



Introduction

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supportive social services and facilities

Supportive social services are important to many people interested in physical and mental health considerations. There are many types of support, including perceived support, received support, and social integration/recovery. Whereas perceived support refers to the availability of real or perceived help during times of need, received support refers to specific supportive actions and social integration/recovery refers to connections with the social network. In these instances, programs are designed to provide assistance to those eligible individuals who may be aged, blind, and disabled and who, without this care, would be unable to recare for themselves or remain safely in their own homes. Many people are interested in social support because this social service has been consistently related to mental and physical health. Facilitating supportive social service access is helping people to receive appropriate health care resources or professional services which is personalized to meet their needs. Thus access should be measured in terms of the supply, affordability, physical accessibility, and acceptability of services.

Social Cohesion

Poor social ties and networks and weak mental health is associated with a number of factors related to planning, including long commute times, exposure to crime, lack of transportation choice, and lack of access to public spaces. Social capital is often characterized by the level of neighborhood trust and community participation within a neighborhood. Research has demonstrated that communities with high rates of civic engagement have lower crime rates and lower incidence of chronic conditions. Social participation has also been found to be one of the strongest predictor of physical activity levels (CDC, 2011). Research suggest that measures to improve social capital, and reduce crime, in certain communities might be important in lowering the prevalence of lifestyle-related diseases and condition, such as obesity and cardiovascular disease.

Based on 2007 California Health Interview Survey (CHIS) results, North Coastal residents experienced average levels of mental health and above-average levels of social capital. The vast majority of North Coastal residents feel safe in their neighborhood all of the time (73 percent), compared to 65 percent for the County. The remaining North Coastal residents feel safe most of time (23 percent) and a small minority feel safe some or none of the time (1.5 percent and 1.4 percent). Results from the Public Health Element Surveys also show strong levels of social cohesion. When asked how often people in your neighborhood are willing to help each other, about 68 percent of respondents said most or all of the time. About 48 percent of Senior Survey respondents said the same thing. Survey respondents from New Encinitas reported the highest level of “willingness”, with 79 percent of survey respondents saying people would likely help each other. If people feel that they can depend on their friends and neighbors in times of need, that assurance of feeling that you have a safety net can reduce chronic stress which weakens the immune system.

In terms of mental health, in 2005, 21 percent of North Coastal residents received or needed professional help for emotional or mental problems, similar to the County average of 20 percent. In 2007, only 9 percent of residents likely had a psychological distress in the past year, and only 3 percent in the past month (same for County). Results from the Public Health Element Surveys also show similar trends in mental health. When asked if there was ever a period when the respondent had two weeks or more of sadness or depression, 22 percent of senior-aged

TABLE 7: VOTING RATES FOR NOVEMBER 2010 GOVERNOR ELECTION

	Pop. ≥18 Years Old	Registered Voters	Voted in Nov. 2010 Election	% who Voted in the 2010 Election	% of ≥18 pop who Voted in the 2010 Gov. Election
City of Encinitas	47,233	37,730	27,467	72.8 %	58.2 %
San Diego County	2,371,145	1,442,161	926,363	64.2 %	39.1 %
Source: San Diego County Registrar of Voters					

respondents and 20 percent of adults said “Yes”. When asked to what extent has an emotional health problem interfered with normal social activities, only 71 percent of seniors and 74 percent of adults said “No”. Furthermore, based on CHIS data about 17 percent of North Coastal teens are at risk for depression, and 12 percent of teens experienced 14 or more days of poor mental health in the past month. County averages for these measures are slightly different at 22 percent and 10 percent, respectively.

Family relationships, friends, and organization/club membership contribute to social integration. Also, when residents are engaged in the public decision-making process, they more feel a sense of control both in their personal and physical environment. According to the San Diego County Registrar of Voters, 72 percent of registered voters in Encinitas voted during the Nov. 2010 Governor Election compared to 64 percent in San Diego. Additionally, 58 percent of all people over 18 years old in Encinitas voted during the November 2010 Governor Election compared to only 39 percent of all San Diego County residents over 18 years old.

Substance Abuse

In 2005, the FBI’s Uniform Crime Reports estimated that there were 1,846,400 state and local arrests for drug abuse in the United States. According to the Bureau of Justice Statistics (BJS), in 2004, 17 percent of state prisoners and 18 percent of federal inmates said they committed their current offense to obtain money for drugs (DOJ, 2011). The link between drug use and crime has been well-documented in recent years and research strongly suggests that density of alcohol outlets is closely related to crime and violence. Between 2007 and 2010, 56 percent (9/16) of the fatalities and serious injuries from alcohol-related collisions occurred within a quarter mile of an on-site liquor license (bar, club or restaurant that serves alcohol). About half (139/279)

of the victims of alcohol-related collisions were within a quarter mile of an on-site liquor license. (See the DUI Map and Alcohol Related Collisions Maps in the Appendix). Between 2008 and 2010, the Encinitas Sherriff's Department issued 1,124 driving under the influence (DUI) violations. The vast majority of these violations occurred in the communities along the coast, especially in Old Encinitas. Although the "get tough" approach may help reduce crime, there are limits to its ability to enhance the public's safety and general well-being in the long run. More efforts should be placed on providing safe and supportive residential and outpatient treatment for individuals whose lives have been impaired by chemical dependency and substance abuse. Refer to Table 9 for a current list of services for special needs populations.

Tobacco Use

According to the US Centers for Disease Control and Prevention, smoking harms nearly every organ in the body. Tobacco use is the leading preventable cause of death and it is responsible for one in five deaths annually (CDC, 2011). Smoking causes death, cardiovascular disease, respiratory disease, and many types of cancers. Smoking increases the risk and severity of many other health issues such as reproductive and early childhood effects, coronary heart disease, and strokes. With over 7,000 chemicals, at least 70 of which are cancer-causing, even brief exposure to secondhand smoke is dangerous (DHHS, 2003). There is no risk-free level of exposure to secondhand smoke, yet exposure to tobacco smoke in public is common. Secondhand smoke can stay in the air long after a cigarette has been put out and can be involuntarily inhaled by nonsmokers. Secondhand smoke causes heart disease, lung cancer and serious health problems in children. In 2006, the California Air Resources Board classified secondhand smoke as a "Toxic Air Contaminant" in the same category as asbestos, cyanide, arsenic and other chemicals that lead to serious illness and death (State of CA Air Resources Board, 2005).

Each day, about 3,450 people between 12 and 17 years of age smoke their first cigarette (CDC, 2011). This can be prevented if they do not have illegal access to cigarettes. Vista Community Clinic's Smoke Free North County Project obtained and validated tobacco retail license data from the CA State Board of Equalization. There are 53 licensed tobacco retailers in the city, with the majority of them in New Encinitas and Old Encinitas. Of the 16 public schools within the city, 6 are within a quarter mile of a tobacco retail establishment. (See Tobacco and Youth Map.)

TABLE 8: TOBACCO RETAILERS BY COMMUNITY

	Tobacco Retailers	% of Total
Cardiff-by-the-Sea	9	17.0 %
Leucadia	11	20.8 %
New Encinitas	15	28.3 %
Old Encinitas	14	26.4 %
Olivenhain	4	7.5 %

Access to Health Care

Access to health care and mental health services is an important determinant of health and disease prevention, and increased access is very likely to improve public health. If services are available and there is an adequate supply of services, then the opportunity to obtain health care exists (and people have access). Preventive measures such as screening for common health problems like diabetes and respiratory illnesses, dental care, and vaccinations have been shown to reduce the incidence and severity of illnesses and are often less expensive than care once someone has become sick (DHHS, 2010). The level of access to health care services in a community is determined by the presence or absence of medical service providers; the affordability of those services; and the proximity and transportation service to health care facilities. At the same time, the positive effects of being close to a health care facility are limited if residents cannot afford services or insurance, or if they do not receive appropriate preventive care. For this reason, overcoming socio-economic barriers are an important component to better physical access of health care facilities. Examples include the following:

- providing affordable primary clinics, preventive clinics, and Emergency Medical Services;
- assisting residents in accessing programs and services offered by non-profits;
- providing insurance or subsidy programs;
- attracting high quality health care professionals or attracting other programs;
or
- attracting high quality health care professionals or programs/resources.

Based on the California Health Interview Survey (CHIS) results, a strong majority of North Coastal residents (including Encinitas) are currently insured (86 percent, 2007), have a place to go when they are sick or need health advice (85 percent, 2005), and have a doctor/HMO/Kaiser as their usual source of care (66 percent, 2005). Some of the population visits a community clinic as their primary care source (19 percent, 2005), and few have difficulty understanding written information from a doctor's office (11 percent, 2007). Results from the Public Health Element Surveys also show similar levels of health care access. About 86 percent of senior-aged survey participants and 79 percent of adults have a place or source to go to when they are sick or need health advice. Female respondents indicated that they had a higher level of resources (86 percent said "Yes") than men respondents (69 percent).

Based on the CHIS results, in 2007 nearly 84 percent of the population had visited a doctor's office in the last year and about 20 percent had visited an emergency room in the last year. Based on the results from the Public Health Element Surveys, about 64 percent of adults and senior-aged respondents have visited a medical doctor or nurse practitioner in the last six months. Approximately another 20 percent have visited from six months to one year ago. (About 84 percent visiting a doctor's office in the last year).

Scripps Memorial Hospital, located in the heart of Encinitas, represents the only trauma center, emergency department, and medical hospital in the city and offers 138 beds and 550 physicians. Based on the City's 2010 population of 59,518 residents, there are 2.32 hospital beds per 1,000 persons. San Diego County has a supply of 2.0 available hospital beds per 1,000 population, almost in line with the state average of 2.1 (HHSA, 2009). US News & World Report recently named Scripps Memorial Hospital Encinitas one of the top five hospitals San Diego County (Medford, 2011).

Based on the results from the Public Health Element Surveys, seniors tended to rate the accessibility of health care and services in the Encinitas better than adults (53 percent of seniors saying "Very good" compared to 41 percent of other adults). Only one percent of all survey respondents said that health care access was "Poor" or "Very Poor".

Homelessness

The most concerning housing-related health risk is not having any home at all. Homelessness or the threat of homelessness can lead to unsafe drinking water and hot water for washing, substandard waste disposal, exposure to insects and rodents, and inadequate food storage or food preparation facilities. Homeless persons have much higher death rates than the general population and homeless children suffer from emotional and psychological problems as well as academic challenges in school. The Regional Task Force (RTF) on the Homeless of San Diego County conducts annual homeless counts. The January 28, 2011 count included both sheltered and unsheltered homeless persons. The RTF estimates that Encinitas has 184 homeless community members (50 sheltered and 134 unsheltered). This represents 0.3 percent of the total city population. Approximately 2.1 percent of homeless persons in the County live in Encinitas, whereas Encinitas comprises about 1.9 percent of the total County population.

The US Department of Housing and Urban Development (HUD) along with many other federal agencies, funds programs to help the homeless. These programs are managed by local organizations that provide a range of services, including shelter, food, counseling, and jobs skills programs. Refer to Table 9 for a current list of services for special needs populations. HUD also sponsors housing counseling agencies that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. As of this writing, there are 14 counseling service centers in the San Diego region. Two of the counseling centers are located in North San Diego County (in the cities of Oceanside and Escondido).

Homelessness

TABLE 9: NORTH SAN DIEGO COUNTY SERVICES FOR SPECIAL NEEDS POPULATIONS (2010)

Special Needs Services	Program	Details	Location
Emergency Shelters	Catholic Charities, La Posada de Guadalupe	50 beds for homeless men	Carlsbad
	CRC Libre	36 beds for women with children, victims of domestic violence; motel vouchers	Encinitas
	Encinitas Social Services	General Population	Encinitas
	Brother Benno's Foundation, Good Samaritan Shelter	12 beds for homeless men	Oceanside
	Brother Benno's Foundation, House of Martha Ann Mary	6 beds for women with children, victims of domestic violence	Oceanside
	M.I.T.E. North County Detox	6 beds for adults, substance abuse treatment	Oceanside
	Women's Resource Center	26 beds for women with children, victims of domestic violence	Oceanside
Permanent Supportive Housing	CHW – Marisol Apartments	21 beds for HIV/AIDS patients	Undisclosed
	CHW-Old Grove	4 beds for HIV/AIDS patients	Undisclosed
	CHW-Old Grove	40 beds for farm/day laborers	Undisclosed
	Fraternity House, Inc. – Michelle's House	12 HIV/AIDS patients	Vista
	North County Solutions for Change	40 homeless families with children	Vista
Transitional Housing/ Shelter	MHS – Family Recovery Center	90 Women with children and substance abuse treatment	Oceanside
	Women's Resource Center, Transition House	61 Women with children	Oceanside
	Women's Resource Center	26 Women with children, victims of domestic violence	Oceanside
	YMCA Oz North Coast	10 Homeless Youth	Oceanside
Services for the Homeless and At Risk Families	North Coastal Mental Health	Homeless severely mentally ill	Regional
	North County Lifeline – Hotel Vouchers	General homeless	Oceanside
	North County Community Services Food Bank	Food distribution	San Marcos
	Interfaith Community Services (Winter Shelter)	100 General homeless	Escondido
	Salvation Army Adult Rehab Center	Drug/alcohol abuse	Regional
	Second Chance	Drug/alcohol abuse	Regional
	Stepping Stone	Drug/alcohol abuse	Regional