

SUTTER COUNTY'S COMMUNITY HEALTH ASSESSMENT

*WHERE WE ARE AND HOW CAN WE
REIMAGINE THE FUTURE*

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**HEALTH AND
HUMAN SERVICES**

WHAT IS THE COMMUNITY HEALTH ASSESSMENT (CHA)?

- The CHA represents a broad **collaborative** process to capture the current health needs and priorities of our Sutter County community
- Data was collected through national, state, and local databases, as well as key informant interviews, focus groups, surveys, and workshops
- The CHA identifies:
 - Illnesses that affect Sutter County community members
 - How residents experience health
 - Factors that influence health and well-being



WHEN WAS THE CHA CONDUCTED?

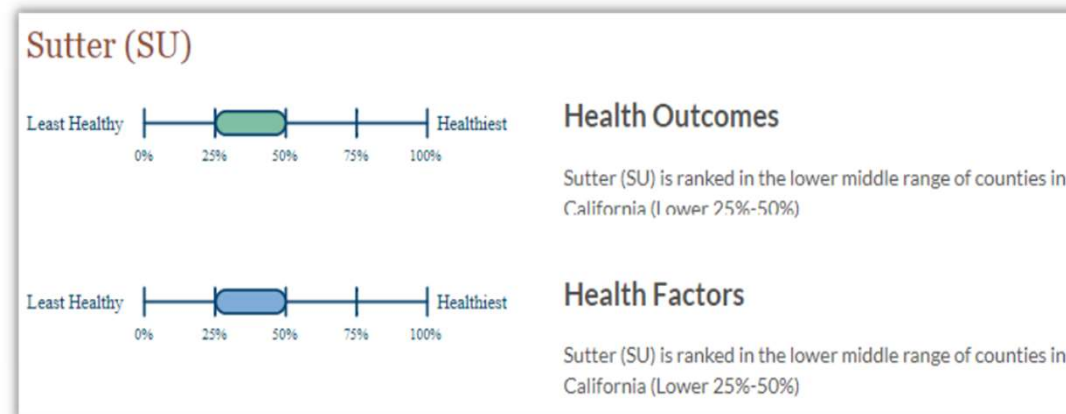
- Qualitative and quantitative data were initially collected and analyzed in 2018 and 2019, with the draft report completed in early 2020
- The CHA was paused in early 2020 due to:
 - The COVID-19 pandemic, and
 - Key staff departure (Accreditation Coordinator)
- Restarted in fall 2021 when a new coordinator was hired
- Completed in late Spring 2022
 - Incorporated updated data

WHAT DID THE CHA SHOW?



NEIGHBORHOOD AND COMMUNITY: HOW SUTTER COUNTY COMPARES

- There are many ways to look at a community's level of health
- One way is the annual County Health Rankings of all 58 CA counties
- Unfortunately, Sutter County's ranking declined from a ranking of **#27 in 2016** to a ranking of **#37 in 2021** (*higher numbered rankings indicate worsening health outcomes*)



TOP CAUSES OF DEATH IN SUTTER COUNTY (2018-2020)

Top 5 causes of death in Sutter County

1. **Cancer (All Types)**
2. **Coronary Heart Disease**
3. **Cerebrovascular Disease**
4. **Unintentional Injuries**
5. **Alzheimer's Disease**

Sutter County performs worse than the state average for each of these causes of death

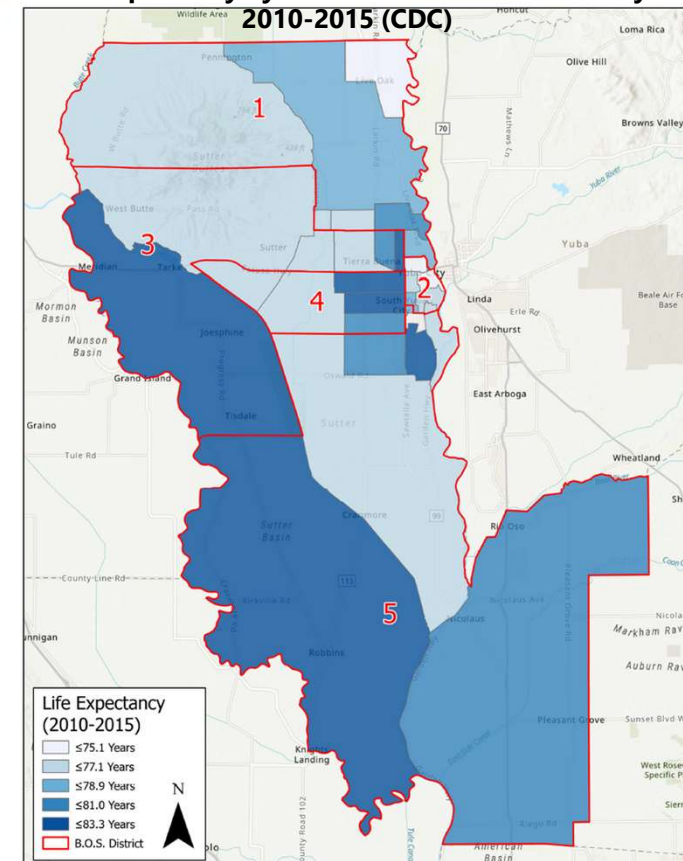
Sutter County and California Rates per 100,000 residents

| Overall Snapshot | Sutter County | California | How We Compare |
|------------------------------------|---------------|------------|----------------|
| Cancer- All Types Death Rate | 148.5 | 128.3 | ↑ |
| Heart Disease Death Rate | 89.3 | 80.7 | ↑ |
| Lung Cancer Death Rate | 32.3 | 22.9 | ↑ |
| Cerebrovascular Disease Death Rate | 52 | 37 | ↑ |
| Unintentional Injuries | 49 | 37.9 | ↑ |
| Alzheimer's Disease Death Rate | 40.7 | 37.3 | ↑ |

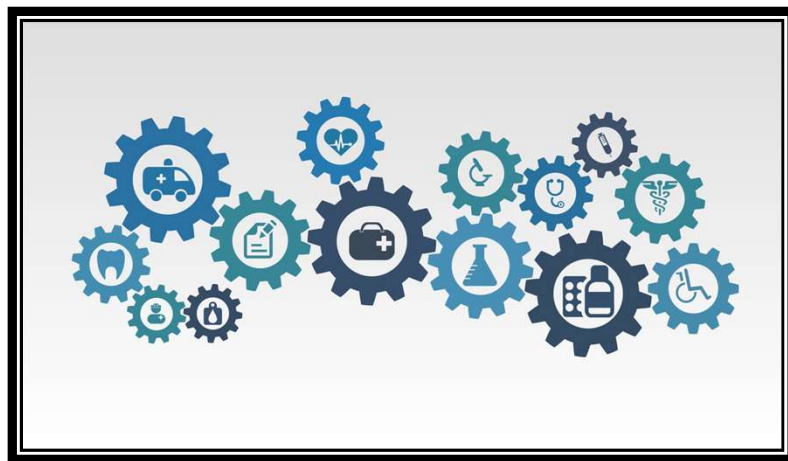
NEIGHBORHOOD AND COMMUNITY: AVERAGE LIFE EXPECTANCY

- According to the CA County Health rankings:
 - Average life expectancy in 2020 for Sutter County residents: **78.9 years**
 - California average life expectancy: 81.7 years
- Life expectancy varies greatly based on where a person lives in Sutter County (California Healthy Places Index)
 - Babies born in the Northeast part of Live Oak and the areas bounded by CA-20, CA-99, Queens Avenue, and Market Street in Yuba City have the lowest life expectancy rate in Sutter County
 - In Sutter County large differences in health can be seen in neighborhoods separated by only a few miles

Life Expectancy by Census Tract in Sutter County
2010-2015 (CDC)



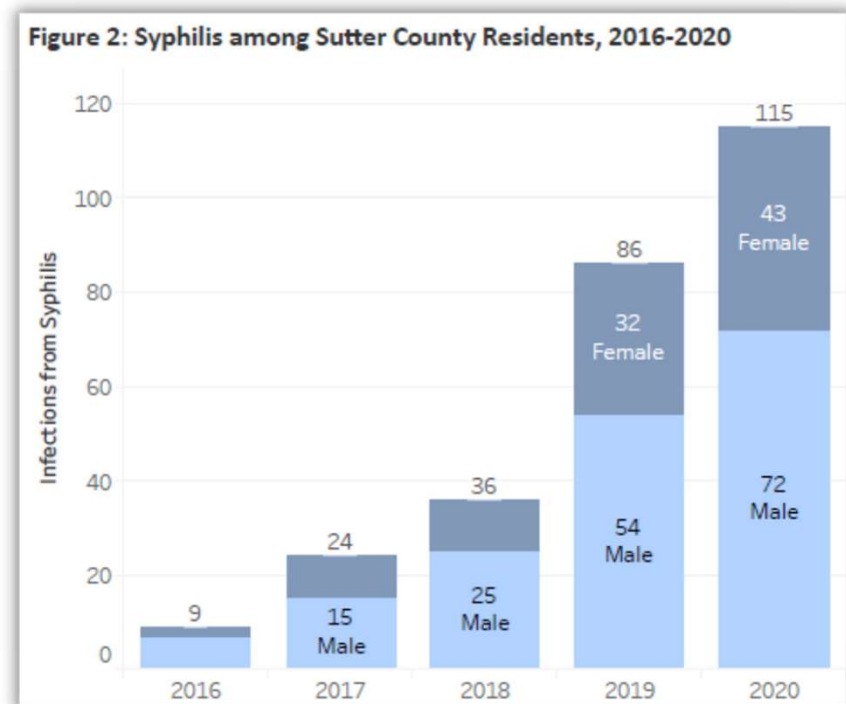
SUTTER COUNTY HEALTH TRENDS AND HEALTH RISK FACTORS



COMMUNICABLE DISEASES: SEXUALLY TRANSMITTED DISEASES

Syphilis

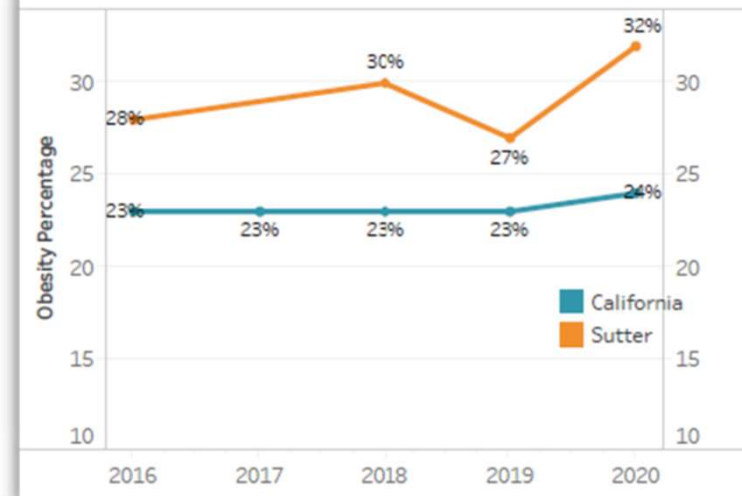
- Rates are higher (28.7), compared to CA (19.5) and US (12.7) per 100,000 in 2020
- Increasing at an alarming rate 12x higher in 2020 compared to 2016
 - Syphilis is diagnosed 1.5 times more in men compared to women
 - In 2019, 20% of women diagnosed were pregnant
 - 66% of all cases were in residents aged 25-45
- From 2016 to 2020 Sutter County saw a decrease in cases of Hepatitis C, Gonorrhea and Chlamydia



NUTRITION AND FOOD ACCESS IN SUTTER COUNTY

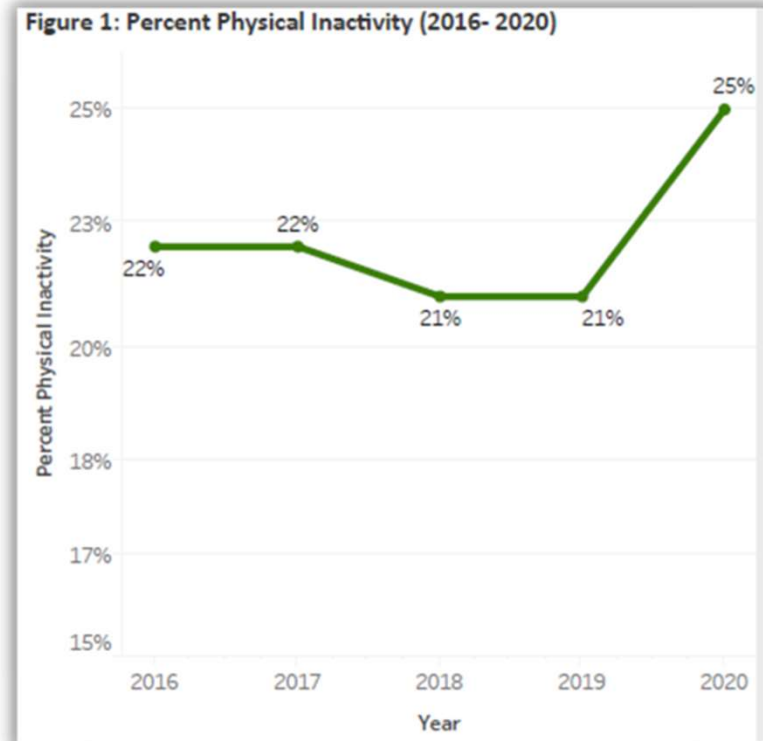
- In 2019, the USDA Rural Health Information Hub noted that 56.9% of Sutter County residents had low access to healthy foods, compared to CA (27.1%) and the US (41.9)
- The Food Index score measures proximity to healthy foods and income levels
 - In 2020 Sutter County had a Food Environment Index Score of 7.1
 - Lower than both CA (8.8) and the US (8.7)
 - A higher ranking indicates more access to healthy foods
- According to the 2020 CA County Health Rankings, Sutter County had higher obesity rates (32%) compared to CA (24%) and the US (26%)

Figure 2: Obesity Prevalence of Sutter County and California (2016-2020) (4)



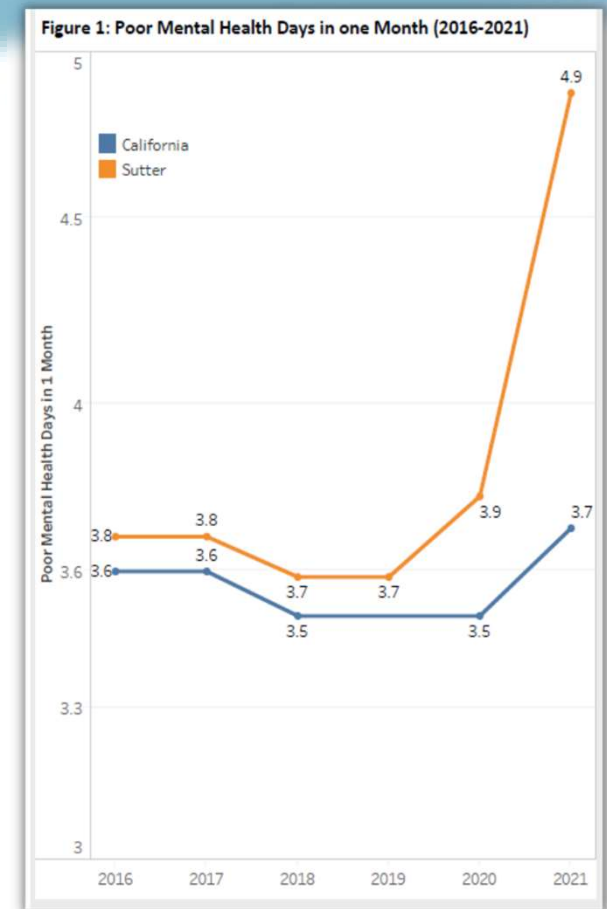
PHYSICAL ACTIVITY IN SUTTER COUNTY

- According to the 2020 CA County rankings:
 - 25% of Sutter County residents are not physically active, compared to CA (24%) and the US (20%)
 - Only 67% of Sutter County residents had adequate access to exercise
 - Compared to CA (93%) and the US (91%)
- Healthy People 2020 states that low-income communities most affected by the lack of access



MENTAL HEALTH

- Persons living with a mental health issue are at greater risk of cardiovascular disease, substance use disorders and other chronic diseases (National Alliance on Mental Illness)
- According to the 2021 CA County Rankings:
 - More Sutter County residents reported overall poor mental health days (4.9) in the last 30 days than both CA (3.7) and the US (3.8)
 - 16% of residents reported frequent mental distress, chronic and likely severe mental health issues, as compared to CA (11%) and the US (11%)
- In 2021, the Sutter County mental health provider ratio was 280 patients to 1 provider, worse than the CA average of 270:1



ADVERSE CHILDHOOD EXPERIENCES (ACES)

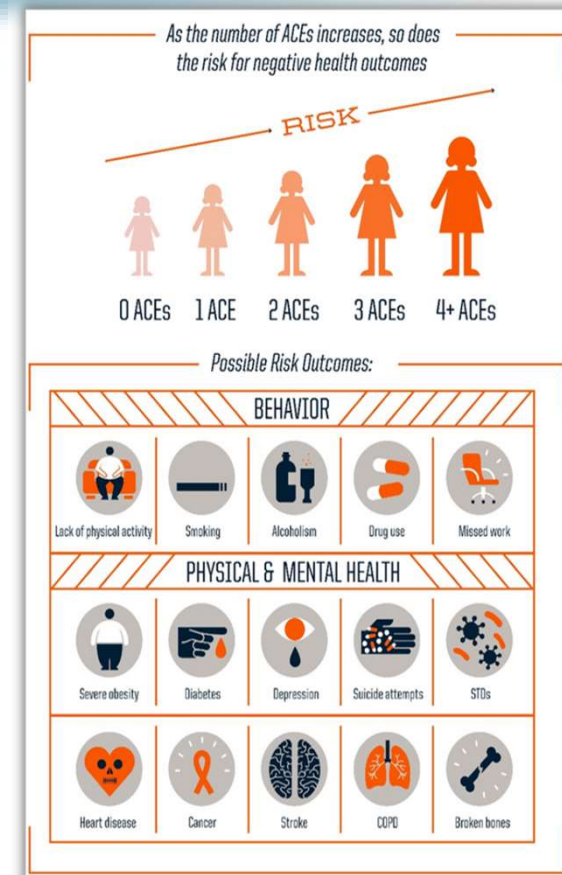
ACEs are the exposure to potentially traumatic events such as abuse, neglect, domestic violence, household instability, and parental mental illness or substance misuse during childhood

Exposure to ACEs:

- Increased risk of developing 9 out of 10 leading causes of death in the U.S. (ACES Aware)
- Can affect brain development, lead to behavioral problems and physical health issues
- Increase risk of mental health issues and substance use in adulthood

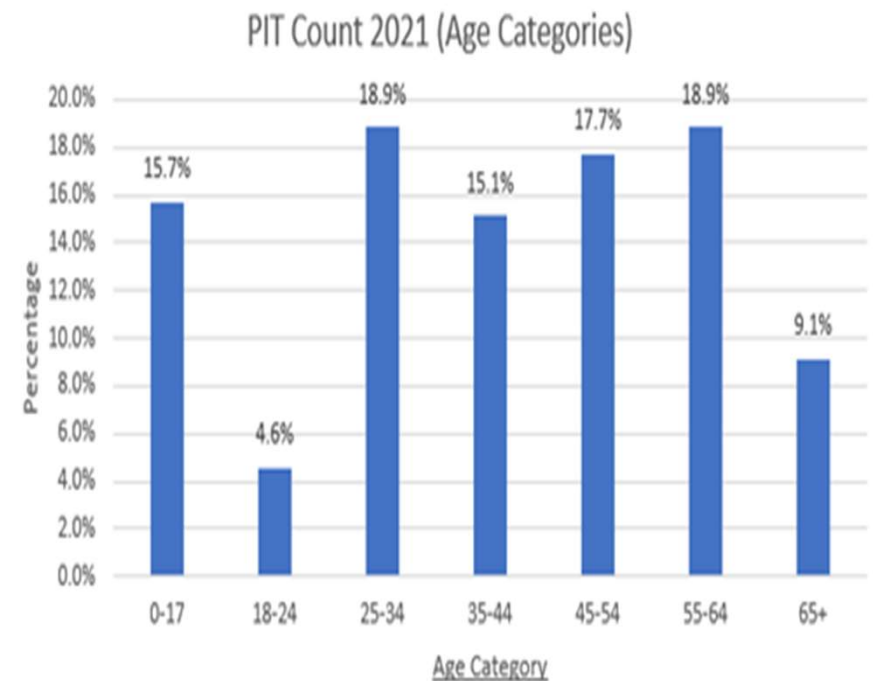
A CA statewide survey called Let's Get Healthy noted that from 2016-2019, 45% of Sutter County adults have experienced 1-3 ACEs, and 15% of residents have experienced 4 or more ACEs

In CA, 46% of adults have experienced 1-3 ACEs, 16% have experienced 4 or more



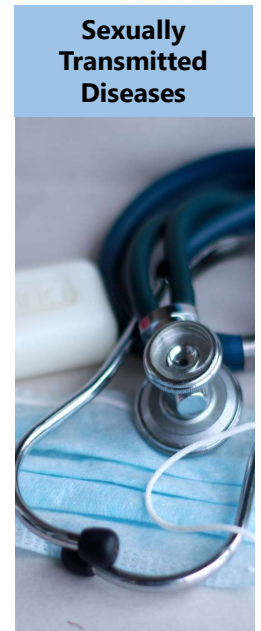
PEOPLE EXPERIENCING HOMELESSNESS IN SUTTER COUNTY

- The 2021 Point in Time (PIT) count identified 371 people experiencing homelessness
 - 59% of those experiencing homelessness were Non-Hispanic White residents.
 - Largest age categories were ages 25-34 (19%) and ages 55-64 (19%)
- People experiencing homelessness are more likely to have:
 - Physical disabilities or chronic medical conditions
 - Mental health and substance use conditions



COMMUNITY HEALTH PRIORITIES

- Workshops informed the identification of the top health issues that community members experience in Sutter County
 - Building Resilient Communities
 - Addressing Homelessness
 - Reducing Sexually Transmitted Diseases



ARE THERE OTHER HEALTH ASSESSMENTS LOCALLY?

- Blue Zone organization sees itself as a convener and facilitator, with a focus on three areas:
 - People (community engagement)
 - Places (worksites, schools, restaurants, grocery stores, and faith-based organizations)
 - Policy (food, tobacco and built environment)
- Adventist-Health and Rideout and Sutter Surgical North Valley Hospital recently completed a Community Health Needs Assessment (CHNA)
 - Focuses on five primary service areas (zip codes: 95901, 95953, 95961, 95991, 95993)
 - **Not** the entire Sutter County community
- Yuba County Public Health has started their community health assessment and expect to complete their CHA at the end of 2022

NEXT STEPS: THE COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

- The health needs identified in the CHA inform the actions for the CHIP
- Public Health will conduct the CHIP in Fall 2022
 - Convene workgroups around each priority area to address the top health priorities in Sutter County
 - Develop **goals** and **activities** to address community priorities
 - Create **actionable, measurable goals** to improve the 3 key health priorities over the next 3-5 years
 - Many action plans will have other entities as leads



THANK YOU

The CHA and associated Dashboards are available on the Sutter County Public Health Branch website

[Sutter County Public Health Data and Reports](#)

