

Health Equity in the Rural North: Peer Learning Sessions 2023

*California Center for Rural
Policy at Cal Poly
Humboldt*

&

*Rural Association of
Northern California Health
Officers*



Cal Poly
Humboldt.

Your Hosts:



The Rural Association of Northern California Health Officers (RANCHO) is an eleven county consortium consisting of Public Health and Health Services Department Directors, Assistant Directors, Health Officers, and Deputy Health Officers in the far northern region of California.



Cal Poly
Humboldt.

The California Center for Rural Policy (CCRP) at Cal Poly Humboldt is a research, evaluation, and policy center focused on improving the health and well-being of rural people and environments.

CCRP and RANCHO are partners on a grant from the California Department of Public Health. The grant is focused on improving health equity and promoting an equitable recovery from COVID-19.

Regional Context



RANCHO counties include: Del Norte, Humboldt, Mendocino, Lake, Trinity, Siskiyou, Shasta, Modoc, Lassen, Glenn, and Tehama.

RANCHO counties combined comprise about 2 percent (701,548) of California's total population but roughly 21.6% (35,291 sq. ni.) of California's total land area.

Populations of RANCHO counties range from less than 9,000 people to \approx 180,000.

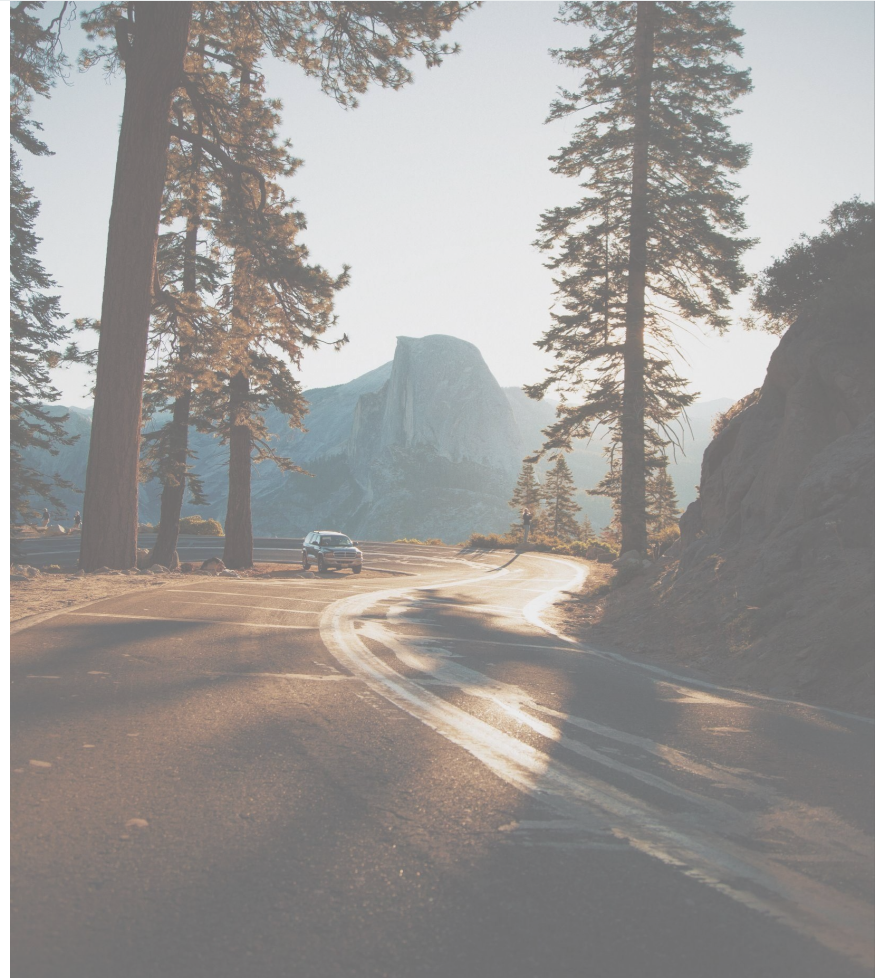


RANCHO Overview

- RANCHO counties consistently rank below most other counties in the state on key health outcome measures related to length and quality of life. In 2022, nine of the eleven RANCHO counties fell within the lowest quartile of the health outcome rankings across the state.
- Similar concerns in county-level community health assessments: Lack of housing, limited access to health care and behavioral health care, socioeconomic disadvantage, geographic isolation, and high-risk health behaviors.
- LHDs highlighted health disparities for the following groups: Tribal populations, Latinx populations, populations living in poverty, aging populations, those who are geographically isolated, and those who are experiencing substance use or mental health issues.
- Behavioral health—including substance use and suicide—are cited as contributing factors for morbidity and mortality in the RANCHO region.

Upcoming Peer Learning Sessions

- Peer learning sessions will cover a variety of topics and will feature the work of practitioners who live and work in rural California. Sessions will cover innovative work in RANCHO to improve health equity and what this work looks like in a rural context.
- The next peer learning session will be on July 17th from 4-5pm with Siskiyou County presenting on the topic- Disaster Planning / Emergency Preparedness. A registration link will follow this session.
- Future peer learning session topics will be centered around the expertise of RANCHO counties. Topics include, but are not limited to: equity strategic plans, community health improvement plans, and promoting health literacy for Tribal populations.



CCRP Team & How To Reach Us

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Please contact CCRP at (707) 826-3400 at any time to ask questions, give input, or schedule a meeting.

Tehama County Overview

Today's peer learning session will
feature Tehama County's
Long-COVID Study

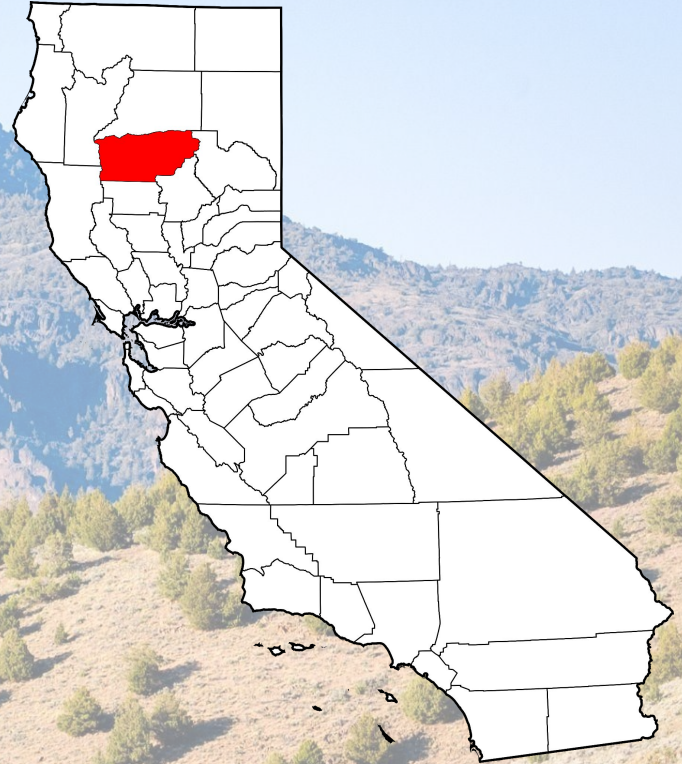
Tehama County
Health Services Agency



Tehama County is rural, remote county located in the center of northern California . The county is bisected by the Sacramento River.

Tehama County is bordered by four other RANCHO counties: Shasta, Trinity, Glenn, and Mendocino counties.

Tehama County is bordered by two non-RANCHO counties: Plumas and Butte counties.



Health & Income Statistics

Total Population: **65,345**

Percentage of people living in poverty: **18.8%**, higher than CA at 12.3%

Percentage of population eligible for Medi-Cal: **49.6%**, higher than CA at 38.7%

Percentage of K-12 students who qualify for Free and Reduced Price Meals: **66.5%**, higher than CA at 57.8%

Health Outcome Ranking: **52nd** out of 58 counties



Questions to ask yourself after the presentation

Does Long-COVID impact the population of your county? How so?

What are some of the takeaways from this presentation? How might you be able to use what you learned today in your own work?