SAN BENITO COUNTY COMMUNITY HEALTH ASSESSMENT 2023 - 2024

Scan code for full report

The San Benito County Community Health Assessment (CHA) presents a comprehensive overview of the health conditions and opportunities for improvement in San Benito County, with a particular focus on health equity. The following is a snapshot of the CHA, including priorities to address and strengths to celebrate. Please look to the full report for further details, and please share your feedback at CHE@sanbenitocountyca.gov

About San Benito County

San Benito County has better health conditions than 39 other CA counties, ranking **19th** out of 58, according to the County Health Rankings.

58%
Hispanic/Latino

25%
of the population is 18 years and younger.

Priorities to Address

196%
increase in age-adjusted mortality rate of opioid-related overdose deaths from 2020 to 2022.

12%
of adult residents are cigarette smokers.

23%
of 11th-grade students use vape products.

12.4%
of adults reported 14 or more days of poor mental health per month.

43%
of 11th-grade students report current alcohol or drug use.

8%
rate of food insecurity as of 2023.

Many residents **eligible for CalFresh** assistance are **not enrolled**.
By encouraging enrollment in CalFresh, San Benito County strives to bridge the gap between eligible residents and this vital assistance program, ultimately working toward equitable outcomes for all.

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Priorities to Address, Cont.

10.4%
of adults have been diagnosed with diabetes as of 2021.

Diabetes is a cause of death in San Benito County at a rate far higher than the California average.

15.4%
of adults drink at least 1 sweetened drink a day.

1 in 4
children and teens consume two or more sugary drinks (other than soda).

Strengths and Positives

87.2%
high school graduation rate.

2/3 of adults
eat more than 1 serving of vegetables a day.

Flu vaccination rates are consistently **higher** than the state average.

San Benito County offers a decent climate for all to enjoy and engage in outdoor physical activities like running, walking, hiking, and biking.

The county has **better air quality** than the state average (4.90 average daily density of fine particulate matter) and has **fewer extreme heat days** (only 9.7 days per year).

County Champions at Work:

- The **Opioid Task Force** is increasing access to naloxone (Narcan) through education and training efforts, and is advocating for naloxone to be available alongside AED machines.
- The **San Benito County Board of Supervisors** passed an ordinance prohibiting the sale of single-use electronic cigarettes and flavored tobacco to combat youth smoking.
- The **Tobacco Education Program** at Public Health Services is promoting an equitable, smoke-free outdoor dining policy to protect vulnerable populations from secondhand smoke.
- **Public Health Services** is expanding mobile outreach to underserved populations.

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