

# TABLE OF CONTENTS

<b>INTRODUCTION &amp; BACKGROUND</b>	1
<b>SECTION I: A CONCEPTUAL MODEL OF COMMUNITY HEALTH</b>	6
Multi-determinant Model of Health	6
Adapting The Multi-Determinant Model For San Diego	8
Critical Pathways	11
High-Leverage Health Issues	19
Select Sub-issues	20
<b>SECTION II: OVERVIEW OF HIGH-LEVERAGE HEALTH SUB-ISSUES</b>	22
Alcohol Abuse	23
Depression	28
Poor Nutrition & Sedentary Lifestyle	34
Health System Complexity	40
<b>SECTION III: CONCLUSION</b>	45
<b>SECTION IV: PRIORITIZED HEALTH ISSUES &amp; KEY HEALTH INDICATORS</b>	
Introduction	48
Overarching Priorities	
<i>Health insurance coverage (Adults)</i>	49
<i>Health insurance coverage (Children)</i>	51
<i>Dental insurance coverage (Children)</i>	52
<i>Dental insurance coverage (Adults)</i>	53
<i>Unmet need for dental care (Adults)</i>	55
<i>Regular primary care provider (Adults)</i>	57
<i>Regular primary care provider (Children)</i>	59
<i>Prenatal care</i>	60
Health Priorities—Infants And Children (0-14)	
<i>Infant mortality rate</i>	63
<i>Low birth weight</i>	65
<i>Child abuse &amp; neglect</i>	67
<i>Drownings</i>	68
<i>Asthma hospitalization</i>	69
<i>Overweight children</i>	71

Health Priorities—Adolescents And Young Adults (15-24)	
<i>Teen substance abuse - Alcohol</i>	73
<i>Teen substance abuse - Tobacco</i>	75
<i>Teen substance abuse - Marijuana</i>	76
<i>Teen births</i>	77
<i>Teen sexual intercourse</i>	79
<i>Teen suicide attempts</i>	81
<i>Teen physical activity</i>	82
<i>Unintentional injury deaths (all causes)</i>	83
<i>Unintentional injury deaths (motor vehicle crashes)</i>	85
<i>Homicide</i>	87
Health Priorities—Adults (25-64)	
<i>Adult smoking prevalence</i>	89
<i>Alcohol abuse</i>	91
<i>Physical activity &amp; obesity</i>	92
<i>Drug-induced deaths</i>	93
<i>Depression-distress</i>	95
<i>Domestic violence</i>	97
Health Priorities—Seniors (65+)	
<i>Coronary heart disease deaths</i>	99
<i>Stroke deaths</i>	101
<i>Diabetes deaths</i>	103
<i>Suicide</i>	105
<i>Cancer deaths (overall)</i>	107
<i>Cancer deaths (colorectal)</i>	109
<i>Cancer deaths (lung)</i>	111
<i>Cancer deaths (breast)</i>	113
<i>Cancer deaths (prostate)</i>	115
<i>Death from falls</i>	117

## **SECTION V: APPENDICES**

A. Data Tables for Key Health Indicators	120
B. Summary of Regional Demographic Data	164
C. Key Health Indicators at a Glance	178
D. Technical Notes	182