



Northern / Sierra Counties

This Region Health Profile provides data on key health topics for the 1,069,000 adults (age 18 and over) in Northern / Sierra Counties.[^] One year estimates are based on the 2011 California Health Interview Survey (CHIS).¹



Demographics ²	% Region	% California
Age 18-64	79.2	84.7
Age 65 and over	20.8	15.3
White	79.0	45.6
Latino	12.4	33.3
Asian	2.6	13.1
Black	1.0	5.6
Other Race ³	5.1	2.5
Adults with income less than 200% FPL ⁴	38.5	35.3

Access and Utilization	Region		California	
	%	(95% CI)	%	(95% CI)
Uninsured all or part year (age 18-64)	29.1	(25.8 - 32.5)	26.4	(25.3 - 27.6)
Employment-based insurance, all year (age 18-64)	42.6*	(39.4 - 45.9)	51.0	(49.8 - 52.3)
Medi-Cal or Healthy Families, all year (age 18-64)	14.1*	(11.7 - 16.6)	11.2	(10.4 - 12.0)
Other coverage, all year (age 18-64) ⁵	14.1*	(11.9 - 16.3)	11.4	(10.6 - 12.1)
No usual source of health care ⁶	14.5*	(12.2 - 16.9)	17.2	(16.3 - 18.1)
Delayed getting prescription drugs or medical services in last year	26.0*	(23.4 - 28.6)	21.9	(21.0 - 22.8)
Health Outcomes				
Serious psychological distress in the last year ⁷	10.2*	(8.3 - 12.1)	8.0	(7.4 - 8.6)
Fair or poor health (age-adjusted) ⁸	18.0	(16.0 - 20.3)	19.0	(18.2 - 19.9)
Current asthma ⁹	8.5	(7.2 - 9.9)	7.7	(7.2 - 8.3)
Ever diagnosed with diabetes ¹⁰	8.4	(7.0 - 9.9)	8.4	(7.8 - 8.9)
Obese ¹¹	26.1	(23.8 - 28.4)	25.0	(24.1 - 26.0)
Ever diagnosed with high blood pressure	30.0*	(27.6 - 32.4)	27.3	(26.4 - 28.1)
Health Behaviors				
Engaged in regular walking in the last week ¹²	33.3	(30.6 - 36.0)	34.1	(33.1 - 35.2)
Ate fruits and vegetables 3 or more times yesterday ¹³	30.1*	(27.5 - 32.6)	27.3	(26.4 - 28.2)
Current smoker ¹⁴	16.9*	(14.7 - 19.2)	14.3	(13.5 - 15.1)
Binge drinking ¹⁵	33.0	(30.2 - 35.8)	31.4	(30.4 - 32.5)
Other Factors				
Low-income food insecurity ¹⁶	15.0	(13.0 - 17.1)	14.8	(13.9 - 15.6)
Limited English proficiency ¹⁷	6.8*	(5.4 - 8.2)	24.8	(23.8 - 25.8)

[^] Comprised of Butte, Shasta, Humboldt, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Mendocino, Lake, Tehama, Glenn, Colusa, Sutter, Yuba, Nevada, Plumas, Sierra, Tuolumne, Calaveras, Amador, Inyo, Mariposa, Mono and Alpine Counties.

* Statistically significant difference between region and state at p<0.05.

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Notes

- ¹ To obtain a representative sample and produce one-year estimates, 22,580 randomly selected adults in California participated in
- ² Racial and ethnic categories are based on the Office of Management and Budget (OMB) definitions used in the 2010 Census. For more information, see: *2010 Census Briefs*, issued March 2011. Retrieved December 18, 2012: <http://www.census.gov/prod/cen2010/briefs/c2010br-02.pdf>
- ³ Other Race includes Native Hawaiian, Pacific Islander, American Indian, Alaska Natives, any other race and two or more races.
- ⁴ FPL is the Federal Poverty Level. Poverty estimates for CHIS 2011 have been weighted to the 2010 Current Population Survey and are not comparable to estimates from previous CHIS cycles.
- ⁵ Other coverage includes: 1) Individually purchased private coverage; 2) Other public coverage that is not Medi-Cal or Healthy Families, such as AIM or MRMIP; and 3) Any combination of insurance types during the last year without a period of uninsurance.
- ⁶ Estimates exclude emergency room and urgent care visits as a usual source of care.
- ⁷ Serious Psychological Distress (SPD) is often used as a proxy measure for severe mental illness in a population. Adult respondents were asked 6 questions, known as the “Kessler 6”, to assess symptoms of distress during a 30-day period in the last year.
- ⁸ Age-adjusted to the 2000 U.S. Standard Population.
- ⁹ Defined as ever diagnosed with asthma and reporting current asthma or an asthma attack/episode in the last year.
- ¹⁰ Excludes ever been diagnosed with gestational diabetes. Estimates were not age-adjusted because age-adjustment did not produce meaningfully different estimates.
- ¹¹ Defined as body mass index (weight [kg] / height [m²]) greater than or equal to 30.0.
- ¹² Defined as those who reported at least 150 minutes of walking for transportation or leisure in the last week.
- ¹³ Excludes consumption of fruit juice and fried potatoes.
- ¹⁴ Defined as having smoked at least 100 cigarettes in entire lifetime and currently smokes everyday or some days.
- ¹⁵ Defined as consuming four or more alcoholic drinks on one or more occasion for women and five or more drinks on one or more occasion for men at any point in the last year.
- ¹⁶ Defined as adults under 200% of the federal poverty level who had difficulty reliably putting food on the table in the last year, out of entire population.
- ¹⁷ Defined as adults who speak English less than very well out of the entire population. The question was asked only of those who speak a language other than English at home.



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The **California Health Interview Survey (CHIS)** is the nation’s largest state health survey and one of the largest health surveys in the United States. Learn more at: www.askchis.com