



MODOC COUNTY

# COMMUNITY HEALTH NEEDS ASSESSMENT



**2024**

## EXECUTIVE SUMMARY

This Community Health Needs Assessment (CHNA) was developed and conducted by Modoc County Public Health. Leadership and staff from this organization contributed time and effort in accessing and reviewing data. Important contributing partners include community members who participated in interviews and surveys.

Quantitative data indicators in this CHNA are organized using The Public Health Framework for Reducing Health Inequities as a guide. These indicators include measures of the social conditions that drive the health of a community in addition to living conditions, health risk behaviors, and health outcomes. Qualitative data was obtained through focus groups, key informant interviews, and a community health survey.

Social drivers impact people's health, wellbeing, and quality of life as well as contribute to health disparities and inequities in the community. Important social and economic challenges in Modoc County include:

- Modoc County has one of the lowest median household incomes in the state at \$51,090 in 2021, compared to \$84,097 in California.
- The county has a high percentage of the population (20%) living below the poverty level, compared to the statewide average of 12%. Nearly double the percentage of Modoc County children live in poverty (30%) compared to 16% of California children.
- About 20% of adults in Modoc County have a bachelor's degree or higher, significantly less than the California estimate of 35%.

The health of a community is significantly influenced by the conditions in which its residents live, work, learn, and play. Poor physical environments can give rise to various health issues, ranging from respiratory problems like asthma caused by air pollution to obesity due to limited access to nutritious foods or safe places to exercise. Living conditions of note include:

- Modoc County enjoys less pollution burden, including cleaner air and water, than most other counties in the state.
- Seventeen percent of low-income Modoc County residents do not live near a grocery store, making access to healthy foods a challenge. Only 3% of low-income Californians have limited access to healthy food.
- Modoc County residents have limited access to exercise opportunities with only 55% living in an area within half a mile of a park or within three miles of a recreational facility.
- Modoc County has a high rate of homeownership. Three out of every four housing units (75%) are owner-occupied compared to only 55% in California.

Health behaviors, are actions that can improve or damage the health of individuals or communities. These behaviors are influenced by the choices available in the environment. Health risk behaviors identified among Modoc residents include:

- Almost 17% of Modoc County adults report being current smokers, almost twice the percentage of California adults (9%).
- The percentage of adults who report excessive drinking, including binge drinking or heavy drinking in Modoc County is significantly higher than statewide (22% compared to 18%, respectively).
- The rate of substantiated maltreatment (child abuse or neglect) among Modoc County children 0-17 years is consistently 2 to 3 times higher than the state rate.

The following health outcomes were identified as issues in Modoc County.

- The percent of adults reporting a diagnosis of coronary heart disease is significantly higher among Modoc County residents than Californians overall (6% compared to 3%, respectively).
- The percent of adults reporting a diagnosis of chronic obstructive pulmonary disease (COPD) is also higher in Modoc County than the state (7% compared to 4%, respectively).
- Among Modoc County adults, nearly 22% report being diagnosed with depression, significantly greater than the California percentage (15%).
- The age-adjusted premature mortality rate in Modoc County is significantly higher than that of the state (690 per 10,000 compared to 578 per 10,000) and is the 13th highest of all counties in California.
- Average life expectancy in Modoc (76.9 years) is four years less than the statewide average (81.9 years).

Respondents to the Community Health Survey identified mental health, substance use, chronic disease, and domestic violence as major health issues. Barriers to a healthy community that were identified include poverty, lack of suitable jobs, limited access to services and healthcare, and insufficient public transportation.

Focus group participants voiced similar concerns. Transportation, housing, limited services such as banks and grocery stores, and challenges accessing health care were identified as main issues for participants.

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## INTRODUCTION

The Modoc County Community Health Needs Assessment (CHNA) is a report on the health and wellbeing of the people of Modoc County for the period between 2016 to 2023 and provides a description of social, economic, and health factors across the county.

Understanding these factors is important for prioritizing where county partners focus their attention, and how they allocate resources to address important issues. It also establishes a baseline from which to track community characteristics and health trends through time. Documenting these trends may illustrate improved health outcomes, or conversely, indicate emerging areas of concern.

An important outcome of this work is the development of a Countywide Community Health Improvement Plan (CHIP). The forthcoming CHIP will be guided by the priority health areas identified in this CHNA, and will be based on the priorities set by community members and local decision-makers in health care and community services. The CHIP will contain specific actions local organizations can take to improve health outcomes and increase community wellbeing. It will serve as a strategic, guiding document for countywide interventions.

### *ANCESTRAL LAND ACKNOWLEDGEMENT*

For thousands of years, this land, now known as Modoc County, has been home to the people of the Northern Paiute, Modoc and Pit River Nations.

We respectfully recognize their committed stewardship, which has endured over many centuries and would like to express our deepest gratitude that, today, we are able to live together on this beautiful land.

## METHODS

This Community Health Needs Assessment (CHNA) was developed and conducted by Modoc County Public Health. Leadership and staff from this organization contributed time and effort in accessing and reviewing data. Important contributing partners include community members who participated in interviews and surveys. County government officials also contributed information and expertise.

A number of recognized assessment frameworks were considered for use at the start of the CHNA process. In addition to broadly following the Mobilizing for Action through Planning and Partnerships (MAPP), much of the guidance from the Rural Health Information Hub's "Rural Community Health Toolkit" was used, as was guidance from the American Hospital Association's

Community Health Assessment Toolkit.<sup>1</sup> A group of individuals from a number of existing partnerships and coalitions within Modoc County, all seeking to improve or benefit aspects of the health and wellbeing of the community, were designated to move the CHNA process forward.

The information presented in this document was collected through a Community Health Survey available in both English and Spanish and in paper and electronic formats, key informant interviews, focus groups with community members throughout the county and a review of health indicators from a variety of secondary data sets. Secondary data were evaluated and areas where significant differences were identified compared to the state, or where disparities existed, were highlighted. Key informant interviews were conducted with local decision makers in the health care and local government sectors and with leaders from a number of different community-based organizations.

The Public Health Framework for Reducing Health Inequities<sup>2</sup> was used as a conceptual blueprint to guide indicator selection and organization within the CHNA ([Appendix Figure A](#)). Indicators from Healthy Places Index and Robert Wood Johnson Foundation County Health Rankings and Roadmap were selected to operationalize the framework. Indicators include measures of the social conditions that drive the health of a community in addition to living conditions, health risk behaviors, and health outcomes.

Obtaining robust, reliable, quantitative data for Modoc County is often challenging because the small county population often results in insufficient data to produce meaningful analyses, especially when examining specific groups who experience inequities. We have attempted to address these challenges by careful consideration of both quantitative and qualitative data in addition to comparing indicators to the state overall to identify areas of concern.

## EXISTING ASSETS AND RESOURCES

Modoc County is fortunate to have a robust network of community-based organizations and County departments that help support at-risk and vulnerable populations across the County. Hallmarks of these organizations are dedicated staff, tireless leadership, and a commitment to their Modoc County neighbors and community members. [Appendix Table A](#) represents some of the organizations in Modoc County that may have resources available to meet the health needs identified in this community health assessment.

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<sup>1</sup>particularly with respect to their focus on making equity foundational throughout the process.

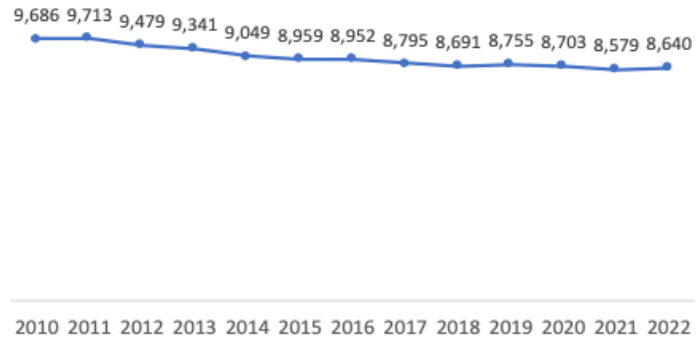
<sup>2</sup> See [Figure A](#) in the Appendix.

## RESULTS

### DEMOGRAPHIC PROFILE

Modoc County is a sparsely populated, frontier county in the northeastern corner of California, bordering Oregon to the north and Nevada to the east. According to California Department of Finance population estimates, approximately 8,600 residents lived in Modoc County in 2022, a decrease of about 10% in the past decade (Figure 1). In general, the county has seen a year over year decline in the number of residents.<sup>3</sup> This decreasing trend appears to be slowing.

**Figure 1. Trend in population, Modoc County**



Source: California Department of Finance, E-6. July 1, 2010-2020, 2020 - 2022

The County has been designated by legislation as a “frontier county,” which means that service delivery is hampered by the extremely low density of residents, 2.2 people per mile.<sup>4</sup> Though population density is sparse, Modoc County enjoys scenic beauty and abundant natural resources. There are small towns, ranches, farmlands, lava beds, wildlife refuges, caverns, lakes, reservoirs, and forests within its borders. Modoc County ranks as the twelfth largest county in the state geographically, boasting 3,918 square miles of land<sup>5</sup> and 286 square miles of water, for a total area of 4,203 square miles.<sup>6</sup>

Modoc County has only one incorporated city, Alturas, the county seat, with a population of just over 2,500 people.<sup>7</sup> Major metropolitan areas are outside the county, or outside the state, 98-180 miles away. There are a number of small, rural communities located in the county. East of the Warner Mountains are Cedarville, Eagleville, Lake City, and Fort Bidwell; in the northern part of the county are Davis Creek, Willow Ranch, and New Pine Creek; to the west and northwest are Day, Canby, Newell/Tulelake, Tionesta, Lookout and Adin; and in the south, is Likely. The population of these unincorporated communities ranges from less than 60 to 800.

<sup>3</sup> California Department of Finance, Population Estimates E6, Jul 2010-2020, 2020-2022

<sup>4</sup> US Census Bureau Quick Facts, Geography 2022

<sup>5</sup> California State Association of Counties

<sup>6</sup> [https://en.wikipedia.org/wiki/Modoc\\_County,\\_California](https://en.wikipedia.org/wiki/Modoc_County,_California)

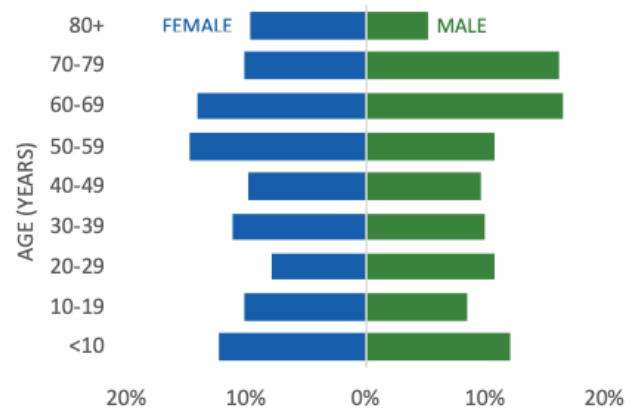
<sup>7</sup> <http://www.city-data.com/city/Alturas-California.html>



Historically, the local economy has been based on agriculture and forestry, with some recreation. In 2021, 3,360 people over 16 years were employed in Modoc County. The largest industries were educational services, healthcare and social assistance (637 employees), agriculture, forestry, fishing and hunting (620 employees), and public administration (332 employees); the highest paying industries were transportation, warehousing, and utilities (median earnings, \$76,250), manufacturing (median earnings, \$65,571), and finance and insurance (median earnings, \$60,417).<sup>8</sup>

There has been a major decline in forestry jobs over the last 25 years and some decline in agriculture, forestry, fishing, hunting and mining which now accounts for only 20% of jobs.<sup>9</sup> Like other Northern California counties, individuals aged 30-39 in particular have migrated out of the area, lured by academic and employment opportunities elsewhere.<sup>10</sup> In 2021, 43% of the working population were employed in professional, scientific, management and administrative roles, waste management services, education, healthcare & social assistance, and public administration. The annual average unemployment rate in Modoc County in 2022 was 5% compared to the unemployment rate for California of 4.2%.<sup>11</sup>

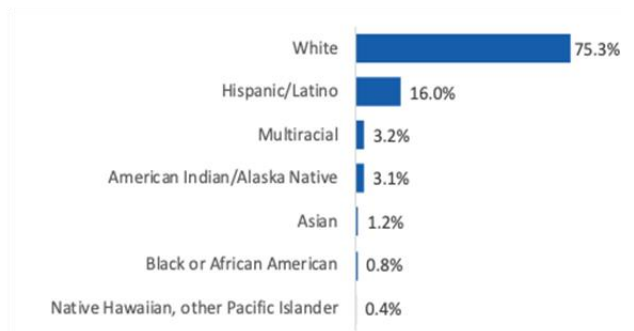
**Figure 2. Population distribution by sex, Modoc County**



Source: US Census Bureau, ACS, 2021 5 Year Estimates, Table S0101

Approximately 12% of the county population is under 10 years of age; 9% are ages 10-19; and 42% are ages 20-59. More than 36% of the county population is 60 years of age or older - one and a half times that of the state (20%). Females represent 50% of the population.<sup>12</sup> Among women, the greatest proportion of the population is 50-69 years and for men it is 60-79 years (Figure 2). The majority (75%) of Modoc County residents identify themselves as White and 16% identify as Hispanic or Latino. American Indians comprise approximately 3% of residents. Smaller numbers of Asian, Pacific Islanders, and Black or African American residents also live in Modoc (Figure 3)<sup>13</sup>

**Figure 3. Population distribution by race and ethnicity, Modoc County**



Source: CDC Wonder, Single Race Population, 2021

<sup>8</sup> US Census Bureau, American Community Survey (ACS), 2021 5 Year Estimates, Table S2413

<sup>9</sup> US Census Bureau, ACS 2021 5 Year Estimates, Table DP03

<sup>10</sup> CDC Wonder, Bridged-Race Population Estimates, 1997 to 2020

<sup>11</sup> Bureau of Labor Statistics, Local Area Unemployment Statistics, 2022

<sup>12</sup> US Census Bureau, ACS 2021 5 Year Estimates, Table S0101

<sup>13</sup> CDC Wonder, Single Race Population, 2021

## *Veterans*

In Modoc County there are an estimated 876 veterans, representing 12% of the adult population.<sup>14</sup> This is a considerably higher percentage than veterans living in California (4.8%) or in the United States as a whole (6.9%).

Veterans are defined as people who have served in the military even for a short time, but are not currently serving or on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard; or who served in the U.S. Merchant Marines during World War II. Those who served in the National Guard or Reserves are classified as veterans only if they were called to active duty.<sup>15</sup>

## *Language*

It is estimated that about 12% of the population of Modoc County speak a language other than English at home.<sup>16</sup> Ninety percent of those who don't speak English at home speak Spanish and 10% speak other languages.<sup>17</sup> Spanish is the only designated threshold language in Modoc County, though many American Indians speak Pitt or other tribal languages at home.

## *Rural living*

While those who live in Modoc County can enjoy the advantages of rural living, they also face the challenges of a once-thriving, but now depressed rural economy, a geography that isolates them, and harsh winter weather often lasting into May, which causes further isolation. The size and topography make it difficult for individuals and families to access needed support systems. The lengthy distances are further compounded by the fact that public transportation in the county is nearly nonexistent. Unemployment has caused many working age adults and families to leave the county. A higher than average percentage of the population who are over 65 years presents special challenges. Within the population, Isolation and lack of access to gainful employment are often barriers to community engagement and participation.

## **COMMUNITY HEALTH PROFILE**

Modoc County has some of California's least healthy community conditions, according to the Healthy Places Index. The Healthy Places Index ranks the social drivers of health and health conditions of California's 58 counties, and places Modoc County in the bottom 25% (Figure 4).

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<sup>14</sup> US Census Bureau, ACS 2021 5 Year Estimates Table S2101

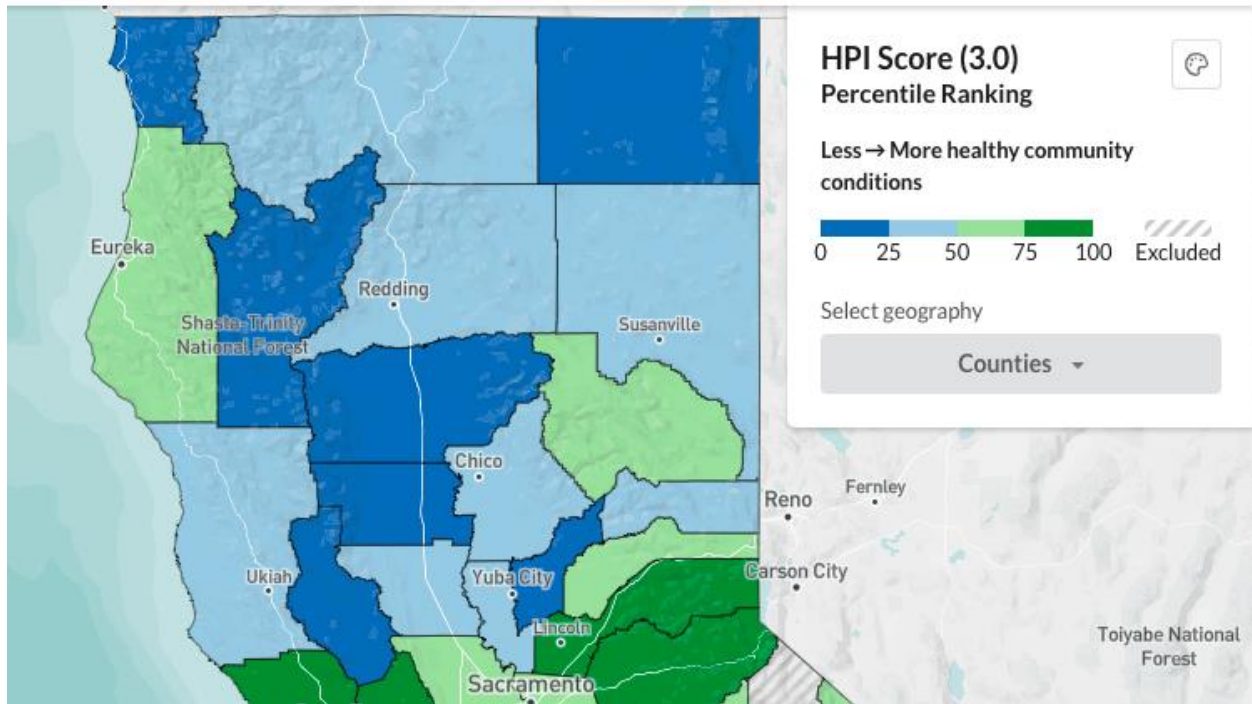
<sup>15</sup>This does not include the 4-6 months for initial training or yearly summer camps.

<sup>16</sup> US Census Bureau, ACS 2021 5 Year Estimates Table S1610

<sup>17</sup> "Other languages" as defined by the US Census Bureau include more than 40 different languages

These analyses are consistent with findings from Robert Wood Johnson Foundation’s County Health Rankings and Roadmap 2023 report which also ranks Modoc County among the least healthy counties in California.

**Figure 4. Northern California Counties by Healthy Places Index Quartile**



## SOCIAL DRIVERS OF HEALTH

Social drivers of health are the conditions in the environments where people live, learn, work, and play. These conditions impact people’s health, wellbeing, and quality of life as well as contribute to health disparities and inequities. Social drivers of health have been linked with mortality, general health status, disability, birth outcomes, chronic conditions, health behaviors and other risk factors for chronic disease; as well as with mental health, injuries, and violence.<sup>18</sup>

### *Educational Attainment*

Education is an important predictor of health. Adults with higher educational attainment live healthier and longer lives compared to those with less education.<sup>19</sup>

<sup>18</sup> US Department of Health and Human Services, Office of Disease Prevention and Health Promotion, Healthy People 2030

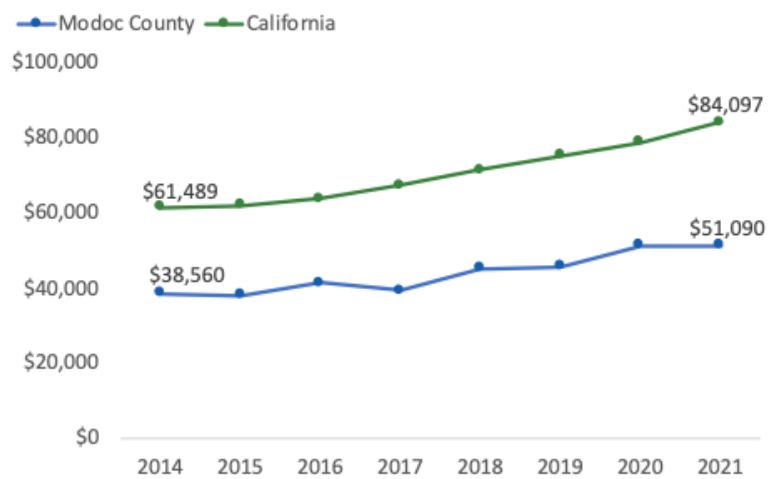
<sup>19</sup> Zajacova A, Lawrence EM. The Relationship Between Education and Health: Reducing Disparities Through a Contextual Approach. *Annu Rev Public Health*. 2018 Apr 1;39:273-289. doi: 10.1146/annurev-publhealth-031816-044628. Epub 2018 Jan 12. PMID: 29328865; PMCID: PMC5880718.

An estimated 86% of adults in Modoc County aged 25 years or older have graduated from high school, similar to California (84%); however, only about 20% have a bachelor’s degree or higher, significantly less than the California estimate of 35%.<sup>20</sup> Men and women were equally as likely to have a bachelor's degree or higher (20%).<sup>21</sup> Among the two most populous racial and ethnic groups in the county, disparities in education are evident. White, non-Hispanic residents 25 years and older are almost twice as likely to have a bachelor’s degree or higher than Hispanic or Latino residents (22% compared to 12%, respectively).<sup>22</sup>

*Income*

Income is also strongly associated with an individual's health. The greater one’s income, the lower one’s likelihood of disease and early death. Limited access to resources and unmet social needs, environmental conditions, and barriers to accessing health care contribute to worse health outcomes for people with lower incomes.<sup>23</sup>

**Figure 5. Median household income, Modoc County and California**



Source: US Census Bureau, ACS 2021 5 Year Estimates Table S19013

Modoc County has one of the lowest median household incomes in the state at \$51,090 in 2021, compared to \$84,097 in California. The median household income for Modoc County increased from 2014 through 2021; however, during this time, median income remained significantly lower than the median household income in California, and the difference in median income between the county and the state has increased (Figure 5). There are differences in median income by sex with male-headed households (with no spouse present) making about one and a half times that of female-headed households (with no spouse present) - \$52,750 compared to \$36,098. Disparities in median income also exist by race. American Indian or Alaska Native and multiracial residents have the lowest median incomes (\$28,869 and \$33,875, respectively) and White residents have the highest median

<sup>20</sup> US Census Bureau, ACS 2021 5 Year Estimates Table S1501

<sup>21</sup> US Census Bureau, ACS 2021 5 year estimates, Table B15002

<sup>22</sup> Small numbers can result in wide margins of error and unstable estimates. Interpret with caution.

<sup>23</sup> US Department of Health and Human Services, Office of Disease Prevention and Health Promotion, Healthy People 2030

income (\$53,803). The median income for Hispanic or Latino residents (\$50,247) is similar to the county average.<sup>24,25</sup>

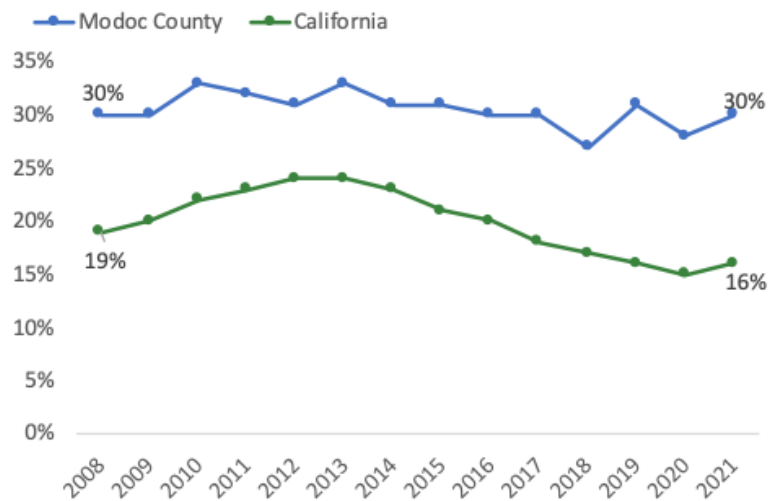
### Poverty

Poverty significantly impairs access to resources necessary for wellbeing and is a risk factor for a variety of negative health outcomes. According to the 2021 federal poverty guidelines, a single-person household is living in poverty if they earn less than \$12,880 per year; a two-person household, less than \$17,420; and a household of four less than \$26,500. The county has a high percentage of the population living below the federal poverty level, 20%, compared to the statewide average of 12% in 2021.

While California has seen a decrease in the percentage of the population below the poverty level since 2014, the rate in Modoc County remains stable at around 20%. In addition, racial disparities in poverty levels exist. Over 53% of Black residents, 32% of multiracial residents, and 22% of American Indian or Alaska Native residents live below the federal poverty level compared to 19% of White residents.<sup>26</sup> About 21% of Hispanic or Latino residents live below the poverty level.<sup>27,28</sup>

Thirty percent of Modoc County children live in poverty compared to 16% of California children<sup>29</sup> and while there has been a steady decrease in the rate of child poverty in California, the rate in Modoc remains high (Figure 6).

**Figure 6. Percent of children in poverty, Modoc County and California**



Source: RWJF, County Health Rankings and Roadmaps

In addition, more than 2 out of 3 (69%) Modoc children receive free or reduced cost lunches at school.<sup>30</sup> In 2021, an estimated 20% of children living in Modoc County resided in households that were unable to provide adequate

<sup>24</sup> US Census Bureau, ACS 2021 5 Year Estimates Table S1903

<sup>25</sup> Small numbers can result in wide margins of error and unstable estimates. Interpret with caution.

<sup>26</sup> Small numbers can result in wide margins of error and unstable estimates. Interpret with caution.

<sup>27</sup> US Census Bureau, ACS 2021 5 Year Estimates Table S1701

<sup>28</sup> Small numbers can result in wide margins of error and unstable estimates.

<sup>29</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>30</sup> California Department of Education, DataQuest

food for all household members for the entire year, due to insufficient resources.<sup>31</sup> Children living with food insecurity are at higher risk for a host of health problems, including developmental, behavioral and mental health issues, as well as acute and chronic medical conditions.

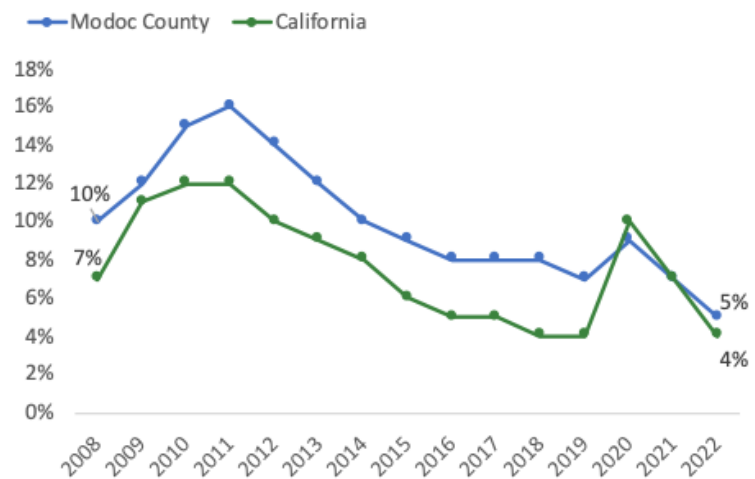
Food assistance programs, such as CalFresh (SNAP – Supplemental Nutrition Assistance Program) and WIC (Special Supplemental Nutrition Program for Women, Infants and Children) help ensure adequate levels of nutrition are made available to families, expectant mothers, and children. These programs have been shown to reduce the negative effects of poverty and to improve the health and wellbeing of children and adults.<sup>32</sup> Approximately 21% of Modoc County residents were using CalFresh benefits in 2020, up from 16% in 2015. The number and proportion of the population enrolled in Medi-Cal also increased during this time, from 41% to 47% of residents. Enrollment in WIC, however, decreased, tracking with a slight decrease in births.

### Unemployment

Despite perceptions of high unemployment voiced by participants in focus groups and the Community Health Survey, and the spike in the percentage of people unemployed during the peak at the start of the COVID-19 pandemic in the spring of 2020, unemployment levels in Modoc County have consistently fallen since 2011.

After a decade of higher rates than the state, Modoc County had a similar unemployment rate to California in 2021 (Figure 7), although latest figures.

**Figure 7. Percent of the population 16 years and older who are unemployed, Modoc County and California**



Source: US Bureau of Labor Statistics (not seasonally adjusted) 2002-2022

### Health Care Access

Receiving timely, routine health care is important for maintaining health. Health insurance is often provided through employment and consistently high unemployment rates indicate the potential for a chronically underinsured population. In addition, the rural nature and limited transportation

<sup>31</sup> Feeding America, Modoc County

<sup>32</sup> Kidsdata.org Food Research and Action Center. (2019). *WIC is a critical economic, nutrition, and health support for children and families*, Peltz, A., & Garg, A. (2019). Food insecurity and health care use. *Pediatrics*, 144(4), e20190347.

options of Modoc County creates challenges for accessing necessary health care. Lastly, a shortage of local providers is a barrier to accessing appropriate health care.

About 12% of Modoc residents are uninsured compared to only 7% of California residents. Racial disparities exist in rates of uninsured with over 20% of American Indian or Alaska Native residents without health insurance compared to 12% of White residents. About 11% of Hispanic or Latino residents were uninsured.<sup>33,34</sup> The percentage of the population who are uninsured also varies by poverty status. About 35% of Modoc residents at 100% of the federal poverty level were uninsured compared to just 9% of those at 400% of the federal poverty level.

Accessing health care in an area with a limited supply of clinicians is challenging. While improvements have occurred in this area over the past 10 years, Modoc County continues to have fewer primary care physicians and dentists per population than California - 1 physician per 1,750 residents and 1 dentist per 1,440 residents compared to 1 physician per 1,230 residents and 1 dentist per 1,100 residents in California overall.<sup>35</sup>

## LIVING CONDITIONS

The health of a community is significantly influenced by the conditions in which its residents live, work, learn, and play. Individuals interact with this environment through the air they breathe, the water they drink, the housing they inhabit, the transportation they use, and the recreational resources available to them. Poor physical environments can give rise to various health issues, ranging from respiratory problems like asthma caused by air pollution, to obesity due to limited access to nutritious foods or safe places to exercise.<sup>36</sup>

### *Physical Environment*

Modoc County enjoys cleaner air and water than many other counties in California.<sup>37</sup> The rural nature of the county also offers the benefit of low traffic volume and its associated pollution.<sup>38</sup> According to CalEnviroScreen 4.0 the pollution burden in Modoc County census tracts is among the lowest in the state (ranges from 0 - 29th percentile).<sup>39</sup>

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<sup>33</sup> US Census Bureau, ACS 2021 5 Year Estimates Table S2701

<sup>34</sup> Small numbers can result in wide margins of error and unstable estimates. Interpret with caution.

<sup>35</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>36</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>37</sup> Healthy Places Index, 2.0 Clean Environment

<sup>38</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>39</sup> CalEnviroScreen, 4.0 <https://experience.arcgis.com/experience/ed5953d89038431dbf4f22ab9abfe40d/>

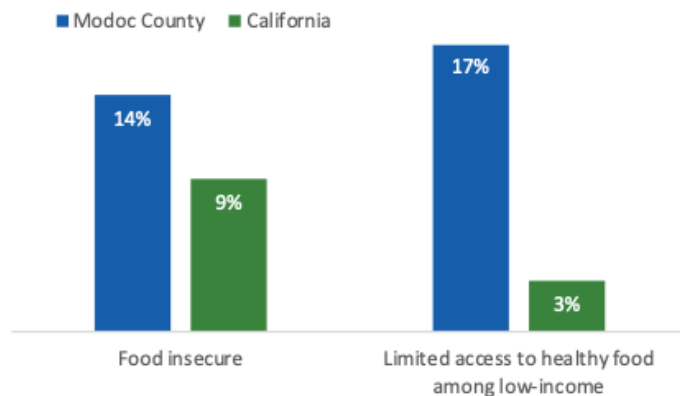
### Access to Exercise Opportunities

Regular physical activity is important for maintaining health. It is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality. The built environment is important for encouraging physical activity. Individuals who live closer to sidewalks, open spaces, and gyms are more likely to exercise.<sup>40</sup> Although according to County Health Rankings & Roadmaps 2023, compared to 95% of California residents with adequate access to locations for physical activity, Modoc County residents have limited access to exercise opportunities with only 55% living in an area within half a mile of a park or within three miles of a recreational facility, this measure does not take into account how rural Modoc County is. In reality, within the County, there are: a number of commercial Gyms & Golf courses; opportunities for horse riding; hiking trails that cater for various fitness levels and abilities; local classes offering (amongst other things) Zumba, Tai Chi, Yoga and Karate and, weather conditions permitting, skiing and snowboarding at Cedar Pass Snow Park.

### Food Insecurity

Being food insecure means having limited and unreliable access to enough food for a healthy, active lifestyle. Food insecurity and the lack of access to affordable, nutritious food are associated with increased risk for multiple chronic health conditions such as diabetes, obesity, heart disease, mental health disorders, and other chronic diseases. Fourteen percent of people in Modoc County do not have a reliable source of healthy food (food insecure) compared to 9% of Californians. In addition, 17%

**Figure 8. Percent of the population with inadequate access to healthy food, Modoc County and California**



Source: RWJF, County Health Rankings and Roadmaps 2023

of low-income Modoc County residents do not live near a grocery store, making access to healthy foods a challenge. Only 3% of low-income Californians have limited access to healthy food (Figure 8). In Modoc seasonal fruit and vegetables and local produce is available through Modoc Harvest<sup>41</sup> and at Farmers Markets held throughout the summer months, in Alturas and Cedarville.

<sup>40</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>41</sup> [Modoc Harvest Certified Farmers' Markets](#)



### *Broadband Internet Connection*

Compared to 90% of California households overall, just 76% of Modoc County households have a broadband internet connection.<sup>42</sup> Internet connectivity, particularly access to broadband, is playing an increasingly important role in both healthcare and public health. Telehealth is a promising approach to reduce health disparities by bringing specialized healthcare to communities where specialty care was previously unavailable, facilitating monitoring and follow-up care for chronic health conditions, and connecting providers in remote areas. Broadband connection also impacts social drivers of health like education and employment opportunities.<sup>43</sup>

### *Homeownership*

Housing plays a pivotal role in facilitating a fulfilling and healthy life, and having secure and reasonably priced housing is an important component of thriving communities. Owning a home is linked to improved well-being, reduced instances of illness, and lower levels of depression and anxiety.<sup>44</sup> High rates of homeownership are connected to greater housing stability and more cohesive communities. Modoc County has an overall high rate of homeownership. Three out of every four housing units (75%) are owner-occupied compared to only 55% in California; however, homeownership varies by race with 79% of White households owning their homes compared to 60% of Hispanic or Latino households.

### *Severe Housing Cost Burden*

There is compelling evidence linking health and stable and affordable housing. When a significant portion of income is spent on rent or mortgage payments, accessing healthcare, nutritious foods, utility payments, and dependable transportation becomes challenging. This can lead to stress and emotional strain.<sup>45</sup> Modoc County has a low severe housing cost burden with only 11% of households spending more than half of their income on rent or mortgages compared to 20% of California households.

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<sup>42</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>43</sup> Bauerly BC, McCord RF, Hulkower R, Pepin D. Broadband Access as a Public Health Issue: The Role of Law in Expanding Broadband Access and Connecting Underserved Communities for Better Health Outcomes. *J Law Med Ethics*. 2019 Jun;47(2\_suppl):39-42

<sup>44</sup> Macintyre S, Hiscock R, Kearns A, Ellaway A. Housing, tenure and health inequalities: A three-dimensional perspective on people, homes, and neighborhoods. In: Graham H, ed. *Understanding Health Inequalities*. New York: Open University Press; 2000.

<sup>45</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

## RISK BEHAVIORS

Health behaviors, are actions that can improve or damage the health of individuals or community members. These behaviors are influenced by the choices available in neighborhoods and communities.<sup>46</sup>

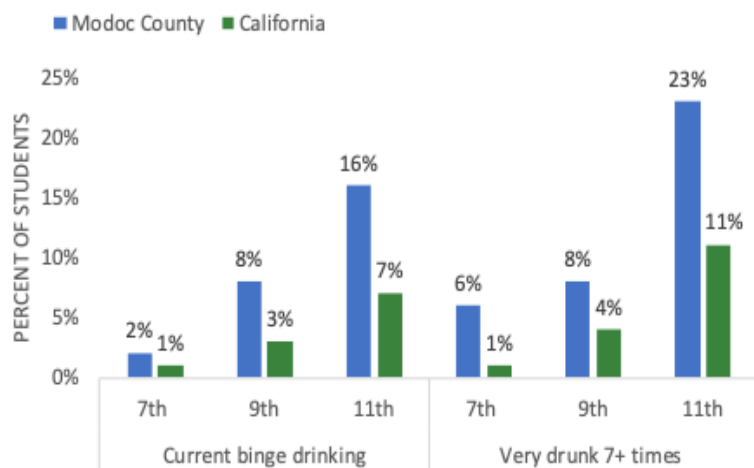
### *Early Entry into Prenatal Care*

Prenatal care can help reduce or prevent complications and educate birthing parents about important steps they can take to ensure a healthy pregnancy and infant. Early entry into prenatal care (within the first trimester) is both a measure of risk and of access to care. From 2019-2021 about 59% of Modoc County births received early prenatal care, significantly less than the state (88%). The percentage of Modoc County births receiving early prenatal care has decreased consistently over the past 15 years.<sup>47</sup>

### *Alcohol Use*

Excessive alcohol use can have multiple negative effects. These include short-term effects like violence, motor vehicle collisions and other injuries, and longer-term effects like chronic liver disease, heart disease, and cancer. Underage alcohol consumption has been linked to a wide range of social, academic and health challenges, in addition to other risky health behaviors such as unprotected sex, impaired driving, motor vehicle accidents, physical and/or partner (dating) violence, crime, and suicide attempts.

**Figure 9. Alcohol use-related behaviors of 7th, 9th, and 11th graders, Modoc County and California**



Source: The California School Climate, Health, and Learning Survey (CalSCHLS) System - Public Dashboards 2019-2021

The percentage of adults who report excessive drinking, including binge drinking or heavy drinking, is significantly higher for Modoc County than for the state overall (22% compared to 18%,

<sup>46</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

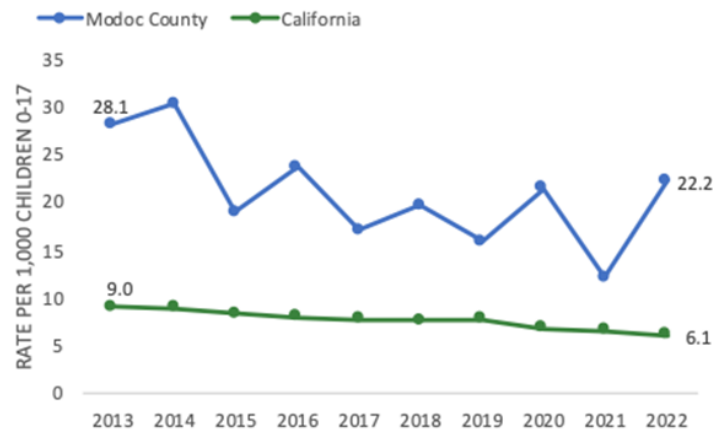
<sup>47</sup> <https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Prenatal-Care.aspx>

respectively).<sup>48</sup> In addition, from 2019-2021 the percentage of 7th, 9th, and 11th graders in Modoc County who reported binge drinking was significantly higher for all grade levels than the state. The percent of students reporting ever being very drunk seven or more times was also higher for all grade levels in the county compared to the state (Figure 9).<sup>49</sup>

### *Substantiated Child Maltreatment*

Child maltreatment is a serious public health issue that can lead to severe injury and death. The impacts of child abuse and neglect can result in physical, emotional, and behavioral problems. Children who are abused or neglected are at increased risk for a number of health issues including anxiety, depression, delinquency, difficulty in school, and early sexual activity. Family and community risk factors for child abuse and neglect include poverty, substance abuse or mental illness in the family, parental stress, social isolation, unintended pregnancy, and domestic or neighborhood violence.<sup>50</sup>

**Figure 10. Substantiated child maltreatment per 1,000 children 0-17 years, Modoc County and California**



Source: California Child Welfare Indicators Project, [CCWIP Reports](#), UC Berkeley & California Dept. of Social Services 2013-2022

While the rate of substantiated maltreatment among Modoc County children 0-17 years appears to be decreasing, it is consistently 2 to 3 times higher than the state rate (Figure 10).<sup>51</sup>

### *Tobacco Use and Vaping*

Tobacco use and vaping can have serious health consequences for users and those exposed to secondhand smoke or vaping chemicals. The health effects of tobacco exposure range from anxiety and asthma to heart disease and lung cancer. Some social drivers of health can lead to stress, which can affect people’s tobacco use. Stress from financial problems, discrimination, or unsafe neighborhoods can make it harder to quit smoking and can even increase use of tobacco products.<sup>52</sup>

<sup>48</sup> Centers for Disease Control, Places 2021

<sup>49</sup> The California School Climate, Health, and Learning Survey (CalSCHLS) System - Public Dashboards

<sup>50</sup> Centers for Disease Control, Violence Prevention, Child Abuse and Neglect

<sup>51</sup> California Child Welfare Indicators Project, CCWIP Reports 2013-2022

<sup>52</sup> Centers for Disease Control, Improving Tobacco-Related Health Disparities

About 17% of Modoc County adults report currently smoking, almost twice the percentage as for California adults (9%).<sup>53</sup> Thirteen percent of Modoc County 11th graders reported currently smoking cigarettes, significantly higher than the California estimate of 2%. Vaping is also of concern, with 25% of Modoc County 11th graders reporting vaping compared to 10% of California 11th graders. Rates of cigarette smoking and vaping among 11th graders increased from 2018 to 2022.<sup>54</sup>

## HEALTH OUTCOMES AND MORTALITY

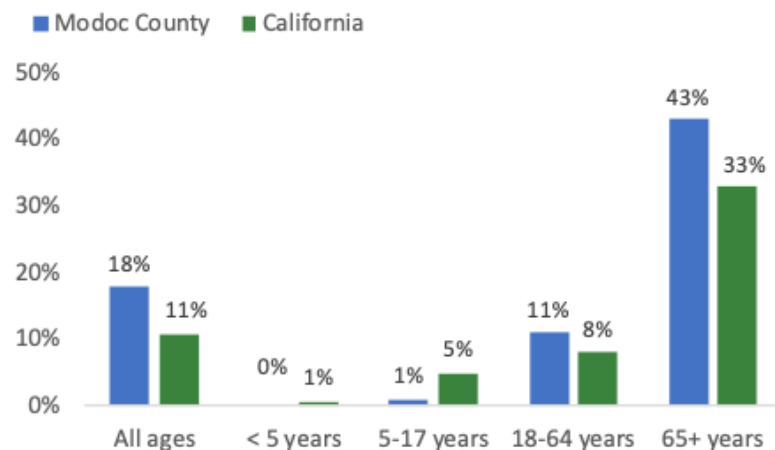
Health outcomes, like prevalence of disease or rates of premature death, describe how long people live on average within a community, and how much physical and mental health people experience in a community while they are alive. These outcomes are influenced by the social drivers and risk behaviors present among individuals and communities.<sup>55</sup>

### Disability

According to the 2021 American Community Survey 5-year estimates, 18% of the population of Modoc County had at least one disability compared to 11% in California. Individuals with disabilities are more likely than people without disabilities to report having poorer overall health, limited access to adequate health care, inadequate access to health insurance coverage that their health needs, skipped medical care because of associated costs, and engaging in risky health behaviors including smoking and physical inactivity.<sup>56</sup>

Disability is highly correlated with age with a greater proportion of older people experiencing disability than younger people. The larger proportion of older adults in Modoc County drives the higher disability rate (Figure 11).<sup>57,58</sup>

**Figure 11. Percent of the population with a disability by age group, Modoc County and California**



Source: US Census Bureau, ACS 2021 5 Year Estimates, Table S1810

<sup>53</sup> Centers for Disease Control, Places 2021

<sup>54</sup> The California School Climate, Health, and Learning Survey (CalSCHLS) System - Public Dashboards

<sup>55</sup> University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2023

<sup>56</sup> Centers for Disease Control, Disability and Health Information for Healthcare Providers

<sup>57</sup> US Census Bureau, ACS 2021 5 Year Estimates, Table S1810

<sup>58</sup> Small numbers can result in wide margins of error and unstable estimates. Interpret with caution.

### *Chronic Health Conditions*

A combination of genetics, community conditions, access to health care, and behaviors puts individuals at risk for certain health conditions. The percent of adults reporting a diagnosis of coronary heart disease is significantly higher among Modoc County residents than Californians overall (5.9% compared to 2.9%, respectively). The percent of adults reporting a diagnosis of chronic obstructive pulmonary disease (COPD) is also higher in Modoc County than the state (7.4% compared to 4.3%, respectively).<sup>59</sup>

### *Mental Health*

Mental health and wellbeing is defined as a state in which every individual realizes their own potential, is able to cope with the normal stresses of life, functions productively and fruitfully, and is able to make a contribution to their community.<sup>60</sup>

Challenges with mental health can start early in life. Depression is the most common mental health disorder in young people, affecting nearly one in eight adolescents and young adults each year. When left untreated, mental health disorders can lead to serious, even life-threatening, consequences. Depression is a major risk factor for suicide, which is the second leading cause of death in the US for 15 to 24 year-olds. For those young people who have mental health disorders, early intervention and treatment can help lessen the impact over the course of their lives.

Among Modoc County adults, nearly 22% report ever being told they have a form of depression, significantly greater than the California percentage (15%). Eighteen percent of Modoc County adults report that their mental health was “not good” for 14 or more days in the past month, also higher than the state (15%).<sup>61</sup>

More than 1 in 3 teens in Modoc County report feeling so sad or hopeless for two weeks or more that they stopped doing some usual activities, similar to California; however, while 15% of 9th

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<sup>59</sup> Centers for Disease Control, Places 2021

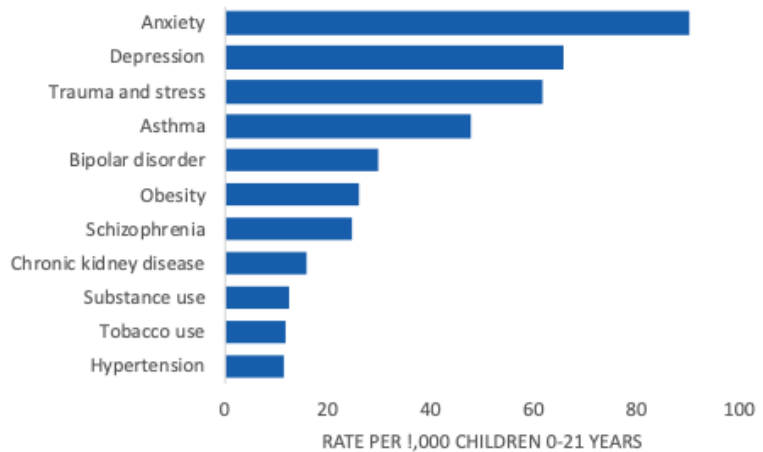
<sup>60</sup> World Health Organization, Mental Health

<sup>61</sup> Centers for Disease Control, Places 2021

graders and 16% of 11th graders in California report considering suicide, 22% of 9th graders and 31% of 11th graders in Modoc County report considering doing so.<sup>62</sup>

In addition, four of the top five most prevalent chronic health conditions among children 0-21 years enrolled in Partnership Health Plan (Medi-Cal) in 2022 were mental health related (Figure 12).

**Figure 12. Leading chronic health conditions among children 0-21 years (n=395), Partnership Health Plan Modoc**



Source: Partnership Health Plan, 2022

### *Mortality And Premature Mortality*

All-cause age-adjusted mortality rates are comparable for Modoc County and California (60 per 10,000 and 63 per 10,000). Modoc County men have a higher age-adjusted mortality rate than women (70 per 10,000 compared to 50 per 10,000). Disparities exist by race and ethnicity with an age-adjusted mortality rate for American Indian or Alaska Native residents more than double those of White and Hispanic or Latino residents (152 per 1,000 compared to 66 per 10,000 and 45 per 10,000, respectively).<sup>63</sup>

The leading causes of death in Modoc County track with those of the state (Table 1). The age-adjusted death rate for unintentional injury, the third leading cause of death, is 2.5 times higher for Modoc County than for California (8.7 per 10,000 population compared to 3.6 per 10,000 population, respectively).<sup>64</sup>

<sup>62</sup> The California School Climate, Health, and Learning Survey (CalSCHLS) System - Public Dashboards 2019-2021

<sup>63</sup> California Community Burden of Disease Engine, 2018-2022

<sup>64</sup> CDC Wonder 2019-2021

**Table 1. Leading cause of death, Modoc County 2019-2021**

Cause of Death	Number of deaths - 3 year total	Percent of total deaths
1 Heart disease	89	24%
2 Cancer	75	20%
3 Unintentional injuries	34	9%
4 Chronic lower respiratory diseases	29	8%
5 Stroke	26	7%
6 COVID-19	14	4%
7 Diabetes	13	3%

Source: CDC Wonder, 2019-2021

Modoc County’s age-adjusted death rates from both cancer and heart disease are comparable to those of the state. The death rate from chronic obstructive pulmonary disorder (which is not a leading cause of death) is significantly higher among Modoc County residents than for Californians overall (6 per 10,000 compared to 2 per 10,000, respectively).<sup>65</sup>

Premature death is defined as the number of years of life lost before age 75 (YLL-75). The age-adjusted premature death rate in Modoc County is significantly higher than that of the state (690 per 10,000 compared to 578 per 10,000) and the 13th highest of all counties in California. The age-adjusted premature death rate among American Indian or Alaska Native residents of Modoc County is more than 3 times that of White residents (2,739 per 10,000 compared to 803 per 10,000) and 17 times that of Hispanic or Latino residents (154 per 10,000).<sup>66</sup>

*Life Expectancy*

Life expectancy is the average number of years a person can expect to live. Average life expectancy in Modoc County (76.9 years) is significantly lower than the statewide average of 81 years and similar to the national average (75.5 years).

**QUALITATIVE FINDINGS**

*Survey Findings*

A Community Health Survey was administered by Modoc County Public Health. The survey was launched via the Modoc County Public Health website and in person at the Modoc District Fair. Flyers and posters (bilingual Spanish and English) promoting the survey were distributed at locations throughout the county, in county offices, medical and dental offices, and the library. Paper copies of the survey were also left at these locations. The survey was also sent by email to partner community-based organizations and other contacts for dissemination throughout these

<sup>65</sup> CDC Wonder, 2016-2020

<sup>66</sup> California Community Burden of Disease Engine, 2018-2022

groups. Data were analyzed by staff at Modoc County Health Services, California Department of Public Health (CDPH) and Data Strategy Consulting.

Two-hundred forty-one people completed the survey. Sixty-one percent of respondents were 18-39 years of age, 30% were 40-64 years of age, and 9% were 65 years or older. Fifty-six percent of respondents identified as female. Sixty-nine percent of survey respondents were White, non-Hispanic, 13% were Hispanic or Latino, 8% were Black or African American, 4% were Native American, 2% were multi-racial, and 1% were Asian. Most respondents (89%) spoke English only. Half of the respondents had a college degree or higher, 20% had some college, 24% had a high school degree or equivalent, and 6% had less than a high school diploma.

The survey included questions about the challenges and barriers to a healthy community. The top five most common responses are presented for each question below.

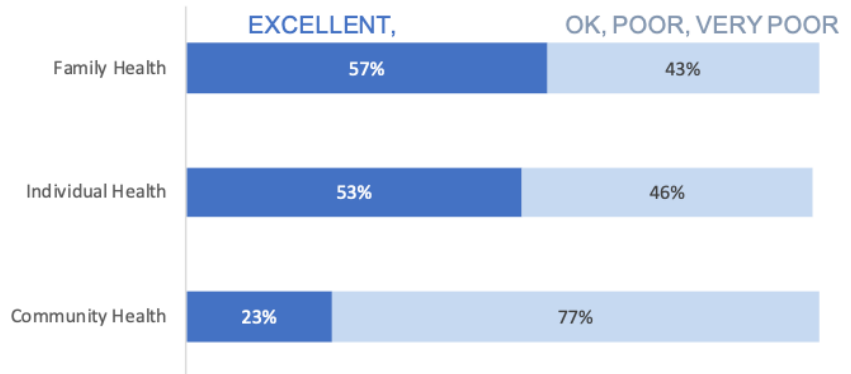
1. What are the three biggest health problems in your area?
  - Mental health issues (13%)
  - Alcohol and drug use (13%)
  - Heart disease (7%)
  - Cancer (7%)
  - Domestic violence (7%)
2. What are the three behaviors that most affect health in your community?
  - Drug abuse (14%)
  - Poor eating habits (14%)
  - Alcohol abuse (13%)
  - Not getting regular checkups by doctor (10%)
  - Not able to deal with life stress (10%)
3. What are the three biggest social and economic problems affecting health in your community?
  - Limited housing options (14%)
  - Poverty (12%)
  - Not enough well-paying jobs (11%)
  - Not enough interesting activities for youth (9%)
  - Not enough healthy food (8%)
4. What are the three biggest barriers to having a healthy environment in your community?
  - Poor housing (14%)
  - Not enough places to buy healthy food (13%)
  - Severe weather conditions (10%)
  - Not enough safe places to be physically active (9%)
  - Discarded drug paraphernalia (8%)
5. What are the most important parts of a healthy, thriving community?
  - Safe place to raise kids (12%)
  - Jobs (12%)



- Access to health care (10%)
- Access to healthy food (8%)
- Good air quality (7%)

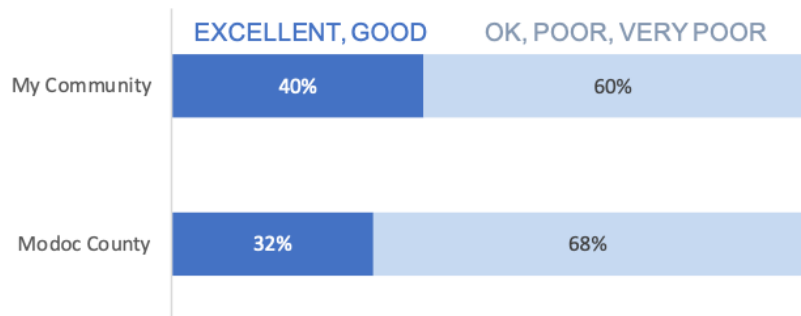
Additional questions were asked about the perceived health status of individual, family, and community health. Respondents were more likely to say that family and individual health was “Excellent” or “Good” than community health (Figure 13).

**Figure 13. Perceived health status of survey respondents, Modoc County Community Health Survey**



Respondents were also asked to rate how well their neighbors work together to solve community problems. Respondents were more likely to rate problem-solving ability as “OK”, “Poor”, or “Very Poor” than “Excellent” or “Good” for their communities and Modoc County as a whole (Figure 14).

**Figure 14. Perceived ability of neighbors to work together to solve community problems, Modoc County Community Health Survey**



Respondents were asked about health care access in the county. About 13% of respondents indicated they had no health insurance, tracking with estimates from the US Census Bureau. The following were indicated as barriers to getting health care:

- Not enough doctors
- No health care available on nights and weekends
- Medi-Cal and Covered California are too hard to get
- Can’t get off work to see a doctor
- Wait times to see doctor are long
- Medicines are too expensive
- High copays and deductibles

- No transportation
- Doctors and staff don't speak my language

*Key Informant Interviews*

Interviews were conducted with decision makers in the community including CEOs and senior staff of medical services (hospital, primary & secondary care), key leaders of community-based organizations encompassing services for children, adults and seniors, senior staff of resource, family and migrant centers, superintendent of schools, senior social worker and director of pre-school school programs. Areas of expertise include health care, mental health, housing, transportation, life skills, nutrition, and substance use. Table 2 lists the three biggest health issues identified by key informants by their areas of expertise.

**Table 2. Biggest health issues by key informant area of expertise, Modoc County**

Health care	Lack of home health care Lack of specialty care Lack of pediatric dental care
Mental health	Lack of transportation Lack of accessibility Lack of pediatric care
Housing	Lack of affordable, good housing Drug use Mental health issues
Transportation	Lack of transportation Lack of access to basic services and medical services Lack of physical fitness activities for adults and youth
Nutrition	Lack of nutrition Access to health care and transportation Access to clean, potable water
Life skills	Lack of knowledge/life skills Poor parenting skills Lack of consistency in children's lives
Substance use	Alcohol use Substance use After-effects of COVID-19

Respondents pointed to limited knowledge about healthy behaviors, stigma about mental health issues, and lack of quality education as main contributing factors to these issues.

Challenges in the community were discussed. Themes by issue area are listed below as well as the biggest barriers in each of these areas.

*Social and Economic*

- Poverty
  - Low incomes
  - Lack of affordable housing
  - Lack of access to healthy food
- Education
  - Lack of quality education
  - Lack of job training opportunities
- Transportation
  - Lack of public transportation
  - Lack of affordable transportation options

### Healthy Environment

- Housing
  - Lack of affordable housing
  - Lack of quality housing
  - Lack of housing for seniors
- Community
  - Lack of sense of community
  - Lack of activities for people to do together
  - Lack of opportunities for people to connect
- Transportation
  - Lack of public transportation
  - Lack of walking paths
  - Lack of access to cars

### Access to Health Care

- Cost
  - High cost of health care
  - Lack of insurance
- Access to providers
  - Limited number of providers
  - Difficulty recruiting and retaining providers
- Transportation
  - Lack of public transportation,
  - Long distances to travel for care

Finally, key informants were prompted to provide ideas about how to strengthen the three areas identified in the Community Health Survey as the most important aspects of a healthy, thriving community: jobs, a safe place to raise kids, and access to health care. Suggestions included:

- Jobs
  - Developing viable industries
  - Bringing in more providers
  - Keep it [number of providers/industries] small and manageable to enable steady growth
- Safe place to raise kids
  - Improve transportation
  - Provide more activities in the community
  - Make the community feel safer
- Access to health care
  - Recruit more health care providers
  - Bridge gaps across state lines
  - Provide bus passes for public transportation

### *Focus Group Observations*

A number of focus groups were conducted in the community to understand the health needs and concerns of Modoc County residents.

Focus groups conducted with seniors attending the Senior Centers in Alturas and Cedarville and the Big Valley 50+ Group in Bieber (which serves both Lassen and Modoc Residents), highlighted that many seniors are concerned that in order to access specialized care, they are forced to travel considerable distances. A number of people reported challenges accessing more convenient and closer care outside of California because Medi-Cal is not accepted, requiring them to travel longer distances in state to see a provider. Weather, traffic conditions, and time constrictions also pose challenges for accessing care. The long journey and driving at night further add to the stress of seeing a healthcare professional. One senior, expressed that “if it’s snowing or the road is closed for any reason, you could die before you’re able to get there to get something checked out.” Transportation is an issue, with seniors expressing the opinion that although they appreciate the services provided by the local bus operators, they would like more routes, more bus stops and greater flexibility/convenient timetables. Several seniors said they car share with friends instead.

Another challenge articulated was the scarcity of food stores and stores selling other essential items. A number of the focus group participants expressed the feeling that it was due to the meals they received at the Senior Centers that they were able to enjoy a healthy, balanced diet and fresh food at a reasonable cost.

In separate focus groups, Latino members of Tulelake and Alturas voiced a number of concerns. Transportation, limited year-round jobs, access to healthcare providers, and limited services such as banks and stores, especially services offered in languages other than English, were raised as main issues. One participant lamented the loss of the only food bank in town. Limited housing and the high cost of rent was also a concern. While participants felt safe in their communities, they expressed a desire for more community engagement and better infrastructure (e.g. sidewalks).

## **DISCUSSION**

While Modoc County enjoys scenic beauty, abundant natural resources, and a clean physical environment, it ranks poorly among counties in California for many community conditions that support a healthy and long life. Economic challenges such as high rates of poverty and unemployment are barriers to achieving optimum health for the people of Modoc County. Lower educational attainment among residents likely contributes to these issues. Residents also experience limited access to healthcare due to the rural nature of the county, high rates of uninsured, and fewer health care providers per population than the state.

The difference in life expectancy between Modoc County and the state is underscored by the burden of illness and premature death in the community. High prevalence of risk behaviors, chronic

disease and poor physical and mental health reduce quality of life and wellbeing among residents of the county leading to higher rates of disability and early death than in California overall.

Focus groups, key informant interviews, and survey results echo these findings. Limited job opportunities, high rates of poverty and unemployment, a lack of access to healthcare, and few services in the community make it difficult to achieve or maintain health. Participants identified alcohol and substance use, poor mental health, few safe places to exercise, and unhealthy diet as specific health issues of concern.

# APPENDIX

Figure A. Health Inequities Initiative Framework

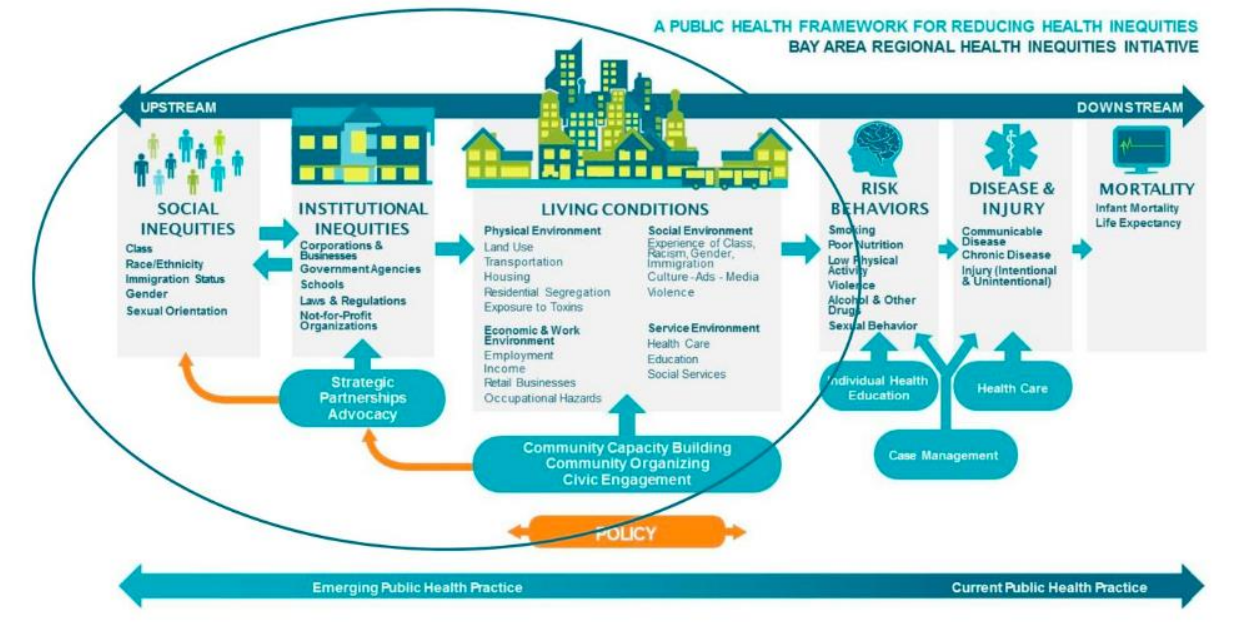


Table A. Existing Assets and Resources<sup>67</sup>

Name of Resource	Primary ZIP Code	Website	Telephone
Alliance for Workforce Development	96101	<a href="https://afwd.org">https://afwd.org</a>	(530) 233-4161
Adin Branch Library	96006	<a href="https://modocountylibrary.org/node/20">https://modocountylibrary.org/node/20</a>	(530)299-3502
Adin Community Bible Church	96006	<a href="https://www.adincommunitybiblechurch.com">https://www.adincommunitybiblechurch.com</a>	(530) 299-3238
Alturas Chamber of Commerce	96101	<a href="https://alturaschamber.org/">https://alturaschamber.org/</a>	(530)708-1086
Alturas Municipal Airport	96101		(530) 233-5125
Alturas Elementary School	96101	<a href="https://aes.modoc.k12.ca.us">https://aes.modoc.k12.ca.us</a>	(530) 233-7201
Alturas Elementary State Preschool	96101	<a href="https://www.modocoe.k12.ca.us/Teams/Pre-Schools/Alturas-Elementary-State-Pre-School/index.html">https://www.modocoe.k12.ca.us/Teams/Pre-Schools/Alturas-Elementary-State-Pre-School/index.html</a>	(530) 233-1705

<sup>67</sup> This list is not exhaustive and contact details, although correct at time of publishing, may change.

Name of Resource	Primary ZIP Code	Website	Telephone
Alturas Lions Club	96101	<a href="https://e-clubhouse.org/sites/alturas/">https://e-clubhouse.org/sites/alturas/</a>	
Alturas Police Department	96101	<a href="http://cityofalturas.us/departments/public_safety/index.php">http://cityofalturas.us/departments/public_safety/index.php</a>	(533) 233-2011
Alturas Senior Center	96101		(530) 233-4438
Alturas State Preschool	96101	<a href="https://www.modoccoe.k12.ca.us/Teams/Pre-Schools/Alturas-State-Pre-School/index.html">https://www.modoccoe.k12.ca.us/Teams/Pre-Schools/Alturas-State-Pre-School/index.html</a>	(530) 233-2507
Alturas Sunrise Rotary	96101	<a href="https://www.facebook.com/AlturasSunriseRotary">https://www.facebook.com/AlturasSunriseRotary</a>	(530) 708-0021
Big Valley 50 Plus (Bieber)	96009	<a href="https://www.facebook.com/people/Big-Valley-50-Plus/100064336013580/">https://www.facebook.com/people/Big-Valley-50-Plus/100064336013580/</a>	(530) 294-5745
Big Valley Dental Center	96009	<a href="http://www.mountainvalleys.org">http://www.mountainvalleys.org</a>	(530) 999-9011
Big Valley Health Center, Bieber	96009	<a href="http://www.mountainvalleys.org">http://www.mountainvalleys.org</a>	(530) 999-9010
Big Valley Veterinary Clinic (Adin)	96006		(530) 299-3121
B.L.M Bureau of Land Management	96101	<a href="https://www.blm.gov/office/applegate-field-office">https://www.blm.gov/office/applegate-field-office</a>	(530) 233-4666
Cal-Fire Lassen-Modoc Unit	96101	<a href="https://www.facebook.com/CALFIRELMU">https://www.facebook.com/CALFIRELMU</a>	(530) 233-2723
California Highway Patrol	96101	<a href="https://www.chp.ca.gov/find-an-office/northern-division/offices/(170)-alturas">https://www.chp.ca.gov/find-an-office/northern-division/offices/(170)-alturas</a>	(530) 708-9000
Canby Clinic (Medical & Dental)	96015	<a href="http://www.modocmedicalcenter.org">http://www.modocmedicalcenter.org</a>	(530) 708-8830
Cedarville Senior Citizens Center	96104		(530)279-2181
Church of Jesus Christ of Latter-Day Saints (Alturas)	96101	<a href="https://local.churchofjesuschrist.org/en/us/ca/alturas/104-east-13th-street">https://local.churchofjesuschrist.org/en/us/ca/alturas/104-east-13th-street</a>	(541) 860-8685 or (530) 233-2782
Church of Jesus Christ of Latter-Day Saints (Cedarville)	96104	<a href="https://local.churchofjesuschrist.org/en/us/ca/cedarville">https://local.churchofjesuschrist.org/en/us/ca/cedarville</a>	(541) 860-8685
Church of Jesus Christ of Latter-Day Saints (Tulelake)	96134	<a href="https://local.churchofjesuschrist.org/en/us/ca/tulelake/195-5-atkins-road">https://local.churchofjesuschrist.org/en/us/ca/tulelake/195-5-atkins-road</a>	(458) 232-7471 or (530) 667-5244

Name of Resource	Primary ZIP Code	Website	Telephone
Church of Jesus Christ Rivers of Living Water (Southern Baptist) Cedarville	96104		(530) 279-2225
City of Alturas	96101	<a href="http://cityofalturas.us/">http://cityofalturas.us/</a>	(530) 233-2512
County of Modoc	96101	<a href="https://www.co.modoc.ca.us/">https://www.co.modoc.ca.us/</a>	
Early Head Start (Alturas)	96101	<a href="https://www.modoccoe.k12.ca.us/Teams/Early-Head-Start/index.html">https://www.modoccoe.k12.ca.us/Teams/Early-Head-Start/index.html</a>	(530) 233-7134
Early Head Start (Tulelake)	96134	<a href="https://www.modoccoe.k12.ca.us/Teams/Early-Head-Start/index.html">https://www.modoccoe.k12.ca.us/Teams/Early-Head-Start/index.html</a>	(530) 667-3119
Elks	96101	<a href="https://www.elks.org/lodges/home.cfm?LodgeNumber=1756">https://www.elks.org/lodges/home.cfm?LodgeNumber=1756</a>	(530) 233-2929
Environmental Health	96101	<a href="https://environmentalhealth.co.modoc.ca.us">https://environmentalhealth.co.modoc.ca.us</a>	(530) 233-6310
Faith Baptist Church (Alturas)	96101	<a href="https://faithbaptistchurch.org">https://faithbaptistchurch.org</a>	(530) 233-2015
First Five	96101	<a href="https://first5modoc.com/about/">https://first5modoc.com/about/</a>	(530) 233-7122
Head Start	96101	<a href="https://www.facebook.com/people/Alturas-Head-Start/100057151702183/">https://www.facebook.com/people/Alturas-Head-Start/100057151702183/</a>	(530) 233-4134
High Desert Community Day School	96101	<a href="https://www.cde.ca.gov/SchoolDirectory/details?cdscode=25735852530111">https://www.cde.ca.gov/SchoolDirectory/details?cdscode=25735852530111</a>	(530) 233-7201
Last Frontier Pharmacy	96101	<a href="http://www.modocmedicalcenter.org">www.modocmedicalcenter.org</a>	(530) 708-8850
Lookout Library	96054	<a href="https://modocountylibrary.org/node/20">https://modocountylibrary.org/node/20</a>	(530) 294-5776
Modoc College Center	96101	<a href="http://www.advancingmodoc.org">http://www.advancingmodoc.org</a>	(707) 354-5510
Modoc County Behavioral Health	96101	<a href="https://behavioralhealth.co.modoc.ca.us/programs_services/mental_health_services.php">https://behavioralhealth.co.modoc.ca.us/programs_services/mental_health_services.php</a>	(530) 233-6312
Modoc County Library	96101	<a href="https://modoccountylibrary.org/node/20">https://modoccountylibrary.org/node/20</a>	(530) 233-6340
Modoc County Public Health	96101	<a href="https://publichealth.co.modoc.ca.us/">https://publichealth.co.modoc.ca.us/</a>	(530) 233-6311
Modoc County Sheriff's Department	96101	<a href="https://www.modocsheriff.us">https://www.modocsheriff.us</a>	(530) 233-4416
Modoc County Veterans Services	96101	<a href="http://www.cacvso.org/modoc-county-office">www.cacvso.org/modoc-county-office</a>	(530) 233-6209



Name of Resource	Primary ZIP Code	Website	Telephone
Modoc Crisis Center	96101	<a href="https://www.teachinc.org/modoc-crisis-center/">https://www.teachinc.org/modoc-crisis-center/</a>	(530) 233-4575 or hotline 1-855-855-6745
Modoc Harvest & Farmers Markets	96101	<a href="https://modocharvest.org/modoc-harvest-certified-farmers-markets/">https://modocharvest.org/modoc-harvest-certified-farmers-markets/</a>	(530) 456-6362
Modoc High School	96101	<a href="https://mhs.modoc.k12.ca.us/o/mhs">https://mhs.modoc.k12.ca.us/o/mhs</a>	(530) 233-7201
Modoc Medical Center (Clinic)	96101	<a href="https://www.modocmedicalcenter.org">https://www.modocmedicalcenter.org</a>	(530) 708-8820
Modoc Medical Center (Hospital)	96101	<a href="https://www.modocmedicalcenter.org">https://www.modocmedicalcenter.org</a>	(530) 708-8800
Modoc Middle School	96101	<a href="https://mms.modoc.k12.ca.us/o/mms">https://mms.modoc.k12.ca.us/o/mms</a>	(530) 233-7201
Modoc National Wildlife Refuge	96101	<a href="https://www.fws.gov/refuge/modoc">https://www.fws.gov/refuge/modoc</a>	(530) 233-3572
Modoc Record (Newspaper)	96101	<a href="https://www.modocrecord.com/?vm=r">https://www.modocrecord.com/?vm=r</a>	(530) 233-2632
Modoc Veterinary Center	96101	<a href="https://www.modocvetcenter.com/">https://www.modocvetcenter.com/</a>	(530) 233-4156
Mountain Valleys Health Center, Tulelake	96134	<a href="http://www.mountainvalleys.org">http://www.mountainvalleys.org</a>	(530) 999-9060
New Beginning Family Fellowship (Church in Lookout)	96054	<a href="https://newbeginningsfamilyfellowship.com/">https://newbeginningsfamilyfellowship.com/</a>	(530) 249-4751
Newell Child Development Center (Seasonal opening)	96134	<a href="http://www.qcsteam.com/qcs-newell-cdc.html">http://www.qcsteam.com/qcs-newell-cdc.html</a>	(530) 664-2349
Newell Migrant Center	96134		(530) 664-3251
Niles Theater	96101	<a href="https://nilestheater.com">https://nilestheater.com</a>	(530) 233-5454
Pit River Health Services XL Clinic	96101	<a href="http://www.pitriverhealthservice.org">http://www.pitriverhealthservice.org</a>	(530) 233-3223
Rite Aid (Pharmacy)	96101	<a href="#">Rite Aid 432 North Main Street, Alturas, CA   Pharmacy, Wellness Clinic, Online Refills</a>	(530) 233-3113
Rotary Club of Alturas	96101	<a href="https://alturasrotary.org">https://alturasrotary.org</a>	(530) 233-2616
Sacred Heart Catholic Church (Alturas)	96101	<a href="http://www.sacredheart-alturas.org">http://www.sacredheart-alturas.org</a>	(530) 233-2119

<b>Name of Resource</b>	<b>Primary ZIP Code</b>	<b>Website</b>	<b>Telephone</b>
Sage Stage	96101	<a href="http://www.sagestage.com">http://www.sagestage.com</a>	(530) 233-6410
Social Services	96101	<a href="http://www.co.modoc.ca.us/departments/social_services.php">http://www.co.modoc.ca.us/departments/social_services.php</a>	(530) 233-6501
St James Catholic Church (Cedarville)	96104	<a href="http://www.sacredheart-alturas.org">http://www.sacredheart-alturas.org</a>	(530) 233-5408
St Stephen Catholic Church (Bieber)	96009	<a href="http://www.stfrancisburney.org">http://www.stfrancisburney.org</a>	(530) 335-2372
Strong Family Health Center	96101	<a href="https://strongfamilyhealthcenter.com">https://strongfamilyhealthcenter.com</a>	(530) 233-4591
Sunrays of Hope	96101	<a href="https://www.facebook.com/sunrays.ofhope">https://www.facebook.com/sunrays.ofhope</a>	(530) 233-9696
Surprise Valley Chamber of Commerce	96104	<a href="https://surprisevalleychamber.com/">https://surprisevalleychamber.com/</a>	(530) 936-7822
Surprise Valley Community Church	96104	<a href="https://surprisevalleychamber.com/history/church.htm">https://surprisevalleychamber.com/history/church.htm</a>	(530) 279-6225
Surprise Valley Community Hospital	96104	<a href="https://www.svhospital.org">https://www.svhospital.org</a>	(530) 279-6111
Surprise Valley Elementary School	96104	<a href="https://www.svjusd.org/schools/surprise-valley-elementary-school">https://www.svjusd.org/schools/surprise-valley-elementary-school</a>	(530) 279-6141
Surprise Valley High School	96104	<a href="https://www.svjusd.org/schools/surprise-valley-high-school">https://www.svjusd.org/schools/surprise-valley-high-school</a>	(530) 279-6141
Surprise Valley Medical Clinic	96104	<a href="http://www.svhospital.org">http://www.svhospital.org</a>	(530) 279-6115
Surprise Valley State Pre-School	96104	<a href="https://www.modoccoe.k12.ca.us/Teams/Pre-Schools/Surprise-Valley-State-Pre-School/index.html">https://www.modoccoe.k12.ca.us/Teams/Pre-Schools/Surprise-Valley-State-Pre-School/index.html</a>	(530) 279-2030
Surprise Valley Veterinary	96104		(530)279-2141
TAY Center (Transitional Age Youth)	96101	<a href="https://behavioralhealth.co.modoc.ca.us/information__resources/tay_center.php">https://behavioralhealth.co.modoc.ca.us/information__resources/tay_center.php</a>	(530) 394-6251
T.E.A.C.H. Budding Tree	96101		(530) 233-4933
TEACH	96101	<a href="https://Teachinc.org">https://Teachinc.org</a>	(530) 233-3111
Tulelake #1 State Pre-School	96134	<a href="https://www.modoccoe.k12.ca.us/Teams/Pre-Schools/Tulelake-1-State-Pre-School/index.html">https://www.modoccoe.k12.ca.us/Teams/Pre-Schools/Tulelake-1-State-Pre-School/index.html</a>	(530) 667-2131
Tulelake Basin Elementary School	96134	<a href="https://www.tulelakeschools.org/o/tes">https://www.tulelakeschools.org/o/tes</a>	(530) 667-2294

Name of Resource	Primary ZIP Code	Website	Telephone
Tulelake High School	96134	<a href="https://www.tulelakeschools.org/o/th">https://www.tulelakeschools.org/o/th</a>	(530) 667-2292
Tulelake/Newell Family Resource Center	96134		(530) 667-2147
US Forest Service Modoc National Forest	96101	<a href="https://www.fs.usda.gov/modoc">https://www.fs.usda.gov/modoc</a>	(530) 233-5811
Warner Mountain Clinic, Fort Bidwell	96112	<a href="http://www.ihs.gov/california/index.cfm/health-programs/northern-california/warner-mountain">www.ihs.gov/california/index.cfm/health-programs/northern-california/warner-mountain</a>	(530) 279-6194
Warnerview Skilled Nursing Facility	96101	<a href="http://www.modocmedicalcenter.org">www.modocmedicalcenter.org</a>	(530) 708-8840
WIC Women, Infants & Children		<a href="https://northeasternhealth.org/wic/">https://northeasternhealth.org/wic/</a>	(530) 257-7094

Table B. Indicators and Data Source

INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
<b>SOCIAL DRIVERS</b>									
Educational attainment	Percent of population 25+ years with at least a high school education	86%	84%	-	57%**	-	89%**	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1501</a>
Educational attainment	Percent of population 25+ years with a bachelor's degree or higher	20%	35%	-	12%**	-	22%**	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1501</a>
Median Income	Household median income - <b>Total population</b>	\$51,090	\$84,097	\$28,869	\$50,247	\$33,875	\$53,803	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1903</a>
Median Income	Household median income - <b>Male headed households - no spouse present</b>	\$52,750	\$73,734	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1903</a>
Median Income	Household median income - <b>Female headed households - no spouse present</b>	\$36,098	\$58,724	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1903</a>
Poverty	Percent of population below the federal poverty level	20%	12%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1701</a>

INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
Poverty	Percent of children below the federal poverty level	30%	16%	26%**	28%**	-	31%**	2021	<a href="#">Small Area Income and Poverty Estimates</a>
Poverty	Percent of children receiving free and reduced priced lunch	69%	60%	-	-	-	-	2022/2023	<a href="#">California Department of Education, DataQuest</a>
Unemployment	Percent of the civilian population 16 years and older unemployed	5%	4%	-	-	-	-	2022	<a href="#">Bureau of Labor Statistics, 2022</a>
Uninsured	Percent of the population without health insurance - <b>Total population</b>	12%	7%	21%**	11%**	-	12%**	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S2701</a>
Uninsured	Percent of the population without health insurance - <b>&lt;100% of the federal poverty level</b>	35%	12%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S2701</a>
Uninsured	Percent of the population without health insurance - <b>400+% of the federal poverty level</b>	9%	3%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S2701</a>
Primary care physicians	Ratio of population to primary care physicians	1,750:1	1,230:1	-	-	-	-	2020	<a href="#">County Health Rankings, RWJF</a>
Dentists	Ratio of population to dentists	1,440:1	1,100:1	-	-	-	-	2021	<a href="#">County Health Rankings, RWJF</a>

INDICATOR	DEFINITION	MODOC COUNTY CALIFORNIA		AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
<b>LIVING CONDITIONS</b>									
Broadband internet access	Percent of the population with broadband internet connection	76%	90%	-	-	-	-	2017-2021	<a href="#">County Health Rankings, RWJF</a>
Food insecurity	Percent of the population with a lack of access, at times, to enough food for an active, healthy life or with uncertain availability of nutritionally adequate foods.	14%	9%	-	-	-	-	2020	<a href="#">County Health Rankings, RWJF</a>
Access to healthy food	Percentage of population who are low-income (<200% federal poverty level) and do not live close to a grocery store (within 10 miles in rural or 1 mile non-rural areas)	17%	3%	-	-	-	-	2019	<a href="#">County Health Rankings, RWJF</a>
Access to exercise opportunities	Percent of the population with adequate access to locations for physical activity (reside ins a census block within 1/2 mile of a park, within one mile of a recreational facility in urban area, or within 3 miles of recreational facility in rural area)	55%	95%	-	-	-	-	2020 & 2022	<a href="#">County Health Rankings, RWJF</a>
Homeownership	Percent of owner occupied housing units	75%	55%	-	60%	-	79%	2017-2021	<a href="#">County Health Rankings, RWJF</a>

INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
Severe housing cost burden	Percent of households who spend more than 50% of their household incomes on housing costs	11%	20%	-	-	-	-	2017-2021	<a href="#">County Health Rankings, RWJF</a>
<b>RISK BEHAVIORS</b>									
Excessive drinking	Percent of adults who report excessive drinking, binge or heavy drinking	22%	18%	-	-	-	-	2020	<a href="#">County Health Rankings, RWJF</a>
Excessive drinking	Percent of students who report ever being very drunk 7+ times - <b>7th grade</b>	6%	1%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Excessive drinking	Percent of students who report ever being very drunk 7+ times - <b>9th grade</b>	8%	4%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Excessive drinking	Percent of students who report ever being very drunk 7+ times - <b>11th grade</b>	23%	11%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Binge drinking	Percent of students who report binge drinking in past 30 days - <b>7th grade</b>	2%	1%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Binge drinking	Percent of students who report binge drinking in past 30 days - <b>9th grade</b>	8%	3%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>

INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
Binge drinking	Percent of students who report binge drinking in past 30 days - <b>11th grade</b>	16%	7%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Substantiated child maltreatment	Rate of substantiated child maltreatment per 1,000 children 0-17 years	22.2	6.1		*	-	*	2022	<a href="#">California Child Welfare Indicators Project, UC Berkeley &amp; California Dept. of Social Services 2013-2022</a>
Tobacco use	Percent of adults who report current smoking	17%	9%	-	-	-	-	2021	<a href="#">CDC Places</a>
Tobacco use	Percent of 11th graders who report smoking in the past 30 days	13%	2%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Tobacco use	Percent of 11th graders who report vaping in the past 30 days	25%	10%	-	*	-	*	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
<b>HEALTH OUTCOMES</b>									
Disability	Percent of the population who had one or more disabilities - <b>Total population</b>	18%	11%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1810</a>
Disability	Percent of the population who had one or more disabilities - <b>&lt;5 years</b>	0%	1%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1810</a>



INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
Disability	Percent of the population who had one or more disabilities - <b>5-17 years</b>	1%	5%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1810</a>
Disability	Percent of the population who had one or more disabilities - <b>18-64 years</b>	11%	8%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1810</a>
Disability	Percent of the population who had one or more disabilities - <b>65 years and older</b>	43%	33%	-	-	-	-	2017-2021	<a href="#">ACS 2021 5 Year Estimates Table S1810</a>
Chronic disease	Percent of adults who report being diagnosed with coronary heart disease	6%	3%	-	-	-	-	2021	<a href="#">CDC Places</a>
Chronic disease	Percent of adults who report being diagnosed with chronic obstructive pulmonary disease (COPD)	7%	4%	-	-	-	-	2021	<a href="#">CDC Places</a>
Mental health	Percent of adults who report being diagnosed with depression	22%	15%	-	-	-	-	2021	<a href="#">CDC Places</a>
Mental health	Percent of adults who report mental health was "not good" for 14+ days in the past month	18%	15%	-	-	-	-	2021	<a href="#">CDC Places</a>
Mental health	Percent of students who report feeling so sad and hopeless for 2+ weeks they stopped doing some usual activities - <b>7th grade</b>	29%	32%	-	-	-	-	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>

INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
Mental health	Percent of students who report feeling so sad and hopeless for 2+ weeks they stopped doing some usual activities - <b>9th grade</b>	43%	37%	-	-	-	-	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Mental health	Percent of students who report feeling so sad and hopeless for 2+ weeks they stopped doing some usual activities - <b>11th grade</b>	36%	42%	-	-	-	-	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Mental health	Percent of students who report contemplating suicide - <b>7th grade</b>	14%	14%	-	-	-	-	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Mental health	Percent of students who report contemplating suicide - <b>9th grade</b>	22%	15%	-	-	-	-	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Mental health	Percent of students who report contemplating suicide - <b>11th grade</b>	31%	16%	-	-	-	-	2019-2021	<a href="#">The California School Climate, Health, and Learning Survey</a>
Mortality	Age-adjusted all cause mortality rate per 10,000 population - <b>Total population</b>	59.7	63.4	152.3	45.3	-	65.9	2018-2022	<a href="#">California Community Burden of Disease Engine</a>
Mortality	Age-adjusted all cause mortality rate per 10,000 population - <b>Female</b>	49.6	52.0	-	-	-	-	2018-2022	<a href="#">California Community Burden of Disease Engine</a>

INDICATOR	DEFINITION	MODOC COUNTY	CALIFORNIA	AMERICAN INDIAN OR ALASKA NATIVE	HISPANIC OR LATINO	MULTIRACIAL	WHITE	YEAR	SOURCE
Mortality	Age-adjusted all cause mortality rate per 10,000 population - <b>Male</b>	69.5	76.5	-	-	-	-	2018-2022	<a href="#">California Community Burden of Disease Engine</a>
Mortality	Age-adjusted unintentional injury mortality rate per 10,000 population	8.7	3.6	-	-	-	-	2016-2020	<a href="#">CDC Wonder</a>
Mortality	Age-adjusted COPD mortality rate per 10,000 population	6.1	2.2	-	-	-	-	2016-2020	<a href="#">CDC Wonder</a>
Mortality	Life expectancy at birth	76.9	81.0	-	-	-	-	2018-2020	<a href="#">County Health Rankings, RWJF</a>
Premature mortality	Age-adjusted all cause premature mortality rate (Years of Life Lost before 75 years) per 10,000 - <b>Total population</b>	689.5	578.1	2739.2	153.7	-	802.7	2018-2022	<a href="#">California Community Burden of Disease Engine</a>
Premature mortality	Age-adjusted all cause premature mortality rate (Years of Life Lost before 75 years) per 10,000 - <b>Female</b>	521.3	398.9	-	-	-	-	2018-2022	<a href="#">California Community Burden of Disease Engine</a>
Premature mortality	Age-adjusted all cause premature mortality rate (Years of Life Lost before 75 years) per 10,000 - <b>Male</b>	854.2	757.8	-	-	-	-	2018-2022	<a href="#">California Community Burden of Disease Engine</a>

