

Plumas County

Maternal Child and Adolescent Health Community Profile 2017-18

Demographics

Our Community

Total Population ¹	19,416
Total Population, African American	206
Total Population, American Indian/ Alaskan Natives.....	521
Total Population, Asian/Pacific Islander	170
Total Population, Hispanic	1,573
Total Population, White.....	16,946
Total Live Births ²	152

Our Mothers and Babies

% of women delivering a baby who received prenatal care beginning in the first trimester of their pregnancy ²	73.5%
% of births covered by Medi-Cal ²	49.8%
% of women ages 18-64 without health insurance ³	19.5%
% of women giving birth to a second child within 24 months of a previous pregnancy *	43.3%
% live births less than 37 weeks gestation ²	9.1%
Gestational diabetes per 1,000 females age 15-44	9.6
% of female population 18-64 living in poverty (0-200% FPL) ³	36.2%
Substance use diagnosis per 1,000 hospitalizations of pregnant women*	31.8
Unemployment Rate ⁴	15.8

Our Children and Teens

Teen Birth Rate per 1,000 births (ages 15-19) ²	15.4
Motor vehicle injury hospitalizations per 100,000 children age 0-146	24.5
% of children, ages 0-18 years living in poverty (0-200% FPL) ³	49.9%
Mental health hospitalizations per 100,000 age 15-24*	574.1
Children in Foster Care per 1,000 children ⁵	19.1
Substance abuse hospitalization per 100,000 aged 15-24*	401.8

Data sources: ¹ CA Dept. of Finance population estimates for Year 2015, January 2013; ² CA Birth Statistical Master Files 2011-2013 Annual Average, 3 year average; ³ California Health Interview Survey, 2014; ⁴ [State of California, Employment Development Department, February 2017](#); ⁵ [Data from CA Child Welfare Indicators Project, UC Berkeley Point in Time Jul 2015](#); ⁶ [California Department of Public Health, Safe and Active Communities Branch](#); *Data carried over from the Community Profile 2015-2016. Not updated.

About Our Community – Health Starts Where We Live, Learn, Work, and Play

Plumas County is a beautiful, isolated, sparsely populated area in the northern Sierra Nevada Mountains with elevations from 1,800 to 8,372 feet. Plumas County encompasses about 2,600 square miles. Plumas County is primarily (78%) pine forests, 60% is National Forest land. Surrounding counties are also rural and the nearest service areas are Reno, NV and Chico, CA. Each is about a 1½ hour drive from Quincy, the County seat. The residents are primarily divided among five small communities with 2 lane highways connecting them with distances from 30-50 miles in between towns.

Plumas County's beautiful forest, lakes and rivers are assets being marketed for tourism income. The major industries and employers include the Sierra Pacific Mill, Collins Pines Mill, County of Plumas, US Forest Service, Plumas Unified School District and Feather River Community College.

The various towns have some sidewalks that allow for walking safely but the majority of the county is not easily or safely walkable. We have a park in each of the 5 distinct towns and have numerous camp grounds, rivers and lakes that people can hike, camp, fish and other outdoor recreation in all seasons.

Health System – Health and Human Services for the MCAH Population

- Intensive home visiting program to high risk families that include case management, resource referrals, CPS reunification, breast feeding education, child birth education, medical management to augment primary care, assistance with access to care.
- Monitoring of CSHCN thru referrals from providers and our CCS Program
- Youth programs like Friday Nite Live and Dramaworks for teaching youth life skills and dangers of AOD use, gambling, bullying and sexual health issues.
- 20,000 Lives- a coalition of active community members, organizations businesses and government agencies that collaborate to improve the quality of life in Plumas County through active workgroups focused on addressing community needs. For example: Youth Prevention Group, Summer Meals Program thru the school district, Farm to School garden projects, Adult Education, and Northern Sierra Opioid Safety Coalition.

Health Status and Disparities for the MCAH Population

- 50% Medi-Cal rate for births
- Lack of transportation to regular clinic visits as well as specialists out of the county
- Social isolation due to size of county and isolated communities
- One birthing hospital in county
- Neighboring counties have different Managed Care plans so benefits don't cross borders
- A lot of seasonal employment
- Program has been able to keep families reunited after CPS cases closed
- Have a home visiting nurse that can assist with Medi-Cal and Covered CA applications
- Intensive case management on home visiting clients to assist in complex medical issues in children receiving care in a timely manner.
- Assisting in the development of programs with partners to provide resources to our most needed population