

A scenic coastal landscape featuring a sandy beach, dunes, and a picnic table. The foreground is dominated by dense, low-lying vegetation with green and orange-brown hues. In the middle ground, a wooden picnic table sits on a grassy dune. To the right, a wide sandy beach stretches towards the ocean, where several people are walking and sitting. The ocean waves are visible on the right side. The sky is filled with large, white, fluffy clouds. The text "Health Indicators" is overlaid in the center in a large, bold, black font.

# Health Indicators

# Life Expectancy



In 2024, life expectancy in SMC was 86 years.



From 2015 to 2024, life expectancy has increased overall, with a slight drop in 2020.



Life expectancy in SMC is consistently higher than the state (81.8 years) and the country (78.4 years).

# Leading Causes of Death

- Since 2015 (except for 2021), the **four leading causes of death** have been:
  - **Heart disease**
  - **Chronic diseases**
  - **Alzheimer and other dementias**
  - **Stroke**
  - Recent increase in drug related deaths (males)
  - Decrease in deaths due to diabetes since pandemic

## Asthma

- Diagnoses have generally increased.
- SMC rate is higher than CA rate.
- Highest rates: Black/AA & <200% FPL.

## Cardiovascular Risk

- Has generally increased for all populations.

## Diabetes

- Diagnoses increased until 2022 then started to decrease.
- Highest rates: Pacific Islander (PI)

## Cancer

- New diagnoses & death rates are generally decreasing.
- SMC has generally had a slightly higher rate than CA.
- New case rates: highest in White, Black.
- Mortality rates: highest Black, PI.

# Chronic Illnesses

# Healthcare Access



## Percent Uninsured ↓

- Steadily decreased over last 20 years.
- As of 2024, 4% of SMC uninsured.
- Lower than CA uninsured rate of 7%.

## Lack of Dental Insurance ↓

- Has steeply decreased since 2018.
- Highest rates lacking dental insurance: <200% FPL, 65y+

## Access to Care ↑

- Steady increase in the percentage of residents having trouble seeing a physician.

## Barriers to Care ↑

- Residents report prescription and physician costs hinder obtaining care.
- RX cost: <200% FPL and PI nearly 2x County rate
- Physician cost: <200% FPL & LGBTQ+ nearly 2x County rate
- Transportation has become more of a barrier to care over time.

# Mental Health



## Depression

- The percentage of adults reporting depression symptoms recently started to increase.

## Suicide

- Slight increase in suicide death rates.
- Highest in males, White, 55-64y
- Increase in suicide-related emergency department (ED) visits overtime.
- Highest in females, Latino, 10-19y
- CA ED rate was nearly 2x higher than SMC.

# Alcohol & Tobacco Use

## Alcohol

- Alcohol-related death rates increasing.
- Highest: males, 2x increase in Black pop.

## Vaping

- 1 in 4 adults (23%) reported having ever vaped.
- 1 in 11 youth (9%) reported having ever vaped.

## Tobacco

- Decrease in adults currently smoking from 17% → 8%.
- The CA rate is more than 2x higher SMC.

# Opioid Overdoses

## Opioid Overdose deaths

- Sharply decreased in 2023/2024 but recently increasing.
- Highest rates: males, 30-39yr, 55-59yr

## Opioid Overdose ED visits

- Sharply decreased in 2023/2024 but most recently increasing.
- Highest: Black, male, 30-34yr

## Overdose Hosp.

- Rates sharply increased in 2022/2023 since decreasing.
- Highest: Black, 75-79yr



# Infant Health



## Low birthweight births →

- Newborns with a low birthweight has generally remained steady around 7%
- Lower than CA overall.

## Infant Mortality →

- Infant mortality rates have generally remained constant.
- Highest: Latino
- CA rates were consistently higher than SMC.

# Key Findings

- While SMC overall is a very healthy county, often healthier than CA overall, many disparities exist, including for Black, Latino, lower-income, and LGBTQ+ populations.
- Leading causes of death in SMC have recently changed and now include drug-related causes and diabetes.
- Chronic conditions trends are a mixed bag with increases in cardiovascular risk and asthma but decreases in diabetes and cancer.
- While insurance coverage remains good there are disparities in access to care with expected decreases in insurance and access due to recent state and federal changes.
- Concerning trends were observed for self harm and overdose rates overtime and will need continued monitoring as well as for mental health illness such as depression, isolation and anxiety.