

# HEALTH & HEALTH CARE SNAPSHOT

3 GOOD HEALTH AND WELL-BEING



## Access to Health Care

**88.2%**

of CAP survey respondents reported they were able to receive the health care they needed.



**WHITE: 90.0%**  
**LATINO: 86.7%**

## Oral Health

**67.2%**

of CAP survey respondents reported they had dental care in the past 12 months

## Mental Health

**87.9%**

of CAP survey respondents reported their mental health as "Excellent", "Very good", or Good.

## Mental Health

Adult Respondents (18+) who indicated that in the past 12 Months they had needed to see a mental health provider, health care provider, or taken a RX to address their mental health.

**PROFFESIONAL 34.1%**  
**HEALTH CARE PROVIDER 21.0%**  
**PERScription MEDICATION 12.6%**

**5.7%**

of CAP survey respondents reported feeling so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities.

**14.5%**

of CAP survey respondents reported experiencing excessive, unreasonable worry about events or activities, such as work, school, your health, or politics

## Overall Health

**83.7%**

of CAP survey respondents described their overall health as "Excellent, Very Good, or Good"



**HP 2020: 79.8%**  
**WHITE: 85.7%**  
**LATINO: 80.7%**

## Prescription Drug Disposal

In the last 12 months, which of the following methods have you used to dispose of unused or expired prescription medications?

**4.5% FLUSH DOWN TOILET**  
**16.3% HAZARDous WASTE COLLECTION FACILITY**  
**2.2% GIVE AWAY TO SOMEONE ELSE TO USE**  
**25.4% RETURN TO PHARMACY**  
**6.3% RETURN TO PHYSICIAN OR MEDICAL OFFICE**  
**48.5% NEVER DISPOSE OF UNUSED OR EXPIRED PRESCRIPTIONS**  
**0.4% OTHER**

## Obesity

**61.7%**

of CAP survey respondents were overweight or obese (based on BMI)



## Substance Use (Alcohol, Tobacco, and Other Drugs)

**21.2%**

of CAP survey respondents reported binge drinking in the past 30 days.

**30.1%**

Of CAP survey respondents reported they felt it was "Very acceptable" or "Somewhat acceptable" for an adult to provide alcohol to persons under 21 in their home.

**21.9%**

Of CAP survey respondents reported they felt it was "Very acceptable" or "Somewhat acceptable" for an adult to provide marijuana to persons under 21 in their home.

## Health Insurance

**89.7%**

Currently insured adults (ages 18-64) in Santa Cruz County



HP 2020: 100%  
CALIFORNIA: 89.1%

## Prenatal Care

**87.0%**

Santa Cruz County residents with 1st trimester prenatal care



HP 2020: 77.9%

Less than adequate prenatal care

**WHITE: 12.0%**  
**LATINA: 12.1%**

## Infant Mortality

**4.2**

infant deaths per 1,000 live births in Santa Cruz County



**HP 2020: 6.0** | **WHITE: 3.9**  
**CALIFORNIA: 4.6** | **LATINO: 3.7**

## Pre-term<sup>1</sup> Births

**6.7%**

Santa Cruz County

**7.9%**

County females ages ≤ 19



**HP 2020: 11.4%**  
**WHITE: 6.4%**  
**LATINA: 8.1%**

## Low-Birth Weight<sup>2</sup> Babies

**6.1%**

Santa Cruz County

**7.9%**

County females ages ≤ 19



**HP 2020: 7.8%**  
**WHITE: 4.6%**  
**LATINA: 5.6%**

<sup>1</sup> Pre-term births are all births before 37 weeks gestation.

<sup>2</sup> Low-birth weight are all babies born weighing less than 2,500 grams.