

VITAL SIGNS

UNDERSTANDING SAN LUIS OBISPO COUNTY

2020 COMPREHENSIVE REPORT



A TREND REPORT BY

Action
FOR HEALTHY COMMUNITIES

ABOUT ACTION FOR OUR COMMUNITIES

ACTION for Healthy Communities is a collaborative of individual agencies and public and private organizations committed to improving the overall quality of life in San Luis Obispo County. A list of those organizations is found in the introduction to this report. ACTION completed its first benchmark study of community issues in 1999. This report represents the group's eighth report and provides valuable comparative results in a number of criteria that measure local community health and well-being.



ABOUT THE RESEARCHER

Applied Survey Research (ASR) is a social research firm dedicated to helping people build better communities by collecting meaningful data, facilitating information-based planning, and developing custom strategies. The firm was founded on the principle that community improvement, sustainability, and program success are closely tied to assessment of needs, evaluation of community goals, and the development of appropriate responses.

LOCATIONS

Central Coast Office:

55 Penny Lane, Ste. 101

P.O. Box 1927

Watsonville, CA 95077 (831) 728-1356

Bay Area Office:

1871 The Alameda, Ste. 180

San Jose, CA 95126 (408) 247-8319

www.appliedsurveyresearch.org

APPLIED SURVEY RESEARCH STAFF

Project Director:

Susan Brutschy

Analysts and Researchers:

Jennifer Anderson-Ochoa

James Connery

Wilfrido Hernandez

Javier Salcedo

Graphic Design and Layout:

Jenna Nybank

PROJECT OVERVIEW

What is the quality of life like in San Luis Obispo County? Do residents feel safe? Are there enough employment opportunities? Do people feel they have access to good schools and services? Is our community healthy?

These are just a few of the questions that a consortium of public and private health, education, business, environmental, human service, and civic organizations set out to answer when they began the ACTION for Healthy Communities project in the late 1990s.

The first wave of data collection occurred in 1999. The project was updated in 2001, 2003, 2006, 2010, 2013, and 2016. This 2020 survey represents the eighth report, in which many of the measures have been examined for trends, while some new indicators have been added.

When reviewing the results of this year's report, please keep in mind that all data collection occurred prior to the global pandemic, COVID-19. While the results presented throughout this report reflect a much different landscape than residents of San Luis Obispo County experience today, the ACTION for Healthy Communities team is committed to using these results to ensure that all residents of San Luis Obispo County are healthy and thriving amidst even the toughest of circumstances.

For further information, contact ACTION for Healthy Communities c/o The Community Foundation San Luis Obispo County, 550 Dana Street, San Luis Obispo, CA 93401 - (805) 543-2323.

INTRODUCTION

By sharing resources and working together, local organizations can develop more comprehensive and useful planning tools. ACTION for Healthy Communities (ACTION) has developed this assessment of the quality of life in San Luis Obispo County to help organizations that allocate resources to more effectively address critical community concerns.

This report is considered one of the first steps in a comprehensive planning process.

ACTION celebrates the collaborative spirit of all individuals and organizations involved with this ongoing effort. We especially thank our financial sponsors for their support, encouragement, and faith in the process.

MISSION, GUIDING PRINCIPLES, AND PROJECT GOALS

The mission of ACTION is to identify and address community needs through collaborative efforts with partners which advance effective strategies, programs, and policies that improve health and well-being in San Luis Obispo County.

ACTION HAS ADOPTED THESE GUIDING PRINCIPLES

- Long-term approach to planning and program development;
- Commitment to empowerment through a community-driven process;
- Assessment should result in identification of priorities and action plans.

PROJECT GOALS

As defined the project goals are:

- Raise public awareness of human needs, trends, emerging issues, and community problems;
- Provide accurate, credible, and valid information on an ongoing basis to community service providers to guide decision-making about creation, management, and redesign of programs.

DESIRED OUTCOMES

ACTION has developed the following desired outcomes for this community assessment: To study the community health and services that exist in order to:

- Provide accurate, credible, and valid information on an ongoing basis to health and human services providers, policymakers, and funders concerning the creation, management, and support of programs.
- Encourage collaboration and partnerships to facilitate improved service delivery that is coordinated, holistic, and consolidated within the community.
- Set community indicators that can serve as the basis for the formulation of community goals that will lead to a community-wide vision and plan for improving community health.
- Reassess key indicators every three years to track progress and to identify emerging gaps and resources so that strategies for responding to the gaps can be developed.

COMMUNITY ASSESSMENT PROCESS OVERVIEW

This community assessment model provides a comprehensive view of the quality of life in San Luis Obispo County. It is based on primary (public opinion) data that are gathered for a series of indicators in seven areas: basic needs, education, the economy, health, natural and built environment, public safety, and social environment.

DATA REPORT

This report is a compilation of data gathered every three to four years (please see Appendix A for the methodology). The guiding principle of this report is to provide an in-depth look at the quality of life in San Luis Obispo County. Geographic areas, age, and target group breakdowns have been incorporated into many of the data items as well. Please refer to the legend for explanations of frequently used symbols and notations throughout the report.

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Patty Herrera

Dignity Health: Arroyo Grande
Community Hospital and
French Hospital Medical Center

Michael Kaplan

Transitions-Mental Health
Association

Ann McDowell

County of San Luis Obispo
Department of Public Health

Ritu Muralidharan

San Luis Obispo
Council of Governments

Daniel Audelo

San Luis Obispo
Council of Governments

Elizabeth "Biz" Steinberg

Community Action Partnership
of San Luis Obispo County

Whitney Szentesi

County of San Luis Obispo
Administrative Office

Jason Wells

First 5 San Luis Obispo County

Cassandra Wagner

The Community Foundation
San Luis Obispo County

Len Smolburd

The Community Foundation
San Luis Obispo County

Central Coast Voices Team:

Program Underwriter:
Joan Gellert-Sargen

Team:

KCBX Central Coast Public Radio,
Kris Kington-Barker, Christina
Lefevre Latner, and Fred R. Munroe

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County of San Luis Obispo

- Board of Supervisors
- Department of Public Health

Community Action Partnership of San Luis Obispo County (CAPSLO)

Dignity Health: Arroyo Grande Community Hospital and French Hospital Medical Center

First 5 San Luis Obispo County

San Luis Obispo Council of Governments

Tenet Health Care: Sierra Vista Regional Medical Center and Twin Cities Community Hospital

The Community Foundation San Luis Obispo County

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- Department of Planning and Building
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San Luis Obispo County Housing Trust Fund

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COLLABORATIVE PARTNERS

Thank you to all of the organizations and individuals that provided input and in-kind services that made it possible to formulate this report.

County of San Luis Obispo:

- Administrative Office
- Board of Supervisors
- Department of Behavioral Health
- Department of Planning and Building
- Department of Probation
- Department of Public Health
- Department of Social Services
- Library

Dignity Health: Arroyo Grande Community Hospital and French Hospital Medical Center

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Geoffrey Chiapella, San Luis Obispo Council of Governments

Hospice of San Luis Obispo

Michael Latner, Cal Poly San Luis Obispo Political Science Department

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The Community Foundation San Luis Obispo County



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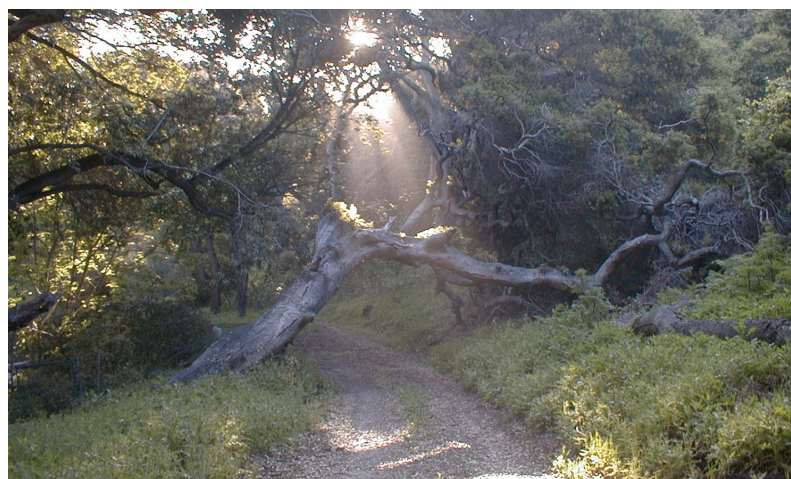
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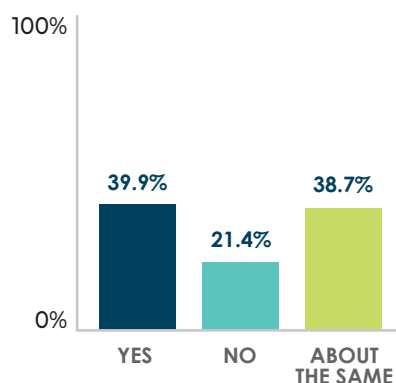


EXECUTIVE SUMMARY

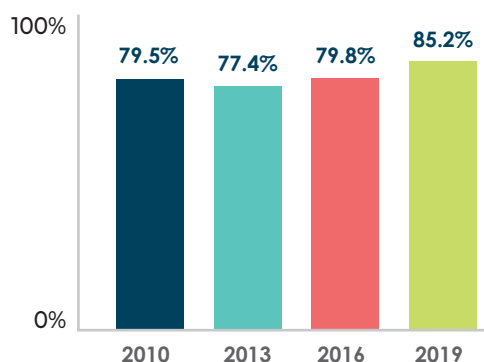
This report offers a portrait of San Luis Obispo County residents and represents the eighth iteration of the original Vital Signs report, published in 1999. Data collected from several years' worth of telephone surveys were woven together to illustrate how San Luis Obispo County residents are faring across the following quality of life domains: Basic Needs, Economy, Health, Natural and Built Environment, Public Safety, and Social Environment. We hope these findings provide a framework to encourage collaboration and help identify a community-wide vision plan for improving community health.

FINANCIAL WELL-BEING

DO YOU FEEL YOU ARE BETTER OFF THIS YEAR THAN LAST YEAR ECONOMICALLY? (2019)

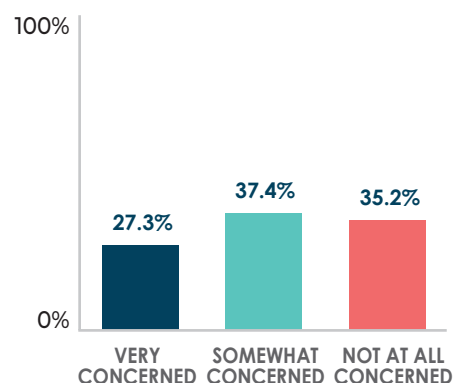


DO YOU HAVE AT LEAST \$300 IN A SAVINGS ACCOUNT? (RESPONDENTS ANSWERING "YES")



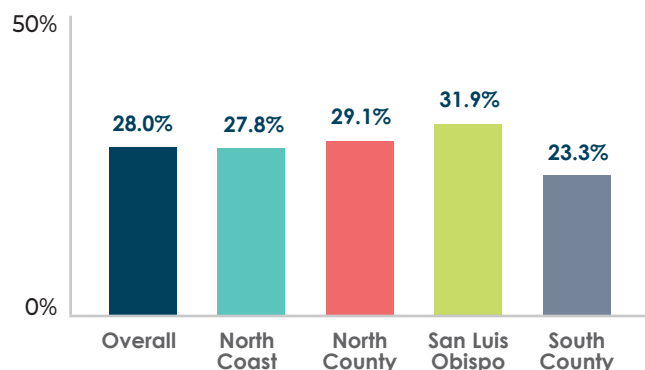
EMPLOYMENT

HOW CONCERNED ARE YOU ABOUT EMPLOYMENT OPPORTUNITIES IN YOUR COMMUNITY? (2019)



MENTAL HEALTH

HAVE YOU OR A MEMBER OF YOUR HOUSEHOLD NEEDED TO TALK TO A HEALTH CARE PROFESSIONAL ABOUT PROBLEMS LIKE STRESS, EMOTIONAL PROBLEMS, FAMILY, DRUG OR ALCOHOL? (RESPONDENTS ANSWERING "YES")



PHYSICAL HEALTH

IN GENERAL, WOULD YOU SAY YOUR PHYSICAL HEALTH IS...?

RESPONSE	2019
Overall	
Excellent	17.5%
Very Good	33.5%
Good	34.5%
Fair	11.1%
Poor	3.5%
Total Respondents	1,100

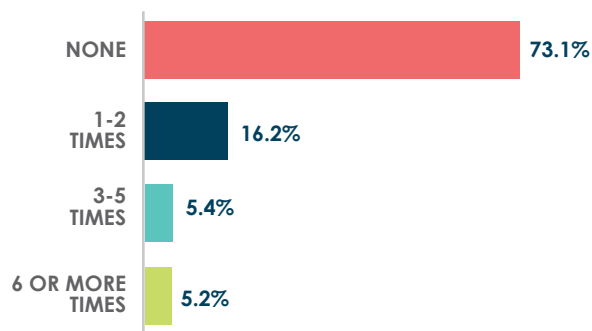
CHILDREN'S SCREEN TIME

DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT ON SCREEN TIME (COMPUTER, TV, VIDEOS, TEXTING)? (2019)



ALCOHOL USE

CONSIDERING ALL THE TYPES OF ALCOHOLIC BEVERAGES, IN THE PAST 30 DAYS ABOUT HOW MANY TIMES DID YOU HAVE (4 IF FEMALE; 5 IF MALE) OR MORE DRINKS ON AN OCCASION



NATURAL & BUILT ENVIRONMENT

COMMUNITY ISSUES

HOW CONCERNED ARE YOU ABOUT THE FOLLOWING ISSUES IN YOUR COMMUNITY? (RESPONDENTS ANSWERING "VERY CONCERNED" OR "SOMEWHAT CONCERNED")

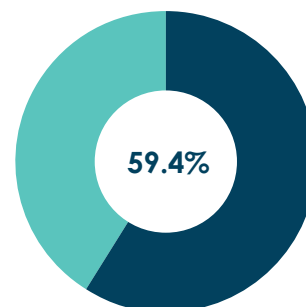
CATEGORY	2019
Water Quality	67.5%
Building in Open Space	61.4%
Traffic Congestion	66.5%
Pesticide Use	63.9%
Water Availability	70.8%
Wildfires	75.6%
Conversion of agricultural lands or open space to urban and built-up uses	72.6%
Total Respondents	1,059–1,097

CONCERN ABOUT CRIME AND VIOLENCE

HOW CONCERNED ARE YOU ABOUT CRIME? (RESPONDENTS ANSWERING "VERY CONCERNED" OR "SOMEWHAT CONCERNED")

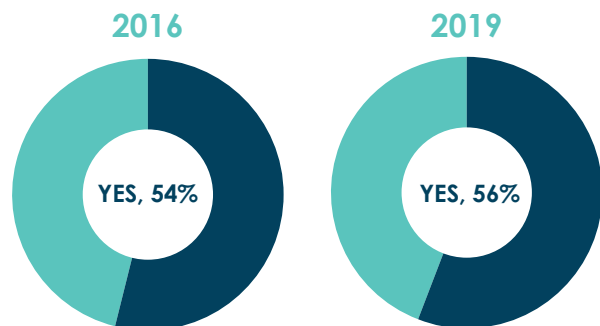


HOW CONCERNED ARE YOU ABOUT VIOLENCE IN THE COMMUNITY INCLUDING DOMESTIC AND GANGS? (RESPONDENTS ANSWERING "VERY CONCERNED" OR "SOMEWHAT CONCERNED")



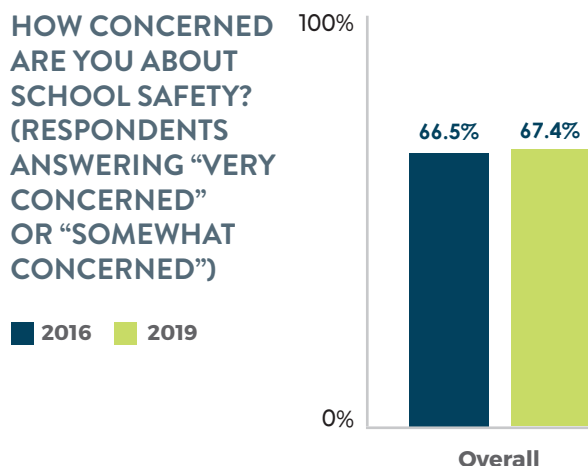
DISASTER PREPAREDNESS

IN PLANNING FOR A DISASTER, HAS YOUR HOUSEHOLD STORED FIVE DAYS' WORTH OF EMERGENCY SUPPLIES? (RESPONDENTS ANSWERING "YES")



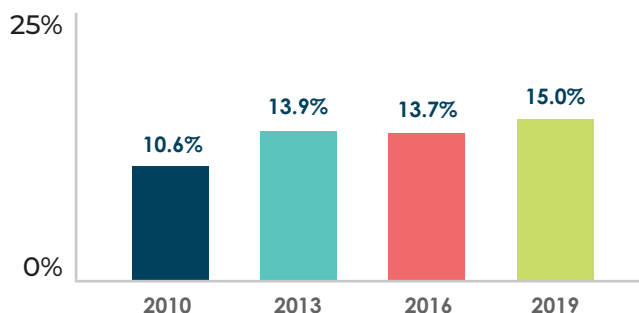
SCHOOL SAFETY

HOW CONCERNED ARE YOU ABOUT SCHOOL SAFETY? (RESPONDENTS ANSWERING "VERY CONCERNED" OR "SOMEWHAT CONCERNED")



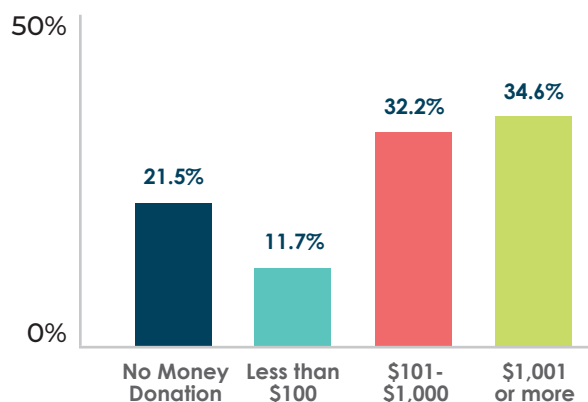
PEOPLE WITH DISABILITIES

DO YOU, OR DOES ANYONE ELSE IN YOUR HOUSEHOLD, HAVE A PERMANENT PHYSICAL OR MENTAL IMPAIRMENT THAT SUBSTANTIALLY LIMITS A MAJOR LIFE ACTIVITY, SUCH AS BATHING, DRESSING, STAIR CLIMBING, SHOPPING, OR MANAGING ONE'S MONEY? (RESPONDENTS ANSWERING "YES")



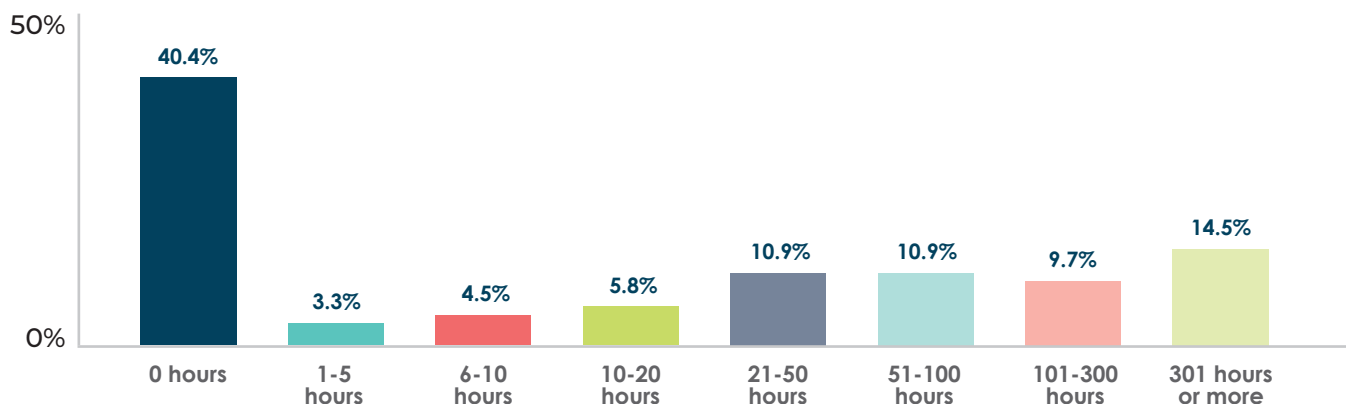
COMMUNITY PARTICIPATION

APPROXIMATELY HOW MUCH MONEY, OR THE CASH EQUIVALENT OF PROPERTY, DID YOU AND THE MEMBERS OF YOUR HOUSEHOLD CONTRIBUTE TO ANY ORGANIZATIONS IN THE PAST YEAR? (2019)



VOLUNTEERING

HOW MANY HOURS DID YOU SPEND IN 2019 VOLUNTEERING FOR ANY ORGANIZATION?



BASIC NEEDS



Basic Needs	11
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"Nine percent of Latino ACTION telephone survey respondents reported going without healthcare in 2019."

BASIC NEEDS

Access to health care is only one component of creating healthy communities and positive health outcomes for the people who live in those communities. Safe, affordable housing; clean drinking water; healthy, affordable food; access to education, and employment that offers a livable wage are essential components for living a healthy life. All of these factors significantly impact the overall health of the community. Policies that recognize there is more to health and well-being than health care alone enable society as a whole to flourish. Increased health contributes to increased productivity, a more efficient workforce, reduced expenditure on health care services, and healthy aging.

A number of people experience difficulty obtaining basic needs such as food, water, shelter, and safety. In a report published by the U.S. Census Bureau, approximately one in five of all types of households in the US experience hardships in meeting basic needs.¹

ACTION telephone survey respondents were asked if they went without any basic needs in the last year. Overall, 7% reported going without health care and 4% went without food.

IN ANY GIVEN MONTH DURING THE PAST YEAR, DID YOU GO WITHOUT...? (2019)

RESPONSE	WHITE	LATINO	OTHER
Child Care	1.3%	4.3%	4.3%
Food	3.0%	4.3%	7.2%
Health Care	5.6%	9.3%	13.8%
Housing	1.7%	3.7%	2.9%
Transportation	3.4%	3.7%	5.1%
Utilities	2.0%	4.3%	2.9%
Other	0.7%	1.2%	2.2%
Did Not Go Without Basic Needs	88.7%	80.1%	76.1%
Total Respondents	769	161	138
Total Responses	817	179	158

Source: ACTION for Healthy Communities. (2019). Regional Telephone Survey. Note: Other includes Black, Native American, and Asian populations.

IN ANY GIVEN MONTH DURING THE PAST YEAR, DID YOU GO WITHOUT...? (2019)

RESPONSE	OVERALL	NORTH COAST	NORTH COUNTY	SAN LUIS OBISPO	SOUTH COUNTY
Child Care	2.1%	0.7%	2.9%	1.8%	2.9%
Food	3.7%	2.9%	5.1%	3.7%	3.3%
Health Care	7.1%	5.5%	8.0%	7.7%	7.3%
Housing	2.3%	0.4%	3.3%	2.9%	2.6%
Transportation	3.7%	2.9%	6.2%	3.3%	2.6%
Utilities	2.4%	2.6%	2.9%	2.9%	1.1%
Other	1.0%	1.8%	0.7%	0.4%	1.1%
Total Respondents	1,095	274	274	273	274
Total Responses	1,184	288	309	297	290

Source: ACTION for Healthy Communities. (2019). Regional Telephone Survey. Note: This was a multiple response question which enabled respondents to select more than one response.

¹ Siebens, J. (2013). "Extended Measures of Well-Being: Living Conditions in the United States: 2011 Household Economic Studies." U.S. Census Bureau.

HOUSING

The availability of affordable, safe, quality housing is central to the health, diversity, and economic vitality of a community. Access to affordable housing enables low and moderate-income families to put more of their financial resources toward the purchase of nutritious food, medical care, and reliable child care for their children. In addition, the development of affordable housing increases spending and employment in the surrounding community, acts as an important source of revenue for local governments and reduces the likelihood of foreclosure and its associated costs. Moreover, a sufficient supply of affordable housing increases the likelihood that employers can attract and retain workers, which in turn supports the local economy.²

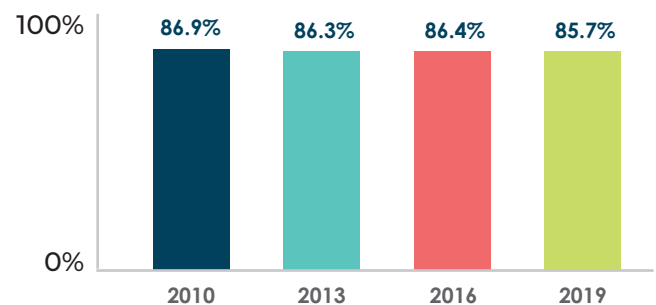
The U.S. Department of Housing and Urban Development's (HUD) definition of affordable housing is for a household to pay no more than 30% of its annual income on housing.



AFFORDABLE HOUSING

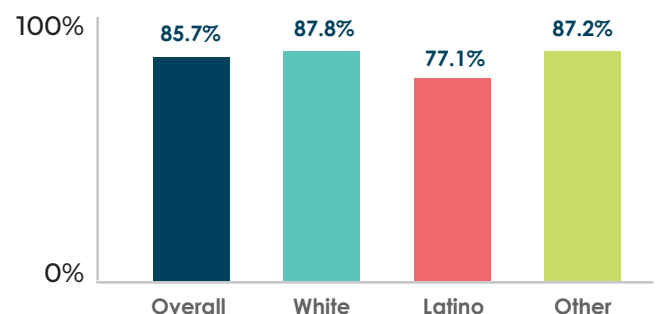
Eighty-six percent of ACTION telephone survey respondents reported being “Very Concerned” or “Somewhat Concerned” about housing affordability in 2019.

HOW CONCERNED ARE YOU ABOUT HOUSING AFFORDABILITY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,095; 2013 n: 1,097; 2016 n: 1,104; 2019 n: 1,085.

HOW CONCERNED ARE YOU ABOUT HOUSING AFFORDABILITY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: Overall=1,085; White=761; Latino=157; Other=140. Note: Other includes Black, Native American, and Asian populations.

² Center for Housing Policy and the MacArthur Foundation. (2011). The Role of Affordable Housing in Creating Jobs and Stimulating Local Economic Development: A Review of the Literature.

HOMELESSNESS

Individuals experiencing homelessness tend to have more health-related concerns than people with stable housing. They have higher rates of preventable illness, longer hospital stays, and higher rates of premature death. It is estimated that those experiencing homelessness stay an average of four days (or 36%) longer per hospital admission than non-homeless patients.³

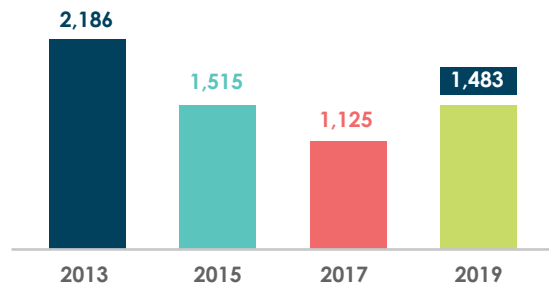
Eighty-six percent of ACTION telephone survey respondents reported that they were “very concerned” or “somewhat concerned” about homelessness in their community in 2019.

A total of 1,483 homeless individuals were counted in San Luis Obispo County on January 28th, 2019. The 2019 count represents a 32% increase from 1,125 individuals who met HUD’s definition of homelessness in 2017. Of the 2019 point-in-time homeless population, the majority (79%) were unsheltered.

2019 SHELTERED/UNSHELTERED POPULATION

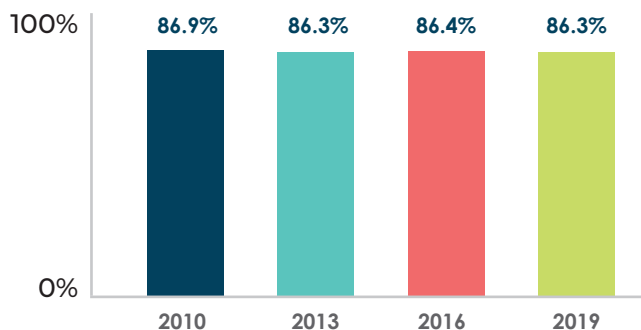


HOMELESS POPULATION: LONGITUDINAL TREND



Source: Applied Survey Research. (2019). San Luis Obispo Homeless Census.

HOW CONCERNED ARE YOU ABOUT HOMELESSNESS IN YOUR COMMUNITY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



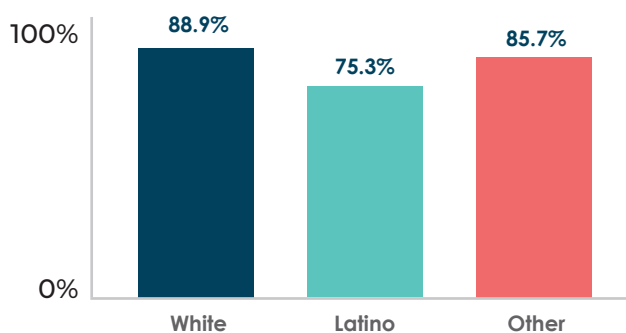
Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,095; 2013 n: 1,097; 2016 n: 1,104; 2019 n: 1,097.



³ Hwang, S.W., Weaver, J., Aubry, T.D., & Hoch, J.S. (2011). Hospital Costs and Length of Stay among Homeless Patients Admitted to Medical, Surgical, and Psychiatric Services, *Medical Care*, 49(4):350-54. doi: 10.1097/MLR.0b013e318206c50d.

HOMELESSNESS

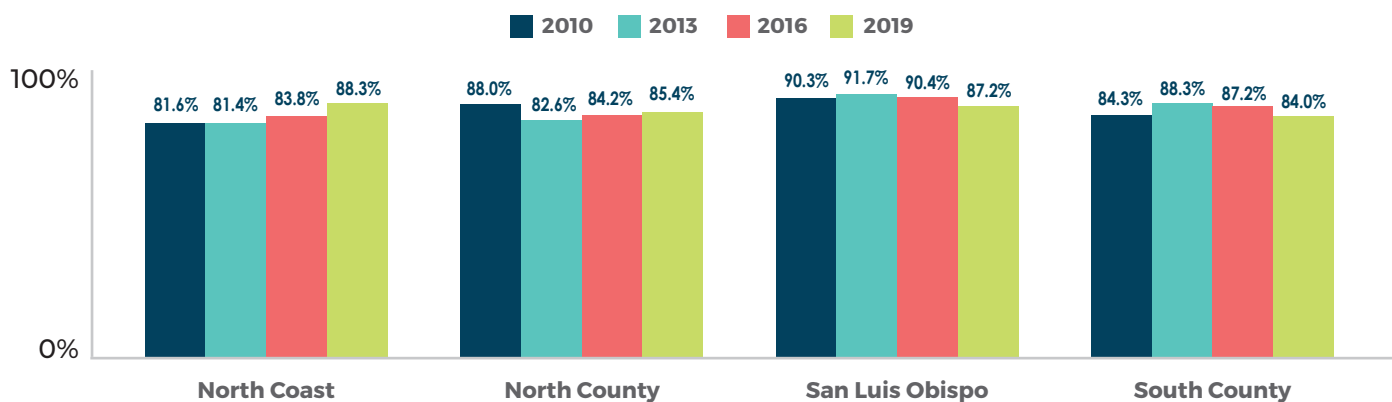
HOW CONCERNED ARE YOU ABOUT HOMELESSNESS IN YOUR COMMUNITY?
(RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED” BY RACE/ETHNICITY)



Source: ACTION for Healthy Communities. (2019). Telephone Survey.
2019 n: White=769, Latino=162, Other=140.
Note: Other category includes: Black, Native American and Asian.



HOW CONCERNED ARE YOU ABOUT HOMELESSNESS IN YOUR COMMUNITY?
(RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED” BY REGION)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.
2010 n: North Coast=310, North County=256, San Luis Obispo=243, South County=285; 2013 North Coast=249, North County=294, San Luis Obispo=291, South County=263; 2016 n: North Coast=257, North County=272, San Luis Obispo=296, South County=281; 2019 n: North Coast=274, North County=275, San Luis Obispo=274, South County=274.

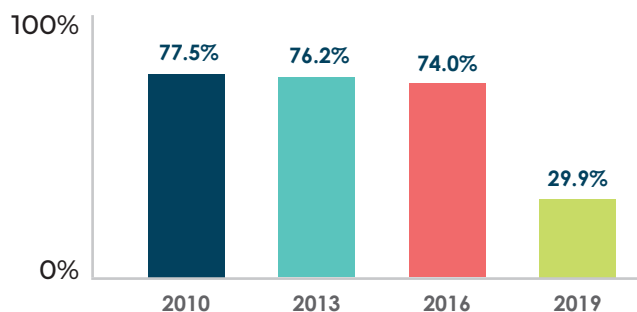
“Eighty-seven percent of ACTION telephone survey respondents in the San Luis Obispo area reported being concerned about homelessness in 2019, down from 90% of respondents in 2016.”

FOOD SECURITY

Access to affordable, healthy food is a critical component for health and well-being. Researchers have found that food insecurity is associated with malnutrition, particularly as it relates to inadequate consumption of nutritious foods, such as fresh fruits and vegetables.⁴ Individuals living in food-insecure households have a higher prevalence of fair or poor health and are more likely to suffer from chronic diseases, such as obesity, type II diabetes, and pulmonary disease. Research also suggests that food insecurity increases the likelihood of hospitalizations, developmental and mental health problems, and poor disease management, as well as increased health care spending. Moreover, research suggests that food insecurity triggers compensatory behaviors, such as skipping meals or binge eating when food is available, often on low-cost and nutritionally poor foods.^{5,6}



HOW CONCERNED ARE YOU ABOUT YOUR ACCESS TO LOCAL PRODUCE? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Note: The data point for 2019 has been checked for any discrepancies that resulted in the large decrease. While no discrepancies were found the data point should not be interpreted as an overall decrease in concerns for local produce in the San Luis Obispo County. This anomaly can be in part due to survey administering the order of questions differently or some wording change in the question.

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,087; 2013 n: 1,092; 2016 n: 1,102; 2019 n: 1,091.

DURING THE LAST 30 DAYS HOW OFTEN DID YOU GET YOUR 5 DAILY SERVINGS OF FRUITS AND VEGETABLES?

RESPONSE	2019
Every Day	34.8%
Just about every day	25.1%
Most of the time	21.1%
Sometimes	13.6%
Rarely	3.5%
Never	1.9%
Total Respondents	1,090

Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: 1,090

⁴ Drewnowski A., Darmon N. (July 2015). The Economics of Obesity: Dietary Energy Density and Energy Cost. American Journal of Clinical Nutrition. Issue#:82 (suppl):265S–73S.

⁵ Edin, K., Boyd, M., Mabli, J., Ohls, J., Worthington, J., Greene, S., Redel N., and Sridharan, S. (2013). SNAP Food Security InDepth Interview Study: Final Report. Family Programs Report. U.S. Department of Agriculture, Food and Nutrition Service.

⁶ Bruening M., MacLehose R., Loth K., Story M., Neumark Sztainer D. Feeding a Family in a Recession: Food Insecurity among Minnesota Parents. (2012 March). American Journal of Public Health. Issue#: 102(3): Pg. 520–Pg. 526.

FAMILY READING

Family reading is a crucial activity for children to learn early literacy skills. The American Academy of Pediatrics (AAP) now advises pediatric providers to recommend that parents read to their children daily from infancy. Reading regularly to young children stimulates brain development, strengthens language skills and literacy, and strengthens parent-child relationships. Reading proficiency by third grade is the most important predictor of high school graduation success. As of 2014, two thirds of U.S. third graders lacked proficient reading skills.⁷

In 2019, 56% of the ACTION telephone survey respondents with families with children under the age of 12 read to their children every day, lower than in 2010 (60%).



IN A USUAL WEEK, ABOUT HOW MANY DAYS DO YOU OR ANY OTHER FAMILY MEMBERS READ STORIES OR LOOK AT PICTURE BOOKS WITH YOUR CHILD(REN) UNDER 12 YEARS OLD?

RESPONSE	2010	2013	2016	2019
Every Day	60.1%	56.5%	56.5%	56.4%
3 to 6 Times a Week	22.4%	25.8%	29.4%	27.6%
Once or Twice a Week	13.2%	12.8%	9.8%	9.4%
Never	4.3%	5.0%	4.3%	6.6%
Total Respondents	233	256	198	181

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

"Seven percent of ACTION telephone survey respondents reported never reading to their children in 2019, up from 4% of respondents in 2016."

⁷ American Academy of Pediatrics POLICY STATEMENT Literacy Promotion: An Essential Component of Primary Care Pediatric Practice. Accessed September 2016. From <http://pediatrics.aappublications.org/content/pediatrics/early/2014/06/19/peds.2014-1384.full.pdf>

**IN A USUAL WEEK, ABOUT HOW MANY DAYS DO YOU OR ANY OTHER FAMILY MEMBERS
READ STORIES OR LOOK AT PICTURE BOOKS WITH YOUR CHILD(REN) UNDER 12 YEARS OLD?**

CATEGORY	2010	2013	2016	2019
North Coast				
Every Day	62.4%	75.9%	62.9%	56.8%
3 to 6 Times a Week	19.7%	17.1%	24.7%	24.3%
Once or Twice a Week	15.2%	7.0%	12.4%	8.1%
Never	2.7%	0.0%	0.0%	10.8%
Total Respondents	52	56	31	37
North County				
Every Day	56.2%	49.8%	58.2%	50.8%
3 to 6 Times a Week	28.6%	21.4%	25.4%	35.6%
Once or Twice a Week	8.5%	24.3%	10.6%	8.5%
Never	6.7%	4.5%	5.7%	5.1%
Total Respondents	76	84	48	59
San Luis Obispo				
Every Day	54.6%	58.0%	47.4%	53.5%
3 to 6 Times a Week	24.7%	39.5%	34.5%	27.9%
Once or Twice a Week	13.4%	0.0%	10.0%	11.6%
Never	7.2%	2.5%	8.0%	7.0%
Total Respondents	45	51	58	43
South County				
Every Day	62.2%	57.2%	59.7%	66.7%
3 to 6 Times a Week	20.5%	27.4%	29.5%	19.0%
Once or Twice a Week	14.2%	6.6%	8.7%	9.5%
Never	3.0%	8.8%	2.0%	4.8%
Total Respondents	61	60	58	42

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

ECONOMY



Financial Well-Being and Income 19

Financial Well-being 19

Household Income 20

Employment 21

Concern about Employment Opportunities 21

"Eighty-five percent of ACTION telephone survey respondents reported having at least \$300 in a savings account in 2019, up from 80% in 2016."

FINANCIAL WELL-BEING AND INCOME

Overall financial well-being and income affects one's ability to acquire resources for healthy living and impacts the overall health of a community. With regards to income inequality, research demonstrates that people have a shorter life expectancy in places with higher levels of income inequality.

More San Luis Obispo County residents are feeling better off economically this year than in 2010. Forty percent of respondents felt better off this year, an increase from 35% in 2016; an overall increase from 28% in 2010. Eighty-six percent of overall ACTION telephone survey respondents had at least \$300 in a savings account in 2019.

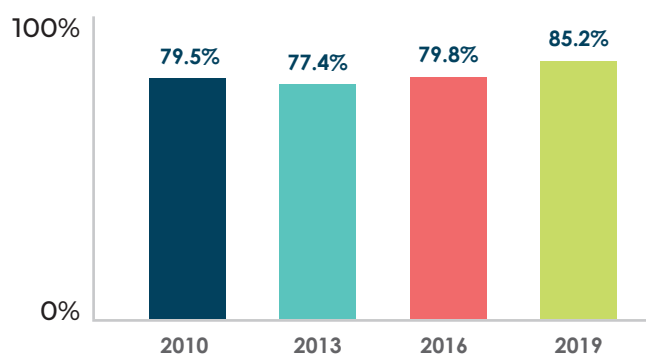
FINANCIAL WELL-BEING

DO YOU FEEL YOU ARE BETTER OFF THIS YEAR THAN LAST YEAR ECONOMICALLY?

RESPONSE	2010	2013	2016	2019
Yes	28.0%	38.8%	34.8%	39.9%
No	47.6%	25.9%	24.6%	21.4%
About the Same	24.4%	35.3%	40.6%	38.7%
Total Respondents	1,083	1,087	1,109	1,094

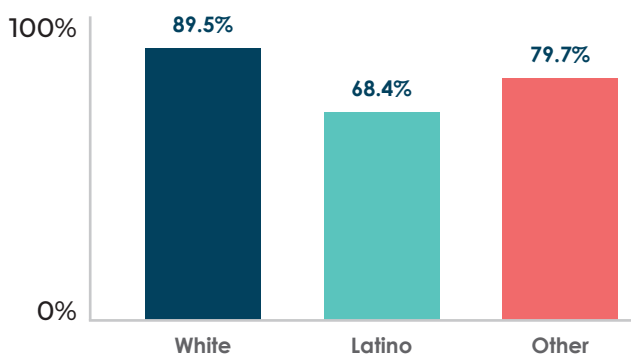
Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

DO YOU HAVE AT LEAST \$300 IN A SAVINGS ACCOUNT? (RESPONDENTS ANSWERING "YES")



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019) Telephone Survey. 2010 n: 1,058, 2013 n: 1,054, 2016 n: 1,063, 2019 n: 1,069

DO YOU HAVE AT LEAST \$300 IN A SAVINGS ACCOUNT? (RESPONDENTS ANSWERING "YES" BY RACE/ETHNICITY)



Source: ACTION for Healthy Communities. (2019) Telephone Survey. 2019 n: White=750, Latino=155, Other=138.

"Sixty-eight percent of Latino ACTION telephone survey respondents reported having at least \$300 in a savings account in 2019."

DO YOU FEEL YOU ARE BETTER OFF THIS YEAR THAN LAST YEAR ECONOMICALLY? (BY REGION)

REGION	2010	2013	2016	2019
North Coast				
Yes	26.6%	41.5%	33.6%	34.8%
No	47.8%	27.2%	25.9%	25.6%
About the Same	25.6%	31.3%	40.5%	39.6%
Total Respondents	255	248	256	273
North County				
Yes	36.4%	46.3%	34.9%	45.5%
No	44.9%	24.9%	24.6%	19.6%
About the Same	18.7%	28.8%	40.5%	34.9%
Total Respondents	306	289	273	275
San Luis Obispo				
Yes	23.5%	34.9%	37.6%	35.9%
No	48.6%	25.5%	21.5%	20.1%
About the Same	27.9%	39.6%	40.9%	44.0%
Total Respondents	244	292	296	273
South County				
Yes	29.1%	31.9%	32.2%	43.6%
No	49.3%	27.3%	27.3%	20.1%
About the Same	21.7%	40.8%	40.5%	36.3%
Total Respondents	279	259	283	273

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

HOUSEHOLD INCOME

Per capita personal income and median household income increased over the years in San Luis Obispo County. Twenty-two percent (22%) of ACTION telephone respondents earned \$34,999 or less a year, per household income in 2019.



WHAT INCOME RANGE BEST DESCRIBES YOUR HOUSEHOLD INCOME?

RESPONSE	2019
\$34,999 or less per Year	22.1%
\$35,000 to \$74,999 per Year	28.1%
\$75,000 to \$114,999 per Year	26.3%
\$115,000 or more per Year	23.6%
Total Respondents	951

Source: ACTION for Healthy Communities. (2019). Telephone Survey.

EMPLOYMENT

Employment status is one factor affecting the ability of an individual to live healthy and contribute to the community. For example, unemployment is associated with higher rates of self-reported poor health, long-term illness, higher incidence of risky health behaviors (e.g., alcoholism, smoking), and increased mortality.⁸

Concern about employment opportunities is dropping. In 2010, slightly over half of ACTION telephone survey respondents (52%) were “very concerned” about employment opportunities in their communities; this percentage decreased to 42% in 2013, 33% in 2016, and to 32% in 2019.



CONCERN ABOUT EMPLOYMENT OPPORTUNITIES

HOW CONCERNED ARE YOU ABOUT EMPLOYMENT OPPORTUNITIES IN YOUR COMMUNITY?

RESPONSE	2010	2013	2016	2019
Very Concerned	52.3%	42.3%	32.6%	27.3%
Somewhat Concerned	32.8%	41.3%	38.8%	37.4%
Not at All Concerned	14.9%	16.4%	28.7%	35.2%
Total Respondents	1,089	1,086	1,096	1,079

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

“27% of ACTION telephone survey respondents reported being very concerned about employment opportunities in 2019, down from 33% in 2016.”

⁸ Bay Area Regional Health Inequities Initiative. 2015. Applying Social Determinants of Health Indicator Data for Advancing Health Equity: A Guide for Local Health Department Epidemiologists, and Public Health Professionals.

HOW CONCERNED ARE YOU ABOUT EMPLOYMENT OPPORTUNITIES IN YOUR COMMUNITY? (BY REGION)

REGION	2010	2013	2016	2019
North Coast				
Very Concerned	47.5%	48.3%	32.5%	26.6%
Somewhat Concerned	37.9%	34.5%	35.3%	41.8%
Not at All Concerned	14.6%	17.2%	32.2%	31.6%
Total Respondents	255	249	254	263
North County				
Very Concerned	56.8%	44.1%	30.2%	27.4%
Somewhat Concerned	30.7%	41.6%	38.3%	34.7%
Not at All Concerned	12.5%	14.3%	31.5%	38.0%
Total Respondents	308	290	271	274
San Luis Obispo				
Very Concerned	48.7%	38.0%	38.0%	27.1%
Somewhat Concerned	32.5%	44.7%	36.0%	35.9%
Not at All Concerned	18.7%	17.3%	26.0%	37.0%
Total Respondents	242	290	292	273
South County				
Very Concerned	58.0%	41.0%	31.8%	28.3%
Somewhat Concerned	28.6%	41.0%	42.5%	37.5%
Not at All Concerned	13.4%	18.0%	25.7%	34.2%
Total Respondents	284	259	279	269

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.



HEALTH



"Ninety-one percent of ACTION telephone survey respondents reported having health insurance in 2019, continuing a steady increase from 90% in 2016 and 82% in 2013."

Access to Health Care	24
Health Insurance	24
Health Insurance	24
Oral Health	26
Dental Care	26
Mental Health	28
Physical Health and Activity	29
Children Activity	31
Nutrition	34
Alcohol Use	37
Concern about Drug, Tobacco, and Alcohol abuse	39

ACCESS TO HEALTH CARE

Individuals who lack a dependable source of health care often have more difficulties obtaining needed care, receive fewer preventive health services, and are more likely to wait until their conditions worsen before seeking treatment.⁹ Children's access to primary health care is essential for monitoring healthy growth and development¹⁰ and to prevent everyday illnesses from progressing into more serious health concerns. Children with a dependable source of care are more likely to access preventive services, resulting in better health outcomes and fewer health disparities overall.¹¹



HEALTH INSURANCE

Individuals who lack health insurance coverage experience significant barriers in access to health services. Families and individuals without health insurance coverage frequently have unmet health needs, experience delays in receiving appropriate care, receive fewer preventive services, and have a higher rate of hospitalizations.¹²

Children who have health insurance perform better in school, have higher school attendance rates, are more likely to have a regular dependable source of primary care, and are less likely to be hospitalized for conditions that could have been treated by a primary care physician.¹³

Covered California is California's health insurance marketplace for the federal Patient Protection and Affordable Care Act.¹⁴ Coverage began in 2014 and includes both unsubsidized and subsidized coverage. Through Covered California's subsidized care, individuals and families receive federal assistance to reduce the cost of premiums and out-of-pocket expenses for health coverage.¹⁵ Subsidized coverage includes no-cost Medi-Cal and premium assistance in which health services are available on a sliding-scale basis.

HEALTH INSURANCE

Ninety-one percent of ACTION telephone survey respondents reported having health insurance in 2019, an increase from 84% in 2010.

⁹ U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality. (2011). National Healthcare Disparities and Quality Report. Washington, D.C.

¹⁰ ChildStats.gov. America's Children: Key National Indicators of Well-Being. Usual Source of Health Care. (2019) Accessed April 6, 2019. From https://www.childstats.gov/pdf/ac2019/ac_19.pdf

¹¹ U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau. (2014). Child Health USA 2014. Rockville, Maryland: U.S. Department of Health and Human Services.

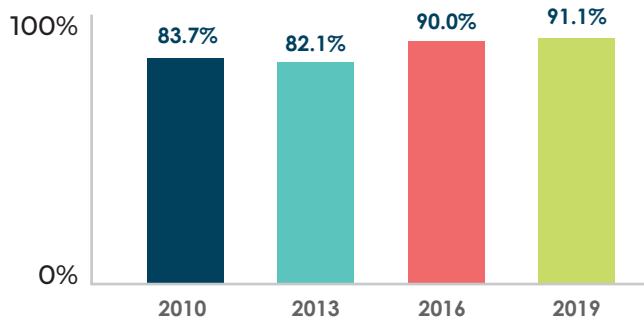
¹² U.S. Department of Health and Human Services. (2011). Healthy People 2020 objectives. From <http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=1>.

¹³ Bernstein J, Chollet D, Peterson S. How Does Insurance Coverage Improve Health Outcomes?. ISSUE BRIEF 2010. Accessed October 21, 2015. From http://www.mathematica-mpr.com/~media/publications/pdfs/healthreformhealthcare_ib1.pdf.

¹⁴ Covered California. (2014). Covered California health insurance plans. From <http://www.coveredca.com/PDFs/CC-health-plans-booklet-rev4.pdf>

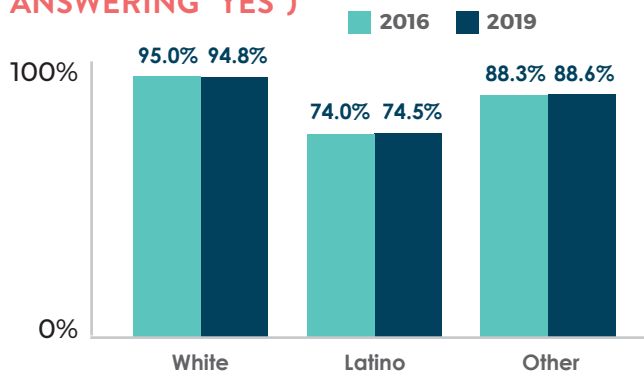
¹⁵ Ibid.

DO YOU HAVE HEALTH INSURANCE? (RESPONDENTS ANSWERING “YES”)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,099; 2013 n: 1,098; 2016 n: 1,106, 2019 n: 1,098.

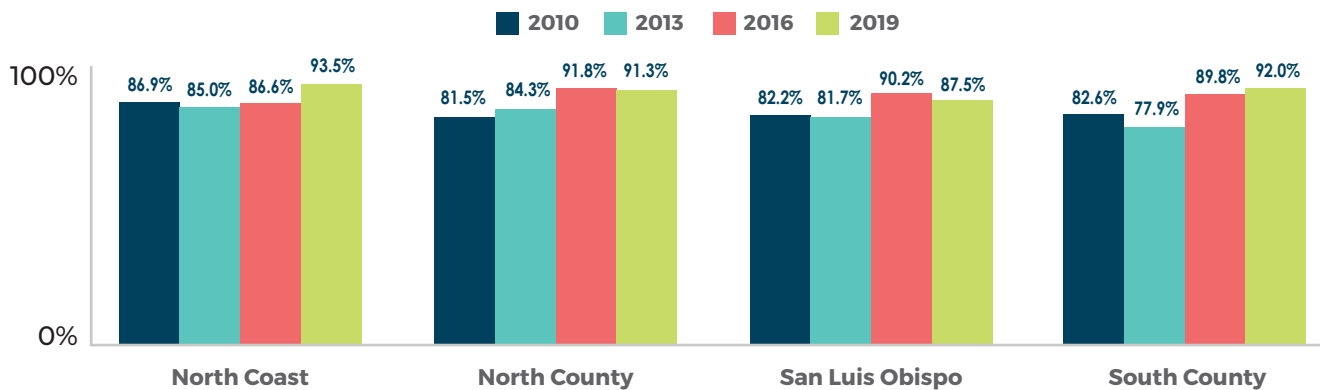
DO YOU HAVE HEALTH INSURANCE? BY RACE/ETHNICITY (RESPONDENTS ANSWERING “YES”)



Source: ACTION for Healthy Communities. (2019) Telephone Survey.
2016 n: White=744, Latino=159, Other=147.
2019 n: White=770, Latino=161, Other=140.
Note: Other includes Black, Native American, and Asian.



DO YOU HAVE HEALTH INSURANCE? BY REGION (RESPONDENTS ANSWERING “YES”)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.
2010 n: North Coast=259, North County=311, San Luis Obispo=244, South County=285; 2013 n: North Coast=249, North County=294; San Luis Obispo=292, South County=262;
2016 n: North Coast=256, North county=272, San Luis Obispo= 295, South County=284; 2019 n: North Coast=275, North County=275, San Luis Obispo=273, South County=275.

ORAL HEALTH

Oral health is essential to overall health. Good oral health improves a person's ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions. Good self-care, such as brushing with fluoride toothpaste, daily flossing, and regular professional dental cleaning and treatment, is key to good oral health. Poor oral health can lead to diseases, from cavities to oral cancer, which cause pain and disability. Health behaviors that can lead to poor oral health include tobacco use, excessive alcohol use, and poor dietary choices. Barriers that can limit a person's use of preventive interventions and treatments include limited access to and availability of dental services; lack of awareness of the need for care; cost; and fear of dental procedures. There are also social determinants that affect oral health. People with lower levels of education and income and people from specific racial/ethnic groups have higher rates of oral diseases. Additionally, people with disabilities and other health conditions are more likely to have poor oral health.¹⁶



DENTAL CARE

Seventy percent of adult ACTION telephone survey respondents had a routine dental checkup in the past year.

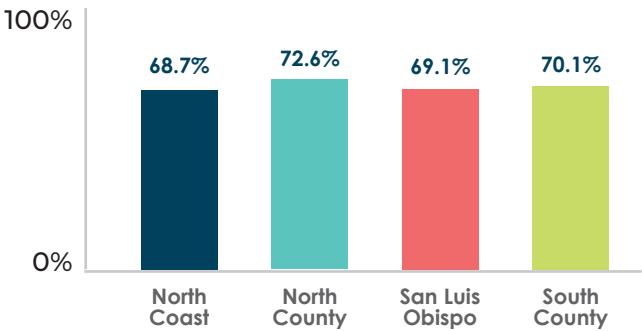
HOW LONG HAS IT BEEN SINCE YOU LAST VISITED A DENTIST FOR A ROUTINE CHECKUP?

RESPONSE	2010	2013	2016	2019
I Do Not Have a Regular Source of Dental Care	NA	NA	2.1%	1.8%
Within the Past Year	70.9%	65.5%	68.5%	70.1%
1–2 Years	14.5%	17.7%	14.8%	15.4%
3–5 Years	7.2%	7.6%	6.6%	6.5%
More than 5 Years Ago	7.3%	8.2%	6.9%	5.5%
Never	0.2%	1.0%	1.1%	0.7%
Total Respondents	1,098	1,094	1,109	1,098

Source: ACTION for Healthy Communities, Telephone Survey, 2010, 2013, 2016, and 2019.

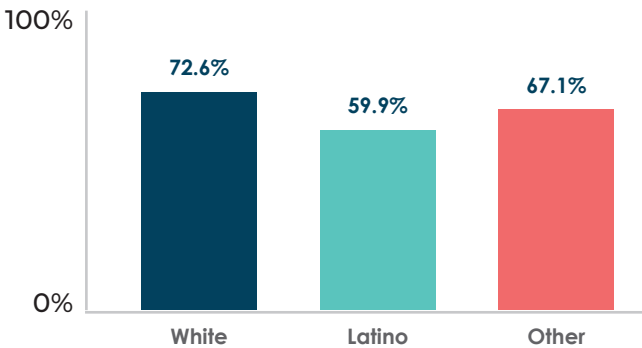
¹⁶ Bay Area Regional Health Inequities Initiative. 2015. Applying Social Determinants of Health Indicator Data for Advancing Health Equity: A Guide for Local Health Department Epidemiologists, and Public Health Professionals.

**HOW LONG HAS IT BEEN SINCE YOU
LAST VISITED A DENTIST FOR A ROUTINE
CHECKUP? BY REGION (RESPONDENTS
ANSWERING “WITHIN THE PAST YEAR”)**



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2019 n: North Coast=274, North County=275, San Luis Obispo=275, South County=274.

**HOW LONG HAS IT BEEN SINCE YOU
LAST VISITED A DENTIST FOR A ROUTINE
CHECKUP? BY RACE/ETHNICITY
(RESPONDENTS ANSWERING “WITHIN
THE PAST YEAR”)**



Source: ACTION for Healthy Communities. (2019) Telephone Survey. 2019 n: White=769, Latino=162, Other=140.
Note: Other includes Black, Native American, and Asian.



“Sixty percent of Latino ACTION telephone survey respondents reported having a routine dentist checkup within the past year, in comparison to 73% of white respondents.”

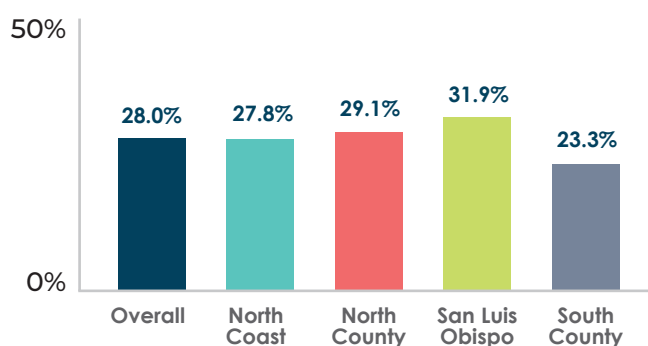
MENTAL HEALTH

Mental health is an important part of overall health and wellness. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and is essential to family and interpersonal relationships and our ability to contribute to community or society. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.¹⁷

Mental health plays a major role in a person's ability to maintain good physical health. Mental illnesses, such as depression and anxiety, negatively affect people's ability to participate in health-promoting behaviors. In turn, problems with physical health, such as chronic diseases and pain, can have a serious detrimental impact on mental health and decrease a person's ability to participate in treatment and recovery.¹⁸

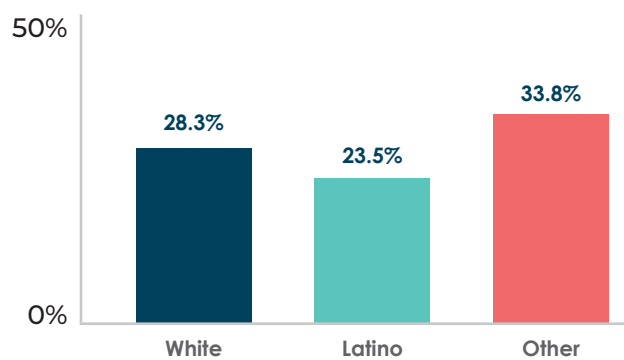


HAVE YOU OR A MEMBER OF YOUR HOUSEHOLD NEEDED TO TALK TO A HEALTH CARE PROFESSIONAL ABOUT PROBLEMS LIKE STRESS, EMOTIONAL PROBLEMS, FAMILY, DRUG OR ALCOHOL? (RESPONDENTS ANSWERING "YES")



Source: ACTION for Healthy Communities. (2019).
2019 n: Overall=1,096, North Coast n=273, North County=275, San Luis Obispo=273, South County=275.

HAVE YOU OR A MEMBER OF YOUR HOUSEHOLD NEEDED TO TALK TO A HEALTH CARE PROFESSIONAL ABOUT PROBLEMS LIKE STRESS, EMOTIONAL PROBLEMS, FAMILY, DRUG OR ALCOHOL? BY RACE/ETHNICITY (RESPONDENTS ANSWERING "YES")



Source: ACTION for Healthy Communities. (2019).
2019 n: White=768, Latino=162, Other=139

¹⁷ Centers for Disease Control and Prevention. (2020). Mental Health. From <https://www.cdc.gov/mentalhealth/index.htm>gov/2020/topics-objectives/topic/mental-health-and-mental-disorders.

¹⁸ Ibid.

PHYSICAL HEALTH AND ACTIVITY

"Only 14% of ACTION telephone survey respondents reported fair or poor physical health in 2019."

Healthy diets, along with maintenance of healthy body weight, promote health and reduce the risk of chronic diseases.¹⁹ Efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in various settings such as schools, worksites, health care organizations, and communities. Having healthy, affordable food available in retail and food service settings allows people to make healthier food choices. When healthy foods are not available, people may select foods that are higher in calories and lower in nutritional value.²⁰

Regular physical activity can improve health and quality of life regardless of age or the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of

early death, stroke, type 2 diabetes, breast and colon cancer, and depression.²¹ Among children and adolescents, physical activity can improve bone health and muscle fitness, decrease levels of body fat, and reduce symptoms of depression.²² Other positive outcomes tied to regular physical activity among children and adolescents include improved performance at school and a decreased likelihood of engaging in risky behaviors.²³

The Centers for Disease Control and Prevention (CDC) recommends at least 2 hours and 30 minutes of mixed moderate-intensity, vigorous-intensity, and muscle strengthening activities each week for adults 18 to 64 years old.²⁴ Children and adolescents aged 6 to 17 years should have 60 minutes or more of daily physical activity.²⁵

IN GENERAL, WOULD YOU SAY YOUR PHYSICAL HEALTH IS...?

RESPONSE	2019
Overall	
Excellent	17.5%
Very Good	33.5%
Good	34.5%
Fair	11.1%
Poor	3.5%
Total Respondents	1,100

PHYSICAL HEALTH AND ACTIVITY

In 2019, 85% of ACTION telephone survey respondents in San Luis Obispo County responded that their physical health was "excellent", "very good", or "good". Seventy-seven percent of Latino survey respondents and 88% of white respondents reported having "excellent," "very good," or "good" physical health in 2019.

¹⁹ U.S. Department of Health and Human Services, Healthy People 2020. Healthy People 2020. Accessed December 2015. From <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>.

²⁰ Centers for Disease Control and Prevention. Overweight and Obesity. Healthy Food Environments. Accessed December 2015. From <http://www.cdc.gov/obesity/strategies/healthy-food-env.html>.

²¹ U.S. Department of Health and Human Services, Healthy People 2020. Healthy People 2020. Accessed August 9, 2016. From <https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>.

²² Ibid.

²³ Vigorous Physical Activity by Youth. Child Trends Databank 2014. Accessed November 4, 2015. From <http://www.childtrends.org/?indicators=vigorous-physical-activity-by-youth>.

²⁴ Centers for Disease Control and Prevention. (2011). Physical activity guidelines. From <http://www.cdc.gov/physicalactivity/everyone/guidelines/>.

²⁵ Centers for Disease Control and Prevention. Physical Activity. How much physical activity do children need? Accessed on August 9, 2016. From <http://www.cdc.gov/physicalactivity/basics/children/>.



IN GENERAL, WOULD YOU SAY YOUR PHYSICAL HEALTH IS...? BY RACE/ETHNICITY

RESPONSE	2019
White	
Excellent	18.9%
Very Good	36.4%
Good	32.4%
Fair	9.7%
Poor	2.5%
Total Respondents	771
Latino	
Excellent	11.7%
Very Good	23.5%
Good	41.4%
Fair	16.0%
Poor	7.4%
Total Respondents	162
Other	
Excellent	17.9%
Very Good	31.4%
Good	33.6%
Fair	12.1%
Poor	5.0%
Total Respondents	140

Source: ACTION for Healthy Communities. (2019).

"Seventy-seven percent of Latino ACTION telephone survey respondents reported having "excellent," "very good," or "good" health in 2019."

CHILDREN ACTIVITY

In 2019, 16% of Action telephone survey respondents reported their children participated in more than 10 hours of reading a week, an increase from 13% in 2016. In 2019, 35% of ACTION telephone survey respondents reported their children participated in more than 10 hours of physical activity a week, a decrease from 45% in 2016.



DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT READING? BY REGION

REGION	2010	2013	2016	2019
Overall				
Less than 5 Hours a Week	38.5%	36.3%	34.5%	37.7%
5–10 Hours a Week	44.7%	47.5%	52.5%	46.4%
More than 10 Hours a Week	16.8%	16.3%	13.0%	15.8%
Total Respondents	243	279	281	265
North Coast				
Less than 5 Hours a Week	32.8%	33.8%	24.1%	28.3%
5–10 Hours a Week	55.5%	61.3%	64.8%	52.8%
More than 10 Hours a Week	11.7%	4.9%	11.1%	18.9%
Total Respondents	54	52	52	53
North County				
Less than 5 Hours a Week	38.2%	37.8%	45.9%	32.5%
5–10 Hours a Week	41.5%	37.6%	47.1%	49.4%
More than 10 Hours a Week	20.3%	24.6%	7.1%	18.1%
Total Respondents	80	97	64	83
San Luis Obispo				
Less than 5 Hours a Week	42.0%	31.2%	22.4%	40.6%
5–10 Hours a Week	38.0%	52.0%	55.2%	44.9%
More than 10 Hours a Week	20.0%	16.8%	22.4%	14.5%
Total Respondents	46	54	69	69
South County				
Less than 5 Hours a Week	41.6%	38.0%	35.5%	50.0%
5–10 Hours a Week	38.7%	52.7%	51.4%	38.3%
More than 10 Hours a Week	19.7%	9.3%	13.1%	11.7%
Total Respondents	64	68	92	60

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT ON SCREEN TIME (COMPUTER, TV, VIDEOS, TEXTING)?

REGION	2010	2013	2016	2019
Overall				
Less than 5 Hours a Week	28.6%	27.5%	34.3%	33.6%
5–10 Hours a Week	46.2%	40.3%	32.3%	39.9%
More than 10 Hours a Week	25.1%	32.1%	33.4%	26.5%
Total Respondents	246	283	290	268
North Coast				
Less than 5 Hours a Week	25.7%	36.5%	30.2%	25.9%
5–10 Hours a Week	55.3%	44.9%	39.2%	40.7%
More than 10 Hours a Week	19.0%	18.6%	30.7%	33.3%
Total Respondents	56	52	52	54
North County				
Less than 5 Hours a Week	39.4%	28.6%	40.1%	37.3%
5–10 Hours a Week	42.1%	34.6%	19.6%	41.0%
More than 10 Hours a Week	18.5%	36.8%	40.3%	21.7%
Total Respondents	80	98	68	83
San Luis Obispo				
Less than 5 Hours a Week	20.0%	31.8%	41.8%	35.3%
5–10 Hours a Week	42.0%	33.0%	31.5%	38.2%
More than 10 Hours a Week	38.0%	35.1%	26.7%	26.5%
Total Respondents	46	55	73	68
South County				
Less than 5 Hours a Week	30.8%	21.9%	26.1%	33.3%
5–10 Hours a Week	42.8%	49.1%	43.0%	39.7%
More than 10 hours a Week	26.4%	29.0%	30.8%	27.0%
Total Respondents	65	70	94	63

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.





DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT DOING PHYSICAL ACTIVITY?

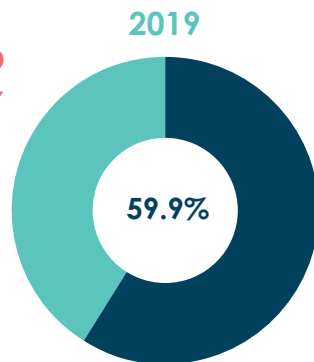
REGION	2010	2013	2016	2019
Overall				
Less than 5 Hours a Week	24.5%	16.3%	14.9%	24.6%
5–10 Hours a Week	44.3%	45.5%	40.6%	40.7%
More than 10 Hours a Week	31.2%	38.2%	44.5%	34.7%
Total Respondents	246	281	290	268
North Coast				
Less than 5 Hours a Week	20.6%	12.6%	9.0%	15.1%
5–10 Hours a Week	43.3%	36.0%	44.5%	49.1%
More than 10 Hours a Week	36.1%	51.3%	46.5%	35.8%
Total Respondents	56	52	52	53
North County				
Less than 5 Hours a Week	20.0%	19.1%	13.0%	22.4%
5–10 Hours a Week	46.6%	43.8%	33.0%	48.2%
More than 10 Hours a Week	33.4%	37.1%	54.0%	29.4%
Total Respondents	79	98	66	85
San Luis Obispo				
Less than 5 Hours a Week	29.0%	20.6%	14.9%	27.5%
5–10 Hours a Week	52.0%	41.7%	40.2%	31.9%
More than 10 Hours a Week	19.0%	37.7%	44.8%	40.6%
Total Respondents	46	54	73	69
South County				
Less than 5 Hours a Week	27.1%	12.8%	19.1%	32.8%
5–10 Hours a Week	38.3%	53.8%	45.2%	32.8%
More than 10 Hours a Week	34.5%	33.4%	35.6%	34.4%
Total Respondents	65	69	95	61

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

NUTRITION

Three fifths (60%) of ACTION telephone survey respondents responded eating five or more servings of fruits and vegetables daily.

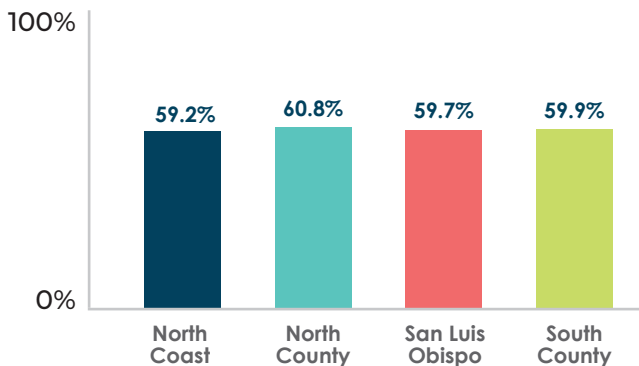
DURING THE LAST 30 DAYS, HOW OFTEN DID YOU GET YOUR 5 DAILY SERVINGS OF FRUITS AND VEGETABLES? (RESPONDENTS ANSWERING, “EVERY DAY” AND “JUST ABOUT EVERY DAY”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: 1,090.

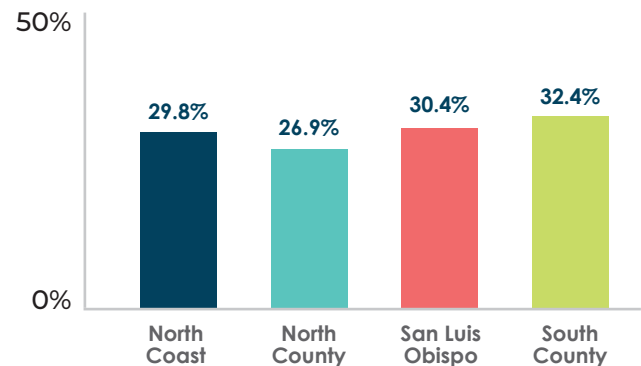


DURING THE LAST 30 DAYS, HOW OFTEN DID YOU GET YOUR 5 DAILY SERVINGS OF FRUITS AND VEGETABLES? (RESPONDENTS ANSWERING, “EVERY DAY” AND “JUST ABOUT EVERY DAY”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: North Coast=272, North County=273, San Luis Obispo=273, South County=272.

HOW CONCERNED ARE YOU ABOUT ACCESS TO LOCAL PRODUCE? (RESPONDENTS ANSWERING, “VERY CONCERNED” AND “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: North Coast=275, North County=272, San Luis Obispo=270, South County=274.

“Thirty-two percent of the South County ACTION telephone survey respondents reported being “very concerned” or “somewhat concerned” about accessing local produce.”

IN THE PAST 7 DAYS, HOW MANY TIMES DID YOU EAT FOOD, OR DRINK A BEVERAGE THAT YOU KNEW WAS UNHEALTHY?

RESPONSE	2019
Overall	
0	29.0%
1-2	40.5%
3-4	15.7%
5 or more	14.8%
Total Respondents	1,087
North Coast	
0	34.8%
1-2	37.0%
3-4	15.4%
5 or more	12.8%
Total Respondents	273
North County	
0	22.2%
1-2	45.2%
3-4	15.2%
5 or more	17.4%
Total Respondents	270

Source: ACTION for Healthy Communities. (2019). Telephone Survey.

"Twenty-nine percent of ACTION telephone survey respondents reported consuming zero unhealthy drinks or food in the past 7 days."

RESPONSE	2019
San Luis Obispo	
0	28.8%
1-2	41.3%
3-4	15.1%
5 or more	14.8%
Total Respondents	271
South County	
0	30.0%
1-2	38.5%
3-4	17.2%
5 or more	14.3%
Total Respondents	273



DURING THE PAST WEEK, HOW MANY DAYS DID ALL THE FAMILY MEMBERS WHO LIVE IN THE HOUSEHOLD EAT A MEAL TOGETHER?



REGION	2013	2016	2019
Overall			
0	3.2%	14.2%	4.9%
1	2.0%	4.8%	7.8%
2	6.5%	4.2%	5.6%
3	8.1%	7.0%	8.2%
4	12.0%	7.2%	9.7%
5	12.6%	9.4%	12.3%
6	3.1%	3.4%	3.4%
7	52.6%	49.8%	48.1%
Total Respondents	373	1,047	268
North Coast			
0	0.0%	14.6%	1.9%
1	2.6%	6.6%	5.8%
2	4.2%	2.2%	5.8%
3	3.2%	5.8%	1.9%
4	8.5%	5.7%	5.8%
5	16.7%	10.8%	21.2%
6	5.9%	2.7%	9.6%
7	58.9%	51.6%	48.1%
Total Respondents	77	238	52

REGION	2013	2016	2019
North County			
0	2.8%	15.2%	3.5%
1	2.2%	3.8%	11.8%
2	5.5%	3.9%	8.2%
3	10.8%	8.0%	7.1%
4	8.8%	5.0%	8.2%
5	8.3%	7.9%	7.1%
6	2.8%	2.9%	2.4%
7	58.9%	53.3%	51.8%
Total Respondents	117	264	85
San Luis Obispo			
0	0.0%	15.6%	7.2%
1	2.6%	4.2%	7.2%
2	8.9%	7.4%	5.8%
3	12.7%	7.8%	8.7%
4	12.5%	8.4%	10.1%
5	16.0%	12.8%	15.9%
6	3.0%	1.6%	2.9%
7	44.4%	42.2%	42.0%
Total Respondents	77	274	69
South County			
0	8.0%	12.3%	6.5%
1	1.3%	6.0%	4.8%
2	6.8%	3.2%	1.6%
3	4.0%	5.7%	14.5%
4	17.2%	9.2%	14.5%
5	14.1%	7.4%	8.1%
6	2.7%	5.6%	0.0%
7	45.8%	50.6%	50.0%
Total Respondents	95	267	62



Source: ACTION for Healthy Communities. (2013, 2016, and 2019). Telephone Survey.

ALCOHOL USE

Almost 95% of people with substance use problems are considered unaware of their problem.²⁶ These estimates highlight the importance of increasing prevention efforts and improving access to treatment for substance abuse and co-occurring disorders.

CONSIDERING ALL THE TYPES OF ALCOHOLIC BEVERAGES, IN THE PAST 30 DAYS ABOUT HOW MANY TIMES DID YOU HAVE (4 IF FEMALE; 5 IF MALE) OR MORE DRINKS ON AN OCCASION

RESPONSE	2010	2013	2016	2019
None	79.5%	74.0%	76.6%	73.1%
1–2 Times	12.1%	16.4%	13.1%	16.2%
3–5 Times	4.7%	6.6%	6.0%	5.4%
6 or More Times	3.7%	3.1%	4.3%	5.2%
Total Respondents	1,099	1,095	1,108	1,090

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.



²⁶ .S. Department of Health and Human Services, Healthy People 2020. Healthy People 2020. Accessed on August 9, 2016. From <https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse>.

CONSIDERING ALL THE TYPES OF ALCOHOLIC BEVERAGES, IN THE PAST 30 DAYS ABOUT HOW MANY TIMES DID YOU HAVE (4 IF FEMALE; 5 IF MALE) OR MORE DRINKS ON AN OCCASION (BY REGION)

REGION	2010	2013	2016	2019
North Coast				
None	76.8%	70.0%	75.1%	72.9%
1–2 Times	13.9%	19.2%	14.2%	16.8%
3–5 Times	4.2%	5.9%	7.7%	5.5%
6 or More Times	5.2%	4.9%	3.0%	4.8%
Total Respondents	259	251	255	273
North County				
None	76.3%	72.4%	74.8%	68.2%
1–2 Times	14.9%	18.9%	15.8%	19.3%
3–5 Times	3.7%	5.1%	4.5%	5.5%
6 or More Times	5.0%	3.6%	4.9%	6.9%
Total Respondents	309	291	273	274
San Luis Obispo				
None	87.1%	71.9%	73.8%	72.0%
1–2 Times	7.3%	14.9%	13.1%	16.2%
3–5 Times	4.4%	10.6%	7.8%	5.9%
6 or More Times	1.1%	2.6%	5.3%	5.9%
Total Respondents	244	292	295	271
South County				
None	78.2%	79.8%	81.5%	79.4%
1–2 Times	12.2%	12.9%	9.7%	12.5%
3–5 Times	6.0%	5.3%	6.0%	4.8%
6 or More Times	3.6%	1.9%	2.8%	3.3%
Total Respondents	287	262	284	272

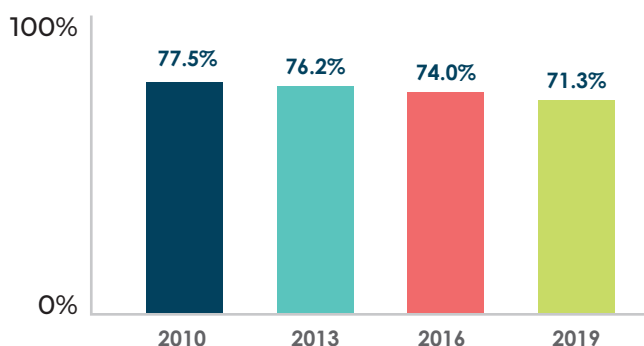
Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.



CONCERN ABOUT DRUG, TOBACCO, AND ALCOHOL ABUSE

Seventy-one (71%) of ACTION telephone survey respondents in San Luis Obispo County were concerned about drug, tobacco, and alcohol abuse in 2019.

HOW CONCERNED ARE YOU ABOUT DRUG, TOBACCO, AND ALCOHOL ABUSE IN YOUR COMMUNITY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,087; 2013 n: 1,092; 2016 n: 1,102; 2019 n: 1,088.

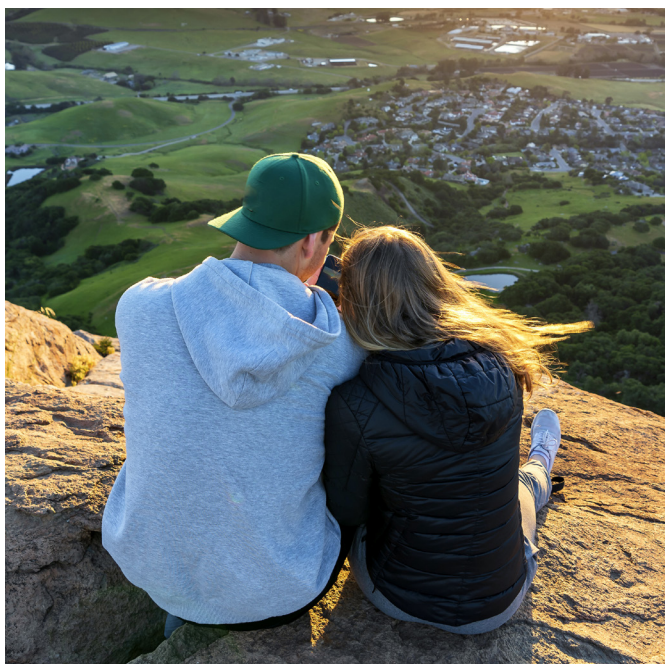


HOW CONCERNED ARE YOU ABOUT DRUG, TOBACCO, AND ALCOHOL ABUSE IN YOUR COMMUNITY?

REGION	2010	2013	2016	2019
North Coast				
Very Concerned	32.9%	29.2%	35.6%	28.1%
Somewhat Concerned	47.5%	46.8%	35.0%	41.9%
Not at All Concerned	19.6%	24.0%	29.5%	30.0%
Total Respondents	255	246	256	270
North County				
Alcohol Abuse Alone	40.3%	41.2%	44.4%	37.5%
Alcohol and Drug Abuse	36.9%	36.3%	32.1%	34.5%
Drug Abuse Alone	22.8%	22.5%	23.5%	28.0%
Total Respondents	310	294	272	275
San Luis Obispo				
Alcohol Abuse Alone	40.0%	26.6%	34.5%	29.2%
Alcohol and Drug Abuse	34.9%	49.1%	37.8%	39.9%
Drug Abuse Alone	25.2%	24.4%	27.7%	31.0%
Total Respondents	239	289	292	271
South County				
Alcohol Abuse Alone	37.2%	38.4%	34.0%	39.7%
Alcohol and Drug Abuse	39.7%	36.1%	39.2%	34.6%
Drug Abuse Alone	23.2%	25.5%	26.8%	25.7%
Total Respondents	285	263	281	272

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

NATURAL AND BUILT ENVIRONMENT



Concern for the Environment	41
Parks	43
Transportation	44

"Seventy-six percent of ACTION telephone survey respondents reported being concerned about wildfires."

CONCERN FOR THE ENVIRONMENT

Community concerns can empower advocacy and grassroots organizations to create change around public health and safety issues. Therefore, it is important to identify which issues are most relevant to residents so that progressive planning for change can be implemented.²⁷

In 2019 community members in San Luis Obispo County were most concerned about the following environmental issues: Wildfires (76%), Conversion of agricultural lands or open space to urban and built-up uses (73%), water availability (71%), water quality (68%), traffic congestion (67%), and building in open space (61%).



HOW CONCERNED ARE YOU ABOUT THE FOLLOWING ISSUES IN YOUR COMMUNITY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)

CATEGORY	2010	2013	2016	2019
Water Quality	79.5%	68.8%	76.0%	67.5%
Building in Open Space	68.8%	57.4%	62.6%	61.4%
Traffic Congestion	62.5%	58.3%	61.9%	66.5%
Pesticide Use ¹	60.4%	55.6%	55.1%	63.9%
Water Availability	N/A	N/A	N/A	70.8%
Wildfires	N/A	N/A	N/A	75.6%
Conversion of agricultural lands or open space to urban and built-up uses	N/A	N/A	N/A	72.6%
Total Respondents	1,065–1,100	1,077–1,099	1,084–1,110	1,059–1,097

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

¹ Pesticide Use was previously labeled Pesticide Use Near Homes for years 2010-2016.

“67% of ACTION telephone survey respondents reported being concerned about Traffic Congestion in 2019, up from 62% in 2016.”

²⁷ Minkler, M. (2005). Community Organizing and Community Building for Health, (2nd Ed). Rutgers, The State University of New Jersey.

**HOW CONCERNED ARE YOU ABOUT THE FOLLOWING ISSUES IN YOUR COMMUNITY?
(RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)**

REGION	2010	2013	2016	2019
North Coast				
Water Quality	87.7%	74.1%	80.6%	73.0%
Building in Open Space	73.4%	63.0%	62.8%	63.7%
Pesticide Use ¹	66.6%	55.8%	55.3%	66.2%
Traffic Congestion	50.7%	39.3%	49.1%	49.7%
Wildfires	N/A	N/A	N/A	76.7%
Conversion of agricultural lands or open space to urban and built-up uses	N/A	N/A	N/A	71.8%
Total Respondents	250–259	244–250	250–258	264–275
North County				
Water Quality	76.0%	68.4%	76.1%	64.1%
Building in Open Space	62.3%	55.1%	61.6%	56.3%
Traffic Congestion	63.5%	59.3%	59.2%	65.3%
Pesticide Use ¹	53.3%	50.5%	50.6%	61.7%
Wildfires	N/A	N/A	N/A	77.3%
Conversion of agricultural lands or open space to urban and built-up uses	N/A	N/A	N/A	70.3%
Total Respondents	307–311	287–294	270–275	269–274
San Luis Obispo				
Water Quality	68.5%	61.4%	69.6%	63.7%
Traffic Congestion	70.4%	58.8%	65.9%	76.3%
Building in Open Space	69.5%	58.6%	64.7%	64.6%
Pesticide Use ¹	54.9%	52.0%	55.0%	59.2%
Wildfires	N/A	N/A	N/A	72.6%
Conversion of agricultural lands or open space to urban and built-up uses	N/A	N/A	N/A	73.0%
Total Respondents	237–244	288–294	287–296	260–274
South County				
Water Quality	80.2%	72.3%	79.0%	69.0%
Traffic Congestion	68.2%	65.8%	66.9%	74.8%
Building in Open Space	64.9%	56.1%	62.7%	61.1%
Pesticide Use ¹	59.9%	64.1%	61.6%	68.7%
Wildfires	N/A	N/A	N/A	75.7%
Conversion of agricultural lands or open space to urban and built-up uses	N/A	N/A	N/A	75.0%
Total Respondents	276–286	258–262	275–284	265–275

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

¹ Pesticide Use was previously labeled Pesticide Use Near Homes for years 2010–2016.

PARKS

In 2019, 39% of ACTION telephone survey respondents reported being concerned about the access to park and recreation facilities in San Luis Obispo. ACTION telephone survey respondents wanted to see more hiking trails (26%) and local or community parks or playgrounds (25%) in San Luis Obispo County.

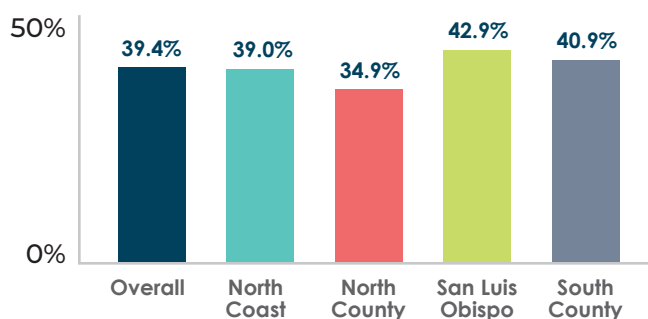
WHAT TOP THREE PUBLIC RECREATION OPPORTUNITIES WOULD YOU LIKE TO SEE MORE OF IN SAN LUIS OBISPO COUNTY?

REGION	2016	2019
Hiking Trails	27.9%	25.7%
Local or Community Parks/Playgrounds	27.3%	24.7%
Regional or State Parks	18.2%	23.7%
Swimming Pools/ Swim Centers	19.1%	23.0%
Community Centers/ Senior Centers	15.1%	21.3%
School Programs/ Playgrounds	14.6%	20.8%
Sports Fields	11.0%	16.0%
Beach or Coastal Access	17.2%	13.5%
Dog Parks	11.3%	14.0%
Bike Paths	16.4%	9.4%
Mountain Biking Trails	6.9%	5.3%
Equestrian Trails	3.5%	4.4%
Golf Courses	4.5%	4.1%
Other	0.6%	7.5%
No New Recreation Opportunities Needed	14.0%	13.7%
Total Respondents	1,069	1,083
Total Responses	2,238	2,459

Source: ACTION for Healthy Communities. (2016 and 2019). Telephone Survey.
Note: This was a multiple response question which enabled respondents to select more than one response.

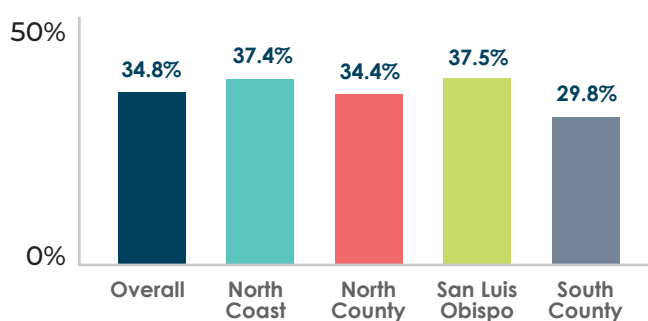


HOW CONCERNED ARE YOU ABOUT ACCESS TO PARK AND RECREATION FACILITIES? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey.
2019 n: Overall=1,094, North Coast=272, North County=275, San Luis Obispo=273, South County=274.

HOW WOULD YOU RATE THE PARKS AND RECREATION FACILITIES IN SAN LUIS OBISPO COUNTY? (RESPONDENTS ANSWERING “EXCELLENT” OR “VERY GOOD”)

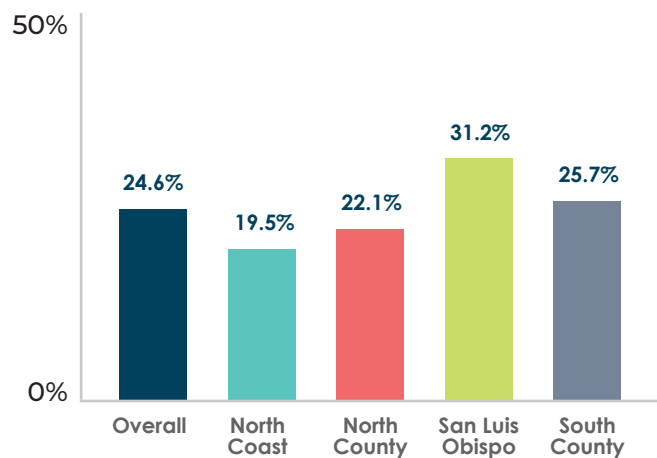


Source: ACTION for Healthy Communities. (2019). Telephone Survey.
2019 n: Overall=1,073, North Coast=268, North County=273, San Luis Obispo=264, South County=268.

TRANSPORTATION

Alternative transportation refers to commuting in any way other than driving alone. Examples include biking, walking, carpooling, and taking public transportation.²⁸ There are myriad benefits to using alternative transportation including reduced commuting costs, reduced stress, improved health, improved air quality, reduced peak period traffic congestion, reduced energy consumption, and less land use for parking facilities.²⁹ Encouraging employees to cycle or walk to work can provide myriad benefits.

HOW WOULD YOU RATE THE PUBLIC TRANSPORTATION SERVICES IN SAN LUIS OBISPO COUNTY? (RESPONDENTS ANSWERING “EXCELLENT” OR “VERY GOOD”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: Overall=987, North Coast=246, North County=249, San Luis Obispo=250, South County=242.



²⁸ Green Plus. Alternative Transportation. Accessed September 2016. From <http://gogreenplus.org/nuts-and-bolts-guide/planet-nuts-and-bolts-guide/transportation/alternative-transportation/>.

²⁹ Mid-Ohio Regional Planning Commission (MORPC). Benefits of Sustainable Transportation Choices. Accessed September 2016. From <http://www.morpc.org/transportation/CommuterChallenge/benefits-of-alternative-transportation/index>.

PUBLIC SAFETY



Public Safety Concerns

Concern about Crime

School Safety

Disaster preparedness

46

46

48

49

"Sixty-seven percent of ACTION telephone survey respondents reported being very concerned or somewhat concerned about crime in 2019, down from 72% in 2016."

PUBLIC SAFETY CONCERNS

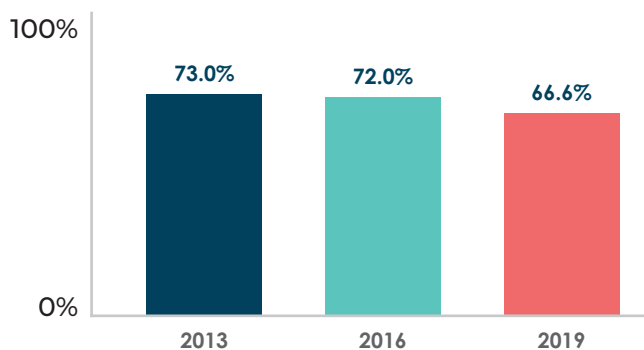
A safe community is a community where people can thrive in an environment without fear, risk of harm, or injury.³⁰ Communities can increase safety by reducing and preventing injury and violence, as well as building strong, cohesive, vibrant, and participatory neighborhoods. Having a safe neighborhood is essential for positive child and youth development. High rates of infant mortality and low birth weight, juvenile delinquency, increased school dropout rates, child abuse and neglect, and poor motor and social development among preschool children are associated with unsafe neighborhoods.³¹ Conversely, children who live in highly supportive neighborhoods have positive outcomes such as stronger connections with family, peers and community and greater participation in out-of-school time programs, volunteering, and religious services.³²



CONCERN ABOUT CRIME

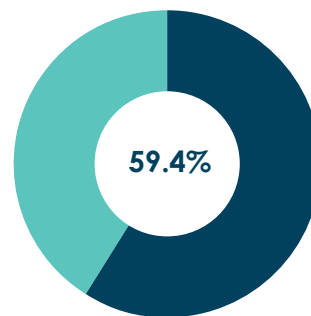
The top public safety concerns for ACTION telephone survey respondents in 2019 was crime (67%) followed by violence in the community (includes domestic and gang violence) (59%).

HOW CONCERNED ARE YOU ABOUT CRIME? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2013, 2016, and 2019). Telephone Survey. 2013 n: 1,069; 2016 n: 1,066; 2019 n: 1,095

HOW CONCERNED ARE YOU ABOUT VIOLENCE IN THE COMMUNITY INCLUDING DOMESTIC AND GANGS? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: 1,092

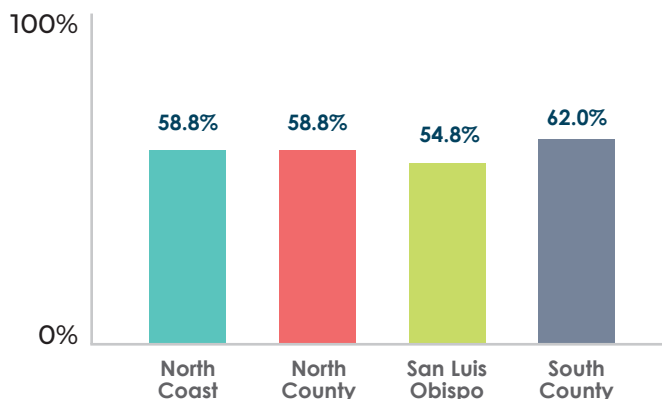
³⁰ Pan Pacific Safe Communities Network. Accessed September 2016. From <http://www.ppscn.org/>.

³¹ Child Trends Data Bank. Neighborhood Safety. Accessed September 2016. From <http://www.childtrends.org/?indicators=neighborhood-safety>.

³² Ibid.

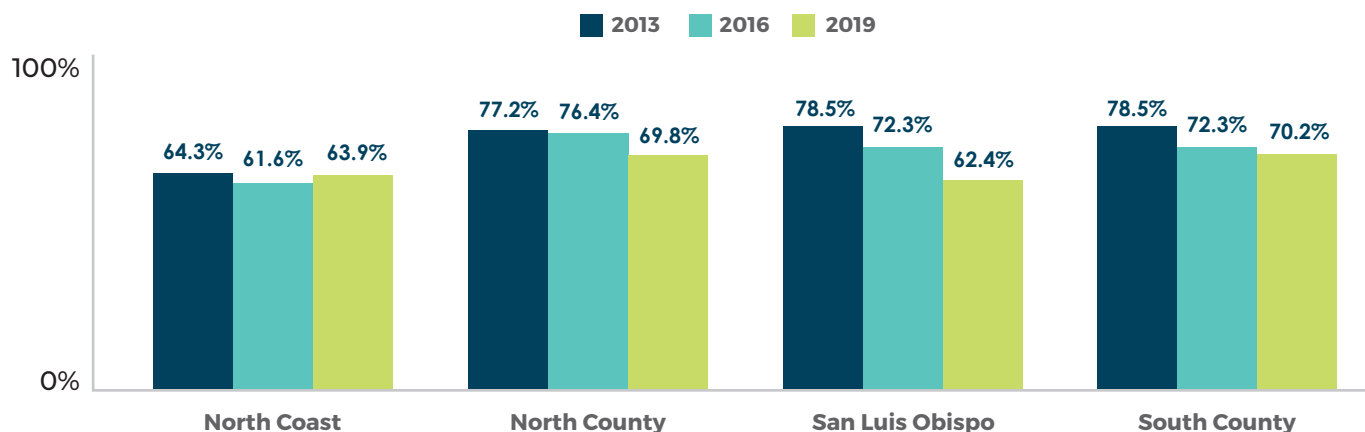


HOW CONCERNED ARE YOU ABOUT VIOLENCE IN THE COMMUNITY INCLUDING DOMESTIC AND GANGS? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: North Coast=272, North County=274, San Luis Obispo= 272, South County=272

HOW CONCERNED ARE YOU ABOUT CRIME? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2013, 2016, and 2019). Telephone Survey. 2013 n: North Coast=251, North County=293, San Luis Obispo=292, South County=261; 2016 n: North Coast=258, North County=274, San Luis Obispo=293, South County=284; 2019 n: North Coast=274, North County=275, San Luis Obispo= 274, South County=274.

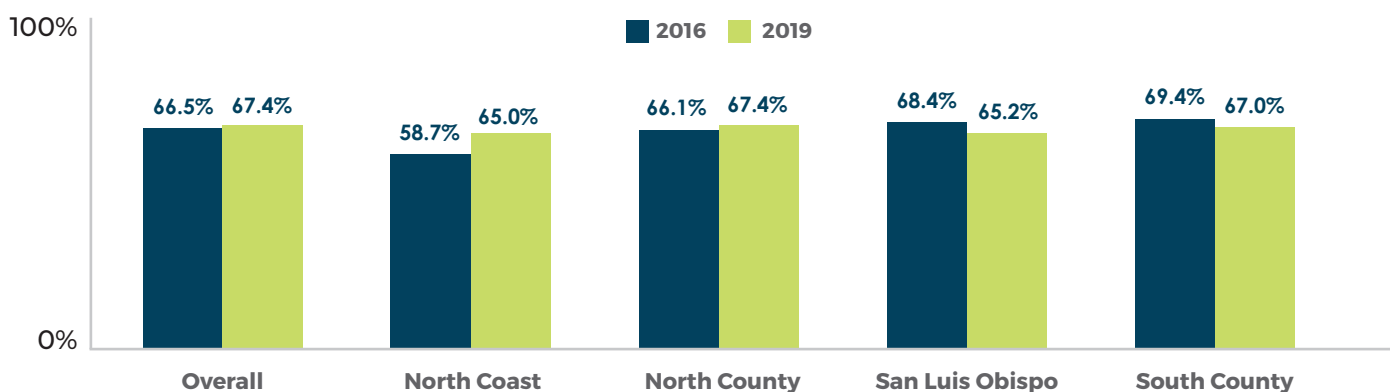
“Sixty-two percent of South County ACTION telephone survey respondents reported being very concerned or somewhat concerned about violence in the community, all other three locations reported lower percentages; North Coast (59%), North County (59%), and San Luis Obispo (55%).”



SCHOOL SAFETY

Overall, 33% of ACTION telephone survey respondents were “very concerned” about school safety in 2019.

HOW CONCERNED ARE YOU ABOUT SCHOOL SAFETY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2016 and 2019). Telephone Survey. 2016 n: North Coast=256, North County=266, San Luis Obispo=285, South County=280; 2019 n: North Coast=266, North County=267, San Luis Obispo= 270, South County=269.

HOW CONCERNED ARE YOU ABOUT SCHOOL SAFETY?

RESPONSE	OVERALL	NORTH COAST	NORTH COUNTY	SAN LUIS OBISPO	SOUTH COUNTY
Very Concerned	32.5%	30.8%	34.4%	28.5%	36.1%
Somewhat Concerned	33.7%	34.2%	33.0%	36.7%	30.9%
Not at all Concerned	33.9%	35.0%	32.6%	34.8%	33.1%
Total Respondents	1,078	266	273	270	269

Source: ACTION for Healthy Communities. (2019). Telephone Survey.

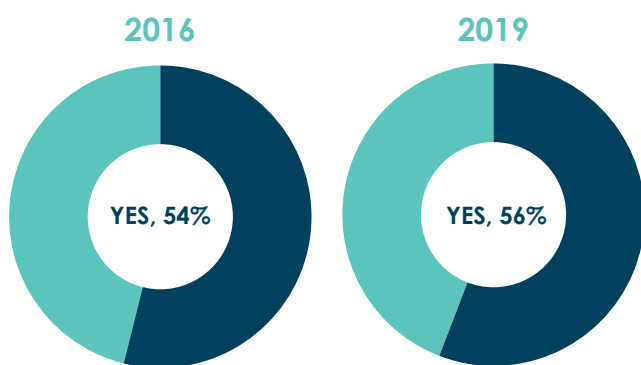
DISASTER PREPAREDNESS

One way to monitor the resiliency of a community is to assess the degree to which its residents have taken action to prepare for a disaster. The United States, like all nations, faces the possibility of natural disaster, communicable disease outbreaks, and terrorist attacks. Preparedness is a collaborative process and involves government agencies, nongovernmental organizations, the private sector, communities, and individuals working together to prevent, prepare for, respond to, and recover from a disaster.

The Healthy People 2020 objectives for preparedness are based on the National Health Security Strategy of the United States of America (NHSS). The goals of NHSS are to strengthen

emergency response systems and build community resilience.³³ The California Earthquake Preparedness Survey (CEPS) found that only 40% of Californians have family disaster plans and Hispanic residents were the least likely among all racial/ethnic groups to prepare.³⁴ Moreover, findings from the 2012 FEMA National Survey include the following demographic differences: Caucasian, non-Hispanic respondents (41%) were more likely to have an emergency plan they had discussed with others than Hispanic respondents (26%), and respondents with an annual income of \$25,000 or more (44%) were more likely to have a household plan than respondents with a lower income (36%).³⁵

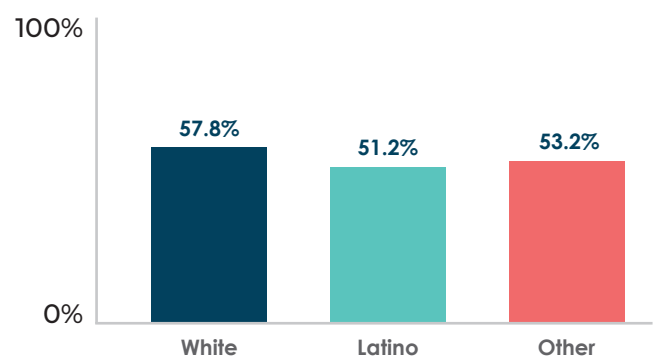
IN PLANNING FOR A DISASTER, HAS YOUR HOUSEHOLD STORED FIVE DAYS' WORTH OF EMERGENCY SUPPLIES? (RESPONDENTS ANSWERING "YES")



Source: ACTION for Healthy Communities. (2016 and 2019). Telephone Survey. 2016 n=1,096; 2019 n=1,090

Fifty-six (56%) percent of ACTION telephone survey respondents had stored five days' worth of emergency supplies in preparation for a disaster in 2019.

IN PLANNING FOR A DISASTER, HAS YOUR HOUSEHOLD STORED FIVE DAYS' WORTH OF EMERGENCY SUPPLIES? BY RACE/ETHNICITY (RESPONDENTS ANSWERING "YES")(2019)



Source: ACTION for Healthy Communities. (2019). 2019 n: White=441, Latino=83, Other=74.

³³ U.S. Department of Health & Human Services. Accessed September 2016. From <http://www.phe.gov/Preparedness/planning/authority/nhss/Pages/strategy.aspx>

³⁴ California Governor's Office of Emergency Services. Accessed September 2016. From <http://www.caloes.ca.gov/ICESite/Documents/CAPrepEQStudyFacts.pdf>

³⁵ The Federal Emergency Management Agency. Accessed September 2016. From data/662ad7b4a323dcf07b829ce0c5b77ad9/2012+FEMA+National+Survey+Report.pdf

SOCIAL ENVIRONMENT



People with Disabilities	51
Racism and Discrimination	52
Community Participation	53
Giving	53
Volunteering	54
Rating of Local Government	55
Arts and Culture	58

"Fifty-five percent of ACTION telephone survey respondents reported being very concerned or somewhat concerned about racism and discrimination in 2019, compared from 59% in 2016."

PEOPLE WITH DISABILITIES

It is important for every society to provide the resources necessary to allow all individuals to participate fully in their community, regardless of physical, mental, or developmental disability.

Fifteen percent (15%) of ACTION telephone survey respondents either had a permanent physical or mental impairment that substantially limits a major life activity, or there was someone in their household who did in 2019.

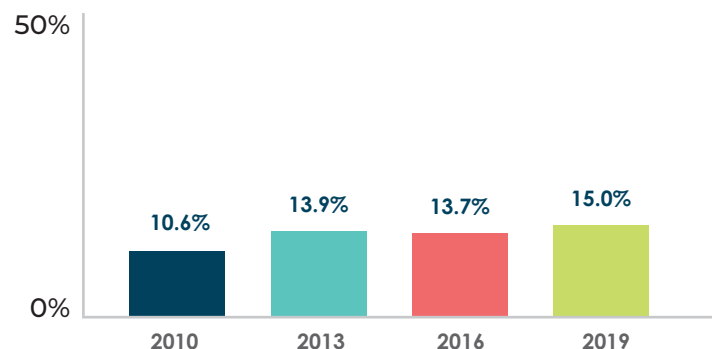


ARE YOU, OR IS ANYONE ELSE IN YOUR HOUSEHOLD, THE CAREGIVER TO...? (RESPONDENTS ANSWERING “YES”)

RESPONSE	2010	2013	2016	2019
A Disabled Child	1.5%	3.7%	2.2%	3.9%
A Disabled Adult (18–60 Years Old)	5.1%	8.5%	6.6%	8.0%
A disabled adult (over 60 years old)	N/A	N/A	N/A	11.0%
An Older Person (Over 60 Years of Age)	9.5%	11.8%	11.7%	17.1%
Total Respondents	1,100–1,101	1,100–1,101	1,110–1,113	1,095–1,099

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.
Note: A Disabled Adult (over 60 years old) category added in 2019.

DO YOU, OR DOES ANYONE ELSE IN YOUR HOUSEHOLD, HAVE A PERMANENT PHYSICAL OR MENTAL IMPAIRMENT THAT SUBSTANTIALLY LIMITS A MAJOR LIFE ACTIVITY, SUCH AS BATHING, DRESSING, STAIR CLIMBING, SHOPPING, OR MANAGING ONE’S MONEY? (RESPONDENTS ANSWERING “YES”)



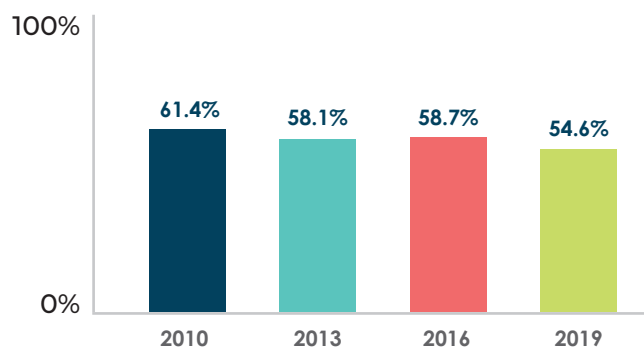
Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,096; 2013 n: 1,100; 2016 n: 1,111; 2019 n: 1,096.

RACISM AND DISCRIMINATION

Social indicators like racism and discrimination are important to measure because they adversely affect mental and physical health.³⁶

The percentage of ACTION telephone survey respondents in San Luis Obispo County who believed that racism was a concern in their community decreased from 61% in 2010 to 55% in 2019.

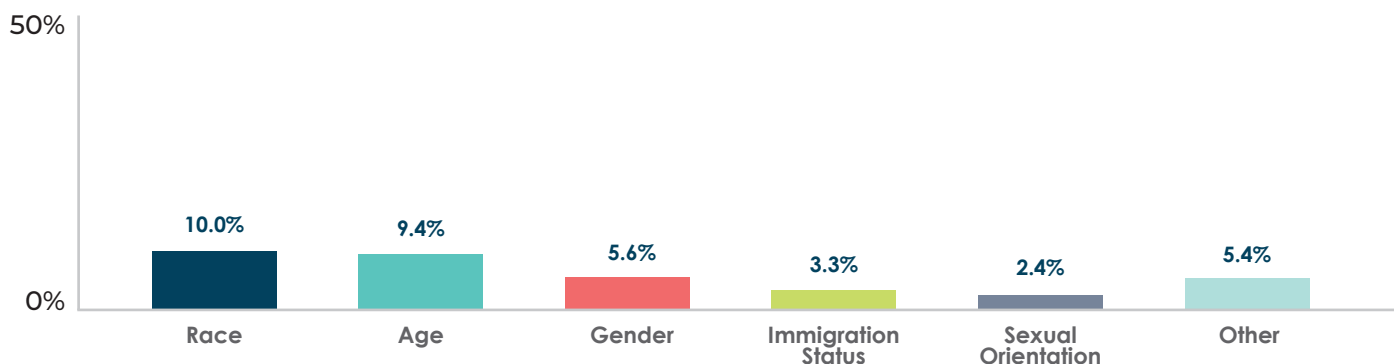
HOW CONCERNED ARE YOU ABOUT RACISM IN YOUR COMMUNITY? (RESPONDENTS ANSWERING “VERY CONCERNED” OR “SOMEWHAT CONCERNED”)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2010 n: 1,092; 2013 n: 1,086; 2016 n: 1,096; 2019 n: 1,092.



HAVE YOU FELT YOU HAVE BEEN DISCRIMINATED IN SLO COUNTY IN THE LAST 12 MONTHS BECAUSE OF... (RESPONDENTS ANSWERING “YES”) (2019)



Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. 2019 n: Race= 110, Age=103 Gender= 62, Immigration Status=36, Sexual Orientation=26, Other=59

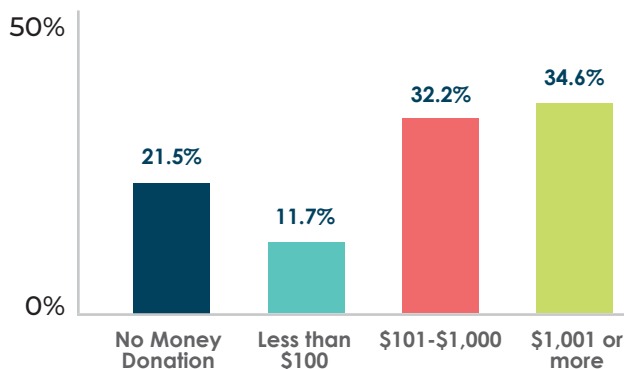
³⁶ Berkman L., Kawachi I Krieger N. (2000). Discrimination and Health. Social Epidemiology. Oxford: Oxford University Press: 36-75.

COMMUNITY PARTICIPATION

Community participation refers to individual and collective actions intended to identify and address issues of public concern.³⁷ Community participation can take many forms, from individual volunteerism to organizational involvement to electoral participation, and can include efforts to directly address an issue, work with others in a community to solve a problem, or interact with the institutions of representative democracy.³⁸ Researchers have found that volunteers become emotionally connected to the communities they serve and continue to be active in the community after volunteering.³⁹ Moreover, young people who volunteer in their communities are more likely to vote, stay actively involved in service, and feel empowered as citizens. Volunteering also helps people develop social skills and confidence.



APPROXIMATELY HOW MUCH MONEY, OR THE CASH EQUIVALENT OF PROPERTY, DID YOU AND THE MEMBERS OF YOUR HOUSEHOLD CONTRIBUTE TO ANY ORGANIZATIONS IN THE PAST YEAR? (2019)



GIVING

In 2019, 67% of ACTION telephone survey respondents or members of their households contributed money, or the cash equivalent of property (\$101 or more), to any organizations in the past year.

REGION	NO MONEY DONATION	LESS THAN \$100	\$101 –\$1,000	\$1,001 OR MORE	TOTAL RESPONDENTS
North Coast	14.8%	12.8%	36.2%	36.2%	243
North County	23.1%	14.2%	33.2%	29.6%	247
San Luis Obispo	26.3%	11.3%	28.3%	34.2%	240
South County	21.9%	8.5%	31.2%	38.5%	247

Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: Overall=977

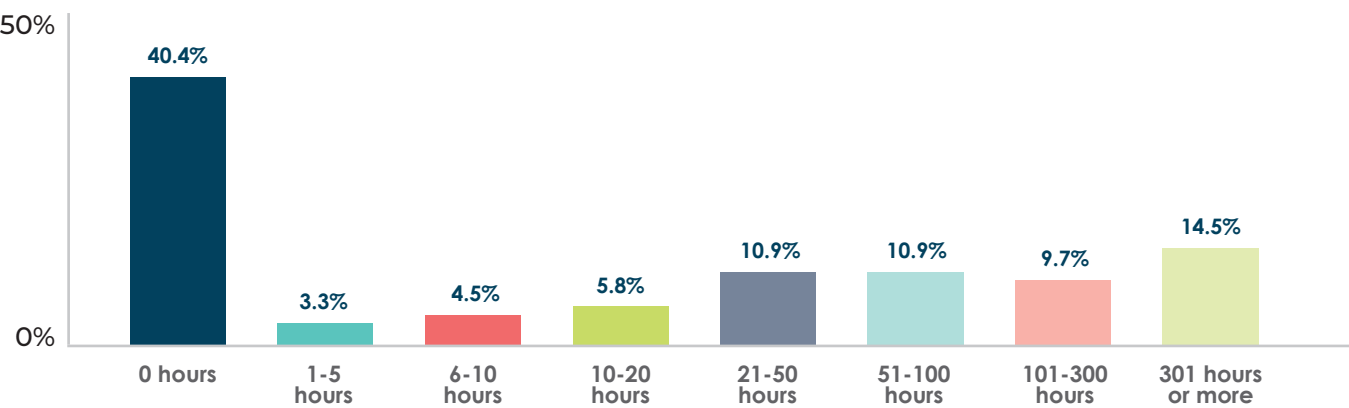
³⁷ American Psychological Association. Civic Engagement. Accessed September 2016. From <https://www.apa.org/education/undergrad/civic-engagement>

³⁸ Ibid.

³⁹ Gergen, Christopher. (2012, April 17). The Benefits of Civic Engagement for Tomorrow's Leaders. Accessed September 2016. From <https://www.whitehouse.gov/blog/2012/04/17/benefits-civic-engagement-tomorrows-leaders>.

VOLUNTEERING

HOW MANY HOURS DID YOU SPEND IN 2019 VOLUNTEERING FOR ANY ORGANIZATION?



Source: ACTION for Healthy Communities. (2019). Telephone Survey. 2019 n: 1,100.



“Thirty-five percent of ACTION telephone survey respondents reported volunteering 51 or more hours for organizations in 2019.”

RATING OF LOCAL GOVERNMENT

Monitoring public attitudes toward local government can provide important information about the perceived quality of government-sponsored services and programs. Information gathered through these processes can be used to develop new programs, evaluate existing programs, and allocate resources.

Forty-eight percent (48%) of ACTION telephone respondents rated emergency services as “excellent” or “very good” in 2019, while roads, planning, building, and permitting services, mental health services and county administration appeared to be areas of concern for San Luis Obispo County respondents.



HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICES IN SAN LUIS OBISPO COUNTY? (RESPONDENTS ANSWERING “EXCELLENT” OR “VERY GOOD”)

RESPONSE	2010	2013	2016	2019
Parks and Recreation Facilities	43.2%	40.7%	38.5%	34.8%
Public Transportation Services	23.7%	26.7%	27.8%	24.6%
County Administration¹	N/A	16.6%	15.3%	12.7%
Law Enforcement	44.7%	43.5%	46.7%	39.6%
Emergency Services²	50.9%	50.5%	64.1%	47.5%
Welfare and Social Services	19.6%	20.2%	23.4%	21.0%
Public Health Services	25.1%	25.6%	26.5%	22.3%
Roads	13.9%	13.1%	14.4%	12.6%
Planning and Building, and Permitting Services³	N/A	N/A	13.9%	9.8%
Mental Health Services⁴	N/A	N/A	26.5%	12.8%
Library Services⁴	N/A	N/A	49.8%	43.8%
Total Respondents	722–1,093	722–1,095	774–1,094	881–1,098

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

Note: In 2016 survey, “City or County Administration” updated to “County Administration”. In 2016 survey, “Parks and Recreation Opportunities” replaced with “Parks and Recreation Facilities.” In 2019 “Public Safety updated to “Law Enforcement”.

1 “City or County Administration” was added in 2013.

2 “Emergency Services” includes “Fire and Ambulance/First Responders” in 2016.

3 “Planning and Building Services” was added in 2013, replacing “Land Use and Zoning.”

4 “Mental Health and Library Services” added in 2016.

**HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICES IN SAN LUIS OBISPO COUNTY?
(RESPONDENTS ANSWERING “EXCELLENT” OR “VERY GOOD”), BY REGION**

RESPONSE	2010	2013	2016	2019
North Coast				
Parks and Recreation Facilities	42.4%	48.5%	40.0%	37.4%
Public Transportation Services	18.0%	21.6%	24.2%	19.5%
City or County Administration ¹	N/A	20.4%	13.9%	11.7%
Law Enforcement	41.2%	44.7%	46.6%	38.2%
Emergency Services ²	48.3%	54.1%	66.1%	50.7%
Welfare and Social Services	20.7%	20.1%	24.5%	21.1%
Public Health Services	22.2%	26.3%	29.8%	23.9%
Roads	16.6%	8.7%	17.9%	14.6%
Planning and Building Services ³	N/A	16.4%	14.5%	11.7%
Mental Health Services ⁴	N/A	N/A	17.0%	10.7%
Library Services ⁴	N/A	N/A	53.5%	52.0%
Total Respondents	161–257	164–250	179–256	206–274
North County				
Parks and Recreation Facilities	43.2%	32.9%	35.1%	34.4%
Public Transportation Services	27.1%	23.6%	22.5%	22.1%
City or County Administration ¹	N/A	13.5%	14.8%	13.0%
Law Enforcement	40.9%	37.3%	41.4%	38.0%
Emergency Services ²	44.5%	47.2%	64.8%	45.8%
Welfare and Social Services	20.0%	20.6%	21.1%	19.5%
Public Health Services	22.4%	26.8%	21.6%	21.2%
Roads	14.5%	11.1%	9.3%	9.8%
Planning and Building Services ³	N/A	14.6%	12.5%	8.5%
Mental Health Services ⁴	N/A	N/A	12.6%	13.5%
Library Services ⁴	N/A	N/A	47.6%	41.7%
Total Respondents	200–309	204–294	184–274	226–275

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

Note: In 2016 survey, "City or County Administration" updated to "County Administration". In 2016 survey, "Parks and Recreation Opportunities" replaced with "Parks and Recreation Facilities." In 2019 "Public Safety updated to "Law Enforcement".

1 "City or County Administration" was added in 2013.

2 "Emergency Services" includes "Fire and Ambulance/First Responders" in 2016.

3 "Planning and Building Services" was added in 2013, replacing "Land Use and Zoning."

4 "Mental Health" and "Library Services" added in 2016.

HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICES IN SAN LUIS OBISPO COUNTY? (RESPONDENTS ANSWERING “EXCELLENT” OR “VERY GOOD”), BY REGION

RESPONSE	2010	2013	2016	2019
San Luis Obispo				
Parks and Recreation Facilities	43.7%	44.9%	37.9%	37.5%
Public Transportation Services	25.9%	37.8%	30.3%	31.2%
City or County Administration ¹	N/A	21.7%	18.3%	13.5%
Law Enforcement	46.3%	49.4%	45.5%	39.0%
Emergency Services ²	55.6%	54.5%	64.1%	50.0%
Welfare and Social Services	18.2%	17.2%	21.0%	25.1%
Public Health Services	26.6%	26.2%	28.7%	23.9%
Roads	13.3%	21.3%	23.3%	15.3%
Planning and Building Services ³	N/A	19.6%	14.2%	10.2%
Mental Health Services ⁴	N/A	N/A	13.3%	15.1%
Library Services ⁴	N/A	N/A	46.0%	43.1%
Total Respondents	153–242	179–289	217–296	227–274
South County				
Parks and Recreation Facilities	44.4%	42.1%	41.8%	29.8%
Public Transportation Services	26.6%	23.5%	32.2%	25.7%
City or County Administration ¹	N/A	14.0%	13.7%	12.3%
Law Enforcement	48.7%	44.8%	52.9%	43.1%
Emergency Services ²	54.2%	48.4%	62.2%	43.5%
Welfare and Social Services	19.6%	22.1%	27.2%	18.3%
Public Health Services	28.7%	24.0%	26.7%	20.5%
Roads	10.6%	11.3%	11.3%	10.5%
Planning and Building Services ³	N/A	15.8%	14.3%	8.8%
Mental Health Services ⁴	N/A	N/A	21.1%	12.0%
Library Services ⁴	N/A	N/A	53.2%	38.1%
Total Respondents	207–285	172–262	194–282	216–275

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

Note: In 2016 survey, "City or County Administration" updated to "County Administration". In 2016 survey, "Parks and Recreation Opportunities" replaced with "Parks and Recreation Facilities." In 2019 "Public Safety updated to "Law Enforcement".

1 "City or County Administration" was added in 2013.

2 "Emergency Services" includes "Fire and Ambulance/First Responders" in 2016.

3 "Planning and Building Services" was added in 2013, replacing "Land Use and Zoning."

4 "Mental Health" and "Library Services" added in 2016.

ARTS AND CULTURE

Arts and culture are important aspects of building healthy, economically vital communities. For the people who participate in arts and cultural activities, they bring personal enjoyment, intellectual stimulation, and opportunities for public involvement. The California Arts Council states that high concentration of arts in a city leads to less poverty, greater civic engagement, and social cohesion.⁴⁰ Moreover, the healing benefits of art have been shown to result in shorter hospital stays and better pain management. California's arts economy employs 1.4 million

workers.⁴¹ Availability of library services and resources provides an opportunity for community members to utilize technology and access information; library branches also provide community gathering places.

In 2019, 40% of ACTION telephone survey respondents reported they participated in music, dance, or theater activities in the last month. Overall, 13% of respondents reported being "very concerned" about access to cultural opportunities in their communities in 2019.

DID YOU PARTICIPATE IN ANY OF THE FOLLOWING ARTS OR CULTURAL ACTIVITIES IN THE LAST MONTH?

RESPONSE	2010	2013	2016	2019
Read Books, Wrote for Pleasure, or Attended a Book or Writing Club	82.5%	77.5%	19.9%	72.9%
Attended a Music, Dance, or Theater Performance	45.3%	42.6%	20.3%	52.6%
Created Arts and Crafts; for Example, Painting, Sewing, and Pottery	41.9%	42.8%	13.0%	46.9%
Attended Gallery Shows, Visual Arts Exhibits, or Other Similar Activity	41.8%	35.0%	10.9%	40.0%
Went to a Museum	28.6%	31.9%	13.2%	31.9%
Music, Dance, or Theater, Either Behind the Scenes or On-Stage	21.5%	22.4%	20.6%	40.2%
Studied Another Language	20.7%	19.9%	3.1%	22.1%
Cultural Events Related to One's Ethnic Heritage	16.1%	15.2%	6.1%	16.1%
Attended Poetry Readings or Lectures	10.6%	14.7%	3.5%	14.5%
Local fairs or festivals¹	N/A	N/A	17.3%	51.2%
Total Respondents	973	933	1,101	787
Total Responses	3,006	2,816	1,883	3,057

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey. Note: This was a multiple response question which enabled respondents to select more than one response. In 2016, the leading question changed from "Did you participate in any of the following activities in the last month?"

¹Response "Local Fairs or Festivals" was added in 2016.

⁴⁰ The California Arts Council. Accessed September 2016. From <http://cac.ca.gov/resources/benefits.php>

⁴¹ https://www.otis.edu/creative-economy/2020_Otis_Report_on_the_Creative_Economy_CA.pdf

HOW CONCERNED ARE YOU ABOUT ACCESS TO CULTURAL OPPORTUNITIES IN YOUR COMMUNITY?

RESPONSE	2010	2013	2016	2019
Very Concerned	13.9%	11.5%	14.6%	12.9%
Somewhat Concerned	39.6%	38.7%	33.1%	30.3%
Not at All Concerned	46.6%	49.7%	52.3%	56.8%
Total Respondents	1,080	1,074	1,071	1,061

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

HOW CONCERNED ARE YOU ABOUT ACCESS TO CULTURAL OPPORTUNITIES IN YOUR COMMUNITY? BY REGION

RESPONSE	2010	2013	2016	2019
North Coast				
Very Concerned	15.0%	15.3%	18.1%	10.1%
Somewhat Concerned	46.2%	34.4%	22.2%	30.2%
Not at All Concerned	38.8%	50.3%	59.7%	59.7%
Total Respondents	256	242	251	268
North County				
Very Concerned	13.6%	14.2%	13.7%	12.6%
Somewhat Concerned	37.9%	40.5%	32.8%	32.1%
Not at All Concerned	48.5%	45.3%	53.4%	55.3%
Total Respondents	305	287	260	262
San Luis Obispo				
Very Concerned	14.7%	8.5%	14.6%	15.6%
Somewhat Concerned	31.8%	37.7%	35.1%	29.7%
Not at All Concerned	53.5%	53.9%	50.3%	54.8%
Total Respondents	237	287	290	263
South County				
Very Concerned	11.0%	9.5%	14.2%	13.4%
Somewhat Concerned	38.7%	39.5%	38.5%	29.1%
Not at All Concerned	50.2%	51.0%	47.3%	57.5%
Total Respondents	281	256	274	268

Source: ACTION for Healthy Communities. (2010, 2013, 2016, and 2019). Telephone Survey.

APPENDIX A: METHODOLOGY

PRIMARY DATA

ACTION TELEPHONE SURVEY

Measures of community progress depend upon consistent, reliable, and scientifically accurate sources of data. One form of data gathered for this project was primary data. There is much to be learned from people's perception of their community, especially when perceptions contradict the empirical evidence about its conditions. For instance, in the area of public safety, crime rates may be going down while perceptions of danger are going up.

For this reason, Applied Survey Research conducted a random telephone survey of residents in 1999, 2006, 2010, 2013, 2016 and again in 2019. In 2001, the survey was conducted by Campbell Research and in 2003 by the University of California, Santa Barbara Economic Forecast Project. The survey was conducted with 500 – 1,100 residents, depending on the year in both English and Spanish-speaking parents. The intent of the survey was to measure the opinions of the overall population of the county. In many cases, questions used in earlier ACTION telephone surveys were used to examine trends in community perceptions.

SAMPLE SELECTION

In 2019, telephone contacts were attempted with a random sample of residents 18 years or older in San Luis Obispo County. Potential respondents were selected based on phone number prefixes, and quota sampling was employed to obtain the desired gender distribution, as well as the desired geographic distribution of respondents across the four geographic sub-areas: North County, North Coast, San Luis Obispo, and South County. The survey sample was pulled from wireless-only and wireless/land-line random digit dial prefixes in San Luis Obispo County. All cell phones were dialed manually (by hand) to comply with Telephone Consumer Protection Act (TCPA) rules. Respondents were screened for geography, as cell phones are not necessarily located where the number came from originally. Surveys were completed with a total of 1,100 respondents in the county.

SAMPLE REPRESENTATIVENESS

Due to the large number of respondents and randomness of the sample, we are 95% confident that the opinions of survey respondents do not differ from those of the general population of San Luis Obispo County by more than +/- 3%. This "margin of error" is useful in assessing how likely it is that the responses observed in the sample would be found in the population of all residents in San Luis Obispo County if every resident were to be polled.

It is important to note that the margin of error increases as the sample size decreases. This becomes relevant when focusing on particular breakdowns or subpopulations in which the overall sample is broken down into smaller groups (for example, questions where only parents responded to questions). In these instances, the margin of error will be larger than the initially stated interval of 3%.

The geographic quota sampling produced a confidence interval of +/- 6% at the level of each of the four geographic regions (North County, North Coast, San Luis Obispo, and South County). This confidence interval can be applied when examining the results of the regional comparisons.

It should be understood that all surveys have subtle and inherent biases. ASR has worked diligently with the project committee to reduce risks of bias and to eliminate identifiable biases. One remaining bias in this study appears in the area of self-selection: the capturing of opinions only of those willing to contribute approximately 22 minutes of their time to participate in this community survey.

APPENDIX B: 2019 ACTION TELEPHONE SURVEY RESULTS

GENERAL RESULTS

2A. HOW CONCERNED ARE YOU ABOUT TRAFFIC CONGESTION?

RESPONSE	Frequency	Percent
Very Concerned	332	30.3%
Somewhat Concerned	397	36.2%
Not At All Concerned	367	33.5%
Total	1,096	100.0%

2B. HOW CONCERNED ARE YOU ABOUT DRUG, TOBACCO AND ALCOHOL ABUSE?

RESPONSE	Frequency	Percent
Very Concerned	366	33.6%
Somewhat Concerned	410	37.7%
Not At All Concerned	312	28.7%
Total	1,088	100.0%

2C. HOW CONCERNED ARE YOU ABOUT VIOLENCE IN THE COMMUNITY INCLUDING DOMESTIC AND GANGS?

RESPONSE	Frequency	Percent
Very Concerned	229	21.0%
Somewhat Concerned	419	38.4%
Not At All Concerned	444	40.7%
Total	1,092	100.0%

2D. HOW CONCERNED ARE YOU ABOUT RACISM?

RESPONSE	Frequency	Percent
Very Concerned	264	24.2%
Somewhat Concerned	332	30.4%
Not At All Concerned	496	45.4%
Total	1,092	100.0%

2E. HOW CONCERNED ARE YOU ABOUT CRIME?

RESPONSE	Frequency	Percent
Very Concerned	254	23.2%
Somewhat Concerned	475	43.4%
Not At All Concerned	366	33.4%
Total	1,095	100.0%

2F. HOW CONCERNED ARE YOU ABOUT HOMELESSNESS?

RESPONSE	Frequency	Percent
Very Concerned	593	54.1%
Somewhat Concerned	353	32.2%
Not At All Concerned	151	13.8%
Total	1,097	100.0%

2G. HOW CONCERNED ARE YOU ABOUT EMPLOYMENT OPPORTUNITIES?

RESPONSE	Frequency	Percent
Very Concerned	295	27.3%
Somewhat Concerned	404	37.4%
Not At All Concerned	380	35.2%
Total	1,079	100.0%

2H. HOW CONCERNED ARE YOU ABOUT SCHOOL SAFETY?

RESPONSE	Frequency	Percent
Very Concerned	350	32.5%
Somewhat Concerned	363	33.7%
Not At All Concerned	365	33.9%
Total	1,078	100.0%

2I. HOW CONCERNED ARE YOU ABOUT BUILDING IN OPEN SPACE?

RESPONSE	Frequency	Percent
Very Concerned	294	27.8%
Somewhat Concerned	356	33.6%
Not At All Concerned	409	38.6%
Total	1,059	100.0%

2J. HOW CONCERNED ARE YOU ABOUT HOUSING AFFORDABILITY?

RESPONSE	Frequency	Percent
Very Concerned	649	59.8%
Somewhat Concerned	281	25.9%
Not At All Concerned	155	14.3%
Total	1,085	100.0%

2K. HOW CONCERNED ARE YOU ABOUT WILDFIRES?

RESPONSE	Frequency	Percent
Very Concerned	429	39.1%
Somewhat Concerned	400	36.5%
Not At All Concerned	268	24.4%
Total	1,097	100.0%

2L. HOW CONCERNED ARE YOU ABOUT ACCESS TO CULTURAL OPPORTUNITIES?

RESPONSE	Frequency	Percent
Very Concerned	137	12.9%
Somewhat Concerned	321	30.3%
Not At All Concerned	603	56.8%
Total	1,061	100.0%

2M. HOW CONCERNED ARE YOU ABOUT ACCESS TO PARK AND RECREATION FACILITIES?

RESPONSE	Frequency	Percent
Very Concerned	153	14.0%
Somewhat Concerned	278	25.4%
Not At All Concerned	663	60.6%
Total	1,094	100.0%

2N. HOW CONCERNED ARE YOU ABOUT YOUR ACCESS TO LOCAL PRODUCE?

RESPONSE	Frequency	Percent
Very Concerned	137	12.6%
Somewhat Concerned	189	17.3%
Not At All Concerned	765	70.1%
Total	1,091	100.0%

20. HOW CONCERNED ARE YOU ABOUT WATER QUALITY?

RESPONSE	Frequency	Percent
Very Concerned	402	36.7%
Somewhat Concerned	337	30.8%
Not At All Concerned	356	32.5%
Total	1,095	100.0%

2P. HOW CONCERNED ARE YOU ABOUT WATER AVAILABILITY?

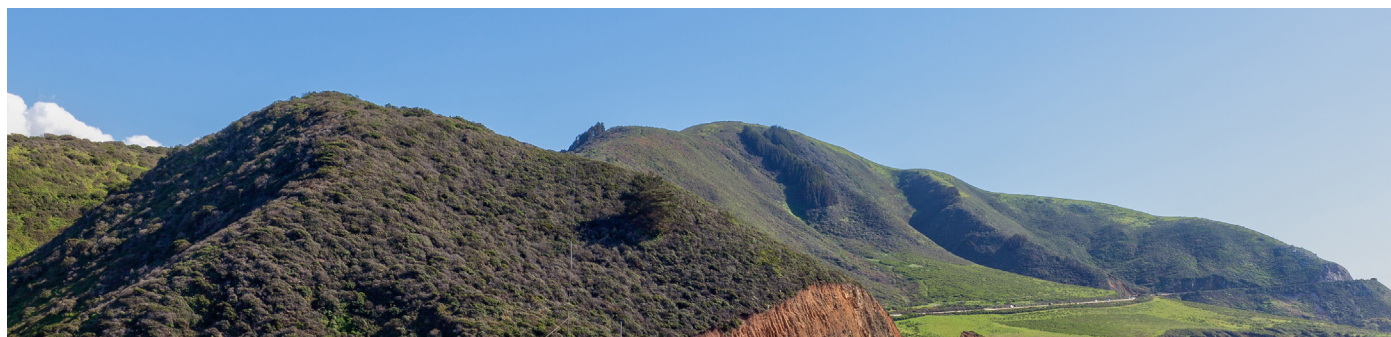
RESPONSE	Frequency	Percent
Very Concerned	458	41.8%
Somewhat Concerned	318	29.0%
Not At All Concerned	320	29.2%
Total	1,096	100.0%

2Q. HOW CONCERNED ARE YOU ABOUT PESTICIDE USE?

RESPONSE	Frequency	Percent
Very Concerned	323	30.1%
Somewhat Concerned	363	33.8%
Not At All Concerned	387	36.1%
Total	1,073	100.0%

2R. HOW CONCERNED ARE YOU ABOUT THE CONVERSION OF AGRICULTURAL LANDS OR OPEN SPACE TO URBAN AND BUILT-UP USES?

RESPONSE	Frequency	Percent
Very Concerned	433	40.4%
Somewhat Concerned	345	32.2%
Not At All Concerned	295	27.5%
Total	1,073	100.0%



3. HAVE YOU FELT YOU HAVE BEEN DISCRIMINATED IN SLO COUNTY IN THE LAST 12 MONTHS BECAUSE OF:

RESPONSE	Frequency	Percent
Race	110	10.0%
Gender	62	5.6%
Age	103	9.4%
Sexual Orientation	26	2.4%
Immigration Status	36	3.3%
Something Else?	59	5.4%
Did not feel discriminated	843	76.6%

Multiple response question with 1,100 respondents offering 1,239 responses.

4A. DO YOU HAVE CHILDREN 18 YEARS OF AGE OR YOUNGER LIVING WITH YOU?

RESPONSE	Frequency	Percent
Yes	272	24.7%
No	827	75.3%
Total	1,099	100.0%

4B. ARE ANY OF YOUR CHILDREN AGES 12 AND UNDER?

RESPONSE	Frequency	Percent
Yes	181	27.2%
No	88	72.8%
Refuse	3	1.1%
Total	272	100.0%

5. IN A USUAL WEEK, ABOUT HOW MANY DAYS DO YOU OR ANY OTHER FAMILY MEMBERS READ STORIES OR LOOK AT PICTURE BOOKS WITH YOUR CHILD(REN) UNDER 12 YEARS OLD?

RESPONSE	Frequency	Percent
Every day	102	56.4%
3 to 6 times a week	50	27.6%
Once or twice a week	17	9.4%
Never	12	6.6%
Total	181	100.0%

6A. DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT IN READING OR HOMEWORK?

RESPONSE	Frequency	Percent
Less than 5 hours a week	100	37.7%
5-10 hours a week	123	46.4%
More than 10 hours a week	42	15.8%
Total	265	100.0%

6B. DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT IN SCREEN TIME?

RESPONSE	Frequency	Percent
Less than 5 hours a week	90	33.6%
5-10 hours a week	107	39.9%
More than 10 hours a week	71	26.5%
Total	268	100.0%

6C. DURING A TYPICAL SCHOOL WEEK, HOW MUCH OF YOUR CHILD'S AFTERSCHOOL TIME IS SPENT IN PHYSICAL ACTIVITY?

RESPONSE	Frequency	Percent
Less than 5 hours a week	66	24.6%
5-10 hours a week	109	40.7%
More than 10 hours a week	93	34.7%
Total	268	100.0%

7. DID YOU PARTICIPATE IN OR ATTEND ANY ARTS OR CULTURAL ACTIVITIES IN THE LAST MONTH?

RESPONSE	Frequency	Percent
Music, dance, or theater, either behind the scenes or on-stage	316	40.2%
Attended a music, dance, or theater performance	414	52.6%
Read books, wrote for pleasure, or attended a book or writing club	574	72.9%
Studied another language	174	22.1%
Attended poetry readings, or lectures	114	14.5%
Created arts and crafts for example, painting, sewing, pottery	369	46.9%
Attended gallery shows, visual arts exhibits, or similar activity	315	40.0%
Went to a museum	251	31.9%
Cultural events related to one's ethnic heritage	127	16.1%
Local fairs or festivals	403	51.2%

Multiple response question with 787 respondents offering 3,057 responses.

8. WHAT TOP THREE PUBLIC RECREATION OPPORTUNITIES WOULD YOU LIKE TO SEE MORE OF IN SAN LUIS OBISPO COUNTY?

RESPONSE	Frequency	Percent
Local or community parks/playgrounds	268	24.7%
Regional or state parks	257	23.7%
Sports fields	173	16.0%
School programs/playgrounds	225	20.8%
Dog parks	152	14.0%
Community centers/senior centers	231	21.3%
Swimming pools/swim centers	249	23.0%
Hiking trails	278	25.7%
Bike paths	102	9.4%
Mountain biking trails	57	5.3%
Equestrian trails	48	4.4%
Coastal access	146	13.5%
Golf courses	44	4.1%
No new recreation opportunities needed	148	13.7%
Other	81	7.5%

Multiple response question with 1,083 respondents offering 2,459 responses.

9A. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY? PARKS AND RECREATION FACILITIES

RESPONSE	Frequency	Percent
Excellent	133	12.4%
Very Good	240	22.4%
Good	496	46.2%
Fair	171	15.9%
Poor	33	3.1%
Total	1,073	100.0%

**9B. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
PUBLIC TRANSPORTATION SERVICES**

RESPONSE	Frequency	Percent
Excellent	83	8.4%
Very Good	160	16.2%
Good	376	38.1%
Fair	240	24.3%
Poor	128	13.0%
Total	987	100.0%

**9C. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
COUNTY ADMINISTRATION**

RESPONSE	Frequency	Percent
Excellent	36	3.9%
Very Good	81	8.8%
Good	365	39.5%
Fair	306	33.1%
Poor	137	14.8%
Total	925	100.0%

**9D. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
PUBLIC SAFETY, WHICH INCLUDES POLICE AND SHERIFF**

RESPONSE	Frequency	Percent
Excellent	191	17.8%
Very Good	234	21.8%
Good	431	40.1%
Fair	164	15.3%
Poor	54	5.0%
Total	1,074	100.0%

**9E. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
EMERGENCY SERVICES, WHICH INCLUDES FIRE AND AMBULANCE/FIRST RESPONDERS**

RESPONSE	Frequency	Percent
Excellent	226	21.4%
Very Good	275	26.1%
Good	437	41.5%
Fair	102	9.7%
Poor	14	1.3%
Total	1,054	100.0%

**9F. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
WELFARE AND SOCIAL SERVICES**

RESPONSE	Frequency	Percent
Excellent	58	6.6%
Very Good	127	14.4%
Good	378	42.9%
Fair	224	25.4%
Poor	94	10.7%
Total	881	100.0%

**9G. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
PUBLIC HEALTH SERVICES**

RESPONSE	Frequency	Percent
Excellent	68	7.0%
Very Good	148	15.3%
Good	427	44.2%
Fair	230	23.8%
Poor	94	9.7%
Total	967	100.0%

**9H. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
MENTAL HEALTH SERVICES**

RESPONSE	Frequency	Percent
Excellent	34	3.8%
Very Good	80	9.0%
Good	228	25.8%
Fair	240	27.1%
Poor	302	34.2%
Total	884	100.0%

9I. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY? ROADS

RESPONSE	Frequency	Percent
Excellent	48	4.4%
Very Good	90	8.2%
Good	366	33.3%
Fair	326	29.7%
Poor	268	24.4%
Total	1,098	100.0%

**9J. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
LIBRARY SERVICES**

RESPONSE	Frequency	Percent
Excellent	203	19.6%
Very Good	250	24.2%
Good	454	43.9%
Fair	109	10.5%
Poor	18	1.7%
Total	1,034	100.0%

**9K. HOW WOULD YOU RATE THE FOLLOWING PUBLIC SERVICE IN SAN LUIS OBISPO COUNTY?
PLANNING, BUILDING AND PERMITTING**

RESPONSE	Frequency	Percent
Excellent	37	3.9%
Very Good	56	5.9%
Good	272	28.7%
Fair	265	28.0%
Poor	317	33.5%
Total	947	100.0%

**10. DO YOU OR DOES ANYONE IN YOUR HOUSEHOLD, HAVE A PERMANENT PHYSICAL OR
MENTAL IMPAIRMENT THAT SUBSTANTIALLY LIMITS A MAJOR LIFE ACTIVITY, SUCH AS BATHING,
DRESSING, STAIR-CLIMBING, SHOPPING, OR MANAGING ONE'S MONEY?**

RESPONSE	Frequency	Percent
Yes	165	15.0%
No	932	85.0%
Total	1,097	100.0%

11A. ARE YOU, OR IS ANYONE ELSE IN YOUR HOUSEHOLD, THE CAREGIVER TO A DISABLED CHILD?

RESPONSE	Frequency	Percent
Yes	43	3.9%
No	1,053	96.1%
Total	1,096	100.0%

11B. ARE YOU, OR IS ANYONE ELSE IN YOUR HOUSEHOLD, THE CAREGIVER TO A DISABLED ADULT - 18 TO 60 YEARS OLD?

RESPONSE	Frequency	Percent
Yes	88	8.0%
No	1,009	92.0%
Total	1,097	100.0%

11C. ARE YOU, OR IS ANYONE ELSE IN YOUR HOUSEHOLD, THE CAREGIVER TO A DISABLED ADULT - OVER 60 YEARS OLD?

RESPONSE	Frequency	Percent
Yes	121	11.0%
No	978	89.0%
Total	1,099	100.0%

11D. ARE YOU, OR IS ANYONE ELSE IN YOUR HOUSEHOLD, THE CAREGIVER TO AN OLDER PERSON - OVER 60 YEARS OF AGE?

RESPONSE	Frequency	Percent
Yes	187	17.1%
No	908	82.9%
Total	1,095	100.0%

12. DO YOU FEEL YOU ARE BETTER OFF THIS YEAR THAN LAST YEAR ECONOMICALLY?

RESPONSE	Frequency	Percent
Yes	437	39.9%
No	234	21.4%
About the same	423	38.7%
Total	1,094	100.0%

13. IN ANY GIVEN MONTH DURING THE PAST YEAR, DID YOU GO WITHOUT...

RESPONSE	Frequency	Percent
Food	41	3.7%
Childcare	23	2.1%
Health Care	78	7.1%
Utilities	26	2.4%
Housing	25	2.3%
Transportation	41	3.7%
Other	11	1.0%
Did not go without basic needs	939	85.8%

Multiple response question with 1,095 respondents offering 1,184 responses.

14. IN THE LAST 12 MONTHS, HAVE YOU HAD THE DESIRE TO TALK WITH A HEALTH CARE PROFESSIONAL ABOUT PROBLEMS LIKE STRESS, FEELING DOWN ABOUT THINGS, EMOTIONAL ISSUES, DRUG OR ALCOHOL USE, FAMILY ISSUES?

RESPONSE	Frequency	Percent
Yes	307	28.0%
No	789	72.0%
Total	1,096	100.0%

15. DO YOU HAVE HEALTH INSURANCE?

RESPONSE	Frequency	Percent
Yes	1,000	91.1%
No	98	8.9%
Total	1,098	100.0%

16. HOW LONG HAS IT BEEN SINCE YOU LAST VISITED A DENTIST FOR A ROUTINE CHECKUP?

RESPONSE	Frequency	Percent
I do not have a regular source of dental care	20	1.8%
Within the past year	770	70.1%
1-2 years	169	15.4%
3-5 years	71	6.5%
More than 5 years ago	60	5.5%
Never	8	0.7%
Total	1,098	100.0%

17. DURING THE LAST 30 DAYS, HOW OFTEN DID YOU GET YOUR 5 DAILY SERVINGS OF FRUITS AND VEGETABLES?

RESPONSE	Frequency	Percent
Everyday	379	34.8%
Just about every day	274	25.1%
Most of the time	230	21.1%
Sometimes	148	13.6%
Rarely	38	3.5%
Never	21	1.9%
Total	1,090	100.0%

18. IN THE PAST 7 DAYS, HOW MANY TIMES DID YOU EAT FOOD OR DRINK A BEVERAGE THAT YOU KNEW WAS UNHEALTHY? FOR EXAMPLE, FAST FOOD HAMBURGERS, FRENCH FRIES, OTHER FRIED FOOD FROM A FAST FOOD ESTABLISHMENT, ETC?

RESPONSE	Frequency	Percent
None	315	29.0%
1-2 times	440	40.5%
3-4 times	171	15.7%
5 or more times	161	14.8%
Total	1,087	100.0%

19. WOULD YOU SAY THAT IN GENERAL, YOUR OVERALL HEALTH IS:

RESPONSE	Frequency	Percent
Excellent	192	17.5%
Very good	369	33.5%
Good	379	34.5%
Fair	122	11.1%
Poor	38	3.5%
Total	1,100	100.0%

20. WHAT IS YOUR CURRENT GENDER IDENTITY?

RESPONSE	Frequency	Percent
Male	579	53.0%
Female	507	46.4%
Transgender	2	0.2%
Prefer to self-describe	5	0.5%
Total	1,093	100.0%

21. DURING THE PAST WEEK, ON HOW MANY DAYS DID ALL THE FAMILY MEMBERS WHO LIVE IN THE HOUSEHOLD EAT A MEAL TOGETHER?

RESPONSE	Frequency	Percent
0	13	4.9%
1	21	7.8%
2	15	5.6%
3	22	8.2%
4	26	9.7%
5	33	12.3%
6	9	3.4%
7	129	48.1%
Total	268	100.0%

22. CONSIDERING ALL TYPES OF ALCOHOLIC BEVERAGES, IN THE PAST 30 DAYS ABOUT HOW MANY TIMES DID YOU HAVE [4 IF FEMALE; 5 IF MALE] OR MORE DRINKS ON AN OCCASION?

RESPONSE	Frequency	Percent
None	797	73.1%
1 - 2	177	16.2%
3 - 4	59	5.4%
6 or more	57	5.2%
Total	1,090	100.0%

23. IN THE LAST YEAR, HAVE YOU PARTICIPATED IN ANY OF THE FOLLOWING LAND AND WATER STEWARDSHIP ACTIVITIES?

RESPONSE	Frequency	Percent
Donated to land acquisition activities	95	8.6%
Participated in environmentally-focused group	153	13.9%
Reduced indoor water use	586	53.3%
Reduced outdoor water use	637	57.9%
Reduced energy use	578	52.5%
Other	49	4.5%
No (None of the above)	281	25.5%

Multiple response question with 1,100 respondents offering 2,379 responses.

24. IN PLANNING FOR A DISASTER, HAS YOUR HOUSEHOLD STORED FIVE DAYS' WORTH OF EMERGENCY SUPPLIES?

RESPONSE	Frequency	Percent
Yes	615	56.4%
No	475	43.6%
Total	1,090	100.0%

25A. HOW OFTEN DO YOU ACCESS THE INTERNET FROM THE HOME COMPUTER?

RESPONSE	Frequency	Percent
Multiple times a day	558	50.7%
1 time a day	135	12.3%
Several times a week	105	9.5%
Several times a month	65	5.9%
Do not have internet access	82	7.5%
Don't have / don't use for internet	155	14.1%
Total	1,100	100.0%

25B. HOW OFTEN DO YOU ACCESS THE INTERNET FROM THE CELL PHONE OR SMART PHONE

RESPONSE	Frequency	Percent
Multiple times a day	776	70.6%
1 time a day	58	5.3%
Several times a week	63	5.7%
Several times a month	16	1.5%
Do not have internet access	58	5.3%
Don't have / don't use for internet	128	11.6%
Total	1,099	100.0%

25C. HOW OFTEN DO YOU ACCESS THE INTERNET FROM THE LIBRARY?

RESPONSE	Frequency	Percent
Multiple times a day	16	1.5%
1 time a day	5	0.5%
Several times a week	56	5.1%
Several times a month	128	11.7%
Do not have internet access	63	5.8%
Don't have / don't use for internet	825	75.5%
Total	1,093	100.0%

25D. HOW OFTEN DO YOU ACCESS THE INTERNET FROM THE COFFEE SHOP?

RESPONSE	Frequency	Percent
Multiple times a day	12	1.1%
1 time a day	16	1.5%
Several times a week	93	8.5%
Several times a month	115	10.5%
Do not have internet access	63	5.8%
Don't have / don't use for internet	795	72.7%
Total	1,094	100.0%

25E. HOW OFTEN DO YOU ACCESS THE INTERNET FROM THE SCHOOL OR COLLEGE?

RESPONSE	Frequency	Percent
Multiple times a day	59	5.4%
1 time a day	11	1.0%
Several times a week	48	4.4%
Several times a month	25	2.3%
Do not have internet access	59	5.4%
Don't have / don't use for internet	890	81.5%
Total	1,092	100.0%

26. WHAT ARE THE TOP 3 WAYS YOU GET MOST OF YOUR NEWS?

RESPONSE	Frequency	Percent
Local TV	487	44.3%
Cable/network TV	409	37.2%
Local newspaper - online or print	339	30.8%
Large national newspaper - online or print	183	16.6%
Radio	241	21.9%
Facebook	162	14.7%
Twitter	48	4.4%
Online news websites - such as Reddit, Huffington Post,	457	41.5%
Friends/family	157	14.3%
Don't care about news	21	1.9%

Multiple response question with 1,073 respondents offering 2,504 responses.

27. HAVE YOU COMPLETED AN ADVANCED HEALTH CARE DIRECTIVE OR OTHER LEGAL HEALTH CARE DOCUMENT WITHIN THE PAST 5 YEARS?

RESPONSE	Frequency	Percent
Yes	493	47.1%
No	554	52.9%
Total	1,047	100.0%

28. WHICH OF THE FOLLOWING BEST DESCRIBES YOUR ETHNIC GROUP?

RESPONSE	Frequency	Percent
White	771	71.9%
Hispanic or Latino	162	15.1%
Black or African American	12	1.1%
Asian	14	1.3%
American Indian or Alaska native	14	1.3%
Native Hawaiian or Pacific Islander	3	0.3%
Multi-Ethnic or Multi-racial	93	8.7%
Other	4	0.4%
Total	1073	100.0%

29. WHAT IS YOUR AGE?

RESPONSE	Frequency	Percent
18 to 25 years	74	6.8%
26 to 34 years	114	10.4%
35 to 45 years	150	13.7%
46 to 65 years	402	36.8%
66 to 79 years	248	22.7%
80 years and over	104	9.5%
Total	1092	100.0%

30. DO YOU OWN OR DO YOU RENT YOUR PRIMARY RESIDENCE?

RESPONSE	Frequency	Percent
Own	718	65.9%
Rent	335	30.8%
Neither	36	3.3%
Total	1,089	100.0%

31. WHAT IS THE HIGHEST LEVEL OF EDUCATION YOU HAVE COMPLETED?

RESPONSE	Frequency	Percent
Less than 9th grade	42	3.8%
9th grade to 12th grade - no diploma	34	3.1%
High school diploma - includes GED or equivalent	188	17.2%
Some college, no degree	249	22.8%
Associate's degree	156	14.3%
Bachelor's degree	229	20.9%
Graduate or professional degree	196	17.9%
Total	1094	100.0%

32. DO YOU HAVE AT LEAST \$300 IN A SAVINGS ACCOUNT?

RESPONSE	Frequency	Percent
Yes	911	85.2%
No	158	14.8%
Total	1,069	100.0%

33. WHICH INCOME RANGE BEST DESCRIBES YOUR HOUSEHOLD INCOME?

RESPONSE	Frequency	Percent
\$34,999 or less	210	22.1%
\$35,000 to \$74,999	267	28.1%
\$75,000 to \$114,999	250	26.3%
\$115,000 or more	224	23.6%
Total	951	100.0%

34. DID YOU OR THE MEMBERS OF YOUR HOUSEHOLD CONTRIBUTE TO ANY ORGANIZATIONS, IN THE PAST YEAR?

RESPONSE	Frequency	Percent
No money donation	210	21.5%
Less than \$100	114	11.7%
\$101 - \$300	117	12.0%
\$301 - \$500	96	9.8%
\$501 - \$1,000	102	10.4%
\$1,001 - \$2,000	79	8.1%
\$2,001 - \$4,000	89	9.1%
\$4,001 - \$10,000	123	12.6%
More than \$10,000	47	4.8%
Total	977	100.0%

35. I'D LIKE TO ASK ABOUT YOUR VOLUNTEER ACTIVITY. HOW MANY HOURS DID YOU SPEND IN THE PAST YEAR VOLUNTEERING FOR ANY ORGANIZATION?

RESPONSE	Frequency	Percent
0 hours	444	40.4%
1 - 5 hours	36	3.3%
6 - 10 hours	49	4.5%
10 - 20 hours	64	5.8%
21 - 50 hours	120	10.9%
51 - 100 hours	120	10.9%
101 - 300 hours	107	9.7%
301 hours or more	160	14.5%
Total	1,100	100.0%

36. LANGUAGE OF SURVEY

RESPONSE	Frequency	Percent
English	1028	93.5%
Spanish	72	6.5%
Total	1,100	100.0%

29. WHAT CITY OR TOWN DO YOU LIVE CLOSEST TO?

RESPONSE	Frequency	Percent
Arroyo Grande	124	11.3%
Atascadero	88	8.0%
Avila Beach	4	0.4%
Baywood Park	1	0.1%
California Valley	0	0.0%
Cambria	62	5.6%
Camp Roberts	1	0.1%
Cayucos	22	2.0%
Santa Margarita	9	0.8%
Creston	3	0.3%
Grover Beach	42	3.8%
Halcyon	0	0.0%
Harmony	0	0.0%
Los Osos	107	9.7%
Morro Bay	83	7.5%
Nipomo	59	5.4%
Oceano	24	2.2%
Paso Robles	116	10.5%
Pismo Beach	22	2.0%
Pozo	0	0.0%
San Luis Obispo	268	24.4%
San Miguel	7	0.6%
San Simeon	1	0.1%
Shandon	7	0.6%
Shell Beach	3	0.3%
Templeton	41	3.7%
Blacklake	0	0.0%
Callender	0	0.0%
Cholame	0	0.0%
Cyprus Ridge	0	0.0%
Edna	0	0.0%
Garden Farms	0	0.0%
Heritage Ranch	1	0.1%
Lake Nacimiento	1	0.1%
Los Berros	0	0.0%
Los Ranchos	1	0.1%
Monarch Dunes	1	0.1%
Oak Shores	0	0.0%
SLO Country Club	2	0.2%
Whitley Gardens	0	0.0%
Woodlands	0	0.0%
Total	1,100	100.0%