

# California Health Interview Survey 2011 - 2012

Sonoma County			
Children 0 - 11			
	Est. N	%	95% C.I.
7 days physically active at least one hour (past week)	14,000	35.1	(18.0 - 52.2)
Overweight for age (does not factor height)	11,000	16.6*	(3.0 - 30.1)
Drank two or more glasses of soda yesterday	-	-	-
Fast food eaten one or more times in past week	37,000	62.4	(48.1 - 76.7)
Eat 5 or more servings fruit/vegetables daily	41,000	70.5	(57.4 - 83.6)
Two or more fruit servings previous day	50,000	73.9	(61.1 - 86.7)
Currently receiving Food Stamps	9,000	18.1*	(1.4 - 34.7)
Park or open space is within walking distance	54,000	84.1*	(73.2 - 95.1)
Ever diagnosed with asthma	9,000	14.6*	(3.1 - 26.1)
Teens 12 - 17			
Underweight (within lowest 5th percentile)	3,000	9.0*	(0.0 - 24.7)
Normal weight (5th up to 85th percentile)	22,000	61.2	(39.0 - 83.3)
At risk of overweight (85th up to 95th percentile)	8,000	23.6*	(3.0 - 44.2)
Overweight/obese (highest 5th percentile)	2,000	6.2*	(0.0 - 15.1)
Drank two or more glasses of soda yesterday	6,000	15.9*	(1.3 - 30.6)
Fast food eaten one or more times in past week	24,000	67.6*	(46.5 - 88.8)
Eat 5+ servings of fruits/vegetables daily	13,000	35.6	(16.4 - 54.8)
Two or more fruit servings previous day	23,000	65.2*	(43.6 - 86.9)
Currently receiving Food Stamps	4,000	21.5*	(0.0 - 46.0)
Strongly agree nearby park or playground safe during the day	10,000	28.1*	(10.5 - 45.6)
Strongly agree nearby park or playground safe at night	3,000	8.6*	(0.0 - 22.2)
Park or open space is within walking distance	28,000	76.9*	(58.6 - 95.1)
Did volunteer / community service in last year	18,000	51.5	(30.1 - 72.9)
Ever diagnosed with asthma	9,000	25.9*	(7.7 - 44.1)
Adults 18+			
Ever diagnosed with diabetes	19,000	5.2	(3.0 - 7.4)
Ever told has had pre- or borderline diabetes	28,000	7.6	(5.3 - 9.9)
Ever diagnosed with asthma	69,000	18.3	(13.5 - 23.2)
Ever diagnosed with high blood pressure	93,000	24.8	(20.2 - 29.3)
Takes medicine for high blood pressure	72,000	77.4	(68.6 - 86.3)
Ever diagnosed with heart disease	29,000	7.6	(5.0 - 10.3)
Ever had a stroke	11,000	2.8*	(1.0 - 4.6)
0 - 18.49 (Underweight)	10,000	2.6*	(0.0 - 6.2)
18.5 - 24.99 (Normal)	161,000	43.1	(37.2 - 48.9)
25.0 - 29.99 (Overweight)	123,000	32.8	(27.4 - 38.3)
30.0 or higher (Obese)	80,000	21.5	(16.7 - 26.3)
Overweight or obese	203,000	54.3	(48.4 - 60.3)
Fast food eaten one or more times in past week	176,000	47.0	(41.1 - 53.0)
Not able to afford enough food (food insecure)	36,000	39.7	(27.3 - 52.0)
Currently receiving Food Stamps	10,000	5.5*	(2.0 - 8.9)
Currently on WIC	13,000	50.5	(28.2 - 72.9)
Currently receiving TANF or CalWORKS	4,000	1.9*	(0.0 - 3.8)
Own home	220,000	60.9	(55.2 - 66.6)
Volunteered in past year	49,000	13.2	(9.4 - 17.0)
Adults 18+ less than 185% of Federal Poverty Level			
Ever diagnosed with diabetes	7,000	8.9*	(2.1 - 15.6)
Ever told has had pre- or borderline diabetes	6,000	7.7*	(2.4 - 13.0)
Ever diagnosed with heart disease	6,000	6.9*	(1.6 - 12.3)
Overweight or obese	50,000	59.0	(46.1 - 71.8)
Fast food eaten one or more times in past week	46,000	54.2	(41.0 - 67.4)
Not able to afford enough food (food insecure)	32,000	37.6	(24.8 - 50.4)
Currently receiving Food Stamps	10,000	12.5*	(4.8 - 20.2)
Currently on WIC	11,000	68.6*	(39.7 - 97.5)
Currently receiving TANF or CalWORKS	4,000	4.3*	(0.0 - 8.6)
Own home	22,000	27.7	(16.2 - 39.3)
Volunteered in past year	6,000	7.2*	(0.5 - 14.0)

\*Statistically unstable for a minimum number of respondents needed AND/OR has exceeded an acceptable value for coefficient of variance.  
 - (hyphen): Estimate is less than 500 people