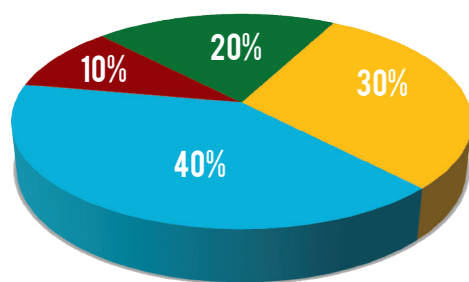


# HEALTH

## SOCIAL DETERMINANTS OF HEALTH

Health encompasses much more than illness and medical visits. Health begins in our families, our schools, our work places, and our communities. It begins in the environments in which we live, work, study and play, and these environments are largely affected by economics, social policies and politics. These social determinants of health, along with our personal behaviors, genetic backgrounds and access to care largely shape our personal health.



### FACTORS THAT IMPACT HEALTH

- Social and Economic Factors
- Physical Environment
- Clinical Care
- Health Behaviors

## HOW DO WE COMPARE?

Placer and Nevada are among the healthiest of California's counties, rated **2nd and 8th place** respectively in Health Factors in the Robert Wood Johnson Foundation's County Health Rankings ([www.countyhealthrankings.org](http://www.countyhealthrankings.org)).

	CALIFORNIA	NEVADA CO.	PLACER CO.
Adult Obesity	23%	20%	23%
Adult Tobacco Use	13%	12%	11%
Physical Inactivity	17%	15%	14%
STDs (per 100,000)	441	179	212
Teen births (per 1,000 female pop.)	34	16	15
HS Graduation rate	83%	89%	92%

(Robert Wood Johnson Foundation County Health Rankings 2016)

## CHALLENGES

Tahoe Truckee residents typically enjoy healthy lifestyles with a strong emphasis on recreation, nutrition and healthy choices. Still, despite gains made by programs serving our community, some health challenges and disparities persist:

- Our Latino population is less likely than our non-Latino population to have health insurance and a medical home.
- Residents report wanting to, but not seeking dental care for themselves or their children due to lack of funds, insurance, transportation or providers.
- Youth and Adult alcohol rates exceed those of our California peers.
- Suicide rates in Tahoe Truckee exceed state averages.
- Gaps in service and access are barriers to mental health care.

(Tahoe Forest Hospital District Community Health Needs Assessment 2014, California Healthy Kids Survey (CHKS) 2014, California Department of Public Health 2014)

## SNAPSHOT

In many areas, Tahoe Truckee residents are healthier than people across the state and county, but there are still areas of concern that inform community efforts.

**34%** of Tahoe Truckee adults report **being in excellent health**, compared with 20% in California. (Tahoe Forest Hospital District Community Health Needs Assessment 2014)

### UNINTENTIONAL DEATH

rates in Nevada County are **48.6/100,000**, higher than Placer County at 28.7/100,000 and California at 27.9/100,000. (California Department of Public Health 2015)

**7.5%** of Tahoe Truckee adults reported **regular tobacco use** in 2014, down from 11.1% in 2011. (Tahoe Forest Hospital District Community Health Needs Assessment 2014)

**86%** of incoming TTUSD kindergartners were **fully immunized** in 2014, up from 66% in 2012 and nearing the target rate of 90%. (Tahoe Truckee Unified School District)

**47%** of Tahoe Truckee 11th graders reported **using alcohol in the past 30 days**, compared with 33% of California 11th graders. (California Healthy Kids Survey 2014)

**81.1%** of Tahoe Truckee **adults** reported **using alcohol** in the past 30 days, compared with 55.5% of California adults. (Tahoe Forest Hospital District Community Health Needs Assessment 2014)



# MENTAL HEALTH

## WHAT IS MENTAL HEALTH?

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society.

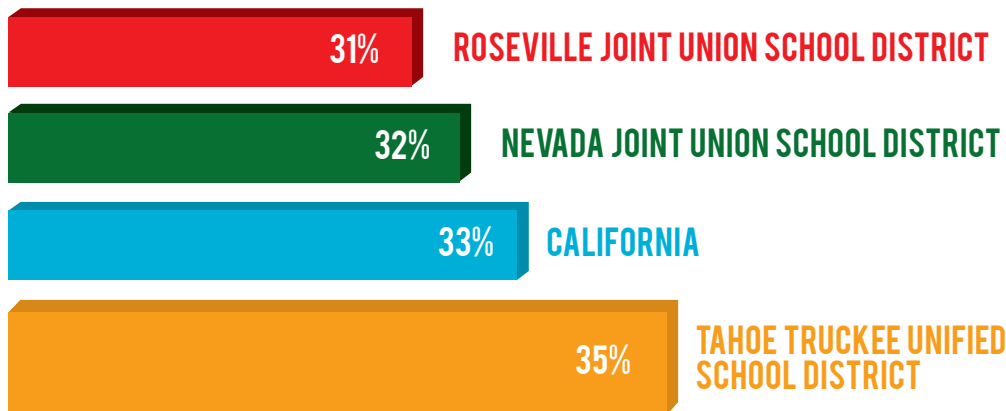
Mental disorders are health conditions that are characterized by alterations in thinking, mood, and/or behavior that are associated with distress and/or impaired functioning. Mental illness is the term that refers collectively to all diagnosable mental disorders.

(Healthy People 2020)

## WHY IS MENTAL HEALTH IMPORTANT?

- According to the National Institute of Mental Health (NIMH), in any given year, an estimated 13 million American adults (approximately 1 in 17) have a seriously debilitating mental illness. (Healthy People 2020)
- Mental health disorders are the leading cause of disability in the United States and Canada, accounting for 25 percent of all years of life lost to disability and premature mortality. (Healthy People 2020)
- Mental health and physical health are closely connected. Mental health plays a major role in people's ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect people's ability to participate in health-promoting behaviors. (Healthy People 2020)
- Providing adequate mental health services in rural communities is a challenge across the country. Chronic shortages of mental health professionals in rural areas combined with a lack of specialized services, higher rates of stigma and accessibility challenges create significant barriers for rural residents. Additionally, rural residents are less likely to recognize the signs of mental illness and seek support (Western Interstate Commission for Higher Education, Rural Mental Health: Challenges and Opportunities Caring for the Country)

## YOUTH REPORTING CHRONIC SADNESS AND HOPELESSNESS



(California Healthy Kids Survey, 11th graders)

The Community Collaborative of Tahoe Truckee is a partnership of non-profit and public organizations working together to address fundamental needs of families in the Tahoe Truckee Region. The Community Report Card is powered by Results Scorecard. To see full results, visit [communitycollaborative.org/community-report-card](http://communitycollaborative.org/community-report-card). For more information, contact Alison Schwedner, Director of the Community Collaborative of Tahoe Truckee, at [alison@communitycollaborative.org](mailto:alison@communitycollaborative.org)

## SNAPSHOT

**8.5%** of adults reported two or more weeks per month of "bad mental health days."

(Tahoe Forest Hospital District Community Health Needs Assessment 2014)

**19%** of adults wanted, but did not seek mental health treatment **due to cost** or access issues.

(Tahoe Forest Hospital District Community Health Needs Assessment 2014)

**6.1%** of households reported a household member **abused drugs**, up from 3.3% in 2011.

(Tahoe Forest Hospital District Community Health Needs Assessment 2014)

**NEVADA COUNTY** has a high rate of **drug induced death**, at 18.7/100,000 compared with 11.1/100,000 across California.

**NEVADA COUNTY** has higher rates of **suicide** at 20.7/100,000 compared with California at 10.2/100,000. (California Department of Public Health)



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