

Community Health Needs Assessment



Collaboration. Community. Connection.

PIH Health Hospital - Downey Primary Service Area Cities and Zip Codes

The 2016 Community Health Needs Assessment presents data on PIH Health Hospital - Downey's primary service area cities / communities. PIH Health Hospital - Downey is situated in the southeast portion of Los Angeles County. The service area was determined by hospital inpatient discharge data obtained through the Office of Statewide Health Planning and Development, which included all who received care regardless of insurance coverage or eligibility for financial assistance. Over 70% of PIH Health Hospital - Downey's inpatient discharges come from the 16 cities/communities noted below.

Also, noted below are the Service Planning Area's linked with the respective zip codes. Los Angeles County Department of Public Health provides demographic and health data by regions known as Service Planning Areas or SPAs, with eight SPAs in the County. The majority of PIH Health Hospital - Downey's primary service area cities are in SPA 7.

	City / Community	Zip Code	Los Angeles (LA) County Service Planning Area (SPA)
1	Bell	90202	SPA 7
2	Bellflower	90706	SPA 7
3	Bell Gardens	90201	SPA 7
4	Cerritos	90703	SPA 7
5	Commerce	90040	SPA 7
6	Compton	90221	SPA 6
7	Downey	90240-90242	SPA 7
8	Huntington Park	90255	SPA 7
9	Long Beach	90805	SPA 8
10	Lynwood	90262	SPA 6
11	Maywood	90270	SPA 7
12	Norwalk	90650	SPA 7
13	Paramount	90723	SPA 6
14	Pico Rivera	90660	SPA 7
15	South Gate	90280	SPA 7
16	South Los Angeles	90001	SPA 6

Throughout this document Service Planning Area 7 (SPA 7) and Whittier Health District will be mentioned. These areas are comprised of the following cities:

- **SPA 7** includes the cities of Artesia, Bell, Bell Gardens, Cerritos, City of Commerce, City Terrace, Cudahy, Downey, East Los Angeles, Hawaiian Gardens, Huntington Park, La Habra Heights, Lakewood, La Mirada, Los Nietos, Maywood, Montebello, Norwalk, Pico Rivera, Santa Fe Springs, Signal Hill, South Gate, Vernon, Walnut Park and Whittier.
- **Whittier Health District** includes the cities of Whittier, Unincorporated Whittier, Pico Rivera, Santa Fe Springs and La Habra/La Habra Heights.

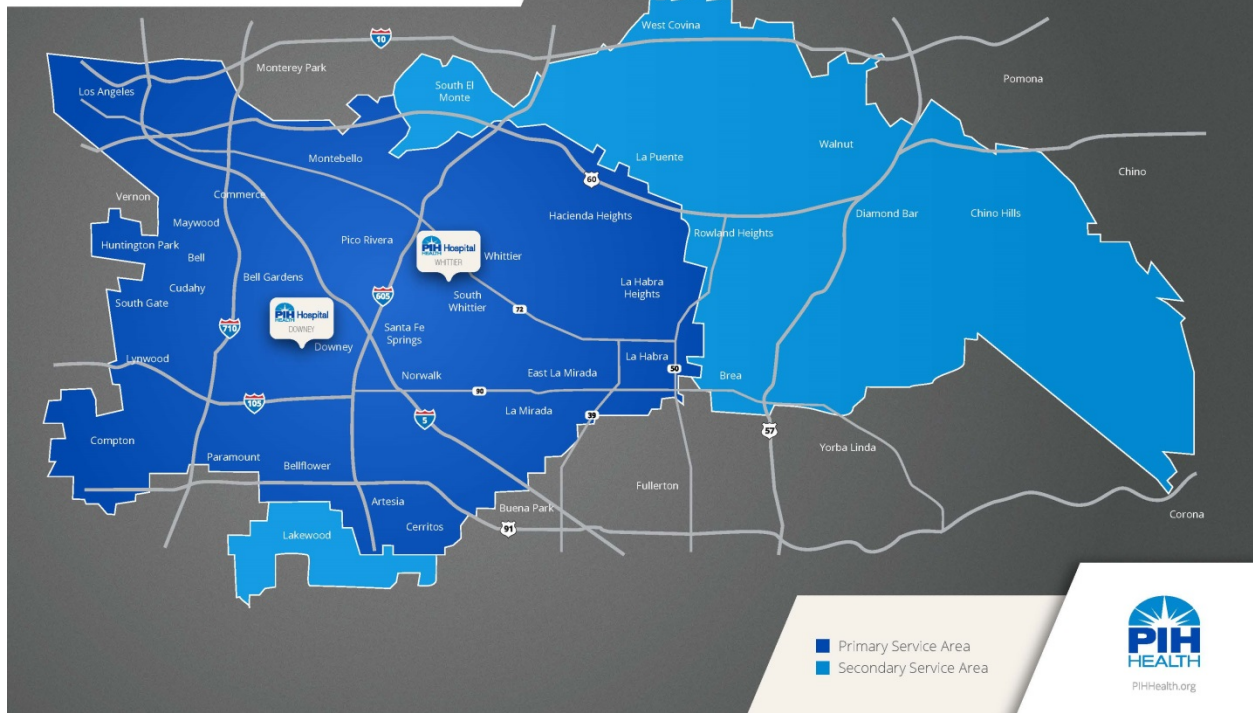
About PIH Health

The PIH Health network is comprised of two hospitals - PIH Health Hospital-Whittier and PIH Health Hospital-Downey - and features multiple outpatient medical offices, a multi-specialty medical group, home health and hospice care, as well as heart, cancer, stroke, women's health, rehabilitation, and emergency services. PIH Health also offers extensive supportive services, such as social workers, palliative care and behavioral health.

Community benefit continues to be an integral part of PIH Health's charitable mission, and we are a proud partner in our communities' health and wellness. We dedicate assets to charitable purposes, including financial assistance programs, as well as community-based initiatives to improve and promote overall health and well-being regardless of health or economic status. In addition, we are committed to our strong network of partners and collaborators, which have ensured effective and sustainable community health improvement efforts.

For more information, please visit PIHHealth.org

PIH Health Service Area Map



Consultants

Biel Consulting, Inc. conducted the Community Health Needs Assessment. Biel Consulting, Inc. is an independent consulting firm that works with hospitals, clinics and community-based nonprofit organizations. Dr. Melissa Biel served as the lead for this Assessment, joined by Janice Frates, PhD, MSW, LCSW, Deborah Silver, MA, Sevanne Sarkis, JD, MHA and Denise Flanagan, BA. Biel Consulting, Inc. has extensive experience conducting hospital Community Health Needs Assessments and working with hospitals on developing, implementing, and evaluating community benefit programs.

www.bielconsulting.com

David Armstrong of DataFox calculated the mortality data and created the data maps found in Chapter 2: Overview of Key Findings.

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Chapter One

Background and Purpose

PIH Health has conducted this triennial Community Health Needs Assessment (CHNA) in fulfillment of requirements set forth by California Senate Bill 697 (SB 697) and the federal Patient Protection and Affordable Care Act (PPACA). Internal Revenue Service regulations dictate that if a healthcare organization operates more than one hospital facility, each hospital must conduct its own separate CHNA.

The data findings and community input gained through this CHNA greatly assist with the following:

- Identification of significant health needs of primary service area communities and opportunities for action.
- Development of PIH Health Hospital - Downey's Community Health Improvement Plan (Implementation Strategy), which identifies priority health areas and initiatives to address significant health needs.
- Design of meaningful initiatives that will prove to be an effective use of PIH Health's charitable resources.

Next Steps

- The 2016 CHNA will be made widely available to the public at PIHHealth.org/CHNA
- Assessment findings will be shared and community dialogue and coalition formation encouraged to address significant health needs.
- Assessment findings will be distributed to key stakeholders, as well as shared with the community at-large, with emphasis on providing community-based organizations with information that will support program planning and fund development endeavors, while sparing the expense of duplicative data collection efforts.

Chapter Two

Overview of Key Findings



Service area data fared **worse** than county, state or national (Healthy People 2020) benchmarks



Service area data fared **better** than county, state or national (Healthy People 2020) benchmarks

The table below summarizes the needs assessment findings and indicates whether data for the service area fared better or worse than county, state or national (Healthy People 2020) benchmarks. When service area data was not available, Service Planning Area 7 (SPA 7) data was used as it is a close match to PIH Health's service area cities. To see more information on the data indicator, please refer to the listed chapter.

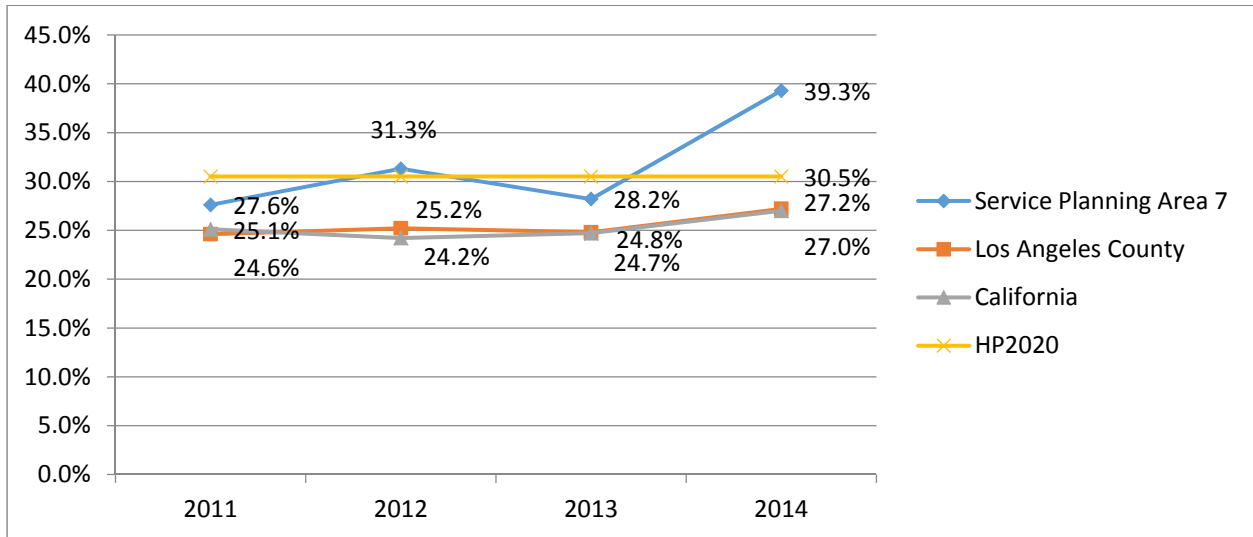
Data Indicator (by Chapter)	Comparison to Benchmark Data		
	LA County	State	Healthy People 2020
Chapter Seven: General Healthcare Access Health Insurance Coverage - Total Population	Target Not Met	Target Not Met	Target Not Met
Chapter Eight: Access to Dental Care Lack of Insurance Coverage /Affordability	Target Not Met	No Data	Data Not Comparable
Chapter Nine: Preventative Healthcare Colorectal Cancer Screening	Target Not Met	Target Not Met	Target Met
Mammograms	Target Met	No Data	Target Met
Pap Smears	Target Met	No Data	Target Not Met
Flu Vaccines - Total Population	Target Not Met	Target Not Met	Target Not Met
Senior Pneumonia Vaccines	Target Met	No Data	Target Not Met
Childhood Immunizations	Target Not Met	Target Not Met	Target Not Met
Chapter Ten: Mental & Behavioral Health Mental Healthcare	Target Not Met	Target Not Met	Target Not Met
Substance Abuse (Alcohol/Drugs/Tobacco)	Target Not Met	Target Not Met	Target Not Met
Chapter Eleven: Maternal and Infant Health Early Prenatal Care, Low Birth Weight, Teen Births, Infant Mortality	No Data	Target Met	Target Met
In-Hospital Breastfeeding	Target Not Met	Target Not Met	Target Met
Chapter Twelve: Weight Status, Nutrition and Physical Activity	Target Not Met	Target Not Met	Target Not Met
Chapter Thirteen: Chronic Diseases Asthma Diabetes	Target Not Met	Target Not Met	Data Not Comparable
Heart Disease HIV / AIDS	Target Met	Target Met	Data Not Comparable
Chapter Fourteen: Leading Causes of Death Diabetes Deaths Heart Disease Deaths	Target Not Met	Target Not Met	Data Not Comparable
Cancer Deaths Stroke Deaths	Target Not Met	Target Not Met	Target Not Met
Lung Disease Deaths	Target Not Met	Target Not Met	Data Not Comparable

Data Trends Across Multiple Years

The following section highlights data trends across multiple years for the service area's significant health needs. For a list of cities that comprise the service area, SPA 7 or the Whittier Health District, see Page i.

Adult Obesity

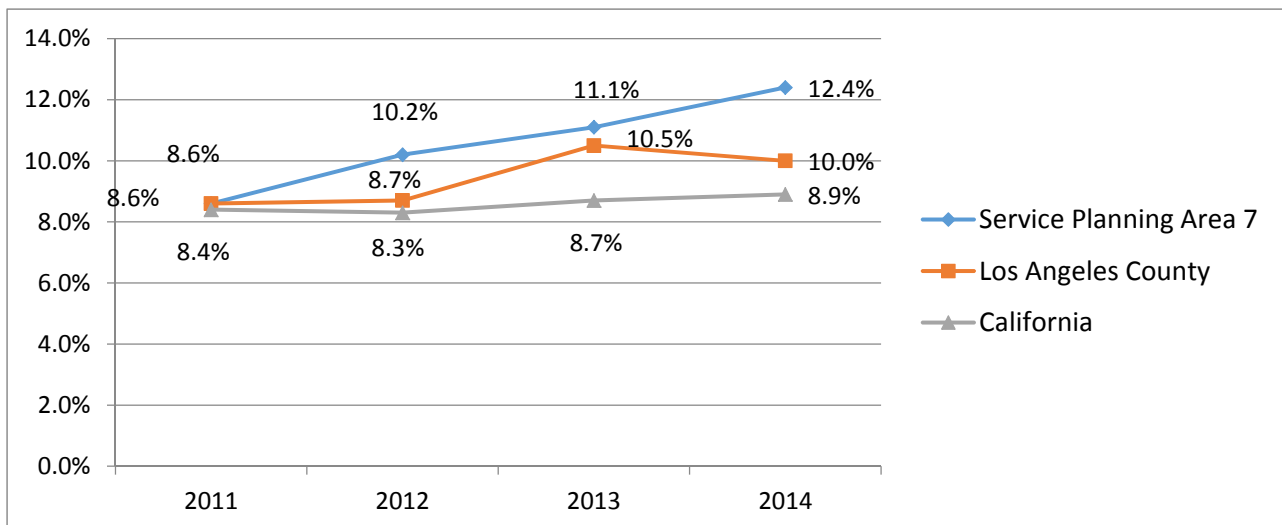
Adult obesity rates (Body Mass Index of 30.0 or higher) from 2011 to 2014 have increased year-to-year in LA County and SPA 7. Rates of adult obesity in SPA 7 exceed LA County rates for each of the years reported. SPA 7 obesity rates exceed the Healthy People 2020 Objective (30.5%) in 2012 and 2014.



Source: California Health Interview Survey, 2011, 2012, 2013, 2014

Diabetes Prevalence

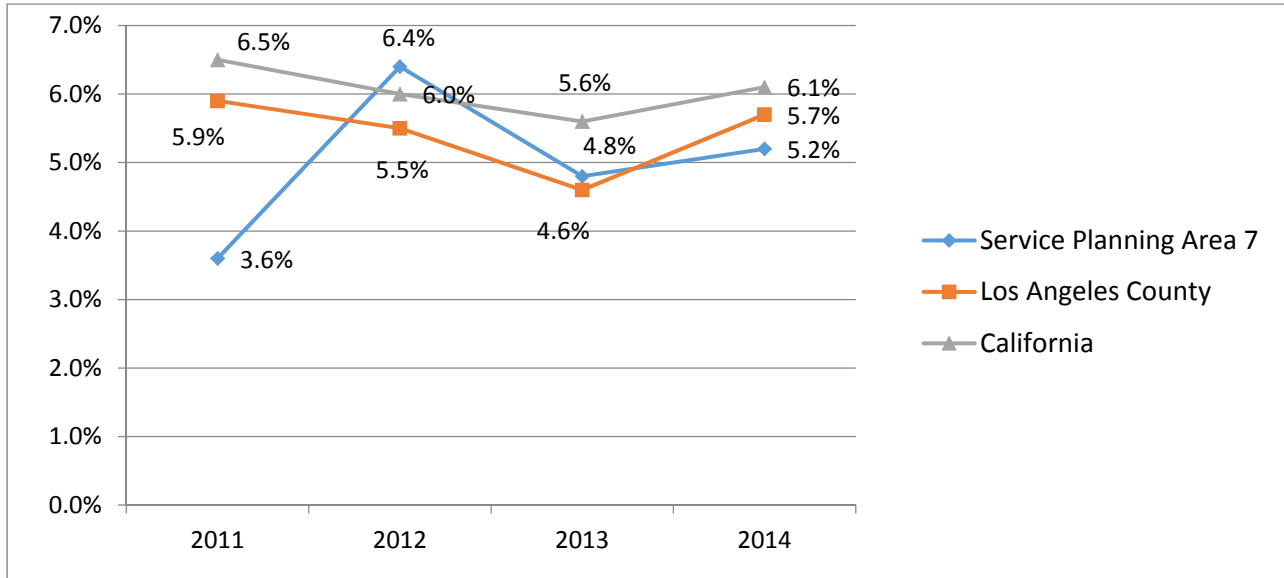
Adults diagnosed with diabetes increased from 8.6% in 2011 to 12.4% in 2014 in SPA 7. Rates have also increased over the four year span from 2011 to 2014 in LA County and the state. Diabetes rates in SPA 7 also exceed county and state rates in the reported years. There is no comparable Healthy People 2020 Objective.



Source: California Health Interview Survey, 2011, 2012, 2013, 2014

Heart Disease Prevalence

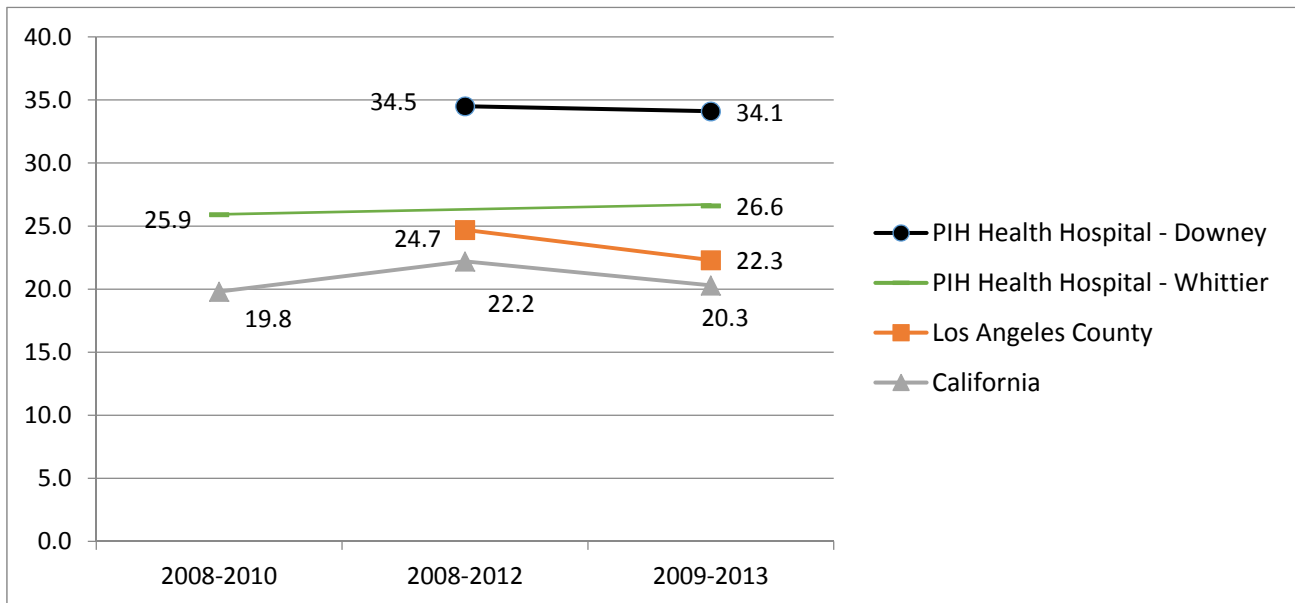
Heart disease rates among adults in SPA 7 surged from 3.6% to 6.4% in 2012, but decreased to 5.2% in 2014. Heart disease rates in SPA 7 are lower than in the county or state. There is no comparable Healthy People 2020 Objective.



Source: California Health Interview Survey, 2011, 2012, 2013, 2014

Diabetes Mortality Rates per 100,000 Persons

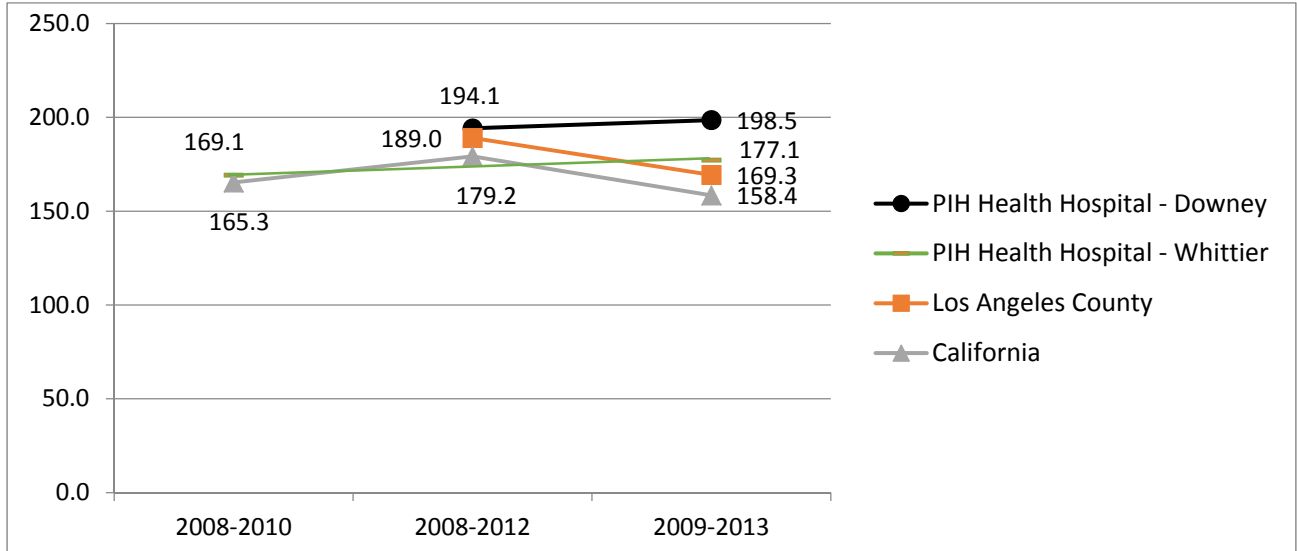
In PIH Health service areas, diabetes death rates have stayed mostly stable from 2008 to 2013. However, the death rates for both hospital service areas exceeded county and state rates. There is no comparable Healthy People 2020 Objective.



Source: California Department of Public Health, Public Health Statistical Master File, 2008-2010; 2008-2012; 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1.

Heart Disease Mortality Rates per 100,000 Persons

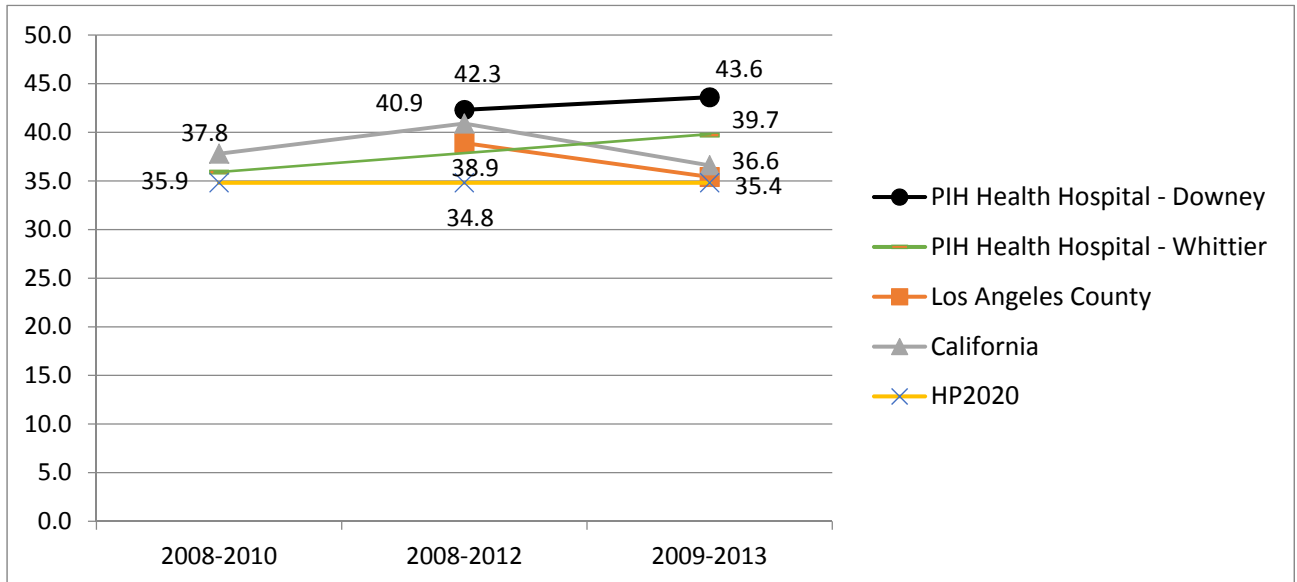
In PIH Health service area heart disease death rates have increased slightly from 2008 to 2013. The death rates for both hospital service areas (during 2009 to 2013) exceeded both county and state rates.



Source: California Department of Public Health, Public Health Statistical Master File, 2008-2010; 2008-2012; 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1.

Stroke Mortality Rates per 100,000 Persons

The stroke death rates increased from 2008 to 2013 in the PIH Health primary service areas. The death rates for both hospitals' service areas (during 2009 to 2013) exceeded county and state rates, and the Healthy People 2020 objective (34.8).

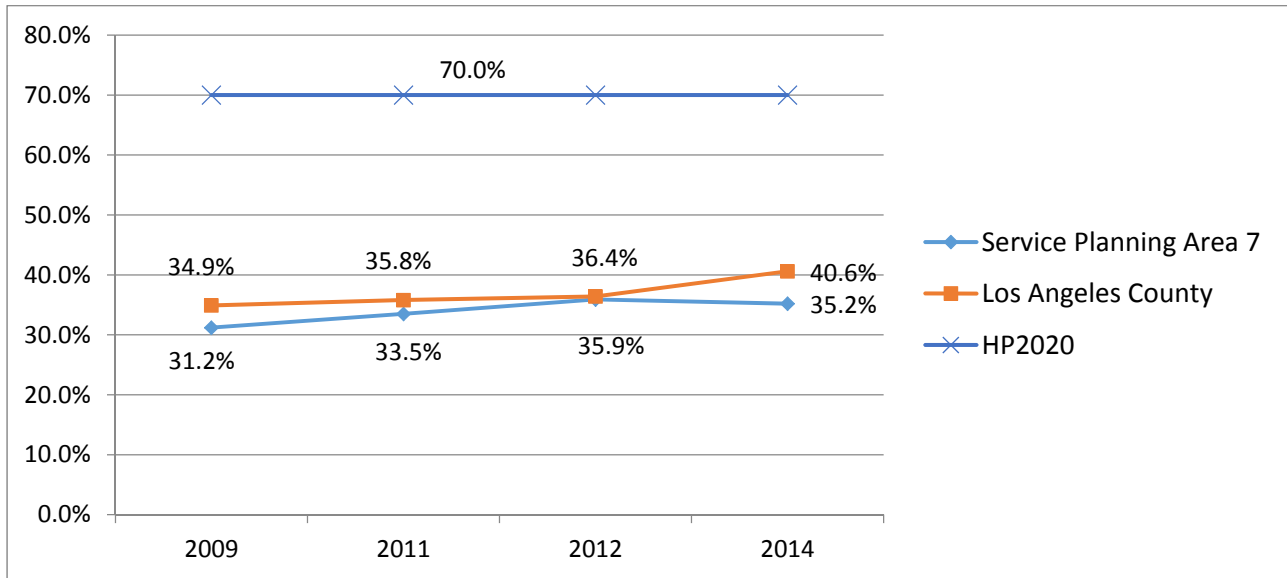


Source: California Department of Public Health, Public Health Statistical Master File, 2008-2010; 2008-2012; 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1.

*The stroke mortality rate in the PIH Health Hospital - Whittier service area during the time period of 2005-2008 was 49.1 per 100,000 persons.

Flu Shots

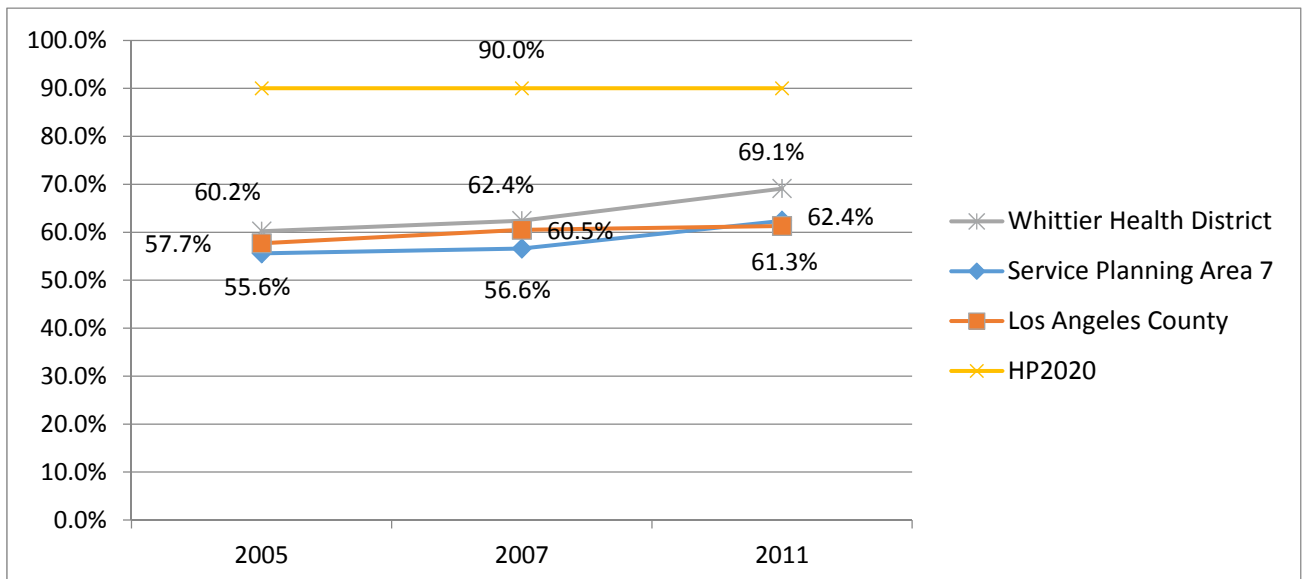
The population in SPA 7 who received flu shots increased from 31.2% in 2009 to 35.2% in 2014. However this rate is considerably lower than the Healthy People 2020 objective (70%).



Source: California Health Interview Survey, 2009, 2011, 2012, 2014

Senior Pneumonia Vaccine

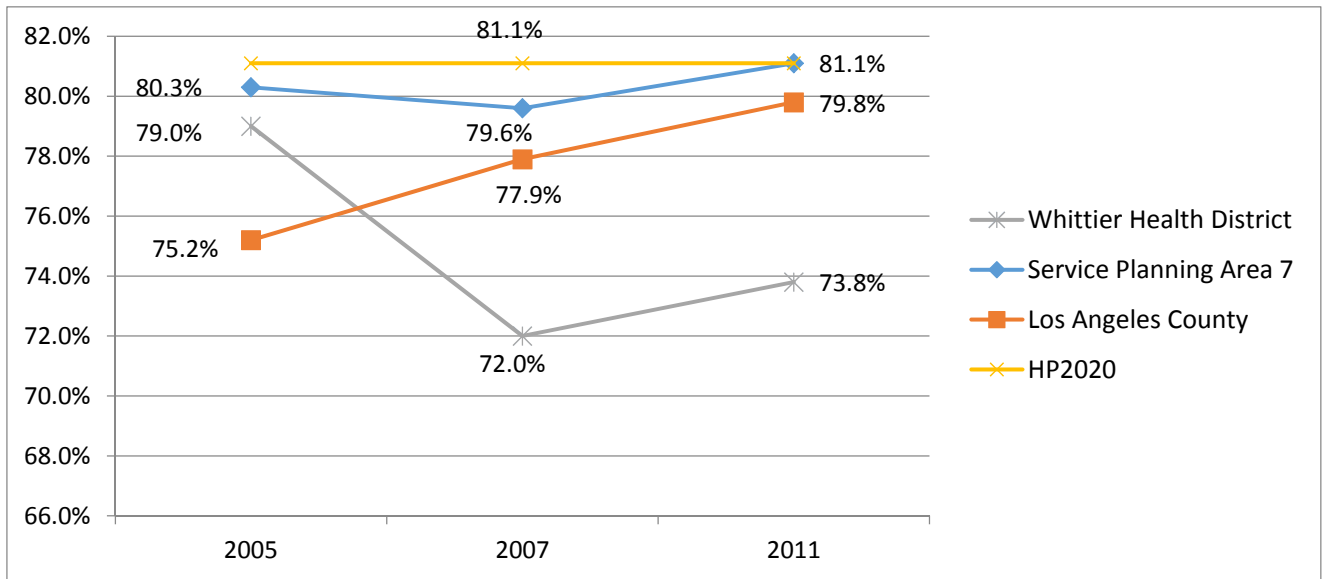
Pneumonia vaccine compliance has increased over time in the SPA 7 senior population; however this rate is considerably lower than the Healthy People 2020 objective (90%).



Source: LA County Health Survey, 2005, 2007 & 2011

Mammogram

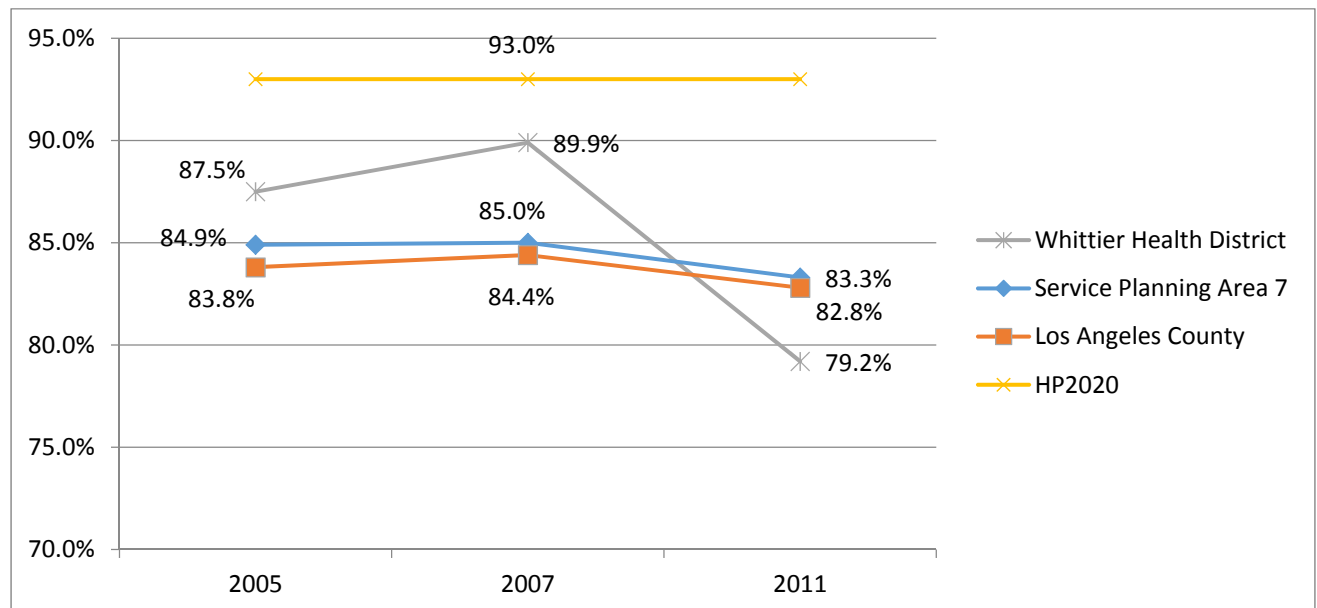
Mammogram rates in SPA 7 meet the Healthy People 2020 objective (81.1%). Overall mammogram rates have been rising despite a downward trend from 2005 to 2007 in SPA 7 and more significantly in the Whittier Health District.



Source: LA County Health Survey, 2005, 2007 & 2011; *2011 data has an age range of 50-74, rather than simply 50+

Pap Smear

The rate of women receiving Pap smears has decreased over time and does not meet the Healthy People 2020 objective (93%). The Whittier Health District has specifically seen a dramatic decrease between 2007 to 2011.

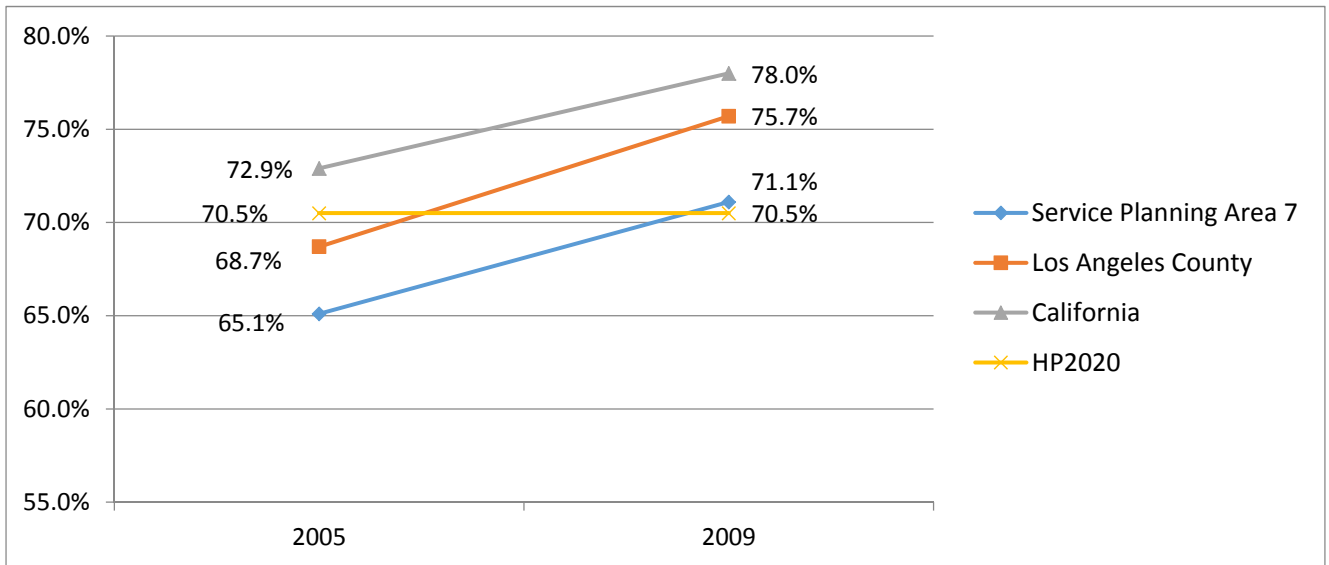


Source: LA County Health Survey, 2005, 2007 & 2011

*2005 = women 18+; 2007 = women 18+ with intact uterus; 2011 = women 18-65 years of age

Colorectal Cancer Screening

The trend in colorectal cancer screening compliance is increasing. The rate of compliance in SPA 7 (71.1%) in 2009 exceeded the Healthy People 2020 objective (70.5%).



Source: California Health Interview Survey, 2005, 2009

Snapshot: PIH Health Primary Service Area Statistics

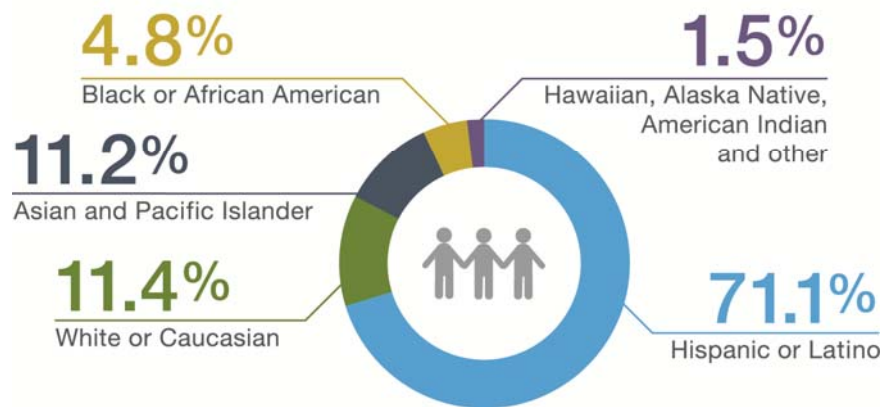
The infographics and maps that follow in this chapter depict data for the entire PIH Health service area. Some infographics show the demographic data for the entire service area as well as a breakout by hospital. Since Los Angeles County's Service Planning Area 7 most closely matches the PIH Health service area some infographics will show data for SPA 7.

Total Population 
 Census, American Community Survey, 2009-2013 Average

1,618,946

Population by Race/Ethnicity

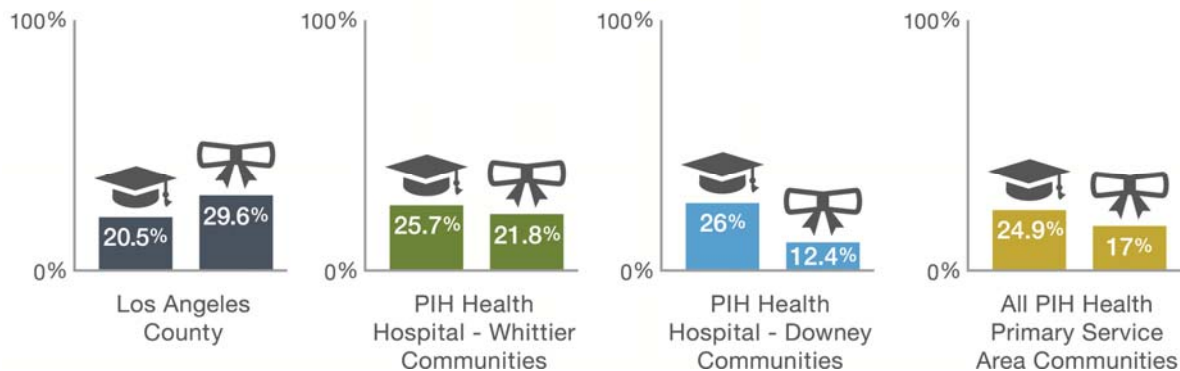
Census, American Community Survey, 2009-2013 Average



Educational Attainment

Those surveyed were age 25 years or older
 Census, American Community Survey, 2009-2013 Average

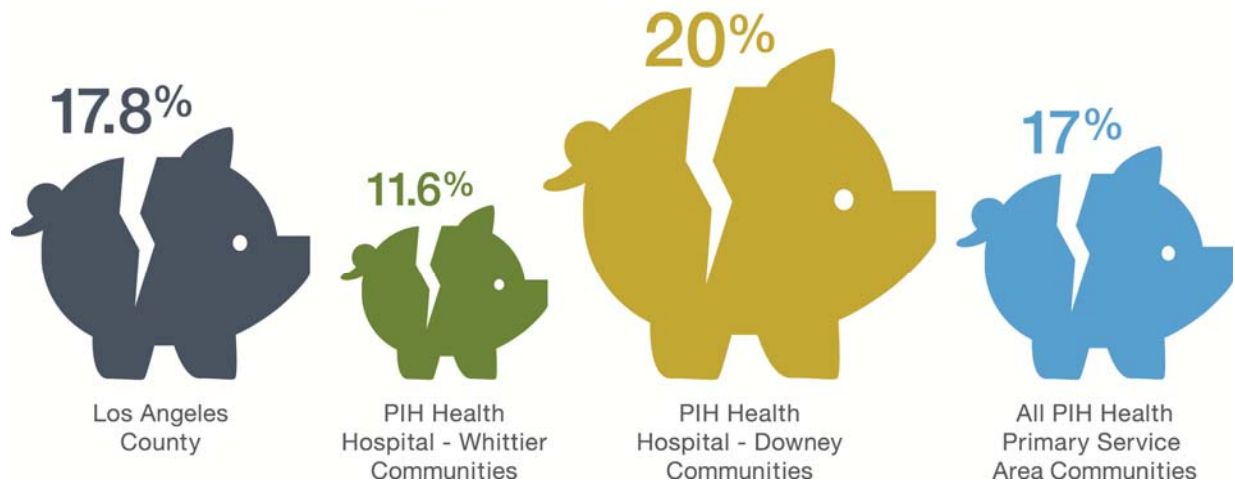
 High School Graduate
 Bachelors Degree or Higher



Poverty, Below 100% Federal Poverty Level

For 2013, 100% Federal Poverty Level for one person was \$11,490 and for a family of four \$23,550.

Census, American Community Survey, 2009-2013 Average



Adults Experiencing Food Insecurity

Lack of access among low-income adults (<200% Federal Poverty Level) to sufficient amounts of safe and nutritious food.

California Health Interview Survey, 2014



Percent of communities with higher rates than LA County (9.9%) and the State (8.4%).

Unsheltered Homeless Growth, Service Planning Area 7

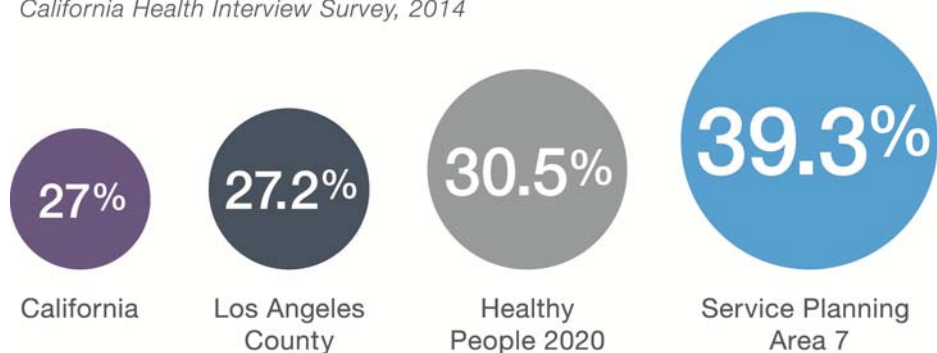
(Percent of individuals in the Greater Los Angeles Homeless Count that are unsheltered)

Los Angeles Homeless Services Authority, Greater Los Angeles Homeless Count



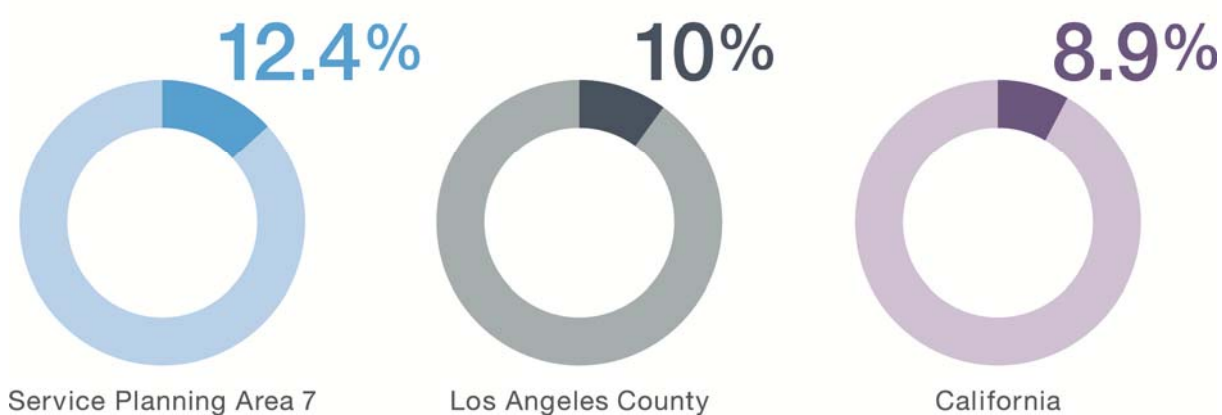
Adult Obesity

California Health Interview Survey, 2014



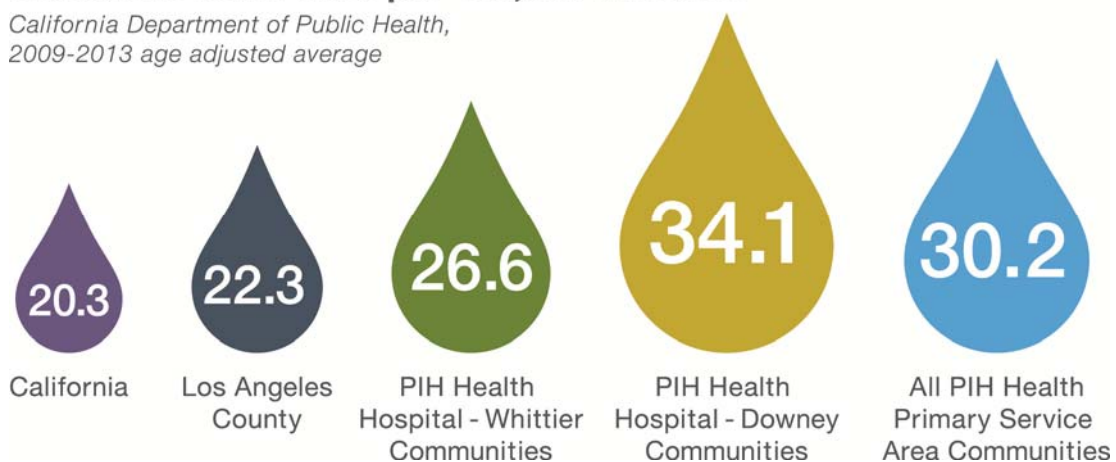
Adults Diagnosed With Diabetes

California Health Interview Survey, 2014



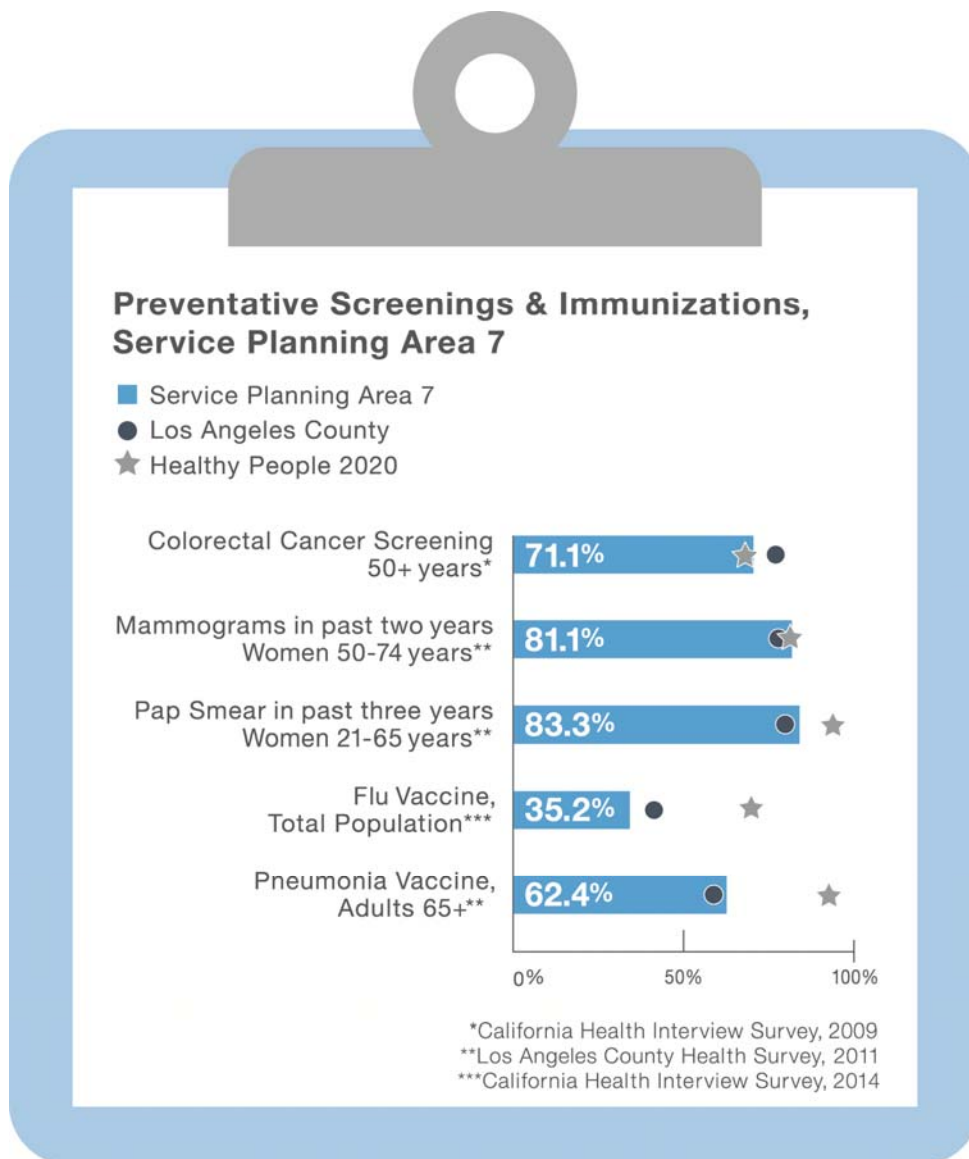
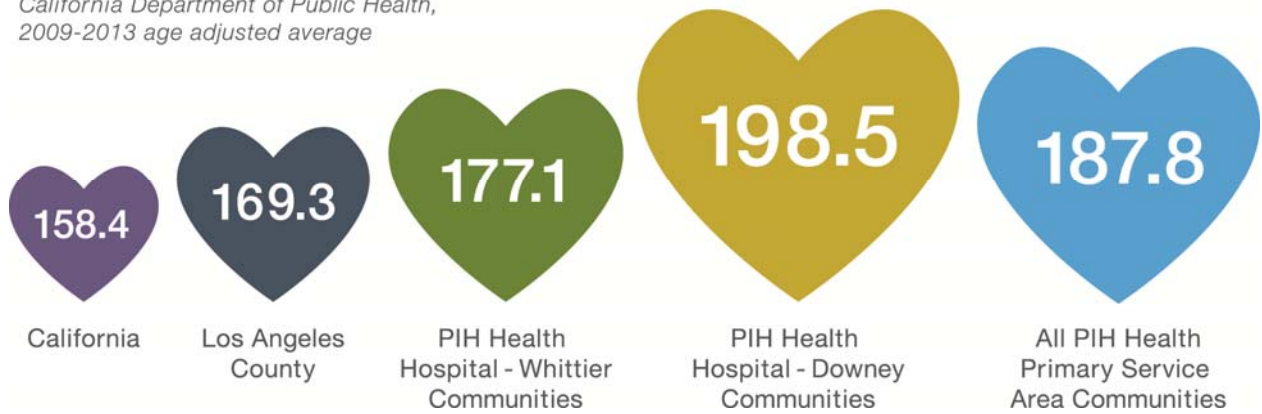
Diabetes Death Rate per 100,000 Persons

California Department of Public Health, 2009-2013 age adjusted average



Heart Disease Death Rate per 100,000 Persons

California Department of Public Health,
2009-2013 age adjusted average

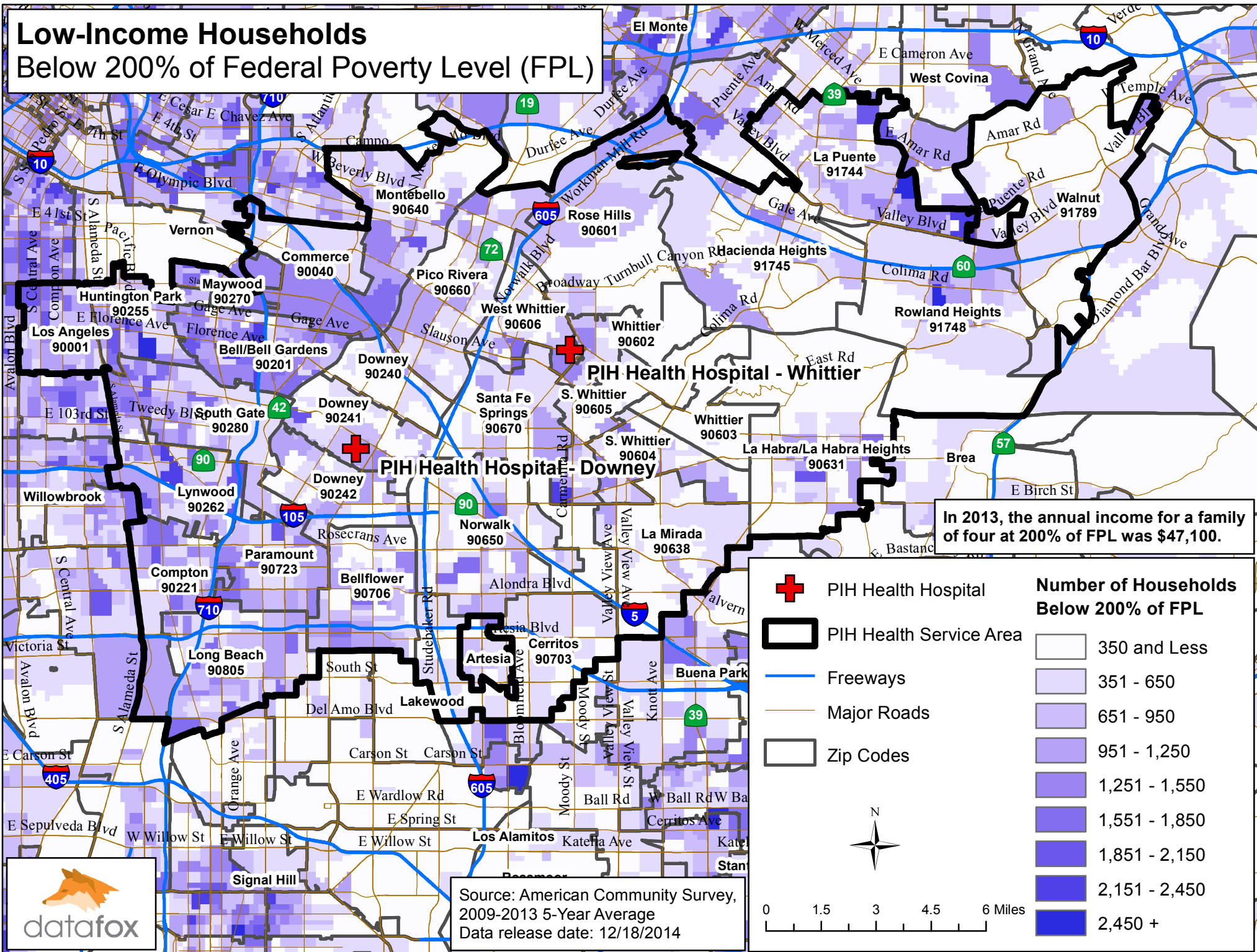


Snapshot: PIH Health Primary Service Area Maps

The following maps depict characteristics of PIH Health's primary service area.

- Low-Income Households below 200% of Federal Poverty Level (FPL)
- 5th Grade FITNESSGRAM Physical Fitness Testing Results by School District
Body Composition: Needs Improvement (NI) -Health Risk Category Only
- Adult Emergency Department Visit Rates Due to Diabetes per 10,000 Persons
3-Year Average Age-Adjusted ED Visit Rates
- Adult Hospitalization Rates Due to Diabetes per 10,000 Persons
3-Year Average Age-Adjusted Hospitalization Rates
- Diabetes Death Rate per 100,000 Persons
5-Year Average Age-Adjusted Death Rates
- Adult Emergency Department Visit Rates Due to Heart Failure per 10,000 Persons
3-Year Average Age-Adjusted ED Visit Rates
- Adult Hospitalization Rates Due to Heart Failure per 10,000 Persons
3-Year Average Age-Adjusted Hospitalization Rates
- Heart Disease Death Rate per 100,000 persons
5-Year Average Age-Adjusted Death Rates
- Stroke Death Rate per 100,000 Persons
5-Year Average Age-Adjusted Death Rates
- Adult Emergency Department Visit Rates Due to Preventable Pneumonia and Influenza per 10,000 Persons
3-Year Average Age-Adjusted ED Visit Rates
- Adult Emergency Department Visit Rates Due to Chronic Obstructive Pulmonary Disease per 10,000
Persons
3-Year Average Age-Adjusted ED Visit Rates
- Adult Hospitalization Rates Due to Chronic Obstructive Pulmonary Disease per 10,000 Persons
3-Year Average Age-Adjusted ED Visit Rates
- Lung Disease Death Rate per 100,000 Persons
5-Year Average Age-Adjusted Death Rates
- Cancer Death Rate per 100,000 Persons
5-Year Average Age-Adjusted Death Rates

Low-Income Households Below 200% of Federal Poverty Level (FPL)



In 2013, the annual income for a family of four at 200% of FPL was \$47,100.

	PIH Health Hospital
	PIH Health Service Area
	Freeways
	Major Roads
	Zip Codes

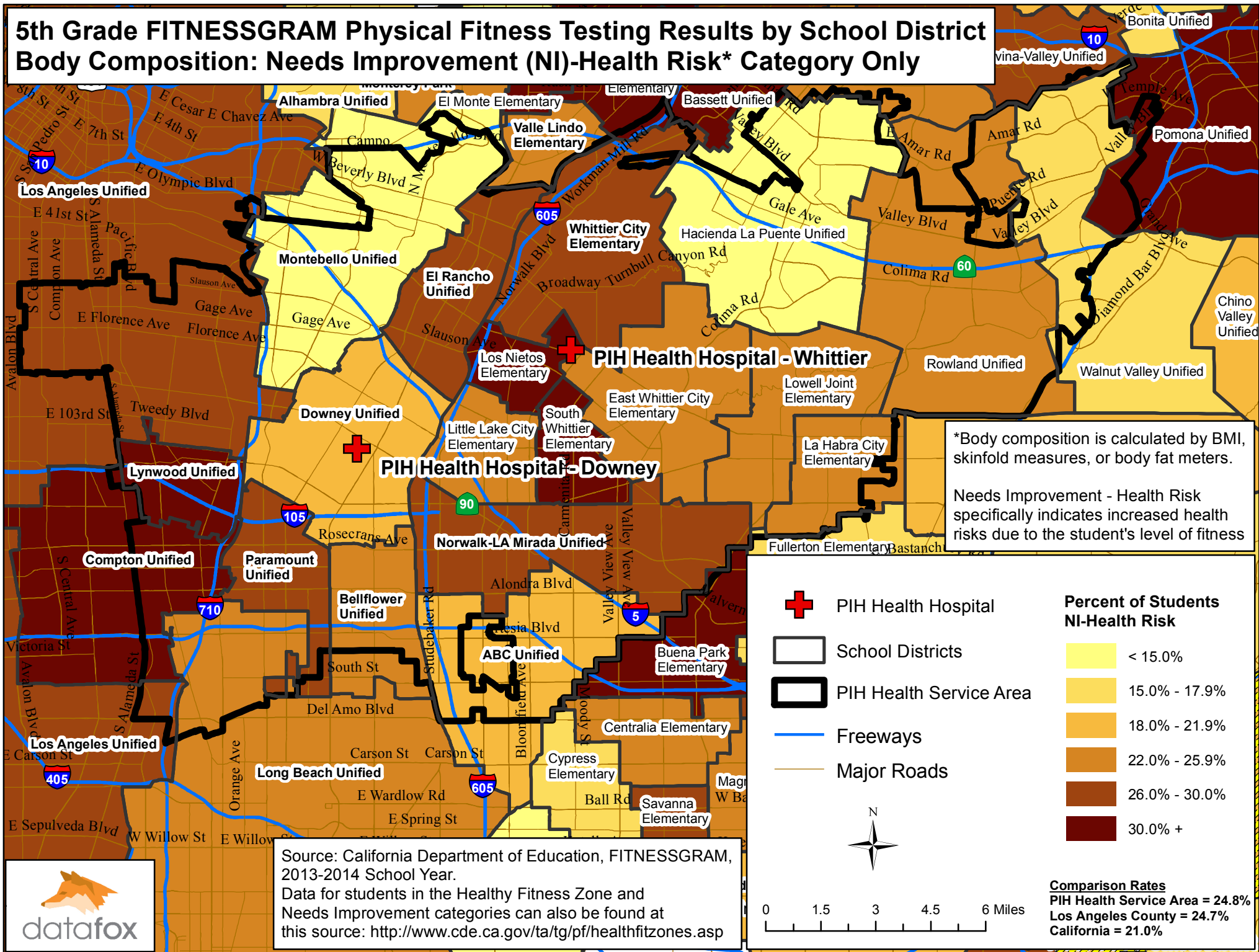
Number of Households Below 200% of FPL	
	350 and Less
	351 - 650
	651 - 950
	951 - 1,250
	1,251 - 1,550
	1,551 - 1,850
	1,851 - 2,150
	2,151 - 2,450
	2,450 +

Source: American Community Survey, 2009-2013 5-Year Average
Data release date: 12/18/2014



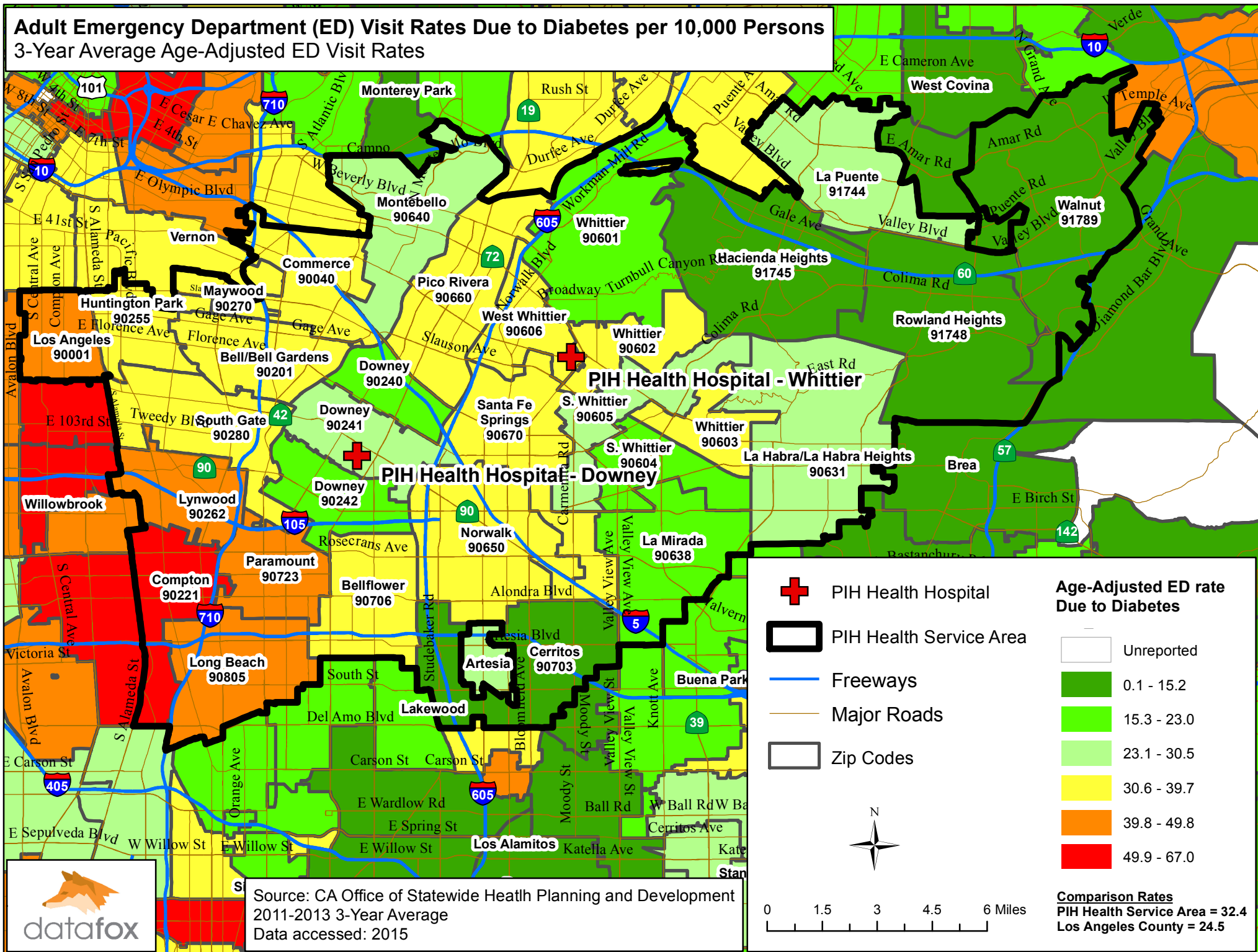
5th Grade FITNESSGRAM Physical Fitness Testing Results by School District

Body Composition: Needs Improvement (NI)-Health Risk* Category Only



Adult Emergency Department (ED) Visit Rates Due to Diabetes per 10,000 Persons

3-Year Average Age-Adjusted ED Visit Rates

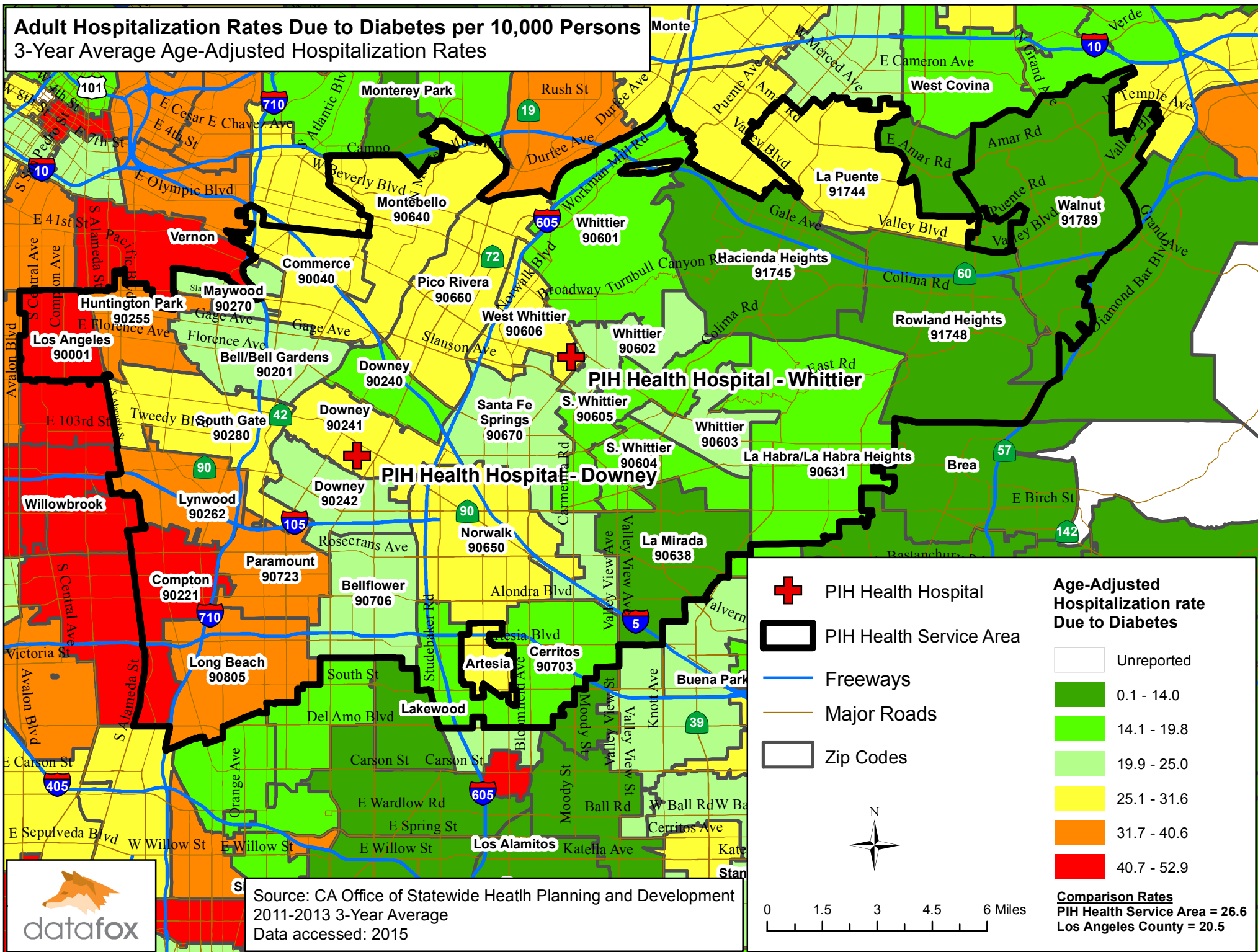


Source: CA Office of Statewide Health Planning and Development
 2011-2013 3-Year Average
 Data accessed: 2015



Adult Hospitalization Rates Due to Diabetes per 10,000 Persons

3-Year Average Age-Adjusted Hospitalization Rates



Source: CA Office of Statewide Health Planning and Development
 2011-2013 3-Year Average
 Data accessed: 2015



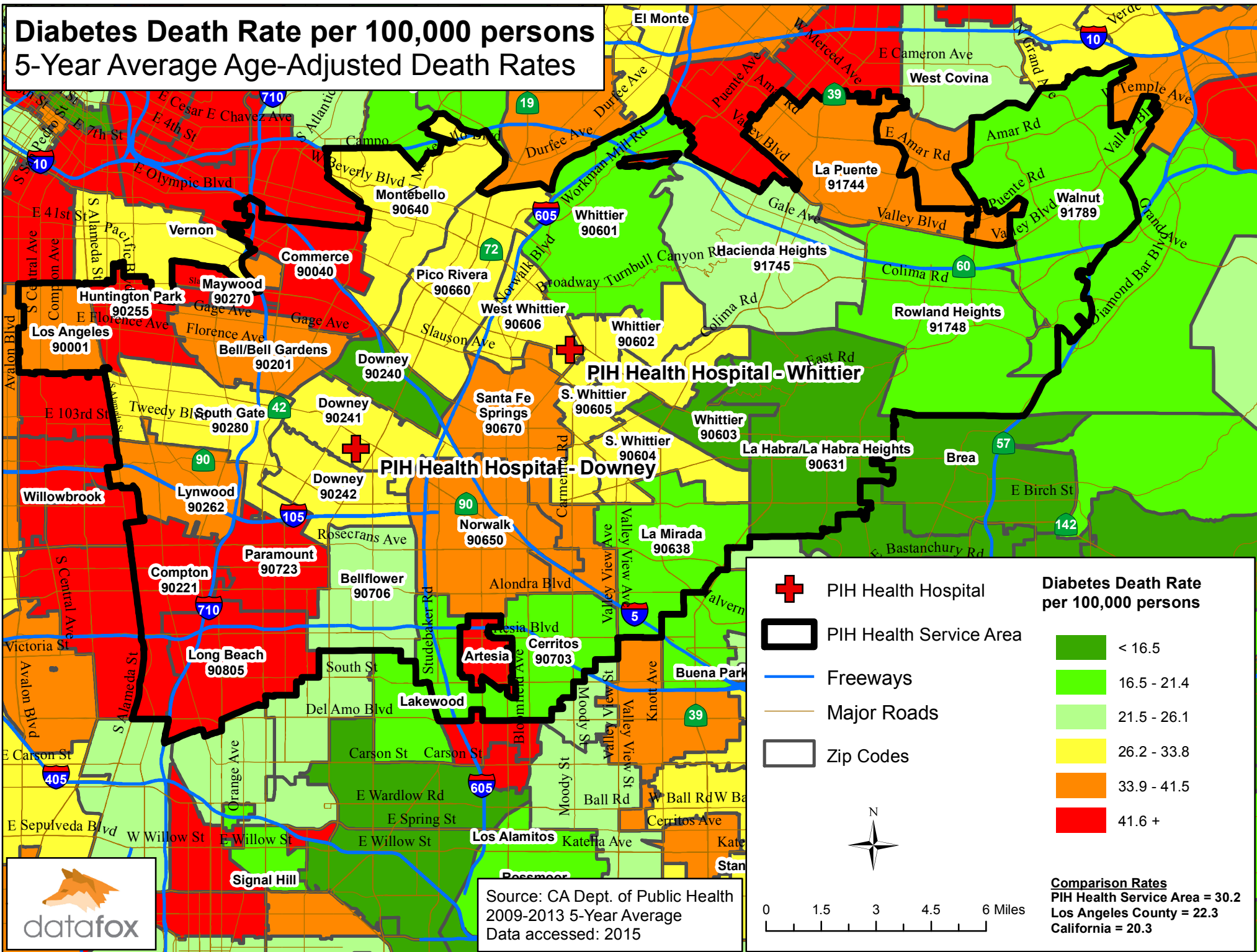
	PIH Health Hospital
	PIH Health Service Area
	Freeways
	Major Roads
	Zip Codes

Age-Adjusted Hospitalization rate Due to Diabetes	
	Unreported
	0.1 - 14.0
	14.1 - 19.8
	19.9 - 25.0
	25.1 - 31.6
	31.7 - 40.6
	40.7 - 52.9

Comparison Rates
 PIH Health Service Area = 26.6
 Los Angeles County = 20.5

0 1.5 3 4.5 6 Miles

Diabetes Death Rate per 100,000 persons 5-Year Average Age-Adjusted Death Rates

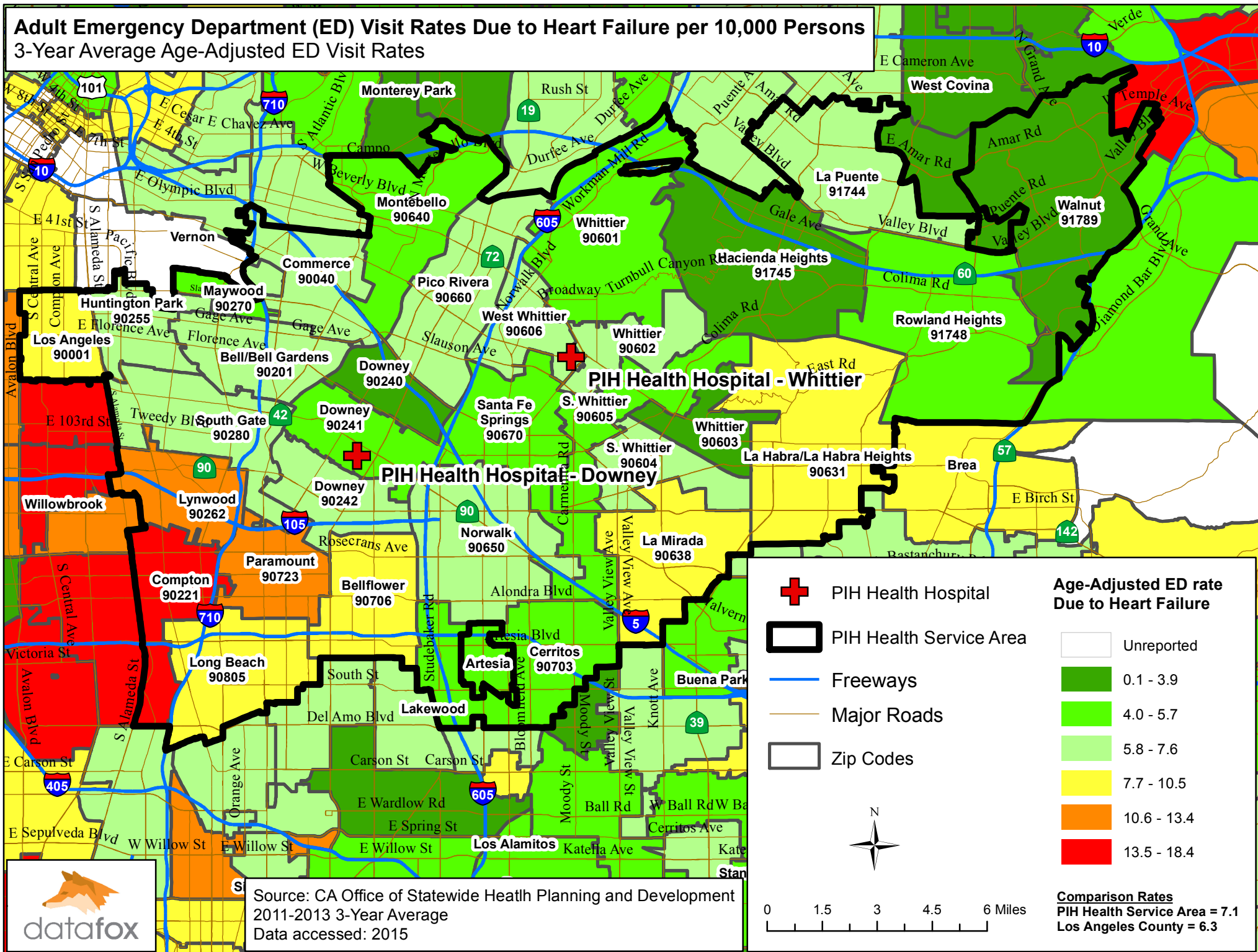


Source: CA Dept. of Public Health
 2009-2013 5-Year Average
 Data accessed: 2015



Adult Emergency Department (ED) Visit Rates Due to Heart Failure per 10,000 Persons

3-Year Average Age-Adjusted ED Visit Rates



Source: CA Office of Statewide Health Planning and Development
 2011-2013 3-Year Average
 Data accessed: 2015



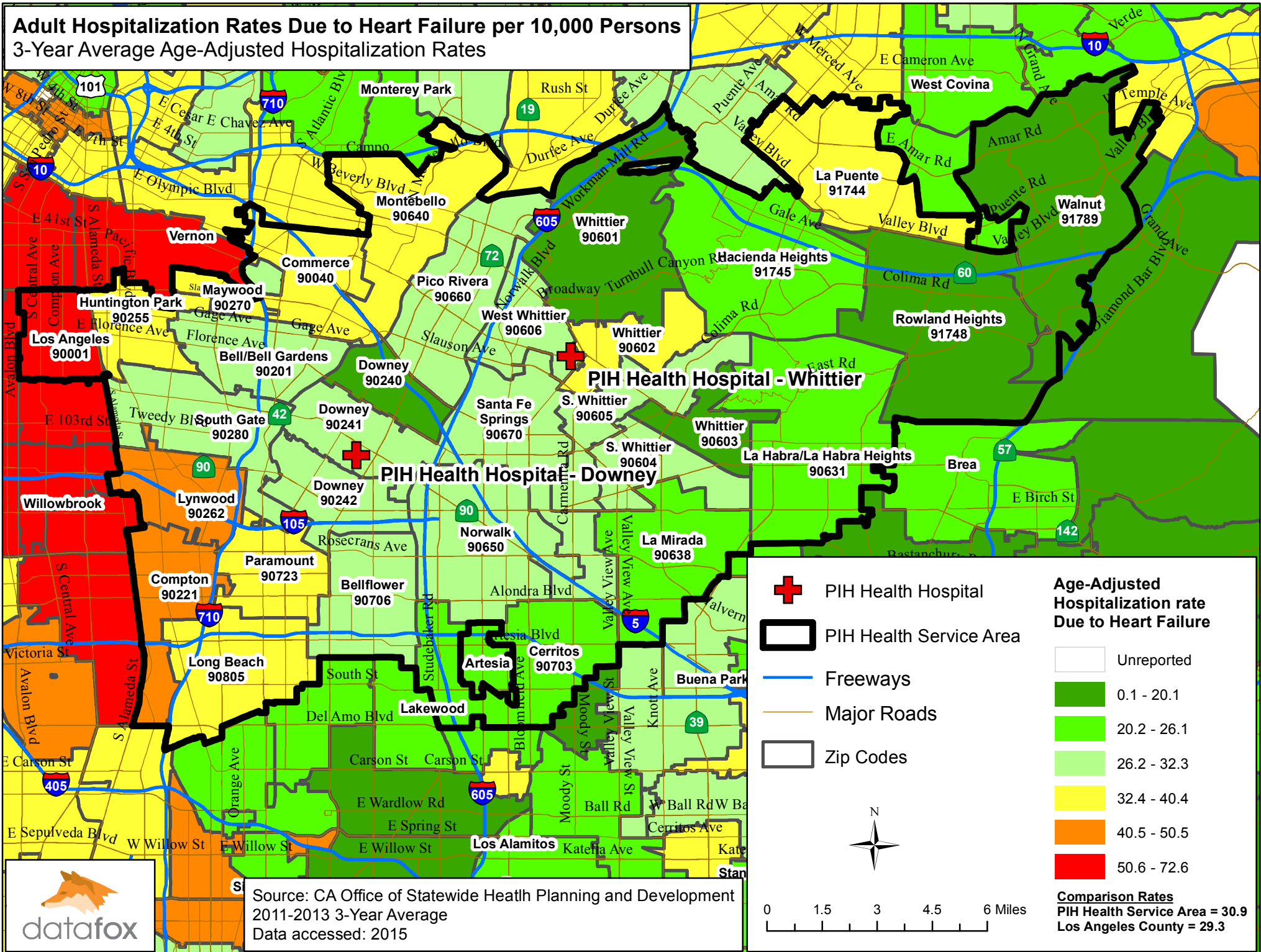
	PIH Health Hospital	Age-Adjusted ED rate Due to Heart Failure
	PIH Health Service Area	Unreported
	Freeways	0.1 - 3.9
	Major Roads	4.0 - 5.7
	Zip Codes	5.8 - 7.6
		7.7 - 10.5
		10.6 - 13.4
		13.5 - 18.4

Comparison Rates
 PIH Health Service Area = 7.1
 Los Angeles County = 6.3

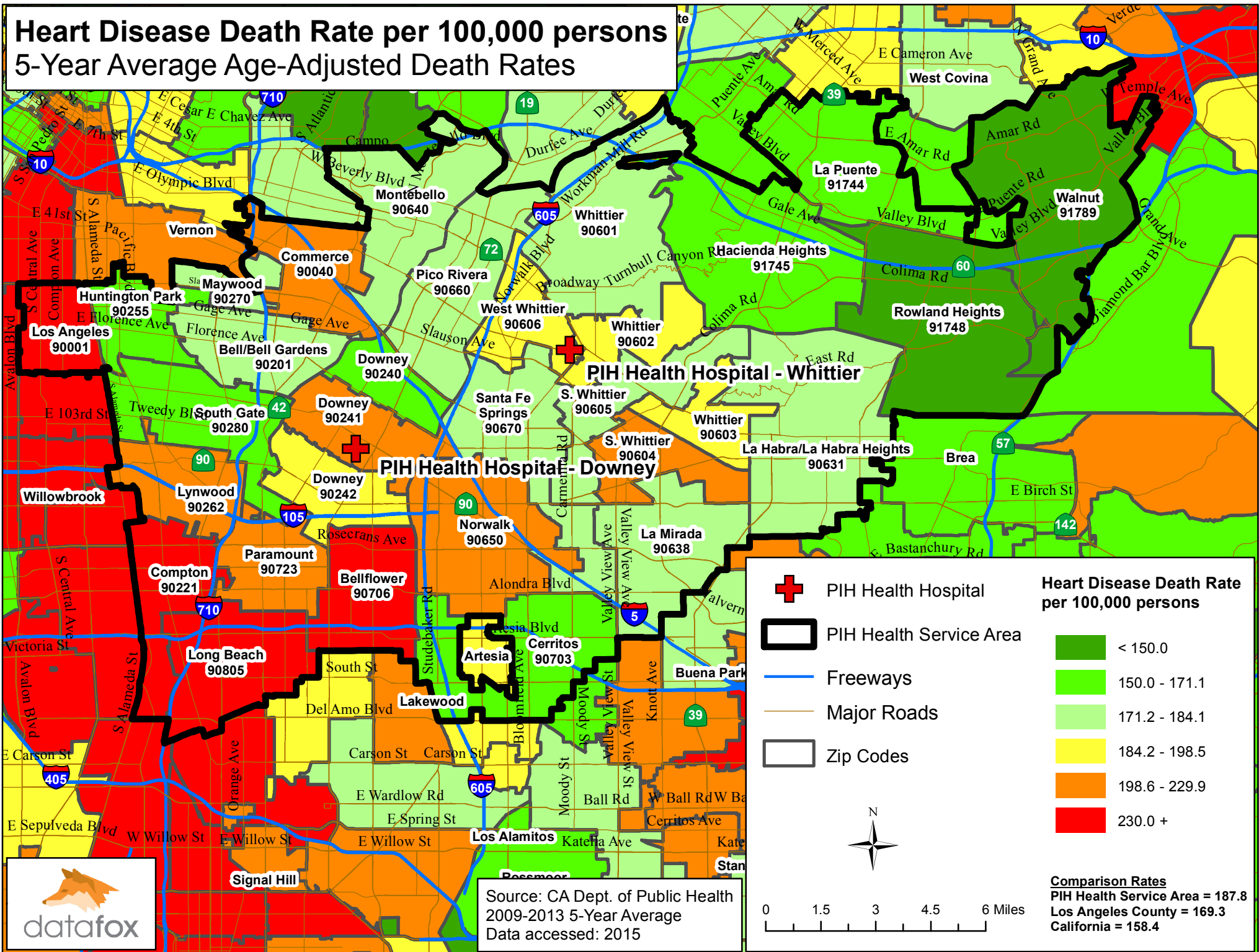
0 1.5 3 4.5 6 Miles

Adult Hospitalization Rates Due to Heart Failure per 10,000 Persons

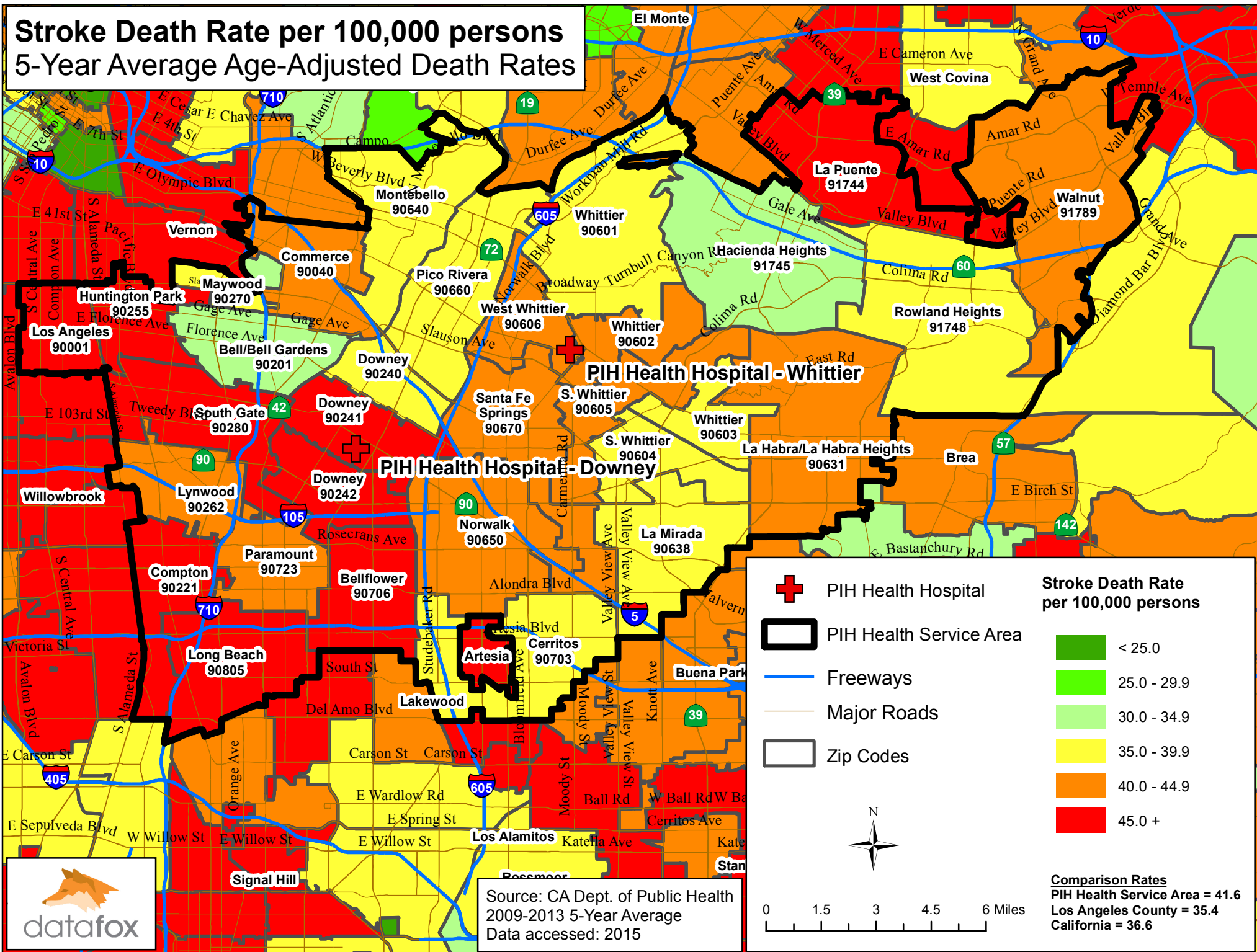
3-Year Average Age-Adjusted Hospitalization Rates



Heart Disease Death Rate per 100,000 persons 5-Year Average Age-Adjusted Death Rates



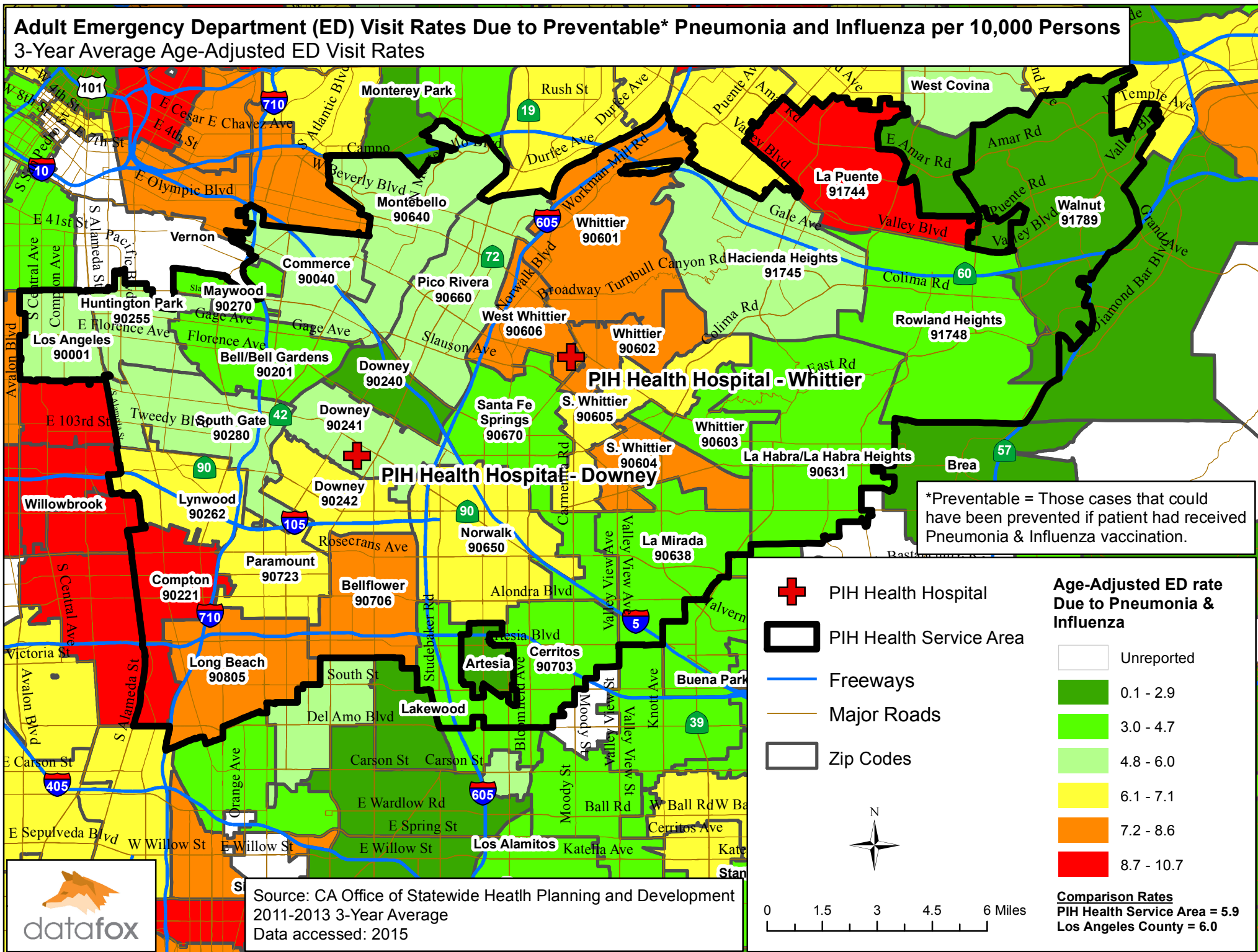
Stroke Death Rate per 100,000 persons 5-Year Average Age-Adjusted Death Rates



Source: CA Dept. of Public Health
 2009-2013 5-Year Average
 Data accessed: 2015

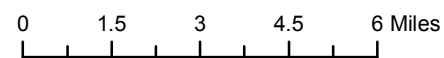
Adult Emergency Department (ED) Visit Rates Due to Preventable* Pneumonia and Influenza per 10,000 Persons

3-Year Average Age-Adjusted ED Visit Rates



*Preventable = Those cases that could have been prevented if patient had received Pneumonia & Influenza vaccination.

- PIH Health Hospital
- PIH Health Service Area
- Freeways
- Major Roads
- Zip Codes

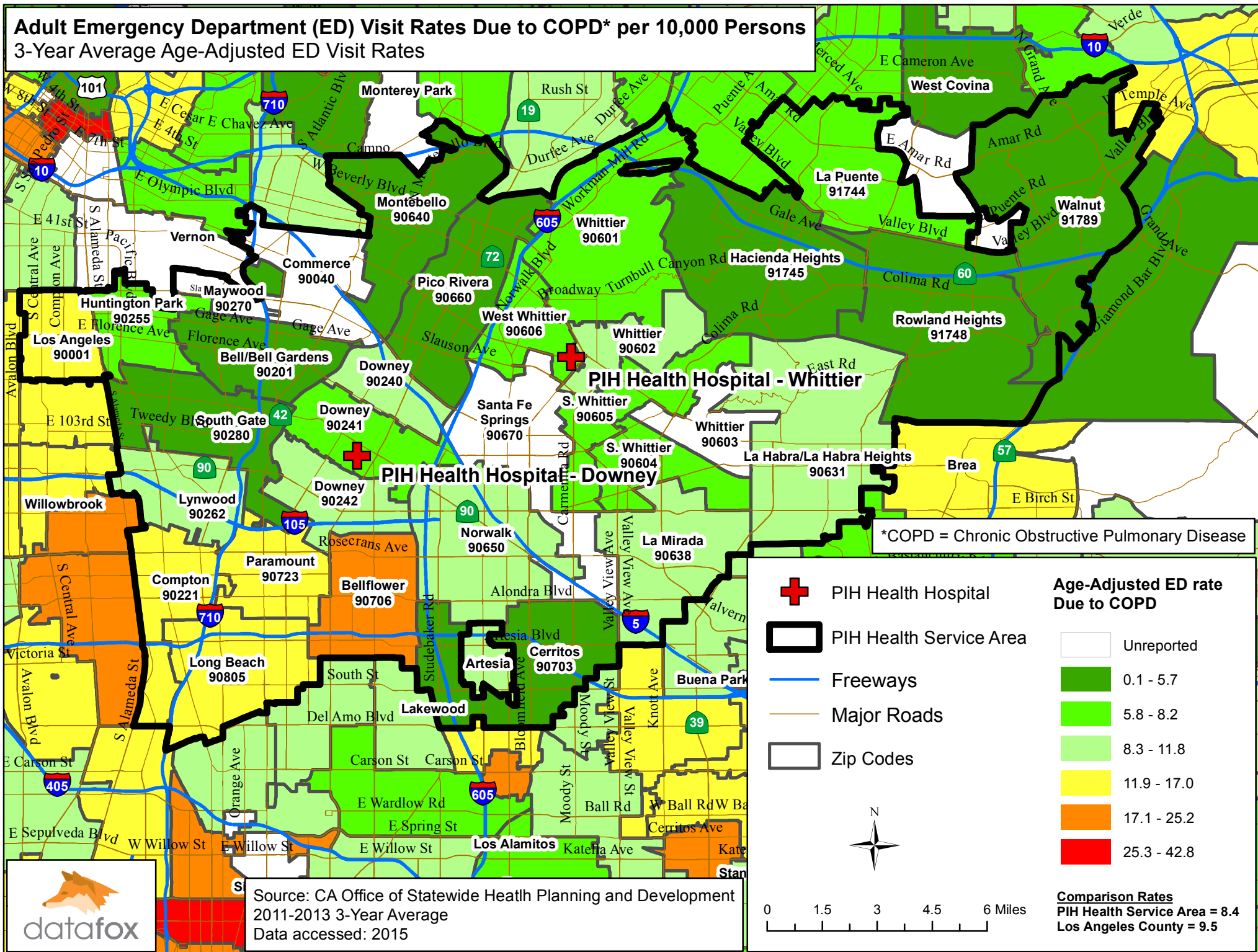


Source: CA Office of Statewide Health Planning and Development
 2011-2013 3-Year Average
 Data accessed: 2015



Adult Emergency Department (ED) Visit Rates Due to COPD* per 10,000 Persons

3-Year Average Age-Adjusted ED Visit Rates

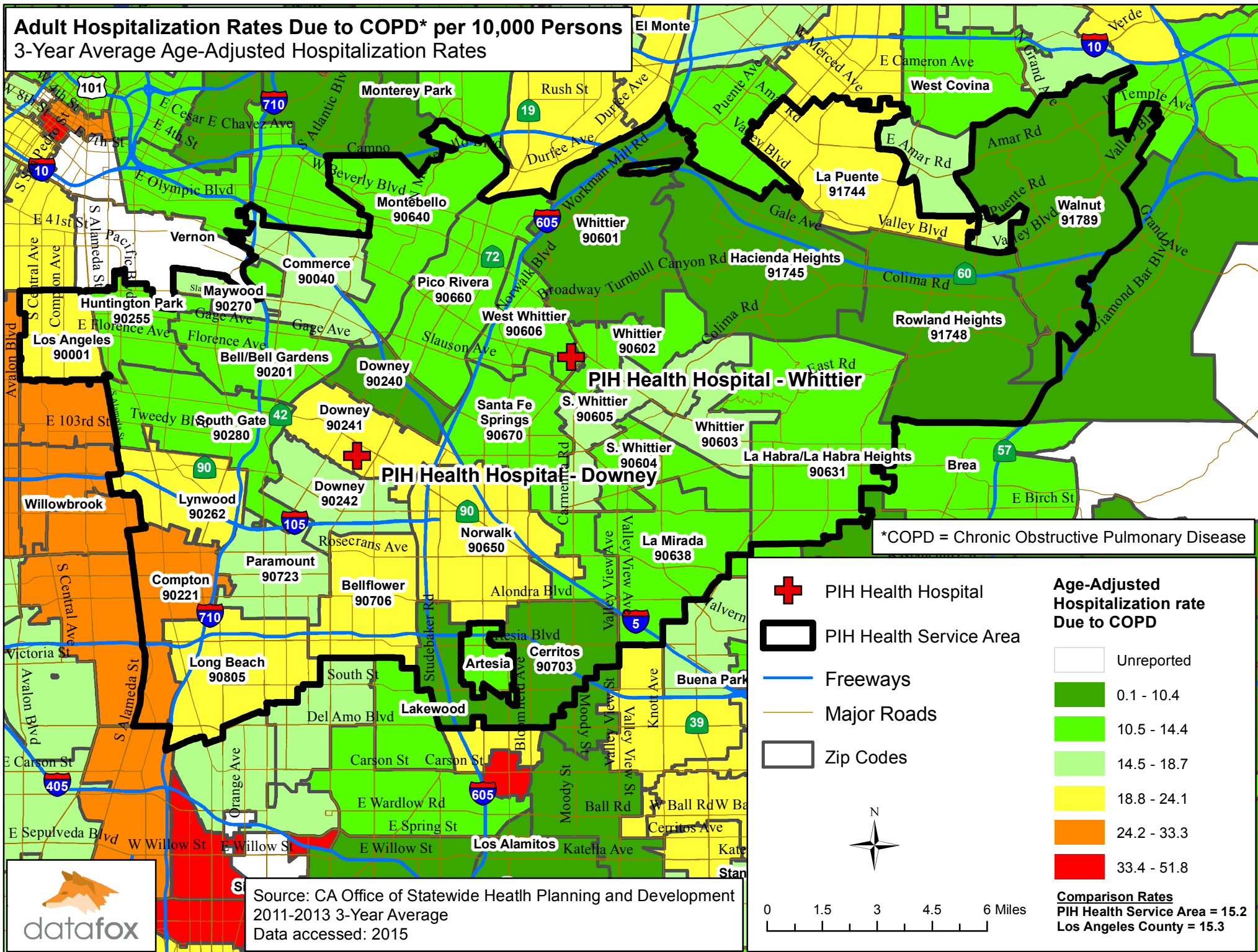


Source: CA Office of Statewide Health Planning and Development
 2011-2013 3-Year Average
 Data accessed: 2015















Adult Hospitalization Rates Due to COPD* per 10,000 Persons

3-Year Average Age-Adjusted Hospitalization Rates



*COPD = Chronic Obstructive Pulmonary Disease

	PIH Health Hospital	Age-Adjusted Hospitalization rate Due to COPD  Unreported  0.1 - 10.4  10.5 - 14.4  14.5 - 18.7  18.8 - 24.1  24.2 - 33.3  33.4 - 51.8
	PIH Health Service Area	
	Freeways	
	Major Roads	
	Zip Codes	

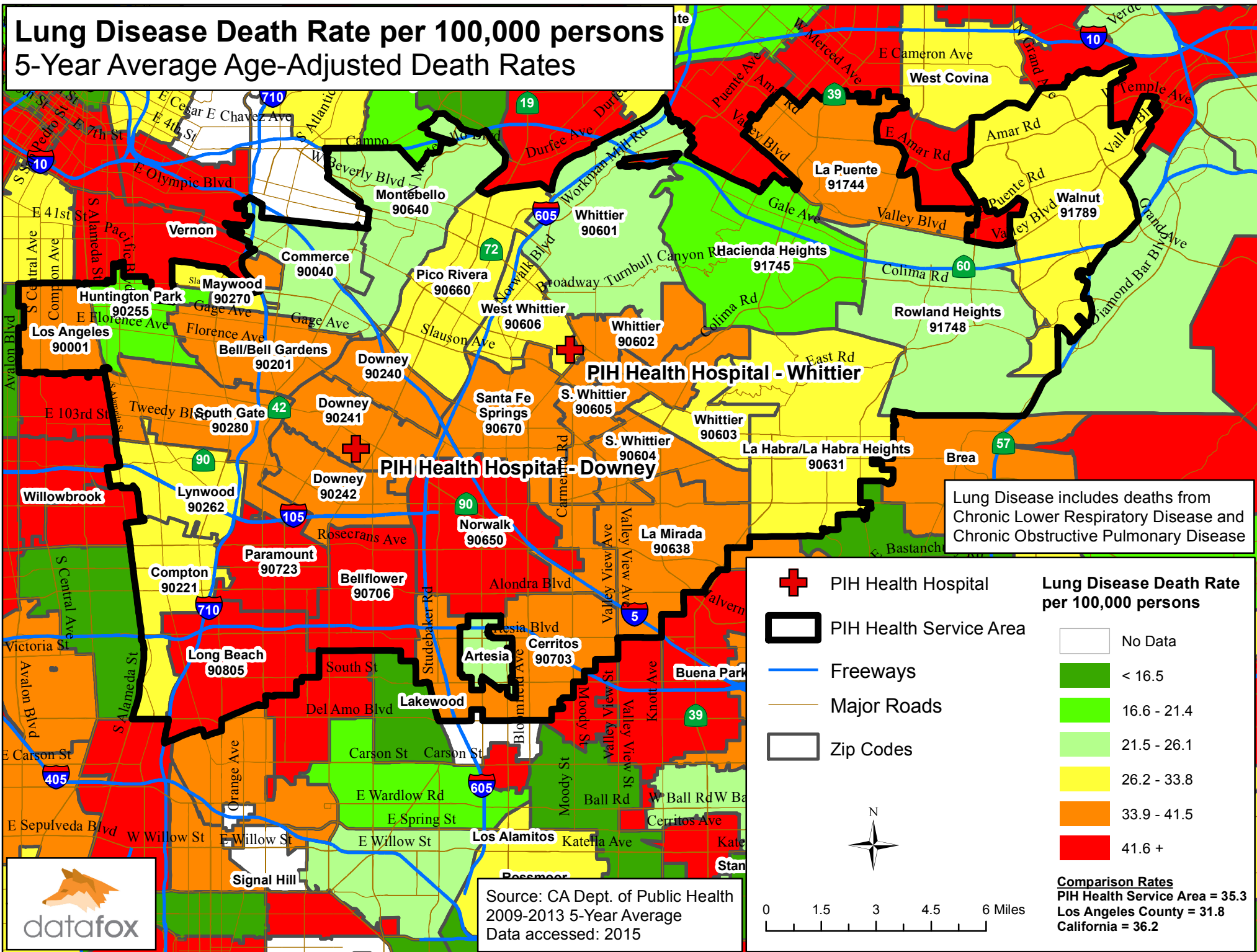
0 1.5 3 4.5 6 Miles

Comparison Rates
 PIH Health Service Area = 15.2
 Los Angeles County = 15.3

Source: CA Office of Statewide Health Planning and Development
 2011-2013 3-Year Average
 Data accessed: 2015



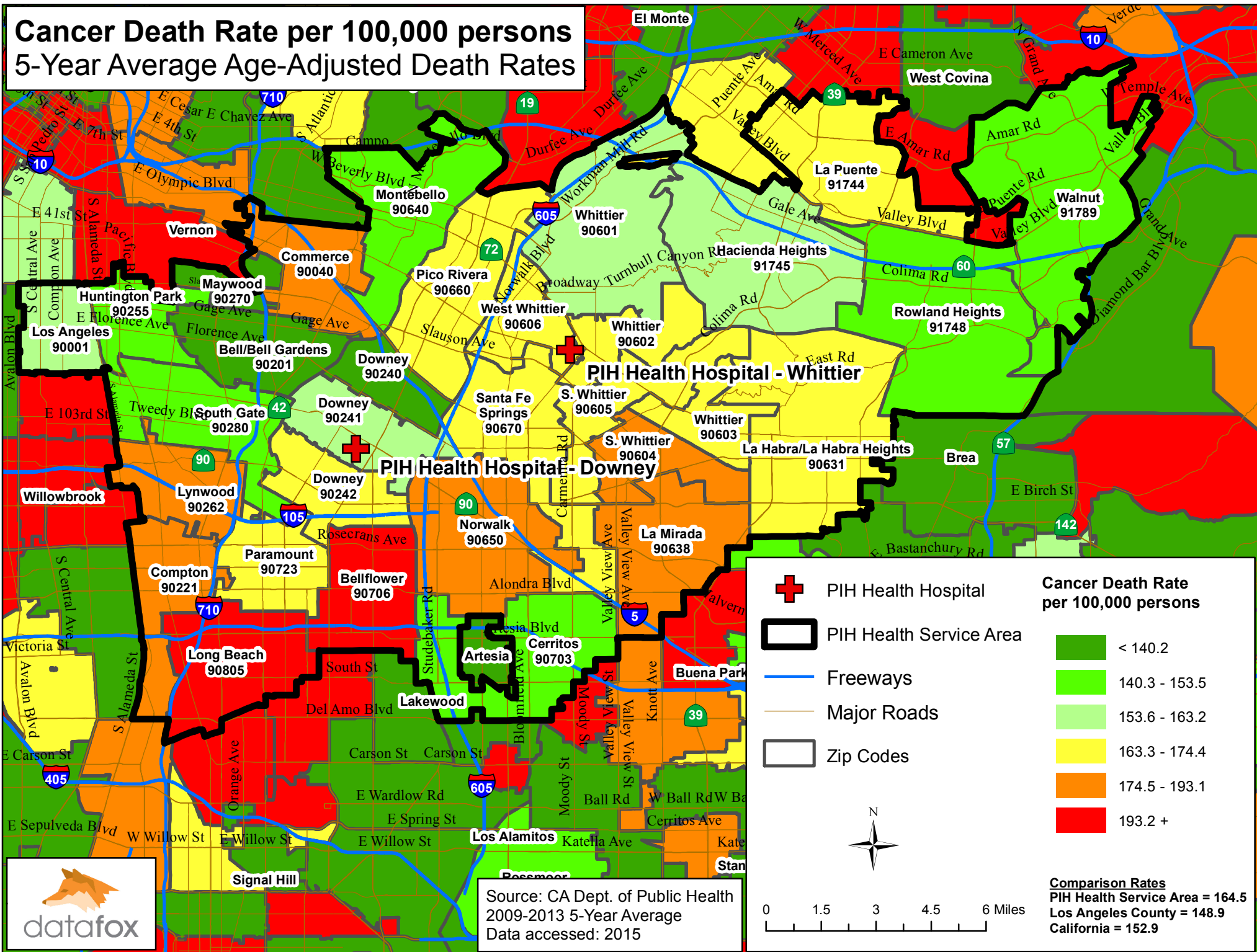
Lung Disease Death Rate per 100,000 persons 5-Year Average Age-Adjusted Death Rates



Source: CA Dept. of Public Health
2009-2013 5-Year Average
Data accessed: 2015



Cancer Death Rate per 100,000 persons 5-Year Average Age-Adjusted Death Rates



Source: CA Dept. of Public Health
 2009-2013 5-Year Average
 Data accessed: 2015

Chapter Three

Data Collection Methods

Primary Data Collection

Primary data collection consisted of interviews and focus groups, regarding perceptions and opinions of those representing the broad interests of the communities in PIH Health Hospital - Whittier's primary service area.

Key Stakeholder Interviews

PIH Health worked in collaboration with Kaiser Foundation Hospital – Downey Medical Center to develop a list of key community stakeholders and these identified stakeholders were invited to participate in a one hour telephone interview on a date and time most convenient to them. At the beginning of each interview, the purpose of the interview in the context of the assessment was explained, the stakeholders were assured their responses would not be attributed to them personally, and consent to proceed was given. A total of 22 interviews were conducted during the months of September and October 2015. Interview participants included a cross-section of agencies representing a broad range of health and social services, including leaders and representatives of medically underserved, low-income and minority populations, as well as regional, state, or local health departments that have “current data or information relevant to the health needs of the community served by the hospital facility,” per IRS requirements. A list of the interview respondents can be found in Appendix A.

Community Focus Groups

Seven focus groups were conducted as part of the needs assessment during the months of September and October 2015. PIH Health worked in partnership with Kaiser Foundation Hospital – Downey Medical Center to identify the focus groups whose participants included members of medically underserved, low-income, and minority populations, or individuals or organizations serving or representing the interests of these populations, and persons representing the broad interest of the community. The focus groups engaged 57 participants. Four of the focus groups were conducted in Spanish with a bilingual facilitator. The focus group meetings were hosted by trusted community organizations. An agency contact was available to answer any questions at each focus group. Light refreshments were offered and a gift card was provided to participants in recognition of their time and input.

At the beginning of each focus group, the purpose of the focus group and the community assessment were explained and the participants were assured their responses would not be attributed to them personally (as responses would be aggregated). The focus group discussions were voice recorded for ease of documenting the discussion. Before beginning, the facilitator asked for oral consent from each of the participants that they wished to participate in the focus group and agreed to be voice-recorded. A list of the focus groups can be found in Appendix A.

Secondary Data Collection

Secondary data were collected from a variety of local, county and state sources. Data included primary service area demographics, as well as: social determinants of health; access to healthcare; preventative healthcare; mental and behavioral health; maternal and infant health; access to dental care; weight status, nutrition, and physical activity; chronic diseases; and leading causes of death.

Analyses were conducted at the most local level, based on data availability. Data available by zip code were aggregated to represent the primary service area. Other data were available by Los Angeles County Service Planning Area; for PIH Health Hospital - Downey's primary service area, data for SPA 6 and SPA 7 were reported. When applicable, the data sets are presented in the context of Los Angeles County and California.

The secondary data is documented in data tables with narrative explanations. The tables present the data indicator, the geographic area represented, the data measurement (e.g. rate, number, percent), county and state comparisons (when available), the data source, data year and an electronic link to the data source.

Information Gaps

Information gaps that impact the ability to assess health needs were identified. Specifically, cancer incidence rates are not available at a rate more local than Los Angeles County. Some of the secondary data are not always collected on a regular basis, meaning that some data are several years old. Specifically, the results of the most recent Los Angeles County Health Survey (a population based telephone survey that provides information concerning the health of Los Angeles County residents) were not yet available during the timeframe this CHNA was conducted.

Public Comment

In compliance with the federal Patient Protection and Affordable Care Act (PPACA), section 501(r) for not-for-profit hospitals, a hospital's Community Health Needs Assessment (CHNA) and the resulting Community Health Improvement Plan (Implementation Strategy) are to be made widely available to the public and public comment to be solicited. In compliance with these regulations, the 2013 PIH Health CHNA and Implementation Strategy were made widely available to the public on the website at PIHHealth.org/CHNA. Public comment was requested on these reports. To date, no written comments have been received.

Maps of the PIH Health Service Area

As seen in Chapter Two, 14 maps depict characteristics of the PIH Health primary service area.

Chapter Four

Significant Health Needs and Prioritization Process

Identification of Significant Health Needs

The World Health Organization defines a health need as an objectively determined or perceived deficiency in health that requires health care from promotion to palliation.

The federal Patient Protection and Affordable Care Act (PPACA), section 501(r) final regulations for Community Health Needs Assessments for Charitable Hospitals indicate that health needs of a community include those things required for the improvement or maintenance of health status in the community.

The analysis of secondary data yielded a preliminary list of concerning health needs, which then informed primary data collection. The primary data collection process was designed to validate secondary data findings, identify additional community issues, solicit information on disparities among subpopulations, and ascertain community assets to address needs.

PIH Health used the following criteria to identify significant health needs based upon data and information gathered from primary and secondary data sources.

Criteria for Identification of Significant Health Needs:

1. The size of the problem (relative portion of population afflicted by the problem)
2. The seriousness of the problem (impact at individual, family and community levels)
3. Must have had more than one data source or indicator which confirmed the area of need
 - Data sources included primary data (focus group and interview responses) and secondary statistical data sources (i.e., Los Angeles County Health Survey or US Census Bureau American Community Survey).
 - Data indicators included secondary data; for example, statistics on health insurance coverage, sources of care and barriers to accessing care served as data indicators that reflect overall healthcare access in a community.

To determine size and seriousness of the problem, health indicators identified in the secondary data were measured against benchmark data, specifically Los Angeles County and California rates and Healthy People 2020 objectives, where available. Health indicators that performed poorly against one or more of these benchmarks were considered to have met the size or seriousness criteria. Additionally, primary data sources (interview and focus group participants) were asked to identify and validate community and health issues based on the perceived size or seriousness of a problem; information gathered from these sources helped determine significant health needs.

Significant Community Health Need (in A-Z order)	
Access to Dental Care	Lung Disease Deaths
Asthma	Mental Healthcare
Cancer Deaths	Overweight and Obesity (including nutrition & physical activity)
Cardiovascular Disease	Preventative Screenings and Immunizations (with emphasis on colorectal screenings, pap smears, mammograms, flu vaccines, senior pneumonia and childhood immunizations)
Diabetes	
Health Insurance Coverage / Affordability	Substance Abuse (Alcohol/Drugs/Tobacco)

Resources to Address Significant Needs

Community resources to address the identified significant health needs are listed in the table below. This is not a comprehensive list of all available resources. For additional resources refer to Think Health LA at www.thinkhealthla.org, 211 LA County at <https://www.211la.org/> or <http://www.lacounty.gov>.

Significant Health Need	PIH Health and Community Resources
Access to Dental Care (insurance coverage / affordability)	PIH Health: Business Development; referrals to dental care providers Community Resources: AltaMed Medical & Dental Group; Assistance League; LA County Department of Public Health; True Lasting Connections Family Resource Center; Wesley Health Centers; Friends of Family Health Center; Cypress College dental fair; USC Dental Clinic; Harbor General; Health Bus; The Children’s Clinic in Long Beach
Asthma	PIH Health: Respiratory Care; Pediatric Providers Community Resources: American Lung Association; Wesley Health Centers; Fair Housing Foundation; East Yards in Commerce; ABC Unified School District and Norwalk La-Mirada School District tobacco prevention programs
Cancer	PIH Health: Cancer Program; Cancer Resource Center Community Resources: American Cancer Society; AltaMed Medical & Dental Group; City of Hope; Wesley Health Centers
Cardiovascular Disease	PIH Health: Community Health Education; Chronic Disease Self-Management Program; support groups Community Resources: American Heart Association; AltaMed Medical & Dental Group; Wesley Health Centers; YMCA, Activate Whittier; Choose Health LA,
Diabetes	PIH Health: Diabetes Education Center; Community Health Education; Chronic Disease Self-Management Program; support groups Community Resources: American Diabetes Association; AltaMed Medical & Dental Group; Wesley Health Centers; True Lasting Connections Family Resource Center; YMCA; Boys & Girls Club; Healthy Los Nietos; Greenway Trail; Activate Whittier; farmer’s markets; Univision; Watts Health Foundation; Watts Boys and Girls Club; free screenings at local markets
Health Insurance Coverage / Affordability	PIH Health: Business Development; Community Health Education; Whittier First Day Health and Wellness Center; financial assistance programs Community Resources: AltaMed Medical & Dental Group; LA County Department of Public Health; Wesley Health Centers; LA CADA; True Lasting Connections Family Resource Center; Healthy Way LA; Covered California; WIC; Friends of Family Health Center; senior centers; St. John’s Well Child Clinic; My Health LA; Santa Fe Springs Family Resource Center; Human Services Association
Lung Disease	PIH Health: Respiratory Care Community Resources: American Lung Association; Breathe Easy
Mental Healthcare	PIH Health: Community Health Education; Social Services; support groups Community Resources: The Whole Child; SPIRITT Family Services; Helpline Youth Counseling; Alma Family Services; LA County Department of Mental Health; True Lasting Connections Family Resource Center; Rio Hondo Mental Health; College Hospital; San Antonio Mental Health Clinic; Biola University School of Psychology
Overweight and Obesity (including nutrition & physical activity)	PIH Health: Diabetes Education Center; Community Health Education; support groups; Chronic Disease Self-Management Program; Wellness Center Community Resources: Activate Whittier; YMCA; parks and recreation; farmer’s markets; Human Services Association; food pantries; Healthy Los Nietos; Greenway Trail; Boys & Girls Club; Downey Food Bank; MyPlate.gov; Bellflower Recreation in Motion (BRIM); Choose Health LA; Interfaith Food Center; Compulsive Eaters Anonymous-HOW
Preventative Screenings and Immunizations	PIH Health: Community Health Education; Cancer Screening Program Community Resources: LA County Department of Public Health; Wesley Health Centers; Whittier First Day Health & Wellness Center; True Lasting Connections Family Resource Center; senior centers; WIC; churches-health fairs; AltaMed Medical Group
Substance Abuse	PIH Health: Community Health Education; Cancer Screening Program (lung screening) Community: LA County Department of Public Health; American Lung Association; Nicotine Anonymous; Alcoholics Anonymous; Narcotics Anonymous; LA CADA; Whittier Area Recovery Network; Whittier First Day; Safe Refuge; Positive Steps; Southern California Alcohol and Drug Programs (SCADP); Little House, Inc.; SPIRITT Family Services

Prioritization of Significant Health Needs

The identified significant health needs were prioritized with input from the community. The community stakeholder interviews and focus groups were used to gather input on the identified needs and to prioritize them. Additionally, PIH Health’s Community Benefit Oversight Committee (CBOC) members were asked to prioritize the significant health needs. The CBOC members include key community stakeholders, including public health and area legislative representatives.

The stakeholder interviewees and CBOC members used the following criteria to prioritize the health needs:

- Severity – the perceived impact of the health need on the community.
- Change over time – determination if the health need has improved, stayed the same or worsened.
- Resources – availability of resources in the community to address the health need.

The stakeholder interviewees and CBOC members were sent a link to an electronic survey (Survey Monkey) in advance of the interview. They were asked to rank each identified health need and to indicate 1) the level of impact on the community; 2) if the health need had worsened over time; and 3) the presence (or lack) of resources available in the community. Not all survey respondents answered every question, therefore, the response percentages were calculated based on respondents only (n=18) and not on the entire sample size. Mental health, overweight/obesity and cardiovascular disease had the highest overall scores in the survey, with responses indicating severe impact in the community, a worsening of the issues over time and a shortage or absence of resources available in the community to address these needs. Access to dental care also rated high on insufficient resources available to address the need.

Survey results are listed in the table below in alphabetical order by health need.

Significant Health Need	Severe and Very Severe Impact on the Community	Worsened over Time	Absence of or Insufficient Resources in the Community
Access to dental care	53%	25%	92%
Asthma/lung disease	42%	9%	44%
Cancer	70%	20%	67%
Cardiovascular disease	67%	30%	70%
Diabetes	82%	56%	73%
Health insurance coverage/affordability	68%	11%	65%
Mental healthcare	72%	59%	100%
Overweight and obesity	78%		76%
Preventative screenings/immunizations	31%	0%	42%
Substance abuse	72%	48%	71%

The stakeholder interviewees and CBOC members were also asked to rank order the health needs according to highest level of importance in the community. The total score for each health need (possible score of 4) was divided by the total number of surveys for which data were provided, resulting in an overall average for each health need. The calculations resulted in the following prioritization of the significant health needs:

Significant Health Need	Rank Order Score Total possible score of four, with four indicating highest level of importance
Mental healthcare	3.9
Health insurance coverage/affordability	3.8
Overweight and obesity	3.8
Diabetes	3.7
Cardiovascular disease	3.7
Cancer	3.7
Substance abuse	3.6
Access to dental care	3.5
Preventative screenings/immunizations	3.5
Asthma/lung disease	3.1

During the focus groups the participants were also asked to identify the priority needs. The focus group participants (n=57) used the following criteria to prioritize the health needs:

- Seriousness – impacts the most people or has most impact on individuals, families or the community.
- Importance – a personal perception of how important an issue is in the community; this might be an issue that is getting worse or needs immediate attention.

Each health need was written on a poster and placed on a wall in the room where the focus group was being held. The focus group participants were each given five dots and instructed to place the dots on the health needs they identified to be most serious and important (note: not everyone placed all five dots). The dots were then totaled and resulted in the following prioritization of the significant health needs:

Significant Health Need	Rank Order Score
Health insurance coverage/affordability	48
Substance abuse	33
Mental healthcare	32
Overweight and obesity	31
Diabetes	28
Access to dental care	22
Cardiovascular disease	16
Preventative screenings/immunizations	13
Cancer	11
Asthma/lung disease	10

Based upon the community prioritization process – taking into account the results of both the electronic survey of stakeholder interviewees and CBOC members as well as the focus groups’ prioritization results - the following top three significant community health needs were identified:

- Health insurance coverage/affordability
- Substance abuse
- Mental healthcare

Results of Prioritization Process

PIH Health’s leadership and CBOC reviewed the significant health needs that emerged from this needs assessment - along with the results from the community prioritization process - and also assessed PIH Health’s ability to effectively address each need over the next three years. It was determined that the needs below would be PIH Health’s areas of focus for fiscal years 2017-2019.



To learn more about PIH Health’s Community Health Improvement Plan, please visit PIHHealth.org/CHIP.

Impact Evaluation

In 2014, PIH Health Hospital - Downey conducted their previous Community Health Needs Assessment (CHNA). Significant health needs were identified from issues supported by primary and secondary data sources. In developing the hospital's Implementation Strategy associated with the 2014 CHNA, PIH Health Hospital - Downey chose to address health insurance coverage, childhood obesity, preventative screenings and immunizations, diabetes, and heart disease through a commitment of community benefit programs and resources. The evaluation of the impact of actions the hospital used to address these significant health needs can be found in Appendix B.

Chapter Five

Demographic Profile

PIH Health Hospital - Downey, Primary Service Area

Population Demographics

At the time of the 2010 Census, the population for the service area was 1,045,078.

Total Population, 2010

	PIH Health Hospital - Downey Service Area	California
Total Population 2010	1,045,078	37,253,956

Source: U.S. Census Bureau, 2010 Census of Population and Housing, DP-1.

<http://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>

By 2015, the population in the service area is estimated to grow to 1,068,471.

Population by Zip Code, 2015

Geographic Area	Number
90001 - South Los Angeles	58,503
90040 - Commerce	14,280
90201 - Bell Gardens	102,733
90202 - Bell	
90221 - Compton	56,104
90240 - Downey	25,839
90241 - Downey	44,428
90242 - Downey	44,387
90255 - Huntington Park	77,705
90262 - Lynwood	70,031
90270 - Maywood	27,232
90280 - South Gate	96,892
90650 - Norwalk	107,556
90660 - Pico Rivera	63,457
90703 - Cerritos	49,526
90706 - Bellflower	79,101
90723 - Paramount	54,989
90805 - Long Beach	95,708
PIH Health Hospital - Downey Service Area	1,068,471

Source: Think Health LA, 2015. www.thinkhealthla.org

Children and youth (ages 0-19) make up 32.7% of the population; 37.4% are 20-44 years of age; 21.3% are 45-64; and 8.6% of the population are seniors 65 years and older. The service area tends to be younger than that of the State or County, with higher percentages of babies and toddlers 0-4, children and youth, ages 5-19, and lower percentages of adults 45-64 and seniors.

Population by Age

	PIH Health Hospital - Downey Service Area		Los Angeles County		California	
	Number	Percent	Number	Percent	Number	Percent
Age 0-4	81,769	7.8%	646,180	6.5%	2,527,752	6.7%
Age 5-19	261,104	24.9%	2,022,621	20.4%	7,832,780	20.8%
Age 20-44	390,819	37.4%	3,691,941	37.3%	13,436,170	35.7%
Age 45-64	222,631	21.3%	2,421,717	24.6%	9,415,614	25.0%
Age 65+	90,353	8.6%	1,111,022	11.2%	4,446,865	11.8%
Total	1,046,676	100%	9,893,481	100%	37,659,181	100%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; DP05. <http://factfinder.census.gov>

When the population is examined by zip code, areas with higher concentrations of seniors can be found in Cerritos (17.7%), and Downey, 90240 (13.4%). High percentages of youth, ages 0-17, are found in South Los Angeles (33.6%), Bell / Bell Gardens (33.4%), and Maywood (33.3%). The **blue** shading in the population table shows the zip code areas with the highest percentage of youth (South L.A.) and seniors (Cerritos). The **green** shading shows the zip codes with the lowest percentage of youth (Cerritos) and seniors (Maywood).

Age of Population by Zip Code

Geographic Area	Youth (Ages 0-17)	Seniors (Ages 65 years +)
90001 - South Los Angeles	33.6%	6.1%
90040 - Commerce	27.5%	11.8%
90201 - Bell Gardens	33.4%	5.9%
90202 - Bell		
90221 - Compton	32.9%	6.6%
90240 - Downey	23.1%	13.4%
90241 - Downey	25.4%	10.8%
90242 - Downey	28.6%	8.0%
90255 - Huntington Park	30.7%	7.6%
90262 - Lynwood	32.7%	6.4%
90270 - Maywood	33.3%	5.6%
90280 - South Gate	28.9%	7.9%
90650 - Norwalk	26.4%	10.7%
90660 - Pico Rivera	25.1%	12.7%
90703 - Cerritos	20.8%	17.7%
90706 - Bellflower	28.8%	9.2%
90723 - Paramount	31.8%	6.4%
90805 - Long Beach	30.1%	6.8%
PIH Health Hospital - Downey Service Area	29.3%	8.6%
Los Angeles County	24.0%	11.2%
California	24.5%	11.8%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; DP05. <http://factfinder.census.gov>

Blue= Highest; **Green**= Lowest

Race/Ethnicity

The largest population by race and ethnicity in the service area is Hispanic or Latino (77.1%). White or Caucasian make up 7.6% of the population; Asians comprise 7.2% of the population; and Black or African American makes up 6.8%. Native Americans, Hawaiians and other races have a combined total of 1.3% of the population. When compared to Los Angeles County, the service area has a larger percentage of Latinos and a smaller percentage of White or Caucasian, Asians and Black or African American.

Population by Race and Ethnicity

Race/Ethnicity	PIH Health Hospital - Downey Service Area	Los Angeles County	California
Hispanic or Latino	77.1%	47.9%	37.9%
White or Caucasian	7.6%	27.5%	39.7%
Asian	7.2%	13.7%	13.1%
Black or African American	6.8%	8.1%	5.7%
Native Hawaiian & Pacific Islander	0.3%	0.2%	0.4%
American Indian & Alaska Native	0.1%	0.2%	0.4%
Other or Multiple	0.9%	2.4%	2.8%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; DP05. <http://factfinder.census.gov>

Blue= Highest; Green= Lowest

Among the service area cities, Bellflower has the highest percentage of White or Caucasian at 20%. Long Beach (90805) has the highest percentage of Black or African American (21.7%). Huntington Park and Maywood have the highest percentage of Hispanic or Latino at 97.7%; and Cerritos has the highest percentage of Asians (60.4%).

Population by Race and Ethnicity by Zip Code

Geographic Area	Total Population	White	Black or African American	Hispanic or Latino	Asian
90001 - South L.A.	54,760	0.9%	8.2%	90.5%	0.1%
90040 - Commerce	12,696	1.7%	0.5%	96.2%	0.9%
90201 - Bell Gardens 90202 - Bell	101,932	3.4%	0.7%	95.1%	0.4%
90221 - Compton	52,446	1.4%	20.4%	77.0%	0.4%
90240 - Downey	25,411	19.2%	2.3%	70.4%	7.5%
90241 - Downey	43,776	17.5%	3.5%	70.1%	7.9%
90242 - Downey	43,147	15.3%	4.9%	73.1%	5.6%
90255 - Huntington Park	76,620	1.2%	0.2%	97.7%	0.7%
90262 - Lynwood	70,173	2.0%	8.4%	88.1%	0.8%
90270 - Maywood	27,527	1.6%	0.3%	97.7%	0.2%
90280 - South Gate	95,000	2.7%	0.5%	95.8%	0.7%
90650 - Norwalk	105,940	11.7%	3.8%	71.2%	11.8%
90660 - Pico Rivera	63,310	5.1%	0.6%	90.7%	3.0%
90703 - Cerritos	49,526	15.8%	7.2%	12.3%	60.4%
90706 - Bellflower	76,989	20.0%	13.9%	53.0%	10.9%
90723 - Paramount	54,468	5.8%	11.0%	79.0%	2.7%
90805 - Long Beach	92,991	8.7%	21.7%	54.1%	11.3%
PIH Health Hospital - Downey Service Area	1,046,712	7.6%	6.8%	77.1%	7.2%
Los Angeles County	9,893,481	27.5%	8.1%	47.9%	13.7%
California	37,659,181	39.7%	5.7%	37.9%	13.1%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; DP05. <http://factfinder.census.gov>
Blue= Highest; **Green**= Lowest

Norwalk, Cerritos and Long Beach (90805) have the highest percentage of American Indian and Alaska Natives in the service area (0.3%). Long Beach (90805) has the highest percentage of Native Hawaiian and Pacific Islander (1.3%) and in Cerritos 3.6% of the population are other or multiple races.

Population by Race and Ethnicity by Zip Code

Geographic Area	Total Population	American Indian and Alaska Native	Native Hawaiian and Pacific Islander	Other or Multiple
90001 - South L.A.	54,760	0.1%	<0.1%	0.2%
90040 - Commerce	12,696	0.1%	0.1%	0.5%
90201 - Bell Gardens 90202 - Bell	101,932	0.1%	0.2%	0.1%
90221 - Compton	52,446	0.1%	0.1%	0.6%
90240 - Downey	25,411	<0.1%	<0.1%	0.5%
90241 - Downey	43,776	<0.1%	<0.1%	0.9%
90242 - Downey	43,147	0.2%	0.1%	0.8%
90255 - Huntington Park	76,620	0.1%	0.1%	0%
90262 - Lynwood	70,173	<0.1%	<0.1%	0.6%
90270 - Maywood	27,527	<0.1%	0.1%	0.1%
90280 - South Gate	95,000	<0.1%	<0.1%	0.2%
90650 - Norwalk	105,940	0.3%	0.2%	1.0%
90660 - Pico Rivera	63,310	0.2%	0.1%	0.3%
90703 - Cerritos	49,526	0.3%	0.4%	3.6%
90706 - Bellflower	76,989	0.2%	0.4%	1.6%
90723 - Paramount	54,468	0.1%	0.7%	0.7%
90805 - Long Beach	92,991	0.3%	1.3%	2.6%
PIH Health Hospital - Downey Service Area	1,046,712	0.1%	0.3%	0.9%
Los Angeles County	9,893,481	0.2%	0.2%	2.4%
California	37,659,181	0.4%	0.4%	2.8%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; DP05. <http://factfinder.census.gov>
Blue= Highest; **Green**= Lowest

Citizenship

In the service area, 22.6% of the population is not a U.S. citizen. This is a higher percentage than found in the County (18.6%) and the State (14.3%).

Not a U.S. Citizen

	PIH Health Hospital - Downey Service Area	Los Angeles County	California
Not a Citizen	22.6%	18.6%	14.3%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; B05001. <http://factfinder.census.gov>

Language

In the service area, Spanish is spoken in 68.4% of the homes; this is higher than the number of Spanish speaking households in the County (39.6%) and the State (28.9%). 23.9% of the residents speak English only and 5.8% speak an Asian language. Huntington Park (93.5%) has the largest percentage of Spanish speakers; Cerritos (41.6%) has the largest percentage of Asian language speakers.

Language Spoken at Home for the Population Age 5 Years and Over

Geographic Area	English Only	Spanish	Asian/Pacific Islander	Other Indo-European	Other
90001 - South Los Angeles	13.4%	86.3%	0.2%	0.1%	0.1%
90040 - Commerce	21.4%	77.1%	0.3%	1.2%	0%
90201 - Bell Gardens					
90202 - Bell	7.9%	90.6%	0.4%	0.3%	0.8%
90221 - Compton	26.6%	72.8%	0.4%	0.1%	0.1%
90240 - Downey	26.6%	62.7%	6.7%	2.3%	1.5%
90241 - Downey	30.0%	60.3%	6.3%	2.4%	0.9%
90242 - Downey	31.6%	60.5%	5.4%	1.3%	1.2%
90255 - Huntington Park	5.8%	93.5%	0.5%	0.2%	0%
90262 - Lynwood	15.8%	83.4%	0.6%	0.2%	0%
90270 - Maywood	8.7%	91.0%	0.1%	0.2%	0%
90280 - South Gate	10.6%	88.2%	0.8%	0.4%	0%
90650 - Norwalk	32.2%	55.5%	9.9%	2.3%	0.2%
90660 - Pico Rivera	26.1%	70.4%	2.2%	1.1%	0.3%
90703 - Cerritos	39.6%	8.4%	41.6%	8.1%	2.3%
90706 - Bellflower	44.5%	43.3%	9.2%	1.4%	1.6%
90723 - Paramount	22.8%	73.3%	2.7%	0.4%	0.8%
90805 - Long Beach	42.7%	45.3%	10.9%	0.8%	0.3%
PIH Health Hospital - Downey Service Area	23.9%	68.4%	5.8%	1.3%	0.6%
Los Angeles County	42.9%	39.6%	10.9%	5.6%	1.0%
California	55.9%	28.9%	9.7%	4.5%	1.0%

Source: Think Health LA, 2015. www.thinkhealthla.org

Blue= Highest; Green= Lowest

Limited English Speaking Household

A limited English speaking household is one in which no member, 14 years and older, speaks English only or speaks English very well while also speaking a language other than English. All household members 14 years and older have some difficulty with English to be identified as a limited English speaking household. In the service area, 19.3% of the households are limited English speaking. Downey (90242) has the lowest percentage (11.6%) of limited English speaking households and Maywood has the highest percentage (36.8%) of limited English speaking households.

Limited English Speaking Household

Geographic Area	Limited English Household
90001 - South Los Angeles	27.6%
90040 - Commerce	23.9%
90201 - Bell Gardens 90201 - Bell	34.9%
90221 - Compton	17.3%
90240 - Downey	12.3%
90241 - Downey	12.6%
90242 - Downey	11.6%
90255 - Huntington Park	32.0%
90262 - Lynwood	20.2%
90270 - Maywood	36.8%
90280 - South Gate	24.7%
90650 - Norwalk	13.5%
90660 - Pico Rivera	13.2%
90703 - Cerritos	12.2%
90706 - Bellflower	12.0%
90723 - Paramount	17.4%
90805 - Long Beach	13.1%
PIH Health Hospital - Downey Service Area	19.3%
Los Angeles County	14.4%
California	9.9%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; B16002. <http://factfinder.census.gov>

Blue= Highest; **Green**= Lowest

Chapter Six

Social Determinants of Health

Education

Of the area population age 25 and over, 38.5% have less than a high school diploma; this is higher than the County and State high school incompleteness rates (23.4% and 18.7%, respectively). The area also has a higher number of high-school-only graduates than the County or State, with 26% of the population having a high school diploma, and a lower rate of accessing or attaining any level of college education.

Educational Attainment

	PIH Health Hospital - Downey Service Area	Los Angeles County	California
Population age 25 and over	615,437	6,456,772	24,455,010
Less than 9 th grade	23.0%	13.7%	10.2%
9 th to 12 th grade, no diploma	15.5%	9.7%	8.5%
High school graduate	26.0%	20.5%	20.7%
Some college, no degree	18.3%	19.6%	22.1%
Associate degree	5.8%	6.9%	7.8%
Bachelor degree	9.0%	19.4%	19.4%
Graduate or professional degree	3.4%	10.2%	11.2%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey 5-Year Estimates; DP02. <http://factfinder.census.gov>. **Blue**= Highest; **Green**= Lowest

High school graduation rates, or the number of high school graduates that graduated four years after starting ninth grade, are higher in eight of the eleven area school districts that include high schools, than at the County (77.9%), and the State level (81.0%). The Downey Unified School District has the highest graduation rate, at 94%, with the lowest found at Compton Unified (60.2%) followed by L.A. Unified (70.2%) and Lynwood Unified (73.6%).

High School Graduation Rates, 2013 - 2014 School Year

High School District	High School Graduation Rate*
ABC Unified School District	93.5%
Bellflower Unified School District	88.4%
Compton Unified School District	60.2%
Downey Unified School District	94.0%
El Rancho Unified School District	90.2%
Long Beach Unified School District	81.0%
Los Angeles Unified School District	70.2%
Lynwood Unified School District	73.6%
Montebello Unified School District	87.2%
Norwalk-La Mirada Unified School District	93.1%
Paramount Unified School District	85.5%
Los Angeles County	77.9%
California	81.0%

Source: California Department of Education, 2015. <http://dq.cde.ca.gov/dataquest/>.

*High School graduation rate determined by taking the number of graduates for the school year divided by the number of freshman enrolled four years earlier.

Blue= Highest; **Green**= Lowest

Unemployment

On average, the service area has a higher unemployment rate (9.4%) compared to the County (8.3%) and the State (7.5%). Compared over five years, unemployment rates have been decreasing. However, high rates of unemployment can be found in Bell, Commerce, Compton, Huntington Park, Lynwood and South Gate.

Unemployment Rates, Annual Average, 2010-2014

Geographic Area	2010	2011	2012	2013	2014
Bell	16.5%	16.1%	14.5%	13.1%	11.1%
Bellflower	12.8%	12.4%	11.1%	9.3%	7.8%
Bell Gardens	19.7%	19.3%	17.4%	11.2%	9.5%
Cerritos	6.9%	6.7%	6.0%	7.3%	6.1%
Commerce	23.2%	22.7%	20.5%	14.0%	12.0%
Compton	21.1%	20.6%	18.6%	14.9%	12.7%
Downey	11.2%	10.9%	9.7%	8.7%	7.3%
Florence-Graham (South L.A.)	24.5%	24.0%	21.7%	10.7%	9.0%
Huntington Park	18.6%	18.1%	16.3%	12.7%	10.8%
Long Beach	13.6%	13.3%	11.9%	10.7%	9.0%
Lynwood	19.6%	19.2%	17.2%	12.0%	10.2%
Maywood	18.1%	17.7%	15.9%	10.1%	8.6%
Norwalk	12.8%	12.5%	11.1%	10.0%	8.4%
Paramount	18.2%	17.7%	15.9%	11.4%	9.6%
Pico Rivera	11.7%	11.4%	10.2%	9.0%	7.6%
South Gate	15.9%	15.6%	13.9%	12.6%	10.7%
PIH Health Hospital - Downey Service Area	14.1%	13.7%	12.3%	11.1%	9.4%
Los Angeles County	12.6%	12.3%	10.9%	9.8%	8.3%
California	12.4%	11.7%	10.5%	8.9%	7.5%

Source: California Employment Development Department, Labor Market Information Division, April 2015.

www.labormarketinfo.edd.ca.gov/cqi/dataanalysis/AreaSelection.asp?tableName=labforce

Blue= Highest; Green= Lowest

Poverty

Poverty thresholds are used for calculating poverty population statistics; they are updated each year by the Census Bureau. For 2013, the Federal Poverty Level for one person was \$11,490 and for a family of four \$23,550.

In the service area, 20% of the population is below poverty level. This poverty rate is higher than the County (17.8%) and State (15.9%) rates. Nearly half of area residents (47.7%) live at or below 200% of the FPL, which is again higher than the rates found at the County (40.2%) and State (35.9%) levels. In South Los Angeles (90001), 32.1% of the population is below the poverty level. Two-thirds of the population (66.6%) in Bell/Bell Gardens is at 200% of poverty, which is considered low income. Cerritos has the lowest levels of poverty in the service area.

Ratio of Income to Poverty Level

Geographic Area	Below 100% Poverty	Below 200% Poverty
90001 - South Los Angeles	32.1%	65.8%
90040 - Commerce	16.8%	46.3%
90201 - Bell Gardens 90202 - Bell	29.5%	66.6%
90221 - Compton	26.8%	62.0%
90240 - Downey	7.3%	24.7%
90241 - Downey	11.3%	37.4%
90242 - Downey	15.0%	36.2%
90255 - Huntington Park	26.9%	55.4%
90262 - Lynwood	25.2%	61.9%
90270 - Maywood	28.4%	62.6%
90280 - South Gate	21.1%	51.2%
90650 - Norwalk	12.9%	37.0%
90660 - Pico Rivera	13.0%	36.6%
90703 - Cerritos	5.6%	17.3%
90706 - Bellflower	17.1%	43.6%
90723 - Paramount	22.1%	55.1%
90805 - Long Beach	22.8%	50.5%
PIH Health Hospital - Downey Service Area	20.0%	47.7%
Los Angeles County	17.8%	40.2%
California	15.9%	35.9%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; S1701. <http://factfinder.census.gov>
 Blue= Highest; Green= Lowest

Median Household Income

The median household income in the service area ranges from \$34,697 in South Los Angeles to \$98,004 in Cerritos. There are four communities in the service area that have higher median household incomes than that of Los Angeles County; they are: Cerritos, Downey, Norwalk and Pico Rivera. All other places in the service area have a median household income less than the County.

Median Household Income

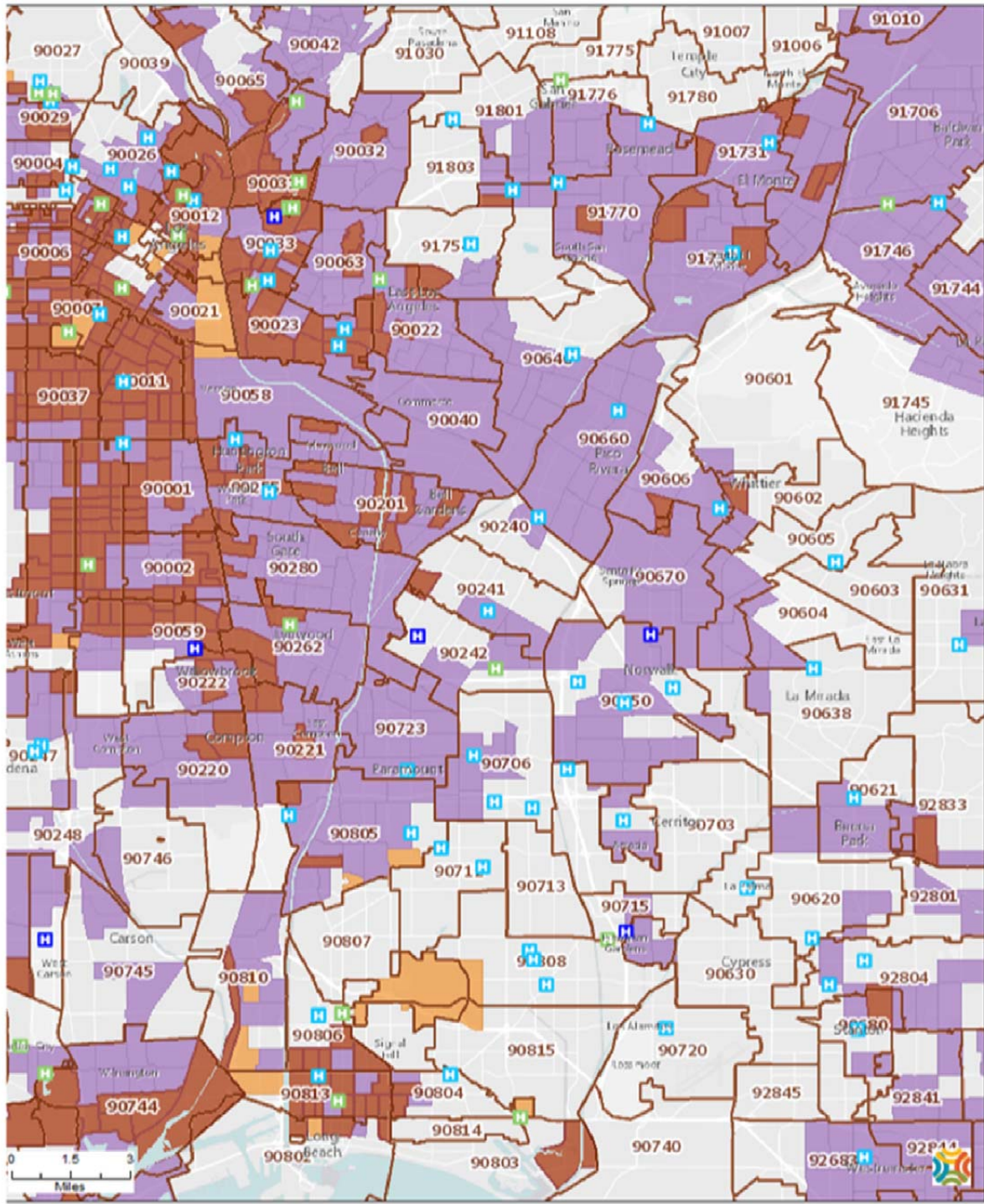
Geographic Area	Median Household Income
90001 - South Los Angeles	\$34,697
90040 - Commerce	\$51,522
90201 - Bell Gardens 90202 - Bell	\$36,798
90221 - Compton	\$43,726
90240 - Downey	\$76,024
90241 - Downey	\$60,315
90242 - Downey	\$62,512
90255 - Huntington Park	\$38,916
90262 - Lynwood	\$41,016
90270 - Maywood	\$37,396
90280 - South Gate	\$44,890
90650 - Norwalk	\$63,196
90660 - Pico Rivera	\$63,536
90703 - Cerritos	\$98,004
90706 - Bellflower	\$53,355
90723 - Paramount	\$45,651
90805 - Long Beach	\$46,522
Los Angeles County	\$55,909
California	\$61,094

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; DP03. <http://factfinder.census.gov>
Blue= Highest; **Green**= Lowest

Vulnerable Populations

Poverty and education attainment are two indicators that are predictive of at-risk or vulnerable populations. Visualization of vulnerable populations is provided in the map on the following page. Communities where 30% or more of the residents are in poverty are shown as orange on the map. Communities where 25% or more of the residents do not have a high school education are shown as purple on the map. The overlap of high poverty and low education attainment is depicted as brown on the map. The brown areas indicate communities with vulnerable populations.¹

Vulnerable Populations Footprint



Map Legend

Hospitals by Location, POS 2014

- H Public
- H Private
- H Other

■ Vulnerable Populations Footprint, ACS 2008-12

Community Commons, 7/3/2015

Economic Hardship

Economic and social indicators influence health. One measure of these indicators is the Economic Hardship Index (EHI), which is a combination of indicators:

1. Percent of persons over the age of 25 without a high-school diploma or its equivalent.
2. Housing burden (percentage of households spending more than 30% of their income on housing).
3. Median household income.
4. Percent of people living in households with an income of less than 200% of the federal poverty level (FPL). In 2009, this level amounted to an annual income of \$21,660 for one person or \$44,100 for a household of four persons, and it approximates the income needed for a household in LA County to meet its basic costs without public assistance or subsidy, known as the "Self-Sufficiency Standard."²

Each component is equally weighted and standardized across all cities/communities. The index can range from 1 to 100, with a higher index representing a greater level of economic hardship.

The service area cities/communities are rank ordered by the Hardship Index. Cerritos has the lowest Index (32.8), which relates to better economic and social indicators. South Los Angeles has the highest Hardship Index (82.8) in the service area, indicating higher levels of economic hardship.

Key Social and Economic Indicators, by Geographic Area, Ranked by Hardship, 2005-2009

Geographic Area	No High School	Housing	Median Household	<200% FPL	Hardship Index
Cerritos	7.5%	40.5%	\$86,497	15.8%	32.8
Bellflower	24.5%	51.5%	\$50,544	38.4%	50.4
Downey	24.3%	50.0%	\$58,128	29.2%	51.0
Pico Rivera	35.5%	44.6%	\$58,179	31.2%	52.0
Long Beach	21.7%	51.7%	\$50,040	40.8%	52.1
Norwalk	28.4%	49.0%	\$59,070	32.6%	54.7
Paramount	42.2%	56.6%	\$42,588	52.1%	66.7
Commerce	47.1%	47.2%	\$49,500	44.2%	67.1
South Gate	50.6%	53.3%	\$42,556	50.0%	70.2
Bell	55.8%	56.5%	\$37,731	55.6%	71.1
Lynwood	50.2%	57.0%	\$42,649	53.6%	74.3
Huntington Park	54.9%	57.7%	\$35,340	61.4%	75.4
Compton	40.1%	57.0%	\$41,890	54.4%	75.7
Bell Gardens	57.2%	56.8%	\$38,591	58.5%	77.0
Maywood	56.2%	58.3%	\$37,974	58.1%	78.3
South Los Angeles	61.0%	59.6%	\$34,463	63.4%	82.8
Los Angeles	24.5%	49.4%	\$54,828	37.3%	Not Applicable

Source: County of Los Angeles Public Health. How Social and Economic Factors Affect Health, January, 2013.

http://publichealth.lacounty.gov/epi/docs/SocialD_Final_Web.pdf

Blue= Highest; Green= Lowest

Public Program Participation

In Service Planning Area 6 (SPA 6), 46.1% of residents are not able to afford food and 26.6% utilize food stamps. In Service Planning Area 7 (SPA 7), 38.2% of residents are not able to afford food and 26.3% utilize food stamps. This gap between inability to afford food and use of food stamps, indicates that a considerable percentage of residents may qualify for food stamps but do not access this resource. 8.2% of SPA 6 adults are currently receiving Supplemental Security Income (SSI) and 3.4% of SPA 7 adults receive SSI. Women Infants and Children (WIC) Supplemental Nutrition Program benefits are more readily accessed in SPA 6 and SPA 7 than in the County or State. Among qualified children in SPA 6, 67.1% access WIC and in SPA 7, 62.3% access WIC. Among residents, 16% in SPA 6 and 23.6% in SPA 7 are Temporary Assistance for Needy Families (TANF)/CalWorks recipients.

Public Program Participation

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Not Able to Afford Food (<200% FPL)	46.1%	38.2%	39.5%	38.4%
Food Stamp Recipients	26.6%	26.3%	18.7%	18.1%
Currently Receiving Supplemental Security Income (SSI)	8.2%	3.4%	7.0%	6.1%
WIC Usage among Qualified Children (Age six and Under)	67.1%	62.3%	50.8%	44.6%
TANF/CalWorks Recipients	16.0%	23.6%	10.6%	8.4%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Free or Reduced Price Meals

Among the area school districts, all have more than half of their enrolled students eligible for the free or reduced price meal program. Compton Unified School District (93.6%) and Lynwood Unified School District (92.4%) have more than 90% of students who are eligible for the free or reduced price meal program, indicating a high level of low-income families.

Free or Reduced Price Meals Eligibility, 2013-2014

School District	Number	Percent
ABC Unified School District	10,462	50.2%
Bellflower Unified School District	9,612	73.1%
Compton Unified School District	21,004	93.6%
Downey Unified School District	16,543	72.3%
El Rancho Unified School District	7,758	82.7%
Long Beach Unified School District	55,064	67.9%
Los Angeles Unified School District	501,125	76.6%
Lynwood Unified School District	13,780	92.4%
Montebello Unified School District	25,863	86.4%
Norwalk-La Mirada Unified School District	14,540	75.1%
Paramount Unified School District	14,011	88.1%
Los Angeles County	1,054,345	67.9%
California	3,707,508	59.4%

Source: California Department of Education, 2013-2014 School Year. <http://dq.cde.ca.gov/dataquest/>.

Blue= Highest; Green= Lowest

Food Insecurity

Food insecurity is the lack of access to sufficient amounts of nutritious food for normal growth and development in order to live an active and healthy life. Food security then is access to sufficient and nutritious food. This indicator provides information on whether the respondent has consistent ability to afford enough food, and was asked of adults ages 18+ with an income < 200% FPL. Among low-income adults in service area cities, residents in Cerritos were the least food insecure, with 3.5% having consistent ability to afford enough food. Residents in Bell Gardens (21.9%) have the highest percentage of food insecurity with Huntington Park (21.8%) not far behind.

Low-Income (<200 FPL) Adults with Food Insecurity

Geographic Area*	Percent
Bell	20.9%
Bell Gardens	21.9%
Bellflower	11.0%
Cerritos	3.5%
Compton	15.7%
Downey	11.6%
Huntington Park	21.8%
Long Beach	8.6%
Lynwood	18.3%
Maywood	21.7%
Norwalk	12.7%
Paramount	17.1%
Pico Rivera	15.3%
South Gate	19.3%
South Los Angeles (Florence-Graham)	19.6%
Los Angeles County	9.9%
California	8.4%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce.

Blue= Highest; Green= Lowest

Housing Units

There are 270,968 housing units in the area. More of the housing units in the area are rented (52.7%) than are owner-occupied (47.3%). The percentage of owner occupied housing slightly exceeds the rate found in the County (46.9%) and is lower than at the State level (55.3%). Cerritos has the highest percentage of owner occupied housing units (80%) and a corresponding low percentage of renter occupied housing (20%). Bell/Bell Gardens has the highest percentage of renter occupied housing units (76.7%) and a corresponding low percentage of owner occupied housing (23.3%).

Housing Units

Geographic Area	Total Housing Units	Owner Occupied	Renter Occupied
90001 - South Los Angeles	12,945	35.1%	64.9%
90040 - Commerce	3,371	48.0%	52.0%
90201 - Bell Gardens 90202 - Bell	24,450	23.3%	76.7%
90221 - Compton	11,531	51.2%	48.8%
90240 - Downey	7,169	68.5%	31.5%
90241 - Downey	13,468	42.9%	57.1%
90242 - Downey	12,089	48.2%	51.8%
90255 - Huntington Park	18,391	31.8%	68.2%
90262 - Lynwood	15,273	46.2%	53.8%
90270 - Maywood	66,306	25.1%	74.9%
90280 - South Gate	23,616	47.6%	52.4%
90650 - Norwalk	27,076	65.1%	34.9%
90660 - Pico Rivera	16,611	68.4%	31.6%
90703 - Cerritos	15,134	80.0%	20.0%
90706 - Bellflower	23,509	39.1%	60.9%
90723 - Paramount	13,826	40.9%	59.1%
90805 - Long Beach	26,203	43.4%	56.6%
PIH Health Hospital - Downey Service Area	270,968	47.3%	52.7%
Los Angeles County	3,230,383	46.9%	53.1%
California	12,542,460	55.3%	44.7%

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; S1101. <http://factfinder.census.gov>
Blue= Highest; **Green**= Lowest

Household Size

The average household sizes range from 3.13 individuals in Cerritos to 4.56 individuals in Compton. All households in service area communities are, on average, larger than average household sizes in the County or State.

Average Household Size

Geographic Area	Household Size
90001 - South Los Angeles	4.41
90040 - Commerce	3.83
90201 - Bell Gardens	4.11
90202 - Bell	4.11
90221 - Compton	4.56
90240 - Downey	3.37
90241 - Downey	3.13
90242 - Downey	3.42
90255 - Huntington Park	4.02
90262 - Lynwood	4.53
90270 - Maywood	4.13
90280 - South Gate	4.02
90650 - Norwalk	3.83
90660 - Pico Rivera	3.77
90703 - Cerritos	3.14
90706 - Bellflower	3.21
90723 - Paramount	3.85
90805 - Long Beach	3.57
Los Angeles County	2.97
California	2.90

Source: Think Health LA, 2015. www.thinkhealthla.org

Blue= Highest; Green= Lowest

Homelessness

Every two years, the Los Angeles Homeless Services Authority (LAHSA) conducts the Greater Los Angeles Homeless Count as a snapshot to determine how many individuals are homeless on a given day. Data from this survey show an increase in homelessness from 2013 to 2015. In SPA 6 and SPA 7, approximately three quarters of the homeless are unsheltered. A comparison of 2015 to 2013 indicates an increase in unsheltered homeless. SPA 6 and SPA 7 have a higher percentage of unsheltered homeless than Los Angeles County. Over one-fifth (20%) of the homeless are families, which are comprised of households with at least one adult and one child younger than age 18.

Homeless Population*, 2013 – 2015 Homeless Count Comparison

Homeless	Service Planning Area 6		Service Planning Area 7		Los Angeles County	
	2013	2015	2013	2015	2013	2015
Total homeless	7,045	7,513	2,429	3,571	35,524	41,174
Sheltered	33.9%	23.9%	36.9%	25.4%	36.4%	29.7%
Unsheltered	66.1%	76.1%	63.1%	74.6%	63.6%	70.3%
Adult Individuals	77.4%	77.5%	78.2%	79.3%	78.9%	81.1%
Family Members	21.5%	21.2%	20.5%	20.2%	18.8%	18.2%
Unaccompanied Minors (<18)	1.1%	1.3%	1.2%	<1%	2.3%	<1%

Source: Los Angeles Homeless Services Authority, 2013 & 2015 Greater Los Angeles Homeless Count Results.

www.lahsa.org/homelesscount_results

*These data represent the homeless counts from the LA County Continuum of Care, which does not include Glendale, Long Beach and Pasadena homeless counts.

Among the homeless population, the percentage of chronically homeless has increased from 2013 to 2015. While SPA 6 has more than double the number of homeless than SPA 7, a decrease was noted from 2013-2015 in a number of the homelessness subpopulations. Increases were seen in homeless populations who experienced domestic violence (from 8.4% in 2013 to 16.6% in 2015) and those with physical disabilities (from 16.8% in 2013 to 17.9% in 2015). In SPA 7, aside from persons with HIV/AIDS; all subpopulation categories of homelessness have seen an increase. Notable are the increases in the homeless population with substance abuse (from 31.1% in 2013 to 43.8% in 2015) and a domestic violence experience (from 9.0% in 2013 to 25.8% in 2015).

Homelessness by Subpopulation*

	Service Planning Area 6		Service Planning Area 7		Los Angeles County	
	2013	2015	2013	2015	2013	2015
Chronically Homeless	25.9%	29.3%	24.5%	34.1%	24.5%	34.4%
Substance Abuse	30.6%	17.1%	31.1%	43.8%	31.2%	25.2%
Severely Mentally Ill	26.9%	25.2%	28.2%	30.3%	28.0%	29.8%
Veterans	10.7%	6.3%	11.4%	8.0%	11.3%	9.8%
Persons with HIV/AIDS	0.9%	1.3%	1.0%	0.2%	0.6%	0.2%
Domestic Violence Experience	8.4%	16.6%	9.0%	25.8%	1.0%	21.4%
Physical Disability	16.8%	17.9%	17.9%	20.7%	8.9%	19.8%

Source: Los Angeles Homeless Services Authority, 2013 & 2015 Greater Los Angeles Homeless Count Results.

www.lahsa.org/homelesscount_results

*These data represent the homeless counts from the LA County Continuum of Care, which does not include Glendale, Long Beach and Pasadena homeless counts.

Blue= Highest; Green= Lowest

Community Input – Social and Economic Factors

Stakeholder interviews and focus groups identified the following perceptions of socioeconomic, behavioral, environmental and clinical factors contributing to poor health in the community:

- With healthcare reform, there is a lot of confusion and concern. People have been dropped from Medi-Cal and companies have switched workers to part-time or laid them off to avoid offering insurance.
- The population in the Watts community has many health issues such as cancer, mental health problems, diabetes, lack of access to health care, etc. Much of this stems from a lack of financial resources in the community that then relates to other things, such as difficulty affording co-pays, working multiple jobs and/or being in school, and having to prioritize among housing, food and healthcare.
- 75% of our community is Latino and half of our service area is foreign born. There is a fear of accessing governmental programs and a stigma around accessing mental health services.
- Barriers are poverty, lack of education, limited English and an unawareness of services. Local agencies do so much outreach, but we still have to reach more families. Many of them are isolated and mothers do not engage with the schools or the community.
- Poverty, access to fresh fruits and vegetables and lack of exposure to healthy choices and behaviors all contribute to poor health in the community. Influences are now mostly negative: exposure to fast foods, liquor and crime.
- Environmental and community surroundings can dictate how you think and what you think your options are. When there are limited ideas of opportunities and options, people become vulnerable.
- We need to have health and community professionals who speak the language of our community.
- Affordability is key. California premiums are increasingly expensive including co-pays and deductibles. Prescriptions costs are rising too, costing residents more.
- Economic development, job creation, broader employment options and affordable housing policies are key. Our families are very vulnerable.

Crime and Violence

Violent crimes include homicide, rape, robbery (of an individual or individuals, not a home or business) and aggravated assault. Property crimes include burglary, larceny-theft and motor vehicle theft. Commerce (7,748.4) has the highest rate of property crime reported and Compton (1,242.1) has the highest rates of violent crime reported per 100,000 persons in the service area. Maywood (1,026.9) has the lowest property crime rate and Cerritos (240.7) has the lowest violent crime rate per 100,000 persons in the service area.

Violent Crime Rates and Property Crime Rates per 100,000 Persons, 2012

Geographic Area	Property Crime Rates	Violent Crime Rates
Bell	1,835.7	623.9
Bell Gardens	1,702.2	292.3
Bellflower	2,313.6	390.3
Cerritos	3,750.8	240.7
Commerce	7,748.4	859.2
Compton	2,446.5	1,242.1
Downey	3,112.8	335.3
Huntington Park	3,244.8	631.4
Long Beach	3,007.3	575.7
Los Angeles	2,269.1	481.1
Lynwood	1,936.3	763.0
Maywood	1,026.9	628.4
Norwalk	2,431.6	403.6
Paramount	2,792.9	443.7
Pico Rivera	2,781.8	407.9
South Gate	2,652.0	576.2
California	2,758.7	423.1

Source: U.S Department of Justice, FBI, Uniform Crime Reporting Statistics, 2012; www.bjs.gov/ucrdata/index.cfm
Blue= Highest; **Green**= Lowest

Community Input – Community Safety

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to community safety:

- Foster care youth and those transitioning out are most at risk for violence or being taken advantage of. We need a lot of help with this population. Where do they go? What do they do when they leave the system?
- Adverse childhood events affect mental and physical wellbeing. Those that see violence and hear it, or are neglected, can have long-term consequences as a result.
- There's been an increase in violence and sexual abuse in the past several years.
- There is increased domestic violence seen among teenage girls being abused by their boyfriends.
- We have language barriers that impact violence: I called 911 to report a violent group in the street, and the operator asked "Do you speak English?" and when I said 'No' she hung up.
- People who are abused feel that they are the only ones this is happening to. We need to teach people about what is a healthy relationship, what are good boundaries. These are life skills and self-esteem issues that everyone should be educated on.
- Crime impacts other issues. When there is violence around you, you don't go take a walk.
- Families are afraid to let their kids go out because they don't want something bad to happen to them, or are worried when they are out late if they are safe and will they come home. As a result, they restrict their kids from being able to go out.
- Domestic violence is often cyclical, with both those abused and the perpetrators coming from families where there has been domestic violence.
- Right now child sex trafficking is a more prosperous business than drug trafficking and it's everywhere.

Chapter Seven

General Healthcare Access

Health Insurance Coverage

Health insurance coverage is considered a key component to accessing healthcare. Of the total population, 72% of those in the primary service area have health insurance. Cerritos has the highest rate at 87.4%; Maywood, the lowest at 61.9%. The majority of children under age 18 have health insurance (88.2%) in the service area. Cerritos has the highest health insurance rate at 93.1%; Lynwood, the lowest at 82.6%. Among adults, age 18-64, 61% in the primary service area have health insurance. Cerritos has the highest insurance rate (82.2%); Bell/Bell Gardens, the lowest at 47.7%. The Healthy People 2020 objective is for 100% of the population to have health insurance.

Health Insurance Coverage, Total Population - Children (Under 18 Years of Age) and Adults (Ages 18-64)

Geographic Area	Total Population	Children Under 18	Adults Ages 18-64
90001 - South Los Angeles	64.2%	86.7%	49.2%
90040 - Commerce	74.2%	87.7%	63.4%
90201 - Bell Gardens 90202 - Bell	62.5%	84.3%	47.7%
90221 - Compton	68.4%	87.7%	54.9%
90240 - Downey	77.3%	90.6%	69.0%
90241 - Downey	77.8%	91.9%	69.0%
90242 - Downey	79.4%	89.8%	72.4%
90255 - Huntington Park	66.3%	89.7%	51.3%
90262 - Lynwood	66.6%	82.6%	54.4%
90270 - Maywood	61.9%	86.0%	46.2%
90280 - South Gate	69.1%	88.2%	56.8%
90650 - Norwalk	75.8%	90.3%	66.2%
90660 - Pico Rivera	75.5%	89.9%	65.4%
90703 - Cerritos	87.4%	93.1%	82.2%
90706 - Bellflower	78.5%	89.7%	70.7%
90723 - Paramount	70.0%	85.8%	59.5%
90805 - Long Beach	76.6%	90.9%	67.5%
PIH Health Hospital - Downey Service Area	72.0%	88.2%	61.0%
Los Angeles County	77.8%	90.4%	69.8%
California	82.2%	91.7%	75.5%
Healthy People 2020 Objective	100%		

Source: U.S. Bureau of the Census, 2009-2013 American Community Survey, 5-year average; S2701. <http://factfinder.census.gov>

Blue= Highest; Green= Lowest

Insurance coverage by Service Planning Area (SPA) shows that 19% of residents in SPA 6 and 40.5% of residents in SPA 7 have employment-based insurance (which is lower than County and State levels). 48.5% of SPA 6 residents and 30.7% in SPA 7 are covered by Medi-Cal (which is higher than County and State rates).

Insurance Coverage

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Medi-Cal	48.5%	30.7%	24.4%	22.5%
Medicare Only	0.4%	0.4%	1.4%	1.4%
Medicare/Medi-Cal	5.9%	1.2%	3.7%	3.0%
Medicare & Others	4.2%	6.3%	7.4%	9.0%
Other Public	0.2%	1.9%	0.8%	1.0%
Employment-Based	19.0%	40.5%	41.5%	44.8%
Private Purchase	5.9%	4.3%	7.4%	6.4%
No Insurance	16.0%	14.6%	13.3%	11.9%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Blue= Highest; Green= Lowest

Insurance coverage by age group reveals uninsured rates to be highest among adults age 18-64. Children are covered primarily through Medi-Cal and employment-based insurance. Seniors have high rates of coverage through Medicare & Other coverage options. The Healthy People 2020 objective for children and adults is 100% health insurance coverage.

Insurance Coverage by Age Group

	Service Planning Area 6	Service Planning Area 7	Service Planning Area 6	Service Planning Area 7	Service Planning Area 6	Service Planning Area 7
	Ages 0-17		Ages 18-64		Ages 65+	
Medi-Cal	76.8%	53.6%	41.0%	25.4%	1.3%	N/A
Medicare Only	N/A	N/A	N/A	N/A	4.6%	4.8%
Medi-Cal/Medicare	N/A	N/A	3.2%	0.6%	45.4%	9.5%
Medicare & Others	N/A	N/A	N/A	N/A	48.3%	76.8%
Other Public	N/A	0.4%	0.3%	2.0%	N/A	6.3%
Employment Based	18.3%	38.3%	22.0%	46.3%	N/A	2.2%
Private Purchase	3.7%	2.2%	7.8%	5.7%	N/A	N/A
No Insurance	1.2%	5.5%	25.5%	20.1%	N/A	N/A

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Blue= Highest; Green= Lowest

In SPA 6, 12% of the population under the age of 65 had no health insurance over the course of a year and 12.5% had insurance for part of a year. In SPA 7, 14.2% of the population under the age of 65 had no health insurance over the course of a year and 9.2% had insurance for part of a year.

No Insurance Coverage or Partial Insurance Coverage, under Age 65

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
No insurance entire past year	12.0%	14.2%	12.5%	10.9%
Insurance coverage only part of the year	12.5%	9.2%	9.4%	10.3%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Sources of Care

Residents with a medical home and access to a primary care provider improve continuity of care and decrease preventable emergency room visits. Children in SPA 7 and seniors are the most likely to have a usual source of care. Among SPA 6 residents, 85.6% of children, 86% of adults and 93.4% of seniors had a usual source of care. In SPA 7, 96.7% of children, 80.9% of adults and 95.6% of seniors had a usual source of care.

Usual Source of Care

	Ages 0-17	Ages 18-64	Ages 65+
Service Planning Area 6	85.6%	86.0%	93.4%
Service Planning Area 7	96.7%	80.9%	95.6%
Los Angeles County	90.3%	79.9%	92.3%
California	91.5%	81.7%	94.9%
Healthy People 2020 Objective	100%	89.4%	100%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Physicians' offices, HMO or Kaiser were the indicated source of care for 38.9% of SPA 6 residents and 59.2% of SPA 7 residents. Clinics and community hospitals provide care for 41.5% of SPA 6 residents and 25.5% of SPA 7 residents. 13.5% of residents in SPA 6 and 13.7% of SPA 7 residents have no regular source of care.

Sources of Care

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Physician Office/HMO/Kaiser	38.9%	59.2%	57.6%	60.7%
Community Or Government Clinic/Community Hospital	41.5%	25.5%	23.6%	23.0%
Emergency Room/Urgent Care	6.2%	N/A	1.7%	1.4%
Some Other Place/No One Place	N/A	1.6%	0.9%	0.7%
No Usual Source Of Care	13.5%	13.7%	16.2%	14.2%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

In SPA 6, 24.3% of residents visited the emergency room over the course of a year, and in SPA 7, 15.4% of residents visited the emergency room over the course of a year. In SPA 6, adults visited the ER at the highest rate. SPA 7 youth visited the emergency room at the highest rate. SPA 7 residents living in poverty visited the ER at higher rates than low-income residents. Conversely, low-income residents (<200 of FPL) in SPA 6 visited the ER at higher rates than those residents at poverty level.

Use of Emergency Room

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Visited ER in last 12 months	24.3%	15.4%	16.6%	17.4%
0-17 years old	16.8%	27.6%	19.7%	19.3%
18-64 years old	28.5%	11.3%	15.7%	16.5%
65 and older	20.5%	9.1%	15.5%	18.4%
<100% of poverty level	20.5%	31.4%	17.6%	20.6%
<200% of poverty level	22.0%	21.3%	16.7%	19.0%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Access to Community Health Centers

Federally Qualified Health Centers and Look-Alikes (community clinics) serve the primary healthcare needs for the uninsured, the working poor and the newly jobless. Community clinics provide medical, dental, mental health services and preventive care, which may reduce or eliminate the need for more costly care such as emergency room visits and avoidable hospital stays. Using data from the American Community Survey (2009-2013), 49.2% of the service area population is low-income, living below 200% of Federal Poverty Level (FPL) and 20.5% are living in poverty.

A number of Federally Qualified Health Centers (FQHCs) and Look-Alikes are located in the service area including: Alta Med Health Services, Wesley Health Centers, Central City Community Health Center, St. John's Well Child & Family Center, and The Children's Clinic. Community Health Centers have 102,634 patients in the service area, a total that includes 19.9% of low-income patients and 9.8% of the total population. From 2012 to 2014, FQHCs added 18,281 patients within the PIH Health Hospital - Downey Primary Service Area, a 21.7% increase. Nevertheless, 412,663 of low-income residents (approximately 80.1% of the population at or below 200% FPL) are not served by a FQHC or FQHC Look-Alike.

Low-Income Patients Served and Not Served by FQHCs

Low-Income Population	Patients Served by Section 330 Grantees in	Penetration Among Low-	Penetration of Total Population	Low-Income Unserved by Health Centers
515,297	102,634	19.9%	9.8%	412,663

Source: Uniform Data System Mapper, 2014. www.UDSMapper.org

Community Input – Access to Care

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to access to care:

- Low-income families have access to emergency Medi-Cal, but working poor fall through the cracks because they don't qualify for Medi-Cal. They can't afford healthcare costs such as premiums, deductibles and co-pays – even under Covered California.
- Since Covered California came about, there have been a lot of errors with Medi-Cal; they're dropping people from Medi-Cal, in error.
- Sliding fee scales are a huge barrier as people might not have the money to make the payment, in which case they get sent somewhere else. This is difficult for people who make too much to qualify for Medi-Cal but not enough to afford sliding fee scale costs.
- Wait times at appointments are long. You can wait all day and still not see a doctor.
- Not all people are eligible for services at certain locations based on their zip codes.
- The Affordable Care Act has helped a lot; however, it's still unaffordable for many community residents.
- Many people are still uninsured; some may be afraid, or think it is unaffordable, especially for those without access to the Internet and non-English speakers. The process to get care is complex and there aren't enough people to help out with the process. Lack of insurance keeps many people from accessing care.
- There aren't any hospitals in the Walnut Park area and clinics are not open in the evenings or on weekends. This is of particular concern to parents.

Barriers to Care

A greater percentage of adults in SPA 6 experience barriers to accessing medical care, dental care and prescription medication than adults in SPA 7 and the County. Adults in SPA 7 have greater difficulty accessing mental health care than found in SPA 6 or the County.

Barriers to Accessing Healthcare

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults Unable to Obtain Dental Care in the Past Year Because They Could Not Afford It	35.0%	33.9 %	30.3%
Adults Unable to See a Doctor for a Health Problem When Needed in the Past Year Because They Could Not Afford It	18.7%	17.8%	16.0%
Adults Unable to Receive Mental Health Care or Counseling in the Past Year Because They Could Not Afford It	6.8%	8.1%	6.1%
Adults Who Reported They Did Not Get Prescription Medication When Needed in the Past Year Because They Could Not Afford It	18.8%	15.3%	15.4%
Adults Who Reported Obtaining Medical Care When Needed is Somewhat or Very Difficult	44.6%	34.6%	31.7%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Some 3.9% of adults in SPA 6 and 3.5% in SPA 7 indicated they had difficulty finding primary care. 20.3% of adults in SPA 7 had difficulty accessing specialty care.

Difficulty Finding Primary Care and Specialty Care, Adults

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Difficulty finding primary care	3.9%	3.5%	4.7%	4.6%
Difficulty finding specialty care	3.2%	20.3%	11.1%	10.8%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Delayed Care

Among SPA 6 residents, 10.7% delayed medical care and 8.8% delayed obtaining prescription medications. In SPA 7, 11.4% of residents delayed care and 8.8% delayed obtaining prescription medications. The Healthy People 2020 Objective is to reduce the proportion of people who were unable to obtain or delayed medical care to 4.2% and those who were unable to obtain or delayed obtaining necessary prescription medicines to 2.8%.

Delayed Care

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Delayed care due to cost or lack of insurance	55.5%	35.6%	44.8%	51.3%
Delayed or didn't get other medical care in past 12 months	10.7%	11.4%	11.7%	11.3%
Delayed or didn't get prescription medicine in past 12 months	8.8%	8.8%	7.9%	8.7%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Community Input - Barriers to Accessing Care

Stakeholder interviews and focus groups identified the following perceptions of issues, related to barriers to accessing care:

- Free clinics are not as accessible as needed. Hours of operation are not accessible. This makes it difficult for children to get needed immunizations.
- Information about free services is not readily accessible unless you know where to go to get the information.
- Transportation is a barrier for many, as are long wait times for some doctors and limited provider networks. The care is there, but it may take a long time to see a doctor.
- Transportation is a major barrier, especially for single mothers and those patients who need to get follow-up care after hospital discharge.
- High co-pays and prescription medication costs decrease access to care.
- If you work full-time and have a family, finding a clinic that is open in the evenings or on the weekends can be challenging. Many people don't have the ability to take off work to get care. That means not getting paid that day.

Chapter Eight

Access to Dental Care

Dental Care

Poor oral health can be both a result of certain health conditions and a cause of poor health. In SPA 6, 86.9% of children and 98.4% of teens had been to the dentist in the past two years. In SPA 7, 81.3% of children and 86% of teens had been to the dentist in the past two years.

Time Since Last Dental Visit Children and Teens

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Children Been to Dentist Less Than 6 Months to 2 Years	86.9%	81.3%	83.9%	83.8%
Children Been to Dentist More Than 2 Years to More Than 5 Years	0.4%	None	0.1%	0.9%
Children Never Been to Dentist	12.7%	18.5%	16.0%	15.3%
Teens Been to Dentist Less Than 6 Months to 2 Years	98.4%	86.0%	96.0%	94.7%
Teens Been to Dentist More Than 2 Years to More Than 5 Years	1.6%	3.0%	1.9%	3.5%
Teens Never Been to the Dentist	None	11.0%	2.1%	1.8%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Among adults in SPA 6, 37.1% have dental insurance and 44.5% of adults have been to a dentist within the last year. In SPA 7, 47% of adults have dental insurance coverage and 48.9% had been to a dentist in the past year. However, the cost of obtaining dental care resulted in 35% of adults in SPA 6 and 33.9% of adults in SPA 7 not obtaining dental care.

Adult Dental Care

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults Who Have Dental Insurance that Pays for Some or All of Their Routine Dental Care	37.1%	47.0%	48.2%
Adults Who Reported Their Last Visit to a Dentist Was Less Than 12 Months Ago	44.5%	48.9%	55.8%
Adults Unable to Obtain Dental Care Because They Could Not Afford It	35.0%	33.9%	30.3%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDDataTopics2011.htm

Children have increased access to dental care when compared to adults, as 75.8% of children in SPA 6 and 79.2% of children in SPA 7 have dental insurance. However, 14.9% of children in SPA 6 and 16.6% in SPA 7 did not obtain dental care due to the cost.

Children Dental Care

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Children Who Have Dental Insurance	75.8%	79.2%	78.2%
Children Unable to Obtain Dental Care Because They Could Not Afford It	14.9%	16.6%	12.6%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDDataTopics2011.htm

Community Input – Access to Dental Care

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to dental care:

- I see really young kids in the schools with severe dental issues and if someone had been able to work with their parents or see a dentist before that happened, it would make a huge difference. They need to be better informed.
- In school we see kids with all silver teeth; it's easier to just pull them out. And then you see mom with the baby and Kool-Aid in the bottle. Dental care continues to be a huge problem.
- It's a challenge because few people associate dental care with health care. There is little understanding of preventive dental care. Another contributing factor is low dental insurance coverage.
- It is difficult for senior citizens; most supplemental plans don't cover dental care or coverage is very expensive. Cost can also be prohibitive for working families.
- People will go to Tijuana for cheaper dental care. Many don't realize the importance of oral health.
- Insurance does not cover much; it's more like a discount. Some people will have teeth removed rather than be in pain.
- Poor nutrition leads to poor dental health.

Chapter Nine

Preventative Healthcare

Screenings

Colorectal Cancer Screening

The Healthy People 2020 objective rate for colorectal screening is 70.5% of adults 50 to 75 years old. In SPA 6, 67.1% received colorectal screening and in SPA 7, 71.1% received colorectal cancer screening. Of adults advised to obtain a screening, 57.9% in SPA 6 and 59.2% in SPA 7 complied at the time of recommendation.

Colorectal Cancer Screening, Adults 50+

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Screening Sigmoidoscopy, Colonoscopy or Fecal Occult Blood Test	67.1%	71.1%	75.7%	78.0%
Compliant with Screening at Time of Recommendation	57.9%	59.2%	66.5%	68.1%

Source: California Health Interview Survey, 2009. <http://ask.chis.ucla.edu>

Mammograms & Pap Smears

Mammograms: The Healthy People 2020 objective is for 81.1% of women age 50 to 74 to have a mammogram in the past two years. In SPA 6, 82.8% of women had a mammogram, improving on the Healthy People 2020 objective. In SPA 7, 81.1% of women age 50 and over had a mammogram in the previous two years, matching the Healthy People 2020 objective.

Pap Smears: The Healthy People 2020 objective is for 93% of women age 21 to 65 to have a Pap smear in the past three years. In SPA 6, 87.4% of women had a Pap smear. In SPA 7, 83.3% of women 18 to 65 had a Pap smear in the past three years. These rates do not meet the Healthy People 2020 objective.

Women Mammograms and Pap Smears

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	Healthy People 2020 Objective
Women 50-74 Years, had a Mammogram in Past Two Years	82.8%	81.1%	79.8%	81.1%
Women 21-65 had a Pap Smear in Past Three Years	87.4%	83.3%	82.8%	93.0%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey, 2011. www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Vaccines and Immunizations

Flu and Pneumonia Vaccines

More seniors (58.5% in SPA 6 and 68.4% in SPA 7) received flu vaccines than adults or youth. Fewer adults received flu vaccine shots than children. Rates of flu vaccination for the entire population in SPA 6 was 43.3% and in SPA 7 35.2%. The Healthy People 2020 objective is for 70% of children and adults to be vaccinated annually against influenza.

Flu Vaccine

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Received Flu Vaccine, Total Population	43.3%	35.2%	40.6%	45.8%
Received Flu Vaccine, 65+ Years Old	58.5%	68.4%	69.7%	72.8%
Received Flu Vaccine, 18-64	34.5%	29.9%	32.5%	37.4%
Received Flu Vaccine, 0-17 Years Old	57.4%	37.9%	47.8%	53.7%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Children in SPA 6 received vaccines most frequently from community clinics (45.9%). Children in SPA 7 received vaccines most frequently from a doctor's office, Kaiser or HMO (47.7%).

Flu Vaccine, Location Received

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Child Received Vaccine at Dr. Office/ Kaiser/HMO	31.5%	47.7%	47.1%	47.1%
Child Received Vaccine at Community Clinic	45.9%	25.2%	24.5%	23.6%
Child Received Vaccine at Hospital or ER	16.2%	5.7%	9.0%	7.1%
Child Received Vaccine Some Other Place	6.3%	21.4%	19.4%	22.2%

Source: California Health Interview Survey, 2009. <http://ask.chis.ucla.edu>

The Healthy People 2020 objective is for 90% of seniors to obtain a pneumonia vaccine. 53.9% of seniors in SPA 6 and 62.4% of seniors in SPA 7 obtained a pneumonia vaccine.

Pneumonia Vaccine, Adults 65+

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults 65+, had a Pneumonia Vaccine	53.9%	62.4%	61.3%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011. www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

HPV Vaccine

HPV (Human papillomavirus) is known to cause cervical cancer. The HPV vaccine can prevent the virus when administered to young girls before they become sexually active. The percentage of girls, ages 13-17, in SPA 6 who received an HPV shot was 29.2% and in SPA 7, 38.7%. These are lower than the County rate.

HPV Vaccine, Girls Ages 13-17

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Girls (13-17) Who Have Had an HPV Shot	29.2%	38.7%	44.6%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011. www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Childhood Immunizations

Child care facilities or schools with low vaccination rates are at increased risk for outbreaks of vaccine-preventable diseases. The annual kindergarten assessment is conducted each fall to monitor compliance with the California School Immunization law. Results from this assessment are used to measure immunization coverage among students entering kindergarten. Not all schools reported. This data set presents results from the 2014-2015 kindergarten assessment and immunization coverage in kindergarten schools with 10 or more kindergarten students enrolled. The Healthy People 2020 objective is 95% of children in kindergarten maintain vaccination coverage.

Ranges of immunization coverage were determined for school districts by looking at the schools within the district with the lowest and highest percentage of immunization coverage among kindergarten students. The Los Angeles Unified School District had a range with the lowest coverage rate. All school districts in the service area had schools with 99%-100% immunization rate of kindergartners.

School Immunizations in Kindergarten, 2014-2015

School District	Percentage Range of Up-To-Date Immunizations
ABC Unified School District	87%-99%
Bellflower Unified School District	92%-99%
Compton Unified School District	67%-99%
Downey Unified School District	91%-99%
El Rancho Unified School District	90%-100%
Long Beach Unified School District	46%-100%
Los Angeles Unified School District	3%-100%
Lynwood Unified School District	72%-100%
Montebello Unified School District	94%-100%
Norwalk- La Mirada Unified School District	82%-100%
Paramount Unified School District	75%-100%
Los Angeles County	89.0%
California	90.4%
Healthy People 2020 Objective	95.0%

Source: School Assessments Unit, Immunization Branch, Division of Communicable Disease Control, Center for Infectious Diseases, California Department of Public Health. 2015. School Immunizations in Kindergarten, 2014-2015.

<https://cdph.data.ca.gov/Healthcare/School-Immunizations-In-Kindergarten-2014-2015/4y8p-xn54>

<http://www.cdph.ca.gov/programs/immunize/Documents/2014-15%20CA%20Kindergarten%20Immunization%20Assessment.pdf>

Blue= Highest; Green= Lowest

Community Input – Preventative Care

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to preventative care:

- I question if community members understand the importance of preventative care.
- The co-pay cost of \$30 at clinics can be too high in order to access preventive screenings and immunizations.
- Cuts in school districts for school nurses have greatly reduced the capacity of schools to do screenings.
- There has been tremendous push from schools, community health services and mobile medical units from hospitals to get people preventative services. The real challenge is to help people find a medical home.
- Immunizations are an individual decision process, for both adults and parents. To inform that decision process, we need broader community education.
- The resources are there, it's really about how to get people motivated. There can be a perceived lack of access to care in some community segments.
- Preventive screenings and services are way down on the priority list. People only go to the doctor when they feel sick. People are in survival mode.

Chapter Ten

Mental & Behavioral Health

Mental Health Indicators

The 2014 California Health Interview Survey reported that 8.2% of adults in SPA 6 and 9.2% of adults in SPA 7 experienced serious psychological distress in the past year. In SPA 6, 10.9% of adults saw a healthcare provider for emotional, mental health, alcohol or drug issues, and 45.6% of those who sought or needed help did not receive treatment. In SPA 7, 12.2% of adults saw a healthcare provider for emotional, mental health, alcohol or drug issues, and 47.9% of those who sought or needed help did not receive treatment. The Healthy People 2020 objective is for 64.6% of adults with a mental disorder to receive treatment, which equates to 35.4% who do not receive treatment.

Mental Health Indicators, Adults

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Adults who Likely had Serious Psychological Distress During Past Year	8.2%	9.2%	9.6%	7.7%
Adults who Needed Help for Emotional-Mental and/or Alcohol-Drug Issues in Past Year	15.0%	21.9%	18.0%	15.9%
Adults who Saw a Healthcare Provider for Emotional/Mental Health and/or Alcohol-Drug Issues in Past Year	10.9%	12.2%	13.0%	12.0%
Adults who Sought/Needed Help but Did Not Receive Treatment	45.6%	47.9%	43.2%	43.4%
Adults who Took Prescription Medicine for Emotional/Mental Health Issue in Past Year	8.0%	8.5%	9.2%	10.1%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

In SPA 6, 17.5% of teens needed help for an emotional or mental health problem and 10.4% received counseling. In SPA 7, 18.9% of teens needed help for an emotional or mental health problem and 2.1% received counseling.

Mental Health Indicators, Teens

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Teens who Needed Help for Emotional / Mental Health Problems in Past Year	17.5%	18.9%	22.4%	23.2%
Teens who Received Psychological / Emotional Counseling in Past year	10.4%	2.1%	14.5%	11.6%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Among Children, ages 12-17, 4.2% in SPA 6 and 4.6% in SPA 7 had been diagnosed with ADD or ADHD. This is lower than the County rate of 6.0%.

Children, Ages 12-17, Ever Diagnosed with ADD or ADHD

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Children (12-17) Ever Diagnosed with ADD or ADHD	4.2%	4.6%	6.0%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011. www.publichealth.lacounty.gov/ha/LACHSDDataTopics2011.htm

Adults with serious psychological distress was determined using the Kessler 6 (K6) series for adults ages 18 years and older who reported serious psychological distress in the past 12 months (K6 score \geq 13). The K6 is a tool used for screening mental health issues in a general adult population. Among service area cities, Compton has the highest percentage of adults with serious psychological distress (9.1%) and Cerritos has the lowest percent of psychological distress among adults (6.1%).

Adults with Serious Psychological Distress

Geographic Area*	Percent
Bell	7.4%
Bell Gardens	6.9%
Bellflower	6.8%
Cerritos	6.1%
Compton	9.1%
Downey	7.1%
Huntington Park	7.0%
Long Beach	6.9%
Lynwood	8.4%
Maywood	7.2%
Norwalk	6.4%
Paramount	8.6%
Pico Rivera	6.8%
South Gate	7.8%
South Los Angeles (Florence-Graham)	8.0%
Los Angeles County	8.0%
California	7.9%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce.

Blue= Highest; Green= Lowest

Among adults with moderate to severe mental issues in SPA 6, 8.8% said emotions interfered with work and 10.5% said emotions interfered with family relationships; 8% said emotions interfered with social lives. In SPA 7, 8.5% said emotions interfered with work and 16.4% had emotions interfere with family relationships; 17.5% said emotions interfered with social lives.

Mental Health Impairment, Adults, in the past 12 months

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Did your emotions interfere with your work?				
• No	91.2%	91.5%	88.1%	89.6%
• Moderate	5.1%	8.2%	7.2%	6.5%
• Severe	3.7%	0.3%	4.7%	3.9%
Did your emotions interfere with your family life?				
• No	89.5%	83.5%	84.9%	86.6%
• Moderate	6.6%	8.8%	8.5%	7.6%
• Severe	3.9%	7.6%	6.6%	5.8%
Did your emotions interfere with your social life?				
• No	92.0%	82.6%	85.4%	86.9%
• Moderate	2.9%	9.3%	7.5%	6.3%
• Severe	5.1%	8.2%	7.0%	6.9%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

In SPA 6, 5.2% of adults had seriously considered suicide. In SPA 7, 4.7% of adults had seriously considered suicide. This is less than the respective County and State rates of 7.2% and 7.8%.

Thought about Committing Suicide

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Adults Who Ever Seriously Thought About Committing Suicide	5.2%	4.7%	7.2%	7.8%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

The suicide death rate in SPA 6 is 4.2 per 100,000 persons, and in SPA 7 it is 5.8 per 100,000 persons. This is lower than the County rate of 7.8 per 100,000 persons. The area suicide rate is less than the Healthy People 2020 rate of 10.2 deaths per 100,000 persons.

Suicide Age-Adjusted Death Rate per 100,000 Persons, 5-Year Total (2008-2012)

Geographic Area	Service Planning Area 6	Service Planning Area 7	Los Angeles County	Healthy People 2020 Objective
Suicide Death Rate	4.2	5.8	7.8	10.2

Source: County of Los Angeles Public Health, LA HealthDataNow!

Mortality rates are age-adjusted based on the 2000 Standard Population. Source for mortality data: 2000-2012 Linked Death Files, Los Angeles County Department of Public Health, Epidemiology Unit. Source for population estimates: July 1, 2012 Population Estimates, prepared for Urban Research, LAC ISD, released on March, 2013.

<https://dqs.publichealth.lacounty.gov/query.aspx?d=1>

Depression is one of the most common emotional health problems among teens. The California Healthy Kids Survey reported on seventh graders' depression, defined as feeling sad or hopeless every day for at least two weeks to an extent they stopped doing usual activities. In Los Angeles County, 31% of seventh grade females and 25% of seventh grade males indicated feeling sad or hopeless. Females reported depression in greater percentages. Depression-related feelings among seventh grade females were highest at Bellflower Unified School District, and for males at Los Angeles Unified School District. Feelings of sadness and hopelessness were the lowest at El Rancho Unified School District among males and females.

Feeling Sad or Hopeless, by School District, 7th Grade Students, by Gender, 2013-2014

District	Female	Male
ABC Unified School District	34%	19%
Bellflower Unified School District	42%	22%
Compton Unified School District	36%	20%
Downey Unified School District	37%	22%
El Rancho Unified School District	26%	11%
Long Beach School District*	35%	23%
Los Angeles Unified School District +	37%	25%
Lynwood Unified School District	39%	19%
Montebello Unified School District	34%	17%
Norwalk- La Mirada Unified School District	33%	14%
Paramount Unified School District	30%	17%
Los Angeles County^	31%	25%
California~	30%	21%

Source: California Department of Education, California Healthy Kids Survey, Table A10.5, 2013-2014.

<http://chks.wested.org/reports/search>

*2010-2011, Table A8.4; +2012-2013, Table A8.4; ^2009-2011, Table A8.4; ~2011-2013, Table A8.4

Blue= Highest rate; Green= Lowest Rate

Community Input – Mental Health

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to mental health:

- We all need life skills training like anger management. It's just as important as math. If everyone takes it in school, then there is no stigma attached to it.
- With Medi-Cal more people are covered but their plans do not always cover mental health. Or it's inaccurately assumed mental health services are available at school and kids have access to a counselor.
- We need comprehensive behavioral therapy for whole family care; it's not just about medications.
- Substance abuse and violence factor into mental health issues.
- Primary care is not equipped to ask about mental health issues. Instead, if you say you are depressed, they are more likely to prescribe a pill.
- For many people, there is not time to deal with depression; you just have to keep going with your life. Or people don't want to admit even to themselves that they are suffering.
- There is more emphasis on mental health now but there are still insufficient resources. Even with Medi-Cal, it's hard to find private providers like psychiatrists or psychologists.
- We've seen significant improvement over the past five years, mainly due to mental health funding, which requires public and stakeholder input. SPA 7 has enjoyed more expanded services, and developed new initiatives such as a pilot in Hawaiian Gardens targeting special needs youth, foster kids, gang members and at-risk youth.
- The need for mental health services is always increasing. There is limited access to counseling services. It is hard to get an appointment with a psychiatrist and it's hard to find therapists that specialize in treating older adults.
- For Medi-Cal access to mental health services, the website not helpful or clear, phone numbers are unattended, the list of providers is outdated and there are long waiting lists.

Cigarette Smoking

Smoking is a contributing cause to disease and death. It increases the risk of developing heart disease, stroke and cancer. Cerritos (11.2%) has the lowest rate of smoking and Compton (17.9%) has the highest rate of smoking in the service area. All cities in the service area, except Cerritos, have smoking rates higher than the Healthy People 2020 objective of 12%.

Cigarette Smoking, Adults

Geographic Area*	Percent
Bell	12.2%
Bell Gardens	12.2%
Bellflower	15.5%
Cerritos	11.2%
Compton	17.9%
Downey	13.6%
Huntington Park	12.5%
Long Beach	14.2%
Lynwood	14.5%
Maywood	12.2%
Norwalk	13.2%
Paramount	14.7%
Pico Rivera	12.1%
South Gate	12.7%
South Los Angeles (Florence-Graham)	14.3%
Los Angeles County	14.2%
California	13.8%
Healthy People 2020 Objective	12.0%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce.

Blue= Highest; Green= Lowest

The 2014 California Health Interview Survey indicated that in SPA 6, 12.8% of adults smoke cigarettes and 7.3% of adults in SPA 7 are current smokers. The Healthy People 2020 objective for cigarette smoking is 12% of adults.

Cigarette Smoking, Adults

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Current Smoker	12.8%	7.3%	10.8%	11.6%
Former Smoker	26.1%	22.4%	22.4%	22.4%
Never Smoked	61.1%	70.3%	66.8%	66.0%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Among teens in SPA 6, 1.4% smoke cigarettes and 3.2% have smoked an electronic (vaporizer) cigarette. 7.3% of SPA 7 teens indicated they smoked an e-cigarette.

Smoking, Teens

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Current Cigarette Smoker	1.4%	None	2.3%	3.1%
Ever Smoked an e-Cigarette	3.2%	7.3%	11.3%	10.3%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Alcohol and Drug Use

Binge drinking is defined as consuming a certain amount of alcohol in a set period of time. For males, it is five or more drinks per occasion. For females, it is four or more drinks per occasion. In SPA 6, 31.9% of adults engaged in binge drinking; 17.8% of teens indicated they had tried an alcoholic drink. In SPA 7, 37.9% of adults engaged in binge drinking; no teens in SPA 7 indicated they tried an alcoholic drink.

Alcohol Consumption and Binge Drinking

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Adult Binge Drinking Past Year	31.9%	37.9%	31.5%	32.6%
Teen Ever Had an Alcoholic Drink	17.8%	None	19.1%	22.5%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

2.3% of SPA 6 adults and 1.8% of SPA 7 adults reported they needed or wanted treatment for an alcohol or drug problem in the past five years. In the County, 2.5% of adults reported a need for alcohol or drug treatment.

Adults Who Reported They Needed/Wanted Treatment for Alcohol or Drug Problem in the Past 5 Years

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults, 18+ Years Old	2.3%	1.8%	2.5%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

In SPA 6, 31.9% of teens have tried drugs and 3.5% have used marijuana in the past year. In SPA 7, 2.6% of teens have tried illegal drugs and 1.7% used marijuana in the past year. These rates of marijuana use are lower than the County and State rates. Teen's illegal drug use in SPA 6 is higher than that among teens in the County and State.

Teen Illegal Drug Use

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Ever Tried Marijuana, Cocaine, Sniffing Glue, Other Drugs	31.9%	2.6%	14.7%	12.4%
Marijuana Use in Past Year	3.5%	1.7%	9.4%	8.6%

Source: California Health Interview Survey, 2012. <http://ask.chis.ucla.edu>

Among adults in SPA 6, 6.9% indicated misuse of prescription drugs in the past year. In SPA 7, 4.3% of adults indicated misuse of prescription drugs.

Adults Who Reported Misusing Any Form of Prescription Drugs in the Past Year

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults, 18+ Years Old	6.9%	4.3%	5.2%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Among adults, 2.4% in SPA 6 and 1.8% in SPA 7 indicated they used methamphetamines, cocaine or Ecstasy in the past year. The County rate for use of these illegal drugs was 2.3%.

Adults Who Reported Using Methamphetamines, Cocaine or Ecstasy in the Past Year

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults, 18+ Years Old	2.4%	1.8%	2.3%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Community Input – Substance Abuse

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to substance abuse:

- There are four illegal dispensaries in Walnut Park and they're near schools.
- People with substance abuse problems who try to access services are told to keep calling back so the program can be sure that the person is serious about wanting help. This can result in missed opportunities to help people when they are ready. There should be an immediate response to someone calling for help as people can get lost if they are asked to call back in several days.
- There is a lot of binge drinking, especially on the weekends. It hurts family life.
- Substance abuse is huge and is closely linked to mental illness.
- The impact of legalizing marijuana - how will this affect children? There are warnings of marijuana being a gateway drug. What are the most appropriate resources? Substance abuse and mental health are the least funded services.
- We've seen a big increase in substance abuse. Many programs will have to switch over to the new Medi-Cal billing model which will be a huge hassle and expense for them. There is great need for more treatment beds.
- There aren't enough parks or open areas. We have fewer than we're supposed to have for a community our size and population. And there's drinking and drug use happening in the parks we do have.
- Alcohol and drug abuse is a problem in Walnut Park. Drug and alcohol use is occurring next to schools and in public parks.
- After June 30 of this year, General Relief recipients will no longer be eligible for substance abuse services, only Medi-Cal beneficiaries. Also, many agencies lack funds to continue providing their services.
- Youth substance abuse, especially with idea of legalizing marijuana and all the new drugs coming out that kids have access to. They have no idea what the long-term health risks are. We need more education and must address the easy availability of medical marijuana.

Sexual Health

All sexually transmitted disease (STD) rates in SPA 6 are higher than the County while rates in SPA 7 rates are lower than County. The highest rates can be found for Chlamydia – 968.0 per 100,000 persons in SPA 6 and in SPA 7, 498.7 per 100,000 persons. Females have the highest rates of Chlamydia. Teens and young adults, age 15-29, and Blacks or African Americans, have the highest rates of sexually transmitted diseases.³

STD Cases, Rate per 100,000 Persons, 2012

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Chlamydia	968.0	498.7	521.3
Gonorrhea	233.0	76.3	122.9
Primary & Secondary Syphilis	12.0	4.3	9.4
Early Latent Syphilis	17.2	7.2	13.7

Source: County of Los Angeles, Public Health, Sexually Transmitted Disease Morbidity Report, 2012. <http://publichealth.lacounty.gov/dhsp/Reports/STD/STDMorbidityReport2012.pdf>

Among teens in SPA 6, 56.8% had not had sex. Of those who had sex, 4.6% had been tested for an STD. In SPA 7, 82.9% of teens indicated they had never had sex. Of those who had sex, 23.4% had been tested for an STD in the past year, which is a lower rate of testing than that seen at the County or State level.

Teen Sexual History

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Never Had Sex	56.8%	82.9%	78.4%	82.9%
First Encounter Under 15 Years Old	29.4%	No Data	10.7%	7.6%
First Encounter Over 15 Years Old	13.9%	17.1%	10.9%	9.5%
If Had Sex, Tested for STD in Past Year	4.6%	23.4%	36.7%	31.7%

Source: California Health Interview Survey, 2012. <http://ask.chis.ucla.edu>

Chapter Eleven

Maternal and Infant Health

Births

In 2012, there were 16,183 births in the service area. The number of births decreased from 2010 to 2012.

Births by Year, 2010-2012

	2010	2011	2012
	17,091	16,562	16,183

Source: California Department of Public Health, 2010, 2011, 2012.

www.cdph.ca.gov/data/statistics/Pages/BirthProfilesbyZIPCode.aspx

Prenatal Care

In 2012, 85% of pregnant women in the service area began prenatal in the first trimester. The area rate of early entry exceeds the Healthy People 2020 objective of 77.9% of women entering prenatal care in the first trimester.

Prenatal Care Beginning in the First Trimester

Geographic Area	Late Prenatal Care	Live Births [^]	Percent of Live Births
90001 - South Los Angeles	190	1,082	82.4%
90040 - Commerce	26	154	83.1%
90201 - Bell Gardens			
90202 - Bell	237	1,567	84.9%
90221 - Compton	179	1,071	83.3%
90240 - Downey	38	275	86.2%
90241 - Downey	82	609	86.5%
90242 - Downey	77	587	86.9%
90255 - Huntington Park	189	1,156	83.6%
90262 - Lynwood	177	1,216	85.4%
90270 - Maywood	54	421	87.2%
90280 - South Gate	213	1,366	84.4%
90650 - Norwalk	217	1,431	84.8%
90660 - Pico Rivera	89	760	88.3%
90703 - Cerritos	27	333	91.9%
90706 - Bellflower	153	1,067	85.7%
90723 - Paramount	129	866	85.1%
90805 - Long Beach	256	1,574	83.7%
PIH Health Hospital - Downey Service Area	2,333	15,535	85.0%
California	79,964	492,643	83.8%
Healthy People 2020 Objective			77.9%

Source: California Department of Public Health, 2012. www.cdph.ca.gov/data/statistics/Pages/BirthProfilesbyZIPCode.aspx

[^]Births in which the first month of prenatal care is unknown are not included in the tabulation.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest; Green= Lowest

Low Birth Weight

Babies born at a low birth weight are at higher risk for disease, disability and death. The percent of low-weight births is 7.0% of live births in the service area. This is higher than the State rate of 6.7%, but meets the Healthy People 2020 objective of 7.8% of live births. Pico Rivera had the lowest percent of low-birth weight babies (4.3% of live births) and Cerritos had the highest rate (9.6% of live births). The higher percentage of low-birth weight births in Cerritos may be a result of a higher percentage of women over the age of 35 giving birth (33.2% of all births in Cerritos).⁴

Low Birth Weight (Under 2,500 g)

Geographic Area	Low-Weight Births	Live Births	Percent of Live Births
90001 - South Los Angeles	81	1,146	7.1%
90040 - Commerce	10	171	5.9%
90201 - Bell Gardens 90202 - Bell	108	1,652	6.5%
90221 - Compton	80	1,098	7.3%
90240 - Downey	25	286	8.7%
90241 - Downey	39	629	6.2%
90242 - Downey	43	603	7.1%
90255 - Huntington Park	95	1,229	7.7%
90262 - Lynwood	82	1,243	6.6%
90270 - Maywood	28	443	6.3%
90280 - South Gate	86	1,413	6.1%
90650 - Norwalk	108	1,465	7.4%
90660 - Pico Rivera	34	795	4.3%
90703 - Cerritos	33	343	9.6%
90706 - Bellflower	77	1,100	7.0%
90723 - Paramount	61	893	6.8%
90805 - Long Beach	149	1,674	8.9%
PIH Health Hospital - Downey Service Area	1,139	16,183	7.0%
California	33,723	503,757	6.7%
Healthy People 2020 Objective			7.8%

Source: California Department of Public Health, 2012. <http://www.cdph.ca.gov/data/statistics/Pages/BirthProfilesbyZIPCode.aspx>

⁴Births in which the birth weight is unknown are not included in the tabulation.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest rate; **Green**= Lowest Rate

Teen Births

In 2012, teen births occurred at a rate of 98.9 per 1,000 births, or 9.9% of total births. This rate is higher than the State rate of 7.0%. Compton had the highest teen birth rate at 142.9 per 1,000 live births and Cerritos has the lowest rate of teen births at 14.6 per 1,000 live births.

Births to Teenage Mothers (Under Age 20)*

Geographic Area	Births to Teen Mothers	Rate per 1,000 Live Births	Percent of Teen Births
90001 - South Los Angeles	138	120.4	12.0%
90040 - Commerce	16	93.6	9.4%
90201 - Bell Gardens 90202 - Bell	195	118.0	11.8%
90221 - Compton	157	142.9	14.3%
90240 - Downey	18	62.9	6.3%
90241 - Downey	43	68.4	6.8%
90242 - Downey	55	91.2	9.1%
90255 - Huntington Park	157	127.7	12.8%
90262 - Lynwood	145	116.7	11.7%
90270 - Maywood	31	69.9	7.0%
90280 - South Gate	130	92.0	9.2%
90650 - Norwalk	130	88.7	8.9%
90660 - Pico Rivera	60	75.5	7.6%
90703 - Cerritos	5	14.6	1.5%
90706 - Bellflower	70	63.6	6.4%
90723 - Paramount	90	100.8	10.1%
90805 - Long Beach	160	95.6	9.6%
PIH Health Hospital - Downey Service Area	1,600	98.9	9.9%
California	35,281	70.0	7.0%

Source: California Department of Public Health, 2012. www.cdph.ca.gov/data/statistics/Pages/BirthProfilesbyZIPCode.aspx

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest; Green= Lowest

Infant Mortality

Infant mortality in the service area was 4.4 deaths per 1,000 live births in 2012. The infant death rate in the State was higher, at 4.5 deaths per 1,000 live births. The area infant death rate is better than the Healthy People 2020 Objective of 6.0 infant deaths per 1,000 live births.

Infant Mortality Rate

Geographic Area	Infant Deaths	Live Births	Death Rate per 1,000 Live Births
PIH Health Hospital - Downey Service Area	72	16,183	4.4
California	2,247	503,788	4.5
Healthy People 2020 Objective			6.0

Source: California Department of Public Health, 2012. www.cdph.ca.gov/data/statistics/Pages/DeathProfilesbyZIPCode.aspx; www.cdph.ca.gov/data/statistics/Pages/BirthProfilesbyZIPCode.aspx

Breastfeeding

Breastfeeding has considerable benefits for both baby and mother. The California Department of Public Health highly recommends babies be fed only breast milk for the first six months of life. For babies born at the hospital, 85.4% of new mothers use some breastfeeding and 27.5% use breastfeeding exclusively. These rates are lower than those of hospitals in Los Angeles County and the State. The hospital exceeds the Healthy People 2020 objective for 81.9% of women to breastfeed their infants.

In-Hospital Breastfeeding

	Any Breastfeeding		Exclusive Breastfeeding	
	Number	Percent	Number	Percent
Downey Regional Medical Center*	1,001	85.4%	322	27.5%
Los Angeles County	109,455	92.8%	62,955	53.3%
California	396,602	92.9%	275,706	64.6%

Source: California Department of Public Health, *In-Hospital Breastfeeding by Hospital of Occurrence, 2013*.

www.cdph.ca.gov/data/statistics/Pages/BreastfeedingStatistics.aspx

*PIH Health acquired Downey Regional Medical Center in 2013.

Chapter Twelve

Weight Status, Nutrition and Physical Activity

Overweight and Obesity

Over one-third of the adult population is overweight in SPA 6 (35.9%). 29.1 of adults in SPA 7 are overweight. In SPA 6, 2% of teens and 7.3% of children are overweight. In SPA 7, 11.5% of teens and 10.2% of children are overweight.

Overweight

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Adult (Ages 18+)	35.9%	29.1%	36.2%	35.5%
Teen (Ages 12-17)	2.0%	11.5%	14.4%	16.3%
Child (Ages 2-11)	7.3%	10.2%	13.1%	13.6%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

An adult is considered overweight if $25.0 \leq \text{Body Mass Index (BMI)} \leq 30.0$

Teen Overweight is defined as a BMI at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex. Child overweight is defined as overweight for age, and does not factor in height (CDC.gov, 2013)

From 2005 to 2011, there was an increase in adult obesity of 9% in SPA 6 and 10.3% in SPA 7. In 2011, 32.7% of SPA 6 adults were obese. 30.1% of the adult population in SPA 7 was obese. These rates are higher than the County rate of 23.6% obese adults.

Adult Obesity, 2005 - 2011

	2005	2007	2011	Change 2005-2011
Service Planning Area 6	30.0%	35.4%	32.7%	9.0%
Service Planning Area 7	27.3%	26.6%	30.1%	10.3%
Los Angeles County	20.9%	22.2%	23.6%	12.9%

Source: Los Angeles County Department of Public Health, 2012.

http://publichealth.lacounty.gov/wwwfiles/ph/hae/ha/Obesity_2012_sFinal.pdf

An adult is considered obese if $\text{BMI} \geq 30\text{kg/m}^2$.

In SPA 6, 38.6% are obese and in SPA 7, 39.3% of adults are obese. These rates are higher than County (27.2%) and State (27%) rates of obesity. And they exceed the Healthy People 2020 objective of 30.5% of adult obesity.

Adult Obesity

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Adults with BMI 30 or Higher	38.6%	39.3%	27.2%	27.0%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

An adult is considered obese if $\text{BMI} \geq 30\text{kg/m}^2$.

When adult overweight and obesity rates are examined by race and ethnicity, Black or African American adults and Hispanic or Latino adults have higher rates. In SPA 6 over half of Black or African American, Hispanic or Latino and White or Caucasian adults are overweight and obese. Though lower, the Asian rate of overweight and obesity in SPA 6 exceeds County and State rates.

Adult Overweight and Obesity by Race/Ethnicity

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Black or African American	84.8%	99.1%	80.8%	71.2%
Asian	59.6%	30.8%	40.4%	43.7%
Hispanic or Latino	73.6%	70.5%	71.4%	73.2%
White or Caucasian	41.2%	76.5%	58.7%	58.9%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>
An adult is considered obese if BMI \geq 30kg/m².

The California Department of Education's physical fitness test (PFT) measures the body composition of school children. Body composition is calculated by BMI, skinfold measures or bioelectric impedance analyzer. Children who meet established standards for body composition are categorized in the Healthy Fitness Zone. For fifth graders, Montebello Unified ranks the highest in Healthy Fitness Zone body composition. ABC Unified School District ranks highest in Healthy Fitness Zone body composition for 7th and 9th graders. Compton Unified School District has the lowest percentage of 5th, 7th and 9th graders with Healthy Fitness Zone body composition.

Fifth, Seventh and Ninth Grade Students, Body Composition, Healthy Fitness Zone

School District	Fifth Grade	Seventh Grade	Ninth Grade
ABC Unified School District	59.5%	64.3%	69.3%
Bellflower Unified School District	53.8%	56.9%	63.8%
Compton Unified School District	41.9%	44.3%	48.0%
Downey Unified School District	58.4%	58.2%	56.5%
El Rancho Unified School District	51.3%	52.3%	55.2%
Long Beach Unified School District	56.1%	61.4%	68.3%
Los Angeles Unified School District	49.9%	53.4%	55.6%
Lynwood Unified School District	48.4%	48.1%	56.8%
Montebello Unified School District	67.4%	59.9%	57.7%
Norwalk- La Mirada Unified School District	51.8%	57.5%	56.8%
Paramount Unified School District	50.9%	52.2%	61.4%
Los Angeles County	55.4%	58.5%	61.4%
California	59.5%	61.5%	64.2%

Source: California Department of Education, FITNESSGRAM Physical Fitness Testing Results, -2013-2014.

<http://data1.cde.ca.gov/dataquest/>

Blue= Highest rate; Green= Lowest Rate

Nutrition

Eating breakfast is especially important for children and adolescents. Breakfast improves concentration and performance in the classroom. Among 7th grade students in the area's school districts, higher percentages of males eat breakfast compared to females. Bellflower Unified School District and Paramount Unified School District have the lowest percentage of 7th graders who eat breakfast. Long Beach Unified and El Rancho Unified School District have the highest percentage of 7th graders who eat breakfast.

Ate Breakfast in Past Day, by School District, 7th Grade Students, by Gender, 2013-2014

District	Female	Male
ABC Unified School District (p.40)	59%	69%
Bellflower Unified School District	52%	62%
Compton Unified School District	56%	65%
Downey Unified School District	57%	69%
El Rancho Unified School District	57%	73%
Long Beach Unified School District	65%	71%
Los Angeles Unified School District*	57%	61%
Lynwood Unified School District	56%	71%
Montebello Unified School District	54%	65%
Norwalk- La Mirada Unified School District	60%	67%
Paramount Unified School District	52%	68%
Los Angeles County^	63%	70%
California+	62%	70%

Source: California Department of Education, California Healthy Kids Survey, Table A10.5, 2013-2014.

<https://chks.wested.org/reports/search>

*2012-2013 data; ^2009-2011 data; +2011-2013 data

Blue= Highest; Green= Lowest

25.2% of SPA 6 residents eat fast food three or more times a week. In SPA 7, 29.9% of the residents eat fast food three or more times a week. Adults, age 18-64, consume fast food at a higher rate than youth or seniors. SPA 6 and SPA 7 have higher rates for fast food consumption among all age groups when compared to the County or State.

Fast Food Consumption, Three or More Times a Week

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Total Population	25.2%	29.9%	21.6%	20.6%
Ages 0-17	19.3%	17.5%	15.1%	14.6%
Ages 18-64	28.6%	36.7%	25.5%	24.9%
Ages 65+	19.7%	9.8%	11.5%	9.6%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

76.3% of children in SPA 6 consume two or more servings of fruit in a day. In SPA 7, 61.6% of children consume two or more servings of fruit in a day. Fruit consumption decreases considerably among teens. 38.2% of teens in SPA 6 and 35.7% of SPA 7 teens consume two or more servings of fruit a day.

Eats Two or More Servings of Fruit Daily, Children and Teens

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Children	76.3%	61.6%	63.4%	68.8%
Teens	38.2%	35.7%	43.6%	51.4%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Among adults, 11.4% in SPA 6 and 12.4% in SPA 7 eat five or more servings of fruit and vegetables daily. This is less than adults in the County (16.2%).

Eat Five or More Servings of Fruits/Vegetables Daily, Adults

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults, 18+ Years Old	11.4%	12.4%	16.2%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Among adults, 18 years and older, 77.9% in SPA 6 and 89.4% in SPA 7 indicated that accessing fresh produce (fruits and vegetables) was somewhat or very easy. These rates are lower than the County rate of 89.7%.

Adults who Reported Accessing Fresh Produce was Very or Somewhat Easy

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults, 18+ Years Old	77.9%	89.4%	89.7%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

In Service Planning Area 7, 23.1% of children and teens consume two or more glasses of soda or sugary drinks a day. This rate is higher than SPA 6 (18%), County (17.3%) and State (14.2%) rates.

Soda or Other Sugary Drinks, Two or More Glasses, Consumed Yesterday

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Teens and Children	18.0%	23.1%	17.3%	14.2%

Source: California Health Interview Survey, 2012. <http://ask.chis.ucla.edu>

Physical Activity

The Federal Guidelines for youth physical activity recommend children and adolescents have 60 minutes or more of physical activity daily.⁵ In SPA 6, 86.2% of children engaged in at least one hour of physical activity three or more days in the previous week; 47.6% of teens did the same in 'a typical week'. In SPA 7, 60.8% of children engaged in at least one hour of physical activity three or more days in the previous week; 90.2% of teens did the same in 'a typical week'. 77.7% of youth in SPA 6 and 90.6% of youth in SPA 7 visited a park, playground or open space in the last month. In SPA 6, 0.6% of children and 22.9% of teens were sedentary during the previous week. 8.9% of children in SPA 7 were sedentary and 2.8% of teens were sedentary.

Physical Activity, Children and Teens

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Engaged in at Least One Hour of Physical Activity 3-7 Days of the Previous Week – Child	86.2%	60.8%	72.2%	76.3%
Engaged in at Least One Hour of Physical Activity 3-7 Days of a Typical Week - Teen	47.6%	90.2%	60.6%	68.5%
No Physical Activity/Week – Child	0.6%	8.9%	6.1%	6.2%
No Physical Activity/Week – Teen	22.9%	2.8%	11.9%	8.6%
Youth Visited Park, Playground or Open Space in the Last Month	77.7%	90.6%	83.3%	83.9%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Where data were available for the service area, Long Beach had the highest percentage of youth, ages 5-17 who engaged in at least one hour of physical activity in a week aside from physical education in school. South Gate youth had the lowest percent of physical activity (17.8%).

Children and Teens, Ages 5-17, Who Engaged in at Least 60 Minutes of Physical Activity Daily in Past Week, Excluding Physical Education

Geographic Area*	Percent
Bellflower	21.1%
Compton	22.2%
Downey	18.9%
Long Beach	25.1%
Lynwood	19.1%
Norwalk	17.9%
South Gate	17.8%
Los Angeles County	19.9%
California	20.8%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Bell, Bell Gardens, Cerritos, Commerce, Huntington Park, Maywood, Paramount, Pico Rivera, South LA.

Blue= Highest; Green= Lowest

The California Department of Education's physical fitness test (PFT) measures the aerobic capacity of school children using run and walk tests. Children who meet established standards for aerobic capacity are categorized in the Healthy Fitness Zone. For fifth graders, El Rancho Unified School District ranks the highest in Healthy Fitness Zone aerobic capacity. ABC Unified School District ranks highest in Healthy Fitness Zone aerobic capacity for 7th and 9th graders. Montebello Unified School district has the lowest percentage of 5th graders with Healthy Fitness Zone aerobic capacity. For 7th grade, Paramount Unified School District has the lowest percentage of students with Healthy Fitness Zone aerobic capacity. Compton Unified School District has the lowest percentage of 9th grade students with Healthy Fitness Zone aerobic capacity.

Fifth, Seventh and Ninth Grade Students, Aerobic Capacity, Healthy Fitness Zone

School District	Fifth Grade	Seventh Grade	Ninth Grade
ABC Unified School District	63.0%	77.5%	69.3%
Bellflower Unified School District	54.4%	52.8%	57.5%
Compton Unified School District	43.0%	46.5%	32.6%
Downey Unified School District	56.6%	66.9%	64.8%
El Rancho Unified School District	68.3%	60.1%	55.7%
Long Beach Unified School District	64.6%	67.0%	65.2%
Los Angeles Unified School District	54.4%	52.3%	53.3%
Lynwood Unified School District	48.5%	59.2%	55.8%
Montebello Unified School District	42.4%	48.9%	50.7%
Norwalk-La Mirada Unified School District	50.6%	61.1%	49.7%
Paramount Unified School District	53.8%	45.8%	59.0%
Los Angeles County	60.2%	60.8%	59.1%
California	63.4%	65.0%	63.9%

Source: California Department of Education, FITNESSGRAM Physical Fitness Testing Results,-2013-2014.

<http://data1.cde.ca.gov/dataquest/>

Blue= Highest rate; Green= Lowest Rate

For adults to meet the government Physical Activity Guidelines at least one of the following criteria must be fulfilled:

1) Vigorous activity for at least 75 minutes a week, 2) Moderate activity for at least 150 minutes a week, or 3) A combination of vigorous and moderate activity for at least 150 minutes a week AND muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).⁶ In SPA 6, 28.1% of adults and 29.9% of adults in SPA 7 meet these guidelines.

Percent of Adults Who Meet the Recommended Amount of Weekly Aerobic & Muscle Strengthening Activity

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Adults, 18+ Years Old	28.1%	29.9%	29.7%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDDataTopics2011.htm

In the service area, Lynwood and Paramount had the highest percentage of adults (36.2%) who walked at least 150 minutes per week. Bellflower had the lowest percentage of adults (30.3%) who walked 150 minutes per week. None of the service area cities met the Healthy People 2020 objective for 47.9% of adults to engage in light or moderate intense physical activity for at least 150 minutes per week.

Adults Who Walked for Transportation or Leisure for at Least 150 Minutes in the Past Week

Geographic Area*	Percent
Bell	32.4%
Bell Gardens	31.6%
Bellflower	30.3%
Cerritos	31.4%
Compton	35.1%
Downey	32.0%
Huntington Park	32.9%
Long Beach	34.3%

Lynwood	36.2%
Maywood	32.1%
Norwalk	31.4%
Paramount	36.2%
Pico Rivera	32.2%
South Gate	34.7%
South Los Angeles (Florence-Graham)	34.4%
Los Angeles County	35.0%
California	33.3%
Healthy People 2020 Objective	47.9%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce.

Blue= Highest; Green= Lowest

Community Input – Overweight and Obesity

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to overweight and obesity:

- Low-income individuals and families living in low-income neighborhoods have a lack of access to affordable healthy foods (food deserts) coupled with an overabundance of fast food outlets, corner markets and liquor stores.
- There is a cultural belief that a chubby child is a healthy child.
- Healthy food is very expensive. If you have a family of 4-5 people, they cannot afford the recommended amount of fruits and vegetables, so instead they load family members up on junk food that makes them feel full, but it also makes them become obese and sick.
- There is little to no physical education provided at schools and often no recess, which is contributing to obesity among children. This in turn leads to diabetes.
- In many local areas it's not safe for children to go outside to play. Consequently, children are not getting the exercise they need. Many activities are now indoors and include screen time.
- Changing habits is difficult and it can be hard to start eating healthy for people who have never eaten healthy before.
- Mandated physical education (PE) minutes are not enforced due to lack of qualified teachers to teach PE.
- We need more creative health and nutrition education that is culturally relevant.
- There are some cultural foods that are unhealthy but these are the foods that people were raised on and people don't realize that they are unhealthy and/or have a hard time switching to other foods.

Chapter Thirteen

Chronic Diseases

Health Status

In SPA 6, 27.3% of residents, including 34% of adults and 44.1% of seniors, gave themselves a fair or poor health status rating. In SPA 7, 19.4% of residents, including 26% of adults and 17.3% of seniors, gave themselves a fair or poor health status rating. For the population in SPA 6 and SPA 7 these rates are greater than the County and State.

Health Status, Fair or Poor Health

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Fair or Poor Health	27.3%	19.4%	19.3%	17.0%
18-64 Years Old	34.0%	26.0%	22.0%	19.3%
65+ Years Old	44.1%	17.3%	31.4%	27.9%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

HIV/AIDS

The rate of HIV diagnoses has decreased over the past three years. In SPA 6, the rate of HIV is 16 per 100,000 persons, in SPA 7 the rate is 8. The rate of HIV diagnoses is higher in SPA 6 than in SPA 7 or the County (13).

HIV Diagnoses and Rates per 100,000 Population, 2011 – 2013

	2011		2012		2013	
	Number	Rate	Number	Rate	Number	Rate
Service Planning Area 6	268	27	223	22	159	16
Service Planning Area 7	173	13	154	12	104	8
Los Angeles County	1,930	19	1,911	19	1,268	13

Source: County of Los Angeles, Public Health, 2013 Annual HIV Surveillance Report.

<http://publichealth.lacounty.gov/wwwfiles/ph/hae/hiv/2013AnnualSurveillanceReport.pdf>

The rate of persons living with AIDS per 100,000 population in SPA 6 is 285 and in SPA 7 the rate is 143. The rate of AIDS in SPA 6 is higher than the County rate (276).

Persons Living with AIDS and Rates per 100,000 Population, 2013

	Service Planning Area 6		Service Planning Area 7		Los Angeles County	
	Number	Rate	Number	Rate	Number	Rate
Persons Living with AIDS	2,904	285	1,860	143	27,314	276

Source: County of Los Angeles, Public Health, 2013 Annual HIV Surveillance Report.

<http://publichealth.lacounty.gov/wwwfiles/ph/hae/hiv/2013AnnualSurveillanceReport.pdf>

Community Input – HIV/AIDS

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to HIV/AIDS:

- Education should be done by a doctor at a set age; there are social barriers to learning in the school setting.
- A preventative exam should be done automatically by your doctor.
- I cannot tell you how many patients we see that say they didn't even know they had an STD. They tell us the doctor just said take some medications. And then they just get it over and over again.
- We need more sexual education in schools, starting even middle schools, but definitely in high school.
- There used to be a lot of access to condoms as they were distributed free in many places. Now there is less emphasis on prevention and access to condoms.

Community Input – HIV/AIDS (continued)

- We've seen significant improvement countywide with HIV transmission, mostly because of an aggressive prevention campaign and making sites available for testing and counseling.
- HIV/AIDS is not seen as a life-threatening disease but education is needed on how to live with and manage
- Sexual health is one condition with better access but not everyone is aware it is covered by insurance.
- There can be a cultural stigma about discussing sexual activity with a provider and getting tested.

Asthma

In SPA 6, 6.8% of the population has been diagnosed with asthma, with 39.8% taking medications to control asthma. 9.5% of youth in SPA 6 have been diagnosed with asthma and 3.8% take medication to control asthma. In SPA 7, 8.1% of the population has been diagnosed with asthma, with 18.8% taking medication daily to control their symptoms. Among youth, 5.3% have been diagnosed with asthma and 32.2% take medication to control asthma.

Asthma

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Diagnosed with Asthma, Total Population	6.8%	8.1%	11.4%	14.0%
Diagnosed with Asthma, 0-17 Years Old	9.5%	5.3%	10.5%	14.5%
ER Visit in Past Year Due to Asthma, Total Population	3.4%	20.4%	4.7%	9.6%
ER Visit in Past Year Due to Asthma, 0-17 Years Old	NA	10.5%	2.4%	13.9%
Takes Daily Medication to Control Asthma, Total Population	39.8%	18.8%	41.0%	44.2%
Takes Daily Medication to Control Asthma, 0-17 Years Old	3.8%	32.2%	27.7%	39.0%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Within the service area, Compton has the highest rate of youth diagnosed with asthma (16.5%) and Cerritos has the highest rate of adults diagnosed with asthma (14.6%). Huntington Park has the lowest percentage of youth diagnosed with asthma (12.2%) and Lynwood has the lowest rate of adults diagnosed with asthma (9.3%).

Ever Diagnosed with Asthma, Youth, Ages 1-17, and Adults, 18 +

Geographic Area*	Youth, Ages 1-17	Adults, Ages 18+
Bell	No Data	10.9%
Bell Gardens	No Data	10.6%
Bellflower	15.4%	13.8%
Cerritos	No Data	14.6%
Compton	16.5%	11.3%
Downey	14.7%	12.8%
Huntington Park	12.2%	10.9%
Long Beach	14.8%	12.4%
Lynwood	14.5%	9.3%
Maywood	No Data	10.5%
Norwalk	14.2%	12.2%
Paramount	15.7%	10.3%
Pico Rivera	14.1%	11.3%
South Gate	13.6%	10.3%
South Los Angeles (Florence-Graham)	13.2%	9.5%
Los Angeles County	15.0%	12.2%
California	15.4%	13.7%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce. **Blue**= Highest; **Green**= Lowest

Asthma is a condition that when appropriately managed can prevent ER visits or hospitalizations. In the service area, Long Beach (90805) has the highest rate of ER visits per 10,000 persons and South Los Angeles (90001) has the highest hospitalization rate for asthma. Downey (90240) has the lowest asthma ER rate (26.3) and Cerritos has the lowest asthma hospitalization rate (6.3).

Age-Adjusted ER Rate and Hospitalization Rate due to Asthma, per 10,000 Population, 2011-2013

Geographic Area	ER Rate	Hospitalization Rate
90001 - South Los Angeles	52.0	26.1
90040 - Commerce	45.9	10.0
90201 - Bell Gardens		
90202 - Bell	30.8	13.0
90221 - Compton	61.3	16.9
90240 - Downey	26.3	6.4
90241 - Downey	41.6	8.7
90242 - Downey	39.4	11.1
90255 - Huntington Park	39.4	16.3
90262 - Lynwood	42.1	11.0
90270 - Maywood	29.8	12.1
90280 - South Gate	31.7	10.0
90650 - Norwalk	42.8	11.6
90660 - Pico Rivera	45.4	9.6
90703 - Cerritos	34.7	6.3
90706 - Bellflower	54.9	13.8
90723 - Paramount	45.1	8.0
90805 - Long Beach	64.3	13.1
Los Angeles County	42.7	9.6

Source: California Office of Statewide Health Planning and Development, 2011-2013. www.thinkhealthla.org

Blue= Highest; Green= Lowest

Community Input – Asthma and Lung Disease

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to asthma and lung disease:

- 60-70% of students at Downey Unified School District (K-12) have asthma.
- We have higher asthma rates for kids living closer to the 710 freeway because of diesel truck emissions.
- In parks people are smoking around children, even though they're not supposed to.
- There continues to be a lack of knowledge and understanding about asthma. I was over-medicating my son for a year. The doctor hadn't explained the potential side-effects and we figured 'more is better'.
- Parents need to be educated on asthma: what contributes to asthma and how to prevent it.
- The environment plays in a big role in our community: we have playgrounds by freeways, problems with mold in our older rental buildings and the building where our local schools are housed are not well ventilated, which contributes to poor air quality and asthma.
- Local housing stock can be a real contributor to asthma. We have many older homes in the community, housing that has roach infestations and people are afraid to complain or seek help even when they are entitled to do so because they are afraid of retaliation from the landlord.
- We are located in the middle of regional transportation corridors, which add to poor air quality.
- There is still a fairly large smoking population and no one knows the long-term health impacts of E-cigarettes.

Cancer

Cancer incidence rates are available at the County level. In Los Angeles County, cervical cancer (8.9 per 100,000 persons) and colorectal cancer rates (41.3 per 100,000 persons) exceed State rates. Breast cancer (116.9), prostate cancer (122), lung cancer (41.6) and skin cancer (13.5) occur at rates less than the State rates for these types of cancer.

Age-Adjusted Cancer Incidence, per 100,000 Persons, 2008-2012

	Los Angeles County	California
Breast Cancer (Female)	116.9	122.1
Cervix	8.9	7.7
Colon and Rectum Cancer	41.3	40.0
Melanoma (Skin)	13.5	20.9
Prostate Cancer	122.0	126.9
Lung and Bronchus Cancer	41.6	48.0

Source: *Age-Adjusted Invasive Cancer Incidence Rates by County in California, 2008 - 2012*. Based on November 2014 Extract (Released November 21, 2014). California Cancer Registry. Cancer-Rates.info. <http://cancer-rates.info/ca/>

Community Input – Cancer Care

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to cancer care:

- There are long waits at County for specialty care. By the time people are seen, their cancer has spread and has become more serious.
- It can be difficult to get an authorization from managed care plans for a mammogram and ultrasound at the same time following the detection of a lump.
- We need education in schools to normalize cancer so that children don't feel ostracized or get teased if a parent or other family member has cancer.
- Transportation to get to services can be a real barrier. It's difficult for very sick people to take the bus or even drive themselves to chemo or radiation appointments.
- Evidence-based practices are changing; so many screenings are required less frequently now. This can lead to confusion with practitioners and the general public.
- There is a lot of fear associated with a cancer diagnosis and a lot of people think it's a death sentence.
- During my physical last year I requested authorization with my clinic provider to get an area on my skin checked for cancer. It has been a year and I still haven't heard back. Everything takes so long, and you get busy and forget to keep checking back.
- People, particularly the uninsured, don't get screenings or care until there are symptoms.
- Referrals are sometimes inappropriate for a problem, especially if someone is diagnosed with cancer and has to wait six months for an appointment.
- A cancer diagnosis can cause significant financial impact on families when the cancer patient is the breadwinner for the family or the breadwinner has to care for the person with cancer. Financial assistance is sometimes needed.

Diabetes

In the service area, South Los Angeles has the highest percentage of adults diagnosed with diabetes (12.6%) and Bellflower has the lowest percentage of adults with diabetes (8.6%). All service area cities have a higher rate of adults diagnosed with diabetes than the State rate (8.4%).

Ever Diagnosed with Diabetes, Adults

Geographic Area*	Percent
Bell	11.3%
Bell Gardens	11.5%
Bellflower	8.6%
Cerritos	8.7%
Compton	11.1%
Downey	10.1%
Huntington Park	11.0%
Long Beach	8.9%
Lynwood	11.7%
Maywood	11.9%
Norwalk	9.7%
Paramount	10.0%
Pico Rivera	10.9%
South Gate	10.5%
South Los Angeles (Florence-Graham)	12.6%
Los Angeles County	8.8%
California	8.4%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce.

Blue= Highest; Green= Lowest

In SPA 6, 14.7% of adults have been diagnosed with diabetes and 77.7% are very confident they can control their diabetes. In SPA 7, 12.4% of adults have been diagnosed with diabetes. For these adults, 52.6% are very confident they can control the disease.

Adult Diabetes

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Diagnosed Pre/Borderline Diabetic	12.0%	12.9%	8.8%	10.5%
Diagnosed with Diabetes	14.7%	12.4%	10.0%	8.9%
Very confident to Control Diabetes	77.7%	52.6%	56.9%	56.5%
Somewhat confident	19.0%	45.4%	33.7%	34.7%
Not confident	3.3%	2.0%	9.3%	8.8%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Diabetes is a condition that when appropriately managed can prevent Emergency Room (ER) visits or hospitalizations. In the service area, Compton has the highest ER rate for diabetes (65.9) and the highest hospitalization rate for diabetes (52.9). Cerritos has the lowest ER and hospitalization rate for diabetes among adults.

Adults, Age-Adjusted ER Rate and Hospitalization Rate due to Diabetes, per 10,000 Population, 2011-2013

Geographic Area	ER Rate	Hospitalization Rate
90001 - South Los Angeles	46.8	47.6
90040 - Commerce	31.2	28.8
90201 - Bell Gardens	33.4	24.7
90202 - Bell		
90221 - Compton	65.9	52.9
90240 - Downey	17.5	18.4
90241 - Downey	27.7	27.2
90242 - Downey	21.7	20.5
90255 - Huntington Park	38.3	34.3
90262 - Lynwood	49.8	35.1
90270 - Maywood	37.0	24.7
90280 - South Gate	38.6	30.0
90650 - Norwalk	36.6	30.3
90660 - Pico Rivera	36.5	30.6
90703 - Cerritos	14.6	16.9
90706 - Bellflower	37.0	24.0
90723 - Paramount	48.6	33.2
90805 - Long Beach	41.0	38.7
Los Angeles County	24.5	20.5

Source: California Office of Statewide Health Planning and Development, 2011-2013. www.thinkhealthla.org

Blue= Highest; Green= Lowest

Community Input – Diabetes

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to diabetes:

- Cultural issues, family rituals, not wanting to change the way you eat, or not wanting to eat differently from the rest of your family are all significant barriers to diabetes prevention.
- More education is key (for example: show visuals of how much sugar is in one can of soda). People don't read labels and often don't understand the importance of them.
- Access to information in a digestible way for those who may not have completed high school: low health literacy, is critical. Nutrition is sometimes difficult to understand.
- Parents are working long hours and not supervising food consumed or how children are spending their after-school time.
- Supplies, such as test strips, are expensive and often unaffordable. People try to stretch their test strips, and consequently don't test their blood sugar as frequently as recommended.
- Diabetes is a major health issue tied to lifestyle and food choices. People may be aware of diabetes, but they don't know how to make best choices. Also, there is a belief that pills will solve the problem.
- We need to educate people at a younger age about diabetes and emphasize prevention.
- There is an epidemic of poor nutrition and lack of physical activity, leading to obesity and diabetes.

Heart Disease

Cerritos has the highest percentage of adults diagnosed with heart disease (7.4%). Lynwood and South Los Angeles have the lowest diagnosed rate of heart disease among adults (4.5%) in the service area.

Ever Diagnosed with Heart Disease, Adults

Geographic Area*	Percent
Bell	5.2%
Bell Gardens	4.8%
Bellflower	5.2%
Cerritos	7.4%
Compton	4.9%
Downey	6.5%
Huntington Park	5.3%
Long Beach	5.9%
Lynwood	4.5%
Maywood	4.9%
Norwalk	6.1%
Paramount	4.9%
Pico Rivera	6.4%
South Gate	5.2%
South Los Angeles (Florence-Graham)	4.5%
Los Angeles County	5.9%
California	6.3%

Source: California Health Interview Survey, Neighborhood Edition, 2011-2012. <http://askchisne.ucla.edu>

*No data available for Commerce.

Blue= Highest; Green= Lowest

8.6% of adults in SPA 6 and 5.2% of adults in SPA 7 have been diagnosed with heart disease. 62.4% in SPA 6 and 40.4% of those with heart disease in SPA 7 are very confident they can manage their condition.

Adult Heart Disease

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Diagnosed with heart disease	8.6%	5.2%	5.7%	6.1%
Very Confident to Control Condition	62.4%	40.4%	53.5%	53.6%
Somewhat Confident to Control Condition	33.3%	28.4%	36.0%	34.9%
Not Confident to Control Condition	4.2%	31.2%	10.4%	11.5%
Has a Management Care Plan	55.4%	62.1%	55.5%	67.1%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

Among men 45 years and older and women 55 years and older in SPA 6, 30.9% reported taking aspirin daily or every other date for their heart. In SPA 7, 32.8% of adults reported taking aspirin. These rates are lower than the County rate of 33.8%.

Adults Who Reported Taking Aspirin Daily or Every Other Day for Their Heart

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Men 45+ Years Old and Women 55+ Years Old	30.9%	32.8%	33.8%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

High Blood Pressure

High blood pressure (hypertension) is a contributing cause to stroke, diabetes and heart disease. In SPA 6, 35.7% of adults have been diagnosed with high blood pressure and 55.5% are on medication to control the high blood pressure. In SPA 7, 20.8% of adults have been diagnosed with high blood pressure. Of these, 60.2% are on medication. The Healthy People 2020 objective is to reduce the proportion of adults with high blood pressure to 26.9%. Adults in SPA 6 exceed this rate.

High Blood Pressure

	Service Planning Area 6	Service Planning Area 7	Los Angeles County	California
Diagnosed with High Blood Pressure	35.7%	20.8%	27.3%	28.5%
Takes Medication for High Blood Pressure	55.5%	60.2%	67.2%	68.5%

Source: California Health Interview Survey, 2014. <http://ask.chis.ucla.edu>

High Cholesterol

High cholesterol is a contributor to heart disease. Among adults in SPA 6, 22.9% have been diagnosed with high cholesterol. 25.4% of adults in SPA 7 have high cholesterol. These rates are lower than the County rate of 25.6% of adults with high cholesterol. The Healthy People 2020 objective is to reduce the proportion of adults with high cholesterol levels to 13.5%. Adults in SPA 6 and SPA 7 exceed this rate.

Adults Diagnosed with High Cholesterol

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Diagnosed with High Cholesterol	22.9%	25.4%	25.6%

Source: Los Angeles County Department of Public Health, Los Angeles County Health Survey 2011.

www.publichealth.lacounty.gov/ha/LACHSDataTopics2011.htm

Community Input – Heart Disease and Stroke

Stakeholder interviews and focus groups identified the following perceptions of issues, challenges and barriers related to heart disease and stroke:

- There is not as much outreach focused on prevention. Organizations may (erroneously) feel more people have insurance now and so they have access to free screenings.
- Among primary care providers, there is a great variation in terms of screenings and referrals
- Heart disease is linked with obesity, which is a common issue in our service areas. Generally, there continues to be a lack of information about and access to healthier food options. Also, there is heavy marketing geared towards purchasing unhealthy items.
- This is a major issue from a prevention perspective; we are surrounded by fast food and sedentary lifestyles.
- Obesity is contributing to heart disease and stroke.

Hepatitis

Hepatitis A, B and C are viral infections that affect the liver. The incidence of Hepatitis B in SPA 6 (1.0) is higher than the County rate (0.6). Hepatitis A is higher in SPA 7 (0.9) than in the County (0.6). Hepatitis C rates in SPA 7 are equivalent to the County rate (0.1).

Hepatitis Incidence Rate, per 100,000 Population, 2013

	Service Planning Area 6	Service Planning Area 7	Los Angeles County
Hepatitis A	0.1	0.9	0.6
Hepatitis B	1.0	0.5	0.6
Hepatitis C	No Cases	0.1	0.1

Source: Los Angeles County Department of Public Health, Acute Communicable Disease Control Program. Annual Morbidity Report, 2013. <http://www.publichealth.lacounty.gov/acd/reports/annual/2013Annual.pdf>

Chapter Fourteen

Leading Causes of Death

Premature Death

In Los Angeles County, 43% of people in 2011 died before they reached age 75, with deaths prior to 75 years of age determined by the Los Angeles County Department of Public Health to be premature. In SPA 6, homicide was the leading cause of premature death. In SPA 7, coronary heart disease was the leading causes of premature death.

Leading Cause of Premature Death, Service Planning Areas 6 & 7, 2011

Leading Causes of Premature Death, SPA 6	Leading Causes of Premature Death, SPA 7
1. Homicide	1. Coronary Heart Disease
2. Coronary Heart Disease	2. Homicide
3. Motor Vehicle Crash	3. Motor Vehicle Crash
4. Liver Disease	4. Liver Disease
5. Stroke	5. Suicide

Source: LA County Department of Public Health, Mortality in Los Angeles County, 2014.

<http://publichealth.lacounty.gov/dca/data/documents/mortalityrpt11.pdf>

Leading Causes of Death – Age-Adjusted

Age-adjusted death rates eliminate the bias of age in the makeup of the populations being compared. When comparing across geographic areas, age-adjusting is typically used to control for the influence that different population age distributions might have on health event rates. Death counts and death rates are averages for the five-year period, 2009-2013. When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Heart disease, cancer and stroke are the top three leading causes of death in the service area. When compared to the County and State, the service area has higher death rates for the top five causes of death.

Leading Causes of Death, Age-Adjusted Death Rate per 100,000 Persons, 5-Year Total, 2009-2013

	PIH Health Hospital - Downey Service Area		Los Angeles County	California	Healthy People 2020 Objective
	Average Annual Deaths	Rate	Rate	Rate	Rate
Diseases of the Heart	1,294	198.5	169.3	158.4	No Objective
Cancer	1,155	165.4	148.9	152.9	161.4
Stroke	284	43.6	35.4	36.6	34.8
Chronic Lower Respiratory Disease /Chronic Obstructive Pulmonary Disease	243	38.3	31.8	36.2	No Objective
Diabetes	231	34.1	22.3	20.3	No Objective

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1. <http://www.cdph.ca.gov/data/statistics/Pages/DeathProfilesbyZIPCode.aspx>

Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

The overall mortality rate for all causes of death, for the period 2009-2013, in the service area is 712.6 per 100,000 persons. This is higher than the County rate (614.9 per 100,000 persons) and the State (640.5 per 100,000 persons). Compton has the highest rate of death (825.0 per 100,000 persons) and Downey (90240) has the lowest death rate (574.8 per 100,000 persons) in the service area.

Age-Adjusted Death Rate per 100,000 Persons, 5-Year Average Total, 2009-2013*

Geographic Area	Average Annual Deaths	Rate
90001 - South Los Angeles	226	794.7
90040 - Commerce	82	772.7
90201 - Bell Gardens	310	628.4
90221 - Compton	219	825.0
90240 - Downey	158	574.8
90241 - Downey	267	698.3
90242 - Downey	224	702.1
90255 - Huntington Park	258	640.1
90262 - Lynwood	238	717.4
90270 - Maywood	90	660.4
90280 - South Gate	339	637.9
90650 - Norwalk	615	750.2
90660 - Pico Rivera	413	699.4
90703 - Cerritos	310	578.0
90706 - Bellflower	433	810.0
90723 - Paramount	218	761.6
90805 - Long Beach	460	874.2
PIH Health Hospital - Downey Service Area	4,866	712.6
Los Angeles County	58,321	614.9
California	239,521	640.5

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1. <http://www.cdph.ca.gov/data/statistics/Pages/DeathProfilesbyZIPCode.aspx>

Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest; **Green**= Lowest

Heart Disease Mortality

The service area has a high rate of death due to heart disease at 198.5 per 100,000 persons, which is higher than the County and State death rates. Long Beach (90805) has the highest rate of death due to heart disease (250.1). Downey (90240) has the lowest rate of death from heart disease (152.2).

Diseases of the Heart, Age-Adjusted Death Rate per 100,000 Persons, 5-Year Average, 2009-2013*

Geographic Area	Average Annual Deaths	Rate
90001 - South Los Angeles	62	238.5
90040 - Commerce	22	208.8
90201 - Bell Gardens	83	183.3
90221 - Compton	58	237.3
90240 - Downey	44	152.2
90241 - Downey	80	208.8
90242 - Downey	61	192.3
90255 - Huntington Park	64	171.1
90262 - Lynwood	62	208.8
90270 - Maywood	23	183.9
90280 - South Gate	81	162.2
90650 - Norwalk	163	204.0
90660 - Pico Rivera	108	182.5
90703 - Cerritos	84	159.5
90706 - Bellflower	119	230.7
90723 - Paramount	55	201.4
90805 - Long Beach	124	250.1
PIH Health Hospital - Downey Service Area	1,294	198.5
Los Angeles County	16,100	169.3
California	59,458	158.4

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1. <http://www.cdph.ca.gov/data/statistics/Pages/DeathProfilesbyZIPCode.aspx>

Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest; **Green**= Lowest

Cancer Mortality

The age-adjusted death rate for cancer in the service area is 165.4 per 100,000 persons. This is higher than the Healthy People 2020 objective of 161.4 for the service area overall. Bellflower has the highest rate of death by cancer (198.7). Maywood has the lowest rate of death by cancer at 129.2 per 100,000 persons.

All Cancers, Age-Adjusted Death Rate per 100,000 Persons, 5-Year Average, 2009-2013*

Geographic Area	Average Annual Deaths	Rate
90001 - South Los Angeles	46	162.9
90040 - Commerce	19	184.7
90201 - Bell Gardens	72	139.5
90221 - Compton	54	190.5
90240 - Downey	34	137.3
90241 - Downey	59	161.4
90242 - Downey	52	166.1
90255 - Huntington Park	61	141.5
90262 - Lynwood	61	179.4
90270 - Maywood	19	129.2
90280 - South Gate	82	149.7
90650 - Norwalk	144	174.5
90660 - Pico Rivera	100	171.2
90703 - Cerritos	83	142.0
90706 - Bellflower	109	198.7
90723 - Paramount	49	166.3
90805 - Long Beach	109	197.3
PIH Health Hospital - Downey Service Area	1,155	165.4
Los Angeles County	14,010	148.9
California	56,857	152.9

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013. Age-adjustment using U.S. 2010 Decennial Census SF1. <http://www.cdph.ca.gov/data/statistics/Pages/DeathProfilesbyZIPCode.aspx>

Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest; **Green**= Lowest

Stroke Mortality

The service area has a high rate of death by stroke of 43.6 per 100,000 persons. The rate of stroke deaths in the service area is higher than County or State death rates for stroke. Compton has the highest rates of death due to stroke (66.2 per 100,000 persons). Bell/Bell Gardens have the lowest rate of death due to stroke (31.0). The Healthy People 2020 rate for stroke deaths is 34.8 per 100,000 persons. Only Bell/Bell Gardens meets this objective.

Cerebrovascular Disease (Stroke) , Age-Adjusted Death Rate per 100,000 Persons, 5-Year Average, 2009-

Geographic Area	Average Annual Deaths	Rate
90001 - South Los Angeles	13	52.8
90040 - Commerce	5	44.0
90201 - Bell Gardens	14	31.0
90221 - Compton	15	66.2
90240 - Downey	10	35.6
90241 - Downey	18	47.1
90242 - Downey	14	47.2
90255 - Huntington Park	17	46.0
90262 - Lynwood	13	41.7
90270 - Maywood	5	38.1
90280 - South Gate	23	44.9
90650 - Norwalk	34	42.6
90660 - Pico Rivera	23	38.8
90703 - Cerritos	20	37.9
90706 - Bellflower	25	47.6
90723 - Paramount	11	44.0
90805 - Long Beach	24	47.6
PIH Health Hospital - Downey Service Area	284	43.6
Los Angeles County	3,319	35.4
California	13,582	36.6

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013, Age-adjustment using U.S. 2010 Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing

Lung (or Respiratory) Disease Mortality

Chronic lung or respiratory disease and Chronic Obstructive Pulmonary Disease include emphysema and bronchitis. In the service area, the rate of death for chronic lower respiratory (lung) disease/Chronic Obstructive Pulmonary Disease (COPD) is 38.3 per 100,000 persons. Bellflower has the highest rate of death from lung disease at 54.0 per 100,000 persons and Huntington Park has the lowest rate of death for the disease at 21.1.

Chronic Lower Respiratory Disease/Chronic Obstructive Pulmonary Disease, Age-Adjusted Death Rate, per 100,000 Persons, 5-Year Average, 2009-2013*

Geographic Area	Average Annual Deaths	Rate
90001 - South Los Angeles	8	34.0
90040 - Commerce	2	21.9
90201 - Bell Gardens	15	35.6
90221 - Compton	7	33.6
90240 - Downey	11	37.6
90241 - Downey	14	36.7
90242 - Downey	11	36.6
90255 - Huntington Park	7	21.1
90262 - Lynwood	9	32.9
90270 - Maywood	3	27.8
90280 - South Gate	16	34.5
90650 - Norwalk	42	53.6
90660 - Pico Rivera	17	27.8
90703 - Cerritos	17	34.1
90706 - Bellflower	27	54.0
90723 - Paramount	12	48.5
90805 - Long Beach	22	46.4
PIH Health Hospital - Downey Service Area	243	38.3
Los Angeles County	2,928	31.8
California	13,168	36.2

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013, Age-adjustment using U.S. 2010 Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing

Diabetes Mortality

The rate of death by diabetes per 100,000 persons in the service area is 34.1. This is higher than the County and State death rates for diabetes. Commerce has the highest rate of death as a result of diabetes, at 50.7 per 100,000 persons. Downey (90240) has the lowest rate of death from diabetes (14.4) in the area.

Diabetes Mellitus Death Rates

Age-Adjusted Death Rate per 100,000 Persons, 5-Year Average Total, 2009-2013*

Geographic Area	Average Annual Deaths	Rate
90001 - South Los Angeles	11	39.8
90040 - Commerce	5	50.7
90201 - Bell Gardens	18	38.1
90221 - Compton	13	44.7
90240 - Downey	4	14.4
90241 - Downey	10	26.7
90242 - Downey	9	29.4
90255 - Huntington Park	18	47.0
90262 - Lynwood	12	37.9
90270 - Maywood	7	48.2
90280 - South Gate	16	31.3
90650 - Norwalk	29	35.1
90660 - Pico Rivera	19	32.1
90703 - Cerritos	11	20.4
90706 - Bellflower	13	24.9
90723 - Paramount	13	46.7
90805 - Long Beach	22	41.5
PIH Health Hospital - Downey Service Area	231	34.1
Los Angeles County	2,093	22.3
California	7,537	20.3

Source: California Department of Public Health, Public Health Statistical Master Files 2009-2013, Age-adjustment using U.S. 2010 Decennial Census SF1. <http://www.cdph.ca.gov/data/statistics/Pages/DeathProfilesbyZIPCode.aspx>

Mortality rates are age-adjusted based on the 2000 Standard Population using the methods approved by the CDC.

Mortality rates for causes of death and area combinations based on less than 10 deaths over the study period were suppressed.

*When examining geographic areas with a small population, such as zip codes, it is important to use caution when drawing conclusions from data; small occurrence of a health problem may result in a high rate.

Blue= Highest; **Green**= Lowest

Appendix A

Key Stakeholder Interview and Focus Group Participants

Thank you to the following people who generously donated their time for in-depth interviews and to the agencies that helped to coordinate community focus groups.

Key Stakeholder Interviewees

#	Interviewee	Title	Organization
1	Marcos Alamillo	Field Representative	Office of Assemblymember Cristina Garcia
2	Christine Padilla Birkey	Executive Director	Kingdom Causes
3	Victor Dominguez	Chief Mission Advancement Officer	YMCA of Metropolitan Los Angeles
4	Richard Espinosa	Health Deputy	Office of LA County Supervisor Don Knabe
5	Jeff Farber	Executive Director	Helpline Youth Counseling
6	Bill Kim, MD	Gastroenterologist	PIH Health
7	Edith Marcel	Promotora President	Healthy Los Nietos
8	Marie McAfee	Lead Clinic Administrator	Wesley Health Centers
9	Clare McClafferty	Social Worker	PIH Health
10	Ricardo Mendoza	Deputy Director	Office of Congresswoman Linda Sanchez
11	Hillary Mennella	Associate Dean, Student Health & Wellness	Cerritos College
12	Maria Ochoa, RN BSN PHN	SPA 7 Community Liaison Public Health Nurse	LA County Department of Public Health
13	Lizet Olmos	Recreation Coordinator	Pico Rivera Senior Center
14	George Saade, MD	Pediatrician	PIH Health
15	Arlene Salazar	Director	Parks & Recreation Dept., City of Downey
16	Scott Smith	Executive Director	Cerritos Regional Chamber of Commerce
17	Ana Suarez, LCSW	District Chief	LA County Department of Mental Health, SPA 7
18	Anne Ullstrom	Executive Director	Downey Family YMCA
19	Carolina Vasquez, MD	Family Medicine Physician	PIH Health
20	Fernando Vasquez	Councilmember	City of Downey
21	Gyulene Velez	Social Worker	PIH Health
22	Norma Yoguez	Program Director	SPIRITT Family Services, Bell Gardens

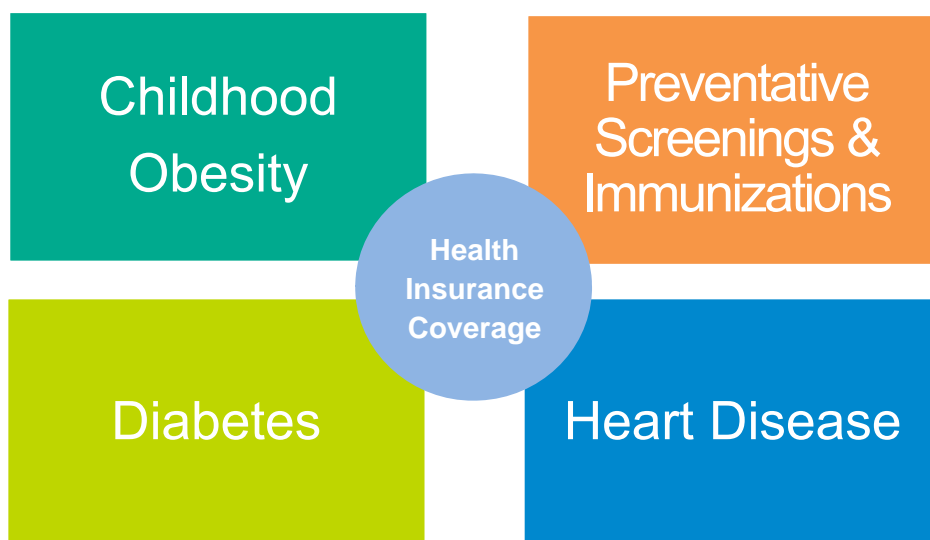
Community Focus Groups

#	Agency	Number of Participants	Language of Group	Population
1	Partnership for Healthier Communities Collaborative	6	English	Community based organizations
2	Leaders in Action	10	Spanish	Community residents of Southeast Los Angeles
3	Plaza de la Raza	5	Spanish	Parents of preschool-aged children
4	Ernie Pyle Elementary School, Bellflower	10	Spanish	Parents of school children
5	Cerritos College	6	English	Health Center clients
6	TLC Collaborative, Downey	10	English	Community based organizations
7	Kaiser Permanente Watts Counseling and Learning Center	10	English	Community residents of Watts
Total Participants		57		

Appendix B

Impact Evaluation

PIH Health developed and approved an Implementation Strategy (Community Health Improvement Plan) to address significant health needs that emerged from the 2013-2014 needs assessment. The Implementation Strategy addresses the following five areas of focus:



To accomplish the Implementation Strategy, goals were established that indicated the expected changes in the health needs as a result of community programs and activities. Strategies to address the areas of focus were identified and impact measures tracked. The following section outlines the impact made on the significant health needs since the completion of the 2013-2014 needs assessment. Due to the timing of the release of the 2016 needs assessment, the impact data that follows represents FY 14-15.

To learn more about the Community Health Improvement Plan, please visit PIHHealth.org/CHIP.

Childhood Obesity Strategies

Program	PIH Health Role	Community Partners	Strategies	FY 2013 – 2014 Impact	FY 2014 – 2015 Impact
Healthy Los Nietos Collaborative	Collaborator: Community Health Education; Family Medicine Residency Department	Los Nietos School District; City of Santa Fe Springs; and other Healthy Los Nietos Partners	<ul style="list-style-type: none"> Strategic health-related education (including afterschool) District food services transformed into a comprehensive School Nutrition program Community engagement (promotoras, school wellness sub-committee, community advisory board) 	<ul style="list-style-type: none"> 77% demonstrated knowledge- Nutrition 70% demonstrated knowledge- Physical Activity Salad bars, Breakfast in the Classroom, and enhanced food options District wide CATCH nutrition lesson plans Over 226 district parents and students participated in Family Night Out event, with interactive stations, focused on physical activity and nutrition themes 	<ul style="list-style-type: none"> 3rd Grade: <ul style="list-style-type: none"> 73% demonstrated knowledge – Think Healthy topics (283 surveyed) 83% demonstrated knowledge – Eat Healthy topics (473 surveyed) 76% demonstrated knowledge – Move Healthy topics (301 surveyed) 5th & 7th Grade: <ul style="list-style-type: none"> 75% Increase in knowledge – Think Healthy topics (592 surveyed) 59% Increase in knowledge – Eat Healthy topics (849 surveyed) 129% Increase in knowledge – Move Healthy topics (517 surveyed) 55% of 1st, 3rd, 5th and 7th grade LNSD students are at a healthy weight. 89% of 1st, 3rd, 5th and 7th grade LNSD students have normal blood pressure.
Health Education	Lead: Community Health Education; Maternal/Newborn Department	Various community partners	Strategic education on nutrition, how to read food labels and the importance of breastfeeding to prevent childhood obesity	<ul style="list-style-type: none"> 99 participants in weight loss / management classes (Diabetes Education Center) 636 participants in Prep for Breastfeeding class <ul style="list-style-type: none"> 29% increase in knowledge (237 surveyed) 42% indicate their intent to breastfeed their newborn for 12 months (237 surveyed) 	<ul style="list-style-type: none"> 487 participants in Prep for Breastfeeding class <ul style="list-style-type: none"> 27% Increase in knowledge (256 surveyed) 49% indicate their intent to breastfeed their newborn for 12 months (248 surveyed)
Healthy Downey Collaborative	Collaborator: Community Benefit Department	Healthy Downey Partners	<ul style="list-style-type: none"> Collaborative strategic planning Promote healthy eating / physical activity in the City of Downey 	n/a	<ul style="list-style-type: none"> Collaborative underwent strategic planning with a consultant and chose a focus on Chronic Disease for the collaborative's work. 5 committees were created to continue developing the collaborative's organizational structure and main initiatives. PIH Health community health education classes promoted via Healthy Downey Facebook page.

Preventative Screenings and Immunization Strategies

With a focus on colorectal cancer screenings, mammograms, pap smears and vaccinations for flu and pneumonia

Program	PIH Health Role	Community Partners	Strategies	FY 2013 – 2014 Impact	FY 2014 – 2015 Impact
Mobile Health Services	Lead : Mobile Health Services	Local Schools; Parks; Community Based Organizations; And Los Angeles County Department of Public Health	<ul style="list-style-type: none"> Provision of prevention education Offering free or low-cost: <ul style="list-style-type: none"> Immunizations including Flu/ Pneumonia Screenings including breast exams and pap smears and referrals for additional screenings and follow-up	<ul style="list-style-type: none"> 1,705 childhood immunizations 1,074 flu vaccinations (CF1 and CHE) 268 adult vaccinations 	<ul style="list-style-type: none"> 722 childhood immunizations 144 child flu vaccinations 228 adult flu vaccinations 210 adult immunizations (pneumovax, HepB, Adult Tdap) 3,323 patient encounters MHS now at TLC Family Resource Center and Downey High Schools
Health Education	Lead: Community Health Education Collaborators: Breast Health Center; Mobile Health Services; Cancer Program/ Navigators; Family Medicine Residency Department		Strategic education on the importance of preventative practices (i.e. immunizations and screenings)	<ul style="list-style-type: none"> 21 free mammograms (BHC) 88 low-cost mammograms (BHC) 10 depression screenings (CHE) 28 cholesterol screenings (CHE) 44 BMI screenings (CHE) 47 skin cancer screenings (CHE) 140 blood pressure screenings (CHE) 126 glucose screenings (DEC) Cancer Survivorship Workshops <ul style="list-style-type: none"> 70 participants total 79% indicated intent to make a positive change in their diets and exercise (43 surveyed via posttest) 91% demonstrated knowledge (11 surveyed via posttest) Breast Health Cancer Survivorship Workshops <ul style="list-style-type: none"> 3.7% increase in breast health knowledge (4 surveyed) 	16% increase in knowledge – Wellness and Prevention education classes (121 surveyed)

Diabetes and Heart Disease Strategies

Program	PIH Health Role	Community Partners	Strategies	FY 2013 – 2014 Impact	FY 2014 – 2015 Impact
“Better Choices, Better Health” Chronic Disease Self-Management Program	Lead: Community Health Education Collaborator: Diabetes Education Center	Community volunteer facilitators	Offering free evidence-based peer-led chronic disease self-management program	<ul style="list-style-type: none"> 8 participants 63% reported they developed a self-management plan and 80% reported they will share the plan with a health care professional (5 surveyed) 	<ul style="list-style-type: none"> 561 attendees (duplicated persons) at Better Choices, Better Health series and leader trainings 79% of participants reported improved communication with their doctor and/or healthcare team at 4 months after class; 64% at 8 months after class. (14 surveyed) 63% of participants reported being confident or very confident in their ability to manage symptoms due to ongoing health conditions at 4 months after class; 63% at 8 months after class (16 surveyed)
Exercise Classes	Downey Lead: Wellness Center; Community Health Education	PIH Health vendors; local community centers	Offering free or low-cost exercise programs, such as: <ul style="list-style-type: none"> Senior exercise program Pilates Classes Yoga Classes Belly Dancing 	n/a	<ul style="list-style-type: none"> 1,895 participants in all Downey exercise programs
Health Education	Downey Lead: Community Health Education; Food and Nutrition Services Downey Collaborator: Diabetes Education Center	American Diabetes Association; American Lung Association; and Mended Hearts	Offering free classes on: <ul style="list-style-type: none"> Heart Health Diabetes Nutrition Basic nutrition/food labels 	<ul style="list-style-type: none"> 537 participants participated in Diabetes Self-Management classes 20% decrease in Hemoglobin A1c levels (230 surveyed at 3-month follow-up) 	<ul style="list-style-type: none"> 139 persons in Downey (Healthy Heart and Diabetes Classes) 423 served through weight management (375) cholesterol (48) and cardiac rehab (120) classes 37% increase in knowledge - Diabetes & Heart Health education classes (547 surveyed) 15% increase in knowledge - Nutrition/Lifestyle management education classes (166 surveyed)
Health and Wellness Center at Whittier First Day	Collaborator: PHP; Family Medicine Residency Department	Whittier First Day and its partners	<ul style="list-style-type: none"> Outreach to chronically homeless Provision of free healthcare to chronically homeless and at-risk 	<ul style="list-style-type: none"> 88% of Whittier First Day patients had improved health status 29% reduction in emergency department visits 60% reduction in hospitalizations 	<ul style="list-style-type: none"> 86% Whittier First Day patients had improved health status (38 of 44 patients) 22% decrease in emergency department visits during 6 months of residence at WFD (68 residents tracked) 60% reduction in hospitalizations during 6 months of residence at WFD (68 residents tracked) 37% ED visits prevented while at WFD (68 residents tracked)

Overall Strategy – Health Insurance Coverage

To support all other focus areas

Program	PIH Health Role	Partners	Strategies	FY 2013 – 2014 Impact	FY 2014 – 2015 Impact
Health Insurance Enrollment	Lead: Business Development ; Mobile Health Services; Community Health Education	PIH Health vendors; Medi-Cal Eligibility Workers; and community- based organizations	<ul style="list-style-type: none"> Enroll individuals with health insurance coverage and/or connect with resources 	<ul style="list-style-type: none"> Enrollment Coordinators: 394 persons served for referrals and Covered CA education (Oct 2013 thru program close June 2014) <ul style="list-style-type: none"> 71% increase in knowledge re: Covered CA 331 persons with health insurance coverage as a result of referrals Medi-Cal Eligibility Workers: 1,578 served 	<ul style="list-style-type: none"> PIH Health Vendors: <ul style="list-style-type: none"> Approximately 20 enrolled in Medi-Cal/Medi-Medi products Downey Medi-Cal Eligibility Workers: <ul style="list-style-type: none"> 303 uninsured screened for Medi-Cal eligibility 267 enrolled in Medi-Cal
Health Insurance Affordability	Lead: PIH Health Foundation; Business Services	Various PIH Health departments	<ul style="list-style-type: none"> Assist eligible individuals with health insurance premium costs 	n/a	No individuals enrolled with health insurance via health insurance premium assistance during FY 14-15

References

¹ Community Commons. <http://assessment.communitycommons.org/Footprint/>.

² County of Los Angeles Public Health. How Social and Economic Factors Affect Health, January, 2013. http://publichealth.lacounty.gov/epi/docs/SocialD_Final_Web.pdf

³ County of Los Angeles, Public Health, Sexually Transmitted Disease Morbidity Report, 2012. <http://publichealth.lacounty.gov/dhsp/Reports/STD/STDMorbidityReport2012.pdf>

⁴ California Department of Public Health, 2012. www.cdph.ca.gov/data/statistics/Pages/BirthProfilesbyZIPCode.aspx

⁵ U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*. Washington, DC: U.S. Department of Health and Human Services; 2008. www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm.

⁶ Physical Activity Guidelines Advisory Committee. *Physical Activity Guidelines Advisory Committee Report, 2008*. Washington, DC: U.S. Department of Health and Human Services. www.health.gov/paguidelines/pdf/paguide.pdf.

