

Healthy Lifestyles in Santa Clara County, California

This factsheet compares healthy lifestyle indicators in Santa Clara to those of the entire state of California and its best-performing counties. This comparison will help highlight any disparities and reveal opportunities for improvement. Health is influenced by both individual health behavior and the systems which produce the environments and choices available to us. This is especially true for children. Overall population health may be indicative of the ability of children to live healthy lifestyles, while socioeconomic factors determine the resources available for health.

Table: Population Risk Factors for Obesity

Best in CA (of 58 counties)

	<i>Santa Clara</i>	<i>CA average</i>	<i>Best county</i>	<i>County name</i>
Overall population health				
% of adults obese	19	23	16	San Francisco
ADULT OBESITY RANK	7		1	San Francisco
% of adults with diabetes	7.1		6.1	##
% of low-income preschoolers obese	16.6		8.4	Mono
HEALTH OUTCOMES RANK	4		1	Marin
Socioeconomic factors				
% of children in poverty	10	17	7	Placer
income inequality: Gini coefficient	45	47	39	Lassen
% single-parent households	7.7	10	4.4	San Francisco
SOCIOECONOMIC RANK	3		1	Marin
Nutrition environment				
% low income & >1 mile to store	1.4		0.9	Orange
grocery stores per 10,000 people	2		6.7	Mariposa
fast-food restaurants per 10,000 people	7.4		3.9	Yuba
farmers markets per 10,000 people	0.1		2.1	Trinity
% low-income receiving SNAP*	20		39	Del Norte
stores accepting SNAP* per 10,000 people	3.4		16.1	Trinity
stores accepting WIC* per 10,000 people	0.6		5.4	Modoc
% of zip codes with a healthy food outlet	50	46	75	Stanislaus
Physical activity environment				
# of air pollution-particulate matter days	17	13	0	##
# of air pollution-ozone days	3	37	0	##
recreation & fitness facilities per 10,000	1.3		3.9	Mono
PHYSICAL ENVIRONMENT RANK	34		1	Contra Costa

* SNAP=Supplemental Nutrition Assistance Program; * WIC=Women, Infants and Children; Best county: ## denotes a tie for Best county

Rankings: 1 is best; HEALTH OUTCOMES RANK: self-reported health, physically and mentally unhealthy days, low birth weight, premature death

SOCIOECONOMIC RANK: highschool and college education, child poverty, income inequality, social support, single parent households, violent crime or homicide

PHYSICAL ENVIRONMENT: healthy food and liquor store densities, unhealthy air quality days

HOW TO USE THE COUNTY FACTSHEET

KNOW THE PURPOSE: WHY A COUNTY FACTSHEET?

The purpose of this Factsheet is to make relevant data **more readily** available to local advocates and decision-makers. Though the data are available in other formats, to access and use them, it is time consuming to find specific indicators and comparisons. The Factsheet lays out many of the indicators relevant to healthy lifestyles and prompts users to further explore the data at their sources. Also, we often use averages as our benchmarks. In this Factsheet, however, we include the “Best” county as an additional benchmark. By knowing the best county, you will know where to look for **best practices**. Ideally, your county’s numbers will fall somewhere between the statewide average and the best county.

KNOW THE SOURCE: WHERE DO THE DATA COME FROM?

The data come from two sources: the **County Health Rankings** and the **Food Environment Atlas**. Both are freely and publically available datasets which in turn are compilations of indicators from a number of different sources. For survey data, users should realize that indicator values are estimates and actual values could be higher or lower than the estimates.

The **County Health Rankings** data are compiled by the University of Wisconsin Population Health Institute through a collaboration with the Robert Wood Johnson Foundation. The data include percentages, rates and rankings for each county within the 50 states according to its health outcomes and multiple health factors. Data sources include the U.S. Census and the Behavioral Risk Factor Surveillance System, among others.

The **Food Environment Atlas** is a project of the US Department of Agriculture (USDA) Economic Research Service (ERS) which aggregates statistics on food choices, health and well-being, and community characteristics. This resource does not provide state averages. Data sources include the U.S. Census and USDA.

Both the County Health Rankings and Food Environment Atlas have online mapping tools, data dictionaries and other resources to understand the origin and meaning of the indicators on their respective websites: www.countyhealthrankings.org and www.ers.usda.gov/FoodAtlas.

KNOW THE ANALYSIS: WHAT DOES THIS MEAN?

For each indicator, the Factsheet highlights differences between your county, the state average, and the best performing county in your state. The indicators include percents, number of items or events per a given denominator, and ranks. Note that the values of the best county have the lowest score for negative indicators (such as % of adults obese) and the highest score for positive indicators (such as grocery stores per 10,000 people). Also, ranking indicators are highlighted in italics and the best county always has a rank value of 1.

KNOW THE CONTEXT: HOW DO I APPLY THIS?

As an advocate or local decision-maker, you will not be able to address every issue highlighted by this factsheet. However, it is important to realize that many of the indicators are related, in that addressing one may also yield improvements in other areas. For example, it is well known that poverty is directly related to environments and conditions for health outcomes. Your goal is to identify the most pressing yet actionable issue or set of issues in your county or region, then work together with a diverse group of partners to improve the policy and built environments for healthy lifestyles. The National Initiative for Children’s Healthcare Quality and many partners – including those locally and in the trenches – have created an excellent Advocacy Resource Guide to help you move from data to action: <http://www.nichq.org/advocacy>