

Live Well San Diego
Report Card on
Children, Families, and
Community

Brief History of the Report Card

- ▶ **HHSA provided from 1999 to 2005**
- ▶ **Study of successful report cards nationwide**
 - Raise community awareness
 - Community engagement critical to sustainability
 - Public/private support
 - Link what is learned to a process for change
- ▶ **Report Card transferred to The Children's Initiative in 2006**
- ▶ **2013 edition included 5 adult indicators to demonstrate health, safety, and thriving across the life span**
- ▶ **2015 edition introduced informational boxes for each indicator and feature boxes on emerging topics**

LIVE WELL SAN DIEGO



LIVE WELL SAN DIEGO

Five Areas of Influence



HEALTH



COMMUNITY



KNOWLEDGE



**STANDARD OF
LIVING**



SOCIAL

New in the 2017 Edition

- ▶ **Life Course pages**
 - Substance Use [p.37](#)
 - Poverty [p.51](#)
 - Nutrition Assistance [p.57](#)

- ▶ **Alignment of Report Card indicator with the five Live Well Areas of Influence**

Smoking tobacco affects children and families across the life course.

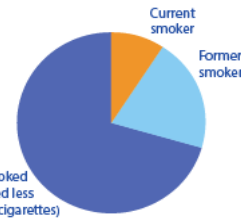
BEFORE BIRTH

Across the US, 1 in 10 women smoke in the last 3 months of pregnancy.

- Women who smoke during pregnancy are more likely to have a miscarriage, preterm birth, low birthweight birth, or baby born with certain birth defects.
- Among women who quit smoking during pregnancy, 40% started smoking again within six months after delivery.
- Research in San Diego shows that brief tobacco cessation counseling by a trained health provider, combined with support, significantly increases pregnancy quit rates.



Smoking During Pregnancy. Source: Centers for Disease Control and Prevention (CDC), Pregnancy Risk Assessment and Monitoring System (PRAMS) 2011 data for 24 states.



Adult Smoking Status in San Diego County. Source: California Health Interview Survey, 2016.

DURING CHILDHOOD

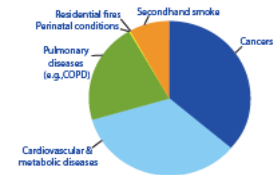
Adult smoking exposes children to secondhand smoke in the home.

- Children who breathe in cigarette smoke are more likely to have ear infections and respiratory problems (e.g., bronchitis, pneumonia, and asthma attacks).
- Nearly 10% of San Diego adults are current smokers.
- Nationally about 3 in 10 parents smoke. Parents in stressful life situations such as poverty, depression, or single-parenthood are more likely to be smokers.

YOUTH ARE AFFECTED

Parent smoking increases smoking among youth.

- Children and adolescents who live in families with smokers are more likely to develop the habit.
- 12-year-olds whose parents smoked were twice as likely to begin daily smoking by age 21 than their peers whose parents did not smoke.
- Smoking often leads to early deaths, resulting in various diseases, health conditions, and hazardous environments.



Deaths Among People Ages 35 and Older Attributable to Smoking, by Cause, San Diego County

Source: San Diego County Health and Human Services Agency. Data for 2015.

Substance Use

37

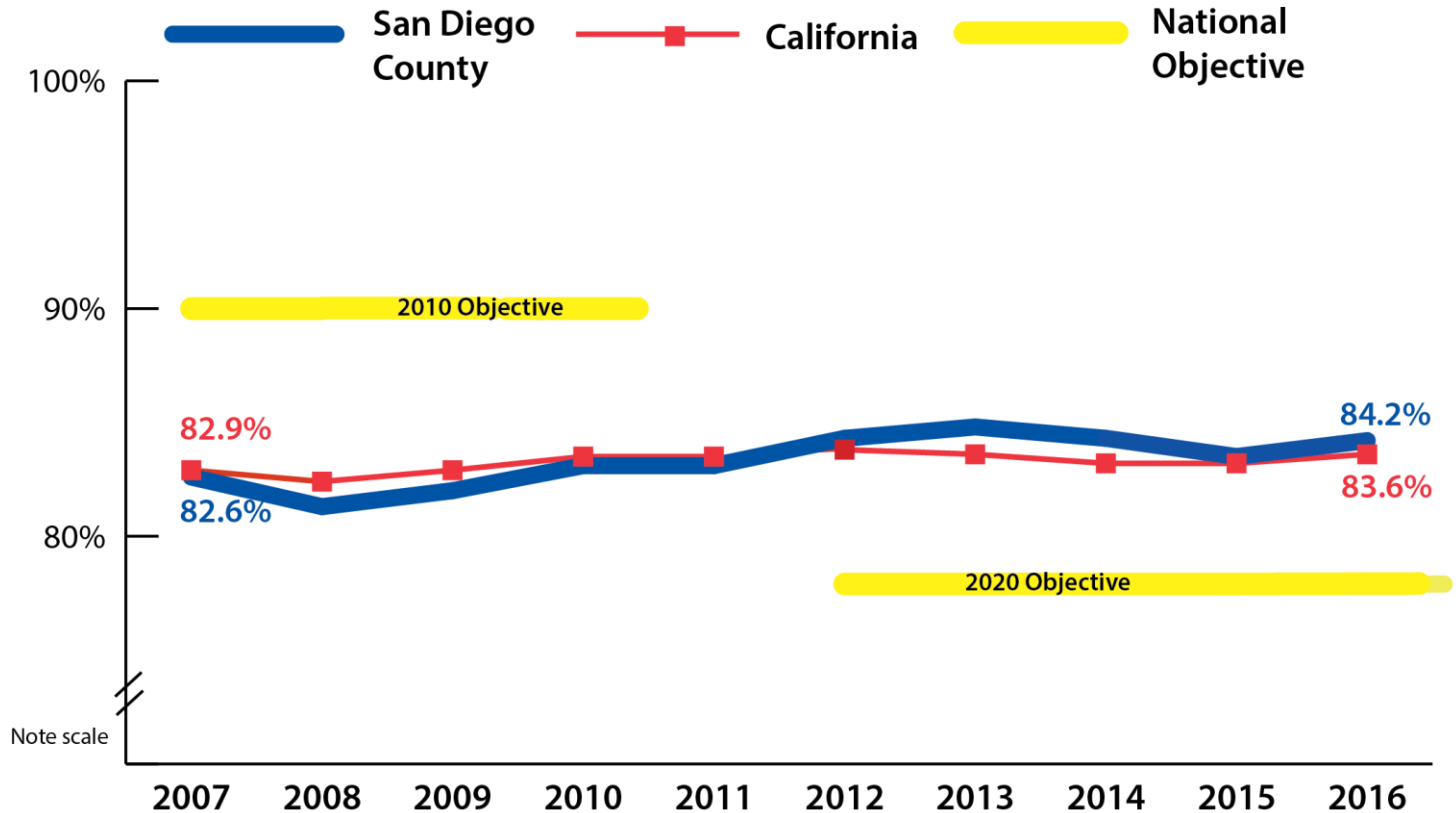
In the 2017 Edition

- ▶ **Feature boxes on important emerging topics which lack trend data**
 - Preventing Infectious Diseases [p.16](#)
 - Home Visiting Programs for Families [p.20](#)
 - Addressing Food Insecurity [p.55](#)



EARLY PRENATAL CARE

Percentage of Mothers Receiving Early Prenatal Care, San Diego County and California Compared to National Objective, 2007-2016



Note scale

Recommendations

Policy

- ▶ Expand use of evidence-based home visiting services for pregnant women at-risk.

Programs & Services

- ▶ Increase access to translation and culturally and linguistically appropriate services for immigrant and refugee populations, beginning with prenatal visits and care coordination.

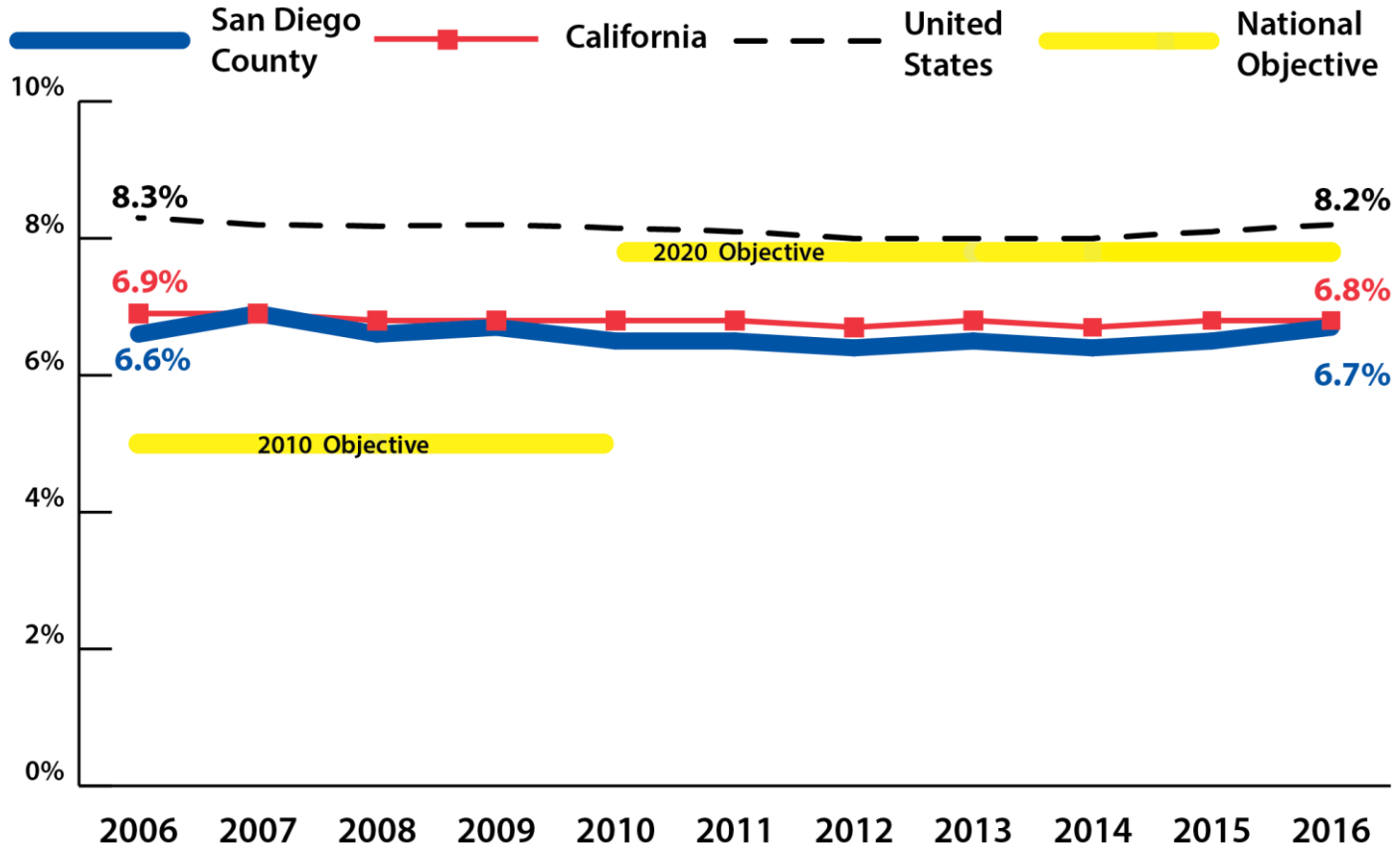
Family & Community

- ▶ Organize community-based networks of transportation for pregnant women to attend medical appointments and other necessary services.



LOW BIRTHWEIGHT

Percentage of Infants Born at Low Birthweight, San Diego County, California, and United States Compared to National Objective, 2006-2016



Recommendations

Policy

- ▶ Increase funding for provider education on tobacco and opioid use during pregnancy.

Programs & Services

- ▶ Increase use of evidence based home visiting programs for pregnant women in substance abuse treatment programs.

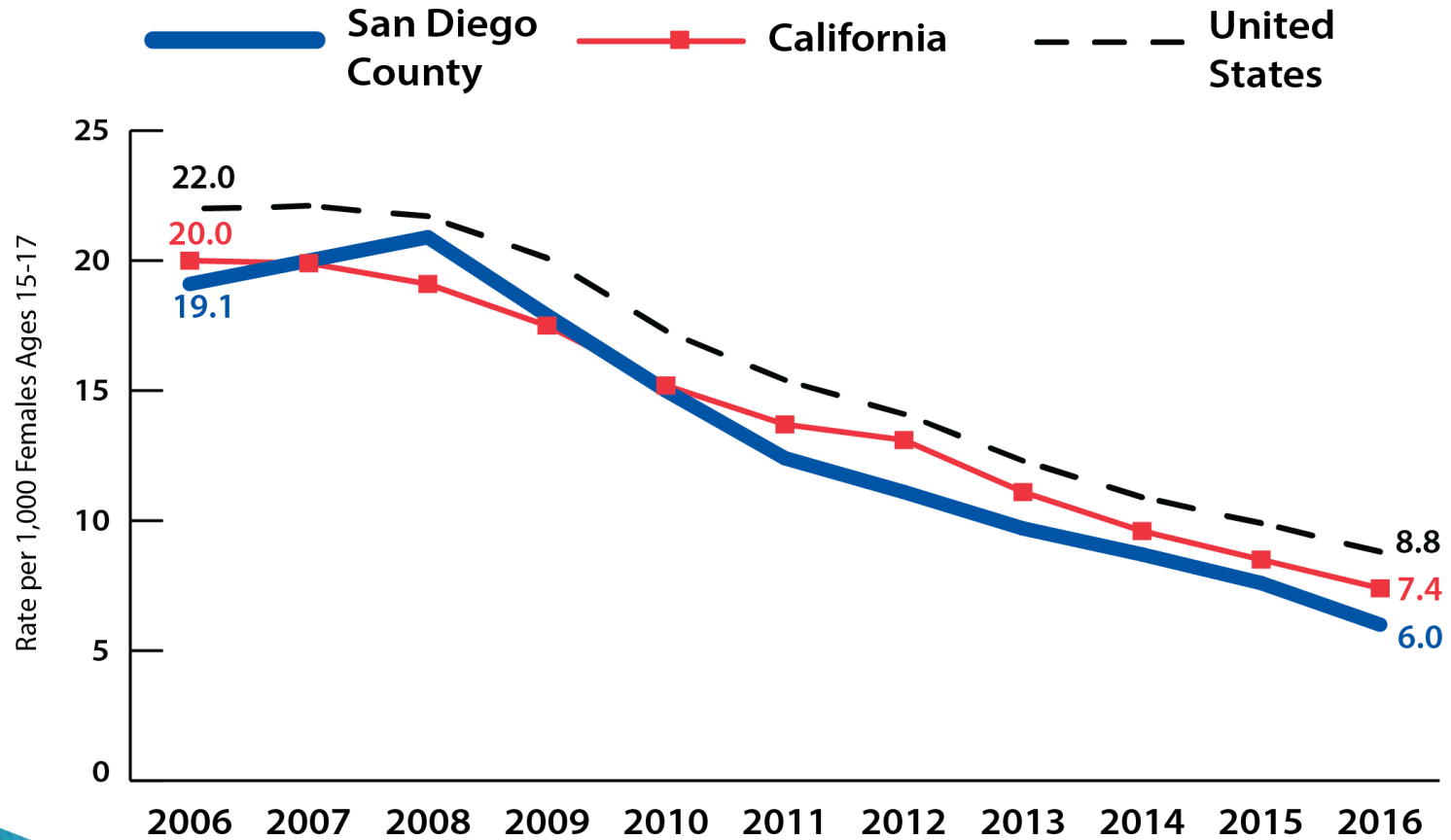
Family & Community

- ▶ Develop community-led support groups for pregnant women to encourage use of prenatal care, good nutrition, smoking cessation, and exercise.



BIRTHS TO TEENS

Birth Rate per 1,000 Females Ages 15-17,
San Diego County, California, and United States, 2006-2016



Recommendations

Policy

- ▶ Financially support adolescent health services on or near school campuses, ensuring they are culturally and linguistically appropriate.

Programs & Services

- ▶ Provide access to free or low cost, long-acting, reversible contraceptives (LARCs) and counseling services for females.

Family & Community

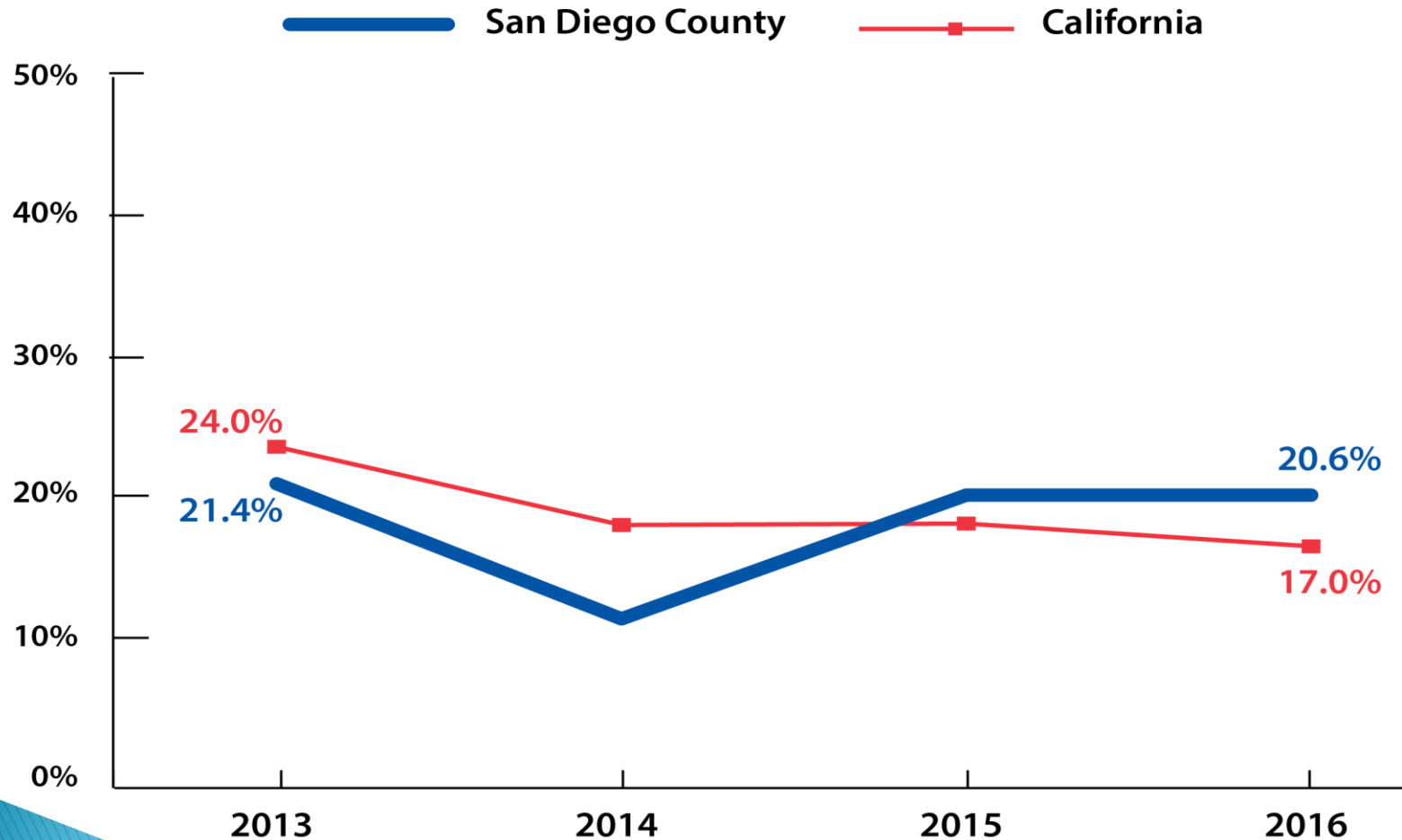
- ▶ Develop community and family mentorship programs for youth transitioning into adolescence.



HEALTH

ORAL HEALTH - Children

Percentage of Children Under Age 12 Who Had Not Visited a Dentist in More Than One Year or Ever, San Diego County and California, 2013-2016



Recommendations

Policy

- ▶ Expand the Share the Care program which provides no-cost dental services to uninsured young children and pregnant women.

Programs & Services

- ▶ Ensure that all San Diego County dental providers who accept Denti-Cal are listed in the national Healthy Kids dentist registry.

Family & Community

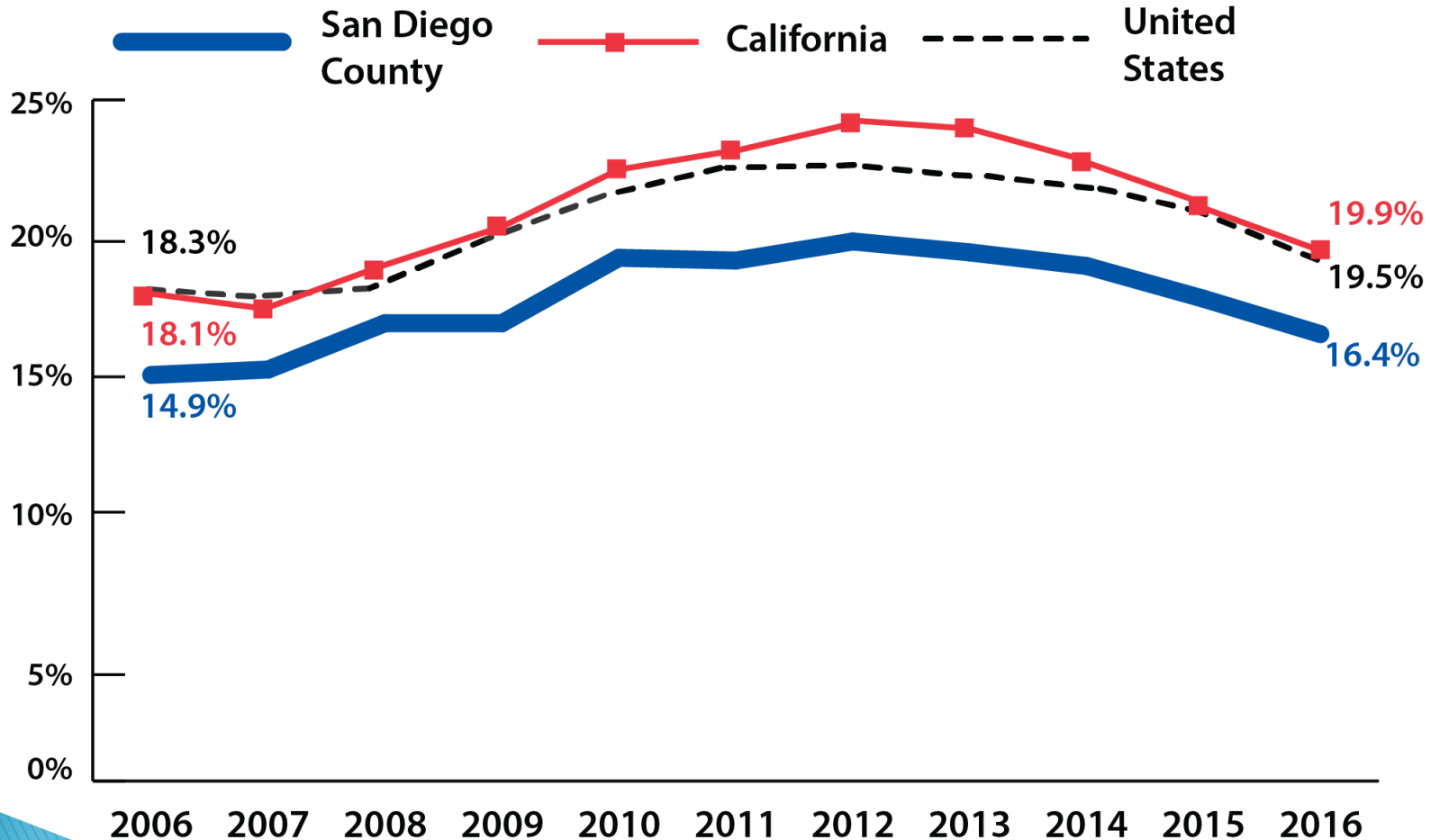
- ▶ Assist families in using the national Healthy Kids dentist registry to find services.



STANDARD OF
LIVING

POVERTY - Children

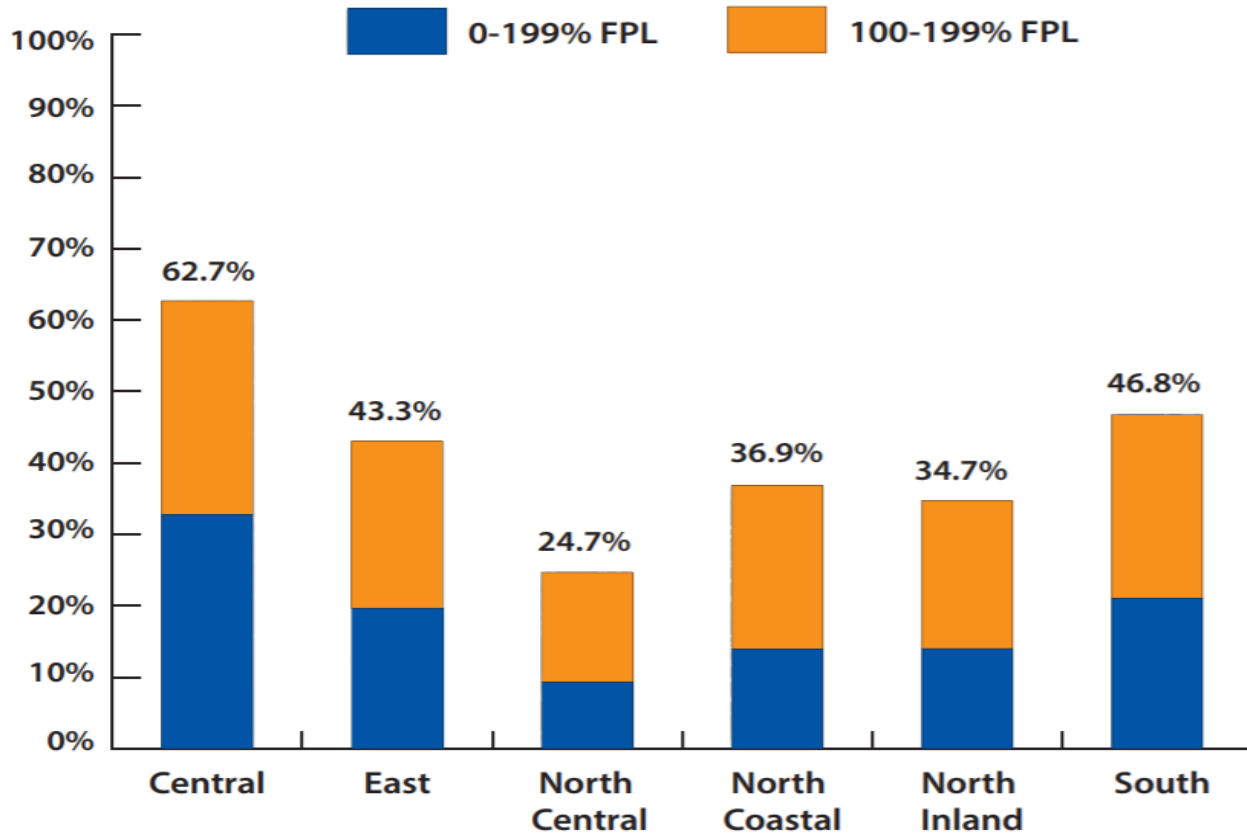
Percentage of Children Ages 0-17 Living in Poverty,
San Diego County, California, and United States, 2006-2016





POVERTY – by Region

Percentage of Children Under Age 18 in Low-Income Households, By Poverty Level and Region, San Diego County, 2016



Recommendations

Policy

- ▶ Set a Countywide priority on expanded use of tax credits and savings programs for eligible residents.

Programs & Services

- ▶ Inform and assist eligible families to use federal and state Earned Income Tax Credits, Individual Training Accounts, and other public anti-poverty programs.

Family & Community

- ▶ Use the IRS Volunteer Income Tax Advocate (VITA) program to help low-income families prepare tax returns and receive EITC.

Next Steps

- ▶ 50 plus presentations
 - Public Safety Groups
 - Community Clinics
 - County of San Diego Advisory Boards & Committees
 - Hospital Association & Health Care Advisory Boards
 - School Boards and Superintendents
 - Community Collaboratives
- ▶ Provide Data to school districts, foundations, CBO's
- ▶ Develop Data-to-Action Projects