



The Rural Health Information Survey: Selected Findings for Mendocino County

Jessica Van Arsdale, MD, MPH
Director, Health Research
California Center for Rural Policy

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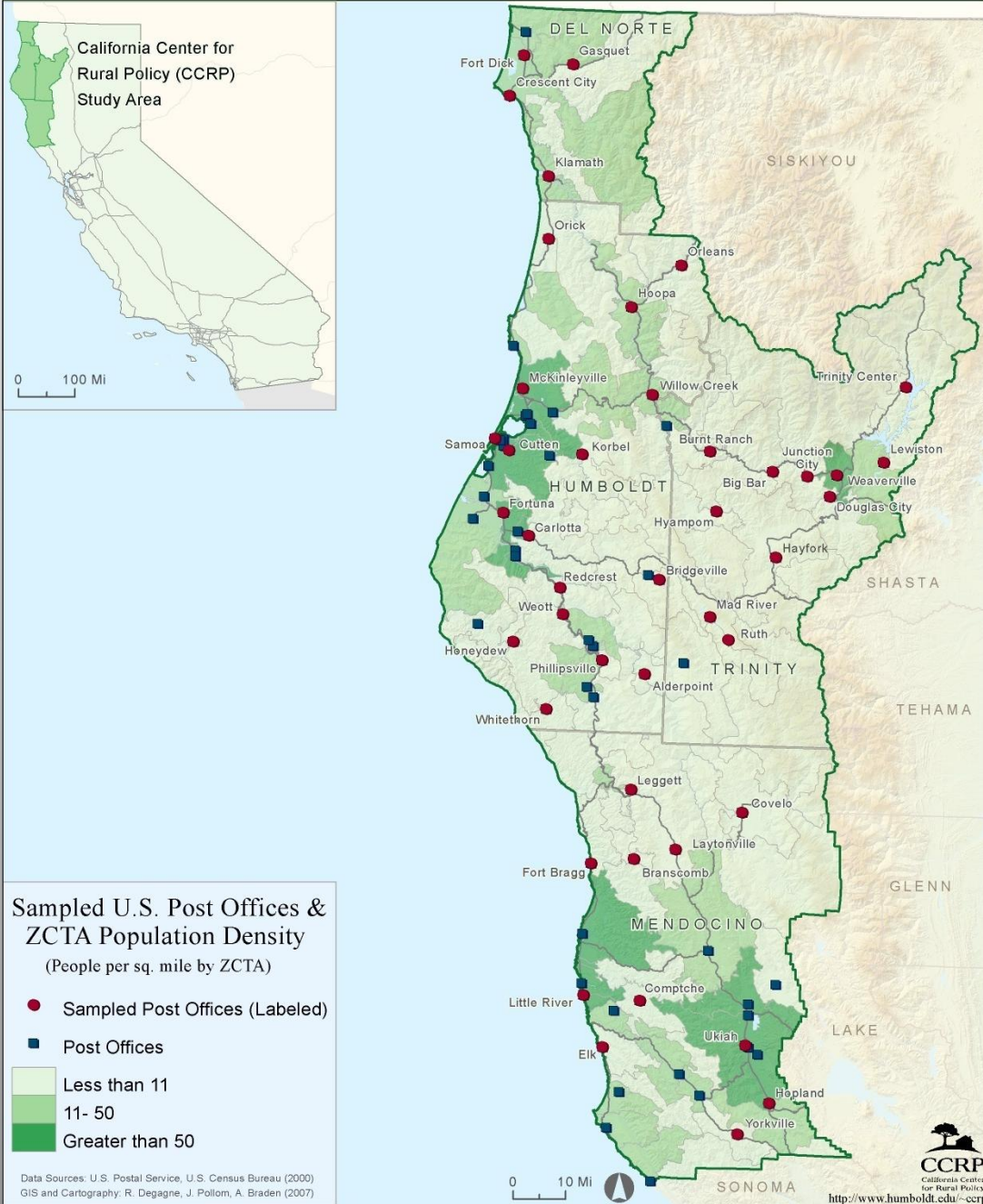
HUMBOLDT STATE UNIVERSITY

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)



Response Rates & Sample Sizes by County

County	Rural Health Information Survey (RHIS)		California Health Interview Survey (CHIS)	Percent of Total Population Sampled (Census 2000)	
	Response Rate	Sample Size	2007 Sample Size	RHIS	CHIS
Mendocino	11.2%	705	595	0.8%	0.7%
Trinity	14.9%	940	49*	7.2%	0.4%
Del Norte	12.1%	421	82*	1.5%	0.3%
Humboldt	12.3%	880	622	0.7%	0.5%
More than 1 of the above		4			
Total	12.7%	2950	1322		

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

Respondents Who Reported Mendocino as Their Primary County of Residence

City/Town	Zip Code	Frequency	Percent of Mendocino Sample
Ukiah	95482	193	27.4
Laytonville	95454	151	21.4
Covelo	95428	63	8.9
Comptche	95427	54	7.7
Little River	95456	53	7.5
Elk	95432	44	6.3
Hopland	95449	40	5.7
Leggett	95585	34	4.8
Yorkville	95494	31	4.4
Laytonville-Branscomb	95417	12	1.7
Fort Bragg	95488	9	1.3
Alderpoint	95511*	1	0.1
Crescent City	95531*	1	0.1
Mad River	95552*	1	0.1
Orleans	95556*	1	0.1
Whitethorn	95589*	16	2.3
Missing ZIP Code	NA	1	0.1
Total		705	100.1

Race/Ethnicity of Respondents

Race/Ethnicity	Mendocino Sample		U.S. Census, 2000 Mendocino County	
	Frequency	%	Frequency	%
White	598*	85.4	69,671	80.8
Native American	21*	3.0	4,103	4.8
Latino/Latina	8*	1.1	14,213	16.5
Asian	5*	0.7	1,038	1.2
Black/African American	1*	0.1	536	0.6
Multiracial	43	6.1	3,364	3.9
Other	24*	3.4	7,427	8.6
Total	700	99.8		

Federal Poverty Level of Respondents

Federal Poverty Level	Mendocino Sample		U.S. Census, 2000 Mendocino County % of total population
	Frequency	%	
≤99% FPL	106	16.9	15.9
100%-199% FPL	160	25.6	NA
200%-299% FPL	115	18.4	NA
≥300% FPL	245	39.1	NA
Total	626	100	NA

Poverty Thresholds obtained from U.S. Census Bureau, "Poverty Thresholds 2006"

<http://www.census.gov/hhes/www/poverty/threshld/thresh06.html>

Access to Health Care

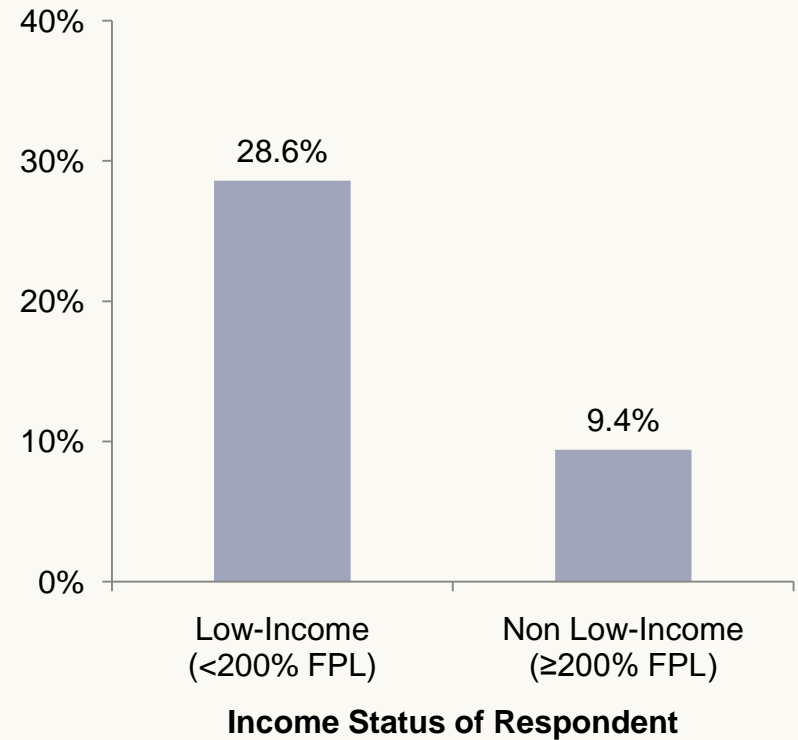
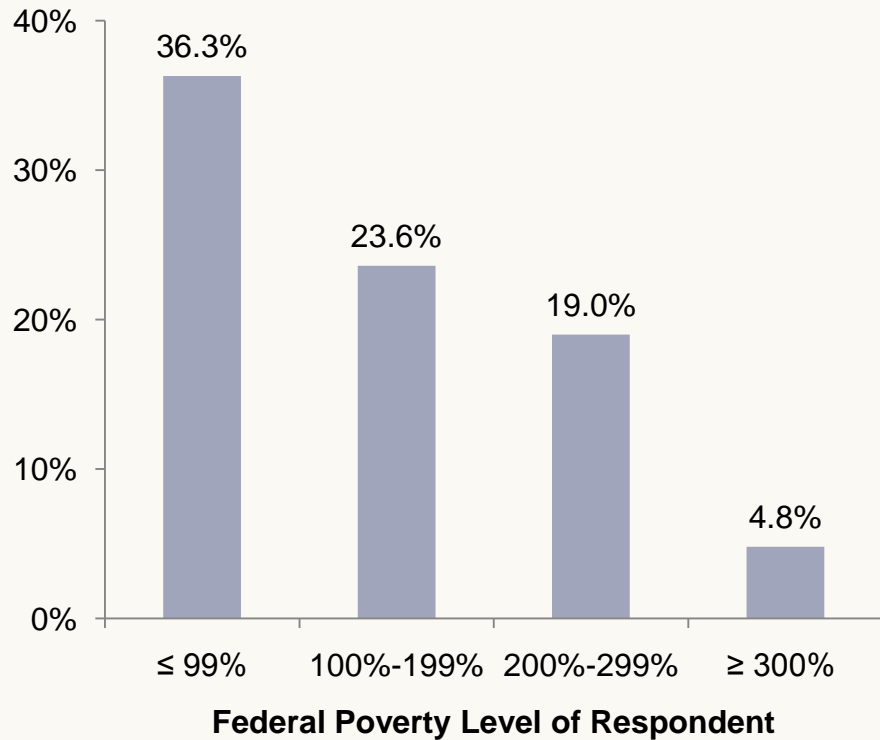
*Within the past 12 months, were you able to get the healthcare (including mental healthcare) you needed?
If no, please explain why.*

No = 17.6% in Mendocino County

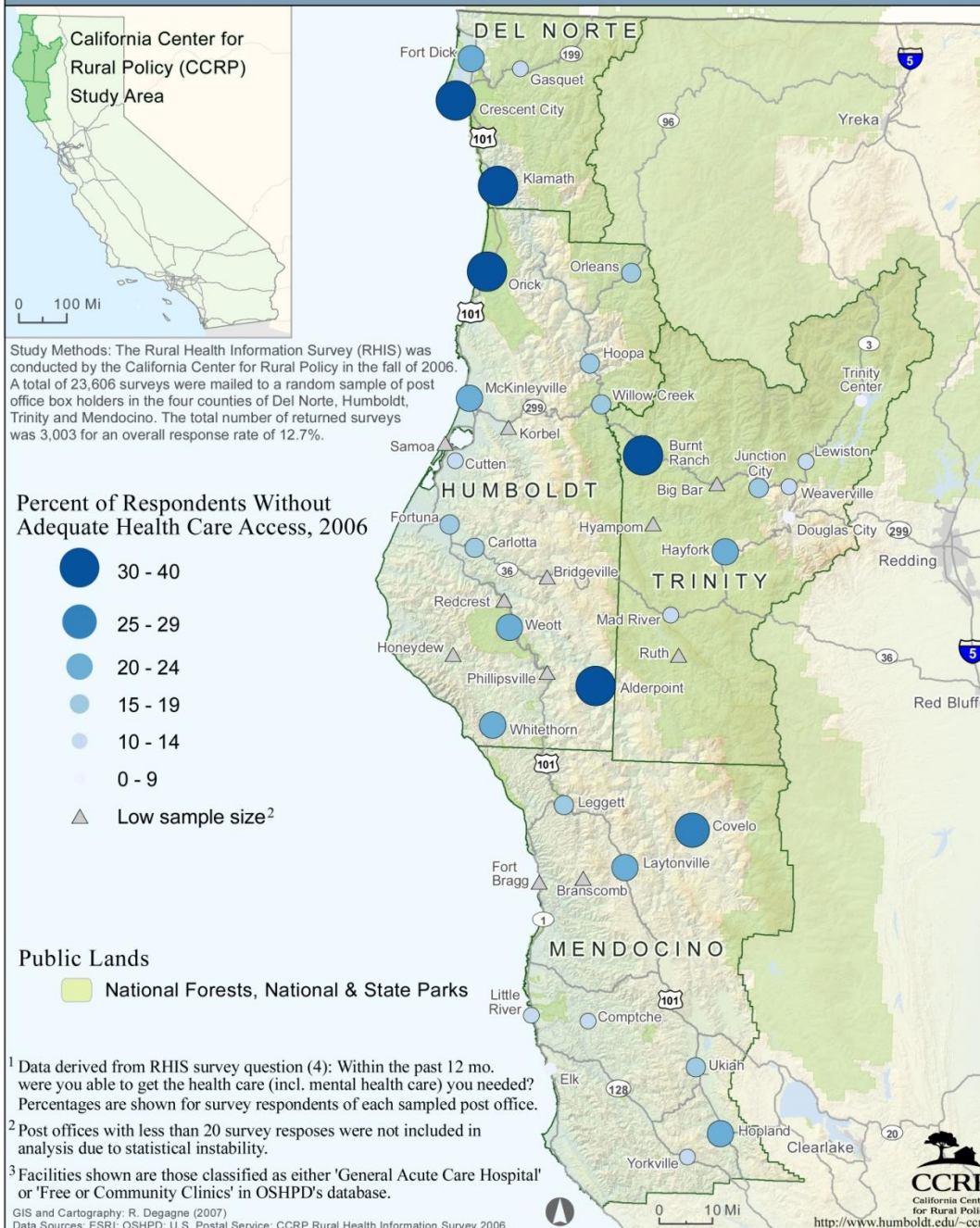
Primary Reasons:

- lack of health insurance
- cost of health care
- lack of health care providers
- poverty

Mendocino County: Unable to Get Needed Health Care (*n* = 540)



CCRP Rural Health Information Survey: Percent of Respondents Without Adequate Health Care Access¹, 2006



Quotes from Mendocino County Respondents

Within the past 12 months, were you able to get the healthcare (including mental healthcare) you needed? If no, please explain why.

- “Lack of funds, distance, doctors retirement.”
- “Cannot afford it for myself, my children come 1st w/ healthcare.”
- “No insurance. Can’t afford to go to the Dr. our income puts us over Medi-Cal.”
- “Very limited medical providers.”

Access to Health Care for Children

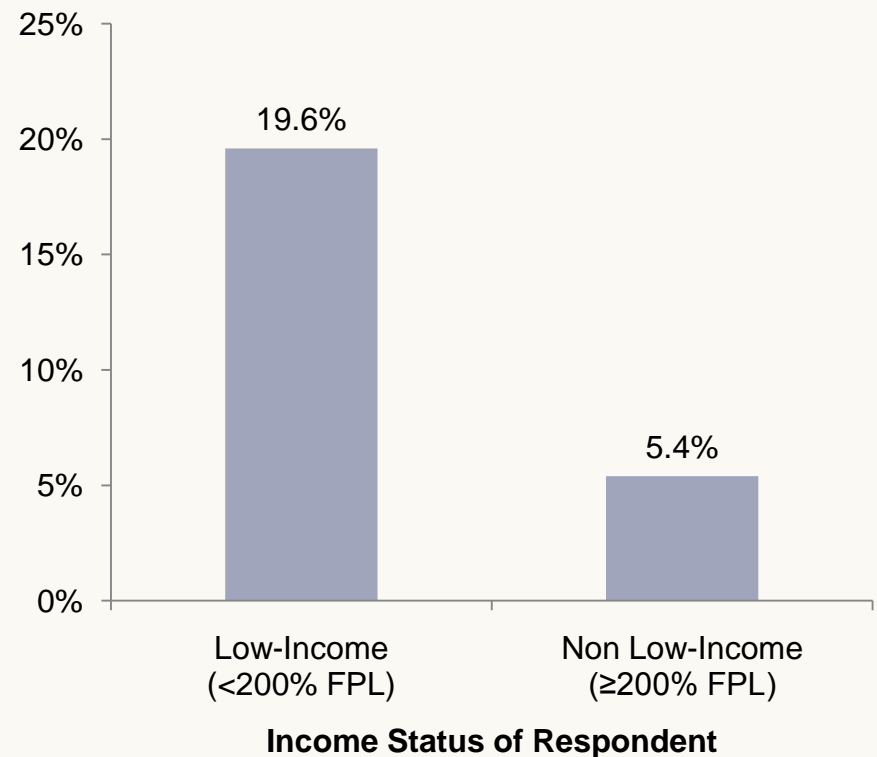
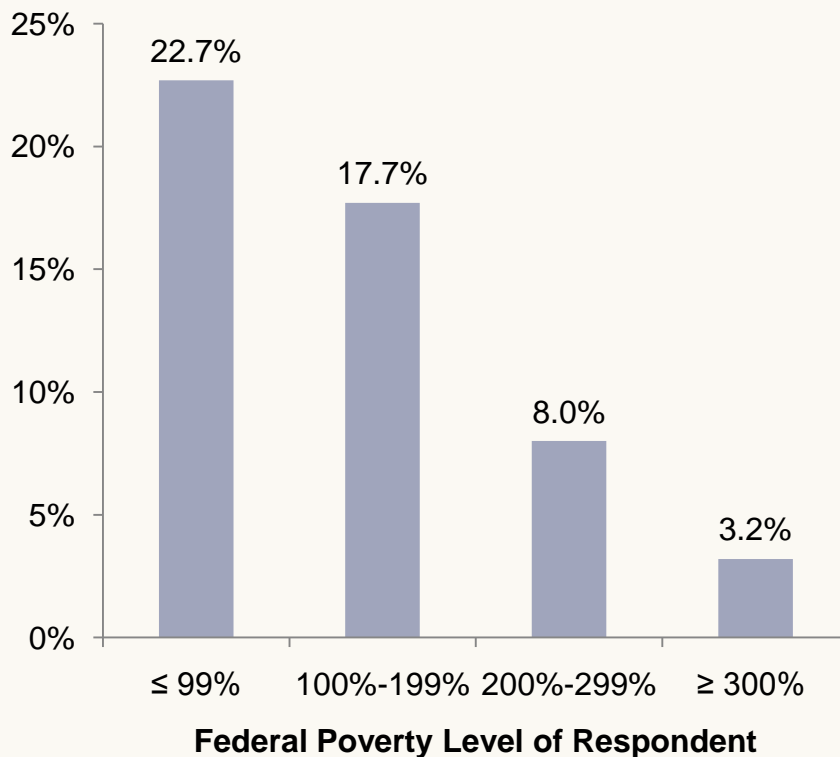
Within the past 12 months, were you able to get your children the healthcare (including mental healthcare) they needed? If no, please explain why.

No = 12.3% in Mendocino County

Primary Reasons:

- Difficulties finding and receiving oral & mental health services
- Quality of care
- Insurance issues
- Having to leave local area for care

Mendocino County: Unable to Get Needed Health Care for Children (*n* = 112)



Health Insurance and Use of the Emergency Department

What types of health insurance do you have?

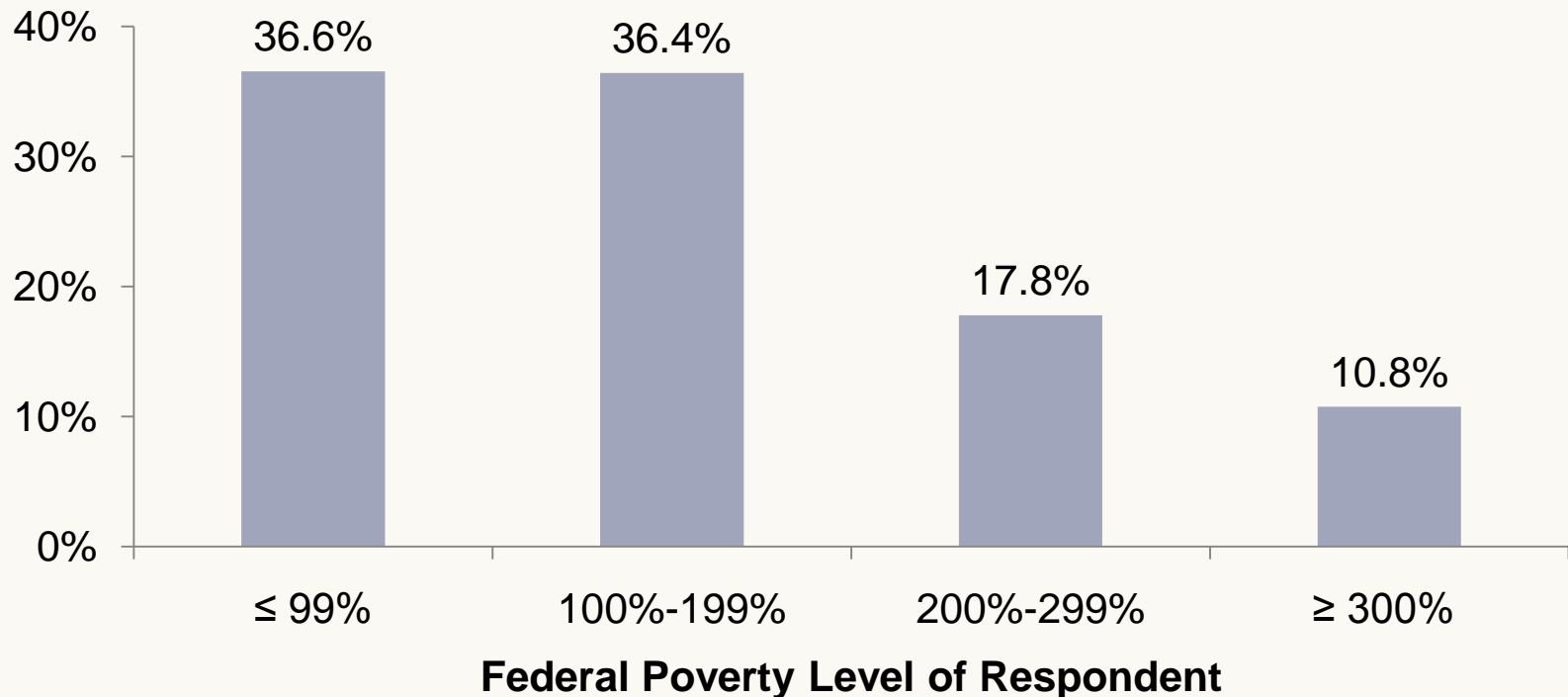
*During the past 12 months did you visit a hospital
emergency room for your own health?*

No Health Insurance by County (age 18-64)

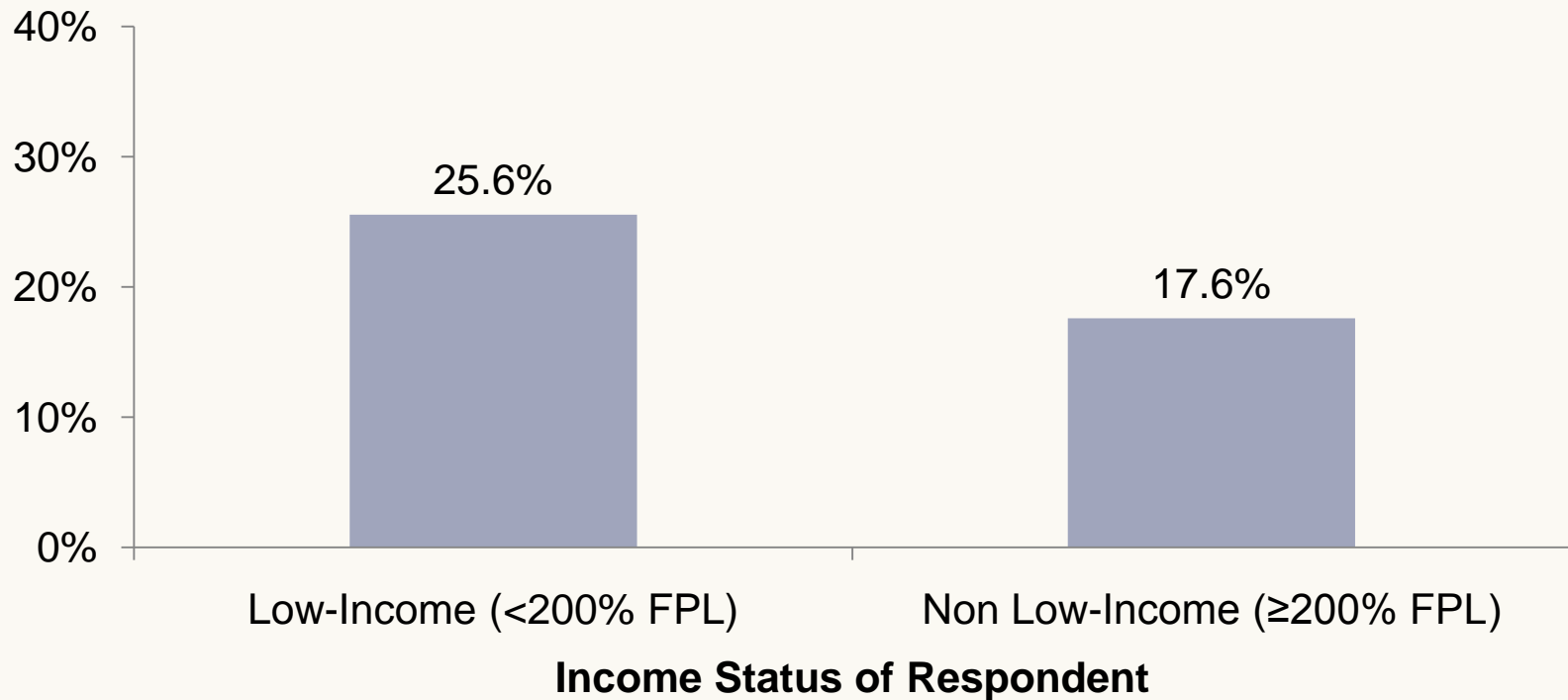
County		RHIS No Insurance		CHIS, 2007 No Insurance
	Frequency	Frequency	% (95% CI)	% (95% CI)
Mendocino	557	128	23.0 (19.5-26.5)	19.4 (10.2-28.6)
Trinity	627	107	17.1 (14.2-20)	22.8 (14.2-31.3)*
Del Norte	313	47	15.0 (11-19)	22.8 (14.2-31.3)*
Humboldt	684	173	25.3 (22.1-28.6)	15.3 (9.0-21.7)
Total	2181	455	21.0 (19.3-22.7)	19.2 (14.4-24.0)

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

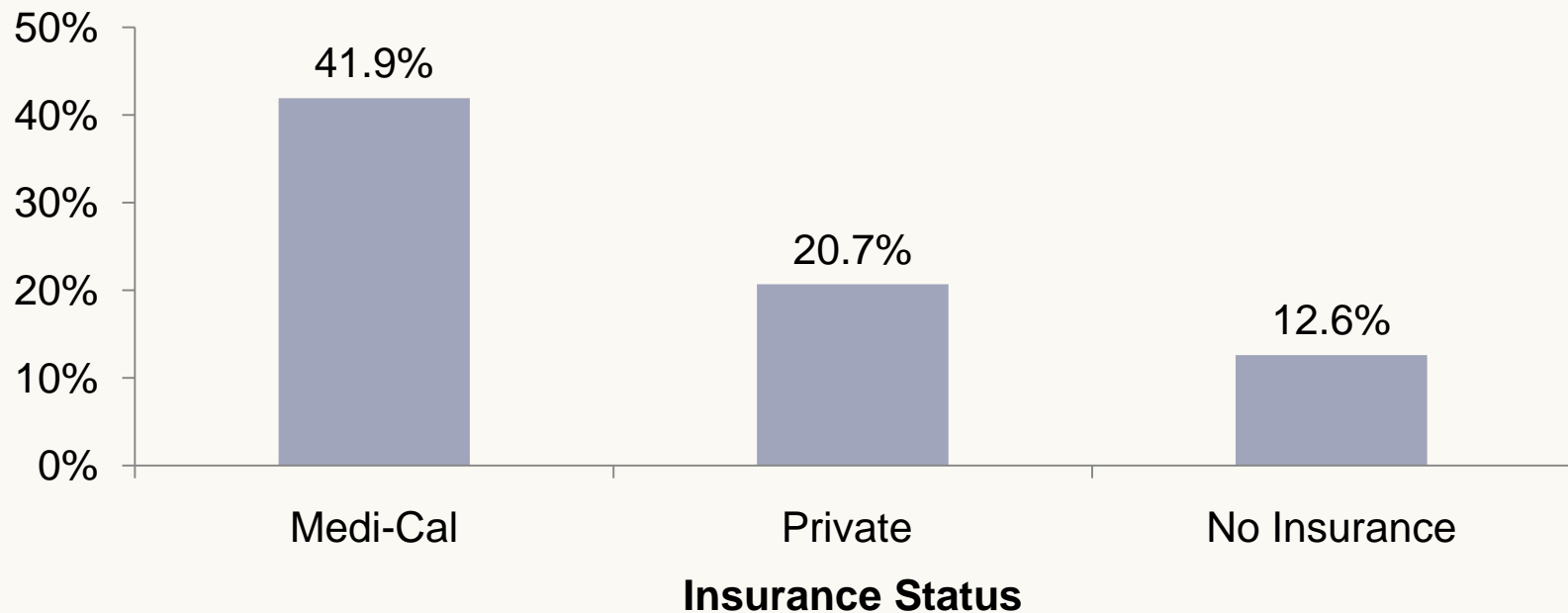
Mendocino County: No Health Insurance by Poverty Level (age 18-64) ($n = 498$)



Mendocino County: Use of ER for Health Care in Past Year by Income Status ($n = 624$)

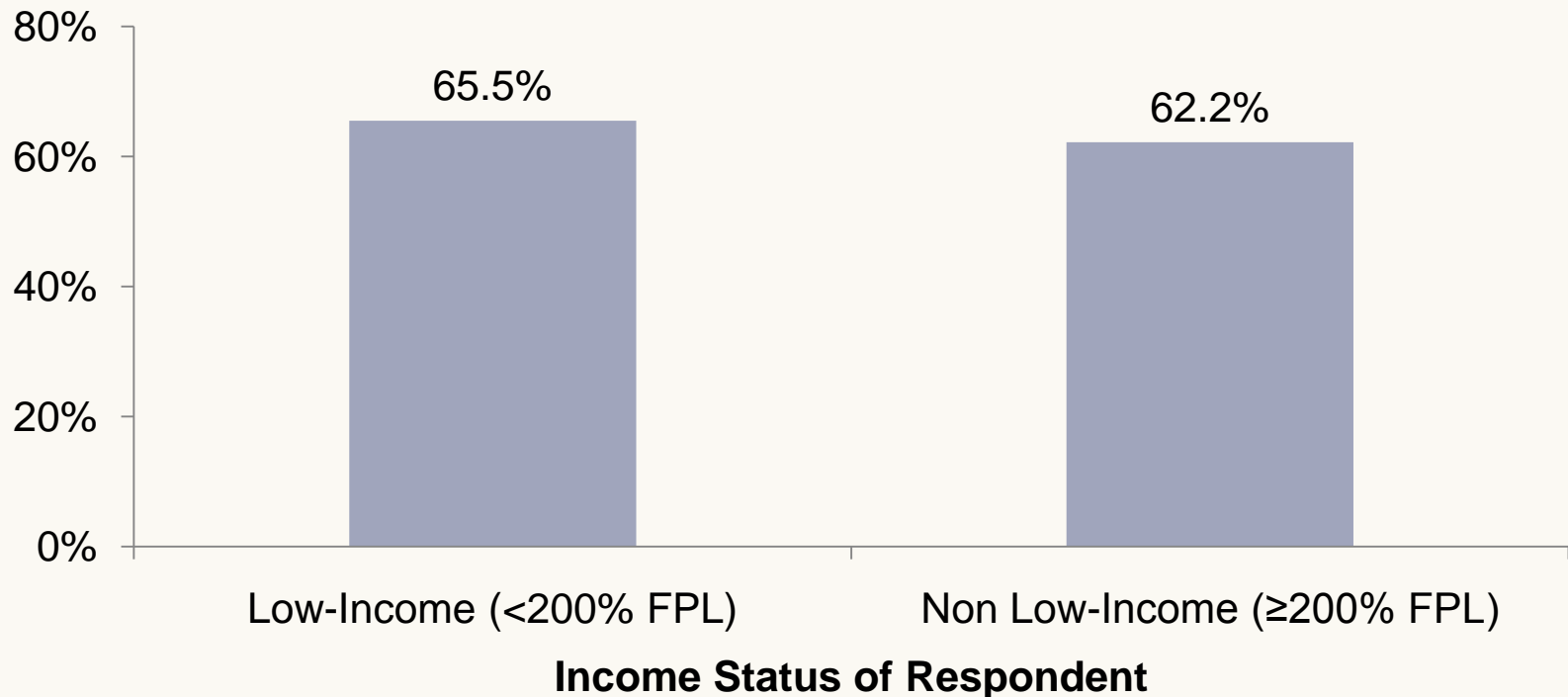


Mendocino County: Use of ER for Health Care in Past Year by Insurance Status ($n = 584$)



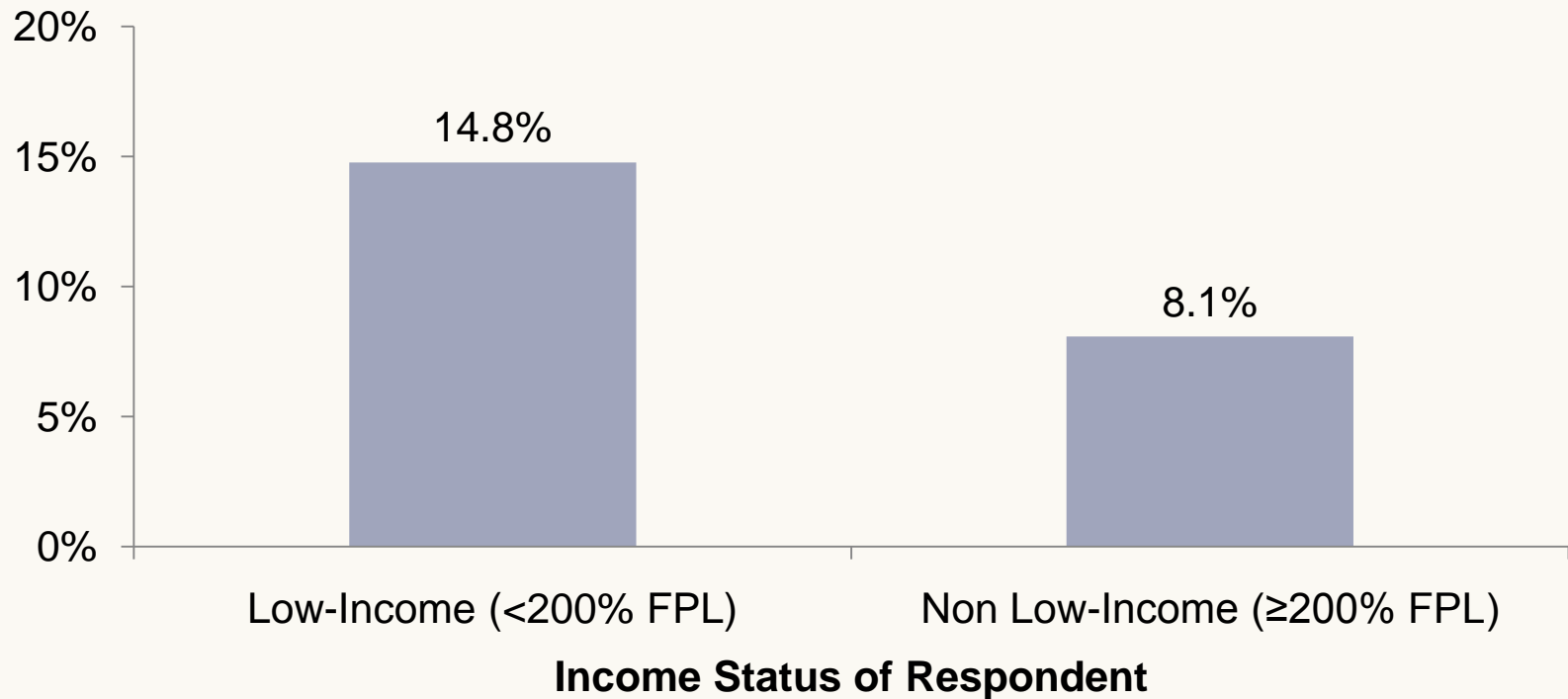
Primary and Secondary Prevention

Mendocino County: Meeting Recommendations* for Moderate or Vigorous Activity by Income Status ($n = 621$)

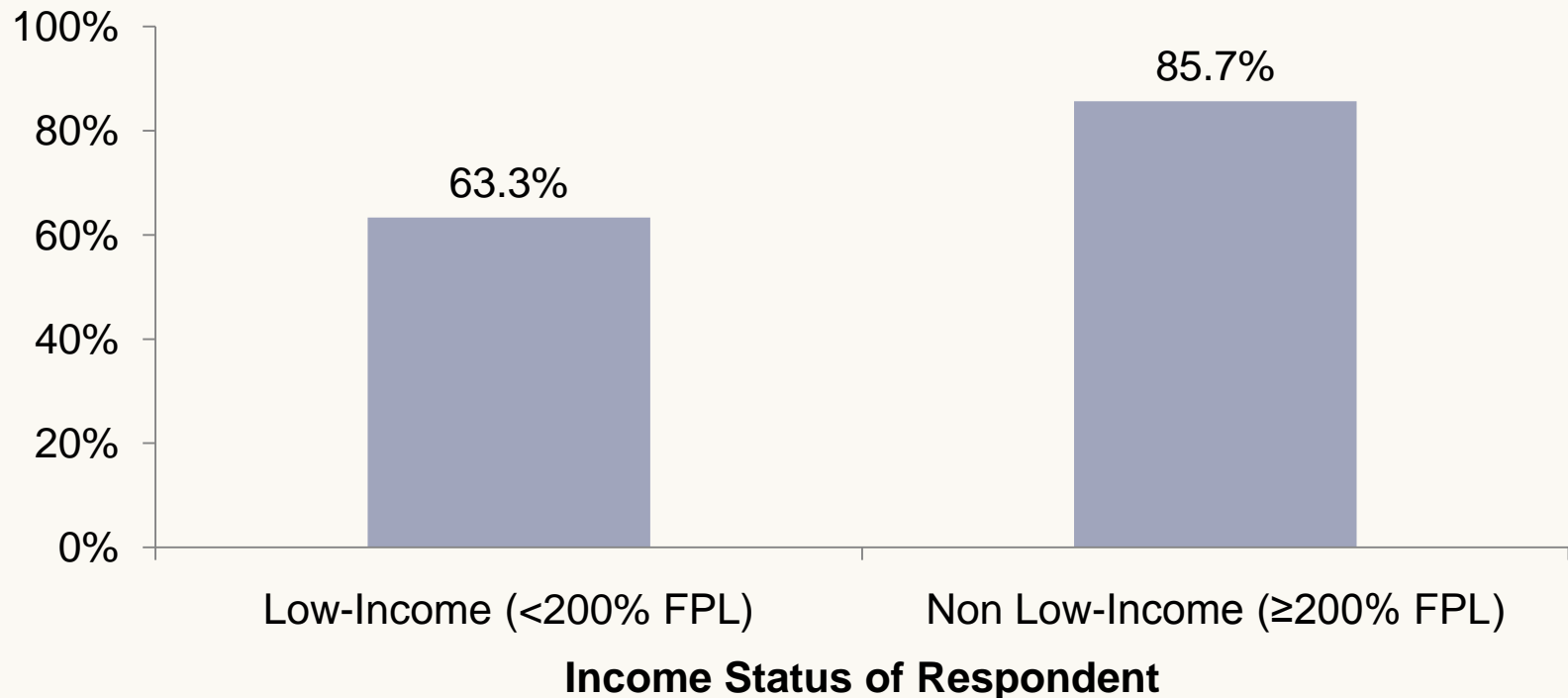


* Respondents were considered to be meeting recommendations if they reported 30 min of moderate activity at least 5 days a week and/or 20 minutes of vigorous activity at least 3 days a week (CDC Recommendations)

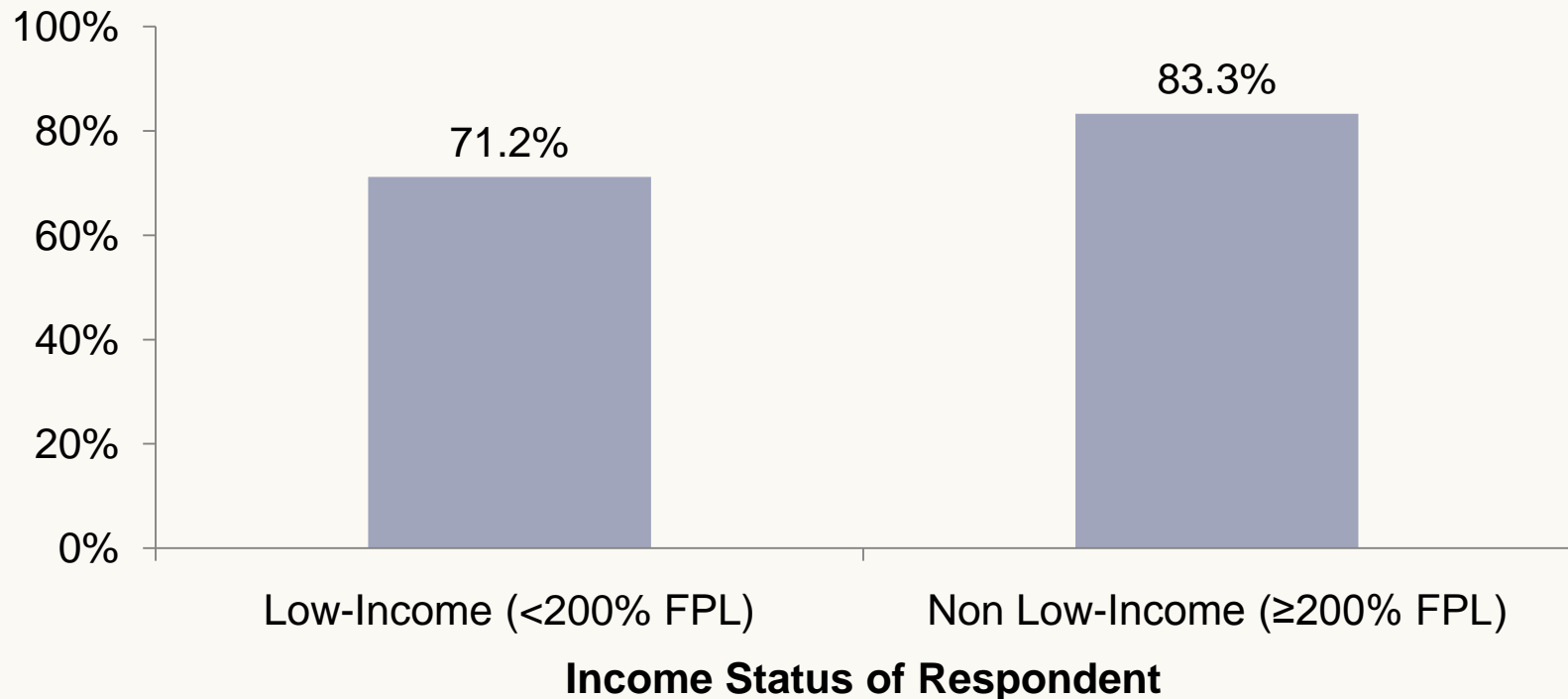
Mendocino County: Daily Cigarette Smoking by Income Status ($n = 623$)



Mendocino County: Teeth Cleaned in Past 2 Years by Income Status (*n* = 590)

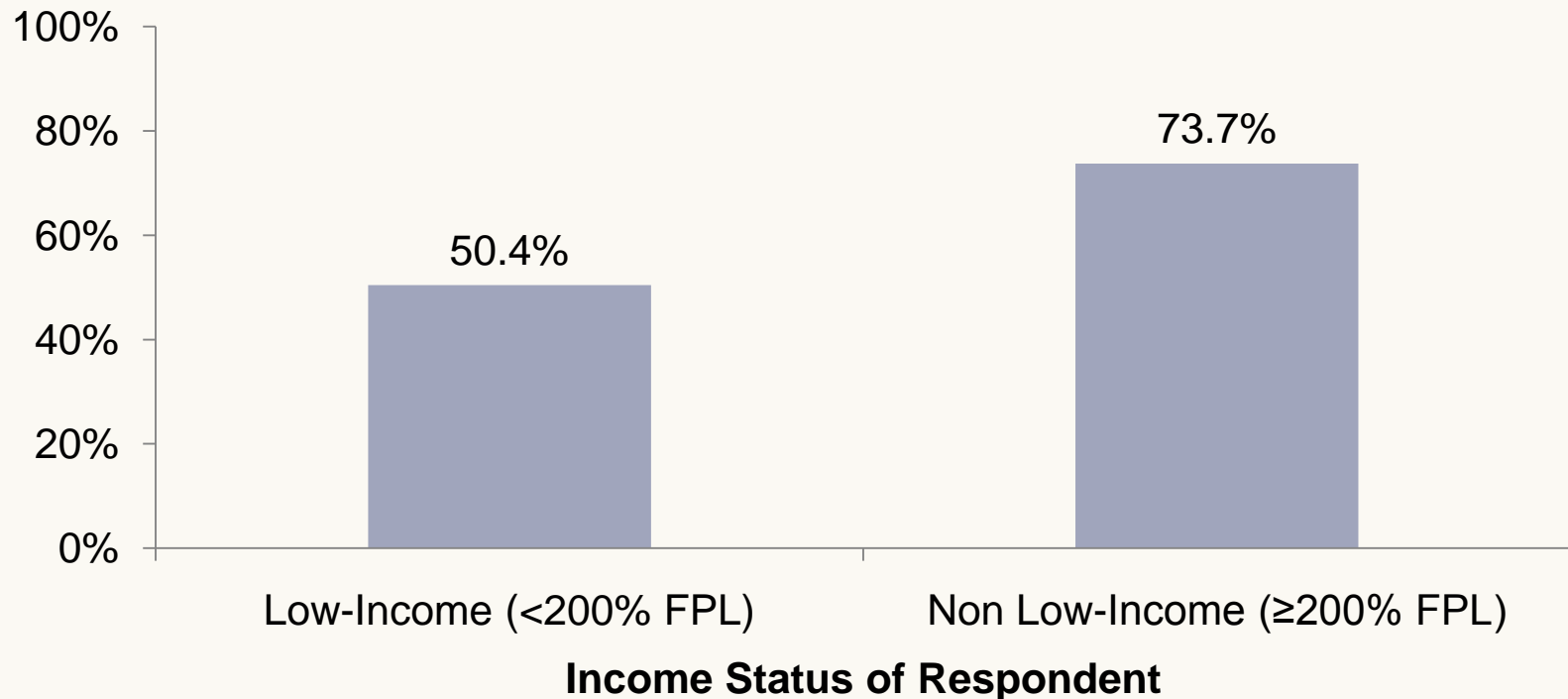


Mendocino County: Screening for Diabetes in Past 5 Years by Income Status (age >45) ($n = 389$)

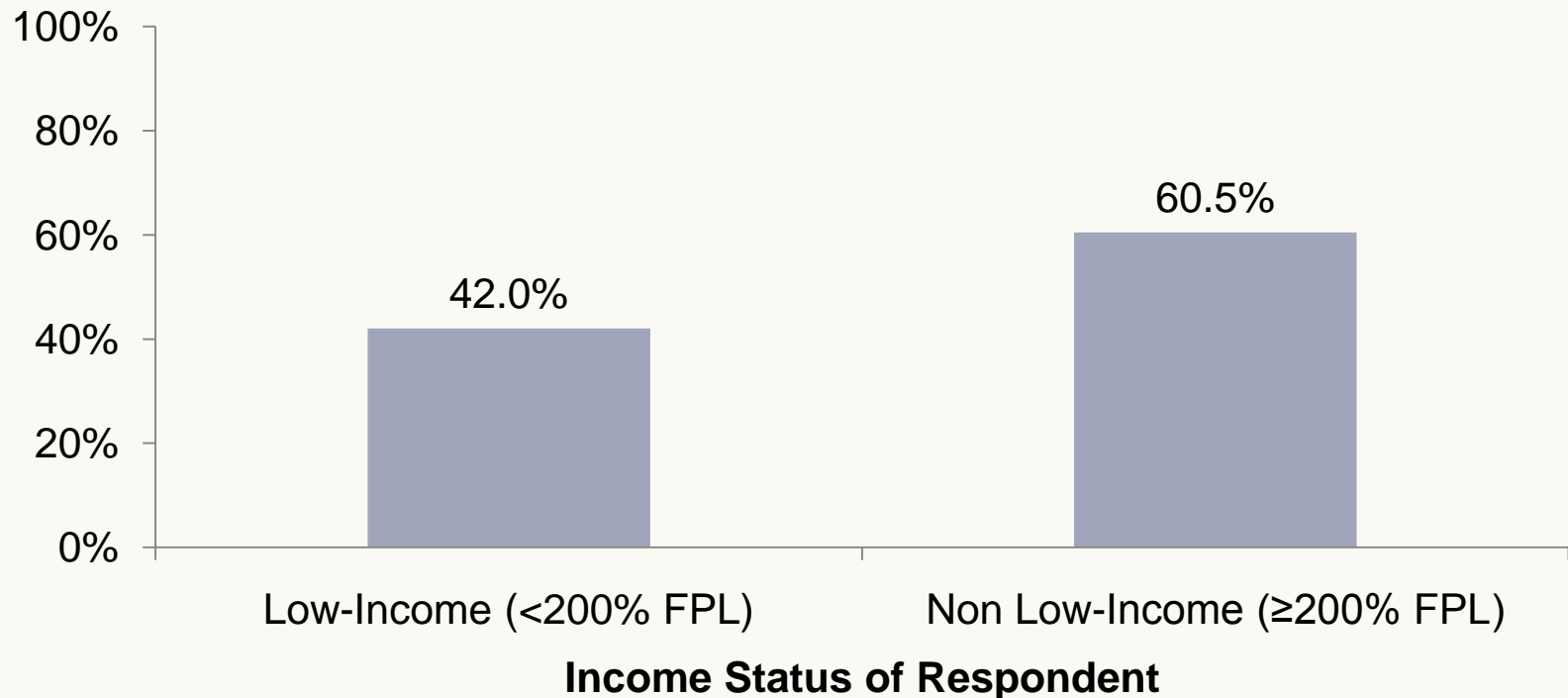


Analysis excludes respondents who indicated they had a diagnosis of diabetes

Mendocino County: Mammogram in Past 2 years by Income Status (women age 40-64) (*n* = 250)

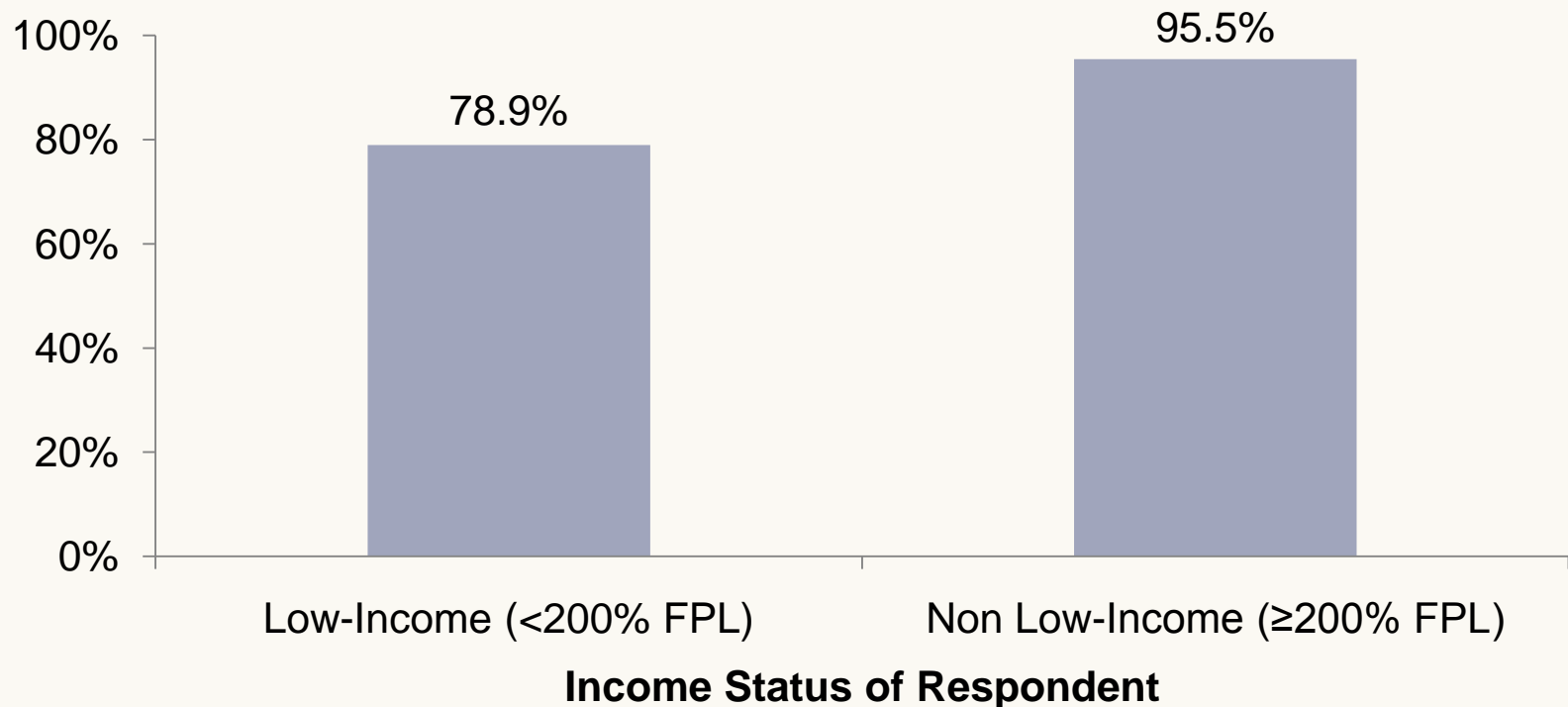


Mendocino County: Recommended Colorectal Cancer Screening* by Income Status (age 50-64) (*n* = 281)



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

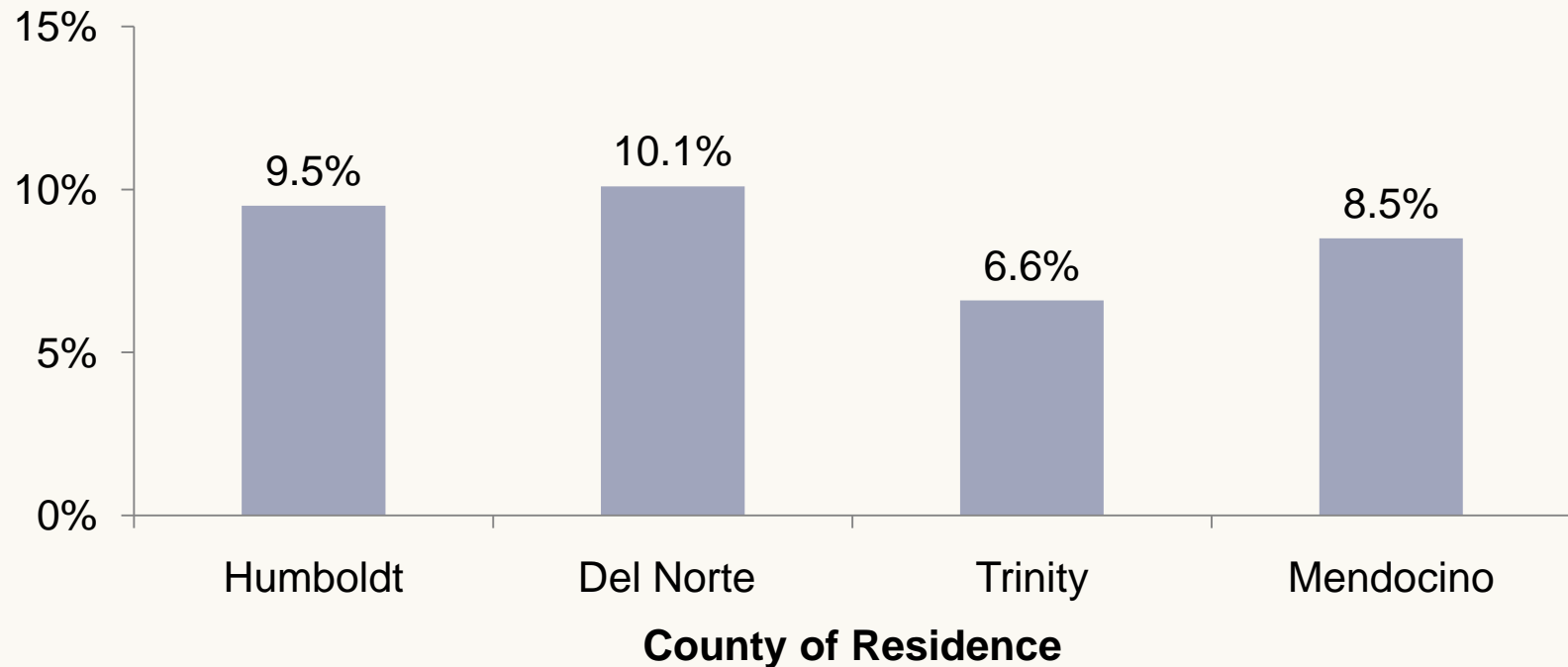
Mendocino County: Pap Test in Past 5 Years by Income Status (women age 18-64) (*n* = 328)



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)



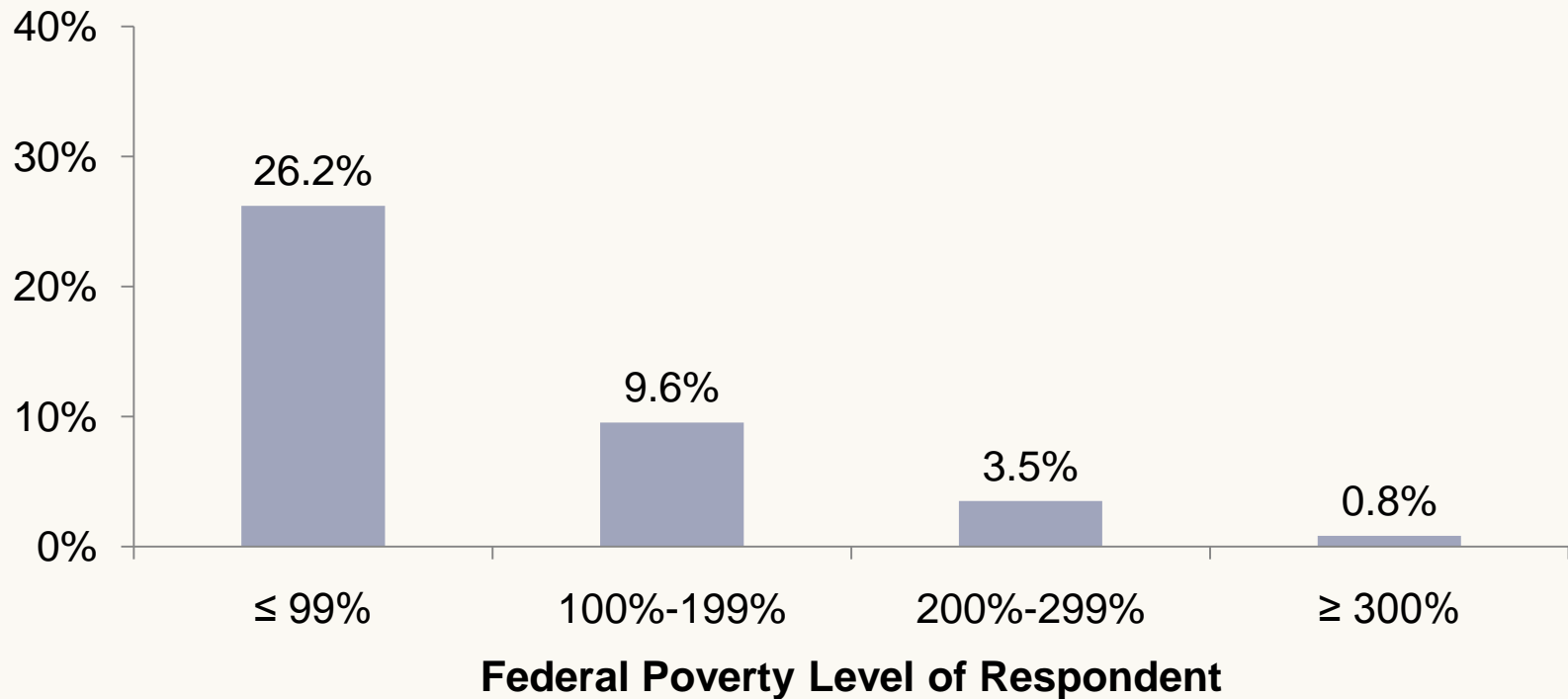
Estimates of very low food security:

Nation 4.0%

California 3.7%

(2006 Current Population Survey Food Security Supplement)

Mendocino County: Very Low Food Security by Poverty Level of Respondent (*n* = 618)



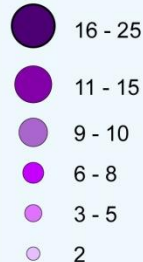
CCRP Rural Health Information Survey: Percent of Respondents With Very Low Food Security¹, 2006



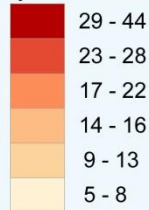
Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number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

Percent of Respondents With Very Low Food Security

▲ Low sample size²



Total Population Below Poverty Level Percent by Census Tract

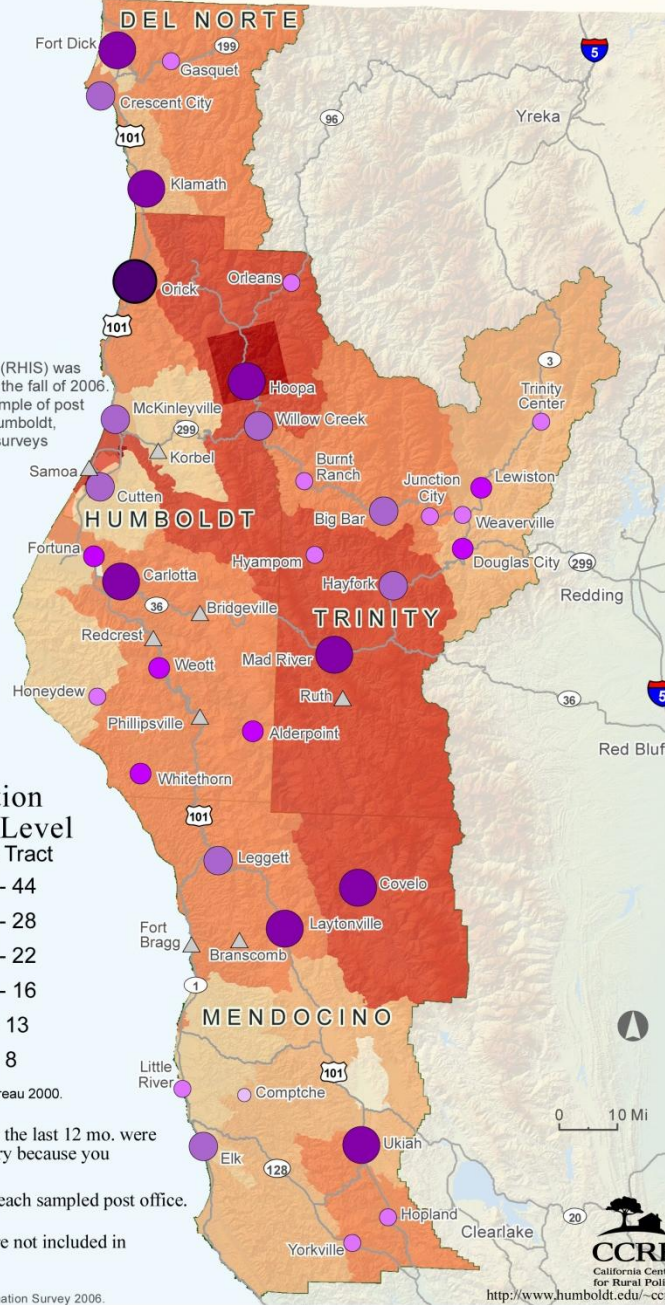


Data Source: U.S. Census Bureau 2000.

¹ Data derived from RHIS survey question (31): In the last 12 mo. were you or people living in your household ever hungry because you couldn't afford enough food?

Percentages are shown for survey respondents of each sampled post office.

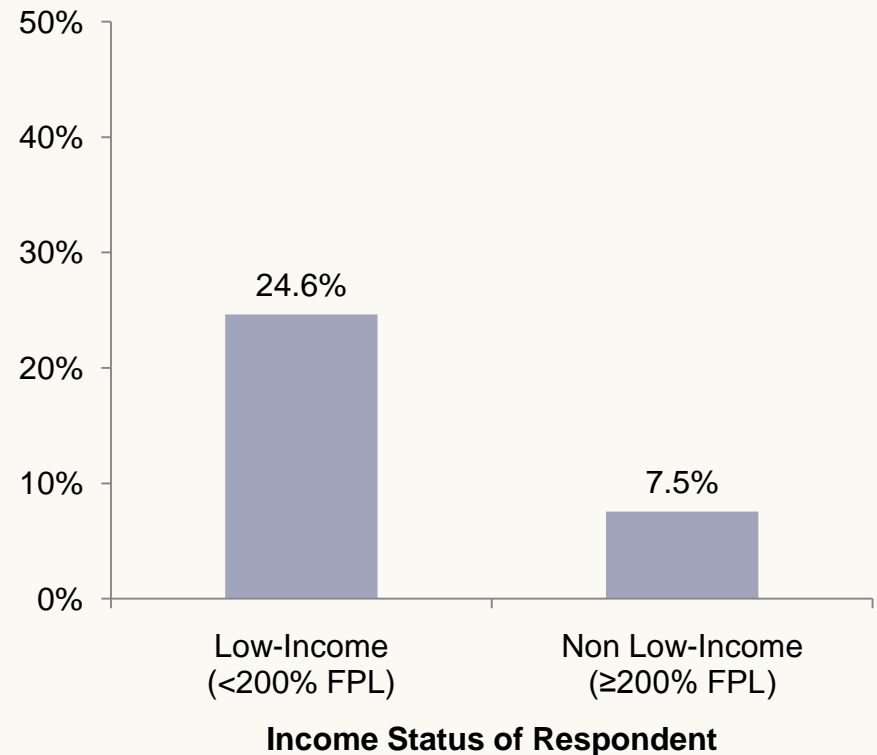
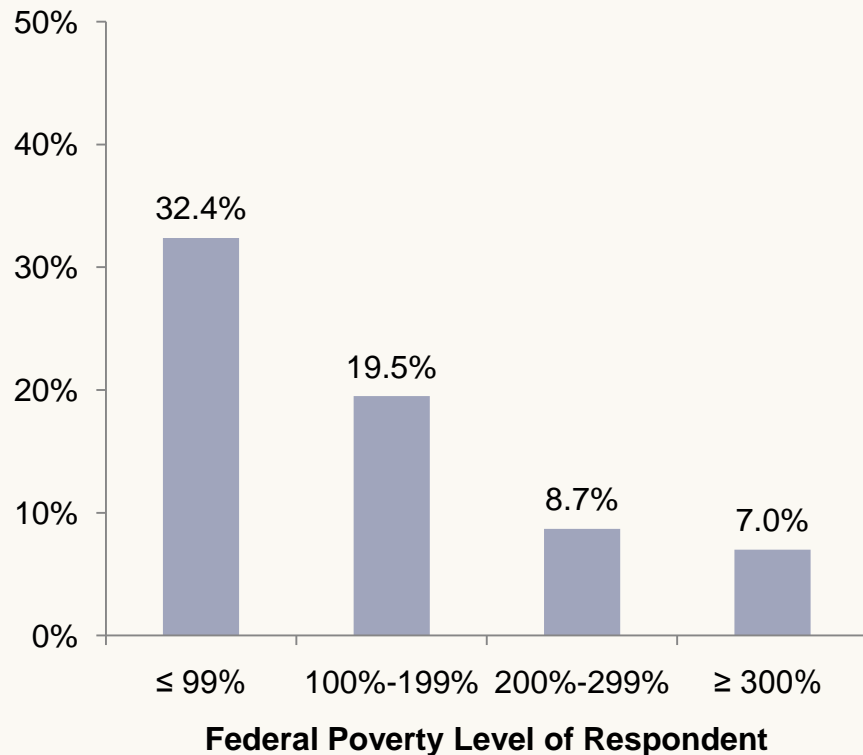
² Post offices with less than 20 survey responses were not included in analysis due to statistical instability.



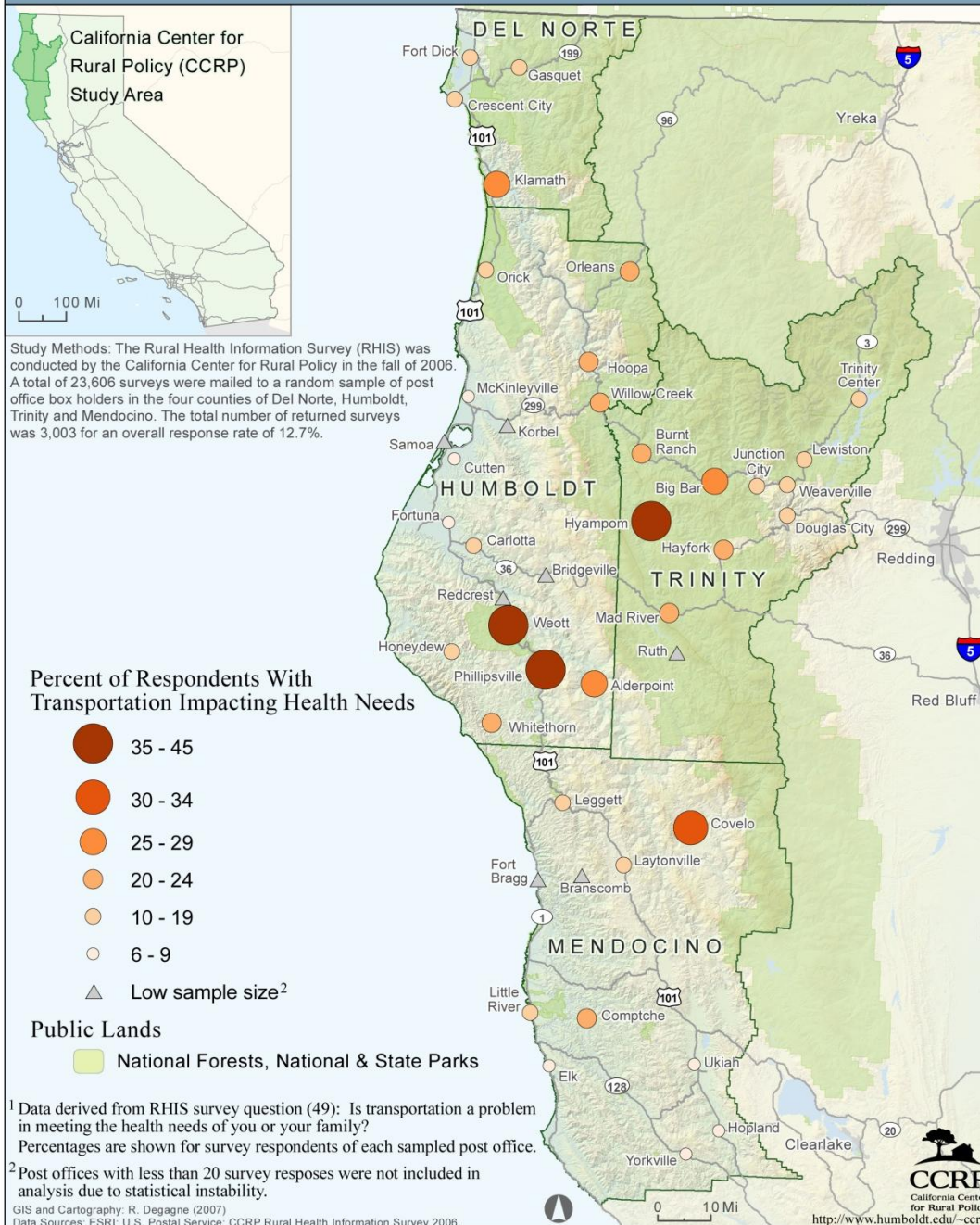
Transportation

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

Mendocino County: Transportation as a Problem Meeting Health Needs (*n* = 622)



CCRP Rural Health Information Survey: Percent of Respondents With Transportation Impacting Health Needs¹, 2006



Phones, Computers & Internet Access

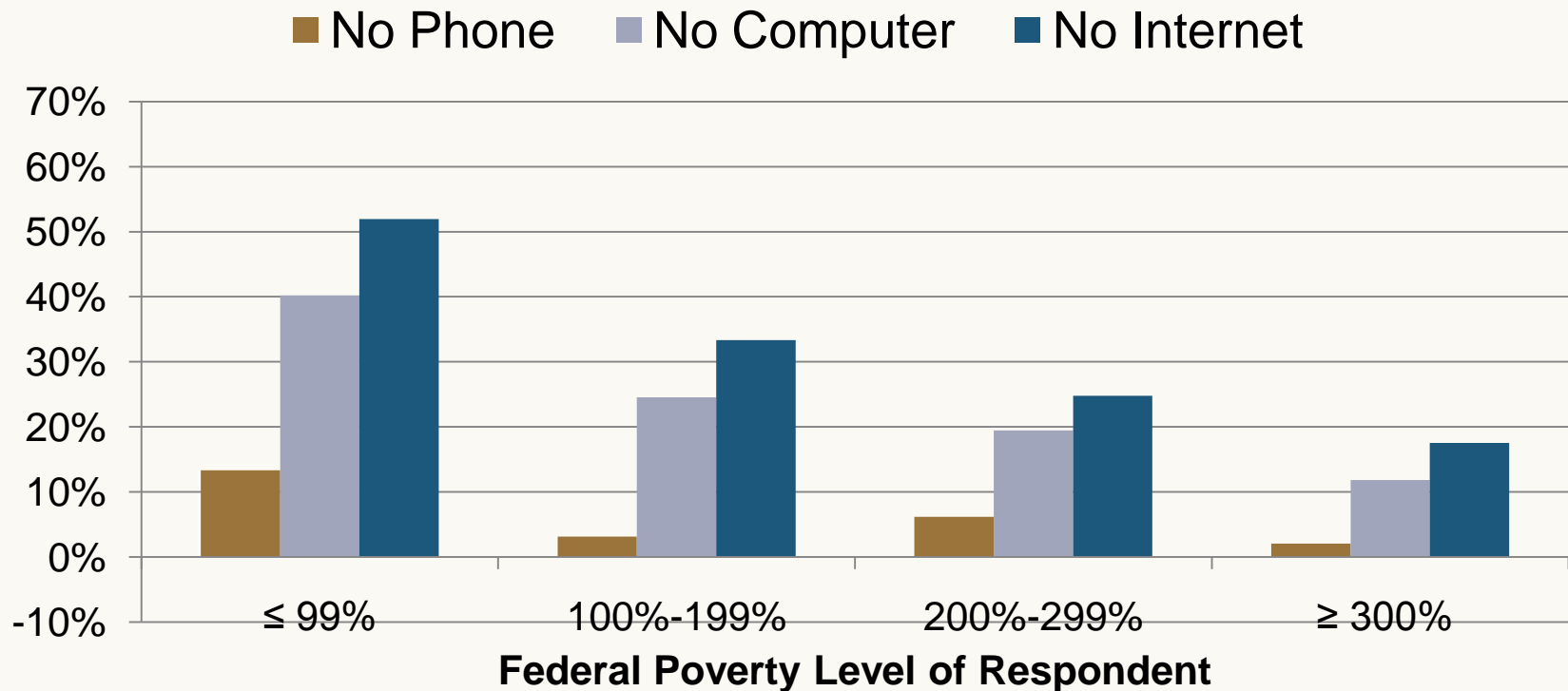
In your home do you have:

A Phone?

A Computer?

Internet Access?

Mendocino County: No Phone, Computer or Internet Access in the Home



Next Steps

- Continue dissemination of results
(reports, briefs, meetings)
- Policy recommendations
- Repeat survey over time to measure trends
(resource dependent)



707-826-3400
ccrp@humboldt.edu
www.humboldt.edu/~ccrp/

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