

Healthy Places, Healthy People

Snapshots of where we live, learn, work, and play.

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Federal Bureau of Investigation
GreenInfo Network
Orange County Department of Education
Orange County Health Care Agency
Orange County Probation Department
Orange County Social Services Agency
United States Census Bureau
WestEd

Resources

Annie E. Casey Foundation KIDS COUNT
Baby-Friendly Hospital Initiative
<http://www.bicyclinginfo.org/>
Brookings Institution Metropolitan Opportunity Project
California Maternal Quality Care Collaborative
Center for American Progress
Center for Substance Abuse Prevention
Centers for Disease Control and Prevention
Economic Development Administration
Health Workforce Information Center
Kaiser Commission on Medicaid and the Uninsured
Kaiser Family Foundation
National Association of Workforce Boards
National Center for Adult Learning and Literacy
National Center for Children in Poverty
National Center for Safe Routes to School
National Criminal Justice Reference Service

National Gang Center
Office of Vocational and Adult Education
PolicyLink
Promising Practices Network
Public Health Law and Policy
Task Force on Community Preventive Services
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United States Centers for Disease Control and Prevention
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Introduction

Introduction

A variety of social, economic, and environmental conditions are known to influence the health of our communities. For most of these conditions, Orange County fares relatively well compared to the State and peer counties. However, there are significant sub-county differences, which are often masked by county-level summaries. This Healthy Places, Healthy People Report uses existing available data to provide a localized level of information to communities. The report focuses on select indicators that are actionable and reliable measures of health or the social, economic, and environmental conditions that are known to predict or pattern it. The report relies on an online distribution to promote cost-effective access to the data.

Indicator Format and Variation

Indicators in this report fall within the categories of financial health, educational health, community health, and physical health. Each indicator includes a description of what is being measured, an explanation of its importance to health, and a map that visually illustrates how the various communities fare for that particular indicator. The majority of indicators also include a table showing cities within Orange County and how they compare to each other, the state and nation.

To give the reader a more in depth perspective, data in the maps are broken down by the finest level of geography available, either by city, school district, zip code, or census tract. Data in the tables are broken down only by city or school district, therefore, the level of data may differ between the table and map within an indicator. Some maps combine additional years of data to enable a more specific geographical focus.

In some cases, the data in a geographic area may have a very small sample size, which can make the data unreliable. When this is the case, or if data are missing for a geographic area, the impacted area is not included in the tables or noted on the maps.

Throughout the report, the data in the maps have been broken down into quartiles – four evenly distributed levels. The four levels have been shaded so that more intense color correlates to a higher level of need or a worse outcome. In other words, the darker the color, the greater the need or worse the condition; the lighter the color, the lesser the need or better the condition.

References

Each indicator includes a discussion of why that indicator is important to health. The various studies and research documents that define the links between the indicator and health outcomes are provided in the references at the end of each section.

Economic Health

Household Income

Description of Indicator

This indicator measures the median annual income of households. Income includes wages, salary, commissions, bonuses, and tips from all jobs held by all working members of a household.

Why is this Important to Health?

Low income and wide variations in income within a community can impact health (1). People with low incomes are more likely to have chronic diseases, reduced access to health care, and engage in harmful behaviors, such as smoking (2, 3, 4). As a result, risk of disability and premature death is higher among those with low income than those with high income (3). According to a review by Marmot, those at the lowest income levels - below \$15,000 annually - have mortality rates almost four times those of persons with incomes over \$70,000 (3). In addition, wide variations in income within a community may negatively affect health status due, in part, to the psychological stress of consciously perceived differences in wealth and reduced social cohesion (5).

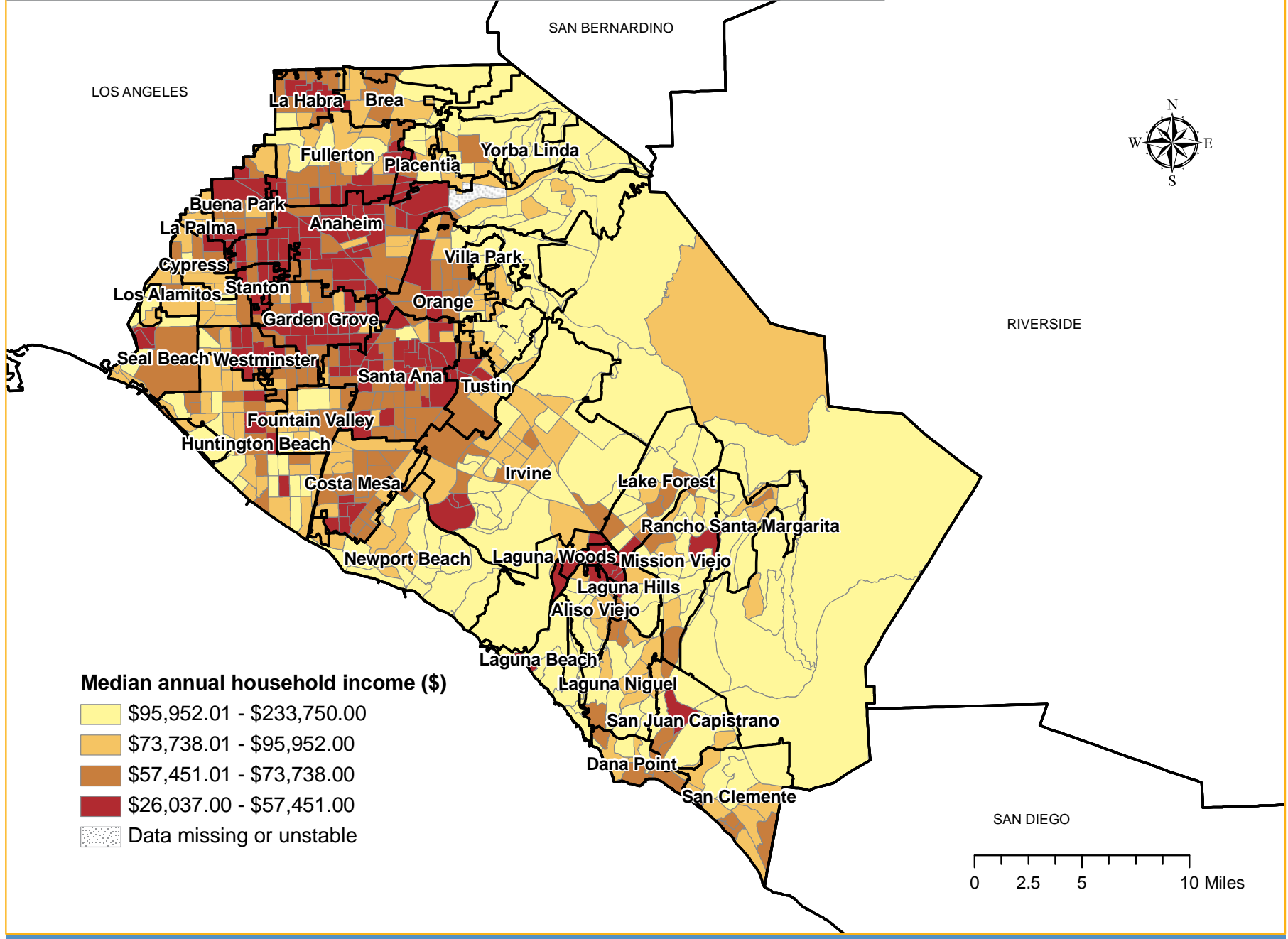
Resources

PolicyLink, a research and advocacy organization focused on best practices for economic advancement, published Pathways Out of Poverty for Vulnerable Californians and offers the Economic Opportunity Tool Group with varied strategies for poverty reduction.

Location	Median Annual Household Income by City, 2007-2009
Yorba Linda	\$110,005
Newport Beach	\$109,088
Rancho Santa Margarita	\$101,551
Laguna Beach	\$99,121
San Juan Capistrano	\$94,703
Aliso Viejo	\$94,571
Laguna Niguel	\$94,075
Mission Viejo	\$93,678
Irvine	\$93,258
Lake Forest	\$89,884
Laguna Hills	\$87,206
San Clemente	\$85,179
Huntington Beach	\$80,453
Cypress	\$79,603
Fountain Valley	\$79,559
Brea	\$79,157
Orange	\$77,670
Dana Point	\$77,022
Placentia	\$75,762
Orange County	\$73,849
Tustin	\$69,941
Fullerton	\$67,112
Buena Park	\$63,093
Costa Mesa	\$63,071
La Habra	\$62,320
California	\$60,422
Garden Grove	\$58,819
Anaheim	\$58,157
Westminster	\$58,084
Santa Ana	\$54,273
Stanton	\$53,208
United States	\$51,369
Seal Beach	\$49,187

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Median Household Income by Census Tract, 2005-2009



Unemployment

Description of Indicator

This indicator measures the proportion of residents age 16 years and older who do not have jobs. Unemployment rates are based upon "place of residence" – where people live, regardless of where they work. Individuals who have more than one job are counted only once.

Why is this Important to Health?

Maintaining employment has protective health benefits. Those who lose their jobs are not only more likely to have financial difficulties, but are more likely than employed people to report poorer health, depression, anxiety, insomnia and limitations to their social activities (6, 7). For some, these problems may come at the same time a worker is losing employment-based health insurance (8). Unemployed people are also more likely to have or develop chronic health conditions that create barriers to going back to work (6). In the case of teens and young adults, those without jobs are significantly more likely to die early from any cause than their employed peers (9). A national study by Strully found that job loss may result in an over 50% increase in the likelihood of fair to poor health among workers and, among those initially well, increase the risk of a new health problem by over 80% (8).

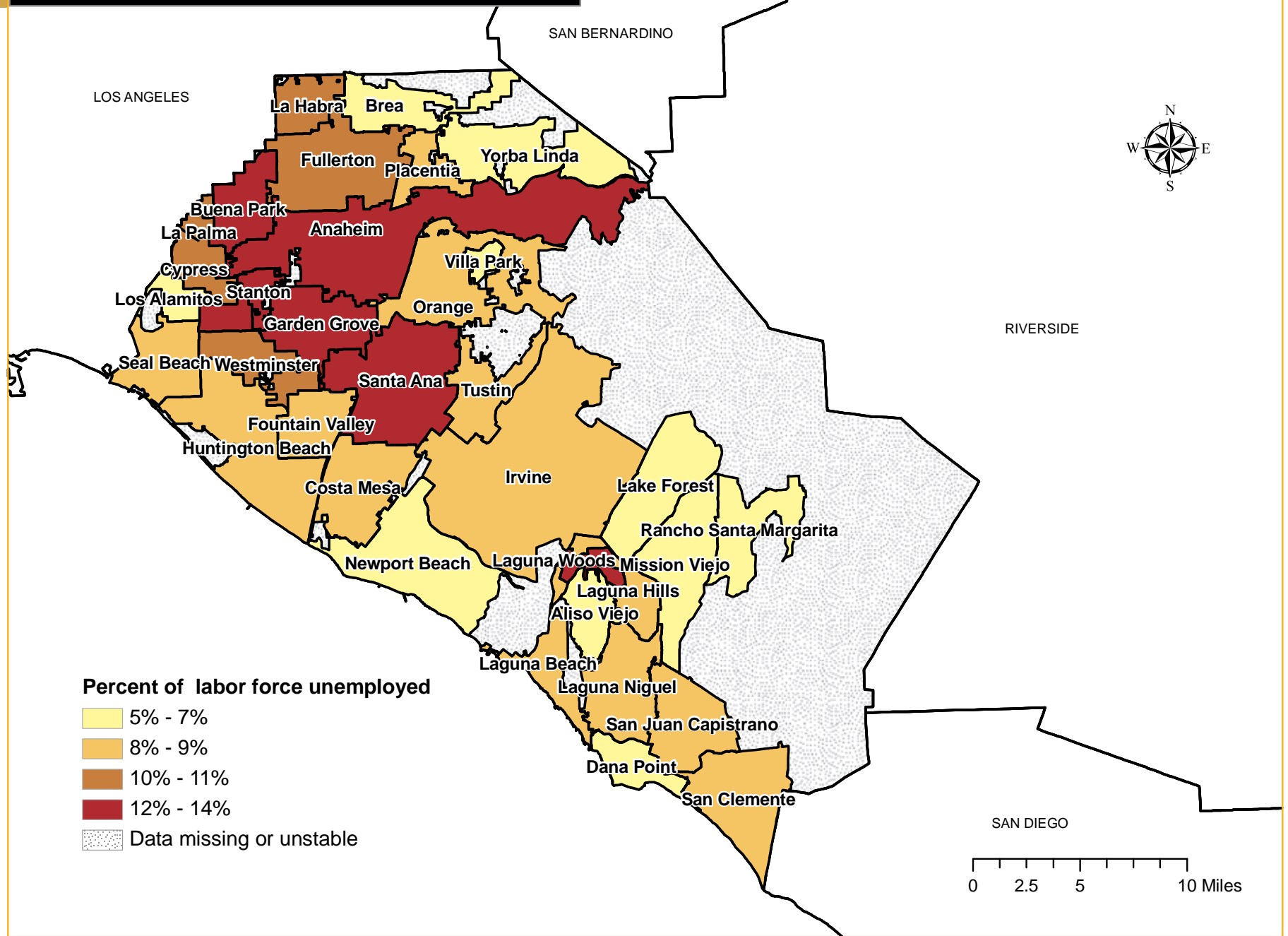
Resources

- The [Economic Development Administration](#) offers research and tools of the trade for economic development. The [National Association of Workforce Boards](#) provides numerous promising practices for skill development.

Location	Percent of Labor Force that is Unemployed by City, 2009
Aliso Viejo	4.8%
Los Alamitos	5.0%
Villa Park	5.1%
Newport Beach	5.6%
Rancho Santa Margarita	5.8%
Yorba Linda	6.0%
Brea	6.2%
Lake Forest	6.2%
Dana Point	6.5%
Mission Viejo	6.5%
Laguna Beach	6.6%
Seal Beach	6.6%
Irvine	6.8%
Laguna Niguel	7.0%
Huntington Beach	7.3%
San Clemente	7.3%
Fountain Valley	7.5%
Laguna Hills	7.6%
Placentia	8.0%
San Juan Capistrano	8.0%
Costa Mesa	8.1%
Orange	8.3%
Tustin	8.8%
Orange County	9.0%
United States	9.3%
Cypress	9.5%
La Palma	10.0%
Westminster	10.0%
Fullerton	10.1%
La Habra	10.1%
Buena Park	11.2%
Garden Grove	11.2%
California	11.4%
Anaheim	11.5%
Laguna Woods	12.3%
Santa Ana	14.1%
Stanton	14.4%

Source: California Employment Development Department, Labor Market Information (www.labormarketinfo.edd.ca.gov/); U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics, 2009 www.bls.gov/

Unemployment Rate by City, 2009



Poverty Among Adults

Description of Indicator

This indicator measures the proportion of adults 18 years of age and older living below the federal poverty level, as determined by the U.S. Census Bureau. Poverty level takes into account family size, but does not consider cost of living.

Why is this Important to Health?

Poverty can negatively affect health in a number of ways. Many harmful health behaviors tend to be more common in people with low income (10, 11, 12). For example, adult smoking is 1.6 times more likely among those living under the federal poverty line (10). Those living in poverty are more likely to suffer from a variety of chronic diseases and are also more likely to have difficulties accessing appropriate health care, resulting in problems with accurate and timely diagnoses (13). As a result, people living in poverty tend to be in poorer health and at increased risk of premature death (11).

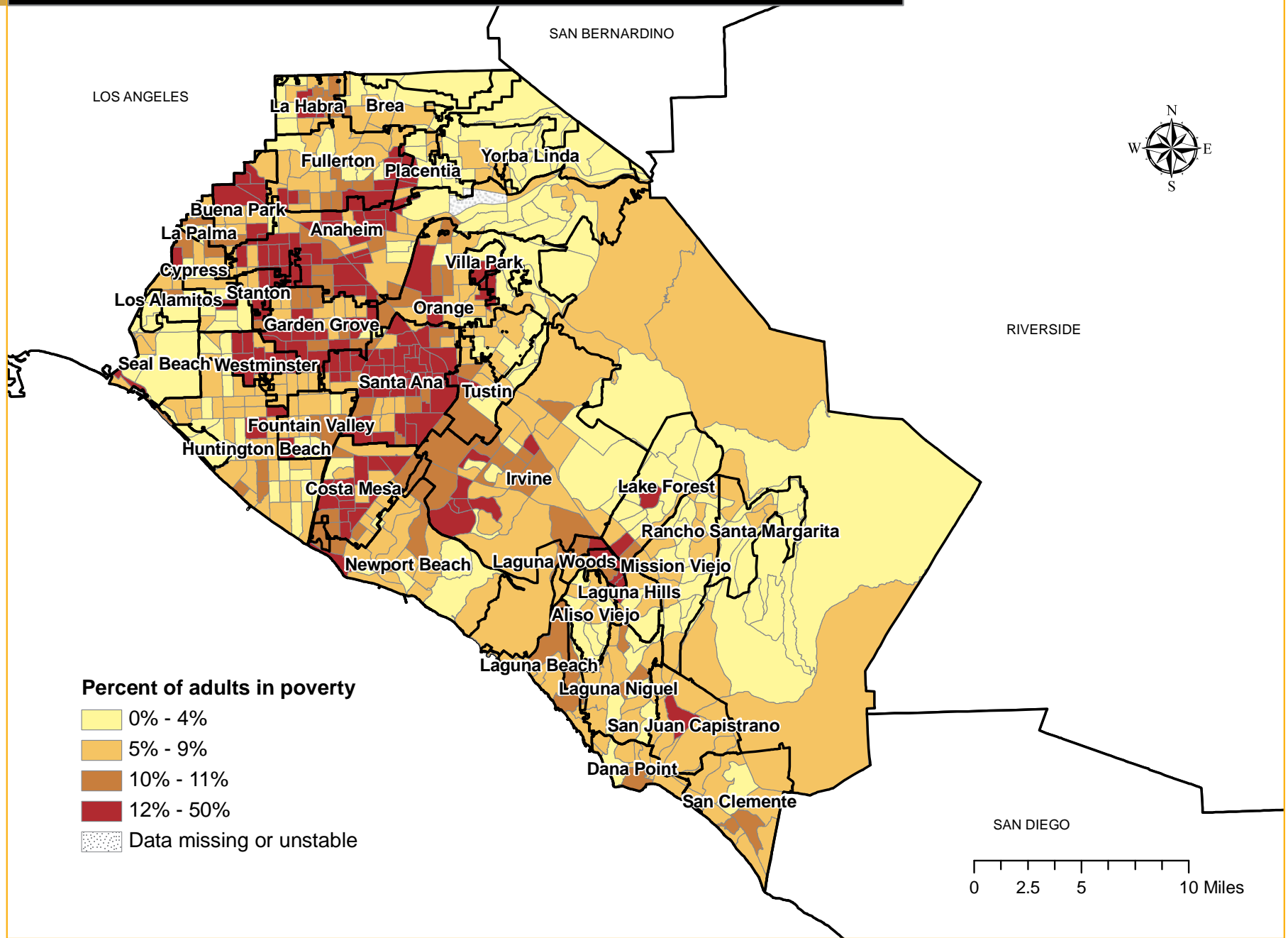
Resources

The [Urban Institute](#) maintains a library of resources on what works to reduce poverty.

Location	Percent of Adults Living in Poverty by City, 2007-2009
Yorba Linda	2%
Rancho Santa Margarita	3%
Aliso Viejo	3%
Mission Viejo	4%
Lake Forest	4%
Brea	5%
San Clemente	6%
Laguna Niguel	6%
Dana Point	6%
Huntington Beach	6%
Cypress	6%
Seal Beach	6%
Fountain Valley	6%
Newport Beach	6%
Laguna Beach	7%
Tustin	7%
San Juan Capistrano	7%
Orange	7%
La Habra	8%
Placentia	8%
Orange County	9%
Buena Park	9%
Laguna Hills	9%
Irvine	10%
Fullerton	10%
Westminster	10%
Anaheim	10%
Costa Mesa	10%
Garden Grove	11%
California	12%
United States	12%
Stanton	12%
Santa Ana	15%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder2.census.gov/main.html>)

Poverty Rate Among Adults by Census Tract, 2005-2009



Poverty Among Children

Description of Indicator

This indicator measures the proportion of children under 18 years of age living below the federal poverty level, as determined by the U.S. Census Bureau. Poverty level takes into account family size, but does not consider cost of living.

Why is this Important to Health?

Children living in poverty are at greater risk for poor health and compromised development, including cognitive, motor, and social-emotional delays (14). They are more likely to be exposed to factors in the household and community that negatively impact key stages of development and less likely to be exposed to environments that promote healthy development (14). Children living in poverty are more likely to have a child as a teen, more likely to engage in high-risk behaviors, more likely to suffer from chronic diseases, and less likely to have access to health care (15). In a review by Wood, children living in poverty were approximately 80% more likely to be in fair or poor health, twice as likely to be hospitalized, 50% more likely to die, and over three times more likely to be exposed to high levels of lead than children who were not poor (15).

Resources

The [National Center for Children in Poverty](#) provides research-based policy recommendations for poverty reduction.

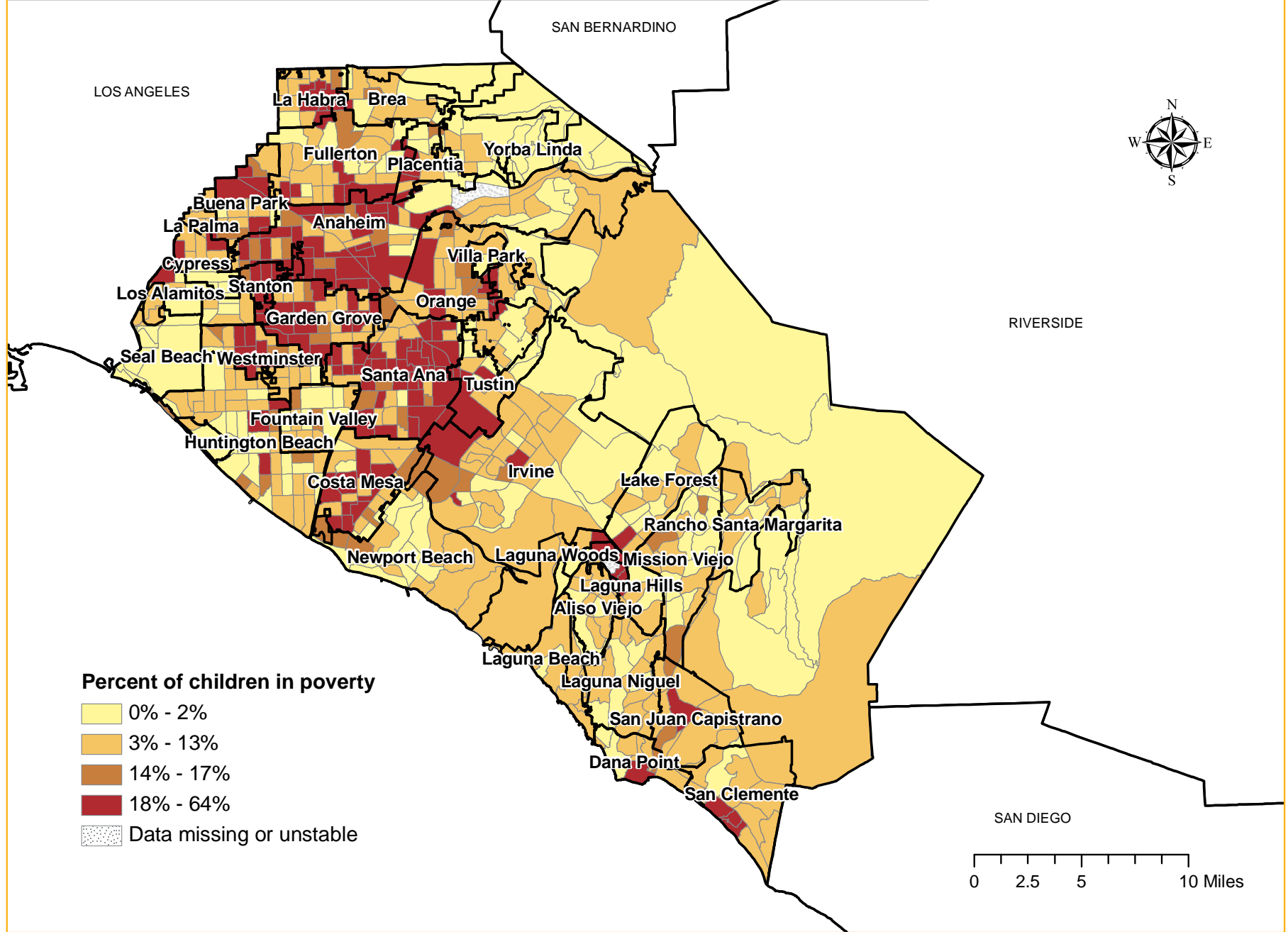
The [Brookings Institution Metropolitan Opportunity Project](#) offers policy recommendations to enhance the well-being of lower-income families and communities in both cities and suburbs.

The Center for American Progress published the report [From Poverty to Prosperity: A National Strategy to Cut Poverty in Half](#), an outgrowth of their expert taskforce on poverty.

Location	Percent of Children Living in Poverty by City, 2007-2009
Seal Beach	2%
Yorba Linda	2%
Newport Beach	4%
Aliso Viejo	4%
Mission Viejo	4%
Lake Forest	4%
Rancho Santa Margarita	4%
Laguna Beach	5%
Brea	5%
Fountain Valley	5%
Laguna Hills	6%
Irvine	6%
Laguna Niguel	7%
Dana Point	8%
Huntington Beach	8%
Cypress	8%
San Clemente	10%
Buena Park	11%
Orange	12%
San Juan Capistrano	12%
Fullerton	13%
Tustin	13%
Orange County	13%
Westminster	15%
Costa Mesa	17%
Placentia	17%
Garden Grove	17%
La Habra	18%
California	19%
United States	19%
Anaheim	21%
Stanton	25%
Santa Ana	25%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Poverty Rate Among Children by Census Tract, 2005-2009



Rent Burden

Description of Indicator

This indicator measures the proportion of households that are spending thirty percent or more of their income on rent.

Why is this Important to Health?

Low housing affordability has been linked to decreased access to a variety of resources. For example, families who must spend a large portion of household income on housing tend to spend less on food, potentially compromising their ability to buy healthy foods (16). A Health Impact Assessment by Thomson et al. (2003) suggested families on a waiting list for rent subsidies are eight times more likely to have poorer growth than children in families receiving rental subsidies (17).

Resources

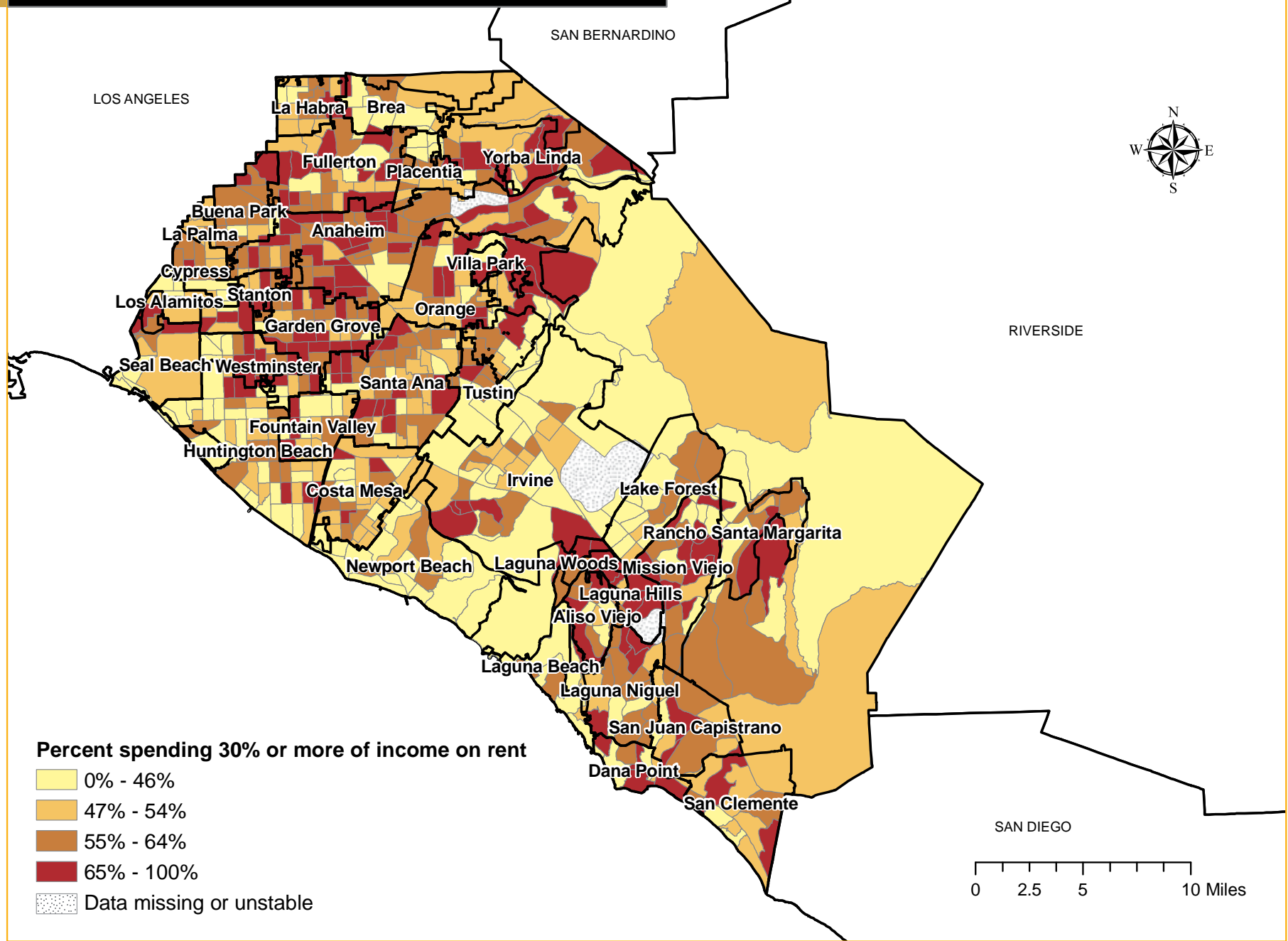
The [Task Force on Community Preventive Services](#) has published reviews of successful strategies to increase access to housing, including rent subsidy programs.

[PolicyLink](#), a research and advocacy organization, has the Affordable Housing Tool Group – a large and varied set of programs and policies related to affordable housing.

Location	Percent of Households Spending 30% or More of Income on Rent by City, 2007-2009
Newport Beach	41%
Seal Beach	41%
Brea	45%
Irvine	48%
Aliso Viejo	48%
Huntington Beach	48%
Laguna Beach	48%
United States	50%
Lake Forest	50%
Cypress	51%
Costa Mesa	51%
San Clemente	51%
La Habra	52%
Fountain Valley	53%
Orange	53%
Rancho Santa Margarita	55%
California	55%
Orange County	55%
Tustin	55%
Laguna Niguel	55%
Stanton	56%
Yorba Linda	57%
Santa Ana	56%
Fullerton	57%
Buena Park	58%
Placentia	60%
Mission Viejo	61%
Garden Grove	61%
Anaheim	62%
San Juan Capistrano	64%
Dana Point	65%
Westminster	65%
Laguna Hills	68%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Rent Burden by Census Tract, 2005-2009



Crowded Living Conditions

Description of Indicator

This indicator measures the proportion of housing units, both owned and rented, which have more than one person per room, the common definition of crowded living conditions.

Why is this Important to Health?

Crowded households – such as two families sharing housing due to economic hardship – can lead to stress caused by lack of privacy, quiet, and having to manage a large number of relationships (18). Living in crowded housing is associated with poor school performance and behavioral problems among children (19). Living in crowded conditions may also facilitate the spread of communicable diseases, such as respiratory infections and tuberculosis (18). For example, in a study by Fonseca et al. (1996) of pneumonia transmission, children living in households with eight or more persons were twice as likely to develop the disease as those living in average sized households of two to four persons (20). Additionally, crowding is associated with low birth weight and asthma, triggered by poor housing conditions, such as moisture damaged walls, mold, and pest problems (21). Finally, living in crowded households is a risk factor for homelessness (22).

Resources

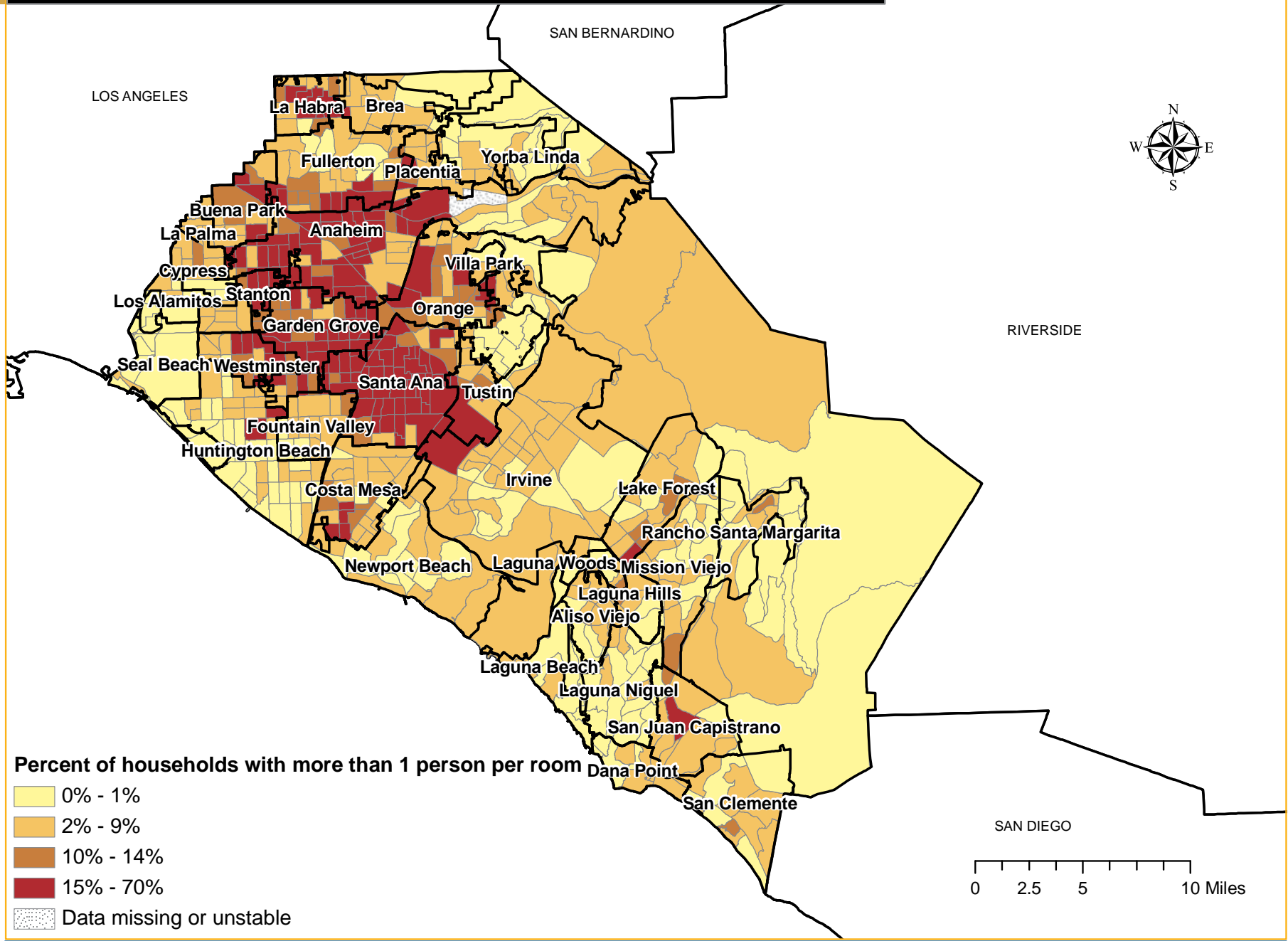
The [Task Force on Community Preventive Services](#) has published reviews of what works to increase access to stable housing.

Strategies for preventing homelessness are available through the [U.S. Department of Housing and Urban Development](#).

Location	Percent of Households with More than One Person per Room by City, 2007-2009
Seal Beach	0.8%
Laguna Niguel	1.0%
Laguna Beach	1.3%
Dana Point	1.4%
Yorba Linda	1.5%
Newport Beach	1.7%
Huntington Beach	2.6%
Aliso Viejo	2.9%
Mission Viejo	3.0%
San Clemente	3.0%
United States	3.0%
Irvine	3.1%
Fountain Valley	3.3%
Rancho Santa Margarita	3.4%
Cypress	4.3%
Lake Forest	4.4%
Brea	4.8%
San Juan Capistrano	5.7%
Laguna Hills	6.3%
California	7.9%
Costa Mesa	8.1%
Orange County	9.4%
Placentia	9.4%
Tustin	9.4%
Westminster	10.1%
Orange	10.3%
Fullerton	11.6%
Buena Park	11.8%
La Habra	16.7%
Garden Grove	16.8%
Anaheim	17.3%
Stanton	17.5%
Santa Ana	34.1%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Crowded Living Conditions by Census Tract, 2005-2009



Average Commute Time

Description of Indicator

This indicator measures the average time it takes Orange County residents 16 years and older to commute to work.

Why is this Important to Health?

According to the U.S. Census Bureau, Orange County residents spent approximately 34.3 million minutes getting to work in 2010. Almost 38% of Orange County commuters took at least a half hour to get to work. Commute distances and time are associated with environmental impacts and personal well being and health (23). Poor air quality is associated with asthma, cancer, heart diseases, poor birth outcomes, and early death (24). Increased commute times also lead to increased stress, decreased social activity and less time for exercise and physical activity (25). In a study by Frank et al. (2004), each hour spent driving per day may increase risk of obesity by six percent (26).

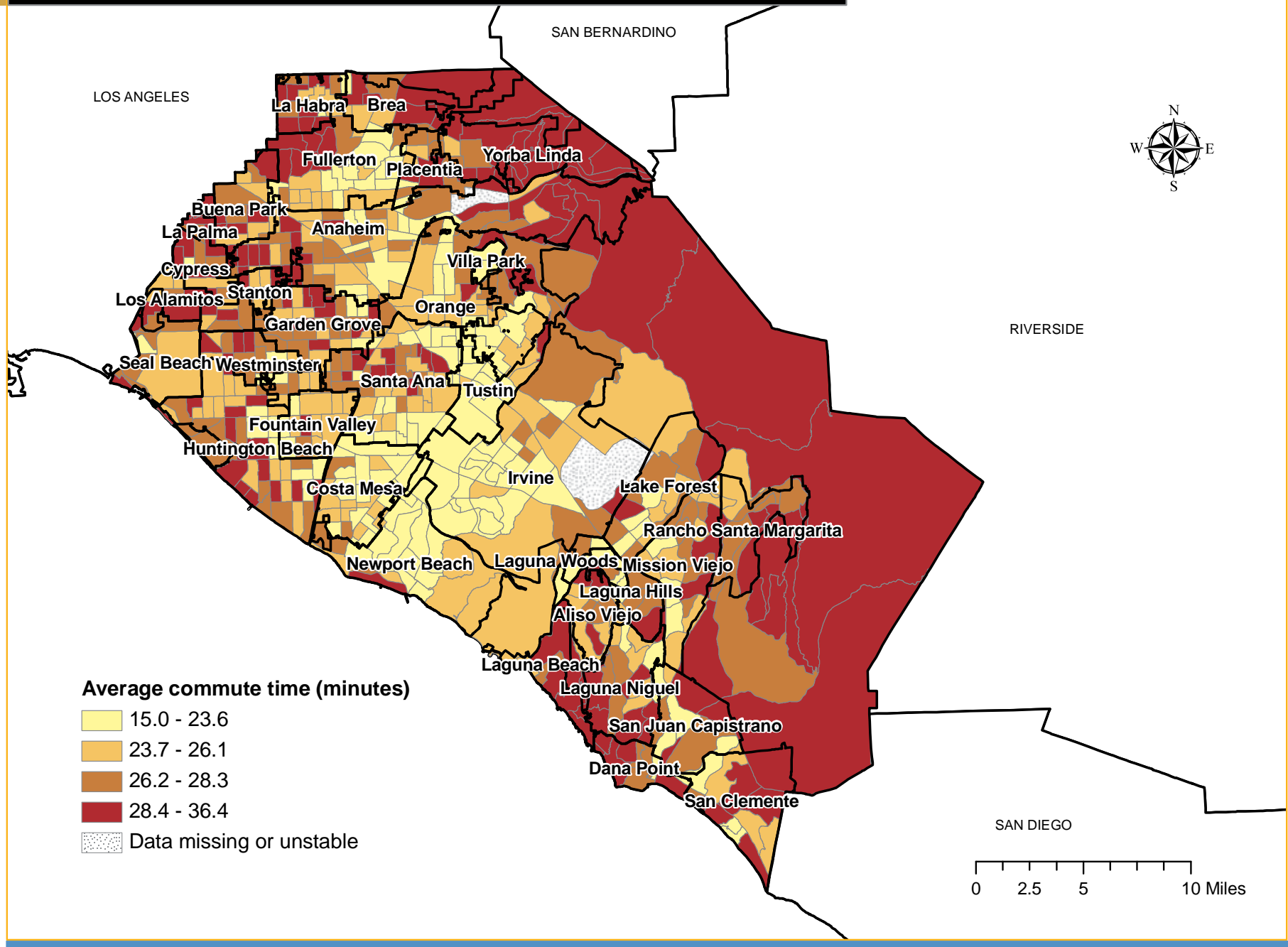
Resources

The U.S. Environmental Protection Agency has created a set of resources for the implementation of smart growth principles, including guidelines and tools. These principles emphasize proximity of jobs to homes, concentrated development, non-motorized and public transportation, and reinforce a strong sense of place. Additionally, the U.S. Centers for Disease Control have published "Recommendations for Improving Health through Transportation Policy," which includes evidence based suggestions for promoting non-motorized transportation and public transit, with an eye from improving public health.

Location	Average Commute Time in Minutes by City, 2007-2009
Costa Mesa	22
Irvine	22
Newport Beach	23
Tustin	23
Santa Ana	25
Fountain Valley	25
United States	25
Fullerton	26
Orange	26
Mission Viejo	26
Aliso Viejo	26
Laguna Hills	26
Lake Forest	26
Huntington Beach	26
San Juan Capistrano	26
Orange County	26
Laguna Niguel	27
Buena Park	27
Garden Grove	27
Westminster	27
Anaheim	27
San Clemente	27
Placentia	27
California	27
Dana Point	28
Cypress	28
Rancho Santa Margarita	28
La Habra	28
Stanton	29
Seal Beach	29
Brea	29
Laguna Beach	30
Yorba Linda	31

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Average Commute Time by Census Tract, 2005-2009



Commuters Driving Alone

Description of Indicator

This indicator measures the proportion of Orange County residents 16 years and older who drive alone to work.

Why is this Important to Health?

According to the U.S. Census Bureau, approximately 78% of Orange County's 1.3 million commuters typically drove alone to work in 2010. Driving alone rather than ride-sharing or – better yet – commuting by biking, walking or public transportation – means more vehicles on the road, which reduces air quality. As stated previously, poor air quality is associated with asthma, cancer, heart diseases, poor birth outcomes, and early death (27). Commuters who drive to work alone are less likely to walk or ride their bikes, which are both important sources of physical activity (28, 29). The use of public transit, such as buses, is known to increase the daily physical activity of transit commuters, who often walk or bicycle between bus stops and their jobs or homes (30).

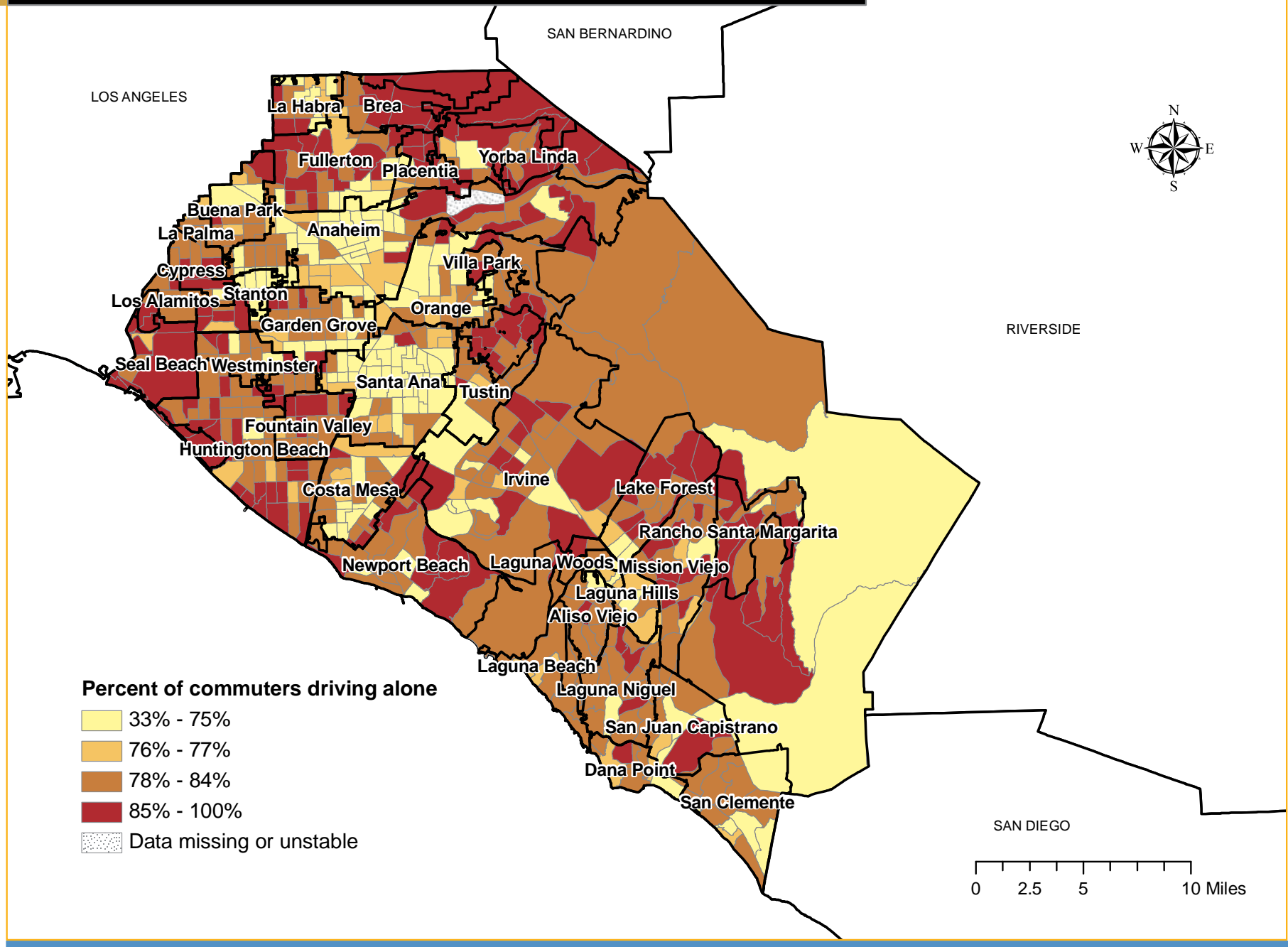
Resources

The U.S. Centers for Disease Control has published “[Recommendations for Improving Health through Transportation Policy](#),” which includes evidence-based suggestions for promoting non-motorized transportation and public transit, with a goal of improving public health.

Location	Percent of Commuters Driving Alone by City, 2007-2009
Santa Ana	67%
California	73%
Costa Mesa	73%
Anaheim	74%
Stanton	75%
United States	76%
Garden Grove	76%
Irvine	76%
San Juan Capistrano	77%
San Clemente	77%
Tustin	78%
Orange County	78%
La Habra	78%
Orange	78%
Buena Park	79%
Laguna Hills	79%
Fullerton	79%
Aliso Viejo	80%
Placentia	81%
Laguna Beach	81%
Laguna Niguel	81%
Lake Forest	81%
Huntington Beach	82%
Dana Point	82%
Newport Beach	82%
Westminster	82%
Rancho Santa Margarita	82%
Fountain Valley	83%
Seal Beach	84%
Mission Viejo	84%
Cypress	84%
Yorba Linda	84%
Brea	85%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Commuters Driving Alone by Census Tract, 2005-2009



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Educational Health

Children Attending Preschool

Description of Indicator

This indicator measures the proportion of children ages three and four who are enrolled in public or private preschools.

Why is this Important to Health?

Early childhood education is known to promote children's development including their intellectual skills and performance in school. Children's readiness for school when they start kindergarten is linked to future school success (1). Research shows that students who start school significantly behind their peers may never close the readiness gap; instead the gap tends to widen as they move through school grades (1). Early academic problems increase the chances of truancy, drop out, risky health behaviors, and delinquency (2, 3). In a study that followed a group of young children to adulthood, those who attended preschool had a high school graduation rate that was about eight percentage points higher than those who did not attend preschool, even after controlling for other factors (3). Educational attainment is then associated with income and a variety of health behaviors, such as smoking, diet, physical activity, early sexual activity, and teen pregnancy (2, 3, 4).

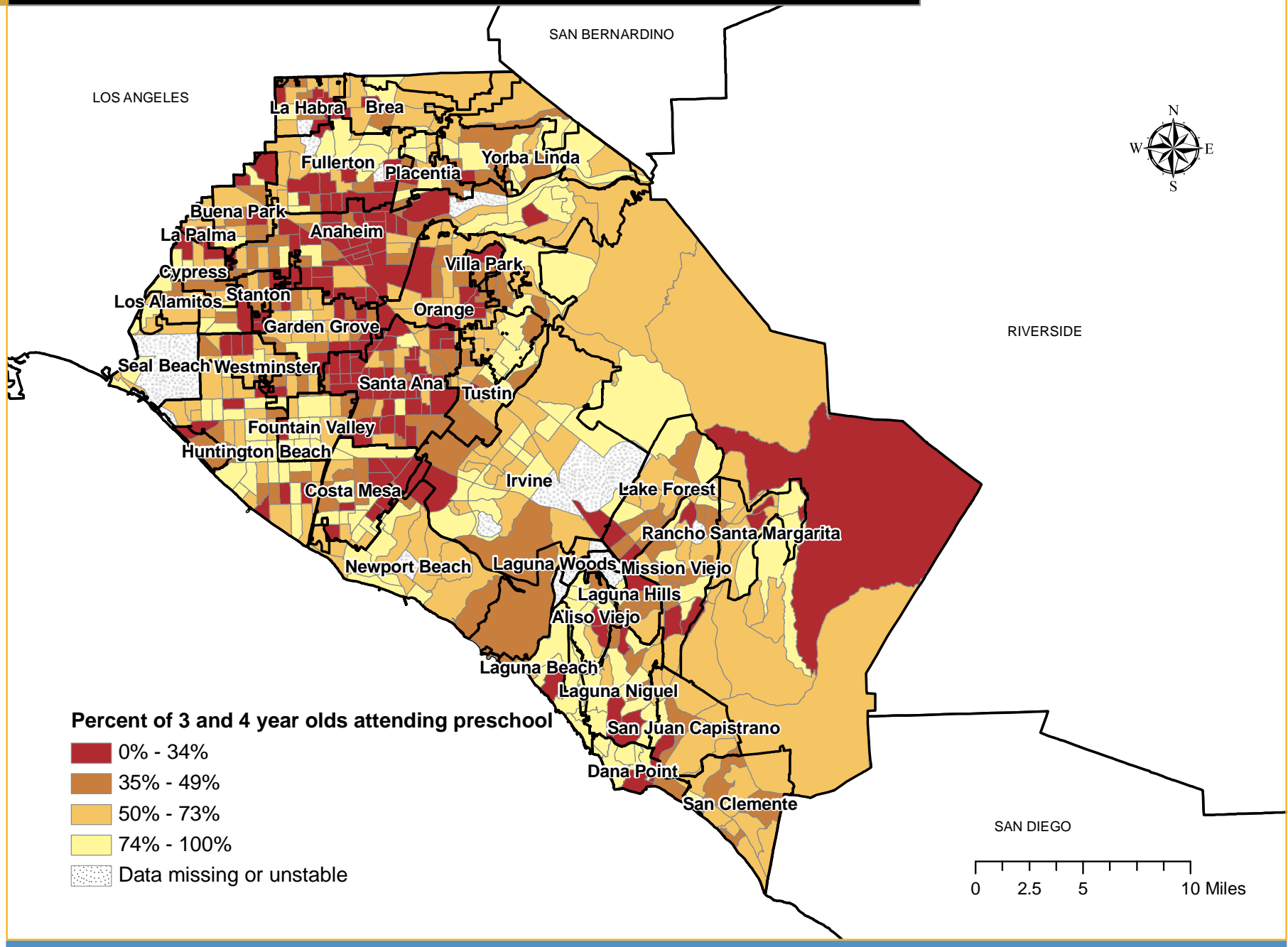
Resources

The U.S. Department of Education's Institute of Education Sciences runs a "What Works Clearinghouse" with research reviews on topics in education, including the area of early childhood education.

Location	Percent of Three and Four Year Olds Attending Preschool by City, 2007-2009
Seal Beach	79%
Dana Point	71%
Irvine	69%
Aliso Viejo	68%
Huntington Beach	67%
Laguna Beach	67%
Fountain Valley	67%
Newport Beach	65%
Cypress	60%
Rancho Santa Margarita	59%
Yorba Linda	58%
San Clemente	58%
Laguna Niguel	56%
Placentia	56%
Brea	55%
Mission Viejo	54%
Tustin	54%
Costa Mesa	53%
Westminster	53%
Buena Park	52%
Lake Forest	51%
California	50%
San Juan Capistrano	49%
Orange County	49%
United States	48%
Orange	47%
Garden Grove	46%
La Habra	44%
Fullerton	44%
Stanton	41%
Laguna Hills	41%
Anaheim	37%
Santa Ana	32%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Children Attending Preschool by Census Tract, 2005-2009



English Learners

Description of Indicator

This indicator measures the proportion of public school students in kindergarten through grade 12 who are English Learners. Students are considered English Learners if they are not proficient in listening, speaking, reading, or writing in English.

Why is this Important to Health?

English Learners are less likely to perform well in school and less likely to graduate from high school or attend college compared to their English-proficient peers (5, 6, 7). When they do graduate, approximately 63% of English Learners are still below standard curriculum levels compared to 25% of non-English Learner graduates (7). In a national study by Wong et al., those without a high school diploma had 3.5 times more years of potential life lost due to premature death compared to those with a diploma (8).

Resources

The U.S. Department of Education's Institute of Education Sciences runs a "What Works Clearinghouse" with research reviews on topics in education, including education among English Learners.

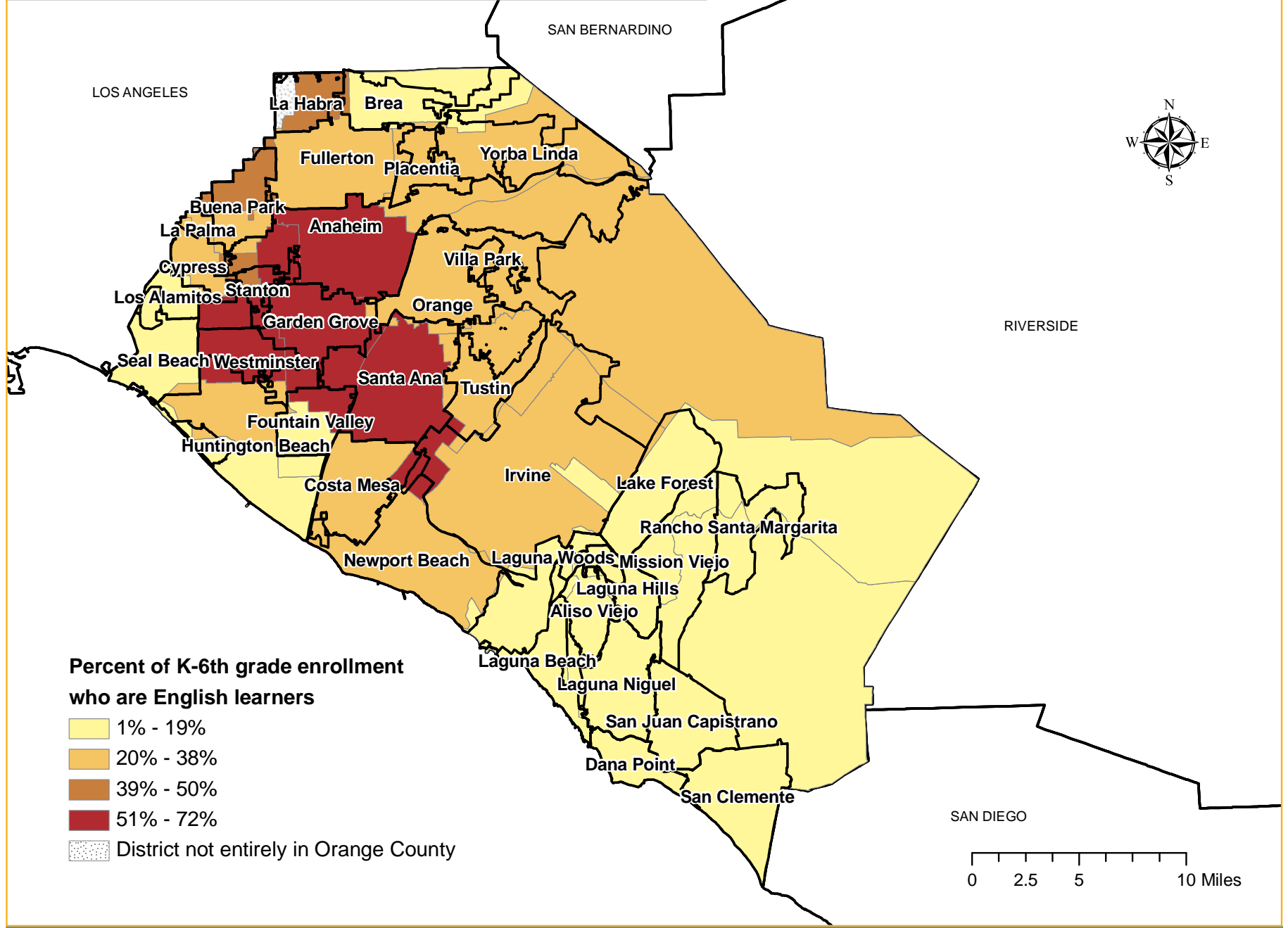
Location	Percent of Students Designated English Learner by School District, 2009/10	
	K-6 th Grade	7-12 th Grade
Laguna Beach Unified	1%	2%
Los Alamitos Unified	4%	1%
Huntington Beach City Elementary	8%	N/A
Huntington Beach Union High*	N/A	12%
Fountain Valley Elementary	12%	N/A
Capistrano Unified	15%	7%
Brea-Olinda Unified	19%	31%
Saddleback Valley Unified	19%	8%
Irvine Unified	21%	8%
Placentia-Yorba Linda Unified	22%	8%
Cypress Elementary	23%	N/A
Ocean View	27%	N/A
California	31%	15%
Newport-Mesa Unified	33%	20%
Tustin Unified	34%	17%
Orange Unified	34%	17%
Fullerton Elementary	35%	N/A
Fullerton Joint Union High*	N/A	18%
Centralia Elementary	36%	N/A
Orange County	38%	18%
La Habra City Elementary	45%	N/A
Savanna Elementary	46%	N/A
Buena Park Elementary	50%	N/A
Anaheim City	57%	N/A
Anaheim Union High	N/A	23%
Garden Grove Unified	58%	31%
Magnolia Elementary	59%	N/A
Westminster Elementary	60%	N/A
Santa Ana Unified	72%	36%

*Fullerton Joint High School includes 7-8 graders from La Habra City, Buena Park and Fullerton Elementary school districts; Huntington Beach Union High includes 7-8 graders from Fountain Valley, Huntington Beach City, Ocean View and Westminster school districts.

(N/A – not applicable)

Source: California Department of Education, DataQuest, 2009/10 (<http://dq.cde.ca.gov/dataquest/>).

English Learners by School District, 2009/10



High School Graduation

Description of Indicator

This indicator measures the proportion of high school students who graduate within four years. This calculation is based on available data and is used in annual yearly progress and No Child Left Behind reporting, but may overestimate true graduation rates.

Why is this Important to Health?

Due in part to the economic benefits of education (9), high school graduates are less likely to die from a number of causes compared to those without a diploma, including heart disease, motor vehicle death, and homicide (10). High school graduates may be less likely to engage in behaviors harmful to health, such as smoking (11). A review by Fiscella and Kitzman suggested a person with a high school diploma can expect 10 additional years of healthy life than a person with less than 9 years of education (12).

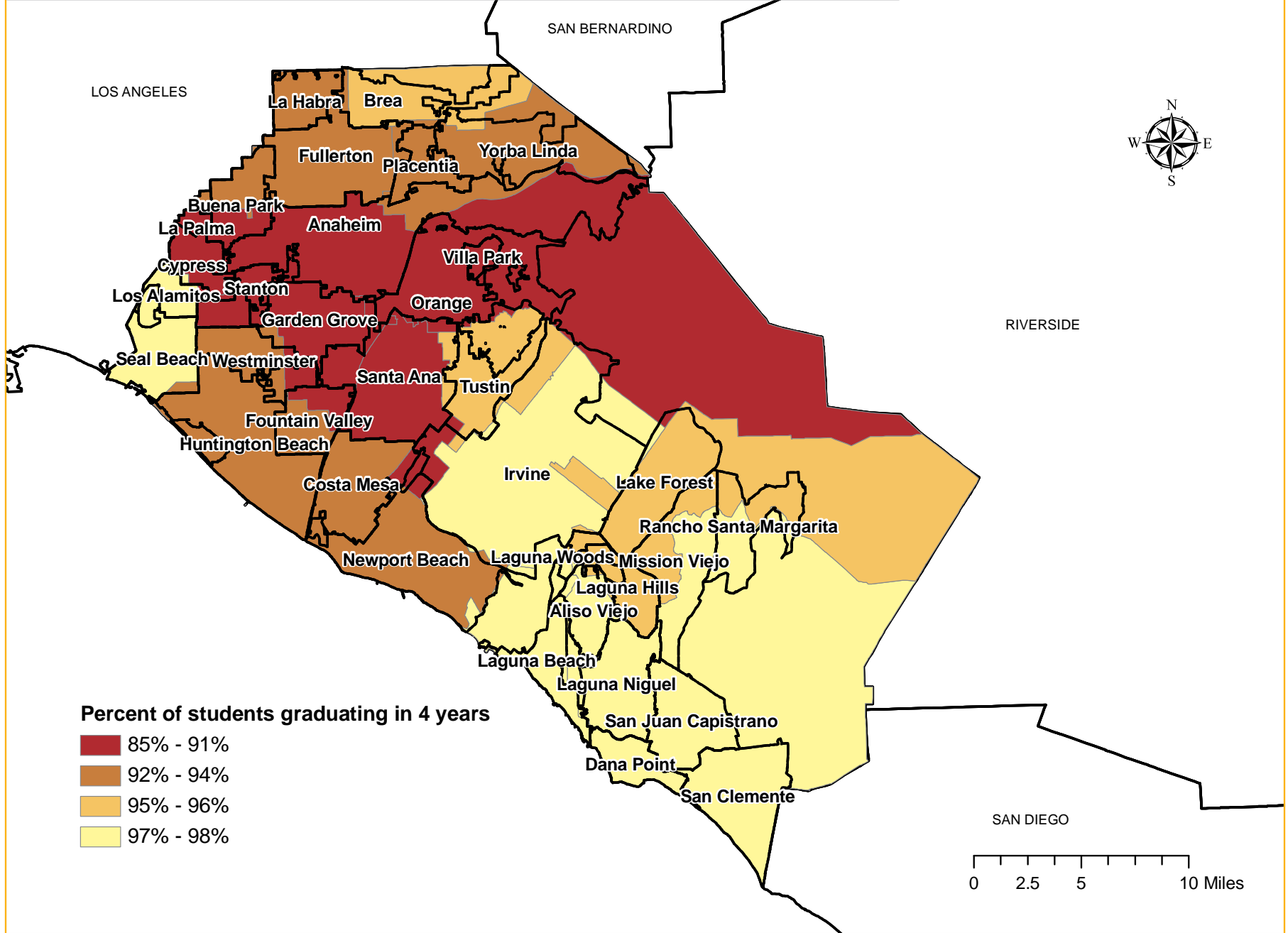
Resources

The U.S. Department of Education's Institute of Education Sciences runs a "What Works Clearinghouse" with research reviews on topics in education, including dropout prevention. Additionally, the U.S. Department of Education funds the National High School Center at the American Institutes for Research, which publishes a collection of research and resources to improve high schools.

Location	Percent of Students Graduating in Four Years by School District, 2008/09
Laguna Beach Unified	98%
Los Alamitos Unified	97%
Capistrano Unified	97%
Irvine Unified	97%
Tustin Unified	96%
Brea-Olinda Unified	95%
Saddleback Valley Unified	94%
Huntington Beach Union High	94%
Fullerton Joint Union High	94%
Placentia-Yorba Linda Unified	93%
Newport-Mesa Unified	93%
Garden Grove Unified	91%
Orange Unified	91%
Orange County	88%
Anaheim Union High	85%
Santa Ana Unified	85%
California	79%

Source: California Department of Education, DataQuest 2008/09 (<http://www.ed-data.k12.ca.us/welcome.asp>)

High School Graduation Rate by School District, 2008/09



Adults with High School Diploma

Description of Indicator

This indicator measures the proportion of residents 25 years of age and older who have a high school diploma or its equivalent.

Why is this Important to Health?

High school graduates have lower death rates from all causes and are less likely to suffer from heart disease, motor vehicle death, homicide, high cholesterol, and other health issues (13). They may also be less likely to engage in behaviors harmful to their health (14). In national surveillance by the Centers for Disease Control and Prevention, those without a high school diploma are approximately five times more likely to smoke than those with a graduate degree (15). Additionally, among non-elderly adults, those without a high school diploma are over 1.5 times more likely to lack health insurance than those with a diploma (16).

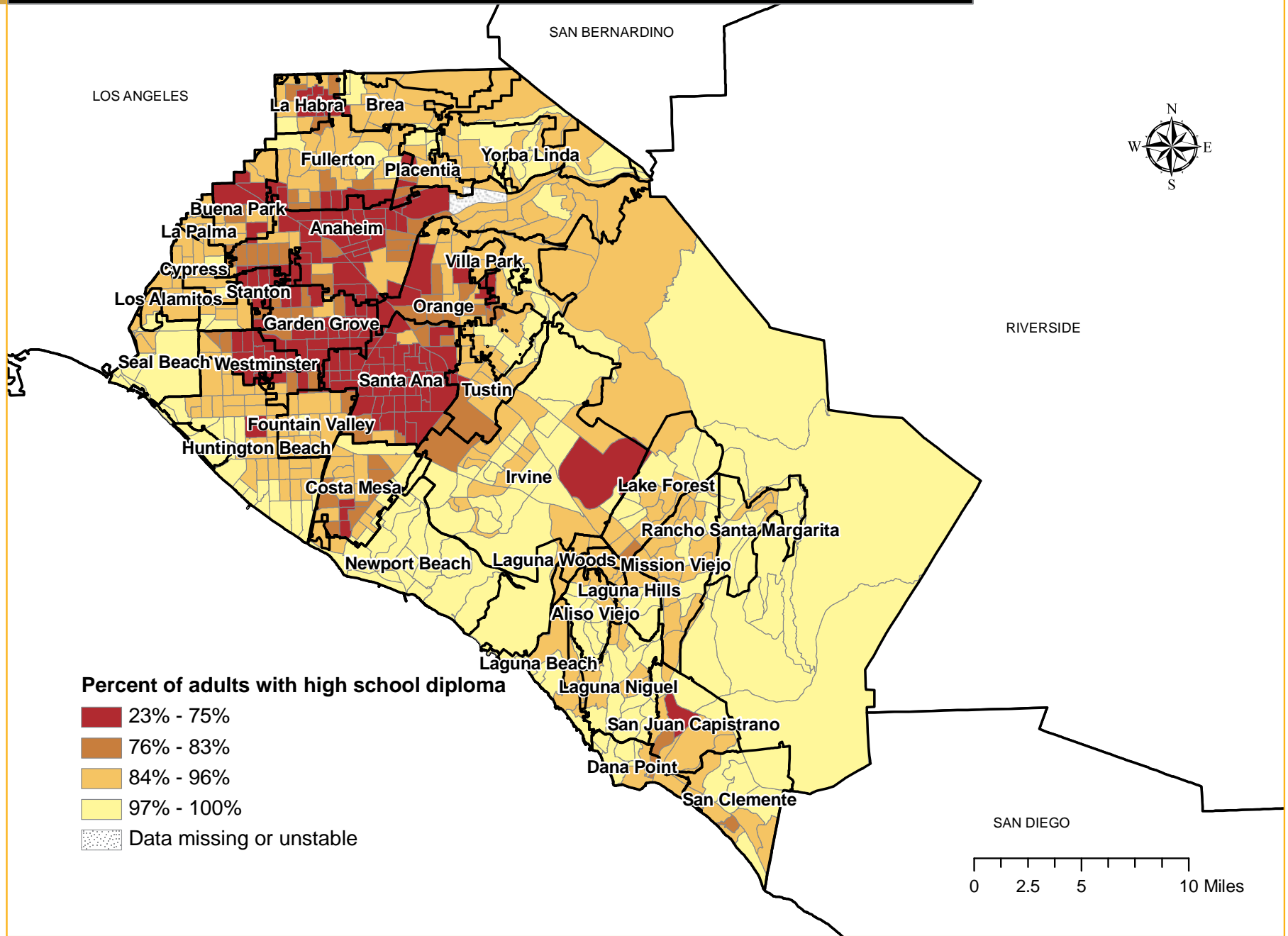
Resources

The U.S. Department of Education's Institute of Education Sciences runs a "What Works Clearinghouse" with research reviews on topics in education. The [National Center for Adult Learning and Literacy](#) has a clearinghouse with research reviews on topics in adult learning and literacy. The [Office of Vocational and Adult Education](#) provides information and resources related to adult education.

Location	Percent of Residents Ages 25 and Over with a High School Diploma by City, 2007-2009
Laguna Beach	98%
Newport Beach	98%
Laguna Niguel	98%
Irvine	96%
Aliso Viejo	95%
Yorba Linda	95%
Rancho Santa Margarita	95%
Seal Beach	95%
San Clemente	94%
Dana Point	94%
Mission Viejo	94%
Huntington Beach	93%
Lake Forest	93%
Laguna Hills	93%
Brea	92%
Cypress	91%
Fountain Valley	89%
Fullerton	85%
Costa Mesa	85%
Tustin	85%
United States	85%
San Juan Capistrano	84%
Placentia	84%
Orange County	83%
Orange	82%
California	81%
Buena Park	80%
La Habra	79%
Westminster	75%
Anaheim	73%
Garden Grove	71%
Stanton	67%
Santa Ana	51%

Source: U.S. Census Bureau, American Community Survey, 2007-2009 (<http://factfinder.census.gov>)

Adults with High School Diploma by Census Tract, 2005-2009



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Community Health

Healthy Food Availability

Description of Indicator

This indicator measures the number of healthy food outlets in a community per 1,000 residents. Healthy food outlets are considered any grocery store with four or more employees or fruit and/or vegetable vendor.

Why is this Important to Health?

The presence or absence of nearby vendors that sell healthy foods may affect a person's likelihood of eating fruits and vegetables, meeting nutritional recommendations, and their risk of becoming obese (1, 2, 3). According to a recent 2009 review by Larson et al., the majority of studies on the subject show a link between living in neighborhoods with healthy food access and healthier food intakes (1). Additionally, several studies link healthy food environments and obesity, including a nationwide study in which metropolitan residents living far from supermarkets were 24% more likely to be obese than those who lived close to them (3). Obesity is the second leading preventable cause of death in the United States (4). Healthy eating not only helps people get to and maintain a healthy weight, but it also offers protection against illnesses such as heart disease and certain cancers (5).

Resources

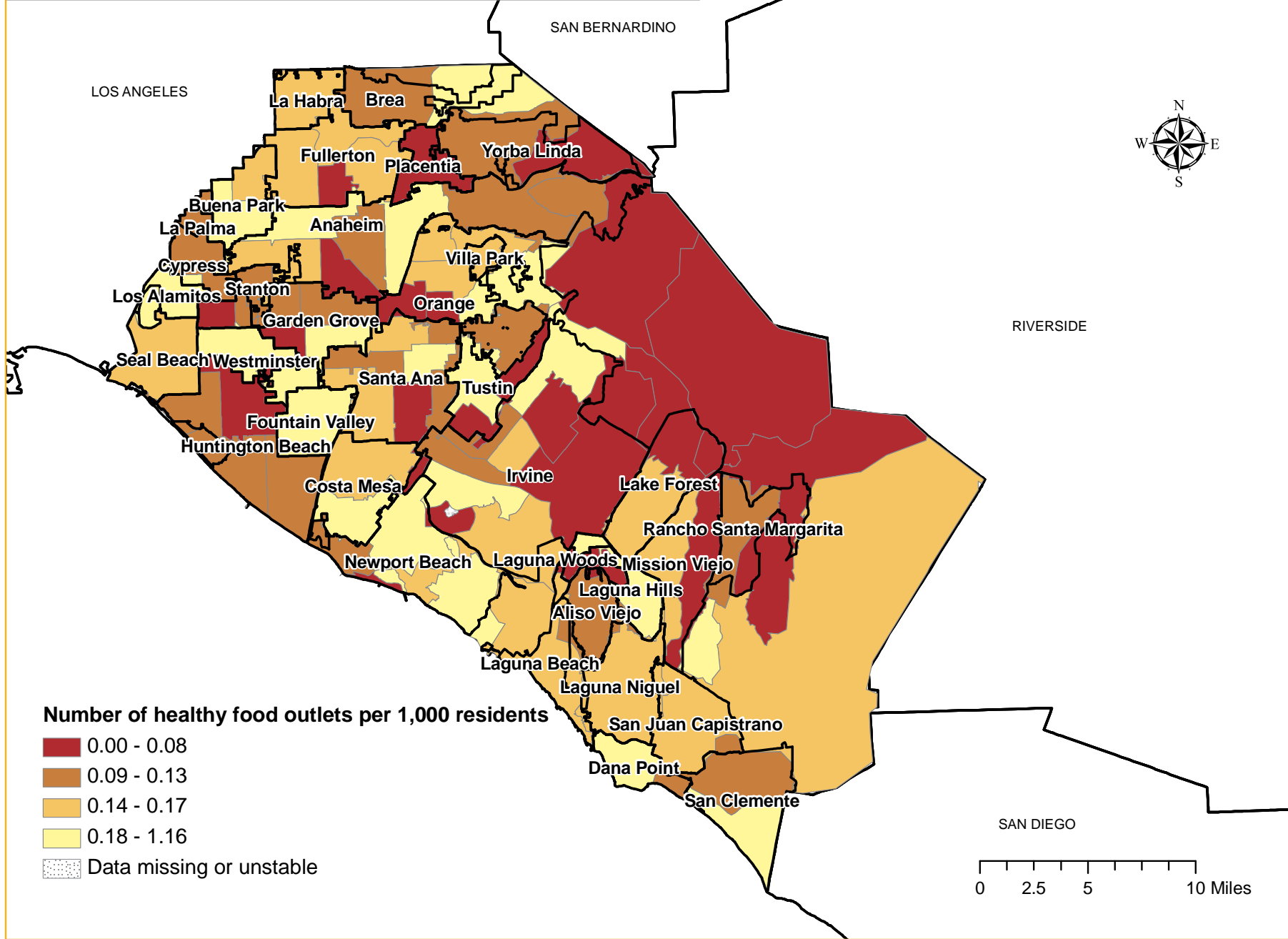
The [Centers for Disease Control and Prevention](#) provides recommendations for the prevention of obesity through community based strategies, including several about increasing access to healthy foods.

The nonprofit [Public Health Law and Policy](#) provides excellent summaries on how to increase access to healthy foods.

(Data not available by city)

Source: Healthy Food Retail: U.S. Census Bureau, ZIP Code Business Patterns

Healthy Food Availability by Zip Code, 2007



Park Availability

Description of Indicator

This indicator measures the approximate number of acres of parks in a community per 1,000 residents.

Why is this Important to Health?

The number and proximity of parks in a neighborhood can raise fitness levels of residents (6). In a review of the scientific literature by the Task Force on Community Preventive Services, it was found that access to places for physical activity increased levels of exercise by nearly 14% (6). Physical activity is a key factor in weight loss, maintaining a healthy weight, and preventing obesity – the second leading preventable cause of death in the United States (7). Those who are physically active tend to live longer than those who are inactive and they are at reduced risk for cardiovascular diseases, certain cancers, diabetes, depression, and a number of other significant health problems (8). Lack of access to parks and places for physical activity is a particular problem for residents of low income communities, who may already be at increased risk of obesity and related chronic diseases.

Resources

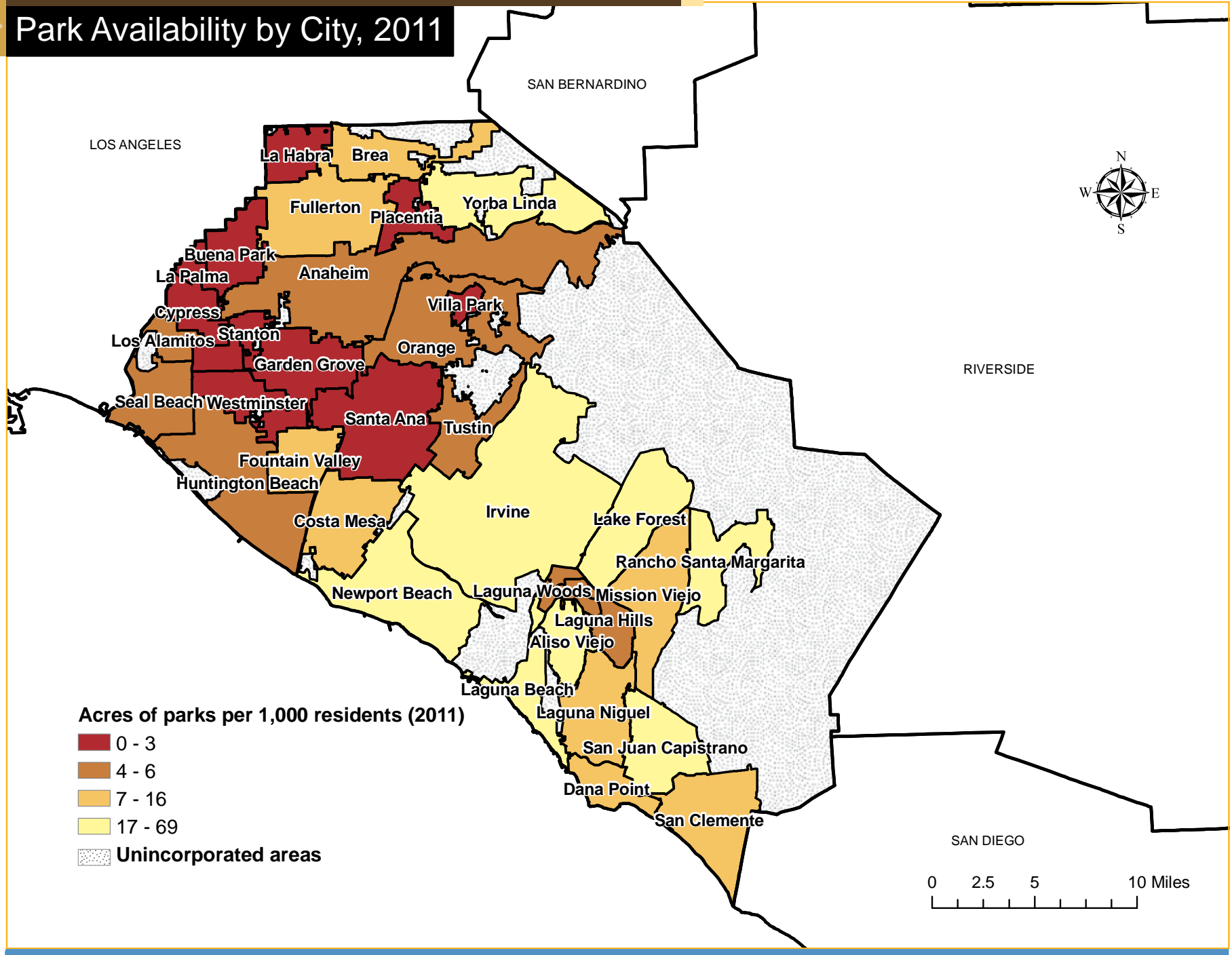
The [Task Force on Community Preventive Services](#) conducted a formal review of studies on the creation of, or enhanced access to, places for physical activity.

The [Trust for Public Land](#) has published guides on how to create and finance quality park systems.

Location	Numbers of Acres of Parks per 1,000 Residents by City, 2011
Laguna Beach	69
Rancho Santa Margarita	48
Irvine	38
Yorba Linda	37
Lake Forest	35
San Juan Capistrano	33
Newport Beach	32
Aliso Viejo	19
Laguna Niguel	16
Fountain Valley	12
Brea	12
Dana Point	10
Mission Viejo	9
Fullerton	8
Costa Mesa	8
San Clemente	7
Orange	6
Huntington Beach	6
Laguna Woods	5
Seal Beach	5
Anaheim	4
Tustin	3
Laguna Hills	3
Los Alamitos	3
La Palma	2
Placentia	2
La Habra	2
Cypress	2
Buena Park	2
Santa Ana	1
Garden Grove	1
Westminster	1
Stanton	1
Villa Park	0

Source: GreenInfo Network, California Protected Areas Database, version 1.7; U.S. Census Bureau, 2010 U.S. Census.

Park Availability by City, 2011



Alcohol Outlet Density

Description of Indicator

This indicator measures the number of alcohol outlets per 1,000 residents. Alcohol outlets include liquor stores, convenience stores, supermarkets, bars, restaurants, or other retailers who sell alcoholic beverages.

Why is this Important to Health?

Alcohol consumption is the third greatest preventable cause of death in the United States (9). Alcohol outlets may negatively affect both low and higher income communities. High alcohol outlet density has been associated with higher overall alcohol consumption, increasing both the frequency of alcohol use and the amount of alcohol consumed per drinking session (10). Additionally, studies have linked neighborhoods with higher alcohol outlet density with higher rates of alcohol-related pedestrian collisions, alcohol-related motor vehicle crashes, and alcohol related motor vehicle crash fatalities (10). It has been estimated that for every 10% increase in the number of alcohol outlets within an area, a 1.7 to 2.1% increase in violent crime can be expected (10).

Resources

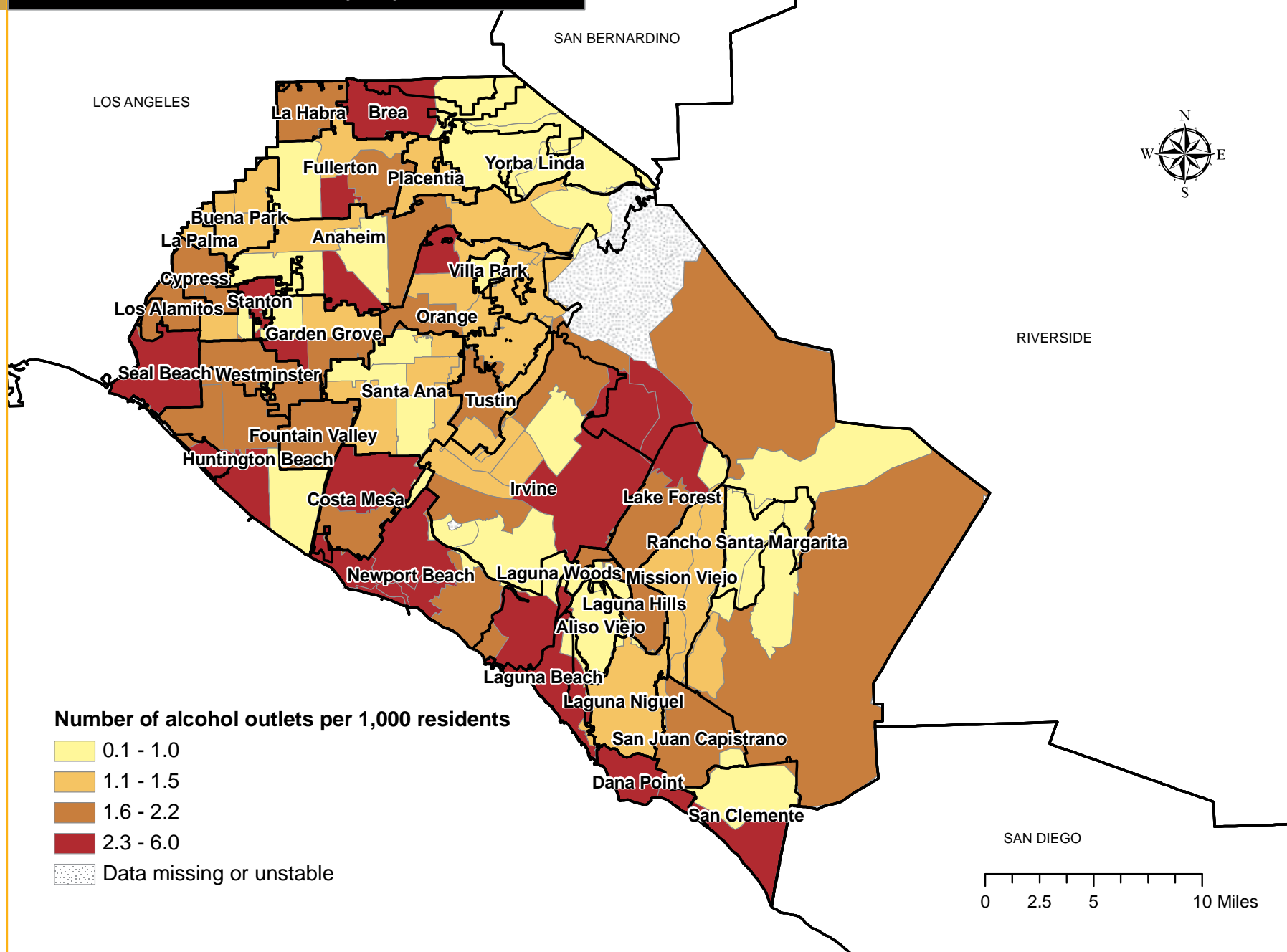
The [Task Force on Community Preventive Services](#) has published a review of what works to prevent excessive alcohol consumption, which includes the regulation of alcohol outlet density.

The [Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention](#) has also published a guide on environmental approaches to reducing problems related to alcohol availability.

Location	Number of Alcohol Outlets per 1,000 Residents by City, 2009
Laguna Woods	0.6
Aliso Viejo	0.7
Villa Park	0.8
Rancho Santa Margarita	0.9
Yorba Linda	0.9
Santa Ana	1.1
San Juan Capistrano	1.2
La Palma	1.3
Mission Viejo	1.3
Irvine	1.3
Laguna Niguel	1.4
Buena Park	1.4
Placentia	1.4
Anaheim	1.4
Cypress	1.6
Garden Grove	1.6
Orange County	1.7
Westminster	1.7
Huntington Beach	1.8
Orange	1.9
La Habra	1.9
San Clemente	2.0
Fullerton	2.0
Fountain Valley	2.0
Tustin	2.1
Laguna Hills	2.2
Los Alamitos	2.2
Stanton	2.2
Brea	2.5
Seal Beach	2.6
Dana Point	2.7
Costa Mesa	2.9
Lake Forest	3.0
Newport Beach	3.6
Laguna Beach	4.5

Source: California Department of Alcohol Beverage Control (www.abc.ca.gov/)

Alcohol Outlet Density by ZIP, 2009



Child Abuse and Neglect

Description of Indicator

This indicator measures the number of children under 18 years of age with child abuse or neglect allegations within a year per 1,000 children.

Why is this Important to Health?

Victims of child abuse and neglect experience a breadth of physical, psychological, and behavioral consequences. Abuse or neglect during crucial periods of development can result in psychological problems such as cognitive delays and emotional difficulties (11). Psychological problems are frequently expressed as aggression and high-risk behaviors, making victims of abuse more likely to smoke, abuse alcohol or drugs, or overeat (12, 13). Such behaviors can, in turn, result in long-term physical health problems such as sexually transmitted diseases, cancer, and obesity (13). Reporting abuse may represent the only opportunity a child and family have to receive outside help to end maltreatment and the cycle of abuse.

Resources

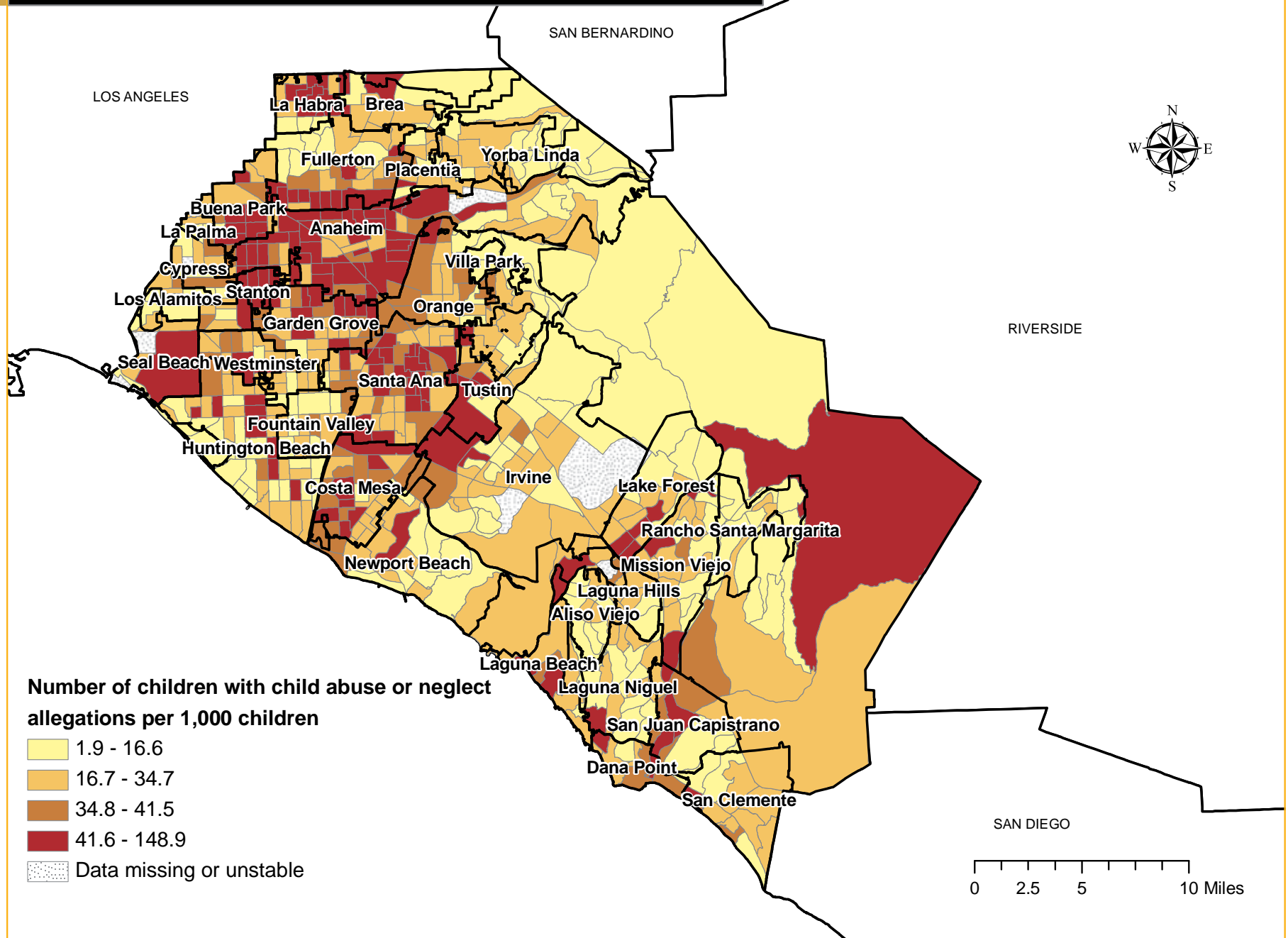
The [Children's Bureau within the U.S. Department of Health and Human Services](#) provides resources and strategies for the prevention of child abuse and neglect.

The [Promising Practices Network](#) provides tools and strategies for reducing child abuse and neglect.

(Data not available by city from this data source)

Data Source: Child Abuse Allegations: California Department of Social Services:
http://cssr.berkeley.edu/ucb_childwelfare/Maps.aspx

Child Abuse and Neglect by Census Tract, 2009



Juvenile Probationers

Description of Indicator

This indicator measures the number of juveniles (ages 10 through 17) on probation for a violation of the law per 1,000 juveniles. Juveniles on probation are minors who were arrested and referred to the Orange County Probation Department for further criminal justice action.

Why is this Important to Health?

Delinquent youth are more likely to report poorer health and suffer from more chronic conditions than their non-delinquent peers (14). Conversely, adolescents who suffer frequently from minor health problems and who lack resources to afford proper medical care report engaging in more delinquent acts than their healthy peers (15).

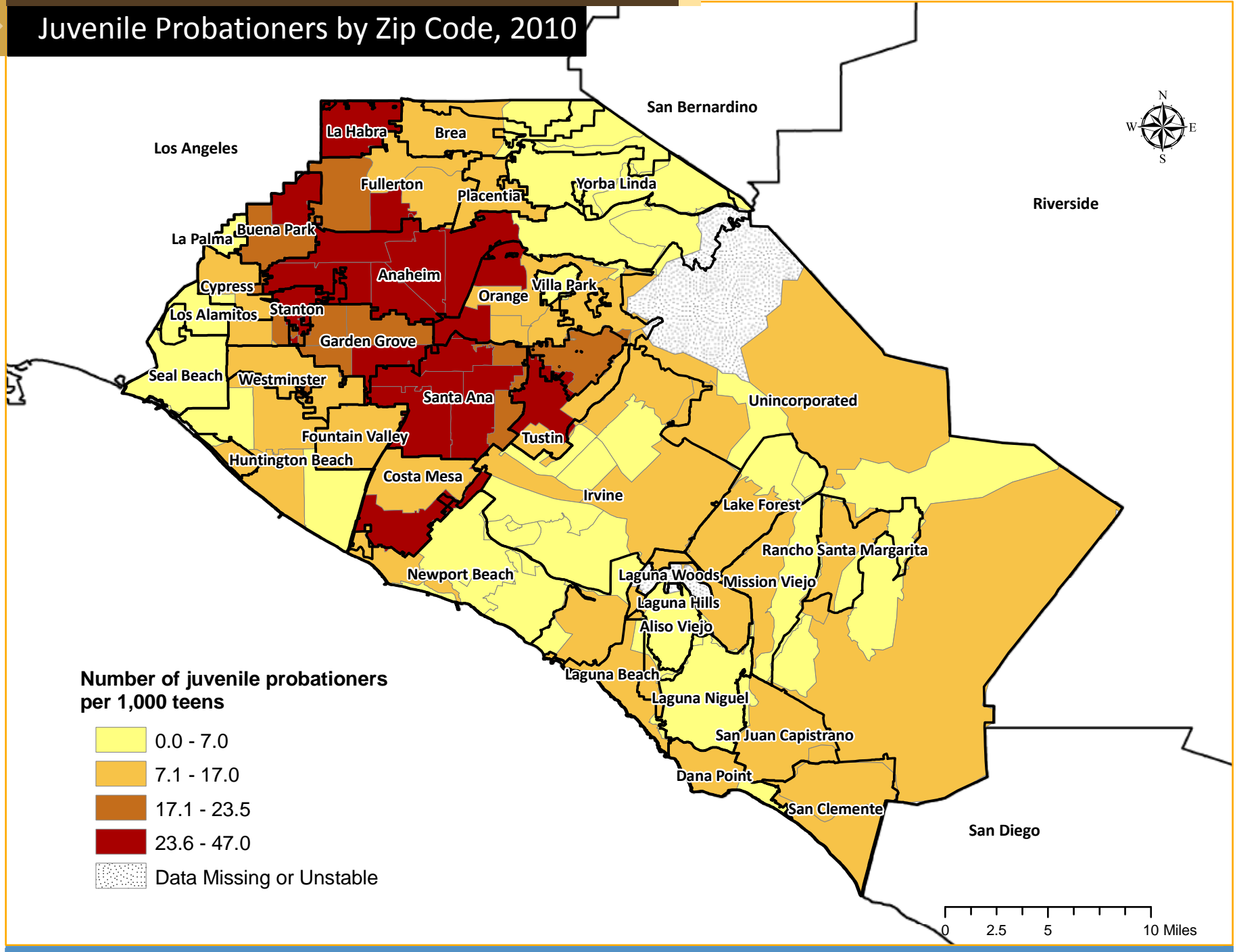
Resources

U.S. Department of Justice, [Office of Juvenile Justice and Delinquency Prevention](#) offers the Model Programs Guide, with over 200 evidence-based programs for juvenile justice practitioners.

Location	Number of Juvenile Probationers per 1,000 Juveniles by City, May 2010
Villa Park	3.6
Yorba Linda	4.0
La Palma	4.4
Los Alamitos	5.0
Irvine	5.0
Aliso Viejo	6.0
Seal Beach	6.4
Laguna Beach	7.0
Laguna Niguel	7.0
Mission Viejo	7.4
Rancho Santa Margarita	7.9
Fountain Valley	8.6
Laguna Hills	8.6
Newport Beach	8.9
Dana Point	10.3
Cypress	10.6
Brea	10.9
Huntington Beach	11.0
San Clemente	11.0
Lake Forest	13.9
San Juan Capistrano	14.0
Placentia	14.2
Westminster	15.9
Orange County	17.0
Costa Mesa	18.5
Orange	18.9
Buena Park	20.9
Garden Grove	21.5
Fullerton	21.9
La Habra	24.7
Anaheim	26.4
Tustin	27.3
Santa Ana	29.3
Stanton	31.0
Laguna Woods	N/A

Source: Orange County Probation Department

Juvenile Probationers by Zip Code, 2010



Crime Rate

Description of Indicator

This indicator measures the number of violent crimes reported to law enforcement per 100,000 residents.

Why is this Important to Health?

Victims of crime, especially violent crime, often experience severe psychological distress and mental health problems. Fear of crime—without actually being a victim—can also lead to stress, depression, and sleeping difficulties. Fear of crime may also contribute to becoming overweight because those who fear going out in their neighborhood may be more sedentary (16, 17).

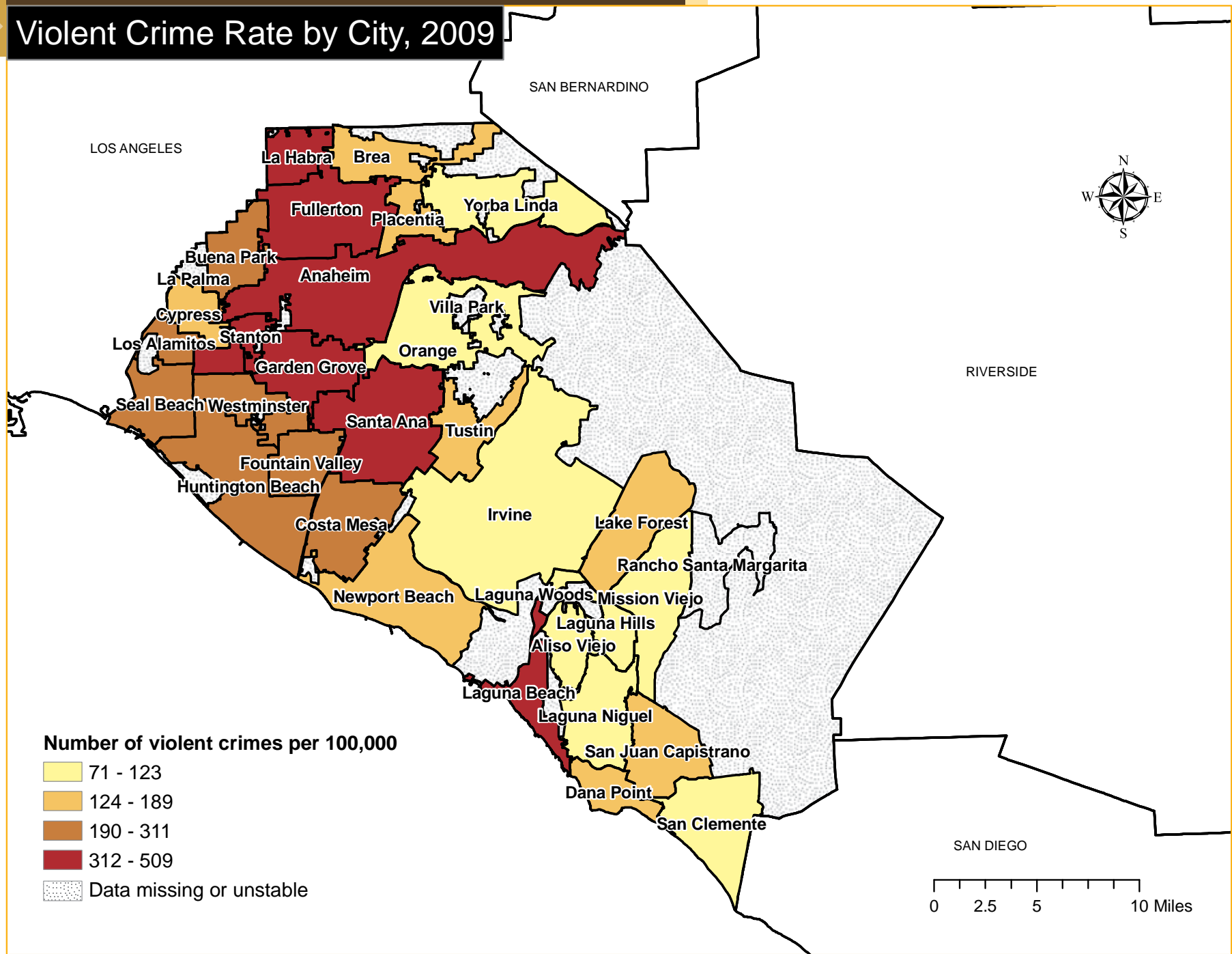
Resources

The National Criminal Justice Reference Service under the U.S. Department of Justice offers many resources, tools and articles in the [Crime Prevention](#) area of its website.

Location	Number of Violent Crimes per 100,000 by City, 2009
Cities ≥ 100,000 population	
Irvine	71
Orange	117
Huntington Beach	195
Costa Mesa	276
Garden Grove	326
Anaheim	352
Fullerton	397
Santa Ana	509
Cities < 100,000 population	
Laguna Niguel	74
Yorba Linda	77
Aliso Viejo	89
Mission Viejo	100
San Clemente	110
Laguna Hills	123
Tustin	127
Dana Point	131
Lake Forest	144
Newport Beach	156
Brea	176
San Juan Capistrano	181
Placentia	188
Cypress	189
Fountain Valley	209
Seal Beach	211
Los Alamitos	274
Westminster	298
Buena Park	311
La Habra	338
Laguna Beach	358
Stanton	359
Rancho Santa Margarita	Unstable
Laguna Woods	Unstable
La Palma	Unstable
Villa Park	Unstable

Source: Federal Bureau of Investigation, Uniform Crime Reporting Program, 2009 (www2.fbi.gov/ucr/cius2009/offenses/index.html)

Violent Crime Rate by City, 2009



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Physical Health

Children with Health Insurance

Description of Indicator

This indicator measures the proportion of children under 18 years of age who are covered by health insurance.

Why is this Important to Health?

Children with health insurance are more likely to have a place for regular medical care, more likely to visit their doctor, more likely to use health care services, and less likely to use an emergency room as their primary source of medical care than children who are not covered by health insurance (1). Insured children are also at lower risk of unnecessary hospitalization and are more likely to be correctly diagnosed (2). Access to health care is particularly important for economically disadvantaged children, who may be more likely to suffer from common medical and developmental problems, such as asthma or learning disabilities (1).

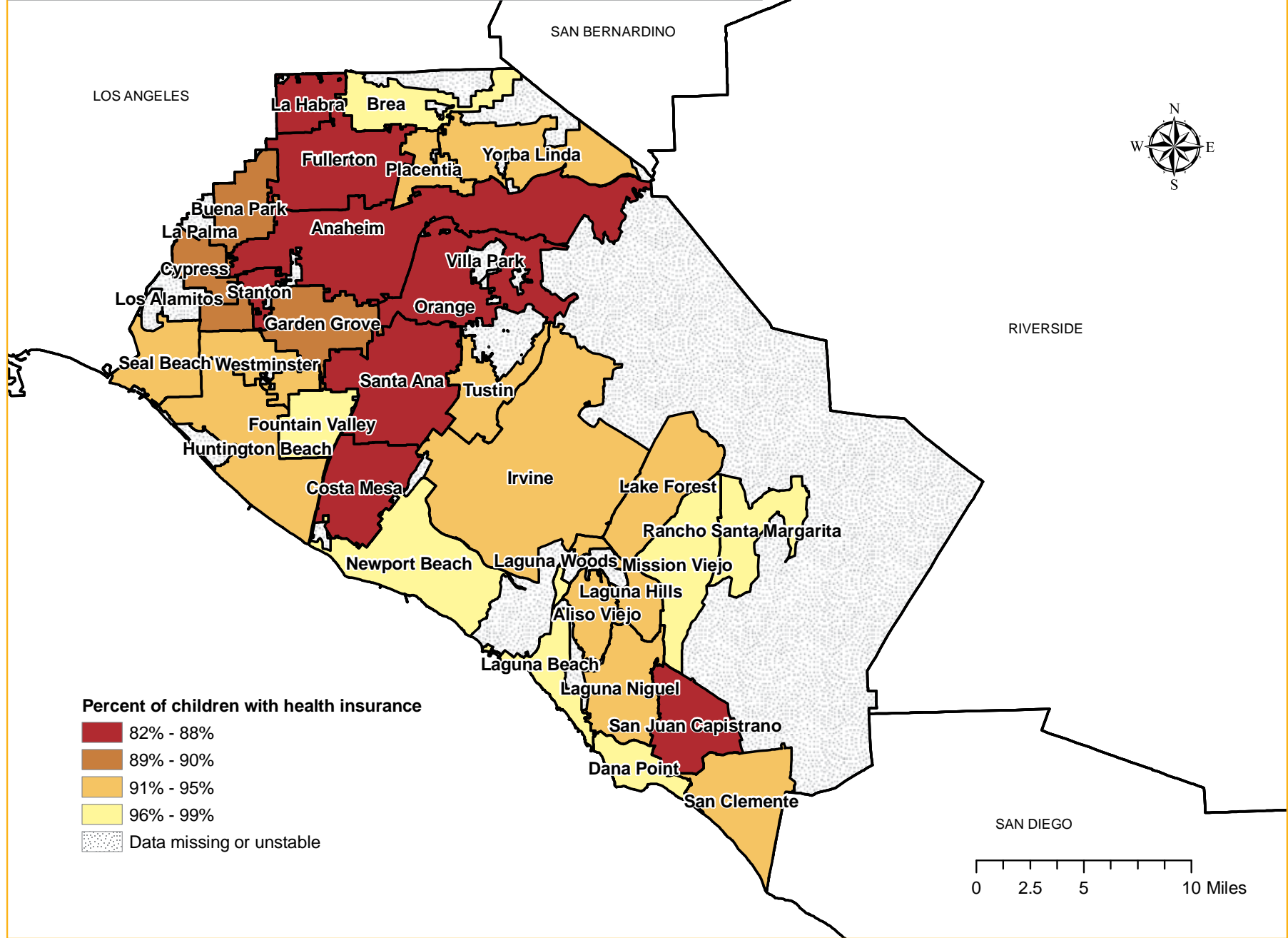
Resources

The U.S. Department of Health and Human Services Center for Medicare and Medicaid Services operates a website called [Insure Kids Now!](#) that provides a clearinghouse of information for parents and professionals on how to connect children to medical insurance.

Location	Percent of Children Under 18 with Health Insurance by City, 2008-2010
Laguna Beach	99%
Rancho Santa Margarita	97%
Newport Beach	97%
Fountain Valley	97%
Brea	97%
Mission Viejo	97%
Dana Point	95%
Irvine	95%
Yorba Linda	95%
San Clemente	95%
Seal Beach	95%
Huntington Beach	94%
Placentia	94%
Laguna Hills	94%
Laguna Niguel	93%
Lake Forest	93%
Aliso Viejo	93%
United States	91%
California	91%
Westminster	90%
Tustin	90%
Orange County	90%
Cypress	89%
Buena Park	89%
Garden Grove	89%
Orange	88%
Costa Mesa	88%
La Habra	88%
Anaheim	88%
Fullerton	87%
San Juan Capistrano	86%
Stanton	85%
Santa Ana	82%

Source: U.S. Census Bureau, American Community Survey, 2008-2010
(<http://factfinder2.census.gov>)

Children with Health Insurance by City, 2008-2010



Children with Medi-Cal

Description of Indicator

This indicator measures the number of children per 1,000 children under 18 who are enrolled in Medi-Cal. Medi-Cal is California's Medicaid, a public health insurance program providing free or low cost health care services for low-income individuals.

Why is this Important to Health?

Medi-Cal as insurance coverage is strongly related to better health outcomes when it makes health care affordable and helps consumers use care appropriately. Having health insurance improves health outcomes by helping people obtain regular and ongoing health care including preventive and screening services, prescription drug benefits, mental health and other services, and primary care outside of the emergency room (3).

Uninsured young children have lower immunization rates than insured children. Uninsured children are also 70 percent less likely than insured children to receive medical care for common childhood conditions such as a sore throat, or for emergencies such as a ruptured appendix (4). When hospitalized, uninsured children are at greater risk of dying than children with insurance (2).

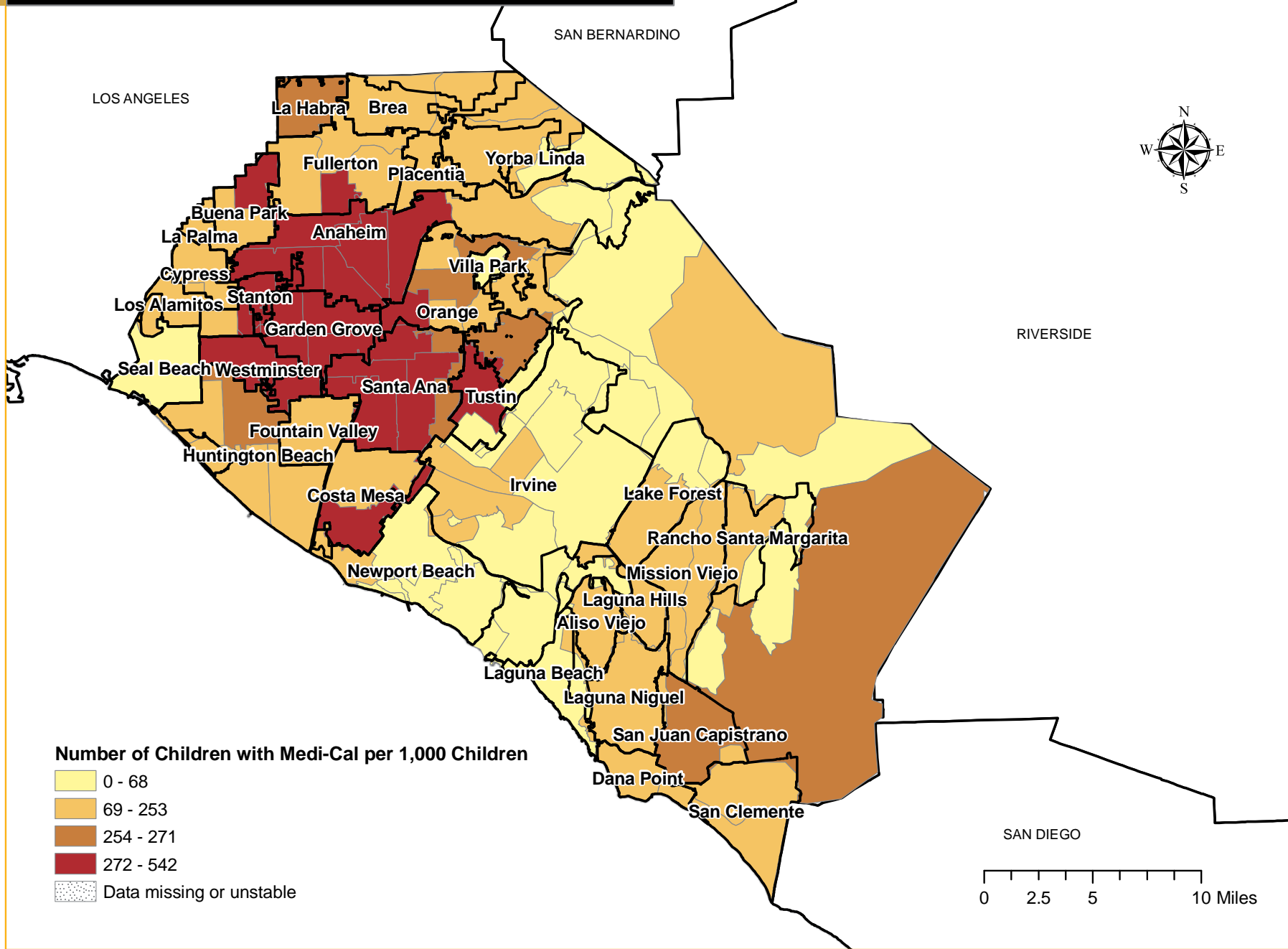
Resources

The [Kaiser Commission on Medicaid and the Uninsured](#) maintains a clearing-house of information on potential policy solutions to covering the uninsured in the United States, including children. Information about Medi-Cal and how to apply can be found at [Orange County Social Services/Medi-Cal](#) and [California Medi-Cal](#).

Location	Number of Children with Medi-Cal per 1,000 Children by City, 2009
Villa Park	31
Yorba Linda	52
Seal Beach	53
Newport Beach	55
Laguna Beach	57
Rancho Santa Margarita	65
Irvine	67
Aliso Viejo	70
Laguna Niguel	78
Mission Viejo	83
La Palma	108
Brea	108
Dana Point	120
San Clemente	131
Los Alamitos	133
Fountain Valley	133
Cypress	133
Huntington Beach	146
Laguna Hills	147
Laguna Woods	171
San Juan Capistrano	176
Lake Forest	208
Placentia	244
Orange County	253
Fullerton	256
Tustin	259
Orange	270
Buena Park	275
Costa Mesa	281
La Habra	294
Stanton	335
Westminster	349
Garden Grove	379
Anaheim	391
Santa Ana	490

Source: Orange County Social Services Agency

Children with Medi-Cal by Zip Code, 2009



Adults with Health Insurance

Description of Indicator

This indicator measures the proportion of adults between ages 18 and 65 who have health insurance.

Why is this Important to Health?

Individuals who are insured tend to have better access to health care, and therefore have better health and live longer than those who do not. For individuals without health insurance, health problems and disease tend to be identified later and they are less likely to receive good treatment (5). In addition, there likely will be a negative financial burden placed upon uninsured individuals after a catastrophic illness. About half of personal bankruptcies are caused by medical problems (5).

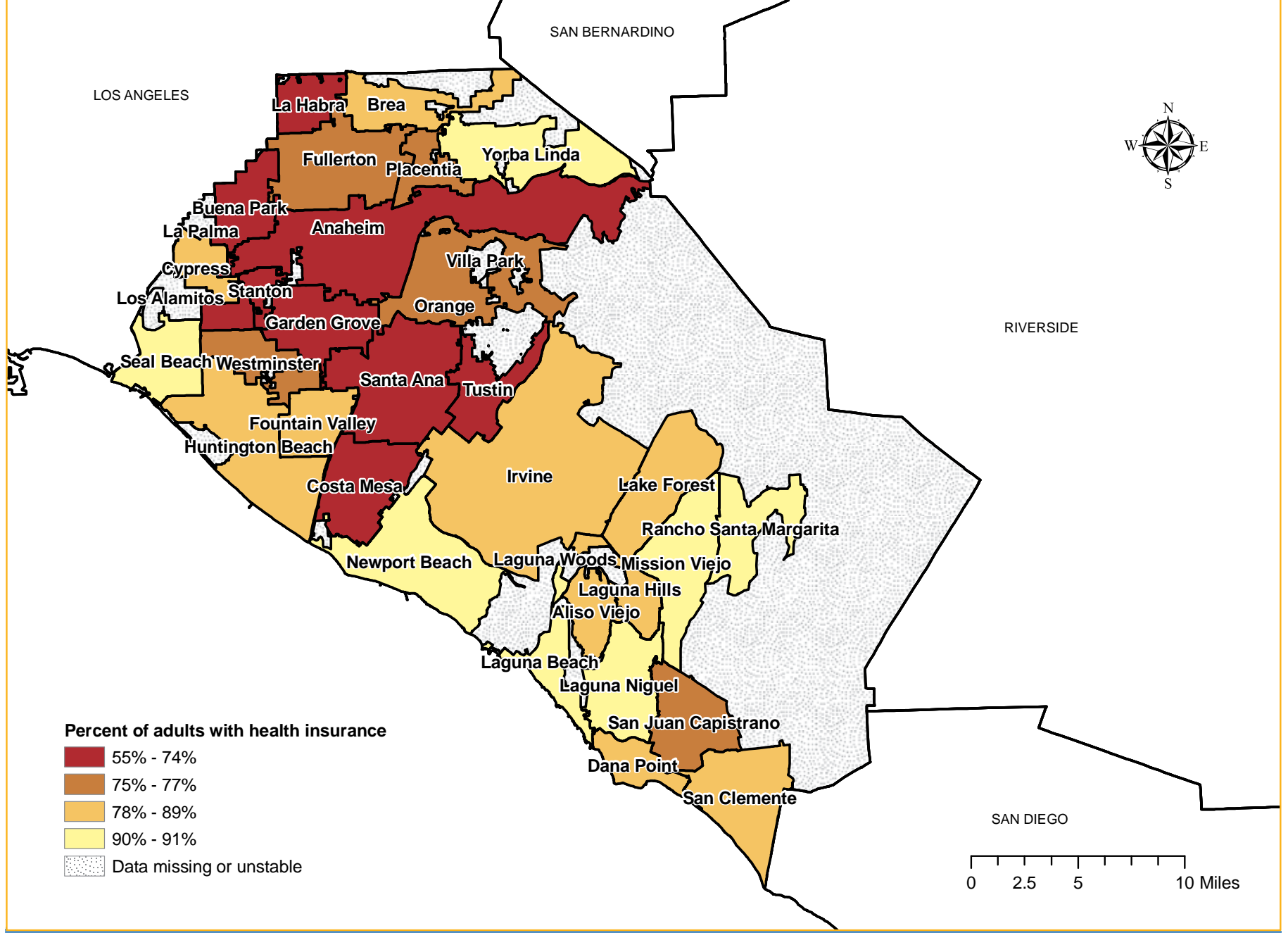
Resources

The [Kaiser Commission on Medicaid and the Uninsured](#) maintains a clearinghouse of information on potential policy solutions to covering the uninsured in the United States.

Location	Percent of Adults with Health Insurance by City, 2008-2010
Rancho Santa Margarita	91%
Seal Beach	91%
Yorba Linda	91%
Laguna Beach	90%
Mission Viejo	90%
Newport Beach	90%
Laguna Niguel	89%
Irvine	89%
Lake Forest	88%
Aliso Viejo	88%
San Clemente	87%
Brea	87%
Fountain Valley	85%
Laguna Hills	85%
Dana Point	84%
Huntington Beach	83%
Cypress	83%
United States	80%
Orange County	77%
Placentia	77%
Westminster	77%
California	76%
San Juan Capistrano	76%
Fullerton	74%
Orange	74%
Tustin	74%
Buena Park	73%
Costa Mesa	72%
La Habra	71%
Garden Grove	70%
Anaheim	69%
Stanton	64%
Santa Ana	55%

Source: U.S. Census Bureau, American Community Survey, 2008-2010
(<http://factfinder.census.gov>)

Adults with Health Insurance by City, 2008-2010



Access to Health Care Providers

Description of Indicator

This indicator measures the number of residents per physician, including primary, mental, and dental care providers.

Why is this Important to Health?

Communities with more physicians per resident tend to have greater access to a range of health care services and better health than communities with fewer physicians (6). Having more doctors in a community has also been shown to increase life expectancy for the population as a whole (7).

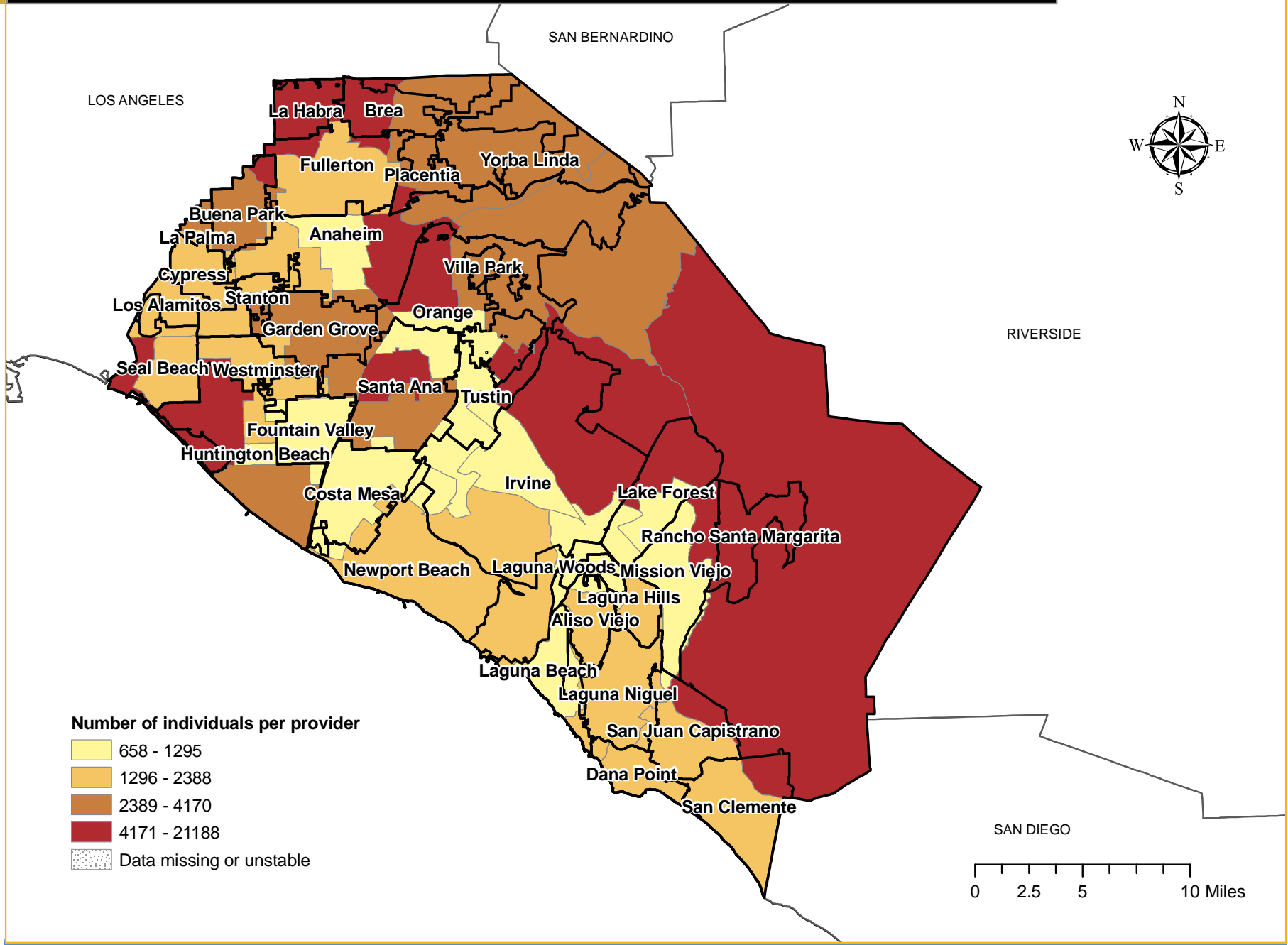
Resources

The U.S. Department of Health and Human Services Health Resources and Services Administration funds the [Health Workforce Information Center](#), which is a comprehensive online resource library containing information on health workforce programs and funding sources; health care workforce data, research, and policies; and educational opportunities and models aimed at improving the health care workforce.

Data for this indicator are gathered according to medical service study area (see map). Data is not available by city.

Data Source: OSHPD Healthcare Workforce Development Division

Access to Health Care Providers by Medical Service Study Area, 2005



Avoidable Emergency Department Visits

Description of Indicator

This indicator measures the proportion of emergency department visits made by residents, which were non-urgent, avoidable and more appropriately treated in a primary care setting.

Why is this Important to Health?

Primary care has been shown to improve overall health, help prevent illness and death, and reduce differences in health across a community (8). Emergency care is more expensive, lacks patient follow up, and does not provide preventive care. Studies show that hospital stays related to emergency care are longer than hospital stays tied to primary care.

Emergency department treatment of non-urgent conditions, as well as avoidable visits better treated in a primary care setting, result in an inefficient use of emergency departments that may lead to overcrowding (9).

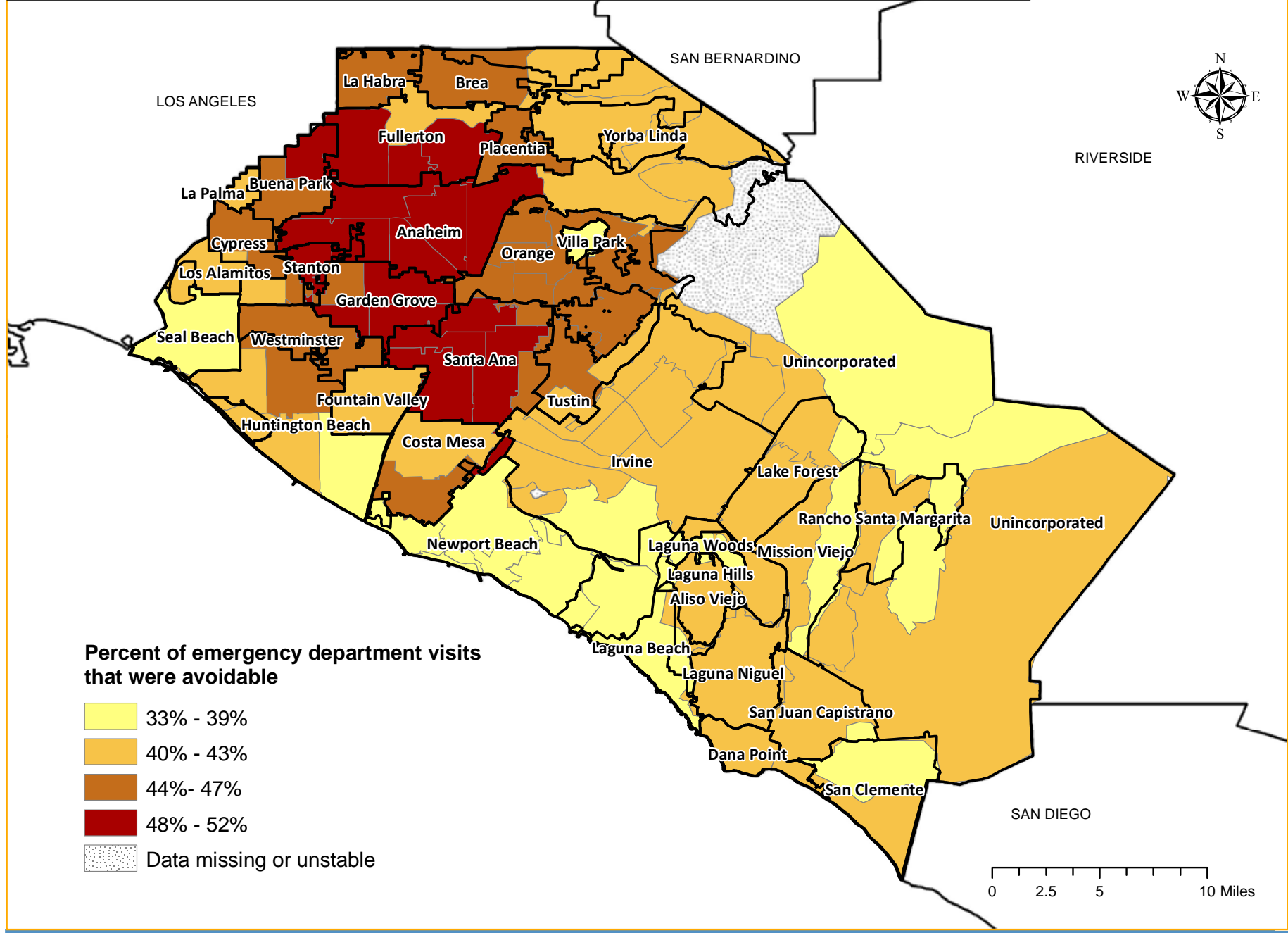
Resources

Alternative sources of care such as urgent care centers, clinics, preventive services, and/or dial-a-nurse hotlines can be developed or expanded to reduce unnecessary emergency department visits. The California Department of Health Care Services has published findings of the [Statewide Collaborative Quality Improvement Project](#) on reducing avoidable emergency room visits.

Location	Percent of Emergency Department Visits that were Avoidable by City, 2006-2008
Newport Beach	37%
Villa Park	37%
Laguna Woods	37%
Laguna Beach	39%
Seal Beach	39%
Laguna Niguel	39%
San Clemente	39%
Mission Viejo	40%
Dana Point	40%
Yorba Linda	40%
Huntington Beach	40%
Irvine	41%
Laguna Hills	41%
Los Alamitos	41%
Rancho Santa Margarita	41%
Fountain Valley	41%
Lake Forest	42%
Aliso Viejo	42%
San Juan Capistrano	42%
La Palma	42%
Costa Mesa	43%
Brea	43%
Cypress	43%
Westminster	44%
California	44%
Tustin	45%
Orange	45%
Orange County	45%
Placentia	46%
La Habra	46%
Fullerton	47%
Garden Grove	47%
Buena Park	48%
Stanton	48%
Anaheim	49%
Santa Ana	50%

Source: Orange County Health Care Agency Emergency Department Utilization Report (http://www.ochealthinfo.com/docs/AgcyPubs/admin/ED_Utilization-Report_23Feb10.pdf)

Avoidable Emergency Department Visits by Zip Code, 2006-2008



Early Prenatal Care

Description of Indicator

This indicator measures the proportion of babies born to women who received prenatal care in their first trimester of pregnancy.

Why is this Important to Health?

Early prenatal care provides an excellent opportunity to detect and treat maternal medical problems such as anemia, diabetes, and poor nutrition (10). Early prenatal care, which includes counseling and support for healthy habits such as abstaining from smoking, alcohol, and drug use, can prevent major birth defects and increase opportunities for delivering a healthy baby (11, 12). Mothers who receive late or no prenatal care are more likely to have babies with low birth weight, still-born or who die in the first year of life (10).

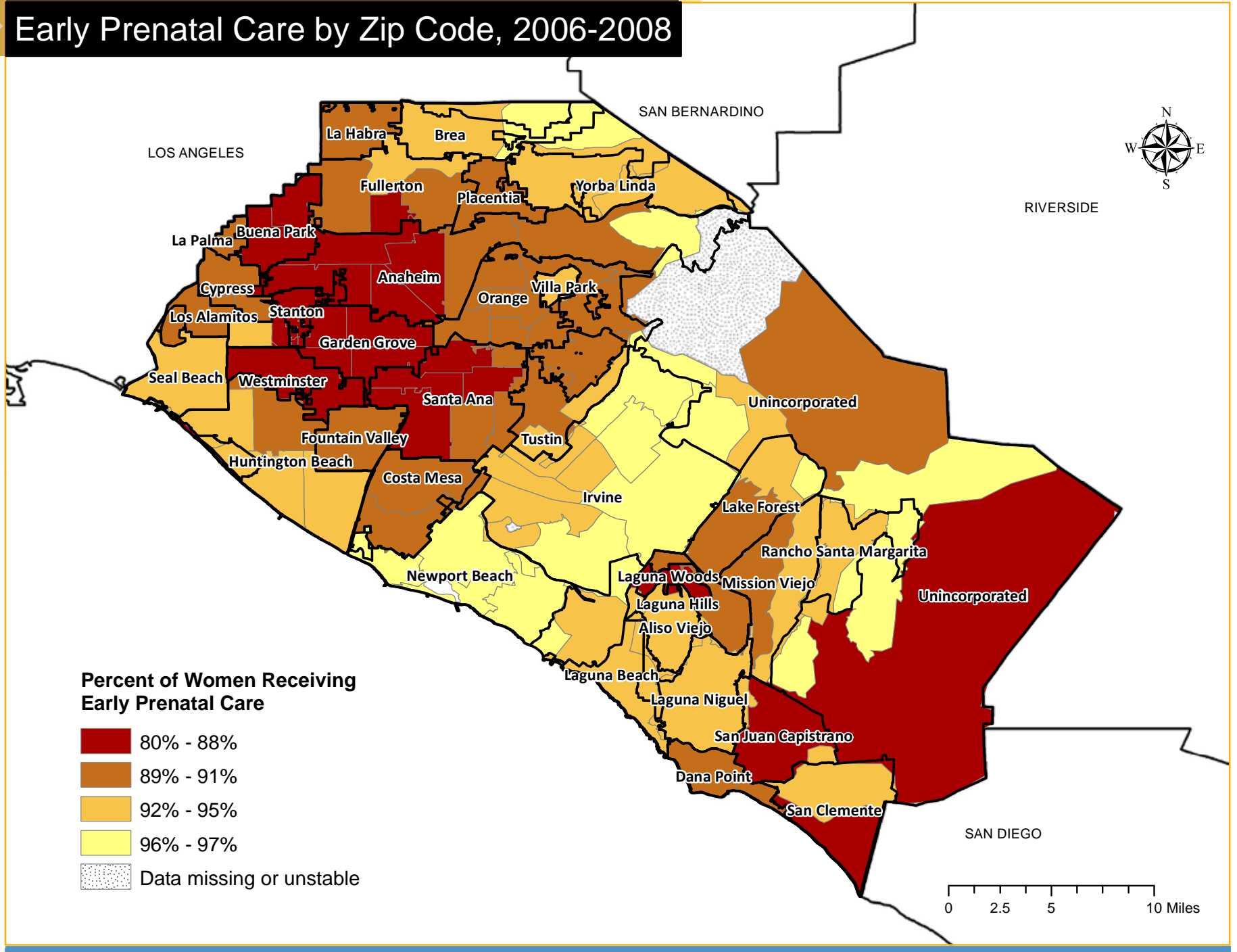
Resources

Programs to increase awareness and reduce barriers to accessing prenatal care are provided by the [Kaiser Family Foundation](#), [Centers for Disease Control and Prevention](#), and the [California Maternal Quality Care Collaborative](#).

Location	Percent of Women Receiving Early Prenatal Care by City, 2006-2008
Newport Beach	96.2%
Irvine	94.8%
Yorba Linda	94.1%
Aliso Viejo	93.9%
Rancho Santa Margarita	93.8%
Villa Park	93.7%
Laguna Beach	93.5%
Seal Beach	93.4%
Brea	93.3%
Laguna Niguel	92.8%
Huntington Beach	91.6%
Mission Viejo	91.0%
Fountain Valley	90.9%
Placentia	90.9%
Costa Mesa	90.7%
Los Alamitos	90.4%
Dana Point	90.3%
San Clemente	90.3%
La Palma	90.3%
Tustin	90.1%
Lake Forest	90.0%
Cypress	89.8%
Orange	89.5%
Orange County	89.4%
Fullerton	89.3%
Laguna Hills	88.6%
La Habra	88.1%
Santa Ana	87.0%
Anaheim	86.9%
Buena Park	86.7%
Garden Grove	86.0%
Westminster	85.8%
Stanton	85.4%
San Juan Capistrano	85.4%
California	83.7%
United States	83.2%
Laguna Woods	80.0%

Source: Orange County Health Care Agency, 2006-2008 Orange County Master Birth File

Early Prenatal Care by Zip Code, 2006-2008



Low Birth Weight Infants

Description of Indicator

This indicator measures the proportion of babies born weighing less than 5 pounds, 8 ounces (2,500 grams).

Why is this Important to Health?

Research shows that low birth weight babies are at increased risk of dying during their first year of life and are at risk for developmental delays, disabilities, and other illness (13). Low birth weight and its related potential disabilities can lead to substantial health care costs both in and out of the hospital, impose burdens on special education and social services, and create personal and financial strain on families (13).

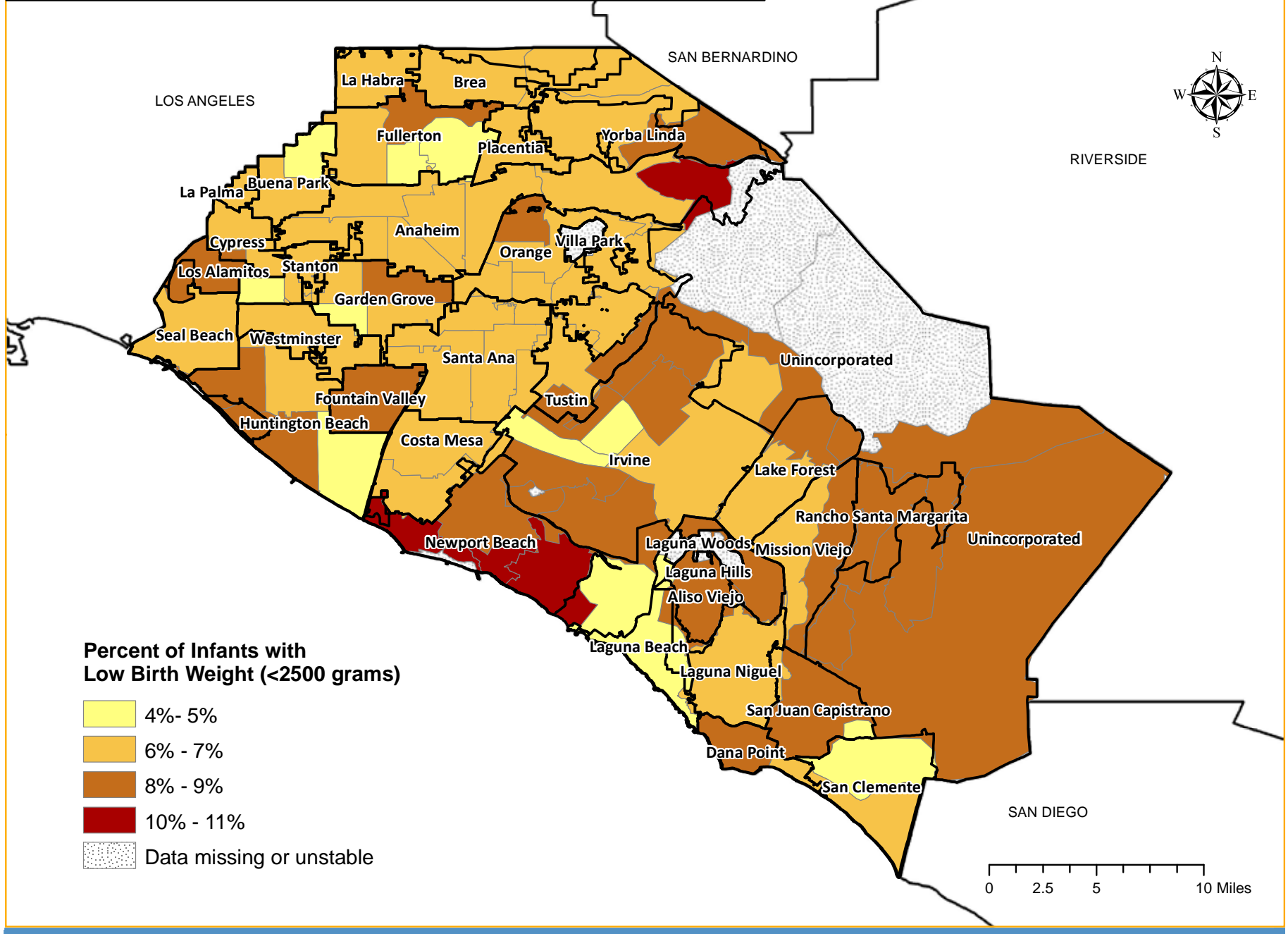
Resources

The [Promising Practices Network](#) provides many resources and tools related to preventing low birth weight.

Location	Percent of Infants with Low Birth Weight by City, 2006-2008
Laguna Beach	4.2%
Costa Mesa	5.5%
San Clemente	5.6%
Buena Park	5.7%
Yorba Linda	5.9%
Cypress	5.9%
Laguna Niguel	5.9%
Fullerton	5.9%
Orange	6.1%
Brea	6.1%
Garden Grove	6.2%
Placentia	6.2%
Anaheim	6.3%
Orange County	6.4%
Westminster	6.4%
Huntington Beach	6.4%
Santa Ana	6.5%
Seal Beach	6.6%
La Palma	6.6%
Tustin	6.6%
La Habra	6.6%
Lake Forest	6.7%
Stanton	6.7%
Irvine	6.7%
Fountain Valley	6.9%
California	6.9%
Mission Viejo	7.0%
Dana Point	7.1%
Rancho Santa Margarita	7.3%
San Juan Capistrano	7.4%
Los Alamitos	7.4%
Laguna Hills	7.4%
Aliso Viejo	7.5%
United States	8.2%
Newport Beach	8.8%

Source: Orange County Health Care Agency, 2006-2008 Orange County Master Birth File

Low Birth Weight Infant by Zip Code, 2006-2008



Infant Mortality

Description of Indicator

This indicator measures the number of infant deaths during the first year of life per 1,000 live births.

Why is this Important to Health?

The death of an infant has obvious, devastating impacts on families, not to mention the years of life lost to the infant by dying so young. The medical costs related to infant mortality are also high, particularly when the cause of death is related to prematurity requiring considerable life-saving measures (14). Unmet health needs and unfavorable environmental factors, such as low income, poor or insufficient nutrition, low educational attainment, poor sanitation, and limited or no medical care can all contribute to prematurity and infant mortality (15, 16).

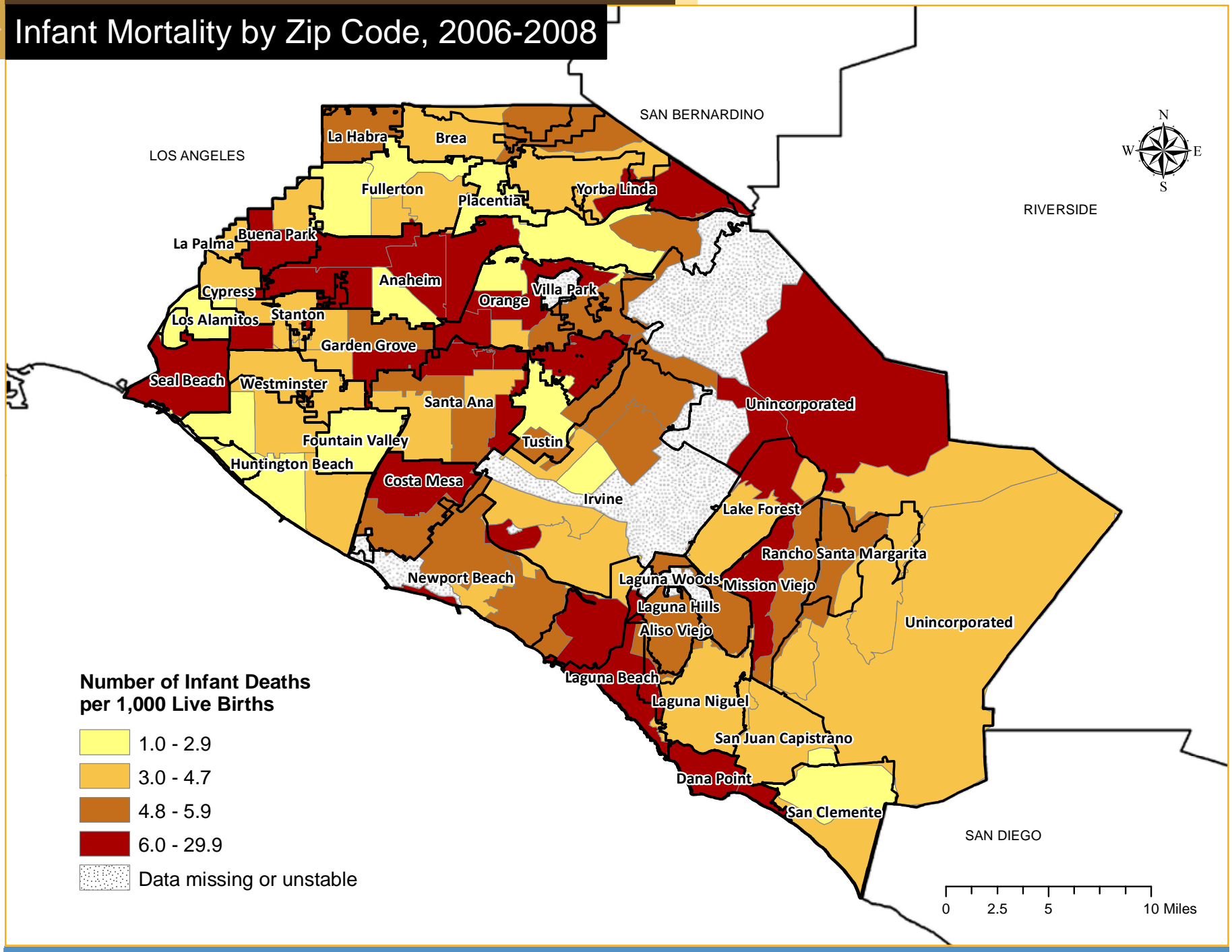
Resources

The [Centers for Disease Control and Prevention](#) offers interventions targeted at improving maternal health and environmental factors before and during pregnancy, as well as strategies targeted at the baby and family after birth.

Location	Number of Infant Deaths per 1,000 Live Births by City, 2006-2008
Los Alamitos	1.9
Fountain Valley	2.6
Fullerton	2.7
Placentia	2.8
Westminster	3.2
Huntington Beach	3.2
Laguna Niguel	3.2
San Clemente	3.5
Tustin	3.5
Irvine	3.7
Yorba Linda	3.9
Stanton	4.0
San Juan Capistrano	4.0
Brea	4.3
Cypress	4.4
La Palma	4.4
Newport Beach	4.4
Lake Forest	4.6
Laguna Hills	4.7
Orange County	4.7
California	5.1
Garden Grove	5.1
La Habra	5.1
Buena Park	5.1
Santa Ana	5.1
Aliso Viejo	5.4
Anaheim	5.5
Costa Mesa	5.6
Rancho Santa Margarita	5.6
Laguna Beach	5.9
Mission Viejo	6.0
Dana Point	6.6
Orange	6.6
United States	6.8
Seal Beach	9.8

Source: Orange County Health Care Agency, 2006-2008 Orange County Statistical Master Birth File and Mortality File

Infant Mortality by Zip Code, 2006-2008



Breastfeeding

Description of Indicator

This indicator measures the proportion of mothers who fed their baby with only breast milk and no other supplements while in the hospital (e.g. infant formula).

Why is this Important to Health?

Human milk is the optimal source of nutrition for infants and provides many benefits for healthy growth and development (17). Breastfeeding prevents or reduces the severity of infectious diseases, childhood asthma, ear infections, childhood obesity, and urinary tract infections, among other conditions (18). Mothers benefit from reduced risk of breast and other cancers (19). The initiation of exclusive breastfeeding in the hospital, as well as prenatal preparation, increases the long-term success of breastfeeding (20).

Resources

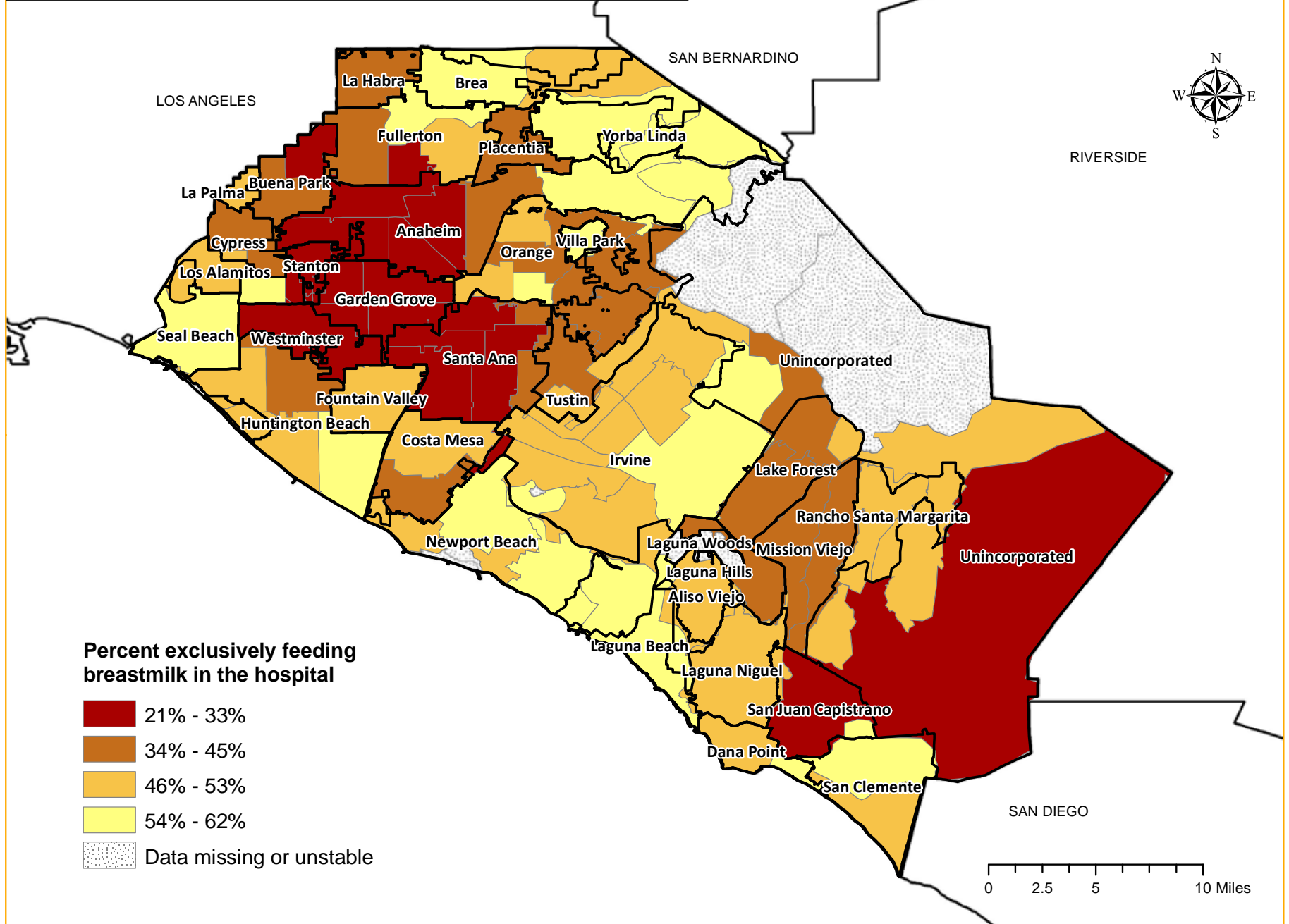
The [Centers for Disease Control and Prevention \(CDC\)](#) has created a guide to approaches that promote breastfeeding.

The [Baby-Friendly Hospital Initiative](#) has increased breastfeeding rates through in-hospital policy changes.

Location	Percent Exclusively Feeding Breastmilk in the Hospital by City, 2008
Laguna Beach	61.6%
Villa Park	60.9%
Yorba Linda	57.4%
Seal Beach	56.3%
Newport Beach	54.2%
Brea	53.3%
San Clemente	53.2%
Aliso Viejo	53.1%
Irvine	51.3%
Los Alamitos	51.1%
Huntington Beach	51.1%
California	49.7%
Dana Point	49.1%
Rancho Santa Margarita	48.6%
Laguna Niguel	48.6%
La Palma	47.7%
Fountain Valley	46.6%
Orange	46.4%
Placentia	45.0%
Costa Mesa	44.8%
Tustin	44.3%
Mission Viejo	43.4%
Fullerton	42.5%
Cypress	41.7%
Laguna Hills	41.7%
Orange County	38.2%
La Habra	38.2%
Lake Forest	38.1%
Buena Park	33.0%
Anaheim	29.5%
San Juan Capistrano	29.0%
Westminster	28.7%
Garden Grove	28.0%
Santa Ana	27.0%
Stanton	24.9%

Source: California Department of Public Health, California Newborn Screening Program, (www.cdph.ca.gov/data/statistics/Pages/BreastfeedingStatistics.aspx).

Exclusive Breastfeeding by Zip Code, 2008



Births to Teens

Description of Indicator

This indicator measures the number of live births to females ages 15 through 19 per 1,000 females in the same age range.

Why is this Important to Health?

Teen moms are more likely to smoke during pregnancy than older pregnant women, which has been associated with greater chance of having a premature birth (21, 22). They are also more likely to suffer from depression during and after pregnancy. Teenage mothers are less likely to get or stay married, less likely to complete high school or college, and more likely to require public assistance and live in poverty than their peers who are not mothers (23). Compared to children born to older mothers, children born to teens are more likely to have a higher rate of early mortality and hospitalization, drop out of high school, enter foster care, be on welfare, and have children as teens themselves (24).

Resources

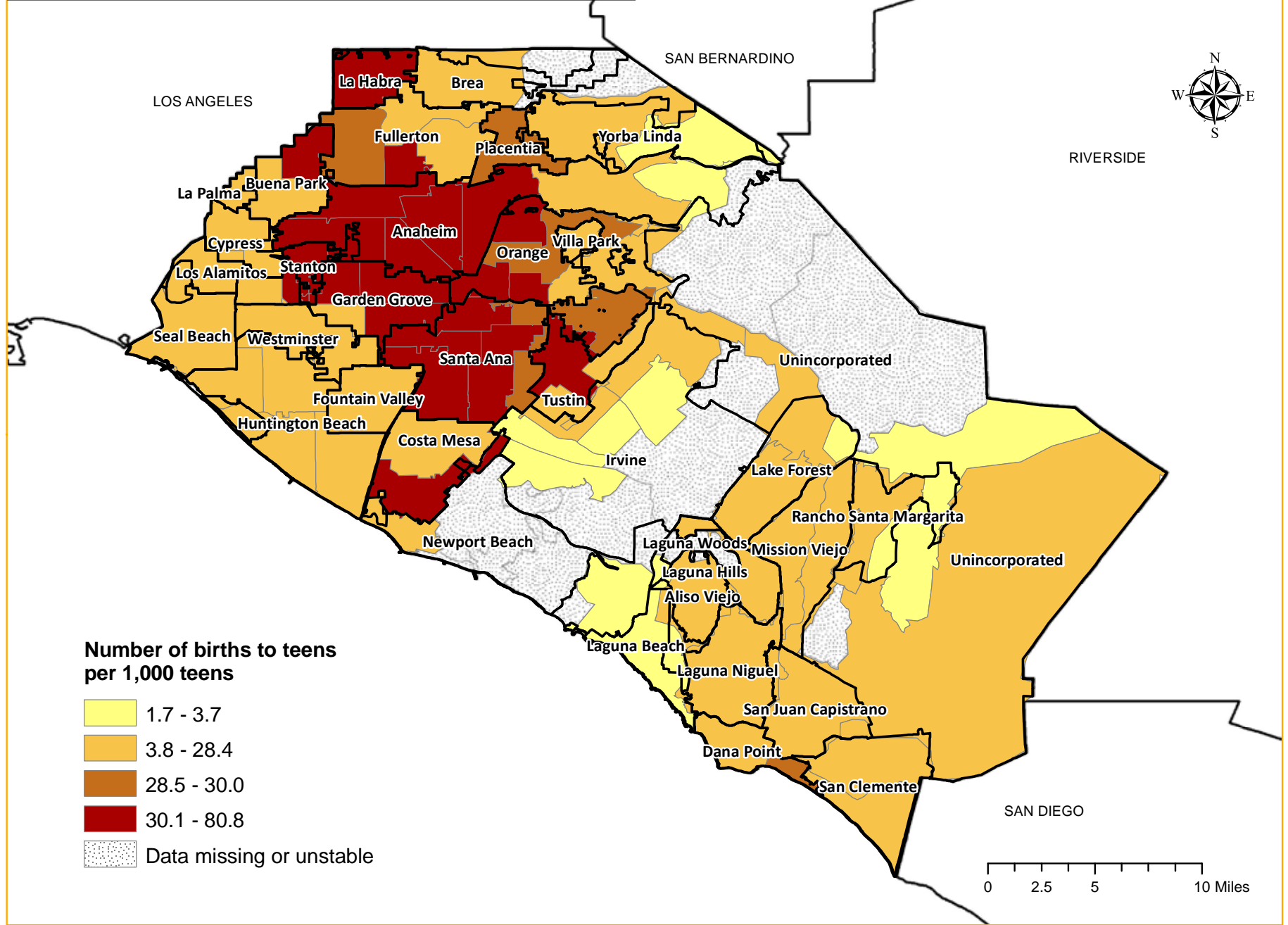
Annie E. Casey Foundation **KIDS COUNT** program provides six strategies to prevent teen births.

Among many other resources related to teen births, the Centers for Disease Control and Prevention has launched Teen Pregnancy Prevention 2010-2015, which is part of the President's **Teen Pregnancy Prevention Initiative**.

Location	Number of Births to Teens Per 1,000 Teens by City, 2006-2008
Irvine	2.4
Laguna Beach	2.5
Newport Beach	3.0
Yorba Linda	4.6
Los Alamitos	5.2
Fountain Valley	5.4
Laguna Niguel	5.6
Seal Beach	6.3
La Palma	6.4
Brea	7.3
Rancho Santa Margarita	9.0
Villa Park	9.4
Mission Viejo	9.9
Cypress	12.5
Laguna Hills	12.7
Huntington Beach	12.9
Aliso Viejo	13.0
Dana Point	13.7
Lake Forest	18.3
San Clemente	18.8
San Juan Capistrano	23.6
Westminster	25.3
Costa Mesa	27.4
Orange County	28.4
Orange	29.8
Placentia	29.8
Tustin	30.2
Fullerton	32.5
Buena Park	32.9
Garden Grove	36.0
California	36.6
La Habra	38.2
United States	42.5
Anaheim	50.8
Stanton	53.7
Santa Ana	64.3

Source: Orange County Health Care Agency, 2006-2008 Master Birth File

Births to Teens by Zip Code, 2006-2008



Teenage Alcohol Use

Description of Indicator

This indicator measures the proportion of students in ninth grade who report having ever tried alcohol, as defined by the consumption of a single glass, shot, or other single complete serving.

Why is this Important to Health?

Alcohol consumption is the third greatest preventable cause of death in the United States (25). Adolescents who use alcohol at an early age are at increased risk of lifetime alcohol dependence and alcohol abuse, greater sexual risk-taking, academic difficulties, and abuse of other drugs (26). Early adolescent drinkers are also at risk for problems with employment, criminal activity, violent behavior, and alcohol-related traffic collisions and other injuries (26). Alcohol-related problems that start in adolescence and persist into adulthood can then be passed from parent to child, apart from genetics (26).

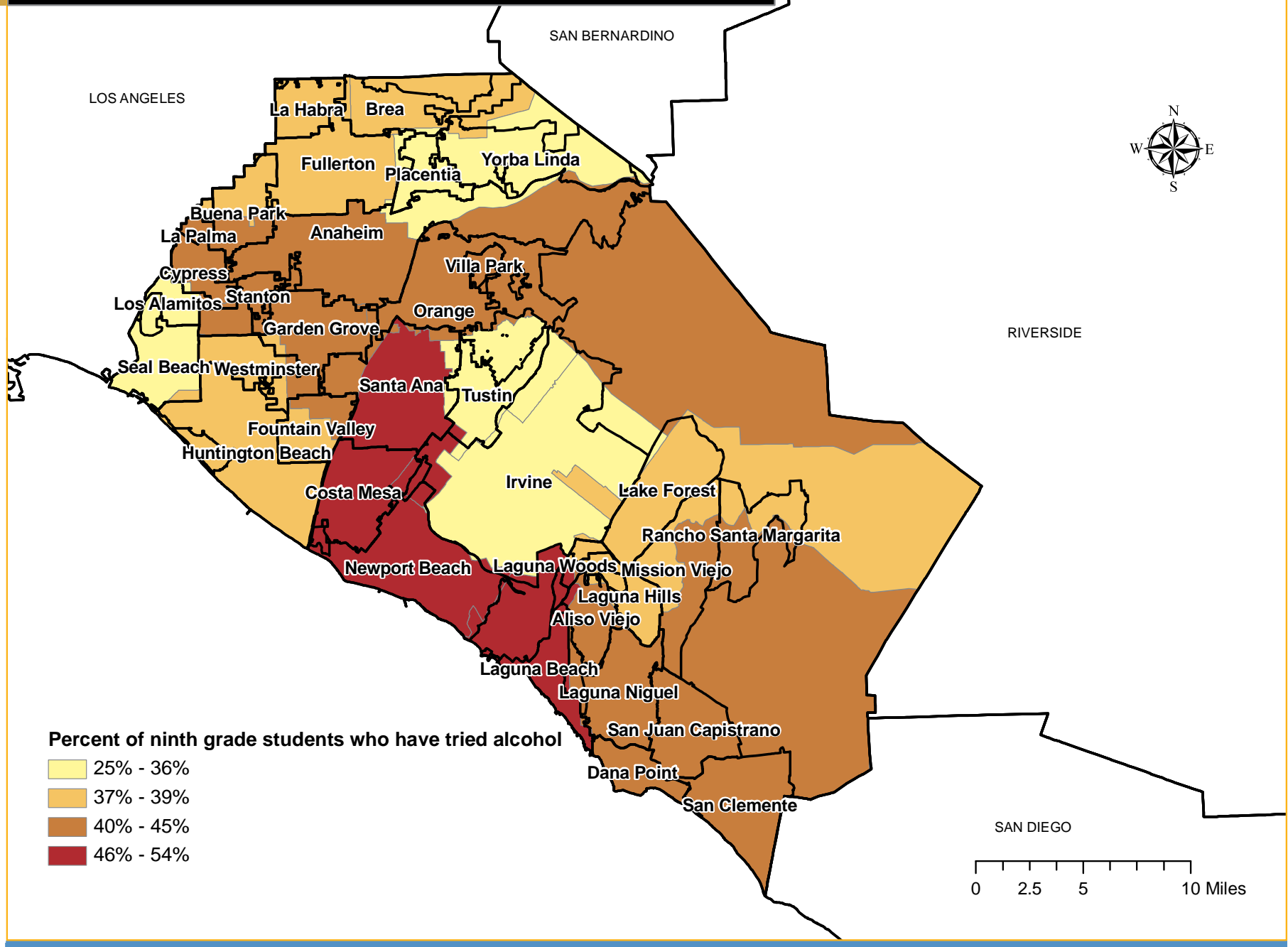
Resources

The Task Force on Community Preventive Services has published reviews of what works to promote **adolescent health**, including alcohol use prevention, as well as reviews on the prevention of excessive alcohol consumption.

Location	Percent of Ninth Grade Students who have Tried Alcohol by School District, 2007/08
Irvine Unified	25%
Los Alamitos Unified	34%
Tustin Unified	34%
Placentia-Yorba Linda Unified	36%
Huntington Beach Union High	37%
Saddleback Valley Unified	37%
Brea-Olinda Unified	38%
Fullerton Joint Union High	39%
Capistrano Unified	41%
Orange County	41%
Anaheim Union High	44%
Garden Grove Unified	45%
Orange Unified	45%
California	47%
Newport-Mesa Unified	50%
Laguna Beach Unified	54%
Santa Ana Unified	54%

Source: WestEd, California Healthy Kids Survey, 2007/08 (<http://chks.wested.org/>)

Teenage Alcohol Use by School District, 2007/08



Teenage Smoking

Description of Indicator

This indicator measures the proportion of students in ninth grade who report having ever smoked an entire cigarette.

Why is this Important to Health?

Tobacco use is the single greatest preventable cause of death in the United States (27). Tobacco use increases risk of death from lung, esophageal, and pancreatic cancers, cardiovascular diseases, bronchitis, pneumonia, emphysema and other diseases (28). The vast majority of adult tobacco users – over 80% – started smoking before the age of eighteen (29). The developing adolescent brain is particularly prone to nicotine addiction, resulting in higher levels of addiction that can be caused by lower levels of tobacco exposure (28). Teenagers are also particularly susceptible to peer-pressure and the influence of positive depictions of tobacco use in media (29).

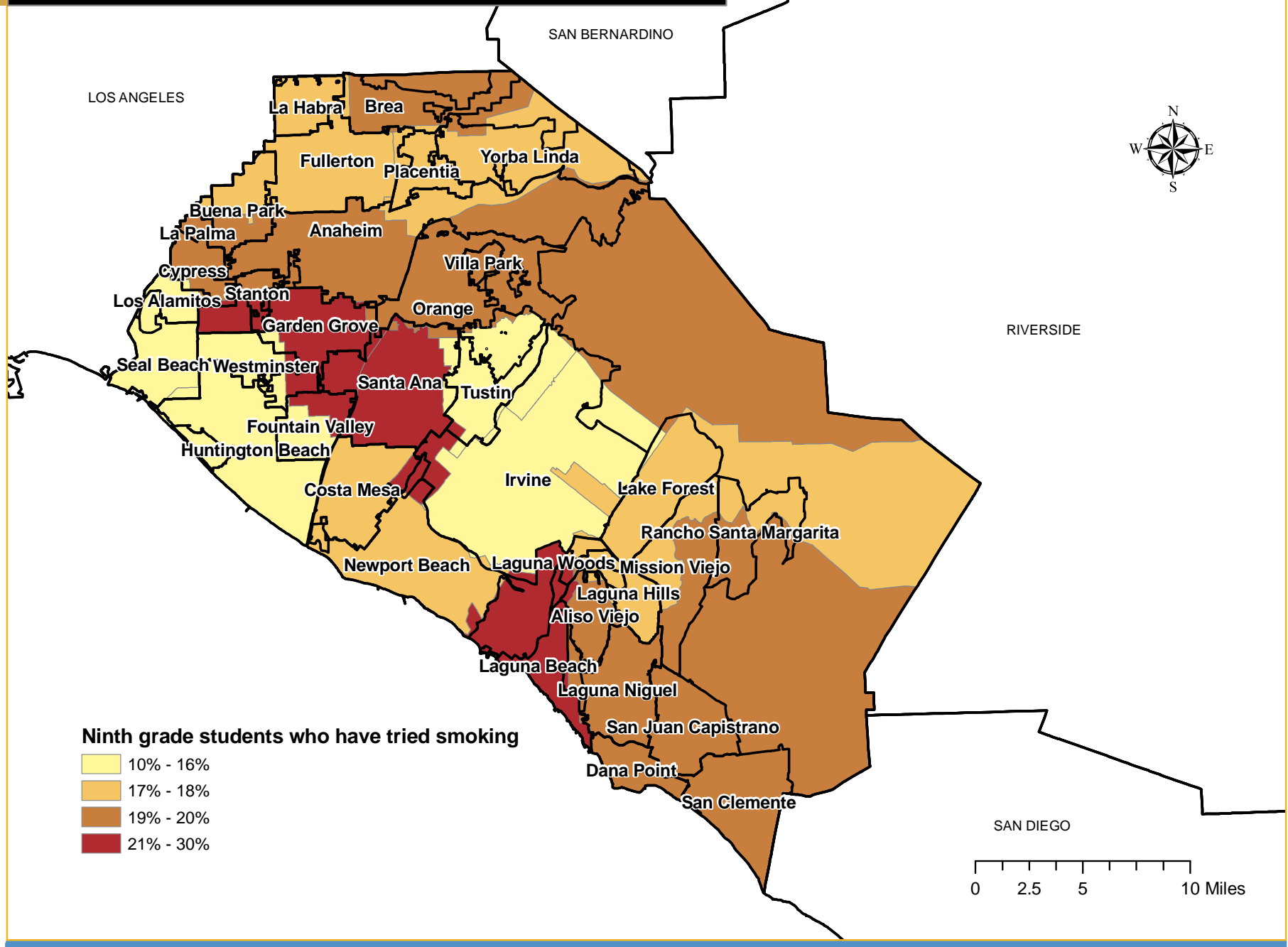
Resources

The [Task Force on Community Preventive Services](#) has published reviews of what works to address tobacco use.

Location	Percent of Ninth Grade Students who have Tried Smoking by School District, 2007/08
Irvine Unified	10%
Los Alamitos Unified	12%
Huntington Beach Union High	15%
Tustin Unified	16%
Fullerton Joint Union High	17%
Newport-Mesa Unified	17%
Placentia-Yorba Linda Unified	17%
Saddleback Valley Unified	18%
Capistrano Unified	19%
Orange County	19%
Anaheim Union High	20%
Brea-Olinda Unified	20%
Orange Unified	20%
California	20%
Garden Grove Unified	21%
Santa Ana Unified	23%
Laguna Beach Unified	30%

Source: WestEd, California Healthy Kids Survey, 2007/08 (<http://chks.wested.org/>)

Teenage Smoking by School District, 2007/08



Teens with Healthy Body Weight

Description of Indicator

This indicator measures the proportion of ninth grade students in public schools who have a healthy body weight.

Why is this Important to Health?

Maintaining a healthy body weight helps to protect individuals from heart disease, certain cancers, stroke, diabetes, depression, and a number of other significant health problems (30). Obesity, as a result of poor diet and physical inactivity, is the second leading preventable cause of death in the United States (31). Since 1980, obesity has doubled among U.S. adults (32) and more than tripled among U.S. children (33). Approximately 70% of teenagers who are obese will become obese adults (34). According to the New England Journal of Medicine, today's children may lead less healthy lives and have shorter life spans than their parents due largely to increasing obesity rates (35).

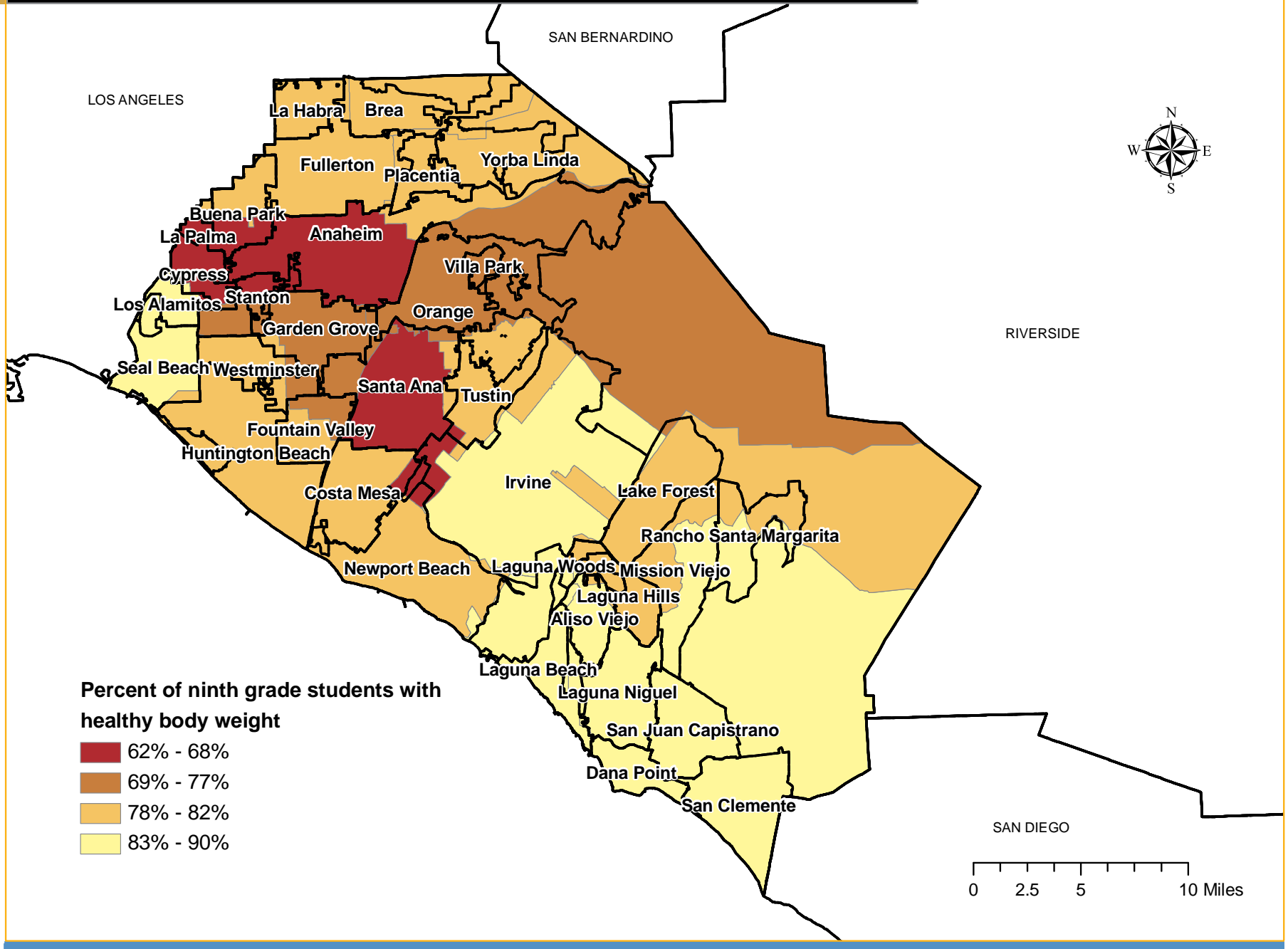
Resources

The [Centers for Disease Control and Prevention](#) has developed recommendations for the prevention of obesity through community-based strategies.

Location	Percent of Ninth Grade Students with Healthy Body Composition by School District, 2009/10
Irvine Unified	90%
Laguna Beach Unified	90%
Los Alamitos Unified	87%
Capistrano Unified	86%
Brea-Olinda Unified	82%
Saddleback Valley Unified	82%
Placentia-Yorba Linda Unified	81%
Newport-Mesa Unified	81%
Tustin Unified	79%
Fullerton Joint Union High	79%
Huntington Beach Union High	78%
Orange County	77%
Orange Unified	76%
Garden Grove Unified	73%
California	71%
Anaheim Union High	68%
Santa Ana Unified	62%

Source: California Physical Fitness Test, 2009/10 (<http://www.cde.ca.gov/ta/tg/pf/pftresults.asp>)

Teens with Healthy Body Weight by School District, 2009/10



Pedestrian Injuries

Description of Indicator

This indicator measures the number of motor vehicle-related pedestrian injuries, including deaths, per 100,000 residents.

Why is this Important to Health?

There is a direct impact of injury and death tied to vehicle-related pedestrian accidents (36). Additionally, perceived threats to pedestrian safety can act as a substantial barrier to walking, which is an important source of physical activity in communities (37, 38). Walking can help maintain a healthy body weight (37), which protects individuals from the risk of health problems such as heart disease, cancer, stroke, diabetes and depression.

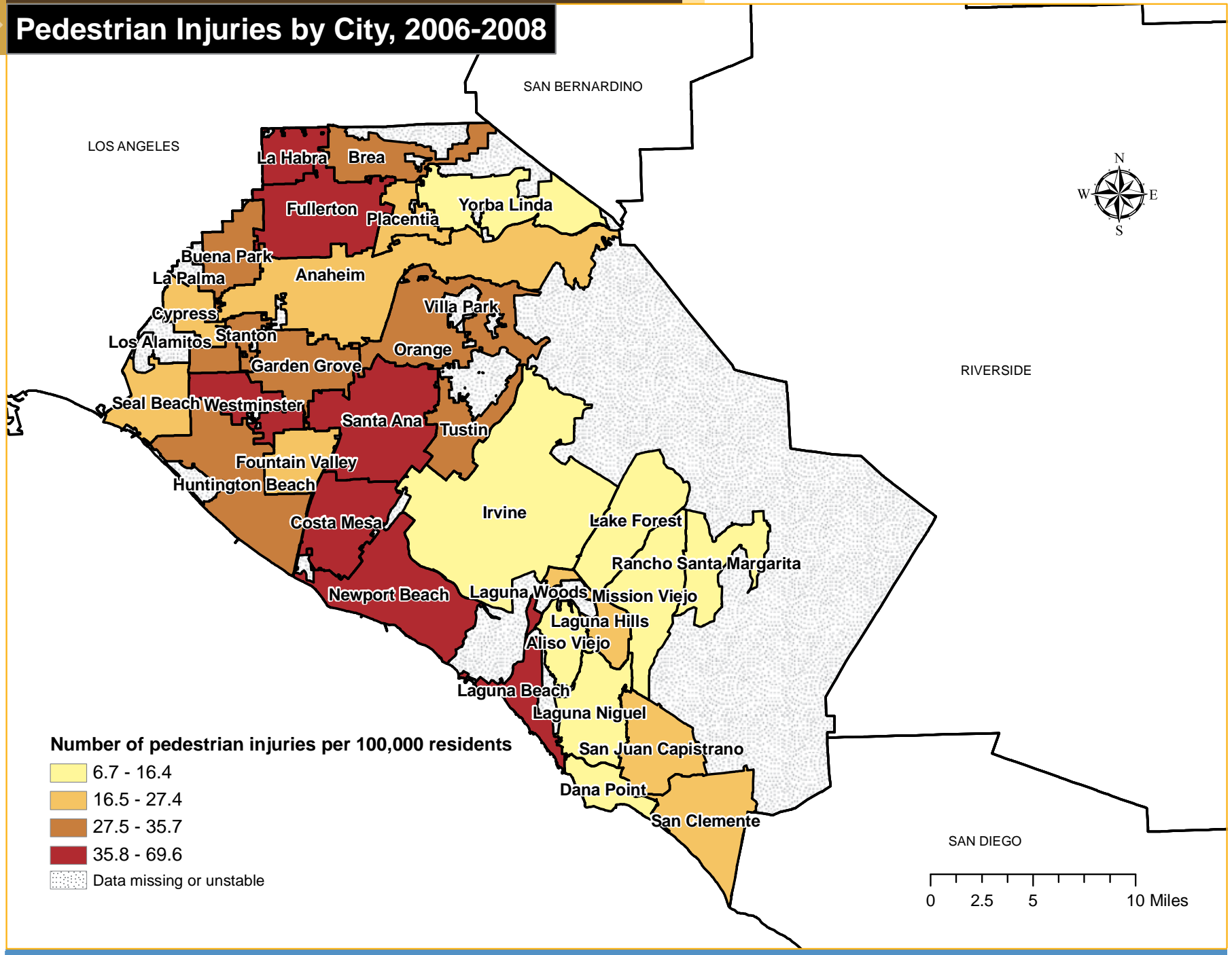
Resources

The U.S. Department of Transportation and the University of North Carolina Highway Safety Research Center operate walkinginfo.org, a website of the [Pedestrian and Bicycling Information Center](#), which is a resource on the promotion of walking in our communities. Additionally, the [National Center for Safe Routes to School](#) provides a clearinghouse of information on promoting safe walking to school.

Location	Number of Pedestrian Injuries per 100,000 Residents by City, 2006 - 2008
Aliso Viejo	7
Laguna Niguel	8
Yorba Linda	12
Mission Viejo	12
Lake Forest	12
Irvine	13
Rancho Santa Margarita	14
Dana Point	16
San Juan Capistrano	18
San Clemente	20
Cypress	22
Seal Beach	22
Placentia	23
Anaheim	24
Laguna Hills	25
Fountain Valley	27
Orange County	28
Huntington Beach	30
Stanton	32
Brea	32
Garden Grove	32
Buena Park	33
Orange	33
Tustin	36
Fullerton	38
California	38
Westminster	40
Santa Ana	40
La Habra	42
Newport Beach	43
Costa Mesa	46
Laguna Beach	70

Source: California Highway Patrol, Statewide Integrated Traffic Records System, 2006 - 2008 (<http://www.chp.ca.gov/switrs/index.html>)

Pedestrian Injuries by City, 2006-2008



Bicycle Injuries

Description of Indicator

This indicator measures the number of motor vehicle-related bicycle injuries, including deaths, per 100,000 residents.

Why is this Important to Health?

Bicycling is an important form of physical activity which has been shown to improve physical and mental health, promote healthy weight, and reduce chronic disease risk (39). As a non-motorized form of transportation, bicycling can serve as an important means of reducing air pollution. Real and perceived dangers to bicyclists can prevent them from engaging in this activity and, at the community level, inhibit the range of benefits bicycling can bring (39).

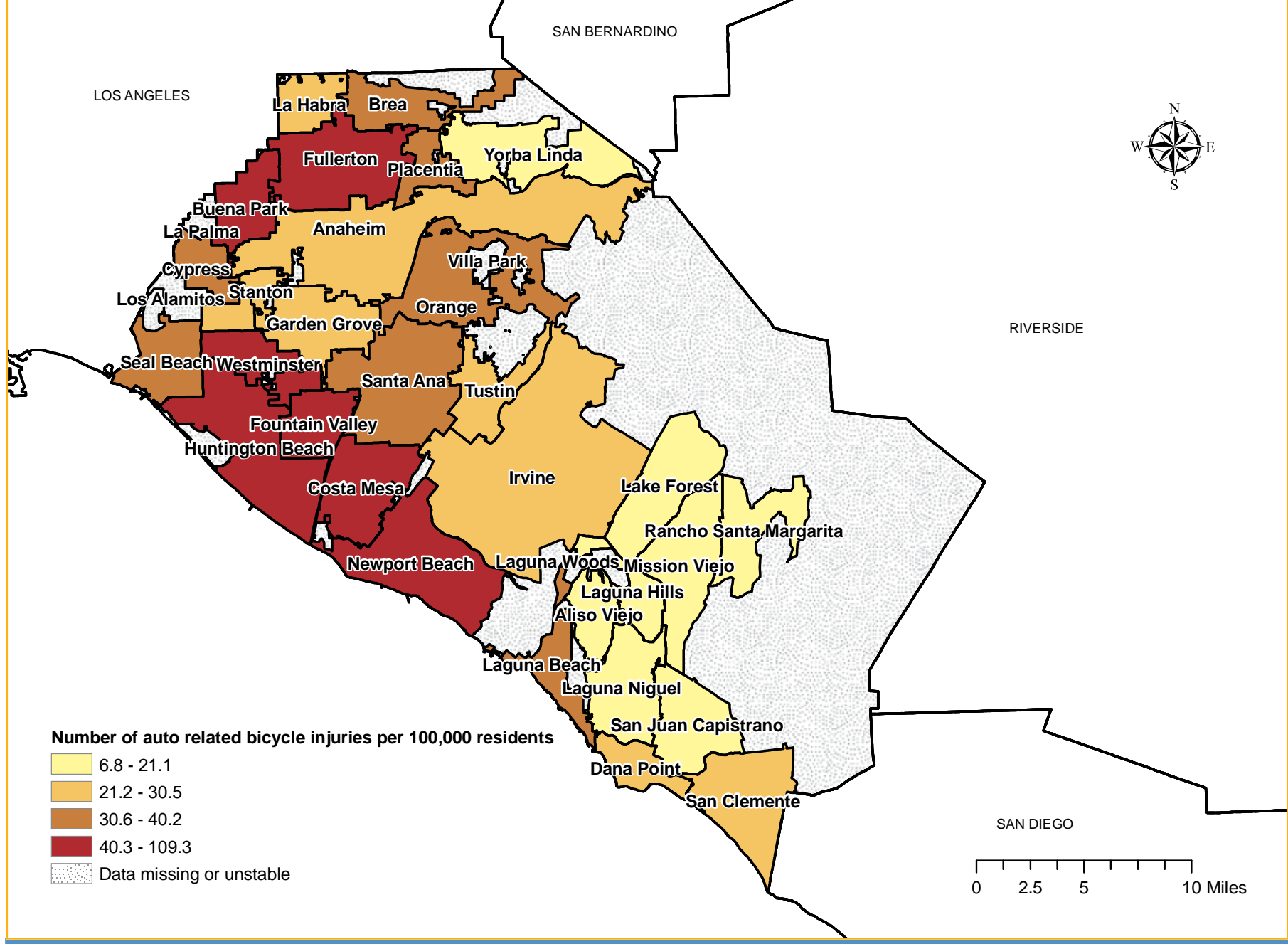
Resources

The U.S. Department of Transportation and the University of North Carolina Highway Safety Research Center operate bicyclinginfo.org, a website of the [Pedestrian and Bicycling Information Center](#), which is a resource on the promotion of bicycling in our communities.

Location	Number of Bicyclist Injuries per 100,000 Residents by City, 2006 - 2008
Rancho Santa Margarita	7
Laguna Niguel	8
Aliso Viejo	10
Mission Viejo	11
San Juan Capistrano	15
Lake Forest	17
Yorba Linda	19
Laguna Hills	21
Dana Point	23
San Clemente	24
Tustin	25
Irvine	26
Stanton	28
Anaheim	29
California	29
La Habra	30
Garden Grove	31
Placentia	31
Seal Beach	32
Santa Ana	33
Orange County	34
Brea	35
Laguna Beach	35
Cypress	35
Orange	40
Buena Park	40
Fountain Valley	41
Fullerton	42
Westminster	42
Huntington Beach	63
Costa Mesa	76
Newport Beach	109

Source: California Highway Patrol, Statewide Integrated Traffic Records System, 2006 - 2008 (<http://www.chp.ca.gov/switrs/index.html>)

Bicyclist Injuries by City, 2006-2008



Life Expectancy

Description of Indicator

This indicator measures the average number of years a child born today can expect to live.

Why is this Important to Health?

Average life expectancy at birth is one of the most fundamental measures of the overall health of a community. With advances in medical care and efforts to improve public health, life expectancy has increased by as much as 30 years over the past century in the United States (40). Life expectancy is affected by increased access to health care and reduced premature death due to preventable causes (41). By adopting modest lifestyle changes, including quitting smoking, eating more fruits and vegetables, and increasing physical activity, the average person could add 14 years to their life (42).

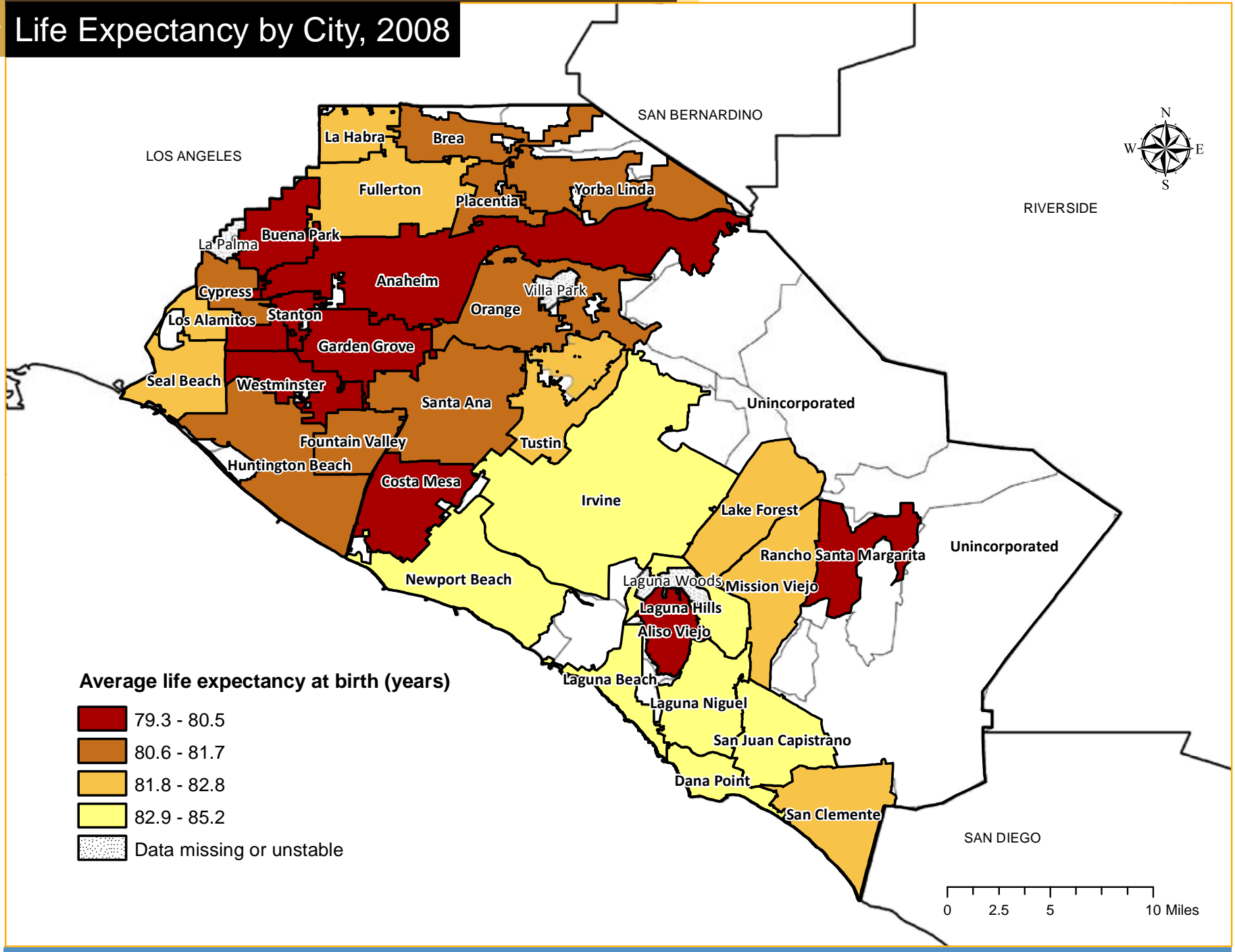
Resources

The [Centers for Disease Control and Prevention](#) has significant resources and recommendations for interventions related to overweight, smoking, healthy diet and physical activity.

Location	Average Life Expectancy in Years at Birth by City, 2008
San Juan Capistrano	85.2
Laguna Beach	84.9
Irvine	84.8
Newport Beach	84.6
Laguna Hills	83.7
Laguna Niguel	83.6
Dana Point	82.8
Tustin	82.8
Seal Beach	82.7
Los Alamitos	82.5
Lake Forest	82.2
San Clemente	82.0
Fullerton	81.9
La Habra	81.9
Mission Viejo	81.8
Orange County	81.5
Orange	81.4
Fountain Valley	81.3
Brea	81.3
Huntington Beach	81.3
Santa Ana	81.2
Cypress	81.1
Yorba Linda	80.9
Placentia	80.7
Stanton	80.5
Aliso Viejo	80.4
Rancho Santa Margarita	80.3
Westminster	80.1
Anaheim	80.0
Costa Mesa	79.7
California	79.7
Garden Grove	79.5
Buena Park	79.3
United States	78.0

Source: State of California 2008 Death Master File (Excludes cities with populations less than 20,000: Villa Park, La Palma, and Laguna Woods.)

Life Expectancy by City, 2008



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