



Health and Health Disparities in San Francisco

Latina Young Women, Mothers, Children & Youth

This report highlights surveillance data that identifies disparities in the health of Latino mothers, children, and adolescents in San Francisco. By comparing Latinos to overall San Francisco rates and/or to the ethnicity with the most favorable health outcome, this analysis describes the existence of health disparities, but not the reasons for the differences. The results indicate existing social inequities (e.g., housing, education, jobs, income, and neighborhood conditions), preventable health disparities, and the potential for improving health outcomes throughout the life course.

Young Women and Mothers

- **Preventive Health Care.** 30% of Latina women ages 19-44 in San Francisco (SF) do not have a health insurance or a health coverage plan, which is higher than for any other ethnic group.¹
- **Medi-Cal.** Latina mothers have the highest rate (60%) of Medi-Cal coverage for delivery, compared to 27% for all SF births; and the lowest percentage covered by private insurance (34%, compared to 68% for all SF). Latinas are nine times more likely to utilize Medi-Cal for delivery than Whites in San Francisco.²
- **Domestic Violence.** 1 in 9 Latinos in public high schools report having been physically forced to have sex (11%, 4 points above the overall SF public high school rate).³ Latinos comprise 16% of the population, but 27% of the domestic violence victim services served by the District Attorney office. The District Attorney – Victim Services Division provided services to 253 Latino domestic violence victims during FY 2009-2010.⁴ This represents 27% of their total cases (921), while Latinos comprise 16% of the total SF population.
- **STDs.** Latinas have a high incidence rate of chlamydia, 6 cases per 1,000 women per year, which is over 3 times the rate of White females. 15-19 years olds have the highest incidence of chlamydia among Latinas in San Francisco, 21 cases per 1,000 women per year.⁵
- **Pre-Pregnancy Weight.** 59% of Latina women are overweight (27%) or obese (31%) before their pregnancy, which is the highest of any major ethnic group, rates that are double that of Whites (26%) and triple that of Asians (21%). Among women before their pregnancy with their first child (pre-motherhood), almost half (48%) of Latina women are overweight (23%) or obese (25%); the highest rate of any major ethnicity group in SF, and double the rate of Asians (18%) and Whites (26%).⁶
- **Prenatal Care.** 20% of Latinas miss first-trimester prenatal care, four times higher than among Whites (5%).⁷

Infants

- **Prematurity.** Latinas have a 9.1% preterm rate, almost 50% higher than the White rate (6.2%).⁸
- **Breastfeeding.** Exclusive breastfeeding is high, 85%, among Latinas in the birthing hospital,⁹ but the rate drops sharply to 34%, 25% and 23% at the 2, 4 and 6 month WIC visits, respectively.¹⁰
- **Infant Mortality.** Latino infant mortality in SF is 4.7 per 1,000 births, about twice the rate of Whites (2.6) and Asians (2.3).¹¹

Children

- **Poverty.** 49% of Latino children live below 200% of the federal poverty level (FPL), over three times the rate for White SF children (14%). 15% are below the FPL, twice the rate for Whites.¹² 200% of the federal poverty level is less than the family economic self-sufficiency income for San Francisco,¹³ so half of SF's Latino children and youth live in households with incomes below the self-sufficiency level..
- **Child Welfare.** In 2011, compared to whites, Latino children had over 3 times the rate of child maltreatment allegations, substantiated allegations, and entries into foster care.¹⁴ Among poor children the disparity is reversed; Latinos are *less* likely to be reported or substantiated for maltreatment and less likely to be placed into foster care.¹⁵
- **Health Insurance.** Among children 1-18 years old, Latinos have the highest uninsured rate (16%). Latinos constitute 23% of SF's children, but 59% of its uninsured children.¹⁶

- **Oral Health.** About half of Latino kindergartners (48%) in San Francisco have dental caries, including a quarter (23%) with untreated caries. Their disease prevalence is about twice that of Whites (23% with caries, 13% untreated).¹⁷
- **Dental Access.** Among Latino children eligible for Denti-Cal (Medi-Cal dental services), 67% of 4-5 year olds and 58% of 6-11 year olds used any dental services. These utilization rates are lower than the 74% and 73% among eligible Chinese children.¹⁸
- **Anemia.** 12% of low-income Latino children 0-5 years old are anemic, as are 14% of low-income Latino 5-19 year olds.¹⁹
- **Physical Fitness.** 29% of 5th grade Latinos in San Francisco are “physically fit” (meeting at least 5 of 6 standards on FITNESSGRAM testing), much less than the 52% of Whites and 57% of Asians in San Francisco; and less than 5th grade Latinos in other Bay Area counties: 46% in Marin, 42% in San Mateo, 39% in Alameda, and 47% in Contra Costa. These disparities are similar for 7th and 9th graders.²⁰
- **Overweight & Obesity.** 40% of low income Latino young children ages 2-4 have become either overweight (18%) or obese (22%, highest rate of any group and almost triple the Asian rate of 8%).²¹

Adolescents²²

- **Healthcare.** Only 57% of Latino adolescent members of the county health plan received their annual preventive service visit. This is markedly lower than the 75% of Chinese adolescents who visited their primary care provider.²³
- **Nutrition.** 40% of Latino youth report they do not eat any vegetables on some days. (All SF HS youth: 31%).
- **Physical Activity.** Latino youth are less physically active than other youth in San Francisco. Only 31% of Latino high school youth are regularly physically active (60 minutes for at least 5 of 7 previous days). Only 19% have daily physical education at school, and 51% had no PE at all in the previous week.
- **Physical Fitness.** Only 34% of 9th grade Latinos in San Francisco are “physically fit” (meeting at least 5 of 6 standards on FITNESSGRAM testing), much less than the 65% of Whites in San Francisco; and also less than 9th grade Latinos in other Bay Area counties: 54% in Marin, 45% in San Mateo, 44% in Alameda, and 50% in Contra Costa. These disparities are similar for 5th and 7th graders.²⁴
- **Sedentary Behavior.** Over a third (37%) of Latino high-school youth watch TV three or more hours a day (All SF HS youth: 27%).
- **Overweight & Obesity.** Latino high school youth are twice as likely to be overweight (24%) and obese (15%) compared to the overall public high school student population (12% and 7%) in San Francisco.
- **Asthma.** 26% of Latino high school youth reported a history of asthma (all SF HS youth: 20%), and 10% reported that they still have the condition (All SF HS youth: 7%).
- **Oral Health.** Among Latino youth with Denti-Cal (Medi-Cal Dental Program) benefits, only 35% of 12-18 year olds, and 21% of 19-20 year-old, used any dental services. This is much lower than the 60%, and 47% utilization rate among Chinese youth in these respective age groups, and the 45% and 32% use rate for all eligible SF youth of these ages.²⁵
- **Mental Health.** 1 in 6 Latino high school youth (18%) attempted suicide. This is more than 4 times the White rate of 4%. Nearly one third (31%) of Latinos (and 22% of all SF high school youth) report having felt sad or hopeless for a 2-week period during the previous year.
- **Violence and Safety.** A third (32%) of Latino HS youth have been in a physical fight in past year (All SF HS youth: 18%); 18% have been in a physical fight at school (All SF HS youth: 7%); 1 in 5 (19%) have carried a weapon (All SF HS youth: 11%). 1 in 8 (12%) of Latino youth say they were threatened or injured with a weapon at school (3 times the rate for Asians), and 1 in 9 (11%) report having being physically forced to have sex (All SF HS youth: 7%).
- **Alcohol.** Two-thirds (67%) of Latinos high school youth have ever drunk alcohol (All SF HS youth: 49%), a third (35%) have drunk alcohol in past 30 days (All SF HS youth: 21%), and more than one fifth (22%) binge drank (5+ drinks at one occasion) in the past month (All SF HS youth: 12%). Over a quarter (28%) have recently ridden in a car with a driver who’d been drinking (All SF HS youth: 17%).
- **Tobacco.** Over half (52%) of Latino high school youth have tried smoking cigarettes (All SF HS youth: 36%); 16% used tobacco products within past month (All SF HS youth: 11%); and 14% smoked before age 13 (All SF HS youth: 9%).
- **Other Drugs.** More Latino youth reported having used cocaine (15%), sniffed glue (13%), and having used ecstasy (21%) compared to the overall high school rates. Over half (55%) of Latino youth reported trying marijuana, and nearly a third (31%) have used it during the past 30 days.

- **Sexual Activity.** More than a fifth (22%) of Latino high school youth did not use any form of contraception when they last had sex (all SF HS youth: 17%), and over half (53%) have engaged in sexual intercourse (all SF HS youth: 28%).
- **STDs.** 14-20 year old Latino youth have a high incidence rate of chlamydia (15 cases/1,000 persons per year, which is two and four times higher than the rates for Whites and Asians, respectively).²⁶
- **Teen Births.** Latinas comprised 20% of all SF births, but 55% (124) of births to mothers under age 20 in 2011, including 64% of the births to teens under age 18 (49 of 77 births).²⁷

The San Francisco Department of Public Health regularly monitors health-related data to assess the health of women, infants, children and families to help guide program planning and policy development. Using data that are regularly available and represent entire populations allows the measurement of changes associated with program and policy interventions.

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Sources

Numbers in notes with only numbers refer to original endnote of source cited.

¹ SFDPH MCAH. “Low Health Insurance Coverage for Women 19-44 and Children in SF.”. SFDPH MCAH analysis of ACS 2010 San Francisco PUMS data .

² SFDPH MCAH analysis of California Dept.of Public Health 2011 birth statistical master file.

³ CDC, Youth Risk Behavior Survey (YRBS). SF 2011 high school data. Downloaded November 2012 from: <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?TT=&OUT=&SID=HS&QID=&LID=SF&YID=&LID2=&YID2=&COL=&ROW1=&ROW2=&HT=&LCT=&FS=&FR=&FG=&FSL=&FRL=&FGL=&PV=&TST=&C1=&C2=&QP=&DP=&VA=&CS=&SYID=&EYID=&SC=&SO=>

⁴ Dept. on Status of Women, Family Violence Council. *Comprehensive Report on Family Violence in S.F.* 2010. (FY 2009-2010 data).

⁵ STD Control Section. San Francisco *Sexually Transmitted Disease Annual Summary, 2011*. San Francisco Department of Public Health, San Francisco, California. November, 2012. Downloaded October 2012 from: <http://www.sfdph.org/dph/files/reports/StudiesData/STD/SFSTDAnnSum2011.pdf>

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⁹ CDPH, “California In-Hospital Breastfeeding as Indicated on the Newborn Screening Test Form,...2011” Downloaded October 2012 from: <http://www.cdph.ca.gov/data/statistics/Documents/MO-BFP-CountyofResidence-RaceEthnicityReport-2011.pdf>

¹⁰ SF WIC program data on participants’ breastfeeding practices, 2010-2011

¹¹ SFDPH MCAH. “SF and California Infant Mortality by Ethnicity, 2001-2010”. SFDPH analysis of SF and California infant mortality from on-line CDPH Vital Records Query System data, 2006-2010. Downloaded August 2012 from: <http://www.apps.cdph.ca.gov/vsq/default.asp>

¹² SFDPH MCAH analysis of ACS 2010 San Francisco PUMS data .

¹³ Insight Center for Community Economic Development, Family Economic Self-Sufficiency Standard [SSS] for California.

http://www.insightccd.org/communities/cfess/ca=ssold/SSS-San_Francisco-12.html, accessed Jan. 20, 21013.. The 2011 2-person SSS for ranged from \$41,738 to \$63,091 (depending on age of child; younger children cost more to raise); the 2012 FPL was \$15,130 for a family of two.

¹⁴ Williams D., et. al. (2012). *Child Welfare Services Reports for California*. Downloaded January 11, 2013 from UC Berkeley Center for Social Services Research website: <http://cssr.berkeley.edu/CWSCMSreports/>

¹⁵ Needell, B., et. al. (2012). *Child Welfare Services Reports for California*. Downloaded January 11, 2013 from UC Berkeley Center for Social Services Research website: <http://cssr.berkeley.edu/CWSCMSreports/>

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¹⁷ Watterson, Jessica. “Oral Health Status of SF Kindergartners: 2005-2011”. Personal communication of unpublished data. May 2012

¹⁸ California Dept. of Health Care Services, 2011-12 data, personal communication, January 11, 2013.

¹⁹ Pediatric Nutrition Surveillance System, 2009. Downloaded July 2012 from:

<http://www.dhcs.ca.gov/services/chdp/Pages/PedNSS2009.aspx#datatables>

²⁰ CDE on-line 2011-12 county FitnessGram data by grade and race/ethnicity (for White, Latino, and African American youth). Downloaded December 2012 from: <http://www.cde.ca.gov/ta/tg/pf/pftresearch.asp>

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²² 3 . 2011 YRBS is source for all items in this section except where otherwise noted.

²³ San Francisco Health Plan. The HEDIS Breakdown: Disparities and Numbers by Ethnicity and Language. QIC. October 2012

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