California Regional Markets: Humboldt/Del Norte

Race/Ethnicity
Region vs. State Average, 2018

HUMBOLDT / DEL NORTE
- White: 72.1%
- Latinx: 13.2%
- Asian: 2.7%
- Other: 10.3%
- Black: 1.6%

CALIFORNIA
- White: 36.8%
- Latinx: 39.3%
- Asian: 5.6%
- Other: 13.6%
- Black: 14.7%

Population Statistics, 2018
- Total population (in millions): Humboldt/Del Norte 0.164, California 39.557
- Five-year population growth: Humboldt/Del Norte 1.2%, California 3.2%

Economic Indicators, 2018 (except where noted)
- Below 100% FPL: Humboldt/Del Norte 20.3%, California 12.8%
- 100% to 199% FPL: Humboldt/Del Norte 20.3%, California 17.1%
- Unemployment rate: Humboldt/Del Norte 3.8%, California 4.2%
- Able to afford median-priced home*: Humboldt/Del Norte 37.0%, California 31.0%

*Humboldt data only, 2019

Health Insurance
Region vs. State Average, 2019

HUMBOLDT / DEL NORTE
- Private: 35.3%
- Medicare: 21.6%
- Medi-Cal: 36.0%
- Uninsured: 7.2%

CALIFORNIA
- Private: 15.9%
- Medicare: 62.6%
- Medi-Cal: 28.7%
- Uninsured: 7.7%

Age of Population
Region vs. State Average, 2018

HUMBOLDT / DEL NORTE
- Under 18: 19.5%
- 18 to 64: 47.7%
- 65 and older: 36.0%

CALIFORNIA
- Under 18: 22.7%
- 18 to 64: 62.6%
- 65 and older: 17.9%

Notes:
- Private includes any other insurance coverage (excluding Medicare and Medi-Cal). Medicare includes dual-eligible enrollees. Asian, Black, White, and Other categories are non-Latinx.
- Charts may not total 100% due to rounding.
The rural north coast California counties of Humboldt and Del Norte face multiple health and health care challenges, including high death rates from stroke, accidents, suicide, and alcohol or drug use; severe shortages of health care professionals in primary care and behavioral health; and limited access to care in remote areas. Passage of the Affordable Care Act, particularly the expansion of Medi-Cal, has helped expand access to care and stabilize health care providers’ finances as the share of people without health insurance declined markedly. Like other California communities and the nation as a whole, the region faces significant disruptions from the COVID-19 pandemic but avoided an initial surge in cases by quickly mobilizing to stem the virus’s spread.

### REGIONAL STRENGTHS

- **Strong community collaboration to address provider shortages and expand access to mental health and substance use disorder treatment.** The community has adopted a “grow your own” health workforce strategy that has broad engagement from the health sector, educational institutions, and local government. Similarly, the community has collaborated on multiple initiatives to improve access to mental health services and substance use disorder treatment.

- **Leadership from a local nonprofit on data exchange to improve care and community health outcomes.** The region’s health information exchange has moved to cross-sector data exchange with human services agencies. The resulting community care coordination platform serves approximately 1,400 people with complex needs across Humboldt County by linking hospitals and emergency departments with local social service and criminal justice agencies.

### REGIONAL CHALLENGES

- **A stagnant economy, high poverty rates, and the health consequences of long-term alcohol, tobacco, and drug use.** The all-cause death rate in Humboldt County is about one-third higher than statewide.

- **Erosion of independent physician practice.** The retirement of a generation of local doctors, higher costs associated with running a practice, such as the expense of electronic health records, and increased complexity of billing and regulatory requirements have contributed to an exodus of independent physicians in private practice.

- **A severe shortage of health care professionals, especially in primary care and behavioral health.** Driven by the retirement of local doctors and difficulty recruiting physicians and other clinicians, the workforce shortage makes providing access to care in remote areas extremely challenging.

### Hospitals (acute care), 2018

<table>
<thead>
<tr>
<th></th>
<th>Humboldt / Del Norte</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beds per 100,000</td>
<td>176</td>
<td>178</td>
</tr>
<tr>
<td>Operating margin</td>
<td>9.1%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Total operating expenses per adjusted patient day</td>
<td>$2,832</td>
<td>$4,488</td>
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</tbody>
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### Health Professionals Per 100,000 Population, 2020

<table>
<thead>
<tr>
<th></th>
<th>Humboldt / Del Norte</th>
<th>California</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>142.0</td>
<td>191.0</td>
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<tr>
<td>Primary care</td>
<td>49.0</td>
<td>59.7</td>
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<tr>
<td>Specialists</td>
<td>93.0</td>
<td>130.8</td>
</tr>
<tr>
<td>Psychiatrists</td>
<td>7.3</td>
<td>11.8</td>
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<tr>
<td>% of population in HPSA</td>
<td>100%</td>
<td>28%</td>
</tr>
</tbody>
</table>

Note: HPSA is health professional shortage area.