



CONFIDENTIAL
2475 Johnson Avenue, Suite B - San Luis Obispo, California 93401

HOW ARE WE DOING?

A Summary of Community Data on San Luis Obispo County

EXECUTIVE SUMMARY

Prepared for
The Community Foundation
San Luis Obispo County

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Joel Diringer, JD, MPH

I. Introduction

The Community Foundation San Luis Obispo County (CFSLOC) retained Diringer and Associates to conduct a review and analysis of existing data on San Luis Obispo County. This review summarizes the key findings as they pertain to the Foundation's Program Areas of Focus: Youth, Health, Housing, Environment, Arts and Culture and Capacity Building. This information is intended to be used by staff, committees and Board in the Foundation's grant program and strategic planning.

The project reviewed nearly 40 sources of data including numerous local reports and surveys on areas of interest to the sponsoring organizations and other sources such as the US Census American Community Survey, California Health Interview Survey, Ed Data, and local behavioral health data compiled by the Behavioral Health Integration Project. Where possible trend data are presented as well as comparison to California and our neighboring counties of Monterey and Santa Barbara.

The full report can be found at www.diringerassociates.com and at <http://www.cfsloco.org>.

II. Findings

A. Demographics

San Luis Obispo County is home to approximately 276,500 persons or less than one percent of the State population. Overall, the County population is older, less diverse, more highly educated, but not wealthier than California as a whole. It is becoming slightly more diverse and older. (US Census 2015).

- Nearly 17% of the population (46,600) is age 65 or over, compared to the State where 13% are 65 and over. In contrast, 23% of the population is age 19 or younger, compared to 27% of the State population.
- San Luis Obispo County is 88% White and 22% Latino, compared to California where 66% are White and 38% are Latino. There has been an increase of 7,350 Latino residents from 2010 when Latinos accounted for 20% of the population.
- Approximately 11% (29,000) of current County residents are foreign born, of whom 16,600 are not US citizens. Foreign born residents have increased by 2,600 persons over the past 5 years. California's population is 27% foreign born.
- A higher percentage of the adult population are high school graduates (90%), compared to California (82%).
- Household incomes are below the State average – mean household income in SLO County is \$80,400 compared to \$87,900 statewide.
- Nearly 15% of the overall population in San Luis Obispo County lives in poverty (\$24,300 for family of 4), slightly lower than California with 16.3% of the population

under the poverty level. Twenty percent of Latino families have incomes below the poverty level.

- The neighboring counties of Monterey and Santa Barbara are much more diverse and younger, but there are great differences within the counties (e.g. coastal Monterey and the Salinas Valley, and southern Santa Barbara County and the Santa Maria Valley).

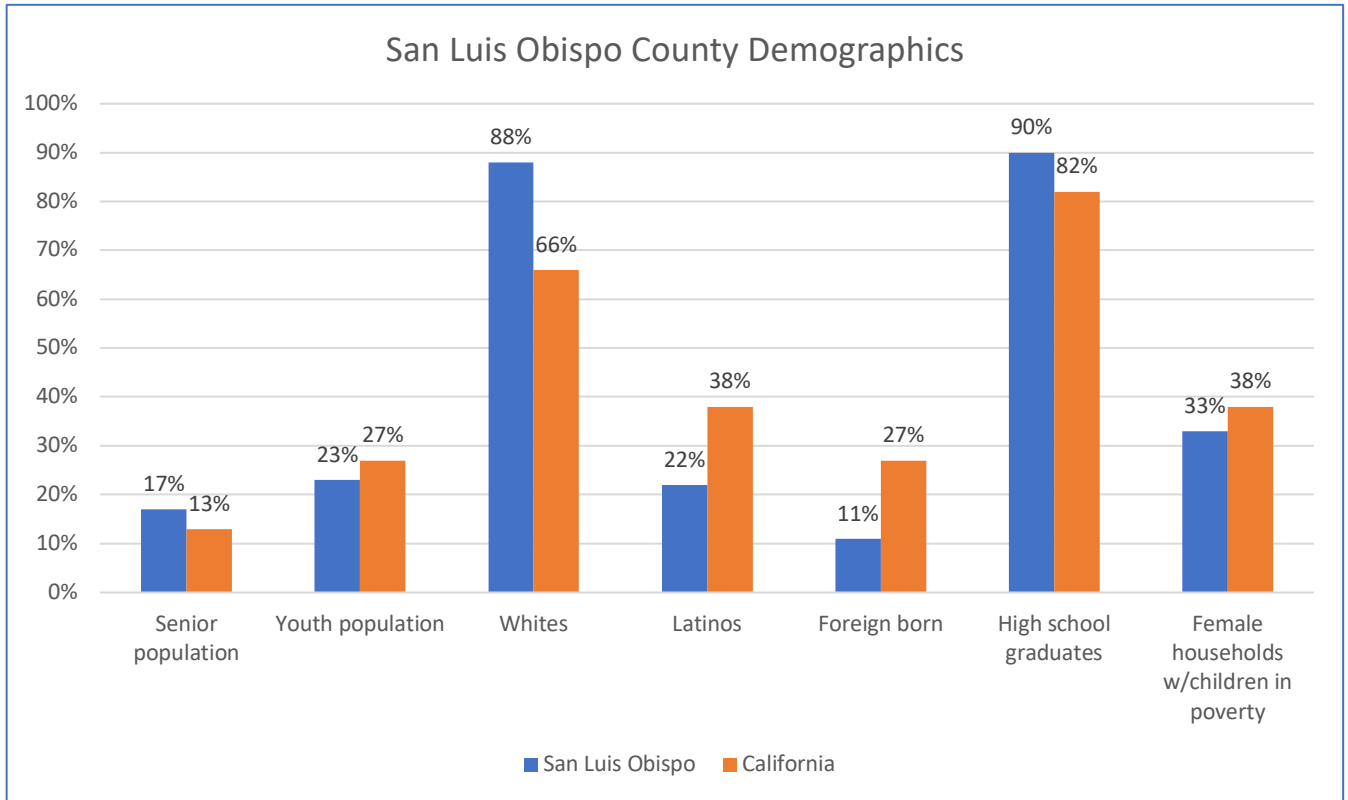


Figure 1 San Luis Obispo County Demographics (2015 ACS 5-year estimates)

Focus on Farmworkers

- There are an estimated 7,900 farmworkers in San Luis Obispo County, plus many more family members.
- In California, the average annual personal income of a farmworker is between \$17,500 to \$19,999, with family incomes ranging from \$20,000 to \$24,999.
- 28% of farmworker families live below the poverty level (\$24,300 for family of 4).
- Nearly all farmworkers are foreign born, with 89% coming from Mexico.
- Nearly 2/3rds of California farmworkers (64%) lack health insurance from any source. Over half of California farmworkers are not eligible for full scope Medi-Cal or Covered California coverage due to their immigration status.
- In a recent study of California Central Coast farmworkers, 80 percent of participants had a body mass index (BMI) that classified them as overweight (47%) or obese (34%). The highest correlation with being overweight or obese was not having health insurance.

B. Youth

One in four County residents is under 20 years of age. The youth population is much more diverse than the population as a whole, and over 40% of students are enrolled in free and reduced-price lunch. Child care is increasingly difficult to access and is very expensive. Children's health is on the par with California, but one-third of San Luis Obispo County children are overweight.

Education outcomes are somewhat better in San Luis Obispo County than the State. Large disparities exist between the mental health of boys and girls, as well as between those youth that identify as lesbian, gay or bisexual (LGB) and non-LGB youth. Educational outcomes are better in SLO County than Monterey and Santa Barbara Counties.

The rate of substantiated child abuse cases for the County is much higher than California's and the neighboring counties. The number of youth in foster care is increasing and the rate of children in foster care is much higher in SLO County than California, Monterey County and Santa Barbara County.

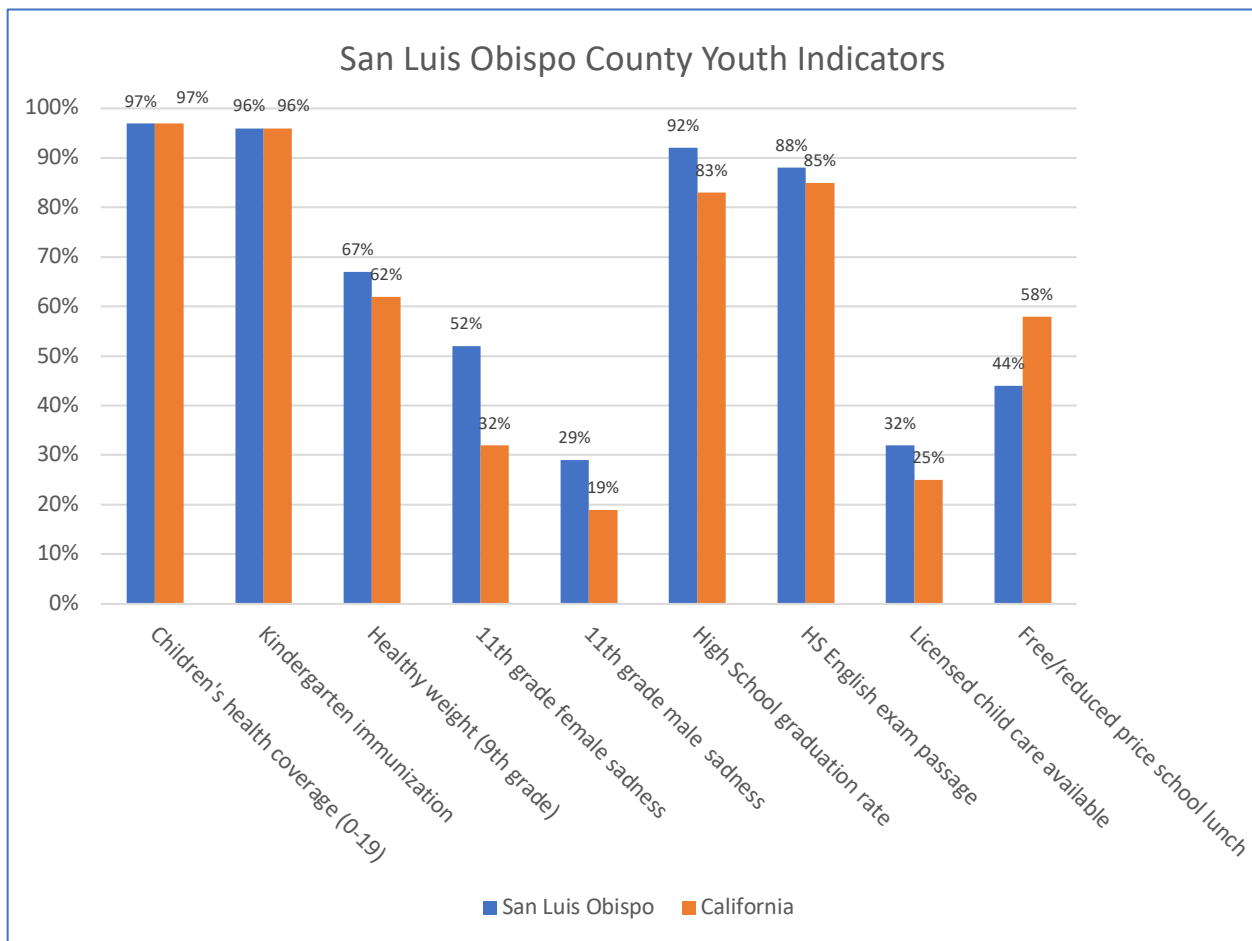


Figure 2 San Luis Obispo County Youth Indicators (2014-2016)

- Children and youth account for 23% (approximately 64,000 persons) of the San Luis Obispo County population. The youth population is more diverse than the overall population, with Latinos comprising 39% of K-12 San Luis Obispo County public school enrollment (13,700), compared to the general population which is 22% Latino.
- Health
 - Nearly all children have health insurance in the County due to the expansion of Medi-Cal to cover all children regardless of immigration status and the Affordable Care Act.
 - In San Luis Obispo County, the percentage of kindergarteners with all required immunizations was 96% in 2016-2017, up from 90% in 2015-2016.
 - In 2016, 67% of San Luis Obispo children were in a healthy weight category, up from 61% in 2014.
- Behavioral health
 - In 2015, the percentage of County students reporting chronic sad or hopeless feelings in the past 12 months was 33% for 11th graders. Young women are more than twice as likely to report chronic sad or hopeless feelings than young men.

- 50% of youth who identified as lesbian, gay or bisexual (LGB) reported that they had seriously considered suicide in past 12 months in 2015, compared to 18% of all 11th graders.
 - In 2015, 31% of 11th graders reported having at least one drink in the past 30 days.
 - Among LGB youth in 2013, 39% reported being drunk or high on drugs 7 or more times in the past year versus 19% for non-LGB youth;
- Homeless youth
 - School districts reported 3538 homeless students in 2015-6, or 10% of the student body. This was a 65% increase up from 2012-3 when there were 2134 homeless students, or 6% of the student population.
- Education
 - The County's high school graduation rate was 92% for 2015-6, rising from 86% in 2009-10. Dropout rates have dropped dramatically from 10% in 2009-10 to 5% in 2015-2016.
 - 88% of County students passed the English exit exam in 2015-16, and 89% passed the Math exit exam, compared to 85% in California for both exams.
 - Only 37% of economically disadvantaged students met or exceeded the English language and literacy standards, and only 27% for mathematics during standardized testing.
- Literacy
 - In 2017, 40% of San Luis Obispo County third graders were near the State standard for "understanding stories and information that they read." 34% were below the standard and 26% were above standard.
- Safety
 - San Luis Obispo County has seen an 11% increase in total cases of substantiated child abuse from 2010 (9.8 per 1,000) to 2015 (11.3 per 1,000).
 - In December 2016, 378 children were in foster care in San Luis Obispo County, an increase from 2010 when there were 322 children in foster care.
 - LGB and transgender students report much higher rates of abuse and feeling unsafe at school
- Child care
 - In 2014 there were 106 licensed children care centers and 245 licensed family child care homes in San Luis Obispo County, compared to 2010 when there were 108 child care centers and 341 family child care homes.
 - Licensed child care is available to 32% of children with working parents, compared to 25% in California. The supply of child care is trending downwards from being available to 37% of children in 2010 and increasingly expensive.
 - Infant care represents approximately one-quarter of County median family income. For a family with one minimum wage worker, child care would cost 77% of the family income.
- Food programs
 - In SLO County public schools in 2016, 44% of students (14,500) were enrolled in free and reduced-price lunch. The program is provided in all schools in the

County, with enrollments ranging from 76% of students in Shandon to 17% in Templeton. Enrollment rates have remained relatively steady since 2010.

C. Health

San Luis Obispo County has benefited greatly from expansions of health insurance, but provider access is still limited. The County’s suicide rate is consistently above the State rate – 50% higher. The County has been hit hard by the opioid epidemic with 37 opioid related overdose deaths in 2016.

SLO has dropped in its health ranking for health outcomes from 8 out of 57 California counties in 2014 to 18 in 2017. Over one-third of adults are obese, and nearly half are pre-diabetic or diabetic. Food Insecurity (not being able to afford enough food to eat) affects 37% of San Luis Obispo County’s low-income households.

The rate of forcible rape is much higher than the State rate, as is the adult misdemeanor DUI arrest rate.

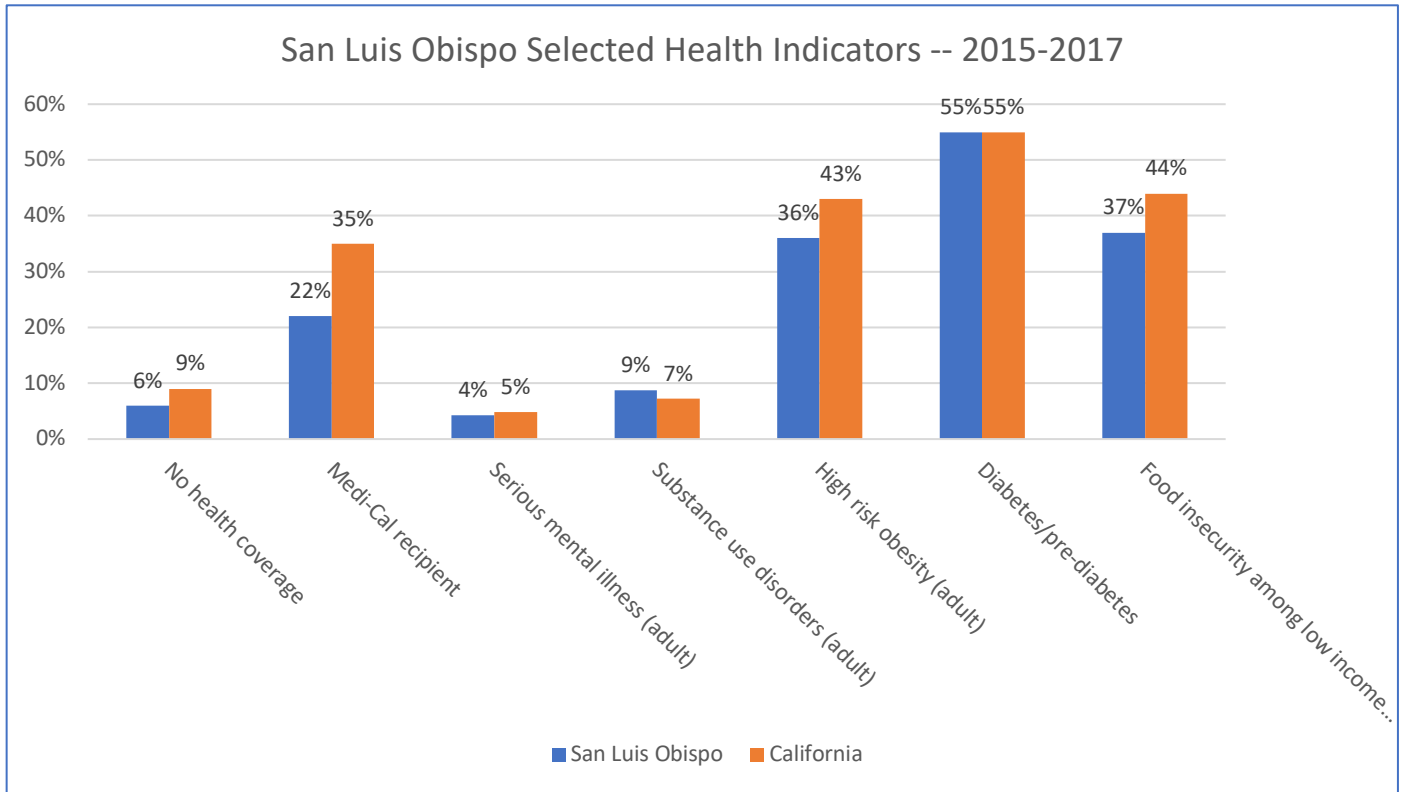


Figure 3 San Luis Obispo County Health Indicators

- Health coverage
 - While nearly all eligible SLO County residents have health insurance, they still face challenges in obtaining quality and timely care. There is a large gap between having coverage and actually getting care.
 - Affordability of health care premiums, co-pays, deductibles, out-of-network charges and transportation are issues for many, often forcing choices between paying for housing, food and child care. Over a third of low income respondents in CAPSLO's 2017 survey reported that access to affordable health care was a major or minor issue for their family.
 - Nearly 70% of San Luis Obispo County non-elderly adults under age 65 have employer-based coverage, 22% (62,000 persons) receive Medi-Cal through CenCal Health and 21% (54,500) have Medicare coverage. Approximately 7% of the non-elderly adults have insurance through Covered California (ACA exchange).
 - Approximately 8% of the population (16,000) remains uninsured – an estimated 55% statewide are uninsured due to their immigration status.

- Mental health
 - In 2015, it was estimated that approximately 6% (10,300 to 12,200) SLO County adults (had severe or serious mental health illnesses (SMI), and 20% (43,100) had mild/moderate mental health conditions. There were an estimated 20% (12,500) children with mental health issues.
 - SLO County's suicide rate is chronically high and ranks 37 out of 58 counties, nearing 50 suicides a year. The suicide rate is more than 50% higher than the death rate from motor vehicle crashes. The County suicide rate exceeds the State suicide rate by 50%.
 - The Hotline reports approximately 50 crisis calls per month for mental health issues. In September 2017, there were 801 calls for all mental health issues while in January 2015, Hotline received 727 mental health calls.

- Substance use disorders (SUD)
 - Estimates of adults with substance use disorder issues in San Luis Obispo County range from 22,300 to 27,100 persons (10%).
 - Residential SUD services are difficult to obtain; there is no residential medical detoxification unit in the County available to persons on Medi-Cal.
 - Opioid epidemic
 - Opioid related overdose deaths increased from 15 in 2006 to 37 in 2016 in the County.
 - Emergency room visits related to opioids increased from 219 in 2006 to 640 in 2014.
 - The County has an opioid overdose rate of 3.7 incidents per 100,000 population.
 - There were 751 opioid prescriptions per 1000 persons in 2016, down from 823 in 2010. The State rate was 563 per 1000 persons in 2013.

- Binge drinking
 - One third (34%) of adults reported binge drinking in the past year in San Luis Obispo County, the same as the California rate.
 - 25% of 11th grade girls reported binge drinking in past 30 days.

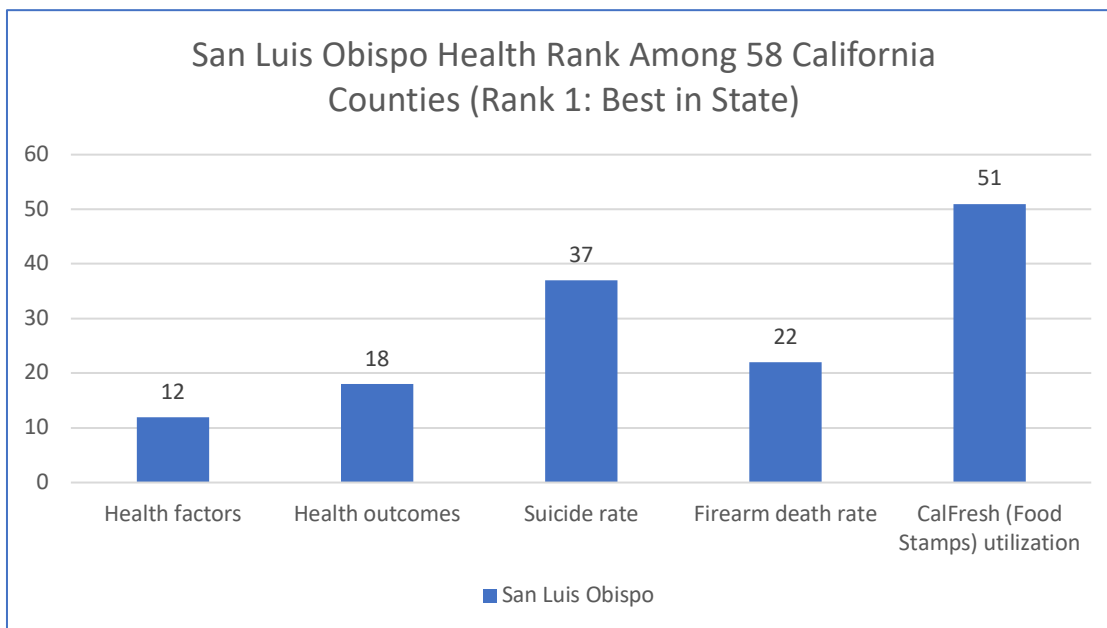


Figure 4 San Luis Obispo County Health Rankings (2017)

- Health and Wellness
 - In the Robert Wood Johnson Foundation County Health Rankings for health outcomes SLO ranked 18 out of 57 California counties in 2017, down from 8 of 57 counties in 2014. Similarly, there was a drop in the ranking for health factors from six out of 57 to 12 out of 57.
 - Over one-third (36%) of adults are obese in SLO County, compared to 42% in California.
 - Only 52% of adults get 30 minutes of exercise 5 times a week in SLO County.
 - 46% of adults in SLO County are estimated to have pre-diabetes, the same as the statewide estimate. The percentage of persons estimated to be diagnosed with diabetes is 9% in San Luis Obispo County and California.
 - The age-adjusted death rate from firearms between 2013-2015 was 8.1 per 100,000 persons in San Luis Obispo County which was higher than the California rate of 7.6. SLO ranks 22 out of 58 counties. Over the past five years, there has been a 37% rise in the annual number of all gun sales in San Luis Obispo County.
 - Food Insecurity (not being able to afford enough food to eat) affected 37% of San Luis Obispo County’s low-income households (under 200% federal poverty level - \$49,200 for a family of four). In 2009, 23% of low income persons were food insecure.
 - San Luis Obispo County continues to place 51st out of 58 in its residents’ utilization of CalFresh benefits (Food Stamps). In 2015, only 41% of

individuals estimated to be eligible to receive CalFresh did so. Additional economic activity with full CalFresh participation would have represented \$56,900,000 of federal spending in the county.

- Crime
 - The rate of reported forcible rape in SLO County consistently exceeds the rate statewide. The rate is rising again after a drop between 2009 and 2012. In 2013, the rate here was almost double that of the State (39 per 100,000 population versus 20 per 100,000 population statewide.)
 - There were 642 domestic violence calls in the County in 2015, up from 551 calls in 2014 during which domestic violence calls hit a 6-year low. There were 368 domestic violence cases with a weapon in 2015, an increase from 339 cases in 2014.

D. Housing

SLO County is the 8th most expensive housing market in the country, where fewer than one-quarter of homes are affordable by median income families. Nearly half of renters pay 30% or more of their income for housing. Schools report higher numbers of homeless students.

The excessively high cost of housing has many economic, social, and environmental consequences. The amount that families spend on housing affects their abilities to feed their families, provide child care and pay for medical care. Families cannot live near where they work, forcing longer commutes which increases traffic congestion, air pollution and family stress.

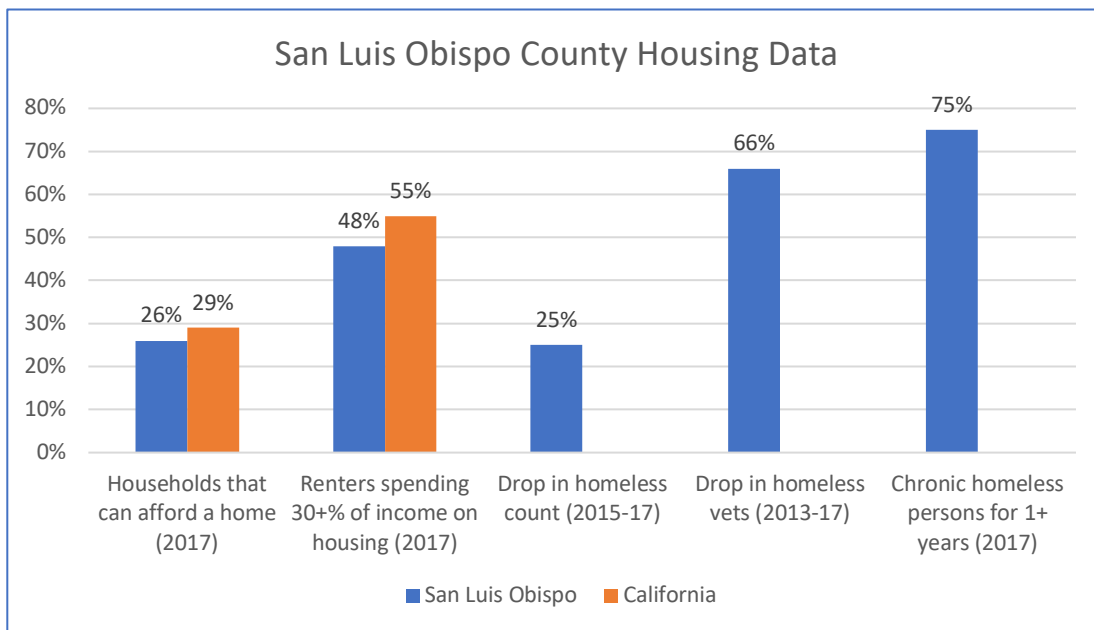


Figure 5 San Luis Obispo County Housing Indicators

- SLO County is the 8th most expensive housing market in the country relative to income – only 23% of homes are available to a family with a median family income of \$76,771 dropping from 32% in 2010. SLO County ranked 230 out of 242 regions in housing affordability nationally.
- 48% of renters spend more than 30% of their income on housing, while 26% of renter occupied housing units spend more than 50% of income on housing.
- Homelessness
 - The 2017 San Luis Obispo County “point-in-time” homeless count enumerated 1,125 homeless persons in SLO County, down from 1,515 in 2015 and 2,186 in 2103. 69% of homeless persons were unsheltered.
 - 34% of the homeless census population were women, 19% were identified as Hispanic.
 - Nearly three-quarters of the respondents reported their current episode of homelessness lasting for a year or longer.
 - Veterans represented 7% of the homeless population. The number of homeless veterans dropped from 239 in 2013 to 81 in 2017.
 - The number of homeless families with children dropped from 112 in 2015 to 49 in 2017. 91% of homeless families were sheltered in 2017, compared to 21% in 2013. Families that are “doubled-up” may not be included in the count. Hispanics accounted for 45% of homeless families with children.
 - Homeless service providers served 1,680 unduplicated homeless individuals in 2015.
 - In 2015-6, school districts reported 3538 homeless students, or 10% of the student body, up from 2012-3 when there were 2134 homeless students, or 6% of the student population.

E. Environment

San Luis Obispo County generally enjoys good air and water quality, but areas such as the Nipomo Mesa have significant dust issues. Recreational opportunities abound, while cyclists report being impeded by lack of bicycle infrastructure and safety concerns.

- Parks and open space: 39% of respondents in recent studies reported visiting park and trails 10 or more times in the past month.
- Dust is a significant issue on the Nipomo Mesa due to blowing sand.
 - The American Lung Association’s 2017 State of the Air report on air quality found that San Luis Obispo ranks among the top ten most particle-polluted metropolitan areas in the United States due to particle pollution.
- In 2014-15, all County beaches received a score of C or better in the Beach Report Card only during the “Winter Dry” period in contrast to 2013-14, when all County beaches received a score of C or better on water quality at all times of the year.
- Bicycling is promoted for its environmentally friendly and healthful aspects for transportation and recreation.
 - A SLOCOG survey found that barriers to cycling include aggressive/ speeding/ unsafe motor vehicle drivers, no bicycle lanes, gaps in the bicycling network or unsafe Intersections in route, and poorly maintained bicycle lanes/paths.
 - According to the California Office of Traffic Safety, 128 bicyclists above the age of 15 were injured or killed in 2014 in San Luis Obispo County, placing the County 6th worst out of the 58 counties in California. San Luis Obispo City had 64 bicyclists above the age of 15 killed or injured, placing the City worst out of the 92 cities of its size in California.

F. Arts and Culture

The arts are a large economic driver in the County contributing almost \$28 million to the local economy and 918 full time equivalent jobs. SLO County students have access to arts instruction similar to the state level.

- According to a recently released report on the economic impact of nonprofit arts and cultural organizations and their audiences in San Luis Obispo County
 - the arts contributed \$27.7 million to the local economy during 2015, provided employment for 916 full time equivalent workers and resulted in \$2.8 million in local and state revenue.
 - The \$27.7 million included \$13.7 million in spending by arts organizations and \$14 million in audience spending. Audience spending included \$8.9 million by local residents and \$5.1 million by non-residents.
- Art education

- Nearly all (99%) students enrolled in San Luis Obispo County grades 6 – 12 have access to arts instruction in school and 37% of students are enrolled in an arts course. However, only 24% of all schools offer the required four arts disciplines (art, music, theater and dance).

G. Capacity building

San Luis Obispo County has a robust non-profit sector with a high number of non-profit organizations on a per capita basis. Non-profits appear to compete for limited funds, with administrative burdens affecting smaller organizations.

- SLO County boasts a high number of non-profit organizations, with 2,219 incorporated nonprofits based in San Luis Obispo County or one nonprofit for every 125 residents. On a per capita basis, SLO County has the second highest ratio of nonprofits per capita when compared to the region.
- There are several major nonprofits in health, social services and cultural sectors which dominate the sector. In addition, there are a plethora of smaller nonprofit organizations that are often focused on singular efforts and compete for donations.
- For smaller nonprofit and community endeavors there are organizational and operational challenges.

III. Conclusion

The data show San Luis Obispo County to be doing relatively well compared to the rest of California. This is not surprising given the demographics of the County. Doing better, however, does not necessarily mean we are doing well.

The high cost of living in the County, coupled with lower than average wages, undoubtedly impacts quality of life for lower income families as they struggle to pay for housing, food, and child care. With growing inequities in income, these struggles will increase. This is an overarching issue that affects all other aspects of life in San Luis Obispo.

Youth are doing well overall, but there are significant challenges for LGBT, Latino and low-income. Child care costs are very high, and availability is low. Health challenges include the fact that one-third of children are overweight or obese, and the mental health status of teenage girls is problematic. Substance use is still high among youth. Schools report high numbers of homeless youth and the number of foster youth is high.

We live in one of the most expensive **housing** markets in the country for both buying and renting homes. This high cost of housing affects the ability to support families. There are no easy solutions or consensus. Schools are report higher numbers of homeless students.

Behavioral health challenges include very high suicide rate overall, with high reports of depression among teen girls, LGBT youth and the homeless. Substance use is also high among adults (opioid) and youth (drugs, alcohol and other substances).

Data provide important information, but they should be viewed with a critical eye. There are differences in methodologies, dates and interpretation. For instance, there appear to be higher rates in such areas as child abuse and domestic violence which may be related to better reporting and responsiveness by relevant agencies. On the other hand, some data may be underreported.

This report provides information on the overall state of our community. Further examination of specific topics will yield even greater understanding. New data tools, such as those recently released by the Department of Public Health, will improve access to data and tracking on health and social data. However, data gaps remain in understanding our environmental well-being and nonprofit organizational capacity.