Riverside University HEALTH SYSTEM

Public Health

in affiliation with

HARC

HEALTH ASSESSMENT AND RESEARCH FOR COMMUNITIES

Riverside County Public Health
Community Health Needs Assessment

Hemet CHA Data

Contents

INTRODUCTION

The purpose of this report was to provide results that are specific to the City of Hemet. For brevity, detailed methods and appendices have been removed.

This report is a custom analysis of data collected from a County-wide study measuring COVID-19 attitudes and health needs. The larger study includes comprehensive analyses and information regarding survey development, sampling protocol and timeframes, and data weighting. If desired, please contact RUHS-PH or HARC for a copy of these comprehensive reports.

This project was supported by Epidemiology and Laboratory Capacity Enhancing Detection funds, which expands upon previous COVID-19 awards and is provided by the Centers for Disease Control and Prevention by way of the Paycheck Protection Program and Health Care Enhancement Act Response Activities for Cross-Cutting Emerging Issues. The present report was developed by HARC, Inc. on behalf of Riverside University Health System – Public Health (hereafter referred to as RUHS – Public Health).

About RUHS – Public Health

Established in 1926, the Riverside University Health System-Public Health (RUHS-PH) is the local, public agency responsible with ensuring the health and well-being of county residents and visitors in service of the well-being of the community. RUHS-PH's values of respect, integrity, service, and excellence are demonstrated through their strong partnerships with community-based organizations, academic institutions, tribal organizations, faith-based organizations, local governmental agencies and community leaders, local business, social service providers, nongovernmental organizations and other relevant partner organizations necessary to improving the health and wellbeing of Riverside County's community.

About HARC

HARC, Inc. (Health Assessment and Research for Communities) is a nonprofit research and evaluation organization based in Riverside County. HARC advances the quality of life by helping community leaders use objective research and analysis to turn data into action. HARC specializes in providing data that helps improve the social determinants of health.
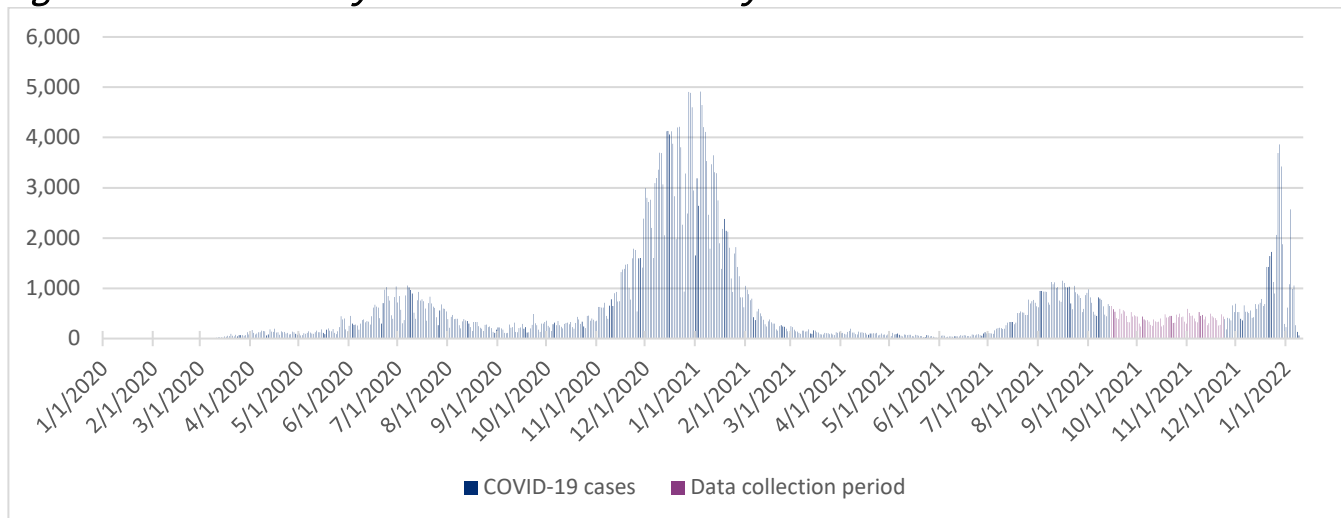
METHODS

Ace Printing purchased a random sample of 40,000 households in Riverside County. HARC and Ace mailed an "invitation package" to all 40,000 households, which included a cover letter (in English and Spanish), a paper survey in English, a paper survey in Spanish, a pre-paid return envelope, and a $2 bill as a pre-incentive. Each survey was printed with a unique identifier code so that each household could only participate once. Invitation packages were mailed out in eight batches of 5,000 on the following dates:

- Batch 1: 9/15/21
- Batch 2: 9/16/21
- Batch 3: 9/21/21
- Batch 4: 9/22/21

- Batch 5: 9/24/21
- Batch 6: 9/27/21
- Batch 7: 9/29/21
- Batch 8: 9/30/21

Residents were offered a $25 Visa card as a post-incentive; as such, those who returned the survey were sent a $25 Visa card within two weeks of receipt of their paper survey. On 11/24/21, the completed dataset was sent to a statistician for weighting. Weighting is important to ensure that the results of the survey appropriately represent the county. Missing data were imputed using a hot deck method. Iterative proportional fitting was used to ensure marginal distributions for age, sex, race by ethnicity, and household income aligned. In the end, a response rate of approximately 21.5% was achieved.

Figure 1 below provides additional context to the data collection timeline. That is, data was being collected right after the detection of the Delta variant and before the detection of the Omicron variant. The purple cases in the figure below indicate the data collection period.

Figure 1. COVID-19 Daily Cases in Riverside County

Note: Data in chart are from RUHS - Public Health.

RESULTS: Community Health Needs Assessment

For background purposes, 531 residents of the city of Hemet returned a survey back to HARC. When weighted, these 531 people become 87,233 residents. While figures/tables may include estimates such as "percentages", "frequencies", "counts", etc., these all refer to weighted estimates and percentages. Furthermore, the survey results contain data for and are weighted for the adult population only. Thus, this report may refer to "residents" a number of times, and these residents are always residents who are ages 18 and older. That said, for comparative purposes, Riverside County estimates are provided in each section to understand how the city of Hemet compares to the County of Riverside in each area.
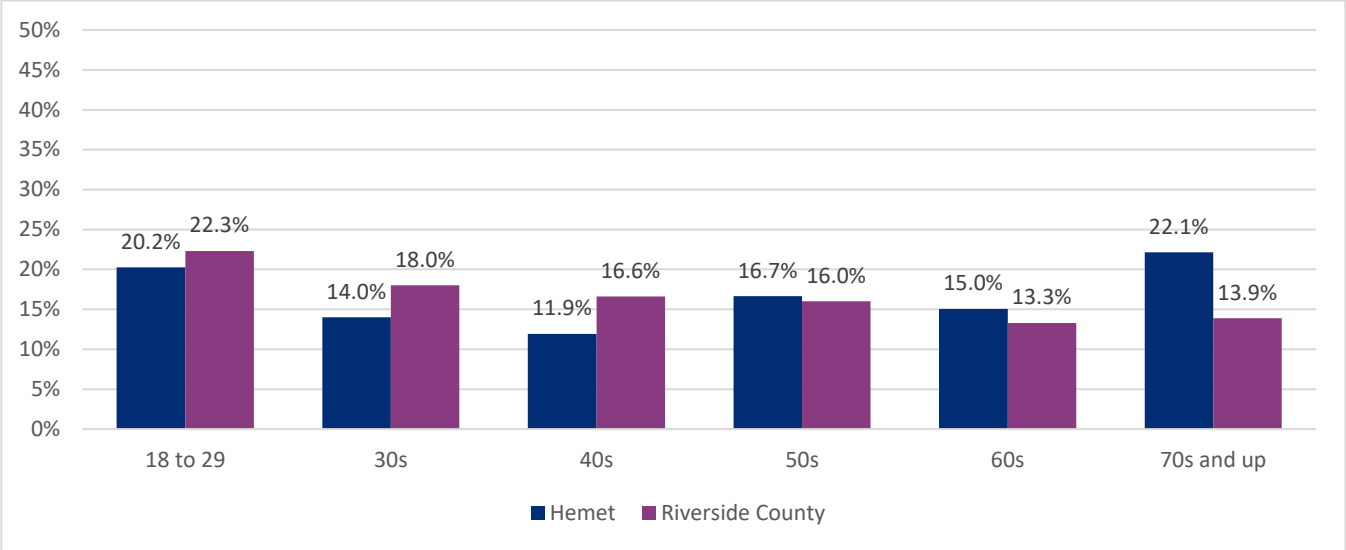
As noted earlier, these data are from a county-wide study. The original sample data was acquired through random sampling of the adult, Riverside County population, and was intended to be representative of the county-level geography. Conversely, the current report includes data filtered to the city of Hemet residents (as well as Riverside County comparisons). Thus, estimates provided should not be interpreted as definitive estimates of the Hemet population, but rather, as informative indicators.

Demographics

Age

Hemet residents ranged in age from 21 to 98; the median age of residents was 53 whereas the average was 52. See the figure below for percentages of each age group as well as comparisons to Riverside County.
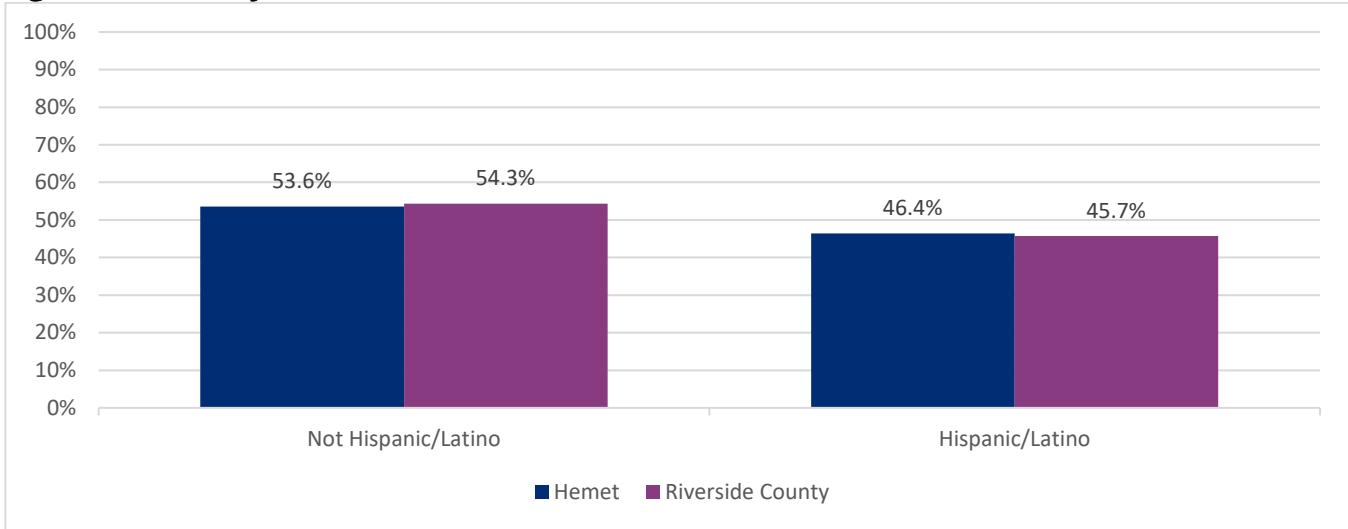
Figure 2. Age (Imputed) Categories

Note: Hemet (*n* = 87,233), Riverside County (*n* = 1,823,445).

Ethnicity

Slightly less than half (46.4%) of Hemet residents identify as Hispanic/Latino, which is approximately similar to the proportion of Riverside County residents who identify as Hispanic/Latino (45.7%).
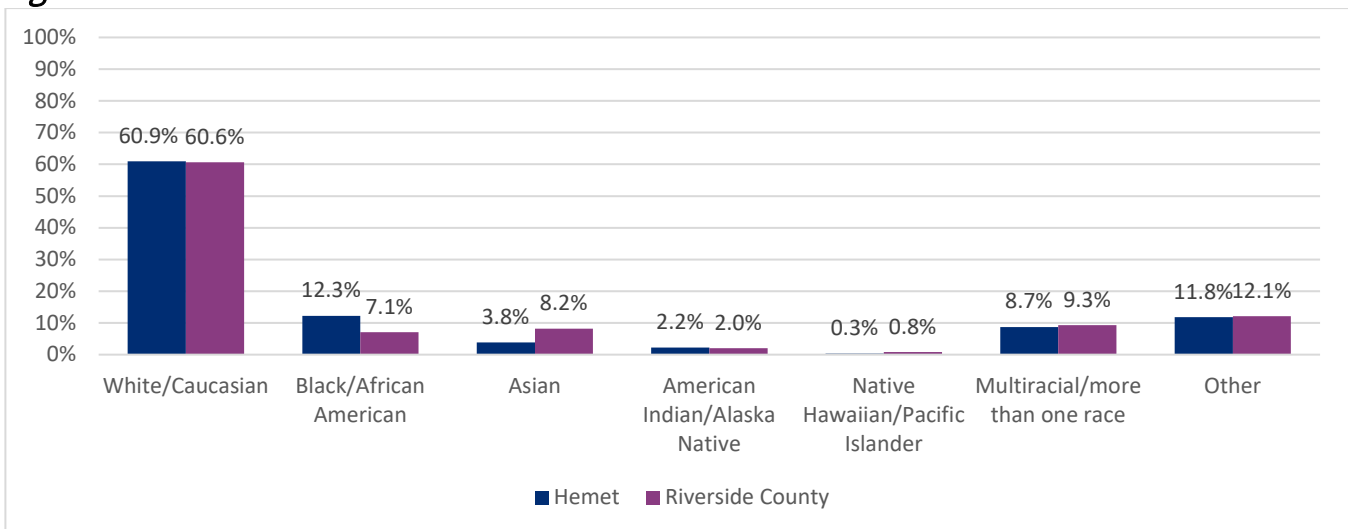
Figure 3. Ethnicity

Note: Hemet (*n* = 81,676), Riverside County (*n* = 1,765,108).

Race

When measuring race per the Census Bureau (that is, where Hispanic/Latino is an ethnicity and not a race), the majority of Hemet residents (60.9%) identified as White/Caucasian. See Figure 4 below for additional details as well as comparisons to Riverside County.
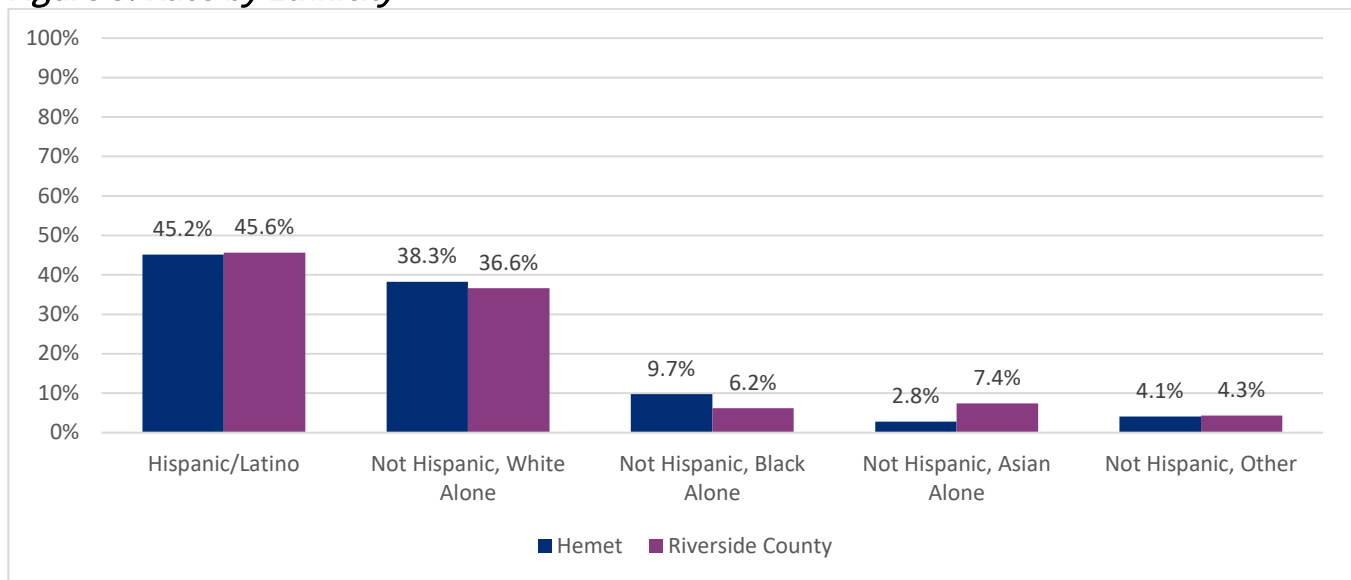
Figure 4. Race

Note: Hemet (*n* = 79,786), Riverside County (*n* = 1,698,172).

Race was also crossed with ethnicity to provide clarity on the number of people identifying as Hispanic (e.g., when asked about race, respondents may choose "other" since Hispanic is not an option).

As illustrated in Figure 5 below, when combining race with ethnicity, less than half of Hemet residents are Hispanic/Latino (45.2%). Less than half of Riverside County residents are Hispanic/Latino (45.6%) as well.

Figure 5. Race by Ethnicity

Note: Hemet (n = 87,233), Riverside County (n = 1,823,445).

Gender Identity

Two questions were utilized to measure gender identity, per best practices established in the field of survey research.[1] Firstly, residents were asked, "What sex were you assigned at birth, on your original birth certificate?" As illustrated in Table 1, post-weighting, 57.3% of Hemet residents were female, slightly more than the percentage of females in Riverside County (50.5%).
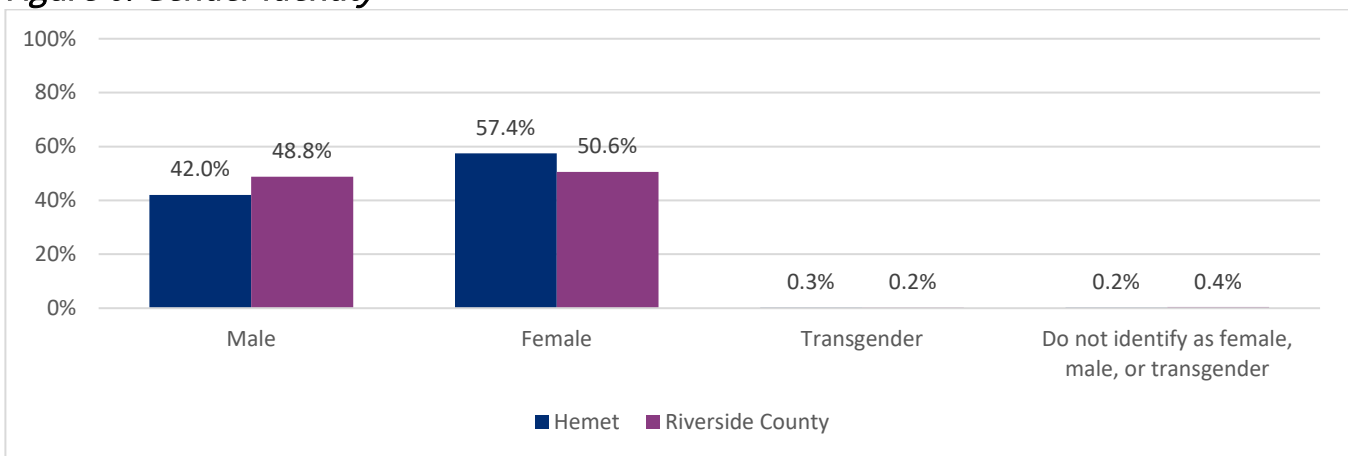
Table 1. Sex Assigned at Birth

Sex Assigned at Birth	Hemet	Riverside County
Male	42.7%	49.5%
Female	57.3%	50.5%
Total	100.0%	100.0%

Note: Hemet (n = 87,233), Riverside County (n = 1,823,445).

Next, residents were asked about their current gender identity: "How do you describe yourself?" Residents could indicate male, female, transgender, or "do not identify as female, male, or transgender." There was a slightly greater proportion of females (57.4%) in Hemet compared to Riverside County females (50.6%). Very few Hemet residents identified as transgender (0.3%) or stated, "do not identifying as female, male, or transgender" (0.2%), which are both similar to Riverside County rates (0.2%, 0.4%, respectively).

Figure 6. Gender Identity

Note: Hemet (n = 84,321), Riverside County (n = 1,791,125).

A total of 0.6% (approximately 498 residents) of Hemet residents identified with a gender that does not match their birth certificate (e.g., assigned male at birth but identify as a
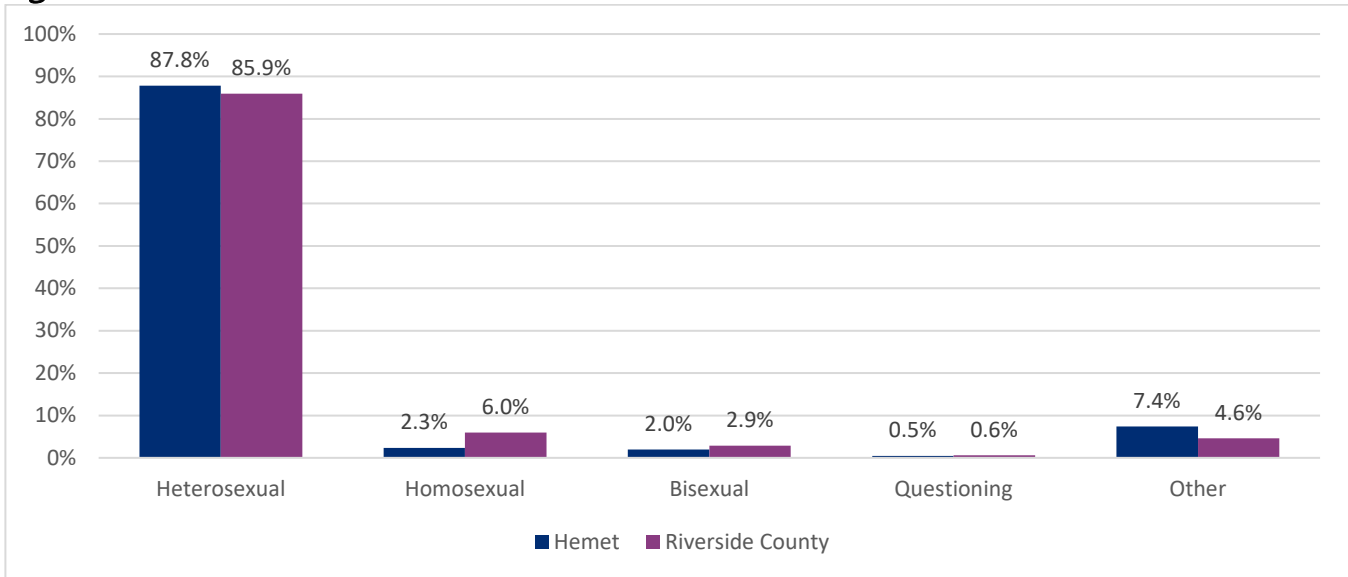
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[1] Williams Institute (2009). Best practices for asking questions about sexual orientation on surveys (SMART). Available online at https://williamsinstitute.law.ucla.edu/publications/smart-so-survey/

female now, etc.), whereas about 1.0% (approximately 18,283 residents) of Riverside County residents identified with a gender that does not match their birth certificate.

Sexual Orientation

To measure sexual orientation, residents were asked, "Do you consider yourself to be…" Results showed that the majority of Hemet residents (87.8%) identify as heterosexual, as illustrated in Figure 7 below. This rate is approximately similar to that of Riverside County.
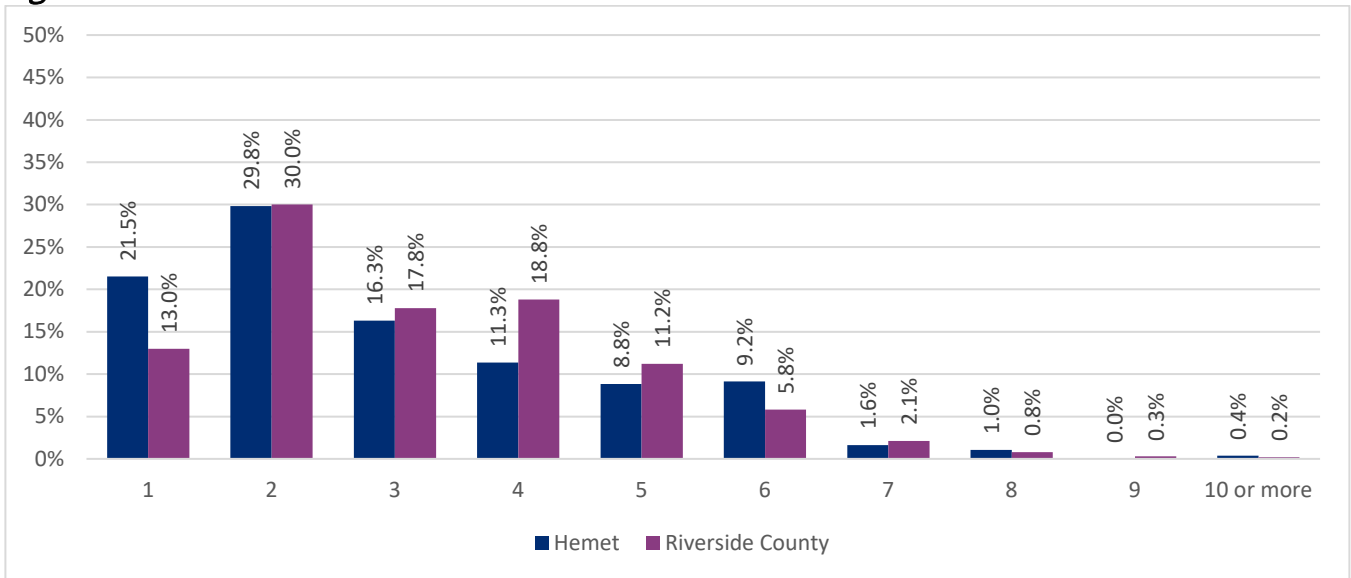
Figure 7. Sexual Orientation

Note: Hemet (*n* = 79,374), Riverside County (*n* = 1,699,634).

Household Size

The median household size for Hemet as well as Riverside County was two people. As illustrated in the figure below, Hemet residents typically reported a household size of one to two people (51.3%), as did Riverside County residents (43.0%). See Figure 8 below for additional details.
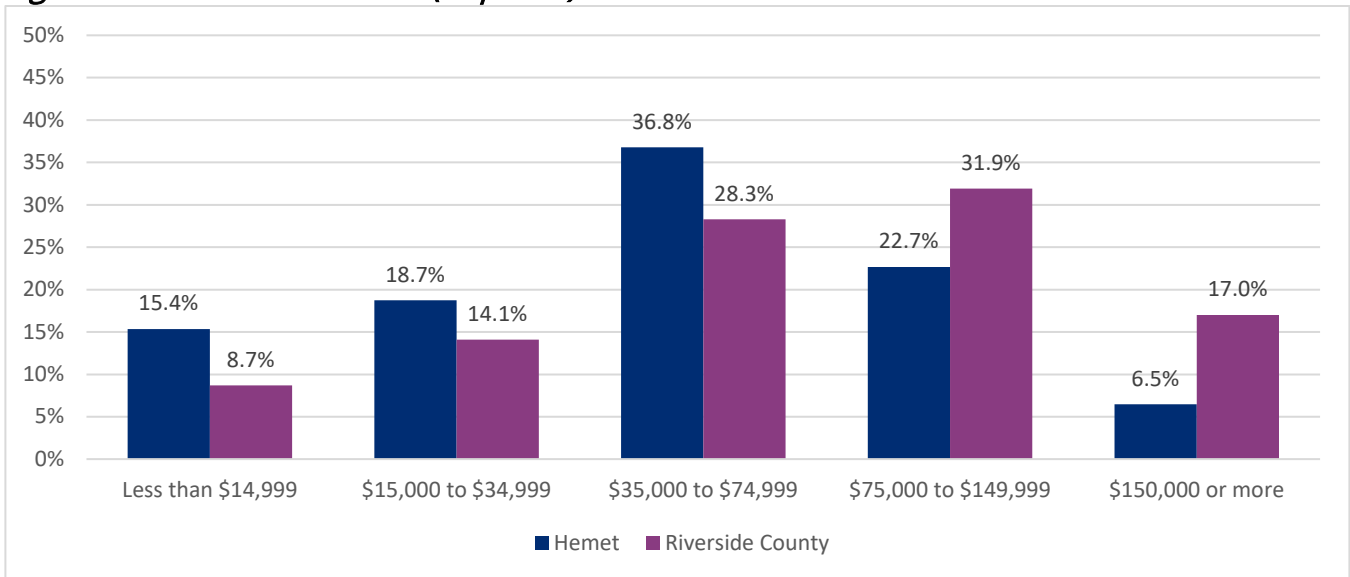
Figure 8. Household Size

Note: Hemet (*n* = 84,354), Riverside County (*n* = 1,790,315).

Income and Poverty

Residents were asked, "Last year, what was your household income from all sources before taxes?" Household income in the city of Hemet is lower than Riverside County household income. For instance, the household median income in Hemet was $43,000, while the average household income was $53,246.56. In comparison, the household median income in Riverside County as a whole was $72,000, while the average household income was $93,421. As illustrated in Figure 9 below, one in three Hemet adults (34.1%) lives in a household with an annual income of less than $35,000.
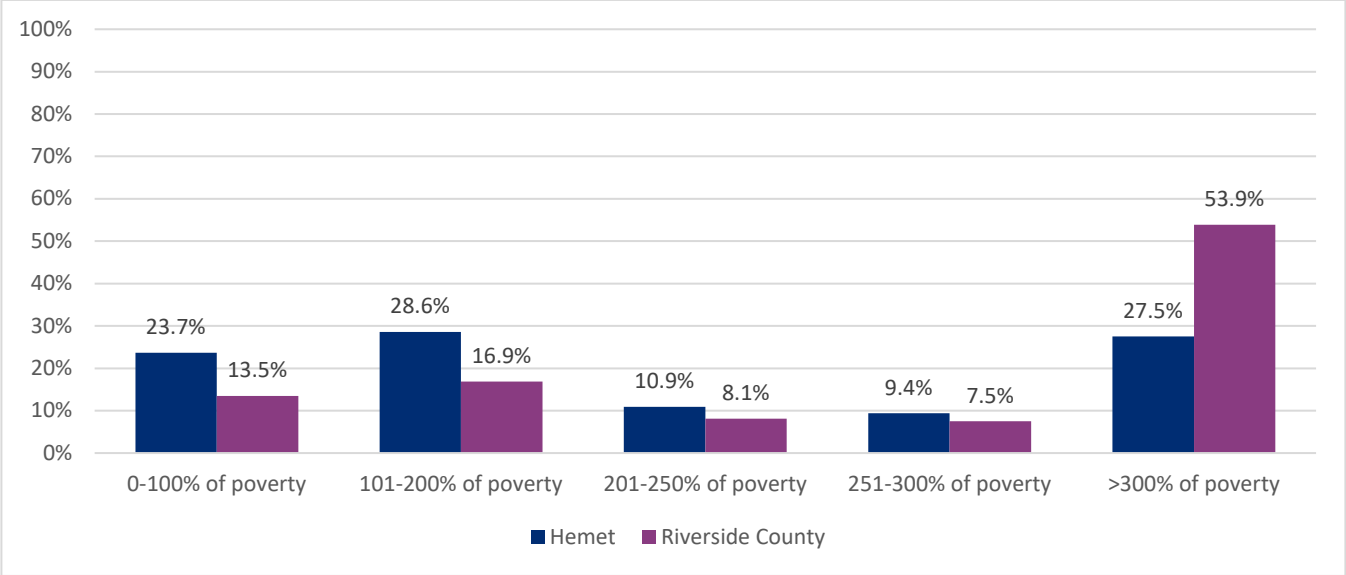
Figure 9. Household Income (Imputed)

Note: Hemet (*n* = 87,233), Riverside County (*n* = 1,823,445).

Using household income and the number of people within the household, the Federal Poverty Level (FPL) was calculated using the Department of Health and Human Service's guidelines for poverty in 2021. As illustrated in Figure 10 below, 23.7% of Hemet residents are living below the poverty line, while another 28.6% are also very poor, living below 200% of the poverty line. As illustrated in Figure 10, these are substantially higher levels of poverty than the County as a whole.
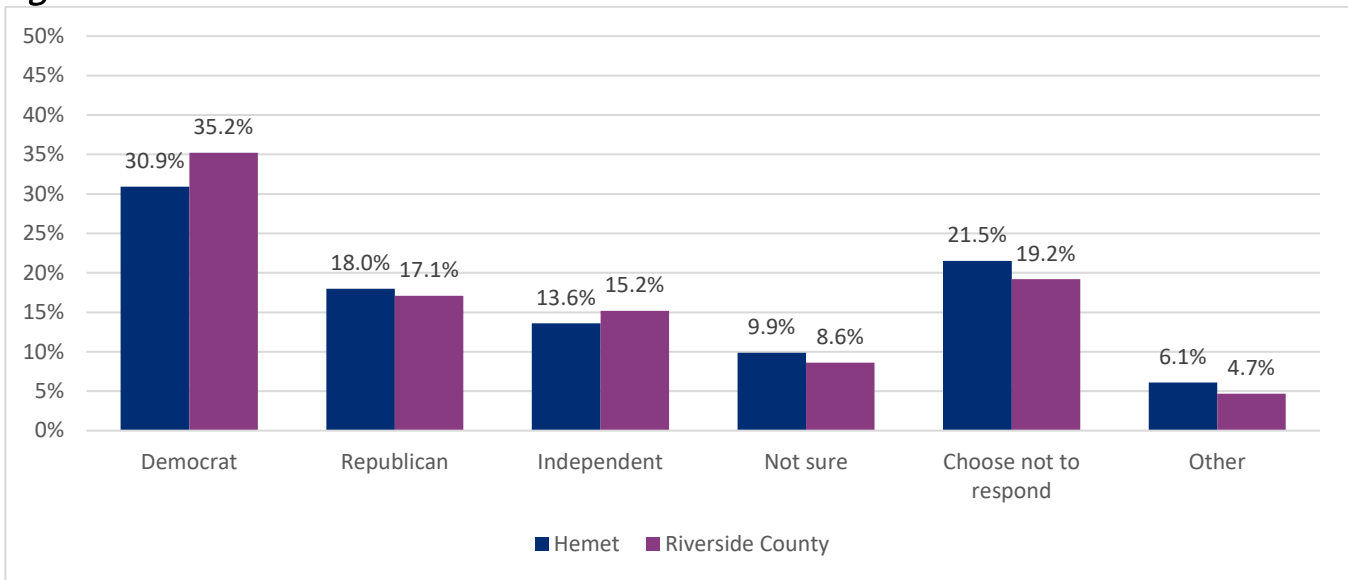
Figure 10. Federal Poverty Level

Note: Hemet (*n* = 66,634), Riverside County (*n* = 1,394,794).

Political Affiliation

As a final demographic question, residents were asked, "Generally speaking, do you think of yourself as a...?" and could then select from a range of options. Close to a third (30.9%) of Hemet residents identified as Democrat. Many residents also stated, "choose not to respond" (21.5%), Republican (17.1%), or Independent (15.2%). Rates appear to be approximately similar to that of Riverside County. See Figure 11 below for additional details and comparisons to Riverside County.
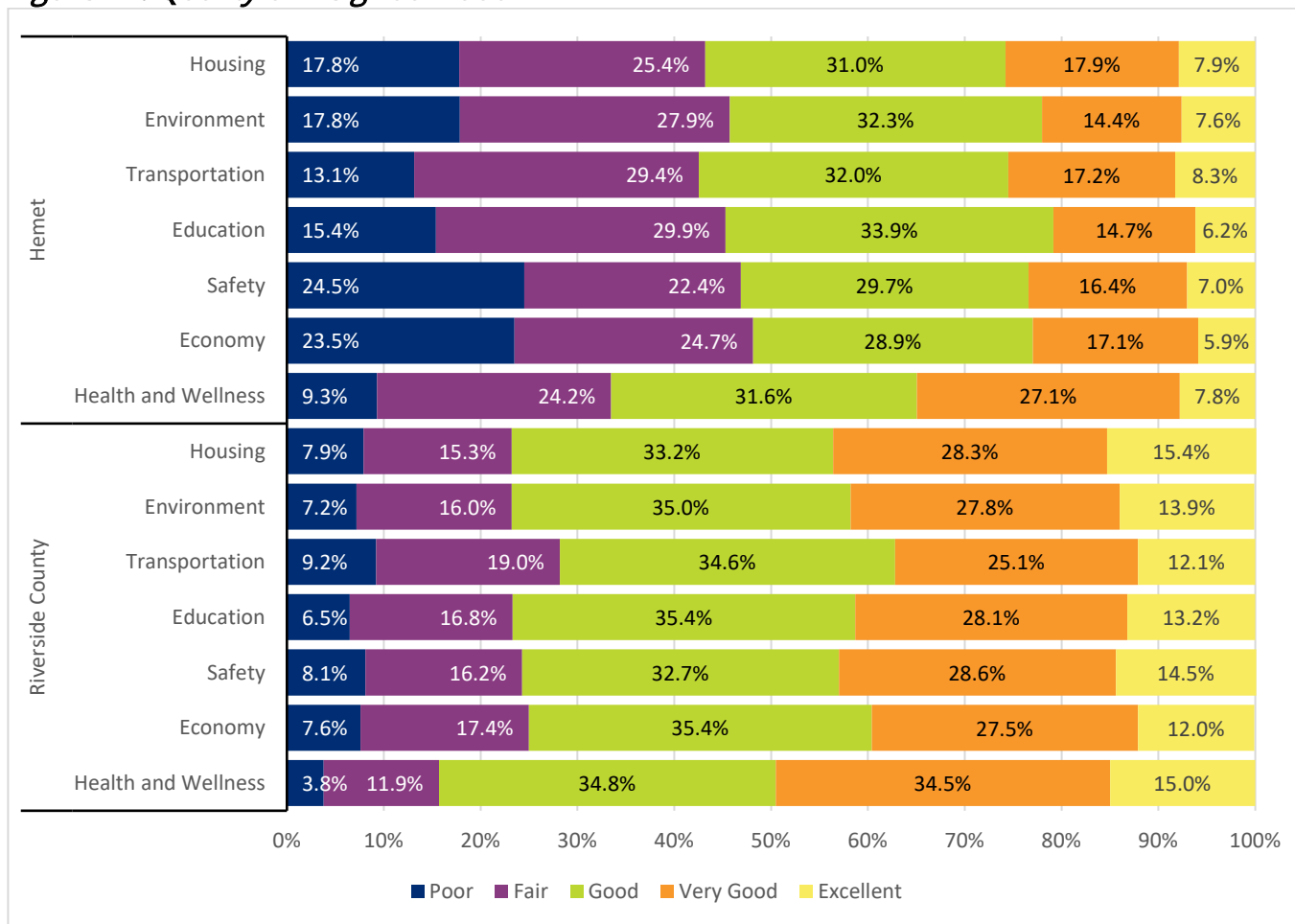
Figure 11. Political Affiliation

Note: Hemet (*n* = 83,554), Riverside County (*n* = 1,774,426).

Quality of Neighborhood

Participants were asked, "How would you describe the quality of _____ in your neighborhood?" and were asked to rate a series of statements on a 5-point scale from "excellent" to "poor."

As illustrated in the figure below, poor and fair ratings for all areas in the quality of neighborhood for Hemet are substantially higher than the rates for Riverside County as a whole. The areas with the lowest ratings included the economy (48.2% rated this fair or poor), safety (46.9%), and education (45.3%). See the figure below for additional details.
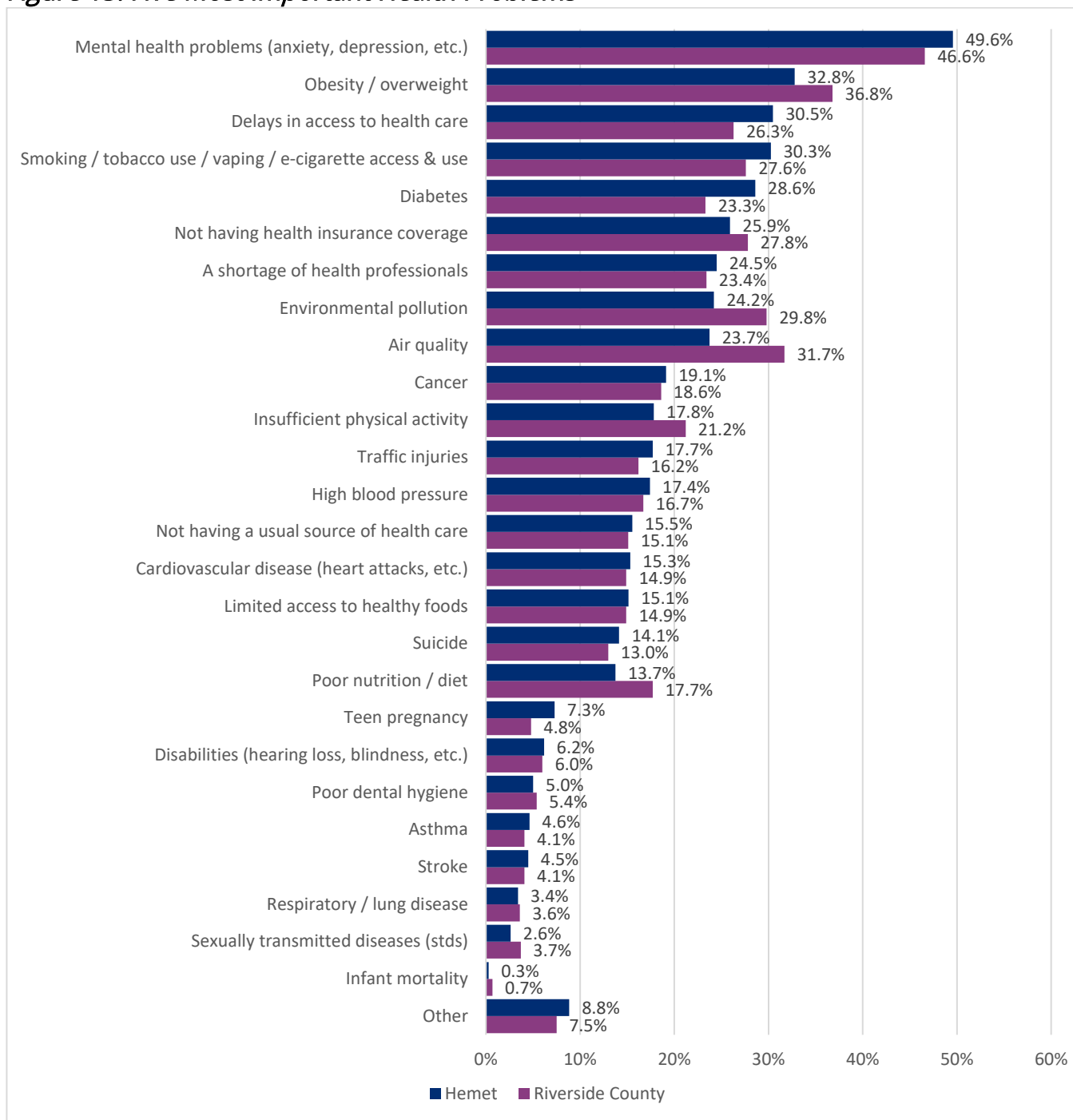
Figure 12. Quality of Neighborhood

Note: Excludes those who indicated "don't know/not sure" on items; those were treated as missing.
Health and wellness (Hemet, n = 72,073; Riverside County, n = 1,623,684), Economy (Hemet, n = 72,242; Riverside County, n = 1,671,248), Safety (Hemet, n = 77,820; Riverside County, n = 1,713,286), Education (Hemet, n = 73,335; Riverside County, n = 1,628,156), Transportation (Hemet, n = 72,076; Riverside County, n = 1,604,857), Environment (Hemet, n = 75,644; Riverside County, n = 1,691,539), Housing (Hemet, n = 76,227; Riverside County, n = 1,682,175).

Most Important Health Problems

Participants were asked, "Please select the five most important <u>health</u> problems that need to be fixed in your community". As illustrated in Figure 13, Hemet residents selected mental health problems (49.6%), obesity/overweight (32.8%), and delays in access to health care (30.5%) as the top three health problems. See Figure 13 for additional details and comparisons to Riverside County.
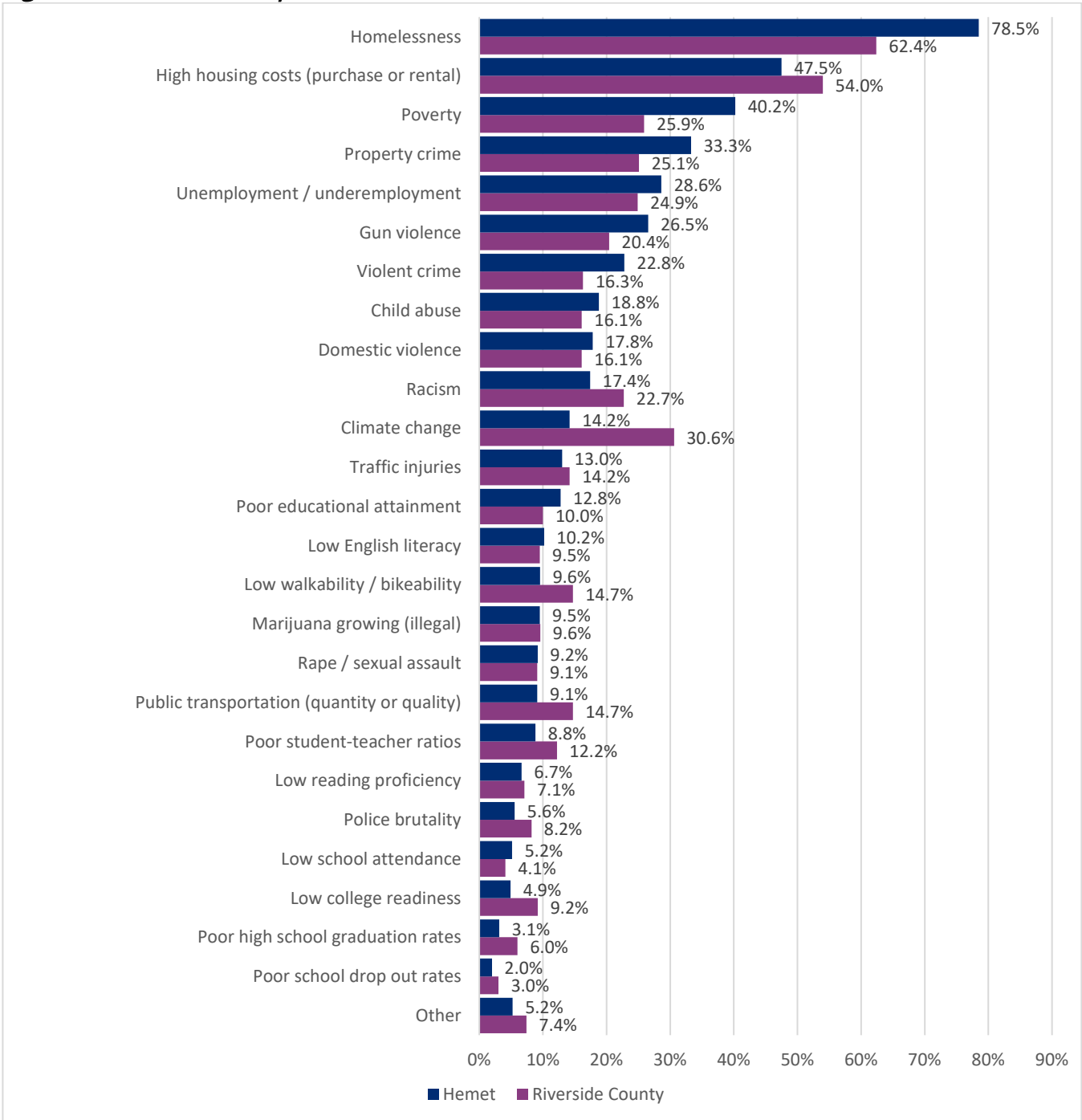
Figure 13. Five Most Important Health Problems

Note: Hemet (*n* = 75,264), Riverside County (*n* = 1,691,056)

Most Important Social Problems

Residents were asked, "Please select the five most important <u>social</u> problems that need to be fixed in your community". As illustrated in Figure 14, Hemet residents selected homelessness (78.5%), high housing costs (47.5%), and poverty (40.2%) as the top three social problems. See Figure 14 for additional details and comparisons to Riverside County.

Figure 14. Five Most Important Social Problems

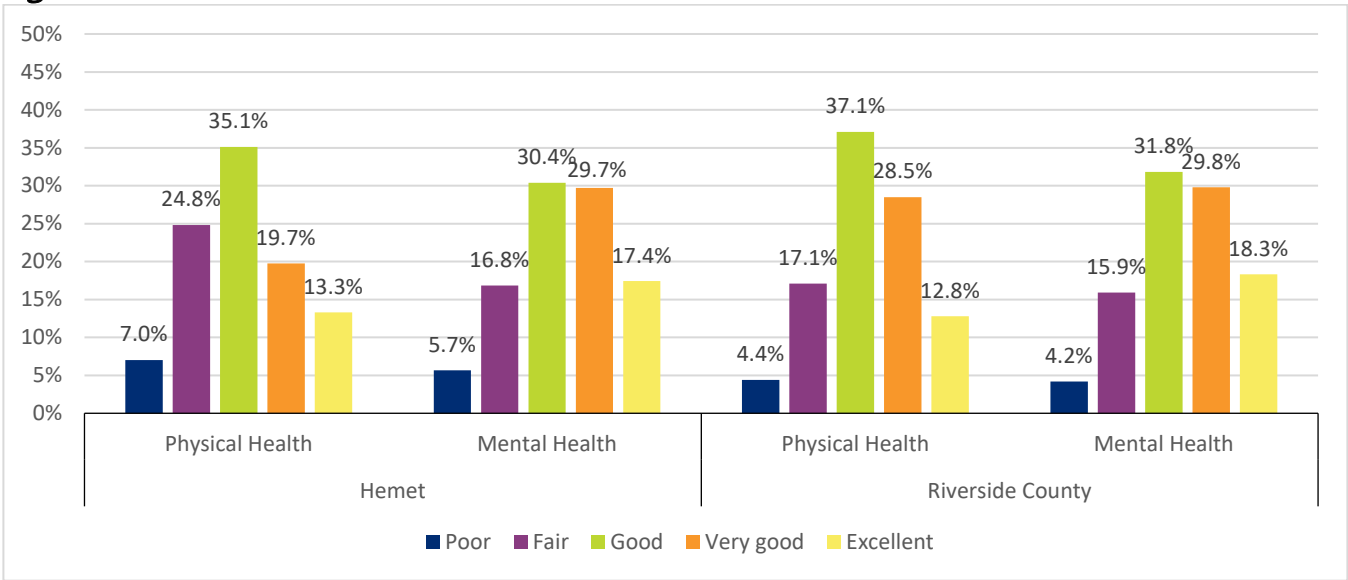

Note: Hemet (*n* = 78,282), Riverside County (*n* = 1,704,469).

Health Status

Residents were asked to rate their physical and mental health on a scale from "excellent" to "poor". As illustrated in Figure 15, most Hemet residents rated their health as "good" or better. See Figure 15 for additional details and comparisons to Riverside County; overall, Hemet appears to have greater proportions of people in "poor" and "fair" physical health than those across the County as a whole. For example, 31.8% of Hemet adults rate their physical health as fair or poor compared to 21.5% of Riverside County adults. Mental health ratings in Hemet are approximately similar to Riverside County.

Figure 15. Health Status

Note: Hemet (Physical health, n = 85,312; Mental health, n = 84,687), Riverside County (Physical health, n = 1,790,239; Mental health, n = 1,781,227).

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are potentially traumatic events occurring during childhood, including abuse (emotional, physical, or sexual), neglect (emotional or physical), and household instability (witnessing violence against a parent, substance abuse in household, mental illness in household, parental separation or divorce, or incarcerated household member).[2]

Children who are exposed to ACEs experience long-term effects that are detrimental to their quality of life as adults. For example, research has shown that ACEs are linked to risky health behaviors, chronic health conditions, low life potential, and early death.[3] As the number of ACEs a child experiences increase, so does the risk for these serious outcomes.

There are typically 10 ACEs; however, for this survey, HARC only measured four ACEs, all within the "household instability" category. Because of the methods of this survey (i.e., surveying the parents rather than the child), asking questions about child abuse or neglect is unlikely to yield accurate responses—that is, the parents may be unaware of the abuse/neglect or inclined not to disclose it.

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[2] About Adverse Childhood Experiences. (2019). Centers for Disease Control and Prevention. https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html
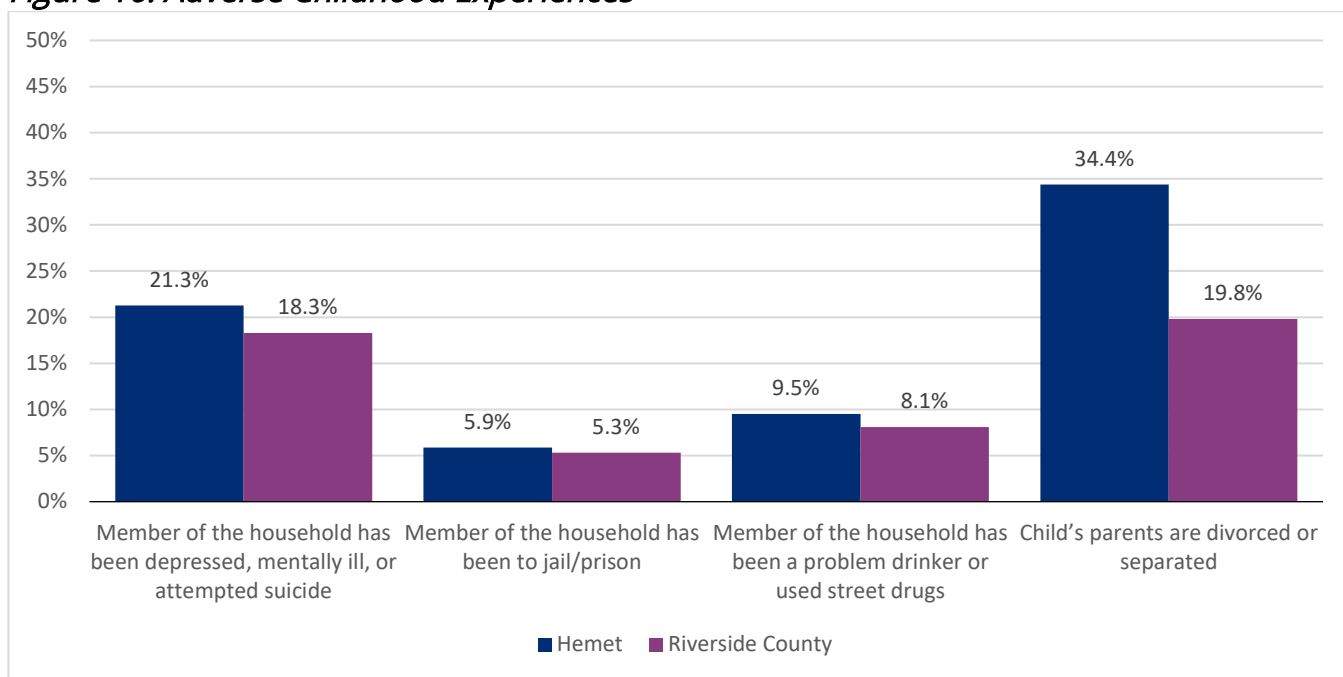[3] Ibid.

Hemet residents were asked whether they have children under the age of 18; 35.3% had children (approximately 29,492 parents of children under 18). For comparison, about 35.1% of Riverside County residents had children.

Residents with children were then asked the four ACEs questions. About half (53.7%) of Hemet children have not experienced any of these four ACEs; 46.3% of Hemet children have experienced at least one or more ACEs. Children in Hemet are more likely to have experienced ACEs than children in Riverside County as a whole (where 33.7% of children experienced one or more ACEs).

As illustrated in the figure below, the most common ACE among Hemet children includes having divorced/separated parents (34.4%), which is substantially higher than Riverside County (19.8%).

Figure 16. Adverse Childhood Experiences

Note: Children's parents are divorced or separated (Hemet, n = 26,577; Riverside County, n = 604,871), Member of household has been a problem drinker or used street drugs, (Hemet, n = 28,388; Riverside County, n = 607,923), Member of household has been to jail/prison (Hemet, n = 28,229; Riverside County, n = 608,598), Member of household has been depressed, mentally ill, or attempted suicide (Hemet, n = 27,038; Riverside County, n = 591,183). Note that only the "yes" responses are provided in the figure above.

CONCLUSION

This report provides information to inform RUHS – Public Health and others in community health improvement of Community Health Assessment results specific to the city of Hemet and Riverside County.