

HEALTHY PEOPLE 2020: HOW DOES SAN DIEGO COUNTY MEASURE UP?

JULY 2018



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HEALTHY PEOPLE 2020: HOW DOES SAN DIEGO COUNTY MEASURE UP?

County of San Diego
Health and Human Services Agency

Public Health Services
Community Health Statistics Unit

July 2018

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Suggested Citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2018). *Healthy People 2020: How Does San Diego County Measure Up?*. Retrieved MM/DD/YY from www.SDHealthStatistics.com.

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COUNTY OF SAN DIEGO

Dear San Diego County Residents and Community Partners,

I am pleased to present this report, *Healthy People 2020: How Does San Diego County Measure Up?* The goal of this report is to show progress by San Diego County on health measures designated as key priorities by the national *Healthy People 2020*. This initiative provides science-based, ten-year national objectives for improving the health of all Americans.

Healthy People 2020 aligns with the County of San Diego's *Live Well San Diego* vision of communities that are healthy, safe and thriving by establishing benchmarks to help us determine if our region is on track with the rest of the nation to improve the health of residents. The good news is that, as a whole, San Diego County is already meeting or exceeding several of these ten-year objectives!

This report covers several health issues that are relevant to our region, from chronic disease to mental health to tobacco use. It also covers other pertinent health issues, such as access to care, prevention activities, and topics across the lifespan including adult, adolescent, and child health. In addition, this report identifies areas of opportunities for improvement in order for the targets of the objectives to be achieved by the year 2020.

Using the information gathered in this report, we can work together to help San Diego County residents build better health, live safely, and thrive, ultimately achieving a collective impact for important health outcomes.

Sincerely,

A handwritten signature in black ink, appearing to read "Kristin Gaspar".

SUPERVISOR KRISTIN GASPAR, Chairwoman
San Diego County Board of Supervisors



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

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DEAN ARABATZIS
CHIEF OPERATIONS OFFICER

Dear San Diegans,

The County of San Diego (County) Health and Human Services Agency is proud to release *Healthy People 2020: How Does San Diego County Measure Up?*

This report provides an update on the progress San Diego County has made in achieving the goals of *Healthy People 2020*, a science-based, ten-year agenda for improving the health of all Americans. *Healthy People 2020* aims to establish benchmarks and monitor progress over time in order to encourage collaborations across communities and sectors, empower individuals toward making informed health decisions and measure the impact of prevention activities.

Within this report, you will find data which shows how San Diego County 'measures up' to the targets of the 26 Leading Health Indicators designated by *Healthy People 2020*. I am happy to say, locally, we have met the target goals for many of these indicators. However, we still have work to do.

As the County moves towards the vision of *Live Well San Diego*, it is critical that we continue to collaborate for a collective impact in order to ensure all San Diegans are healthy, safe and thriving. For more information about *Live Well San Diego* and how you can contribute, please visit www.LiveWellSD.org.

Live Well

NICK MACCHIONE
Agency Director

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FOREWORD

Healthy People 2020 is a federal initiative aiming to improve the health of all Americans. The tool consists of 1,270 science-based, 10-year national objectives, of which several are grouped as 26 Leading Health Indicators. These objectives were created to identify health improvement priorities nationwide, as well as provide measurable benchmarks for the nation's overall health. The targets for Healthy People objectives are released decennially by the U.S. Department of Health and Human Services (DHHS) and are meant to build on information collected over the past thirty years through previous Healthy People initiatives.

The Leading Health Indicators were identified according to key priorities laid out by the DHHS. The objectives associated with the indicators present a snapshot of the nation's overall health and the indicators are designed to line up with existing federal prevention initiatives. The State of California also publishes progress on these indicators. In this report, we provide overall San Diego County progress, as well as at the County of San Diego Health and Human Services Agency regional levels. A unique feature of this report is that measures at the local level are presented in comparison to those at the California and national levels, along with the Healthy People 2020 targets.

This Healthy People 2020 report is intended to help increase public understanding of social and environmental determinants of health and disease, as well as promote healthy behavior, increase overall quality of life, and sustain healthy development across all life stages. As public awareness surrounding our nation's health issues increases, so does community focus on improving those areas.

As the nation and state of California move forward to achieve the targets specified for each priority indicator, San Diego County has risen to meet the challenge of addressing high-priority health issues. Currently, San Diego County has made positive progress on the majority of indicators, with 52% meeting and exceeding the Healthy People 2020 targets. With all of us working together, we can maintain this momentum and continue to improve the lives of all San Diegans.

Sincerely,



WILMA J. WOOTEN, M.D., M.P.H.

Public Health Officer
Director, Public Health Services

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EXECUTIVE SUMMARY

Healthy People 2020 is the continuation of a three-decade federal initiative aiming to improve the health of all Americans.¹ This initiative establishes nation-wide benchmarks for over 1,200 objectives covering 42 topic areas. The objectives are primarily focused on reducing or eliminating illness, disability, and premature death among individuals and communities.² The goal of this report is to provide a snapshot of San Diego County's progress towards the *Healthy People 2020* targets, according to the most recent data available.

Of the 42 topic areas, a subset of 26 overall objectives and indicators organized under 12 topics make up the Leading Health Indicators, which represent high priority health issues. This group of Leading Health Indicators describe the Nation's overall health and were designed to line up with existing federal prevention initiatives.² Each objective contains a reliable data source, a baseline measure indicator and a target for specific improvements to be achieved by the year 2020.³ The *Healthy People 2020* target, along with the current statistics for the United States and the state of California, are presented alongside the San Diego County data for comparison.

The tables on the following pages provide a summary snapshot of current progress in the United States, the state of California and in San Diego County. Tables describe the indicators, the 2020 targets, progress made as of the most recent data year towards specified targets by the United States as a whole, the state of California, and San Diego County. In some areas, the exact measure used for the national figure was not available at the state or local level, and is noted as such.

San Diego County met or exceeded 12 out of the 23 Leading Health Indicator targets for which there were county-level data (see tables 1-12). California met 12 out of 23 for which there were state-level data and the United States met 8 out of 26 total *Healthy People 2020* targets.

For several indicators, local data that directly measured the target were not available. Data available at the local level were used to approximate our progress on the affected indicators. For these indicators, it is important to remember that while the target may appear to have been met or exceeded, the local data may not be exactly the same measure. Indicators where the local data were different have been noted as such. The four indicators where the local data used was a proxy for the national indicator include the proportion of adults whose hypertension is under control; the proportion of adults meeting physical activity and muscle strengthening guidelines; the reduction of childhood and adolescent obesity; and the proportion of all adults, adolescents, and children receiving dental care within the past year.

For the remaining 10 indicators for which there is county-level data, improvement is needed in order for the region to meet or exceed the *Healthy People 2020* indicator targets. This was particularly evident in the area of mental health. These areas may need interventional or policy changes in order for the necessary improvements to be seen within the next four years. Overall, San Diego County is well on its way to meeting the *Healthy People 2020* targets and ensuring all San Diegans are healthy, safe and thriving.

EXECUTIVE SUMMARY

TABLE 1: ACCESS TO HEALTH SERVICES

AHS-1.1	Increase the proportion of persons with medical insurance. 2020 Target: 100.0% ⁴ United States Baseline (2008): 83.2% ⁴		
	United States (2014): 86.7% ⁴	California (2015): 83.4% ¹⁵	San Diego County (2015): 84.1% ¹⁵
	Definition: Persons <65 years of age with any insurance coverage.		
AHS-3	Increase the proportion of persons with usual primary care provider. 2020 Target: 83.9% ⁴ United States Baseline (2007): 76.3% ⁴		
	United States (2012): 76.5% ⁴	California (2014): 60.7% ⁵	San Diego County (2014): 61.1% ⁵
	Definition: Persons who report they have a usual primary care provider. Limitations: Definition of "Primary Care Provider" may vary between variables.		

TABLE 2: CLINICAL PREVENTIVE SERVICES

C-16	Increase the proportion of adults who received a colorectal cancer screening based on most recent guidelines. 2020 Target: 70.5% ⁴ United States Baseline (2008): 52.1% ⁴		
	United States (2013): 58.2% ⁴	California (2009): 76.6% ⁵	San Diego County (2009): 77.1% ⁵
	Definition: Persons aged 50 to 75 years who have had a blood stool test in the past year, sigmoidoscopy in the past five years and blood stool test in the past three years, or a colonoscopy in the past 10 years. Limitations: United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages. United States figure obtained from asking about timing of preventive measures; California and San Diego County data obtained by asking person if had ever had screening test with no time specification.		
HDS-12	Increase the proportion of adults with hypertension whose blood pressure is under control. 2020 Target: 61.2% ⁴ United States Baseline (2005-2008): 43.7% ⁴		
	United States (2011-2014): 50.3% ⁴	California (2009): 68.5% ⁵	San Diego County (2009): 71.5% ⁵
	Definition: Persons aged 18+, excluding pregnant women, with hypertension whose mean systolic blood pressure is less than 90 mmHg. Limitations: United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages. United States data obtained using clinical measure describing actual reduction in blood pressure; California and San Diego County data obtained from self-reported pharmaceutical use to lower blood pressure with no confirmation of actual reduction in blood pressure.		

EXECUTIVE SUMMARY

TABLE 2: CLINICAL PREVENTIVE SERVICES—CONTINUED

D-5.1	Reduce the proportion of the adult diabetic population with A1c value greater than 9%. 2020 Target: 16.2% ⁴ United States Baseline (2005-2008): 18.0% ⁴		
	United States (2011-2014): 20.5% ⁴	California (2014): 8.9% ⁵	San Diego County (2014): 6.8% ⁵
	Definition: Persons aged 18 and over with doctor diagnosed diabetes and with HbA1c values >9%. Limitations: United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages. HbA1c test can be used to diagnose diabetes and was used to obtain the United States figure as a confirmation of diagnosis; this test was not necessarily used to diagnose diabetes for California and San Diego County.		
IID-8	Increase the percentage of children aged 19-35 months who receive the recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella and pneumococcal vaccine (PCV). 2020 Target: 80.0% ⁴ United States Baseline (2012): 68.4% ⁴		
	United States (2014): 71.6% ⁴	California (2014): 77.9% ⁴	San Diego County (2013): 82.0% ⁶
	Definition: Children aged 19 to 35 months receiving at least four doses of diphtheria-tetanus-acellular pertussis (DTaP), at least three doses of polio, at least one dose of measles-containing vaccine, at least three or four doses of Haemophilus influenza B (Hib) depending on the brand used, at least three doses of hepatitis B antigens, at least one dose of varicella and at least four doses of PCV.		

TABLE 3: ENVIRONMENTAL QUALITY

EH-1	Reduce the number of days the air quality index (AQI) exceeds 100, weighted by population and AQI. 2020 Target: 1,980,000,000 ⁴ United States Baseline (2006-2008): 2,200,000,000 ⁴		
	United States (2012-2014): 982,186,972 ⁴	California: Not Available	San Diego County: Not Available
	Definition: Weighted days with AQI greater than 100. Note: California and San Diego County data not available due to indicator calculation.		
TU-11.1	Reduce the proportion of children aged 3-11 years exposed to secondhand smoke. 2020 Target: 47.0% ⁴ United States Baseline (2005-2008): 52.2% ⁴		
	United States (2014): 41.3% ⁴	California: Not Available	San Diego County: Not Available
	Definition: Children aged 3 to 11 years who had a serum cotinine level greater than or equal to 0.05 ng/mL and less than or equal to 10 ng/mL. Note: California and San Diego County data not available due to indicator calculation.		

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TABLE 4: INJURY AND VIOLENCE

IVP-1.1	Reduce fatal injuries. 2020 Target: 53.7 per 100,000 residents ^{†,4} United States Baseline (2007): 59.7 per 100,000 ^{†,4}		
	United States (2014): 60.1 per 100,000 ^{†,4}	California (2014): 45.2 per 100,000 ^{†,4}	San Diego County (2013): 30.6 per 100,000 ^{†,7}
	† Age-adjusted rates per 100,000 residents. Definition: Deaths from an underlying cause of injury (ICD-10 codes *U01-*U03, V01-Y36, Y85-Y87, Y89).		
IVP-29	Reduce homicides. 2020 Target: 5.5 per 100,000 ^{†,4} United States Baseline (2007):6.1 per 100,000 ^{†,4}		
	United States (2014): 5.1 per 100,000 ^{†,4}	California (2014): 4.6 per 100,000 ^{†,4}	San Diego County (2013): 2.7 per 100,000 ^{†,7}
	† Age-adjusted rates per 100,000 residents. Definition: Deaths due to homicides (ICD-10 codes *U-01-*U02, X85-Y09, Y87.1).		

TABLE 5: MATERNAL, INFANT AND CHILD HEALTH

MICH-1.3	Reduce the rate of all infant deaths. 2020 Target: 6.0 per 1,000 live births ⁴ United States Baseline (2006):6.7 per 1,000 live births ⁴		
	United States (2011): 6.0 per 1,000 live births ⁴	California (2013): 4.8 per 1,000 live births ⁸	San Diego County (2013): 4.6 per 1,000 live births ⁹
	Definition: Deaths of infants under 1 year of age.		
MICH-9.1	Reduce total preterm births. 2020 Target: 11.4 per 1,000 live births ⁴ United States Baseline (2007):10.4 per 1,000 live births ⁴		
	United States (2013): 11.4 per 1,000 live births ⁴	California (2013): 8.8 per 1,000 live births ¹¹	San Diego County (2013): 8.3 per 1,000 live births ⁹
	Definition: Infants born before 37 completed weeks gestation.		

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TABLE 6: MENTAL HEALTH

MHMD-1	Reduce the suicide rate. 2020 Target: 10.2 per 100,000 residents. ^{†,4} United States Baseline (2007): 11.3 per 100,000 ^{†,4}		
	United States (2014): 13.0 per 100,000 ^{†,4}	California (2014): 10.5 per 100,000 ^{†,4}	San Diego County (2013): 13.1 per 100,000 ^{†,7}
	† Age-adjusted rates per 100,000 residents. Definition: Deaths due to suicide (ICD-10 codes *U03, X60-X84, Y87.0).		
MHMD-4.1	Reduce the proportion of adolescents aged 12-17 years with Major Depressive Episodes (MDEs). 2020 Target: 7.5% ⁴ United States Baseline (2008): 8.3% ⁴		
	United States (2013): 10.7% ⁴	California (2013): 9.3% ⁴	San Diego County (2013): 29.1% ¹¹
	Definition: Persons aged 12 to 17 years with MDEs. Limitations: San Diego County measure is a proxy for the HP2020 target measure. Definitions of major depressive episodes vary between variables.		

TABLE 7: NUTRITION, PHYSICAL ACTIVITY AND OBESITY

PA-2.4	Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle strengthening activity. 2020 Target: 20.1% ⁴ United States Baseline (2008): 18.2% ⁴		
	United States (2014): 21.3% ⁴	California (2011-2013): 24.1% ¹²	San Diego County (2011-2013): 26.0% ¹²
	Definition: Persons aged 18 and over who report light or moderate physical activity for at least 150 minutes per week of who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week.		
NWS-9	Reduce the proportion of adults who are obese. 2020 Target: 30.5% ⁴ United States Baseline (2005-2008): 33.9% ⁴		
	United States (2013-2014): 37.7% ⁴	California (2014): 27.5% ⁵	San Diego County (2014): 25.2% ⁵
	United States figure is an age-adjusted percentage; California and San Diego County figures are crude percentages. Definition: Persons aged 20 and over with a Body Mass Index (BMI) equal to or greater than 30.0.		

EXECUTIVE SUMMARY

TABLE 7: NUTRITION, PHYSICAL ACTIVITY AND OBESITY— CONTINUED

NWS-10.4	Reduce the proportion of children and adolescents aged 2-19 who are considered obese. 2020 Target: 14.5% ⁴ United States Baseline (2005-2008): 16.1% ⁴		
	United States (2013-2014): 17.2% ⁴	California (2014): 14.6% ⁵	San Diego County (2015): 11.5% ¹¹
	<p>Definition: Persons aged 2-19 years with a Body Mass Index (BMI) at or above the sex-and-age specific 95th percentile from the Centers for Disease Control and Prevention (CDC) growth charts.</p> <p>Limitations: Target and United States figures include children and adolescents aged 2-19. The California figure includes adolescents aged 12-17 and San Diego County includes adolescents in 9th-12th grades.</p>		
NWS-15.1	Increase the contribution of total vegetables to the diets of the population aged 2 years and older. 2020 Target: 1.16 age-adjusted cup equivalents ⁴ United States Baseline (2005-2008):0.76 ⁴		
	United States (2009-2012): 0.77 age-adjusted cup equivalents ⁴	California: Not available	San Diego County: Not available
	<p>Definition: Daily intake of cup equivalents of total vegetables from a first-day-24-hour recall among persons aged 2 years and over.</p> <p>Note: California and San Diego County data not available due to indicator calculation.</p>		

TABLE 8: ORAL HEALTH

OH-7	Increase the proportion of children, adolescents and adults who use the oral health care system. 2020 Target: 49.0% ⁴ United States Baseline (2007): 44.5% ⁴		
	United States (2012): 42.1% ⁴	California (2014): Children 2-11: 90.1% ⁵ Adolescents 12-17: 89.0% ⁵ Adults 18+: 69.5% ⁵	San Diego County (2014): Children 2-11: 88.1% ⁵ Adolescents 12-17: 86.4% ⁵ Adults 18+: 74.3% ⁵
	<p>Definition: Persons age 2 and over who report having had a dental visit in the past 12 months.</p> <p>Limitations: HP 2020 indicator variables includes all persons aged 2 years and over. The California and San Diego county data source separates this variable into age groups. Dental visits for persons in each age group are reported separately for California and San Diego.</p> <p>San Diego county adolescents age 12-17 figure for visits less than one year ago is statistically unstable; figure for dental visit less than 6 months ago is reported.</p>		

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TABLE 9: REPRODUCTIVE AND SEXUAL HEALTH

FP-7.1	<p>Increase the proportion of sexually experienced females aged 15-44 years who received reproductive health services in the past 12 months.</p> <p>2020 Target: 86.5%⁴</p> <p>United States Baseline (2006-2010): 78.6%⁴</p>		
	<p>United States (2011-2013): 77.3%⁴</p>	<p>California (2014): 28.7%⁵</p>	<p>San Diego County (2014): 28.1%⁵</p>
	<p>Definition: Sexually experienced females aged 15-44 who reported receiving at least one family planning/reproductive health service in the last 12 months.</p> <p>Limitations: United states variable measured in sexually experienced females aged 15-44; California and San Diego County figure measured for all women aged 18-44 receiving birth control information from doctor (classified as reproductive health service).</p>		
HIV-13	<p>Increase the proportion of persons living with HIV who know their serostatus.</p> <p>2020 Target: 90.0%⁴</p> <p>United States Baseline (2009): 80.9%⁴</p>		
	<p>United States (2012): 87.2%⁴</p>	<p>California (2012): 88.7%⁴</p>	<p>San Diego County (2012): 84.0%¹³</p>
	<p>Definition: HIV-infected persons aged 13 and over who are aware of their HIV infection.</p> <p>Limitations: The figure for San Diego County does not include HIV cases diagnosed elsewhere that have moved to San Diego. This figure may also include cases diagnosed in San Diego that have moved elsewhere. This figure is based on the national proportion estimated by the CDC and may not accurately reflect the local situation.</p>		

TABLE 10: SOCIAL DETERMINANTS OF HEALTH

AH-5.1	<p>Increase the proportion of students who graduate with a regular diploma 4 years after starting 9th grade.</p> <p>2020 Target: 87.0%⁴</p> <p>United States Baseline (2010-2011): 79.0%⁴</p>		
	<p>United States (2012-2013): 81.0%⁴</p>	<p>California (2009): 68.0%¹⁴</p>	<p>San Diego County (2009): 78.0%¹⁴</p>
	<p>Definition: Students who received high school diploma 4 years after starting 9th grade in public schools.</p> <p>Limitations: San Diego County figure includes Imperial County high school data as well. Year of data collection not available.</p>		

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TABLE 11: SUBSTANCE ABUSE

SA-13.1	Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days. 2020 Target: 16.6% ⁴ United States Baseline (2008): 18.4% ⁴		
	United States (2014): 16.0% ⁴	California (2011-2014): 17.5% ⁴	San Diego County (2015): 24.8% ¹¹
	Definition: Persons aged 12 to 17 years who reported using any illicit drugs during the past 30 days. Limitations: HP 2020 variable measures both alcohol and illicit drug use. The variables used for California and San Diego County only measure alcohol consumption in the past month.		
SA-14.3	Reduce the proportion of persons engaging in binge drinking during the past 30 days (Adults aged 18 years and over). 2020 Target: 24.4% ⁴ United States Baseline (2008): 27.1% ⁴		
	United States (2012): 27.0% ⁴	California (2012): 25.2% ⁴	San Diego County (2014): 33.7% ⁵
	Definition: Persons aged 18 and over who report having five or more drinks (for men), or four or more drinks (for women) at the same time or within a couple of hours of each other during the 30 days prior to the survey. Limitations: Target and United States figures were obtained by asking about binge drinking behaviors in the past month. California and San Diego County data were obtained by asking about binge drinking behaviors in the past year.		

TABLE 12: TOBACCO USE

TU-1.1	Reduce cigarette smoking by adults. 2020 Target: 12.0% ⁴ United States Baseline (2008): 20.6% ⁴		
	United States (2014): 17.0% ⁴	California (2011-2014): 34.2% ⁵	San Diego County (2015): 29.5% ⁵
	United States is an age-adjusted percentage; California and San Diego County figures are crude percentages. Definition: Persons aged 18 and over who have smoked at least 100 cigarettes in their lifetime and who now report smoking cigarettes every day or some days.		
TU-2.2	Reduce use of cigarettes by adolescents. 2020 Target: 16.0% ⁴ United States Baseline (2009): 19.5% ⁴		
	United States (2012): 15.7% ⁴	California (2012): 7.7% ¹¹	San Diego County (2012): 7.1% ¹¹
	Definition: Students in grades 9-12 who report having smoked cigarettes on 1 or more of the last 30 days preceding the survey. Limitations: United States and San Diego County figures obtained for students in grades 9-12. California figure obtained for all adolescents aged 12-17.		

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INTRODUCTION

Healthy People 2020 is the continuation of a three-decade long federal initiative aiming to improve the health of all Americans.¹ *Healthy People* began, in 1979, as the Surgeon General's Report and transformed into *Healthy People 1990*, *2000*, *2010* and now *2020*. *Healthy People 2020* was developed over a span of several years. A diverse group of individuals and organizations were included in the development of this initiative.² Objectives for *Healthy People 2020* were developed by experts from several fields and federal agencies.³ Lead federal agencies involved in this process included the Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA), National Institutes of Health (NIH), and the Agency for Healthcare Research and Quality (AHRQ), among several others.⁴

The objectives are primarily focused on reducing or eliminating illness, disability and premature death among individuals and communities. Several objectives are also aimed at eliminating health disparities, addressing the social determinants of health, improving access to quality health care, strengthening public health services, and improving the availability and dissemination of health-related information.³ The current initiative includes over 1,200 indicators in 42 topic areas. A subset of 26 indicators covering 12 topic areas make up the Leading Health Indicators, which have been selected to describe high priority health issues and what can be done to address these issues.⁵

This report is set up to provide a snapshot of San Diego County's progress towards the targets laid out for each of the 26 Leading Health Indicators. The 2020 target, along with the current statistics for the United States and the state of California, are presented alongside the San Diego County data for comparison. Where available, current data for each of the six County of San Diego Health and Human Services Agency service regions are presented.

Live Well San Diego is the County's vision for a region that is building better health, living safely and thriving. It aligns the efforts of individuals, organizations and government to help all 3.3 million San Diego County residents live well. This report provides an opportunity for partners across sectors to get a snapshot of the health in the region and identify areas where collaborative efforts can make a collective impact to help ensure all residents are healthy, safe and thriving.

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1. Office of Disease Prevention and Health Promotion. *About Healthy People*. <https://www.healthypeople.gov/2020/About-Healthy-People>. Accessed December 5, 2016.

2. Office of Disease Prevention and Health Promotion. *History & Development of Healthy People*. <https://www.healthypeople.gov/2020/about/History-and-Development-of-Healthy-People>. Accessed December 5, 2016.

3. Office of Disease Prevention and Health Promotion. *Objective Development and Selection Process*. <https://www.healthypeople.gov/2020/about/history-development/Objective-Development-and-Selection-Process>. Accessed December 5, 2016.

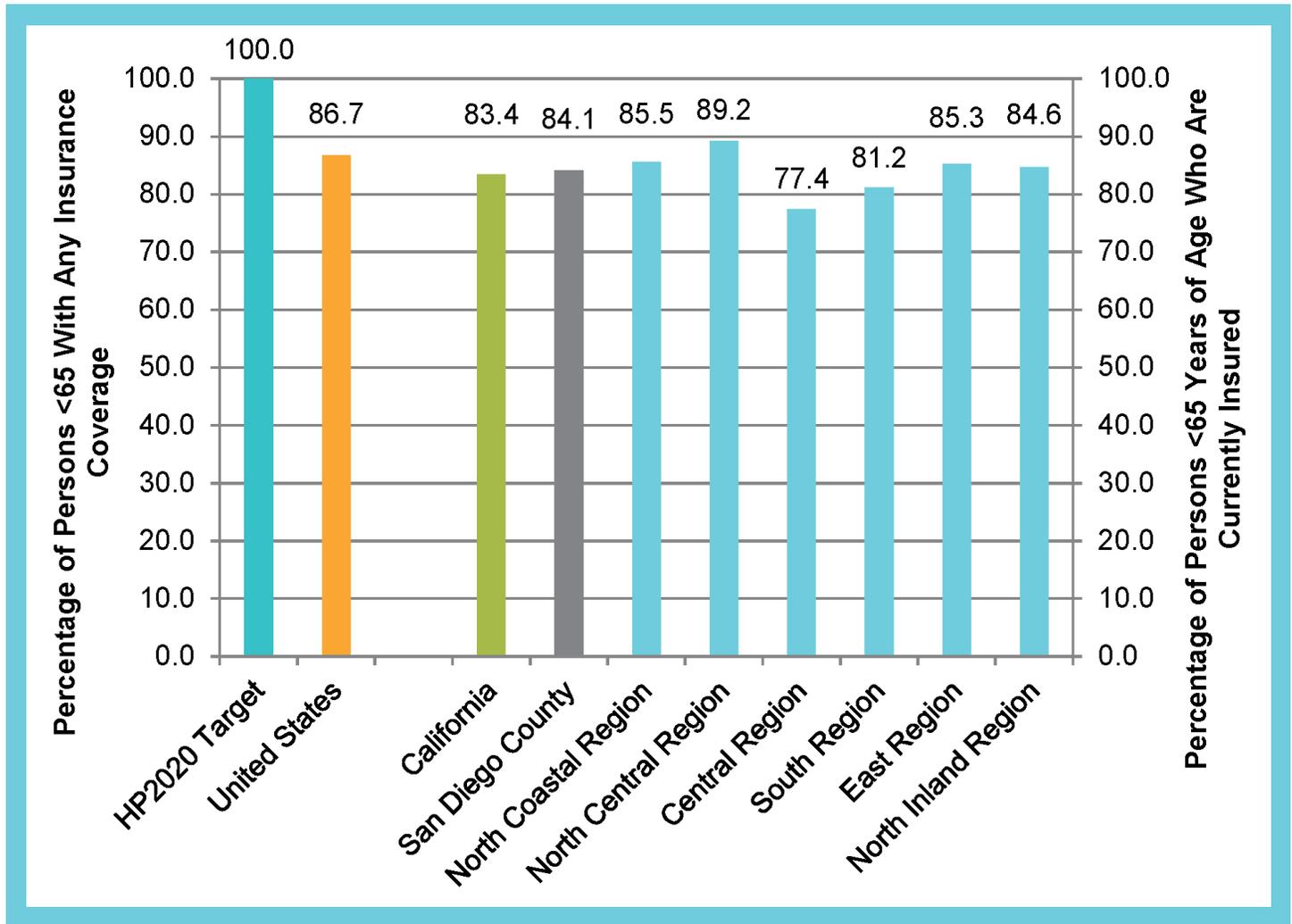
4. Office of Disease Prevention and Health Promotion. *Lead Federal Agencies*. <https://www.healthypeople.gov/2020/about/history-development/Lead-Federal-Agencies>. Accessed December 5, 2016.

5. Office of Disease Prevention and Health Promotion. *Leading Health Indicators*. <https://www.healthypeople.gov/2020/Leading-Health-Indicators>. Accessed December 5, 2016.

Figure 1: Access to Health Services

[AHS-1.1]: Increase the Proportion of Persons with Medical Insurance

Definition: Persons under 65 years of age with any insurance coverage.



TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health Interview Survey (NHIS), CDC/NCHS, 2014. Retrieved from http://www.healthypeople.gov/node/3966/data_details.

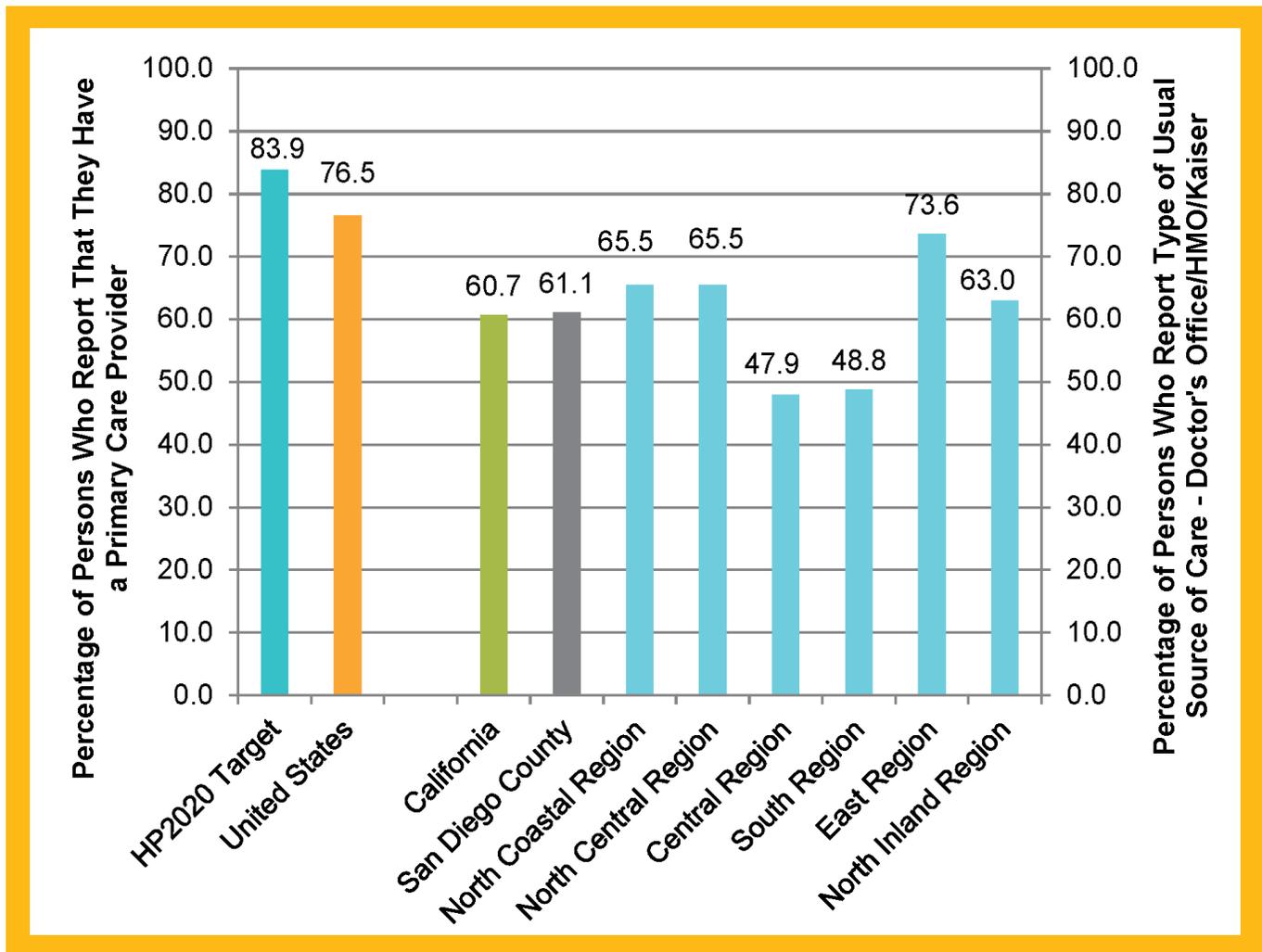
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: American Community Survey, United States Census Bureau. 2011-2015 5 year estimates, Table S2701. Accessed January 17, 2017.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 2: Access to Health Services

[AHS-3]: Increase the Proportion of Persons With Usual Primary Care Provider

Definition: Persons who report that they have a usual primary care provider.



LIMITATIONS: Definition of “Primary Care Provider” may vary between variables.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: Medical Expenditure Panel Survey (MEPS), Agency for Healthcare Research and Quality (AHRQ), 2012. Retrieved from http://www.healthypeople.gov/node/3970/data_details.

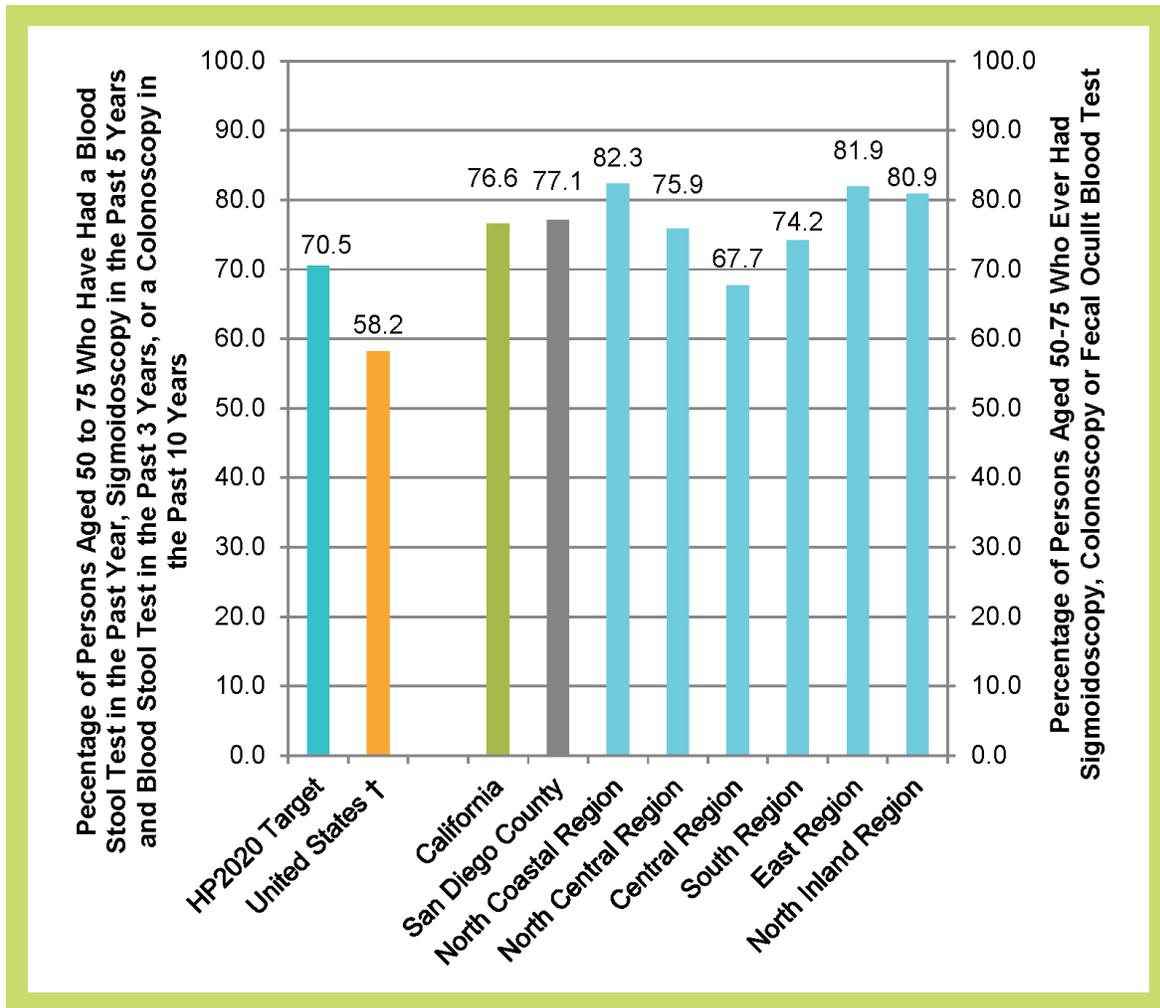
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Type of Usual Source of Care - Doctor's Office/HMO/Kaiser (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 3: Clinical Preventive Services

[C-16]: Increase the Proportion of Adults Who Receive a Colorectal Cancer Screening Based on Most Recent Guidelines

Definition: Persons aged 50 to 75 years who have had a blood stool test in the past year, sigmoidoscopy in the past five years and blood stool test in the past three years, or a colonoscopy in the past 10 years.



LIMITATIONS: United States figure obtained from asking about timing of preventive measures. California, San Diego County and Regional data obtained by asking if person had ever had screening test with no time specification.

† United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>

UNITED STATES SOURCE: National Health Interview Survey (NHIS); CDC/NCHS, 2013. Retrieved from http://www.healthypeople.gov/node/4504/data_details.

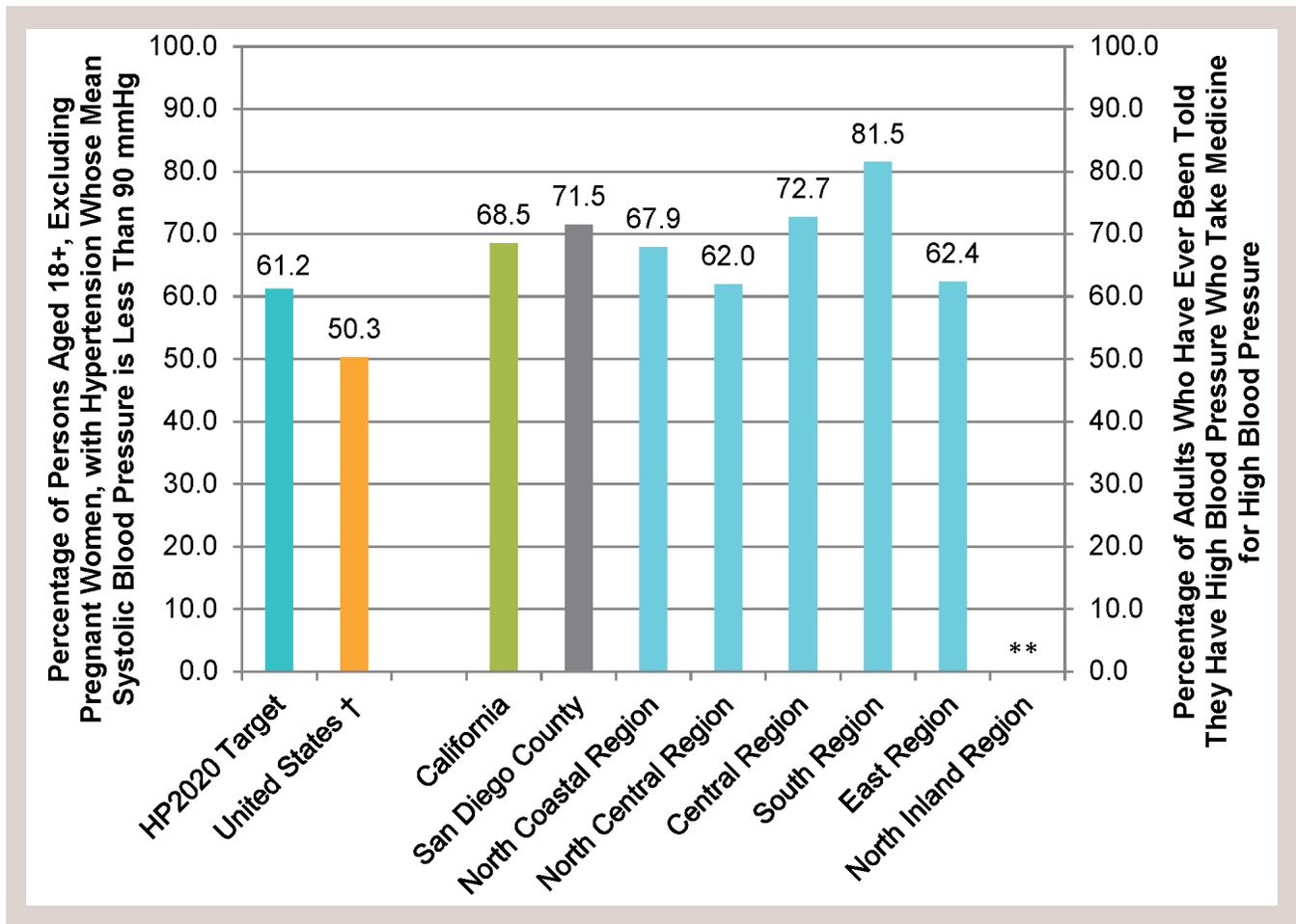
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2009. Ever had sigmoidoscopy, colonoscopy or FOBT [Adults age 50-75] (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 4: Clinical Preventive Services

[HDS-12]: Increase the Proportion of Adults with Hypertension Whose Blood Pressure is Under Control

Definition: Persons aged 18 years of age and over, excluding pregnant women, with hypertension whose mean systolic blood pressure is less than 90 mmHg.



LIMITATIONS: United States Data obtained using clinical measure and measures actual reduction in Blood Pressure; California, San Diego County and regional data obtained by asking about pharmaceutical use to lower blood pressure with no confirmation of actual reduction in blood pressure.

† United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages.

** Statistically Unstable, percent not reported.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health and Nutrition Examination Survey (NHANES); CDC/NCHS, 2011-2014. Retrieved from http://www.healthypeople.gov/node/4555/data_details.

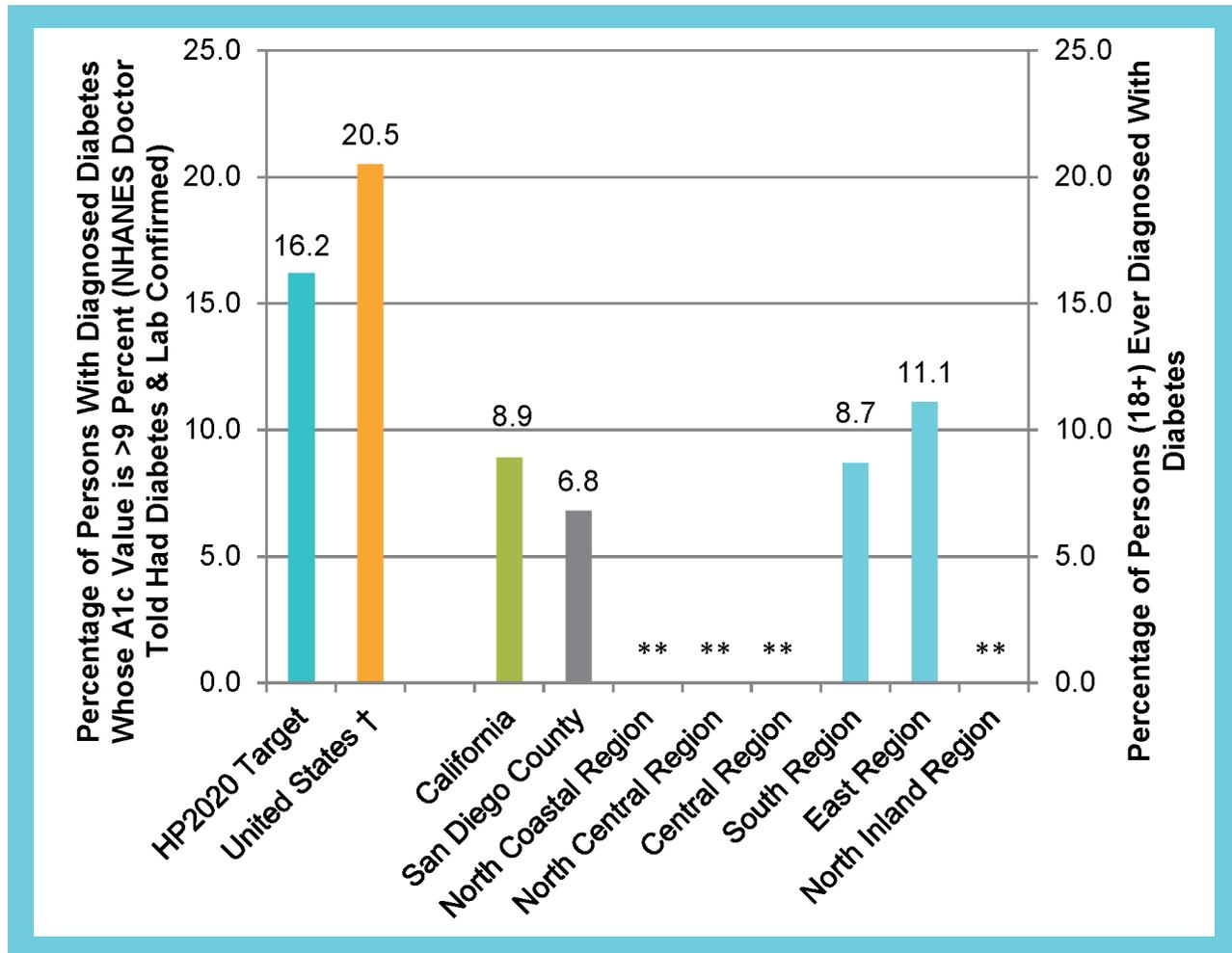
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Adults who have ever been told they have high blood pressure who take medicine for high blood pressure (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 5: Clinical Preventive Services

[D-5.1] Reduce the Proportion of the Adult Diabetic Population With A1c Value Greater Than 9%

Definition: Persons aged 18 years of age and over with doctor diagnosed diabetes and with HbA1c values >9%.



LIMITATIONS: HbA1c test can be used to diagnose diabetes and was used in obtaining United States figure and was used as clinical confirmation of diagnosis; This test was not necessarily used to diagnose diabetes for California, San Diego County and regional data and diagnosis was not clinically confirmed.

† United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages.

** Statistically Unstable; percent not reported.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health and Nutrition Examination Survey (NHANES); CDC/NCHS, 2011-2014. Retrieved from http://www.healthypeople.gov/node/4123/data_details.

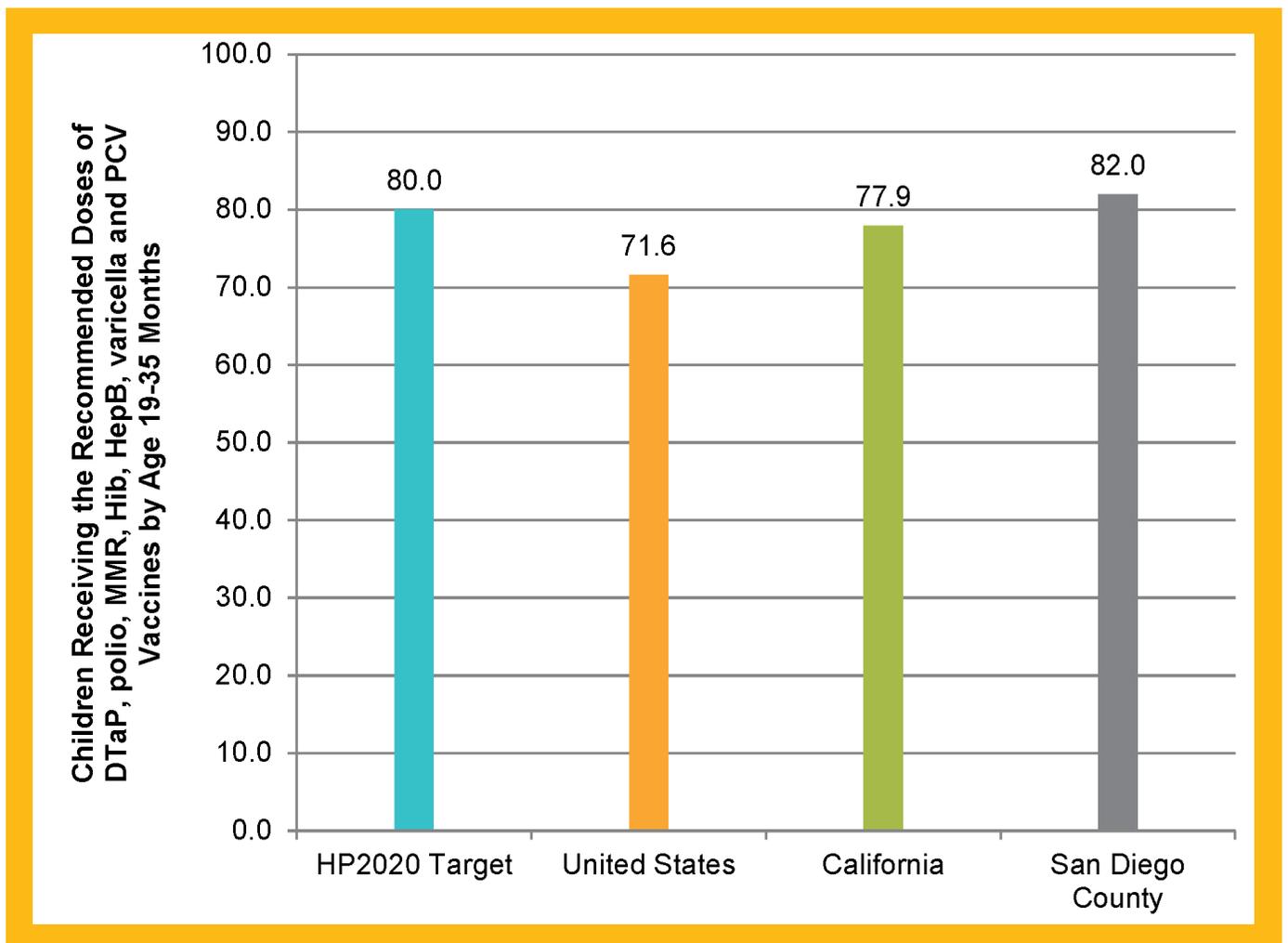
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Adults ever diagnosed with Diabetes (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 6: Clinical Preventive Services

[IID-8] Increase the Percentage of Children Aged 19-35 Months Who Receive the Recommended Doses of DTaP, Polio, MMR, Hib, Hepatitis B, Varicella and Pneumococcal Vaccine (PCV)

Definition: Children aged 19 to 35 months receiving at least four doses of diphtheria-tetanus-acellular pertussis (DTaP), at least three doses of polio, at least one dose of measles-containing vaccine, at least three or four doses of Haemophilus influenza B (Hib) depending on the brand used, at least three doses of hepatitis B antigens, at least one dose of varicella and at least four doses of PCV.



NOTE: Regional data not available.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Immunization Survey (NIS); CDC/NCIRD & CDC/NCHS, 2014. Retrieved from http://www.healthypeople.gov/node/4722/data_details.

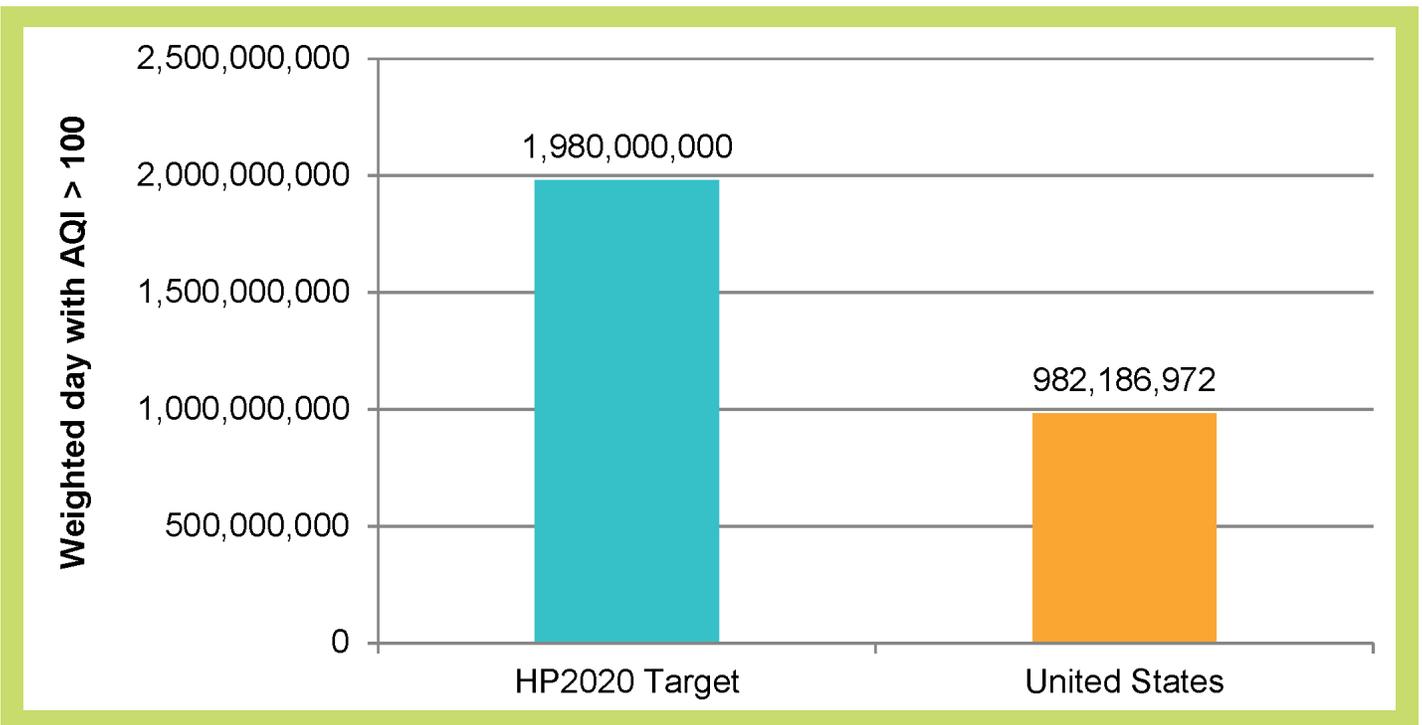
SAN DIEGO COUNTY SOURCE: San Diego Immunization Program; Data and Statistics, 2013. Retrieved from <http://www.sdiz.org/Data-Stats/RDD-data.html>.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 7: Environmental Quality

[EH-1] Reduce the Number of Days the Air Quality Index (AQI) Exceeds 100, Weighted by Population and AQI

Definition: Weighted days with AQI greater than 100.



NOTE: California, San Diego County and Regional Data not available due to calculation used for indicator.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

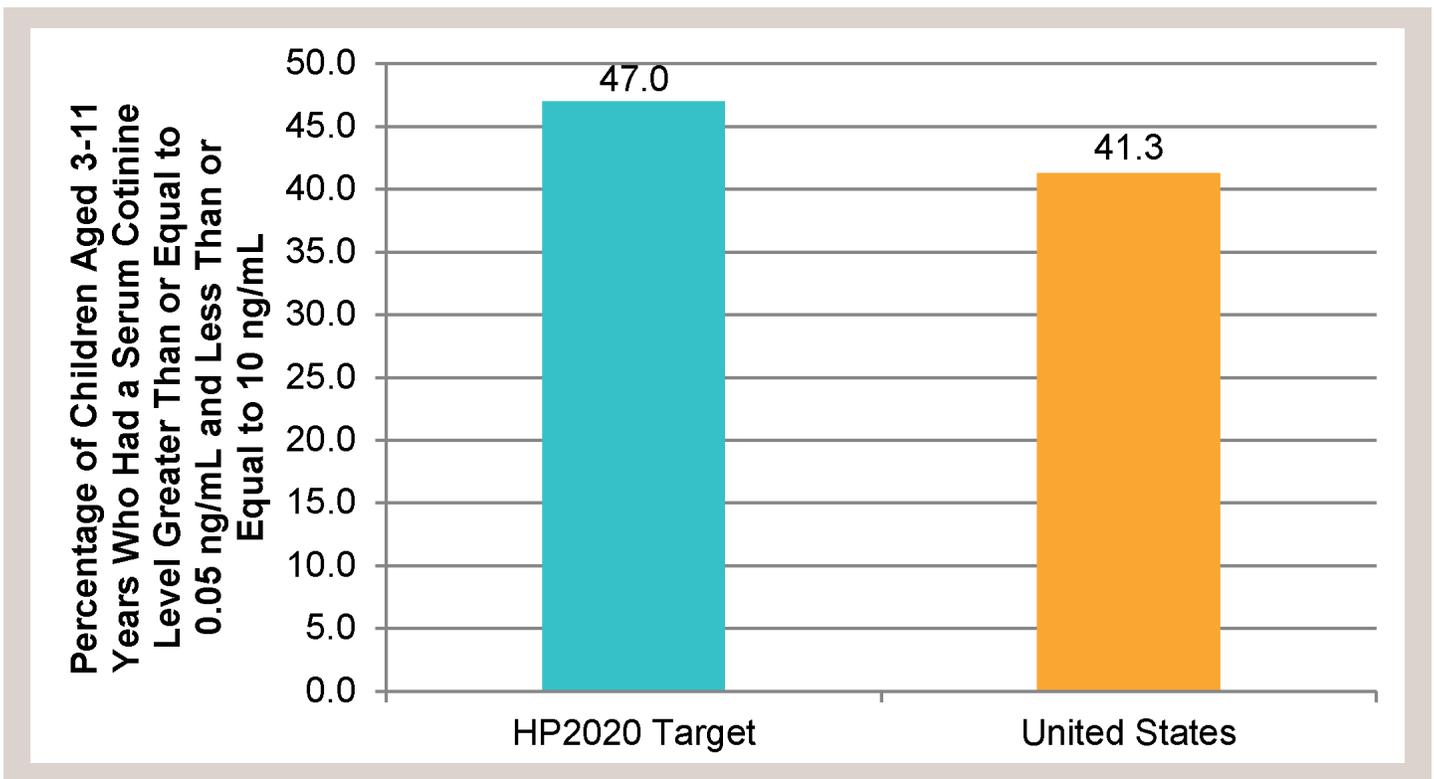
UNITED STATES SOURCE: Air Quality System (AQS), EPA, 2012-2014. Retrieved from http://www.healthypeople.gov/node/4282/data_details.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 8: Environmental Quality

[TU-11.1] Reduce the Proportion of Children Aged 3-11 Years Exposed to Secondhand Smoke

Definition: Children aged three to 11 years who had a serum cotinine level greater than or equal to 0.05 ng/mL and less than or equal to 10 ng/mL.



NOTE: California, San Diego County and Regional Data not available due to calculation used for indicator.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

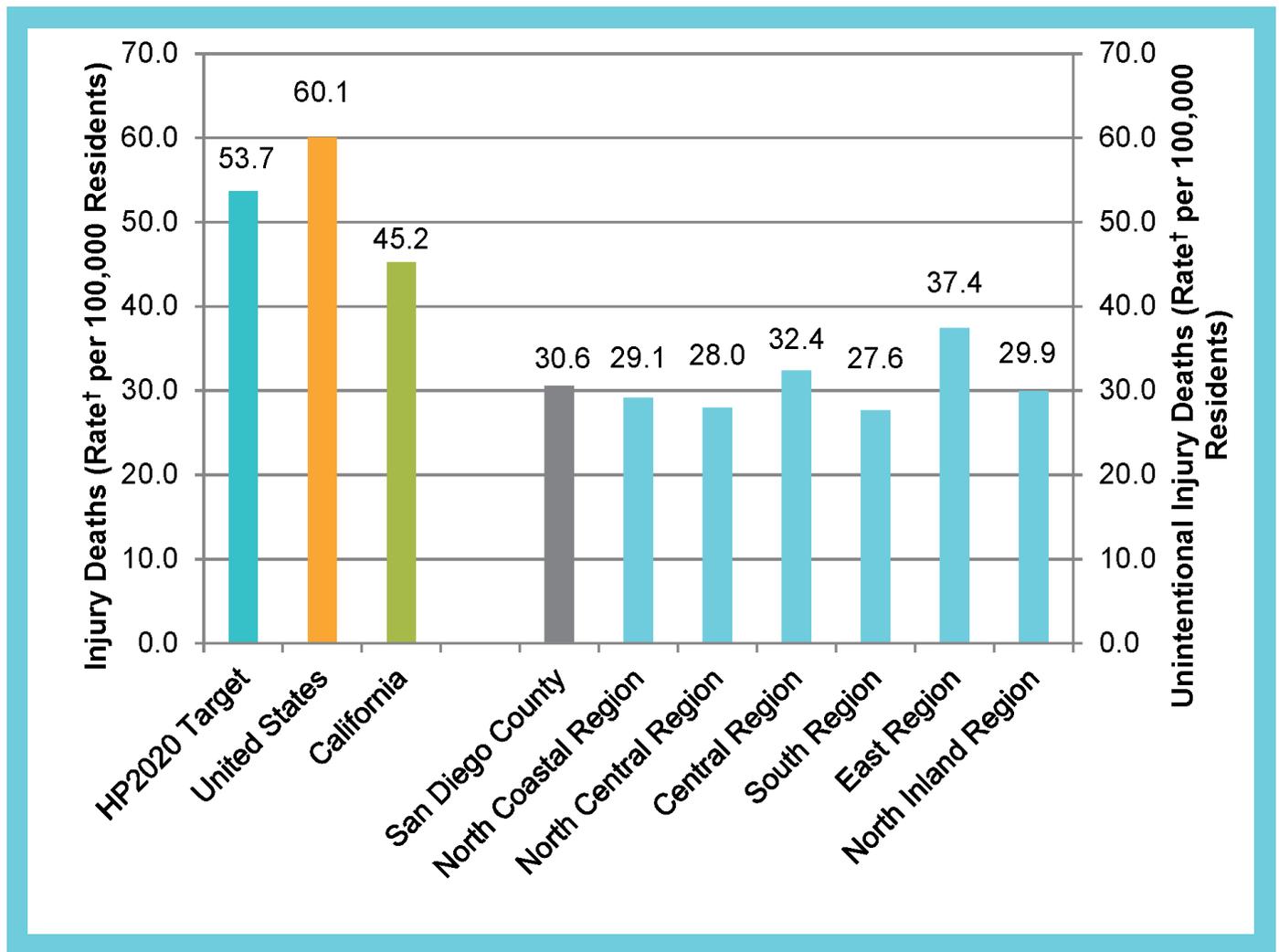
UNITED STATES SOURCE: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS, 2009-2012. Retrieved from http://www.healthypeople.gov/node/5296/data_details.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 9: Injury and Violence

[IVP-1.1] Reduce Fatal Injuries

Definition: Deaths from an underlying cause of injury (ICD-10 codes *U01-*U03, V01-Y36, Y85-Y87, Y89).



† Age-adjusted rates per 100,000 2000 US standard population.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Vital Statistics System-Mortality (NVSS-M), 2014. Retrieved from http://www.healthypeople.gov/node/4725/data_details.

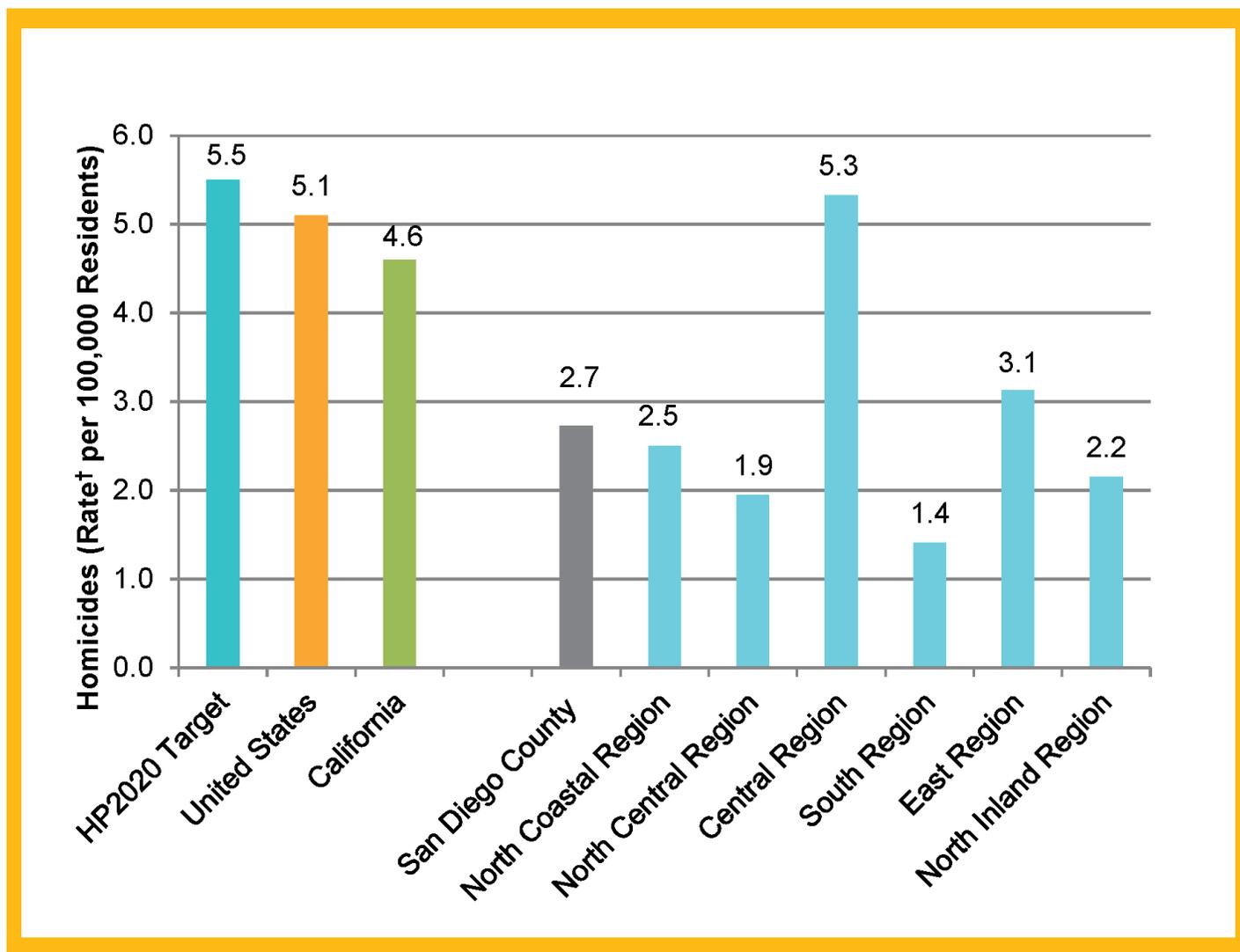
SAN DIEGO COUNTY & REGIONAL SOURCE: Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 10: Injury and Violence

[IVP-29] Reduce Homicides

Definition: Deaths due to homicide (ICD-10 codes *U01-*U02, X85-Y09, Y87.1).



† Age-adjusted rates per 100,000 2000 US standard population.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Vital Statistics System-Mortality (NVSS-M), 2014. Retrieved from http://www.healthypeople.gov/node/4764/data_details.

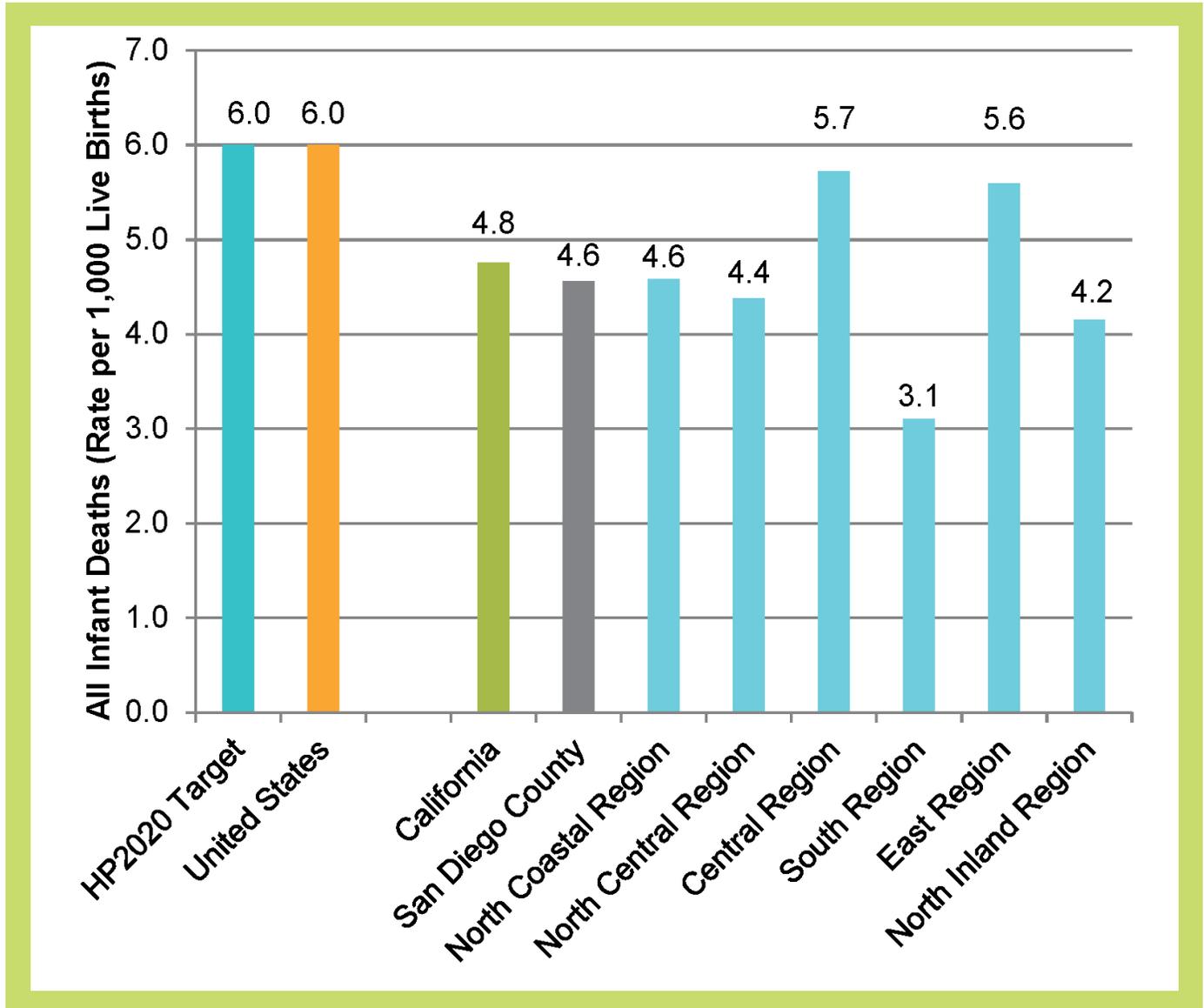
SAN DIEGO COUNTY & REGIONAL SOURCE: Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 11: Maternal, Infant and Child Health

[MICH-1.3] Reduce the Rate of All Infant Deaths

Definition: Deaths of infants under one year of age.



TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: Linked Birth/Infant Death Data Set; CDC/NCHS, 2011. Retrieved from http://www.healthypeople.gov/node/4764/data_details.

CALIFORNIA SOURCE: United States Department of Health and Human Services (US DHHS), Centers of Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics (DVS). Linked Birth / Infant Death Records 2013, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program, on CDC WONDER On-line Database. Accessed at <http://wonder.cdc.gov/lbd-current.html>.

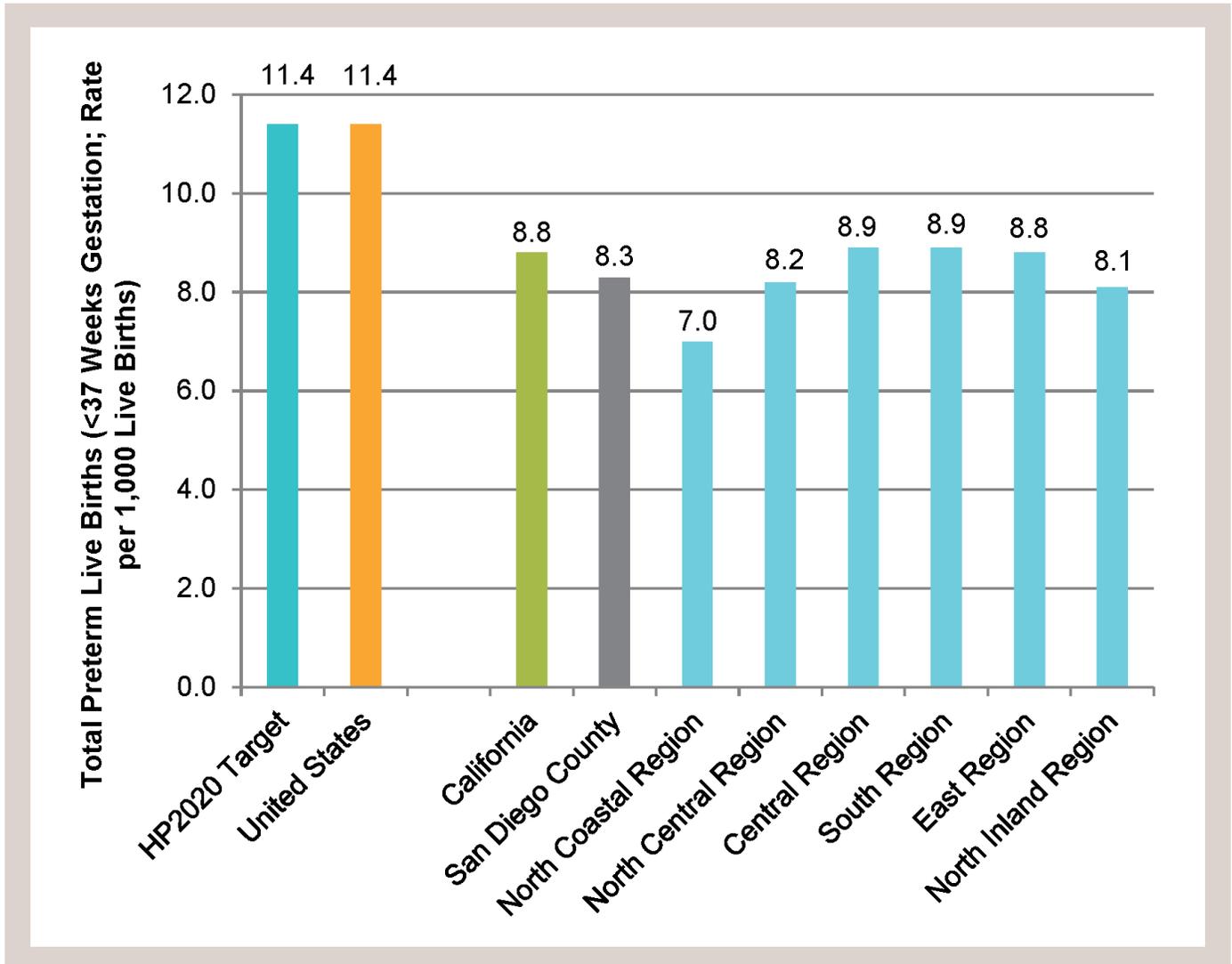
SAN DIEGO COUNTY & REGIONAL SOURCE: California Department of Public Health, Health Information and Research Center, Birth & Death Statistical Master File, 2010-2013. County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, and Family Health Services.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 12: Maternal, Infant and Child Health

[MICH-9.1] Reduce Total Preterm Births

Definition: Infants born before 37 completed weeks of gestation.



TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: Linked Birth/Infant Death Data Set; CDC/NCHS, 2013. Retrieved from http://www.healthypeople.gov/node/4906/data_details.

CALIFORNIA SOURCE: California Department of Public Health, California Birth Statistical Master Files, 2013. Prepared by the Epidemiology, Assessment and Program Development Branch, Maternal, Child and Adolescent Program, Center for Family Health. Retrieved from <http://www.cdph.ca.gov/programs/mcah/Documents/2000-2013%20Preterm%20Birth%20Rates%20%E2%80%93%20with%202013%20County%20data.pdf>.

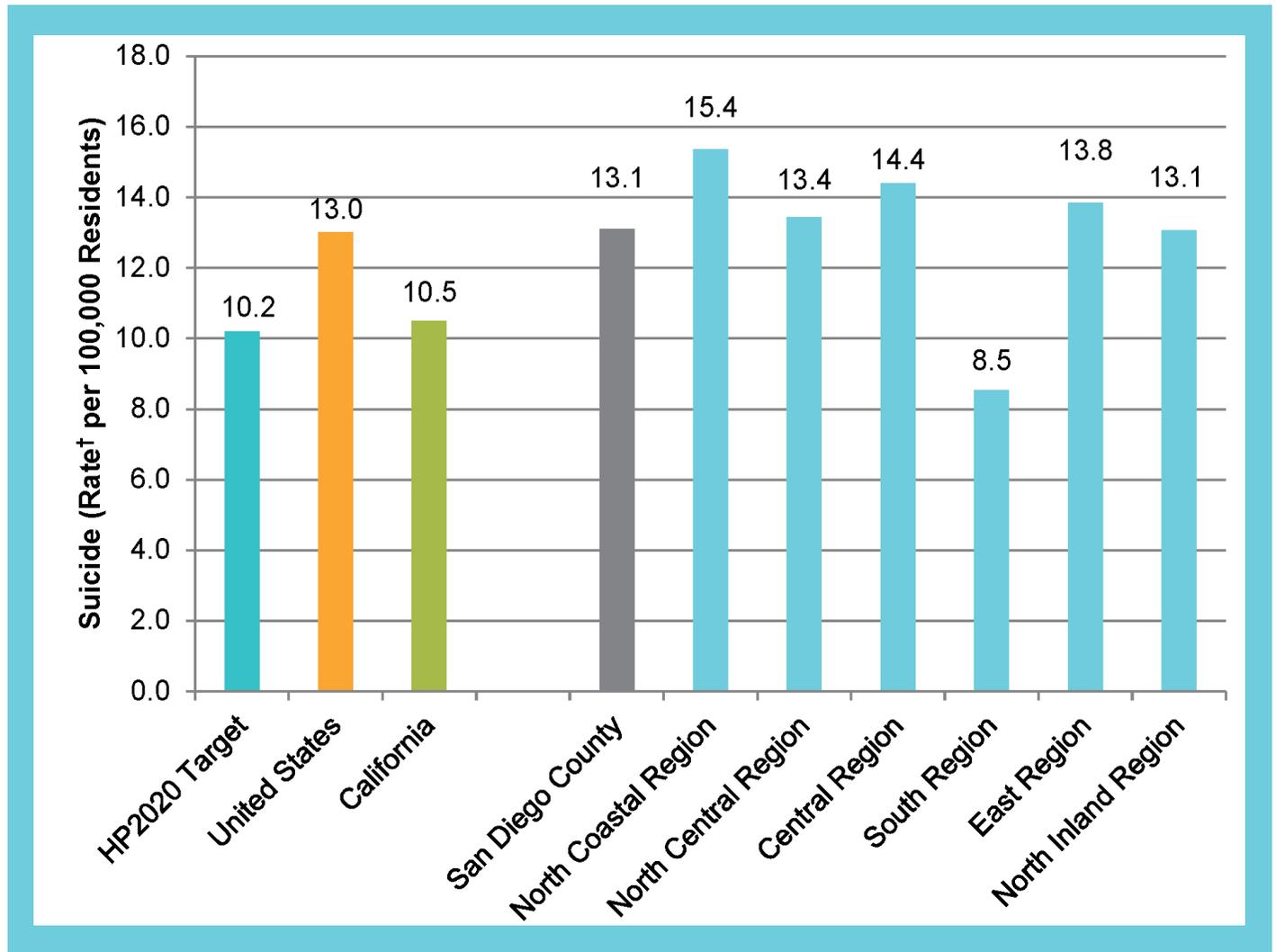
SAN DIEGO COUNTY & REGIONAL SOURCE: California Department of Public Health, Health Information and Research Center, Birth & Death Statistical Master File, 2010-2013. County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, and Family Health Services.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 13: Mental Health

[MHMD-1] Reduce the Suicide Rate

Definition: Deaths due to suicide (ICD-10 codes *U03, X60-X84, Y87.0).



† Age-adjusted rates per 100,000 2000 US standard population.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Vital Statistics System-Mortality (NVSS-M), 2014. Retrieved from http://www.healthypeople.gov/node/4804/data_details.

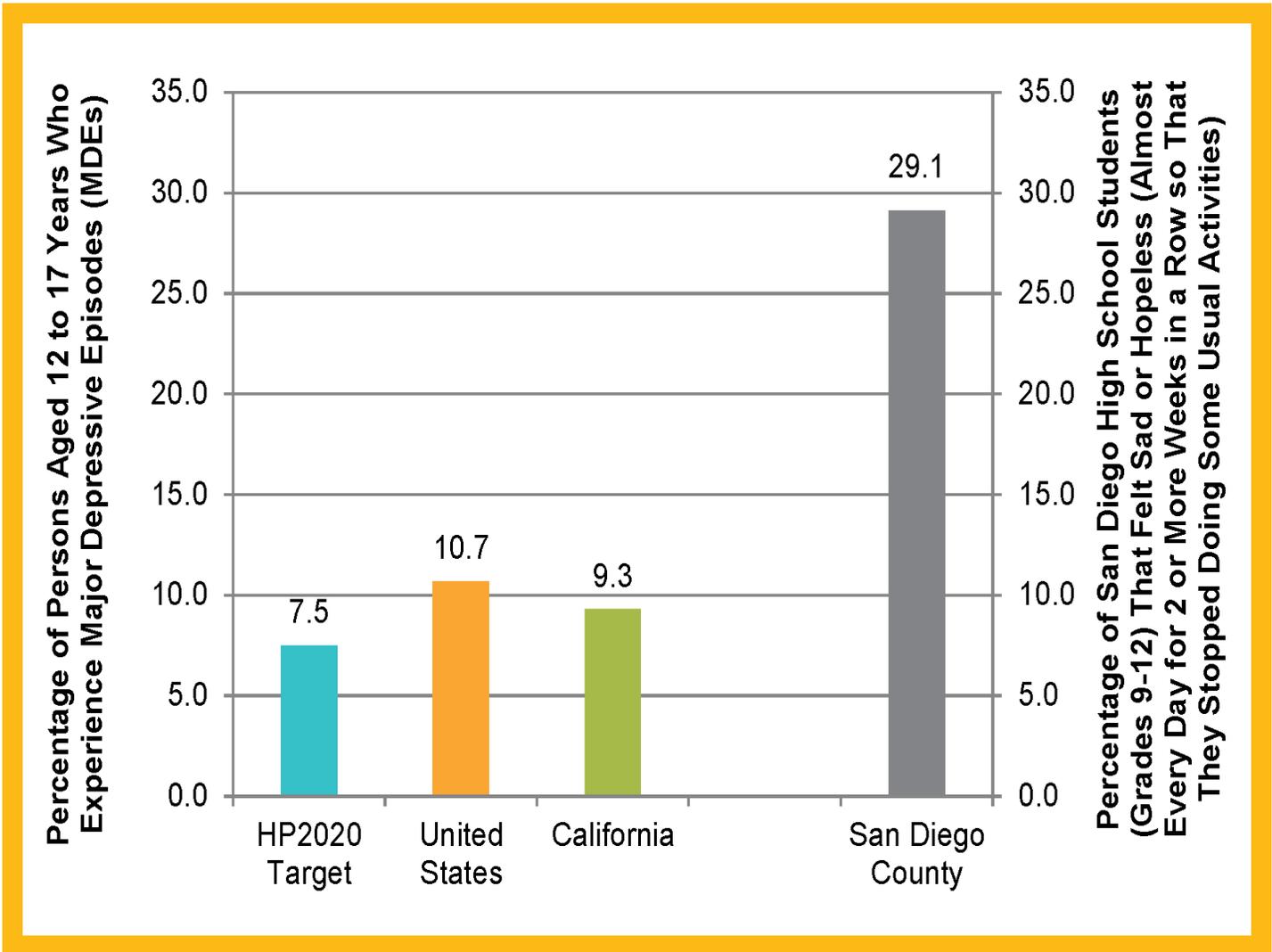
SAN DIEGO COUNTY & REGIONAL SOURCE: Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 14: Mental Health

[MHMD-4.1] Reduce the Proportion of Adolescents Aged 12-17 Years With Major Depressive Episodes (MDEs)

Definition: Persons aged 12 to 17 years with MDEs.



LIMITATIONS: San Diego County measure is a proxy for the HP2020 target measure. Definitions of major depressive episodes vary between variables.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration. Retrieved from http://www.healthypeople.gov/node/4813/data_details.

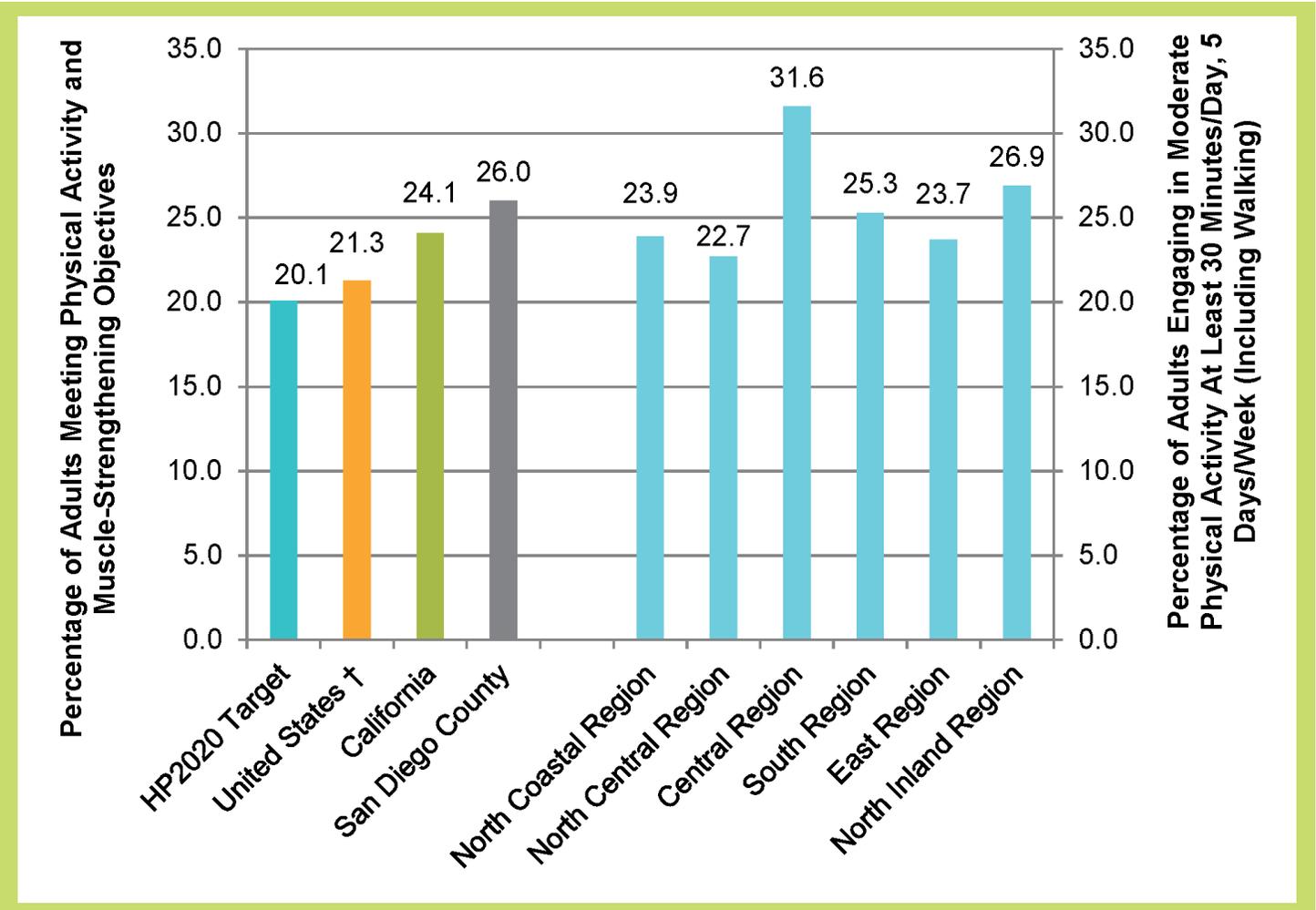
SAN DIEGO COUNTY SOURCE: Centers for Disease Control and Prevention (CDC). *2015 High School Youth Risk Behavior Survey Data*. Available at <http://nccd.cdc.gov/youthonline/>. Accessed on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 15: Nutrition, Phys. Activity and Obesity

[PA-2.4] Increase the Proportion of Adults Who Meet the Objectives for Aerobic Physical Activity and for Muscle-Strengthening Activity

Definition: Persons aged 18 and over who report light or moderate physical activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week.



LIMITATIONS: United States, California and San Diego County variables measure the proportion of person meeting recommendations for physical activity and muscle-strengthening exercise. Regional data measure only measures physical activity.

† United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health Interview Survey (NHIS); CDC/NCHS, 2014. Retrieved from http://www.healthypeople.gov/node/5072/data_details.

CALIFORNIA & SAN DIEGO COUNTY SOURCE: Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2011-2013].

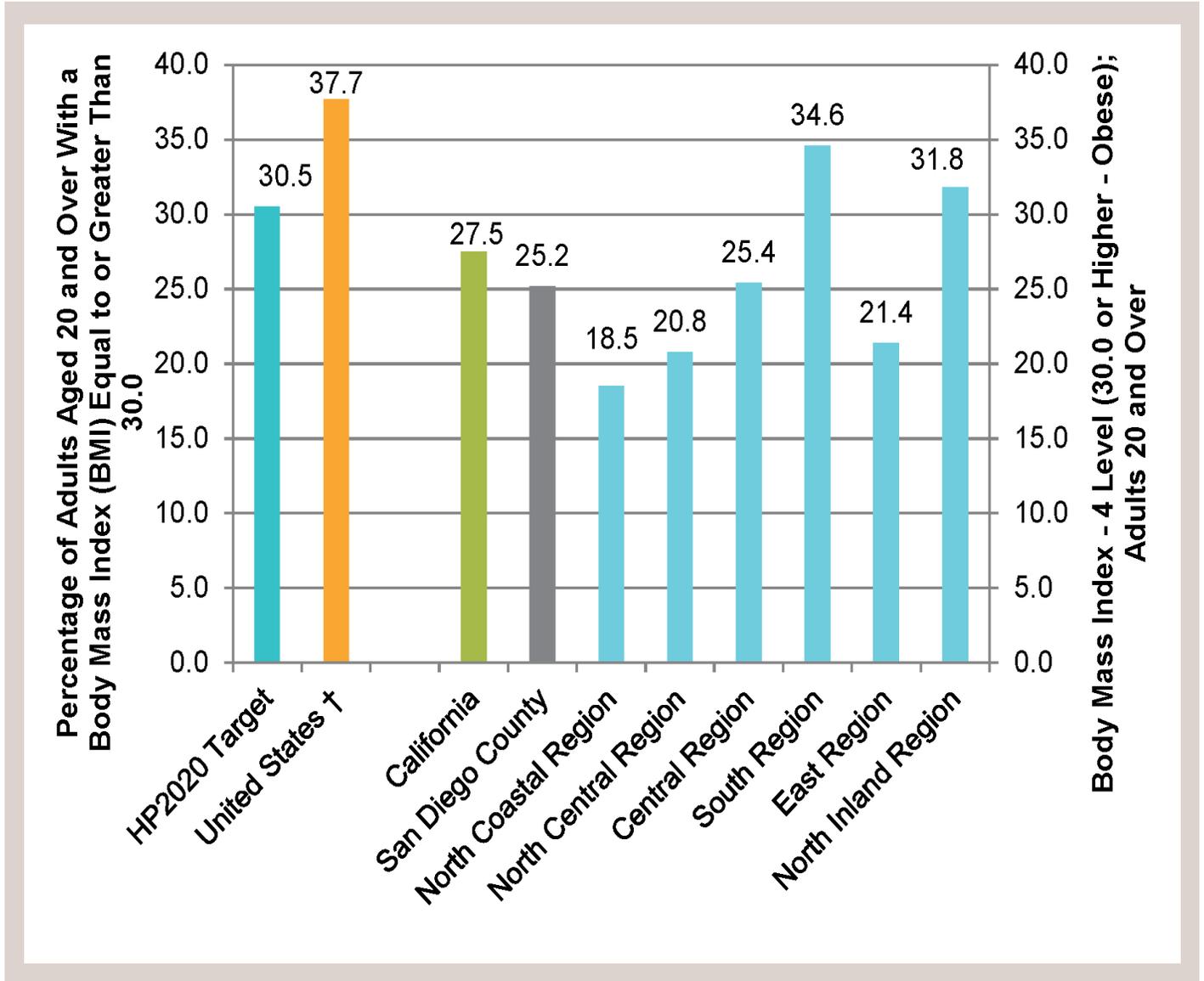
REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2009. Percentage of Adults engaging in Moderate physical activity at least 30 min/day, 5 days/wk [including walking] (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 16: Nutrition, Phys. Activity and Obesity

[NWS-9] Reduce the Proportion of Adults Who are Obese

Definition: Persons aged 20 and over with a Body Mass Index (BMI) equal to or greater than 30.0.



† United States figure is an age-adjusted percentage; California, San Diego County and Regional figures are crude percentages.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health and Nutrition Examination Survey (NHANES); CDC/NCHS, 2013-2014. Retrieved from http://www.healthypeople.gov/node/4968/data_details.

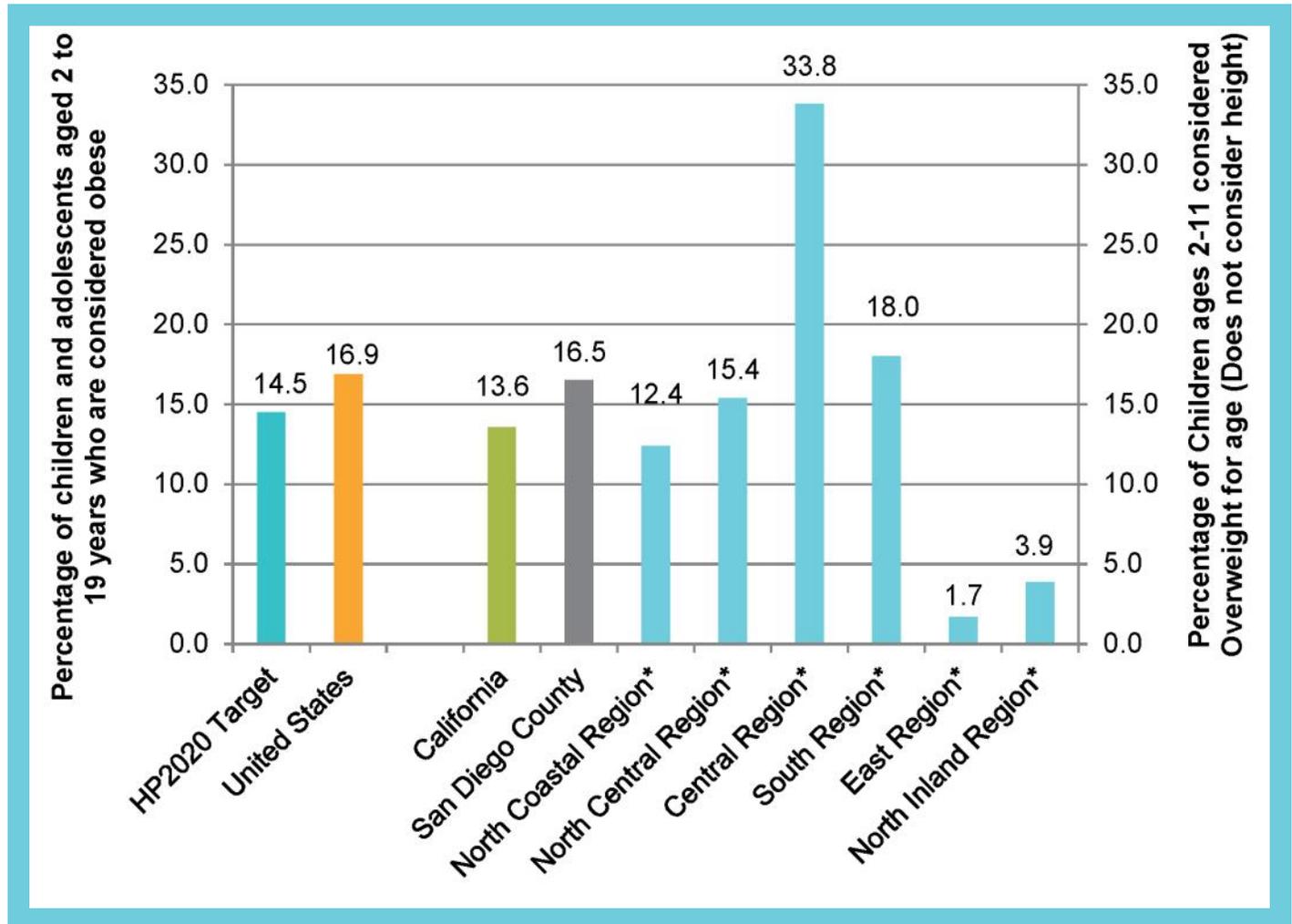
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014 (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 17: Nutrition, Phys. Activity and Obesity

[NWS-10.4] Reduce the Proportion of Children and Adolescents Aged 2-19 Who are Considered Obese

Definition: Persons aged two to 19 years with a Body Mass Index at or above the sex-and-age specific 95th percentile from the Centers for Disease Control and Prevention (CDC) growth charts.



LIMITATIONS: Target and United States figures include children and adolescents aged two to 17. The California figure includes adolescents aged 12 to 17 and San Diego County includes adolescents in 9th-12th grades.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health Interview Survey (NHIS), CDC/NCHS, 2013-2014. Retrieved from http://www.healthypeople.gov/node/4928/data_details.

CALIFORNIA SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Adolescent Body Mass Index - 4 level (ages 12-17) - Obese [highest 5th percentile] (California). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

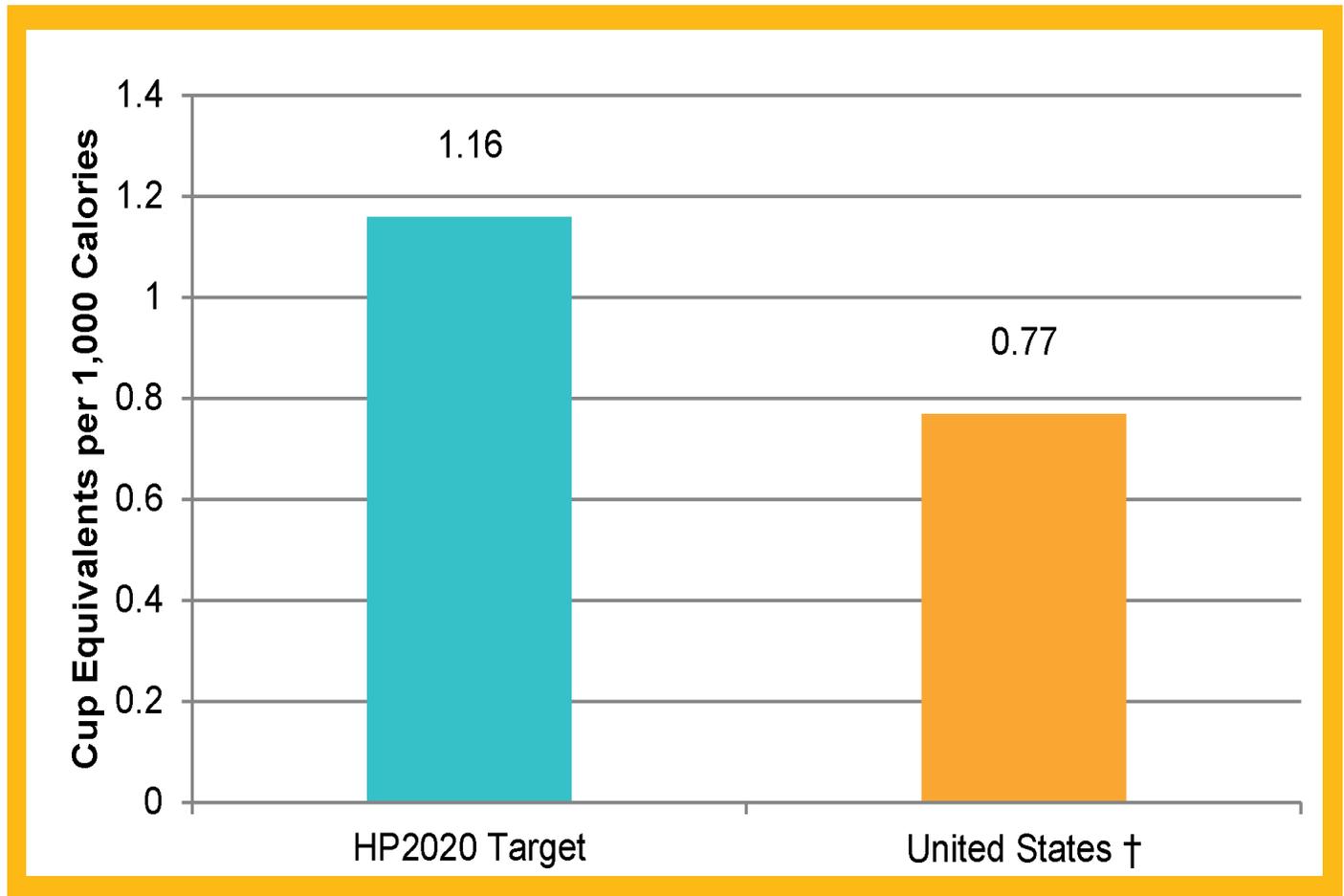
SAN DIEGO COUNTY SOURCE: Centers for Disease Control and Prevention (CDC). 2015 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline/>. Accessed on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 18: Nutrition, Phys. Activity and Obesity

[NWS-15.1] Increase the Contribution of Total Vegetables to the Diets of the Population Aged 2 Years and Older

Definition: Daily intake of cup equivalents of total vegetables from a first-day 24-hour recall among persons aged two years and over.



NOTE: California, San Diego County and Regional Data not available due to calculation used for indicator.

† United States figure is an age-adjusted cup equivalent.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

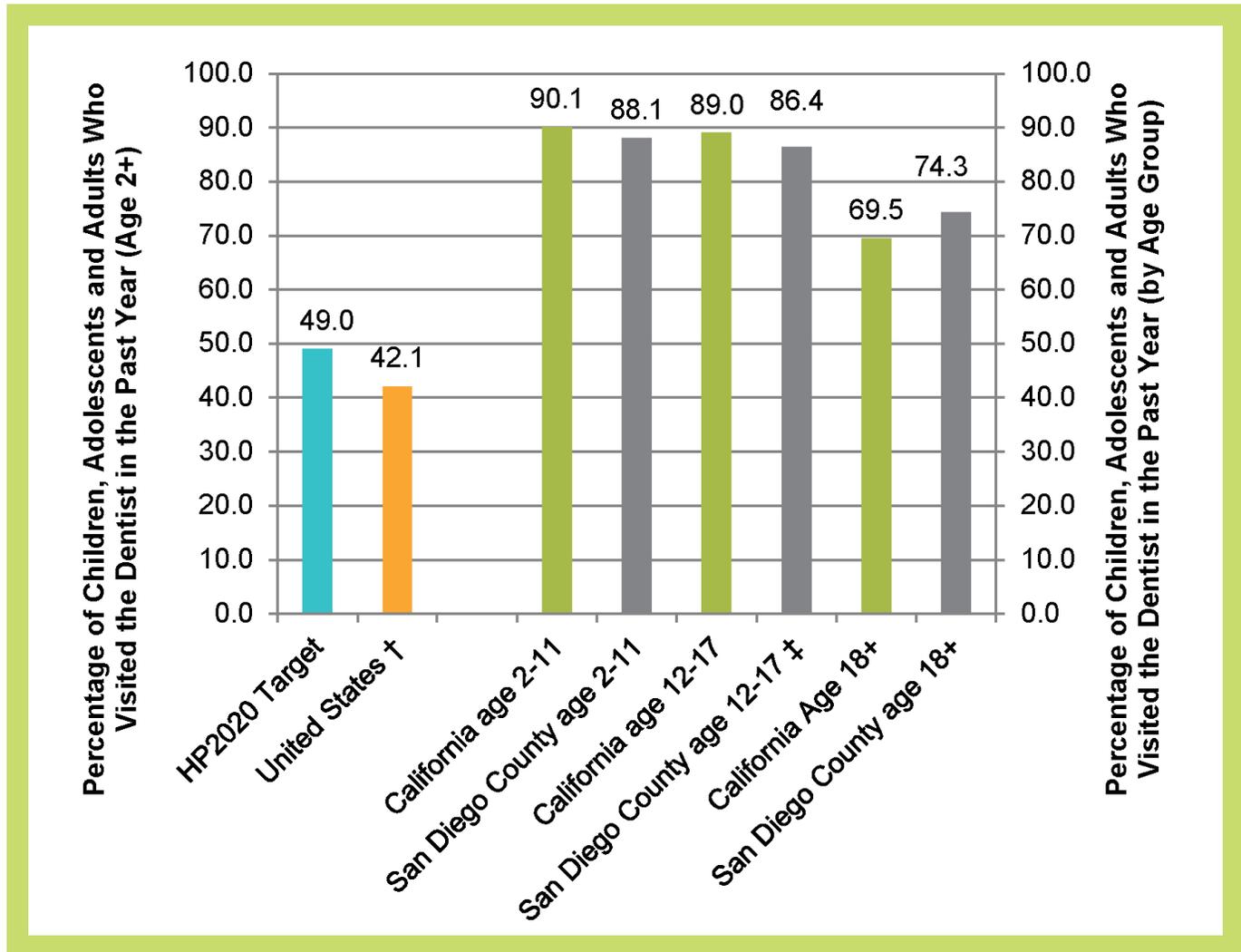
UNITED STATES SOURCE: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS, 2009-2012. Retrieved from http://www.healthypeople.gov/node/4939/data_details.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 19: Oral Health

[OH-7] Increase the Proportion of Children, Adolescents and Adults Who use the Oral Health Care System

Definition: Persons aged two and over who report having had a dental visit in the past 12 months.



LIMITATIONS: HP2020 indicator variable includes all person aged two years and over. The California Health Interview Survey separates this variable into three age groups. Dental visits for persons in each age group are reported separately for California and San Diego.

‡ San Diego County adolescents age 12 to 17 figure for dental visit less than one year ago is statistically unstable; figure for dental visit less than 6 months ago is reported.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: Medical Expenditure Panel Survey (MEPS), Agency for Healthcare Research and Quality, 2012. Retrieved from http://www.healthypeople.gov/node/5028/data_details.

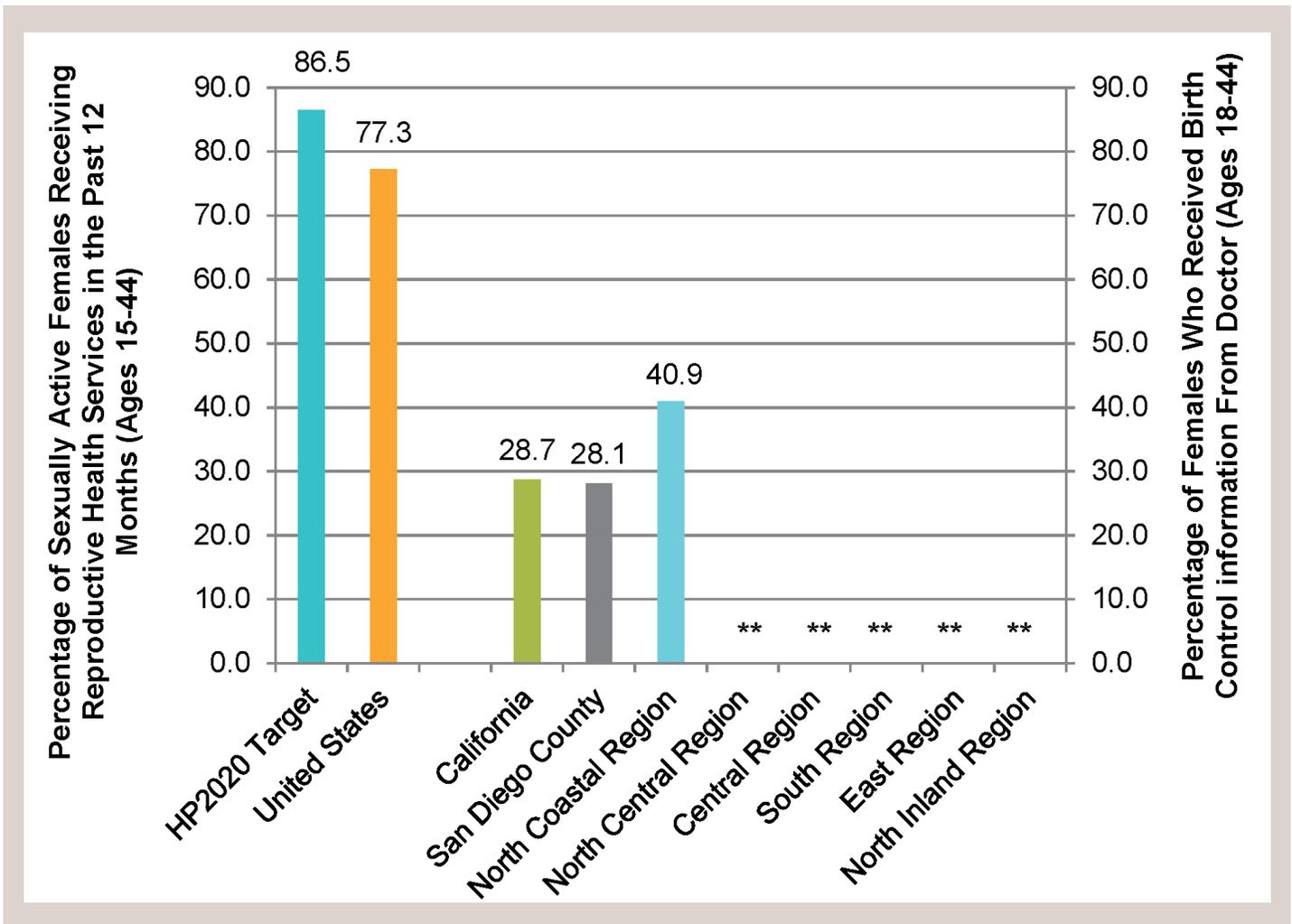
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Time since last dental visit [age in years 2-11; 6 months ago or less and more than 6 months up to 1 year], Time since last dental visit [age in years 12-17; 6 months ago or less and more than 6 months up to one year] (California, San Diego), Time since last dental visit [age in years 18+; 6 months ago or less and more than 6 months up to 1 year] (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 20: Reproductive and Sexual Health

[FP-7.1] Increase the Proportion of Sexually Experienced Females Aged 15-44 Years who Received Reproductive Health Services in the Past 12 Months

Definition: Sexually experienced females aged 15 to 44 years who reported receiving at least one family planning/reproductive health service in the last 12 months.



LIMITATIONS: United States variable measured in females ages 15 to 44 years; California, San Diego and regional variable measured for ages 18 to 44. United States variable measures women receiving reproductive health services; California, San Diego County and Regional variable measures receiving birth control information from doctor (classified as reproductive health service).

** Statistically Unstable; percent not reported.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>

UNITED STATES SOURCE: National Survey of Family Growth (NSFG), CDC/NCHS, 2011-2013. Retrieved from http://www.healthypeople.gov/node/4464/data_details.

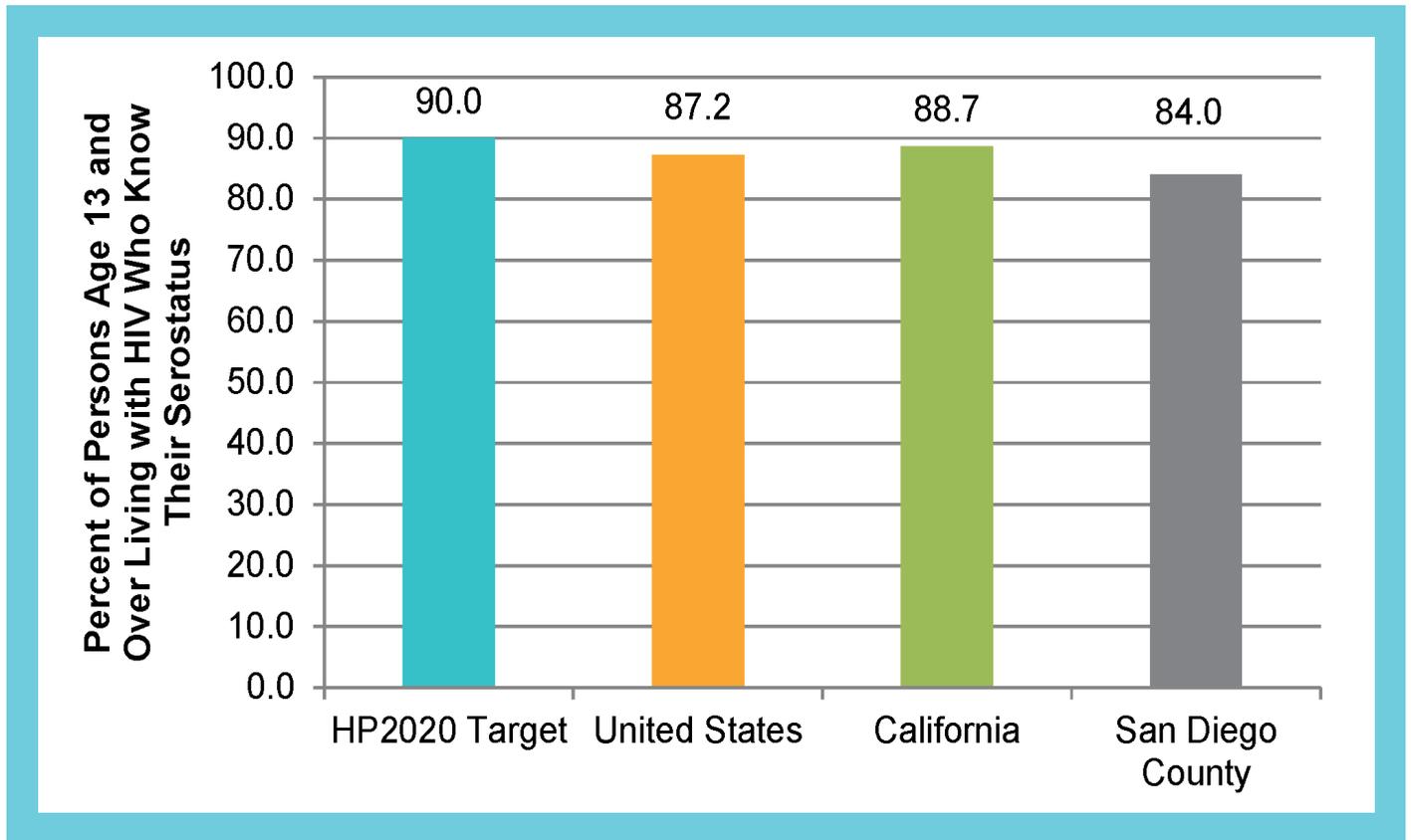
CALIFORNIA, SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Female received birth control information from doctor [ages 18-44] (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 21: Reproductive and Sexual Health

[HIV-13] Increase the Proportion of Persons Living with HIV Who Know Their Serostatus

Definition: HIV-infected persons aged 13 and over who are aware of their HIV infection.



LIMITATIONS: The figure for San Diego County does not include HIV cases diagnosed elsewhere that have moved to San Diego. This figure may also include cases diagnosed in San Diego that have moved elsewhere. This figure is based on the national proportion estimated by the CDC and may not accurately reflect the local situation.

NOTE: Data Unavailable for San Diego County Regions.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National HIV Surveillance System (NHSS), CDC/NCHHSTP, 2012. Retrieved from http://www.healthypeople.gov/node/4611/data_details.

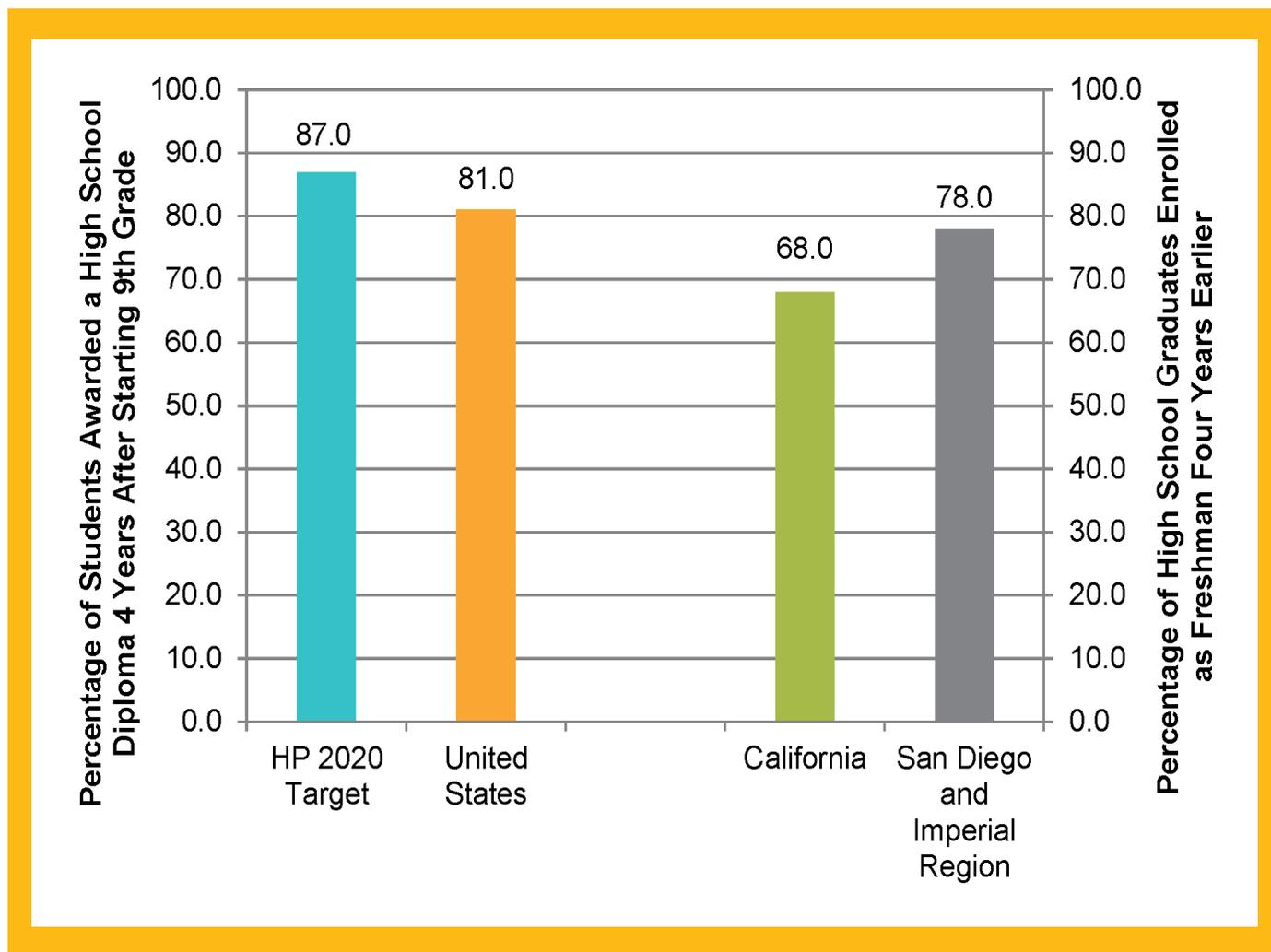
SAN DIEGO COUNTY SOURCE: County of San Diego, Health & Human Services Agency, Public Health Services, HIV/AIDS Epidemiology Unit. Prepared by: Lorri Freitas, MPH, County of San Diego, Health & Human Services Agency, Public Health Services, HIV/AIDS Epidemiology Unit, 2012.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 22: Social Determinants

[AH-5.1] Increase the Proportion of Students who Graduate with a Regular Diploma 4 Years After Starting 9th Grade

Definition: Students who received high school diplomas four years after starting 9th grade in public schools.



LIMITATIONS: San Diego County figure includes Imperial County High School data as well.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: Common Core of Data (CCD); Department of Education, National Center for Education Statistics (ED/NCES), 2012-2013. Retrieved from http://www.healthypeople.gov/node/3949/data_details.

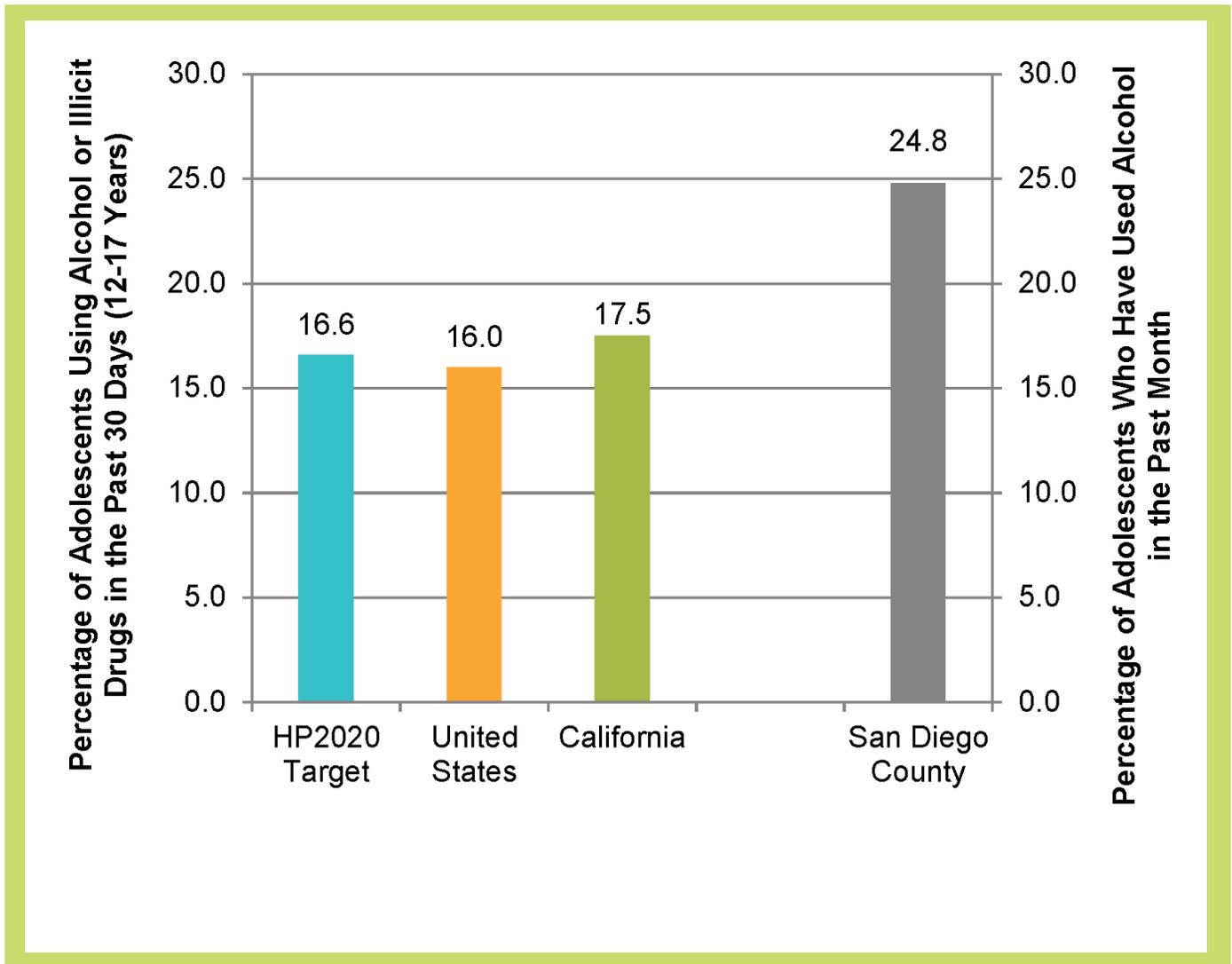
CALIFORNIA & SAN DIEGO SOURCE: California Postsecondary Education Commission 2009 Public High School Graduation Rates - San Diego-Imperial Region & State of California. Retrieved from <http://www.cpec.ca.gov/StudentData/HSGradReport.asp?Area=RegionQ>.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 23: Substance Abuse

[SA-13.1] Reduce the Proportion of Adolescents Reporting Use of Alcohol or Any Illicit Drugs During the Past 30 Days

Definition: Persons aged 12 to 17 years who reported using any alcohol or illicit drugs during the past 30 days.



LIMITATIONS: HP2020 Variable measures both alcohol and illicit drug use. The variables used for California and San Diego County only measure alcohol consumption in the past month.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration (SAMHSA), 2014 (US) & 2011-2014(CA). Retrieved from http://www.healthypeople.gov/node/5199/data_details.

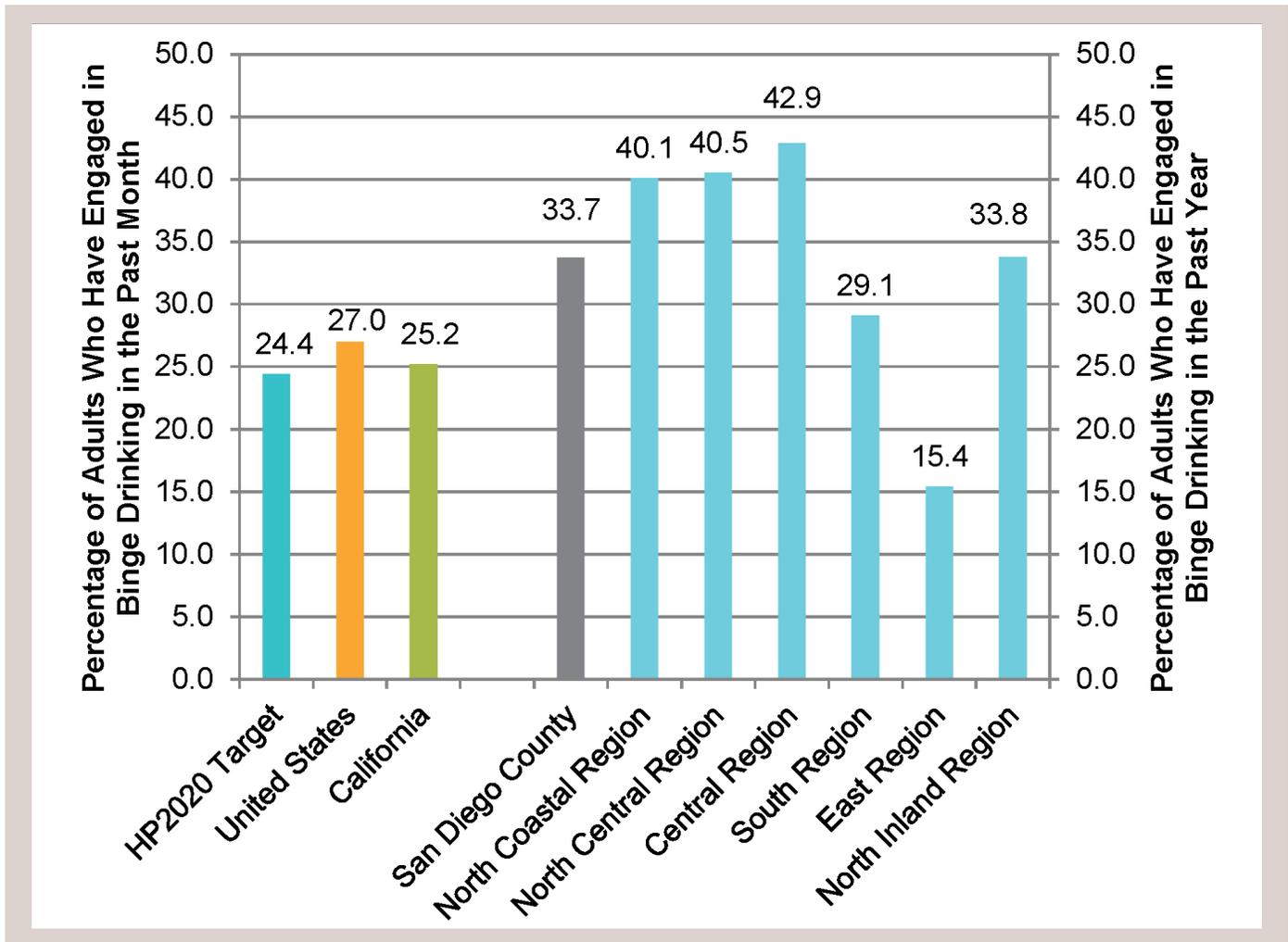
SAN DIEGO COUNTY SOURCE: Centers for Disease Control and Prevention (CDC). *2015 High School Youth Risk Behavior Survey Data*. Available at <http://nccd.cdc.gov/youthonline/>. Accessed on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 24: Substance Abuse

[SA-14.3] Reduce the Proportion of Persons Engaging in Binge Drinking During the Past 30 Days (Adults Aged 18 Years and Over)

Definition: Persons aged 18 years and over who report having five or more drinks (for men) or four or more drinks (for women) at the same time or within a couple of hours of each other during the 30 days prior to the survey.



LIMITATIONS: Target, United States and California figures were obtained by asking about binge drinking behaviors in the past **month**. At the county level, data was only available for the past year. San Diego County and Regional data were obtained by asking about binge drinking behaviors in the past **year**.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES & CALIFORNIA SOURCE: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration (SAMHSA), 2014; 2011-2014. Retrieved from http://www.healthypeople.gov/node/5205/data_details.

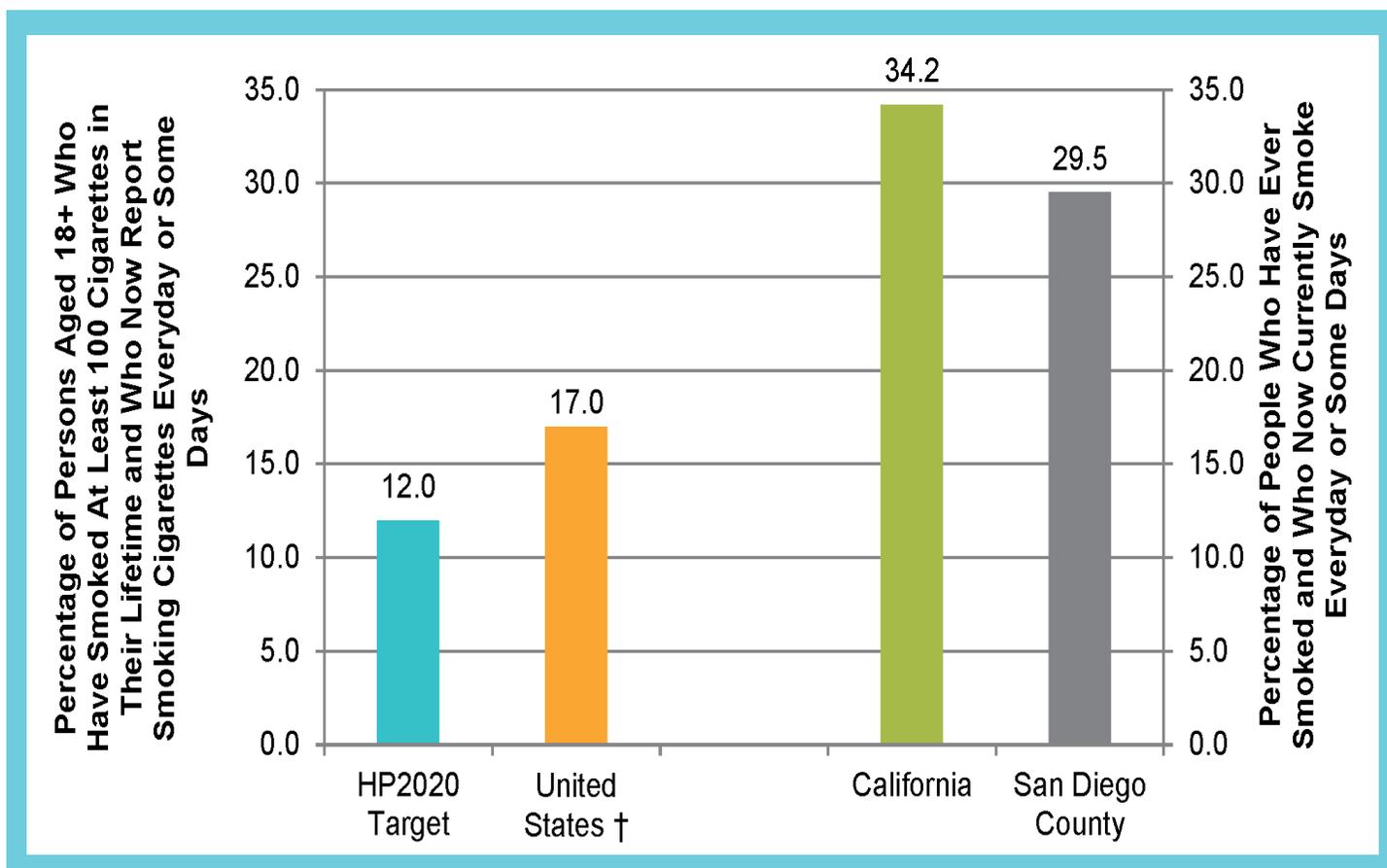
SAN DIEGO COUNTY & REGIONAL SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Binge Drinking in the Past Year (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 25: Tobacco Use

[TU-1.1] Reduce Cigarette Smoking by Adults

Definition: Persons aged 18 years and over who have smoked at least 100 cigarettes in their lifetime and who now report smoking cigarettes every day or some days.



† United States figure is an age-adjusted percentage; California and San Diego County figures are crude percentages.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health Interview Survey (NHIS), CDC/NCHS, 2014. Retrieved from http://www.healthypeople.gov/node/5287/data_details.

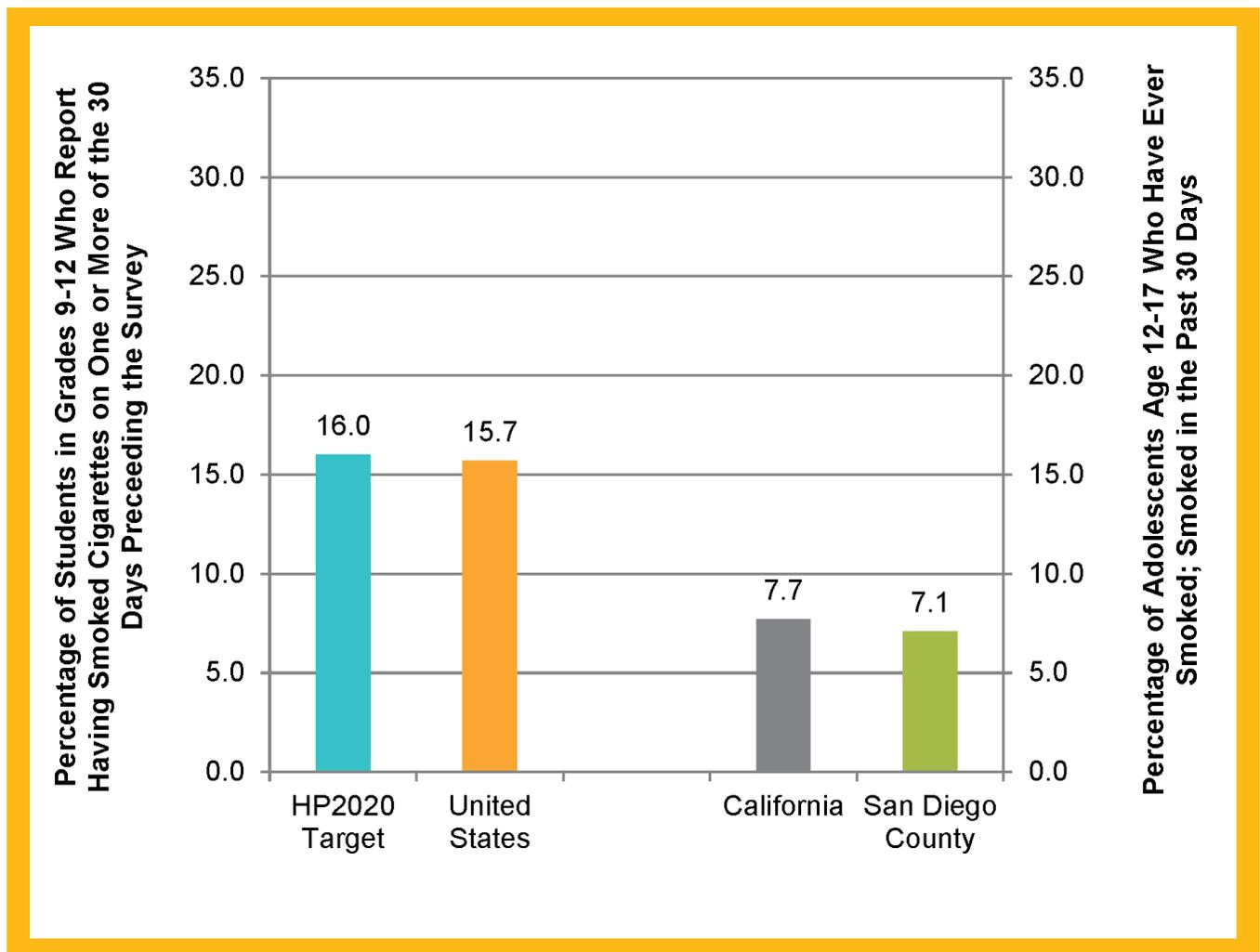
CALIFORNIA & SAN DIEGO COUNTY SOURCE: UCLA Center for Health Policy Research. AskCHIS 2014. Current smoking habits of people who have ever smoked - Every day and some days (California, San Diego). Available at <http://ask.chis.ucla.edu>. Exported on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Figure 26: Tobacco Use

[TU-2.2] Reduce Use of Cigarettes by Adolescents (Past Month)

Definition: Students in grades nine to 12 who report having smoked cigarettes on one or more of the 30 days preceding the survey.



LIMITATIONS: United States and San Diego County figures obtained for students in grades nine to 12. California figure obtained for all adolescents aged 12 to 17.

TARGET SOURCE: Healthy People 2020 Objective Data Search. <http://www.healthypeople.gov/2020/data-search/Search-the-Data>.

UNITED STATES SOURCE: National Health Interview Survey, CDC/NCHS, 2013. Retrieved from http://www.healthypeople.gov/node/5342/data_details.

CALIFORNIA & SAN DIEGO COUNTY SOURCE: Centers for Disease Control and Prevention (CDC). *2015 High School Youth Risk Behavior Survey Data*. Available at <http://nccd.cdc.gov/youthonline/>. Accessed on August 31, 2015.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

SUMMARY

United States

The United States, as a whole, met or exceeded the *Healthy People 2020* target for 8 of the 26 Leading Health Indicators. The topic areas in which all the targets were met include environmental quality and maternal, infant and child health.

California

California, as a whole, met or exceeded the *Healthy People 2020* target for 12 out of the 23 Leading Health Indicators for which there were state level data. Topic areas in which all targets were met or exceeded include injury and violence; maternal, infant and child health; and oral health.

San Diego County

San Diego County as a whole met or exceeded 12 out of 23 of the Leading Health Indicator goals for which there were county-level data. All indicators for the following topic areas were met or exceeded: clinical preventive services; injury and violence; maternal, infant and child health; and oral health. Areas where the county's progress is greatly exceeding the national target include the reduction of adults with diabetes; the reduction in fatal injuries; the reduction of pre-term births; and the reduction in adolescent smoking. Should the rates and percentages for these indicators remain steady within the next four years, San Diego County will still be on track to meet these targets by the year 2020.

Areas where the target was met or exceeded, but by a lesser amount, include the proportion of children receiving all the recommended vaccinations; the reduction in the homicide rate; and the reduction of the infant mortality rate. These proportions need to remain constant to meet the desired target by the year 2020.

For several indicators, local data that directly measured the target were not available. For these indicators, it is important to remember that while the target may appear to have been met or exceeded, the local data may not be exactly the same measure. Indicators where the local data were different have been noted as such. The four indicators where the local data used was a proxy for the national indicator include the proportion of adults whose hypertension is under control; the proportion of adults meeting physical activity and muscle strengthening guidelines; the reduction of childhood and adolescent obesity; and the proportion of all adults, adolescents, and children receiving dental care within the past year.

For the remaining 10 indicators for which there is county-level data, improvement is needed in order for San Diego County to meet or exceed the *Healthy People 2020* indicator targets. This was particularly evident in the area of mental health. These areas may need interventional or policy changes in order for the necessary improvements to be seen within the next two years. Overall, the health of San Diego County is well on its way to meeting the *Healthy People 2020* targets.

TARGET DASHBOARD

The Leading Health Indicators establish both baselines and targets for health improvement priority areas. This dashboard gives a snapshot of each indicator by comparing recent data trends to the *Healthy People 2020* targets.

- Red = Not on track to reach 2020 target.
- Yellow = Progress is being made, but overall progress is limited or slow.
- Green = On track to reach 2020 target.
- ✓ Green Checkmark = Exceeded 2020 target (given most recent data; assuming continued progress or maintenance of current percentages).

2020 Targets		Progress:	US	CA	San Diego County
ACCESS TO HEALTH SERVICES					
AHS-1.1	Increase the proportion of persons with medical insurance.		●	●	●
AHS-3	Increase the proportion of persons with usual primary care provider.		●	●	●
CLINICAL PREVENTIVE SERVICES					
C-16	Increase the proportion of adults who receive a colorectal cancer screening based on most recent guidelines.		●	✓	✓
HDS-12	Increase the proportion of adults with hypertension whose blood pressure is under control.		●	✓	✓
D-5.1	Reduce the proportion of the adult diabetic population with A1c value greater than 9%.		●	✓	✓
IID-8	Increase the percentage of children aged 19-35 months who receive the recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella and pneumococcal vaccine (PCV).		●	●	●
ENVIRONMENTAL QUALITY					
EH-1	Reduce the number of days the Air Quality Index (AQI) exceeds 100, weighted by population and AQI.		✓	N/A	N/A
TU-11.1	Reduce the proportion of children aged 3-11 years exposed to secondhand smoke.		✓	N/A	N/A

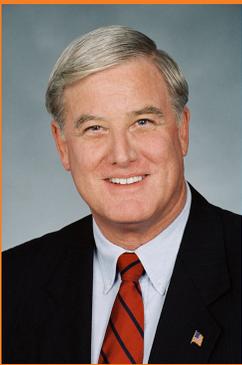
TARGET DASHBOARD

2020 Targets		Progress:	US	CA	San Diego County
INJURY AND VIOLENCE					
IVP-1.1	Reduce fatal injuries.				
IVP-29	Reduce homicides.				
MATERNAL, INFANT AND CHILD HEALTH					
MICH-1.3	Reduce the rate of all infant deaths.				
MICH-9.1	Reduce total preterm births.				
MENTAL HEALTH					
MHMD-1	Reduce the suicide rate.				
MHMD-4.1	Reduce the proportion of adolescents aged 12-17 years with Major Depressive Episodes (MDEs). San Diego County measure is a proxy for the HP2020 target measure. Definitions of major depressive episodes vary between variables.				
NUTRITION, PHYSICAL ACTIVITY AND OBESITY					
PA-2.4	Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity.				
NWS-9	Reduce the proportion of adults who are obese.				
NWS-10.4	Reduce the proportion of children and adolescents aged 2-19 who are considered obese. The United States figure includes children and adolescents aged 2-19. The California figure includes adolescents aged 12-17 and San Diego County includes adolescents in 9th-12th grades.				
NWS-15.1	Increase the contribution of total vegetables to the diets of the population aged 2 years and over.			N/A	N/A

TARGET DASHBOARD

2020 Targets		Progress:	US	CA	San Diego County
ORAL HEALTH					
OH-7	Increase the proportion of children, adolescents and adults who use the oral health care system.				
REPRODUCTIVE AND SEXUAL HEALTH					
FP-7.1	Increase the proportion of sexually experienced females aged 15-44 years who received reproductive health services in the past 12 months. <small>United states variable measured in sexually experienced females aged 15-44; California and San Diego County figure measured for all women aged 18-44 receiving birth control information from doctor (classified as reproductive health service).</small>				
HIV-13	Increase the proportion of persons living with HIV who know their serostatus. <small>The figure for San Diego County does not include HIV cases diagnosed elsewhere that have moved to San Diego. This figure may also include cases diagnosed in San Diego that have moved elsewhere. This figure is based on the national proportion estimated by the CDC and may not accurately reflect the local situation.</small>				
SOCIAL DETERMINANTS					
AH-5.1	Increase the proportion of students who graduate with a regular diploma 4 years after starting 9th grade. <small>San Diego County figure includes Imperial County High School data as well.</small>				
SUBSTANCE ABUSE					
SA-13.1	Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days.				
SA-14.3	Reduce the proportion of persons engaging in binge drinking during the past 30 days (adults aged 18 years and over).				
TOBACCO USE					
TU-1.1	Reduce cigarette smoking by adults.				
TU-2.2	Reduce use of cigarettes by adolescents (past month).				

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