



**Bakersfield Memorial Hospital**  
**Community Health Needs Assessment**  
**2019**

## Table of Contents

|  |    |
|--|----|
| Executive Summary .....                                | 7  |
| Report Adoption, Availability and Comments.....        | 10 |
| Assessment Purpose and Organizational Commitment ..... | 11 |
| Community Definition .....                             | 12 |
| Community Need Index .....                             | 12 |
| Population.....  | 14 |
| Race/Ethnicity.....                                    | 16 |
| Language.....  | 17 |
| Veterans .....   | 19 |
| Citizenship .....                                      | 19 |
| Assessment Process and Methods .....                   | 20 |
| Collaborative Process.....                             | 20 |
| Secondary Data Collection .....                        | 20 |
| Primary Data Collection .....                          | 20 |
| Public Comment .....                                   | 22 |
| Project Oversight .....                                | 23 |
| Consultant .....                                       | 23 |
| Social Determinants of Health.....                     | 24 |
| Social and Economic Factors Ranking .....              | 24 |
| Poverty .....  | 25 |
| Unemployment.....                                      | 26 |
| Free and Reduced-Price Meals .....                     | 26 |
| Public Program Participation.....                      | 27 |
| Community Input – Economic Insecurity.....             | 27 |
| Food Insecurity .....                                  | 29 |
| Community Input – Food Insecurity .....                | 30 |
| Households.....  | 31 |
| Homelessness .....                                     | 33 |

|   |    |
|---|----|
| Community Input – Housing and Homelessness .....      | 33 |
| Educational Attainment.....                           | 35 |
| Preschool Enrollment.....                             | 36 |
| Reading to Children .....                             | 36 |
| Parks, Playgrounds and Open Spaces .....              | 36 |
| Crime and Violence .....                              | 37 |
| Community Input – Violence and Community Safety.....  | 38 |
| Air Quality .....                                     | 40 |
| Community Input – Environmental Pollution .....       | 40 |
| Health Care Access.....                               | 42 |
| Health Insurance Coverage .....                       | 42 |
| Sources of Care.....                                  | 43 |
| Difficulty Accessing Care .....                       | 44 |
| Access to Primary Care Community Health Centers ..... | 45 |
| Delayed or Forgone Care .....                         | 46 |
| Lack of Care Due to Cost, for Children .....          | 46 |
| Community Input – Access to Health Care .....         | 46 |
| Dental Care .....                                     | 47 |
| Community Input – Dental Care.....                    | 48 |
| Birth Indicators .....                                | 50 |
| Births .....  | 50 |
| Delivery Paid by Public Insurance or Self-Pay.....    | 50 |
| Teen Birth Rate.....                                  | 50 |
| Prenatal Care.....                                    | 50 |
| Low Birth Weight.....                                 | 51 |
| Premature Birth.....                                  | 51 |
| Mothers Who Smoked Regularly During Pregnancy.....    | 51 |
| Infant Mortality .....                                | 51 |
| Breastfeeding.....                                    | 52 |

|  |    |
|--|----|
| Community Input – Birth Indicators.....      | 52 |
| Leading Causes of Death.....                 | 54 |
| Life Expectancy at Birth .....               | 54 |
| Leading Causes of Death .....                | 54 |
| Heart Disease and Stroke.....                | 55 |
| Cancer .....                                 | 55 |
| Chronic Lower Respiratory Disease .....      | 56 |
| Alzheimer's Disease .....                    | 56 |
| Community Input – Alzheimer's Disease .....  | 57 |
| Unintentional Injury .....                   | 58 |
| Community Input – Unintentional Injury ..... | 58 |
| Diabetes .....                               | 59 |
| Liver Disease .....                          | 59 |
| Kidney Disease.....                          | 59 |
| Pneumonia and Influenza .....                | 59 |
| Drug Overdose .....                          | 60 |
| Homicide.....                                | 61 |
| Suicide .....                                | 61 |
| HIV .....                                    | 61 |
| Acute and Chronic Disease.....               | 62 |
| Hospitalization Rates by Diagnoses .....     | 62 |
| Emergency Room Rates by Diagnoses .....      | 62 |
| Diabetes .....                               | 62 |
| High Blood Pressure.....                     | 64 |
| Heart Disease .....                          | 65 |
| Asthma .....                                 | 66 |
| Cancer .....                                 | 67 |
| HIV .....                                    | 68 |
| Coccidioidmycosis .....                      | 68 |

|   |    |
|---|----|
| Community Input – Chronic Diseases.....                 | 68 |
| Health Behaviors .....                                  | 70 |
| Health Behaviors Ranking .....                          | 70 |
| Health Status .....                                     | 70 |
| Disability .....  | 70 |
| Sexually Transmitted Infections.....                    | 70 |
| Teen Sexual History .....                               | 71 |
| Community Input – Sexually Transmitted Infections ..... | 71 |
| Overweight and Obesity .....                            | 72 |
| Fast Food .....   | 74 |
| Soda/Sugar-Sweetened Beverage (SSB) Consumption.....    | 74 |
| Adequate Fruit and Vegetable Consumption .....          | 75 |
| Access to Fresh Produce.....                            | 75 |
| Physical Activity .....                                 | 75 |
| Community Input – Overweight and Obesity .....          | 77 |
| Mental Health .....                                     | 79 |
| Satisfaction with Quality of Life .....                 | 79 |
| Mental Health.....                                      | 79 |
| Mental Health Care Access .....                         | 79 |
| Community Input – Mental Health.....                    | 80 |
| Substance Use and Misuse.....                           | 82 |
| Cigarette Smoking .....                                 | 82 |
| Alcohol.....  | 82 |
| Marijuana Use, Youth .....                              | 83 |
| Opioid Use.....   | 83 |
| Community Input – Substance Use and Misuse .....        | 83 |
| Preventive Practices.....                               | 85 |
| Flu Vaccines .....                                      | 85 |
| Immunization of Children .....                          | 85 |

|  |     |
|--|-----|
| Mammograms.....  | 85  |
| Pap Smears .....                                       | 86  |
| Colorectal Cancer Screening .....                      | 86  |
| Community Input – Preventive Practices .....           | 86  |
| Prioritized Description of Community Health Needs..... | 88  |
| Review of Primary and Secondary Data .....             | 88  |
| Priority Health Needs.....                             | 88  |
| Resources to Address Community Health Needs .....      | 91  |
| Impact of Actions Taken.....                           | 95  |
| Attachment 1. Benchmark Comparisons .....              | 102 |
| Attachment 2. Community Stakeholder Interviewees ..... | 103 |
| Attachment 3. Community Survey Report .....            | 105 |

## Executive Summary

The purpose of this Community Health Needs Assessment (CHNA) is to identify and prioritize health needs of the community served by Dignity Health – Bakersfield Memorial Hospital. The priorities identified in this report help to guide the hospital's community health improvement programs and community benefit activities, as well as its collaborative efforts with other organizations that share a mission to improve health. This CHNA report meets requirements of the Patient Protection and Affordable Care Act and California Senate Bill 697 that not-for-profit hospitals conduct a Community Health Needs Assessment at least once every three years.

The Community Health Needs Assessment process was overseen by the Kern County Community Benefit Collaborative. The Collaborative is comprised of Delano Regional Medical Center, Dignity Health (Mercy and Memorial Hospitals), Kern Medical, Adventist Health (Bakersfield and Tehachapi Valley), Valley Children's Healthcare and Kaiser Permanente.

### Community Definition

Bakersfield Memorial Hospital is located at 420 34<sup>th</sup> Street, Bakersfield, California, 93301. The service area for the hospital includes four communities consisting of 13 ZIP Codes in Kern County. Memorial determines the community for the purposes of this CHNA by assigning ZIP Codes based on patient discharges. Over 70% of inpatient discharges constitute the Primary Service Area.

One tool used to assess health need is the Community Need Index (CNI) created and made publicly available by Dignity Health and Truven Health Analytics. The CNI analyzes data, at the ZIP Code level, on five factors known to contribute or be barriers to health care access: income, culture/language, education, housing status, and insurance coverage. CNI scores range from 1.0 (lowest barriers) to 5.0 (highest barriers) for each ZIP Code in the hospital service area. The average CNI score by ZIP Code was 4.1, indicating a High Need service area.

### Assessment Process and Methods

Secondary and primary data were collected to complete the CHNA. Secondary data were collected from a variety of local, county and state sources to present a demographic profile, social determinants of health, health care access, birth indicators, leading causes of death, acute and chronic disease, health behaviors, mental health, substance use and misuse, and preventive practices. The analysis of secondary data yielded a preliminary list of community health needs, which then informed primary data

collection. The following criteria were used to identify community health needs:

1. The size of the problem (relative portion of population afflicted by the problem)
2. The seriousness of the problem (impact at individual, family, and community levels)

The following community health needs were determined:

- Access to health care
- Alzheimer's disease
- Birth indicators
- Chronic diseases (asthma, cancer, diabetes, heart disease, kidney disease, liver disease, lung disease, stroke, Valley Fever)
- Dental care/oral health
- Economic insecurity
- Environmental pollution
- Food insecurity
- Housing and homelessness
- Mental health
- Overweight and obesity
- Preventive practices
- Sexually transmitted infections
- Substance use and misuse
- Unintentional injuries
- Violence and injury

Primary data were obtained through community surveys and interviews with 41 key community stakeholders, public health, and service providers, members of medically underserved, low-income, and minority populations in the community, and individuals or organizations serving or representing the interests of such populations. The primary data collection process was designed to validate secondary data findings, identify additional community issues, solicit information on disparities among subpopulations, ascertain community assets potentially available to address needs and discover gaps in resources.

### **Priority Significant Needs**

Calculations from community stakeholders prioritized the community health needs. A brief description of the top six priority needs follows:

- **Housing and homelessness** – 40.9% of service area families spend 30% or more of their income on housing. Despite a downward trend in homelessness in recent



years, there was a spike of 9% in homelessness from 2017 to 2018, and a 46% increase in the number of unsheltered homeless. Many stakeholders commented there are not enough homeless housing resources in Kern County.

- **Mental health** – Among adults in Kern County, 12% had experienced serious psychological distress in the past year. Serious psychological distress was experienced by 4% of area teens. Stakeholders commented on the lack of county resources available to address mental health issues. As well, there continues to be a stigma associated with mental illness.
- **Access to health care** – Health insurance coverage is a key component to accessing health care. The Healthy People 2020 objective is for 100% insurance coverage for all population groups. In the hospital service area, 86.5% of residents have insurance coverage. Health care coverage was higher among children, ages 0 to 17. 94.4% of children and 80.6% of adults have health insurance. 5.7% of Kern County adults had difficulty finding a primary-care doctor and 11.3% had difficulty obtaining specialty care.
- **Economic insecurity** – Among residents in the service area, 23.7% are at or below 100% of the federal poverty level (FPL) and 47.8% are low-income (200% of FPL or below). These rates are higher than county and state rates of poverty. 32.1% of service area children live in poverty and 12.6% of area seniors live in poverty.
- **Substance use and misuse** – In Kern County, 14.6% of adults smoke cigarettes. This is higher than the state rate (12.1%) and the Healthy People 2020 objective (12%). Among Kern County adults, 32.6% had engaged in binge drinking in the past year, and 12.5% of Kern County teens binge drank in the past month. Opioid overdose visits (excluding heroin) to the ER in Kern County were 18.9 visits per 100,000 persons, a higher rate than found in the state (10.3 per 100,000 persons). Community members noted increases in meth and opioid use and the increase in vaping among the youth.
- **Chronic diseases** – Heart disease, cancer and lung disease are the top three causes of death in the service area. Among Kern County adults, 15.6% have been diagnosed as pre-diabetic, and 11.1% reported they have been diagnosed with diabetes. 7.8% of adults have been diagnosed with heart disease and 34% have been diagnosed with high blood pressure. In Kern County, 23.7% of children, under age 18, have been diagnosed with asthma.

### **Resources Potentially Available**

The resources potentially available to address the community health needs are documented in this report. Resources are also available at Healthy Kern County [www.healthykern.org](http://www.healthykern.org) and 211 Kern County at <http://www.capk.org/211Kern/>.

**Report Adoption, Availability and Comments**

This CHNA report was adopted by the Memorial Community Board on May 22, 2019. This report is widely available to the public on the hospital's website and a paper copy is available for inspection, upon request, at Memorial Hospital's Administration Office. Written comments on this report can be submitted to Memorial Hospital's Administration Office at 420 34th Street, Bakersfield, California, 93301 or by email through the website at <https://www.dignityhealth.org/central-california/locations/memorial-hospital/about-us/community-benefit-report-health-needs-assessment>.

## Assessment Purpose and Organizational Commitment

The purpose of this Community Health Needs Assessment (CHNA) is to identify and prioritize health needs of the community served by Dignity Health – Bakersfield Memorial Hospital. The priorities identified in this report help to guide the hospital's community health improvement programs and community benefit activities, as well as its collaborative efforts with other organizations that share a mission to improve health.

This CHNA report meets requirements of the Patient Protection and Affordable Care Act and in California Senate Bill 697 that not-for-profit hospitals conduct a Community Health Needs Assessment at least once every three years. The Community Health Needs Assessment process was overseen by the Kern County Community Benefit Collaborative. The Collaborative is comprised of Delano Regional Medical Center, Dignity Health (Mercy and Memorial Hospitals), Kern Medical, Adventist Health (Bakersfield and Tehachapi Valley), Valley Children's Healthcare and Kaiser Permanente.

### Dignity Health Mission Statement

We are committed to furthering the healing ministry of Jesus. We dedicate our resources to:

- Delivering compassionate, high-quality, affordable health services;
- Serving and advocating for our sisters and brothers who are poor and disenfranchised; and
- Partnering with others in the community to improve the quality of life.

## Community Definition

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**Memorial Hospital Service Area**

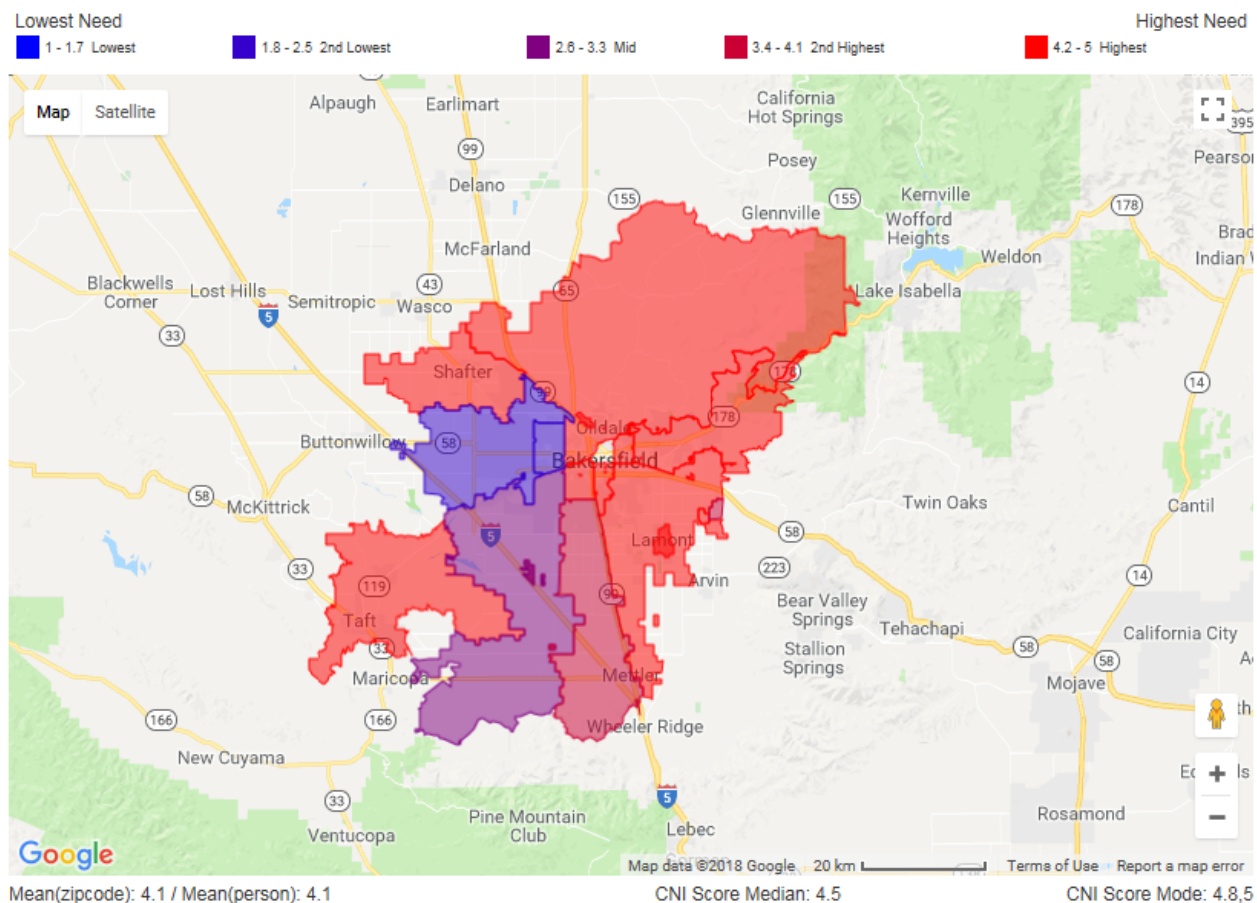
| Place*      | ZIP Code   |
|-------------|--|
| Bakersfield | 93301, 93304, 93305, 93306, 93307, 93308, 93309, 93311, 93312, 93313 |
| Lamont      | 93241  |
| Shafter     | 93263  |
| Taft        | 93268  |

\*When place names are used within the report, they primarily refer to the geographic area covered by a ZIP Code, rather than the incorporated city that bears that name.

## Community Need Index

One tool used to assess health need is the Community Need Index (CNI) created and made publicly available by Dignity Health and Truven Health Analytics. The CNI analyzes data, at the ZIP Code level, on five factors known to contribute or be barriers to health care access: income, culture/language, education, housing status, and insurance coverage. Scores from 1.0 (lowest barriers) to 5.0 (highest barriers) for each factor are averaged to calculate a CNI score for each ZIP Code in the community. Research has shown that communities with the highest CNI scores experience twice the rate of hospital admissions for ambulatory care sensitive conditions as those with the lowest scores.

Among Memorial Hospital service area ZIP Codes, all but four scored higher than 4.0, making them High Need communities. The following map depicts the Community Need Index for the hospital's geographic service area based on national need.



| Zip Code | CNI Score | Population | City        | County | State      |
|----------|-----------|------------|-------------|--------|------------|
| 93263    | 4.8       | 21178      | Shafter     | Kern   | California |
| 93268    | 4.8       | 19099      | Taft        | Kern   | California |
| 93304    | 5         | 49214      | Bakersfield | Kern   | California |
| 93305    | 5         | 37569      | Bakersfield | Kern   | California |
| 93306    | 4.6       | 68871      | Bakersfield | Kern   | California |
| 93307    | 5         | 89941      | Bakersfield | Kern   | California |
| 93308    | 4.2       | 55484      | Bakersfield | Kern   | California |
| 93309    | 4.4       | 57630      | Bakersfield | Kern   | California |
| 93311    | 3.2       | 47998      | Bakersfield | Kern   | California |
| 93312    | 2.4       | 62182      | Bakersfield | Kern   | California |
| 93313    | 3.8       | 51350      | Bakersfield | Kern   | California |
| 93314    | 2.2       | 29435      | Bakersfield | Kern   | California |

## Population

The population in the Memorial Hospital (Memorial) service area is 578,397. The population largely lives in a densely populated area, with 582.85 persons per square mile, as compared to 107.15 persons per square mile for Kern County.

## Population

|                       | Total Population  | Total Land Area<br>(Square Miles) | Population Density<br>(Per Square Mile) |
|-----------------------|-------------------|-----------------------------------|---|
| Memorial Service Area | 578,397           | 992.36                            | 582.85                                  |
| <b>Kern County</b>    | <b>871,337</b>    | <b>8,131.93</b>                   | <b>107.15</b>                           |
| <b>California</b>     | <b>38,654,206</b> | <b>155,792.65</b>                 | <b>248.11</b>                           |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP05. <http://factfinder.census.gov>.

Source geography: Tract. Accessed from CARES Engagement Network. <http://www.engagementnetwork.org/assessment>

From 2011 to 2016, the population of the service area increased by 5.9%, which is higher than the 4.8% increase in population countywide.

## Total Population and Change in Population, 2011-2016

|                                 | Memorial Service Area | Kern County |
|---------------------------------|-----------------------|-------------|
| Total population                | 578,397               | 871,337     |
| Change in population, 2011-2016 | 5.9%                  | 4.8%        |

Source: U.S. Census Bureau, American Community Survey, 2007-2011 & 2012-2016, DP05. <http://factfinder.census.gov>

In the service area, 49.7% of the population is male and 50.3% is female.

## Population by Gender

|        | Memorial Service<br>Area | Kern County | California |
|--------|--------------------------|-------------|------------|
| Male   | 49.7%                    | 51.3%       | 49.7%      |
| Female | 50.3%                    | 48.7%       | 50.3%      |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP05. <http://factfinder.census.gov>

Children and youth, ages 0-17, make up 30.8% of the population. 60.0% are adults, ages 18-64, and 9.2% of the population is seniors, 65 and over. The service area has a higher percentage of youth, ages 0-17, and a lower percentage of adults, ages 35-84, than the county.

## Population by Age

|         | Memorial Service<br>Area | Kern County | California |
|---------|--------------------------|-------------|------------|
| 0 – 4   | 8.8%                     | 8.3%        | 6.5%       |
| 5 – 9   | 8.8%                     | 8.4%        | 6.6%       |
| 10 – 14 | 8.3%                     | 8.0%        | 6.6%       |

|         | Memorial Service Area | Kern County | California |
|---------|-----------------------|-------------|------------|
| 15 – 17 | 4.9%                  | 4.8%        | 4.0%       |
| 18 – 20 | 4.6%                  | 4.6%        | 4.3%       |
| 21 – 24 | 6.5%                  | 6.4%        | 5.9%       |
| 25 – 34 | 15.1%                 | 15.0%       | 14.7%      |
| 35 – 44 | 12.4%                 | 12.5%       | 13.3%      |
| 45 – 54 | 11.5%                 | 12.0%       | 13.5%      |
| 55 – 64 | 9.9%                  | 10.1%       | 11.6%      |
| 65 – 74 | 5.5%                  | 5.9%        | 7.3%       |
| 75 – 84 | 2.7%                  | 2.9%        | 3.8%       |
| 85+     | 1.1%                  | 1.1%        | 1.8%       |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP05. <http://factfinder.census.gov>

Bakersfield 93305, 93307, Lamont and Shafter ZIP Codes have the largest percentages of youth, ages 0-17, in the service area. Bakersfield ZIP Codes 93301 and 93309 have the highest percentage of seniors in the service area. The weighted average of the median age in the service area is 30.2 years, which is younger than the median county age of 31.2 and the median state age of 36.0.

#### Population by Youth, Ages 0-17, and Seniors, Ages 65+

|                              | ZIP Code | Total Population  | Youth Ages 0 – 17 | Seniors Ages 65+ | Median Age   |
|------------------------------|----------|-------------------|-------------------|------------------|--------------|
| Bakersfield                  | 93301    | 11,555            | 27.0%             | 12.7%            | 32.5         |
| Bakersfield                  | 93304    | 51,891            | 31.1%             | 8.9%             | 29.1         |
| Bakersfield                  | 93305    | 38,793            | 34.8%             | 8.0%             | 26.6         |
| Bakersfield                  | 93306    | 69,660            | 31.4%             | 11.0%            | 30.3         |
| Bakersfield                  | 93307    | 84,667            | 35.8%             | 7.2%             | 26.7         |
| Bakersfield                  | 93308    | 54,497            | 26.2%             | 11.7%            | 34.7         |
| Bakersfield                  | 93309    | 59,492            | 25.5%             | 12.5%            | 31.7         |
| Bakersfield                  | 93311    | 45,512            | 28.9%             | 8.8%             | 32.3         |
| Bakersfield                  | 93312    | 58,102            | 28.7%             | 8.9%             | 34.1         |
| Bakersfield                  | 93313    | 49,006            | 30.7%             | 7.4%             | 29.6         |
| Lamont                       | 93241    | 17,233            | 35.6%             | 5.5%             | 26.3         |
| Shafter                      | 93263    | 20,346            | 35.4%             | 7.3%             | 26.7         |
| Taft                         | 93268    | 17,643            | 30.5%             | 8.6%             | 28.4         |
| <b>Memorial Service Area</b> |          | <b>578,397</b>    | <b>30.8%</b>      | <b>9.2%</b>      | <b>30.2*</b> |
| <b>Kern County</b>           |          | <b>871,337</b>    | <b>29.5%</b>      | <b>9.9%</b>      | <b>31.2</b>  |
| <b>California</b>            |          | <b>38,654,206</b> | <b>23.7%</b>      | <b>12.9%</b>     | <b>36.0</b>  |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP05. <http://factfinder.census.gov> \*Weighted average

Seniors living alone may be isolated and lack adequate support systems. In the service area, rates of seniors living alone range from 13.1% in Bakersfield 93313 to 31.7% in Bakersfield 93301.

## Seniors Living Alone

|                    | ZIP Code | Percent      |
|--------------------|----------|--------------|
| Bakersfield        | 93301    | 31.7%        |
| Bakersfield        | 93304    | 27.9%        |
| Bakersfield        | 93305    | 21.2%        |
| Bakersfield        | 93306    | 22.0%        |
| Bakersfield        | 93307    | 17.0%        |
| Bakersfield        | 93308    | 26.3%        |
| Bakersfield        | 93309    | 31.3%        |
| Bakersfield        | 93311    | 20.1%        |
| Bakersfield        | 93312    | 15.0%        |
| Bakersfield        | 93313    | 13.1%        |
| Lamont             | 93241    | 13.3%        |
| Shafter            | 93263    | 19.7%        |
| Taft               | 93268    | 25.1%        |
| <b>Kern County</b> |          | <b>22.9%</b> |
| <b>California</b>  |          | <b>23.2%</b> |

Source: U.S. Census Bureau, American Community Survey, 2012-2016. Accessed from Healthy Kern County, [www.healthykern.org](http://www.healthykern.org).

## Race/Ethnicity

In the Memorial service area, 53.1% of the population is Hispanic/Latino, 34.4% are White, 5.4% are Black/African American, 4.6% are Asian, and the remaining 2.5% are American Indian/Alaskan Native, Native Hawaiian/Pacific Islander, other race/ethnicity, or multiple races. There is a lower percentage of Whites, and a higher percentage of Hispanic/Latinos, Blacks/African Americans and Asians in the service area than found at the county level.

## Race/Ethnicity

|                                  | Memorial Service Area | Kern County | California |
|----------------------------------|-----------------------|-------------|------------|
| Hispanic/Latino                  | 53.1%                 | 51.6%       | 38.6%      |
| White                            | 34.4%                 | 36.0%       | 38.4%      |
| Black/African American           | 5.4%                  | 5.2%        | 5.6%       |
| Asian                            | 4.6%                  | 4.5%        | 13.7%      |
| American Indian/Alaska Native    | 0.5%                  | 0.5%        | 0.4%       |
| Native Hawaiian/Pacific Islander | 0.1%                  | 0.1%        | 0.4%       |
| Other/Multiple                   | 1.9%                  | 2.1%        | 3.1%       |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP05. <http://factfinder.census.gov>

Lamont has the highest percentage of Hispanic or Latino residents (95.6%) in the service area. In Bakersfield 93308, 71.3% of the population is White. Bakersfield 93304



has the highest percentage of Black or African Americans (11.4%) in the service area. Bakersfield 93311 has the highest percentage of Asians (16.2%) in the service area.

### Population by Race and Ethnicity and ZIP Code

|                              | ZIP Code | Asian        | Black       | Latino       | White        |
|------------------------------|----------|--------------|-------------|--------------|--------------|
| Bakersfield                  | 93301    | 4.2%         | 8.4%        | 38.0%        | 44.7%        |
| Bakersfield                  | 93304    | 2.5%         | 11.4%       | 62.7%        | 20.9%        |
| Bakersfield                  | 93305    | 1.0%         | 4.9%        | 74.6%        | 17.4%        |
| Bakersfield                  | 93306    | 2.7%         | 2.9%        | 61.2%        | 31.0%        |
| Bakersfield                  | 93307    | 1.9%         | 7.1%        | 77.7%        | 11.5%        |
| Bakersfield                  | 93308    | 1.5%         | 2.0%        | 21.1%        | 71.3%        |
| Bakersfield                  | 93309    | 4.1%         | 9.5%        | 44.0%        | 39.4%        |
| Bakersfield                  | 93311    | 16.2%        | 4.5%        | 32.5%        | 44.0%        |
| Bakersfield                  | 93312    | 7.7%         | 1.8%        | 25.2%        | 62.1%        |
| Bakersfield                  | 93313    | 10.8%        | 7.9%        | 53.0%        | 26.3%        |
| Lamont                       | 93241    | 0.6%         | 0.0%        | 95.6%        | 3.6%         |
| Shafter                      | 93263    | 0.3%         | 1.5%        | 82.1%        | 15.5%        |
| Taft                         | 93268    | 1.3%         | 1.2%        | 38.1%        | 56.4%        |
| <b>Memorial Service Area</b> |          | <b>4.6%</b>  | <b>5.4%</b> | <b>53.1%</b> | <b>34.4%</b> |
| <b>Kern County</b>           |          | <b>4.5%</b>  | <b>5.2%</b> | <b>51.6%</b> | <b>36.0%</b> |
| <b>California</b>            |          | <b>13.7%</b> | <b>5.6%</b> | <b>38.6%</b> | <b>38.4%</b> |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP05. <http://factfinder.census.gov>  
Care should be taken when interpreting rates for a ZIP Code with a small population.

### Language

39.1% of the population speaks Spanish in the home. English is spoken in the home by 56% of the population, 2.3% of the population speaks an Asian or Pacific Islander language, and 2% of the population speaks an Indo-European language at home.

### Language Spoken at Home, Population 5 Years and Older

|  | Memorial Service Area | Kern County |
|--|-----------------------|-------------|
| Speaks only English                    | 56.0%                 | 56.0%       |
| Speaks Spanish                         | 39.1%                 | 39.1%       |
| Speaks Asian/Pacific Islander language | 2.3%                  | 2.6%        |
| Speak Other Indo-European language     | 2.0%                  | 1.6%        |
| Speaks other language                  | 0.7%                  | 0.7%        |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP02. <http://factfinder.census.gov>

A number of communities have high percentages of Spanish-speakers including: Lamont, Shafter and Bakersfield 93307. In the service area, Bakersfield 93311 has the high percentage of Asian-language speakers (7.4%). Bakersfield 93313 (6.9%) and

Bakersfield 93311 (6.3%) have the highest rates of area residents who speak an Indo-European at home. Bakersfield 93308 has the highest percentage of service area residents who speak only English in the home (87.3%).

#### Language Spoken at Home by ZIP Code

|                              | ZIP Code | English      | Spanish      | Asian/Pacific Islander | Indo European |
|------------------------------|----------|--------------|--------------|------------------------|---------------|
| Bakersfield                  | 93301    | 77.0%        | 19.1%        | 3.2%                   | 0.7%          |
| Bakersfield                  | 93304    | 46.9%        | 50.3%        | 1.1%                   | 1.4%          |
| Bakersfield                  | 93305    | 44.0%        | 54.7%        | 0.7%                   | 0.3%          |
| Bakersfield                  | 93306    | 53.8%        | 43.2%        | 1.8%                   | 0.9%          |
| Bakersfield                  | 93307    | 32.3%        | 65.5%        | 0.8%                   | 1.0%          |
| Bakersfield                  | 93308    | 87.3%        | 9.9%         | 0.6%                   | 0.7%          |
| Bakersfield                  | 93309    | 65.7%        | 29.3%        | 3.1%                   | 1.3%          |
| Bakersfield                  | 93311    | 63.9%        | 19.9%        | 7.4%                   | 6.3%          |
| Bakersfield                  | 93312    | 80.1%        | 13.1%        | 3.9%                   | 2.3%          |
| Bakersfield                  | 93313    | 51.9%        | 36.6%        | 3.7%                   | 6.9%          |
| Lamont                       | 93241    | 12.4%        | 86.8%        | 0.5%                   | 0.1%          |
| Shafter                      | 93263    | 29.6%        | 69.4%        | 0.3%                   | 0.4%          |
| Taft                         | 93268    | 67.8%        | 30.9%        | 0.7%                   | 0.4%          |
| <b>Memorial Service Area</b> |          | <b>56.0%</b> | <b>39.1%</b> | <b>2.3%</b>            | <b>2.0%</b>   |
| <b>Kern County</b>           |          | <b>56.0%</b> | <b>39.1%</b> | <b>2.6%</b>            | <b>1.6%</b>   |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP02. <http://factfinder.census.gov>

The California Department of Education publishes rates of English Learners, defined as the percentage of students whose primary language is not English and who lack sufficient English-language skills necessary for academic success. Among area elementary-school districts, the highest percentage of English Learners was in Lamont Elementary School District (59.7%). Rates of English Learners were 6.6% in the Kern High School District and 6.9% in the Taft Union High School District.

#### English Learners (EL)

|                                    | Number           | Percent      |
|------------------------------------|------------------|--------------|
| Bakersfield City School District   | 8,210            | 26.8%        |
| Kern High School District          | 2,611            | 6.6%         |
| Lamont Elementary School District  | 1,854            | 59.7%        |
| Richland Union Elementary District | 1,450            | 41.7%        |
| Taft City School District          | 984              | 42.3%        |
| Taft Union High School District    | 71               | 6.9%         |
| <b>Kern County</b>                 | <b>37,125</b>    | <b>19.6%</b> |
| <b>California</b>                  | <b>1,271,150</b> | <b>20.5%</b> |

Source: California Department of Education DataQuest, 2017-2018. <http://dq.cde.ca.gov/dataquest/>

## Veterans

In the hospital service area, 5.6% of the civilian population, 18 years and older, are veterans, which is lower than county (6.6%) and state (5.9%) rates.

### Veteran Status

|                | Memorial Service Area | Kern County | California |
|----------------|-----------------------|-------------|------------|
| Veteran status | 5.6%                  | 6.6%        | 5.9%       |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP02. <http://factfinder.census.gov>

## Citizenship

The term foreign born refers to anyone who is not a U.S. citizen at birth. This includes naturalized U.S. citizens, lawful permanent residents (immigrants), temporary migrants (such as foreign students), humanitarian migrants (such as refugees and asylees), and unauthorized migrants. In the hospital service area, 19.7% of the population is foreign-born. Among the foreign-born, 65.4% are not citizens.

### Foreign-Born Residents and Citizenship

|                                     | Memorial Service Area | Kern County | California |
|-------------------------------------|-----------------------|-------------|------------|
| Foreign born                        | 19.7%                 | 20.3%       | 27.0%      |
| Of foreign born, not a U.S. citizen | 65.4%                 | 67.0%       | 50.8%      |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP02. <http://factfinder.census.gov>

## **Assessment Process and Methods**

### **Collaborative Process**

Bakersfield Memorial Hospital participated in a collaborative process for the Community Health Needs Assessment. The Kern County Community Benefit Collaborative is comprised of Delano Regional Medical Center, Dignity Health (Mercy and Memorial Hospitals), Kern Medical, Adventist Health (Bakersfield and Tehachapi Valley), Valley Children's Healthcare and Kaiser Permanente. These hospitals share a service area. The collaborative effort reduced redundancies and increased data collection efficiency.

### **Secondary Data Collection**

Secondary data were collected from a variety of local, county and state sources to present a community profile, social determinants of health, health care access, birth indicators, leading causes of death, acute and chronic disease, health behaviors, mental health, substance use and misuse, and preventive practices. When available, data sets are presented in the context of Kern County and California to help frame the scope of an issue, as it relates to the broader community.

Sources of data include: the U.S. Census American Community Survey, California Department of Public Health, California Health Interview Survey, Kern County Public Health Department, Healthy Kern County, County Health Rankings, California Department of Education, California Office of Statewide Health Planning and Development and California Department of Justice, among others.

Secondary data for the service area were collected and documented in data tables with narrative explanation. The tables present the data indicator, the geographic area represented, the data measurement (e.g. rate, number, or percent), county and state comparisons (when available), the data source, data year and an electronic link to the data source. Analysis of secondary data includes an examination and reporting of health disparities for some health indicators. The report includes benchmark comparison data that measure the data findings compared to Healthy People 2020 objectives, where appropriate. Healthy People 2020 objectives are a national initiative to improve the public's health by providing measurable objectives and goals that are applicable at national, state, and local levels. Appendix 1 compares Healthy People 2020 objectives with service area data.

### **Primary Data Collection**

For this Community Health Needs Assessment, information was obtained through community surveys and interviews with individuals who are leaders and/or

representatives of medically underserved, low-income, and minority populations, local health or other departments or agencies that have current data or other information relevant to the health needs of the community.

### Interviews

Targeted interviews were used to gather information and opinions from persons who represent the community served by the hospital. Given shared community areas, the Kern County Community Benefit Collaborative hospitals worked together to conduct the interviews. Forty-one (41) interviews were completed from October 2018 through March 2019.

The Kern County Community Benefit Collaborative developed a list of key influencers who have knowledge of community health and social needs. They were selected to cover a wide range of communities within Kern County, represent different age groups, racial/ethnic populations and underserved populations. The identified stakeholders were invited by email to participate in a phone interview. Appointments for the interviews were made on dates and times convenient to the stakeholders. At the beginning of each interview, the purpose of the interview in the context of the assessment was explained, the stakeholders were assured their responses would remain confidential, and consent to proceed was given.

Interview participants were asked to share their perspectives on a number of topics related to the identified preliminary health needs in the community area. Questions focused on the following topics:

- Major health issues facing the community.
- Socioeconomic, behavioral, environmental or clinical factors that contribute to poor health in a community.
- Issues, challenges, barriers faced by community members as they relate to the identified health needs.
- Services, programs, community efforts, resources available to address the health needs.
- Special populations or groups that are affected by a health need.
- Health and social services missing or difficult to access in the community.
- Other comments or concerns.

A list of the stakeholder interview respondents, their titles and organizations can be found in Attachment 2.

### Community Survey

The Kern County Community Benefit Collaborative representatives developed a plan for

distribution of a survey to engage community residents. The survey was available in an electronic format through a Survey Monkey link, and in a paper copy format. The electronic and paper surveys were available in English and Spanish. The surveys were available from November 2018 to January 2019 and during this time, 1,114 usable surveys were collected.

Members of the Kern County Community Benefit Collaborative distributed the surveys to their clients, in hospital waiting rooms and service sites, and through social media, including posting the survey link on hospital Facebook pages. The survey was also distributed to community partners who made them available to their clients. A written introduction explained the purpose of the survey and assured participants the survey was voluntary, and they would remain anonymous. For community members who were illiterate, an agency staff member read the survey introduction and questions to the client in his/her preferred language and marked his/her responses on the survey.

The survey asked for respondents' demographic information. Survey questions focused on the following topics:

- Biggest health issues in the community.
- Greatest needs facing children and families.
- Where residents and their families receive routine health care services.
- Problems faced accessing health care, mental health care, dental care or supportive services.
- What would make it easier to obtain care?
- Types of support or services needed in the community.
- Safety concerns in the community

The summary survey report can be found in Attachment 3.

Interview and survey participants were also asked to provide additional comments to share with the hospitals. Analysis of the primary data occurred through a process that compared and combined responses to identify themes. The results of the primary data collection were reviewed in conjunction with the secondary data. Primary data findings were used to corroborate the secondary data-defined health needs, serving as a confirming data source. The responses are included in the following Community Health Needs Assessment chapters.

### **Public Comment**

In compliance with IRS regulations 501(r) for charitable hospitals, a hospital Community Health Needs Assessment (CHNA) and Implementation Strategy are to be made widely available to the public and public comment is to be solicited. The previous Community

Health Needs Assessment and Implementation Strategy were made widely available to the public on the website <https://www.dignityhealth.org/central-california/locations/memorial-hospital/about-us/community-benefit-report-health-needs-assessment>. Public comment was solicited on the reports; however, to date, no comments have been received.

### **Project Oversight**

The Community Health Needs Assessment was overseen by:

Donna Winkley  
Regional Director  
Special Needs and Community Outreach  
Dignity Health Mercy & Memorial Hospitals

### **Consultant**

Biel Consulting, Inc. conducted the Community Health Needs Assessment. Biel Consulting, Inc. has extensive experience conducting hospital Community Health Needs Assessments and working with hospitals on developing, implementing, and evaluating community benefit programs. Dr. Melissa Biel conducted the Dignity Health Bakersfield Memorial Hospital Community Health Needs Assessment. She was assisted by Denise Flanagan, BA and Sevanne Sarkis, JD, MHA, MEd. Biel Consulting's website is [www.bielconsulting.com](http://www.bielconsulting.com).

## Social Determinants of Health

### Social and Economic Factors Ranking

The County Health Rankings examines social and economic indicators as a contributor to the health of a county's residents. California's 57 evaluated counties (Alpine excluded) are ranked according to social and economic factors with 1 being the county with the best ranking to 57 for the county with the poorest ranking. This ranking examines high school graduation rates, unemployment, children in poverty, social support, and other factors. Kern County is ranked as 53<sup>rd</sup>, in the bottom 10% of California counties for social and economic factors.

### Social and Economic Factors Ranking

|             | County Ranking (out of 57) |
|-------------|----------------------------|
| Kern County | 53                         |

Source: County Health Rankings, 2018. [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

The 2018 SocioNeeds Index is a measure of socioeconomic need that is correlated with poor health outcomes. All ZIP Codes, counties, and county equivalents in the United States are given an Index Value from 0 (low need) to 100 (high need). To find the areas of highest need, the selected locations are ranked from 1 (low need) to 5 (high need) based on their Index Value. The service area communities with the highest Index Value (highest socioeconomic need, with a Ranking of "5") were: Lamont, Bakersfield 93304 and 93307, and Shafter.

### SocioNeeds Index Value and Ranking

|             | ZIP Code | Index Value (0-100) | Ranking (1-5) |
|-------------|----------|---------------------|---------------|
| Lamont      | 93241    | 99.7                | 5             |
| Bakersfield | 93307    | 99.2                | 5             |
| Bakersfield | 93304    | 97.7                | 5             |
| Shafter     | 93263    | 97.6                | 5             |
| Bakersfield | 93301    | 94.6                | 4             |
| Bakersfield | 93305    | 94.0                | 4             |
| Taft        | 93268    | 93.0                | 4             |
| Bakersfield | 93306    | 87.3                | 4             |
| Bakersfield | 93309    | 81.5                | 3             |
| Bakersfield | 93313    | 78.2                | 3             |
| Bakersfield | 93308    | 77.2                | 3             |
| Bakersfield | 93311    | 13.6                | 1             |
| Bakersfield | 93312    | 11.8                | 1             |

Source: 2018 SocioNeeds Index, Countdown Healthy Communities Institute from <http://www.healthykern.org>



## Poverty

The Census Bureau annually updates official poverty population statistics. For 2016 (the most recent year the American Community Survey poverty data were available), the federal poverty level (FPL) was an annual income of \$11,880 for one person and \$24,300 for a family of four.

Among residents in the service area, 23.7% are at or below 100% of the federal poverty level (FPL) and 47.8% are low-income (200% of FPL or below). These rates are higher than county and state rates of poverty.

### Ratio of Income to Poverty Level

|                              | ZIP Code | Below 100% Poverty | Below 200% Poverty |
|------------------------------|----------|--------------------|--------------------|
| Bakersfield                  | 93301    | 32.0%              | 58.9%              |
| Bakersfield                  | 93304    | 35.1%              | 63.3%              |
| Bakersfield                  | 93305    | 45.6%              | 71.5%              |
| Bakersfield                  | 93306    | 22.4%              | 47.6%              |
| Bakersfield                  | 93307    | 32.1%              | 66.0%              |
| Bakersfield                  | 93308    | 23.0%              | 44.8%              |
| Bakersfield                  | 93309    | 22.1%              | 47.6%              |
| Bakersfield                  | 93311    | 4.9%               | 19.0%              |
| Bakersfield                  | 93312    | 5.7%               | 15.7%              |
| Bakersfield                  | 93313    | 13.1%              | 31.5%              |
| Lamont                       | 93241    | 37.6%              | 72.1%              |
| Shafter                      | 93263    | 25.4%              | 62.0%              |
| Taft                         | 93268    | 29.9%              | 53.7%              |
| <b>Memorial Service Area</b> |          | <b>23.7%</b>       | <b>47.8%</b>       |
| <b>Kern County</b>           |          | <b>23.1%</b>       | <b>47.7%</b>       |
| <b>California</b>            |          | <b>15.8%</b>       | <b>35.2%</b>       |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, S1701. <http://factfinder.census.gov>  
Care should be taken when interpreting rates for a ZIP Code with a small population.

32.1% of service area children live in poverty. In Bakersfield 93305, 58.6% of children are at poverty level, and 50.2% of children in Lamont live in poverty. Among service area seniors, 12.6% are living in poverty. 41.6% of Lamont seniors live in poverty. 53.6% of females who are head of household (HoH) with children under 18, live in poverty.

### Poverty Levels of Children, Seniors, and Female Head of Household with Children

|             | ZIP Code | Children Under 18 Years Old | Seniors | Female HoH with Children* |
|-------------|----------|-----------------------------|---------|---------------------------|
| Bakersfield | 93301    | 41.5%                       | 17.3%   | 46.6%                     |

|                              | ZIP Code | Children Under 18 Years Old | Seniors      | Female HoH with Children* |
|------------------------------|----------|-----------------------------|--------------|---------------------------|
| Bakersfield                  | 93304    | 47.8%                       | 18.7%        | 64.6%                     |
| Bakersfield                  | 93305    | 58.6%                       | 18.3%        | 78.1%                     |
| Bakersfield                  | 93306    | 30.6%                       | 9.7%         | 43.0%                     |
| Bakersfield                  | 93307    | 42.2%                       | 18.2%        | 58.1%                     |
| Bakersfield                  | 93308    | 29.6%                       | 13.5%        | 52.3%                     |
| Bakersfield                  | 93309    | 33.8%                       | 8.6%         | 45.6%                     |
| Bakersfield                  | 93311    | 3.3%                        | 4.6%         | 25.0%                     |
| Bakersfield                  | 93312    | 6.7%                        | 5.1%         | 20.7%                     |
| Bakersfield                  | 93313    | 15.9%                       | 11.0%        | 42.7%                     |
| Lamont                       | 93241    | 50.2%                       | 41.6%        | 58.1%                     |
| Shafter                      | 93263    | 33.4%                       | 15.9%        | 65.1%                     |
| Taft                         | 93268    | 39.1%                       | 17.3%        | 68.3%                     |
| <b>Memorial Service Area</b> |          | <b>32.1%</b>                | <b>12.6%</b> | <b>53.6%</b>              |
| <b>Kern County</b>           |          | <b>32.4%</b>                | <b>11.8%</b> | <b>53.7%</b>              |
| <b>California</b>            |          | <b>21.9%</b>                | <b>10.3%</b> | <b>37.5%</b>              |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, S1701 & \*S1702. <http://factfinder.census.gov>

\*Care should be taken when interpreting rates for a ZIP Code with a small population.

## Unemployment

In 2017, the unemployment rates in service area cities ranged from 4.5% in Taft to 12.7% in Taft Heights.

### Unemployment Rate, 2017 Average

|                    | Percent     |
|--------------------|-------------|
| Bakersfield        | 7.8%        |
| Lamont             | 7.1%        |
| Shafter            | 10.3%       |
| Taft               | 4.5%        |
| Taft Heights       | 12.7%       |
| <b>Kern County</b> | <b>9.2%</b> |
| <b>California</b>  | <b>4.8%</b> |

Source: California Employment Development Department, Labor Market Information; Data available by city, not by ZIP Code.

<http://www.labormarketinfo.edd.ca.gov/data/labor-force-and-unemployment-for-cities-and-census-areas.html>

## Free and Reduced-Price Meals

The percent of students eligible for the free and reduced-price school meal program is one indicator of socioeconomic status. Service area schools have higher rates of qualifying students than the state (60.1%). With a large percentage of the student population eligible for the free and reduced-price meal program, the service area has a high level of low-income families.

## Free and Reduced Price Meals Eligibility

|                                    | Percent Eligible Students |
|------------------------------------|---------------------------|
| Bakersfield City School District   | 89.8%                     |
| Kern High School District          | 68.3%                     |
| Lamont Elementary School District  | 90.9%                     |
| Richland Union Elementary District | 91.2%                     |
| Taft City School District          | 84.8%                     |
| Taft Union High School District    | 63.5%                     |
| <b>Kern County</b>                 | <b>73.6%</b>              |
| <b>California</b>                  | <b>60.1%</b>              |

Source: California Department of Education, 2017-2018. <http://data1.cde.ca.gov/dataquest/>

## Public Program Participation

In Kern County, 44.4% of low-income residents ( $\leq 200\%$  of the FPL) are not able to afford food. However, only 24.2% of those making  $\leq 300\%$  of the FPL utilize food stamps. 46.7% of children in Kern County have parents who access WIC benefits. 7% of residents participate in TANF/CalWorks.

## Public Program Participation

|   | Kern County | California |
|---|-------------|------------|
| Not able to afford food ( $<200\%$ FPL)*      | 44.4%       | 40.8%      |
| Food stamp recipients ( $<300\%$ FPL)         | 24.2%       | 23.8%      |
| WIC usage among children, 6 years and under** | 46.7%       | 44.1%      |
| TANF/CalWorks recipients***                   | 7.0%        | 9.3%       |

Source: California Health Interview Survey, 2016, \*2017, \*\*2015-2016, \*\*\*2014-2016. <http://ask.chis.ucla.edu/>

In the hospital service area, 7.9% of residents receive SSI benefits, 6.7% receive cash public assistance income, and 17.8% of residents receive food stamp benefits; these rates are higher than county and state rates.

## Household Supportive Benefits

|                                    | Memorial Service Area | Kern County | California |
|------------------------------------|-----------------------|-------------|------------|
| Total households                   | 176,061               | 262,337     | 12,807,387 |
| Supplemental Security Income (SSI) | 7.9%                  | 7.6%        | 6.2%       |
| Public Assistance                  | 6.7%                  | 6.6%        | 3.8%       |
| Food Stamps/SNAP                   | 17.8%                 | 17.0%       | 9.4%       |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP03. <http://factfinder.census.gov>

## Community Input – Economic Insecurity

Stakeholder interviews identified the following issues, challenges and barriers related to economic insecurity. Following are their comments, quotes and opinions edited for clarity:

- This is a global issue that comes down to how much workers earn.
- Unfortunately, in our region, children of color, especially boys and men of color, are more likely to enter the criminal justice system and be incarcerated than go to college. We only have two public institutions of higher education and surrounding us are a number of prisons.
- The cost of housing has gone up, wages are not going up and there is a lack of education.
- We are a thriving area with growth and opportunity. Many people want to work but they do not have a place to call home, to shower, change and be fed. Even if you give them a home, they need transportation, food and clothes to break the cycle. Not everything is in place to help those who want to go back to work.
- The employment rate is very low and the jobs we do have are not always adequate to support folks and their families, so that is a challenge.
- We are an agriculture and oil-based community, and both have suffered economically. We have many people who lost jobs and their health insurance coverage. We have a large undocumented population because of our agriculture and they will often not seek medical attention.
- There is quite a bit of poverty in this town. We have very poor literacy and high dropout rates.
- Available jobs for individuals who have had a struggling past, like substance use and sobriety, coming out of incarceration, and leaving the gang lifestyle, their opportunities are minimal. These force them back to negative lifestyles and creates insecurity for them and their families.
- We live in an agriculture and industrial area. There are a lot of oil fields and we see when agriculture is in season, they are working and doing well. Then when there are slumps in the economy, it impacts everyone.
- We need a more diverse economy and we need to attract new businesses. We need good paying jobs.
- If you have a family of four and two people are working for a minimum wage, they are living in poverty.
- We face quite a number of people on the brink of homelessness because they are one or two paychecks away from losing their homes.
- The economy is a significant issue, particularly for immigrant populations and seasonal populations in Kern County. The challenge is trying to create a culture where those who are economically insecure feel safe accessing resources. Unfortunately, over the past few years, we've seen those populations get more hesitant to engage, simply out of fear. In general, it has always been a challenge to engage them and now, it is even harder. They are less willing to engage in services.

- Economic insecurity causes stress on the kids that can impact their development, learning, health and growth.
- If you want a healthy community you need to identify the underserved populations. African Americans are bringing up the rear in every area: education, jobs, and housing.
- Thousands of people are on waiting lists to get Section 8 vouchers.
- Some families will keep their older kids at home to watch their younger siblings so the parents can go to work. Sometimes families do not have gas or water or electricity so they may not come to school. They may be living in a garage and not have access to cooking facilities.
- Everything is harder for people who are economically insecure. It is difficult to be motivated to make healthy changes, to get to their appointments, to feel confident in asking questions if they do get to a clinic or the ED. Economic insecurity breeds all sorts of insecurity.

### CalFresh Eligibility and Participation

CalFresh is California's food stamp program. According to the California Department of Social Services, 215,670 individuals in Kern County were eligible to receive food stamps (CalFresh), however only 164,240 (76.2%) received food stamps.

### CalFresh Eligibility and Participation

|             | Number Eligible | Participation Rate |
|-------------|-----------------|--------------------|
| Kern County | 215,670         | 76.2%              |
| California  | 6,034,578       | 71.8%              |

Source: California Department of Social Services' CalFresh Data Dashboard, 2016. <http://www.cdss.ca.gov/inforesources/Data-Portal/Research-and-Data/CalFresh-Data-Dashboard>

### Food Insecurity

The U.S. Department of Agriculture (USDA) defines food insecurity as limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially-acceptable ways. Among the population in Kern County, 13.6% experienced food insecurity during the past year. Among children in Kern County, 25% lived in households that experienced food insecurity at some point in the year. The rate of food insecurity was higher in Kern County than in the state.

### Food Insecurity

|  | Kern County | California |
|--|-------------|------------|
| Total population experienced food insecurity during the year | 13.6%       | 11.7%      |
| Children experienced food insecurity during the year         | 25.0%       | 19.0%      |

Source: Feeding America, 2016, accessed at Healthy Kern County, [www.healthykern.org](http://www.healthykern.org)

### Community Input – Food Insecurity

Stakeholder interviews identified the following issues, challenges and barriers related to food insecurity. Following are their comments, quotes and opinions edited for clarity:

- A lot of homebound seniors are unable to feed themselves. They do not have the support in place to get the proper nutrition.
- Even though Bakersfield is very benevolent there are still people who go hungry.
- Food banks see more and more children every day. At our homeless shelters, more and more children show up there as well. I do turkey deliveries for Thanksgiving and so many people have no stove or refrigerator. They have no heat or electricity or a place to cook their food.
- There are kids who participate and rely on the summer food program to get their meals.
- There is a lack of accessibility and availability of fresh fruits. Applying for CalFresh is a lengthy and tedious process. And even though we have a lot of agriculture here, we still lack access to fresh fruits and vegetables in our community. There are a lot of farm workers in Kern County who don't earn minimum wage. This is a barrier to having healthy food.
- There is a vast network that distributes food to rural county food banks or Feeding America. We have high rates of food insecurity, a high population of low-income and seasonal workers, who only work for a period of time. With the current labor shortage right now, they can work all year. But a big hurdle is childcare. If you have a young family and you send them to day care, it costs so much. With a couple of kids, they can't afford it, so the wife will stay at home and rely on the husband's income.
- We have a very large county, so a lot of the remote areas have less support systems and resources.
- We have a lot of food banks and pantries and a very generous community, but that doesn't mean people are food secure.
- As service providers, we think no one should go hungry, but a lot of our population doesn't know where to access food, especially healthy food. People access the least expensive, and often, the least nutritious foods versus more nutritious foods that are more costly.
- Bakersfield was named the hungriest city in America. We are such large producers of agriculture, but we are not receiving it. Our agency distributes 1.2 million pounds of food a month. These food services are intended for an emergency basis and they are being used all the time, so it is really telling what our population is lacking.
- The Department of Public Health's waste not hunger food program is underway with four different schools. They go to the schools and gather unopened food items and

redistribute them.

- There is not a lot of access to fresh food within walking distance in rural communities. We do, however, have a lot of fast food restaurants. Right now, with public charge, people are scared to get food stamps because it may impact their status in the US.
- I think one of the issues is there are so many different organizations providing food. But I don't know if we are doing a great job of collaborating.
- A lot of households go without. They are isolated from stores due to the location where they live.

## Households

In the service area, there are 176,061 households and 189,451 housing units. Over the last five years, the population grew by 5.9% and households grew by 4.4%. Home-ownership decreased over the same period. There were 2% fewer units occupied by owners, while renter-occupied units increased by 13.2%. The 3.1% growth of housing units in the service area was not enough to keep even with service area demand, resulting in an 11.7% decrease in vacancies from 2011 to 2016.

### Households and Housing Units, and Percent Change, 2011-2016

|               | Memorial Service Area |         |                | Kern County |         |                | California |            |                |
|---------------|-----------------------|---------|----------------|-------------|---------|----------------|------------|------------|----------------|
|               | 2011                  | 2016    | Percent Change | 2011        | 2016    | Percent Change | 2011       | 2016       | Percent Change |
| Households    | 168,621               | 176,061 | 4.4%           | 250,999     | 262,337 | 4.5%           | 12,433,172 | 12,807,387 | 3.0%           |
| Housing units | 183,779               | 189,451 | 3.1%           | 282,009     | 291,292 | 3.3%           | 13,631,129 | 13,911,737 | 2.1%           |
| Owner occ.    | 97,229                | 95,274  | (-2.0%)        | 150,867     | 149,309 | (-1.0%)        | 7,055,642  | 6,929,007  | (-1.8%)        |
| Renter occ.   | 71,392                | 80,787  | 13.2%          | 100,132     | 113,028 | 12.9%          | 5,377,530  | 5,878,380  | 9.3%           |
| Vacant        | 15,158                | 13,390  | (-11.7%)       | 31,010      | 28,955  | (-6.6%)        | 1,197,957  | 1,104,350  | (-7.8%)        |

Source: U.S. Census Bureau, American Community Survey, 2007-2011 & 2012-2016, DP04. <http://factfinder.census.gov>

In the service area, 26.7% of households are two person households and 36.5% of households are four or more person households.

## Household Size

|                      | Memorial Service Area | Kern County | California |
|----------------------|-----------------------|-------------|------------|
| 1 person households  | 19.8%                 | 20.1%       | 24.0%      |
| 2 person households  | 26.7%                 | 27.7%       | 30.1%      |
| 3 person households  | 17.1%                 | 16.3%       | 16.6%      |
| 4+ person households | 36.5%                 | 35.9%       | 29.3%      |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, S2501. <http://factfinder.census.gov>

40.9% of service area families spend 30% or more of their income on housing; this includes those living both in owner-occupied housing units with a mortgage and those



without a mortgage (where costs are costs of ownership), as well as those who rent. This is a higher rate than the 38.9% of households countywide who spend 30% or more on housing. Bakersfield 93305, 93304, 93307 and 93301 have the highest percent of families that spend 30% or more of their income on housing.

#### Families Who Spend 30% or More of Their Income on Housing

|                              | ZIP Code | Percent      |
|------------------------------|----------|--------------|
| Bakersfield                  | 93301    | 48.2%        |
| Bakersfield                  | 93304    | 50.9%        |
| Bakersfield                  | 93305    | 52.1%        |
| Bakersfield                  | 93306    | 37.8%        |
| Bakersfield                  | 93307    | 48.4%        |
| Bakersfield                  | 93308    | 42.3%        |
| Bakersfield                  | 93309    | 41.3%        |
| Bakersfield                  | 93311    | 30.3%        |
| Bakersfield                  | 93312    | 27.4%        |
| Bakersfield                  | 93313    | 37.2%        |
| Lamont                       | 93241    | 46.9%        |
| Shafter                      | 93263    | 40.8%        |
| Taft                         | 93268    | 38.2%        |
| <b>Memorial Service Area</b> |          | <b>40.9%</b> |
| <b>Kern County</b>           |          | <b>38.9%</b> |
| <b>California</b>            |          | <b>44.0%</b> |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP04. <http://factfinder.census.gov>

The median household income in the service area ranges from \$29,894 in Bakersfield 93305 to \$92,031 in Bakersfield 93312. The weighted average of the area's median household incomes is \$52,733, which is higher than the county's median (\$49,788).

#### Median Household Income

|             | ZIP Code | Median Household Income |
|-------------|----------|-------------------------|
| Bakersfield | 93301    | \$33,665                |
| Bakersfield | 93304    | \$34,904                |
| Bakersfield | 93305    | \$29,894                |
| Bakersfield | 93306    | \$52,198                |
| Bakersfield | 93307    | \$34,774                |
| Bakersfield | 93308    | \$43,538                |
| Bakersfield | 93309    | \$48,481                |
| Bakersfield | 93311    | \$89,521                |
| Bakersfield | 93312    | \$92,031                |
| Bakersfield | 93313    | \$69,681                |
| Lamont      | 93241    | \$32,236                |



|                              | ZIP Code | Median Household Income |
|------------------------------|----------|-------------------------|
| Shafter                      | 93263    | \$40,706                |
| Taft                         | 93268    | \$44,379                |
| <b>Memorial Service Area</b> |          | <b>\$52,733*</b>        |
| <b>Kern County</b>           |          | <b>\$49,788</b>         |
| <b>California</b>            |          | <b>\$63,783</b>         |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP03. <http://factfinder.census.gov>

\*Weighted mean across Service Area cities' medians.

## Homelessness

The Kern County Homeless Collaborative conducts an annual 'point-in-time' count of homelessness in Kern County. More than half (58.2%) of the homeless in 2018 were sheltered. Despite a downward trend in homelessness in recent years, there was a spike of 9% in homelessness from 2017 to 2018, and a 46% increase in the number of unsheltered homeless. Among children, 3.7% of public school enrollees in Kern County were recorded as being homeless at some point during the 2015-2016 school year

(Source: [kidsdata.org](http://kidsdata.org), October 2018).

## Homeless Annual Count, Kern County, 2017 and 2018

| Year of Count | Total Homeless | Sheltered | Unsheltered |
|---------------|----------------|-----------|-------------|
| 2017          | 810            | 66.8%     | 33.2%       |
| 2018          | 885            | 58.2%     | 41.8%       |

Source: Kern County Homeless Collaborative, 2018. <http://www.kernhomeless.org/> 2017 report at

<http://endkernhomeless.org/filelibrary/2017%20PIT%20Count%20Report.pdf> 2018 report as reported at:

[https://www.bakersfield.com/news/county-s-homeless-population-spikes-in-recent-count/article\\_963fea6e-53fc-11e8-8e86-0721abba8fb9.html](https://www.bakersfield.com/news/county-s-homeless-population-spikes-in-recent-count/article_963fea6e-53fc-11e8-8e86-0721abba8fb9.html)

## Community Input – Housing and Homelessness

Stakeholder interviews identified the following issues, challenges and barriers related to housing and homelessness. Following are their comments, quotes and opinions edited for clarity:

- We have limited shelters and there are very few options for affordable housing. There are barriers to accessing government funded programs to help find affordable housing for those who were formally incarcerated.
- People are homeless from mental health issues, substance use, and some have been rejected by society and their families. The homeless are often marginalized and put in a corner. And the addicted too. Addiction does not discriminate based on socioeconomic status.
- When prisoners leave the prison system they sometimes become homeless. In the last few years, we haven't been able to help with the mass number of early outs from prison.

- We don't have enough homeless housing resources in Kern County. The homeless sit in our Emergency Department (ED) until we convince them to go somewhere.
- We are not addressing the biggest barriers in our community, the causes of homeless. There is no mental health hospital and there are very few mental group homes. We get the homeless off the street, but we are not examining how they became homeless.
- We do have a men's facility and adequate beds there, but you have to be completely independent and have the ability to transfer independently, you can't have a wound, you can't test dirty at the gate, or you can't come into the facilities. For females and families, we have one shelter with limited beds so it is hard to find shelter for independent females, let alone families.
- Female homelessness seems to be increasing. It used to be rarer, now we see single females on the street and in the ED with complications. There are no resources to ensure a safe, secure discharge. If a person needs antibiotics or wound care, no shelter will accept patients with those types of needs.
- In Delano, you have a community that is thriving off renters. Those who own a house build a small Accessory Dwelling Unit (ADU) and they rent it out to farm workers. Every house has a tent in the backyard. Homelessness is a crisis here, rents are ridiculous. Renters know there is a shortage, so prices are increasing. Farmers are living several families together to afford the rent. One of the biggest complaints with these small towns is they haven't built their infrastructures. The quality of life declines as more individuals are living in a house than ever before.
- When foster kids emancipate, 3 in 5 become homeless within a 2-3 year period of time. Often, foster kids become homeless or go to the prison system. There are not a lot of resources for these kids.
- Respite care is a huge need. There is nowhere to go for those who need additional care that is not a hospital setting.
- There are homeless who will not receive services because they have pets. And Kern Shelter does not allow pets on the premises. Also, a lot of shelters require you to be sober and not under the influence, so if they have any substance in their system, it disqualifies them. If there is a homeless family, we have no shelter for them. The family has to be split up.
- Single females have almost no options. The problematic issue usually comes up with trying to find shelter for females. Shelters have very strict rules and if you have an infraction, you can be kicked out. Our shelters are open all year. But you have to be there between 5:30 pm and 7 pm, after that the doors are shut.
- When you sit down and talk to the homeless, you find out they have been residents for decades and they are suffering from substance use, mental health problems, and

they had some type of child abuse history.

- We have not been developing low-income housing so there are fewer places to move people into. If we want the people to go somewhere, there has to be somewhere to go. We passed Measure N, a local sales tax that will go toward homeless services and policing.
- At the hospital, we have patients who are medically ready for discharge, but they can't be safely discharged to the streets. We are working on communication with other hospitals to come up with a respite care program to delay discharge to temporary shelters to help administer medicine.
- We have a lot of homeless because our economy is very dependent on oil and agriculture. When there is a drought, people do not work. When oil prices are down, service companies and those people who work in oil, get laid off.

### Educational Attainment

Among area adults, ages 25 and older, 25.7% lack a high school diploma. 51.0% of adults are high school graduates and 23.3% of area adults are college graduates. These rates of education are similar to Kern County rates, but a lower level of educational attainment than found in the state.

#### Educational Attainment of Adults, 25 Years and Older

|                                 | Memorial Service Area | Kern County | California |
|---------------------------------|-----------------------|-------------|------------|
| Less than 9 <sup>th</sup> grade | 13.6%                 | 14.2%       | 9.9%       |
| Some high school, no diploma    | 12.1%                 | 12.2%       | 8.0%       |
| High school graduate            | 27.2%                 | 27.2%       | 20.6%      |
| Some college, no degree         | 23.8%                 | 23.5%       | 21.7%      |
| Associate degree                | 7.1%                  | 7.2%        | 7.8%       |
| Bachelor degree                 | 10.8%                 | 10.5%       | 20.1%      |
| Graduate or professional degree | 5.4%                  | 5.2%        | 11.9%      |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, DP02. <http://factfinder.census.gov>

High school graduation rates are the percentage of high school graduates who graduate four years after starting ninth grade. In Kern County, the high school graduation rate was 85.3%, which does not meet the Healthy People 2020 objective for high school graduation of 87%.

#### High School Graduation Rate

|                             | Kern County | California |
|-----------------------------|-------------|------------|
| High school graduation rate | 85.3%       | 82.7%      |

Source: California Department of Education, 2016-2017. <http://data1.cde.ca.gov/dataquest/>

## Preschool Enrollment

The percentage of 3 and 4 year-olds enrolled in preschool in the service area (34.9%) is lower than for the county (35.5%) and the state (48.6%).

### Children, 3 and 4 Years of Age, Enrolled in Preschool

|                              | ZIP Code | Percent      |
|------------------------------|----------|--------------|
| Bakersfield                  | 93301    | 32.0%        |
| Bakersfield                  | 93304    | 38.6%        |
| Bakersfield                  | 93305    | 37.2%        |
| Bakersfield                  | 93306    | 34.7%        |
| Bakersfield                  | 93307    | 30.9%        |
| Bakersfield                  | 93308    | 32.5%        |
| Bakersfield                  | 93309    | 30.3%        |
| Bakersfield                  | 93311    | 37.2%        |
| Bakersfield                  | 93312    | 41.2%        |
| Bakersfield                  | 93313    | 38.2%        |
| Lamont                       | 93241    | 31.4%        |
| Shafter                      | 93263    | 37.9%        |
| Taft                         | 93268    | 25.5%        |
| <b>Memorial Service Area</b> |          | <b>34.9%</b> |
| <b>Kern County</b>           |          | <b>35.5%</b> |
| <b>California</b>            |          | <b>48.6%</b> |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, S1401. <http://factfinder.census.gov>

## Reading to Children

Adults with children in their care, ages 0 to 5, were asked if children were read to daily by family members in a typical week. 52.3% of adults interviewed in Kern County responded yes to this question, which was lower than the California rate of 63.5%.

### Children Who Were Read to Daily by a Parent or Family Member

|                        | Kern County | California |
|------------------------|-------------|------------|
| Children read to daily | 52.3%       | 63.5%      |

Source: California Health Interview Survey, 2015-2016. <http://ask.chis.ucla.edu>

## Parks, Playgrounds and Open Spaces

91% of county children, 1-17 years old, were reported to live within walking distance to a park, playground or open space; only 80.4% had visited one within the past month.

### Access to and Utilization of Parks, Playgrounds and Open Space

|  | Kern County | California |
|--|-------------|------------|
| Walking distance to park, playground or open space                 | 91.0%       | 88.8%      |
| Visited park, playground or open space in past month, ages 1 to 17 | 80.4%       | 85.9%      |

Source: California Health Interview Survey, 2013-2016; <http://ask.chis.ucla.edu>

## Crime and Violence

Violent crimes include homicide, rape, robbery and assault. Property crimes include burglary, larceny and motor vehicle theft. Violent crime rates were lower than county rates in the service area cities for which data is available. Violent crime rates increased from 2014 to 2017 in Bakersfield. Property crime rates increased from 2014 to 2017 in Bakersfield and Shafter.

### Violent Crimes Rates and Property Crime Rates, per 100,000 Persons, 2014 and 2017

|                           | Property Crimes |                  |                |                | Violent Crimes |                |              |              |
|---------------------------|-----------------|------------------|----------------|----------------|----------------|----------------|--------------|--------------|
|                           | Number          |                  | Rate           |                | Number         |                | Rate         |              |
|                           | 2014            | 2017             | 2014           | 2017*          | 2014           | 2017           | 2014         | 2017*        |
| Bakersfield P.D.          | 14,595          | 15,507           | 3,972.4        | 4,220.6        | 1,678          | 1,827          | 456.7        | 497.3        |
| Shafter P.D.              | 462             | 473              | 2,680.6        | 2,744.4        | 46             | 43             | 266.9        | 249.5        |
| Kern County Sheriff Dept. | 9,061           | 9,086            | N/A            | N/A            | 1,982          | 2,187          | N/A          | N/A          |
| <b>Kern County*</b>       | <b>28,283</b>   | <b>28,933</b>    | <b>3,227.2</b> | <b>3,194.2</b> | <b>4,465</b>   | <b>4,989</b>   | <b>509.5</b> | <b>550.8</b> |
| <b>California*</b>        | <b>946,682</b>  | <b>1,001,380</b> | <b>2,459.0</b> | <b>2,544.5</b> | <b>151,425</b> | <b>174,701</b> | <b>393.3</b> | <b>443.9</b> |

Source: CA Department of Justice, Office of the Attorney General, 2018. <https://oag.ca.gov/crime>

Source for 2014 city data (number and rate): US Bureau of Justice Statistics <https://www.bjs.gov/ucrdata/Search/Crime/Crime.cfm>

\*State rates were provided by the CA DOJ; rates for the county were calculated based on historical population totals provided by CA Department of Finance and all 2017 rates for cities were calculated based on 2014 populations extrapolated from bjs.gov data and are, therefore, only estimates.

When Kern County teens were asked to evaluate neighborhood cohesion, 91.6% of teens felt adults in their neighborhood could be counted on to ensure children were safe, 90.8% of people in their neighborhoods were willing to help, and 83.6% felt neighbors could be trusted.

### Neighborhood Cohesion, Teens Who Agree or Strongly Agree

|  | Kern County | California |
|--|-------------|------------|
| Adults in neighborhood look out for children | 91.6%       | 88.2%      |
| People in neighborhood are willing to help   | 90.8%       | 85.1%      |
| People in neighborhood can be trusted        | 83.6%*      | 82.4%      |

Source: California Health Interview Survey, 2013-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size

Calls for domestic violence are categorized as with or without a weapon. 38.1% of domestic violence calls in Kern County involved a weapon, which is higher than found in Bakersfield (9.8%), and Shafter (24.2%), but lower than the rate reported in Lamont (42%). Taft reported the fewest calls, but a large percentage (68.9%) involved a weapon.

## Domestic Violence Calls, 2017

|                             | Total          | Without Weapon | With Weapon  |
|-----------------------------|----------------|----------------|--------------|
| Bakersfield                 | 1,557          | 90.2%          | 9.8%         |
| Shafter                     | 99             | 75.8%          | 24.2%        |
| Taft                        | 45             | 31.1%          | 68.9%        |
| Kern County Sheriff's Dept. | 4,089          | 48.0%          | 52.0%        |
| <b>Kern County</b>          | <b>6,803</b>   | <b>61.9%</b>   | <b>38.1%</b> |
| <b>California</b>           | <b>169,362</b> | <b>55.7%</b>   | <b>44.3%</b> |

Source: California Department of Justice, Office of the Attorney General, 2017. <https://oag.ca.gov/crime>

In Kern County the rate of children, under 18 years, who experienced abuse or neglect, was 11.8 per 1,000 children. This was higher than the state rate of 7.7 per 1,000 children. These rates were based on children with a substantiated maltreatment allegation.

## Substantiated Child Abuse Cases, per 1,000 Children

|             | Kern County | California |
|-------------|-------------|------------|
| Child abuse | 11.8        | 7.7        |

Source: Child Welfare Dynamic Report System, 2017. Accessed from Healthy Kern County at [www.healthykern.org](http://www.healthykern.org).

## Community Input – Violence and Community Safety

Stakeholder interviews identified the following issues, challenges and barriers related to violence and community safety. Following are their comments, quotes and opinions edited for clarity:

- Our murder rate is setting a record every year. There is a lot of gang activity and random shootings on the freeways. There is talk about human trafficking, drug trafficking, and what comes up most is gang activity.
- With early release from prisons, people are being discharged into the community without anywhere to go. A lot of them can't pass a background check and they lose hope and return to their old lifestyles and behaviors. We need more opportunities to get them employed.
- School bullying is still an issue for young LGBTQ+ people. Not only from fellow students, but teachers who will not let a trans child dress in a way that reflects his/her authentic self and teachers who are not taking an LGBTQ+ child's concerns about bullying seriously.
- We get a lot of families or patients who will lash out at staff with verbal and physical abuse. Some of this is due to behavioral health patients with no medications.
- We've seen an increase in criminal activity and we know the police and sheriff are stretched thin and understaffed. There is a demand to expand funding for faster response times and to help create safer communities and public spaces.

- We see a lot more violence in our hospital with patients and against our staff, at both campuses.
- There is a lack of community trust for law enforcement. The sheriff is very anti-immigrant and very vocal about it, which adds to a lack of trust and decreased collaboration with law enforcement.
- There is a lack of support for the sheriff and police department. They do not have the budget and support we need in troubled areas. We also lack children activity programs in poor neighborhoods, our parks are not safe anymore for kids to go and play.
- Rural areas need more support from law enforcement. Response times need to be increased. Gang violence, we see people gunned down. We have prisons here and they have family members from LA who move here to be closer to their family members.
- One of the challenges I see is people are much more likely to be victims of violent crimes because of how they live, where they live and what they are exposed to.
- Domestic violence always affects the community negatively; there is no good about it. It is a horrible thing for the person who is suffering the assault or the violence. Children of families suffer quite a bit as well.
- We are a violent county; some people are desensitized to it. There is a lot of crime and gang activity in Bakersfield. When you consider poverty, substance use and mental illness, it ends up being an issue.
- There have been several reported homicides these last couple of days in Kern County. In addition, we have gang violence. We also have issues with police violence and a lot of community members who don't trust the police.
- In rural areas, there is not a lot of lighting, so when residents go out, it can be dangerous. Our communities have a general fear of police. People don't want to call the police for fear of being turned over to ICE or being shot at because they are Latino and Black.
- Violence is something that, unfortunately, those who live in our lower economic areas of the community struggle with a lot and it is exasperated by the homeless population and they don't feel safe.
- We have a lot of homicides. Almost all of it can be traced back to drugs and violence and gangs. Gang violence has decreased. We have a new chief of police who is very aggressive with prevention programs and policing.
- Child abuse rates have been declining.
- We have students who have family members who have been shot or stabbed. It impacts our students.



## Air Quality

### Days with Ozone Levels above Regulatory Standard

In 2016, Kern County had 78 days with ground-level ozone concentrations above the U.S. standard of 0.070 parts per million.

### Days with Ozone Levels above Regulatory Standard, 2016

|                                       | Kern County | California |
|---------------------------------------|-------------|------------|
| Days with ozone levels about standard | 78          | 22         |

Source: California Environmental Protection Agency, Air Resources Board, Air Quality Data Statistics, Aug. 2017 from <http://www.kidsdata.org>

### Annual Average Particulate Matter Concentration

Fine particulate matter (PM 2.5) is an air pollutant commonly found in diesel exhaust. PM 2.5 refers to particles with a diameter of less than 2.5 microns, or about 1/10,000 of an inch. The national annual PM 2.5 standard is 12 micrograms per cubic meter. Concentrations at or above this standard are considered potentially harmful to health, especially for sensitive groups such as young children and those with asthma. The annual average PM 2.5 concentrations in Kern County were measured at 15.9 micrograms per cubic meter.

### Annual Average Particulate Matter Concentration, Micrograms per Cubic Meter, 2016

|                                     | Kern County | California |
|-------------------------------------|-------------|------------|
| Annual average PM 2.5 concentration | 15.9        | 9.0        |

Source: California Environmental Protection Agency, Air Resources Board, Air Quality Data Statistics, U.S. EPA Particulate Matter Trends, July 2017 from <http://www.kidsdata.org>

### Community Input – Environmental Pollution

Stakeholder interviews identified the following issues, challenges and barriers related to environmental pollution. Following are their comments, quotes and opinions edited for clarity:

- We have some of the worst air quality in the country. We are geographically situated in a way where dirty air gets blocked in and we have major interstates used by cars and trucks to travel through the area every day and spew fumes.
- When the fires come, we have terrible air in the Bakersfield area.
- We don't have great water. We have a lot of pollution due to the pesticides being used in the fields, and there are a lot of oil rigs. There are chemicals being used that are known to cause cancer. Fields are close to schools and we have children being exposed to chemicals known to cause cancer and respiratory problems.
- Where we live, there are constant letters from the school and water department



reporting it is not safe to drink tap water. Some communities it is said not to be safe to even shower or cook with the water or to use it to wash you fruits and vegetables. It may be from fracking because there are a lot of oil rigs.

- The air in the valley is poor. We have a high incidence of COPD and Valley Fever.
- We have concerns about the impact of pollution on the community. We have to balance the local economy while taking the environment into account.
- Most low-income populations live along the freeway, which is the worst area to live when it comes to environmental pollution.
- People don't want to come here because of the horrible pollution. It is impacting our workforce development efforts.
- Agriculture and oil contribute to poor air quality and pollutants that other communities might not be exposed to. As a result, we have high rates of asthma and heart disease.
- Kern County has a lot of truck traffic. We are the main thoroughfare north to south and west into the central valley. This adds to our pollution

## Health Care Access

### Health Insurance Coverage

Health insurance coverage is a key component to accessing health care. The Healthy People 2020 objective is for 100% insurance coverage for all population groups. The service area has 86.5% insurance coverage across all ages, which is lower than the county (86.7%) and state (87.4%) rates. Lamont has the lowest insurance coverage (75.6%), followed by Bakersfield 93307 (79.1%). The highest rate of insurance coverage is 94.6% in Bakersfield 93312.

Health care coverage is higher among children, 0 to 17, with 94.4% of children in the service area who are insured. Bakersfield 93301 has the lowest health insurance coverage rate among children (88.6%) and Lamont has the lowest rate of health insurance coverage among adults (64.8%).

### Health Insurance Coverage

|                              | ZIP Code | All Ages     | 0 to 17      | 18 to 64     |
|------------------------------|----------|--------------|--------------|--------------|
| Bakersfield                  | 93301    | 85.0%        | 88.6%        | 80.8%        |
| Bakersfield                  | 93304    | 83.2%        | 93.9%        | 75.3%        |
| Bakersfield                  | 93305    | 83.8%        | 95.2%        | 75.1%        |
| Bakersfield                  | 93306    | 88.3%        | 93.9%        | 83.1%        |
| Bakersfield                  | 93307    | 79.1%        | 92.5%        | 69.0%        |
| Bakersfield                  | 93308    | 89.5%        | 96.3%        | 84.5%        |
| Bakersfield                  | 93309    | 86.3%        | 92.1%        | 81.3%        |
| Bakersfield                  | 93311    | 93.6%        | 97.8%        | 90.9%        |
| Bakersfield                  | 93312    | 94.6%        | 98.2%        | 92.2%        |
| Bakersfield                  | 93313    | 89.2%        | 96.4%        | 84.6%        |
| Lamont                       | 93241    | 75.6%        | 92.2%        | 64.8%        |
| Shafter                      | 93263    | 84.2%        | 92.4%        | 76.9%        |
| Taft                         | 93268    | 84.2%        | 91.1%        | 78.3%        |
| <b>Memorial Service Area</b> |          | <b>86.5%</b> | <b>94.4%</b> | <b>80.6%</b> |
| <b>Kern County</b>           |          | <b>86.7%</b> | <b>94.6%</b> | <b>80.6%</b> |
| <b>California</b>            |          | <b>87.4%</b> | <b>94.6%</b> | <b>82.4%</b> |

Source: U.S. Census Bureau, American Community Survey, 2012-2016, S2701. <http://factfinder.census.gov>

When insurance coverage was examined for the county, 35% of the population had Medi-Cal coverage. 35.8% of county residents had employment-based insurance.

### Insurance Coverage by Type

|               | Kern County | California |
|---------------|-------------|------------|
| Medi-Cal      | 35.0%       | 22.4%      |
| Medicare only | 1.1%        | 1.3%       |

|                     | Kern County | California |
|---------------------|-------------|------------|
| Medi-Cal/Medicare   | 4.0%        | 3.5%       |
| Medicare and others | 5.9%        | 8.7%       |
| Other public        | 1.2%        | 1.7%       |
| Employment based    | 35.8%       | 44.8%      |
| Private purchase    | 6.0%        | 5.8%       |
| No insurance        | 10.5%       | 11.2%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/>

## Sources of Care

Access to a medical home and a primary care provider improve continuity of care and decrease unnecessary emergency room visits. Seniors in Kern County were the most likely to have a usual source of care (93.9%), followed by children (92.8%). Adults, 18 to 64, were the least likely to have a usual source of care (82.7%).

## Usual Source of Care

|             | Ages 0-17 | Ages 18-64 | Ages 65+ |
|-------------|-----------|------------|----------|
| Kern County | 92.8%     | 82.7%      | 93.9%*   |
| California  | 91.5%     | 82.2%      | 94.5%    |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size

When access to care through a usual source of care is examined by race/ethnicity, county Latinos are the least likely to have a usual source of care (83.1%).

## Usual Source of Care by Race/Ethnicity

|                  | Kern County | California |
|------------------|-------------|------------|
| African American | 89.0%*      | 87.2%      |
| Asian            | 91.4%*      | 84.2%      |
| Latino           | 83.1%       | 81.4%      |
| White            | 90.7%       | 90.8%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

In Kern County, 55.4% of residents accessed care at a doctor's office, HMO or Kaiser, and 28.2% accessed care at a clinic or community hospital. 13% of the population had no usual source of care.

## Sources of Care

|  | Kern County | California |
|--|-------------|------------|
| Dr. Office/HMO/Kaiser Permanente                       | 55.4%       | 59.8%      |
| Community clinic/Government clinic/ Community hospital | 28.2%       | 23.8%      |
| ER/Urgent care   | 2.2% *      | 1.5%       |
| Other place / No one place                             | 1.1% *      | 0.9%       |

|                         | Kern County | California |
|-------------------------|-------------|------------|
| No usual source of care | 13.0%       | 14.0%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size

Accessing health care can be affected by the number of providers in a community. Kern County ranked 52 out of 57 ranked California counties (Alpine County excluded) for clinical care, which includes ratios of population-to-care providers and preventive screening practices, among other factors. The ratio of county population to health care providers indicated fewer primary care physicians, dentists, and mental health providers for its population compared to California.

Lamont and Shafter are part of Medical Service Study Areas (MSSAs) that are federally-designated as High Needs Geographic Health Professional Shortage Areas (HPSAs) for primary care, or as HPSAs for primary care for low-income populations, and also as High Needs Geographic HPSAs for mental health.

#### Ratio of Population to Health Care Providers

|                         | Kern County | California |
|-------------------------|-------------|------------|
| Primary care physicians | 2,040:1     | 1,280:1    |
| Dentists                | 2,120:1     | 1,210:1    |
| Mental health providers | 610:1       | 320:1      |

Source: County Health Rankings, 2018. <http://www.countyhealthrankings.org/app/california/2018/measure/factors/62/data>

An examination of Emergency Room (ER) use can lead to improvements in providing community-based prevention and primary care. 22.2% of Kern County residents visited an ER over the period of a year. In Kern County, seniors visited the ER at the highest rates (31%), followed by children (29.1%).

#### Use of Emergency Room

|                              | Kern County | California |
|------------------------------|-------------|------------|
| Visited ER in last 12 months | 22.2%       | 21.6%      |
| 0-17 years old               | 29.1%       | 19.4%      |
| 18-64 years old              | 18.8%       | 22.2%      |
| 65 and older                 | 31.0%       | 23.7%      |
| <100% of poverty level       | 35.7%       | 26.5%      |
| <200% of poverty level       | 28.6%       | 25.0%      |

Source: California Health Interview Survey, 2015-2016. <http://ask.chis.ucla.edu>

#### Difficulty Accessing Care

5.7% of Kern County adults had difficulty finding a primary-care doctor and 11.3% had difficulty obtaining specialty care.

### Difficulty Accessing Care in the Past Year, Adults

|   | Kern County | California |
|---|-------------|------------|
| Reported difficulty finding primary care          | 5.7%        | 5.8%       |
| Reported difficulty finding specialist care       | 11.3%       | 12.9%      |
| Primary care doctor not accepting their insurance | 6.3%        | 5.3%       |
| Specialist not accepting their insurance          | 8.4%        | 11.0%      |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu>

### Access to Primary Care Community Health Centers

Community Health Centers provide primary care (including medical, dental and mental health services) for uninsured and medically-underserved populations. Using ZCTA (ZIP Code Tabulation Area) data for the Memorial Hospital service area and information from the Uniform Data System (UDS)<sup>1</sup>, 47.8% of the population in the service area is categorized as low-income ( $\leq 200\%$  of Federal Poverty Level) and 23.7% of the population are living in poverty.

There are four Section-330-funded grantees (Federally Qualified Health Centers – FQHCs and FQHC Look-Alikes) serving the service area, including: Clinica Sierra Vista, Community Health Centers/Central Coasts, Family Healthcare Network, and Omni Family Health.

Even with Community Health Centers serving the area, there are many low-income residents who are not served by one of these clinic providers. The FQHCs and Look-Alikes serve a total of 121,583 patients in the service area, which equates to 44.5% coverage among low-income patients and 21% coverage among the total population. From 2015-2017, the clinic providers added 228 patients for a 0.2% increase in patients served by Community Health Centers. However, there remain 151,956 low-income residents, approximately 55.5% of the population at or below 200% FPL that are not served by a Community Health Center.

### Low-Income Patients Served and Not Served by FQHCs and Look-Alikes

| Low-Income Population | Patients Served by Section 330 Grantees In Service Area | Coverage Among Low-Income Patients | Coverage of Total Population | Low-Income Not Served |         |
|-----------------------|---|------------------------------------|------------------------------|-----------------------|---------|
|                       |   |                                    |                              | Number                | Percent |
| 273,539               | 121,583   | 44.5%                              | 21.0%                        | 151,956               | 55.5%   |

Source: UDS Mapper, 2017. <http://www.udsmapper.org>

<sup>1</sup> The UDS is an annual reporting requirement for grantees of HRSA primary care programs:

- Community Health Center, Section 330 (e)
- Migrant Health Center, Section 330 (g)
- Health Care for the Homeless, Section 330 (h)
- Public Housing Primary Care, Section 330 (i)

### Delayed or Forgone Care

8.4% of Kern County residents delayed or did not get medical care and delayed or did not get prescriptions when needed. 4.6% of county residents ultimately went without needed medical care, which is higher than the Healthy People 2020 objective of 4.2% of the population who forgo care. 52% of county residents who delayed or went without care listed “cost/insurance issues” as a barrier.

### Delayed Care in Past 12 Months, All Ages

|   | Kern County | California |
|---|-------------|------------|
| Delayed or did not get medical care   | 8.4%        | 10.9%      |
| Had to forgo needed medical care  | 4.6%        | 6.3%       |
| Delayed or did not get medical care due to cost, lack of insurance or other insurance issue | 52.0%       | 47.7%      |
| Delayed or did not get prescription meds  | 8.4%        | 9.1%       |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu/>

### Lack of Care Due to Cost, for Children

4.1% of county children, ages 0 to 17, delayed or did not get care within the prior 12 months due to cost or lack of insurance; 2.7% of children ultimately did not receive care. 3.8% of children had prescriptions that were delayed or unfilled in the past 12 months.

### Cost as a Barrier to Accessing Health Care in the Past Year for Children 0 to 17

|   | Kern County | California |
|---|-------------|------------|
| Child's care delayed or foregone due to cost or lack of insurance | 4.1%*       | 1.8%       |
| Child forewent care   | 2.7%*       | 1.2%       |
| Child's prescription medication delayed or unfilled               | 3.8%        | 4.9%       |

Source: California Health Interview Survey, 2013-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size.

### Community Input – Access to Health Care

Stakeholder interviews identified the following issues, challenges and barriers related to access to health care. Following are their comments, quotes and opinions edited for clarity:

- A big barrier to health care access is cultural competency. When a resident finally makes it in the door, there is no guarantee the practitioners will speak his language and be culturally sensitive. And also our LGBTQ groups have difficulty and challenges with service providers who are not LGBTQ.
- There is a lack of providers in the community. Transportation is s huge factor. It is a lot easier to take the bus to the hospital than the clinic or if you can't afford the bus pass, people call an ambulance.
- I've seen an improvement in access to care over the last couple of years with legislative changes.

- Undocumented patients are afraid to put themselves into a situation where they can be discovered. So, they are hesitant to access resources set up for them.
- There are not enough doctor specialists who speak the language and understand the culture of area residents.
- Among residents of ethnic communities there is a lack of understanding of how to obtain medical coverage and prescription assistance. There are many resources, but people don't know how to get to them.
- A lot of people are still going to Mexico for their health care. In Mexico, they feel more comfortable, more valued, and they feel like they get what is needed. They go there on a regular basis. The only time they get care here is if they go on an emergency basis, because they can't go across the border. But if they do not have the opportunity to go to Mexico, they go to the FQHC. The ones who are most vulnerable, they have nowhere to go other than the FQHC, they are opening up lot of these clinics. For the most vulnerable and it is the only place for them to go.
- We need resources to educate people who experience homelessness on how to access the health care system. They also need transportation to get to and from appointments. There is a need for clinical staff and nurses to go out into the field and work with homeless people in clinical way and meet them where they are at. There are not enough people focused on providing health care to the homeless population.
- Transportation is a barrier to accessing care and language can be a barrier.
- There is a lack of access to care for undocumented adults.
- Accessing health care for LGBTQ individuals is a challenge. There are an estimated 3,000 Trans individuals in Kern County. We have an estimated 15,000 Bi + and 15,000 Gay and Lesbian individuals. These individuals have trouble finding an affirming doctor. Of those 3,000 Trans individuals, Trans men often still need pap smears and Trans women often need prostate exams, depending on whether they've had surgical intervention.
- The first barrier is a lack of education about how to initially enroll and use health care insurance and obtain access to primary care services.
- We have a very poor population. We are one of poorest communities in the US. Many people can't afford coverage, even catastrophic insurance rates.
- We have a lot of migrant workers. They don't come and go like they used to because crops don't rotate the same way anymore, so people stay. But there are a lot of undocumented residents and people don't get health care because they are concerned they could be deported.

## Dental Care

17.2% of Kern County children, ages 3 to 11, have never been to a dentist; this was



higher than the state rate of 15.9%. Teens obtained dental care at a higher rate than children: 93.9% of county teens had been to the dentist in the past two years.

### Delay of Dental Care among Children and Teens

|  | Kern County | California |
|--|-------------|------------|
| Child, 3 to 11, never been to the dentist                          | 17.2%       | 15.9%      |
| Child, 3 to 11, been to dentist < 6 months to 2 years              | 81.7%*      | 83.1%      |
| Child, 3 to 11, needed but didn't get dental care in past year**   | 2.8%*       | 4.3%       |
| Child visited ER or Urgent Care due to dental issue in past year** | 3.7%*       | 1.4%*      |
| Teens never been to the dentist                                    | 0.0%        | 1.8%       |
| Teens been to dentist less than 6 months to 2 years                | 93.9%*      | 95.3%      |

Source: California Health Interview Survey, Children 2013-2016 or \*\*2015-2016, Teens 2012-2014. <http://ask.chis.ucla.edu>

\*Statistically unstable due to sample size.

2.4% of Kern County residents have never been to a dentist and 11.8% have not visited a dentist for five or more years. 71.5% of adults indicated the condition of their teeth was good to excellent and 25.3% of adults rated the condition of their teeth as fair to poor.

### Adult Dental Care

|   | Kern County | California |
|---|-------------|------------|
| Condition of teeth: Good to Excellent     | 71.5%*      | 70.7%      |
| Condition of teeth: Fair to Poor          | 25.3%       | 27.2%      |
| Condition of teeth: Has no natural teeth  | 3.2%*       | 2.1%       |
| Never been to a dentist**                 | 2.4%*       | 2.1%       |
| Visited dentist < 6 months to two years** | 76.6%       | 79.6%      |
| Visited dentist more than 5 years ago**   | 11.8%       | 8.4%       |

Source: California Health Interview Survey, 2016 or \*\*2013, 2014 & 2016 pooled. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size

### Community Input – Dental Care

Stakeholder interviews identified the following issues, challenges and barriers related to dental care. Following are their comments, quotes and opinions edited for clarity:

- There is not enough dental care access for the homeless population. A lot of times they may have some tooth decay and it can cause bigger and they can be hospitalized. There is a lack of services and prevention. The access is not there until it gets really, really bad or with drug use, they can lose their teeth due to meth use.
- The undocumented do not get access to dental care. If they cannot get dental care through the clinic, they have to travel or be on a waiting list for a long period of time.
- There is a lack of access due to insufficient insurance and Medi-Cal coverage for dental services. There is a lack of dentists who take Medi-Cal, and a lack of specialists. And it is unaffordable.



- Absenteeism for students is caused by illnesses associated with poor dentition. Just having a healthy mouth you have a significantly healthier student.
- I'm not sure it is priority in our community and dental care promotes and impacts a person's general health as well.
- Meth destroys teeth and Medi-Cal only provides one extraction a year, but they have a whole mouth to deal with.
- If you are on Medi-Cal, you are eligible for Denti-Cal. People we support don't know that. Finding dentists who take Denti-Cal is a struggle.
- Some populations that have had substance use issues in the past, like meth, put their dental hygiene at risk. They have a need for dental work.
- Children have more access to dental care. On Medi-Cal dental care for kids is covered, including orthodontia.
- Preventive dental care it is very expensive, so people don't go until they absolutely have to. My mom hasn't gone to the dentist in over 10 years. Why go if she doesn't need to? She is undocumented. I wasn't eligible for Medi-Cal and all we could do was go to the local clinic and they would extract the tooth – that was it. It still costs a lot of money.
- It impacts the undocumented we serve the most, because it is very expensive to get access. So, a lot of the community doesn't get dental care.
- There is a lack of education with parents as they are putting kids to bed with bottles with juice and soda. We see kids with caps on their baby teeth. There is a lack of education on the parents' part that they should be brushing every day.
- The public health department was given money with the Prop 56 tobacco tax, which in part it is to help with dental. The biggest issue is when people finish dental or medical school, they can live in Kern or LA or the Bay area and charge more. So, it is hard to keep and get people to stay here, especially pediatric dentists. Any subspecialty has been very hard to get here in Kern County.
- We really need proactive programs because I guarantee kids are not getting dental care. People need to understand if they do not take care of their teeth, it will lead to disease.

## Birth Indicators

### Births

Between 2013 and 2015, there was an average of 9,782 births in the service area.

### Delivery Paid by Public Insurance or Self-Pay

In the hospital service area, the rate of births paid by public insurance or self-pay was 681.0 per 1,000 live births, which is lower than county rate (689.5 per 1,000 births) and higher than the state rate (524.0 per 1,000 births).

#### Delivery Paid by Public Insurance or Self-Pay, 2013-2015 Average, per 1,000 Live Births

|   | Memorial Service Area |       | Kern County | California |
|---|-----------------------|-------|-------------|------------|
|   | Number                | Rate  | Rate        | Rate       |
| Delivery paid by public insurance or self-pay | 6,662                 | 681.0 | 689.5       | 524.0      |

Source: Calculated by Gary Bess Associates using California Department of Public Health Birth Profiles by ZIP Code of Residence, 2013-2015, and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001

### Teen Birth Rate

Between 2013 and 2015, teen births occurred at an average annual rate of 10% of total births (99.7 per 1,000 live births). Teen births occurred at a higher rate than in the county (98.5 per 1,000 live births) and the state (55.4 per 1,000 live births).

#### Births to Teen Mothers (Age under 20), 2013-2015 Average, per 1,000 Live Births

|                        | Memorial Service Area |      | Kern County | California |
|------------------------|-----------------------|------|-------------|------------|
|                        | Number                | Rate | Rate        | Rate       |
| Births to teen mothers | 976                   | 99.7 | 98.5        | 55.4       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Birth Profiles by Zip Code of Residence and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001.

### Prenatal Care

Pregnant women in the service area entered prenatal care after the first trimester at a rate of 285.8 births per 1,000. This rate of late-entry into prenatal care translates to 28.6% of women entering prenatal care late or not at all, while 71.4% of women accessed prenatal care in the first trimester. This does not meet the Healthy People 2020 objective of 78% of women entering prenatal care in the first trimester.

#### Late Entry into Prenatal Care, 2013-2015 Average, per 1,000 Live Births

|  | Memorial Service Area |       | Kern County | California |
|--|-----------------------|-------|-------------|------------|
|  | Number                | Rate  | Rate        | Rate       |
| Entered care after 1 <sup>st</sup> trimester | 2,796                 | 285.8 | 281.8       | 179.9      |

Source: Calculated by Gary Bess Associates using California Department of Public Health Birth Profiles by Zip Code of Residence and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001.

## Low Birth Weight

Low birth weight is a negative birth indicator. Babies born at a low birth weight are at higher risk for disease, disability and possibly death. For this measurement, a lower rate is a better indicator. The service area rate of low birth weight babies was 7.2% (72.0 per 1,000 live births). The service area meets the Healthy People 2020 objective of 7.8% of births being low birth weight.

### Low Birth Weight (Under 2,500g), 2013-2015 Average, per 1,000 Live Births

|                         | Memorial Service Area |      | Kern County | California |
|-------------------------|-----------------------|------|-------------|------------|
|                         | Number                | Rate | Rate        | Rate       |
| Low birth weight births | 705                   | 72.0 | 70.9        | 67.9       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Birth Profiles by Zip Code of Residence and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001.

## Premature Birth

The rate of premature birth (occurring before the start of the 37<sup>th</sup> week of gestation), in the service area was 7.2% (72.4 per 1,000 live births). This rate of premature birth was higher than the county rate (68.6 births per 1,000) and the state rate (5.3%) of premature births.

### Premature Birth before Start of 37<sup>th</sup> Week or Unknown, per 1,000 Live Births

|                 | Memorial Service Area |      | Kern County | California |
|-----------------|-----------------------|------|-------------|------------|
|                 | Number                | Rate | Rate        | Rate       |
| Premature birth | 708                   | 72.4 | 68.6        | 52.5       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Birth Profiles by Zip Code of Residence, 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2009-2013, Table B01001

## Mothers Who Smoked Regularly During Pregnancy

The rate of mothers in the service area who smoked regularly during pregnancy was 3.2% (32.3 per 1,000 live births), which was lower than the county rate (3.5%) and higher than the state rate (2.4%).

### Mothers Who Smoked Regularly During Pregnancy, per 1,000 Live Births

|                    | Memorial Service Area |      | Kern County | California |
|--------------------|-----------------------|------|-------------|------------|
|                    | Number                | Rate | Rate        | Rate       |
| Mothers who smoked | 316                   | 32.3 | 34.8        | 23.7       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Birth Profiles by Zip Code of Residence, 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2009-2013, Table B01001

## Infant Mortality

The infant (less than one year of age) mortality rate in Kern County was 6.8 deaths per 1,000 live births; this was higher than the state rate (4.6 deaths per 1,000 live births)

and the Healthy People 2020 objective of 6.0 deaths per 1,000 births.

#### Infant Death Rate, 2013-2015 Average, per 1,000 Live Births

|               | Kern County | California |
|---------------|-------------|------------|
| Infant deaths | 6.8         | 4.6        |

Source: California Department of Public Health, County Health Status Profiles, 2018.  
<https://www.cdph.ca.gov/Programs/CHSI/Pages/County-Health-Status-Profiles.aspx>

### Breastfeeding

The Healthy People objective 2020 goal is 81.9% of infants being breastfed. Data on breastfeeding are collected by hospitals on the Newborn Screening Test Form. Breastfeeding rates at Memorial Hospital indicated 87.3% of new mothers breastfeed and 54.9% breastfeed exclusively. The rate of breastfeeding initiation was lower than the county rate (89.8%) and the state rate (93.9%).

#### In-Hospital Breastfeeding

|                    | Any Breastfeeding |              | Exclusive Breastfeeding |              |
|--------------------|-------------------|--------------|-------------------------|--------------|
|                    | Number            | Percent      | Number                  | Percent      |
| Memorial Hospital  | 2,310             | 87.3%        | 1,452                   | 54.9%        |
| <b>Kern County</b> | <b>9,977</b>      | <b>89.8%</b> | <b>6,992</b>            | <b>62.9%</b> |
| <b>California</b>  | <b>384,637</b>    | <b>93.9%</b> | <b>285,146</b>          | <b>69.6%</b> |

Source: California Department of Public Health, Breastfeeding Hospital of Occurrence, 2017.

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Breastfeeding/Pages/In-Hospital-Breastfeeding-Initiation-Data.aspx>

There are ethnic/racial differences noted in breastfeeding rates of mothers who deliver at Memorial Hospital. Among African American mothers, 74.8% initiated breastfeeding and 41.5% breastfed exclusively. Asian mothers had the highest rate of breastfeeding initiation (93.1%). White mothers had the highest rate of exclusive breastfeeding (67%).

#### In-Hospital Breastfeeding, Memorial Hospital, by Race/Ethnicity of Mother

|                          | Any Breastfeeding |              | Exclusive Breastfeeding |              |
|--------------------------|-------------------|--------------|-------------------------|--------------|
|                          | Number            | Percent      | Number                  | Percent      |
| African American         | 92                | 74.8%        | 51                      | 41.5%        |
| Latino/Hispanic          | 1,468             | 87.2%        | 860                     | 51.1%        |
| White                    | 577               | 89.0%        | 434                     | 67.0%        |
| Asian                    | 54                | 93.1%        | 29                      | 50.0%        |
| <b>Memorial Hospital</b> | <b>2,310</b>      | <b>87.3%</b> | <b>1,452</b>            | <b>54.9%</b> |

Source: California Department of Public Health, Breastfeeding Hospital of Occurrence, 2017.

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Breastfeeding/Pages/In-Hospital-Breastfeeding-Initiation-Data.aspx>

### Community Input – Birth Indicators

Stakeholder interviews identified the following issues, challenges and barriers related to birth indicators. Following are their comments, quotes and opinions edited for clarity:

- We know birth indicators are worse for Black women. In particular, there is

information that generational stress is believed to be a contributor to this. Teen pregnancy in our area also continues to be a big problem. And there is a lack of access to family planning services.

- We are doing a much better job having healthy birth weights by encouraging prenatal classes. People who come here for seasonal work may not speak English and do not have health care. As a result, they do not have access to prenatal classes and are more likely to have birth complications and low birth weight babies.
- We have returning drug moms who give birth, one after the other. One mom has come here eight times and had eight babies and she gives them up. Babies are being born addicted, and they are given to foster care. Not everyone wants to adopt a baby with a preexisting drug condition.
- We are lacking facilities and equipment to handle issues with prenatal care. We have a lot of premature babies. Kids have to go to UCLA or Valley Children's Healthcare in Madera.
- A director of maternal child noticed we didn't have widespread adoption of breastfeeding. Especially with NICU babies, they would just go to formula. So we started a breast milk bank. We found women with babies in the NICU or those who have difficulty breastfeeding were amiable to accepting donor milk. There is not community access right now, as it is just for the babies in the hospitals. It would be nice to expand it for community use.
- Do women who are homeless and pregnant have access to health care and are they getting prenatal care? And where are they going once the baby is born?
- There is a lack of education for some mothers who grew up in unstable families and do not have strong role models. They try and figure it out on their own and there is a lack of trust and unwillingness to receive help and services.
- Kern County is not doing well with fetal mortality. Poor birth outcomes are a result of poverty, mental illness, homelessness, a lack of access to care, and substance use. We are having babies born addicted and with STIs.
- It can be extremely hard if you do not have resources for diapers, or your child won't latch on, and you have to use formula, or if your child has food allergies and you need specialty formula. It is very expensive and it is hard to come by, even with WIC. And getting people to participate in good prenatal care can be a challenge.
- Overall, there is low usage for WIC. The number of eligible people accessing services has gone down.
- We have high rates of low birth weight babies. Also, we have a higher rate of infant mortality than other areas of the state, which is a result of a lack of prenatal care, poverty and stressors.

## Leading Causes of Death

### Life Expectancy at Birth

The life expectancy for men in Kern County is 75.2 years and for females is 79.5 years. The rates of life expectancy in Kern County are lower than in California.

### Life Expectancy at Birth

|             | Years of Life Expected |        |
|-------------|------------------------|--------|
|             | Male                   | Female |
| Kern County | 75.2                   | 79.5   |
| California  | 78.6                   | 83.0   |

Source: Institute for Healthy Metrics and Evaluation, by Conduent Healthy Communities Institute, 2014, accessed from Healthy Kern County <http://www.healthykern.org>

### Leading Causes of Death

Heart disease, cancer, and Chronic Lower Respiratory Disease (CLRD) are the top three causes of death in the service area. Alzheimer's disease is the fourth-leading cause of death and unintentional injuries is the fifth-leading cause of death.

These leading causes of death are reported as age-adjusted death rates. Age adjusting eliminates the bias of age in the makeup of the populations being compared. When comparing across geographic areas, age-adjusting is typically used to control for the influence different population age distributions might have on health event rates.

### Leading Causes of Death, Age-Adjusted Rate, per 100,000 Persons, 2013-2015

|                                   | Memorial Service Area |       | Kern County | California | Healthy People 2020 Objective |
|-----------------------------------|-----------------------|-------|-------------|------------|-------------------------------|
|                                   | Avg. Annual Deaths    | Rate  | Rate        | Rate       | Rate                          |
| Heart disease                     | 2,637                 | 224.8 | 213.6       | 161.5      | No Objective                  |
| Ischemic heart disease            | 1,724                 | 146.3 | 142.3       | 103.8      | 103.4                         |
| Cancer                            | 2,208                 | 177.5 | 165.7       | 158.4      | 161.4                         |
| Chronic Lower Respiratory Disease | 736                   | 62.9  | 59.0        | 36.0       | Not Comparable                |
| Alzheimer's disease               | 657                   | 61.8  | 50.5        | 35.5       | No Objective                  |
| Unintentional injuries            | 823                   | 55.1  | 51.6        | 31.8       | 36.4                          |
| Stroke                            | 506                   | 43.1  | 38.9        | 38.2       | 34.8                          |
| Diabetes                          | 514                   | 42.7  | 37.4        | 22.6       | Not Comparable                |
| Liver disease                     | 243                   | 17.7  | 15.9        | 13.8       | 8.2                           |
| Kidney disease                    | 148                   | 17.7  | 11.8        | 8.5        | Not Comparable                |
| Pneumonia and influenza           | 205                   | 16.6  | 16.4        | 16.8       | No Objective                  |
| Suicide                           | 213                   | 13.8  | 14.6        | 11.0       | 10.2                          |

|          | Memorial Service Area |      | Kern County | California | Healthy People 2020 Objective |
|----------|-----------------------|------|-------------|------------|-------------------------------|
|          | Avg. Annual Deaths    | Rate | Rate        | Rate       | Rate                          |
| Homicide | 141                   | 8.0  | 8.1         | 4.9        | 5.5                           |
| HIV      | 23                    | 1.5  | 1.3         | 1.9        | 3.3                           |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million.

### Heart Disease and Stroke

The age-adjusted mortality rate for ischemic heart disease in the service area was 146.3 deaths per 100,000 persons. This rate of heart disease death exceeded the Healthy People 2020 objective of 103.4 per 100,000 persons.

The age-adjusted rate of death from stroke was 43.1 deaths per 100,000 persons. This rate of stroke death exceeded the Healthy People 2020 objective of 34.8 stroke deaths per 100,000 persons.

### Ischemic heart Disease and Stroke Mortality Rates, Age-Adjusted, per 100,000 Persons

|                                   | Memorial Service Area |       | Kern County | California |
|-----------------------------------|-----------------------|-------|-------------|------------|
|                                   | Number                | Rate  | Rate        | Rate       |
| Ischemic heart disease death rate | 1,724                 | 146.3 | 142.3       | 103.8      |
| Stroke death rate                 | 506                   | 43.1  | 38.9        | 38.2       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million.

### Cancer

In the service area, the age-adjusted cancer mortality rate was 177.5 per 100,000 persons. This was higher than the county rate of 165.7 per 100,000 persons, and the state rate of 158.4 per 100,000 persons. The cancer death rate did not meet the Healthy People 2020 objective of 161.4 per 100,000 persons.

### Cancer Mortality Rate, Age-Adjusted, per 100,000 Persons

|                   | Memorial Service Area |       | Kern County | California |
|-------------------|-----------------------|-------|-------------|------------|
|                   | Number                | Rate  | Rate        | Rate       |
| Cancer death rate | 2,208                 | 177.5 | 165.7       | 158.4      |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million.

In Kern County the rates of death from lung and bronchus cancers (39.0 per 100,000



persons), prostate cancer (22.7 per 100,000 men), female breast cancer (21.8 per 100,000 women), Non-Hodgkin Lymphoma (5.9 per 100,000 persons), urinary bladder cancer (4.4 per 100,000 persons), kidney and renal pelvis cancers (3.9 per 100,000 persons) and esophageal cancer (3.9 per 100,000 persons), exceed the state rates of death for those cancers.

#### Cancer Mortality Rates, Age-Adjusted, per 100,000 Persons

|                                  | Kern County  | California   |
|----------------------------------|--------------|--------------|
| <b>Cancer all sites</b>          | <b>157.3</b> | <b>146.6</b> |
| Lung and bronchus                | 39.0         | 32.0         |
| Prostate (males)                 | 22.7         | 19.6         |
| Breast (female)                  | 21.8         | 20.1         |
| Colon and rectum                 | 13.0         | 13.2         |
| Pancreas                         | 9.3          | 10.3         |
| Liver and intrahepatic bile duct | 6.6          | 7.6          |
| Leukemia*                        | 6.2          | 6.3          |
| Ovary (females)                  | 6.0          | 7.1          |
| Non-Hodgkin lymphoma             | 5.9          | 5.4          |
| Urinary bladder                  | 4.4          | 3.9          |
| Uterine** (females)              | 4.2          | 4.5          |
| Kidney and renal pelvis          | 3.9          | 3.5          |
| Esophagus                        | 3.9          | 3.3          |

Source: The Centers for Disease Control and Prevention, National Cancer Institute, State Cancer Profiles, 2011-2015  
<http://www.cancer-rates.info/ca/> \*Myeloid and Monocytic + Lymphocytic + "Other" Leukemias \*\*Uterus, NOS + Corpus Uteri

#### Chronic Lower Respiratory Disease

Chronic Lower Respiratory Disease (CLRD) includes Chronic Obstructive Pulmonary Disease (COPD), emphysema and bronchitis. The age-adjusted death rate for respiratory disease in the service area was 62.9 per 100,000 persons, which was higher than the county (59.0 per 100,000 persons) and state (36.0 per 100,000 persons) rates.

#### Chronic Lower Respiratory Disease Mortality Rate, Age-Adjusted, per 100,000 Persons

|  | Memorial Service Area |      | Kern County | California |
|--|-----------------------|------|-------------|------------|
|  | Number                | Rate | Rate        | Rate       |
| Chronic Lower Respiratory Disease death rate | 736                   | 62.9 | 59.0        | 36.0       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million.

#### Alzheimer's Disease

The mortality rate from Alzheimer's disease in the service area was 61.8 per 100,000 persons. This is higher than the Kern County rate (50.5) and the state rate (35.5 per 100,000 persons).



### Alzheimer's Disease Mortality Rate, Age-Adjusted, per 100,000 Persons

|                                | Memorial Service Area |      | Kern County | California |
|--------------------------------|-----------------------|------|-------------|------------|
|                                | Number                | Rate | Rate        | Rate       |
| Alzheimer's disease death rate | 657                   | 61.8 | 50.5        | 35.5       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million.

### Community Input – Alzheimer's Disease

Stakeholder interviews identified the following issues, challenges and barriers related to Alzheimer's disease. Following are their comments, quotes and opinions edited for clarity:

- Accessing support resources is a challenge for families. Resources will be more limited as we get older and more people get diagnosed with the disease.
- Alzheimer's disease requires 24-hour care. It is very common that families are not able to effectively care for their loved ones due to the high cost of treating or caring for them. A lot of families have to quit their jobs to stay home and care for a loved one because they do not have other options.
- Hospitals treat the patients but there is no family support.
- Persons with Alzheimer's disease are not well supported unless they have a home support service and can afford to hire help in the home. So often, they end up in institutions.
- There is a need for respite for the caregivers in the family. There are a lot of mental health issues with the caregivers and a lot of times there is depression. The system is very difficult to navigate when a family member has Alzheimer's.
- How do we provide dental hygiene for Alzheimer's disease patients? Especially with them being uncooperative due to their disease? We have reached out to local dentists to see who is capable of handling those difficult behaviors and can offer anesthesia.
- There is an issue when it comes to safe discharge into the community from a hospital setting. There is a lack of skilled nursing care in our county and skilled nursing doesn't provide memory care. Memory care is generally very expensive. We see a lot of caregiver burnout as well.
- The challenge will be keeping up with the aging population and making sure we have available resources.
- There are not a lot of resources for dementia and Alzheimer's care and I don't hear a lot about prevention.

## Unintentional Injury

The age-adjusted death rate from unintentional injuries in the service area was 55.1 per 100,000 persons. This rate was higher than for Kern County (51.6 deaths per 100,000 persons). The death rate from unintentional injuries in the service area exceeds the Healthy People 2020 objective of 36.4 deaths for unintentional injuries per 100,000 persons.

### Unintentional Injury Mortality Rate, Age-Adjusted, per 100,000 Persons

|                                   | Memorial Service Area |      | Kern County | California |
|-----------------------------------|-----------------------|------|-------------|------------|
|                                   | Number                | Rate | Rate        | Rate       |
| Unintentional injuries death rate | 823                   | 55.1 | 51.6        | 31.8       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001 and using the 2010 U.S. standard million.

### Community Input – Unintentional Injury

Stakeholder interviews identified the following issues, challenges and barriers related to unintentional injury. Following are their comments, quotes and opinions edited for clarity:

- People are looking at their phones and not looking around them. Driving and texting can kill somebody.
- Accidental drownings usually start when it is warm enough for the pools to open up. We also have quite a few accidental burns with spills or touching something hot.
- Motorcycle collisions are common in the community.
- In some low-income neighborhoods there are fewer street lights, and the sidewalks and roads need improvements. The outdoor environment can lead to unintentional injuries.
- The county is not very safe for pedestrians and we do not promote safe walking and bike lanes.
- One barrier we see with kids is things happen at home and the parent will send them back to school without taking them to the doctor or the hospital. They may have a third degree burn on their arm and it is getting infected, so there is a lack of education. When they get to school, the nurse is dealing with it, and they are educating the parents.
- Safe sleep is something we have worked on to educate parents about: co-sleeping, unintentionally rolling over and suffocating the baby or having blankets around a baby and they can't breathe.
- We have a river and people will try to swim in the river but when the water is up, it is very dangerous.

## Diabetes

The age-adjusted death rate from diabetes in the service area was 42.7 deaths per 100,000 persons. This was higher than county (37.4 deaths per 100,000 persons) and state (22.6 deaths per 100,000 persons) rates.

### Diabetes Mortality Rate, Age-Adjusted, per 100,000 Persons

|                     | Memorial Service Area |      | Kern County | California |
|---------------------|-----------------------|------|-------------|------------|
|                     | Number                | Rate | Rate        | Rate       |
| Diabetes death rate | 514                   | 42.7 | 37.4        | 22.6       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001 and using the 2010 U.S. standard million.

## Liver Disease

The age-adjusted death rate from liver disease in the service area was 17.7 deaths per 100,000 persons. This was higher than the county (15.9 per 100,000) and the state (13.8 per 100,000 persons) rate of liver disease deaths. The area exceeds the Healthy People 2020 objective for liver disease deaths (8.2 per 100,000 persons).

### Liver Disease Mortality Rate, Age-Adjusted, per 100,000 Persons

|                      | Memorial Service Area |      | Kern County | California |
|----------------------|-----------------------|------|-------------|------------|
|                      | Number                | Rate | Rate        | Rate       |
| Liver disease deaths | 243                   | 17.7 | 15.9        | 13.8       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001 and using the 2010 U.S. standard million.

## Kidney Disease

The age-adjusted death rate from kidney disease was 17.7 deaths per 100,000 persons. This was higher than the county rate (11.8 per 100,000) and the state rate (8.5 per 100,000 persons) of deaths from kidney disease.

### Kidney Disease Mortality Rate, Age-Adjusted, per 100,000 Persons

|                           | Memorial Service Area |      | Kern County | California |
|---------------------------|-----------------------|------|-------------|------------|
|                           | Number                | Rate | Rate        | Rate       |
| Kidney disease death rate | 148                   | 17.7 | 11.8        | 8.5        |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001 and using the 2010 U.S. standard million.

## Pneumonia and Influenza

The age-adjusted death rate for pneumonia and influenza in the service area was 16.6 per 100,000 persons. This was higher than the county (16.4 per 100,000 persons) and lower than the state rate (16.8 per 100,000 persons) of deaths from pneumonia and flu.

### Pneumonia and Influenza Mortality Rate, Age-Adjusted, per 100,000 Persons

|                              | Memorial Service Area |      | Kern County | California |
|------------------------------|-----------------------|------|-------------|------------|
|                              | Number                | Rate | Rate        | Rate       |
| Pneumonia and flu death rate | 205                   | 16.6 | 16.4        | 16.8       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million.

### Drug Overdose

The age-adjusted death rate from opioid overdoses in the service area ranged from 4.8 deaths per 100,000 persons in Bakersfield 93312 to 22.6 deaths per 100,000 persons in Bakersfield 93305.

### Opioid Drug Overdose Deaths, Age-Adjusted, per 100,000 Persons, 2017

|                    |       | Rate       |
|--------------------|-------|------------|
| Bakersfield        | 93301 | 7.8        |
| Bakersfield        | 93304 | 14.2       |
| Bakersfield        | 93305 | 22.6       |
| Bakersfield        | 93306 | 10.5       |
| Bakersfield        | 93307 | 9.7        |
| Bakersfield        | 93308 | 12.6       |
| Bakersfield        | 93309 | 12.3       |
| Bakersfield        | 93311 | 6.5        |
| Bakersfield        | 93312 | 4.8        |
| Bakersfield        | 93313 | 8.1        |
| Lamont             | 93241 | 20.1       |
| Shafter            | 93263 | 7.4        |
| Taft               | 93268 | 10.4       |
| <b>Kern County</b> |       | <b>8.5</b> |
| <b>California</b>  |       | <b>5.2</b> |

Source: California Office of Statewide Health Planning and Development, from California Department of Public Health, California Opioid Overdose Surveillance Dashboard, 2017. <https://discovery.cdph.ca.gov/CDIC/ODdash/>

The age-adjusted death rate from unintentional drug overdoses in Kern County was 23.9 deaths per 100,000 persons. This is more than twice the state rate (11.8 per 100,000 persons).

### Unintentional Drug Overdose Deaths, Age-Adjusted, per 100,000 Persons, 2014-2016

|             | Rate |
|-------------|------|
| Kern County | 23.9 |
| California  | 11.8 |

Source: U.S. Centers for Disease Control (CDC) as reported by County Health Rankings 2018, per Conduent Healthy Communities Institute from <http://www.healthykern.org>

## Homicide

In the service area, the age-adjusted death rate from homicides was 8.0 per 100,000 persons. This rate was higher than the state rate for homicides. The Healthy People 2020 objective for homicide is 5.5 per 100,000 persons.

### Homicide Mortality Rate, Age-Adjusted, per 100,000 Persons

|          | Memorial Service Area |      | Kern County | California |
|----------|-----------------------|------|-------------|------------|
|          | Number                | Rate | Rate        | Rate       |
| Homicide | 141                   | 8.0  | 8.1         | 4.9        |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001, and using the 2010 U.S. standard million

## Suicide

Mortality from suicide was higher in the service area (13.8 per 100,000 persons) than in the state (11.0 per 100,000 persons). The service area rate for suicide does not meet the Healthy People 2020 objective for suicide (10.2 deaths per 100,000 persons).

### Suicide Mortality Rate, Age-Adjusted, per 100,000 Persons

|         | Memorial Service Area |      | Kern County | California |
|---------|-----------------------|------|-------------|------------|
|         | Number                | Rate | Rate        | Rate       |
| Suicide | 213                   | 13.8 | 14.6        | 11.0       |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001 and using the 2010 U.S. standard million.

## HIV

In the service area, the death rate from HIV was 1.5 per 100,000 persons. This rate was lower than the state rate of HIV death (1.9 per 100,000 persons) and the Healthy People 2020 objective of 3.3 deaths per 100,000 persons from HIV.

### HIV Mortality Rate, Age-Adjusted, per 100,000 Persons

|                | Memorial Service Area |      | Kern County | California |
|----------------|-----------------------|------|-------------|------------|
|                | Number                | Rate | Rate        | Rate       |
| HIV death rate | 23                    | 1.5  | 1.3         | 1.9        |

Source: Calculated by Gary Bess Associates using California Department of Public Health Master Death File 2013-2015 and U.S. Census Bureau American Community Survey, 5-Year Average 2012-2016, Table B01001 and using the 2010 U.S. standard million.

## Acute and Chronic Disease

### Hospitalization Rates by Diagnoses

At Memorial Hospital, the top five primary diagnoses resulting in hospitalization were pregnancies, births, disorders of the circulatory system, digestive system and respiratory system.

### Hospitalization Rates by Principal Diagnosis, Top Ten Causes

|                        | Memorial Hospital |
|------------------------|-------------------|
| All pregnancies        | 17.1%             |
| Births                 | 16.2%             |
| Circulatory system     | 13.7%             |
| Digestive system       | 8.9%              |
| Respiratory system     | 8.0%              |
| Infections             | 5.7%              |
| Injuries/poisonings    | 5.5%              |
| Musculoskeletal system | 5.0%              |
| Genitourinary system   | 4.5%              |
| Endocrine diseases     | 4.5%              |

Source: Healthy Communities Institute, California Office of Statewide Health Planning and Development, 2017.  
[http://report.oshpd.ca.gov/?DID=PID&RID=Facility\\_Summary\\_Report\\_Hospital\\_Inpatient](http://report.oshpd.ca.gov/?DID=PID&RID=Facility_Summary_Report_Hospital_Inpatient)

### Emergency Room Rates by Diagnoses

At Memorial Hospital, the top five primary diagnoses seen in the Emergency Room were respiratory system, injuries/poisonings, nervous system, digestive system and genitourinary system.

### Emergency Room Rates by Principal Diagnosis, Top Ten Causes

|  | Memorial Hospital |
|--|-------------------|
| Respiratory system                               | 16.5%             |
| Injuries/poisonings                              | 15.6%             |
| Nervous system (including eye and ear disorders) | 7.4%              |
| Digestive system                                 | 6.1%              |
| Genitourinary system                             | 5.9%              |
| Musculoskeletal system                           | 5.5%              |
| Skin disorders                                   | 4.7%              |
| All pregnancies                                  | 4.1%              |
| Infections                                       | 3.3%              |
| Circulatory system                               | 1.9%              |

Source: Healthy Communities Institute, California Office of Statewide Health Planning and Development, 2017.  
[http://report.oshpd.ca.gov/?DID=PID&RID=Facility\\_Summary\\_Report\\_Hospital\\_Inpatient](http://report.oshpd.ca.gov/?DID=PID&RID=Facility_Summary_Report_Hospital_Inpatient)

### Diabetes

Among Kern County adults, 15.6% had been diagnosed as pre-diabetic, and 11.1% reported they had been diagnosed with diabetes. For adults with diabetes, 57.7% felt very confident they could control their diabetes.

## Adult Diabetes

|                                    | Kern County | California |
|------------------------------------|-------------|------------|
| Diagnosed pre-diabetic             | 15.6%       | 12.5%      |
| Diagnosed with diabetes            | 11.1%       | 9.3%       |
| Very confident to control diabetes | 57.7%       | 58.3%      |
| Somewhat confident                 | 35.0%       | 33.0%      |
| Not confident                      | 7.4%*       | 8.8%       |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

Among African American adults in Kern County, 11.8% reported they had been diagnosed with diabetes. 10.3% of Latinos, 9.2% of Whites, and 8.2% of Asian had been diagnosed with diabetes.

## Adult Diabetes by Race/Ethnicity

|                  | Kern County | California |
|------------------|-------------|------------|
| African American | 11.8%*      | 10.8%      |
| Latino           | 10.3%       | 11.1%      |
| Asian            | 8.2%*       | 8.5%       |
| White            | 9.2%        | 7.2%       |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

Hospitalizations for diabetes in Kern County occurred at a rate of 24.1 per 10,000 adults and ER visits for diabetes occurred at a rate of 36.6 per 10,000 adults. These rates (and the rates for the diabetes sub-categories) were higher than the diabetes hospitalization and ER rates in the state.

## Diabetes Hospitalization and ER Rates, per 10,000 Adults 18+, 2013-2015

|   | Kern County | California  |
|---|-------------|-------------|
| <b>Hospitalization rate due to diabetes</b> | <b>24.1</b> | <b>17.2</b> |
| Due to long-term complications              | 13.5        | 10.2        |
| Due to short-term complications             | 9.3         | 5.9         |
| Due to uncontrolled diabetes                | 1.1         | 0.9         |
| <b>ER rate due to diabetes</b>              | <b>36.6</b> | <b>26.6</b> |
| Due to long-term complications              | 16.4        | 12.4        |
| Due to short-term complications             | 2.9         | 1.8         |
| Due to uncontrolled diabetes                | 3.6         | 2.2         |

Source: California Office of Statewide Health Planning & Development, accessed from Healthy Kern County. [www.healthykern.org](http://www.healthykern.org)

Hospitalizations for diabetes within the service area occurred at the highest rate in Bakersfield 93301 (61.8 per 10,000 adults). ER visits for diabetes in the service area also occurred at the highest rate in Bakersfield 93301 (75.9 per 100,000 adults).

## Diabetes Hospitalization and ER Rates, per 10,000 Adults, 2013-2015

|                    |       | Hospitalization | ER          |
|--------------------|-------|-----------------|-------------|
| Bakersfield        | 93301 | 61.8            | 75.9        |
| Bakersfield        | 93304 | 38.0            | 64.7        |
| Bakersfield        | 93305 | 43.2            | 74.1        |
| Bakersfield        | 93306 | 22.3            | 33.2        |
| Bakersfield        | 93307 | 37.4            | 59.8        |
| Bakersfield        | 93308 | 33.6            | 40.0        |
| Bakersfield        | 93309 | 25.5            | 33.9        |
| Bakersfield        | 93311 | 9.5             | 13.6        |
| Bakersfield        | 93312 | 9.6             | 12.4        |
| Bakersfield        | 93313 | 22.4            | 29.6        |
| Lamont             | 93241 | 22.8            | 48.4        |
| Shafter            | 93263 | 32.0            | 36.2        |
| Taft               | 93268 | 21.0            | 21.5        |
| <b>Kern County</b> |       | <b>24.1</b>     | <b>36.6</b> |
| <b>California</b>  |       | <b>17.2</b>     | <b>26.6</b> |

Source: California Office of Statewide Health Planning & Development, accessed from Healthy Kern County.  
<http://www.healthykern.org>. Age-adjusted annual rates per 10,000 hospitalizations.

## High Blood Pressure

A co-morbidity factor for diabetes and heart disease is hypertension (high blood pressure). In Kern County, 34% of adults have been diagnosed with high blood pressure. Of those diagnosed with high blood pressure, 66.6% reported taking medication to manage their high blood pressure.

## High Blood Pressure

|  | Kern County | California |
|--|-------------|------------|
| Diagnosed with high blood pressure       | 34.0%       | 28.5%      |
| Takes medication for high blood pressure | 66.6%       | 67.2%      |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu/>

In Kern County, 45.7% of African American adults, 36.3% of Whites, 27.8% of Latinos, and 19.3% of Asians had high blood pressure.

## Adult High Blood Pressure by Race/Ethnicity

|                  | Kern County | California |
|------------------|-------------|------------|
| African American | 45.7%       | 38.6%      |
| White            | 36.3%       | 30.6%      |
| Latino           | 27.8%       | 25.1%      |
| Asian            | 19.3%*      | 23.2%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.



The hospitalization rate for hypertension among adults in Kern County was 3.5 visits per 10,000 adults and the ER rate for hypertension was 35.7 visits per 10,000 adults. These rates were higher than found in the state.

#### Hypertension, Adult Hospitalization and ER Rates, per 10,000 Adults

|  | Kern County | California |
|--|-------------|------------|
| Hospitalization rate due to hypertension | 3.5         | 3.3        |
| ER rate due to hypertension              | 35.7        | 26.4       |

Source: California Office of Statewide Health Planning & Development, accessed from Healthy Kern County, 2013-2015.  
[www.healthykern.org](http://www.healthykern.org) Age-adjusted annual rates per 10,000 hospitalizations.

The hospitalization rate for hypertension among adults in the service area ranged from 1.5 hospitalizations per 10,000 adults in Bakersfield 93312 to 6.3 hospitalizations per 10,000 adults in Bakersfield 93304. The ER rate for hypertension ranged from 18.3 ER visits for hypertension per 10,000 adults in Taft to 61.2 ER visits per 10,000 adults in Bakersfield 93301.

#### Adult Hypertension Hospitalization and ER Rates, per 10,000 Adults

|                    |       | Hospitalization | ER          |
|--------------------|-------|-----------------|-------------|
| Bakersfield        | 93301 | 5.6             | 61.2        |
| Bakersfield        | 93304 | 6.3             | 50.4        |
| Bakersfield        | 93305 | 4.7             | 51.8        |
| Bakersfield        | 93306 | 4.0             | 35.1        |
| Bakersfield        | 93307 | 4.8             | 45.0        |
| Bakersfield        | 93308 | 4.6             | 39.3        |
| Bakersfield        | 93309 | 3.4             | 31.9        |
| Bakersfield        | 93311 | 2.5             | 27.5        |
| Bakersfield        | 93312 | 1.5             | 22.3        |
| Bakersfield        | 93313 | 2.2             | 34.6        |
| Lamont             | 93241 | N/A             | 30.8        |
| Shafter            | 93263 | N/A             | 25.3        |
| Taft               | 93268 | N/A             | 18.3        |
| <b>Kern County</b> |       | <b>3.5</b>      | <b>35.7</b> |
| <b>California</b>  |       | <b>3.3</b>      | <b>26.4</b> |

Source: California Office of Statewide Health Planning & Development, accessed from Healthy Kern County. [www.healthykern.org](http://www.healthykern.org)  
 Age-adjusted annual rates per 10,000 hospitalizations. N/A = ZIP Codes where too few cases occurred for statistical stability and/or patient privacy, rates are not provided.

#### Heart Disease

In Kern County, 7.8% of adults have been diagnosed with heart disease. Among adults diagnosed with heart disease, 67.8% have been given a management care plan by a health care provider. Among Kern County adults with a management plan, 56.9% were, very confident in their ability to control their condition.

## Adult Heart Disease

|   | Kern County | California |
|---|-------------|------------|
| Diagnosed with heart disease              | 7.8%        | 6.3%       |
| Has a Management Care Plan                | 67.8%       | 70.8%      |
| Very Confident to Control Condition**     | 56.9%*      | 59.4%      |
| Somewhat Confident to Control Condition** | 36.0%*      | 35.3%      |
| Not Confident to Control Condition**      | 7.0%*       | 5.3%       |

Source: California Health Interview Survey, 2014-2016. \*\*2015-2016 <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

Kern County has lower rates of heart disease among African Americans (5%) and Asians (4%) than were reported at the state level, and higher rates than the state among Latinos (4.4%) and Whites (9.6%).

## Adult Heart Disease by Race/Ethnicity

|                  | Kern County | California |
|------------------|-------------|------------|
| African American | 5.0%*       | 5.7%       |
| Asian            | 4.0%*       | 4.4%       |
| Latino           | 4.4%*       | 4.1%       |
| White            | 9.6%        | 8.2%       |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

From 2013 to 2015, on average, the age-adjusted rate of hospitalization for heart failure in Kern County was 36.7 per 10,000 adults. The ER rate for heart failure was 12.1 visits per 10,000 adults.

## Adult Hospitalization and ER Heart Failure Rates, Age-Adjusted, per 10,000 Adults

|   | Kern County | California |
|---|-------------|------------|
| Hospitalization rate due to heart failure | 36.7        | 29.1       |
| ER rate due to heart failure              | 12.1        | 9.4        |

Source: California Office of Statewide Health Planning & Development, accessed from Healthy Kern County, 2013-2015. [www.healthykern.org](http://www.healthykern.org) Age-adjusted annual rates per 10,000 hospitalizations.

## Asthma

In Kern County, 18.9% of the population has been diagnosed with asthma. 23.7% of children, under 18, had been diagnosed with asthma. Among those with asthma, 42.1% take daily medication to control their symptoms.

## Asthma

|   | Kern County | California |
|---|-------------|------------|
| Diagnosed with asthma, total population               | 18.9%       | 14.7%      |
| Diagnosed with asthma, 0-17 years old                 | 23.7%       | 15.0%      |
| ER visit in past year due to asthma, total population | 12.9%*      | 11.7%      |

|  | Kern County | California |
|--|-------------|------------|
| ER visit in past year due to asthma, 0-17 years old        | 20.3%*      | 14.5%      |
| Takes daily medication to control asthma, total population | 42.1%       | 45.3%      |
| Takes daily medication to control asthma, 0-17 years old   | 21.6%*      | 38.9%      |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size

The hospitalization rate for COPD or asthma in older adults was 428.8 per 100,000 persons, which was higher than the state rate (265.6 per 100,000 persons). The asthma hospitalization rate for young adults in Kern County was 21.9 per 100,000 persons.

#### Asthma Hospitalization Rates\*, per 100,000 Adults

|                                      | Kern County | California |
|--------------------------------------|-------------|------------|
| COPD or asthma in older adults (40+) | 428.8       | 265.6      |
| Asthma in younger adults (18 to 39)  | 21.9        | 22.6       |

Source: California Office of Statewide Health Planning & Development, 2016. <https://oshpd.ca.gov/data-and-reports/healthcare-quality/ahrq-quality-indicators/> Age-adjusted annual rates per 100,000 hospitalizations.

#### Cancer

In Kern County, the following rates of cancer exceeded state rates: prostate cancer (98.6 per 100,000 men), lung and bronchus cancers (49.5 per 100,000 persons), colorectal cancer (35.6 per 100,000 persons), and kidney and renal pelvis cancers (17.7 per 100,000 persons).

#### Cancer Incidence Rate, Age-Adjusted, per 100,000 Persons

|                         | Kern County  | California   |
|-------------------------|--------------|--------------|
| <b>Cancer all sites</b> | <b>391.7</b> | <b>395.2</b> |
| Breast (female)         | 105.6        | 120.6        |
| Prostate (males)        | 98.6         | 97.1         |
| Lung and bronchus       | 49.5         | 42.2         |
| Colon and rectum        | 35.6         | 35.5         |
| Uterine** (females)     | 22.2         | 24.9         |
| In situ breast (female) | 20.2         | 28.2         |
| Kidney and renal pelvis | 17.7         | 13.9         |
| Melanoma of the skin    | 17.0         | 21.6         |
| Non-Hodgkin lymphoma    | 16.7         | 18.2         |
| Urinary bladder         | 16.1         | 16.8         |
| Thyroid                 | 12.6         | 12.8         |
| Leukemia*               | 11.8         | 12.3         |
| Ovary (females)         | 11.0         | 11.6         |

Source: The Centers for Disease Control and Prevention, National Cancer Institute, State Cancer Profiles, 2011-2015  
<http://www.cancer-rates.info/ca/> \*Myeloid & Monocytic + Lymphocytic + "Other" Leukemias \*\*Uterus, NOS + Corpus Uter

## HIV

In Kern County, 107 new cases of HIV were diagnosed in 2016 (12.0 cases per 100,000 persons). The county rate of HIV was 180.8 per 100,000 persons.

## HIV

|                            | Kern County | California |
|----------------------------|-------------|------------|
| Newly diagnosed cases      | 107         | 5,061      |
| Rate of new diagnoses      | 12.0        | 12.9       |
| Living Cases               | 1,607       | 132,405    |
| Rate of HIV                | 180.8       | 336.4      |
| Percent in care            | 56.9%       | 73.2%      |
| Percent virally suppressed | 43.9%       | 62.6%      |
| Percent deceased in 2016   | 1.6%        | 1.3%       |

Source: California Department of Public Health, Office of AIDS, California HIV Surveillance Report, 2016.

[https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA\\_case\\_surveillance\\_reports.aspx](https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA_case_surveillance_reports.aspx)

## Coccidioidomycosis

Coccidioidomycosis, or Valley Fever, is an illness caused by a fungus found in the soil. The fungus can become airborne and be inhaled with dust particles. It affects the lungs and can produce flu-like symptoms and pneumonia. 2017 showed the highest rate of Valley Fever since the disease became individually-reportable in 1995. Kern County has the highest rate of Valley Fever in California. Rates of Valley Fever in Kern County have risen from a low rate of 106.2 per 100,000 persons in 2014, to a rate of 305.7 per 100,000 county residents in 2017.

### Valley Fever, Cases and Rates, per 100,000 Persons, 2013 - 2017

|             | 2013  |       | 2014  |       | 2015  |       | 2016  |       | 2017  |       |
|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|             | Cases | Rates | Cases | Rates | Cases | Rates | Cases | Rates | Cases | Rates |
| Kern County | 1,659 | 191.1 | 931   | 106.2 | 1,082 | 122.5 | 2,250 | 253.4 | 2,748 | 305.7 |
| California  | 3,318 | 8.6   | 2,316 | 6.0   | 3,154 | 8.1   | 5,509 | 14.0  | 7,466 | 18.8  |

Source: California Department of Public Health, Center for Infectious Disease, Epidemiological Summary of Coccidioidomycosis in California, 2017. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Coccidioidomycosis.aspx>

## Community Input – Chronic Diseases

Stakeholder interviews identified the following issues, challenges and barriers related to chronic diseases. Following are their comments, quotes and opinions edited for clarity:

- Valley fever has become a great concern in our territory. I feel our local legislature has made it a priority and it is receiving the attention needed for a response to be put into place.
- We don't do a good job providing services in the community for patients we discharge with chronic diseases. We have high rates of readmissions; a lot of them are Medicare and Medicaid patients.

- We are also seeing a lot of oral cancers. This is tied to STIs and HPV. There is definitely a correlation to those having the HPV virus and developing oral cancer.
- A significant amount of lung cancer is being found at late stages. We think it's due to a lack of screening.
- A population that is underserved is the sickle cell population. They don't typically receive primary care, as no one knows how to manage this disease, and they end up in the ER, which costs millions of dollars. There is no comprehensive program for this population.
- A lot of people don't know they have chronic diseases. Once they are made aware, they rarely make needed lifestyle changes. But there could be a different approach to it, understanding the culture and integrating promotoras. We would have better success with those diagnosed with chronic diseases to make the needed changes.
- Because of environmental pollutants, we have high levels of asthma, Valley Fever and cancer.
- People who have trauma early in their life, we see it correlates with heart disease and diabetes and other health issues that get carried into adulthood.
- Cardiac disease and diabetes are impacted by poor life style choices.
- Diabetes is one of the biggest challenges for our population. It is hard for them to not continue some of their traditional eating habits.
- We seem to have a high rate of noncompliance with chronic disease management.
- With diabetes, people are not able to manage it, the medications are too expensive, and they may not have the right education to know what to eat.
- Valley Fever symptoms match with the flu, so people think they have the flu.
- People who live in the rural areas in Kern County are impacted by chronic diseases the most because of the exposure they have. Sometimes, there is more pollution in the area. An issue is they don't have sidewalks or state-run clean parks. Rural areas don't have access to fresh foods, which is ironic in our primarily farm worker community.
- The most obvious issue is readily available access to primary care services. Our FQHCs are doing an excellent job in trying to attract and manage those patients with chronic diseases, but we need more primary care access. It shouldn't take 60 or 90 days to get into a primary care doctor.
- In the last couple of years, Valley Fever has gotten some good attention. People want to invest in treatment, a vaccine and education so people know they could be exposed to the spores.

## Health Behaviors

### Health Behaviors Ranking

County Health Rankings examines healthy behaviors and ranks counties according to health behavior data. California's 57 evaluated counties (Alpine excluded) are ranked from 1 (healthiest) to 57 (least healthy) based on a number of indicators that include: adult smoking, obesity, physical inactivity, excessive drinking, sexually transmitted infections, and others. At 57, Kern County ranks at the bottom of California counties for health behaviors.

### Health Behaviors Ranking

|             | County Ranking (out of 57) |
|-------------|----------------------------|
| Kern County | 57                         |

Source: County Health Rankings, 2018. [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

### Health Status

Among residents in Kern County, 18.4% rate themselves as being in fair or poor health, which is higher than the state rate of 17.5%.

### Health Status, Fair or Poor Health

|             | Kern County | California |
|-------------|-------------|------------|
| All persons | 18.4%       | 17.5%      |
| Adults, 18+ | 25.1%       | 21.3%      |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu>

### Disability

In Kern County, 33.7% of adults reported a physical, mental or emotional disability. 7.8% of adults had been unable to work for a year or more due to physical or mental impairment.

### Adults with a Disability

|   | Kern County | California |
|---|-------------|------------|
| Adults with a disability                      | 33.7%       | 29.7%      |
| Couldn't work $\geq$ 1 year due to impairment | 7.8%        | 6.6%       |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu>

### Sexually Transmitted Infections

Rates of STIs are climbing rapidly in Kern County. The rate for chlamydia in Kern County in 2017 was 763.1 diagnosed cases per 100,000 persons. The Kern County rate of gonorrhea was 251.6 cases per 100,000 persons.

The primary and secondary syphilis rate for Kern County was 27.9 diagnosed cases per 100,000 persons. The rate for early latent syphilis was 20.6 per 100,000 persons. The rate of congenital syphilis is also rising swiftly. In Kern County, there were 172.7 cases per 100,000 births. The Healthy People 2020 objective for congenital syphilis is 9.6 cases per 100,000 births.

#### STI Cases, Rate per 100,000 Persons, 2017

|                              | Kern County |       | California |
|------------------------------|-------------|-------|------------|
|                              | Cases       | Rate  | Rate       |
| Chlamydia                    | 6,859       | 763.1 | 552.2      |
| Gonorrhea                    | 2,261       | 251.6 | 190.3      |
| Primary & Secondary Syphilis | 251         | 27.9  | 16.8       |
| Early Latent Syphilis        | 185         | 20.6  | 17.7       |
| Congenital Syphilis*         | 24.0        | 172.7 | 30.6       |

Source: California Department of Public Health, STD Control Branch, 2017.

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/CA-STD-2017-Data-Tables.pdf>

\*Source: California Department of Public Health, County Health Status Profiles, 2018. Data from 2014-2016.

<https://www.cdph.ca.gov/Programs/CHSI/CDPH%20Document%20Library/CHSP-County%20Profiles%202018.pdf>

#### Teen Sexual History

In Kern County, 66.3% of teens, ages 14 to 17, whose parents gave permission for the question to be asked, reported they had never had sex. This was a lower rate of abstinence than seen at the state level (81.2%).

#### Teen Sexual History, 14 to 17 Years Old

|               | Kern County | California |
|---------------|-------------|------------|
| Never had sex | 66.3%*      | 81.2%      |

Source: California Health Interview Survey, 2015-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

#### Community Input – Sexually Transmitted Infections

Stakeholder interviews identified the following issues, challenges and barriers related to sexually transmitted infections (STI). Following are their comments, quotes and opinions edited for clarity:

- There are 12, 13, and 14 year olds who are sexually active. We must provide preventive care and education at an early age. If there is no money or access to condoms and you are a 15-year-old, you will have unprotected sex.
- We have sex trafficking and prostitution. With prostitution, they move them around. They are here this week and then Las Vegas the next week, so it is hard to catch up with individuals to make sure they get education and treatment.
- With Latinos, there is taboo around this subject, so it is not talked about. Children are having sex, but we cannot talk to them about it.
- The biggest issue is people's fear of being tested. The process is invasive so they



prefer not to get a test. They are asked many questions before they can do the blood work and they are uncomfortable with the process.

- We have seen an increase in our population with syphilis. Pregnant women are coming in to have their babies and they test positive for syphilis.
- In our community, generally, everything is very reactionary. Some aren't getting prenatal care, some do, but once they have syphilis, they have to follow through with care and take so many doses of medication, and they have to get blood tests, so sometimes, they start to get care and then they don't follow through.
- Part of the problem is our conservative culture of sexuality in our county. The more we can get access to preventive care, contraception and education, the better.
- People aren't proactive about their sexual health. Unlike when people have cold or flu symptoms and they make an appointment with a doctor, if someone just had sex, they don't get tested. But they should get tested. People don't seek attention if they don't have any symptoms. They could have a bacterium but not have symptoms.
- There may be stigma or personal bias on the part of the doctors in interacting with the clients. There may be personal embarrassment on the part of the patient. I often see people don't want to talk about sex with someone they see quite frequently. Also, if a person goes to a provider and the provider seems judgmental or imposes their own biases, it won't work.
- We're seeing more people with multiple infections, (i.e., they have chlamydia, congenital syphilis, and gonorrhea). What's troubling is these people become more at risk for HIV.
- Youth are getting misinformation and their sex education from their peers. With older adults, substance use issues are contributing to STI cases.
- Some issues are a lack education, culture, and religious beliefs of the parents. They should talk about this, but they don't talk about sex with their children.

### Overweight and Obesity

In Kern County, 34.8% of adults, 21.6% of teens, and 23.4% of children are overweight. This is a larger percentage of overweight children and teens than found in the state.

#### Overweight

|                   | Kern County | California |
|-------------------|-------------|------------|
| Adult (18+ years) | 34.8%       | 35.2%      |
| Teen (ages 12-17) | 21.6%*      | 17.2%      |
| Child (under 12)  | 23.4%       | 13.7%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

In Kern County, 40.7% of adults, ages 20 and older, are obese. 20.6% of Kern County teens are obese. The Healthy People 2020 objectives for obesity are 30.5% of adults,



ages 20 and over, and 16.1% of teens

### Obesity\*

|                  | Kern County | California |
|------------------|-------------|------------|
| Adult, ages 20+  | 40.7%       | 26.8%      |
| Teen, ages 12-17 | 20.6%       | 16.8%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/>

\*30+ BMI for adults, or top 5% of BMI percentiles for teens

When adult obesity levels were tracked over time, Kern County had a 12.2% increase in obesity from 2005 to 2016. There was a 6.3% increase in obesity in the state during this time period.

### Adult Obesity, 2005 - 2016

|             | 2005  | 2007  | 2009  | 2011  | 2013  | 2015  | 2016  | Change<br>2005-2016 |
|-------------|-------|-------|-------|-------|-------|-------|-------|---------------------|
| Kern County | 30.5% | 29.8% | 33.2% | 34.0% | 32.1% | 38.5% | 42.7% | +12.2%              |
| California  | 21.6% | 23.2% | 23.0% | 25.4% | 25.2% | 28.0% | 27.9% | +6.3%               |

Source: California Health Interview Survey, 2005, 2007, 2009, 2011-2012, 2013, 2015 & 2016. [http://ask.chis.ucla.edu](http://ask.chis.ucla.edu/)

81.4% of Kern County Latinos and 80.2% of African Americans are overweight or obese. 69.1% of Whites in the county and 60.1% of Asians are overweight or obese.

### Adults, 20+ Years, Overweight and Obesity by Race/Ethnicity

|                  | Kern County | California |
|------------------|-------------|------------|
| African American | 80.2%*      | 73.9%      |
| Latino           | 81.4%       | 74.1%      |
| White            | 69.1%       | 58.6%      |
| Asian            | 60.1%*      | 42.4%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

The physical fitness test (PFT) for students in California schools is the FitnessGram®. One of the components of the PFT is measurement of body composition (measured by skinfold measurement, BMI, or bioelectric impedance). Children who do not meet the “Healthy Fitness Zone” criteria for body composition are categorized as needing improvement (overweight) or at health risk (obese).

In area school districts, the percentage of 5<sup>th</sup> grade students tested as body composition needing improvement or at health risk ranged from 46.5% to 61.3%. 7<sup>th</sup> grade students, ranged from 43.1% to 57.9% needing improvement or at health risk. By 9<sup>th</sup> grade there was an improvement in the percentage of students needing improvement or at health risk: 42.6% of Taft Union High School District 9<sup>th</sup> grade students and 43.6% of Kern

High School District 9<sup>th</sup> graders were at health risk or needed improvement. All area school districts exceeded state rates.

### 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> Graders; Body Composition, 'Needs Improvement' and 'Health Risk'

|                                    | Fifth Grade       |              | Seventh Grade     |              | Ninth Grade       |              |
|------------------------------------|-------------------|--------------|-------------------|--------------|-------------------|--------------|
|                                    | Needs Improvement | Health Risk  | Needs Improvement | Health Risk  | Needs Improvement | Health Risk  |
| Bakersfield City School District   | 24.1%             | 29.7%        | 23.4%             | 32.3%        | N/A               | N/A          |
| Lamont Elementary School District  | 28.1%             | 33.2%        | 22.6%             | 28.9%        | N/A               | N/A          |
| Richland Union Elementary District | 23.2%             | 30.2%        | 25.6%             | 32.3%        | N/A               | N/A          |
| Taft City School District          | 20.2%             | 26.3%        | 20.9%             | 22.2%        | N/A               | N/A          |
| Kern High School District          | N/A               | N/A          | N/A               | N/A          | 21.9%             | 21.7%        |
| Taft Union High School District    | N/A               | N/A          | N/A               | N/A          | 20.4%             | 22.2%        |
| <b>Kern County</b>                 | <b>20.9%</b>      | <b>24.4%</b> | <b>21.1%</b>      | <b>24.5%</b> | <b>21.3%</b>      | <b>22.0%</b> |
| <b>California</b>                  | <b>19.2%</b>      | <b>21.5%</b> | <b>19.1%</b>      | <b>19.6%</b> | <b>19.2%</b>      | <b>18.0%</b> |

Source: California Department of Education, Fitnessgram Physical Fitness Testing Results, 2016-2017.

<http://data1.cde.ca.gov/dataquest/page2.asp?Level=District&submit1=Submit&Subject=FitTest>

### Fast Food

Adults, ages 18-64, consumed fast food at higher rates than children or seniors. In Kern County, 28.5% of adults, 24% of children and 12.5% of seniors consumed fast food three or more times per week.

### Fast Food Consumption, Three or More Times a Week

|                          | Kern County | California |
|--------------------------|-------------|------------|
| Adult, 18-64             | 28.5%       | 25.5%      |
| Children and youth, 0-17 | 24.0%*      | 18.7%      |
| Seniors, 65+             | 12.5%       | 11.0%      |

Source: California Health Interview Survey, 2014-2016; <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size

### Soda/Sugar-Sweetened Beverage (SSB) Consumption

14.1% of children in Kern County consumed at least two glasses of non-diet soda the previous day, and 7.6% consumed at least two glasses of a sugary drink other than soda the previous day. 15.8% of Kern County adults consumed non-diet sodas at high rates (7 or more times per week).

### Soda or Sweetened Drink Consumption

|  | Kern County | California |
|--|-------------|------------|
| Children and teens reported to drink at least two glasses of non-diet soda yesterday | 14.1%       | 5.6%       |

|   | Kern County | California |
|---|-------------|------------|
| Children and teens reported to drink at least two glasses sugary drinks other than soda yesterday | 7.6%*       | 8.8%       |
| Adults who reported drinking non-diet soda at least 7 times weekly                                | 15.8%       | 10.7%      |
| Adults who reported drinking no non-diet soda weekly  | 49.1%       | 60.0%      |

Source: California Health Interview Survey, 2013-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size

### Adequate Fruit and Vegetable Consumption

In Kern County, 31.9% of children and 20.6% of teens eat five or more servings of fruit and vegetables daily (excluding juice and potatoes).

#### Five or More Servings of Fruit and Vegetables, Daily

|          | Kern County | California |
|----------|-------------|------------|
| Children | 31.9%       | 32.2%      |
| Teens    | 20.6%       | 24.0%      |

Source: California Health Interview Survey, 2012-2016. <http://ask.chis.ucla.edu>

### Access to Fresh Produce

79.9% of adults in Kern County reported they could usually or always find fresh fruit and vegetables in the neighborhood.

#### Children Living in Communities with Good or Excellent Access to Fresh Produce

|  | Kern County | California |
|--|-------------|------------|
| Neighborhood usually or always has fresh produce | 79.9%       | 86.9%      |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu>

### Physical Activity

Recommendations for physical activity for adults include both aerobic exercise (at least 150 minutes per week of moderate exercise, or 75 minutes of vigorous exercise) and muscle-strengthening (at least 2 days per week). For children and teens, the guidelines are at least an hour of aerobic exercise daily and at least 2 days per week of muscle-strengthening exercises.

36.3% of children in Kern County meet the aerobic requirement. 9% of teens meet the guideline. 32.2% of Kern County adults walk for at least 150 minutes per week, compared to 38.8% of adults at the state level.

#### Aerobic Activity Guidelines Met

|  | Kern County | California |
|--|-------------|------------|
| Adults meeting aerobic guideline (walking at least 150 minutes per week)** | 32.2%       | 38.8%      |

|  | Kern County | California |
|--|-------------|------------|
| Teens meeting aerobic guideline (at least one hour of aerobic exercise daily)    | 9.0%*       | 12.6%      |
| Children meeting aerobic guideline (at least one hour of aerobic exercise daily) | 36.3%       | 28.0%      |

Source: California Health Interview Survey, 2012-2016; \*\*2015-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size.

One of the components of the physical fitness test (PFT) for students is measurement of aerobic capacity through run and walk tests. 56.6% of Kern County 5<sup>th</sup> graders met the 'Healthy Fitness Zone' of aerobic capacity. Area ninth graders performed better, with 68% testing in the Healthy Fitness Zone. Lamont Elementary School 5<sup>th</sup> graders performed better than county and state 5<sup>th</sup> graders and Kern High School District 9<sup>th</sup> graders performed better than county and state 9<sup>th</sup> graders.

### 5<sup>th</sup> and 9<sup>th</sup> Grade Students, Aerobic Capacity, Healthy Fitness Zone

|                                    | Fifth Grade  | Ninth Grade  |
|------------------------------------|--------------|--------------|
| Bakersfield City School District   | 47.6%        | N/A          |
| Lamont Elementary School District  | 68.2%        | N/A          |
| Richland Union Elementary District | 56.2%        | N/A          |
| Taft City School District          | 48.2%        | N/A          |
| Kern High School District          | N/A          | 70.8%        |
| Taft Union High School District    | N/A          | 62.2%        |
| <b>Kern County</b>                 | <b>56.6%</b> | <b>68.0%</b> |
| <b>California</b>                  | <b>62.0%</b> | <b>61.9%</b> |

Source: California Department of Education, Fitnessgram Physical Fitness Testing Results, 2016-2017. <http://data1.cde.ca.gov/dataquest/page2.asp?Level=District&submit1=Submit&Subject=FitTest>

14.4% of Kern County children and teens spent over five hours in sedentary activities after school on a typical weekday. 5.7% spent 8 hours or more a day on sedentary activities on weekend days. Among Kern County teens, 14.6% did not engage in any physical activity for at least one hour a day in the prior week.

### Sedentary Children

|   | Kern County | California |
|---|-------------|------------|
| 5+ hours spent on sedentary activities after school on a typical weekday - children and teens | 14.4%*      | 12.6%      |
| 8+ hours spent on sedentary activities on a typical weekend day - children and teens          | 5.7%*       | 7.8%       |
| Teens no physical activity in a typical week**  | 14.6%*      | 10.2%      |

Source: California Health Interview Survey, 2013-2016; \*\*2012-2016. <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

22.9% of Bakersfield adults reported not participating in leisure-time physical activities

within the past month; this was a lower percentage of sedentary adults than the nationwide average.

### Sedentary Adults

|   | Bakersfield | U.S.  |
|---|-------------|-------|
| Adults who did not participate in any leisure-time physical activities in the previous month. | 22.9%       | 25.9% |

Source: CDC, 500 Cities Project, 2015. from <http://www.healthykern.org>

### Community Input – Overweight and Obesity

Stakeholder interviews identified the following issues, challenges and barriers related to overweight and obesity. Following are their comments, quotes and opinions edited for clarity:

- We are so inundated with fast food options. In poorer communities, fast food options are the only options. There are few grocery stores with fresh produce.
- We have a lot of obesity and that drives chronic diseases like diabetes, cardiovascular disease and COPD.
- When we talk about childhood obesity, it is important to reach the parents.
- There is limited accessibility to affordable, fresh, healthy foods. There are food deserts in Kern County.
- Because there is an ample food supply, we tend to have a very large problem with obesity and diabetes.
- We need more health education. We have an aging population and they have a sedentary lifestyle. The average male gets home and drinks beer, and culturally, the woman does everything in the house. Both need physical activity. We have obese people all over the valley. Diabetes is very prevalent. We need youth programs and activities, and more things for rural adults to do after work to get some exercise.
- It is very apparent there is a lack of healthy food access and a lack of fresh produce.
- It is very difficult to walk in many communities. We are not a pedestrian-friendly county. Sidewalks are bad and people are constantly getting hit by cars. In our urban center we do very little to promote a pedestrian landscape. We know for four months out of the year no one will be outside because it's just too hot. We are really held hostage to our weather here in a way we don't need to be.
- There are more liquor stores than grocery stores.
- In our schools education is changing and physical activity has taken a back seat.
- We are not a city where it is conducive to exercise or outside activity. We cannot walk to work. We have one bike path, and if you are not near it, it is hard to use. The problem is exacerbated by a lack of appropriate grocery stores that have produce

and fresh foods. In certain areas of town, the downtown area, the closest grocery store is 5 miles away.

- A lot of kids spend too much time in front of the TV and on their phones. Parents will send kids to school with hot Cheetos and soda, so we need to educate the parents what they should be feeding their kids. It has to start at home.

## Mental Health

### Satisfaction with Quality of Life

82.2% of residents in the Mountains region of Kern County were most likely to say they were 'Very' or 'Somewhat' satisfied with their quality of life compared to residents of West Kern County (70.4%), the Central Valley (74.6%), or East Kern County (54.2%).

### Satisfaction with Quality of Life

|                               | West Kern | Central Valley | Mountains | East Kern |
|-------------------------------|-----------|----------------|-----------|-----------|
| Very or somewhat satisfied    | 70.4%     | 74.6%          | 82.8%     | 54.2%     |
| Somewhat or very dissatisfied | 29.6%     | 25.4%          | 18.2%     | 45.8%     |

Source: Kern Council of Governments, Quality of Life Survey, 2018. <http://www.kerncog.org/quality-of-life-survey/>

### Mental Health

Among adults in Kern County, 12% had experienced serious psychological distress in the past year. 9.1% had taken a prescription medication for two weeks or more for an emotional or personal problem during the past year. Of those adults who had experienced moderate or severe psychological distress, 16.9% had experienced family life impairment in the past year due to their emotions. Serious psychological distress was experienced in the past year by 4% of area teens, which was less than the state level (9.7%).

### Mental Health Indicators

|  | Kern County | California |
|--|-------------|------------|
| Adults who had serious psychological distress during past year                                     | 12.0%       | 8.1%       |
| Adults taken prescription medicine at least 2 weeks for emotional/mental health issue in past year | 9.1%        | 11.0%      |
| Adults: Family life impairment during the past year  | 16.9%       | 13.7%      |
| Adults: Social life impairment during the past year  | 14.4%       | 13.8%      |
| Adults: Household chore impairment during the past year  | 14.5%       | 12.7%      |
| Adults: Work impairment during the past year   | 10.5%*      | 10.7%      |
| Teens who had serious psychological distress during past year**                                    | 4.0%*       | 9.7%       |

Source: California Health Interview Survey, 2014-2016; \*\*2015-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size.

### Mental Health Care Access

19.7% of Kern County teens needed help for emotional or mental health problems in the past year. 10.9% of teens had received psychological or emotional counseling in the past year.

15.6% of Kern County adults needed help for emotional-mental and/or alcohol-drug related issues in the past year. Among those who sought help, 44.3% of Kern County adults received treatment.

#### **Tried to Access Mental Health Care in the Past Year**

|   | <b>Kern County</b> | <b>California</b> |
|---|--------------------|-------------------|
| Teen who needed help for emotional or mental health problems in the past year**     | 19.7%*             | 19.6%             |
| Teen who received psychological or emotional counseling in the past year**          | 10.9%*             | 11.3%             |
| Adults who needed help for emotional-mental and/or alcohol-drug issues in past year | 15.6%              | 16.7%             |
| Adults, sought/needed help and received treatment                                   | 44.3%              | 59.2%             |
| Adults, sought/needed help but did not receive                                      | 55.7%              | 40.8%             |

Source: California Health Interview Survey, 2014-2016; \*\*2012-2016 <http://ask.chis.ucla.edu/> \*Statistically unstable due to sample size.

#### **Community Input – Mental Health**

Stakeholder interviews identified the following issues, challenges and barriers related to mental health. Following are their comments, quotes and opinions edited for clarity:

- There is a lack of understanding on how to get access to mental health care, especially in the Latino Spanish speaking community. There may be resources out there, but they don't know about it or how to navigate the system.
- There is a major lack of comprehensive mental health services. A majority of police calls are actually mental health situations. And realistically, our police officers do not have adequate training on how to deal with people having mental health crises. Another issue is the majority of our inmates are diagnosed with mental health issues.
- There are so many cultures not willing to seek out mental health services because of the stigma. I am college educated and have insurance and yet, I have yet to find a culturally competent mental health provider who is a person of color, LGBTQ person.
- Many people abuse street drugs to help them cope and that is a recipe for disaster.
- There are not enough mental health chronic care resources in the community. We do not have a lot of psychiatrists in Kern County.
- We are getting so many young people suffering from mental illness and not being treated and they end up homeless. We have a shelter with 171 beds for women and children. We had 231 people there one night when it was cold and rainy. If you talk to yourself or if you have a pet, you can't get into another shelter so they come to ours. All of the shelters are bursting at the seams. We lack transitional housing.
- Mental health has a very fragmented support system by regions, and there is a lack



of continuity of care. Intermediate mental health care for those who are not quite ready to be home but not ready to be in a psych unit either is lacking.

- Mental health is a big need. In Delano, there is only one clinic center that provides mental health. Soon, there will be another one.
- It is not an easy system to navigate. There are long wait times so you have to make an appointment far in advance. The people we serve aren't equipped to do this. It is not realistic to follow up with treatment and sit for three hours in the waiting room and make an appointment months in advance.
- For our Medi-Cal population, once they come to the decision that they want to receive mental health services, the process is so long they become discouraged, or they may relapse and then we have to start over with a new assessment.
- Our county does not allow anyone to involuntary detain a person (5150 hold) except law enforcement and their mobile evaluation team. Even in a hospital setting, it is up to them if the patient meets the criteria, and the hospital is still held responsible for safe discharge. There have been instances when the mobile evaluation team evaluates a person as needing a 5150 hold but there is no inpatient facility willing to take them because of their co-occurring medical issues. In these cases, the hospital cares for the patient and holds them, even though we are not a psychiatric facility. We hold them until we can determine a safe plan for them and we may hold them for days or weeks.
- Resources are not available in rural communities. We have a crisis center, but it is in Bakersfield. For families who have a young person threatening to kill himself what do you do? Do you call 911? What are the resources to address it?
- We have insufficient residential facilities for people who are suffering with mental health issues. Those of us who provide services for the homeless, we are not provided funding to hire mental health professionals. It is more of a peer support network.
- We have a fairly good children's system of care. It is geographically regionalized, so accessibility is better than in the past. However, the adult system of care is fractured and overwhelmed. For those with chronic mental health issues, it seems to be a revolving door.
- We believed people who needed mental health would have a place to go that is safe and have practitioners to take care of them and now we don't have that. We need to quickly identify mental health doesn't need to mean homeless, but we've thrown mental health into homelessness and that is where it's landed.

## Substance Use and Misuse

### Cigarette Smoking

The Healthy People 2020 objective for cigarette smoking among adults is 12%. In Kern County, 14.6% of adults smoke cigarettes, which is higher than the state rate (12.1%). 75.4% of current smokers say they are considering quitting in the next six months. 27.8% of Kern County residents had smoked an e-cigarette in the previous month.

### Smoking, Adults

|  | Kern County | California |
|--|-------------|------------|
| Current smoker                               | 14.6%       | 12.1%      |
| Former smoker                                | 19.8%       | 21.9%      |
| Never smoked                                 | 65.6%       | 66.0%      |
| Thinking about quitting in the next 6 months | 75.4%       | 73.0%      |
| Smoked e-cigarette in past month**           | 27.8%       | 32.6%      |

Source: California Health Interview Survey, 2014-2016; \*\*2015. <http://ask.chis.ucla.edu>

5.8% of teens in Kern County are current smokers. 18.9% of teens in Kern County have tried an e-cigarette. Once area teens had smoked an e-cigarette, 100% of teens smoked one in the past 30 days.

### Smoking, Teens

|                                | Kern County | California |
|--------------------------------|-------------|------------|
| Current cigarette smoker**     | 5.8%*       | 2.1%       |
| Ever smoked an e-cigarette     | 18.9%*      | 9.0%       |
| Smoked one in the past 30 days | 100%*       | 27.3%      |

Source: California Health Interview Survey, 2014-2016; \*\*2012-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size.

### Alcohol

Binge drinking is defined as consuming a certain amount of alcohol within a set period of time. For males, this is five or more drinks per occasion and for females, it is four or more drinks per occasion. Among adults, 32.6% in Kern County had engaged in binge drinking in the past year, and 12.5% of county teens binge drank in the past month.

### Adult and Teen Binge Drinking, and Teen Alcohol Experience

|                                  | Kern County | California |
|----------------------------------|-------------|------------|
| Adult binge drinking, past year  | 32.6%       | 34.7%      |
| Teen binge drinking, past month  | 12.5%*      | 3.7%       |
| Teen ever had an alcoholic drink | 21.0%*      | 24.2%      |

Source: California Health Interview Survey, 2015 adults, 2012-2016 pooled, for teens. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size.

## Marijuana Use, Youth

Marijuana use was reported by 7.4% of 7<sup>th</sup> graders in Kern County. 96.1% of Kern County 7<sup>th</sup> graders did not use marijuana in the prior 30-day period.

## Marijuana Use, Teens

|  | Kern County | California |
|--|-------------|------------|
| Ever tried marijuana, 7 <sup>th</sup> grade                      | 7.4%        | 7.2%       |
| Did not use marijuana in past 30 days, 7 <sup>th</sup> grade     | 96.1%       | 95.8%      |
| Used marijuana 1 day in past 30 days, 7 <sup>th</sup> grade      | 1.3%        | 1.5%       |
| Used marijuana 2 days in past 30 days, 7 <sup>th</sup> grade     | 0.8%        | 0.7%       |
| Used marijuana 3-9 days in past 30 days, 7 <sup>th</sup> grade   | 0.8%        | 0.7%       |
| Used marijuana 10-19 days in past 30 days, 7 <sup>th</sup> grade | 0.5%        | 0.5%       |
| Used marijuana 20-30 days in past 30 days, 7 <sup>th</sup> grade | 0.3%        | 0.8%       |

Source: WestEd, California Healthy Kids Survey, California Department of Education, 2013-2015. via <http://www.kidsdata.org>

## Opioid Use

The rate of hospitalizations in Kern County due to opioid overdose was 11.9 per 100,000 persons. This is higher than the state rate (7.6 per 100,000 persons). Opioid overdose visits (excluding heroin) to the ER in Kern County were 18.9 visits per 100,000 persons, a higher rate than found in the state (10.3 per 100,000 persons). The rate of opioid prescriptions in Kern County was 772.1 per 1,000 persons. This rate is higher than the state rate of opioid prescribing (508.7 per 1,000 persons).

## Opioid Use

|   | Kern County | California |
|---|-------------|------------|
| Hospitalization rate for opioid overdose (excludes heroin), per 100,000 persons | 11.9        | 7.6        |
| ER visits for opioid overdose (excludes heroin)                                 | 18.9        | 10.3       |
| Opioid prescriptions, per 1,000 persons   | 772.1       | 508.7      |

Source: California Office of Statewide Health Planning and Development, via California Department of Public Health, California Opioid Overdose Surveillance Dashboard, 2017. <https://discovery.cdph.ca.gov/CDIC/ODdash/>

## Community Input – Substance Use and Misuse

Stakeholder interviews identified the following issues, challenges and barriers related to substance use and misuse. Following are their comments, quotes and opinions edited for clarity:

- We have moving pop-up smoke shops and a lot of children are vaping, which is becoming a concern. With our bad air quality, vaping increases respiratory issues.
- There are a lot of drugs in the county; a lot of people are addicted. We see patients with overdoses, serious skin conditions, and hand, arm and feet infections from shooting up. They need skin reconstruction, debridement, antibiotics and surgery.

- There is very easy access to drugs. We have a lot of meth labs here.
- There is an increase in vaping in junior high and elementary schools. It is ubiquitous, with easy access. I've seen a major increase in drug use and most of it is among people who were over prescribed opiates for sport injuries, and they became addicted.
- It is an overwhelming population issue. We see a lot of addiction and related complications. There are resources for the very well insured and the Salvation Army and Jason's Retreat will accept people, but the need far outweighs the resources.
- Drugs are very accessible. And we have younger kids who are consuming drugs. Weed is becoming part of the norm, especially when we have laws that legalized it. Meth is used by the addicts, but the youth are normalizing pot.
- There are not enough resources for people with Medi-Cal to obtain inpatient treatment. When you have someone who is willing to go to treatment, you have to move quickly and there aren't enough resources to do that. By the time you figure it out to help them, they are in different state of mind. People will transfer their Medi-Cal to LA to get treatment services because they do not exist in Kern County.
- We don't have inpatient substance use treatment facilities or adequate knowledge of the available resources.
- There are a lot of public safety concerns with needles being left in public parks. People walk through where needles have been left behind. This presents health issues for those who want to use the park.
- Meth contributes to chronic congestive heart failure and COPD. A huge barrier is trying to find a place to care for them. If they have a history of drug use, a skilled nursing facility won't take them
- There is a lot of spice use. Spice is synthetic cannabis, but it is illegal, so it is getting made in garages. It is some sort of chemical that makes people pass out and throw up. It is not unusual to see spice users have a seizure.
- We have a big issue with opiate addiction in Oildale. It's impacting families that are predominately White.
- We still see a lot of people smoking and vaping. We have a very high rate of meth use. We see meth use with young and old and rich and poor. And we have issues with heroin and other opioids. We had a big spice problem for a long time, but that has gotten better, and they've shut down shops selling spice.
- There has been a decline in smoking. One of the reasons people decide to quit is it is too expensive.
- For alcohol use we have very aggressive check points around the city. The younger generation does not drive under the influence as much. It is not worth the cost to get caught. Uber and Lyft have made it more affordable to get home.

## Preventive Practices

### Flu Vaccines

The Healthy People 2020 objective is for 70% of the population to receive a flu shot. 44.1% of Kern County adults received a flu shot. Among Kern County seniors, 69.7% had received a flu shot. Among Kern County children, 6 months to 17 years, 47.7% received the flu shot.

### Flu Vaccine

|  | Kern County | California |
|--|-------------|------------|
| Received flu vaccine, 65+                | 69.7%       | 70.4%      |
| Received flu vaccine, 18+ (includes 65+) | 44.1%       | 42.6%      |
| Received flu vaccine, 6 months-17 years  | 47.7%       | 51.3%      |

Source: California Health Interview Survey, 2014-2016. <http://ask.chis.ucla.edu>

### Immunization of Children

Among area schools, rates of compliance with childhood immunizations upon entry into Kindergarten ranged from 94.3% in the Taft City School District to 98% in the Richland Union Elementary School District. These rates exceed county and state rates.

### Up-to-Date Immunization Rates of Children Entering Kindergarten, 2017-2018

|                                    | Immunization Rate |
|------------------------------------|-------------------|
| Bakersfield City School District   | 96.9%             |
| Lamont Elementary School District  | 97.5%             |
| Richland Union Elementary District | 98.0%             |
| Taft City School District          | 94.3%             |
| <b>Kern County*</b>                | <b>89.3%</b>      |
| <b>California*</b>                 | <b>92.2%</b>      |

Source: California Department of Public Health, Immunization Branch, 2017-2018. \*For those schools where data were not suppressed due privacy concerns over small numbers.

<https://data.chhs.ca.gov/dataset/school-immunizations-in-kindergarten-by-academic-year>

### Mammograms

The Healthy People 2020 objective for mammograms is for 81% of women, 50 to 74 years old, to have had a mammogram within the past two years. In Kern County, 78.6% of women obtained a mammogram.

### Mammograms

|  | Kern County | California |
|--|-------------|------------|
| 50-74 years, had a mammogram in past 2 years | 78.6%*      | 82.9%      |

Source: California Health Interview Survey, 2015-2016. <http://ask.chis.ucla.edu> \*Statistically unstable due to sample size

## Pap Smears

The Healthy People 2020 objective for Pap smears is for 93% of women, 21-65 years old, to have been screened in the past three years. Among Bakersfield women, 79.7% had the recommended Pap smear.

### Pap Smears

|  | Bakersfield | U.S.  |
|--|-------------|-------|
| 21-65 years; Pap smear in past 3 years | 79.7%       | 81.8% |

Source: CDC, 500 Cities Project, 2014. from <http://www.healthykern.org>

## Colorectal Cancer Screening

The current recommendation is for a Fecal Occult Blood Test (FOBT) within the previous year, a sigmoidoscopy in the past five years AND an FOBT in the past three years, or a colonoscopy exam within the past 10 years. In Bakersfield, the reported rate of colorectal cancer screening was 58.7%. The Healthy People 2020 objective for colorectal cancer screening is 70.5% of persons over age 50.

### Colorectal Cancer Screening, Adults 50-75 Years Old

|   | Bakersfield | U.S.  |
|---|-------------|-------|
| Screening Sigmoidoscopy, Colonoscopy or Fecal Occult Blood Test | 58.7%       | 63.7% |

Source: CDC, 500 Cities Project, 2014. from <http://www.healthykern.org>

## Community Input – Preventive Practices

Stakeholder interviews identified the following issues, challenges and barriers related to preventive practices. Following are their comments, quotes and opinions edited for clarity:

- Trying to get a doctor's appointment and be proactive with your health is not always an easy task. With checkups, there is no cost but if you go in for these checkups and something is abnormal, follow-up can be expensive and it is difficult to navigate through the insurance system.
- A lot of the population is very reactive and not proactive. They only act once the issue is already present.
- Veterans are not accessing preventive services. This population is being underserved.
- We do a pretty good job with screening, but only for certain cancers. What isn't happening is we aren't addressing outlying areas. There are no screenings in Taft or California City. We aren't reaching the very northern and southern parts of the county.

- There is a lack of education at young ages. We tend to address the disease and not the preventive part of the disease.
- We need more promotion and education with our youth.
- Even when we have access to health care, it is expensive to go to the doctor when you are on a limited budget. Even with insurance, you still have to pay a copay.
- Undocumented families don't have access to preventive care. We have a high presence and enforcement from ICE in Kern County so people are afraid to go out if they do not have to.
- There is a lack of primary care services, so people just forgo preventive screenings.
- People tend to not go to the doctor until they have a problem.

## Prioritized Description of Community Health Needs

### Review of Primary and Secondary Data

Community health needs were identified from secondary data, using the size of the problem (relative portion of population afflicted by the problem) and the seriousness of the problem (impact at individual, family, and community levels). To determine size or seriousness of the problem, the health need indicators that were identified in the secondary data were measured against benchmark data; specifically county rates, state rates and/or Healthy People 2020 objectives. Indicators related to the health needs, which performed poorly against one or more of these benchmarks, met this criterion to be considered a health need.

The following community health needs were determined:

- Access to health care
- Alzheimer's disease
- Birth indicators
- Chronic diseases (asthma, cancer, diabetes, heart disease, kidney disease, liver disease, lung disease, stroke, Valley Fever)
- Dental care/oral health
- Economic insecurity
- Environmental pollution
- Food insecurity
- Housing and homelessness
- Mental health
- Overweight and obesity
- Preventive practices
- Sexually transmitted infections
- Substance use and misuse
- Unintentional injuries
- Violence and injury

### Priority Health Needs

The list of community health needs informed primary data collection. The primary data collection process was designed to validate secondary data findings, identify additional community issues, solicit information on disparities among subpopulations, ascertain community assets to address needs, and discover gaps in resources. Community stakeholder interviews were used to gather input and prioritize the community health needs. The following criteria were used to prioritize the health needs:



- The perceived severity of a health issue or health factor as it affects the health and lives of those in the community;
- The level of importance the hospital should place on addressing the issue.

The stakeholders were asked to rank each identified health need. The percentage of responses were presented for those needs with severe or significant impact on the community, had worsened over time, and had a shortage or absence of resources available in the community.

Not all respondents answered every question; therefore, the response percentages were calculated based on respondents only and not on the entire sample. Among the interviewees, housing and homelessness, mental health and substance use and misuse received the highest scores for severe and significant impact on the community. Housing and homelessness, substance use and misuse, and violence and injury had the highest scores for worsened over time. Housing and homelessness, mental health, violence and injury, and economic insecurity received the highest scores for insufficient resources available.

| Community Health Need   | Severe and Significant Impact on the Community | Worsened over Time | Insufficient or Absent Resources |
|---|--|--------------------|----------------------------------|
| Access to health care   | 79.0%  | 16.7%              | 68.4%                            |
| Alzheimer's disease   | 61.5%  | 30.8%              | 76.9%                            |
| Birth indicators  | 68.8%  | 14.3%              | 58.3%                            |
| Chronic diseases (asthma, cancer, diabetes, heart disease, kidney disease, liver disease, lung disease, stroke, Valley Fever) | 89.4%  | 42.1%              | 77.8%                            |
| Dental care/oral health   | 73.3%  | 33.3%              | 68.8%                            |
| Economic insecurity   | 94.4%  | 50.0%              | 94.1%                            |
| Environmental pollution   | 94.1%  | 47.1%              | 88.2%                            |
| Food insecurity   | 78.9%  | 57.9%              | 73.7%                            |
| Housing and homelessness  | 100%   | 100%               | 100%                             |
| Mental health   | 95.0%  | 73.7%              | 94.4%                            |
| Overweight and obesity  | 82.4%  | 47.1%              | 50.0%                            |
| Preventive practices  | 85.5%  | 14.3%              | 50.0%                            |
| Sexually transmitted infections   | 94.1%  | 57.1%              | 71.4%                            |
| Substance use and misuse  | 95.0%  | 94.4%              | 84.2%                            |
| Unintentional injuries  | 50.0%  | 11.1%              | 55.6%                            |
| Violence and injury   | 79.0%  | 83.3%              | 94.4%                            |

The stakeholders were also asked to rank order (possible score of 4) the health needs according to highest level of importance in the community. The total score for each health need was divided by the total number of responses for which data were provided, resulting in an overall average for each health need. Among the interviewees, housing

and homelessness, mental health, access to health care, economic insecurity and substance use and misuse were ranked as the top five priority needs in the service area. Calculations from community stakeholders resulted in the following prioritization of the community health needs.

| Prioritized Significant Need  | Rank Order Score<br>(Total Possible Score of 4.0) |
|---|---|
| Housing and homelessness  | 3.95  |
| Mental health   | 3.84  |
| Access to health care   | 3.80  |
| Economic insecurity   | 3.79  |
| Substance use and misuse  | 3.74  |
| Chronic diseases (asthma, cancer, diabetes, heart disease, kidney disease, liver disease, lung disease, stroke, Valley Fever) | 3.60  |
| Environmental pollution   | 3.53  |
| Food insecurity   | 3.50  |
| Sexually transmitted infections   | 3.42  |
| Violence and injury   | 3.42  |
| Preventive practices  | 3.32  |
| Dental care/oral health   | 3.26  |
| Birth indicators  | 3.15  |
| Overweight and obesity  | 3.15  |
| Alzheimer's disease   | 3.11  |
| Unintentional injuries  | 3.00  |

## Resources to Address Community Health Needs

Community stakeholders and residents identified community resources potentially available to address the identified health needs. This is not a comprehensive list of all available resources. Resources are also available at Healthy Kern County [www.healthykern.org](http://www.healthykern.org) and 211 Kern County at <http://www.capk.org/211Kern/>.

| Health Need           | Community Resources  |
|-----------------------|--|
| Access to health care | Arvin Community Health Center<br>Building Healthy Communities<br>Cirugia Sin Fronteras (Surgery Without Borders) National Health Services, Inc.<br>Clinica Sierra Vista<br>Dolores Huerta Foundation<br>Faith in the Valley<br>Kern County Department of Public Health<br>Omni Family Health<br>Planned Parenthood<br>Ridgecrest Community Medical and Dental Center Delano Community Health Center<br>Shafter Community Medical and Dental Clinic<br>Southern California Crossroads<br>Taft Medical and Dental Center |
| Alzheimer's disease   | Alzheimer's Association<br>Alzheimer's Disease Association of Kern County Trial Match  |
| Birth indicators      | Clinica Sierra Vista<br>Kern County Department of Public Health<br>Kern County Network for Children<br>Omni Family Health<br>Prevention Coalition, Safely Surrender<br>Safe Sleep and Breast-Feeding Coalition   |
| Chronic diseases      | American Cancer Society<br>Arvin Community Health Center<br>Asthma Coalition<br>Bailoterapia<br>Clinica Sierra Vista<br>Community Action Partnership<br>Kern County Cancer Fund<br>Links for Life<br>National Health Services, Inc.<br>Omni Family Health<br>Ridgecrest Community Medical and Dental Center Delano Community Health Center<br>Shafter Community Medical and Dental Clinic<br>Taft Medical and Dental Center  |

| Health Need             | Community Resources   |
|-------------------------|---|
| Dental care             | Academy of Pediatrics<br>Arvin Community Health Center<br>Clinica Sierra Vista, National Health Services, Inc. Ridgecrest<br>Community Medical and Dental Center Delano Family Dental Clinic<br>Delano Community Health Center<br>First 5<br>Omni Family Health<br>Shafter Community Medical and Dental Clinic<br>Taft College<br>Taft Medical and Dental Center  |
| Economic insecurity     | America's Job Center<br>California Rural Legal Assistance<br>Catholic Charities<br>Center on Race<br>CityServe<br>Community Action Partnership of Kern<br>Garden Pathways<br>Jakara Movement<br>Kern County Homeless Collaborative<br>Kern County STEAM Hub<br>Kern Economic Development Corporation<br>Kern Education Justice Collaborative<br>Kern Family Foundation<br>Leadership Counsel - Justice and Accountability for All<br>Poverty & the Environment. Operation School Bell Assistance League<br>South Kern Sol African American Network of Kern County, Inc.<br>United Way |
| Environmental pollution | American Lung Association,<br>Central Valley Air Coalition<br>Kern County Air Quality Index   |
| Food insecurity         | Catholic Charities<br>Catholic Charities<br>Community Action Partnership of Kern Food Bank<br>Feeding America<br>Golden Empire Gleaners<br>Kern County Food Bank<br>Kern Food Policy Council<br>Meals on Wheels<br>St. Vincent de Paul Center<br>Waste Hunger Not Food  |

| Health Need                     | Community Resources  |
|---------------------------------|--|
| Housing and homelessness        | Alliance Against Family Violence and Sexual Assault<br>Bakersfield Homeless Center<br>Bakersfield Rescue Mission<br>California Veterans Assistance Foundation<br>Flood Bakersfield Ministries<br>Housing Authority of Kern<br>Kern County Homeless Collaborative<br>Park 20 <sup>th</sup> Permanent Supportive Housing<br>Rally Point Permanent Supportive Housing<br>Salvation Army<br>The Mission at Kern County<br>Women's Center-High Desert |
| Mental health                   | Arvin Community Health Center<br>Aspire Counseling Services<br>Behavioral Health and Recovery Services<br>Delano Community Health Center<br>Freise Hope House<br>Griffins Gate - Casa De Los Amigos Community Respite Center<br>National Alliance on Mental Illness<br>National Health Services, Inc.<br>Ridgecrest Community Medical and Dental Center<br>Shafter Community Medical and Dental Clinic<br>Taft Medical and Dental Center         |
| Overweight and obesity          | Bike Bakersfield<br>Boys and Girls Club<br>Committee for a Better Arvin<br>Greenfield Walking Group<br>YMCA  |
| Preventive practices            | Arvin Community Health Center<br>Delano Community Health Center<br>Garden Pathways<br>Kern County Department of Public Health<br>National Health Services, Inc.<br>Planned Parenthood<br>Ridgecrest Community Medical and Dental Center<br>San Joaquin Mobile Immunizations<br>Shafter Community Medical and Dental Clinic<br>Taft Medical and Dental Center   |
| Sexually transmitted infections | Community clinics<br>Family PACT<br>Kern County Department of Public Health<br>Planned Parenthood  |
| Substance use and misuse        | Genesis Sober Living<br>Jason's Retreat<br>Salvation Army<br>Teen Challenge  |

| Health Need                   | Community Resources   |
|-------------------------------|---|
| Unintentional injury          | Arvin Community Health Center<br>Clinica Sierra Vista<br>Delano Community Health Center<br>Kern Medical Safe Streets<br>National Health Services, Inc.<br>Omni Family Health<br>Ridgecrest Community Medical and Dental Center<br>Shafter Community Medical and Dental Clinic<br>Taft Medical and Dental Center |
| Violence and community safety | Alliance Against Family Violence and Sexual Assault<br>Bakersfield Safe Streets Partnership<br>Faith in the Valley<br>Family Justice Center<br>Gang Taskforce<br>Kern County Sheriff's Activities League<br>Stay Focused Ministries<br>Women's Center-High Desert   |

## Impact of Actions Taken

In 2016, Memorial conducted its previous Community Health Needs Assessment (CHNA). Community health needs were identified from issues supported by primary and secondary data sources gathered for the Community Health Needs Assessment. In developing the hospital's Implementation Strategy, associated with the 2016 CHNA, Memorial chose to address access to health care, chronic diseases, overweight and obesity, and basic needs services through a commitment of community benefit programs and resources.

To accomplish the Implementation Strategy, goals were established that indicated the expected changes in the health needs as a result of community programs and activities. Strategies to address the priority health needs were identified and impact measures tracked. The following section outlines the impact made on the selected health needs since the completion of the 2016 CHNA.

### Community Grants Program

One important way the hospital addressed community health needs was by awarding financial grants to nonprofit organizations working together to improve health status and quality of life in the communities we serve. Grant funds were used to deliver services and strengthen service systems, to improve the health and well-being of vulnerable and underserved populations.

In FY17, seven grants were awarded totaling \$319,343, in FY18, eight grants were awarded totaling \$328,126, and in FY19, eight grants were awarded totaling \$339,351 (grant costs were shared with Dignity Health Mercy Hospitals).

| Grant Recipient                                      | Project Name  | Year Funded |
|--|---|-------------|
| Advanced Center for Eye Care                         | Kern Vision 20/20   | FY17        |
| Alpha House  | Alpha House Shelter Program                                 | FY18, FY19  |
| Alzheimer's Disease Association of Kern County, Inc. | Adult Day Service Education, and Community Outreach Program | FY18        |
| Bakersfield Association for Retarded Citizens        | Health Education and Chronic Disease Prevention Program     | FY17, FY19  |
| Bakersfield Pregnancy Center                         | Expansion 2019  | FY19        |
| Bakersfield Senior Center, Inc.                      | Project Access for Better Health and Prevention             | FY18        |
| Catholic Charities                                   | Healthy Food, Healthy You                                   | FY18, FY19  |
| Center for the Blind and Visually Impaired           | Independent Initiative                                      | FY17        |
| Community Action Partnership of Kern                 | East Kern Health Link                                       | FY18        |
| Global Family  | Daughter Project Girls Home                                 | FY17        |

| Grant Recipient                           | Project Name                            | Year Funded      |
|---|---|------------------|
| Hoffman Hospice                           | We Honor Veterans Program               | FY19             |
| Kern Valley Hospital Foundation           | Making a Heart Healthy Difference       | FY17             |
| The Leukemia & Lymphoma Society           | Access to Pediatric Cancer Care Program | FY18, FY19       |
| Links for Life                            | Comprehensive Breast Health Program     | FY18             |
| New Advances for People with Disabilities | Mobile Opportunities via Education      | FY19             |
| St. Vincent de Paul Stores and Center     | The Homeless Assistance Program         | FY17, FY18, FY19 |
| Westside Community Resource Center        | Building Healthy Communities            | FY17             |

### **Access to Health Care**

Bakersfield Memorial Hospital delivers compassionate, high quality, affordable health care and advocates for members of our community who are poor and disenfranchised. Caring for the community beyond the hospital walls led to the founding of the Department of Special Needs and Community Outreach in 1991. In response to identified unmet health-related needs in the community, today the department operates more than 45 programs in Kern County. In furtherance of this mission, the hospital provided financial assistance to eligible patients who do not have the capacity to pay for medically necessary health care services, and who otherwise may not be able to receive these services.

The Community Health Initiative of Kern County works with more than 50 public, private and nonprofit organizations to enroll individuals in health insurance programs. The Community Health Initiative works to provide access to health care for those for whom no insurance program is available. The Community Health Initiative provides training for Certified Enrollment Counselors (CECs) and referrals to partner agencies, and works at the local and state levels to help streamline the sometimes burdensome process of navigating through the public health system.

During FY17, the Community Health Initiative Program accomplished the following:

- 12,966 individuals learned about available health insurance coverage options.
- 3,045 individuals received education about health insurance coverage and the importance of preventive care.
- 923 individuals were enrolled in Medi-Cal or Covered California.
- 100% of clients assisted with health insurance enrollment received information to increase their understanding of their coverage and how to access care.
- 69% of individuals served received assistance in choosing a health plan.
- 29% of clients enrolled in a health insurance plan scheduled a primary care visit within the first six months of enrollment.



- 11 trainings were provided to Certified Application Assistants (CAAs) to maintain a strong county-wide network of assistants.
- Participated in 224 health outreach activities throughout Kern County.
- Offered 200 health education events/workshops in partnership with school districts, community-based organizations and Promotoras.

During FY18, the Community Health Initiative Program accomplished the following:

- 997 individuals were enrolled or renewed in Medi-Cal or Covered California and received information to increase their understanding of their coverage and how to access care.
- 77% of individuals served received assistance in choosing a health plan.
- 42% of clients enrolled in a health insurance plan scheduled a primary care visit within the first six months of enrollment.
- 12 trainings were provided to Certified Application Assistants (CAAs) to maintain a strong county-wide network of assistants.

The Homemaker Care Program provides a three-week comprehensive employment readiness skills training focusing on individuals transitioning from unemployment into the workforce. Participants are trained to offer competent and reliable services to the ever growing senior population. The Homemaker Care Program provides in-home supportive services to seniors ages 65 and older, as well as adults with disabilities. Case management of the seniors is conducted in the form of wellness checks and home visits to assess client safety, nutrition, and program satisfaction

During FY17, the Homemaker Care Program accomplished the following:

- Improved the quality of life for 100% of our clients.
- Increased client satisfaction rates for excellence in dignity and quality of service from 89.8% to 92.6% at mid-year and further increased them to 96.6% by fiscal year end.
- Conducted four 2-week training sessions
- Graduated a total of 35 participants
- Assisted all students to create a professional, useful and impactful resume.
- Improved the skill, knowledge and confidence levels of all graduates.

During FY18, the Homemaker Care Program accomplished the following:

- Improved the quality of life of 100% of clients.
- Maintained or increased client satisfaction rates of 91.8% in December 2017 and 96.2% in June 2018, for excellence in dignity and quality of service received.

- Conducted 4, three-week training sessions graduating 35 students.
- Assisted 100% of graduates to create a professional, useful and impactful resume.
- Improved skill, knowledge and confidence levels of 100% of graduates.

The Prescription Program purchases necessary medications in emergency situations for people who must have the medicines for their health but have no money to buy them. The program also purchases necessary durable medical equipment (DME) and IV therapy. During FY17, the Prescription Program provided 201 patients with their needed prescriptions/DME and IV Therapy. In FY18, 170 patients were provided with prescription coverage.

### **Chronic Diseases/Overweight and Obesity**

The Healthy Living Self-Management Programs (Chronic Disease and Diabetes) are designed for persons who have diabetes and other chronic illnesses, providing them with the knowledge, tools and motivation needed to become proactive in their health. Each program seminar consists of six weekly classes covering a variety of topics including nutrition, exercise, use of medications, communicating with doctors, stress management, and evaluating new treatments.

During FY17, the Healthy Living Self-Management Programs accomplished the following:

- Provided 28 Healthy Living-Chronic Disease and Healthy Living-Diabetes seminars in those areas of Kern County with a Community Need Index (CNI) score of 3 or higher to ensure that underserved persons throughout the county had access to the seminars.
- 98% of all participants with chronic diseases who completed Healthy Living-Chronic Disease and Healthy Living-Diabetes seminars decreased admissions to the hospital or emergency department for the three months following their participation in the program.
- Provided 11 new locations in Kern County for Healthy Living-Chronic Disease and Healthy Living- Diabetes Seminars in order to expand our services.

During FY18, the Healthy Living Self-Management Programs accomplished the following:

- Provided 26 Healthy Living-Chronic Disease and Healthy Living-Diabetes seminars in those areas of Kern County with a Community Need Index (CNI) score of 3 or higher to ensure that underserved persons throughout the county had access to the seminars.

- 100% of all participants with chronic diseases who completed Healthy Living-Chronic Disease and Healthy Living-Diabetes seminars decreased admissions to the hospital or emergency department for the three months following their participation in the program.
- Provided 15 new locations in Kern County for Healthy Living-Chronic Disease and Healthy Living- Diabetes Seminars in order to expand our services.

The Community Wellness Program provides in-home and community health education on a variety of prevention and treatment topics. Additionally, health screenings for cholesterol, blood pressure, blood sugar, BMI and skin cancer are provided at community sites, health fairs and community events.

During FY 17, the Community Wellness Program accomplished the following:

- Provided 34,052 blood pressure, cholesterol, glucose, and BMI screenings throughout Kern County. 82% of clients who attend seven or more screenings saw improved health screening results.
- Provided 1,300 flu immunizations for residents of Kern County.
- Provided 2,293 clients with health education through in-home visits and classes/seminars including Healthy Living-Chronic Disease and Diabetes Self-Management.
- A representative random sample of participants was selected to determine effectiveness of in-home and classroom health education. 87% reported increased knowledge on the importance of living a healthy lifestyle.
- Enrolled 20 clients in the Asthma Program pilot project. 76% of the clients demonstrated a reduction in rescue inhaler usages.
- 143 persons attended cancer education classes; 347 persons were screened for skin cancer and prostate cancer.

During FY 18, the Community Wellness Program accomplished the following:

- Provided 35,165 blood pressure, cholesterol, glucose, and BMI screenings throughout Kern County. 89% of clients who attended seven or more screenings saw improved health screening results.
- Provided 1,200 flu immunizations for residents of Kern County.
- A monthly Community Screening Clinic was added in new rural county locations.
- 98% percent of participants had a better understanding of how to live a healthy lifestyle after attending a health education class, workshop or program.
- 262 persons attended cancer education classes
- 183 persons received skin cancer screenings and 307 persons were screened

for skin, colorectal, prostate and breast cancer.

Smoking Cessation Program facilitates Freedom From Smoking®, an eight session seminar, to help encourage participants to work on the process and problems of quitting, both individually and as part of a group. In FY17, six Freedom From Smoking® Clinics were offered. In FY18, four Freedom From Smoking® Clinics were offered.

Healthy Kids in Healthy Homes addresses the issue of childhood obesity through eight seminar sessions for children. The program provides information on the topics of nutrition, exercise, and lifestyle and takes place at various schools throughout Kern County. In FY17, 71% of children who attended six of the eight classes in Healthy Kids in Healthy Homes demonstrated improved physical fitness. During FY18, 90% percent of children who attended six of the eight classes in Healthy Kids in Healthy Homes demonstrated improved physical fitness.

### **Basic Needs Services**

The Learning and Outreach Centers are located in economically depressed neighborhoods of southeast Bakersfield. These centers serve as strategic hubs of our community outreach efforts. In collaboration with other community service agencies, the centers provide referral services, food, clothing, shelter, education, and health screenings to the most vulnerable and needy residents of the community. The after school program provides tutoring support five days a week to underserved youth. The Art and Spirituality Center provides opportunities for artistic expression, meditation, relaxation, and creativity to improve quality of life and reduce stress.

During FY17, the Learning and Outreach Centers and the Art and Spirituality Center accomplished the following:

- 44,339 individuals were assisted with basic living necessities at the Learning and Outreach Centers.
- 76% of the students who participated in the Homework Club and After School Club achieved a grade point average of 2.5 or above.
- 4,689 participants took part in programs at the Art and Spirituality Center.
- 99% of Art and Spirituality Center participants experienced a release of stress and anxiety after completing a workshop and felt that the environment of the Center was comfortable and allowed them to relax.

During FY18, the Learning and Outreach Centers and the Art and Spirituality Center accomplished the following:

- 36,025 individuals were assisted with basic living necessities at the Learning and

Outreach Centers.

- 95% of the students who participated in the Homework Club and After School Club achieved a grade point average of 2.0 or above.
- 4,530 participants took part in programs at the Art and Spirituality Center.
- 99% of Art and Spirituality Center participants experienced a release of stress and anxiety after completing a workshop and felt that the environment of the Center was comfortable and allowed them to relax.

The Coordinated Care Network Initiative addresses the social determinants of health and ultimately links referred patients to needed community-based services. The program began in June 2018 and served 6 patients in FY18.

## Attachment 1. Benchmark Comparisons

Where data were available, health and social indicators in the service area were compared to the Healthy People 2020 objectives. The **bolded items** are indicators that did not meet the Healthy People 2020 objectives; non-bolded items met or exceeded the objectives.

| Indicators   | Service Area Data         | Healthy People 2020 Objectives |
|--|---------------------------|--------------------------------|
| <b>High school graduation rate</b>                                       | 85.3%                     | 87%                            |
| <b>Child health insurance rate</b>                                       | 94.4%                     | 100%                           |
| <b>Adult health insurance rate</b>                                       | 80.6%                     | 100%                           |
| <b>Persons unable to obtain medical care</b>                             | 4.6%                      | 4.2%                           |
| <b>Heart disease deaths</b>  | 146.3 per 100,000         | 103.4 per 100,000              |
| <b>Cancer deaths</b>   | 177.5 per 100,000         | 161.4 per 100,000              |
| <b>Stroke deaths</b>   | 43.1 per 100,000          | 34.8 per 100,000               |
| <b>Unintentional injury deaths</b>                                       | 55.1 per 100,000          | 36.4 per 100,000               |
| <b>Liver disease deaths</b>  | 17.7 per 100,000          | 8.2 per 100,000                |
| <b>Homicides</b>   | 8.0 per 100,000           | 5.5 per 100,000                |
| <b>Suicides</b>  | 13.8 per 100,000          | 10.2 per 100,000               |
| HIV deaths   | 1.5 per 100,000 persons   | 3.3 per 100,000 persons        |
| <b>On-time (1<sup>st</sup> Trimester) prenatal care</b>                  | 71.4%                     | 78%                            |
| Low birth weight infants   | 7.2% of live births       | 7.8% of live births            |
| <b>Infant death rate</b>   | 6.8 per 1,000 live births | 6.0 per 1,000 live births      |
| <b>Adult obese, age 20+</b>  | 40.7%                     | 30.5%                          |
| <b>Teens obese</b>   | 20.6%                     | 16.1%                          |
| <b>Annual adult influenza vaccination</b>                                | 44.1%                     | 70%                            |
| <b>Adults engaging in binge drinking</b>                                 | 32.6%                     | 24.2%                          |
| <b>Cigarette smoking by adults</b>                                       | 14.6%                     | 12%                            |
| <b>Pap smears, 21-65-year-olds, screened in the past 3 years</b>         | 79.7%                     | 93%                            |
| <b>Mammograms, ages 50-74, screened in the past 2 years</b>              | 78.6%                     | 81.1%                          |
| <b>Colorectal Cancer Screenings, ages 50-75, screened per guidelines</b> | 58.7%                     | 70.5%                          |

## Attachment 2. Community Stakeholder Interviewees

| Name                     | Title   | Organization   |
|--------------------------|---|--|
| Juan Avila               | Chief Operating Officer   | Garden Pathways  |
| Carlos Baldovinos        | Executive Director  | Mission of Kern  |
| Ja'Nette Beck            | Recreation Supervisor II  | City of Bakersfield Department of Recreation and Parks |
| Sue Benham               | Vice President, Philanthropy  | Bakersfield Memorial Hospital Foundation               |
| Lamar K. Brandysky       | Project Manager   | Kern County Behavioral Health and Recovery Services    |
| Camila Chavez            | Executive Director  | Dolores Huerta Foundation                              |
| Morgan Clayton           | President   | Tel-Tec Security                                       |
| Everardo Cobos           | Chair, Departments of Medicine and Chief, Division of Hematology/Oncology | Kern Medical   |
| Michelle Corson          | Public Relations Officer  | Kern County Public Health Services Department          |
| Tom Corson               | Executive Director  | Kern County Network for Children                       |
| Wesley Davis             | President/CEO   | Wendale Davis Foundation                               |
| Misty Dominguez          | Director of Care Coordination   | Kern Medical   |
| Toni Dougherty           | Friends of Mercy Foundation   | Friends of Mercy Foundation                            |
| Kelly Earles             | Program Specialist  | Bakersfield City Schools                               |
| Jill Eglund              | President   | Kern Food Policy Council                               |
| Natasha Felkins          | Senior Health Educator  | Planned Parenthood                                     |
| Beth Fugate              | Case Manager  | Alliance Against Family Violence                       |
| Louis Gill               | Executive Director  | Bakersfield Homeless Center                            |
| Monsignor Craig Harrison | Pastor  | St. Francis Church/St. Phillip                         |
| Jan Hefner               | Executive Director  | Center for Gender Diversity and Sexuality              |
| Jennifer Henry           | Executive Director  | Links for Life   |
| Hernann Hernandez        | Executive Director  | Central Valley Farmworker Foundation                   |
| Kim Hernandez            | Epidemiologist  | Kern County Public Health Services Department          |
| Loni Hill-Pirtle         | Regional Manager of Care Coordination/Social Services                     | Dignity Health Mercy and Memorial Hospitals            |
| Denise Hunter            | Director, Service Excellence  | Bakersfield Memorial Hospital                          |
| Jessica Janssen          | Homeless Projects Manager   | Kern Homeless Collaborative                            |
| Lorena Lara              | Community Organizer   | Faith in the Valley                                    |
| Jennifer Lavers          | Director of Operations  | Adventist Health                                       |
| Terri Lindsey            | Coordinator of School Health  | Bakersfield City Schools                               |
| Rick McPheeters          | Chair, Department of Emergency Medicine                                   | Kern Medical   |
| Genie Navarro            | Property Manager  | Mercy Housing  |
| Reyna Olaguez            | Executive Director  | South Kern Sol   |
| Gema Perez               | Director  | Greenfield Walking Group                               |
| Raymond Purcell          | Director, Student Health and Wellness Services                            | Bakersfield College                                    |

| <b>Name</b>       | <b>Title</b>                            | <b>Organization</b>                                 |
|-------------------|---|---|
| Pritika Ram       | Director of Administration              | Community Action Partnership of Kern                |
| Ramala Ramkissoon | Director of Community Wellness Programs | Dignity Health                                      |
| Nataly Santamaria | Promotora                               | Vision y Compromiso                                 |
| Sheila Shegos     | Outreach and Grant Administrator        | Community Action Partnership of Kern                |
| Jennie Sill       | Children's System of Care Administrator | Kern County Behavioral Health and Recovery Services |
| Amanda Valenzuela | Development Manager                     | Alzheimer's Association                             |
| Joan Van Alstyne  | Director Patient Experience             | Mercy Hospitals of Bakersfield                      |



### Attachment 3. Community Survey Report

The community survey was completed from November 2018 to January 2019.  
1,114 total responses; 52 Spanish responses

#### Age

|             |       |
|-------------|-------|
| Under 21    | 1.8%  |
| 21-35       | 23.0% |
| 36-50       | 38.6% |
| 51-65       | 27.7% |
| 66 and over | 8.9%  |

#### Gender Identity

|             |       |
|-------------|-------|
| Female      | 83.3% |
| Male        | 16.2% |
| Transgender | 0.1%  |
| Other       | 0.4%  |

#### Race/Ethnicity

|                                  |       |
|----------------------------------|-------|
| White/Caucasian                  | 42.1% |
| Hispanic/Latino                  | 34.2% |
| Asian                            | 9.3%  |
| Black/African American           | 4.4%  |
| Mixed Race/More than One Race    | 3.9%  |
| Native Hawaiian/Pacific Islander | 1.7%  |
| Native American/Alaska Native    | 1.5%  |
| Other                            | 2.9%  |

#### Number of children, ages 0-18, who live in the household

|           |       |
|-----------|-------|
| 0         | 46.0% |
| 1         | 19.7% |
| 2         | 18.8% |
| 3         | 9.0%  |
| 4         | 4.7%  |
| 5 or more | 1.8%  |

### Highest level of education

|  |       |
|--|-------|
| Less than a High School diploma          | 5.5%  |
| High School degree or equivalent         | 10.3% |
| Some College, no degree                  | 23.4% |
| Associate's degree (e.g., AA, AS)        | 20.3% |
| Bachelor's degree (e.g., BA, BS)         | 23.3% |
| Graduate Degree (e.g., MA, MS, PhD, EdD) | 17.2% |

### Current Employment Status

|  |       |
|--|-------|
| Yes, full-time (30 hours per week or more)   | 77.4% |
| Yes, part-time (less than 30 hours per week) | 6.5%  |
| Retired                                      | 5.8%  |
| Not employed - not actively looking for work | 4.0%  |
| Not employed - but looking for work          | 2.9%  |
| Disabled                                     | 2.0%  |
| Student                                      | 1.4%  |

### Annual household income

|                     |       |
|---------------------|-------|
| Less than \$20,000  | 12.0% |
| \$20,000 – \$34,999 | 9.5%  |
| \$35,000 – \$49,999 | 10.7% |
| \$50,000 – \$74,999 | 16.3% |
| \$75,000 – \$99,999 | 14.9% |
| Over \$100,000      | 36.6% |

### Health insurance coverage

|   |       |
|---|-------|
| Employer-based insurance (includes HMO) | 78.5% |
| Medicaid/Medi-Cal                       | 10.3% |
| Medicare                                | 6.6%  |
| No health care insurance                | 2.1%  |
| Don't know                              | 0.9%  |
| Other                                   | 1.6%  |

### How would you describe your health?

|           |       |
|-----------|-------|
| Excellent | 20.4% |
| Good      | 60.7% |
| Fair      | 16.8% |
| Poor      | 2.1%  |

## Biggest health issues in the community

- Access health care
  - Specialty care access
  - Patients waiting too long to see a doctor
  - Affordability of insurance
  - Cost of care
  - Slow process for referrals
  - Doctors rush and don't listen
- Air quality
- Allergies
- Arthritis
- Asthma
- Cancer
- Child neglect
- Crime and violence
- Dental care
- Diabetes
- Flu
- Food insecurity
- Health education/health literacy
- Heart disease/hypertension/high cholesterol
- Homelessness
- Mental health
  - Anxiety
  - Dementia
  - Depression
  - Relationship issues
- Overweight and obesity
  - Poor diets
  - Sedentary lifestyle
- Poverty
- Preventive care and screenings
- Sexually transmitted infections/AIDS
- Stress
- Substance use and misuse
  - Opioid addiction
- Valley Fever
- Water quality

What kinds of problems do you and your family face when you want or need to obtain health care, mental health care, dental care or other supportive services?

- Access to care (authorization for services, appointment availability, urgent care, after hours and weekends, referrals, time off work, wait times, provider availability, specialist availability)
- Cost of care
- Dental care (availability, access to care)
- Health insurance deductibles/co-pays/out-of-pocket payment
- Mental health (availability, access to care)
- Transportation

What would make it easier for you and your family to obtain care?

- Ability to obtain health insurance (lower deductibles, lower cost)
- After hour's access/more appointments
- Availability of dental care
- Availability of medications/affordability of medications
- Better communication between health care providers and insurers
- Mobile health care
- More providers who will accept Medi-Cal
- Shorter wait times/easier scheduling/streamlined referrals
- Transportation assistance

What type of support or services do you see a need for?

- 24 hour urgent care
- Addiction services
- Affordable housing
- Affordable preschool/child care
- Alzheimer's disease services
- Assisted living
- Crime prevention
- Dental care
- Diabetes education, specialists
- Drug treatment programs
- Elder care
- Eye specialists
- Exercise options/recreation space
- Food bank/food pantry

- Grocery stores/grocery delivery
- Health education
- Home health
- Homeless resources and services
- Insurance enrollment assistance
- Long-term care
- Mental health services
- More psychiatric beds
- Nutrition services
- Pediatric providers
- Screenings
- Social workers
- Specialists
- Support for persons with autism
- Teen mental health programs
- Transportation
- Veterans' assistance

What resources are lacking within the community?

|   |       |
|---|-------|
| Mental health services/supports               | 56.1% |
| Behavioral health/substance use services      | 50.1% |
| Affordable housing                            | 40.2% |
| Health care access                            | 34.8% |
| Transportation                                | 31.7% |
| Recreational spaces                           | 27.3% |
| Affordable food                               | 23.7% |
| Health care access                            | 23.3% |
| There is no lack of resources in my community | 4.5%  |
| I don't know what resources are lacking       | 17.8% |

What are the greatest needs or challenges facing children and families in the community?

- Access to care, affordable health care
- Adequate education
- Affordable housing
- Air pollution
- Asthma management
- Bullying

- Child care (affordable and safe)
- Crime
- Dental care
- Drug use
- Family counseling
- Healthy foods
- Homelessness
- Job preparation/job opportunities
- Mental health services
- Obesity
- Parental involvement
- Parenting skills
- Poverty
- Safe environment
- Sex education
- Substance abuse
- Teen pregnancy
- Transportation

What are the greatest health issues that negatively impact children?

- Access to health care
- Addiction
- Air quality
- Allergies
- Asthma
- Autism
- Bullying
- Dental care
- Diabetes
- Education/health literacy
- Environmental pollution
- Healthy food
- Homelessness
- Housing
- Mental health
- Obesity
- Physical activity/exercise

- Poverty
- Preventive care
- Respiratory issues
- Sexually transmitted infections
- Substance use (drugs and alcohol)
- Transportation
- Valley Fever

What is one thing we could do or one change we could make that would greatly improve the health and wellbeing of the community?

- Access to healthy food
- Access to pediatricians
- Affordable health care
- Affordable housing
- After school activities
- Ban smoking
- Control gang activity
- Dental care
- Drug treatment
- Education
- Gun control
- Housing
- Improve air quality
- Mental health resources
- Nutrition classes
- Parenting classes
- Prenatal care
- Preventive care
- Recreational activities
- Reproductive services

Which of the following are safety concerns within your community?

|  |       |
|--|-------|
| Drug use/abuse                                   | 81.0% |
| Burglary/theft                                   | 67.3% |
| Crime  | 65.6% |
| Alcohol abuse/misuse                             | 64.9% |
| Gun violence                                     | 40.6% |
| Lack of public lighting                          | 40.4% |
| Family violence                                  | 40.3% |
| Traffic/traffic accidents                        | 38.5% |
| None of the above. I don't have safety concerns. | 3.0%  |

Concerned and very concerned with these health issues

|  |       |
|--|-------|
| Violence/crime   | 77.7% |
| Lung disease/asthma/Valley Fever   | 75.8% |
| Mental health concerns (depression, anxiety disorder, suicide, etc.)   | 72.7% |
| Heart disease (stroke, heart attack, high blood pressure, etc.)  | 72.6% |
| Cancer   | 71.9% |
| Diabetes   | 71.5% |
| Overweight and obesity   | 70.7% |
| Substance abuse (tobacco, alcohol, drugs)  | 66.3% |
| Housing and homelessness   | 65.7% |
| Traffic accidents/fatalities   | 61.9% |
| Economic insecurity (not enough money each month to meet basic needs such as rent, food, clothing)               | 58.8% |
| Oral health/dental health  | 58.4% |
| Sexually transmitted infections (chlamydia, HIV, genital herpes, gonorrhea, etc.)                                | 55.8% |
| Alzheimer's disease or dementia  | 51.6% |
| Mobility (ability to walk and easily move around)  | 51.2% |
| Food insecurity (scarcity/lack of regular access to enough nutritious food to support a healthy and active life) | 50.6% |
| Bone and muscular health (arthritis, osteoporosis, etc.)   | 50.5% |
| Access to health care  | 48.9% |
| Birth indicators (low birth weight, premature birth, teen birth, etc.)   | 42.5% |