

Orange County Health Disparities Report

Julia Wilkins, Sora Tanjasiri, and Barry Ross

This report aims to understand and address health disparities to achieve health equity among all residents of Orange County. The data was compiled for the Health Improvement Partnership of Orange County through data available on OCH healthierTogether.org. Health disparity data is presented for cities by median household income, and by individual race/ethnicity.

Key disparity findings by mean household income of city:

- Stanton and Santa Ana, the two cities with the lowest median household incomes, are below the 50th percentile for all demographic variables.
- Santa Ana has the most number of indicators in the 25th to 50th percentile of all ten cities.
- Babies born in Stanton, Santa Ana, or Westminster were more likely to be born with low birth weights.
- The only health indicator for behavioral health that showed a disparity between cities was “Adults Self Report General Health Assessment: Good or Better health”. All five high income cities were above the 50th percentile, and all five low income cities were between the 25th and 50th percentiles.

Key disparity findings by race/ethnicity:

- African Americans have higher rates of preventable ER visits when compared to all other races.
- Hispanics are nearly twice as likely to have diabetes than Whites, and African Americans are almost three times more likely to be obese than Whites and Hispanics.
- African Americans have the highest percentage of babies born at a low birth weight and the highest percentage of C-sections.
- African Americans have the highest rates of ER visits and hospitalizations for all health indicators pertaining to behavioral health, unrelated to substance abuse, followed by Whites.
- African Americans have the highest rates of hospitalization and ER visits due to congestive heart failure and hypertension for individuals 65 and older.

A. Introduction

This report summarizes the available disparity data by city income and individual race/ethnicity with the goal of highlighting systematic differences that merit further understanding and intervention. All data were obtained through the OCH healthierTogether.org website, with the methodology and results summarized within each section.

B. Disparities by City Income

Using information from the OC Healthier Together website, the five cities of Orange County with the highest median household income and the five cities with the lowest median household income were identified. Seal Beach was initially identified as a low-income city, but was substituted with Anaheim because the data for Seal Beach was inconsistent with the other four cities. For each applicable indicator, OC Healthier Together uses the colors green, red, and yellow to represent how a community is doing in relation to other: green represents the top 50th percentile, yellow between the 25th and 50th, and red below the 25th percentile.

Demographic Characteristics. As shown in Table 1, Stanton and Santa Ana, the two cities with the lowest median household incomes, are below the 50th percentile for all demographic variables. Between the two levels of income brackets, the largest disparities seen are for the indicators pertaining to education, the percent of individuals living in poverty, and adults with health insurance.

Table 1: Demographic characteristics by cities with the highest vs. lowest median household incomes in O.C.

	Stanton	Santa Ana	West-minster	Garden Grove	Anaheim	Laguna Niguel	Aliso Viejo	Rancho Santa Margarita	Newport Beach	Yorba Linda
Median Household Income (\$) ¹	45842	52519	53660	59360	59707	98957	102325	104952	107991	115994
Families Living Below Federal Poverty Level (%) ¹	17.7	19.5	15.0	13.5	14.0	3.9	4.3	3.0	5.0	1.9
Single Parent Households (%) ¹	33.8	33.0	28.6	30.4	30.9	18.1	16.6	17.5	19.7	15.0
People 65+ Living Below Poverty Level (%) ¹	11.9	15.2	13.1	13.5	11.5	5.2	8.8	6.9	4.8	4.0
People 25+ with a Bachelor's Degree or Higher (%) ¹	17.6	11.8	21.4	19.2	24.8	54.5	56.9	49.1	64.5	49.4
People 25+ with a High School Degree or Higher (%) ¹	66.7	54.1	75.3	73.8	75.5	96.2	95.4	95.8	97.7	95.5
Foreign Born Persons(%) ²	11.9	15.2	13.1	13.5	37.1	5.2	8.8	6.9	4.8	4.0
Adults with Health Insurance (%) ¹	64.6	58.1	74.7	73.3	70.9	89.9	88.1	89.3	88.9	91.8
Foreign Born Persons who are naturalized citizens (%) ¹	43.9	32.9	70.0	59.4	63.3	63.7	63.3	57.6	69.7	77.2

¹ American Community Survey, 2010-2014

² American Community Survey, 2009-2013

(Continued on next page)

Health Indicators. Table 2 provides health indicator information for three target areas (obesity/diabetes, infant/maternal health, and behavioral health) by each of the ten identified cities. The data shows that the highest income cities are in the top 50th percentile for most health indicators. There is a disparity in the percent of individuals obese or diabetic between the two income brackets (highest and lowest). Santa Ana has the most number of indicators in the 25th to 50th percentile of all ten cities. The teen birth rate for the lowest income cities is significantly higher than the cities in the highest income bracket. Stanton, Santa Ana, and Westminster have higher percentages of babies born with low birth weight than the seven cities with higher incomes. For the final target area, behavioral health, there is a disparity for the indicator Adult’s Self Report General Health Assessment. The five lowest income cities are in the 25th-50th percentiles, while all the highest income cities are in the top 50th percentile.

Table 2: Health indicators by cities with the highest vs. lowest median household incomes in O.C.

City	Stanton	Santa Ana	Westminster	Garden Grove	Anaheim	Laguna Niguel	Aliso Viejo	Rancho Santa Margarita	Newport Beach	Yorba Linda
Median Household Income (\$)¹	45842	52519	53660	59360	59707	98957	102325	104952	107991	115994
Obesity/Diabetes										
% Obese²	27.7	31.1	21.8	24.2	27.8	19.4	19.3	22.8	14.8	19.5
% Diabetic²	8.4	10.0	8.7	8.8	8.2	6.1	5.3	5.4	4.4	6.8
Infant/Maternal Health										
Birth Rate (live births/1000 total population)³	11.5	17.1	10.6	13.0	15.3	9.0	13.5	10.7	5.6	9.1
Teen Birth Rate (live births/1000 females aged 15-19)³	20.3	39.0	14.2	19.4	28.6	5.0	6.0	4.6	1.2	1.9
Babies Born with Low Birth Weight (%)³	7.1	6.8	7.8	5.5	6.5	5.1	5.8	5.4	5.6	5.5
Babies Born with Very Low Birth Weight (%)³	1.8	1.2	1.7	1.2	1.3	n/a	1.1	n/a	n/a	n/a
Mothers who Received Early Prenatal Care (%)³	83.6	85.6	84.0	86.7	85.3	93.5	95.6	94.0	93.9	91.5
Cesarean Rate (%)³	34.6	36.2	35.6	36.3	33.5	38.4	35.3	34.7	36.3	32.5
Preterm Births (%)⁴	7.4	8.8	7.0	7.5	8.4	6.7	7.1	8.8	6.5	5.7
Behavioral Health										
Adults Self Report General Health Assessment: Good or Better health (%) 2011-2012²	76.2	73.5	78.6	77.6	78.9	88.2	87.6	88.7	91.4	90.5
Adults with Likely Serious Psych Distress (%) 2011-2012²	6.3	6.5	5.6	6.0	6.4	6.2	6.9	6.8	5.8	5.5
Adults who Smoke (%)²	9.4	8.5	9.4	9.3	9.8	12.1	12.1	12.4	11.6	11.5
Adults with Asthma (%)²	13.9	12.5	12.9	13.1	12.8	11.1	12.9	10.0	9.9	8.4

¹ American Community Survey, 2010-2014

² California Health Interview Survey, 2011-2012

³ California Department of Public Health, 2013

⁴ Lucile Packard Foundation for Children’s Health, 2013

C. Disparities by Race/Ethnicity

OC Healthier Together houses data that are broken down into up to eight racial/ethnic categories: American Indian, Asian, Hawaiian/Pacific Islander, Hispanic, Other, Two or more races, and White non-Hispanic. Depending upon the data source, however, fewer racial/ethnic categories may be available. In addition, due to small sample sizes, specific data may be statistically unstable (and indicated in tables by italics).

Demographic Characteristics. Demographic information for all of the major racial/ethnic groups is shown in Table 3. Asians, American Indians, and Whites have the lowest percentage of families living below the Federal poverty level, while Hispanics have the highest percentage. The Hispanic and Other populations have the largest disparities in education, with the lowest percentages of people with a Bachelor’s degree or a High School degree and the lowest high school graduation rate. African Americans show a significantly higher rate of preventable ER visits than all other races.

Table 3: Demographic characteristics by race/ethnicity in O.C.

	American Indian	Asian	African American	Hawaiian/ Pac Islander	Hispanic	Other	Two or more races	White, non-Hispanic
Families Living Below Federal Poverty Level (%) ³	13.8	9.3	10.6	7.7	18.0	21.0	11.8	4.0
People 65+ Living Below Federal Poverty Level (%) ³	12.8	13.8	9.6	2.4	12.7	17.2	13.8	6.4
People 25+ with a Bachelor's Degree or Higher (%) ³	18.9	51.2	34.5	20.5	13.5	9.9	36.8	45.5
People 25+ with a High School Degree or Higher (%) ³	80.8	87.2	93.4	88.7	59.9	53.7	87.9	96.0
High School Graduation (%) ⁴	89.4	94.4	85.2	n/a	83.3	n/a	90.4	92.9
People Delayed or Difficulty Obtaining Care (%) ¹	n/a	8.7	4.7	n/a	8.8	n/a	15.2	11.3
People with a Usual Source of Health Care (%) ¹	100.0	85.0	100.0	100.0	82.7	n/a	100.0	89.5
Preventable ER Visits /10,000 ²	53.9	92.1	477.4	n/a	255.2	n/a	n/a	262.7

Italicized data may be statistically unstable.

¹ California Health Interview Survey, 2014

² California Office of Statewide Health Planning and Development, 2011-2013

³ American Community Survey, 2010-2014

⁴ California Department of Education, 2013-2014

Obesity and Diabetes. As shown in Table 4, Hispanics have the highest percentage of adults with diabetes followed by Whites and Asians. African Americans have the highest percentage of obese adults across all races. In regards to pediatric health, of 5th and 9th grade students Asians and Whites have the highest percentage of children at a healthy weight or underweight; Hispanics and Hawaiian/Pacific Islanders have the lowest percentages.

Table 4: Indicators of obesity and diabetes by race/ethnicity in O.C.

	American Indian	Asian	African American	Hawaiian/Pac Islander	Hispanic	Two or more races	White, non-Hispanic
Adults with Diabetes (%) ¹	n/a	5.8	1.4	n/a	10.9	2.5	5.6
5th Grade Students who are at a Healthy weight or underweight (%) ²	60.9	75.7	61.7	46.3	52.4	72.6	76.5
7th Grade Students who are Physically Fit (%) ²	71.2	84.2	69.2	65.1	64.8	80.7	81.9
9th Grade Students who are at a Healthy Weight or Underweight (%) ²	69.9	82.9	69.8	57.8	60.6	78.7	80.5
Adult Fast-Food Consumption (at least one time/week) (%) ¹	100.0	58.1	91.7	100.0	77.1	9.0	67.9
Adults who are Obese (%) ¹	n/a	2.1	65.1	n/a	24.1	n/a	20.4
Adults who are Overweight or Obese (%) ¹	95.4	36.5	71.4	n/a	75.3	30.7	60.2
Child Fruit and Vegetable Consumption (%) ³	100.0	25.6	77.8	n/a	58.8	66.5	45.4
Teens who Engage in Regular Physical Activity (%) ⁴	n/a	48.8	n/a	n/a	75.3	70.3	94.7

Italicized data may be statistically unstable.

¹ California Health Interview Survey, 2014

² California Department of Education, 2014-2015

³ California Health Interview Survey, 2011-2012

⁴ California Health Interview Survey, 2013-2014

Table 5 shows rates per 10,000 for ER visits and hospitalizations due to factors regarding diabetes. African Americans have the highest rates for all health indicators. Hispanics have considerably higher rates as compared to the White, non-Hispanics.

Table 5: Indicators of diabetes by race/ethnicity in O.C.

	American Indian	Asian or Pacific Islander	African American	Hispanic, any race	White, non-Hispanic
Age-Adjusted ER Rate due to Diabetes (per 10,000) ¹	4.5	7.2	45.7	28.0	13.6
Age-Adjusted ER Rate due to Long-Term Complications of Diabetes (per 10,000) ¹	n/a	4.8	24.1	14.2	7.3
Age-Adjusted ER Rate due to Short-Term Complications of Diabetes (per 10,000) ¹	n/a	n/a	1.0	0.4	0.4
Age-Adjusted ER Rate due to Uncontrolled Diabetes (per 10,000) ¹	n/a	0.3	3.5	2.3	0.9

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Age-Adjusted Hospitalization Rate due to Diabetes (per 10,000) ¹	n/a	6.7	35.0	22.2	13.0
Age-Adjusted Hospitalization Rate due to Long-Term Complications of Diabetes (per 10,000) ¹	n/a	5.0	22.6	16.3	7.1
Age-Adjusted Hospitalization Rate due to Short-Term Complications of Diabetes (per 10,000) ¹	n/a	1.1	9.9	4.2	5.1
Age-Adjusted Hospitalization Rate due to Uncontrolled Diabetes (per 10,000) ¹	n/a	0.5	2.2	1.4	0.6

Italicized data may be statistically unstable.

¹ California Office of Statewide Health Planning and Development, 2011-2013

Maternal and Infant Health. Table 6 shows data on health indicators related to maternal and infant health by race/ethnicity. Hispanics have the highest birth rate per 1,000 live births, and Whites have the lowest rate. African Americans have the highest percentage of babies born at a low birth weight and the highest percentage of C-sections. Asians and Whites were most likely to receive early prenatal care, and Hawaiian/Pacific Islander mothers were least likely. White babies are the most likely to be born at a healthy weight compared to all other races.

Table 6: Indicators of maternal and infant health by Race/Ethnicity in O.C.

	American Indian	Asian	African American	Hawaiian/Pac Islander	Hispanic	Two or more races	White, non-Hispanic
Birth Rate per 1,000 live births ¹	n/a	13.2	9.1	11.6	15.9	8.5	8.3
Babies Born with Low Birth Weight (%) ¹	5.7	7.2	9.5	1.9	6.0	7.0	5.9
Babies Born with Very Low Birth Weight (%) ¹	5.7	1.0	1.1	0.0	1.2	1.1	0.8
Mothers who Received Early Prenatal Care (%) ¹	87.9	90.4	84.7	67.3	87.0	89.5	93.2
Cesarean Rate (%) ¹	n/a	37.0	41.4	38.1	34.1	34.7	34.7

Italicized data may be statistically unstable.

¹ California Department of Public Health, 2013

Behavioral Health. Table 7 displays rates for behavioral health indicators by race/ethnicity. Whites, followed by African Americans, have the highest rates of ER visits and hospitalizations due to alcohol and substance abuse compared to all other races. African Americans have the highest rates of ER visits and hospitalizations for all other health indicators, followed by Whites.

Table 7: Health Indicator Rates for Behavioral Health by Race/Ethnicity

	American Indian	Asian	African American	Hawaiian/Pac Islander	Hispanic	White, non-Hispanic
Age-Adjusted ER rate due to Alcohol Abuse (per 10,000) ¹	6.4	3.7	25.7	n/a	16.7	38.0
Age-Adjusted ER Rate due to Substance Abuse (per 10,000) ¹	n/a	1.9	13.8	n/a	7.2	19.0
Age-Adjusted Hospitalization rate due to alcohol abuse (per 10,000) ¹	4.5	0.7	10.0	n/a	4.0	16.7
Age-Adjusted Hospitalization Rate due to Substance Abuse (per 10,000) ¹	n/a	0.9	5.9	n/a	2.7	13.0
Age-Adjusted ER Rate due to Adolescent Suicide and Intentional Self-inflicted Injury (per 10,000) ¹	n/a	11.6	73.2	21.5	n/a	45.2

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Age-Adjusted ER Rate due to Mental Health (per 10,000) ¹	9.3	22.0	103.3	51.5	n/a	76.8
Age-Adjusted ER Rate due to Pediatric Mental Health (per 10,000) ¹	n/a	8.1	53.0	21.0	n/a	34.9
Age-Adjusted ER Rate due to Suicide and Intentional Self-inflicted Injury (per 10,000) ¹	n/a	3.6	29.9	7.6	n/a	19.8
Age-Adjusted Hospitalization Rate due to Mental Health (per 10,000) ¹	6.7	12.9	77.5	24.1	n/a	55.6
Age-Adjusted Hospitalization Rate due to Pediatric Mental Health (per 10,000) ¹	7.3	7.2	43.4	14.1	n/a	26.5

*Italicized data may be statistically unstable.

1. California Office of Statewide Health Planning and Development, measurement period: 2011-2013

Table 8 displays percentages for behavioral health indicators by race/ethnicity. African Americans have the highest percentage of adults who ever thought seriously about committing suicide, along with the highest likelihood of having psychological distress. African Americans also have the highest percentage of adults needing and receiving behavioral health care. Hispanics and Asians have the lowest percentage of adults who self-reported their general health as good or better.

Table 8: Indicators of behavioral health by race/ethnicity in O.C.

	American Indian	Asian	African American	Hawaiian/ Pac Islander	Hispanic	Two or more races	White, non-Hispanic
Adults who binge drink (%) ¹	12.2	12.2	48.7	n/a	40.2	91.9	35.8
Adults Needing and Receiving Behavioral Health Care (%) ²	n/a	25.2	64.1	n/a	51.7	57.2	52.5
Adults Needing Help with Mental, Emotional or Substance Abuse Problems (%) ¹	n/a	7.6	22.9	n/a	8.2	8.8	15.9
Adults Who Ever Thought Seriously About Committing Suicide (%) ¹	n/a	7.6	19.9	n/a	7.3	1.4	8.0
Adults with Likely Serious Psychological Distress (%) ²	n/a	4.6	13.8	n/a	12.3	7.6	5.1
Adults who Smoke (%) ¹	12.2	12.8	n/a	100.0	5.1	n/a	14.4
Self-Reported General Health Assessment: Good or Better (%) ¹	100.0	74.9	97.3	100.0	75.1	98.8	91.1
Adults with Disability (%) ¹	n/a	24.8	4.1	n/a	26.5	4.2	30.9

Italicized data may be statistically unstable.

¹ California Health Interview Survey, 2014

² California Health Interview Survey, 2013-2014

Older Adults. Table 9 shows selected demographic characteristics of older adults by race/ethnicity. Whites have the highest percentage of adults 65 and older, and the highest number of insured individuals at this age. American Indians have the highest number of disabled older adults.

Table 9: Demographic characteristics of older adults by race/ethnicity in O.C.

	American Indian	Asian	African American	Hawaiian/ Pac Islander	Hispanic	Other	Two or more races	White, non-Hispanic
Population 65+ (%) ¹	0.3	18.3	1.1	0.2	n/a	3.7	1.3	75.1
Adults 65+ without Health Insurance (%) ¹	0.7	3.4	1.9	5.6	6.7	1.5	9.2	0.4

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Adults 65+ with a Disability (%) ¹	42.3	28.6	33.8	n/a	33.9	n/a	n/a	31.7
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¹ American Community Survey, measurement period: 2010-2014

Table 10 shows rates of selected health indicators for older adults by race/ethnicity. African Americans have the highest rates of hospitalization and ER visits due to congestive heart failure and hypertension. Whites have a strikingly higher rate of ER visits due to suicide or self-inflicted injury compared to Asians and Hispanics.

Table 10: Rates for selected health indicators among older adults by race/ethnicity in O.C.

	American Indian	Asian or Pacific Islander	African American	Hispanic	White, non-Hispanic
ER Rate due to Alcohol Abuse (65+) (per 10,000) ¹	n/a	1.3	9.4	6.1	9.4
Hospitalization Rate due to Congestive Heart Failure (per 10,000) ¹	39.4	56.2	172.7	103.9	99.5
ER Rate due to Congestive Heart Failure (per 10,000) ¹	n/a	9.2	64.2	25.9	29.7
Hospitalization Rate due to Diabetes (per 10,000) ¹	n/a	22.8	58.5	54.6	22.3
ER Rate due to Uncontrolled Diabetes (per 10,000) ¹	n/a	0.6	n/a	3.8	1.2
Hospitalization Rate due to Hypertension (per 10,000) ¹	n/a	8.2	21.7	12.3	6.3
ER Rate due to Hypertension (per 10,000) ¹	n/a	54.7	119.9	71.2	55.4
Hospitalization Rate due to Hip Fractures Among Females (per 100,000) ¹	n/a	348.5	290.2	416.4	815.7
Hospitalization Rate due to Hip Fractures Among Males (per 100,000) ¹	n/a	142.0	n/a	207.1	405.4
Hospitalization Rate due to Urinary Tract Infections (per 10,000) ¹	n/a	33.5	52.9	44.1	55.4
ER Rate due to Suicide and Self-inflicted Injury (per 10,000) ¹	n/a	1.9	n/a	1.8	41.1

Italicized data may be statistically unstable.

¹ California Office of Statewide Health Planning and Development, 2011-2013

D. Summary and Conclusions

Systematic differences in health can be seen between cities of different median household income, and between individuals of different race/ethnicity. This report highlights the cities and racial/ethnic populations of highest need, and underscores the importance of further efforts to understand and address health disparities to achieve health equity among all residents of Orange County.