

Community Health Profile Riverside County, CA

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Before we begin

- What do you think are the top 5 causes of death in Riverside County?
- Are there behavior changes that could help reduce those deaths?
- Are there social/environmental factors that influence the top 5 causes of death?
- Generally, what is the demographic makeup of Riverside County?
- How does Riverside County rate in numbers of physicians? Why?
- What kinds of questions should we be asking patients that we typically don't ask now?

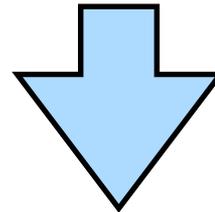
Riverside County

- 2.3 million residents
- #1 in urban sprawl
- Population expected to increase by 1 million over the next 20 years
- 4th most populous county in California, 10th in the U.S.



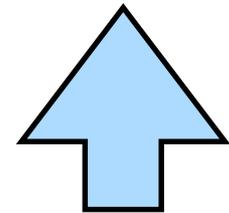
From 2000 - 2015, Riverside County's population increased by 49%.

Non-Hispanic
White population
decreased



25%

31%

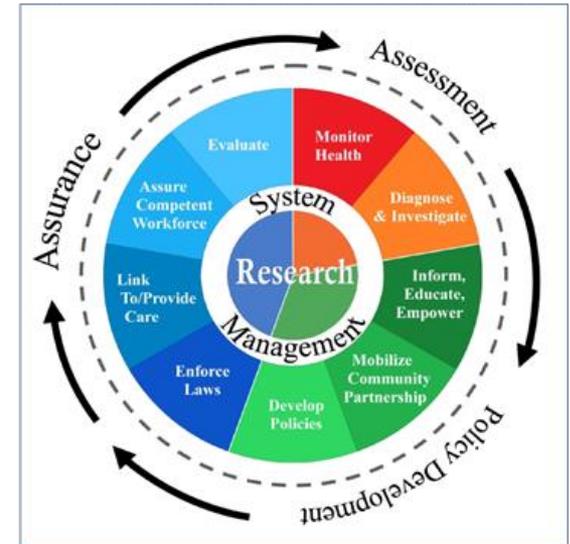


Hispanic population
increased

| Demographics (2015) | | RIVERSIDE COUNTY | CALIFORNIA |
|----------------------------|---|---|-------------------|
| Estimated Total Population | | 2,329,256 | 39,059,809 |
| Race/Ethnicity | African American | 6% | 6% |
| | American Indian/Alaska Native | 0.5% | 0.4% |
| | Asian/Native Hawaiian/Other Pacific Islander | 6% | 14% |
| | Hispanic or Latino | 47% | 38% |
| | White | 38% | 39% |
| | Other | 2% | 6% |
| Gender | Female | 50% | 50% |
| | Male | 50% | 50% |
| | Transgender/Other | 0.6% | 0.8% |
| Orientation | Gay, Lesbian, Bisexual | 5% Riverside County 12% Coachella Valley | 5% |
| | Heterosexual | 95% | 95% |

RUHS – Public Health

- 650 staff
- More than 100 years
- Public Health is dedicated to protecting and improving the health of residents and visitors through:
 1. Creating Healthy Communities
 2. Promoting Healthy Behaviors
 3. Connecting and Investing in People
 4. Improving Access to Care



Health Issues Facing Riverside County

What's Killing Riverside County

3

Behaviors

Poor nutrition, lack of physical activity, tobacco use.

4

Diseases

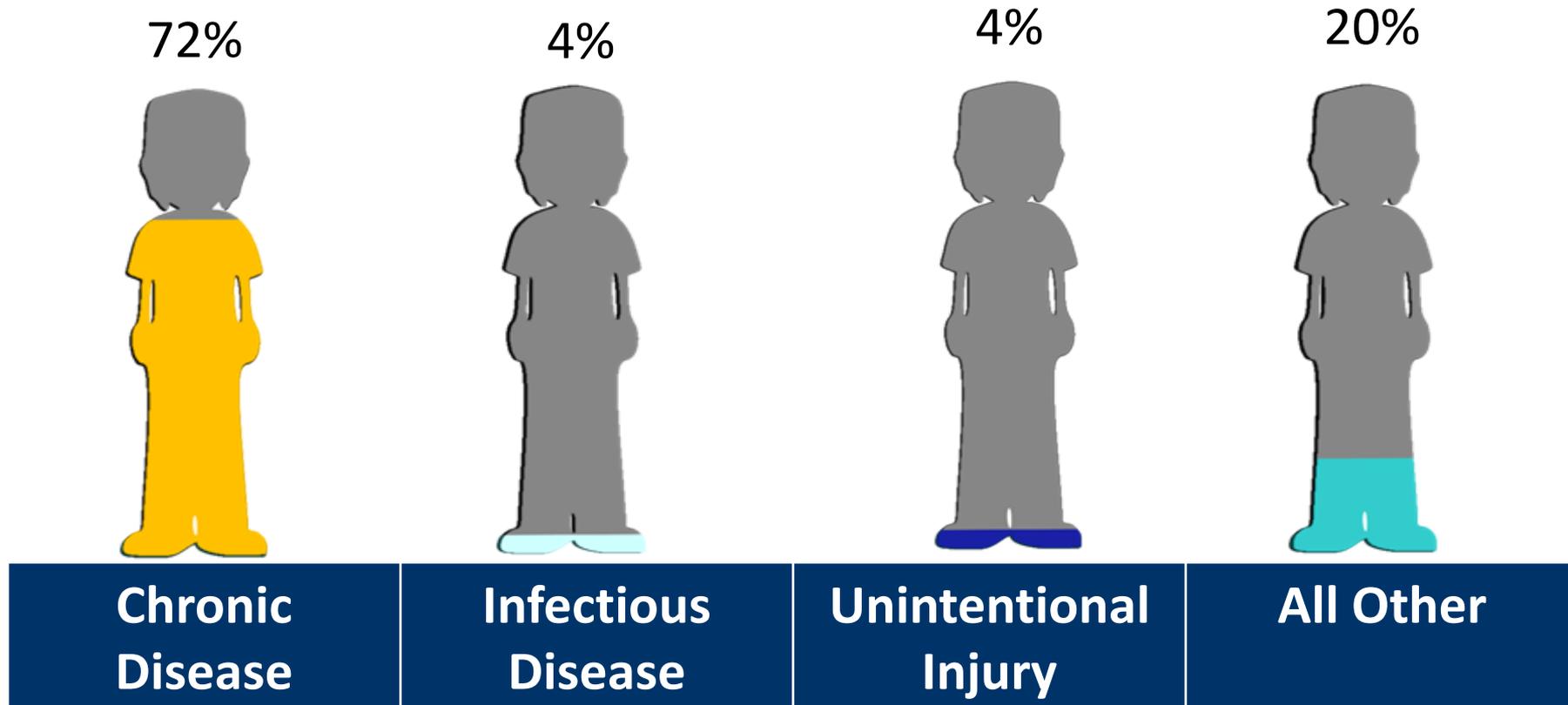
Heart Disease/Stroke, Cancer, Type 2 Diabetes, Respiratory Conditions

61%

Deaths



Percent of Deaths, Riverside County, 2016



Five Leading Causes of Death

| Ranking | 1 | 2 | 3 | 4 | 5 |
|------------------------|---------------|---------------|------------------------|---------------------|---------------------|
| African American | Heart Disease | Cancer | Stroke | Diabetes | Alzheimer's Disease |
| Asian/Pacific Islander | Cancer | Heart Disease | Stroke | Diabetes | Alzheimer's Disease |
| American Indian | Heart Disease | Cancer | Unintentional Injuries | Lung Disease | Stroke |
| Hispanic | Cancer | Heart Disease | Unintentional Injuries | Stroke | Alzheimer's Disease |
| White | Heart Disease | Cancer | Lung Disease | Alzheimer's Disease | Stroke |
| Riverside County | Heart Disease | Cancer | Alzheimer's Disease | Lung Disease | Stroke |

Source: Riverside County Death Statistical Master Files

| Chronic Disease | | RIVERSIDE COUNTY | CALIFORNIA |
|-------------------------------------|--|------------------|------------|
| Diabetes (2015) | Diagnosed with diabetes (2015) | *13% | 10% |
| Heart Disease (2015) | Adults diagnosed with heart disease (2015) | 8% | 7% |
| Chronic Respiratory Disease | Adults diagnosed with asthma (2015) | 15% | 16% |
| Cancer (per 100,000 pop) 2009-2013^ | Breast | 115.3 | 121.4 |
| | Cervical | 8.0 | 7.5 |
| | Colon | 39.4 | 38.3 |
| | Lung | 47.2 | 46.5 |
| | Prostate | 120 | 118.7 |
| Risk factor for all four conditions | | | |
| Obesity and Overweight | Percent of Adults Obese (BMI >30) | 26% | 23% |
| | Percent Adults Overweight (BMI 25– 29) | 36% | 36% |

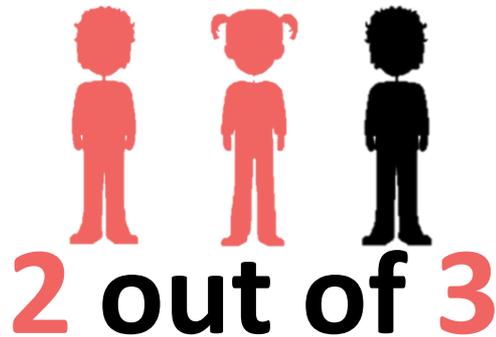
* Unstable

Poor Nutrition, Lack of Physical
Activity, Tobacco Use

Nutrition



Riverside County **children, teens and adults** consumed at least one **soda** on any given day. More than **10 percent** of children and 7.2 percent of adults consumed **two or more** a day in 2015.



Riverside County **children** consumed **fewer than five** or more servings of **vegetables** a day in 2015.



Nutrition

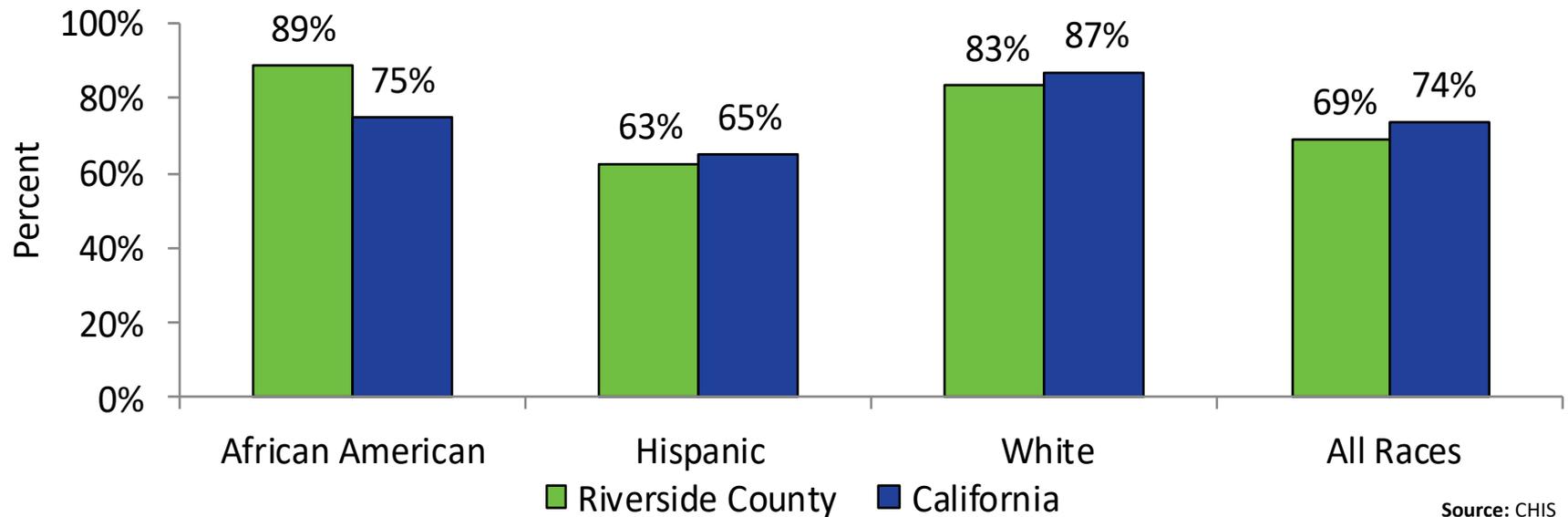
Compared to children in **California**, children in **Riverside County** are more than **twice** as likely to **consume fast food four** or more times per **week**.

In addition to increasing the risk of childhood obesity and numerous other **health problems**, such as diabetes, hypertension and stroke later in life, research has shown that **frequent** consumption of **fast food** also influences **academic performance** (Purtell & Kelly, 2014).

The higher the **frequency** of **fast-food consumption** in fifth grade, the **worse** children performed on **math, reading** and **science** tests in eighth grade (Purtell & Kelly, 2014).

Physical Activity

Physically Active at Least 3 Days/Week for at Least 1 Hour, Ages 2-11
By Race/Ethnicity, Riverside County and California, 2015



In Riverside County and California, **Hispanics** were **less likely** to engage in **physical activity** at least three times per week when compared to other racial/ethnic groups. **Why?**

Tobacco

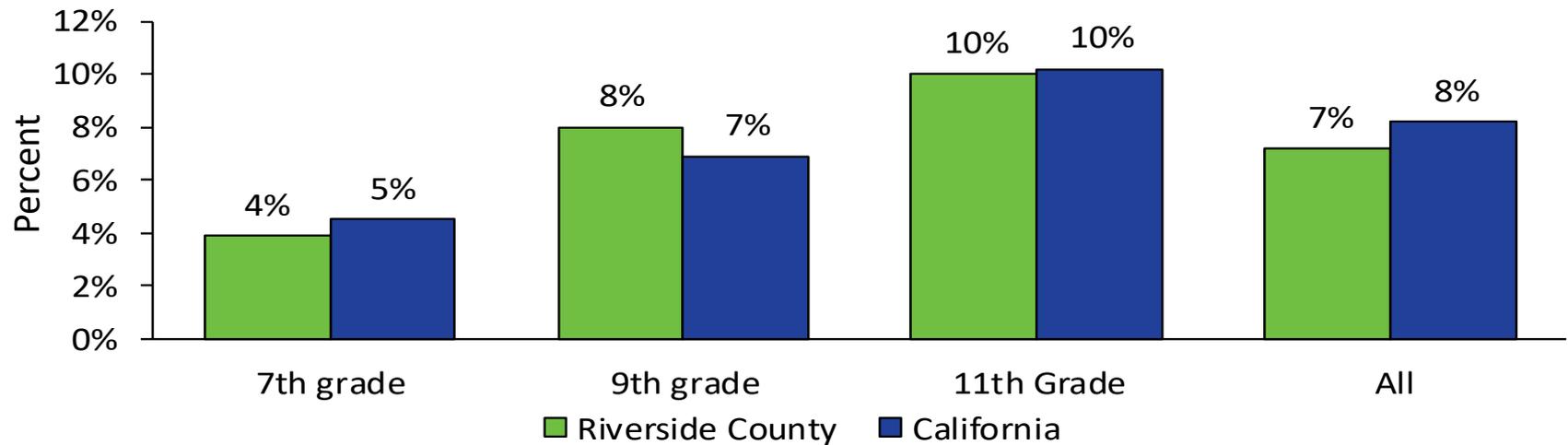
Teen and Adult Smoking
decreased between
2007 and 2015



E-Cigarette Use
decreased between
2014 and 2015



Cigarette Use in the Past Month (Student Reported), by Grade Level, 2011-2013



Source: California Healthy Kids Survey

Obesity in Riverside County

Unhealthy eating, lack of exercise and tobacco use can all lead to **obesity**.

1 out of 5 children in Riverside County are **OVERWEIGHT**.

2 out of 3 adults in Riverside County are **OVERWEIGHT OR OBESE**.

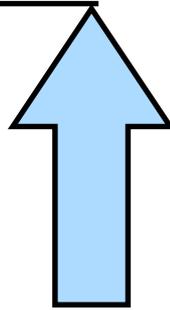
Obesity is a risk factor for cancer, diabetes, respiratory diseases and heart disease.

The number of overweight children increased by 14 percent from 2011 to 2015.

7%

14%

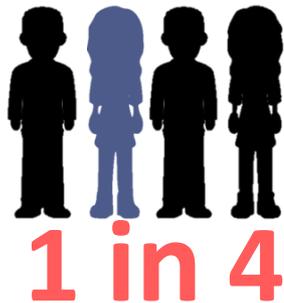
Overweight or obese adults have increased by 7 percent from 2011 to 2015.



Heart Disease, Cancer, Type 2
Diabetes, Respiratory Conditions

Heart Disease

- In 2014, there were **4,375 hospitalizations in Riverside County**, or an average of **12 hospitalizations** due to heart disease **each day**.
- In 2015, approximately 184,000 adults (**eight percent** of Riverside County **adults**) reported being diagnosed with **heart disease**.
- From 2007 - 2015, persons **diagnosed** with heart disease were **similar** for both **county** and **State**.

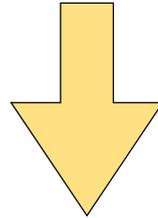


**deaths in Riverside
County were due to
heart disease.**

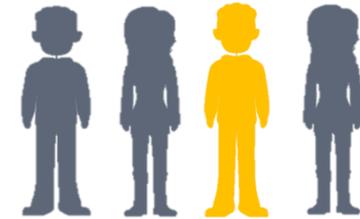
What are some disparities among different populations you might see?

Cancer

From 2006-2015,
cancer mortality
rates **decreased**
for Riverside
County by



18%



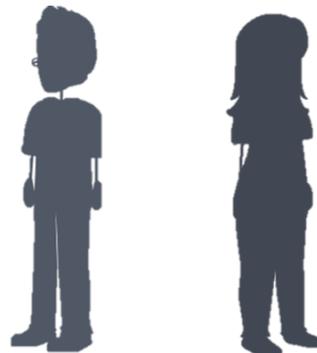
1 in 4

deaths in Riverside
County were due
to cancer.

Leading Causes of Cancer Mortality by Sex, Riverside County, 2008 - 2012

Male Mortality

Lung 46%
Prostate 22%
Colon and Rectal 19%
Pancreatic 13%
Other 11%



Female Mortality

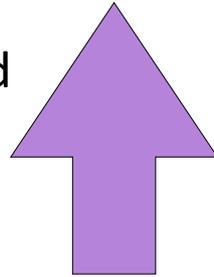
Lung 33%
Breast 22%
Colon and Rectal 14%
Pancreatic 10%
Ovarian 8%

Diabetes

2013 to 2015

Persons diagnosed
with diabetes
increased

44%



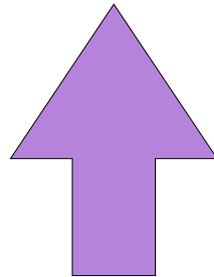
Diabetes mortality

increased

23%

from

2006 - 2015



On average

1 out of 10

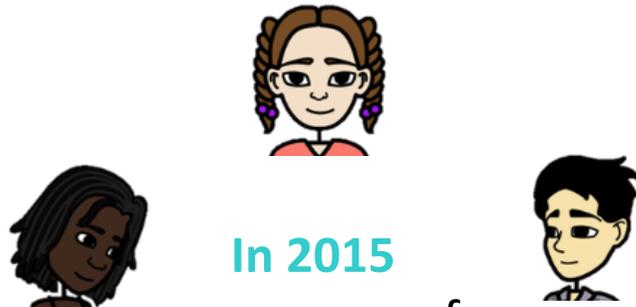
African American and
Hispanic residents were
diagnosed with
diabetes 2013-2015.

Native American are

3X

more likely to die from
diabetes than their
White counterparts.

Respiratory Disease - Asthma

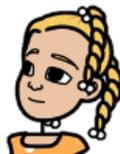


In 2015

an average of

1 out of 7

school-age children
were diagnosed with
asthma in Riverside
County.



Emergency department or urgent care visits for asthma doubled among children and youth (0 –17) over a five- year period from 11 percent in 2011 to 24 percent in 2015.

Emergency department visit rates for school - age children for asthma remains highest among African Americans.

Source: California Environmental Health Tracking Program, 2015

Chronic Lung Disease/COPD - Mortality

In 2015, Riverside County **females** were **1.6** times **LESS LIKELY** than males to **smoke** over the age of 65.



Smoking is linked to **80%** of all COPD **deaths**. COPD is more pronounced among **older age** groups.



Riverside County **males** 75 and older are **MORE LIKELY** than females to **DIE** from **COPD** (1,248 per 100,000 and 1,100 per 100,000 deaths over 75 respectively).

Teen Births, Infant Mortality, STD's, Clinical Care

Teen Births

Teen pregnancies can result in negative outcomes for the teen parent, their children and the community. The children of teenage mothers are more likely to have lower school achievement and more health problems.

The teen birth rate in Riverside County decreased **25%** between **2011 and 2015**. In **2011** the birth rate among teens was **14.7 births per 1,000**; in 2015 it was **10.8 births per 1,000**.

From 2011-2015
there were **11,150**
births to mom's
under 20 years of
age.

A black silhouette of a pregnant woman standing, facing right. The silhouette is simple and stylized, showing the outline of the body and the rounded belly.

Image Source: Piktochart.com

Infant Mortality

African American infants were more than **2X** more likely to die than White infants in 2015.

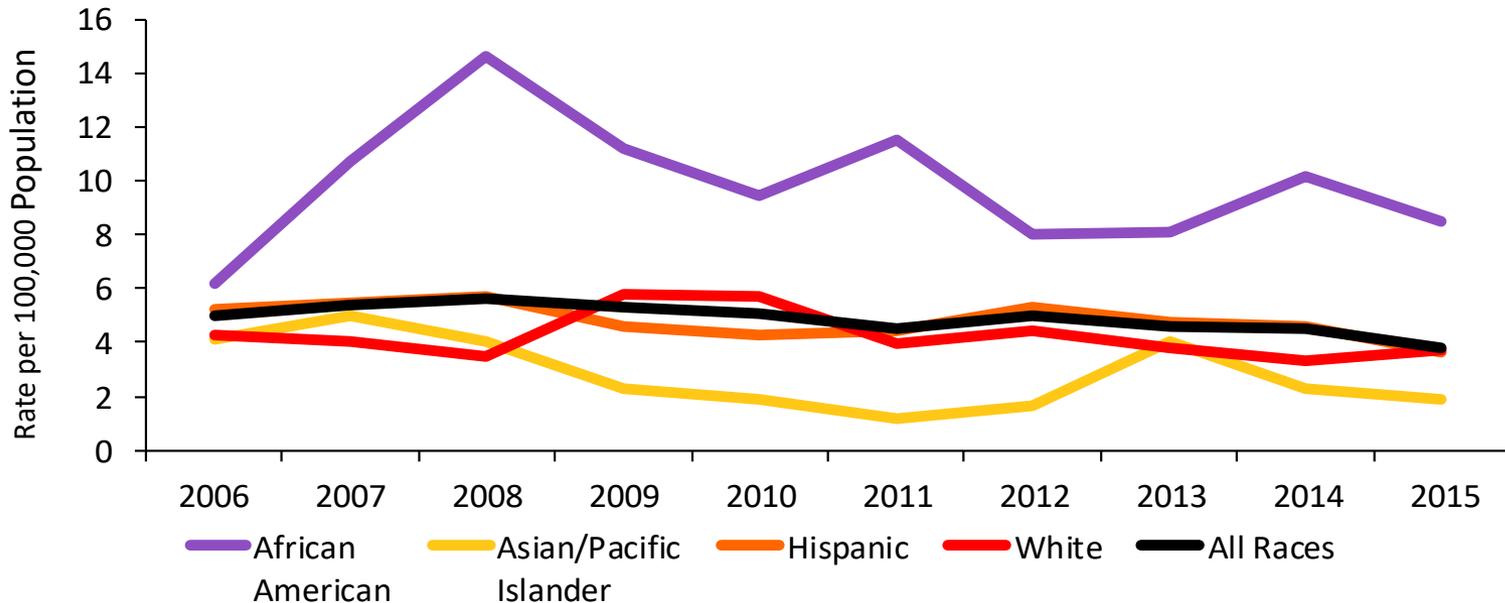


Infant mortality rates in Riverside County, 2015

African American per 100,000 **8.5**

Whites per 100,000 **3.7**

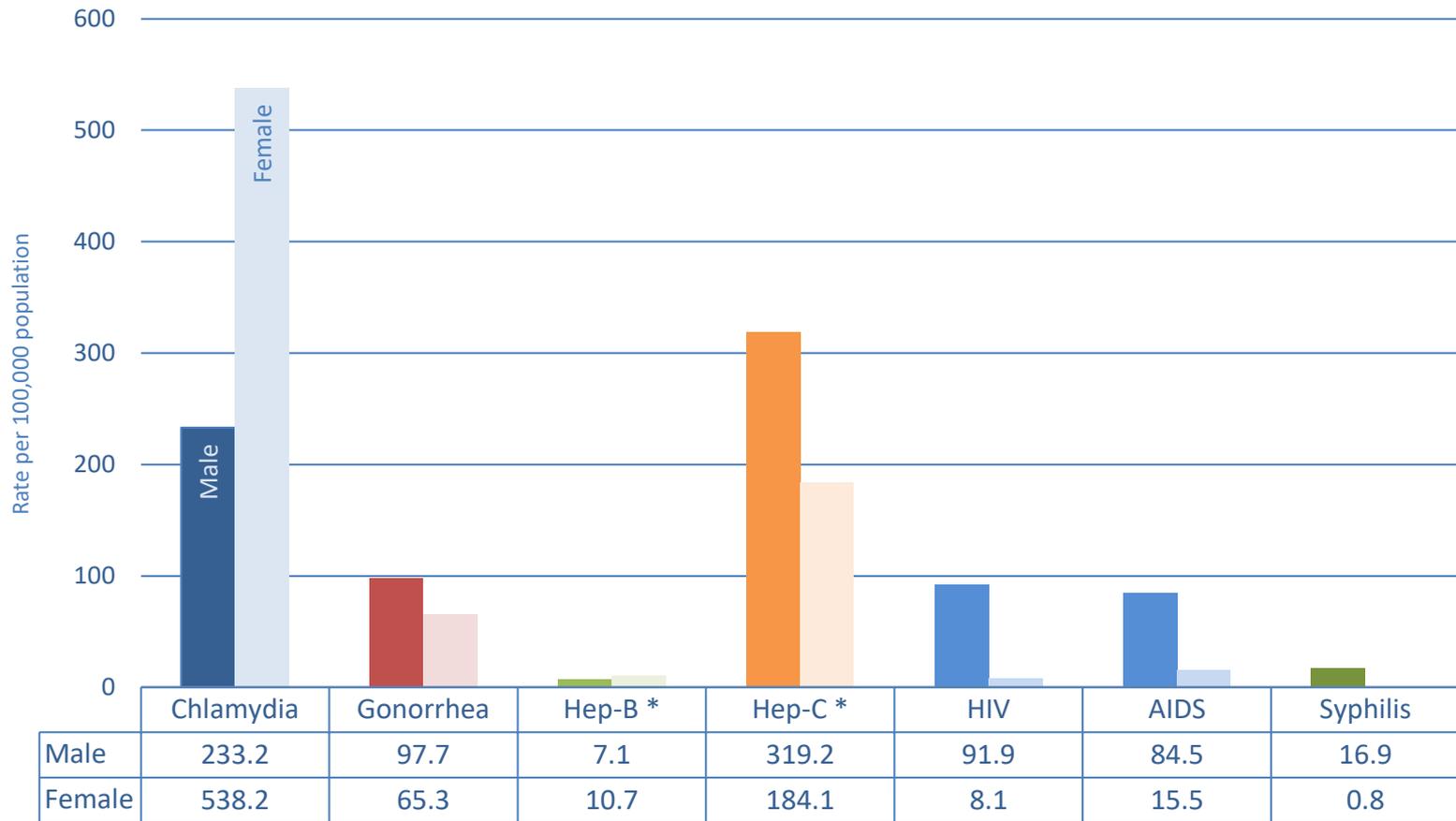
Infant Mortality by Race/Ethnicity, Riverside County, 2006 - 2015



Source: Riverside County Death Statistical Master Files

Number of reported Cases of Sexually Transmitted and Blood Borne Diseases by Type, Riverside County 2015

Figure 1: Incidence Rates of Sexually Transmitted & Bloodborne Diseases by Sex
Riverside County 2015



*Includes both acute and chronic cases

Clinical Care

Riverside County Ranks

47th (out of 57 California counties)

for **Clinical Care Factors**,
such as **Primary Care Physicians (PCPs)**

Source: Physician Rates and Health Care Professionals Resource Files, 2014

Number of Primary Care Physicians

California



Source: Physician Rates and Health Care Professionals Resource Files, 2014

Clinical Care

| Availability of Health Care Providers, 2014 | | RIVERSIDE COUNTY | CALIFORNIA |
|---|----------------------------------|------------------------------|------------------------------|
| Health Care Providers | Population to Primary Care Ratio | 2,469: 1 | 1,294: 1 |
| | Primary Care Physicians | 43 PCPs per 100,000 | 80 PCPs per 100,000 |
| | Specialty Care Physicians | 127 physicians per 100,000 | 284 physicians per 100,000 |
| | Dental Providers | 44 dentists per 100,000 | 78 dentists per 100,000 |
| | Nurse Practitioners | 17 NPs per 100,000 residents | 31 NPs per 100,000 residents |

Social Influencers of Health in Riverside County

Factors that Impact Life Expectancy

Physical & Lifestyle Factors:

- **Blood Pressure** → -15 to +15 years
- **Exercise** → +3 to 8 years
- **Healthy Diet** → +10 years
- **Smoking** → -6 to -10 years

Other Determinants:

- **Depression** → -7 to -20 years
- **Education** → -7 to +9 years
- **Poor Finances** → -8 years
- **Homelessness** → -12 to -25 years
- **Occupation** → -3 to +4 years
- **Religion** → +4 to +14 years
- **Social Support** → +2 to +30 years
- **Self-monitoring of health** → +12 years
- **Substance Abuse** → -9 to -24 years
- **Zip code** → -3 to +10 years

Poverty in Riverside County

Poverty and Health

Poverty is both a cause and a consequence of **poor health**.

Poor health **traps communities** in poverty.

1 in 5 children

(<18 years of age) are at or below **100%** of the federal poverty level.

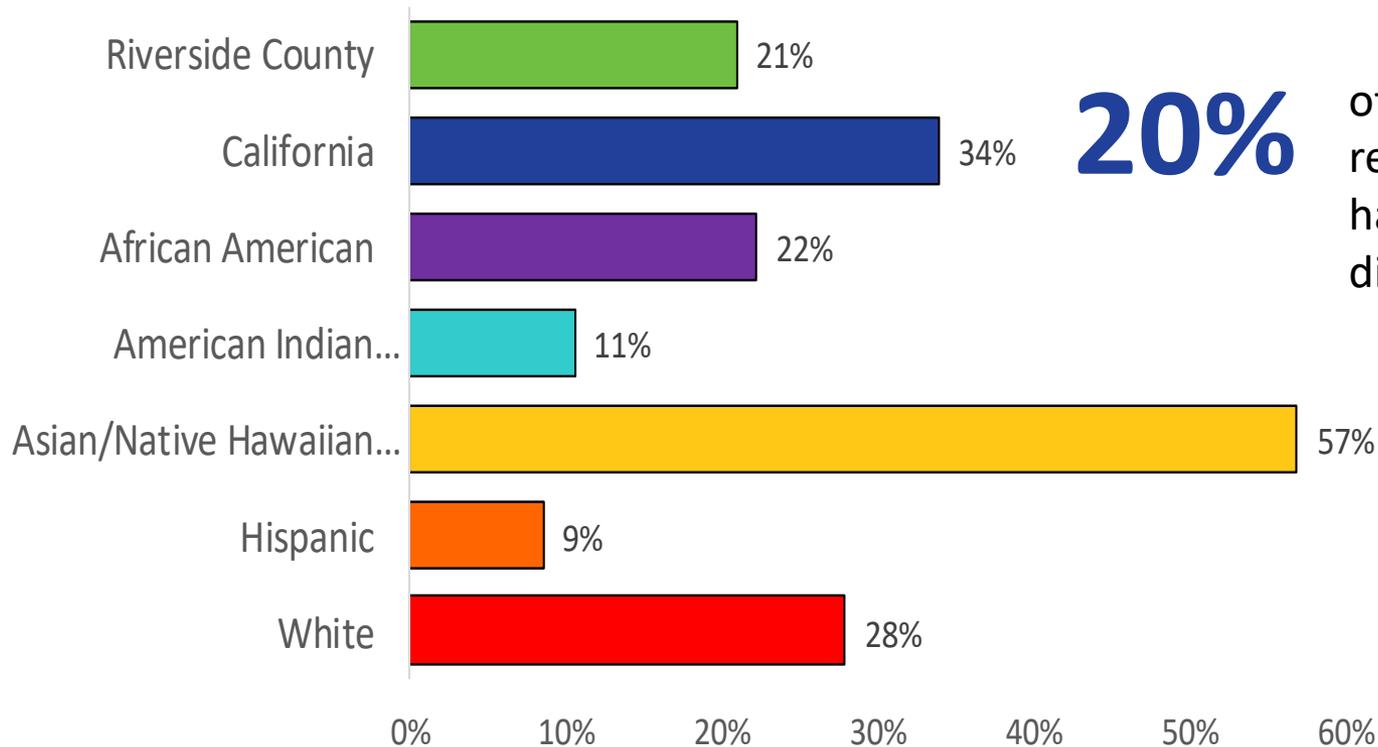
1 in 8 families

are living in poverty in Riverside County.

What is 100% of the federal poverty level?

Education in Riverside County

Percent of Population (25+) with a Bachelor's Degree or Higher,
Riverside County and California, 2015

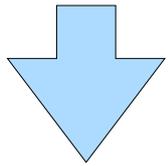


20%

of Riverside County residents do not have a high school diploma.

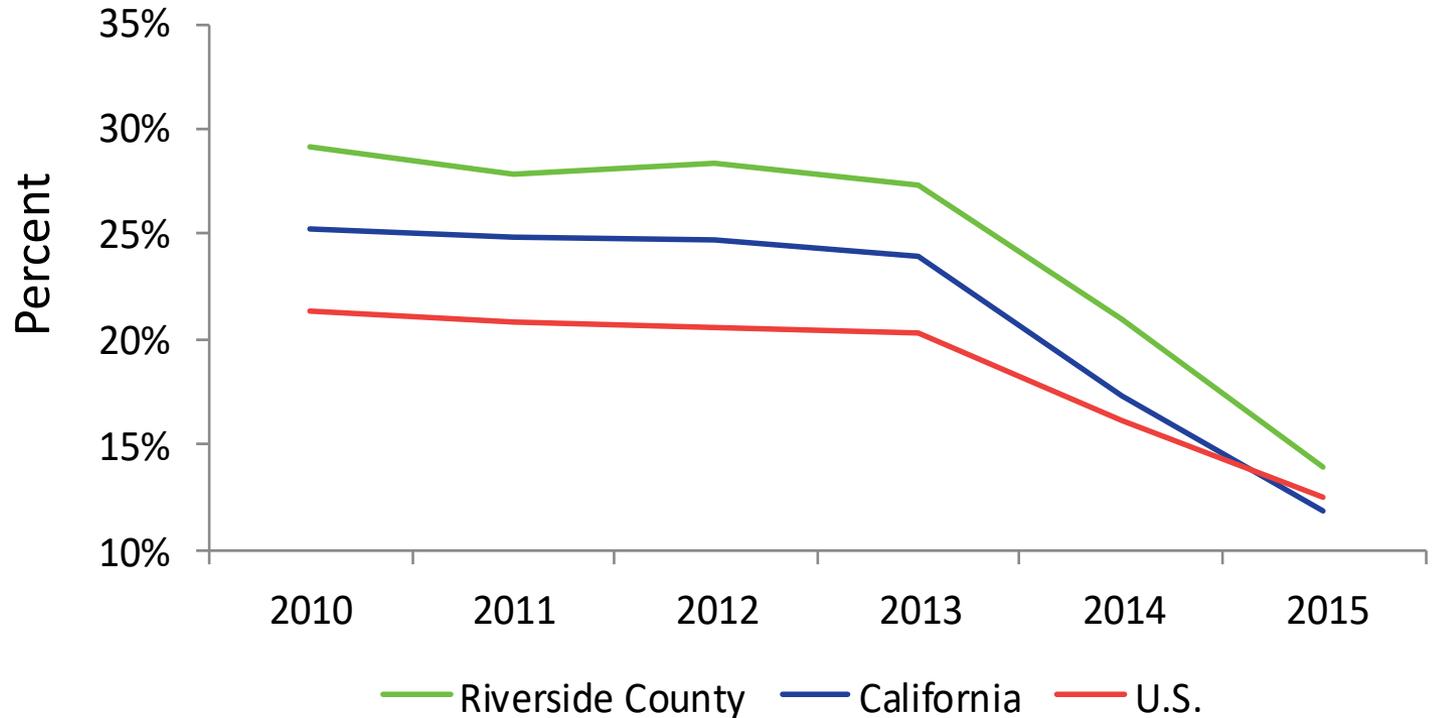
Health Insurance

Riverside County adult residents **without** health insurance decreased by almost

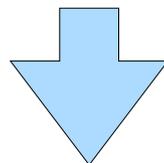


52%

Uninsured Population Age 18-64, 2010-2015



After full ACA implementation, Riverside County **children** without health insurance **decreased** by over



59%

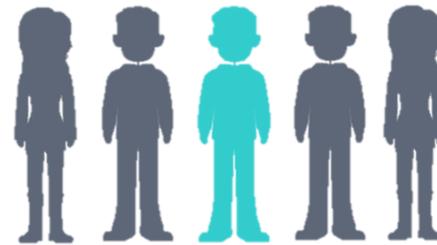
Place Matters



Image Source: Pixabay.com

Almost **1/2**
of Riverside
County
neighborhoods
are located
within **foods
deserts.**

Image Source: Storyboardthat.com



1 in 5

Riverside County
residents are low
income and have
minimum access to
nutritious,
affordable, high
quality foods.

Place Matters

Riverside County received an

Ozone is one of the greenhouse gases that is produced by the **burning** of fossil fuels and cause the **greenhouse effect**. This air pollutant is linked to new cases of **asthma** and other **respiratory** conditions.

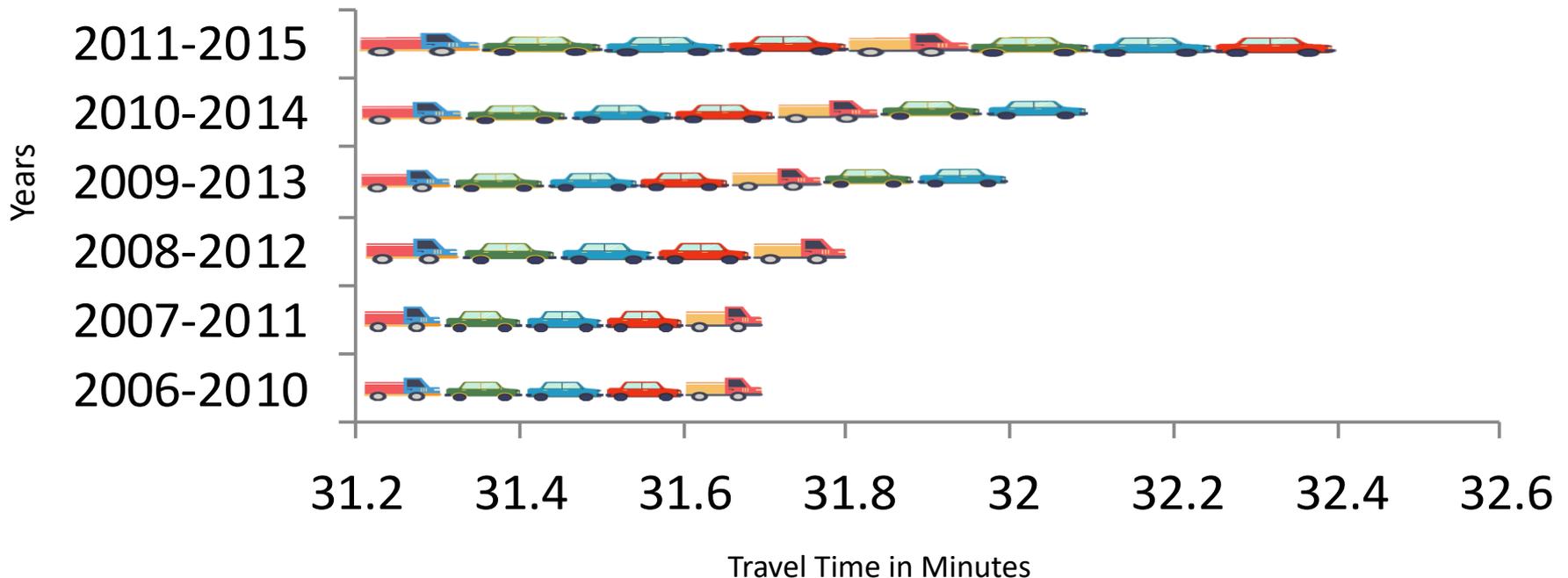
F

The American Lung Association assigns grades A-F to counties based on the average number of days that ozone levels exceed U.S. standards. Riverside County has received an F every year from 2008-2014.

Place Matters

Population Commuting to Work

Anxiety, happiness and general well-being can be negatively impacted with each minute added to commuting time (Office of National Statistics, 2014). Long commutes are associated with stress, increased BMI, and poor sleep (Senthilingam, 2016).



Local Public Health Data Sources

- www.rivcoph.org
- www.rivcohealthdata.org/
- www.shaperivco.org

Riverside University Health System – Public Health
Epidemiology & Program Evaluation

(951) 358-5557

www.rivcohealthdata.org

www.shaperivco.org