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 31%
- Hispanic population increased 25%
<table>
<thead>
<tr>
<th>Demographics (2015)</th>
<th>RIVERSIDE COUNTY</th>
<th>CALIFORNIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated Total Population</td>
<td>2,329,256</td>
<td>39,059,809</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>African American</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>0.5%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Asian/Native Hawaiian/Other Pacific Islander</td>
<td>6%</td>
<td>14%</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>47%</td>
<td>38%</td>
</tr>
<tr>
<td>White</td>
<td>38%</td>
<td>39%</td>
</tr>
<tr>
<td>Other</td>
<td>2%</td>
<td>6%</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Male</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Transgender/Other</td>
<td>0.6%</td>
<td>0.8%</td>
</tr>
<tr>
<td><strong>Orientation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gay, Lesbian, Bisexual</td>
<td>5% Riverside County 12% Coachella Valley</td>
<td>5%</td>
</tr>
<tr>
<td>Heterosexual</td>
<td>95%</td>
<td>95%</td>
</tr>
</tbody>
</table>
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

- Chronic Disease: 72%
- Infectious Disease: 4%
- Unintentional Injury: 4%
- All Other: 20%

Image Source: Storyboardthat.com
# Five Leading Causes of Death

<table>
<thead>
<tr>
<th>Ranking</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>Heart Disease</td>
<td>Cancer</td>
<td>Stroke</td>
<td>Diabetes</td>
<td>Alzheimer’s Disease</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>Cancer</td>
<td>Heart Disease</td>
<td>Stroke</td>
<td>Diabetes</td>
<td>Alzheimer’s Disease</td>
</tr>
<tr>
<td>American Indian</td>
<td>Heart Disease</td>
<td>Cancer</td>
<td>Unintentional Injuries</td>
<td>Lung Disease</td>
<td>Stroke</td>
</tr>
<tr>
<td>Hispanic</td>
<td>Cancer</td>
<td>Heart Disease</td>
<td>Unintentional Injuries</td>
<td>Stroke</td>
<td>Alzheimer’s Disease</td>
</tr>
<tr>
<td>White</td>
<td>Heart Disease</td>
<td>Cancer</td>
<td>Lung Disease</td>
<td>Alzheimer’s Disease</td>
<td>Stroke</td>
</tr>
<tr>
<td>Riverside County</td>
<td>Heart Disease</td>
<td>Cancer</td>
<td>Alzheimer’s Disease</td>
<td>Lung Disease</td>
<td>Stroke</td>
</tr>
</tbody>
</table>

*Source: Riverside County Death Statistical Master Files*
<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>RIVERSIDE COUNTY</th>
<th>CALIFORNIA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart Disease</strong> (2015)</td>
<td>Adults diagnosed with heart disease (2015)</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Chronic Respiratory Disease</strong></td>
<td>Adults diagnosed with asthma (2015)</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Cancer (per 100,000 pop) 2009-2013^</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast</td>
<td>115.3</td>
<td>121.4</td>
</tr>
<tr>
<td>Cervical</td>
<td>8.0</td>
<td>7.5</td>
</tr>
<tr>
<td>Colon</td>
<td>39.4</td>
<td>38.3</td>
</tr>
<tr>
<td>Lung</td>
<td>47.2</td>
<td>46.5</td>
</tr>
<tr>
<td>Prostate</td>
<td>120</td>
<td>118.7</td>
</tr>
<tr>
<td><strong>Risk factor for all four conditions</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity and Overweight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent of Adults Obese (BMI &gt;30)</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>Percent Adults Overweight (BMI 25–29)</td>
<td>36%</td>
<td>36%</td>
</tr>
</tbody>
</table>

* 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.

Image Sources: Storyboardthat.com and U.S. Centers for Disease Control and Prevention
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).
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?**

Source: CHIS
Tobacco

Teen and Adult Smoking decreased between 2007 and 2015 by 33%.

E-Cigarette Use decreased between 2014 and 2015 by 23%.

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.

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**.

1 in 4 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.
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.

In 2015 an average of 1 out of 7 school-age children were diagnosed with asthma in Riverside County.

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**.

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

<table>
<thead>
<tr>
<th>Disease</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>233.2</td>
<td>538.2</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>97.7</td>
<td>65.3</td>
</tr>
<tr>
<td>Hep-B *</td>
<td>7.1</td>
<td>10.7</td>
</tr>
<tr>
<td>Hep-C *</td>
<td>319.2</td>
<td>184.1</td>
</tr>
<tr>
<td>HIV</td>
<td>91.9</td>
<td>8.1</td>
</tr>
<tr>
<td>AIDS</td>
<td>84.5</td>
<td>15.5</td>
</tr>
<tr>
<td>Syphilis</td>
<td>16.9</td>
<td>0.8</td>
</tr>
</tbody>
</table>

*Includes both acute and chronic cases
Riverside County Ranks 47th (out of 57 California counties) for Clinical Care Factors, such as Primary Care Physicians (PCPs)

Number of Primary Care Physicians

Riverside County

43 per 100,000 population

California

80 per 100,000 population

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

## Availability of Health Care Providers, 2014

<table>
<thead>
<tr>
<th>Health Care Providers</th>
<th>RIVERSIDE COUNTY</th>
<th>CALIFORNIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population to Primary Care Ratio</td>
<td>2,469: 1</td>
<td>1,294: 1</td>
</tr>
<tr>
<td>Primary Care Physicians</td>
<td>43 PCPs per 100,000</td>
<td>80 PCPs per 100,000</td>
</tr>
<tr>
<td>Specialty Care Physicians</td>
<td>127 physicians per 100,000</td>
<td>284 physicians per 100,000</td>
</tr>
<tr>
<td>Dental Providers</td>
<td>44 dentists per 100,000</td>
<td>78 dentists per 100,000</td>
</tr>
<tr>
<td>Nurse Practitioners</td>
<td>17 NPs per 100,000 residents</td>
<td>31 NPs per 100,000 residents</td>
</tr>
</tbody>
</table>
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

Michael Roizen. Real Age: Are You as Young as You Can Be? 1999
Poverty in Riverside County

**Poverty and Health**

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

Poor health traps communities in poverty.

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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

- Riverside County: 21%
- California: 34%
- African American: 22%
- American Indian...: 11%
- Asian/Native Hawaiian...: 57%
- Hispanic: 9%
- White: 28%

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%**

After full ACA implementation, Riverside County **children** without health insurance decreased by over **59%**
Almost 1/2 of Riverside County neighborhoods are located within foods deserts.

1 in 5 Riverside County residents are low income and have minimum access to nutritious, affordable, high quality foods.
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.

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.
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