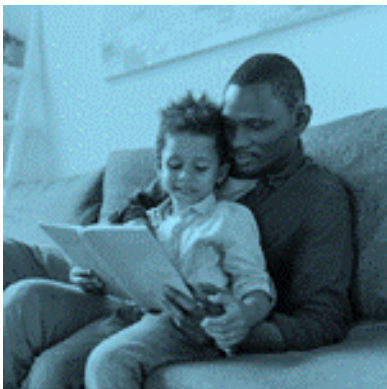
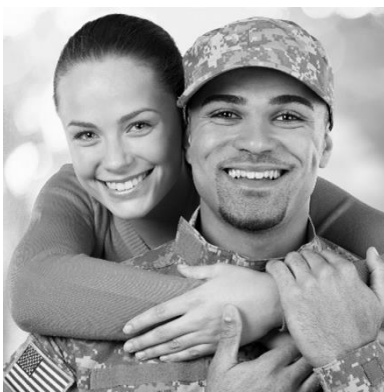


Coachella Valley Community Health Survey 2019 Results





Today's Program:

Introduction

Janet Collins, PhD
Board President of HARC

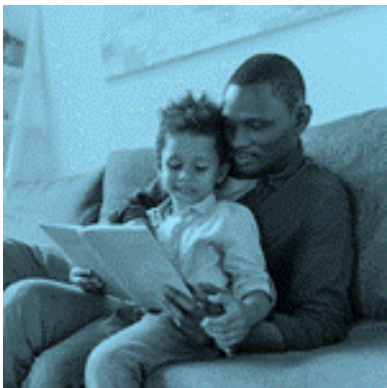
Presenting Funder Remarks

Conrado Bárzaga, MD
CEO of Desert Healthcare
District/Foundation

Presentation of New Data

Jenna LeComte-Hinely, PhD
CEO of HARC

Q & A



*At any time during the presentation,
please use your “chat” function to
type in any questions that you have.*

*We will respond to these questions
during the Q&A portion at the end of
the webinar.*



Cesar Chavez Day

“We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.”

--Cesar Chavez





Dr. Janet
Collins

BOARD PRESIDENT OF
HARC



Thank You to Our 2019 Survey Funders

- The survey is made possible by Desert Healthcare District/Foundation, our primary funder, and many other funders.



- Gold Level funders:
 - Eisenhower Health
 - First 5 Riverside
 - Riverside University Health System—Behavioral Health
- Today's event sponsor: City of Palm Desert
 - Thank you for being flexible in the face of COVID-19





Thank You to Our 2019 Survey Funders

■ Silver Level funders:

- Desert Care Network: Desert Regional Medical Center & JFK Memorial Hospital
- University of California, Riverside – Center for Health Disparities Research
- Inland Empire Health Plan (IEHP)
- Kaiser Foundation Hospitals
- Riverside County Office on Aging
- Riverside University Health System – Public Health
- Auen Foundation
- California Health Care Foundation
- City of Coachella
- City of Palm Desert

■ Bronze Level funders:

- Desert Oasis Healthcare
- City of Cathedral City
- City of Desert Hot Springs
- City of Indio
- City of La Quinta
- City of Palm Springs
- County of Riverside District 4
- Desert AIDS Project
- Steve Tobin & Grace Helen Spearman Charitable Foundation

■ Friends of HARC





DESERT HEALTHCARE
DISTRICT & FOUNDATION

Dr. Conrado
Bárzaga

CEO OF DESERT HEALTHCARE
DISTRICT AND FOUNDATION,
PRIMARY FUNDER OF THE
SURVEY



Dr. Jenna
LeComte-
Hinely

CEO OF HARC



About HARC

- Nonprofit 501(c)3 organization
- Founded in 2006
- We strive to improve community health, well-being, and quality of life through data
- Provide two major services:
 1. Coachella Valley Community Health Survey
 2. Consulting services re: research and evaluation





HARC Board of Directors

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Survey Background



HARC's History

- Organizations in the Coachella Valley were frustrated by the lack of solid, reliable data to describe the health status and health needs in the region, and thus, HARC was formed.
- It was determined that HARC should assess the health of the Coachella Valley by conducting a survey (first survey launched in 2007).
- Guided by a steering committee of 30+ local organization and with help from experts, HARC determined that the survey would be...
 - Random digit-dial telephone survey
 - Every three years
 - In English and Spanish
 - Including adults and children
 - Sample size about 2,500 people







Data Dissemination

HARC collects, cleans, weights, and analyzes the data before reporting it out. The data is reported out in a wide variety of formats, including:

- Executive Report (available online and in print)
- HARCsearch (online query-based tool)
- Special Reports (funded separately, focusing on health disparities in topics of interest such as veterans, seniors, young children, etc.)
- Media (TV, radio, social media)





Data Users

- Other nonprofits
- Funders and foundations
- Hospitals and other care providers
- Media organizations
- K-12 education
- Higher education
- Local cities
- Representatives of government and public policy
- County departments





Uses for Data

- Prioritizing health needs in the community
- Strategic planning
- Developing programs
- Applying for grants or other funding
- Making or changing policy
- Creating presentations or lectures
- Writing articles
- Designing/conducting trainings





Spotlight on Nonprofit Fundraising

In the past decade, Coachella Valley nonprofit have brought in more than \$15 million in funding by using HARC's data to demonstrate their need and support their requests.

This funds things like...

- Free HIV tests
- “Meals on Wheels” for homebound seniors
- Mental health counseling for children
- Transportation for people with disabilities
- ... and more!





2019 Survey Results

Publicizing Data Collection

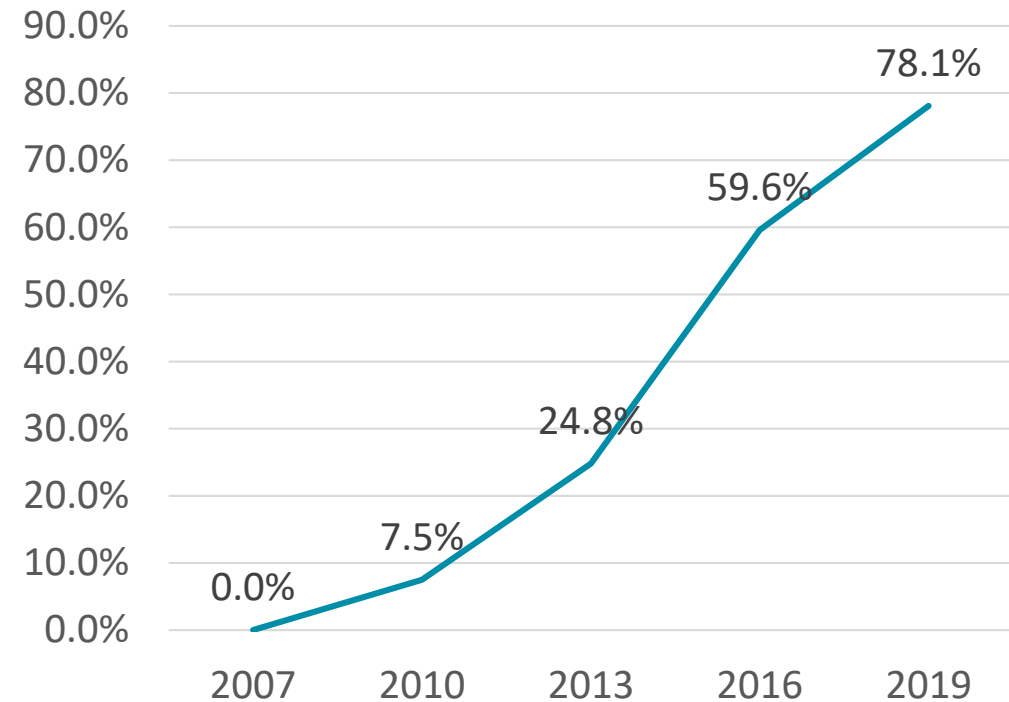
- Paid advertising
- Partner agencies promoting (*thank you!*)
- Door-to-door outreach in primarily Latinx neighborhoods by our partner, Communities for a New California (CNC).
 - 8 weekends of outreach
 - Spoke to 2,790 residents
 - Left door hangers at another 3,353 homes





Data Collection

- Kent State University's Survey Research Lab (SRL) made over 500,000 phone calls.
- \$100 Visa gift card randomly awarded each week
- Increased percent of completed surveys on cell phones:





This Presentation's Focus

- What's new this year:
 - Housing stability
 - Loneliness
 - Recreational marijuana
 - Safe place to walk, bike, hike
 - Child water safety
 - Adverse childhood events (ACEs)
 - Discussions with children:
 - Racism
 - Sharing private photos online
- Significant changes over time in the Coachella Valley
- Geographic differences in health issues
- Major issues in health and wellness



Adults



Demographics

- 341,500+ adults
- Race:
 - 66% White/Caucasian
 - 3% Black/African American
 - 1% Asian
 - 3% American Indian
 - 27% other
- Ethnicity:
 - 52% Hispanic/Latino
 - 48% non-Hispanic/Latino
- 25% of adults live in households that fall at or below the federal poverty line.
- 51% of adults live in households with an annual income below \$50,000.





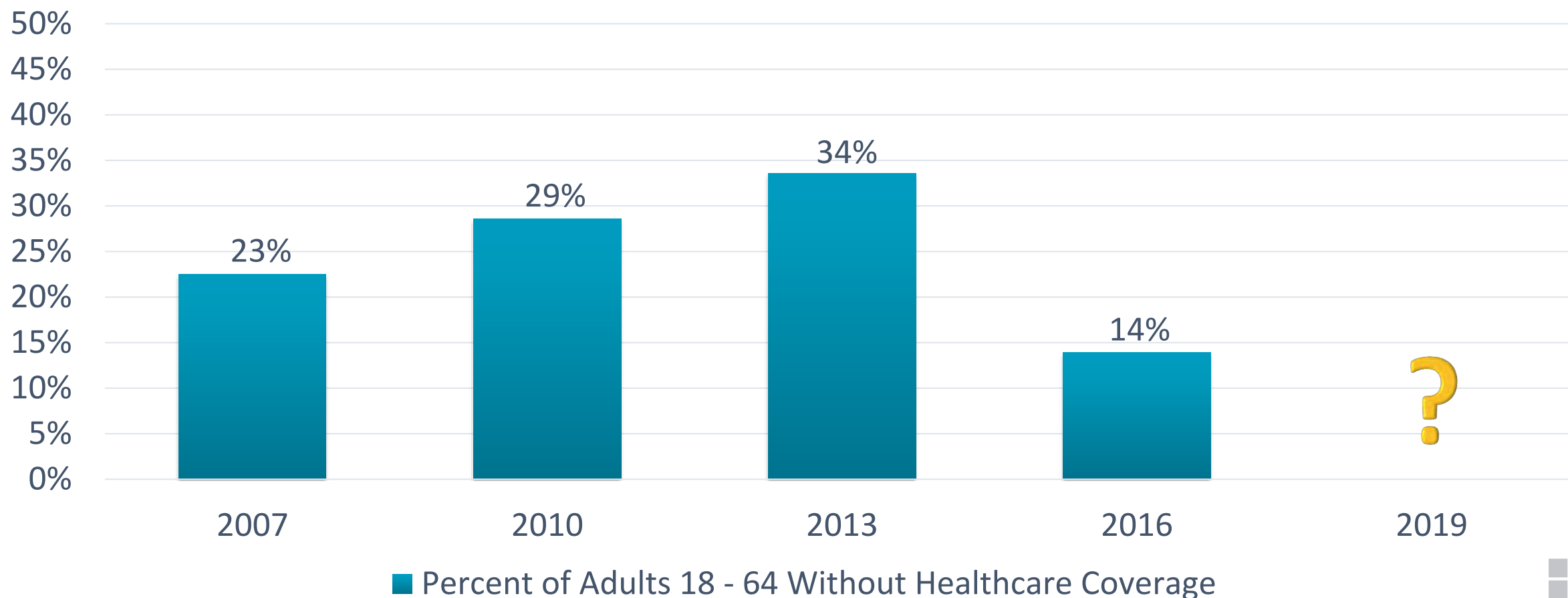
Housing Stability

Living Situation Today	Weighted Percent	Population Estimate
I have a steady place to live	93.2%	317,961
I have a place to live today but I am worried about losing it in the future	5.1%	17,395
I do not have a steady place to live	1.7%	5,639
Total	100.0%	340,995



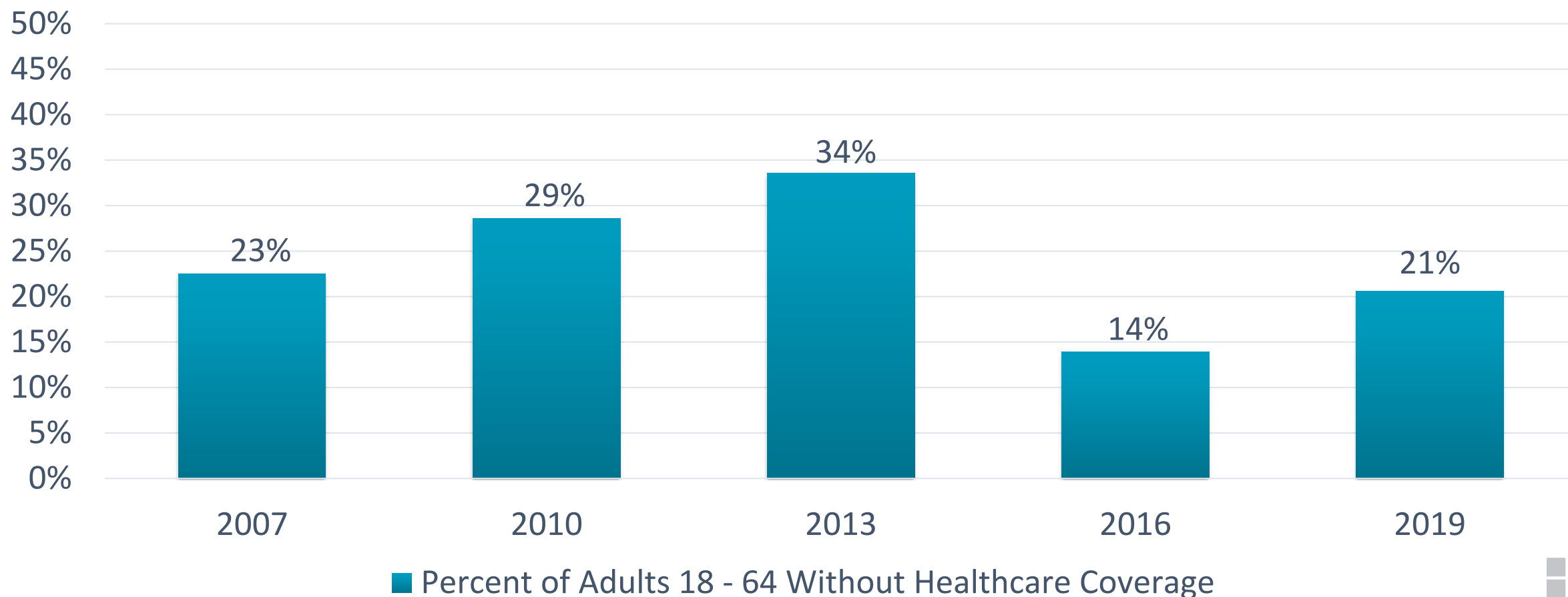


Health Insurance Coverage, 18 to 64





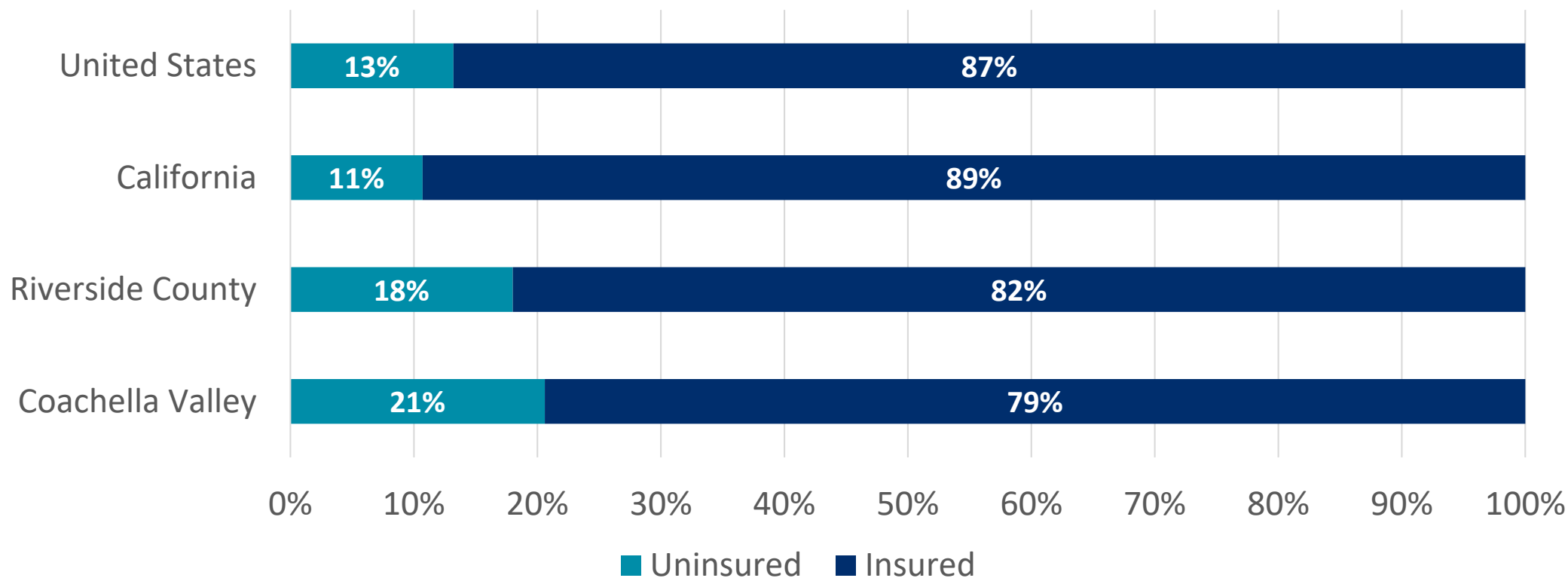
Health Insurance Coverage, 18 to 64



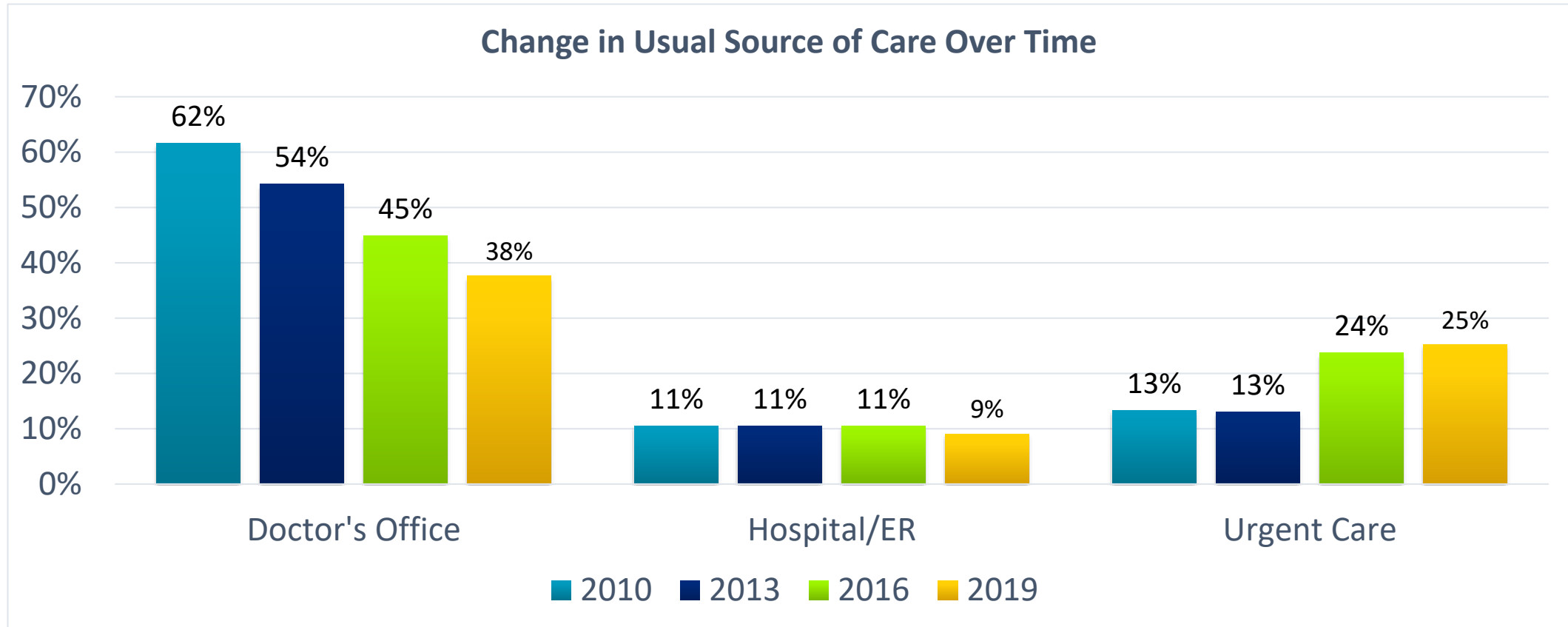


Health Insurance Coverage, 18 to 64

Lack of Insurance by Region




Usual Source of Care (18+)





Barriers to Care

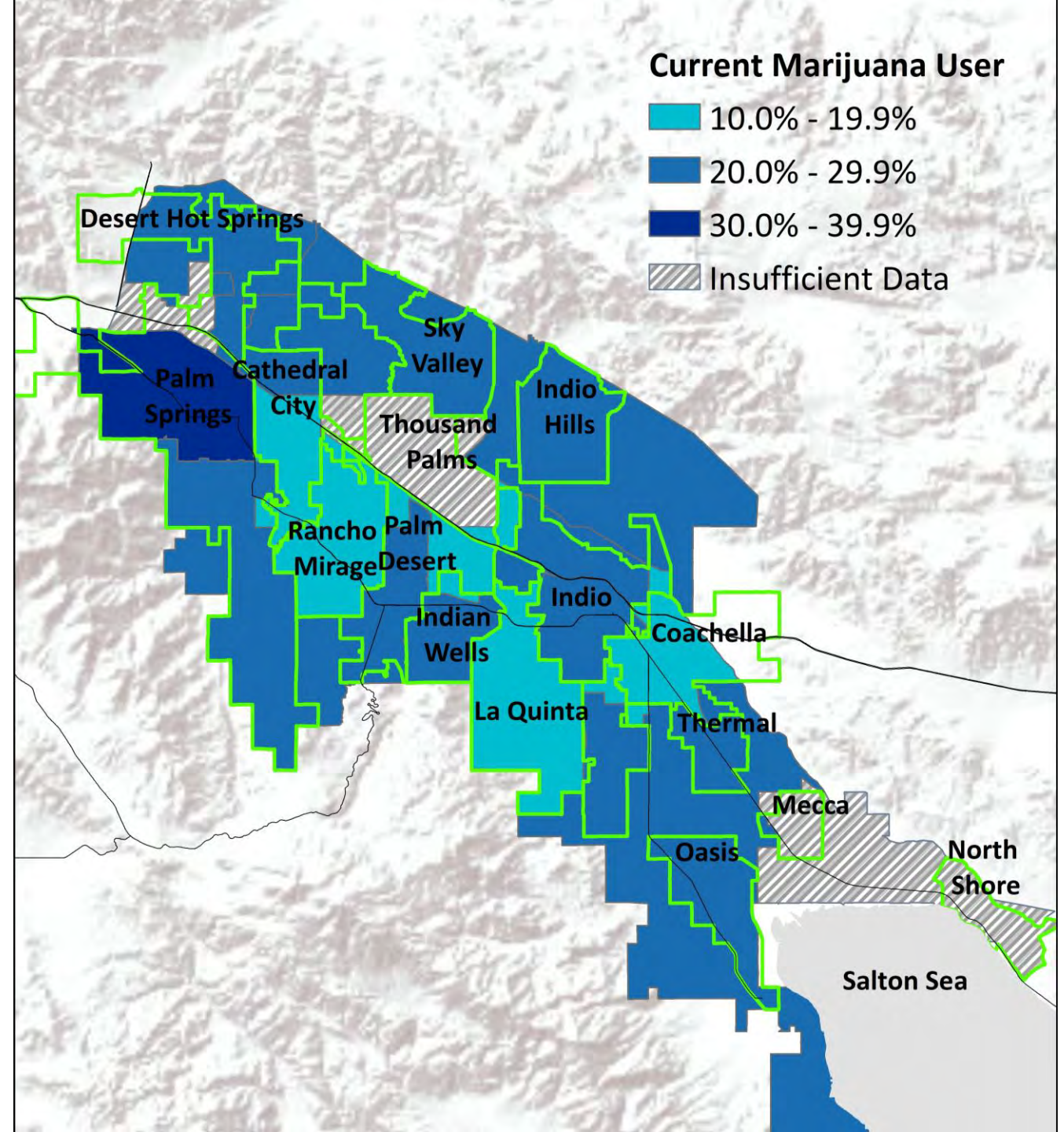
Barriers to Care	Weighted Percent	Population Estimate
Hours the provider is open to see patients	19.9%	67,080
Understanding what is covered by your plan	19.9%	66,316
Taking time off work	16.5%	55,949
Not having authorization from an HMO	13.0%	41,957
Finding a doctor of the sex, age, ethnicity, or sexual orientation that you are comfortable with	9.3%	31,321
Transportation	8.3%	28,206
Language barrier	5.0%	16,999



Marijuana Use

Used marijuana,
hashish, or another
THC product in the
past 30 days:

- 21% Yes
- 79% No





Reasons for Marijuana Use

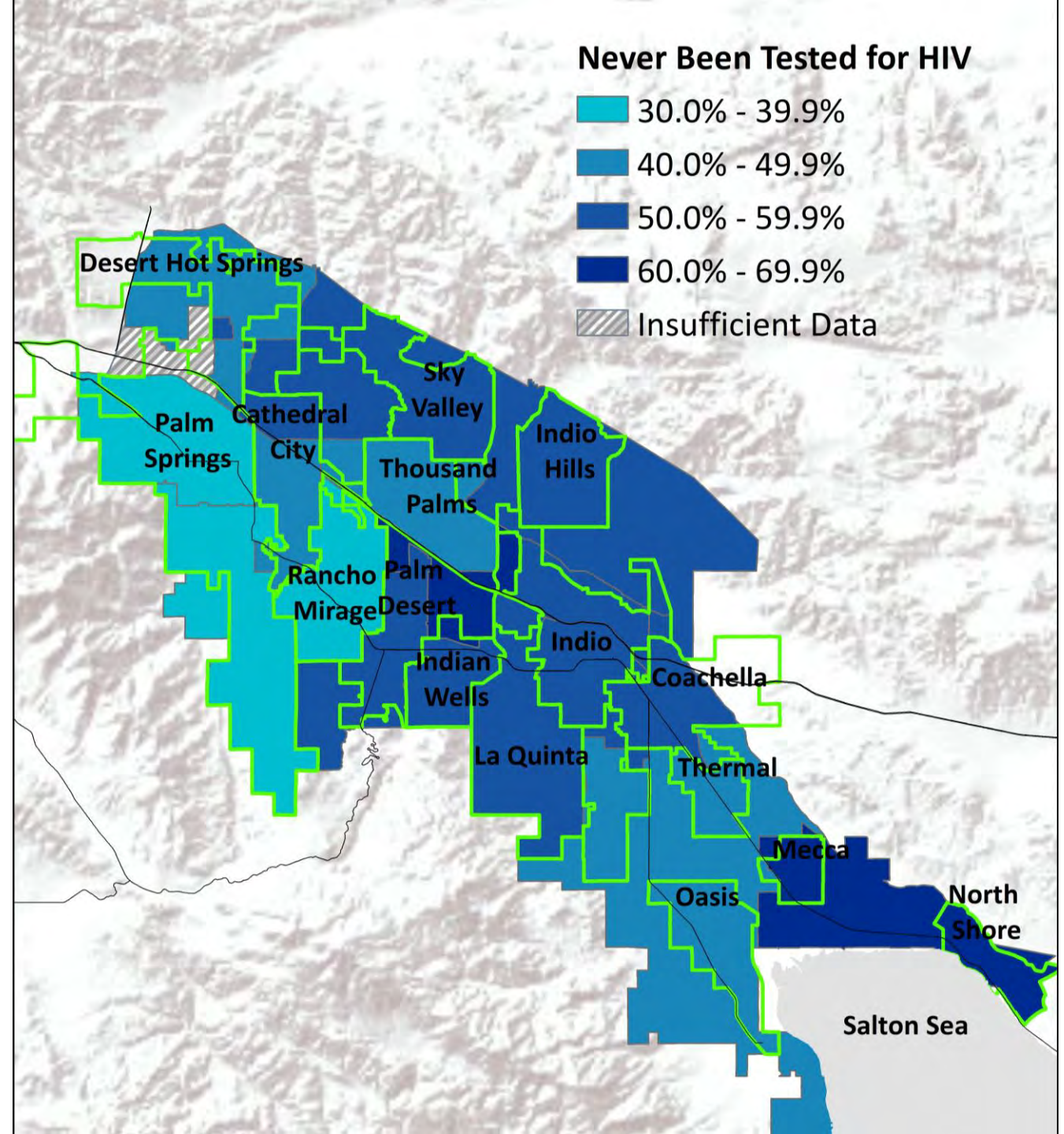
Reason for Using Marijuana <i>Active Marijuana Users</i>	Weighted Percent	Population Estimate
For medical reasons (like to treat or decrease symptoms of a health condition)	33.2%	23,496
For non-medical reasons (like to have fun or fit in)	31.8%	22,542
For both medical and non-medical reasons	35.0%	24,778
Total	100.0%	70,817



HIV Testing

51% of local adults have been tested for HIV at least once.

The other 49% have never been tested and thus do not know their status.



Major Disease

Disease	Weighted Percent	Population Estimate
High blood pressure	35.7%	121,517
High cholesterol	31.8%	107,907
Arthritis	28.8%	97,762
Cancer	12.5%	42,749
Asthma	12.2%	41,422
Diabetes	12.2%	41,628
Bone disease/osteoporosis	10.2%	34,764





Disability

- 22% of local adults are limited in some way in their daily activities because of a physical, mental, or emotional problem
- 11% of local adults are deaf or hard of hearing
- 9% are blind or low vision





Behavioral Health

- 29% of Coachella Valley adults have been diagnosed with one or more mental health disorders.
- The top three most common mental health disorders are:
 - Depressive disorders: 14%
 - Anxiety disorders: 12%
 - PTSD: 9%





Behavioral Health

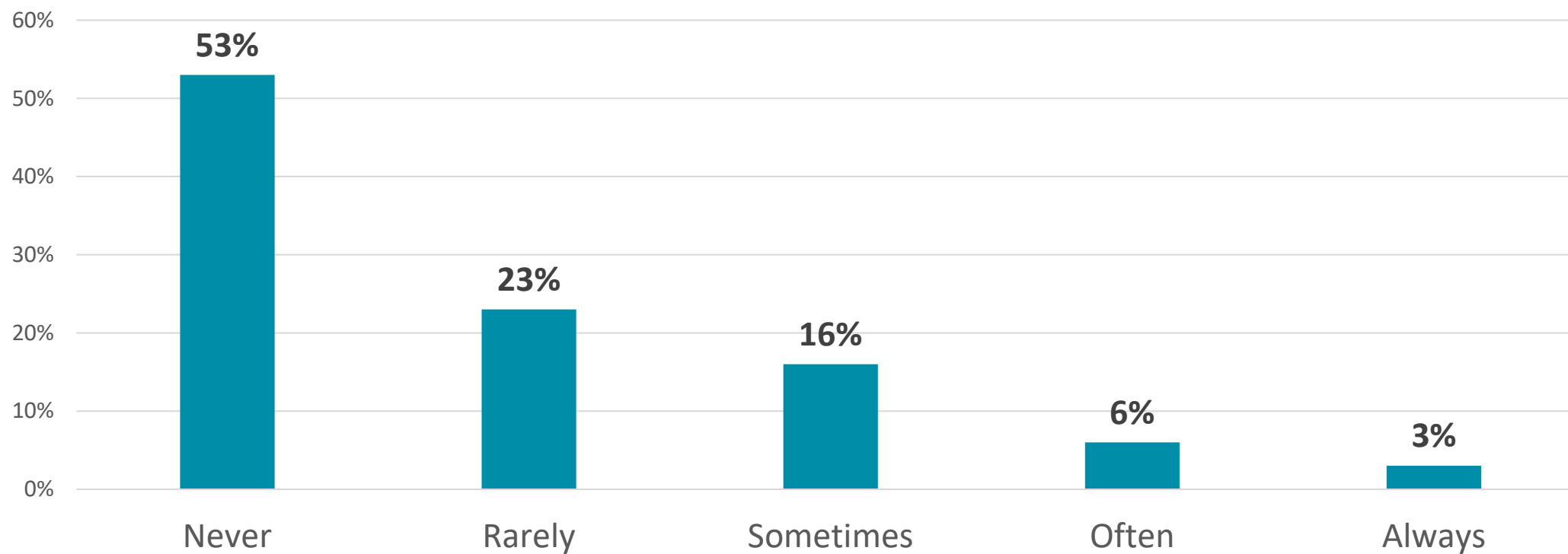
- 32% of Coachella Valley adults have had an emotional, mental, or behavioral problem in the past year that concerned them.
- 13% of adults with mental health concerns and/or diagnoses needed mental health care in the past year and couldn't get it.





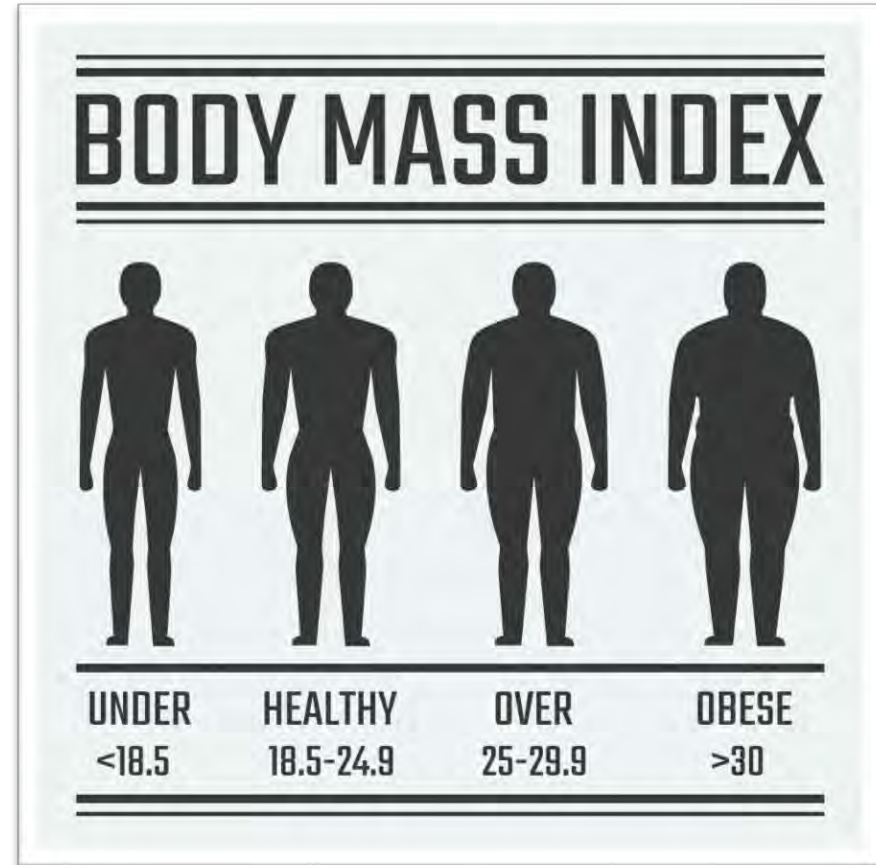
Loneliness

“How often do you feel lonely or isolated from those around you?”



Obesity

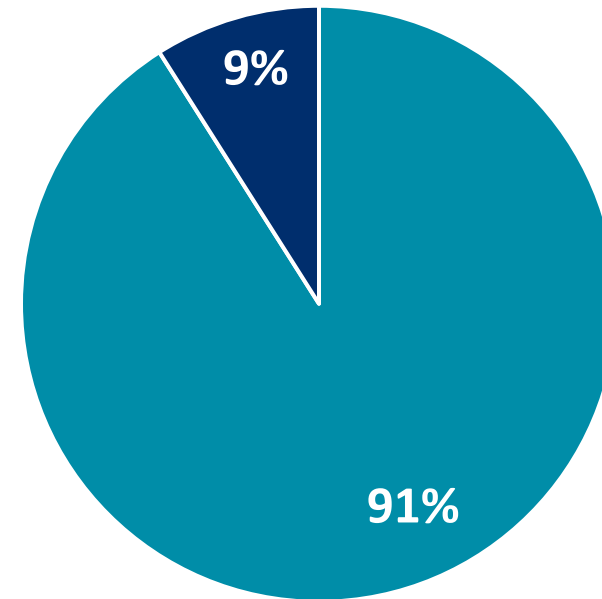
- 66% of Coachella Valley adults have a BMI that puts them in the “overweight” or “obese” category.
- Of these adults, about 39% believe they are “about the right weight”.





Safe Place for Outdoor Recreation

“Do you feel that you have a safe place to walk, bike, and/or hike in your neighborhood?”



■ Yes ■ No





Food Insecurity

- 21% of local adults have spent less money on food because they had to prioritize other basic needs.
- 16% of local adults worried their food would run out before they got money to buy more.
- 10% of Coachella Valley adults had to cut the size of meals or skip meals due to a lack of money.
- 4% of local adults had to go for a whole day without eating.



Children



Demographics

- 88,350+ children
- Race:
 - 67% White/Caucasian
 - 3% Black/African American
 - 2% Asian
 - 4% American Indian
 - 25% other
- Ethnicity
 - 52% Hispanic/Latino
 - 48% not Hispanic/Latino
- 29% of local children live below the poverty line.
- 44% live in households with an annual household income of less than \$50,000 a year.





Adverse Childhood Events (ACEs)

Types of adverse childhood experiences:

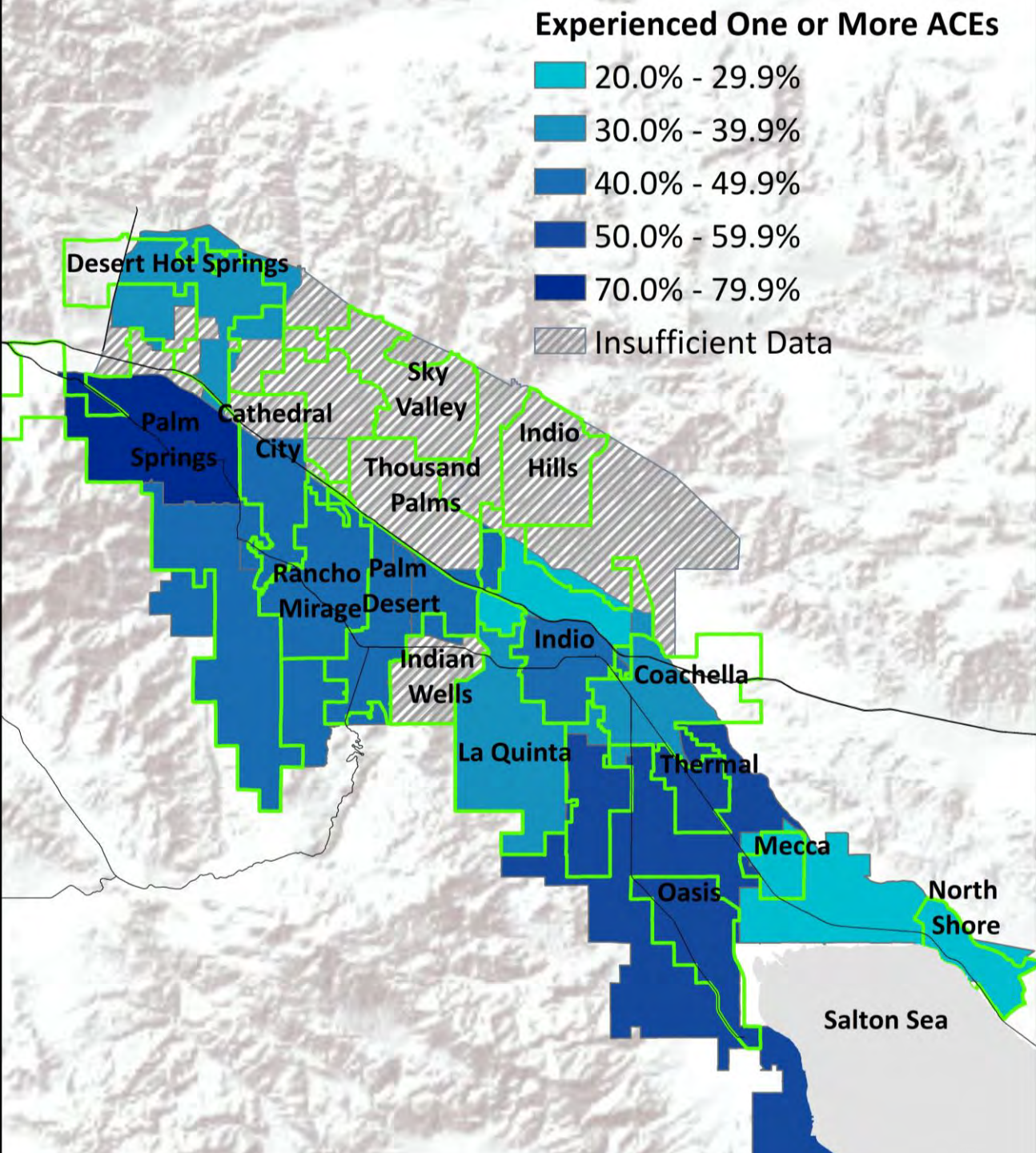
- Abuse (emotional, physical, sexual)
- Neglect (emotional or physical)
- Household instability (witnessing domestic violence, substance abuse in household, mental illness in household, parental separation/divorce, incarcerated household member)

This survey asked four ACEs questions in the household instability section.

41% of Coachella Valley children have experienced at least one of these four ACEs.



ACEs





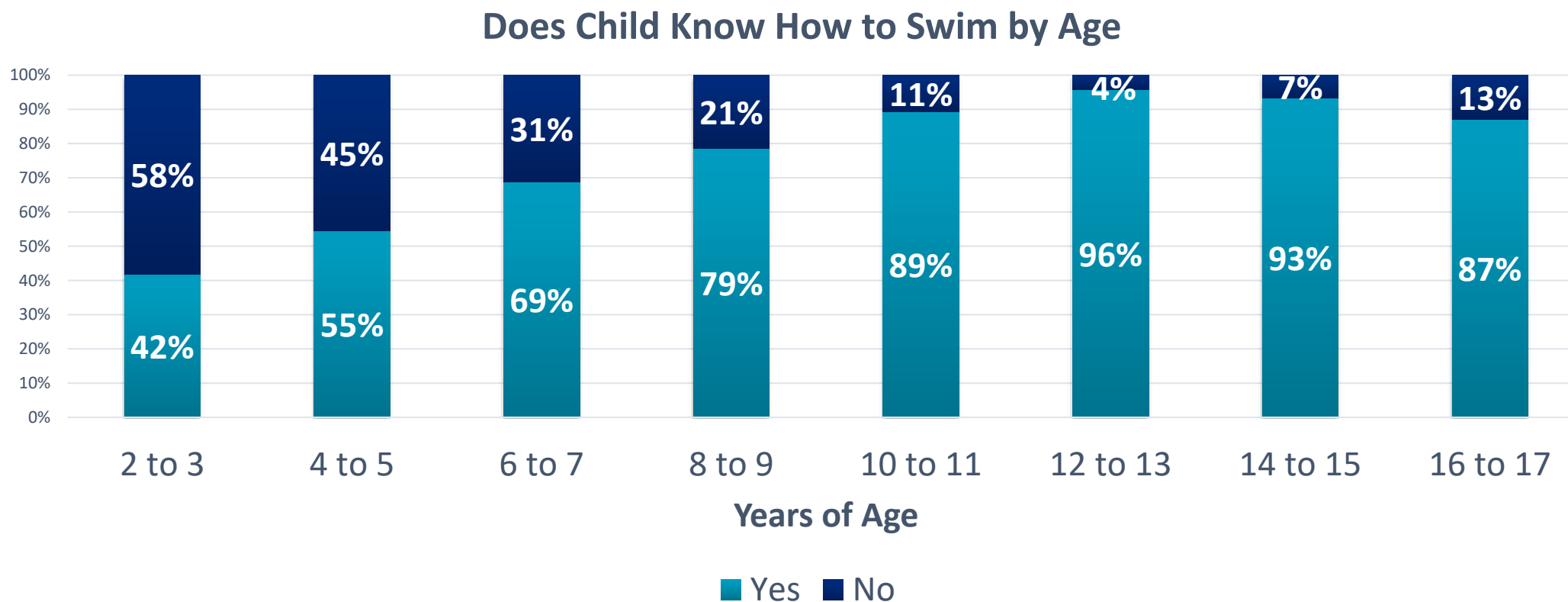
Access and Utilization

- The majority of children have some type of health insurance; however 5% are uninsured.
- 81% of local children have had a routine check-up in the past year.
- Usual source of care:
 - 35% doctor's office
 - 34% urgent care
 - 12% clinic
- 83% of children have visited a dentist at least once





Water Safety





Behavioral Health

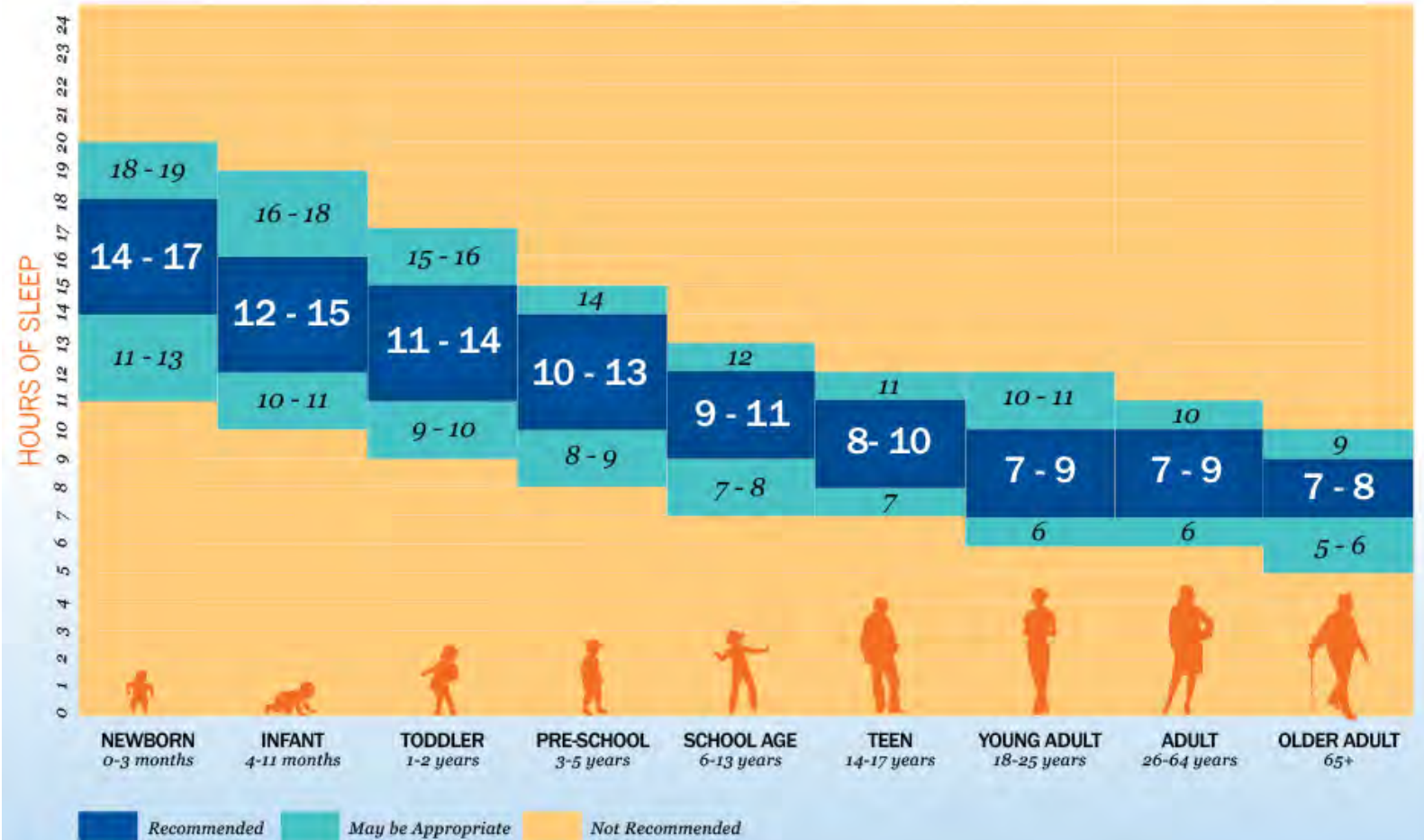
- 25% of children age 3+ have difficulties with emotions, concentration, behavior, and/or getting along with other people.
- 18% of Coachella Valley children 3+ have been diagnosed with one or more mental health disorders.
- The top three most common mental health disorders are:
 - ADD/ADHD: 7%
 - Anxiety disorder: 6%
 - Developmental delay: 5%



Sleep

5% of children are sleep deprived in Coachella Valley

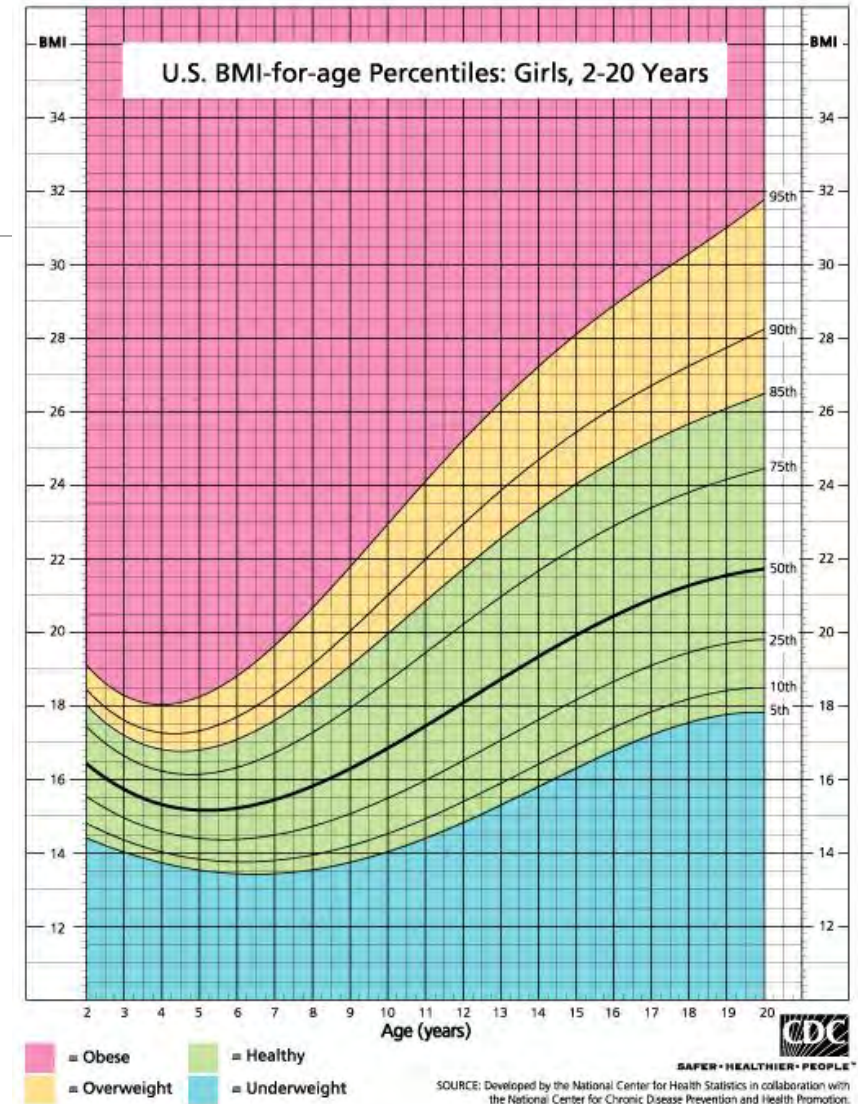
SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Obesity (Age 2+)

- 46% of children 2+ have a BMI-for-age percentile that puts them in the “overweight” or “obese” category.
- About 64% of parents/guardians of these overweight/obese children believe their child is “about the right weight”.





Food Insecurity

- 17% of parents/guardians of local children worried whether the food would run out before they got money to buy more.
- 14% of local children live in households that had to spend less money on food because they needed to prioritize other basic needs.
- 4% of Coachella Valley children had to cut the size of meals or skip meals due to lack of money.





Conversations with Children 6 to 17

5 MOST COMMONLY DISCUSSED

- Smoking, vaping, etc.: 71%
- Drugs: 70%
- Racism: 66%
- Alcohol: 62%
- Social media, sharing of private pictures: 61%

5 LEAST COMMONLY DISCUSSED

- Self-injury (e.g., cutting): 22%
- Eating disorders: 25%
- Domestic violence: 31%
- Suicide: 34%
- Depression or isolation: 41%





What's Next



Executive Reports

- Today's presentation is just the tip of the iceberg. Read the full Executive Report to learn more.
- Online: You can download a PDF of the report for free by visiting <https://harcdata.org/coachella-valley-community-health-survey/executive-report/>
- In print: Get a bound copy mailed to you for free:
 - Go to <https://www.surveymonkey.com/r/HARC2020> to enter your address.
 - Thank you City of Palm Desert for the grant!





HARCsearch

- We also have an online searchable database, HARCsearch, which you can use to:
 - Examine variables across multiple surveys
 - Cut the data to examine populations of special interest
- 2019 data will be live on the new and improved site in summer 2020.
- HARCsearch is also free to use, and just requires you to sign up for a free account.





Additional Work

- Trainings
- Customized data runs
- Support (along with data from many other sources) for DHCD/F's upcoming community health needs assessment (CHNA)
- Trend reports for DHCD on:
 - Health insurance coverage and utilization
 - Mental health
 - Social economic needs
 - Major disease





Special Reports

- Pending the receipt of funding, HARC plans to release several in-depth reports on specific segments of our population.
- These reports will be in-depth and can compare populations to identify disparities and populations in greatest need.
- Which would you like to see first and foremost?





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