

LATINO HEALTH

IN SANTA CLARA COUNTY



KEY FINDINGS

- Latinos account for more than a quarter of residents in Santa Clara County.
- A higher percentage of Latino adults in Santa Clara County are overweight or obese than adults in the county as a whole; additionally, a higher percentage of Latino adults have been diagnosed with diabetes.
- A lower proportion of Latino adults have graduated from college than adults in other racial/ethnic groups and in the county overall.
- Latinos have the highest rates of infection with pertussis (whooping cough) in 2015.
- The teen birth rate is highest among Latinas, but this rate has declined rapidly since 2001.
- A lower percentage of Latino adults have been diagnosed with high blood pressure or high blood cholesterol than adults from other racial/ethnic groups and the county overall.
- Latinos have a higher life expectancy than residents of the county overall.
- Foreign-born Latinos have some health advantages over U.S.-born Latinos, but are also less likely to have health insurance.

HEALTH STATUS

Latinos in Santa Clara County have some health advantages relative to other racial and ethnic groups, and there has been marked improvement on some health outcomes over the last decade. However, Latinos experience significant disparities for other health and social indicators when compared to other populations. This brief highlights both these advantages and disparities.

DEMOGRAPHICS

Latinos account for over a quarter (27%) of the county population in 2014. The Latino population is relatively young, with nearly a third (32%) under the age of 18, compared to 16% of Whites¹ and 21% of Asians. Only 6% of the Latino population is ages 65 and older.² Between 2000 and 2010, the Latino population increased in size by 19% (from 403,401 to 479,210).³ Latinos are projected to make up a third (33%) of the county population by 2060.⁴

Socioeconomic status

In 2014, 13% of the Latino population was living below the federal poverty level⁵ as compared to 7% of Asians, 6% of Whites, and 9% in the county overall. The median household income for Latinos (\$64,885) was lower than county median income (\$97,532). Also, 16% of Latino children under the age of 18 were living in poverty compared to 11% of children in the county as a whole.⁶

Educational attainment

In 2014, the proportion of Latino adults ages 25 and older with less than a high school diploma (33%) was higher than for Whites (4%), Asians (10%), and the county overall (13%).⁷ In 2014-15, Latinos had the highest high school drop-out rate of students in any racial/ethnic group (21%)⁸ Latinos also have the lowest proportion of adults with a bachelor's degree or higher (15%) in comparison with Whites (56%), Asians (62%), and the county overall (48%).⁹

ACCESS TO HEALTHCARE¹⁰

In 2013-14, only two-thirds (68%) of Latino adults ages 18 to 64 had healthcare coverage compared to 85% of African Americans, 90% of Asian/Pacific Islanders, 94% of Whites, and 85% of adults countywide.

Latinos have the lowest rate of healthcare coverage in the county.

A lower percentage of Latino adults (57%) had seen a doctor for a routine health checkup during the past year than African Americans (75%), Asian/Pacific Islanders (69%), Whites (72%), and adults in the county overall (68%).

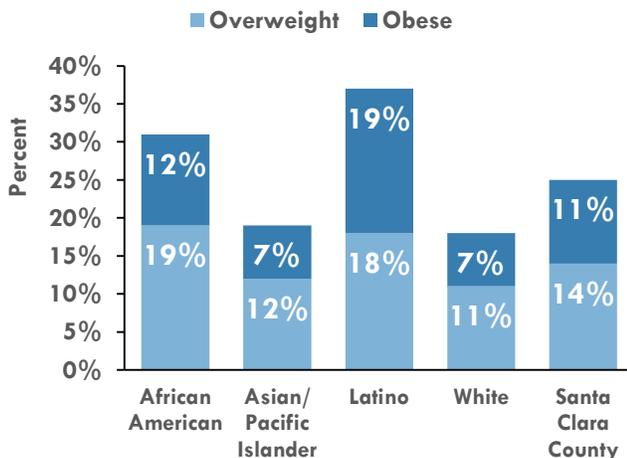
A higher percentage of Latino adults (20%) reported that cost was a barrier to seeing a doctor when needed in the past year than Whites (8%) and Asian/Pacific Islanders (8%).

LIFESTYLE RISK FACTORS

Overweight and obesity

In 2013-14, almost 7 in 10 Latinos (72%) were overweight or obese, a higher percentage than adults in the county as a whole (54%).¹¹

Percentage of overweight or obese adults by race/ethnicity



Source: Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey

In 2013-14, a greater percentage of Latino middle and high school students were overweight (18%) or obese (19%) compared to the percentage of students who were overweight (14%) or obese (11%) in the county overall.¹²

Nutrition

In 2013-14, a similar percentage of Latino adults (8%) consumed 3 or more servings of vegetables and 2 or more servings of fruit the previous day as adults countywide (9%).¹³

In 2011-12, more than half (55%) of Latino children ages 2 to 11 ate 5 or more servings of fruits and vegetables the previous day, compared to 39% of Whites, 27% of African Americans, 27% of Asians, and 40% in the county overall. Data for African Americans are unstable and should be viewed with caution.¹⁴

Tobacco use

In 2013-14, a similar percentage of Latino adults (11%) were current cigarette smokers compared to adults in the county overall (10%).¹⁵

In 2013-14, a higher percentage of Latino middle and high school students smoked cigarettes in the past 30 days (6%) than Whites (4%), Asian/Pacific Islanders (2%), and students in the county overall (4%). This percentage was lower than among African American middle and high school students (7%).

A higher percentage of Latino middle and high school students (15%) used electronic cigarettes (e-cigarettes) in the past 30 days than African American (10%), Asian/Pacific Islander (5%), White students (8%), and the county overall (10%).¹⁶

Alcohol use

In 2013-14, a higher percentage of Latino adults (21%) engaged in binge drinking (defined as consuming 5 or more drinks (men) or consuming 4 or more drinks (women) on one occasion in the past 30 days) than Asian/Pacific Islander adults (8%), Whites (15%), and adults countywide (14%).¹⁷

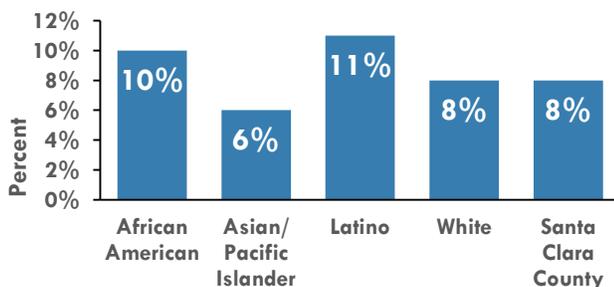
In 2013-14, a higher percentage of Latino middle and high school students drank alcohol in the past 30 days (20%) than Whites (16%), African Americans (21%), Asian/Pacific Islanders (6%), and middle and high school students in the county overall (14%).¹⁸

CHRONIC DISEASE¹⁹

Diabetes

As of 2013-14, 11% of Latino adults had been diagnosed with diabetes, compared to 10% of African Americans, 6% of Asian/Pacific Islanders, 8% of Whites, and 8% of adults in the county overall.

Percentage of adults ever diagnosed with diabetes by race/ethnicity



Source: Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey

High blood pressure and cholesterol

As of 2013-14, a lower percentage of Latino adults (27%) were diagnosed with high blood pressure than African Americans (40%) and Whites (33%). This percentage was lower among Asian/Pacific Islanders (19%) and similar to the county overall (27%).

A lower percentage of Latino adults (25%) were diagnosed with high cholesterol compared to African Americans (31%), Asian/Pacific Islanders (31%), Whites (38%), and adults countywide (32%).

A lower percentage of Latino adults have been diagnosed with high cholesterol.

Asthma

As of 2013-14, 15% of Latino adults had been diagnosed with asthma. Latinos had a similar prevalence of asthma than adults in the county as a whole (14%). Among middle and high school students, 10% had an asthma episode or attack in the past 12 months. This percentage was higher among African American (15%) and Latino (12%) students than among White (9%) and Asian/Pacific Islander (9%) students.²⁰

COMMUNICABLE DISEASE

HIV/AIDS²¹

By the end of 2015, Latinos comprised 37% of people living with HIV/AIDS in the county. The rate of persons living with HIV/AIDS among Latinos was 264 per 100,000 people, slightly higher than among Whites (234). African Americans had the highest rate (925).

In 2015, 49% of the new HIV/AIDS cases were among Latinos. The rate of new HIV/AIDS cases among Latinos ages 13 and over was 18 per 100,000 people, which was the second highest followed by Whites (7) and Asian/Pacific Islanders (5). The rate of new cases was highest among African Americans (35).

Pertussis (whooping cough)²²

In 2015, a total of 149 pertussis cases were reported to the Santa Clara County Public Health Department.

Latinos were the most affected group. The overall case rate was higher among Latinos (30 per 100,000 people) than among other racial/ethnic groups. The highest rate of any subgroup was among Latino infants younger than 6 months of age (172 per 100,000 people), more than 10 times the overall case rate for all ages in the county (16 per 100,000 people).

Tuberculosis (TB)²³

In 2015, 1 in 10 newly diagnosed TB cases in the county were among Latinos. However, the TB rate among Latinos (4 per 100,000 people) was lower than in the Asian population, which had an incidence rate of 27 per 100,000 people. Incidence of TB among Latinos decreased from 9 per 100,000 people in 2000 to 4 per 100,000 people in 2015.

FOOD INSECURITY

In 2013-14, a higher percentage of Latino adults (8%) reported that they were usually or always worried or stressed about having enough money to buy nutritious meals in the past 12 months, compared to adults countywide (5%).²⁴

MATERNAL AND CHILD HEALTH²⁵

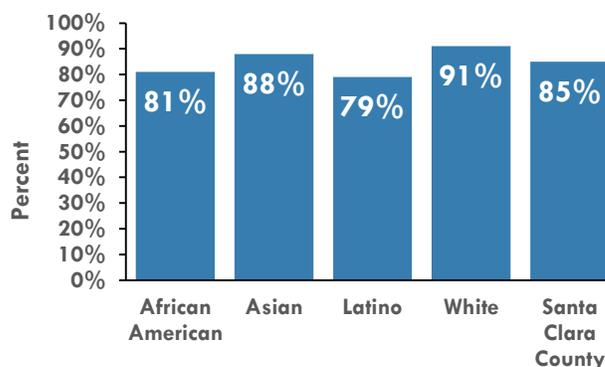
Latinos have the highest birth rate in the county. In 2013, the birth rate for Latinos was 15 live births per 1,000 people. Asian/Pacific Islanders had the second highest birth rate (14), followed by Whites (10) and African Americans (9). The overall county birth rate was 13 per 1,000 people.

In 2013, the teen live birth rate for Latina females ages 15 to 19 (30 live births per 1,000 females ages 15 to 19) was higher than for all other racial/ethnic groups (African Americans, 14; Whites, 4; Asian/Pacific Islanders, 2). The teen birth rate among Latinas has declined from 80 to 30 live births per 1,000 females ages 15 to 19 since 2000, a 63% decrease.

Latinas and Whites have the lowest percentages of low birth weight babies (weight <2,500 grams) in the county. In 2013, the percentage of low birth weight births was lower for Latinas (6%) and Whites (6%) than African Americans (9%), and Asian/Pacific Islanders (8%), as well as for females in the county overall (7%).

In 2013 a lower percentage (79%) of Latinas received prenatal care in the first trimester than African Americans (81%), Asians (88%), Whites (91%), and females in the county overall (85%).

Percentage of mothers who received prenatal care in the first trimester by race/ethnicity



Source: California Department of Public Health, 2013 Vital Statistics

MORTALITY

Life expectancy²⁶

In 2011-2015, Latinos had a higher life expectancy (85.4 years) than Whites (83.2) and African Americans (79.5), but lower than for Asian/Pacific Islanders (89.4). Latino life expectancy was higher than that of the overall county population (84.8).

Injury and violence²⁷

In 2015, 9% of deaths among Latinos were a result of accidents and unintentional injuries. This percentage was higher than other racial/ethnic groups. Accidents and unintentional injuries caused 7% of deaths among African Americans, 4% of deaths among Whites, 3% of deaths

among Asian/Pacific Islanders, and 5% of deaths in the county overall.

From 2011 to 2015, Latinos had the highest age-adjusted mortality rate due to motor vehicle traffic injuries (8.6 per 100,000 people) in the county, followed African Americans (8.5), Whites (5.4) and Asian/Pacific Islanders (4.0).

From 2011 to 2015, Latinos had the lowest age-adjusted mortality rate due to suicide (4.2 per 100,000 people) in the county. The rate was highest among Whites (11.8), followed by Asian/Pacific Islanders (4.9). Data were not reportable for African Americans.

From 2011 to 2015, two-fifths (43%) of all homicide deaths in the county were among Latinos, a greater share than for Whites (31%), Asian/Pacific Islanders (17%), and African Americans (10%).

Latinos have a higher life expectancy than most racial/ethnic groups and the county overall.

ACCULTURATION

Acculturation is a process that affects immigrants and their offspring as they adapt to norms and conditions in the U.S. Acculturation can result in adoption of higher-risk health behaviors more common in the U.S., such as substance use, poorer diet, and sedentariness, all of which are associated with poor health.²⁸ For this reason, foreign-born populations are often healthier than their U.S.-born counterparts. Over one-third (35%) of Latinos in Santa Clara County were born outside the U.S.²⁹

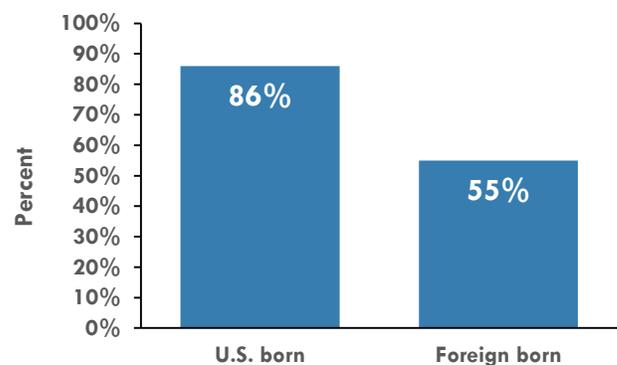
In 2013-14, foreign-born Latinos in Santa Clara County were less likely to have been diagnosed with high blood pressure than U.S.-born Latinos (26% versus 29%) or asthma (8% versus 24%). However, a higher percentage (26%) of

foreign-born Latinos were diagnosed with high cholesterol than U.S.-born Latinos (24%).³⁰

In 2013-14, 10% of foreign-born Latinos were current smokers, versus 12% of U.S.-born Latinos.³¹

Foreign-born Latinos face challenges with access to health care. In Santa Clara County in 2013-14, 86% of U.S.-born Latinos ages 18 to 64 had health insurance compared to 55% of foreign-born Latinos.³²

Percentage of Latinos ages 18-64 who have health insurance by nativity



Source: Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey

CONCLUSION

Latinos experience both health advantages and disadvantages in comparison to other racial/ethnic groups. Latinos also face major socioeconomic challenges that may impact health and well-being. Correspondingly, addressing the root causes of health disparities, such as differences in health insurance access and income by race/ethnicity, will be important in addressing health disparities for Latinos in Santa Clara County.

REFERENCES

- ¹ “Whites” refers to non-Hispanic Whites in this factsheet.
- ² U.S. Census Bureau, 2014 American Community Survey, 1-Year Estimates
- ³ U.S. Census Bureau, 1990-2010 Census
- ⁴ State of California, Department of Finance, Report P-3: State and County Population Projections by Race/Ethnicity, Detailed Age, and Gender, 2010-2060. Sacramento, California, July 2016
- ⁵ In 2016, the Federal Poverty Level was \$24,300 for a family of four.
- ⁶ U.S. Census Bureau, 2014 American Community Survey, 1-Year Estimates
- ⁷ U.S. Census Bureau, 2014 American Community Survey, 1-Year Estimates
- ⁸ California Department of Education, Data Reporting Office, 2014-15 DataQuest
- ⁹ U.S. Census Bureau, 2014 American Community Survey, 1-Year Estimates
- ¹⁰ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ¹¹ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ¹² California Healthy Kids Survey, 2013-14
- ¹³ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ¹⁴ UCLA Center for Health Policy Research. 2011-12 California Health Interview Survey.
- ¹⁵ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ¹⁶ California Healthy Kids Survey, 2013-14
- ¹⁷ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ¹⁸ California Healthy Kids Survey, 2013-14
- ¹⁹ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ²⁰ California Healthy Kids Survey, 2013-14
- ²¹ Santa Clara County 2015 EHARS. California Department of Public Health, State Office of AIDS, data as of April 16, 2016 (Rates based on DOF 2010 population projection data)
- ²² Santa Clara County Public Health Department, 2015 California Reportable Disease Information Exchange; State of California, Department of Finance, Report P-3: State and County Population Projections by Race/Ethnicity, Detailed Age, and Gender, 2010-2060. Sacramento, California, December 2014
- ²³ Santa Clara County Public Health Department, 2015 California Reportable Disease Information Exchange. Santa Clara County Public Health Department; State of California, Department of Finance, Report P-3: State and County Population Projections by Race/Ethnicity, Detailed Age, and Gender, 2010-2060. Sacramento, California, December 2014
- ²⁴ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ²⁵ California Department of Public Health, 2013 Vital Statistics
- ²⁶ Santa Clara County Public Health Department, 2013 Death Statistical Master File; State of California, Department of Finance, Report P-3: State and County Population Projections by Race/Ethnicity, Detailed Age, and Gender, 2010-2060. Sacramento, California, January 2013.
- ²⁷ Santa Clara County Public Health Department, 2013 Death Statistical Master File; State of California, Department of Finance, Report P-3: State and County Population Projections by Race/Ethnicity, Detailed Age, and Gender, 2010-2060. Sacramento, California, January 2013
- ²⁸ Lara M, Gamboa C, Kahramanian MI, Morales LS, Bautista DE. (2005). Acculturation and Latino health in the United States: a review of the literature and its sociopolitical context. *Annual Review of Public Health*, 26.
- ²⁹ U.S. Census Bureau, 2014 American Community Survey 1-Year Estimates
- ³⁰ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ³¹ Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey
- ³² Santa Clara County Public Health Department, 2013-14 Behavioral Risk Factor Survey