



## HEALTH

Regular physical activity can improve health and quality of life regardless of age or the presence of a chronic disease or disability. In 2019, 89% of Stanislaus County survey respondents expressed satisfaction with their physical health, despite 72% of respondents' Body Mass Index (BMI) indicating that they were overweight or obese.

Routine health checkups are an important indicator of overall health and well-being. In 2019, 82% of overall survey respondents indicated their children had visited a health care provider within the past year. Hispanic or Latino survey respondents (73%) were less likely than White survey respondents (86%) to report that their children had visited a health care provider within the past year.

Mental health plays a major role in people's ability to maintain good physical health. When asked about their mental health, 21% of overall Stanislaus County survey respondents reported their mental health was not good during the past month. Female survey respondents were more likely than male respondents to report poor mental health – 29% and 13%, respectively.



## STRONG & SAFE NEIGHBORHOODS

Community concerns can empower advocacy to create change around public health and safety issues. In 2019, survey respondents in Stanislaus County were most concerned about the following issues: jobs that pay enough to support a family (85%), housing costs (83%), and stress (78%).

Crime contributes to poor physical and mental health for victims, perpetrators, and community members. The total crime rate for Stanislaus County was 33.6 per 1,000 residents in 2018, down from 36.7 per 1,000 residents in 2017. Communities can increase safety by reducing and preventing injury and violence, as well as building strong, cohesive, vibrant, and participatory neighborhoods. When asked about what social activities they had participated in during the past 3 months, the most common response was “spent time socializing with people outside of my home,” reported by 83% of survey respondents. This was followed by 64% who reported attending meetings/events related to their child's school, 51% who reported participating in faith/spirituality-based events, and 38% who said they volunteered with a local group/organization.





## FIRST RATE EDUCATION

High school graduation and college readiness are important measures of how well a region or community prepares its young people for future success and well-being. The high school graduation rate in Stanislaus County has decreased from 88% during the 2016-17 school years to 87% in 2017-2018, but has consistently been higher than the state overall. The number of high school graduates remained relatively constant at 30.1% to 31% from 2017 to 2018.

Higher education is an important driver of economic and intergenerational mobility and socioeconomic advancement in our society. The percentage of Stanislaus County residents with a bachelor's degree or higher remained relatively constant at 17.5% to 16.6% from 2017 to 2018.



## HEALTHY ECONOMY

Employment status is one factor affecting the ability of an individual to live healthfully and contribute to the community as a whole. Eighty-five percent of Stanislaus County children aged 0 to 5 had secure parental employment in 2018, down slightly from 90% in 2017.

Homeownership can offer financial security and stability and is an important step towards gaining and maintaining wealth. Additionally, homeownership helps to insulate owners from cost volatility and inventory shortages in the rental markets. Hispanic or Latino survey respondents in Stanislaus County reported owning their own homes at lower rates than White respondents, 42% and 70% respectively.

