



# Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg

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*Contra Costa Health Services*

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## Acknowledgements

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The 2013 Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point and Pittsburg Report is available on Contra Costa Health Services website at [www.cchealth.org/prevention/](http://www.cchealth.org/prevention/). For more information, contact the Community Wellness and Prevention Program at 925-313-6808 or [dmilosev@hdsd.cccounty.ca.us](mailto:dmilosev@hdsd.cccounty.ca.us) (Rev.6.11.13)

# Executive Summary

## Introduction

This report, a joint effort among Contra Costa Health Services, Kaiser Permanente, other health providers, and community organizations has several purposes: as a planning tool for a Healthy and Livable East County Initiative, a data source for planning health promotion projects throughout Antioch, Bay Point, and Pittsburg, and a call to action for a broad-based movement to reduce health disparities in East Contra Costa.

Data is reported by census tract, city, and school district, and include maps and tables for easy access to key information on a wide range of health indicators and environmental conditions related to obesity in these three East County communities.

## Comparisons of Population Growth, Rates of Poverty, Chronic Diseases, and Obesity in East, Central, and West Contra Costa County

To better understand the health status of East County residents in the context of the rest of the county, we compare the rates of population growth, poverty, chronic diseases, and childhood obesity between communities in East County (Antioch, Bay Point and Pittsburg), Central County (Concord), and West County (Richmond) - and to the county as a whole.

The data presented here provides a compelling case to expand chronic disease prevention programs in East County where population rates are climbing at a faster rate than the rest of Contra Costa, and where rates of poverty, deaths from chronic diseases, and childhood overweight/obesity are similar to, or in some cases higher than the communities in Central and West County that we studied, and than the county as a whole.

Despite this, far fewer local safety net assets, or key social services, are available per person living at or below the federal poverty level in East County than in West County. The Federal Reserve Bank reports in its 2012 publication, *Building a Robust Anti-Poverty Network in the Bay Area*, that for every \$8 in social services available to a low-income person in West County, a low-income person in East County has access to \$1 of the same services. There are limitations to this measure as it does not include services provided directly by government agencies or by organizations in outlying jurisdictions.

## Population Growth

	1990	2010	Percent Change
Antioch	62,195	102,745	65%
Bay Point (Formerly W. Pittsburg)	17,453	24,340	39%
Pittsburg	47,564	63,510	34%
Concord	111,348	122,067	10%
Richmond	87,425	103,701	19%
Contra Costa County	803,732	1,052,827	31%

U.S. Census Bureau, 1990 and 2010 Decennial Census

## Poverty Level

	Poverty Rate 2010 (Percent of population at 100% Federal Poverty Rate)
Antioch	12.1%
Bay Point*	31.9%
Pittsburg	16.3%
Concord	9.5%
Richmond	18.3%

U. S. Census Bureau, 2010,\* 2009-2011 American Community Survey

## Chronic Diseases Mortality Rates

	Cancer (all types)	Heart Disease	Stroke	Diabetes
Antioch	200.8*	211.1*	56.1	35.1*
Bay Point	130.2	121.7	NA	NA
Pittsburg	180.0	181.5*	71.9*	37.0*
Concord	172.4	153.8	51.9	22.2
Richmond	177.7	210.2*	61.5*	32.4*
Contra Costa	162.0	147.5	46.7	18.9

\*Significantly higher rate than the county overall. Rates per 100,000 people. Rates of death attributed to chronic diseases in selected Contra Costa communities 2005-2007 (Contra Costa Community Indicators Report 2010).

## Childhood Overweight/Obesity Rates

	Childhood Overweight/Obese Prevalence
Antioch Unified School District	41.2%
Mount Diablo Unified School District	35.5%
Pittsburg Unified School District	43.7%
West Contra Costa County Unified School District	43.6%

Rates of childhood overweight/obese are from the 2010 Fitnessgram data, by school district. The exam (a required public school student fitness assessment) is conducted annually with 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> graders, with results reported to the California Department of Education. Both Concord and Bay Point are located in the Mt. Diablo Unified School District.

*Childhood obesity is definitely a problem in our community...I can see it with my own eyes being out in the community. I do see a shift in kinder and first graders, but kids in middle school and older you see a prevalence of obesity.*

*~Pittsburg Key Informant*

## Highlights from Analysis of Health Indicators and Environmental Factors Related to Obesity for Antioch, Bay Point, and Pittsburg

### Demographics

The populations of Antioch, Pittsburg, and the unincorporated community of Bay Point have grown at a faster rate than the county overall. In 2010, Antioch had a total population of 102,745, followed by Pittsburg with 63,510 people, and Bay Point at 24,340. These communities have also experienced complex demographic shifts in the past twenty years in race and ethnicity, with a substantial decrease in the non-Hispanic white population in Pittsburg, down by 51%, followed by Bay Point, down 43%, and Antioch, down 24%. The Black population grew most dramatically in Antioch, with a 698% increase, followed by Pittsburg, up 62%, and Bay Point, up 49%. All communities showed significant increases in Hispanic/Latino populations, with Antioch's increase at 328%, followed by Bay Point at 265%, and Pittsburg with an increase of 141%.

*Personally, I like the diversity of the population. I like that you are almost forced to meet people of other races every day. That means all kinds of celebrations: different people, different cultures, and different food!*

*~Bay Point Key Informant*

## **Economic Security and Health Service Access**

Antioch, Pittsburg, and Bay Point all have census tracts with concentrated poverty, where 48% to 59% of residents live below 200% of the federal poverty level, or have an annual income of less than \$21,660 for an individual, or \$44,100 for a family of four. Employment rates in these communities are similar to the county overall, with an average 2012 unemployment rate of 25%. All three communities have a higher percentage of people with no health coverage than the county as a whole. In Bay Point, 20% of residents have no health insurance coverage, followed by Pittsburg at 19%, and Antioch at 16%. In the county as a whole, 12% of people don't have health insurance coverage.

## **Education and School Environment**

Antioch, Pittsburg, and Bay Point each have higher percentages of residents with less than a high school diploma than Contra Costa as a whole. Each community has a higher percentage of residents who have graduated from high school compared to the county overall; but they also have fewer residents with a Bachelor's degree or above, lowering their overall educational attainment.

## **Crime and Safety**

Violent crimes occur at a much higher rate in Antioch than in Contra Costa as a whole, and property crimes occur at a higher rate in Pittsburg and Antioch than in the county. The rate of reported violent crime (homicide, forcible rape, robbery and aggravated assault) in Antioch is 494.3 per 100,000 residents, followed by rates of 487.2 in Bay Point and 243.4 in Pittsburg.

*I do not want my kids to walk by themselves to school. Our community is getting crowded. There are people even in our community who are getting assaulted, you hear things that happen to kids, and I will not take that chance.*

*~Antioch Key Informant*

## **Food and Nutrition Environment**

The Retail Food Environment Index (RFEI), developed by the California Center for Public Health Advocacy, is a ratio of the relative abundance of retail food outlets offering unhealthy food options (fast food restaurants and convenience stores) to those providing healthier food (grocery stores, produce markets, farmers markets). Antioch has the highest RFEI with 7.4, followed by Pittsburg at 7.0, and Bay Point at 1.7. The RFEI is 5.4 in the county as a whole.

## Physical Activity and Built Environment

Over half of the residents of these three communities live within a quarter mile of a park, with Antioch having the highest percentage at 72.8%, followed by Bay Point at 58.8%, and Pittsburg at 58.0%. According to Walkscore.com data, most public schools in all three regions are rated car-dependent or somewhat walkable. There are lower rates of bicycle and pedestrian injuries in the three regions compared to the county overall. This may be due to lower rates of walking and biking. Most of the population resides within a half mile of a bus stop; a minority living within a half mile of a transit station.

*They can improve the bike lanes out here. For example when I'm riding my bike, I wish there were more bike lanes. There are a few, but I would like to see that extended to Willow Pass Road; that is a very busy street and a very scary ride!*

*~Pittsburg Key Informant*

## Housing

All three communities have more than fifty percent of residents paying more than 30% of their household income on housing, with some census tracts having as many as 75% of residents paying 30% or more of their income on housing. The most recently available foreclosure data (2007-2008), estimates that 10% of homes in some Antioch and Pittsburg neighborhoods are in foreclosure. The foreclosure crisis has likely attributed to housing instability.

## Social Connectivity

All three communities have a lower turnout of registered voters than the county as a whole. Antioch has the highest voter turnout with 52%, followed by Pittsburg at 47.7%, and Bay Point at 37.9%. Neighborhoods with the greatest proportion of linguistically isolated households appear to be concentrated in Bay Point and Pittsburg. In addition, these communities have high rates of resident mobility, with some census tracts where one-third of the population hasn't lived in the same home for one year.

## Key Informant Interviews

The Community Wellness & Prevention Program (CWPP) conducted key informant interviews with selected community members and representatives from various organizations in Antioch, Bay Point, and Pittsburg. Informants identified childhood obesity as a significant health issue in all three communities. Poverty, lack of access to affordable healthy food, poor walkability, the disproportionate availability of fresh produce compared to unhealthy options, and growing violence were identified as contributing to the rising rates of obesity.

## **Conclusion and Recommendations**

The Healthy East County Steering Committee, comprising representatives from community-based organizations, schools, county government, and health care providers working in Antioch, Pittsburg and Bay Point, guided the writing of this report. Committee members, and their work, are significant assets to creating a healthier environment in East County. They, along with data from key informant interviews, helped to identify important local factors that can support the development of obesity prevention projects. These factors include aspects of the built environment, such as parks, trails, transportation systems, and the location of healthy food outlets; the efforts of individual schools, and successful local programs. They also helped identify local leaders and resident groups who can help mobilize to make Antioch, Pittsburg and Bay Point more vibrant, healthier places to live.

## **Recommended Strategies to Prevent Obesity**

The Centers for Disease Control and Prevention (CDC) has developed a series of strategies and measurements to prevent obesity in the United States. These national strategies were designed to inspire communities to implement new policy and environmental initiatives aimed at reversing the obesity epidemic. Communities nationwide are successfully applying these strategies, which can be adapted to the Bay Point, Antioch, and Pittsburg. They include:

- Promoting the availability of affordable, healthy foods and beverages
- Supporting nutritious food and beverage choices
- Encouraging breastfeeding
- Encouraging physical activity or limiting sedentary activity among children and youth
- Creating safe communities that support physical activity
- Encouraging communities to organize for change

## **Next Steps**

Contra Costa Health Services and the Community Wellness and Prevention Program (CWPP) are committed to reversing East County's adverse health statistics and supporting the considerable assets in the region. We are mindful that the work ahead cannot be done on our own or in a vacuum. Critical to our success is a genuine collaboration in partnership with county and local government, community organizations, schools, faith-based leaders, residents and others. This report is a first step towards collective action. Our goal is to use this data to inform stakeholders and stimulate action to reduce rates of obesity and other risk factors for chronic diseases. We hope to bring East County's health challenges to the attention of the philanthropic community and funders to encourage financial investment in much needed interventions to promote community health in this vital region.