

Introduction

Nowhere is a breakdown in community support more evident when individuals in the community cannot access basic health services. Although advances in medicine, treatment, and lifestyle education have enabled people to live longer, the increase of chronic disease, lack of access to healthcare, and services to provide assistance with lifestyle changes are not keeping pace. It is important that all aspects of health care be accessible and that effective services keep pace with the exponential growth in San Bernardino County.

Household Needs Assessment Survey Results

Access to Health Care

- 30% of the survey respondents stated that their families did not have access to affordable health insurance. The figures ranged from 42.4% of the respondents in the Morongo Basin survey region to 21.3% of the East Valley respondents.
- Responses about affordable health insurance varied widely among racial and ethnic groups. Hispanics indicated the greatest problems affording health insurance, with 41.4% of respondents indicating that their family does not have affordable health care. Blacks were next with 28.8% of families having problems with affordable insurance, followed by Whites (22.1%) and Asians (16.7%).
- 29.6% of those surveyed indicated that their family did not have affordable medical care. Responses were fairly consistent across survey regions, as well as racial and ethnic groups, indicating that affordable medical care is a widespread problem.
- 34% of survey telephone respondents indicated that their family does not have access to affordable dental care. Response percentages concerned with dental coverage ranged from 26.4% in the East Valley survey area, to over 39% in the Morongo Basin survey area.
- 45% of Hispanic respondents indicated that their family has problems accessing affordable dental care. This figure is 37.5% for Blacks, 35.3% for Asians, and 25.7% for Whites.
- An overwhelming majority of respondents (93%) indicated that their family has access to immunizations.
- According to the household survey, 34.5% of San Bernardino County respondents know someone who needs help for a mental illness or emotional problem.

Indicators

Mental Health

- Mental disorders incapacitate an individual and keep them from fulfilling daily responsibilities, stigmatize the individual to the point of refusing treatment, and are associated with other medical conditions including heart disease, diabetes, cancer, and substance abuse.
- There were 11,428 hospital admissions in San Bernardino County in 2000 for mental disorders. According to a ten year county-wide study on chronic conditions, mental disorders were the third leading chronic condition that caused hospitalization after major cardiovascular diseases and diseases of the heart (Trevino, personal communication, 2003).
- Chronic mental disorders accounted for 5.6% of all hospitalizations in San Bernardino County between 1990 and 1999. The leading diagnoses were affective disorders (e.g. major depression) and psychoses and paranoid disorders such as schizophrenia (S. B. County, 2002).
- In San Bernardino County, 62% of individuals under a physician's care for depression and 55% of patients being treated for schizophrenia have been dual diagnosed with substance abuse disorders. A national study on co-morbidity found that persons with a dual diagnosis usually developed the mental disorder before acquiring a substance abuse disorder (California DMH, 2001).
- The most often treated diagnosis in San Bernardino County in 1998 was mood disorders. The county-wide treatment rate for mood disorders was 35.8 persons per 1,000 persons. (Butler, 1999).
- The second most often treated diagnosis in San Bernardino County in 1998 was anxiety disorders. The county-wide treatment rate for anxiety was 26.0 per 1,000 persons. (Butler, 1999)
- The third most often treated diagnosis in San Bernardino County in 1998 was substance abuse related disorders. The county-wide treatment rate for substance abuse disorders was 17.3 per 1,000 persons. (Butler, 1999).
- The fourth most often treated diagnosis in San Bernardino County in 1998 was mental retardation, developmental disorders, and other childhood disorders. The county-wide treatment rate for mental retardation, developmental, and childhood disorders was 8.8 per 1,000 persons. (Butler, 1999)

Health Insurance

- The most important factor in healthcare is the individual's access to healthcare, which is determined by sufficient health coverage through some type of insurance plan.

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- Persons with health insurance are more likely to visit a medical provider for routine and preventative care. Health insurance helps to manage chronic illness and acute disease by providing primary care, education, medication, equipment, and services.
- In San Bernardino County almost one in four (22.3%) children (0-18) are uninsured, which is one third higher than the national average (14%). According to a recent study by the UCLA Center for Health Policy Research, “nine in ten uninsured children in California are in working families and seven in ten are in low-income families with incomes 250% below the federal poverty level (Brown, 2001).”
- There is also an increasing tax burden on the tax payers of California because of the lack of health insurance. “Providing even minimal health care to the uninsured residents of California in one fiscal year costs over \$4 billion dollars (Brown, 2001).”
- The national average for uninsured health care coverage in individual Senate Districts is 17%. In California, 29 out of 40 districts have higher uninsured rates than the national average. All four Senate districts in San Bernardino County are higher than the national average. (Brown, 2001)
- Senate district 32 has 217,000 (27%) uninsured residents among persons age 0-64. District 32 includes Ontario, Chino, Rialto, Colton, Fontana, part of San Bernardino, and part of Pomona. It ranks 11th highest in California’s Senate districts for uninsured rates.
- Senate district 29 has 189,000 (26%) uninsured residents among persons age 0-64. District 29 includes Pomona, Diamond Bar, Claremont, and San Dimas in the region. It ranks 12th highest in California’s Senate districts for uninsured rates.
- Senate district 17 has 175,000 (21%) uninsured residents among persons age 0-64. District 17 includes Victorville, Apple Valley, Hesperia, and Wrightwood, in the high desert area. It ranks 21st highest in California’s Senate districts for uninsured rates.
- Senate district 31 has 161,000 (21%) uninsured residents among persons age 0-64. District 31 includes Loma Linda, Upland, San Bernardino, Redlands, Yucaipa, Big Bear and Twenty-Nine Palms. It ranks 22nd highest in California’s Senate districts for uninsured rates.

Infant Health

- Maternal and infant health is a primary indicator of community health for the current population as well as for the next generation. Prenatal care and child developmental factors are principal drivers for successful growth of the individual.
- Maternal age is an important risk factor for infant death. Mortality rates are highest among newborns born to females aged 16 and younger and to women aged 44 years and older. The infant mortality/death rate in San Bernardino

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County was 7.7 deaths per 1,000 live births in 2001. This was higher than the California statewide infant death rate of 5.3, as well as those of comparable counties: Sacramento (6.2), Alameda (6.0), Riverside (4.5), and Santa Clara (4.0). Los Angeles County had an infant death rate of 5.4 infant deaths per 1,000 live births. (USDHHS, 2000)

- One of the objectives of Healthy People 2000 was to reduce the infant mortality rate to no more than 7 per 1,000 live births. The new 2010 objective is to reduce infant mortality rates to no more than 4.5 deaths per 1,000 live births. San Bernardino has not met the objectives for either goal in total or in any ethnic group. As of the beginning of 2003 the combined infant death rate for San Bernardino County was 7.5 deaths for every 1,000 births (S. B. County, 2003).
- The four causes that account for more than half of all infant deaths are birth defects, disorders relating to short gestation and low birth weight, sudden infant death syndrome (SIDS), and respiratory distress syndrome.
- The leading cause of death during the neonatal period (first 28 days of life) is birth defects followed by maternal complications during pregnancy, premature birth, low birth weight, and respiratory distress syndrome.
- The leading cause of infant death after the neonatal period is SIDS. (USDHHS, 2000).
- In 2000 San Bernardino County's teen birth rate was 57 per 1,000 females ages 15-19. This rate was well above the California state rate of 47 per 1,000 female teens, and ranked San Bernardino County 43rd out of the 56 reporting counties. (Kids Count, 2001)

Infectious Disease

- Medical personnel, including physicians, nurses, lab personnel, school and daycare managers, and others, are required to report certain communicable diseases to the local health department. Health departments evaluate the effect of the disease and recommend actions to limit further spread. Infectious diseases are under reported because the patient might not be tested, the disease might not be identified, or the individual may not seek medical attention (S. B. County, HSS, 2001).
- Communicable diseases cause and complicate many other major causes of illness, disability, and death. In addition, the mutated resistant bacterial strains such as Methicillin-resistant Staphylococcus aureus (MRSA) and Vancomycin-resistant enterococcus (VRE) escalate the costs to human life and tax the overburdening costs of health care.
- Reported AIDS cases in San Bernardino County decreased from 1995 through 2001, but increased in 2002 with 135 reported cases per 100,000 people.
- As of January 2003 the California Department of Health Services Office of AIDS reported 3,005 cases of AIDS in San Bernardino County. Due to the size and

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population of the county, this ranked San Bernardino County 8th in California's top ten counties for number of AIDS cases. (CDHS, 2003)

- The three-year average (1999-2001) crude rate of reported AIDS cases for San Bernardino County was 9.89 cases per 100,000 population ages 13 years and over. Although this was better than the California statewide rate of 16.35, San Bernardino County did not meet the Healthy People 2010 Objective of 1.00 case per 100,000 population 13 years and over. Neighboring Riverside and Los Angeles Counties had three-year average crude rates of reported AIDS cases of 16.62 and 20.88, respectively. (CDHS, 2003)
- Current state and county prevention and education programs have helped to decrease the number of reportable cases of several diseases in the past three years. Hepatitis A cases have decreased by 73%, Hepatitis C by 33%, Campylobacteriosis by 22%, Giardiasis by 48%, Salmonellosis by 16%, Non-Gonococcal Urethritis by 39%, Pelvic Inflammatory Disease by 78%, Syphilis by 16%, and Tuberculosis by 39% (S.B. County, HSS, 2001).
- Communicable diseases on the rise include AIDS by 85%, Chlamydia by 16%, Gonorrhea by 29%, Viral Meningitis by 56%, Pertussis by 74%, Coccidioidomycosis by 32%, and Malaria by 58% (S.B. County, HSS, 2001).
- San Bernardino County has met the 5.0% of females <25 years Healthy People 2000 target goal for Chlamydia with less than 0.85% of females <25 years old with Chlamydia infections. However, the reported infection rate for the county has increased over 16% in the past two years (S.B. County, HSS, 2001).
- Reported cases of sexually transmitted infections (STDs) have increased since 1995. (S.B. County, HSS, 2001).

Chronic Illness

- The fastest growing and most costly group of patients is those diagnosed with chronic illness. Long-term medical conditions affect every family, work environment, and community in the nation. Diseases like Alzheimer's, asthma, cancer, diabetes, and hypertension, cause personal and family stress, economic disaster, loss of productivity, caregiver strain, and other difficulties.
- Chronic conditions caused 80% of all deaths and 45% of all hospitalizations in San Bernardino County between 1990 and 1999 (S.B. County, 2002).
- In a recent statement, AQMD Chairman, Dr. William A. Burke stated, "Asthma affects as many as 13% of children under the age of 17 in San Bernardino County. The hospitalization rate due to asthma among Black children in the region is more than three times higher than for other groups." Current studies have associated outdoor athletics during heavy air pollution as a contributing factor to the development of asthma (AQMD, 2003)
- Asthma is the number one reason for school absenteeism in Riverside and San Bernardino Counties. San Bernardino County has the 2nd highest incidence of asthma in the state, with over 13% of the children diagnosed with the disease.

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- The zip codes with the highest annual average hospital charges for asthma hospitalization from 1990 to 1999 were Morongo Valley (\$21,816), Twin Peaks (\$14,200), Helendale (\$11,893), Loma Linda (\$11,504), Yucaipa (\$11,344), Wrightwood (\$11,091), Cedar Glen (\$11,031), Lucerne Valley (\$10,456), Montclair (\$10,453), and Redlands (\$10,404).
- Coronary heart disease and Cerebrovascular Accidents (strokes) are both the result of hardening of the arteries and together account for 38% of all San Bernardino County deaths (S.B. County, 2002).
- The Healthy People 2010 national objective is less than 166 per 100,000 heart disease related deaths. San Bernardino County's current heart disease mortality rate is 247 deaths per 100,000 (S.B. County, 2003).
- An estimated 128,208 (7.5%) San Bernardino County adult residents are currently diagnosed with diabetes, which is 1.1% higher than the state average and a 65% increase since 1994 (CDC, 2002). It is estimated that one-third of diabetes cases are undiagnosed. This translates into an additional 64,104 undiagnosed persons that need treatment in San Bernardino County (CDCP, 2000).
- Lung disease was accountable for 12% of all deaths in San Bernardino County during the ten-year period from 1990 to 1999. Lung cancer and chronic lower respiratory disease (CLRD) are the two major lung diseases in the county and both are associated with smoking. Lung cancer death rates decreased for Whites by 9% while Hispanics increased 36%. CLRD death rates increased for Whites (34%), Blacks (161%), and Hispanics (18%).
- Smoking, obesity, and physical activity are the primary determinants of an individual's health status and are covered in the Lifestyles chapter of this assessment.
- Although there has been a decrease in San Bernardino County Tuberculosis cases -- from 104 in 2000 to 63 in 2002 -- the American Lung Association of California cautions against relaxing prevention efforts. California reports the highest number of TB cases in the nation and there has been a slight increase in adjacent Riverside County (American Lung Association, 2003).
- Cancer accounted for 22% of San Bernardino County deaths from 1990 to 1999. The leading cancer morbidity rates were lung cancer with 28%, colon cancer at 10%, lymphatic and hematopoietic cancer at 9%, breast cancer at 8%, and prostate cancer at 6%. During the ten-year period, cancer rates increased for Hispanics and Blacks, while slightly decreasing for Whites (S.B. County, 2002).
- The zip codes with the most hospitalizations for malignant cancers from 1990 to 1999 were: 92335 (3,367), located in Fontana; 92392 (2,970), located in South Victorville; 92376 (2,943), located in central Rialto; 91786 (2,864), located in south Upland, 92345 (2,811), located in and west of Hesperia; 92404 (2,755), located in northeast San Bernardino; and 91710 (2,680), located in Chino (S.B. County, 2002).
- The zip codes with the most deaths for malignant cancers from 1990 to 1999 were: 92392 (1,156), located in South Victorville; 92345 (1,067), located in and

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around Hesperia; 92399 (1,057), located in Yucaipa; 92335 (991), located in Fontana; 92404 (985), located in northeast San Bernardino; and 92376 (938), located in central Rialto (S.B. County, 2002).

- The zip codes with the most hospitalizations for major cardiovascular disease from 1990 to 1999 were: 92392 (11,339), located in South Victorville; 92335 (10,947), located in central Fontana; 92376 (9,741), located in central Rialto; and 92345 (9,601), located in and west of Hesperia (S.B. County, 2002).
- The zip codes with the most deaths caused by major cardiovascular diseases from 1990 to 1999 were: 92399 (2,338), located in Yucaipa; 92392 (2,128), located in South Victorville; 92404 (2,061), located in northeast San Bernardino; 92345 (1,918), located in and west of Hesperia; and 92355 (1,813), located in central Fontana (S.B. County, 2002).
- Hispanic women with diabetes have higher complication and death rates during pregnancy than other women. In the United States, one in four Hispanics over the age of 45 have diabetes. (Hodge, n.d.)
- Almost half of Latinos in California that have diabetes are unaware that they have the disease. In Riverside and San Bernardino Counties combined, Latinos account for 41% of all people with diabetes in these two counties. (Hodge, n.d.)
- The zip codes with the most deaths caused by diabetes mellitus from 1990 to 1999 were: 92404 (158), located in northeast San Bernardino; 92335 (152), located in central Fontana; 92376 (147), located in central Rialto; and 92392 (137), located in South Victorville (S.B. County, 2002).
- The zip codes with the most hospitalizations caused by diabetes mellitus from 1990 to 1999 were: 92335 (1,311), located in central Fontana; 92376 (1,152), located in central Rialto; 92392 (960), located in South Victorville; 91710 (845), located in Chino; and 92404 (837), located in northeast San Bernardino (S.B. County, 2002).
- Latinos account for 41% of all people with diabetes in Riverside and San Bernardino Counties combined. As the Hispanic population continues to grow, the prevalence of diabetes among Hispanics is expected to reach epidemic proportions. Due to lack of insurance and medical care, Latinos are diagnosed late in the disease. They bear a higher burden of cost due to expensive late treatment complications such as blindness, amputations, heart disease, and kidney disease (Hodge, n.d.).

Conclusions

- Lack of affordable healthcare is a major concern, largely because of the number of uninsured persons.
- While an overwhelming majority of the surveyed respondents agreed that their families have access to health care, nearly one-third said they did not have access to affordable health care.

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- While low cost insurance is available to _____ children, almost one in four is uninsured.
- A factor contributing to San Bernardino County's high infant mortality rate is the high teen pregnancy rate.
- Even though AIDS cases in San Bernardino County are on the rise, the rate remains significantly lower than those of neighboring counties and of California.
- Type II diabetes, which is preventable, is a growing problem, especially among Hispanics.
- Asthma is problematic, especially among children.
- Many health problems are concentrated in certain geographic regions.

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