



















**Health Leadership Network**  
**REVISED Preliminary Selection of Health Indicators for Tracking**

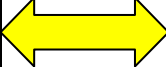

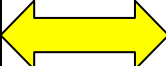
Health Indicator		2010 Healthy People Target	Lake County Current Data		Compared with Previous Period*	Status Versus Target
Indicator	Description		Data	Year		
<b>Overweight and Obesity</b>						
<b>Children and Adolescents</b> who are overweight or obese	% of Children and Adolescents age 6-19 at or above gender- and age-specific 95 <sup>th</sup> percentile of Body Mass Index (BMI) on Center for Disease Control (CDC) Growth Charts	5%	20.7%	2007 California Health Interview Survey (CHIS)		Target Not Met
<b>5<sup>th</sup> graders</b> in Healthy Fitness Zone (HFZ) for Body Composition	% of 5 <sup>th</sup> graders scoring in HFZ for BMI and Percent Fat	NA	66.8%	2008-09 CA Physical Fitness Report		NA
<b>7<sup>th</sup> graders</b> in Healthy Fitness Zone for Body Composition	% of 7 <sup>th</sup> graders scoring in HFZ for BMI and Percent Fat	NA	69.3%	2008-09 CA Physical Fitness Report		NA
<b>Adults</b> who are Obese	% of Adults age 20-59 who are Obese (BMI of 30.0 or more)	15% (for Adults 20 and older)	34.1%	2007 CHIS		Target Not Met
<b>Seniors</b> who are Obese	% of Adults age 60+ who are Obese (BMI of 30.0 or more)	15% (for Adults 20 and older)	24.9%	2007 CHIS		Target Not Met
<b>Adults</b> who are at healthy weight	% of Adults age 20-59 who are Obese (BMI 18.5 to 24.99)	60% (for Adults 20 and older)	28.6%	2007 CHIS		Target Not Met
<b>Seniors</b> who are at healthy weight	% of Adults age 60+ who are Obese (BMI 18.5 to 24.99)	60% (for Adults 20 and older)	30.6%	2007 CHIS		Target Not Met






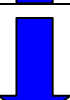

\*The red arrow indicates that there is a negative trend occurring between the current and previous data periods; green arrows indicate a positive data trend; and yellow indicates that no change has occurred when comparing the two periods. CHIS data is collected every other year, so 2007 CHIS data is compared with 2005 CHIS results. CA Physical Fitness Reports are annual, so 2008-09 data is compared with results for 2007-08.

Health Indicator		2010 Healthy People Target	Lake County Current Data		Compared with Previous Period*	Status Versus Target
Indicator	Description		Data	Year		
<b>Healthy Eating</b>						
<b>Children</b> drink one glass or less of soda daily	% of Children age 2-18 who have one glass or none at all of soda or other sugary drinks in a day	NA	8.5%	2007 CHIS		NA
<b>Children</b> eat fast food once or less per week.	% of Children 2-18 who eat fast food one time per week or none at all	NA	78.8%	2007 CHIS	NA	NA
<b>Children</b> eat 5 or more servings fruits and vegetables daily	% of Children and Adolescents age 2-19 who eat 5 or more servings daily of fruits and vegetables	75% of fruits (at least 2 servings) and 50% of vegetables (at least 3 servings)	61.8%	2007 CHIS		Target Not Met
<b>Adults</b> eat fast food once or less per week.	% of Adults 19+ who eat fast food one time per week or none at all	NA	71.6%	2007 CHIS	NA	NA
<b>Adults</b> eat 5 or more servings fruits and vegetables daily	% of Adults age 20-59 who eat 5 or more servings daily of fruits and vegetables	75% of fruits (at least 2 servings) and 50% of vegetables (at least 3 servings)	43.2%	2005 CHIS		Target Not Met
<b>Seniors</b> eat 5 or more servings fruits and vegetables daily	% of Seniors age 60+ who eat 5 or more servings daily of fruits and vegetables	75% of fruits (at least 2 servings) and 50% of vegetables (at least 3 servings)	48.0%	2005 CHIS		Target Not Met

Health Indicator		2010 Healthy People Target	Lake County Current Data		Compared with Previous Period*	Status Versus Target
Indicator	Description		Data	Year		
<b>Physical Fitness</b>						
7 <sup>th</sup> graders in Healthy Fitness Zone for Aerobic Capacity	% of 7 <sup>th</sup> graders scoring in HFZ for Aerobic Capacity	NA	54.7%	2008-09 CA Physical Fitness Report		NA
7 <sup>th</sup> graders who are overall physically fit	% of 7 <sup>th</sup> graders scoring in HFZ for all 6 areas	NA	22.3%	2008-09 CA Physical Fitness Report		NA
5 <sup>th</sup> graders who are overall physically fit	% of 5 <sup>th</sup> graders scoring in HFZ for all 6 areas	NA	15.9%	2008-09 CA Physical Fitness Report		NA
<b>Physical Activity</b>						
Children who walked/biked/skated to or from school in past week	% of Children and Adolescents who attended school	NA	16.1%	2007 CHIS		NA
Teens engaging in regular physical activity	% of Teens who engage in vigorous physical activity that promotes cardiorespiratory fitness (at least 3 days per week for 20 or more minutes per occasion)	85%	85%	2007 CHIS		Target Met
Adults engaging in regular physical activity	% of Adults age 20-59 who engage in moderate (at least 30 minutes per day 5 or more days per week) and vigorous physical activity that promotes cardiorespiratory fitness (at least 3 days per week for 20 or more minutes per occasion)	60%	25.4%	2007 CHIS		Target Not Met

Health Indicator		2010 Healthy People Target	Lake County Current Data		Compared with Previous Period*	Status Versus Target
Indicator	Description		Data	Year		
Seniors engaging in regular physical activity	% of Adults age 60+ who engage in moderate (at least 30 minutes per day 5 or more days per week) and vigorous physical activity that promotes cardiorespiratory fitness (at least 3 days per week for 20 or more minutes per occasion)	60%	38.4%	2007 CHIS		Target Not Met

Health Indicator		2010 Healthy People Target	Lake County Current Data		Compared with Previous Period*	Status Versus Target
Indicator	Description		Data	Year		
<b>Overall Health Status: County Ranked at 54<sup>th</sup> for health outcomes and 42<sup>nd</sup> for health factors in California</b> (Source: University of Wisconsin Population Health Institute 2010 County Health Rankings)						
Health Status of Children	% of Children (birth-18) with health status of good, very good or excellent	NA	92.3%	2007 CHIS		NA
Health Status of Adults	% of Adults (age 19-59) with health status of good, very good or excellent	NA	78.6%	2007 CHIS		NA
Health Status of Seniors	% of Seniors age 60+ with health status of good, very good or excellent	NA	73.3%	2007 CHIS		NA

<b>Indicator</b>	<b>Description</b>	<b>Current (Based on US Census American FactFinder 2008)</b>	<b>Compared with Previous Period (US Census 2000)</b>	<b>Change from Previous Period</b>
<b>Population and Age Demographics</b>				
Overall	Countywide Population Estimates from US Census	64,866 (Increased 10.9%)	58,309	
Children under 5	% of Countywide population under 5 years old	5.8%	5.3%	
Children Age 5-14	% of Countywide population Age 5 through 19 years old	11.8%	14.5%	
Adolescents Age 15-19	% of Countywide population Age 15 through 19 years old	8.4%	6.4%	
Adults	% of Countywide population Age 20 through 64 years old	58.0%	54.5%	
Seniors	% of Countywide population Age 65 and older	16.0%	19.4%	
<b>Economy</b>				
Population in county living in poverty	% of total population in poverty	18.1%	17.6%	
Children in county living in poverty	% of population under 18 years old in poverty	21.3%	23.7%	