

San Luis Obispo County

Maternal Child and Adolescent Health Community Profile 2017-18

Demographics

Our Community

Total Population ¹	277,977
Total Population, African American.....	6,139
Total Population, American Indian/ Alaskan Natives.....	3,907
Total Population, Asian/Pacific Islander	10,844
Total Population, Hispanic	60,561
Total Population, White.....	195,079
Total Live Births ²	2,662

Our Mothers and Babies

% of women delivering a baby who received prenatal care beginning in the first trimester of their pregnancy ²	81.7%
% of births covered by Medi-Cal ²	40.2%
% of women ages 18-64 without health insurance ³	23.2%
% of women giving birth to a second child within 24 months of a previous pregnancy *	29.8%
% live births less than 37 weeks' gestation ²	8.6%
Gestational diabetes per 1,000 females age 15-44	7.1
% of female population 18-64 living in poverty (0-200% FPL) ³	31.4%
Substance use diagnosis per 1,000 hospitalizations of pregnant women*	11.9
Unemployment Rate ⁴	10

Our Children and Teens

Teen Birth Rate per 1,000 births (ages 15-19) ²	11.3
Motor vehicle injury hospitalizations per 100,000 children age 0-146.....	6.5
% of children, ages 0-18 years living in poverty (0-200% FPL) ³	37.5%
Mental health hospitalizations per 100,000 age 15-24*	1127.1
Children in Foster Care per 1,000 children ⁵	7.4
Substance abuse hospitalization per 100,000 aged 15-24*	581.6

Data sources: ¹ CA Dept. of Finance population estimates for Year 2015, January 2013; ² CA Birth Statistical Master Files 2011-2013 Annual Average, 3 year average; ³ California Health Interview Survey, 2014; ⁴ [State of California, Employment Development Department, February 2017](#); ⁵ [Data from CA Child Welfare Indicators Project, UC Berkeley Point in Time Jul 2015](#); ⁶ [California Department of Public Health, Safe and Active Communities Branch](#); *Data carried over from the Community Profile 2015-2016. Not updated.

About Our Community – Health Starts Where We Live, Learn, Work, and Play

San Luis Obispo (SLO) County is a semi-rural community located along the Pacific Coast, approximately 200 miles north of Los Angeles and 300 miles south of San Francisco. Most of the county's 3,326 square miles are unincorporated. The majority of residents live along the coast or along the corridor of Highway 101. The eastern region is sparsely populated with vast areas of agricultural and government lands between small, unincorporated towns. Major industries in SLO include tourism, education, agriculture and government. The largest employers in order are: California Polytechnic State University, County of San Luis Obispo, California Men's Colony, and Pacific Gas and Electric. San Luis Obispo, California cited as America's Happiest City, due to citing urban planning decisions making the town pedestrian-friendly with wide sidewalks and limiting fast food signage and drive thru establishments. San Luis Obispo has a Walk Score® of 51, which measures how accessible daily living activities are by foot. In addition, San Luis Obispo has 48 extensive hiking and bike trails.

Health System – Health and Human Services for the MCAH Population

- The Perinatal Mood and Anxiety Disorders (PMAD) project
- Voluntary Service Plan
- Child Death Review Team
- Fetal Alcohol Spectrum Disorders Prevention Project
- Martha’s Place
- Comprehensive Perinatal Services Program
- SIDS/Safe Sleep Project
- Opioid Safety Coalition
- Children’s Dental Health Program
- CHDP/CCS/CMS/SLO PH WIC/Field Nursing/FamilyPact/Family Planning Clinics
- Center for Family Strengthening Parent Connection
- Childhood Obesity Prevention
- Universal Screening Program
- Oral Health Coalition
- Community Health Centers of Central Coast

Health Status and Disparities for the MCAH Population

According to 2015 estimates, SLO County is primarily comprised of white Caucasian (approximately 70%), but the Hispanic (21%) population continues to grow. The majority of births were Hispanic with 49% of births paid by MediCal. Overall, the number of teen birth rate has continued to follow the national trend and decrease within San Luis Obispo County. The proportions of Hispanic teen births have increased from 20% in 2008 to 33% of teen births in 2010. According to the CENCAL Health Membership report, 40% of Healthy Families members are Hispanic and 59% are Caucasian. The AIM program participants in SLO are 56% Hispanic, with a 73% preference for speaking English. In study on Prevalence of Overweight and Obesity in Hispanic Preschool Children in SLO 2010, ethnicity was significantly associated with BMI, with Hispanic children having a substantially higher rate (35.4%) of OW/OB than Caucasian children (25.9%). A strong relationship exists between high childhood BMI and excess bodyweight in young adults. Of great concern is the early development of weight-related health risk factors in overweight and obese children.