

Appendix I: Tables of Indicators

Children's Oral Health

#	Indicator	Data	Sources
1	The percentage of kindergarten and 3rd grade children with untreated tooth decay in primary or permanent teeth.	Local: 76% of Sonoma County school children assessed by the Mighty Mouth Program over three years had a history of decay.	Mighty Mouth Program Data, Give Kids a Smile Day Data, California Smiles Survey.
		State: Over 70% of California children have a history of tooth decay. Of the states surveyed by California Smiles Survey, only Arkansas ranked below California in the number of children with a history of decay.	California Smiles Survey, p. 4.
		National: According to the Surgeon General's Report, 52% of American children aged 5-9 have tooth decay. According to the CDC Trends in Oral Health Status report, 28% of children 2-5 have untreated decay in primary teeth and 59% of 6-11 year olds have untreated decay in primary or permanent teeth.	Surgeon General Report, p. 63. Centers for Disease Control, Trends in Oral Health Status: United States, 1988-1994 and 1999-2004, Tables 5 and 11.
2	The percentage of low-income children with emergent or urgent (Class II or III) dental needs.	Local: Thirty nine percent (39%) of the school children assessed by Mighty Mouth Program over three years had untreated decay (19% emergent needs, 20% urgent needs). Give Kids a Smile Day found that 60% of low-income children assessed over three years had untreated decay.	Mighty Mouth Program Data, Give Kids a Smile Day Data.
		State: One-third of low income children in California had untreated decay, compared to one-fifth of higher income children.	California Smiles Survey, p. 8.
		National: More than one-third (37%) of low-income children had untreated decay in a primary tooth, compared to 17% of higher income children.	Surgeon General Report, p. 63.

#	Indicator	Data	Sources
		The CDC found that the poorer the child, the higher the likelihood of untreated decay. 54% of very poor children (<100% FPL) had untreated decay, 49% of children living between 100-199% of the FPL had untreated decay. While 32% of children living above 200% of the FPL had untreated decay.	Centers for Disease Control, Trends in Oral Health Status: United States, 1988-1994 and 1999-2004, Table 5.
3	The percentage of children aged 2 years and older who have not seen a dentist in the previous 12 months.	Local: The Children Now Data Book for 2006 reports that 17% of Sonoma County children had not seen a dentist within the last year. Twenty-three percent (23%) of children screened by Family Action and MCAH at twelve preschools and ten elementary school 3rd grade classes in 2002 had not been to a dentist for over one year. Another 13% had never been to a dentist.	Children Now Data Book, Family Action and Maternal Child and Adolescent Health Survey 2002.
		State: The Children Now Data Book for 2006 reports that 20% of California children had not seen a dentist within the last year. CSS reported that 17% of kindergarteners and more than 5% of 3 rd graders had never been to a dentist.	Children Now Data Book, California Smiles Survey, p. 8.
		National: In 2004, 23% of children age 2-17 had not seen a dentist within the past year. 25% of minority children entering kindergarten have never visited a dentist.	Child Trends Data Bank, Surgeon General Report, p.252.
4	The percentage of children with dental sealants.	Local: Mighty Mouth Program data over three years shows that 17% of children surveyed had sealants.	Mighty Mouth Data.
		State: CCS found that 28% of California children had sealants.	California Smiles Survey.
		National: Healthy People 2010 reports that in 2002, 23% of children 8-years old have received sealants and 15% adolescents aged 14 years.	Healthy People 2010.
5	The percentage of children <i>without</i> dental insurance.	Local: In 2005, 16% of Sonoma County children had no dental insurance.	California Health Interview Survey, 2005.
		State: In 2005, 17% percent of California children had no dental insurance. CSS reports that 23% of California children had no dental insurance.	California Health Interview Survey, 2005 California Smiles Survey.

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		National: Nationally, 23% of children are without dental insurance. This is roughly 16.3 million children in the U.S.	Lewis, C. et al., <i>Dental insurance and its impact on preventive dental care visits for U.S. children</i> , Journal of the American Dental Association, Vol. 138, No3, 369-380. http://jada.ada.org/cgi/content/abstract/138/3/369
6	The percentage of children with access to fluoridated public water.	Local: 3% of Sonoma County residents have access to fluoridated public water.	Sonoma County Health Profile 2000.
		State: 30% of California residents have access to fluoridated public water.	Sonoma County Health Profile 2000.
		National: The Surgeon General’s Report cites 62% of the U.S. consumes water with optimum fluoride levels. HP2010 reports that in 2002, 67% of the U.S. population had access to fluoridated water.	Surgeon General’s Report, p. 161 Healthy People 2010.

Childhood Obesity, Nutrition and Fitness

Overweight and Nutrition: Promote good nutrition and healthier weight.

#	Indicator	Data	Sources
1	The percentage of 6 to 19 year olds who are overweight or obese.	Local: 50% of fifth graders in Santa Rosa schools are overweight or at risk of overweight.	Community Activity and Nutrition Coalition, May 2006.
		State: In 2005, 30.2% of 12-17 year olds were overweight or obese. (The terminology has changed to overweight and obese from at risk and overweight.)	California Health Interview Survey, 2005.
		National: In 2003-04, the most recent NHANES data showed that for children aged 6 –11 years and 12–19 years, the prevalence of overweight was 18.8% and 17.4% respectively. These prevalence figures are more than three times the target prevalence of 5% set in Healthy People 2010.	National Health and Nutrition Examination Survey (NHANES).

#	Indicator	Data	Sources
		National: 42% of low-income 5- to 20-year old children are overweight or at risk of overweight.	Pediatric Surveillance Data; Centers for Disease Control, 2004.
2	The percentage of mothers who breastfeed their babies for 6 to 9 months.	Local: In 2004, 94% of Sonoma County women breastfed their babies at the time of hospital discharge. The percentage of women exclusively breastfeeding was 69.7%.	Genetic Disease Branch, Newborn Screening Database, 2004.
		State: 86.5% of young children 0-5 who were breastfed or received breast milk for any length of time.	National Survey of Children’s Health, Data Resource Center on Child and Adolescent Health, 2003.
		National: 72.3% of young children 0-5 who were breastfed or received breast milk for any length of time. 41% of white women and 42% Hispanic women were breastfeeding at 6 months. 21% white women, 22% Hispanic women were breastfeeding at 12 months.	CDC Breastfeeding Rates Among U.S. Women, 2005.
3	The percentage of children in Sonoma County who eat five servings of fruits and vegetables daily.	Local: In 2005, 50.8% of children ages 2-11 and 31.3% of youth ages 12-17 reported eating five or more servings of fruits and vegetables.	California Health Interview Survey, 2005.
		State: In 2003, almost one in five (19.2%) adolescents (12-17 yrs) reported eating three or more servings of vegetables the previous day. Note: In 2001, fewer than half of California’s children and adolescents (47 and 40 percent, respectively) meet the CA DHS’s goal of consuming five or more fruits or vegetables per day.	California Health Interview Survey, 2003. (Note CHIS 2001 measured fruit and vegetable intake in combination).
		National: In 2005, 20% of high school students reported eating five or more servings of fruits and vegetables each day.	CDC, Youth Risk Behavior Surveillance—United States, 2005.
4	The percentage of 6 to 19 year olds whose intake of meals and snacks at school contributes to good overall dietary quality.	Local: In 2005, 78.1% of Sonoma County children over 2 through adolescence reported eating no fast food the prior day; 16% reported eating fast food one time.	California Health Interview Survey, 2005.
		State: In 2005, 65.9% of California children reported eating no fast food the day before; 29.3% reported eating fast food one time.	California Health Interview Survey, 2005.
		National: n/a	

Physical Activity: Promote regular physical activity.

#	Indicator	Data	Sources
1	The percentage of students who participate in moderate or vigorous physical activity for at least 20 minutes, three or more days per week.	Local: In 2005-2006, 35% of Sonoma County 7th graders met the basic fitness standards.	California Department of Education, Standards and Assessment Division. Va.
		State: Approximately two-thirds (66%) of adolescents (12-17 yrs) engaged in vigorous activity three or more times during the previous week, a level below the HP 2010 objective of 85%.	California Health Interview Survey, 2003.
		National: About two-thirds of young people in grades 9–12 are not engaged in recommended levels of physical activity. Daily participation in high school physical education classes dropped from 42% in 1991 to 33% in 2005. In 2005, 45% of 9 th grade students but only 22% of 12 th grade students attended physical education class daily.	National Youth Risk Behavior Surveillance Survey: 1991-2005.
2	The percentage of children and adolescents who engage in more than three hours daily of sedentary activity, such as TV, computer and video games.	Local: In 2005, almost 32% of Sonoma County children and teens spent two to three hours per weekday watching television. On the weekend, one in five (20.2%) Sonoma County children and teens spent four or more hours per day watching television.	California Health Interview Survey, 2005.
		State: Rates of watching television are similar to Sonoma County.	Sonoma County Health Profile 2006, DHS.
		National: In 2007, Research shows that American children see 40,000 television commercials per year; 72% are for food, including 32% for candy, 31% for cereal and 9% for fast food. A CDC sponsored study of three cities throughout the U.S. showed that children on average watch 3 hours of television every day, with an additional hour added for video games. Only 30% reported watching less than 2 hours.	CDC Study, March 2007. ¹

#	Indicator	Data	Sources
3	Percentage of students who watched three or more hours per day of TV on an average school day.	In 2005, 37.2 % of students in 9th-12th grades watched three or more hours per day of TV on an average school day.	Youth Risk Behavior Surveillance Survey—United States, 2005.

Youth Alcohol, Drug and Tobacco Use

#	Indicator	Data	Sources
1	The percentage of youth alcohol use in past 30 days.	Local: In 2005-06, 13% of 7 th graders; 31% of 9 th graders; 48% of Sonoma County’s 11 th grade students report drinking a whole drink of alcohol in the past 30 days in Sonoma County.	California Healthy Kids Survey, Sonoma County 2005-06.
		State: In 2005-06, 13% of 7 th graders; 28% of 9 th graders; 37% of California’s 11 th grade students report drinking alcohol in the past 30 days.	California Healthy Kids Survey, Sonoma County and California 2005-06.
		National: 43.3% of 9 th through 12 th graders had at least one drink of alcohol in the past 30 days.	National Youth Risk Behavior Surveillance Survey, 2005
2	The percentage of adolescents (ages 12-17) who engaged in binge drinking in the past 30 days.	Local: In 2005-06, 4% of 7 th graders; 19% of 9 th graders; 34% of Sonoma County’s 11 th grade students report binge drinking alcohol in the past 30 days.	California Healthy Kids Survey, Sonoma County and California 2005-06.
		State: In 2005-06, 4% of 7 th graders; 13% of 9 th graders, 21% of California’s 11 th grade students report binge drinking alcohol.	California Healthy Kids Survey, Sonoma County and California 2005-06.
		National: Rates of binge alcohol use in 2005 were 2% percent among 12 and 13 year olds, 8% percent among 14 and 15 year olds, and 19.7% among 16 and 17 year olds. Although there were declines in past month and binge alcohol use among youths aged 12 to 17 between 2004 and 2005, overall underage (persons aged 12 to 20) past month and binge drinking rates have remained essentially unchanged since 2002. In 2005, nearly 7.2 million (18.8 percent) persons aged 12 to 20 were binge drinkers.	SAMSHA – Results from the 2005 National Survey on Drug Use and Health: National Findings.
3	The percentage of adolescents who report that they rode, during the	Local: In 2005-06, 44% of 7 th graders, 20% of 9 th graders and 35% of 11 th graders reported drinking and driving or being in a car driven by someone who has been drinking in Sonoma County.	California Healthy Kids Survey, Sonoma County and California, 2005-06.

#	Indicator	Data	Sources
	previous 30 days, with a driver who had been drinking alcohol.	<p>State: In 2005-06, 22% of 9th graders and 30% of 11th graders reported drinking and driving or being in a car driven by someone who has been drinking in California.</p> <p>National: In 2005, 28.5 % of 9th to 12th graders report they rode in a car or other vehicle with a driver who had been drinking one or more times during the 30 days preceding the survey.</p>	<p>California Healthy Kids Survey, Sonoma County and California, 2005-06.</p> <p>National Youth Risk Behavior Surveillance: 1991-2005.</p>
4	The percentage of adolescents who remain alcohol and drug free.	<p>Local: In 2005-2006, 81% of 7th graders, 51.5% of 9th graders and 28% of 11th graders reported never having a drink of alcohol during their life. 93% of 7th graders, 72.5% of 9th graders, and 51.5% of 11th graders reported never having smoked marijuana in their life. 88% of 7th graders, 70% of 9th graders, and 56% of 11th graders reported never having smoked a cigarette in their life.</p> <p>State: In 2005-06, 78.5% of 7th graders, 54% of 9th graders and 37% of 11th graders reported never having a drink of alcohol in their life. 92% of 7th graders, 76.5% of 9th graders, and 64% of 11th graders reported never having smoked marijuana in their life. 84% of 7th graders, 70% of 9th graders, and 59% of 11th graders reported never having smoked a cigarette in their life.</p> <p>National: 74.3% of students had at least one drink of alcohol on >1 day during their life (i.e., lifetime alcohol use). From this we can assume 25.7% are alcohol free.</p>	<p>California Healthy Kids Survey, Sonoma County and California, 2005-06.</p> <p>California Healthy Kids Survey, Sonoma County and California, 2004.</p> <p>National Youth Risk Behavior Surveillance Survey, 2005.</p>
5	The percentage of adolescents who perceive great risk associated with substance abuse.	<p>Local: Students demonstrated a dramatic rise in awareness about the harm caused by tobacco use: from 79%, 77% and 80% awareness in 7th, 9th and 11th grades respectively in 2000 to 95%, 94% and 97% in 2005-06. Student awareness of the harms of alcohol was 92% among 7th graders, 88% among 9th graders, and 91% among 11th graders. Student awareness of the harms of marijuana was 93% among 7th graders, 85% among 9th graders, and 80% among 11th graders. Perceived risk of frequent marijuana use decreased with grade level (7th grade – 72% extremely harmful, 11th grade 37%).</p>	<p>California Healthy Kids Survey, Sonoma County and California 2005-06.</p>

#	Indicator	Data	Sources
		<p>State: In 2005-06, student awareness of the harms of tobacco was 95% among 7th graders, 94% among 9th graders and 97% among 11th graders in California and 93% among alternative schools students. In 2005-06, student awareness of the harms of alcohol was 91% among 7th graders, 88.5% among 9th graders, and 90% among 11th graders and 87% among students from alternative schools. In 2005-06, student awareness of harms of marijuana was, 93.5% among 7th graders, 89% among 9th graders, and 87% among 11th graders and 71.5% among students from alternative schools.</p> <p>National: Almost four fifths (77.9 %) of youth aged 12 to 17 enrolled in school reported in 2005 they had seen or heard drug or alcohol prevention messages at school in the past year, a percentage similar to the 2004 estimate of 78.2%. Past month use of an illicit drug was lower for youth exposed to such messages in school (9.2 %) than for youth not reporting such exposure (13.2 %).</p>	<p>California Healthy Kids Survey, Sonoma County and California, 2005-06.</p> <p>SAMSHA Results from the 2005 National Survey on Drug Use and Health: National Findings.</p>

Prenatal Substance Use – Alcohol and Other Drugs

#	Indicator	Data	Sources
1	Percentage of pregnant women in Sonoma County screened by perinatal providers for alcohol, drug and tobacco use during current pregnancy.	<p>Local: A total of 46% of pregnant women screened in Sonoma County. DFB Screened 17% of pregnant women in Sonoma County in 2006. Kaiser Permanente screens all women in their care or 29% of women.</p> <p>State: n/a</p> <p>National: n/a</p>	<p>Drug Free Babies Data 2006, County of Sonoma Data on 2006 Births by Hospital.</p>
2	Percentage of women in Sonoma County who report alcohol, drug and tobacco use during current pregnancy at screening.	<p>Local: DFB reports 26% of women screened self-report using any substance (alcohol, other drug, tobacco) during pregnancy in 2006. Ten percent of women screened (10%) report using a substance exclusive of tobacco. Kaiser Permanente reports that 29% of women screened self-report using any substance (alcohol, other drug, tobacco) during pregnancy in 2006.</p>	<p>Drug Free Babies Data 2006, Kaiser Permanente Data 2006.</p>

#	Indicator	Data	Sources
		<p>State: Vega Study reports 14% of California women use a substance exclusive of tobacco in 1992.</p> <p>National: Of pregnant women ages 15 to 44, 11% reported alcohol use in past month and 4.5% reported illicit drug use in the past month in 2004.</p>	<p>Vega Study 1992.</p> <p>NSDUH Report 2004.</p>
3	Percentage of pregnant women in Sonoma County with positive screening who meet the criteria for admission to treatment and successfully complete a treatment plan or leave treatment early with satisfactory progress.	<p>Local: Between 2000 and 2005, 37% of pregnant women who entered treatment in Sonoma County completed treatment or left with satisfactory progress.</p> <p>State: Between 2000 and 2005, 37% of pregnant women in California who entered treatment completed treatment or left with satisfactory progress.</p> <p>National: n/a</p>	<p>California Alcohol and Drug Data System Data for Sonoma County 2000-2005.</p> <p>California Alcohol and Drug Data System Data for Sonoma County 2000-2005.</p>
4	Percentage of babies born in Sonoma County with positive toxicology.	<p>Local: n/a</p> <p>State: n/a</p> <p>National: n/a</p>	Data to be developed.
5	Number of publicly funded treatment beds and day treatment slots in Sonoma County available to pregnant women and their children.	<p>Local: There are 20 funded residential beds at two facilities which allow children to be in residence. There are 33 slots in perinatal day treatment.</p>	Data gathered by DFB Project.
6	Percentage of pregnant women in Sonoma County screened by perinatal providers for alcohol, drug and tobacco use during current pregnancy.	<p>Local: A total of 46% of pregnant women screened in Sonoma County. DFB Screened 17% of pregnant women in Sonoma County in 2006. Kaiser Permanente screens all women in their care or 29% of women.</p> <p>State: n/a</p> <p>National: n/a</p>	<p>Drug Free Babies Data 2006, County of Sonoma Data on 2006 Births by Hospital, Kaiser Permanente Data.</p>

¹ Hersey, J. et al., *Reducing Children's TV Time to Reduce the Risk of Childhood Overweight: The Children's Media Use Study: Highlights Report*, Prepared for CDC and Prevention, Nutrition and Physical Activity Communication Team, March 2007.