

2019 VALENCIA COUNTY HEALTH PROFILE REPORT

County Commission March 20th, 2019

Diana Good, Community Wellness Council Vice President



Community Wellness Council History and Role in Valencia County

- The Community Wellness Council originated in 1993 as the Valencia County Coalition for Families, Children and Community . The Valencia Maternal Child Health (MCH) Council served in an advisory capacity to the County.
- In 2010 the council reorganized to become the Community Wellness Council with the mission to promote community collaboration through a framework of coordination, assessment and solutions. Through its many transitions and iterations the Council has retained its 501©3 status and an active and dedicated leadership team passionate about community wellness, health and safety. In addition, the Community Wellness Council continues to maintain a mutually beneficial relationship with the Department of Health and the New Mexico Alliance of Health Councils which includes Tribal partners.
- In December 2017, the Valencia County Commission approved a Resolution to allow for the Community Wellness Council to present community data and profile for the purposes of informed policy making.

- Our Vision

"A community working in cooperation to ensure the health and well being of all its residents."

- Our Mission

"To promote community collaboration through framework of coordination, assessment and solutions."



The Concept of Health

Let's assume...

- that health is understood to mean both well-being and the absence of illness and other health problems
- that health is influenced by many different factors, including social, personal, environmental, and economic
- that health is inter-related with a wide range of human service issues and needs
- that many different individuals and entities can and should play a role in maintaining and improving health in the community

Community Health Assessment Measures:

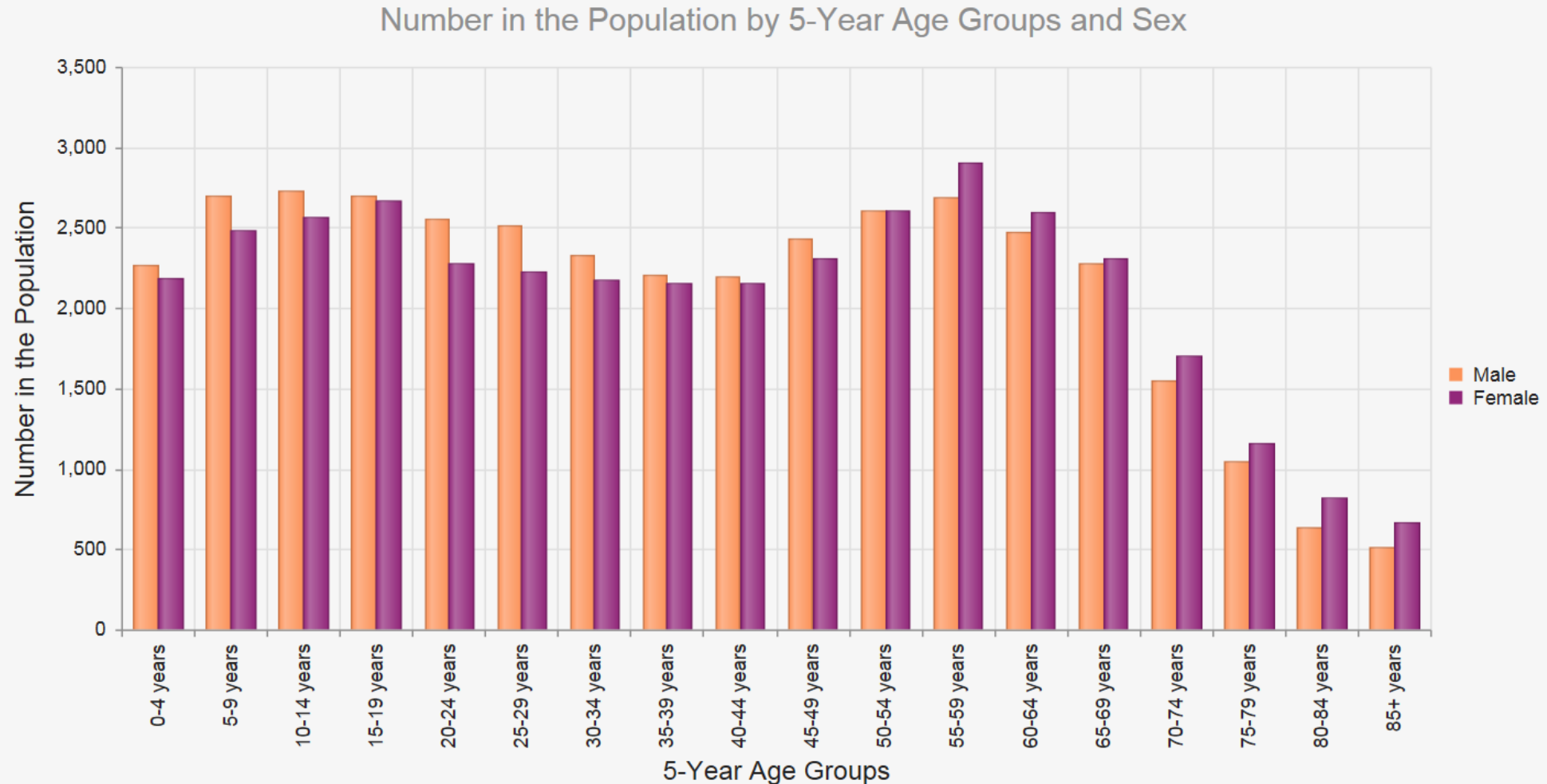
- The assets and needs in the continuum of care:
 - Early Identification
 - Health Promotion
 - Access To Care
 - Intervention
 - Follow-up
- As affected by :
 - Funding, Access and Utilization
- Available to population sub-groups:
 - Prenatal
 - Child
 - Adolescent
 - Adult
 - Senior Adult

- Taking into account the Social Determinants of Health
 - Key social factors that are the most powerful determinant of population health.
 - Examples: education level, racism, and economic factors, including poverty and income inequality.

Community Health Improvement Plan (CHIP) Cycles



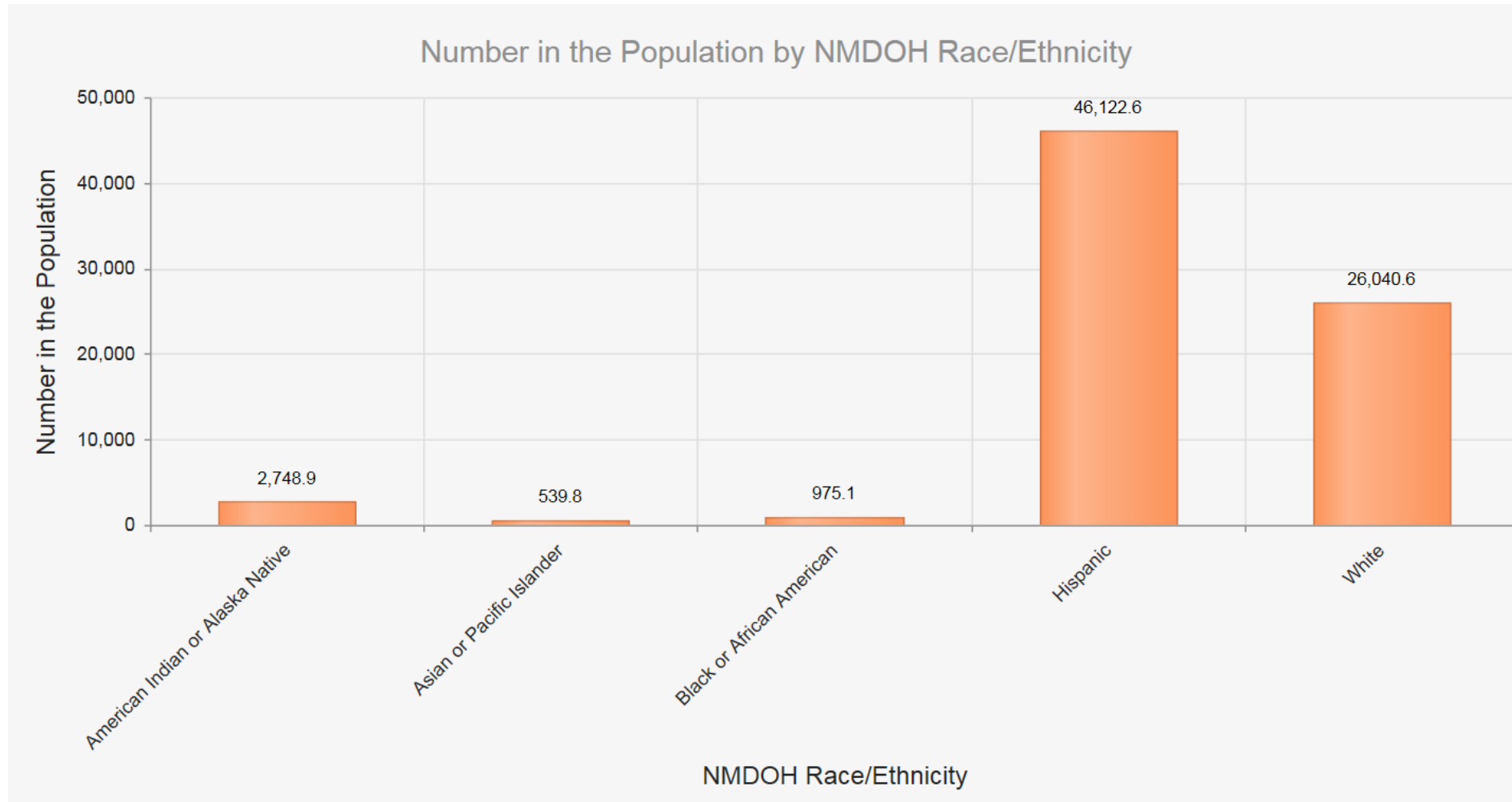
Population by Age and Sex - 2016



Population Highlights

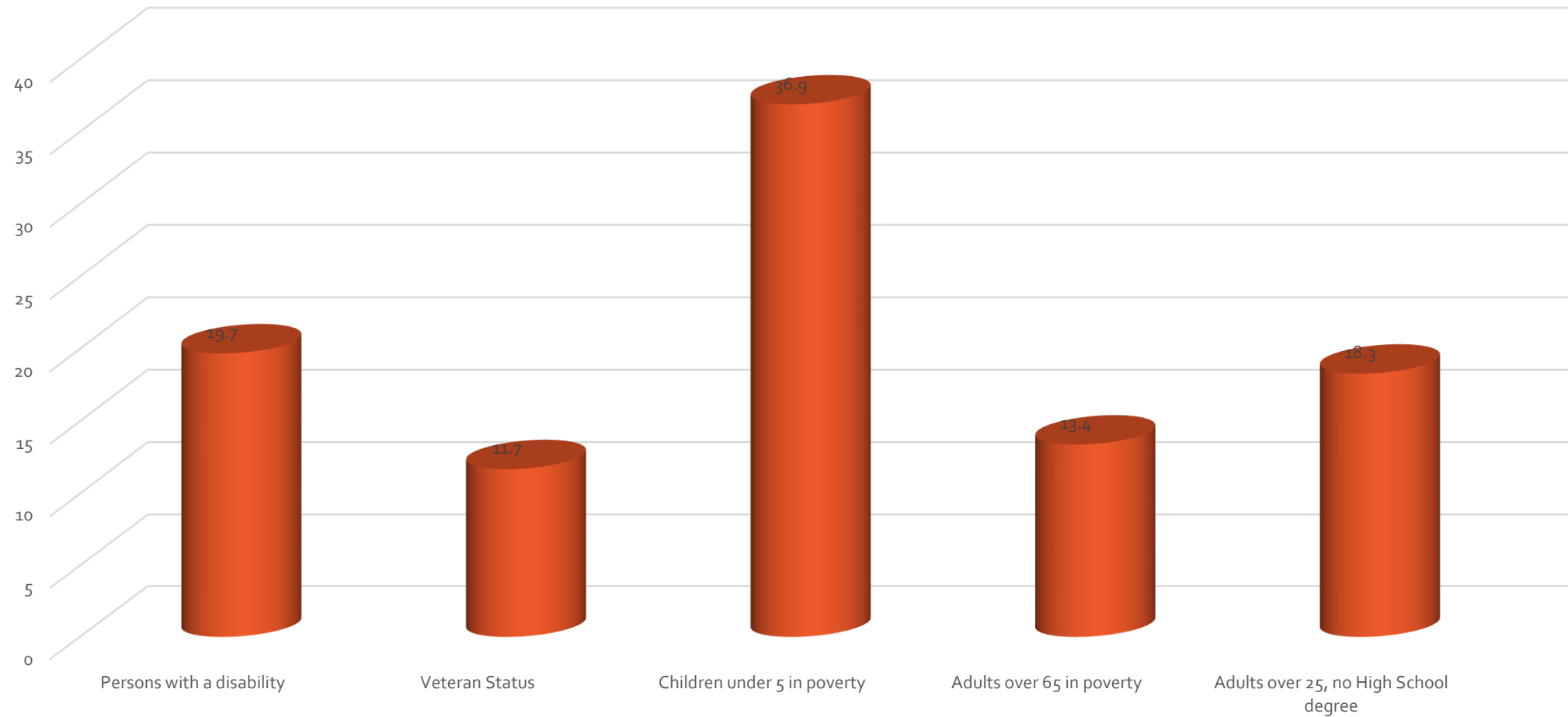
- Estimated Population in 2016: 76,427
- Change since 2012 estimate up slightly by 1.87%
- Population Density = 71.7 person per square mile
- Under age 5yrs. = 4,461
- School aged children 5-19 = 15,852
- Adults 20-64 = 43,435
- 65 yrs. and over = 12,679
- The Age Dependency Ratio is the ratio of the combined dependent population (aged 0-14 and aged 65 and older) to the working population (aged 15-64), expressed as the number of dependents per 100 people of working age. Higher values indicate a greater level of age-related dependency in the population. Valencia = 56.6

Population by Ethnicity (2016)



Special Populations -

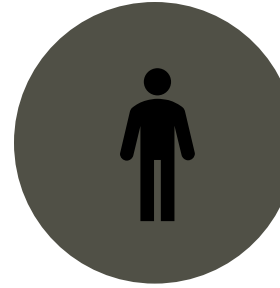
Percentage in Valencia County



Income and Poverty Indicators



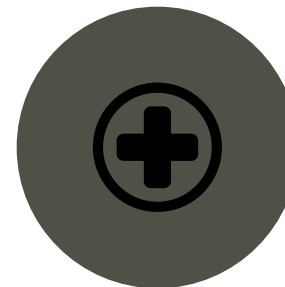
Median Household
Income: **\$41,788**
(ACS 2012-16)



Persons Living in
Poverty **23.2 %** (ACS
2012-16)

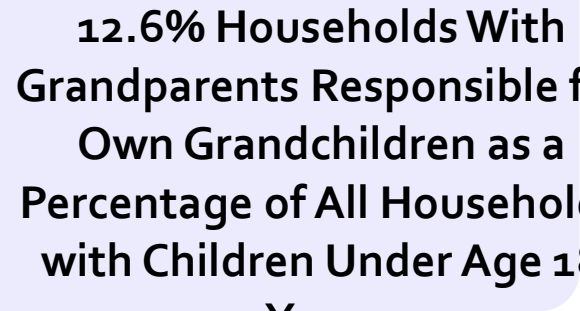


Percentage of Renter
Occupied
Households with
GRAPI (Gross Rent as
a Percentage of
Income) 35% or More
: **47.9%** (ACS 2012-
16)

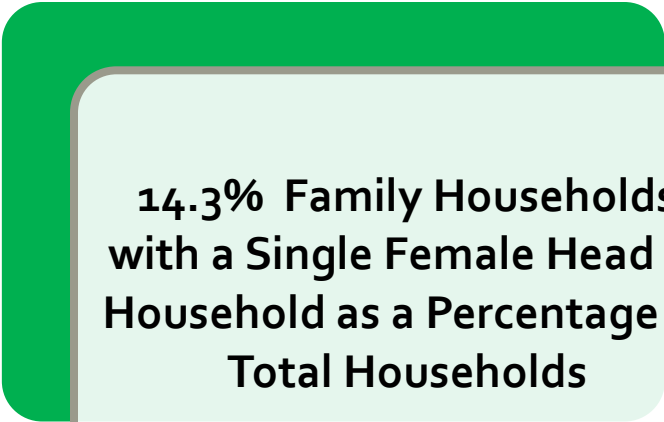


Percent Persons
without Health
Insurance **12.2%**
(ACS 2012-16)

Household Characteristics and Family Structure



**12.6% Households With
Grandparents Responsible for
Own Grandchildren as a
Percentage of All Households
with Children Under Age 18
Years**



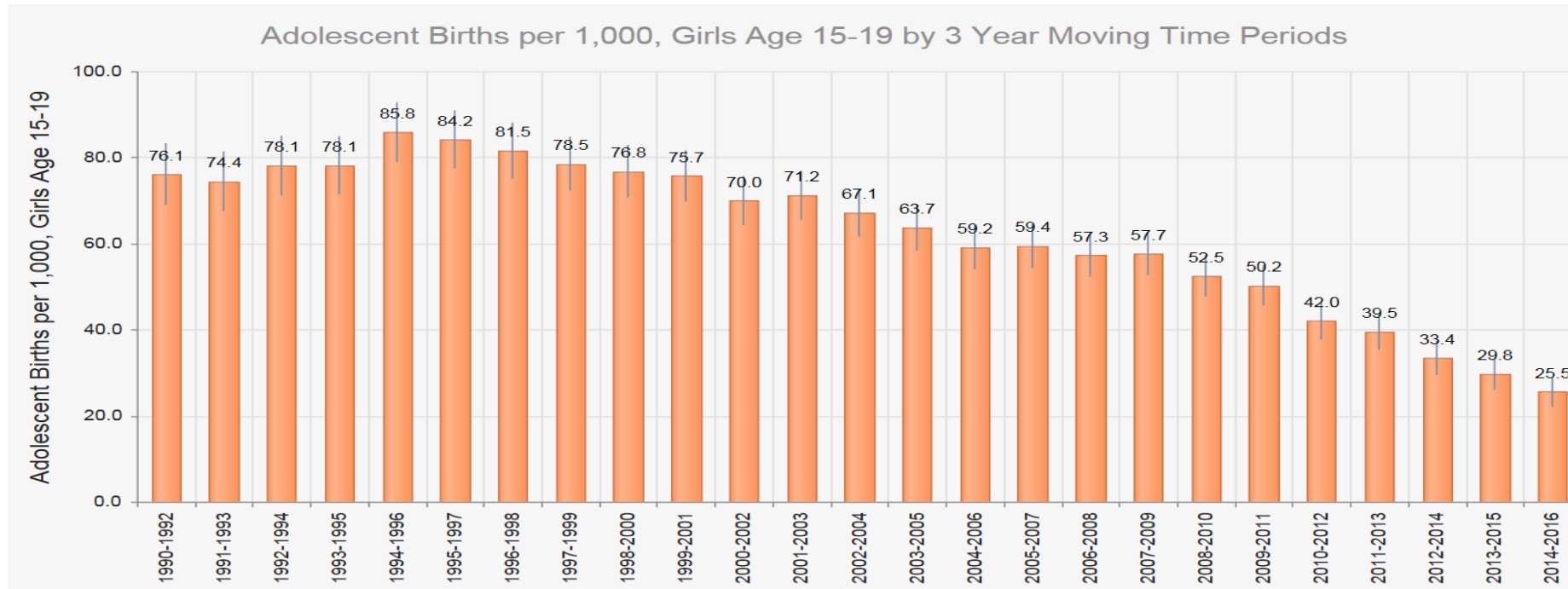
**14.3% Family Households
with a Single Female Head of
Household as a Percentage of
Total Households**



**23.2% of Children Age 6 to 17
With All Parents in the Labor
Force**

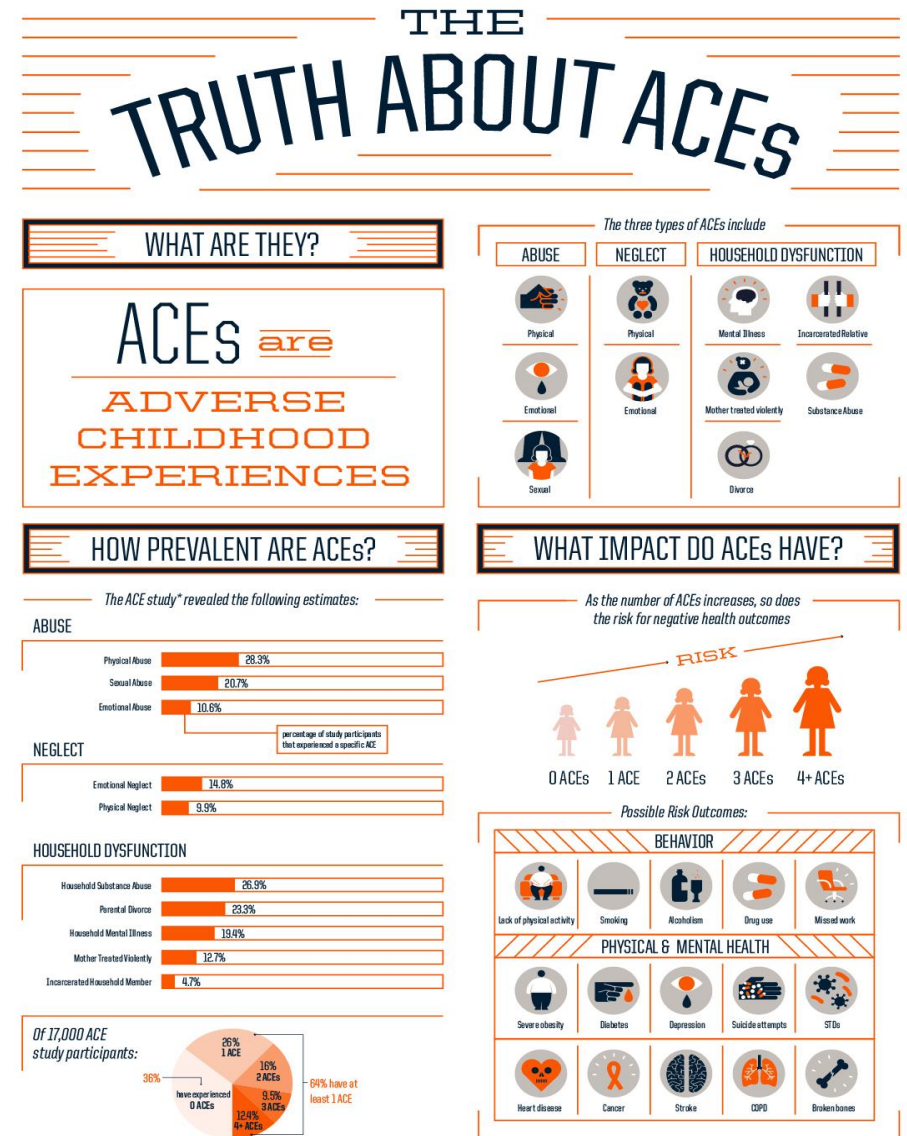
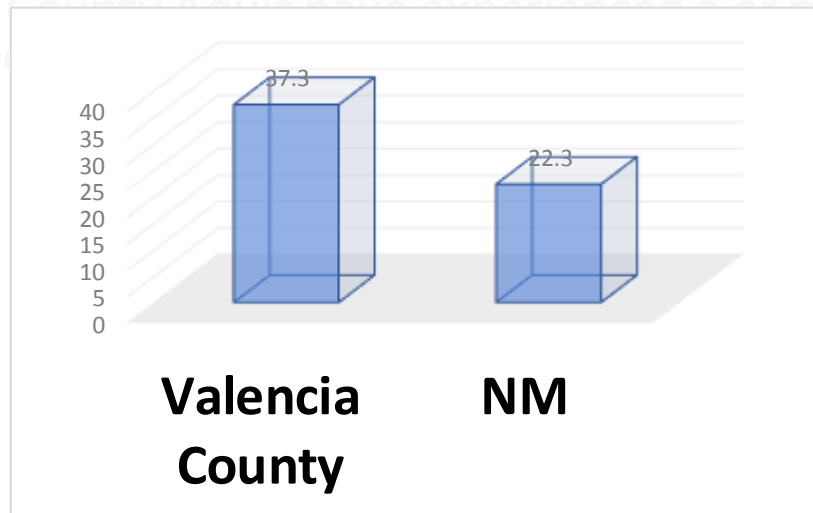
Valencia County Birth Data

- 782 live births 2016
- 7% with no or late pre-natal care (2016)
- Infant Mortality Rate 2016 is 7.7 per 1000 live births in same yr.
- Births to Teen mothers 15-19yrs old. We are continuing to make progress.

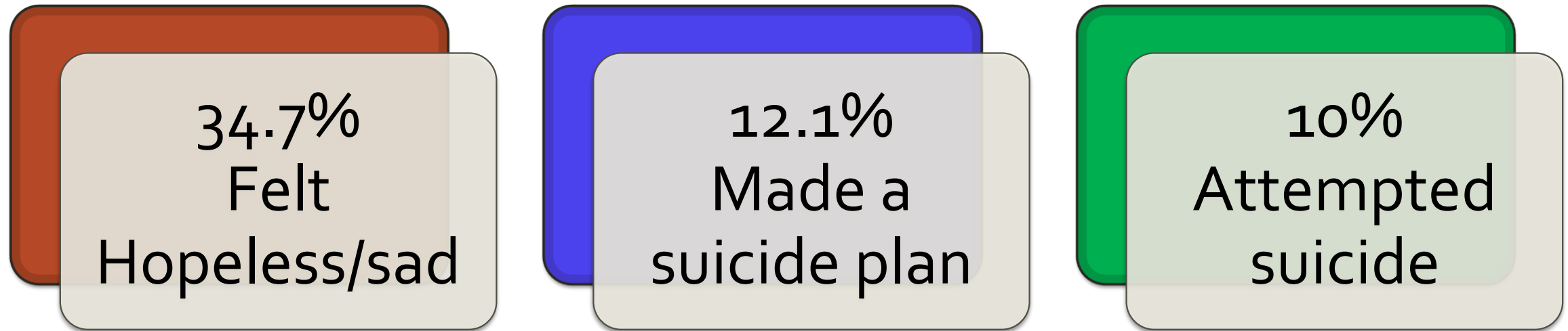


Adverse Childhood Experiences

- Across NM, about 10% of children have at least 1 incarcerated parent. Due to our county having a prison, that rate might be higher for Valencia.
- 37.3 is Valencia County's Ratio of Average Annual Total Substantiated Child Abuse Allegations per 1,000 Children in the Population Fiscal Years 2014-2016 (NM ratio is 22.3)



Youth Risk and Resiliency – 2017 Preliminary Data Behavioral Health Indicators for Valencia County High School students



**Youth Risk and
Resiliency – 2017
Preliminary
Data:
Healthy Eating,
Active Living
Indicators for
High School
Students**

22.5 % get at least 5 servings of fruits and vegetables per day



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graph TD; A[22.5 % get at least 5 servings of fruits and vegetables per day] --> B[27 % get daily physical activity]; B --> C[18.1 % obese];
```

27 % get daily physical activity

18.1 % obese

Youth Risk and Resiliency

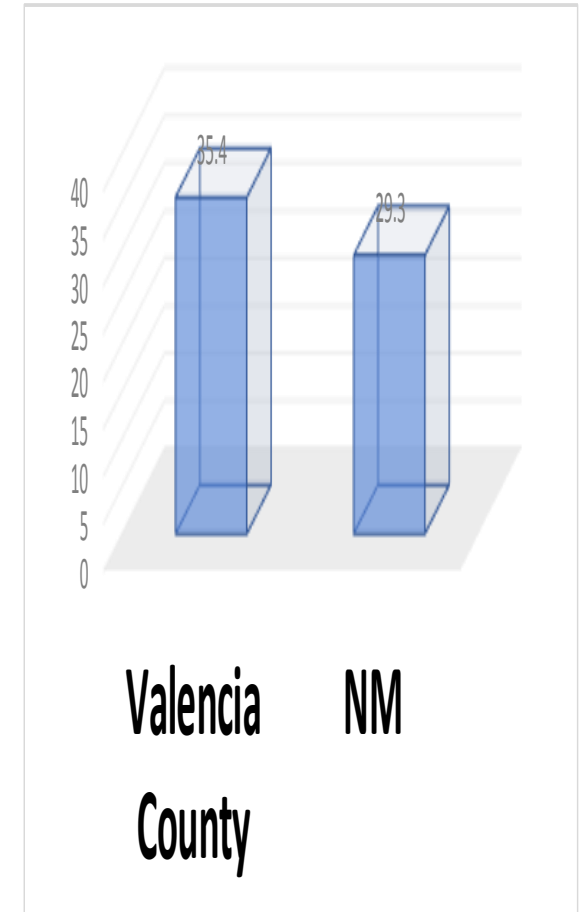
2017 Preliminary Data

Substance Use Among High School Students

- 11.3 % binge drink
- 25.8 % are current drinkers
- 32.4 % currently use marijuana, 6.7 % use synthetic marijuana
- 7.8 % use cocaine
- 8.0 % use pain killers to get high
- 5.5 % use heroin
- 6 % use methamphetamines
- 6.9 % use inhalants
- 14.6 % currently smoke cigarettes
- 32.9 % use electronic cigarettes/vape

Adult Risk Factors

- 21.3 % Adults self-report Frequent Mental Distress 2016
- Drug Overdose Death Rate is 22.2 per 100,000 (2012-16)
- Only 13.3% of adults consume at least 5 servings of fruits/veg per day.
- 49.9 % of Adults get the recommended amount of daily exercise.
- 29.0 % Obesity Among Adults, 2014-2016
- 11.4 % Diagnosed Diabetes Age-Adjusted Prevalence 2014-2016
- 30.5 % Prevalence of Diagnosed Arthritis among Adults 2011-2014
- 26.5 % Adult Smoking Prevalence 2014-2016
- 35.4 Average Annual Lung Cancer Deaths per 100,000 Population in Valencia County, 2012-2016
- 31.9 % Adults over 45 have multiple chronic conditions (2011-16)



Leading Causes of Death Valencia - 2016

