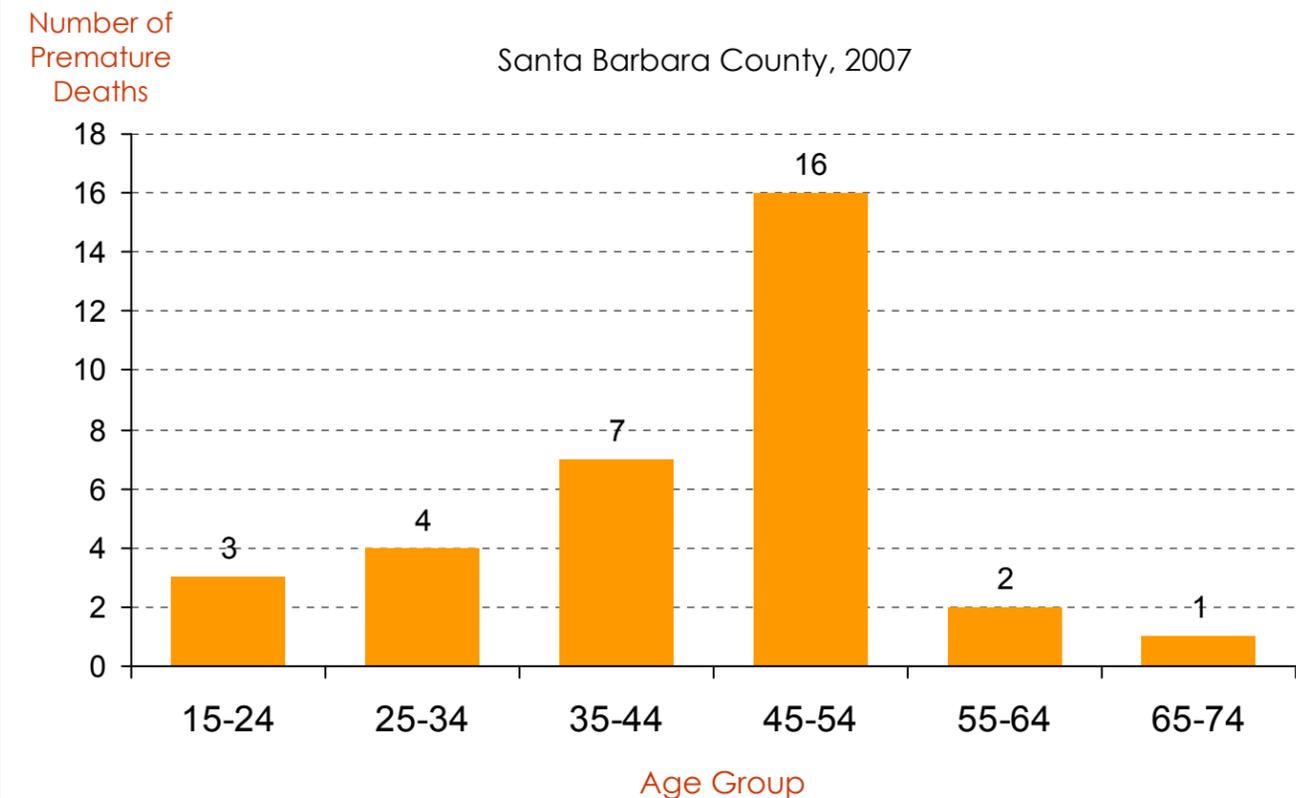
Accidental drug overdose was the 3<sup>rd</sup> leading cause of premature death in Santa Barbara County in 2007.<sup>2</sup> Premature accidental drug overdose refers to deaths among people under 75 years of age who unintentionally ingest sufficient quantities of prescription, over-the-counter, or illegal drugs resulting in death.



While only 33 people under the age of 75 died from accidental drug overdose in 2007, because of the relatively young age of many of those who died, these deaths accounted for over 1000 years of life lost. Premature accidental drug overdose deaths were most common among 45-54 year olds, followed by 35-44 year olds. Accidental drug overdoses were most common among Whites, who accounted for 72.7% (24) of these cases, with the remainder (9) occurring among Latinos. Premature accidental overdose deaths were nearly evenly split among males (17) and females (16).<sup>5</sup>

## Accidental Drug Overdose

### Number of Premature Deaths By Age Group



## Risk Factors

Risk factors for accidental drug overdose include use of illegal drugs, particularly injection drugs, mixing legal or illegal drugs with alcohol or other drugs, prescription drug use, and family history of alcohol or substance abuse.

## Community Prevention Steps

Steps that public servants and policy makers can take to help prevent accidental drug overdose include:

- ⊕ Setting age restrictions for frequently abused over-the-counter medications
- ⊕ Promoting substance abuse prevention and treatment programs
- ⊕ Engaging the media and local practitioners to address misuse of prescription and over-the-counter medications

## Personal Prevention Steps

Steps individuals can take to reduce the risk of accidental drug overdose include:

- ⊕ Not using illegal drugs
- ⊕ Not drinking excessive amounts of alcohol, especially when taking prescription or other drugs
- ⊕ Keeping track of prescription and over-the-counter medications at home, and disposing of all medications properly
- ⊕ Educating family members, especially children about the risks of taking prescription and other drugs
- ⊕ Using medications only as directed



## Local Prevention Activities & Resources

Santa Barbara County Alcohol, Drug, & Mental Health Services and a number of community-based organizations offer substance abuse treatment and prevention programs.



## Guidelines for Healthy Living

There are many steps individuals can take to prevent health problems and enhance their own and their family's well-being. The following guidelines are based on preventing many of the most common causes of illness, injury and death for various age and other groups. These are general guidelines that may not apply to individuals with special medical conditions. Check with your doctor to determine if these guidelines are appropriate for you.



Age Group	Health Behaviors
<b>Everyone</b> 	<ul style="list-style-type: none"> <li>✓ Get 8 hours of sleep every night</li> <li>✓ Eat at least 5 servings of fruit &amp; vegetables each day</li> <li>✓ Limit eating of fats, sweets &amp; sodium (salt)</li> <li>✓ Limit the amount of alcohol (and other drugs) consumed</li> <li>✓ Brush your teeth after every meal &amp; floss before bed</li> <li>✓ Drink plenty of water and limit sugary drinks</li> <li>✓ Get at least 30 minutes of exercise five days a week</li> <li>✓ Do not smoke, and avoid second-hand smoke</li> <li>✓ Always wear a safety belt when riding in a car</li> <li>✓ Wear a helmet when cycling</li> <li>✓ Wear a hat and sunscreen when exposed to direct sunlight</li> <li>✓ Wash hands frequently &amp; keep hands out of mouth</li> <li>✓ Get a physical exam every year</li> <li>✓ Visit the dentist twice per year</li> <li>✓ Use medications only as prescribed</li> </ul>
<b>Pregnant Women</b> <i>(or those planning to get pregnant)</i>	<ul style="list-style-type: none"> <li>✓ Eat a healthy balanced diet</li> <li>✓ Get partners tested for STDs/HIV before you have sex &amp; get yourself tested for STDs/HIV</li> <li>✓ See a doctor for prenatal care</li> <li>✓ Take an approved prenatal vitamin</li> <li>✓ Don't smoke, drink alcohol, or take drugs</li> <li>✓ Avoid exposure to toxic fumes from paint, gasoline &amp; pesticides</li> <li>✓ Avoid contact with cat feces in litter boxes and gardens</li> <li>✓ Take classes on childbirth and parenting</li> </ul>

Age Group	Health Behaviors
<b>Parents</b> 	<ul style="list-style-type: none"> <li>✓ Breastfeed your baby</li> <li>✓ Touch and talk to your baby often</li> <li>✓ Never shake or hit a baby</li> <li>✓ Place the baby on its back to sleep</li> <li>✓ Make sure crib bedding is tight-fitting (no loose bedding in the crib)</li> <li>✓ Know where your children are and who they are with</li> <li>✓ Talk to your children about ways to stay safe and healthy, and how to prevent health problems</li> <li>✓ Be a model of healthy living for your children</li> </ul>
<b>Infants &amp; Toddlers</b> 	<ul style="list-style-type: none"> <li>✓ Get your baby vaccinated for Hepatitis A &amp; B, DTP, Rotavirus, Hib, PCV, MMR, polio, Varicella &amp; influenza</li> <li>✓ Never leave babies or young children unattended or unsupervised</li> <li>✓ Lock-up cleaning supplies, poisons, medicines &amp; firearms</li> <li>✓ Always put your baby in an approved car seat when driving</li> </ul>
<b>Children</b> 	<ul style="list-style-type: none"> <li>✓ Get recommended vaccinations: Meningococcal, DTP, influenza, pneumococcal, Tdap, polio, MMR, Varicella &amp; HPV (girls 9 and older)</li> <li>✓ Wear a helmet when bike riding and skating</li> </ul>
<b>Teens &amp; Young Adults</b> 	<ul style="list-style-type: none"> <li>✓ Plan to have children only when you are ready to care for them</li> <li>✓ Young women should get the HPV vaccine before becoming sexually active</li> <li>✓ Use contraception if you have sex &amp; don't want children</li> <li>✓ Get partners and self tested for STDs before you have sex</li> <li>✓ Limit number of sex partners &amp; use condoms</li> <li>✓ Females should get pelvic exams annually after age 21 or when they become sexually active</li> <li>✓ Females should perform monthly breast self-exams</li> <li>✓ Males should perform monthly testicular self-exams</li> <li>✓ Drive carefully and obey traffic laws</li> <li>✓ Do not drive a car while under the influence of drugs or alcohol</li> </ul>

Age Group	Health Behaviors
<b>Adults</b>	<ul style="list-style-type: none"> <li>✓ Women should have a pelvic &amp; breast exam every year</li> <li>✓ Men and women should have an annual physical exam</li> </ul>
<b>Older Adults</b> 	<ul style="list-style-type: none"> <li>✓ Get a physical exam every year</li> <li>✓ Get a flu shot before each flu season</li> <li>✓ People 60 &amp; older should get the shingles vaccination</li> <li>✓ Women over 40 should get a mammogram every year</li> <li>✓ Women should get a pelvic &amp; breast exam every year</li> <li>✓ Men over 50 should have a prostate exam annually</li> <li>✓ Get a colonoscopy every 3-5 years</li> </ul>
<b>Pet Owners</b> 	<ul style="list-style-type: none"> <li>✓ Get pets all recommended vaccinations. Rabies vaccinations are required for all dogs; other necessary vaccinations for dogs may include: DHPP (Distemper, Hepatitis, Parainfluenza, Parvovirus), Leptospirosis and Bordatella</li> <li>✓ Rabies vaccinations are recommended for cats. Other cat vaccines may include: FVRCP (Feline Viral Rhinotracheitis, Calicivirus, Panleukemia), Chlamydia and Feline Leukemia)</li> <li>✓ Get dogs licensed (dog licenses are required by law for all dogs over the age of 4 months)</li> <li>✓ Spay or neuter cats and dogs</li> <li>✓ Keep dogs on a leash when not contained in a home or yard</li> </ul>

## Additional Resources

**M**ore information about prevention, medical, and other services is available at the Santa Barbara County Public Health Department website, [www.sbcphd.org](http://www.sbcphd.org), or by calling 805-681-5100.

Information about other medical and social services in Santa Barbara County is available at [www.211sbcounty.org](http://www.211sbcounty.org), or by calling 211.

Information on a variety of health issues is available from the US National Library of Medicine at [www.nlm.nih.gov](http://www.nlm.nih.gov), and from the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov).



# Overview of Santa Barbara County Residents

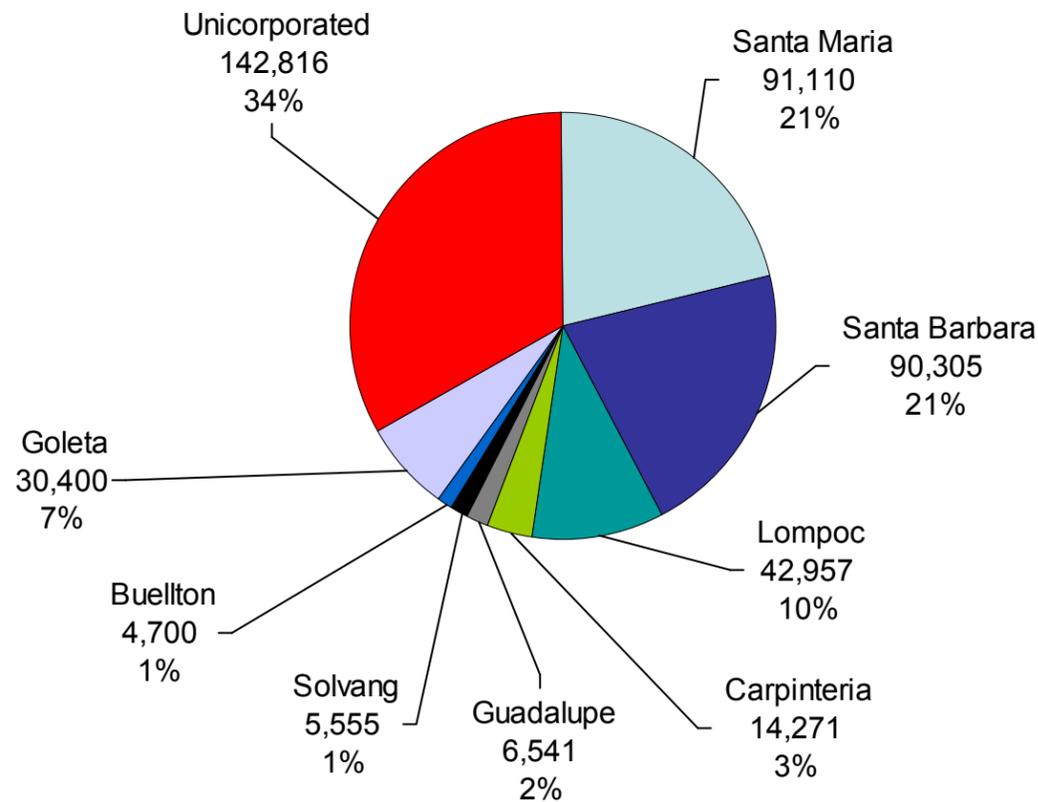
Age, education, ethnicity, income, and other characteristics influence our health. The following graphs and diagrams provide demographic or statistical information about the people of Santa Barbara County. This information provides a context for better understanding the health needs of our residents. The data are reported for the most recent year available.

## Population

The majority of Santa Barbara County residents live in the cities of Santa Maria and Santa Barbara, and the surrounding unincorporated areas. The population in northern Santa Barbara County has grown the fastest in recent years.<sup>8</sup>



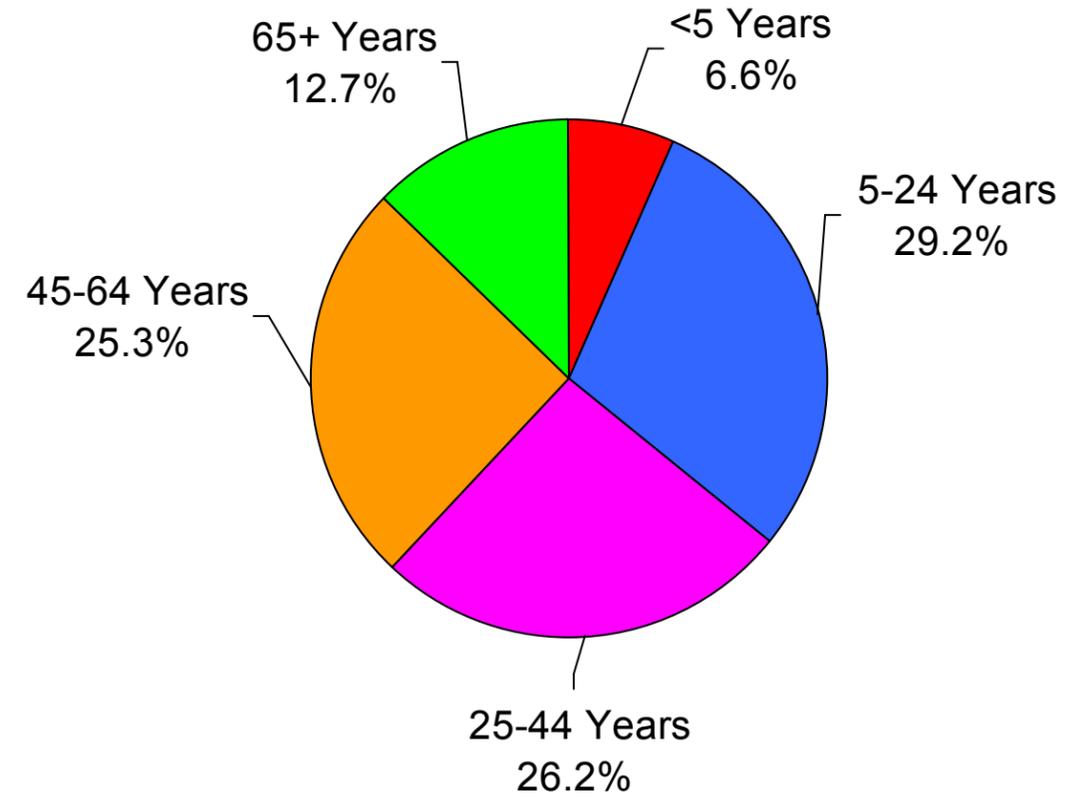
**Population by City**  
Santa Barbara County 2008 Estimates (N=428,665)



## Age

The population of Santa Barbara County is generally younger in the northern part of the county, and older in the south. In 2007, the city of Santa Barbara had a higher percentage of seniors (14.1%) than the city of Santa Maria (9.6%), while Santa Barbara had nearly half as many children under 5 (5.9%) as Santa Maria (10.6%).<sup>9</sup>

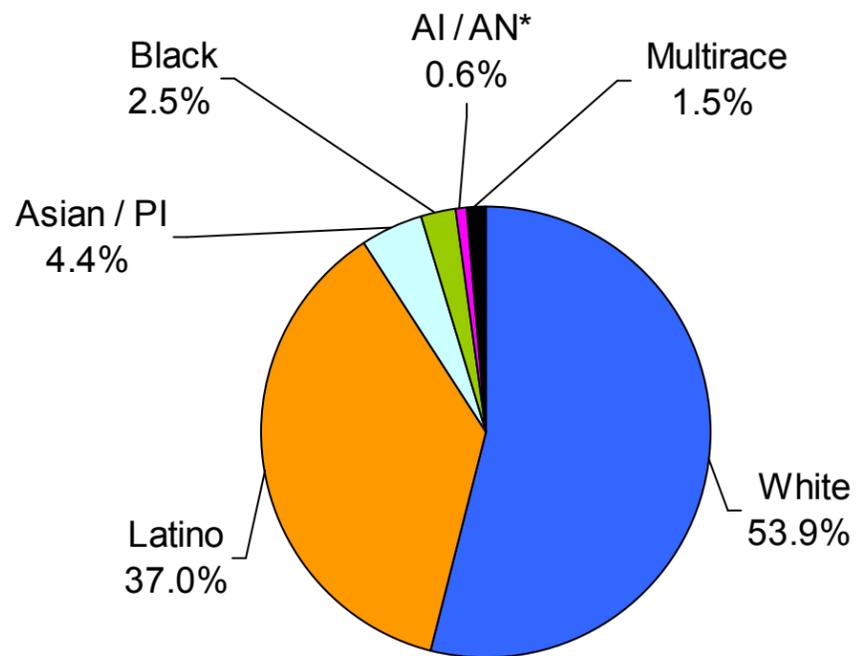
**Population by Age Group**  
Santa Barbara County, 2009



## Ethnicity

While the majority of the Santa Barbara County population is White<sup>8</sup>, the rate of growth projected from 2000 to 2010 is 33.3% for Blacks, 17.9% for Latinos, 16.3% for Asian/Pacific Islanders, and 1.27% for whites<sup>8</sup>. The northern part of the county had a much higher percentage of Latinos (65.6% in Santa Maria) than the south (33.4% in Santa Barbara) in 2007.<sup>9</sup>

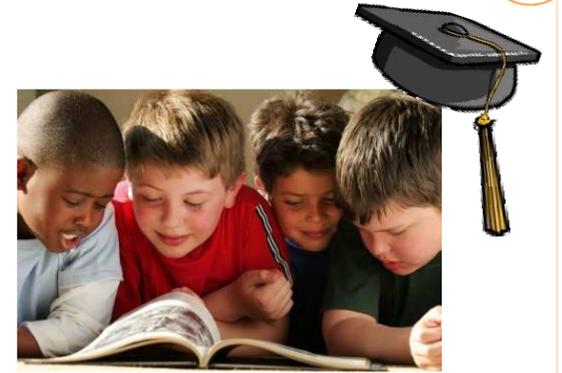
Population by Race/Ethnicity  
Santa Barbara County, 2009 Estimates



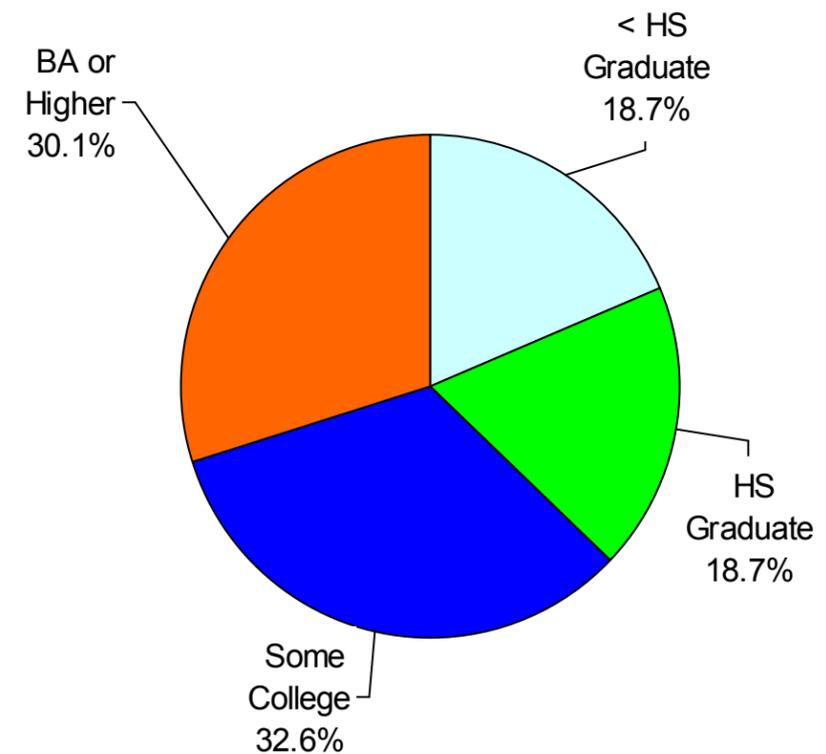
\* American Indian / Alaskan Native

## Education

Education levels are moderately high in Santa Barbara County, with 62.7% of adults having completed some college or more in 2007.<sup>9</sup> However, education levels were significantly lower in the northern part of the county, with 12.2% of Santa Maria residents having a bachelors degree or higher, in contrast to 41.2% of Santa Barbara city residents.<sup>9</sup>



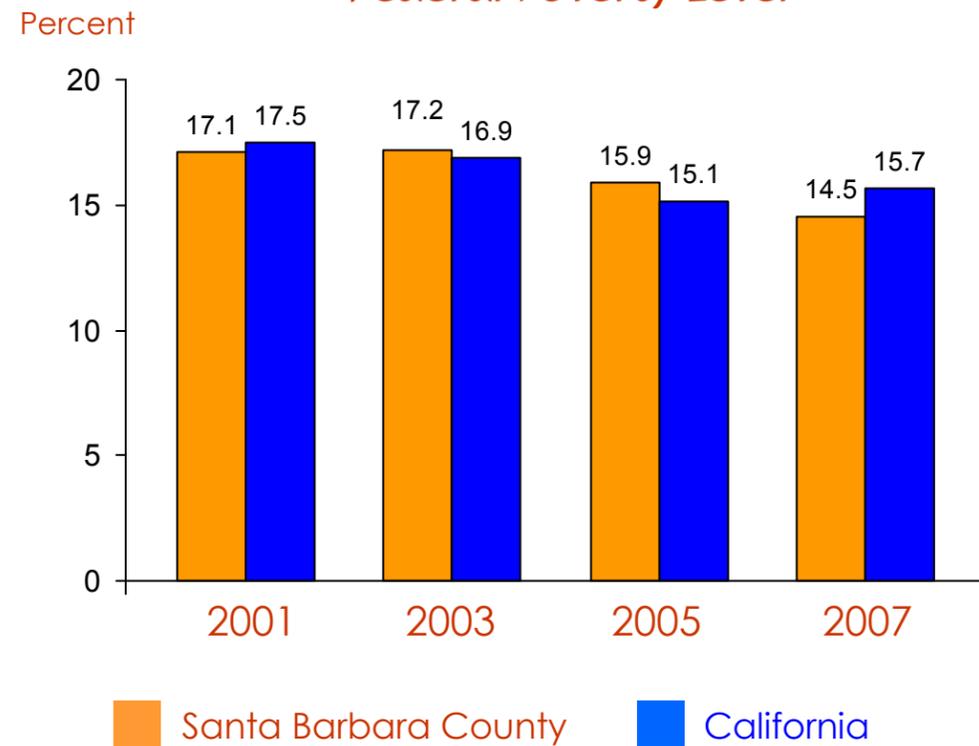
Adult Population by Education Level  
Santa Barbara County, 2007



## Income

In 2007, Santa Barbara County had a lower percentage of people living below the Federal Poverty Level (14.5%) than average for the rest of the State (15.7%).<sup>3</sup> Income levels are generally higher in southern Santa Barbara County than in the north, with 8% of families in the city of Santa Barbara living below the poverty level, compared to 15.5% of Santa Maria families in 2007.<sup>9</sup> Almost one-third of Latinos in the county (32.2%) were living below the poverty level in 2007, compared to 2.6% of Whites.<sup>3</sup>

### Percentage of Population Living Below Federal Poverty Level



2007 Federal Poverty Guidelines The 48 Contiguous States and DC			
Persons in Family	Poverty Guideline	Persons in Family	Poverty Guideline
1	\$10,210	5	24,130
2	13,690	6	27,610
3	17,170	7	31,090
4	20,650	8	34,570

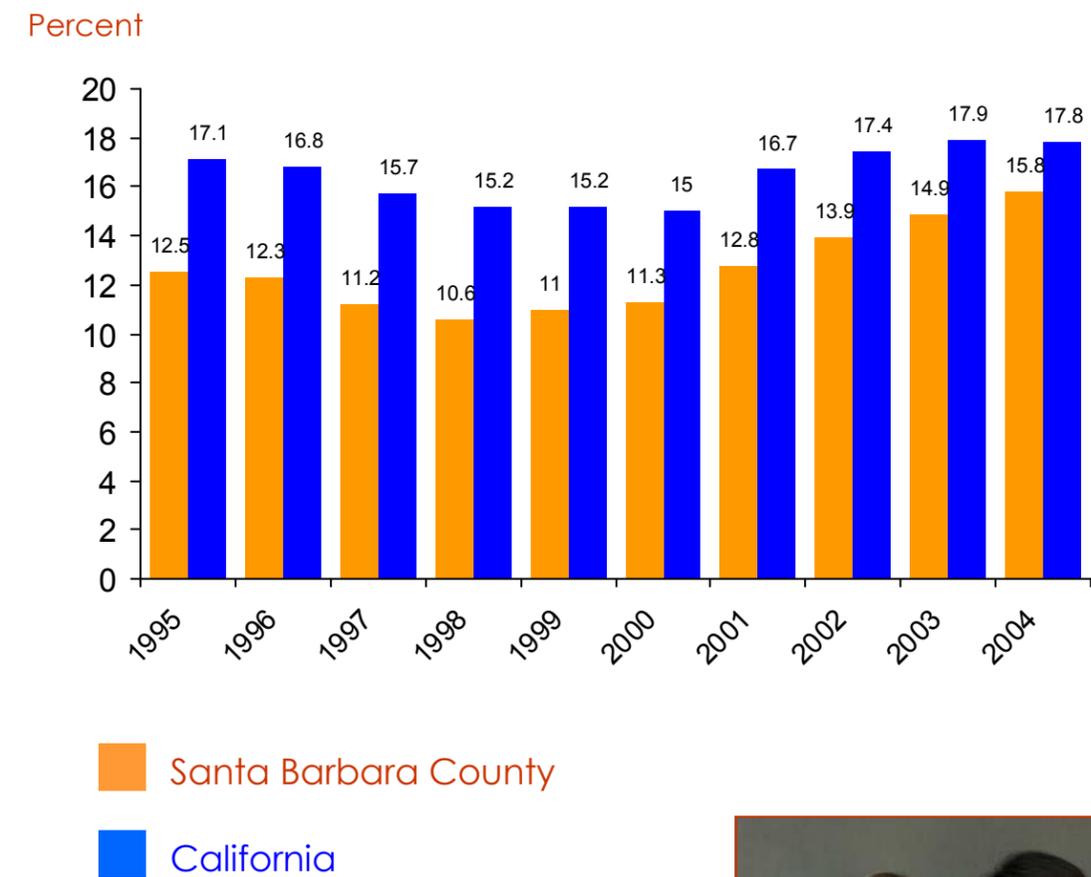
For families with more than 8 persons, add \$3,480 for each additional person.

## Health Insurance

Health insurance is a key factor influencing people's access to medical care. Medi-Cal is a government program that provides health insurance to low-income people. While Santa Barbara County was below the state average in percent of people eligible to receive Medi-Cal in 2004, the percentage of eligible people has grown steadily since the late 1990s.<sup>10</sup>



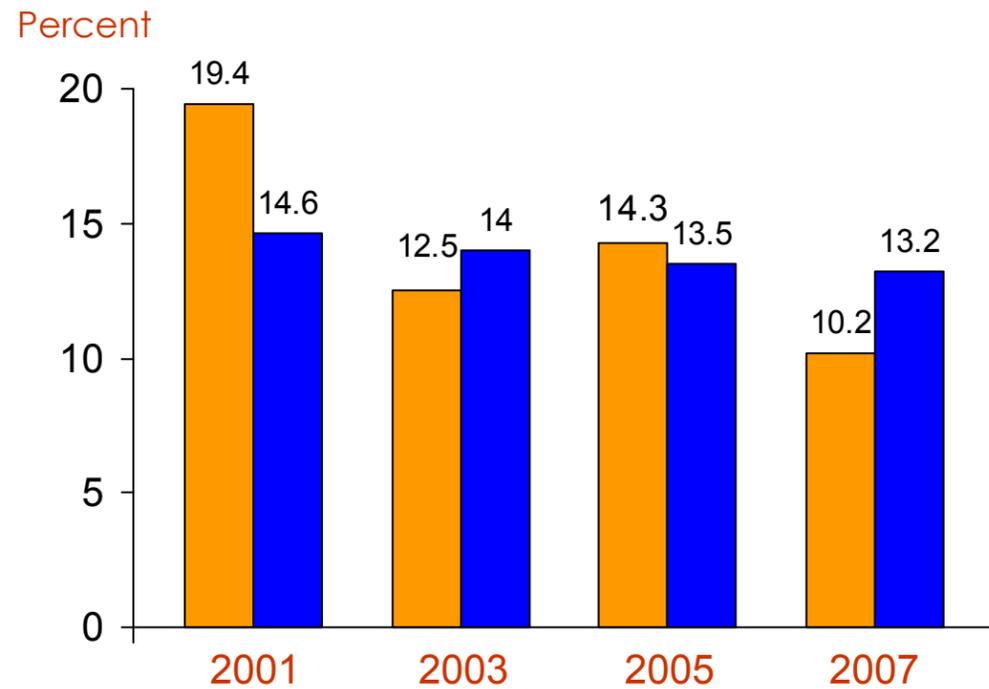
### Percentage of Population Medi-Cal Eligible



## Uninsured

In 2007, Santa Barbara County had a lower percentage of people with no health insurance than the state average.<sup>3</sup> However, Santa Barbara County had the third highest percentage of children without health insurance of all counties in the state.<sup>11</sup> Further, many more Latinos (29.9%) than Whites (4.6%) had no health insurance.

### Percentage of Population Uninsured



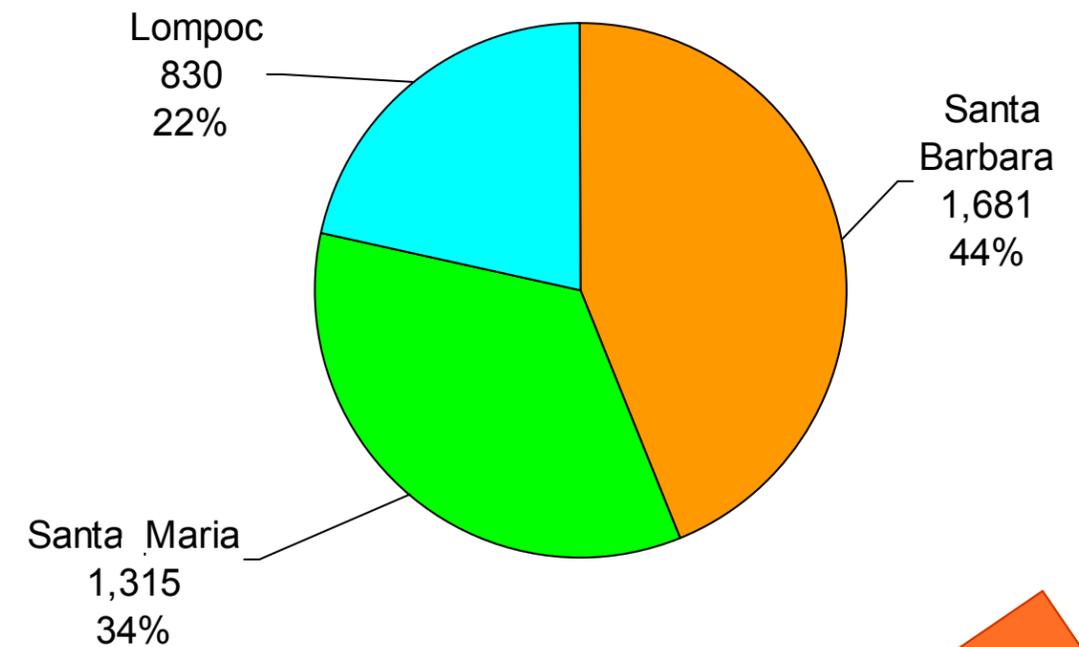
■ Santa Barbara County  
■ California



## Medically Indigent Adults

Medically Indigent Adults (MIA) is a program of the Public Health Department for uninsured adults with serious medical conditions. It specifically aids adults who are uninsured, and are not eligible for other health care coverage. The chart below displays the percentage and number of approved MIA applications in three area cities during 2007.<sup>12</sup>

### Number and Percentage of Approved MIA Applications in Three Santa Barbara County Cities — 2007



## REFERENCES & DATA SOURCES

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4. California Center for Public Health Advocacy, 2007
5. Epidemiology Unit, Santa Barbara County Public Health Department, 2007
6. Statewide Integrated Traffic Records System, 2007
7. Family Health Outcomes Project, 2006
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9. American Community Survey, FactFinder website, US Census Bureau, 2007
10. California Health Care Services, Medical Care Statistics, 2004
11. 2007 California County Data Book, Children Now
12. Santa Barbara County Public Health Department, MIA Program, 2008



### COVER ART

Persimmon Watercolors by  
Ms. Minadeo's 1<sup>st</sup> Period 7<sup>th</sup> Grade Art Class,  
La Cumbre Junior High, 11/08

Photograph by: Susan Horne, Health Educator,  
Santa Barbara County, Public Health Department

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300 North San Antonio Road  
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