

# California Health Interview Survey 2011 - 2012

Contra Costa County			
Children 0 - 11			
	Est. N	%	95% C.I.
7 days physically active at least one hour (past week)	26,000	32.6*	(12.6 - 52.7)
Overweight for age (does not factor height)	30,000	18.7*	(4.2 - 33.1)
Drank two or more glasses of soda yesterday	3,000	1.9*	(0.0 - 4.1)
Fast food eaten one or more times in past week	97,000	67.0	(52.3 - 81.7)
Eat 5 or more servings fruit/vegetables daily	92,000	63.6	(48.9 - 78.3)
Two or more fruit servings previous day	114,000	69.5	(56.3 - 82.6)
Currently receiving Food Stamps	31,000	27.3*	(10.4 - 44.3)
Park or open space is within walking distance	139,000	89.2*	(82.8 - 95.6)
Ever diagnosed with asthma	31,000	20.0*	(4.1 - 35.8)
Teens 12 - 17			
Underweight (within lowest 5th percentile)	3,000	3.6*	(0.0 - 8.8)
Normal weight (5th up to 85th percentile)	62,000	68.4	(52.8 - 84.1)
At risk of overweight (85th up to 95th percentile)	8,000	9.1*	(1.0 - 17.3)
Overweight/obese (highest 5th percentile)	17,000	18.8*	(4.6 - 32.9)
Drank two or more glasses of soda yesterday	19,000	21.1*	(7.5 - 34.7)
Fast food eaten one or more times in past week	56,000	61.7	(45.2 - 78.2)
Eat 5+ servings of fruits/vegetables daily	35,000	38.9	(22.4 - 55.4)
Two or more fruit servings previous day	61,000	67.0	(51.4 - 82.6)
Currently receiving Food Stamps	3,000	8.4*	(0.0 - 20.1)
Strongly agree nearby park or playground safe during the day	63,000	69.2	(53.4 - 84.9)
Strongly agree nearby park or playground safe at night	23,000	25.3*	(9.9 - 40.7)
Park or open space is within walking distance	73,000	80.7*	(64.9 - 96.6)
Did volunteer / community service in last year	74,000	81.9*	(68.0 - 95.9)
Ever diagnosed with asthma	14,000	15.9*	(3.3 - 28.5)
Adults 18+			
Ever diagnosed with diabetes	69,000	8.6	(6.1 - 11.1)
Ever told has had pre- or borderline diabetes	81,000	10.0	(7.8 - 12.3)
Ever diagnosed with asthma	157,000	19.6	(15.7 - 23.4)
Ever diagnosed with high blood pressure	227,000	28.2	(24.0 - 32.4)
Takes medicine for high blood pressure	166,000	73.3	(65.5 - 81.2)
Ever diagnosed with heart disease	36,000	4.5	(2.7 - 6.3)
Ever had a stroke	10,000	1.3	(0.6 - 2.0)
0 - 18.49 (Underweight)	5,000	0.6*	(0.2 - 1.0)
18.5 - 24.99 (Normal)	289,000	35.9	(31.4 - 40.5)
25.0 - 29.99 (Overweight)	317,000	39.4	(34.7 - 44.2)
30.0 or higher (Obese)	193,000	24.0	(19.8 - 28.2)
Overweight or obese	510,000	63.5	(58.9 - 68.0)
Fast food eaten one or more times in past week	422,000	52.6	(47.8 - 57.3)
Not able to afford enough food (food insecure)	107,000	53.4	(42.4 - 64.3)
Currently receiving Food Stamps	34,000	9.6	(4.3 - 14.9)
Currently on WIC	17,000	49.1	(23.7 - 74.5)
Currently receiving TANF or CalWORKS	12,000	3.3*	(0.3 - 6.2)
Own home	526,000	65.6	(60.8 - 70.4)
Volunteered in past year	99,000	12.3	(9.0 - 15.6)
Adults 18+ less than 185% of Federal Poverty Level			
Ever diagnosed with diabetes	19,000	10.1*	(2.9 - 17.4)
Ever told has had pre- or borderline diabetes	20,000	10.6	(5.0 - 16.1)
Ever diagnosed with heart disease	13,000	6.9*	(0.3 - 13.5)
Overweight or obese	137,000	72.7	(62.6 - 82.7)
Fast food eaten one or more times in past week	112,000	59.4	(47.7 - 71.0)
Not able to afford enough food (food insecure)	104,000	55.5	(44.2 - 66.9)
Currently receiving Food Stamps	25,000	13.6*	(4.7 - 22.5)
Currently on WIC	17,000	67.4*	(39.3 - 95.5)
Currently receiving TANF or CalWORKS	9,000	5.1*	(0.0 - 10.5)
Own home	57,000	30.7	(20.1 - 41.2)
Volunteered in past year	28,000	14.8	(6.9 - 22.8)

\*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