

Los Medanos Community Healthcare District Health Profile--Year 2017

(Note. The Los Medanos Community Healthcare District Health Profile was prepared by Dr. J. Vern Cromartie under the auspices of the District Outreach Committee of the Los Medanos Community Healthcare District. It relies on data from the (1) 2013 *Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg* by Contra Costa Health Services; (2) 2015 *American Community Survey* by the U.S. Bureau of the Census; (3) 2016 *A Community Health Needs Assessment of the Sutter Delta Medical Center Service Area* by Sutter Delta Medical Center; and the 2016 *Community Health Needs Assessment* by Kaiser Foundation Hospital Antioch; 16 *Contra Costa Mental Health System of Care Needs Assessment* by Contra Costa Behavioral Health Services; (4) 2016 *Community Health Needs Assessment (CHNA)* by the Kaiser Foundation Hospital-Antioch; and (5) 2016 report on PLWA & PLWH by City of Residence released by Contra Costa Health Services. It also relies on data from the Contra Costa Health Services 2010 report titled *Community Health Indicators for Selected Cities and Places in Contra Costa County*, which was prepared by Dr. Chuck McKetney and others. For the sake of comparative analyses of the data, this District Health Profile follows the format established by Mike Lengyel when he prepared the 2002 District Health Profile. The data presented here follow the U. S. Census Bureau wherein the Latino (aka Hispanic) population is defined as an ethnic group and not a racial group. Thus, the Latino population can be of any race.)

DISTRICT DEMOGRAPHICS--WHO WE ARE

(Data from the American Community Survey of the U.S. Census Bureau, 2016).

Population: Pittsburg, 67,998; Bay Point, 23,131.

Total Housing Units: Pittsburg, 21,658; Bay Point, 6,948.

Race in Pittsburg: White, 23,320 (34.3%); Black or African American 11,829 (17.4%); American Indian and Alaska Native, 277 (0.4%); Asian 11,769 (17.4%); Native Hawaiian and Other Pacific Islander, 1,003 (1.5 %); and Some Other Race 14,325 (22.4%); Two or More Races (8.1%).

Ethnicity in Pittsburg: Hispanic or Latino (of any race) 27,469 (40.4%); Not Hispanic or Latino 40,529 (59.6%).

Race in Bay Point: White, 9,868 (42.7%); Black or African American 2,291 (9.9%); American Indian and Alaska Native, 226 (1.0 %); Asian 2,070 (8.94%); Native Hawaiian and Other Pacific Islander, 324 (1.4%); Some Other Race 6,526 (28.2%); Two or More Races, 1,826 (7.9%).

Ethnicity in Bay Point: Hispanic or Latino (of any race) 14,207 (61.4%); Not Hispanic or Latino 8,924 (38.6%).

Gender in Pittsburg: Female, 35,103 (51.6 %); Male, 32,895 (48.4%).

Gender in Bay Point: Female, 11,360 (49.1%); Male, 11,771 (50.9%).

Age in Pittsburg During 2016: Under 5 years-old category, 7.3%; 65 years-old and over category, 10.2%; under 65 largest adult age group category, 25 to 34 years-old, 14.8%.

Age in Bay Point During 2016: Under 5 years-old category, 7.1%; 65 years-old and over category, 7.3%; under 65 largest adult age group category, 25 to 34 years-old, 14.8%.

Educational Attainment in Pittsburg Among the Population 25 Years and Over During 2016: Less than 9th grade, 4,842 (11.2%); 9th to 12th grade, no diploma, 4,225 (9.8%); high school graduate including equivalency, 10,661 (24.7%); some college, no degree, 11,491 (26.6%); associate's degree, 3,442 (8.0%); bachelor's degree, 6,150 (14.2%); and graduate or professional degree, 2,427 (5.6%).

Percent high school graduate or higher, 79.0%; percent bachelor's degree or higher, 19.8%.

Educational Attainment in Bay Point Among the Population 25 Years and Over During 2016: Less than 9th grade, 2,500 (18.6%); 9th to 12th grade, no diploma, 1,810 (13.4%); high school graduate including equivalency, 3,547 (26.3%); some college, no degree, 2,725 (20.2%); associate's degree, 1,046 (7.8%); bachelor's degree, 1,479 (11.0%); and graduate or professional degree, 365 (2.7%).

Percent high school graduate or higher, 68.0%; percent bachelor's degree or higher, 13.7%.

Income in Pittsburg During 2016: Median household income, \$63,950; mean family income, \$73,621.

Income in Bay Point During 2016: Median household income in 2016, \$47,366; mean household income, \$61,774.

Pittsburg Poverty Status in 2016: Percentage of people below the poverty level, 15.4%.

Bay Point Poverty Status in 2016: Percentage of people below the poverty level, 22.2%.

Contra Costa County Poverty Status in 2016: Percentage of people below the poverty level, 10.2%.

In comparison to Contra Costa County, the data indicate that Pittsburg and Bay Point have a disparity in the area of poverty status.

Disability Status of Noninstitutionalized People in Pittsburg During 2016: Percentage of people with any disability in the total population, 13.8%; percentage of people with no disability in the total population, 86.2%; percentage of people age 65 and over with any disability, 47.1%; percentage of people age 65 and over with no disability, 52.9%.

Disability Status of Noninstitutionalized People in Bay Point During 2016: Percentage of people with any disability in the total population, no data available; percentage of people with no disability in the total population, no data available; percentage of people age 65 and over with any disability, no data available; percentage of people age 65 and over with no disability, no data available.

Disability Status of Noninstitutionalized People in Contra Costa County During 2016: Percentage of people with any disability in the total population, 11%; percentage of people with no disability in the total population, 89%; percentage of people age 65 and over with any disability, 33.5%; percentage of people age 65 and over with no disability, 66.5%.

When compared to Contra Costa County, the data show that Pittsburg has a disparity regarding the disability status of noninstitutionalized people. There were no data available for Bay Point.

Pittsburg Residents Health Insurance Coverage in 2016: People with health insurance coverage, 59,781 (88.2%); people with no health insurance coverage, 8,020 (11.8%).

Bay Point Residents Health Insurance Coverage in 2016: People with health insurance coverage, 19,238 (83.4%); people with no health insurance coverage, 3,831 (16.6%).

Contra Costa College Residents Health Insurance Coverage in 2016: People with health insurance coverage, 1,008.837 (91.5%); people with no health insurance coverage, 93,620 (3.8%).

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of health insurance coverage.

OBESITY

(Data from the report *Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg* by Contra Costa Health Services, 2013, pp. v, 9.)

Childhood Overweight/Obese Prevalence, 2010

Pittsburg Unified School District, 43.7%

Mount Diablo Unified School District, 35.5%

West Contra Costa County Unified School District, 43.6%

When compared to Contra Costa County, the data show that the Pittsburg Unified School District has a slight disparity, but not Mount Diablo Unified School District regarding the area of childhood overweight/obese prevalence.

HEALTH INSURANCE COVERAGE

(Data from the report *Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg* by Contra Costa Health Services, 2013, p. 33.)

Pittsburg Residents Health Insurance Coverage in 2007-2011: People with health insurance coverage, 81%; people with no health insurance coverage, 19%.

Bay Point Residents Health Insurance Coverage in 2007-2011: People with health insurance coverage, 80%; people with no health insurance coverage, 20%.

Contra Costa County Residents Health Insurance Coverage in 2007-2011: People with health insurance coverage, 88%; people with no health insurance coverage, 12%.

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of health insurance coverage.

FOOD AND NUTRITION ENVIRONMENT

(Data from the report *Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg* by Contra Costa Health Services, 2013, p. 53.)

Ratio of the Relative Abundance of Retail Food Outlets Offering Unhealthy Food Options (Fast Food Restaurants and Convenience Stores) to Those Providing Healthier Food (Grocery Stores, Produce Markets, Farmers Markets). The calculation has been made through what Contra Costa Health Services refers to as the Retail Food Environment Index (REFI).

Pittsburg 7.0%

Bay Point 1.0%

Contra Costa County 5.4%

When compared to Contra Costa County, the data show that the Pittsburg has a slight disparity, but not Bay Point regarding the area of food and nutrition environment.

CHRONIC DISEASES (DIABETES, HEART DISEASE, STROKE, HYPERTENSION, AND KIDNEY DISEASE)

(Data from the report *A Community Health Needs Assessment of the Sutter Delta Medical Center Service Area* by Sutter Delta Medical Center, 2016, p. 36.)

Diabetes Rates Per 10,000

Pittsburg/Bay Point

Mortality	2.3
Emergency Room Visits	398.4
Hospitalizations	252.5

Contra Costa County

Mortality	1.8
Emergency Room Visits	263.1
Hospitalizations	179.1

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of diabetes in terms of mortality, emergency room visits, and hospitalizations.

Heart Disease Rates Per 10,000

Pittsburg/Bay Point

Mortality	13.0
Emergency Room Visits	120.6
Hospitalizations	153.5

Contra Costa County

Mortality	14.1
Emergency Room Visits	113.7
Hospitalizations	145.1

When compared to Contra Costa County, the data show that the Pittsburg and Bay Point have a disparity regarding the area of heart disease in terms of emergency room visits and hospitalizations, but not mortality.

Stroke Rates Per 10,000

Pittsburg/Bay Point

Mortality	3.6
Emergency Room Visits	35.8
Hospitalizations	68.9

Contra Costa County

Mortality	4.1
Emergency Room Visits	39.6
Hospitalizations	63.8

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of stroke in terms of hospitalizations, but not mortality and emergency room visits.

Hypertension Rates Per 10,000

Pittsburg/Bay Point

Mortality	1.2
Emergency Room Visits	735.2
Hospitalizations	424.8

Contra Costa County

Mortality	No Data Available
Emergency Room Visits	603.6
Hospitalizations	387.2

When compared to Contra Costa County, the data show that the Pittsburg and Bay Point have a disparity regarding the area of hypertension in terms of emergency room visits and hospitalizations.

Kidney Disease Rates Per 10,000

Pittsburg/Bay Point

Mortality	0.7
Emergency Room Visits	138.3
Hospitalizations	235.8

Contra Costa County

Mortality	No Data Available
Emergency Room Visits	110.7
Hospitalizations	188.2

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of kidney disease in terms of emergency room visits and hospitalizations.

DISTRICT MORTALITY—CAUSES OF DEATH

(Data from the report *Community Health Indicators for Selected Cities and Places in Contra Costa County* by Contra Costa Health Services, Community Health Assessment Planning and Evaluation, 2010. This is the same data used by the report *Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg* by Contra Costa Health Services, 2013.)

Causes of Death for Pittsburg/Bay Point residents' deaths from 2005-2007.

Cancer Deaths

Pittsburg, 268 deaths, 5.2% of county total, rate of 18.00 per 10,000.
Bay Point, 60 deaths, 1.2% of county total, rate of 13.20 per 10,000.
Contra Costa County, 5,131 deaths, 100 %, of county total, rate of 16.20 per 10,000.

When compared to Contra Costa County, the data show that the Pittsburg has a disparity, but not Bay Point regarding the area of cancer deaths.

Heart Disease

Pittsburg, 254 deaths, 5.4 % of county total, rate of 18.15 per 10,000.
Bay Point, 48 deaths, 1.0% of county total, rate of 12.17 per 10,000.
Contra Costa County, 4,664 deaths, 100 % of county total, rate of 14.75 per 10,000.

In comparison to Contra Costa County, the data reveal that Pittsburg has a disparity, but not Bay Point in the area of heart disease.

Stroke

Pittsburg, 97 deaths, 6.6% of county total, rate of 7.19 per 10,000.
Bay Point, 14 deaths, 1.0% of county total, no data on the rate.
Contra Costa County, 1,462 deaths, 100 % of county total, rate of 4.67 per 10,000.

When compared to Contra Costa County, the data show that the Pittsburg and Bay Point have a disparity regarding the area of stroke.

Unintentional Injuries

Pittsburg, 62 deaths, 7.5 % of county total, rate of 3.30 per 10,000.
Bay Point, 22 deaths, 2.7% of county total, rate of 3.24 per 10,000.
Contra Costa County, 827 deaths, 100 % of county total, rate of 2.67 per 10,000.

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of unintentional injuries.

Diabetes

Pittsburg, 53 deaths, 9% of county total, rate of 3.70 per 10,000.
Bay Point, 14 deaths, 2.4% of county total, no data on the rate.
Contra Costa County, 592 deaths, 100 % of county total, rate of 1.89 per 10,000.

When compared to Contra Costa County, the data show that the Pittsburg and Bay Point have a disparity regarding the area of diabetes.

Homicide

Pittsburg, 22 deaths, 7.7 of county total, rate of 1.17 per 10,000.
Bay Point, 7 deaths, 2.4% of county total, no data on the rate.
Contra Costa County, 287 deaths, 100% of county total, rate of .93 per 10,000.

In comparison to Contra Costa County, the data reveal that Pittsburg and Bay Point have a disparity in the area of homicide.

DISTRICT CANCER DEATHS BY TYPE

(Data from the report *Community Health Indicators for Selected Cities and Places in Contra Costa County* by Contra Costa Health Services, Community Health Assessment Planning and Evaluation, 2010.)

1. Lung Cancer: From 2005-2007, there were 1,218 people in Contra Costa County who died from lung cancer. Of that total, 70 were in Pittsburg and 13 were in Bay Point.

With regard to the 1,218 people in Contra Costa County who died from lung cancer, 944 (77.5%) were White, non-Latino; 120 (9.9%) were Black, non-Latino; 93 (7.6%) were Asian/Pacific Islander, non-Latino; and 45 (3.7%) were Latino. The age-adjusted rate of death per 100,000 was as follows: Black, non-Latino, 52.5; White, non-Latino, 43.9; Asian/Pacific Islander, non-Latino, 27.3; and Latino, 13.2. For Contra Costa County as a whole, the age-adjusted rate of death was 38.8.

2. Colorectal Cancer: From 2005-2007, there were 517 people in Contra Costa County who died from colorectal cancer. In terms of that total, 30 were Pittsburg residents and 11 were Bay Point residents.

Of the 517 people in Contra Costa County who died from colorectal cancer, 370 (71.6%) were White, non-Latino; 65 (12.6%) were Black, non-Latino; 29 (5.6) were Latino; and 45 (8.7%) were Asian/Pacific Islander, non-Latino. The age-adjusted rate of death per 100,000 was as follows: Black, non-Latino, 31.1; White, non-Latino, 17.0; Asian/Pacific Islander, 13.8; and Latino, 8.5. In Contra Costa County as a whole, the age-adjusted rate of death was 16.5.

3. Breast Cancer: From 2005-2007, there were 415 people in Contra Costa County who died from breast cancer. In terms of that total, 20 (4.8%) were Pittsburg residents and 0 were Bay Point residents.

With regard to the 415 women in Contra Costa County who died from breast cancer, 303 (73.0%) were White, non-Latino; 50 (12%) were Black, non-Latino; 35 (8.4%) were Asian/Pacific Islander, non-Latino; and 24 (5.8%) were Latino. The age-adjusted rate of death per 100,000 was as follows: Black, non-Latino, 35.8; White, non-Latino, 25.3; Asian/Pacific Islander, 16.1; and Latino, 12.0. For Contra Costa County as a whole, the age-adjusted rate of death was 23.0.

4. Prostate Cancer: From 2005-2007, there were 270 people in Contra Costa County who died from prostate cancer. Of that total, 12 (4.4%) were Pittsburg residents and 0 were Bay Point residents.

Of the 270 people in Contra Costa County who died from prostate cancer, 201 (74.4%) were White, non-Latino; 38 (14.1%) were Black, non-Latino; 18 (6.7%) were Latino; and 11 (4.1%) were Asian/Pacific Islander, non-Latino. The age-adjusted rate of death per

100,000 was as follows: Black, non-Latino, 53.1; and White, non-Latino, 23.7. In Contra Costa County as a whole, the age-adjusted rate of death was 22.7.

DISTRICT DISEASE HOSPITALIZATION RATES

(Data from the report *Community Health Indicators for Selected Cities and Places in Contra Costa County* by Contra Costa Health Services, Community Health Assessment Planning and Evaluation, 2010.)

The data show the hospitalization rate for childhood asthma per 10,000 for children 0-14 over a three-year period 2005-2007. The hospitalization rate is broken down by zip code in Contra Costa Health Services and in it Pittsburg and Bay Point share the same zip code. As used here, the term hospitalization refers to cases wherein people were hospitalized for at least 24 hours at a time. Thus, the actual number may include instances wherein the same person was hospitalized at different times.

Childhood Asthma Hospitalizations, 2005-2007

	Rate	Number
Pittsburg/Bay Point	15.7	104
Contra Costa County	16.1	1,021

TUBERCULOSIS

(Data from the report *Community Health Indicators for Selected Cities and Places in Contra Costa County* by Contra Costa Health Services, Community Health Assessment Planning and Evaluation, 2010; “Think TB” by Crane, 2008.)

In this report, East County refers to Pittsburg, Bay Point, Antioch, Bethel Island, Brentwood, Byron, Discovery Bay, Knightsen, and Oakley.

From 2005-2007, there were 159 cases of tuberculosis in Contra Costa County. Of that total, there were 58 cases in 2005, 50 cases in 2006, and 51 cases in 2007.

Of the 58 cases of tuberculosis in 2005, 25 (43%) were Asian/Pacific Islander; 19 (33%) were Latino; 9 (16%) were Black; and 5 (9%) were White. In terms of the country of origin, 41 (71%) were born in a country other than the USA and 17 (29%) were born in the USA. Of the 41 people with tuberculosis who were born in a country other than the USA, 16 were from the Philippines; 9 were from other Asian countries; 14 were from Latin America; 1 was from Europe; and 1 was from Africa. Regarding regions of Contra Costa County, 28 (48%) were from West County; 15 (26%) were from Central County; and 15 (26%) were from East County.

Of the 50 cases of tuberculosis in 2006, 22 (44%) were Asian/Pacific Islander; 13 (26%) were Black; 10 (20%) were Latino; and 4 (8%) were White. In terms of the country of origin, 29 (58%) were born in a country other than the USA and 21 (42%) were born in the USA. Of the 29 people with tuberculosis who were born in a country other than the USA, 7 were from the Philippines; 11 were other Asian countries; 9 were from Latin America; 1 was from Europe; and 1 was from Africa. Regarding regions of Contra Costa County, 16 (32%) were from West County; 18 (36%) were from Central County; and 16 (32%) were from East County.

Of the 51 cases of tuberculosis in 2007, 22 (43%) were Asian/Pacific Islander; 12 (24%) were Black; 12 (24%) were Latino; and 5 (10%) were White. In terms of the country of origin, 32 (63%) were born in a country other than the USA and 19 (37%) were born in the USA. Of the 32 people with tuberculosis who were born in a country other than the USA, 10 were from the Philippines; 11 were other Asian countries; 10 were from Latin America; 0 was from Europe; and 1 was from Africa. Regarding regions of Contra Costa County, 20 (39%) were from West County; 15 (29%) were from Central County; and 16 (31%) were from East County.

AIDS

(Data from the report "PLWA & PLWH by City of Residence" by the Contra Costa Health Services, Epidemiology, Surveillance, and Health Data Unit, Public Health Division Communicable Disease Programs, 2016; the "HIV/AIDS Epidemiology Report" by the Contra Costa Health Services, Epidemiology, Surveillance, and Health Data Unit, Public Health Division Communicable Disease Programs, 2009.)

On July 8, 2013, Pittsburg was the city of residence at AIDS diagnosis for 120 people living with AIDS and the city of residence for 45 people at the first HIV positive test result for people living with HIV. Bay Point was the city of residence at AIDS diagnosis for 28 people living with AIDS and the city of residence for 20 people at the first HIV positive test result for people living with HIV.

On December 31, 2008, there were 98 people living with AIDS and 60 people living with HIV in Pittsburg. As for Bay Point, there were 25 people living with AIDS and 18 people living with HIV.

On December 31, 2008, in terms of race and ethnicity, the total number of men living with AIDS or HIV and diagnosed between January 1, 2004 and December 31, 2008 in Contra Costa County were as follows: 102 White, non-Latino men were living with AIDS and 129 were living with HIV; 80 Black non-Latino men were living with AIDS and 78 were living with HIV; 72 Latino men were living with AIDS and 60 were living with HIV; 17 Asian/Pacific Islander, non-Latino men were living with AIDS and 10 were living with HIV; and 0 Other, non-Latino men were living with AIDS and 5 were living with HIV. As for race, ethnicity, and women, the total number of women living with AIDS or HIV and diagnosed between January 1, 2004 and December 31, 2008 in Contra Costa County were as follows: 37 Black non-Latino women were living with

AIDS and 32 were living with HIV; 11 Latino women were living with AIDS and 15 were living with HIV; 14 White, non-Latino women were living with AIDS and 10 were living with HIV; 5 Asian/Pacific Islander, non-Latino women were living with AIDS and 5 were living with HIV; and 0 Other, non-Latino women were living with AIDS and 5 were living with HIV.

LOW BIRTH WEIGHT INFANTS

(Data from the report *Community Health Indicators for Selected Cities and Places in Contra Costa County* by Contra Costa Health Services, Community Health Assessment Planning and Evaluation, 2010.)

Following Contra Costa Health Services (2010), in this report, low birth weight infants refer to “infants weighing less than 2,500 grams (5 lbs 8 oz). . . . Levels of low birth rate are defined as the percentage of total births in a given population that are low birth rate” (p. 88).

From 2005-2007, there were 2,712 cases of low birth weight infants in Contra Costa County. Of that total, Pittsburg had 239 cases and Bay Point had 75 cases. In Pittsburg, the rate of low birth weight infants was 7.2 per 100 live births. For Bay Point, the rate of low birth weight infants was 6.1 per 100 live births. In terms of Contra Costa County as a whole, the rate of low birth weight infants was 6.7 per 100 live births. According to Contra Costa Health Services (2010), “Contra Costa’s percentage of low birth weight babies did not meet the Healthy People 2010 objective. . . . Contra Costa’s low birth weight percentage (6.7%) was similar to California’s percentage (6.9%) for the same period but did not meet the Healthy People 2010 objective (5.0%)” (p. 85).

In Pittsburg, the rate of low birth weight infants was found to differ by race and ethnicity. The data were as follows for the 239 cases of low birth weight infants: 100 were Latino and the rate was 5.5 per 100 live births; 62 were Black and the rate was 12.8 per 100 live births; 35 were Asian/Pacific Islander and the rate was 7.9 per 100 live births; and 29 were White and the rate was 6.1 per 100 live births. Although the Latino population had the highest number of low birth weight infants, the Black population had the highest rate of low birth weight at 12.8.

CHILDHOOD IMMUNIZATIONS

(Data from the report *Community Health Indicators for Selected Cities and Places in Contra Costa County* by Contra Costa Health Services, Community Health Assessment Planning and Evaluation, 2010.)

In 2008, some 80% of two-year olds were fully immunized in Contra Costa County compared to 76.7 percent of all two-year olds in California as a whole. According to Contra Costa Health Services (2010), Contra Costa County failed to meet the Healthy People 2010 objective of having at least 90% of all 2 year olds fully immunized (p. 252).

Contra Costa Health Services also reported that 85% of White 2 year olds in Contra Costa County were fully immunized; 80% of Latino 2 year olds in Contra Costa County were fully immunized; and 67.0% of Black 2 year olds were fully immunized.

RACIAL HEALTH DISPARITIES AND ETHNIC HEALTH DISPARITIES

The data from various sources indicate that the area served by LMCHD is suffering from many disparities when it comes to health. In 2016, Sutter Delta completed a health needs assessment and declared that Pittsburg and Bay Point are communities of concern. They reported that, "Analysis of both primary and secondary data revealed two ZIP codes that met the criteria for classification as a Community of Concern" (p. 27). A major source of concern in the report was that many people in Pittsburg and Bay Point are having a problem getting an adequate amount of healthy food. The report said, "The second highest priority significant health need for the SDMC HSA was access to affordable, healthy foods. Eating a healthy diet is important for one's overall health and well-being. When access to healthy foods is challenging for community residents, many turn to unhealthy foods that are convenient, affordable, and readily available. Communities experiencing social vulnerability and poor health outcomes often are overloaded with fast food and other establishments where unhealthy food is sold."

Sutter Delta reported that 80 percent of the people in Pittsburg and Bay Point are racial and ethnic minorities. According to the report, one respondent told an interviewer that: "... in Pittsburg . . . I am very much aware of where there are pockets of low-income folks having health issues" (p. 29). Unfortunately, the most recent source of data regarding health disparities in Contra Costa County remains the study of Contra Costa Health Services (2010). That data suggest that there are a wide range of racial health disparities in the Los Medanos Community Healthcare District in terms of causes of death. The data also suggest that there is an ethnic health disparity in at least one area. If the health conditions in the Los Medanos Community Healthcare District mirror those in Contra Costa County, then the Black population is suffering an unfair health burden in the rate of dying from heart disease, cancer, stroke, homicide, diabetes; HIV, and AIDS; the Latino population is suffering an unfair health burden in the rate of diabetes; and the Asian/Pacific Islander population, especially people whose country of origin is the Philippines, is suffering an unfair health burden in the rate of tuberculosis.

Within the Los Medanos Community Healthcare District, the data suggest that the Black population is also suffering an unfair health burden in the level of low birth weight infants. Likewise, the data suggest that the Black population is suffering an unfair health burden in the rate of dying from lung cancer, colorectal cancer, breast cancer, and prostate cancer. As Contra Costa Health Services (2004) has pointed out, cancer refers to a large group of diseases, including lung cancer, colorectal cancer, breast cancer, and prostate cancer.

Contra Costa Health Services (2004) has said that to reduce unfair health differences, it is important to focus on the population with the highest death rates. Contra Costa Health Services has also said that to reduce unfair health differences "it may be better to target

interventions to the group that accounts for the greatest number of deaths from a given cause” (p. 69). Contra Costa Health has further noted that to reduce unfair health burden “efforts must include those residents who account for the highest percentage of deaths” (p. 91). When the Los Medanos Community Healthcare District Health Profile is updated again, the goal will be to provide data on the five leading causes of death broken down by race. Cromartie (2007) engaged in the process of analyzing data on the five leading causes of death in the Los Medanos Community Healthcare District. In a paper presented at a October 2006 conference at Morehouse Medical College in Atlanta, Georgia and a February 2007 conference at the National Association of African American Studies in Baton Rouge, Louisiana, Cromartie compared the leading causes of death and death rates within the Los Medanos Community Healthcare District with the leading causes of death and death rates for the whole Contra Costa County, whole state of California, and the whole United States of America. To address the implications of racial health disparities, Cromartie made a set of recommendations for action by the Board of Directors of the Los Medanos Healthcare District. He will continue to make recommendations for action to the LMCHD Board of Directors. Based on the available data, reports from our grantees, information from the LMCHD executive director and other staff members, and information from the community-at-large, Cromartie recommends that the Board of Directors continue the practice of prioritizing the spending of LMCHD resources on obesity prevention, nutrition education, and healthy food for residents of the LMCHD. Cromartie agrees with the Centers for Disease Control and Prevention (CDC) that obesity can be prevented by (1) promoting the availability of affordable, healthy foods and beverages; (2) supporting nutritious food and beverages choices; (3) encouraging breastfeeding; (4) encouraging physical activity or limiting sedentary activity among children and youth; (5) creating safe communities that support physical activity; and (6) encouraging communities to organize for change. The recommendations of the CDC were mentioned by Contra Costa Health Services (2013).

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