

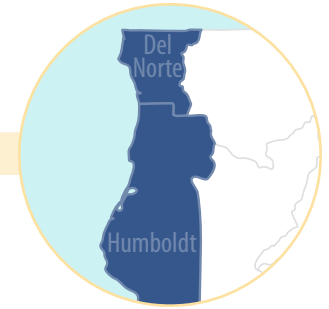


California Health Care Foundation

# California Regional Markets: Humboldt/Del Norte

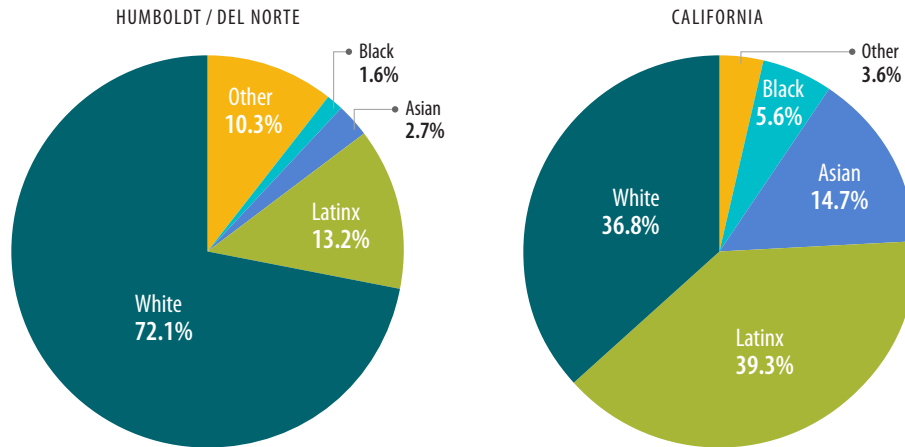
CALIFORNIA HEALTH CARE ALMANAC QUICK REFERENCE GUIDE

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## Race/Ethnicity

Region vs. State Average, 2018



## Population Statistics, 2018

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

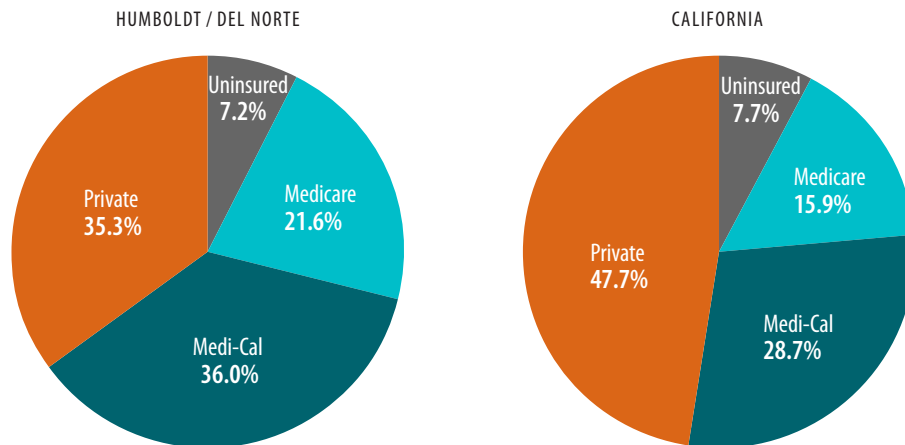
## Economic Indicators, 2018 (except where noted)

	Humboldt / Del Norte	California
Below 100% FPL	20.3%	12.8%
100% to 199% FPL	20.3%	17.1%
Unemployment rate	3.8%	4.2%
Able to afford median-priced home*	37.0%	31.0%

\*Humboldt data only, 2019.

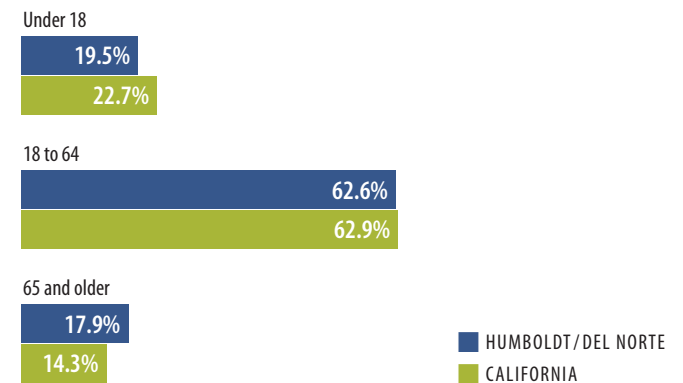
## Health Insurance

Region vs. State Average, 2019



## Age of Population

Region vs. State Average, 2018



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.

Sources: "County Population by Characteristics: 2010–2019," US Census Bureau, last accessed June 1, 2020; "2018: ACS Supplemental Estimates Detailed Tables — Ratio of Income to Poverty Level in the Past 12 Months," US Census Bureau; "Employment by Industry Data: Historical Annual Average Data" (as of August 2020), Employment Development Dept., n.d.; "Housing Affordability Index - Traditional," California Association of Realtors; "Medi-Cal Certified Eligibles Tables, by County from 2010 to Most Recent Reportable Month," CHHS Open Data Portal; "Medicare Enrollment Dashboard," Centers for Medicare & Medicaid Services; "2019: ACS 1-Year Estimates Detailed Tables — Age by Disability Status by Health Insurance Coverage Status," US Census Bureau. All websites accessed June 1, 2020.

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# California Regional Markets: Humboldt/Del Norte, *continued*

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	Humboldt / Del Norte	California
Beds per 100,000 . . . . .	176	178
Operating margin . . . . .	9.1%	4.4%
Total operating expenses per adjusted patient day . . . . .	\$2,832	\$4,488

Health Professionals	Humboldt / Del Norte	California
Per 100,000 Population, 2020		
Physicians . . . . .	142.0	191.0
▶ Primary care . . . . .	49.0	59.7
▶ Specialists. . . . .	93.0	130.8
▶ Psychiatrists. . . . .	7.3	11.8
% of population in HPSA. . . . .	100%	28%

Note: HPSA is health professional shortage area.  
 Sources: "Hospital Annual Utilization Report & Pivot Tables," California Office of Statewide Health Planning and Development, accessed June 1, 2020; Healthforce Center at UCSF analysis of Survey of Licensees (private tabulation), Medical Board of California, January 2020; and Health Professional Shortage Area (HPSA) data from *Shortchanged: Health Workforce Gaps in California*, California Health Care Foundation, July 15, 2020.

### ABOUT THE REGIONAL MARKETS SERIES

This quick reference guide is based on the full report *Humboldt and Del Norte Counties: Community Collaboration in the Face of Health Adversity* by Jill Yegian of Yegian Health Insights and Katrina Connolly of Blue Sky Consulting Group.