

Santa Cruz County 2003 Health Almanac

Fast Start - Ways to Find Health Information

Alphabetically: Health Topics A to Z provides a listing of disease and health topics found on the CDC Web site. It is not yet a complete index of the site. New topics are added on an going basis.
<http://www.cdc.gov/health/default.htm>

Keyword search: <http://www.healthypeople.gov/hpscripts/KeywordSearch.asp>

Fast Stats: <http://www.cdc.gov/nchs/fastats/Default.htm>

Source: Centers For Disease Control

Statistically: Santa Cruz/ CA/ National statistics – selected

http://www.santacruzhealth.org/resources/categories/3health_statistics_and_reporting.htm

Healthy People 2010: A program of the Department of Health and Human Services which offers a comprehensive, nationwide health promotion and disease prevention agenda broken down into 28 focus areas. Santa Cruz County being unique necessitated the addition of several additional areas.

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(utilizing a modified Healthy People 2010 format)

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[Access to Health Care](#)

- Find a Physician
- Health Insurance Coverage
- US Census Bureau News Releases
- Santa Cruz County Health Services Agency Health Benefit Programs
<http://www.santacruzhealth.org/admnstr/2benefits.htm>
- The State of Health Insurance in California: Findings from the 2001 California Health Interview Survey
- Doctor Office Visits
- Clinics
 - Therapeutic Drug Use
- Hospitals
- Emergency Medical Services
- CA/SCC Data
- Regular Source of Care
 - CA & SCC Data by Total & Gender
 - Race/Ethnicity
 - Poverty level
- Out Patient Department Visits
- Surgery
 - Out-patient
 - In-patient

[Arthritis, Osteoporosis, and Chronic Back Conditions](#)

- National Data and Information
- Informational Web Sites - National
- Heavy Exercise Aids Rheumatoid Arthritis
- CA - A Spanish Version of the Arthritis Self-Help Course
CA/SCC Data

[Cancer](#)

- Overall
- SEER (Surveillance, Epidemiology, and End Results)
- Overweight People More Cancer-Prone
- Modest Exercise Lowers Breast Cancer Risk
- Food and Fitness
- Breast Cancer
 - Mammography and Pap Test
 - CA/SCC Data
- Colorectal Cancer
- Lung Cancer
- Prostate Cancer
- CA/SCC Data

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Child Health

- Introduction
- Population and Family Characteristics
- Racial and ethnic characteristics
- Overall Health
- Health Indicators – some CA/SCC Data included where available
 - Access to Health Care
 - Santa Cruz Health Services Agency's Children's Health Information
 - Santa Cruz Health Services Agency's Public Health Depts.'s Children's Medical Services
 - Health conditions (selected)
 - Economic Security Indicators
 - Poverty
 - One Parent working full time
 - Child Care
 - Diet also see: [Nutrition](#)
 - CA Pediatric Nutrition Surveillance System Trend Analysis 1994-1998
 - Sugary Drinks Help Children Get Fat
 - Childhood Obesity Nat'l/CA/SCC data
 - Adolescent and young adult physical activity
 - Facts
 - Benefits of physical activity
 - Did NO exercise
 - % of children with limitations due to chronic conditions
 - Developmental Disabilities
 - Mortality of children
 - Infant
 - Child
 - Injuries Among Children - fatal and non-fatal
 - Child CA/SCC data
 - Adolescent CA/SCC data
 - Child & Adolescent summary CA/SCC data
 - Child abuse
 - Education
 - [County-City-Community Level Information for Kids \(CLIKS\)](#)
http://www.aecf.org/cgi-bin/cliiks.cgi?action=profile_results&subset=CA&areaid=45
 - Reading and Math Skills
 - % of young adults ...completed high school
 - SCC specific CCS information - cd
 - SCC specific CHDP statistics – nb
 - Overall
 - Dental
 - Obesity - also see: Diet (above)
 - Eye
 - Asthma/Reactive Airway Disease
 - Santa Cruz County Health Services Agency Children's Health Information
 - Santa Cruz County Children's Mental Health - 13 Year Anniversary Report of Santa Cruz County Children's Interagency System of Care – also see: [Mental Health](#) and <http://hsa/Interland/pdf/MHKids13yr.pdf>

Chronic Kidney Disease also see: [Disabilities and Chronic Conditions](#)

- National Kidney Foundation

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- Kidney/Bladder Disorders

Diabetes

- Frequently Asked Questions
- April 2003 Diabetes in California: Findings from the 2001 California Health Interview Survey
- Data
 - National
 - CA/SCC
- The Burden of Diabetes in Santa Cruz County
- CA/Latino Diabetes Fact Sheet

Disability and Chronic Conditions

- Disabilities
- CA Disability Centers
- Chronic Diseases
- National Data
- CA/SCC Data

Educational and Community-Based Programs

- Sources of Information
- Santa Cruz Public Health Dept. Health Education Programs
- Health Finder
- Combined Health Information Database
- CDC health topics A-Z (specific information sites)
 - CDC Office of Communications
- Healthy People 2010 “Fast stats”
- Search by Keywords: <http://www.healthypeople.gov/hpscripts/KeywordSearch.asp>
- Media Public Service Programs
- American Medical Association
 - Journal of the American Medical Association
- American Osteopathic Association
- American Public Health Association
- California Medical Association
- National Institutes of Health News
- New England Journal of Medicine News
- Osteopathic Physicians and Surgeons of California
- Santa Cruz Medical Society
- 10 things to know about evaluating medical resources on the Web

Elderly Health

- Overall
- Population
- Racial and Ethnic Composition
- Marital Status
- Educational Attainment
- Living Arrangements
 - AARP's- 20 Ways to Pick the city that's best for you
 - US Census Bureau Marital Status and Living Arrangement News Releases
- Poverty
- Income Distribution
- Sources of Income for Older Americans
 - About One-Half of Older Married Couples Have Incomes of \$35,000 or More
- Net worth

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- Participation in the Labor Force
- Housing Expenditures
- Life Expectancy
- Mortality
- Chronic Health Conditions
- Memory Impairment- Alzheimer's Disease
- Depressive Symptoms
- Self-Rated Health Status
- Disability
- Social Activity
- Sedentary Lifestyle
- Vaccinations
- Mammography

Access to Health Care also see: [Access to Care](#)

[Environmental Health](#)

- Santa Cruz County Environmental Health Services
- Air Quality
- Water Quality

[Family Planning](#)

- Public Health Dept. Family Planning Resources
- CA and Santa Cruz Specific Data also see: [Maternal, Infant and Child Health](#)
- Healthy People 2010 Goals and data

[Food Safety](#) also see: [Environmental Health](#) and see: [Nutrition](#)

- Misc. sources of websites for information pertaining to food

[Health Communications](#) also see: [Education and Community-Based Programs](#)

[Heart Disease and Stroke](#)

- Cardiovascular Health- A Public Health Action Plan to Prevent Heart Disease and Stroke
- Blood Pressure
- Cholesterol
- Heart Disease Data
- Hypertension
- CA/SCC Data

[Hispanic American Health Facts](#)

- Overall
- Heart Disease is Leading Killer of Hispanic and Latino Americans with Diabetes
- Hispanic Women in Border States Less Likely to Receive Cancer Screening
- What Are U.S. Latinos' HIV Prevention Needs?
- Increased Risk of Dying from Pregnancy among Hispanic Women in the US
- Prevalence of Glaucoma in Mexican-Americans
- Diabetes in Hispanic Americans

[HIV/AIDS](#)

- Overall
- CA/SCC Data
- CA HIV Seroprevalence Annual Report 2000
- SCC Specific Information
- Frequently Asked Questions-CDC

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- CARE team- Santa Cruz County

Immunization and Infectious Disease

- Overall
- Common Cold
- Hepatitis – Viral
- Immunization of Children
 - Santa Cruz/CA Immunization Rates
 - All Kids by Two
 - SIDS Not Linked to Number and Variety of Childhood Vaccines
- Influenza
- Measles
 - Santa Cruz County Data see: [Indicators of Health](#) - Santa Cruz County Health Status Profile 2003
- Pneumonia Vaccination
- SARS - Severe Acute Respiratory Syndrome -
<http://www.santacruzhealth.org/phealth/cd/3sars.htm>
- Pertussis (Whooping Cough)
- Disease Fatality Rates World data
- Santa Cruz County Specific information – Communicable Disease Unit
- Disease Tracking
- Surveillance Resources

Indicators of Health

- Santa Cruz County Health Status Profile 2003
- Demographics
 - Poverty Level – CA & SCC
- Total CA Population
- Total SCC Population
- General Health Status
- Life Expectancy
- Morbidity & Mortality Tables - National
- Deaths
 - Disease Fatality Rates
- Santa Cruz County Health Reports and Statistics

Injury and Violence Prevention also see: [Child Health](#)

- Accidents/Unintentional Injuries
 - Child CA/SCC Data
 - Adolescent CA/SCC Data
 - Child & Adolescent Summary CA/SCC Data
- Firearm Mortality
- Homicide
- Bicycle Injuries in SCC

Maternal, Infant and Child Health also see: [Child Health](#)

- National Data
- CA Data
- SCC Data
- Birth Defects
- Methods of Delivery
- Multiple Births
- Prenatal care

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- Teen
 - CA/SCC Data
- Unmarried Childbearing
- Birthweight and Gestation
- Obstetrical Procedures
- Pregnancy Risk Factors

[Medical Product Safety](#)

- Medical Product Recalls

[Mens' Health](#)

- Overall
- Prostate Disease
- Men's Health Topics
- Exercise Prolongs Men's Sex Lives

[Mental Health and Mental Disorders](#)

- Overall
- Santa Cruz Mental Health Service Statistics - 2002
- Santa Cruz County Mental Health and Substance Abuse Services
- Santa Cruz County Behavioral Health Web Links
- Santa Cruz County Children's Mental Health - 13 Year Anniversary Report of Santa Cruz County Children's Interagency System of Care
- CA/SCC Data

[Misc. Health Resources](#)

- Santa Cruz County Health Resources
- Disaster
- Quality of Life
 - Best Places to live: Santa Cruz/Watsonville
 - AARP's 20 Ways to pick the best city for you
 - Dr. Beach's Best Beaches
- World-o-meter
- Epilepsy
- Hospice Caring Project
- Long Term Care Integration Project
- Mosquito Control in Santa Cruz
- Housing and Homeless in SCC

[Nutrition and Overweight](#)

- Body mass/body measurements
- Diet
 - Obesity
 - Child Obesity also see: [Child Health](#)
 - Overweight prevalence
- Digestive Disorders
 - Chronic Liver Disease

[Occupational Health and Safety](#)

- CDC's Occupational Health Specific Web Site

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- Overall
- Occupational Safety and Health Publications

[Oral Health](#)

- National Data
- CA/SCC Data

[Physical Activities and Fitness](#)

- CDC's Specific Web Site Dealing with Physical Activities
- Physical Activity
- CA Data
- CA/Santa Cruz County Any Moderate Exercise for at Least 30 Minutes by Teens Physically Active? How Your State Rates

[Public Health Department](#)

- Childrens Medical Services
- Disease and Infection Control
- Emergency Medical Services
- Health Education
- HIV/AIDS Services
- Homeless Persons Health Project
- Immunizations
- Medi-Cruz
- Public Health Commission
- Public Health Field Nursing

[Respiratory Diseases](#)

- American Lung Association
- Allergies/Hay Fever
- State of the Air Report: 2003
- Asthma
- National/CA/SCC Data
- Bronchitis
- Chronic Obstructive Pulmonary Disease
- Emphysema

[Sexually Transmitted Diseases](#)

- CA/SCC Data – Physician/Teen Education
- STD – also see: [Immunization and Infectious Diseases](#) and see: [HIV/AIDS](#)

[Substance Abuse](#)

- Alcohol Use
- CA Alcohol Consumption
- During the past month, how many days per month did you drink any alcoholic beverages, on the average?
- How many times during the past month did you have 5 or more drinks?
- Santa Cruz County Youth Drug and Alcohol Survey, 2002 Summary Report
- Drug Use – Illegal

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- Illegal Herb Not Harmless, but Data Show No Link to Death

[Tobacco Use](#)

Also see: [Substance Abuse](#), SCC Youth Drug and Alcohol survey, 2002
Summary Report

- Overall information re Smoking
- Data: National/CA/SCC
- Santa Cruz County Tobacco Education Coalition
- The Cost of Smoking in California, 1999; CA Dept. Health Services, Tobacco Control Section

[Vision and Hearing](#)

- California/Santa Cruz County covered for eye exams
- Hearing - No CHIS data is maintained for CA or Santa Cruz County

[Women's Health](#)

- CDC's Women's Health Web Site
- Overall Data
- Mammography and Pap Test CA/SCC Data
- WomenHeart: Women with Heart Disease
- Hormone Use Found to Raise Dementia Risk

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Introduction

In an effort to educate the community in various health related issues, the Public Health Department of the Santa Cruz County's Health Services Agency, utilizing and adapting the U.S. Department of Health and Human Services' Healthy People 2010 format, has undertaken to compile an almanac of information dealing with many aspects of health. Health is defined in this work in the broadest sense of the word and encompasses and endorses the concept of well-being in addition to the lack of illness and disease. Health is seen as the prevention and/or elimination of problems and the preservation of individuals and groups so that they may live and enjoy to the fullest extent of being.

Many sources of information have been explored, adapted and borrowed from to produce this work but without the efforts of the Public Health Professionals who work every day to preserve the Public's health, disease would overcome the community and its people. Much of the information included in this almanac reflects the ongoing efforts of these local individuals and are only a small measure of their continued efforts and accomplishments.

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Privacy Notice

The County of Santa Cruz Health Services Agency values your right to privacy and confidentiality regarding health related matters and issues. We strongly believe and understand that health is a very personal, private subject. We want you to feel as comfortable as possible while visiting our web-site and wish to reassure you that we will make every reasonable effort to protect your privacy and confidentiality regarding health or medical matters.

As a County health care provider, all information collected by the County of Santa Cruz Health Services Agency as part of the official medical record of any client or recipient of medical services is legally protected, confidential and private. The County of Santa Cruz complies with State and Federal regulations regarding the confidentiality and release of patient or client medical record information. If you are receiving direct health care services from the County of Santa Cruz Health Services Agency, you may want to review our Patient/Client Notice of Privacy Practices available from your County physician or health care provider and also available on this web site. See: <http://www.santacruzhealth.org/1disclaim.htm>

The County of Santa Cruz Health Services Agency does not as a practice routinely collect any personally identifiable information on this web-site except when explicitly and voluntarily submitted by you through E-mail, responses to surveys, questionnaires and the like...

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About Healthy People 2010

In January 2000, the Department of Health and Human Services launched Healthy People 2010, a comprehensive, nationwide health promotion and disease prevention agenda. Healthy People 2010 contains 467 objectives designed to serve as a road map for improving the health of all people in the United States during the first decade of the 21st century.

Healthy People 2010 builds on similar initiatives pursued over the past two decades. Two overarching goals--increase quality and years of healthy life, and eliminate health disparities--served as a guide for developing objectives that will actually measure progress. Nationally the objectives are organized in 28 focus areas, each representing an important public health area. Each objective has a target for improvements to be achieved by the year 2010. A limited set of the objectives, known as the Leading Health Indicators, are intended to help everyone more easily understand the importance of health promotion and disease prevention and to encourage wide participation in improving health in the next decade. These Indicators were chosen based on their ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues.

Santa Cruz County is unique and therefore several other focus areas have been added to the national agenda. Other areas of our nation have needed to place higher emphasis on specific focus areas and therefore, while similar, a report from another geographical area of our county would reflect different interests and needs.

The National Center for Health Statistics (NCHS) is responsible for coordinating the effort to monitor the Nations progress toward the objectives, using data from NCHS data systems as well as many other data sources. National data are gathered from more than 150 different data sources, from more than seven Federal Government Departments (Health and Human Services, Commerce, Education, Justice, Labor, Transportation, and the Environmental Protection Agency), and from voluntary and private non-governmental organizations. To the extent appropriate, data for the objective are provided for subgroups defined by relevant dimensions (such as sociodemographic subgroups of the population, health status, or major industrial classifications).

Data are made available through DATA2010, an interactive database system accessible through the NCHS web site and the CDC WONDER system. Spreadsheet files containing Healthy People 2010-related data--including Leading Health Indicators, Selected Mortality Objectives, Selected Natality Objectives, and Health Status Indicators, by States are also available for downloading through the NCHS web site.

Because these objectives are national, not solely Federal, the achievement of these objectives is dependent in part on the ability of health agencies at all levels of government and on non-governmental organizations to assess objective progress.

<http://www.cdc.gov/nchs/about/otheract/hpdata2010/abouthp.htm>