



# The Rural Health Information Survey: Selected Findings for Del Norte County

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March 25, 2009

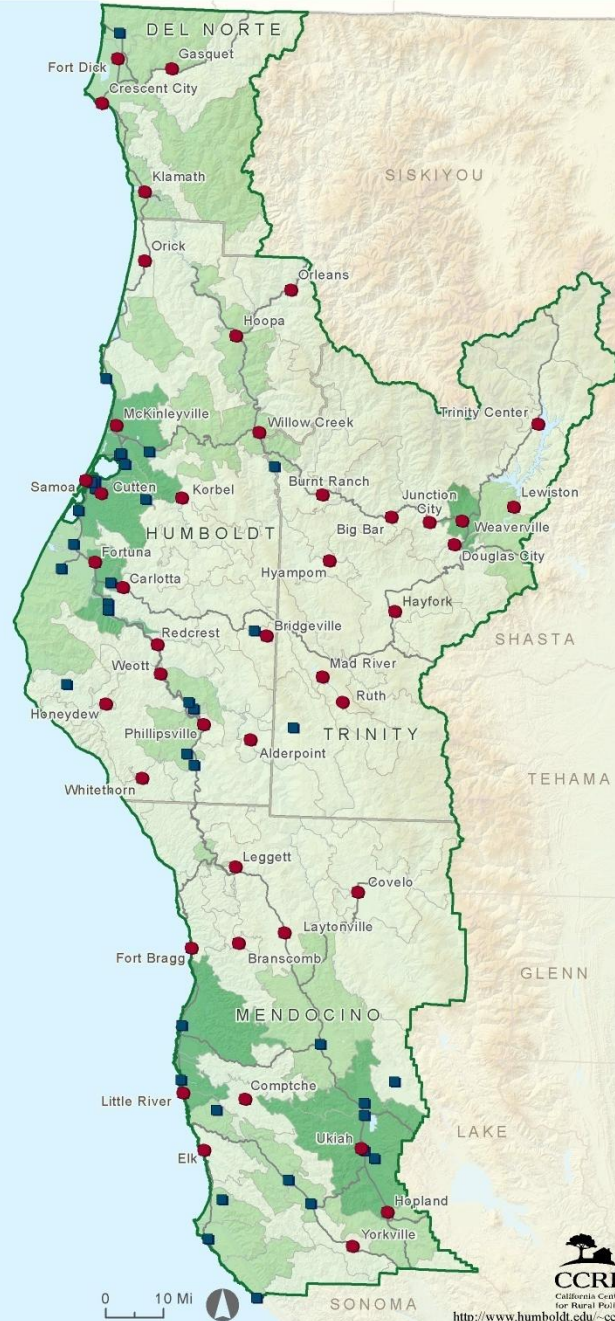
HUMBOLDT STATE UNIVERSITY

## The Rural Health Information Survey (RHIS)

### Purpose:

- To identify issues impacting health & access to health care in Del Norte, Humboldt, Trinity & Mendocino Counties.
- To provide Information for planning & policy development
- Conducted in Summer/ Fall 2006 by CCRP
- 4 page written survey
- Quantitative and Qualitative Questions

# CCRP Rural Health Information Survey: Socio-Spatial Sampling Scheme by Zip Code Tabulation Area (ZCTA)



Sampled U.S. Post Offices & ZCTA Population Density  
(People per sq. mile by ZCTA)

- Sampled Post Offices (Labeled)
- Post Offices
- Less than 11
- 11- 50
- Greater than 50

Data Sources: U.S. Postal Service, U.S. Census Bureau (2000)  
GIS and Cartography: R. Degagne, J. Pollom, A. Braden (2007)



## Response Rates & Sample Sizes by County

County	Rural Health Information Survey		California Health Interview Survey (CHIS)
	Response Rate	Sample Size	2005 Sample Size
Del Norte	12.1%	421	48*
Humboldt	12.3%	880	818
Trinity	14.9%	940	45*
Mendocino	11.2%	705	411
More than 1 of above		4	
<b>Total</b>	<b>12.7%</b>	<b>2950</b>	<b>1322</b>

\*CHIS combines the counties of Del Norte, Trinity, Siskiyou, Lassen, Modoc, Plumas and Sierra

## Respondents Who Reported Del Norte as Their Primary County of Residence

City/Town	Zip Code	Frequency	Percent of Del Norte Sample
Crescent City	95531	236	56.1
Klamath	95548	77	18.3
Gasquet	95543	63	15.0
Fort Dick	95538	38	9.0
Lewiston	96052*	1	0.2
Orick	95555*	1	0.2
Samoa	95564*	1	0.2
Weaverville	96093*	1	0.2
Willow Creek	95573*	1	0.2
Missing Zip Code	NA	2	0.5
<b>Total</b>		<b>421</b>	<b>99.9</b>

## Race/Ethnicity of Respondents

Race/Ethnicity	Del Norte Sample		U.S. Census, 2000 Del Norte County	
	Frequency	%	Frequency	%
White	359*	85.9	21,693*	78.9
American Indian	19*	4.5	1,770*	6.4
Hispanic/Latino	6*	1.4	3,829	13.9
Black/African American	3*	0.7	1,184*	4.3
Asian	2*	0.5	637*	2.3
Multiracial	22	5.3	1,121	4.1
Other	7*	1.7	1,079*	3.9
<b>Total</b>	<b>418</b>	<b>100</b>		

## Federal Poverty Level of Respondents

Federal Poverty Level	Del Norte Sample		U.S. Census, 2000 Del Norte County % of total population
	Frequency	%	
≤99%	63	17.7	20.2
100%-199%	81	22.8	NA
200%-299%	60	16.9	NA
≥300%	151	42.5	NA
Total	<b>355</b>	99.9	NA

# Access to Health Care

*Within the past 12 months, were you able to get the healthcare (including mental healthcare) you needed?*

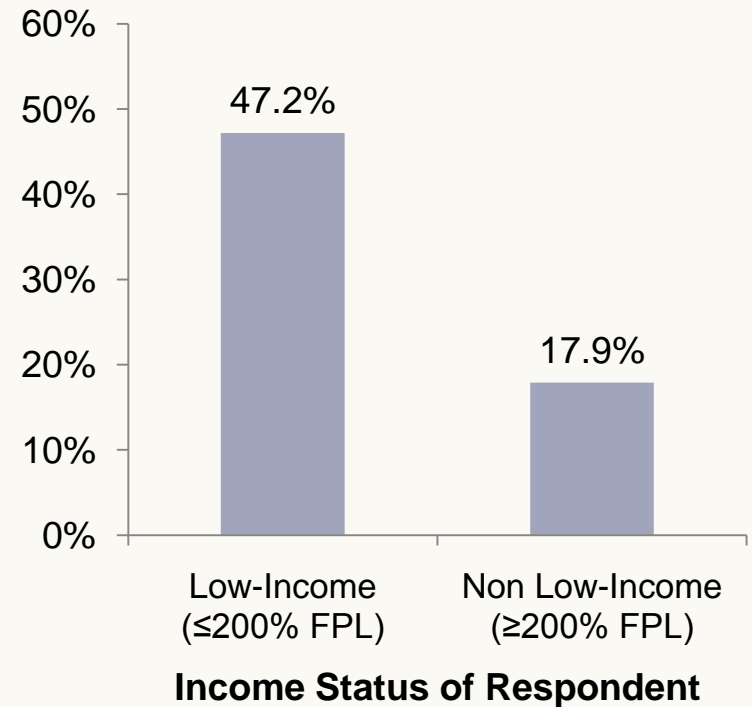
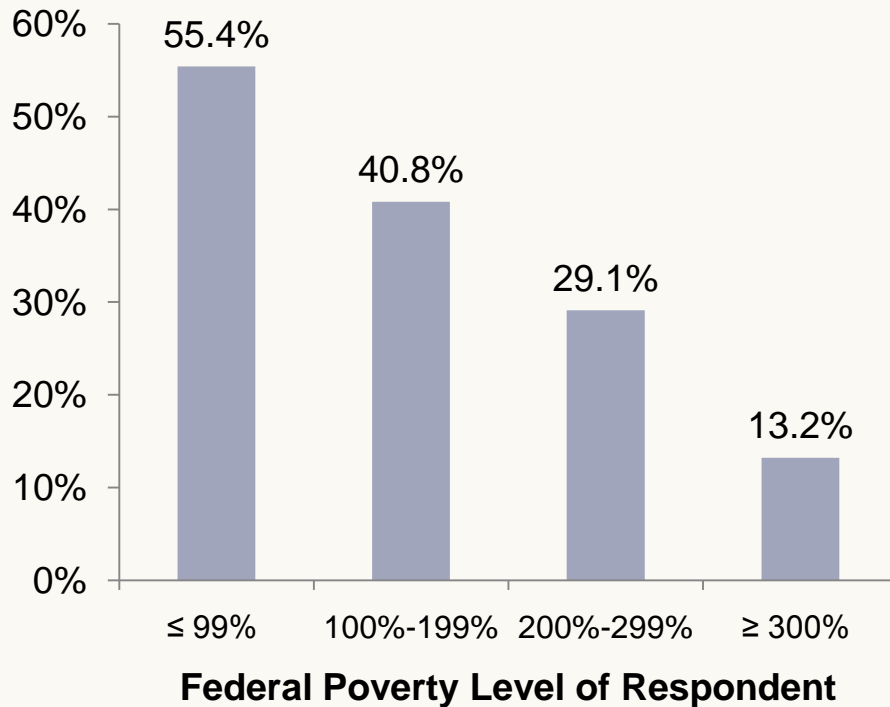
*If no, please explain why.*

No = 27.3% in Del Norte County

#1 Reason: Lack of Health Care Providers



## Del Norte County Unable to Get Needed Health Care (*n* = 311)

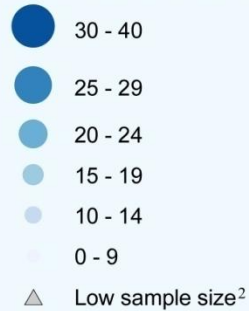


# CCRP Rural Health Information Survey: Percent of Respondents Without Adequate Health Care Access<sup>1</sup>, 2006



Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

## Percent of Respondents Without Adequate Health Care Access, 2006



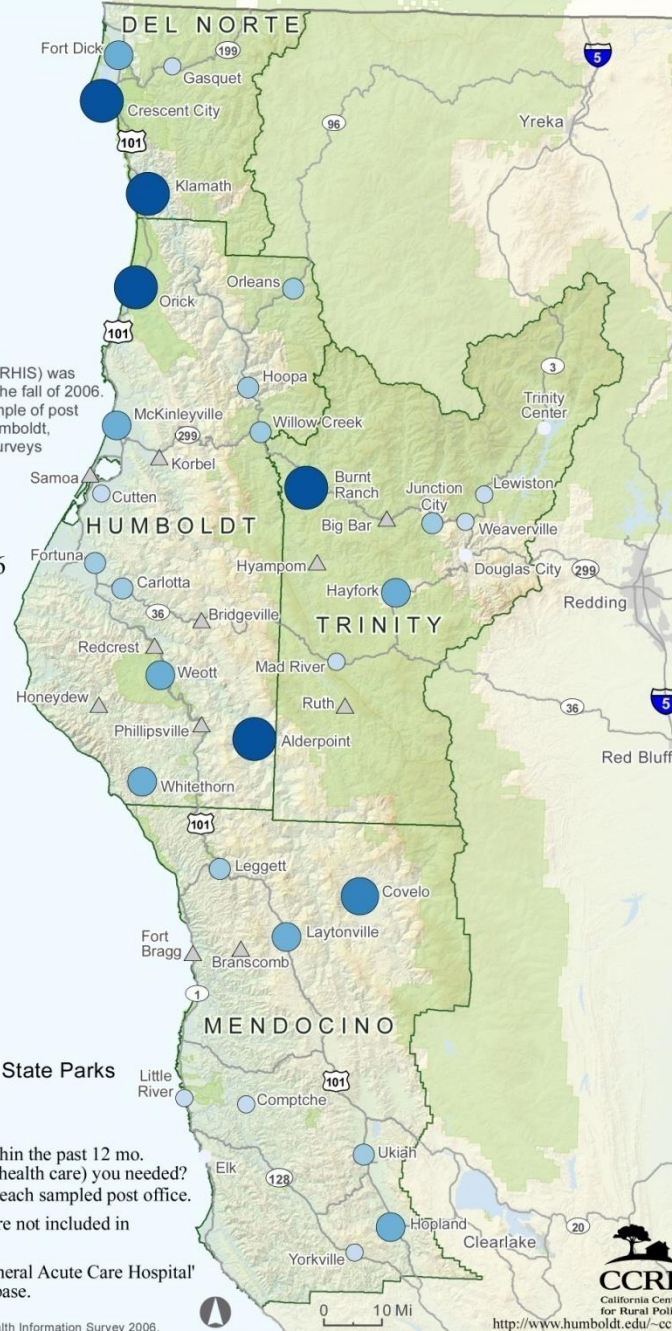
## Public Lands

National Forests, National & State Parks

<sup>1</sup> Data derived from RHIS survey question (4): Within the past 12 mo. were you able to get the health care (incl. mental health care) you needed? Percentages are shown for survey respondents of each sampled post office.

<sup>2</sup> Post offices with less than 20 survey responses were not included in analysis due to statistical instability.

<sup>3</sup> Facilities shown are those classified as either 'General Acute Care Hospital' or 'Free or Community Clinics' in OSHPD's database.



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## Quotes from Del Norte County Respondents

- “Needed mental health care when it is essentially unavailable in this community.”
- “Not enough doctors to see everyone.”
- “I don’t know who to see and I don’t have \$”
- “No doctors or dentists available for new patients in Del Norte who take CMSP”
- “No doctors available or willing to take new patients or Medi-Cal”
- “I am on Medi-Cal due to not working . Del Norte has lost several doctors and most doctors don’t take Medi-Cal. I finally got into a doctor here after an 18 month wait.”
- “Too expensive, inadequate benefits, no transportation, and generally unavailable.”

# Access to Health Care for Children

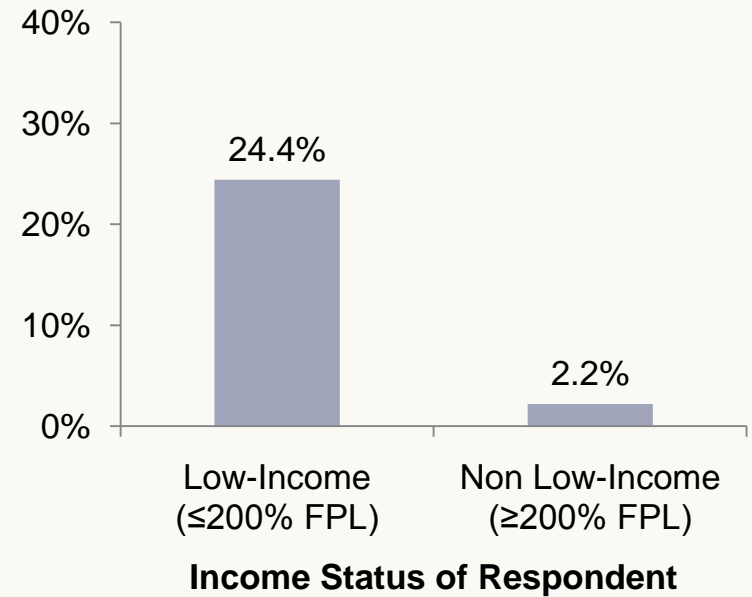
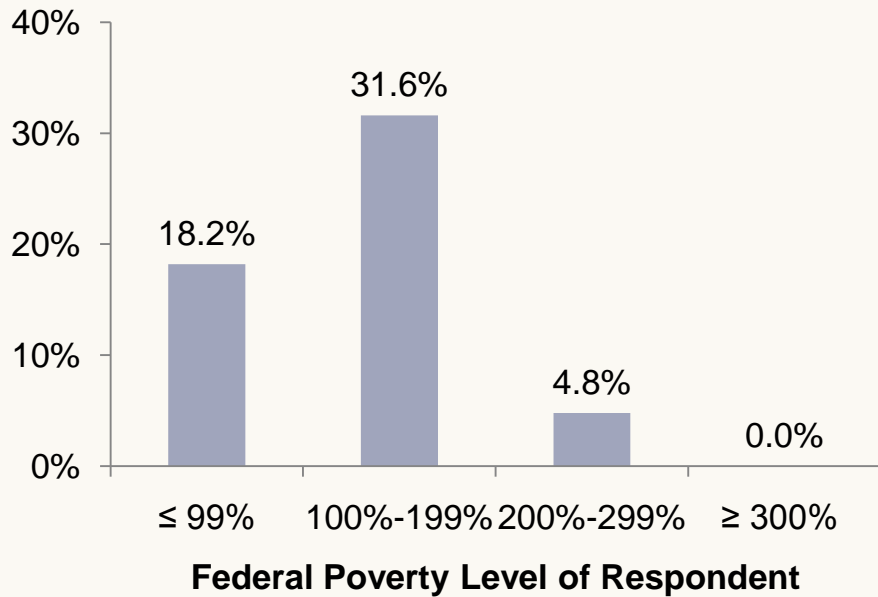
*Within the past 12 months, were you able to get your children the healthcare (including mental healthcare) they needed?*

*If no, please explain why.*

No = 12.8% in Del Norte County

#1 Reason: Lack of Health Care Providers

## Del Norte County Unable to Get Needed Health Care for Children (*n* = 87)



## Quotes from Del Norte County Respondents

- “No doctors in our region will take my children’s insurance. To see the dentist, it is a 6-12 month wait.” 100-199% FPL
- “My son moved here Oct 05 with Bi-Polar diagnosis. He still has not received an appointment from mental health.” 200-299% FPL
- “Lack of Doctors” 100-199% FPL

# Health Insurance and Use of the Emergency Department

*What types of health insurance do you have?*

*During the past 12 months did you visit a hospital  
emergency room for your own health?*

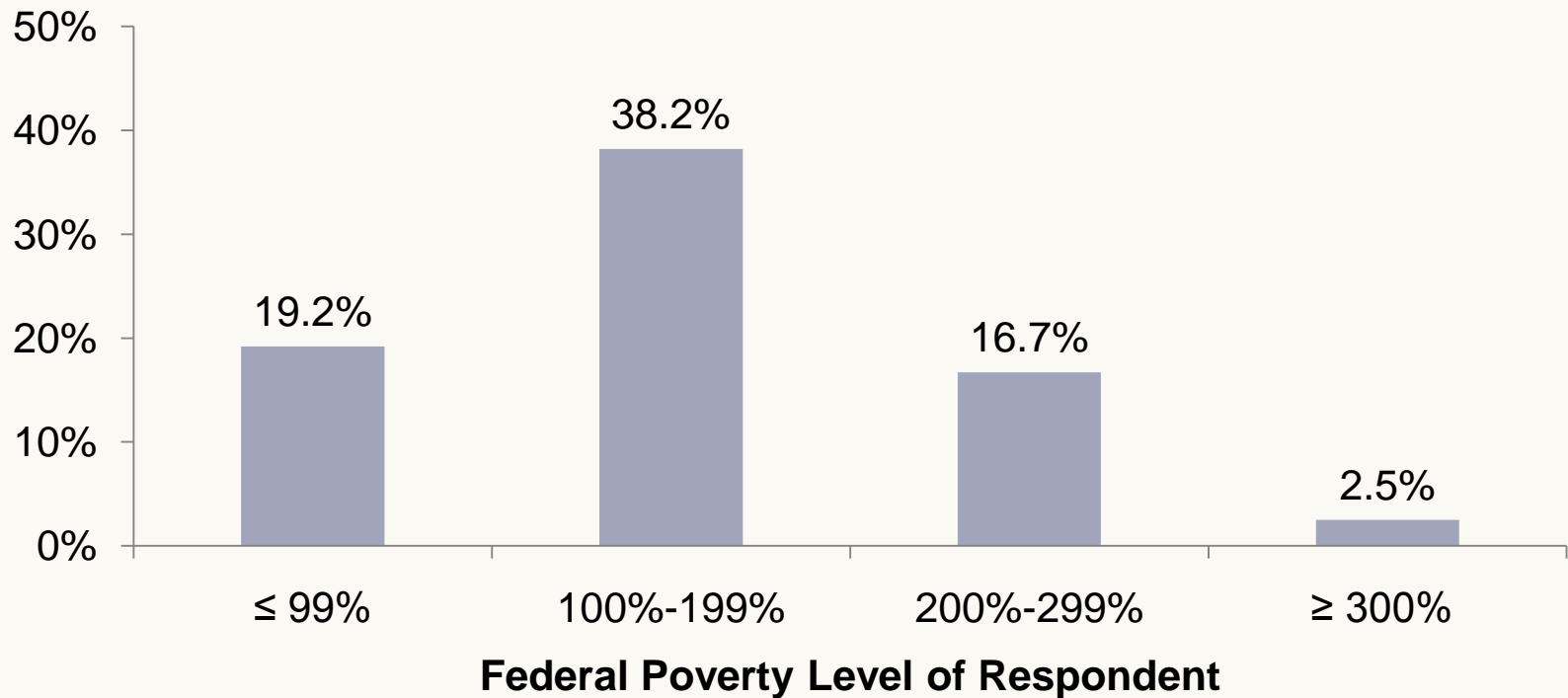
## No Health Insurance by County (age 18-64)

County		RHIS		CHIS, 2005
		No Insurance		No Insurance
	Frequency	Frequency	% (95% CI)	% (95% CI)
Del Norte	313	47	<b>15.0</b> (11-19)	<b>12.4</b> (8.1-16.6)*
Humboldt	684	173	<b>25.3</b> (22.1-28.6)	<b>22.4</b> (17.7-27.1)
Mendocino	557	128	<b>23.0</b> (19.5-26.5)	<b>21.4</b> (15.8-27)
Trinity	627	107	<b>17.1</b> (14.2-20)	<b>12.4</b> (8.1-16.6)*
Total	2181	455	<b>21.0</b> (19.3-22.7)	<b>18.3</b> (15.5-21.1)

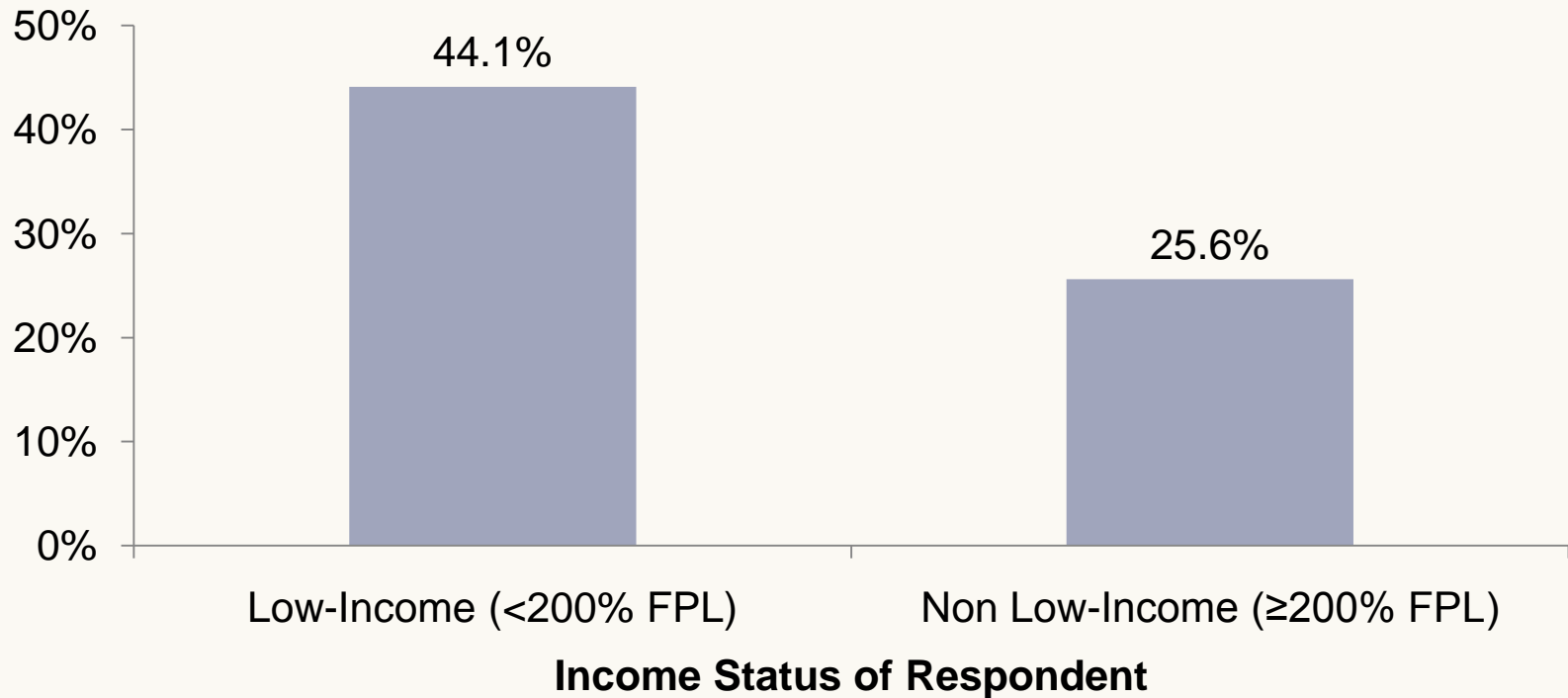
\*CHIS combines the counties of Del Norte, Trinity, Siskiyou, Lassen, Modoc, Plumas and Sierra



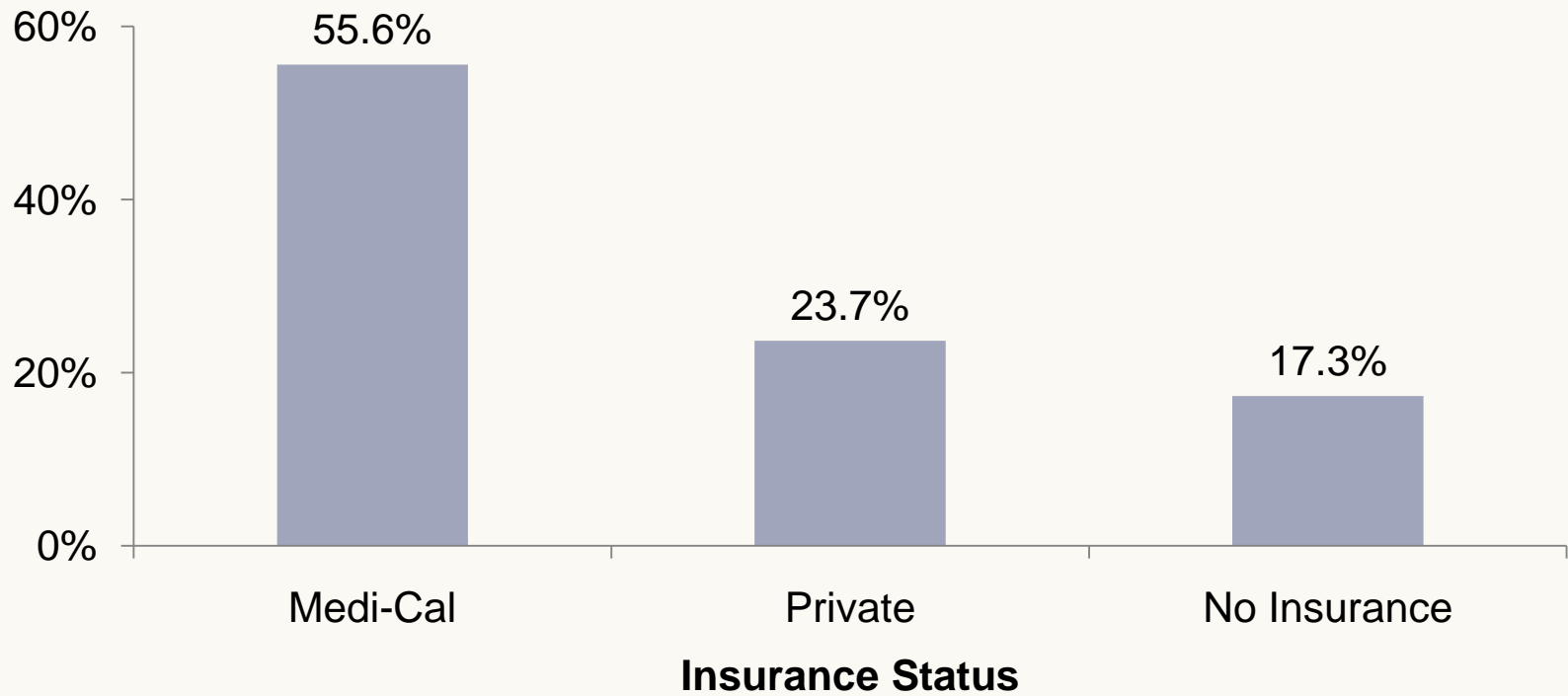
## Del Norte County: No Health Insurance by Poverty Level (age 18-64) (*n* = 270)



## Del Norte County: Use of ER for Health Care in Past Year by Income Status ( $n = 354$ )



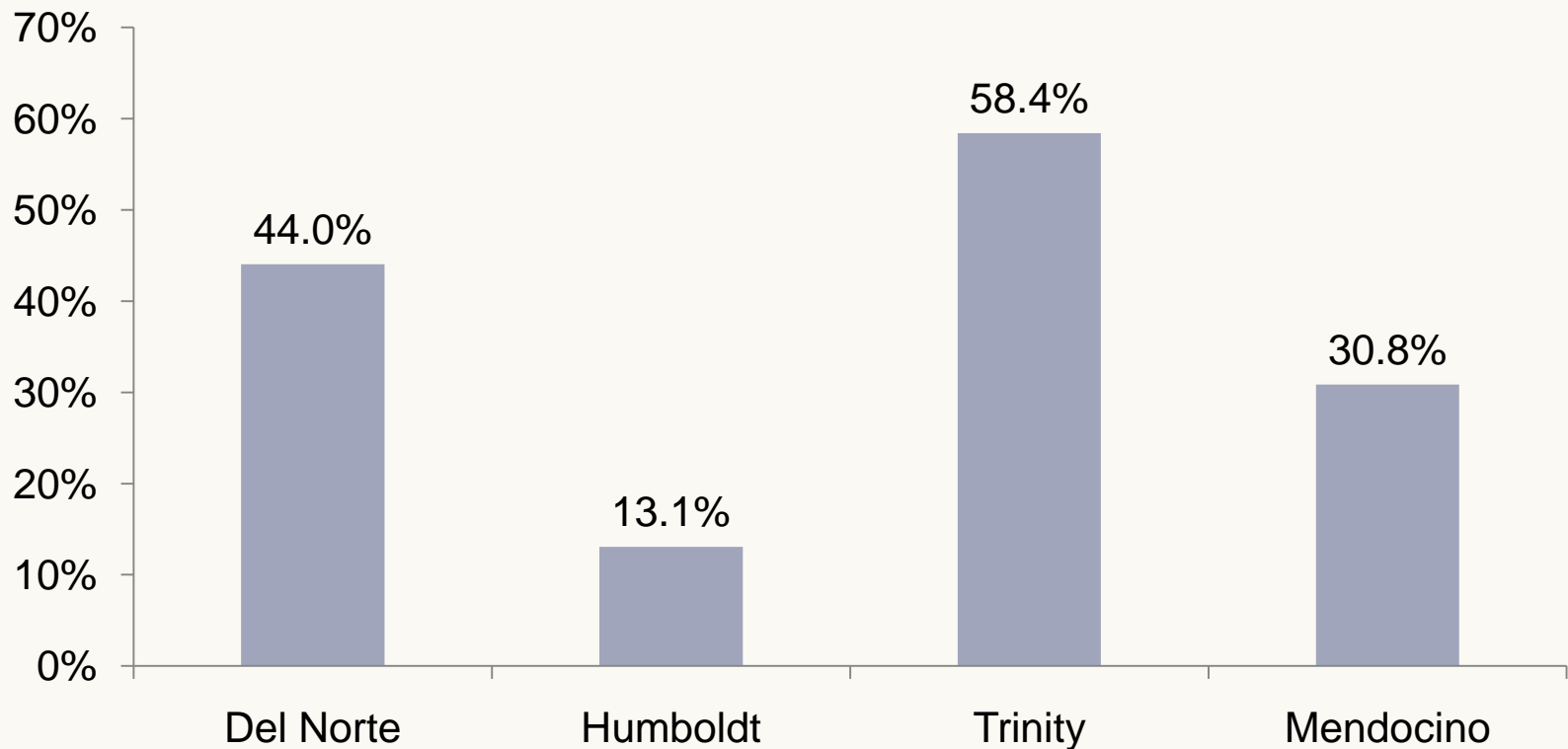
## Del Norte County: Use of ER for Health Care in Past Year by Insurance Status ( $n = 352$ )



# Leaving County for Health Services

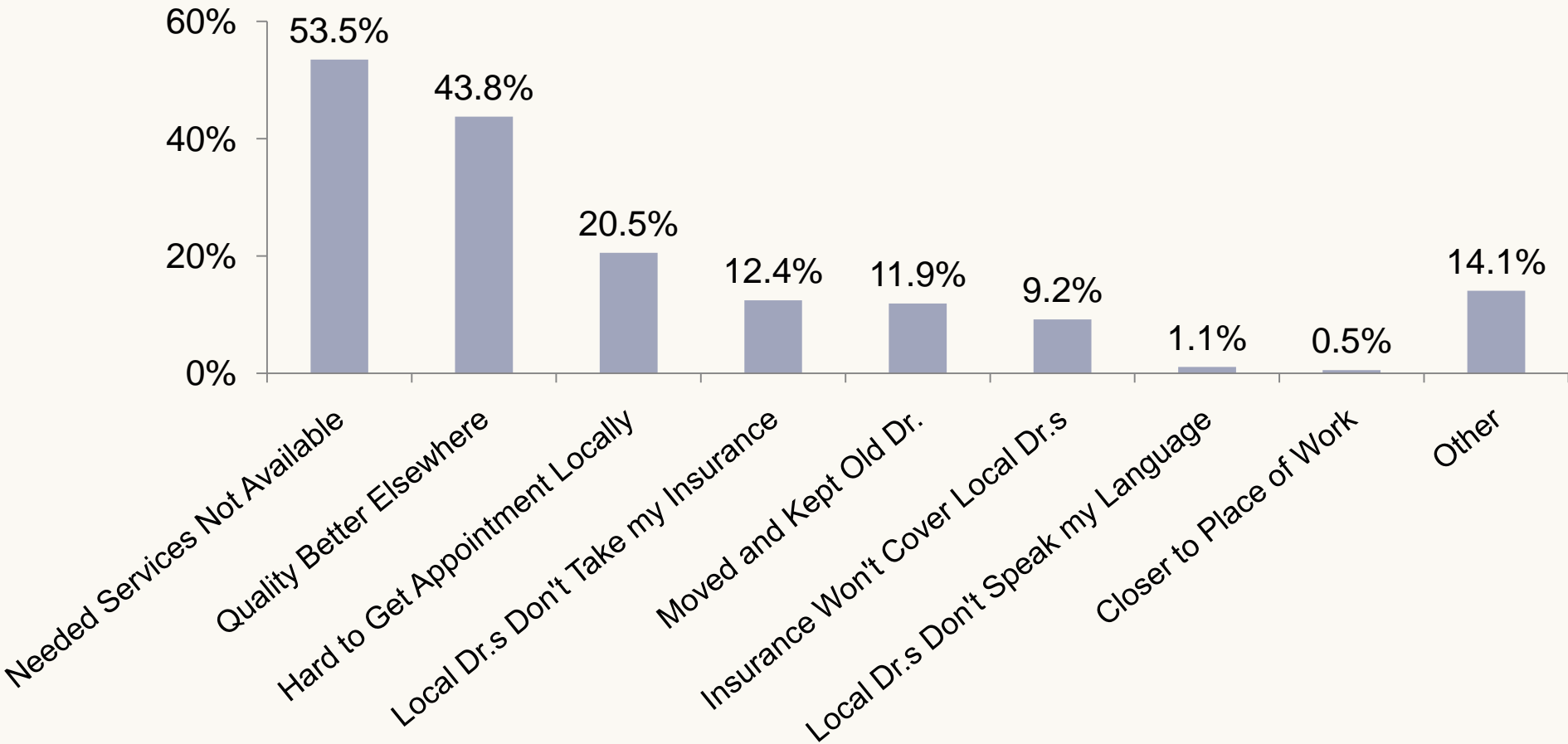
*Do you regularly go outside your county for health services?*

## Regularly Leave County for Health Services (*n* = 2,918)



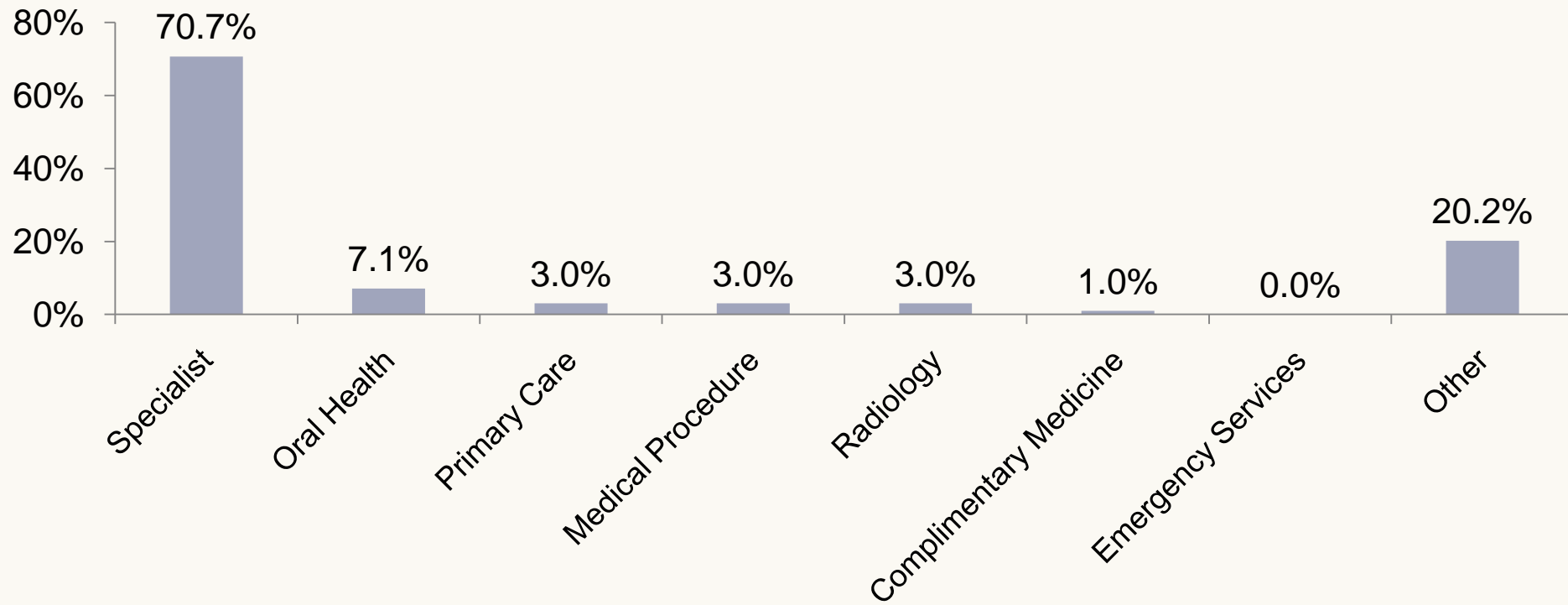
**Del Norte:**

**Reasons for Regularly Leaving County for Health Services ( *n* = 185)\***

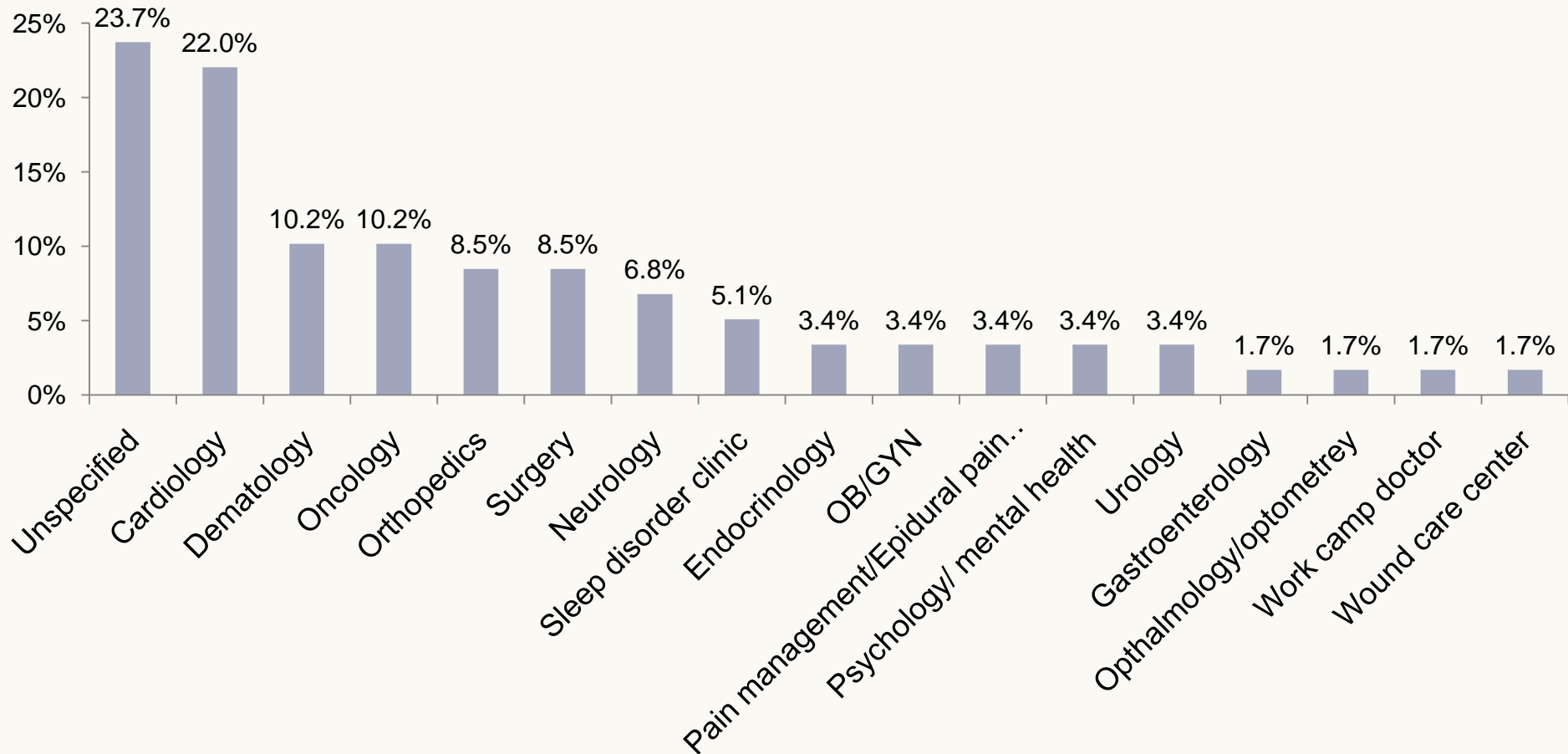


\*Each respondent could provide multiple reasons

## Del Norte: Types of Needed Services Not Available (n = 99)\*



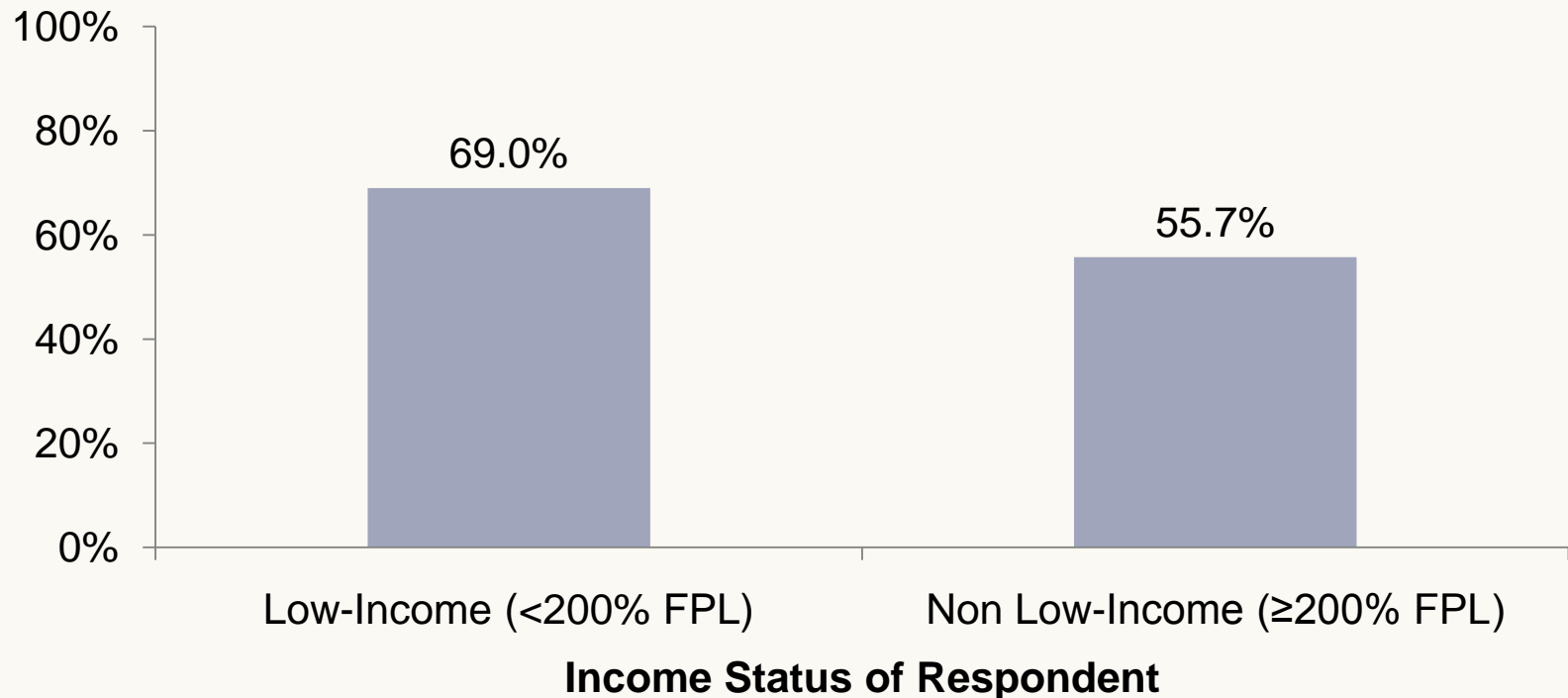
## Del Norte: Specialty Care Regularly Sought Outside the County (n = 59)\*





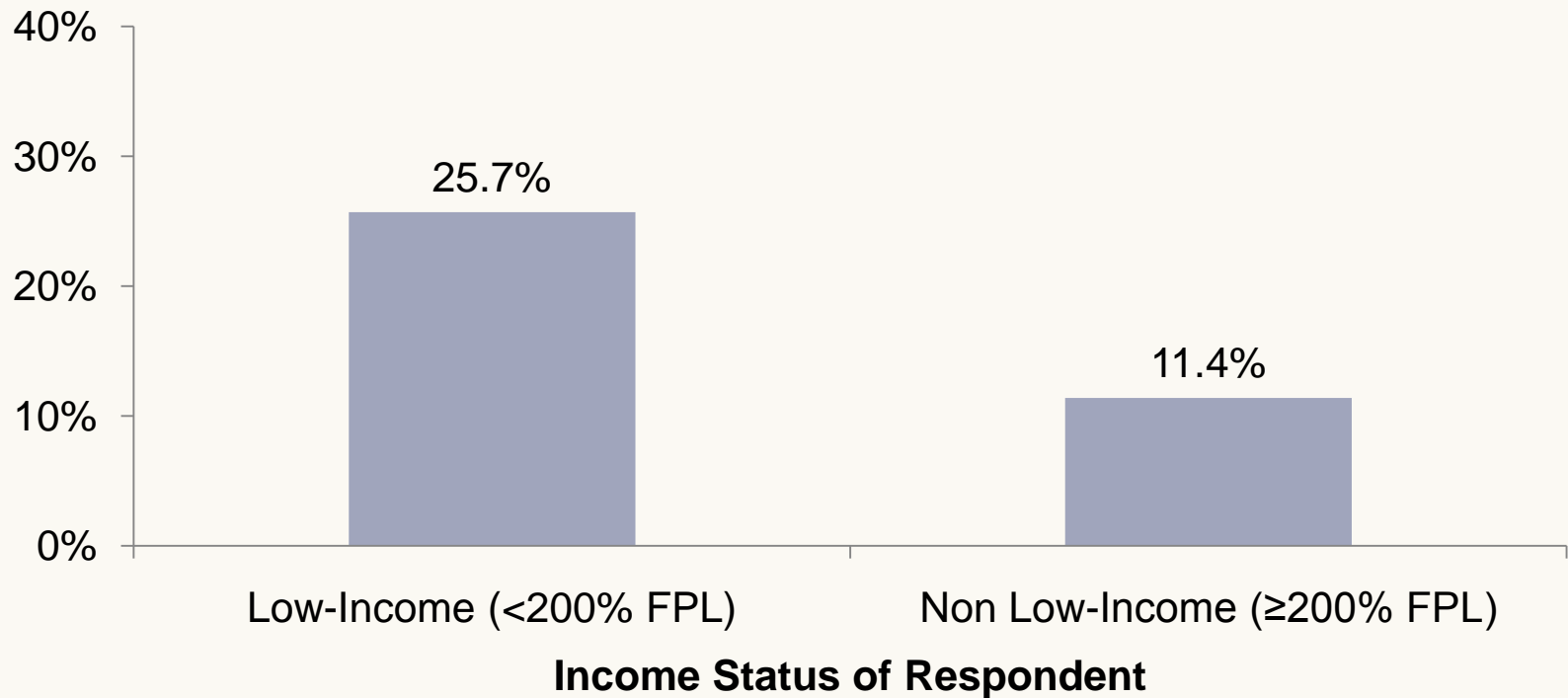
# Primary and Secondary Prevention

## Del Norte County: Meeting Recommendations\* for Moderate or Vigorous Activity by Income Status ( $n = 352$ )

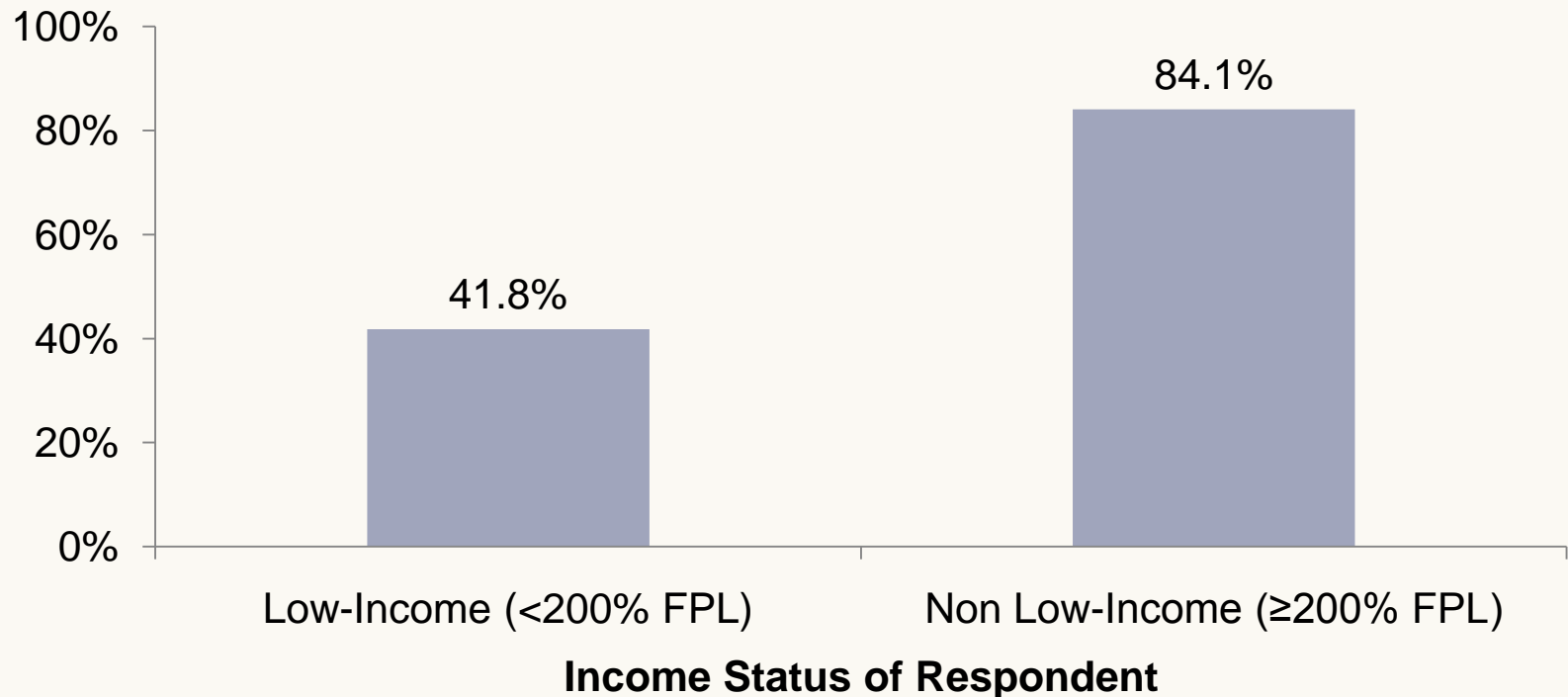


\* Respondents were considered to be meeting recommendations if they reported 30 min of moderate activity at least 5 days a week and/or 20 minutes of vigorous activity at least 3 days a week (CDC Recommendations)

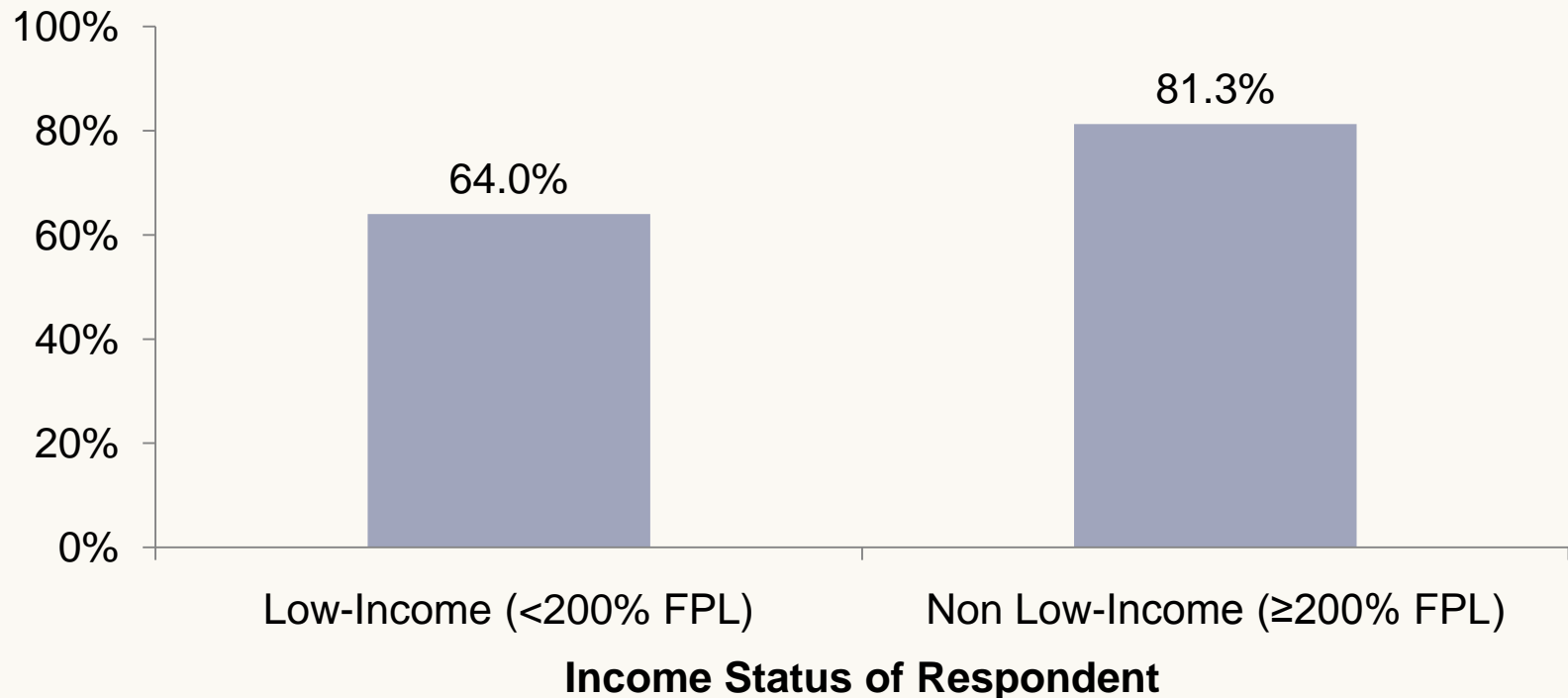
## Del Norte County: Daily Cigarette Smoking by Income Status (*n* = 354)



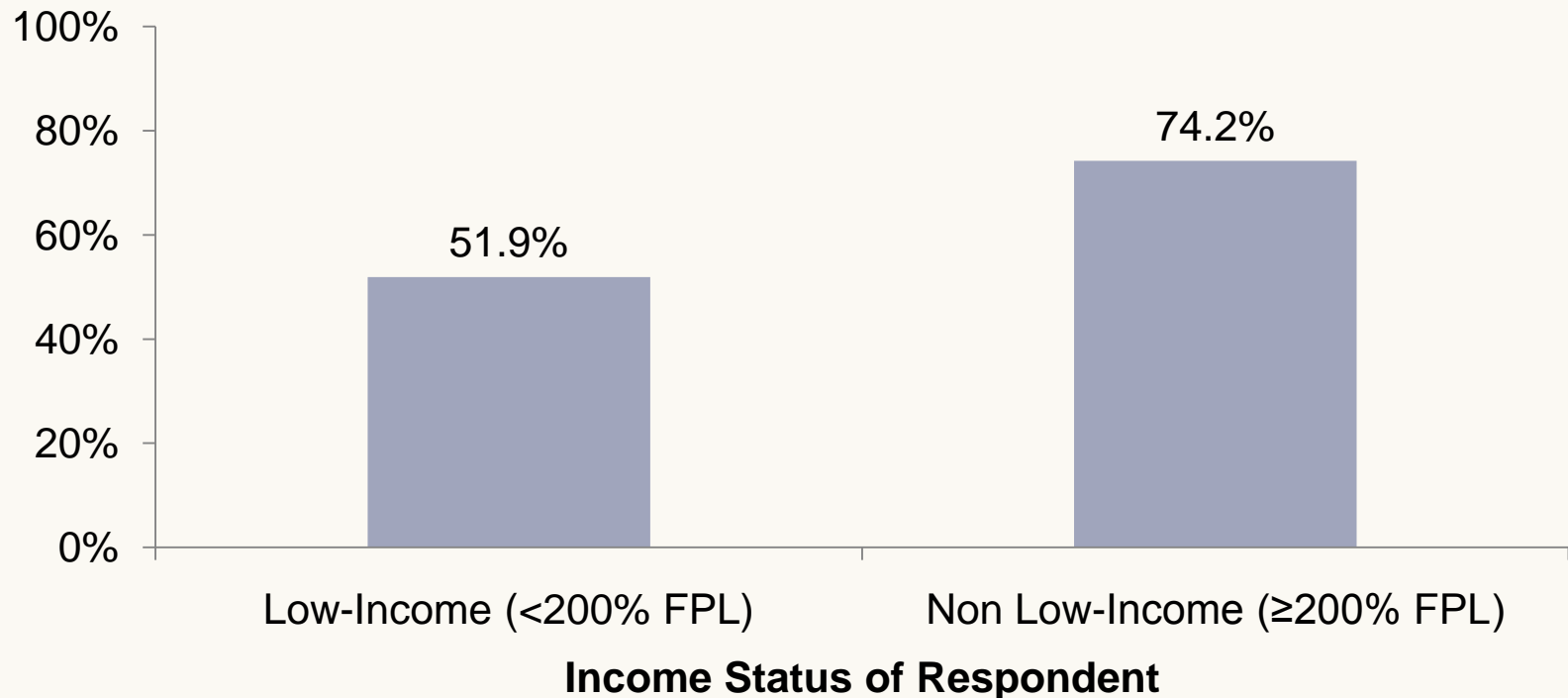
## Del Norte County: Teeth Cleaned in Past 2 Years by Income Status (*n* = 299)



## Del Norte County: Mammogram in Past 2 years by Income Status (women age 40-64) ( $n = 130$ )

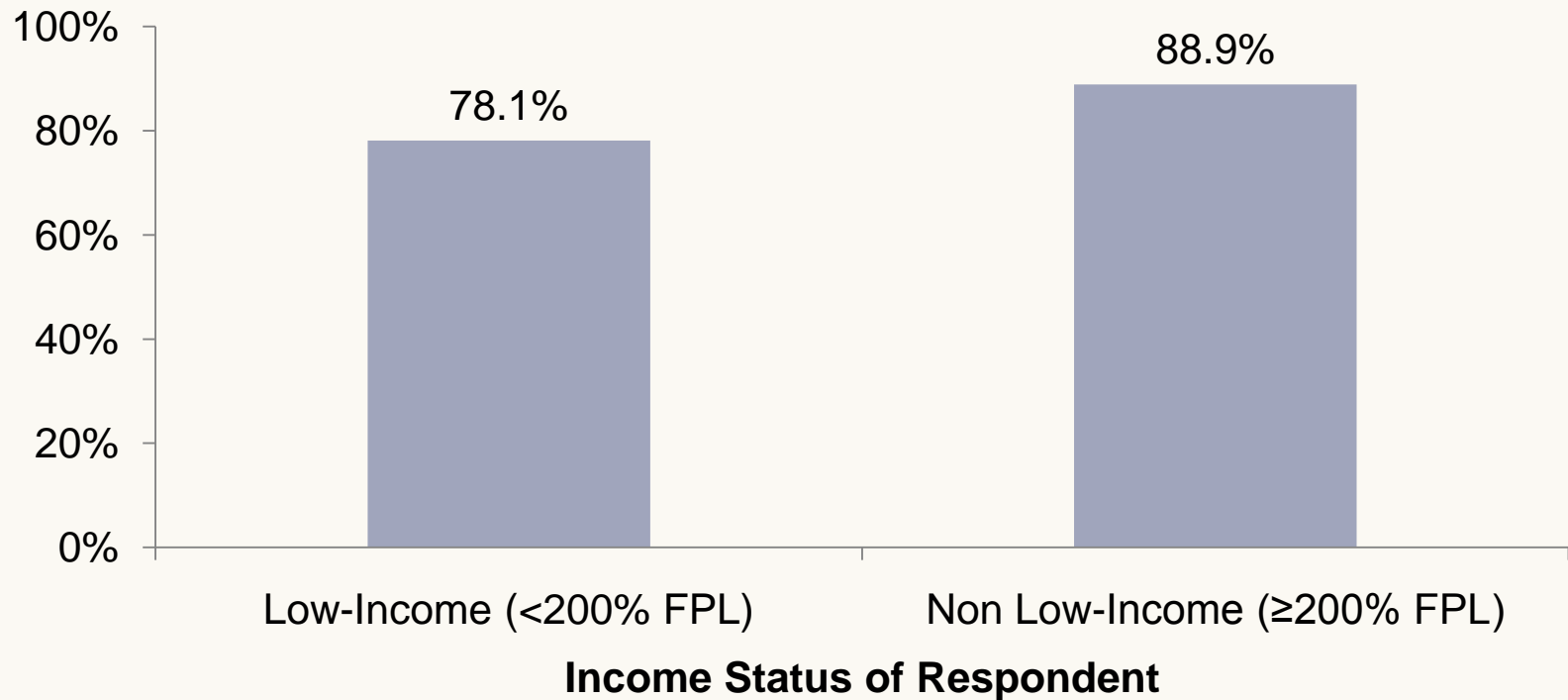


## Del Norte County: Recommended Colorectal Cancer Screening\* by Income Status (age 50-64) (*n* = 149)



\*Colonoscopy/Sigmoidoscopy in past 10 years  
and/or Fecal Occult Blood Test in past year

## Del Norte County: Pap Test in Past 5 Years by Income Status (women age 18-64) (*n* = 163)

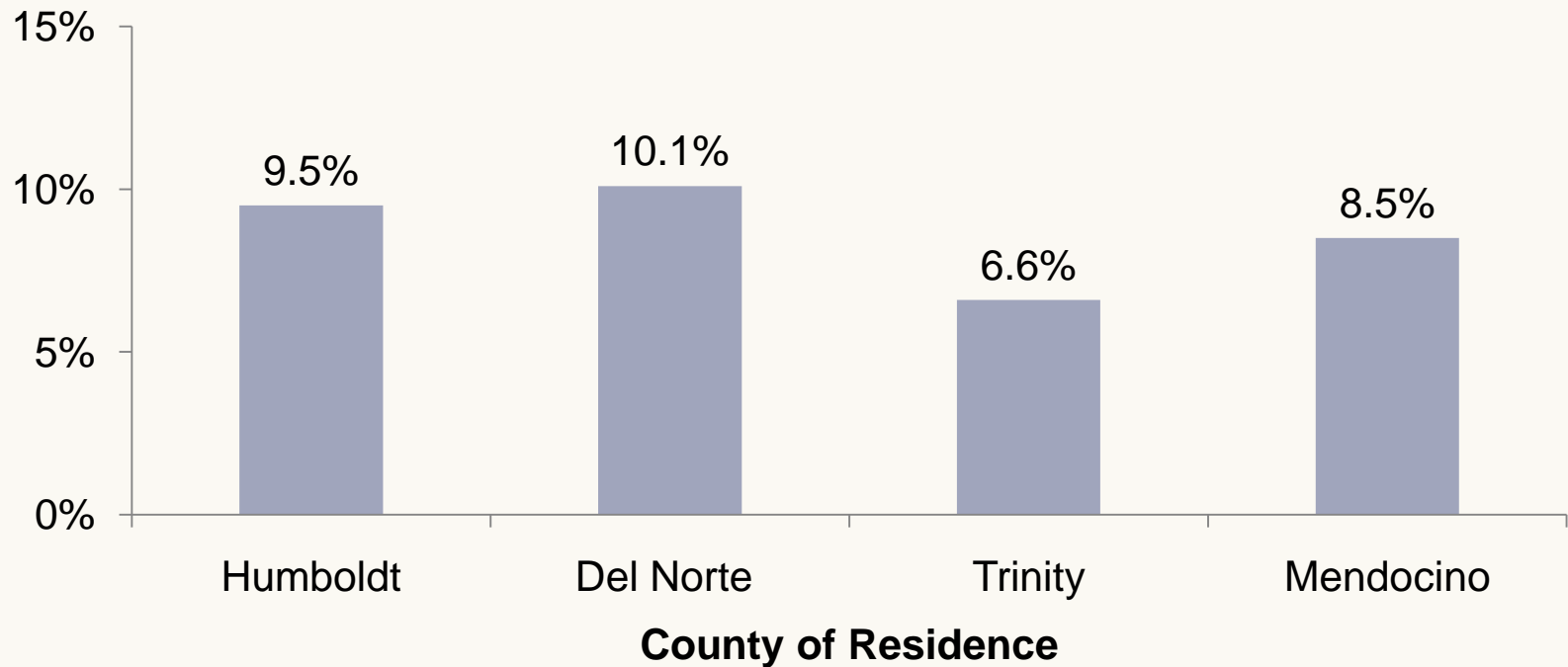


# Food Security

***“In the last 12 months were you or people living in your household ever hungry because you couldn’t afford enough food?”***



## Very Low Food Security by County of Residence (*n* = 2,906)



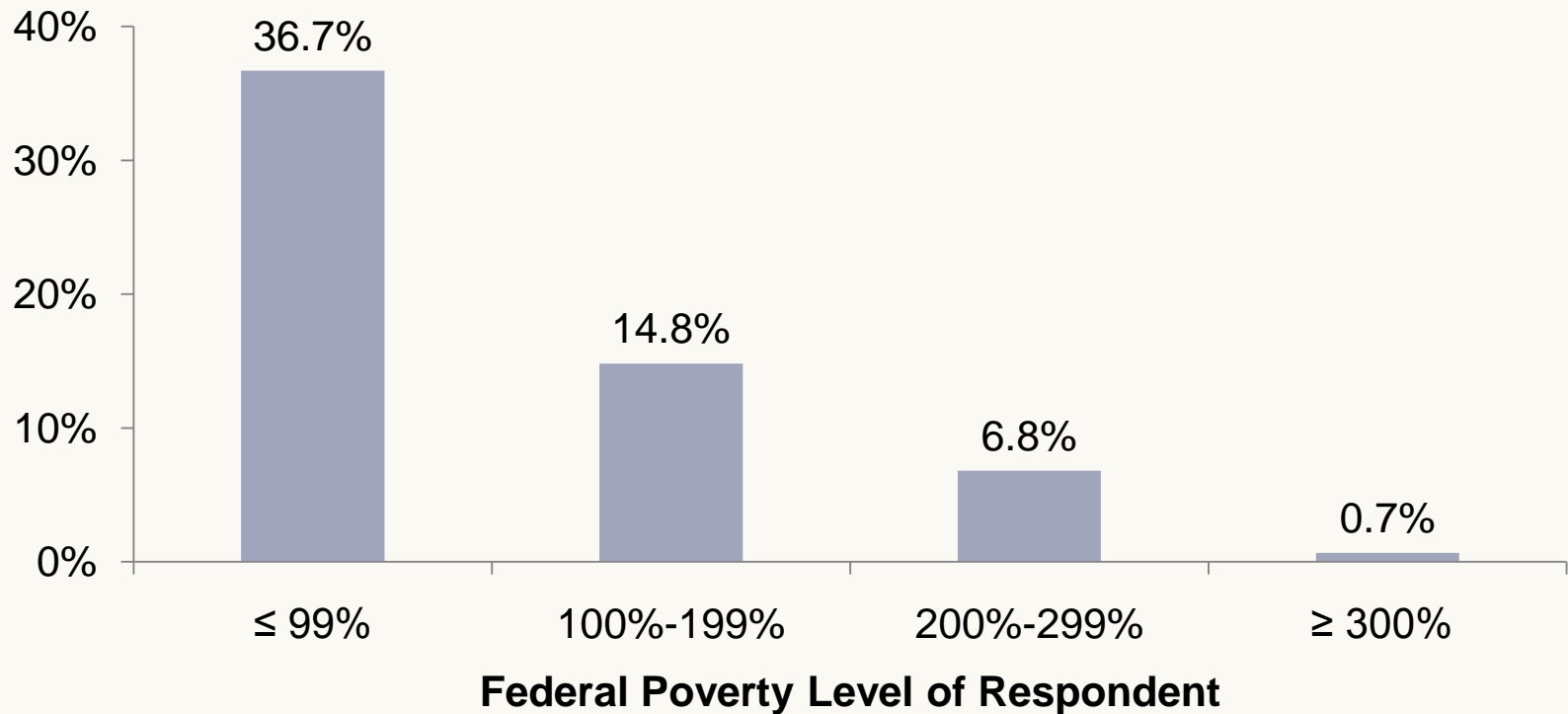
Estimates of very low food security:

Nation 4.0%

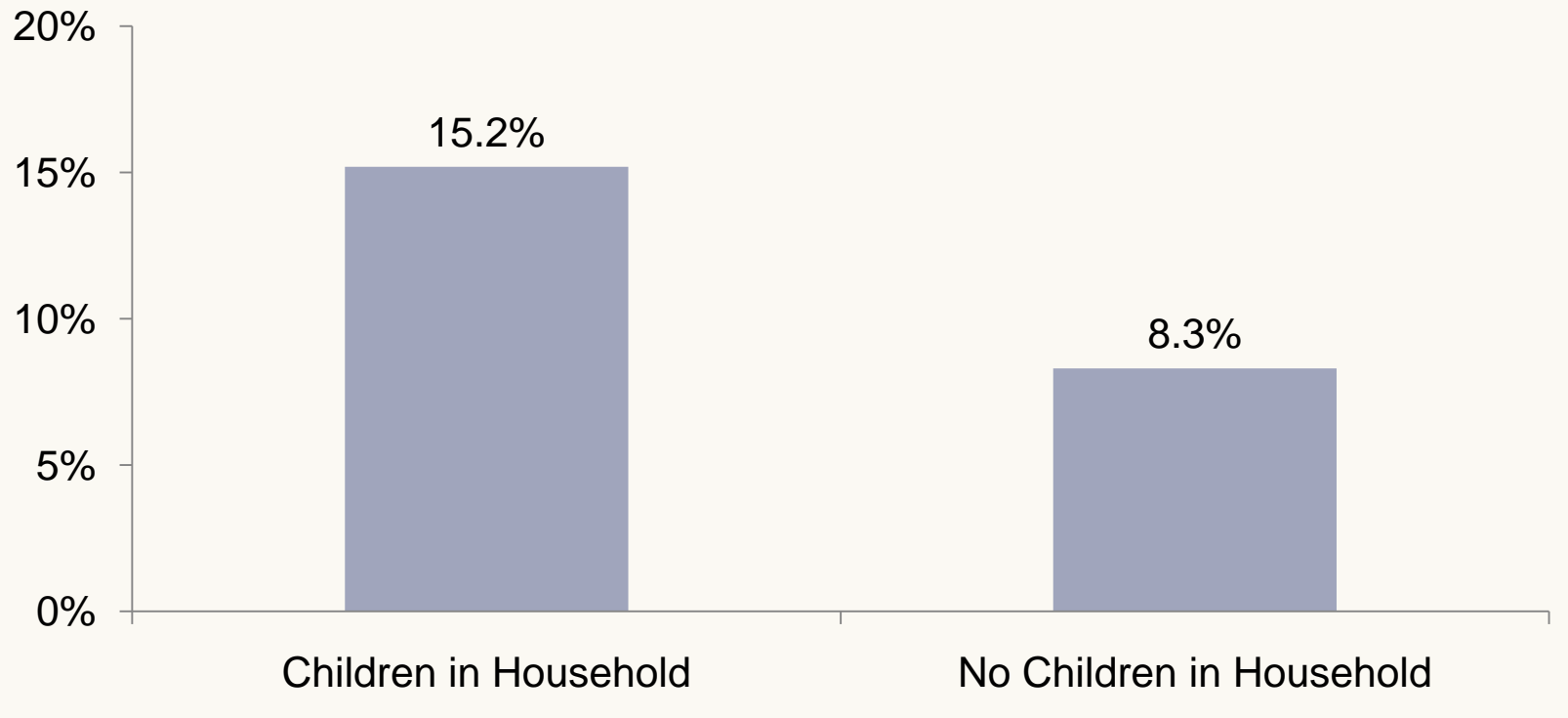
California 3.7%

(2006 Current Population Survey Food Security Supplement)

## Del Norte County: Very Low Food Security by Poverty Level of Respondent (*n* = 351)

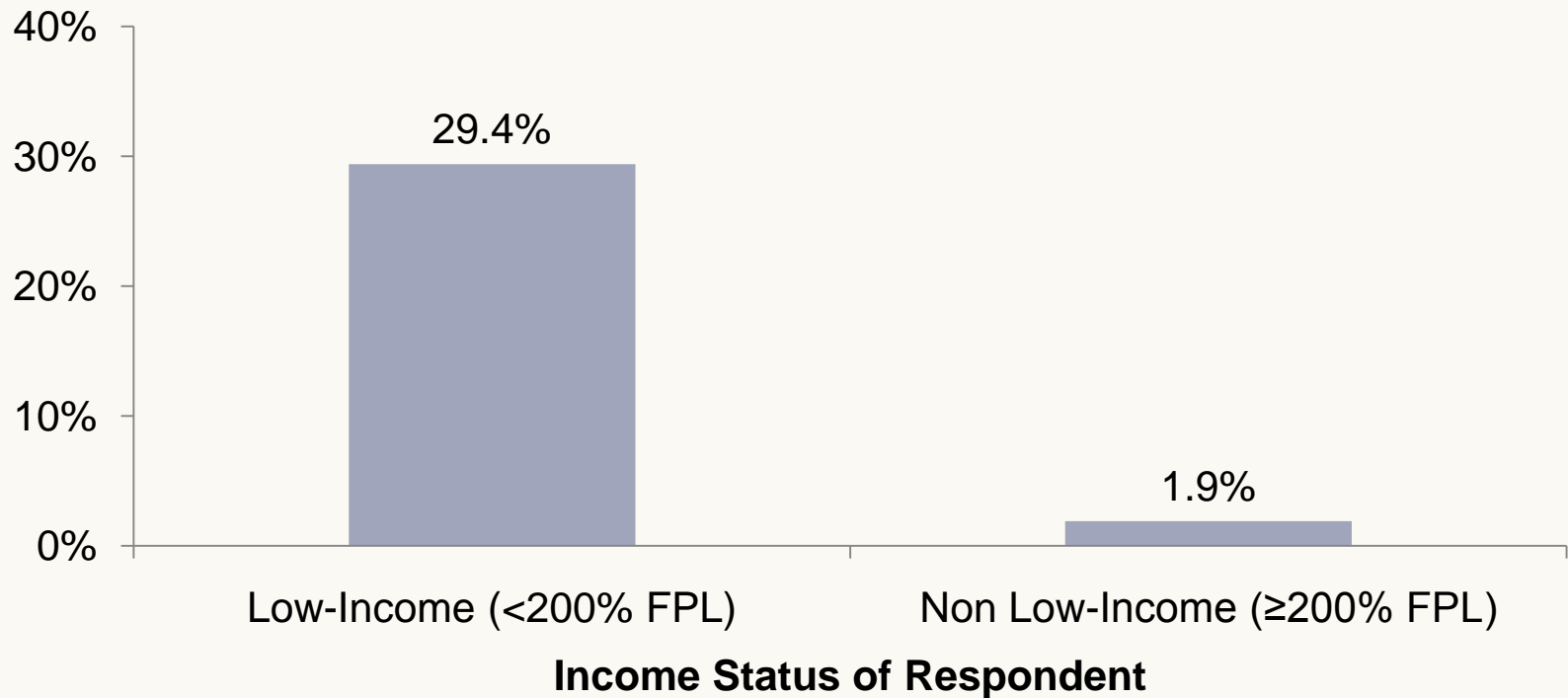


## Del Norte County: Very Low Food Security by Households with Children Under 18 ( $n = 414$ )



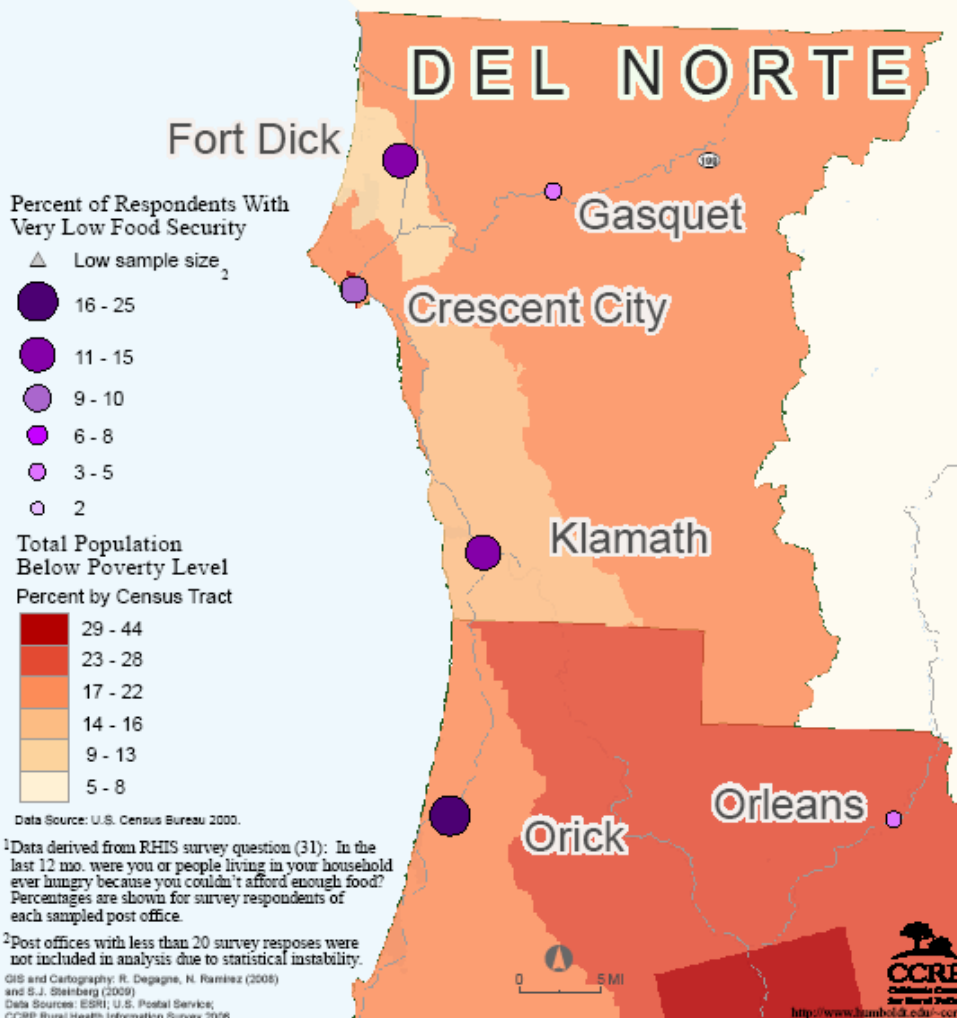
Estimate of very low food security in households with children:  
Nation 4.3%  
(2006 Current Population Survey Food Security Supplement)

**Del Norte County:  
Households with Children under 18 and  
Very Low Food Security by Income Status (*n* = 104)**



CCRP Rural Health Information Survey:<sup>1</sup>  
 Del Norte County, California  
 Percent of Respondents With Very Low Food Security, 2006

Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.



# Transportation, Phones, Computers & Internet Access

*Is transportation a problem in meeting the health needs of you or your family?*

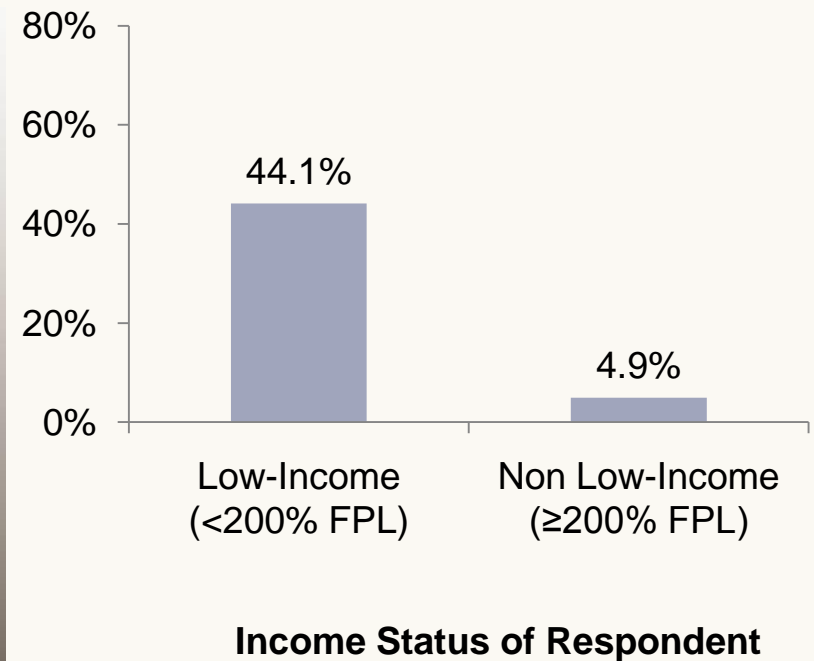
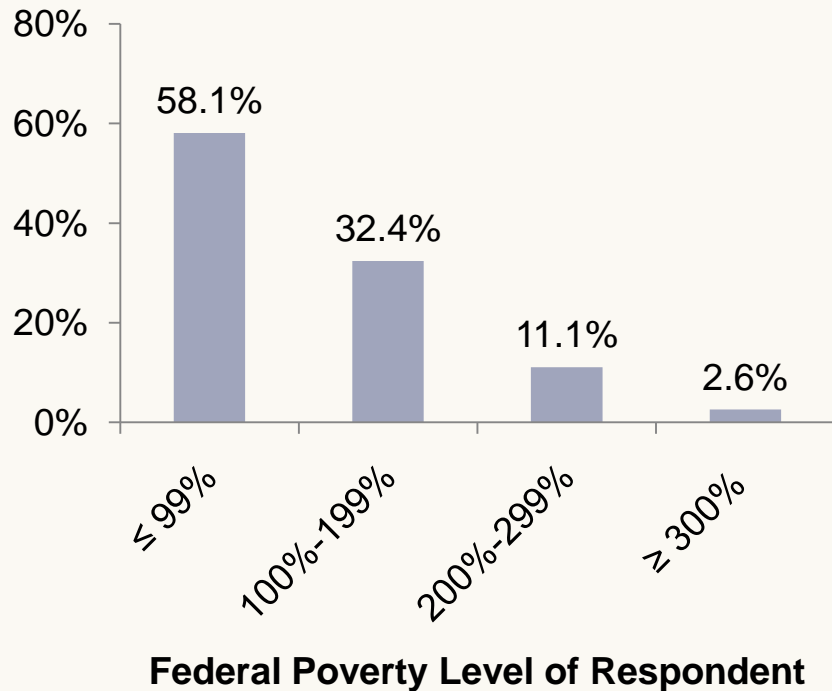
*In your home do you have:*

*A Phone?*

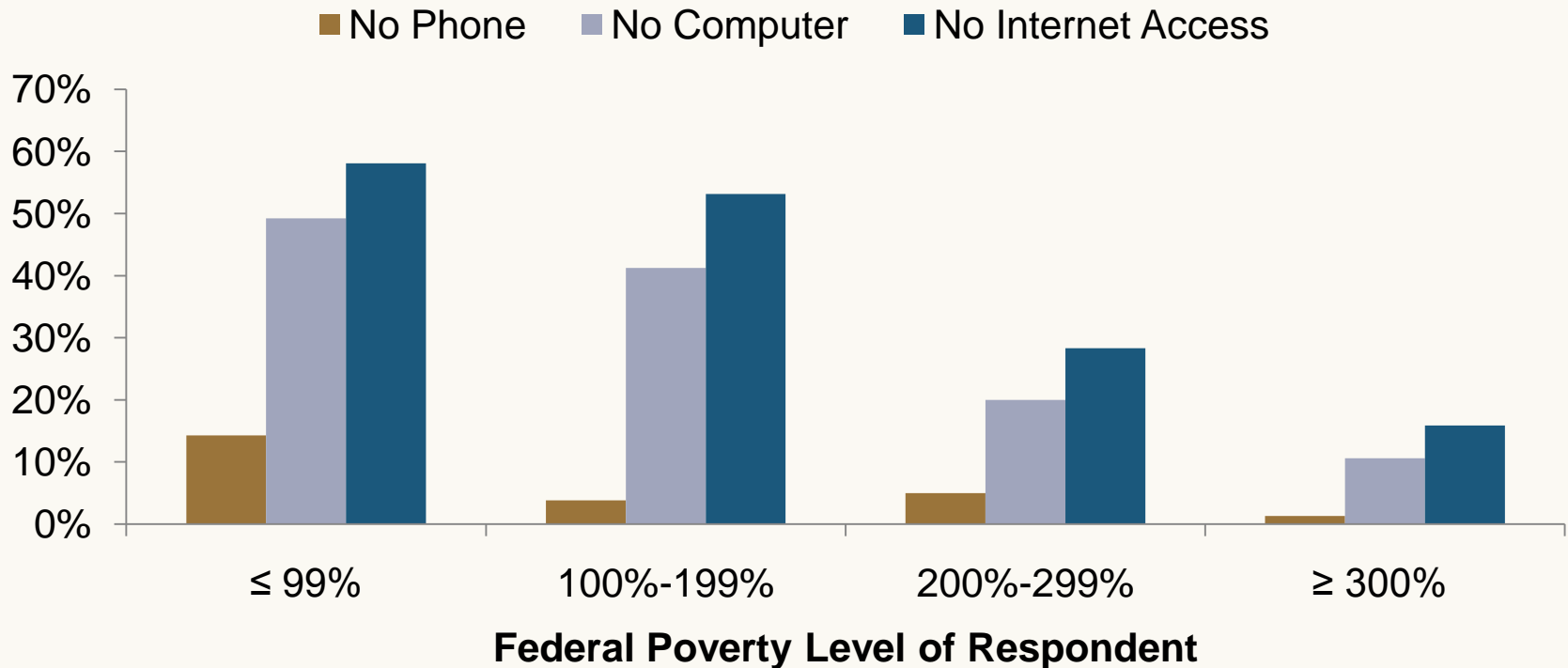
*A Computer?*

*Internet Access?*

## Del Norte County: Transportation as a Problem Meeting Health Needs (*n* = 171)



## Del Norte County: No Phone, Computer or Internet Access in the Home







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This research was funded by a grant from  
The California Endowment