The Rural Health Information Survey: Selected Findings for Del Norte County

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The Rural Health Information Survey (RHIS)

Purpose:
- To identify issues impacting health & access to health care in Del Norte, Humboldt, Trinity & Mendocino Counties.
- To provide Information for planning & policy development

- Conducted in Summer/ Fall 2006 by CCRP
- 4 page written survey
- Quantitative and Qualitative Questions
### Response Rates & Sample Sizes by County

<table>
<thead>
<tr>
<th>County</th>
<th>Rural Health Information Survey</th>
<th>California Health Interview Survey (CHIS) 2005 Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Response Rate</td>
<td>Sample Size</td>
</tr>
<tr>
<td>Del Norte</td>
<td>12.1%</td>
<td>421</td>
</tr>
<tr>
<td>Humboldt</td>
<td>12.3%</td>
<td>880</td>
</tr>
<tr>
<td>Trinity</td>
<td>14.9%</td>
<td>940</td>
</tr>
<tr>
<td>Mendocino</td>
<td>11.2%</td>
<td>705</td>
</tr>
<tr>
<td>More than 1 of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>above</td>
<td>Response Rate</td>
<td>Sample Size</td>
</tr>
<tr>
<td>Total</td>
<td>12.7%</td>
<td>2950</td>
</tr>
</tbody>
</table>

*CHIS combines the counties of Del Norte, Trinity, Siskiyou, Lassen, Modoc, Plumas and Sierra*
Respondents Who Reported Del Norte as Their Primary County of Residence

<table>
<thead>
<tr>
<th>City/Town</th>
<th>Zip Code</th>
<th>Frequency</th>
<th>Percent of Del Norte Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crescent City</td>
<td>95531</td>
<td>236</td>
<td>56.1</td>
</tr>
<tr>
<td>Klamath</td>
<td>95548</td>
<td>77</td>
<td>18.3</td>
</tr>
<tr>
<td>Gasquet</td>
<td>95543</td>
<td>63</td>
<td>15.0</td>
</tr>
<tr>
<td>Fort Dick</td>
<td>95538</td>
<td>38</td>
<td>9.0</td>
</tr>
<tr>
<td>Lewiston</td>
<td>96052*</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Orick</td>
<td>95555*</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Samoa</td>
<td>95564*</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Weaverville</td>
<td>96093*</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Willow Creek</td>
<td>95573*</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Missing Zip Code</td>
<td>NA</td>
<td>2</td>
<td>0.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>421</strong></td>
<td><strong>99.9</strong></td>
</tr>
</tbody>
</table>
# Race/Ethnicity of Respondents

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Del Norte Sample</th>
<th></th>
<th>U.S. Census, 2000 Del Norte County</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency</td>
<td>%</td>
<td>Frequency</td>
</tr>
<tr>
<td>White</td>
<td>359*</td>
<td>85.9</td>
<td>21,693*</td>
</tr>
<tr>
<td>American Indian</td>
<td>19*</td>
<td>4.5</td>
<td>1,770*</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>6*</td>
<td>1.4</td>
<td>3,829</td>
</tr>
<tr>
<td>Black/African American</td>
<td>3*</td>
<td>0.7</td>
<td>1,184*</td>
</tr>
<tr>
<td>Asian</td>
<td>2*</td>
<td>0.5</td>
<td>637*</td>
</tr>
<tr>
<td>Multiracial</td>
<td>22</td>
<td>5.3</td>
<td>1,121</td>
</tr>
<tr>
<td>Other</td>
<td>7*</td>
<td>1.7</td>
<td>1,079*</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>418</strong></td>
<td><strong>100</strong></td>
<td></td>
</tr>
</tbody>
</table>

*1 Race alone
# Federal Poverty Level of Respondents

<table>
<thead>
<tr>
<th>Federal Poverty Level</th>
<th>Del Norte Sample</th>
<th>U.S. Census, 2000 Del Norte County % of total population</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency</td>
<td>%</td>
</tr>
<tr>
<td>≤99%</td>
<td>63</td>
<td>17.7</td>
</tr>
<tr>
<td>100%-199%</td>
<td>81</td>
<td>22.8</td>
</tr>
<tr>
<td>200%-299%</td>
<td>60</td>
<td>16.9</td>
</tr>
<tr>
<td>≥300%</td>
<td>151</td>
<td>42.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>355</strong></td>
<td><strong>99.9</strong></td>
</tr>
</tbody>
</table>

Poverty Thresholds obtained from U.S. Census Bureau, “Poverty Thresholds 2006”
http://www.census.gov/hhes/www/poverty/threshld/thresh06.html
Access to Health Care

Within the past 12 months, were you able to get the healthcare (including mental healthcare) you needed?

If no, please explain why.

No = 27.3% in Del Norte County

#1 Reason: Lack of Health Care Providers
Del Norte County
Unable to Get Needed Health Care
\((n = 311)\)
CCRP Rural Health Information Survey: Percent of Respondents Without Adequate Health Care Access¹, 2006

Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Percent of Respondents Without Adequate Health Care Access, 2006

- 30 - 40
- 25 - 29
- 20 - 24
- 15 - 19
- 10 - 14
- 0 - 9
- Low sample size²

Public Lands
- National Forests, National & State Parks

¹ Data derived from RHIS survey question (4): Within the past 12 mo. were you able to get the health care (incl. mental health care) you needed?
² Percentages are shown for survey respondents of each sampled post office.
³ Post offices with less than 20 survey responses were not included in analysis due to statistical instability.

Facilities shown are those classified as either 'General Acute Care Hospital' or 'Free or Community Clinics' in OSHPD's database.

Data Sources: ESRI, OSHPD, U.S. Postal Service
CCRP Rural Health Information Survey 2006
http://www.humboldt.edu/~ccrp
Quotes from Del Norte County Respondents

- “Needed mental health care when it is essentially unavailable in this community.”
- “Not enough doctors to see everyone.”
- “I don’t know who to see and I don’t have $”
- “No doctors or dentists available for new patients in Del Norte who take CMSP”
- “No doctors available or willing to take new patients or Medi-Cal”
- “I am on Medi-Cal due to not working. Del Norte has lost several doctors and most doctors don’t take Medi-Cal. I finally got into a doctor here after an 18 month wait.”
- “Too expensive, inadequate benefits, no transportation, and generally unavailable.”
Access to Health Care for Children

Within the past 12 months, were you able to get your children the healthcare (including mental healthcare) they needed?
If no, please explain why.

No = 12.8% in Del Norte County

#1 Reason: Lack of Health Care Providers
Del Norte County
Unable to Get Needed Health Care for Children
(n = 87)
Quotes from Del Norte County Respondents

• “No doctors in our region will take my children’s insurance. To see the dentist, it is a 6-12 month wait.” 100-199% FPL

• “My son moved here Oct 05 with Bi-Polar diagnosis. He still has not received an appointment from mental health.” 200-299% FPL

• “Lack of Doctors” 100-199% FPL
Health Insurance and Use of the Emergency Department

What types of health insurance do you have?

During the past 12 months did you visit a hospital emergency room for your own health?
## No Health Insurance by County (age 18-64)

<table>
<thead>
<tr>
<th>County</th>
<th>Frequency</th>
<th>RHIS No Insurance</th>
<th>CHIS, 2005 No Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency</td>
<td>% (95% CI)</td>
<td>% (95% CI)</td>
</tr>
<tr>
<td>Del Norte</td>
<td>313</td>
<td>15.0 (11-19)</td>
<td>12.4 (8.1-16.6)*</td>
</tr>
<tr>
<td>Humboldt</td>
<td>684</td>
<td>25.3 (22.1-28.6)</td>
<td>22.4 (17.7-27.1)</td>
</tr>
<tr>
<td>Mendocino</td>
<td>557</td>
<td>23.0 (19.5-26.5)</td>
<td>21.4 (15.8-27)</td>
</tr>
<tr>
<td>Trinity</td>
<td>627</td>
<td>17.1 (14.2-20)</td>
<td>12.4 (8.1-16.6)*</td>
</tr>
<tr>
<td>Total</td>
<td>2181</td>
<td>21.0 (19.3-22.7)</td>
<td>18.3 (15.5-21.1)</td>
</tr>
</tbody>
</table>

*CHIS combines the counties of Del Norte, Trinity, Siskiyou, Lassen, Modoc, Plumas and Sierra
Del Norte County:
No Health Insurance by Poverty Level
(age 18-64) (n = 270)
Del Norte County:
Use of ER for Health Care in Past Year
by Income Status ($n = 354$)

Income Status of Respondent

- Low-Income (<200% FPL): 44.1%
- Non Low-Income (≥200% FPL): 25.6%
Del Norte County:
Use of ER for Health Care in Past Year
by Insurance Status ($n = 352$)
Leaving County for Health Services

Do you regularly go outside your county for health services?
Regularly Leave County for Health Services
(n = 2,918)

- Del Norte: 44.0%
- Humboldt: 13.1%
- Trinity: 58.4%
- Mendocino: 30.8%
Del Norte:
Reasons for Regularly Leaving County for Health Services (n = 185)*

*Each respondent could provide multiple reasons
Del Norte:
Types of Needed Services Not Available
\((n = 99)^{*}\)

- Specialist: 70.7%
- Oral Health: 7.1%
- Primary Care: 3.0%
- Medical Procedure: 3.0%
- Radiology: 3.0%
- Complimentary Medicine: 1.0%
- Emergency Services: 0.0%
- Other: 20.2%

*Each respondent could provide more than 1 response
Del Norte: Specialty Care Regularly Sought Outside the County
(n = 59)*

- 23.7%
- 22.0%
- 10.2%
- 10.2%
- 8.5%
- 8.5%
- 6.8%
- 5.1%
- 3.4%
- 3.4%
- 3.4%
- 3.4%
- 3.4%
- 1.7%
- 1.7%
- 1.7%
- 1.7%

Each respondent could provide more than 1 response
Primary and Secondary Prevention
Del Norte County: Meeting Recommendations* for Moderate or Vigorous Activity by Income Status ($n = 352$)

* Respondents were considered to be meeting recommendations if they reported 30 min of moderate activity at least 5 days a week and/or 20 minutes of vigorous activity at least 3 days a week (CDC Recommendations)
Del Norte County: Daily Cigarette Smoking by Income Status \((n = 354)\)
Del Norte County:
Teeth Cleaned in Past 2 Years by Income Status
(n = 299)

- Low-Income (<200% FPL): 41.8%
- Non Low-Income (≥200% FPL): 84.1%
Del Norte County:
Mammogram in Past 2 years by Income Status
(women age 40-64) \((n = 130)\)
Del Norte County:
Recommended Colorectal Cancer Screening* by Income Status (age 50-64) (n = 149)

*Colonoscopy/Sigmoidoscopy in past 10 years and/or Fecal Occult Blood Test in past year
Del Norte County:
Pap Test in Past 5 Years by
Income Status (women age 18-64) ($n = 163$)

- Low-Income (<200% FPL) 78.1%
- Non Low-Income (≥200% FPL) 88.9%

Income Status of Respondent
Food Security

“In the last 12 months were you or people living in your household ever hungry because you couldn’t afford enough food?”
Estimates of very low food security:
Nation 4.0%
California 3.7%
Del Norte County: Very Low Food Security by Poverty Level of Respondent (n = 351)
Del Norte County:  
Very Low Food Security by Households with Children Under 18 ($n = 414$) 

Estimate of very low food security in households with children:  
Nation 4.3%  
Del Norte County: Households with Children under 18 and Very Low Food Security by Income Status ($n = 104$)

- Low-Income (<200% FPL): 29.4%
- Non Low-Income (≥200% FPL): 1.9%
Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,663 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Data Sources: U.S. Census Bureau 2000.

1Data derived from RHIS survey question (31): In the last 12 mos. were you or people living in your household ever hungry because you couldn't afford enough food? Percentages are shown for survey respondents of each sampled post office.

2Post offices with less than 20 survey responses were not included in analysis due to statistical instability.
Is transportation a problem in meeting the health needs of you or your family?

In your home do you have:

A Phone?
A Computer?
Internet Access?
Del Norte County: Transportation as a Problem Meeting Health Needs
(n = 171)

Federal Poverty Level of Respondent

Income Status of Respondent

Low-Income (<200% FPL) 44.1%
Non Low-Income (≥200% FPL) 4.9%
Del Norte County:
No Phone, Computer or Internet Access in the Home

Federal Poverty Level of Respondent

- No Phone
- No Computer
- No Internet Access
This research was funded by a grant from The California Endowment