

2025 COMMUNITY HEALTH NEEDS ASSESSMENT

Monterey County, California

Sponsored by

Monterey County Health Needs Collaborative

County of Monterey Health Department

Mee Memorial Healthcare System

Montage Health

Natividad

Salinas Valley Health

United Way Monterey County

California State University Monterey Bay (CSUMB)

Central California Alliance for Health (Alliance)



With coordination from

Hospital Council — Northern & Central California

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INTRODUCTION

PROJECT OVERVIEW

This Community Health Needs Assessment (CHNA) was conducted on behalf of the Monterey County Health Needs Collaborative, a partnership among the County of Monterey Health Department, Mee Memorial Healthcare System, Montage Health, Natividad, Salinas Valley Health, United Way Monterey County, California State University Monterey Bay (CSUMB), and Central California Alliance for Health (Alliance). The Hospital Council of Northern & Central California assisted in coordinating efforts related to the assessment process.

The Collaborative met regularly, established the goals for the assessment, common objectives across the collaborating institutions, developed the final survey in partnership with the consultants, compiled the list of key informants, and coordinated the communications efforts during the survey period and for the final assessment dissemination.

This report, as well as those produced for the county and other individual partners of the Collaborative, are available at www.healthymontereycounty.org.

Project Goals

This assessment, a follow-up to a similar study conducted in 2022, is a systematic, data-driven approach to determining the health status, behaviors, and needs of residents in Monterey County. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. This Community Health Needs Assessment will serve as a tool toward reaching three basic goals:

- To improve residents' health status, increase their life spans, and elevate their overall quality of life. A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.
- To reduce the health disparities among residents. By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors that historically have had a negative impact on residents' health.
- To increase accessibility to preventive services for all community residents. More accessible preventive services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventive care.

This assessment was conducted by PRC, a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

Methodology

This assessment incorporates data from multiple sources, including primary research (through the PRC Community Health Survey and PRC Online Key Informant Survey), as well as secondary research (vital statistics and other existing health-related data). It also allows for trending and comparison to benchmark data at the state and national levels.



PRC Community Health Survey

Survey Instrument

The survey instrument used for this study is based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions addressing gaps in indicator data relative to health promotion and disease prevention objectives and other recognized health issues. The final survey instrument was developed by the Monterey County Healthy Needs Collaborative and PRC and is similar to the previous survey used in the region, allowing for data trending.

Community Defined for This Assessment

The study area for the survey effort is defined as Monterey County, California, including all residential ZIP Codes with significant population within the county. For the purposes of this study, data are further segmented into the following four ZIP Code-defined divisions, as outlined in the adjacent map: South County; Monterey Peninsula; Salinas; and North County.



Sample Approach & Design

A precise and carefully executed methodology is critical in asserting the validity of the results gathered in the PRC Community Health Survey. Thus, to ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included targeted surveys conducted by PRC via telephone (landline and cell phone) or through online questionnaires, as well as a community outreach component promoted by the study sponsors through social media posting and other communications.

RANDOM-SAMPLE SURVEYS (PRC) ► For the targeted administration, PRC administered 800 surveys throughout the service area.

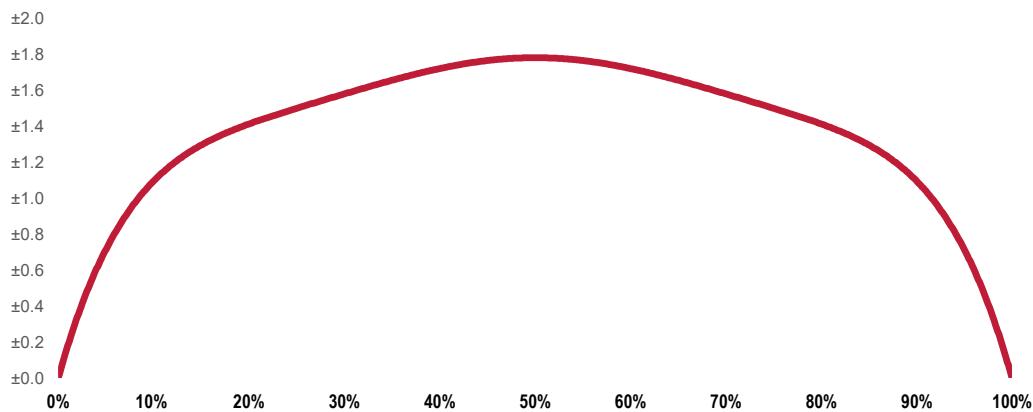
COMMUNITY OUTREACH SURVEYS (Monterey County Healthy Needs Collaborative) ► PRC also created a link to an online version of the survey, and the Monterey County Healthy Needs Collaborative promoted this link locally in order to drive additional participation and bolster overall samples. This yielded an additional 2,205 surveys to the overall sample.

In all, 3,005 surveys were completed through these mechanisms, including: 396 in South County; 1,583 in the Monterey Peninsula; 792 in Salinas; and 234 in North County. Once all surveys were completed, these were weighted in proportion to the actual population distribution so as to appropriately represent Monterey County as a whole. All administration of the surveys, data collection, and data analysis was conducted by PRC.

For statistical purposes, for questions asked of all respondents, the maximum rate of error associated with a sample size of 3,005 respondents is $\pm 1.1\%$ at the 95 percent confidence level.



Expected Error Ranges for a Sample of 3,005 Respondents at the 95 Percent Level of Confidence



Note: • The "response rate" (the percentage of a population giving a particular response) determines the error rate associated with that response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.

Examples: • If 10% of the sample of 3,005 respondents answered a certain question with a "yes," it can be asserted that between 8.9% and 11.1% ($10\% \pm 1.1\%$) of the total population would offer this response.
• If 50% of respondents said "yes," one could be certain with a 95 percent level of confidence that between 48.2% and 51.8% ($50\% \pm 1.8\%$) of the total population would respond "yes" if asked this question.

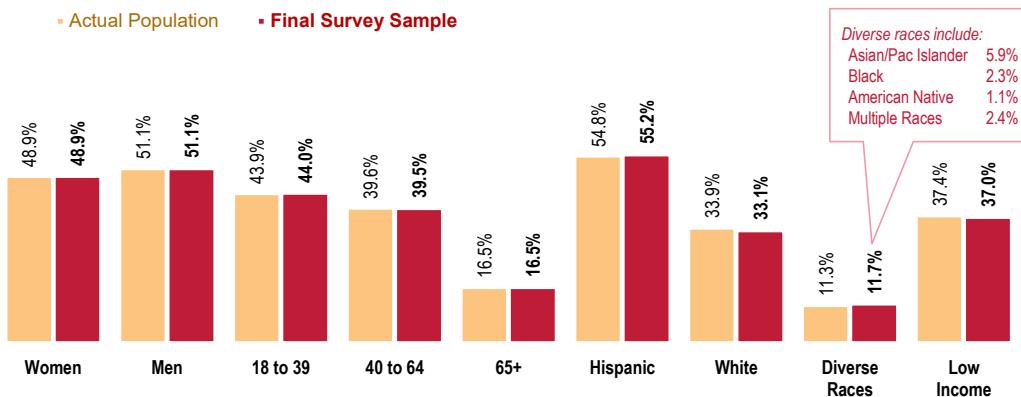
Sample Characteristics

To accurately represent the population studied, PRC strives to minimize bias through application of a proven telephone methodology and random-selection techniques. While this random sampling of the population produces a highly representative sample, it is a common and preferred practice to "weight" the raw data to improve this representativeness even further. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely sex, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual's responses is maintained, one respondent's responses might contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics might have been slightly oversampled, might contribute the same weight as 0.9 respondents.

The following chart outlines the characteristics of the Monterey County sample for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; data on children were given by proxy by the person most responsible for that child's health care needs, and these children are not represented demographically in this chart.]



Population & Survey Sample Characteristics (Monterey County, 2025)



Sources: • US Census Bureau, 2016-2020 American Community Survey.

• 2025 PRC Community Health Survey, PRC, Inc.

Notes: • "Low Income" reflects those living under 200% of the federal poverty level, based on guidelines established by the US Department of Health & Human Services.

• All Hispanic respondents are grouped, regardless of identity with any other race group. Race reflects those who identify with a single race category, without Hispanic origin. "Diverse Races" includes those who identify as Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian/Pacific Islander, or as being of multiple races, without Hispanic origin.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total population of community members in the defined area with a high degree of confidence.

Online Key Informant Survey

To solicit input from key informants, those individuals who have a broad interest in the health of the community, an Online Key Informant Survey also was implemented as part of this process. A list of recommended participants was provided by the Monterey County Healthy Needs Collaborative; this list included names and contact information for physicians, public health representatives, other health professionals, social service providers, and a variety of other community leaders. Potential participants were chosen because of their ability to identify primary concerns of the populations with whom they work, as well as of the community overall.

Key informants were contacted by email, introducing the purpose of the survey and providing a link to take the survey online; reminder emails were sent as needed to increase participation. In all, 96 community representatives took part in the Online Key Informant Survey, as outlined in the table that follows:

ONLINE KEY INFORMANT SURVEY PARTICIPATION

KEY INFORMANT TYPE	NUMBER PARTICIPATING
Physicians	16
Public Health Representatives	6
Other Health Providers	8
Social Services Providers	27
Other Community Leaders	39



Through this process, input was gathered from individuals whose organizations work with low-income, minority, or other medically underserved populations. Final participation included representatives of the organizations outlined in the following list.

- Action Council of Monterey County
- Alisal High School
- Alliance on Aging
- Aspire Health
- Blue Zones Project Monterey County
- Bright Beginnings
- Bright Futures - Hartnell College Foundation
- Brighter Bites
- Building Healthy Communities Monterey County
- Buttgereit-Pettitt & Davis Agency
- California State University Monterey Bay
- Cancer Patients Alliance
- CASA of Monterey County
- Central California Alliance for Health
- City of Carmel
- City of Seaside
- City of Soledad
- Clinica de Salud del Valle de Salinas
- Community Builders for Monterey County
- Community Foundation for Monterey County
- Community Hospital of the Monterey Peninsula
- Community Partnership for Youth
- Cypress Healthcare Partners/Doctors on Duty
- Diora/Delicato Wines
- Eddington Funeral Services
- Farm Bureau
- Gathering for Women
- Girls' Health in Girls' Hands
- Gonzales Adult School
- Grower-Shipper Association
- Hartnell College
- Hartnell College Foundation
- ITN Monterey County
- Japanese American Citizens League
- King City Union School District
- KION
- Kobrinsky Group
- Maurine Church Coburn School of Nursing
- Meals on Wheels of the Monterey Peninsula
- MoGo Urgent Care
- Montage Health
- Montage Medical Group
- Monterey Bay Central Labor Council
- Monterey County Health Department
- Monterey County Office of Education
- Monterey Peninsula Unified School District
- Natividad
- Natividad Foundation
- Pajaro Valley Prevention and Student Assistance
- RotaCare
- Salinas Regional Soccer Complex
- Salinas Valley Health
- Salinas Valley Pride
- San Ardo Union Elementary School District
- Santa Cruz and Monterey County
- Second Harvest Food Bank
- Sol Treasures
- Soledad Community Health Care District
- Soledad Unified School District
- United Way Monterey County
- Whites for Racial Equity
- YMCA



In the online survey, key informants were asked to rate the degree to which various health issues are a problem in their own community. Follow-up questions asked them to describe why they identify problem areas as such and how these might better be addressed. Results of their ratings, as well as their verbatim comments, are included throughout this report as they relate to the various other data presented.

Public Health, Vital Statistics & Other Data

A variety of existing (secondary) data sources was consulted to complement the research quality of this Community Health Needs Assessment. Data for Monterey County were obtained from the following sources (specific citations are included with the graphs throughout this report):

- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension, SparkMap (sparkmap.org)
- Centers for Disease Control & Prevention, Office of Infectious Disease, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
- Centers for Disease Control & Prevention, Office of Public Health Science Services, National Center for Health Statistics
- National Cancer Institute, State Cancer Profiles
- US Census Bureau, American Community Survey
- US Census Bureau, County Business Patterns
- US Census Bureau, Decennial Census
- US Department of Agriculture, Economic Research Service
- US Department of Health & Human Services
- US Department of Health & Human Services, Health Resources and Services Administration (HRSA)
- US Department of Justice, Federal Bureau of Investigation
- US Department of Labor, Bureau of Labor Statistics

Benchmark Comparisons

Trending

A similar survey was administered in Monterey County in 2022 by PRC on behalf of the Monterey County Healthy Needs Collaborative. Trending data, as revealed by comparison to prior survey results, are provided throughout this report whenever available. Historical data for secondary data indicators are also included for the purposes of trending.

California Data

State-level findings are provided where available as an additional benchmark against which to compare local findings. For survey indicators, these are taken from the most recently published data from the CDC's Behavioral Risk Factor Surveillance System (BRFSS). For other indicators, these draw from vital statistics, census, and other existing data sources.

National Data

National survey data, which are also provided in comparison charts, are taken from the *2023 PRC National Health Survey*; these data may be generalized to the US population with a high degree of confidence.

National-level findings (from various existing resources) are also provided for comparison of secondary data indicators.



Healthy People 2030 Objectives

Healthy People provides 10-year, measurable public health objectives — and tools to help track progress toward achieving them. Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first four decades.



The Healthy People 2030 framework was based on recommendations made by the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030. After receiving feedback from individuals and organizations and input from subject matter experts, the US Department of Health and Human Services (HHS) approved the framework which helped guide the selection of Healthy People 2030 objectives.

Determining Significance

Differences noted in this report represent those determined to be significant. For survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level), using question-specific samples and response rates. For the purpose of this report, “significance” of secondary data indicators (which do not carry sampling error but might be subject to reporting error) is determined by a 15% variation from the comparative measure.

Information Gaps

While this assessment is quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all of the community's health needs.

For example, certain population groups — such as persons experiencing homelessness, institutionalized persons, or those who only speak a language other than English or Spanish — are not represented in the survey data. Other population groups — for example, pregnant women, undocumented residents, and members of certain racial/ethnic or immigrant groups — while included in the overall findings, might not be individually identifiable or might not comprise a large-enough sample for independent analyses.

In terms of content, this assessment was designed to provide a comprehensive and broad picture of the health of the overall community. However, there are certainly medical conditions that are not specifically addressed.



SUMMARY OF FINDINGS

Significant Health Needs of the Community

The following “Areas of Opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment. From these data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data (particularly national data); identified trends; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. These also take into account those issues of greatest concern to the key informants giving input to this process.

AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT	
ACCESS TO HEALTH CARE SERVICES	<ul style="list-style-type: none">▪ Barriers to Access<ul style="list-style-type: none">○ Appointment Availability○ Difficulty Finding a Physician▪ Primary Care Physician Ratio▪ Specific Source of Ongoing Medical Care▪ Emergency Room Utilization▪ Ratings of Local Health Care▪ Key Informants: <i>Access to Health Care Services</i> ranked as a top concern.
CANCER	<ul style="list-style-type: none">▪ Leading Cause of Death▪ Female Breast Cancer Screening▪ Cervical Cancer Screening
DIABETES	<ul style="list-style-type: none">▪ Prevalence of Borderline/Pre-Diabetes▪ Kidney Disease Deaths▪ Key Informants: <i>Diabetes</i> ranked as a top concern.
HEART DISEASE & STROKE	<ul style="list-style-type: none">▪ Leading Cause of Death▪ Heart Disease Prevalence▪ Stroke Deaths▪ High Blood Cholesterol Prevalence
HOUSING	<ul style="list-style-type: none">▪ Housing Insecurity▪ Housing Conditions▪ Key Informants: <i>Social Determinants of Health (especially Housing)</i> ranked as a top concern.
INFANT HEALTH & FAMILY PLANNING	<ul style="list-style-type: none">▪ Teen Births
INJURY & VIOLENCE	<ul style="list-style-type: none">▪ Unintentional Injury Deaths▪ Intimate Partner Violence
MENTAL HEALTH	<ul style="list-style-type: none">▪ “Fair/Poor” Mental Health▪ Diagnosed Depression▪ Stress▪ Receiving Treatment for Mental Health▪ Awareness of Children’s Mental Health Services▪ Key Informants: <i>Mental Health</i> ranked as a top concern.

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AREAS OF OPPORTUNITY (continued)	
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	<ul style="list-style-type: none"> Overweight & Obesity [Adults & Children]
RESPIRATORY DISEASE	<ul style="list-style-type: none"> Asthma Prevalence [Children]
SUBSTANCE USE	<ul style="list-style-type: none"> Alcohol-Induced Deaths Unintentional Drug-Induced Deaths Sought Help for Alcohol/Drug Issues
TOBACCO USE	<ul style="list-style-type: none"> Cigarette Smoking Use of Vaping Products

Community Feedback on Prioritization of Health Needs

On October 7, 2025, the Monterey County Health Needs Collaborative convened an online meeting attended by 116 local providers and other community leaders (representing a cross-section of community-based agencies and organizations) to evaluate, discuss and prioritize health issues for the community, based on findings of this Community Health Needs Assessment (CHNA).

PRC began the meeting with a presentation of key findings from the CHNA, highlighting the significant health issues identified from the research (see Areas of Opportunity above). Following the data review, PRC answered any questions. Finally, participants were provided an overview of the prioritization exercise that followed.

In order to assign priority to the identified health needs (i.e., Areas of Opportunity), an online voting platform was used in which each participant was able to register their ratings using a mobile device or web browser.

The participants were asked to evaluate each health issue along two criteria:

SCOPE & SEVERITY ► The first rating was to gauge the magnitude of the problem in consideration of the following:

- How many people are affected?
- How does the local community data compare to state or national levels, or Healthy People 2030 targets?
- To what degree does each health issue lead to death or disability, impair quality of life, or impact other health issues?

Ratings were entered using a scale of 1 (not very prevalent at all, with only minimal health consequences) to 10 (extremely prevalent, with very serious health consequences).

ABILITY TO IMPACT ► A second rating was designed to measure the perceived likelihood of having a positive impact on each health issue, given available resources, competencies, spheres of influence, etc. Ratings were entered on a scale of 1 (no ability to impact) to 10 (great ability to impact).



Individuals' ratings for each criteria were averaged for each tested health issue, and then these composite criteria scores were averaged to produce an overall score. This process yielded the following prioritized list of community health needs:

1. Diabetes
2. Access to Health Care Services
3. Nutrition, Physical Activity & Weight
4. Mental Health
5. Heart Disease & Stroke
6. Substance Use
7. Cancer
8. Housing
9. Infant Health & Family Planning
10. Injury & Violence
11. Respiratory Disease
12. Tobacco Use



Summary Tables: Comparisons With Benchmark Data

Reading the Summary Tables

- In the following tables, Monterey County results are shown in the larger, gray column.
- The columns to the left of the county column provide comparisons among the four subcounty areas, identifying differences for each as “better than” (🟡), “worse than” (🔴), or “similar to” (🟡) the combined opposing areas.
- The columns to the right of the Monterey County column provide trending, as well as comparisons between local data and any available state and national findings, and Healthy People 2030 objectives. Again, symbols indicate whether Monterey County compares favorably (🟡), unfavorably (🔴), or comparably (🟡) to these external data.

TREND SUMMARY

(Current vs. Baseline Data)

SURVEY DATA INDICATORS:

Trends for survey-derived indicators represent significant changes since 2022.

OTHER (SECONDARY) DATA INDICATORS:

Trends for other indicators (e.g., public health data) represent point-to-point changes between the most current reporting period and the earliest presented in this report (typically representing the span of roughly a decade).

Note that blank table cells signify that data are not available or are not reliable for that area and/or for that indicator.

Tip: Indicator labels beginning with a “%” symbol are taken from the PRC Community Health Survey; the remaining indicators are taken from secondary data sources.



SOCIAL DETERMINANTS	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Linguistically Isolated Population (Percent)					9.8	 7.2	 3.9		
Population in Poverty (Percent)					12.6	 12.0	 12.4	 8.0	
Children in Poverty (Percent)					18.1	 15.2	 16.3	 8.0	
No High School Diploma (Age 25+, Percent)					26.7	 15.4	 10.6		
Unemployment Rate (Age 16+, Percent)					8.5	 5.2	 3.9	 10.4	
% Unable to Pay Cash for a \$400 Emergency Expense	 34.7	 22.2	 37.0	 36.9	32.3		 34.0		 31.2
% Worry/Stress Over Rent/Mortgage in Past Year	 46.1	 38.2	 54.8	 49.2	47.5		 45.8		 44.0
% Unhealthy/Unsafe Housing Conditions	 19.8	 18.3	 21.8	 21.2	20.3		 16.4		 20.8
% Multi-Generational Housing	 20.9	 7.4	 17.2	 17.8	15.0				 16.5
% Share Housing Expenses With Non-Family	 8.4	 12.0	 12.4	 10.5	11.3				 10.1
Population With Low Food Access (Percent)					16.6	 13.3	 22.2		

SOCIAL DETERMINANTS (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Food Insecure					42.9			43.3	
	46.2	28.1	45.8	56.2					40.8

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



OVERALL HEALTH	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% "Fair/Poor" Overall Health					18.7				
	20.4	14.3	18.5	23.6		20.8	15.7		18.8

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



ACCESS TO HEALTH CARE	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% [Age 18-64] Lack Health Insurance					7.5			7.6	
	12.7	3.4	9.6	5.5		8.9	8.1		8.4
% Difficulty Accessing Health Care in Past Year (Composite)					65.8				
	63.6	68.9	67.7	60.2			52.5		73.9
% Cost Prevented Physician Visit in Past Year					23.0				
	30.9	20.5	27.1	15.2			21.6		29.6
% Cost Prevented Getting Prescription in Past Year					18.4				
	20.3	17.1	22.0	13.4			20.2		24.7

ACCESS TO HEALTH CARE (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Difficulty Getting Appointment in Past Year					52.6			33.4	
	47.8	57.0	52.7	49.4					52.8
% Inconvenient Hrs Prevented Dr Visit in Past Year					24.5			22.9	
	23.2	20.3	30.5	21.6					33.8
% Difficulty Finding Physician in Past Year					33.8			22.0	
	33.7	37.2	35.2	27.1					36.0
% Transportation Hindered Dr Visit in Past Year					14.8			18.3	
	18.1	10.2	15.5	17.9					13.1
% Language/Culture Prevented Care in Past Year					3.2			5.0	
	5.8	2.8	4.0	0.7					5.3
% Stretched Prescription to Save Cost in Past Year					18.1			19.4	
	22.8	17.3	18.2	16.2					18.9
% Difficulty Getting Child's Health Care in Past Year					12.8			11.1	
	16.6	11.9	12.4	9.2					11.3
Primary Care Doctors per 100,000					98.4			115.0	118.0
% Have a Specific Source of Ongoing Care					64.7			69.9	
	62.2	72.4	67.0	52.4					72.7
% Routine Checkup in Past Year					63.7			74.5	
	53.8	69.2	67.2	57.2					61.3
% [Child 0-17] Routine Checkup in Past Year					84.7			77.5	
	73.3	85.9	90.1	84.4					87.9

ACCESS TO HEALTH CARE (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Two or More ER Visits in Past Year					15.2			15.6	11.7
% Low Health Literacy					25.0			25.1	27.2
% Rate Local Health Care "Fair/Poor"					24.3			11.5	23.4

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



better



similar



worse

CANCER	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Cancer Deaths per 100,000					134.8				130.1
Lung Cancer Deaths per 100,000					21.2				
Female Breast Cancer Deaths per 100,000					22.1				
Prostate Cancer Deaths per 100,000					18.4				
Colorectal Cancer Deaths per 100,000					10.6				

CANCER (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Cancer Incidence per 100,000					373.8	 397.4	 444.4		
Lung Cancer Incidence per 100,000					28.3	 36.7	 53.1		
Female Breast Cancer Incidence per 100,000					113.1	 124.0	 129.8		
Prostate Cancer Incidence per 100,000					109.3	 98.6	 113.2		
Colorectal Cancer Incidence per 100,000					31.0	 33.5	 36.4		
% Cancer	 6.0	 14.5	 7.5	 6.6	9.2	 9.5	 7.4		 8.4
% [Women 40-74] Breast Cancer Screening	 76.3	 83.9	 74.0	 72.9	77.1		 64.0	 80.5	 82.6
% [Women 21-65] Cervical Cancer Screening	 63.1	 83.8	 73.3	 54.6	70.6		 75.4	 84.3	 79.1
% [Age 45-75] Colorectal Cancer Screening	 81.9	 81.5	 75.5	 64.1	75.8		 71.5	 74.4	 73.5

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

 better

 similar

 worse

DIABETES	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Diabetes Deaths per 100,000					18.2				
% Diabetes/High Blood Sugar					11.1				
	12.9	9.7	13.0	8.7		11.5	12.8		10.4
% Borderline/Pre-Diabetes					19.0				
	13.6	19.3	21.8	17.9			15.0		15.3
% [Non-Diabetics] Blood Sugar Tested in Past 3 Years					48.0				
	38.3	53.2	45.6	50.5			41.5		42.7
Kidney Disease Deaths per 100,000					14.7				
						12.4	16.9		8.5

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



better



similar



worse

DISABLING CONDITIONS	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% 3+ Chronic Conditions					34.0				
	35.2	36.0	36.8	26.4			38.0		38.2
% Activity Limitations					30.2				
	27.5	33.4	26.1	34.0			27.5		29.4
% High-Impact Chronic Pain					17.3				
	19.0	15.9	21.6	11.2			19.6	6.4	19.4

DISABLING CONDITIONS (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Alzheimer's Disease Deaths per 100,000					26.8	 43.5	 35.8		 28.0
% Caregiver to a Friend/Family Member	 19.7	 24.2	 26.9	 29.6	25.7		 22.8		 26.1
<p>Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p> <p> better  similar  worse</p>									
HEART DISEASE & STROKE	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Heart Disease Deaths per 100,000					126.8	 168.0	 209.5	 127.4	 113.9
% Heart Disease	 6.3	 11.2	 6.2	 12.9	9.2	 5.2	 10.3		 6.7
Stroke Deaths per 100,000					42.5	 46.9	 49.3	 33.4	 34.1
% Stroke	 4.1	 3.8	 1.7	 1.4	2.6	 2.9	 5.4		 3.0
% High Blood Pressure	 35.5	 39.4	 39.8	 28.5	36.6	 30.6	 40.4	 42.6	 36.3
% High Cholesterol	 34.0	 46.4	 38.1	 27.6	37.6		 32.4		 37.9
<p>Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p> <p> better  similar  worse</p>									

INFANT HEALTH & FAMILY PLANNING	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
No Prenatal Care in First Trimester (Percent of Births)					20.5	 14.8	 22.3		 21.3
Teen Births per 1,000 Females 15-19					20.5	 11.6	 15.5		
Low Birthweight (Percent of Births)					6.5	 7.1	 8.4		
Infant Deaths per 1,000 Births					3.7	 3.9	 5.5	 5.0	 4.5
Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.						 better	 similar	 worse	
INJURY & VIOLENCE	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Unintentional Injury Deaths per 100,000					50.8	 53.8	 67.8	 43.2	 31.3
Motor Vehicle Crash Deaths per 100,000					13.0	 12.3	 13.3	 10.1	
Homicide Deaths per 100,000					6.4	 6.0	 7.6	 5.5	 11.5
% Victim of Violent Crime in Past 5 Years	 7.5	 4.6	 5.2	 6.7	5.7		 7.0		 7.1

INJURY & VIOLENCE (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Victim of Intimate Partner Violence					17.9			20.3	

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



better



similar



worse

MENTAL HEALTH	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% "Fair/Poor" Mental Health					27.5			24.4	
	31.3	21.8	26.7	34.0					34.3
% Diagnosed Depression					27.3				
	22.1	28.4	24.1	33.8		17.0	30.8		24.6
% Symptoms of Chronic Depression					45.1			46.7	
	32.5	40.7	48.5	53.7					51.2
% Typical Day Is "Extremely/Very" Stressful					21.9			21.1	
	21.1	18.8	18.0	32.5					18.9
Suicide Deaths per 100,000					11.0				
						10.8	14.7	12.8	10.5
Mental Health Providers per 100,000					332.3				
						340.6	325.6		
% Receiving Mental Health Treatment					21.7			21.9	
	20.4	22.9	17.6	27.3					14.9

MENTAL HEALTH (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Unable to Get Mental Health Services in Past Year					15.0			13.2	18.8
% [Age 5-17] Child Needed Mental Health Services in the Past Year					21.6				22.4
% [Age 5-17] Child Has Taken Prescribed Meds for Mental Health					8.5				13.2
% [Age 5-17] Aware of Mental Health Resources for Children					53.2			67.5	50.0

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



NUTRITION, PHYSICAL ACTIVITY & WEIGHT	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% 7+ Sugar-Sweetened Drinks in Past Week					20.3				20.5
% "Very/Somewhat" Difficult to Buy Fresh Produce					27.5			30.0	28.0
% Meet Physical Activity Guidelines					34.5			29.7	29.6
% [Child 2-17] Physically Active 1+ Hours per Day					31.3			27.4	24.4

NUTRITION, PHYSICAL ACTIVITY & WEIGHT (continued)	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Recreation/Fitness Facilities per 100,000					12.1	 13.6	 12.5		
% Overweight (BMI 25+)	 79.4	 61.7	 70.1	 80.1	71.1	 64.0	 63.3		 70.4
% Obese (BMI 30+)	 47.6	 25.9	 39.3	 38.9	36.4	 27.7	 33.9	36.0	 42.0
% [Child 5-17] Overweight (85th Percentile)	 49.8	 25.4	 41.5	 59.4	41.8		 31.8		 42.7
% [Child 5-17] Obese (95th Percentile)	 41.0	 8.5	 23.5	 41.7	25.8		 19.5	 15.5	 22.4
Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.									
 better  similar  worse									
ORAL HEALTH	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Have Dental Insurance	 72.8	 72.7	 77.8	 76.9	75.4		 72.7	 75.0	 71.6
% Dental Visit in Past Year	 56.8	 75.2	 67.1	 48.6	63.9	 66.2	 56.5	 45.0	 59.9
% [Child 2-17] Dental Visit in Past Year	 74.3	 82.0	 83.2	 79.1	80.6		 77.8	 45.0	 81.3
Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.									
 better  similar  worse									

RESPIRATORY DISEASE	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Lung Disease Deaths per 100,000					24.8	 30.2	 43.5		 27.8
Pneumonia/Influenza Deaths per 100,000					7.3	 12.8	 13.4		 11.8
% Asthma					11.6 10.9 11.1 14.3 8.8	 8.8	 17.9		 13.3
% [Child 0-17] Asthma					14.1 23.9 12.4 12.0 8.0			 16.7	 6.5
% COPD (Lung Disease)					5.8 7.5 6.4 6.0 3.5	 4.2	 11.0		 6.2

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

 better  similar  worse

SEXUAL HEALTH	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
HIV Prevalence per 100,000					214.7 418.7	 418.7	 386.6		
Chlamydia Incidence per 100,000					498.0 491.1	 491.1	 492.2		
Gonorrhea Incidence per 100,000					70.3 190.2	 190.2	 179.0		

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

 better  similar  worse

SUBSTANCE USE	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
Alcohol-Induced Deaths per 100,000					15.3	 17.7	 15.7		 12.7
% Excessive Drinking	 16.1	 16.9	 16.0	 26.7	18.6	 15.4	 34.3		 25.6
Unintentional Drug-Induced Deaths per 100,000					22.9	 26.6	 29.7		 9.1
% Used an Illicit Drug in Past Month	 5.1	 4.5	 2.3	 7.6	4.5		 8.4		 6.1
% Used a Prescription Opioid in Past Year	 11.5	 11.7	 10.1	 8.1	10.3		 15.1		 11.2
% Ever Sought Help for Alcohol or Drug Problem	 6.8	 5.1	 3.9	 5.3	5.0		 6.8		 4.7
% Personally Impacted by Substance Use	 41.4	 43.3	 39.1	 44.2	41.8		 45.4		 40.3

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

 better

 similar

 worse

TOBACCO USE	DISPARITY AMONG SUBAREAS				Monterey County	MONTEREY COUNTY vs. BENCHMARKS			
	South County	Monterey Peninsula	Salinas	North County		vs. CA	vs. US	vs. HP2030	TREND
% Smoke Cigarettes					9.0				
	10.2	8.0	6.4	13.6		8.5	23.9	6.1	7.3
% Someone Smokes at Home					7.1				
	9.0	6.1	8.5	4.9			17.7		9.5
% Use Vaping Products					7.7				
	9.2	9.2	5.7	7.9		5.9	18.5		6.3

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.



better



similar



worse



COMMUNITY DESCRIPTION

POPULATION CHARACTERISTICS

Total Population

Total Population
(Estimated Population, 2019-2023)

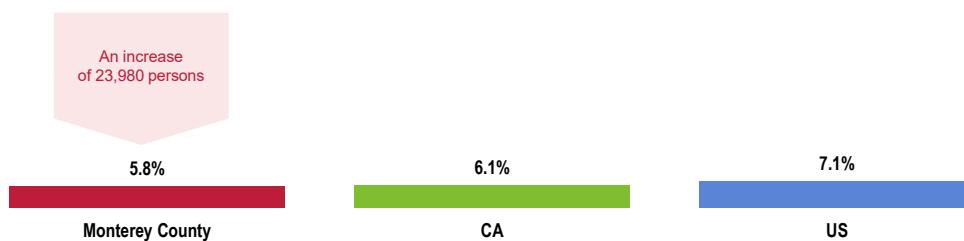
	TOTAL POPULATION	TOTAL LAND AREA (square miles)	POPULATION DENSITY (per square mile)
Monterey County	435,834	3,281.72	133
California	39,242,785	155,859.14	252
United States	332,387,540	3,533,298.58	94

Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

Population Change 2010-2020

A significant positive or negative shift in total population over time impacts health care providers and the utilization of community resources.

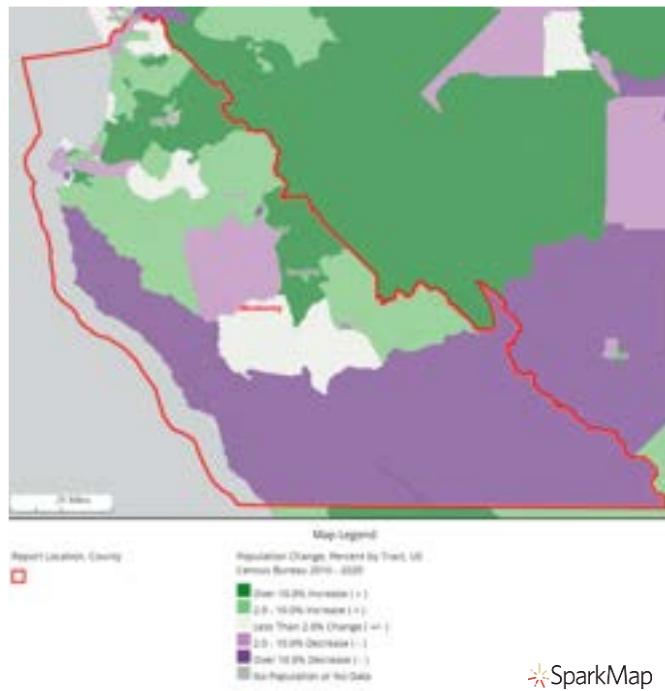
Change in Total Population
(Percentage Change Between 2010 and 2020)



Sources: • US Census Bureau Decennial Census (2010-2020).
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).



Population Change

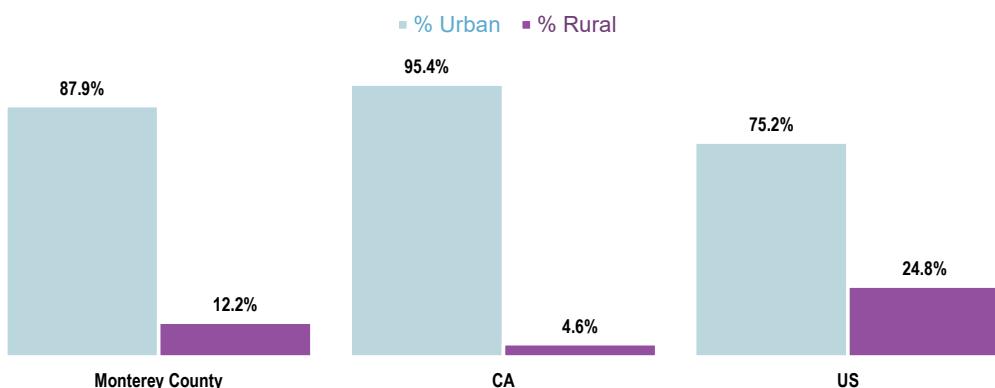


Urban/Rural Population

Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban.

Monterey County is predominantly urban, with 87.9% of the population living in areas

Urban and Rural Population (2020)



Sources: • US Census Bureau Decennial Census.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).
Notes: • This indicator reports the percentage of population living in urban and rural areas. Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban.

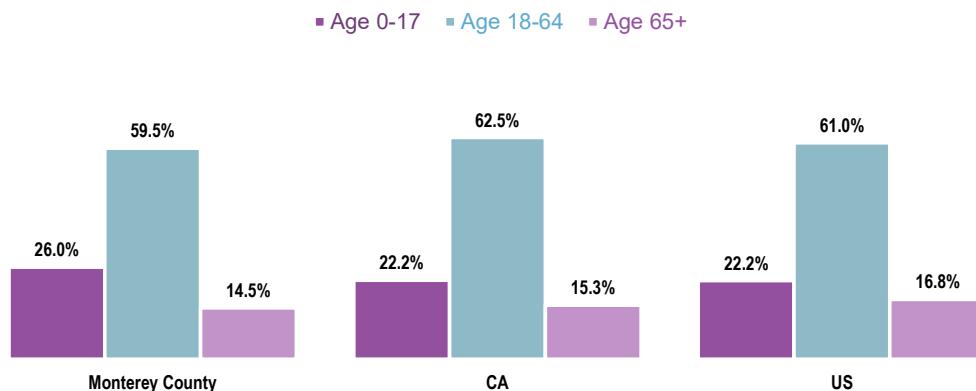


Age

It is important to understand the age distribution of the population, as different age groups have unique health needs that should be considered separately from others along the age spectrum.

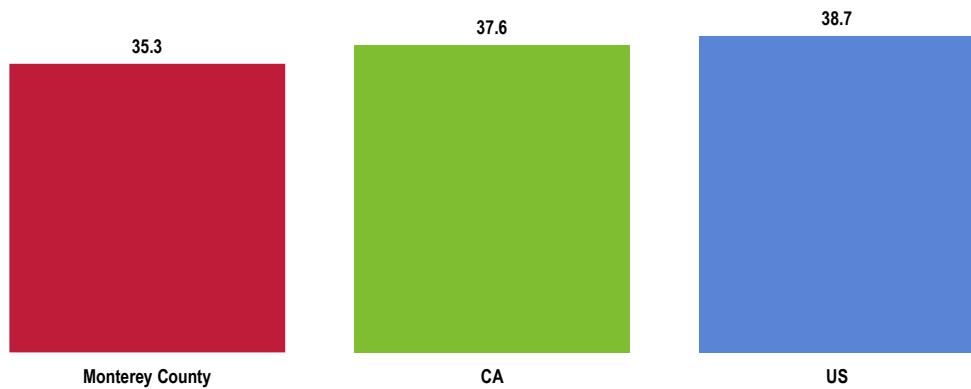
In Monterey County, 26.0% of the population are children age 0-17; another 59.5% are age 18 to 64, while 14.5% are age 65 and older.

Total Population by Age Groups
(2019-2023)



Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

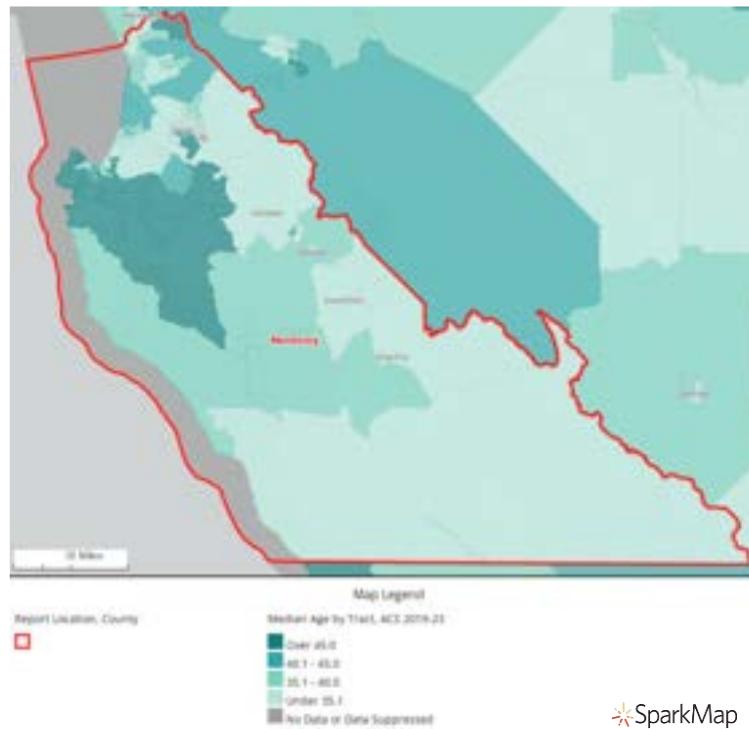
Median Age
(2019-2023)



Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).



Median Age



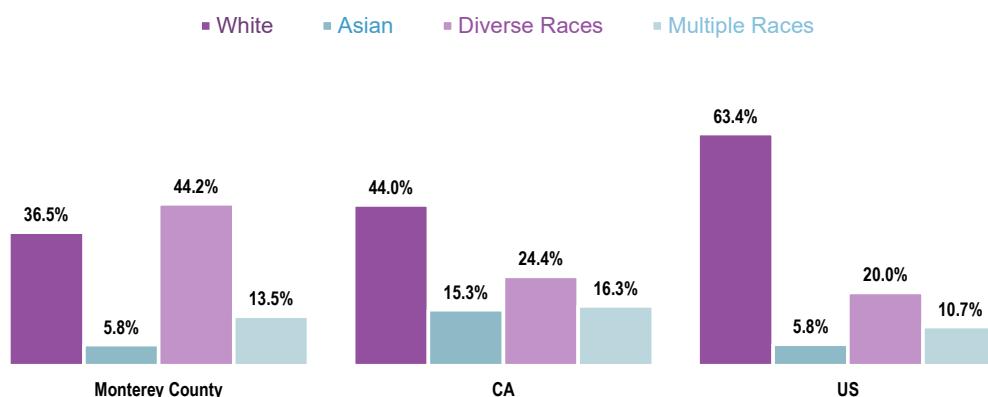
Race & Ethnicity

Race

Race reflects those who identify with a single race category, regardless of Hispanic origin. People who identify their origin as Hispanic, Latino, or Spanish may be of any race.

In looking at race independent of ethnicity (Hispanic or Latino origin), note that the largest

Total Population by Race Alone
(2019-2023)

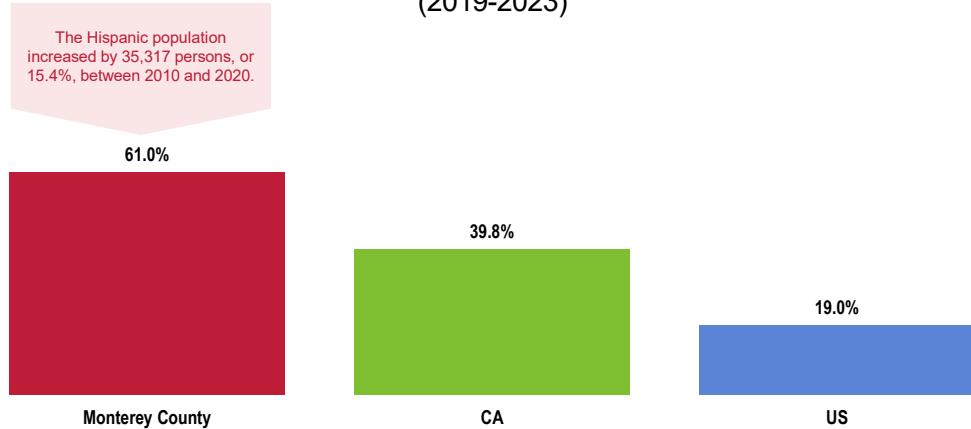


Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).
Notes: • "Diverse Races" includes those who identify as American Indian or Alaska Native, Asian, or Native Hawaiian/Pacific Islander, without Hispanic origin.



Ethnicity

Hispanic Population (2019-2023)



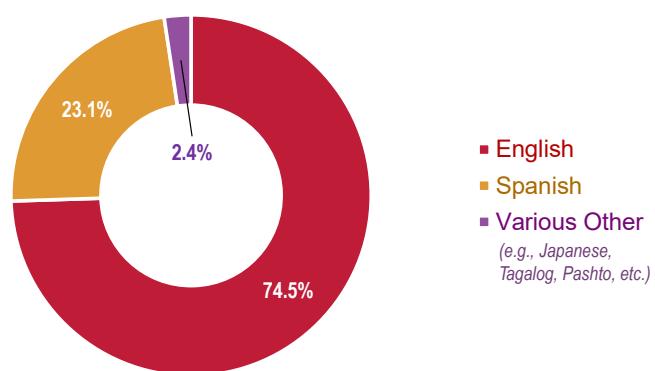
Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

Notes: • People who identify their origin as Hispanic, Latino, or Spanish may be of any race.

Primary Language Spoken at Home

Three in four survey respondents (74.5%) speak English at home, while 23.1% report speaking

Primary Language Spoken at Home (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 311]

Notes: • Asked of all respondents.

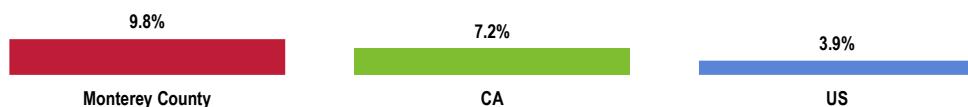
• Note that surveys were administered only in English and Spanish.



Linguistic Isolation

A total of 9.8% of the Monterey County population age 5 and older live in a home in which no person age 14 or older is proficient in English (speaking only English or speaking English

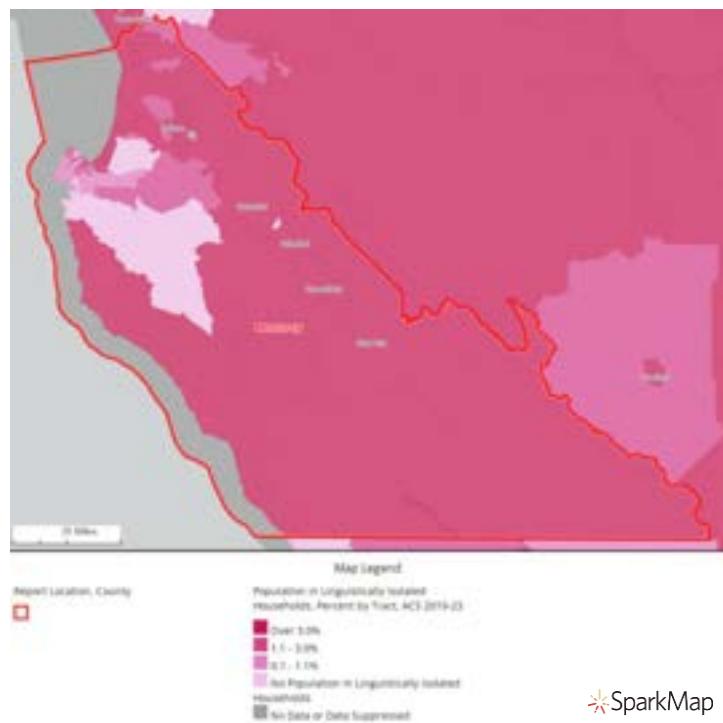
Linguistically Isolated Population (2019-2023)



Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).
Notes: • This indicator reports the percentage of the population age 5+ who live in a home in which no person age 14+ speaks only English, or in which no person age 14+ speaks a non-English language and speak English "very well."

Note the following map illustrating linguistic isolation throughout Monterey County.

Linguistic Isolation



SparkMap



SOCIAL DETERMINANTS OF HEALTH

ABOUT SOCIAL DETERMINANTS OF HEALTH

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Poverty

Poverty is considered a key driver of health status because it creates barriers to accessing health services, healthy food, and other necessities that contribute to overall health.

The latest census estimate shows 12.6% of the Monterey County total population living below the federal poverty level.

BENCHMARK ▶ Fails to satisfy the Healthy People 2030 objective.

Among just children (ages 0 to 17), this percentage in Monterey County is 18.1% (representing over 20,000 children).

BENCHMARK ▶ Higher than the California percentage and fails to satisfy the Healthy People 2030 objective.



Percent of Population in Poverty

(2019-2023)

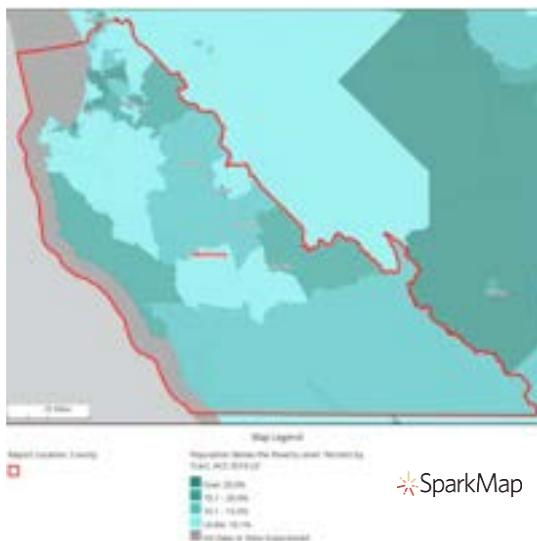
Healthy People 2030 = 8.0% or Lower

■ Total Population ■ Children

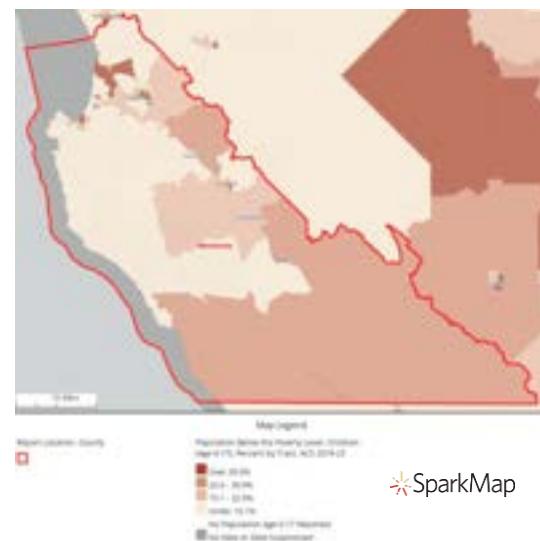


Sources: • US Census Bureau American Community Survey, 5-year estimates.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Poverty (Total Population)



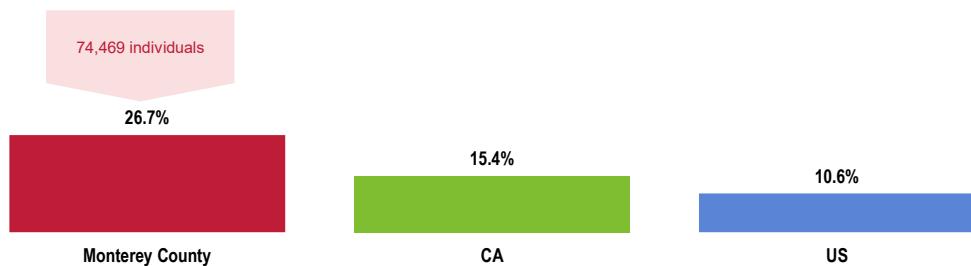
Poverty (Children)



Education

Among the Monterey County population age 25 and older, an estimated 26.7% (over 74,000 individuals) did not have a high school diploma.

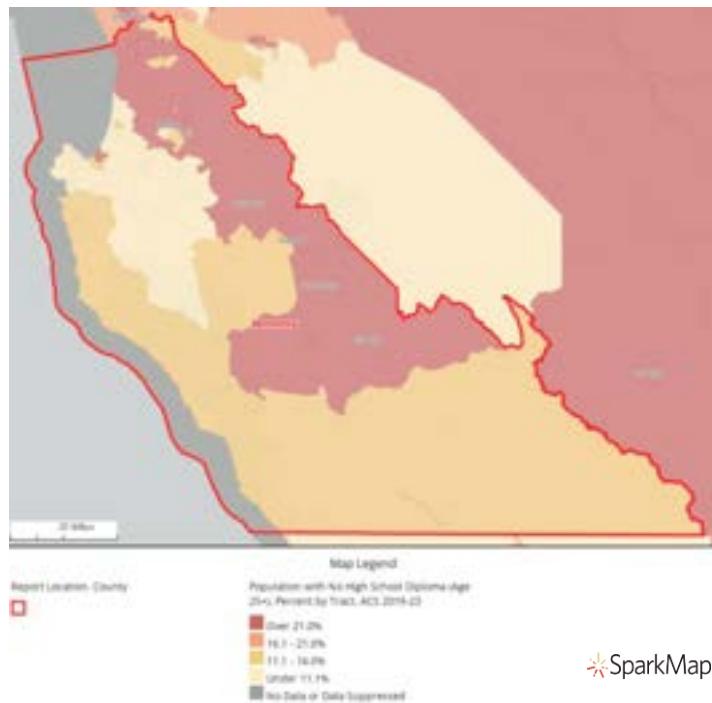
Population With No High School Diploma (Adults Age 25 and Older; 2019-2023)



Sources:

- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

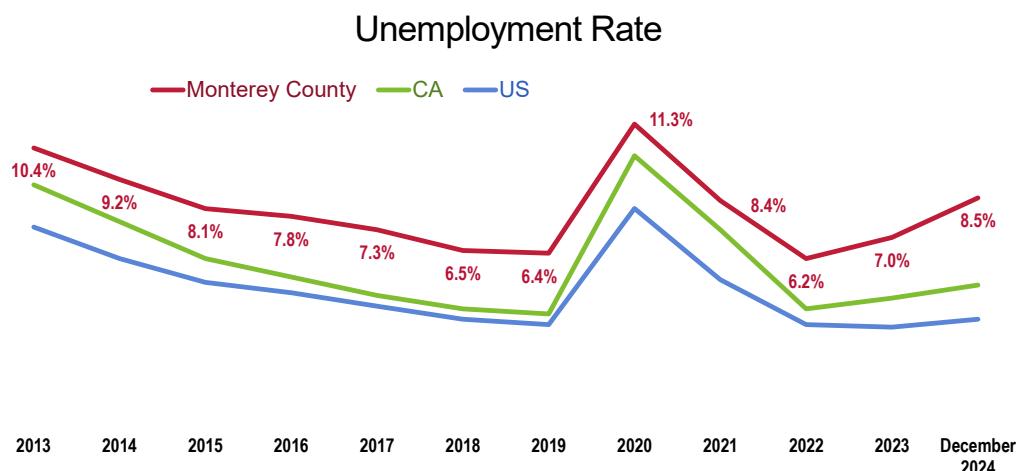
No High School Diploma



Employment

According to data derived from the US Department of Labor, the unemployment rate in Monterey County as of December 2024 was 8.5%.

MONTEBAY • MUNICIPAL • COUNTY • STATE • NATIONAL



Sources: • US Department of Labor, Bureau of Labor Statistics.

Notes: • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

• Percent of non-institutionalized population age 16+ who are unemployed (not seasonally adjusted).



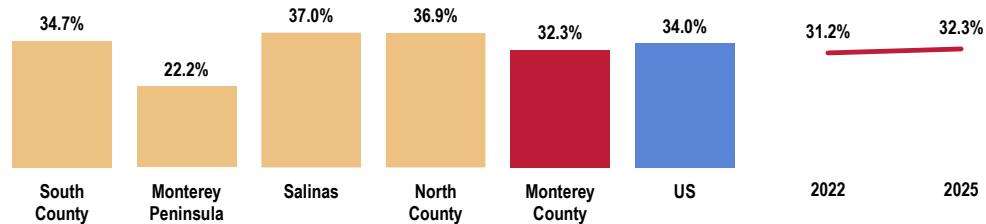
Financial Resilience

Respondents were asked: "Suppose that you have an emergency expense that costs \$400. Based on your current financial situation, would you be able to pay for this expense either with cash, by taking money from your checking or savings account, or by putting it on a credit card that you could pay in full at the next statement?"

A total of 32.3% of Monterey County residents would not be able to afford an unexpected \$400 expense without going into debt.

Do Not Have Cash on Hand to Cover a \$400 Emergency Expense

Monterey County



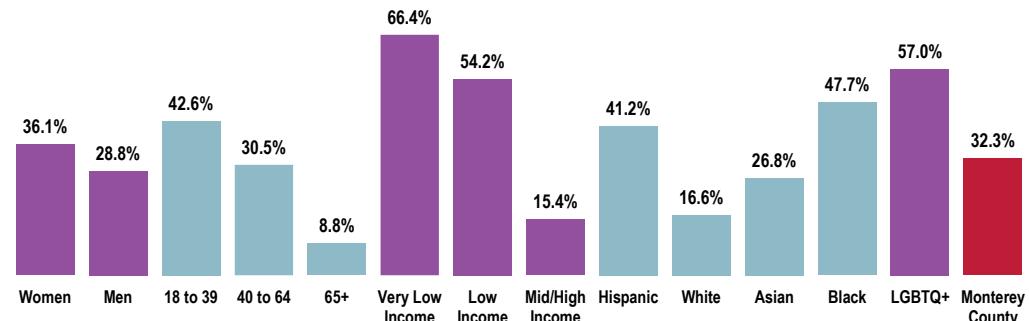
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 53]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.

Do Not Have Cash on Hand to Cover a \$400 Emergency Expense (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 53]

• Asked of all respondents.

Notes: • Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.



INCOME & RACE/ETHNICITY

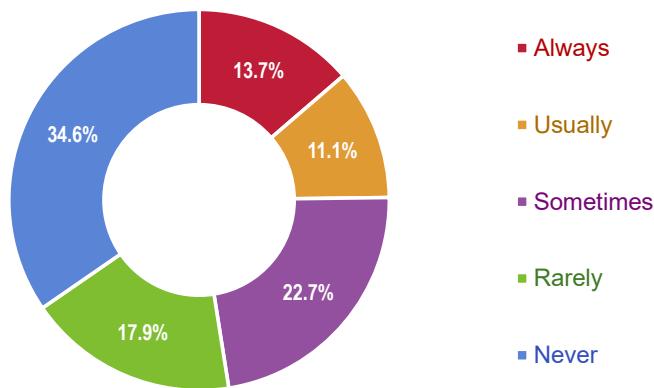
INCOME ► Income categories used to segment survey data in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2024 guidelines place the poverty threshold for a family of four at \$30,700 annual household income or lower). In sample segmentation: “very low income” refers to community members living in a household with defined poverty status; “low income” refers to households with incomes just above the poverty level and earning up to twice (100%-199% of) the poverty threshold; and “mid/high income” refers to those households living on incomes which are twice or more ($\geq 200\%$ of) the federal poverty level.

RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used. All Hispanic respondents are grouped, regardless of identity with any other race group. Data are also detailed for individuals identifying with a race category, without Hispanic origin: “White” reflects those who identify as White alone; “Asian” reflects those who identify as Asian alone; “Black” reflects those who identify as Black alone.

Housing

Housing Insecurity

Frequency of Worry or Stress
Over Paying Rent or Mortgage in the Past Year
(Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 56]
Notes: • Asked of all respondents.

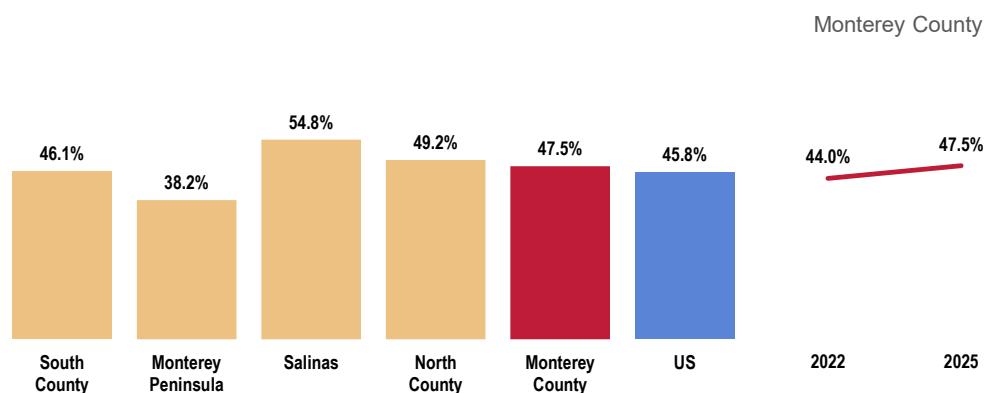


However, nearly half (47.5%) report that they were “sometimes,” “usually,” or “always” worried or stressed about having enough money to pay their rent or mortgage in the past year.

TREND ► Marks a statistically significant increase since 2022.

DISPARITY ► Highest in the Salinas area. Reported more often among women, adults under 65,

“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year

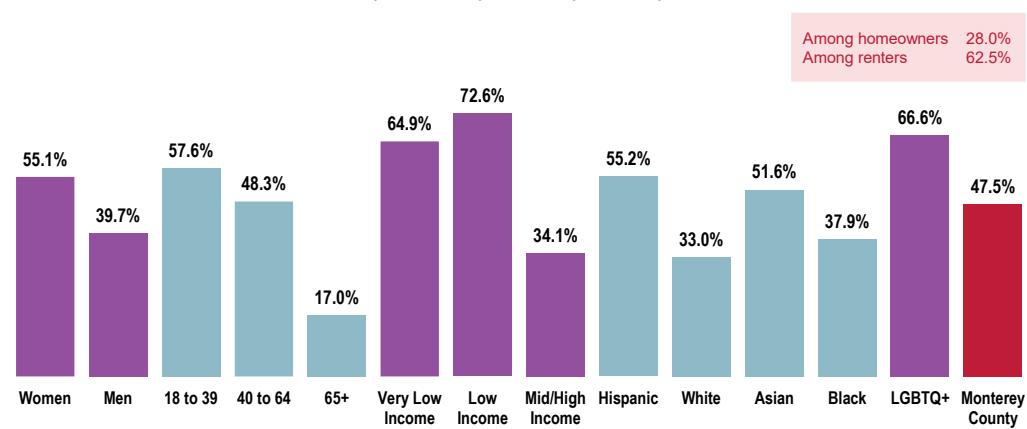


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 56]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 56]

Notes: • Asked of all respondents.

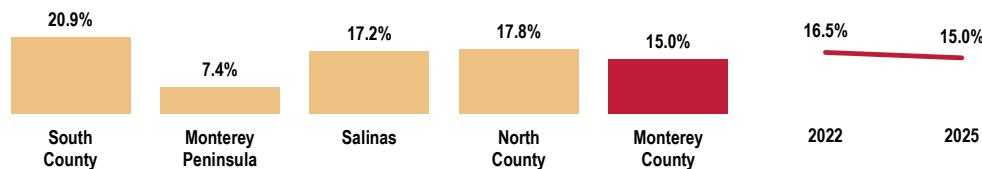


Multi-Generational Living

A total of 15.0% of Monterey County residents have three or more generations living under the same roof.

Household Includes Three or More Generations Living Together

Monterey County



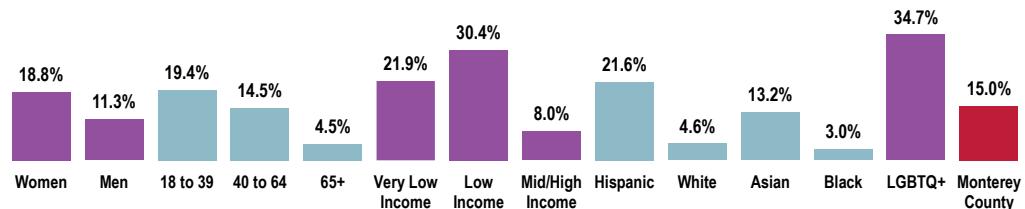
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 313]

Notes: • Asked of all respondents.

• May include children, parents, and grandparents living together or may include extended family or unrelated older adults living with younger adults and their children.

Household Includes Three or More Generations Living Together (Monterey County, 2025)

Among homeowners 8.1%
Among renters 15.8%



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 313]

Notes: • Asked of all respondents.

• May include children, parents, and grandparents living together or may include extended family or unrelated older adults living with younger adults and their children.

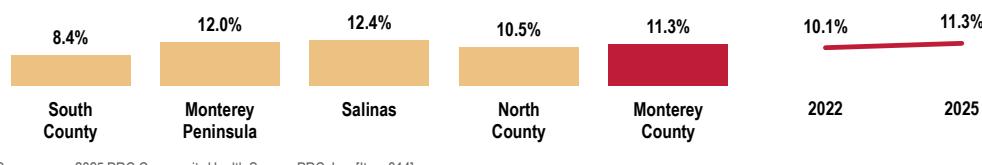


Shared Housing

Among survey respondents, 11.3% report living with a non-family member in order to save on

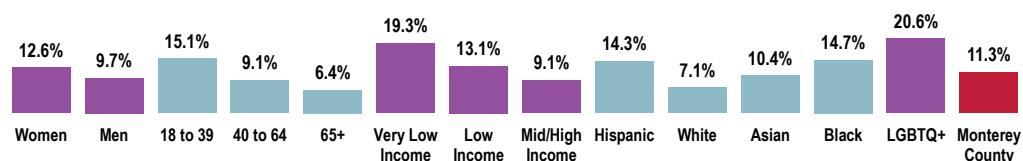
Share Housing Expenses with a Non-Family Member

Monterey County



Share Housing Expenses with a Non-Family Member (Monterey County, 2025)

Among homeowners 5.5%
Among renters 16.1%



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 314]

Notes: • Asked of all respondents.

• Non-family member defined for respondents as anyone outside the respondent's immediate family, such as a roommate or boarder.



Unhealthy or Unsafe Housing

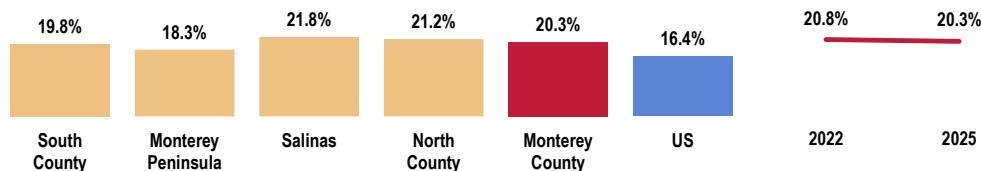
Respondents were asked: "Thinking about your current home, over the past 12 months have you experienced ongoing problems with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe?"

A total of 20.3% of Monterey County residents report living in unhealthy or unsafe housing conditions during the past year.

BENCHMARK ► Higher than the US prevalence.

Unhealthy or Unsafe Housing Conditions in the Past Year

Monterey County



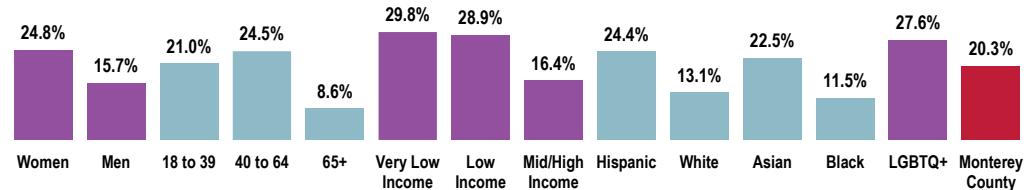
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 55]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Unhealthy or Unsafe Housing Conditions in the Past Year (Monterey County, 2025)

Among homeowners 15.3%
Among renters 25.1%



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 55]

Notes: • Asked of all respondents.

• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.



Food Access

Low (Geographic) Food Access

Low food access is defined as living more than 1 mile (in urban areas, or 10 miles in rural areas) from the nearest supermarket, supercenter, or large grocery store.

RELATED ISSUE
See also Difficulty Accessing Fresh Produce in the *Nutrition, Physical Activity & Weight* section of this report.

US Department of Agriculture data show that 16.6% of the Monterey County population (representing over 69,000 residents) have low food access, meaning that they do not live near

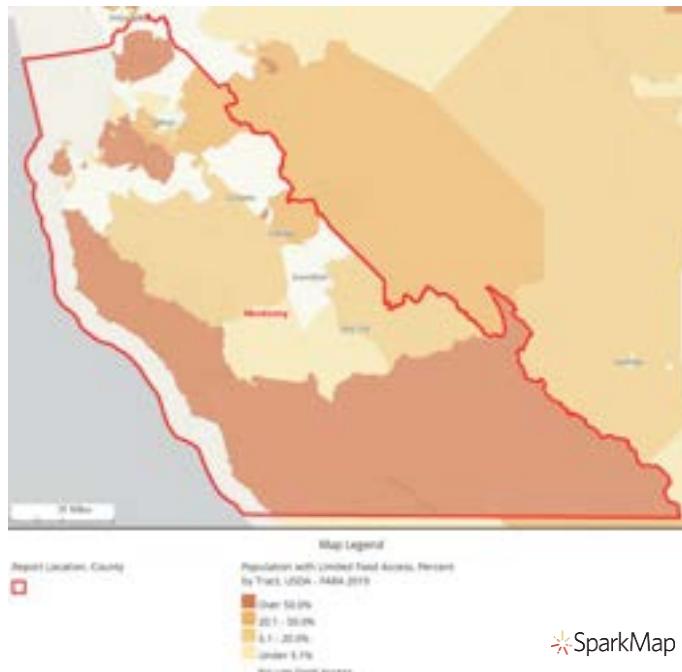
Population With Low Food Access (2019)



Sources: • US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas (FARA).
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

Notes: • Low food access is defined as living far (more than 1 mile in urban areas, more than 10 miles in rural areas) from the nearest supermarket, supercenter, or large grocery store.

Low (Geographic) Food Access



Food Insecurity

Overall, 42.9% of community residents are determined to be “food insecure,” having run out

Surveyed adults were asked: “Now I am going to read two statements that people have made about their food situation. Please tell me whether each statement was “often true,” “sometimes true,” or “never true” for you in the past 12 months:

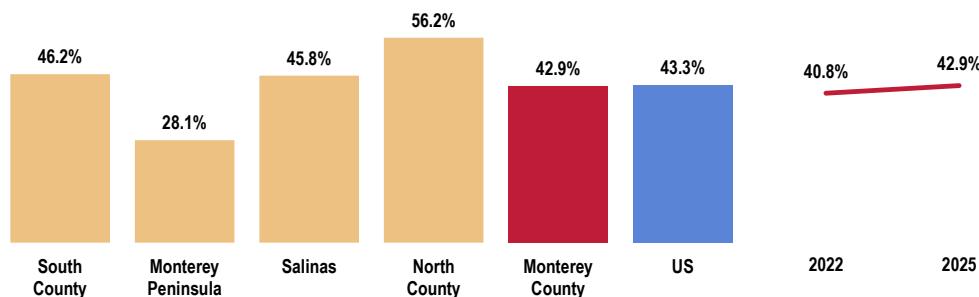
I worried about whether our food would run out before we got money to buy more.

The food that we bought just did not last, and we did not have money to get more.

Those answering “often” or “sometimes” true for either statement are considered to be food insecure.

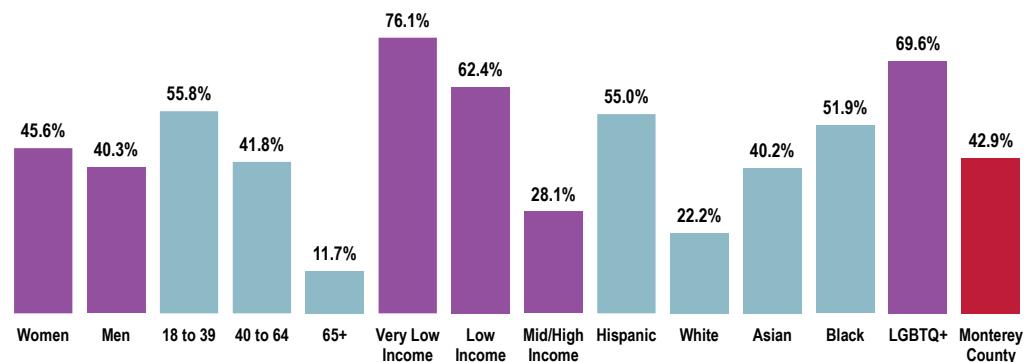
Food Insecurity

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 98]

Food Insecurity (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 98]

Notes: • Asked of all respondents.

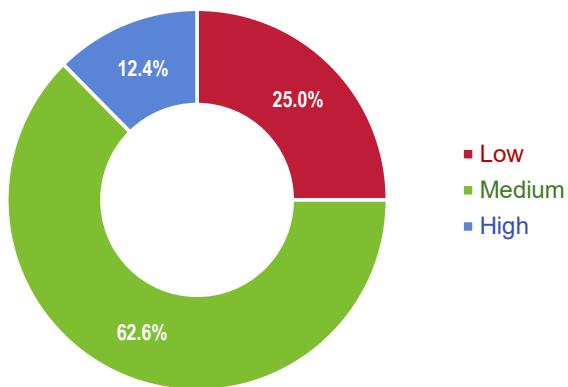
• Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.



Health Literacy

Low health literacy is defined as those respondents who "seldom/never" find written or spoken health information easy to understand, and/or who "always/nearly always" need help reading health information, and/or who are "not at all confident" in filling out health forms.

Level of Health Literacy (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 323]

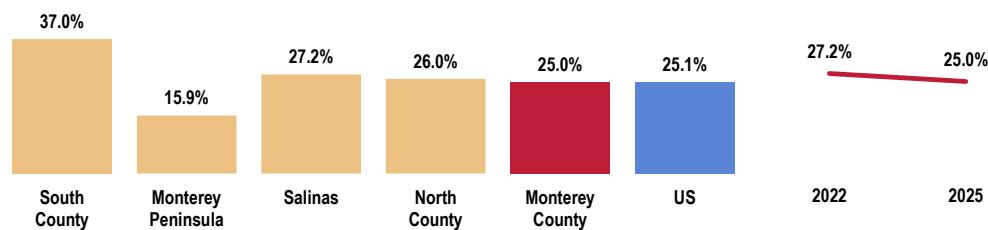
Notes: • Asked of all respondents.

• Respondents with low health literacy are those who "seldom/never" find written or spoken health information easy to understand, and/or who "always/nearly always" need help reading health information, and/or who are "not at all confident" in filling out health forms.

A total of 25.0% are determined to have low health literacy.

Low Health Literacy

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 323]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Respondents with low health literacy are those who "seldom/never" find written or spoken health information easy to understand, and/or who "always/nearly always" need help reading health information, and/or who are "not at all confident" in filling out health forms.



Perceptions of Social Determinants of Health as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Housing

Insane house prices and rental fees. — Physician

Affordable housing: affordable transportation is scarce. — Physician

Housing instability drives many health problems. — Social Services Provider

Housing too expensive; income too low; lack of higher education that pay higher salaries.
— Social Services Provider

The challenges we face are the lack of affordable housing, lack of affordable health care, fewer higher-paying positions in the county, and the inability of educators to afford housing and health care, which leads to constant teacher and educational staff turnover. — Community Leader
Access to housing is limited, period. Demand is greater than supply. The two major sectors in our county are hospitality and agriculture, which pay lower wages.
— Public Health Representative

The cost of housing and living in Monterey County is not aligned with the compensation too many residents receive. There are far too many families simply struggling to survive day-to-day. Children suffer from inattention, stress, difficulty getting to school, poor health care, etc. — Community Leader

Affordable housing in Monterey County, along with low wages, cause major problems. Residents have to work long hours just to afford basic needs. — Public Health Representative

Housing is a huge problem. Not enough on the central coast that is affordable. — Health Care Provider

Lack of real affordable housing. Lack of funds to pay for education. The discrepancy between the Peninsula and other parts of the county, especially socioeconomic status. — Social Services Provider

Huge lack of affordable housing, which forces those with lower incomes to not eat healthy, seek preventative medical care, or be able to attend college/pursue higher education. — Social Services Provider

Housing is very expensive, high-wage jobs are not plentiful, education is expensive — all these factors decrease a person's chance to increase economic stability and be healthier. — Social Services Provider

Housing is unaffordable for many people, leading to homelessness, overcrowding, and increased stress for families. Affordable housing has been an issue for many years, getting worse year after year, affecting the mental and physical health of residents. Salinas is one of the most unaffordable cities in California. The gap between the 'haves' and 'have-nots' is widening, affecting access to better schools, healthy food, and opportunities. Public education in much of the county is substandard, and the low socioeconomic areas are most impacted. Underfunded schools leave the most vulnerable kids behind as classroom size grows, programs are outdated, schools pressure parents to not ask for special education services, funding for after-school activities is limited or nonexistent, and there is turnover of teachers. Crime in some areas affects the everyday lives of individuals, adding stress and placing limits on what they feel like they can and cannot do in the neighborhood. Privilege is alive and well here. — Public Health Representative

Even patients with insurance and jobs face difficulty finding affordable housing or are one landlord's death away from homelessness. Poor public health presence/voice after recent Vistra battery fire. Lots of fear about toxic exposure from that with no coherent physician-led response. — Physician



A lack of affordable housing and access to affordable health care increases the likelihood that people will die from preventable illness. It also increases the likelihood and longevity of hospital stays. Many forgo urgent procedures as they do not have adequate after care assistance. — Social Services Provider

King City does a lot of Section 8 for housing, but all of the above questions seem to be a countywide problem, not just for South County. — Community Leader

Cost of housing is the biggest obstacle — cost is so high it impacts the ability to have additional income available for healthy food and physical activity options. — Social Services Provider

Lack of affordable housing in 'safe' areas for low-income families. Under-resourced schools in East Salinas. — Social Services Provider

The cost of living in our community is so high that individuals have to choose between caring for themselves and having a roof over their heads. — Health Care Provider

High cost of housing is out of reach for low- and middle-income families. Discrimination limits opportunities for BIPOC folks. — Community Leader

The cost of housing in our community is out of reach for most residents. Most incomes are close to the poverty level in agricultural jobs. Choosing between healthy food and electricity can be a real choice for many of our residents. Education beyond high school is not attainable to most due to the need to go to work to support the family. — Health Care Provider

The cost of housing forces individuals to work more, which makes a vast majority ineligible for Medi-Cal due to income. — Health Care Provider

Crowded housing causes worse outcomes in the context of communicable diseases (COVID, TB), and substandard housing worsens asthma. Low income is associated with almost all adverse health outcomes. Lack of education impedes self-management of diseases and reduced uptake of preventive care. Pollution and pesticide exposures cause or contribute to a multitude of chronic disease processes. Discrimination and structural racism worsen health outcomes across the board, particularly mental health but also chronic diseases and cancer. — Physician

Income/Poverty

Low wages, high prices of rent result in very little disposable income to eat healthy, access doctors, and address chronic medical issues. If you work in a job that does not allow PTO or time off and impacts your wages which are already limited, then you forego services that are preventative, and then you only go seek help when it is a problem or too late (i.e. diabetic who puts off addressing small ulcer until it spreads and they can no longer work, and eventually gets amputation — could have been prevented with regular ongoing comprehensive diabetic visits where one stop see doctor, group diet, make sure he/she walks out with meds and supplies they need, maybe a foot exam and or vision, and a coupon for healthy foods and case worker number to call in case any issues, that can be quickly and efficiently resolved). That would be amazing. This is not the reality in most patients' and doctors' experiences, and both sides are frustrated with the current system. — Physician

Tremendous income disparities; limited access to affordable housing; environmental racism in terms of pollution and pesticide exposure; access to healthy affordable food; fear of deportation due to immigration status results in not reaching out for access. — Community Leader

Because of the extreme poverty in Salinas. The community has many sustenance needs. — Physician

This community has a high proportion of families working in low-paying but essential jobs, such as agriculture and hospitality, and a high proportion of families that identify as brown. There are also high rates of diabetes, low educational attainment, etc. It is likely that those are all related. — Social Services Provider

Poverty has a substantial correlation with life expectations and multiple adverse health outcomes. — Social Services Provider

Low-income, poverty level, migrant families/workers, Spanish-only speaking community members, many people who didn't even finish high school, all the money is in the white agricultural company owners who need the Hispanic community to do all their work. In this political climate, it's a powder keg. — Community Leader

Economics, education access, health care access, neighborhood and built environment, social and community context. — Social Services Provider

Our community still has work to do with respect to social determinants of health. We have members who are still not earning a living wage, others with housing and food insecurity, and educational inequities still exist. While there are significant efforts made by the community, including inclusive economic development efforts, advocacy and youth development programs, there is work to do. — Health Care Provider

Cost of living is very high. Many jobs are seasonal and do not provide steady income. — Health Care Provider

Income and transportation are the largest, as they restrict access to services. — Social Services Provider

Cost of Living

Being in a rural community where the cost of living is extremely high vs. average income. Many folks have to work long hours to afford to provide for their families. — Community Leader

Cost of living is a huge concern out here, as well as inventory for both buying a house and rentals. The majority of people are not able to afford to live here and become food insecure, homeless, etc. — Physician



Cost of living in Monterey County is very high. — Health Care Provider
Cost of living and housing is very high. — Social Services Provider
The cost of living is exponentially rising, impairing people's ability to cover housing, basic, and health care needs. Lower-income residents often struggle to access higher education and experience inequality and discrimination due to stigma and judgment, which the culmination of these risk factors deter living in and maintaining good health. — Community Leader

Incidence/Prevalence

SDOHs are a significant health problem in our community. — Physician
25% of children in this county are growing below the poverty level, and with rising rates of obesity and chronic disease. We have one of the highest proportions of undocumented workers in the state, the great majority of them working in agriculture. Housing is extremely unaffordable, leading to overcrowding (especially in East Salinas). All of these. — Social Services Provider
When it comes to communicable disease, chronic disease, and injuries, the highest rates are among those communities with the worst Healthy Places Index percentiles in Monterey County.
— Public Health Representative
North Monterey County is incredibly impacted. — Community Leader

Populations at Risk

Being undocumented. Uninsured, over-impacted housing, not building on a person's strengths.
— Social Services Provider
Monterey County is now over 60% Latino. Low-income Latinos have problems with food insecurity, housing, employment, immigration and legal issues, medical care access, transportation, discrimination, language and cultural barriers. — Community Leader
There are many vulnerable and underserved communities in our county, thinking especially about elderly on fixed income and undocumented families. — Physician
Our community, although diverse, is also a community with many immigrants, undocumented and farm working families that are afraid to seek services due to immigration status. Many of the families are doubled up, multiple families living in a single household due to the high cost of living in our area, which also brings social determinants of health. Many do not have insurance or do not qualify for Medi-Cal. — Community Leader
We have lots of immigrants here with limited resources. They get paid very little, they have to share houses, bedrooms. They have limited access to medical care and are afraid of the government and being deported.
— Physician

Affordable Care/Services

In Monterey County, we have the following determinants of health which negatively impact a large section of our residents. Health care: Has one of the highest health care costs in the state, if not the country. Income: Agriculture and hospitality is the biggest industry in Monterey County, but is also among the lowest-paying industries, which means many of our residents struggle to support themselves and/or their families. Housing: Monthly rent and mortgage payments are extremely high across the county, and although the city of Salinas passed an ordinance to address the high rent, it now appears it is poised to reverse itself. — Community Leader
Social determinants for health have a direct impact on whether or not an individual can afford to go see a health provider. Many individuals in our community have to choose between paying rent or bills, buying groceries, and seeing the doctor/filling their prescriptions. — Social Services Provider

Access to Care/Services

It is difficult for patients to take time off to attend appointments. This is why clinics should be open after-hours and on weekends. In addition, accessibility for individuals with disabilities should be looked at to assist them in getting to appointments. Many individuals answer that they have food anxiety, and it's an additional area that the community should be of assistance. — Public Health Representative
The region of South Monterey County continues to lack access to services and support systems. Median annual household incomes can be under \$80,000 and housing costs are significantly higher, \$500,000 to \$700,000 for a single-family home. Families pay more than 30% of their monthly income toward housing, a mortgage payment or rent. Our area battles with housing overcrowding, and many struggle to own or rent a home due to high costs and annual incomes not being sufficient. Under 10% of the region in South Monterey County has a bachelor's degree or higher. Many students struggle to get into college due to financial impacts, and those able to get scholarships are able to pursue educational goals. However, this is a small percentage of our population. There are limited high-paying jobs in the area. For those working in agricultural and hospitality, the pay is significantly lower. — Community Leader

Lifestyle

The conditions in which people live their everyday lives determine everything about us.
— Social Services Provider

Individuals unable to commit time, energy, or money to physical and mental health care needs when they are with insufficient survival resources. They are also afraid to pursue finding resources when they expect to be told "no" because of race or indigent status. — Physician

Human Trafficking

Human trafficking. I'm certain this is occurring in multiple industries, and I don't know of any services in place or groups working on this. — Physician

Human trafficking, ag, and hospitality industry. — Social Services Provider

Basic Needs

Basic needs are essential to the mental and physical well-being of our residents. A quality education is imperative for positive youth development and a successful future. Acceptance and celebration of people's differences makes for a healthy and rich culture. — Community Leader

Migrant/Seasonal Workers

Specific health issues linked to migrant and seasonal agricultural workers, ranging from climate exposures and housing needs to work-related health issues. There is a need for urgent and after-hours care for these populations. — Physician

Environmental Contributors

Because we are an agricultural community, and the conditions of our community sustain the success of the local agricultural industry. — Community Leader

Government/Politics

Access, especially now with the recent political decisions to deport all immigrants. People are avoiding getting necessary care. — Community Leader

Language Barriers

Language barriers and cost. The ability of county residents to access due to having to work and not having time to address health issues and preventative health measures. — Community Leader

Systemic

Systemic work must be addressed to get to the root cause of the symptoms we are addressing.
— Community Leader

Transportation

Transportation to services, especially underserved areas like North and South counties, affordable housing, lack of affordable fruits and vegetables. — Community Leader

Awareness/Education

Lack of awareness. Also, eating healthily is much more expensive than unhealthy options, such as fast food.
— Community Leader

Pesticide Exposure

Pesticide exposure because of the high percentage of agricultural lands and proximity to housing and schools.
— Social Services Provider





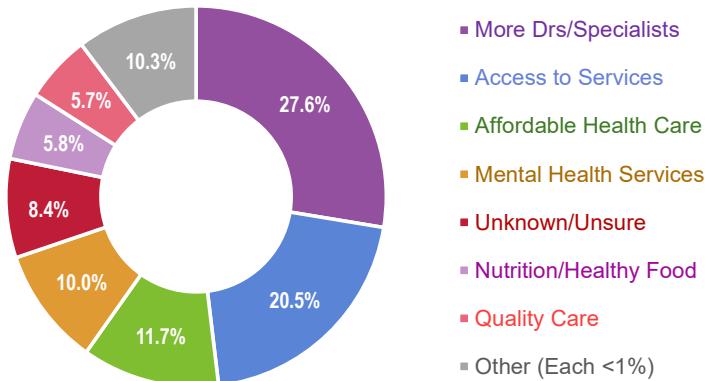
HEALTH STATUS

PERCEIVED GREATEST HEALTH NEED

Survey respondents were asked: "In general, what do you feel is the biggest health need in this community?"

Monterey County residents most often mention a lack of physicians and specialists as the greatest health need of the community.

Perceived Greatest Health Needs in the Community
(Monterey County, 2025)



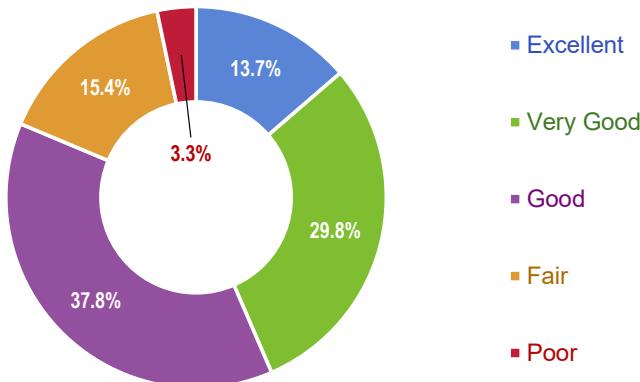
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 308]
Notes: • Asked of all respondents.



OVERALL HEALTH STATUS

The initial inquiry of the PRC Community Health Survey asked: "Would you say that in general your health is excellent, very good, good, fair, or poor?"

Self-Reported Health Status (Monterey County, 2025)



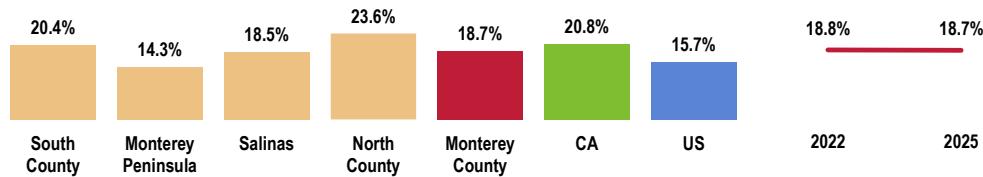
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]
Notes: • Asked of all respondents.

However, 18.7% of Monterey County adults believe that their overall health is "fair" or "poor."

BENCHMARK: Lower than the CA prevalence but higher than the US prevalence

Experience "Fair" or "Poor" Overall Health

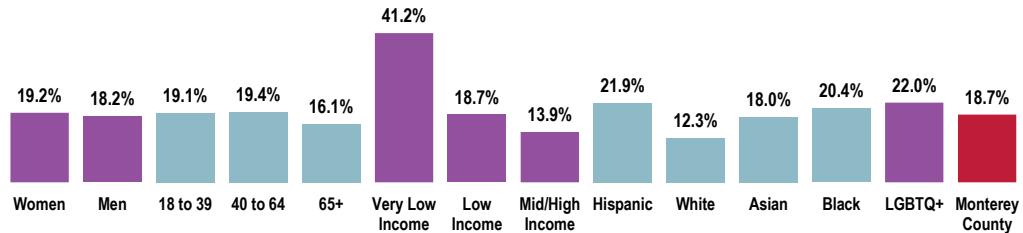
Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Experience “Fair” or “Poor” Overall Health (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]

Notes: • Asked of all respondents.



MENTAL HEALTH

ABOUT MENTAL HEALTH & MENTAL DISORDERS

About half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime. ...Mental disorders affect people of all ages and racial/ethnic groups, but some populations are disproportionately affected. And estimates suggest that only half of all people with mental disorders get the treatment they need.

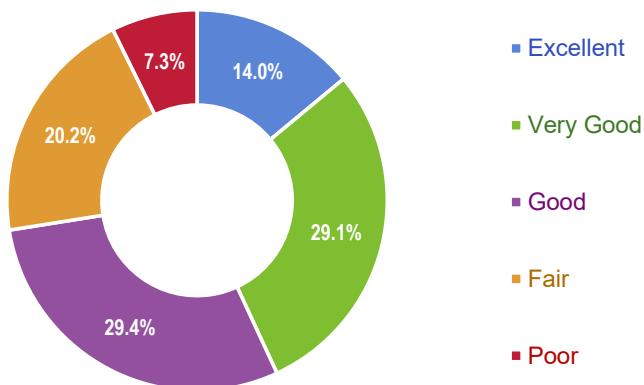
In addition, mental health and physical health are closely connected. Mental disorders like depression and anxiety can affect people's ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders. Increasing screening for mental disorders can help people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Mental Health Status

"Now thinking about your mental health, which includes stress, depression, and problems with emotions, would you say that, in general, your mental health is excellent, very good, good, fair, or poor?"

**Self-Reported Mental Health Status
(Monterey County, 2025)**



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 77]
Notes: • Asked of all respondents.

However, 27.5% believe that their overall mental health is “fair” or “poor.”

BENCHMARK ► Higher than the US percentage.

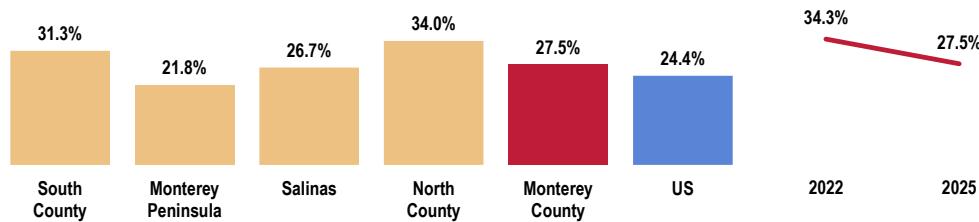
TREND ► Decreasing significantly since 2022.

DISPARITY ► Highest in North County.



Experience “Fair” or “Poor” Mental Health

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 77]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Depression

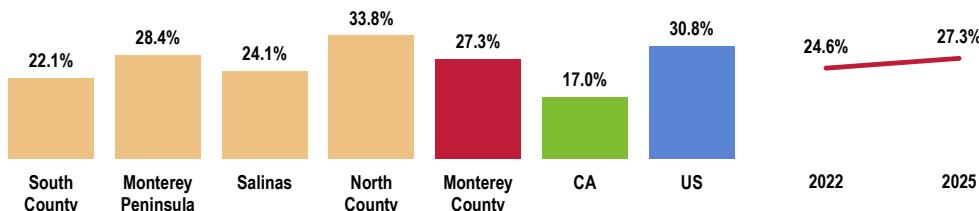
Diagnosed Depression

A total of 27.3% of Monterey County adults have been diagnosed by a physician or other health professional as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).

BENCHMARK ► Notably higher than the CA prevalence but below the US prevalence.

Have Been Diagnosed With a Depressive Disorder

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 80]

• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Depressive disorders include depression, major depression, dysthymia, or minor depression.



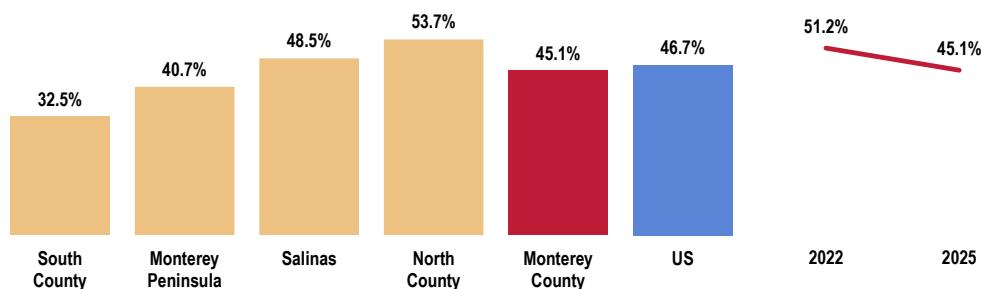
Symptoms of Chronic Depression

A total of 45.1% of Monterey County adults have had two or more years in their lives when they felt depressed or sad on most days, although they may have felt okay sometimes (symptoms of chronic depression).

— 2022 — 2025

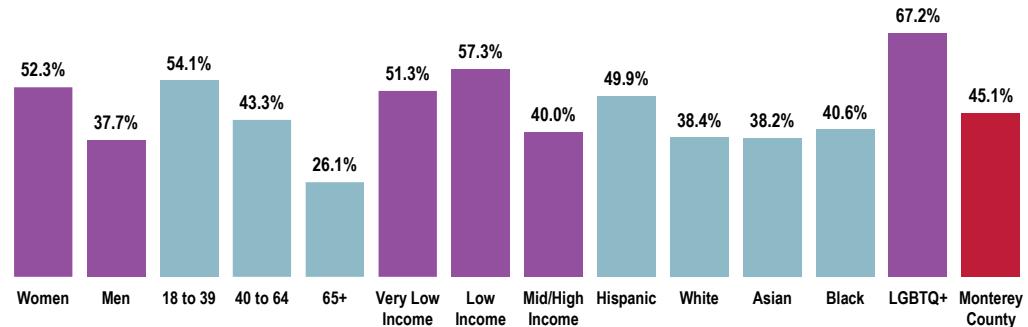
Have Experienced Symptoms of Chronic Depression

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 78]

Have Experienced Symptoms of Chronic Depression (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 78]

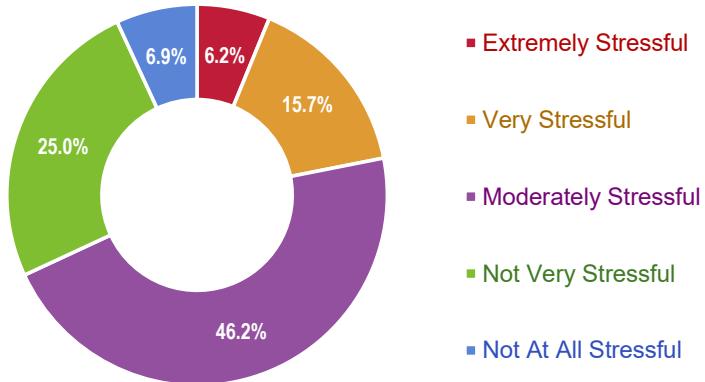
Notes: • Asked of all respondents.

• Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.



Stress

Perceived Level of Stress On a Typical Day (Monterey County, 2025)



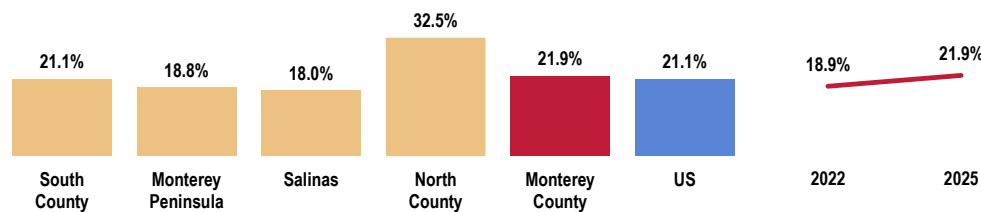
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 79]
Notes: • Asked of all respondents.

In contrast, 21.9% of Monterey County adults feel that most days for them are “very” or “extremely” stressful.

TREND: 2022 → 2025

Perceive Most Days As “Extremely” or “Very” Stressful

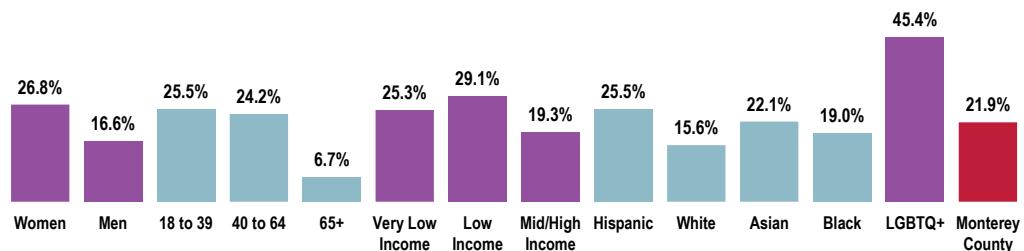
Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 79]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Perceive Most Days as “Extremely” or “Very” Stressful (Monterey County, 2025)



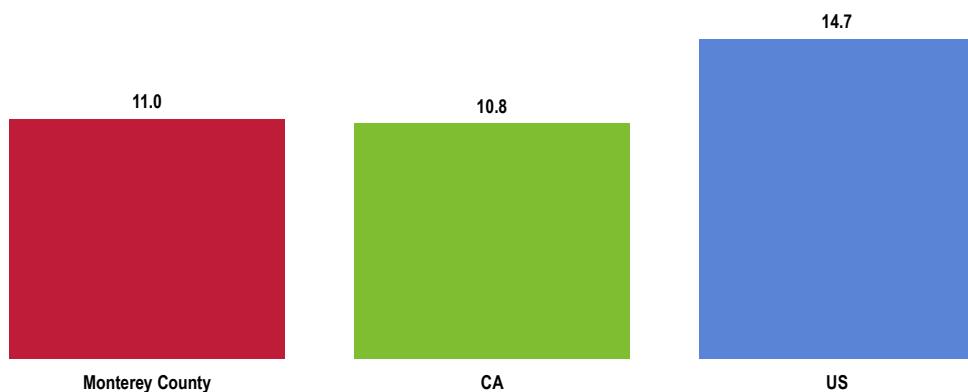
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 79]
Notes: • Asked of all respondents.

Suicide

Monterey County experienced 11.0 suicides per 100,000 population in 2021-2023 (annual average rate).

BENCHMARK ► Lower than the US suicide rate.

Suicide Mortality (2021-2023 Annual Average Deaths per 100,000 Population) Healthy People 2030 = 12.8 or Lower

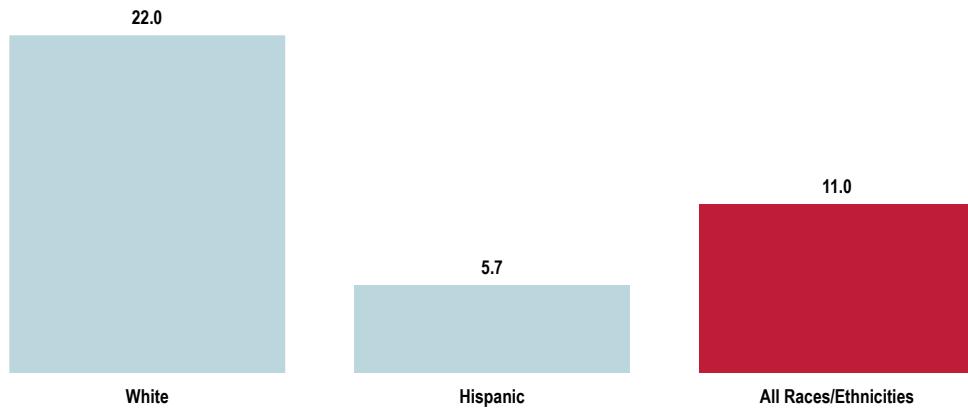


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



Suicide Mortality by Race/Ethnicity

(2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)
Healthy People 2030 = 12.8 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Suicide Mortality Trends

(Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 12.8 or Lower



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	10.5	9.4	8.4	8.9	9.9	10.6	11.6	11.0
CA	10.8	10.8	11.1	11.2	11.0	10.8	10.7	10.8
US	13.7	14.0	14.4	14.6	14.4	14.3	14.4	14.7

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



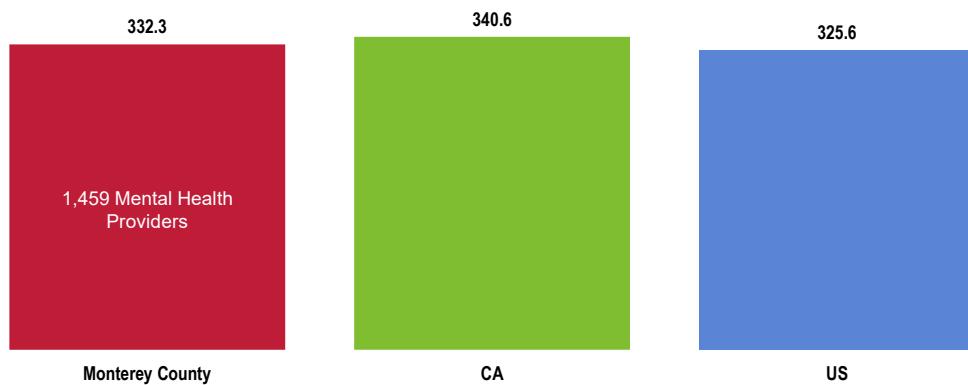
Mental Health Treatment

Mental Health Providers

As of July 2025, there are 1,459 mental health providers in Monterey County (including

Note that this indicator only reflects providers practicing in Monterey County and residents in Monterey County; it does not account for the potential demand for services from outside the area, nor the potential availability of providers in surrounding areas.

Number of Mental Health Providers per 100,000 Population (July 2025)



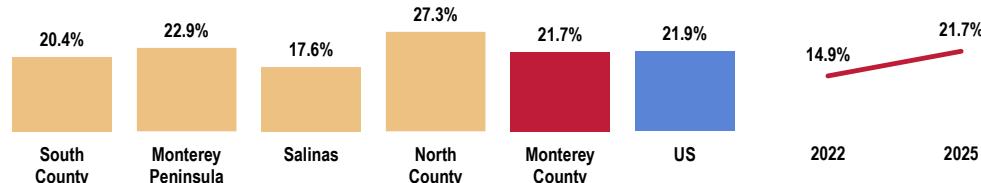
Sources: • Centers for Medicare and Medicaid Services, National Plan and Provider Enumeration System (NPPES).
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).
Notes: • This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counselors that specialize in mental health care.

Currently Receiving Treatment

A total of 21.7% are currently taking medication or otherwise receiving treatment from a

Currently Receiving Mental Health Treatment

Monterey County



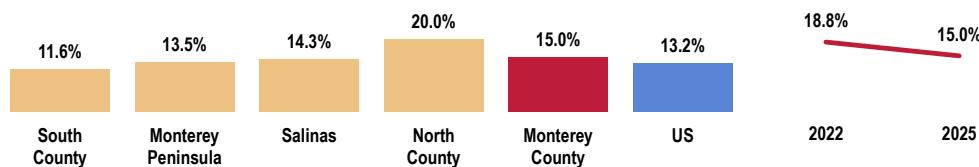
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 81]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Includes those now taking medication or otherwise receiving treatment for any type of mental health condition or emotional problem.

Difficulty Accessing Mental Health Services

A total of 15.0% of Monterey County adults report a time in the past year when they needed mental health services but were not able to get them.

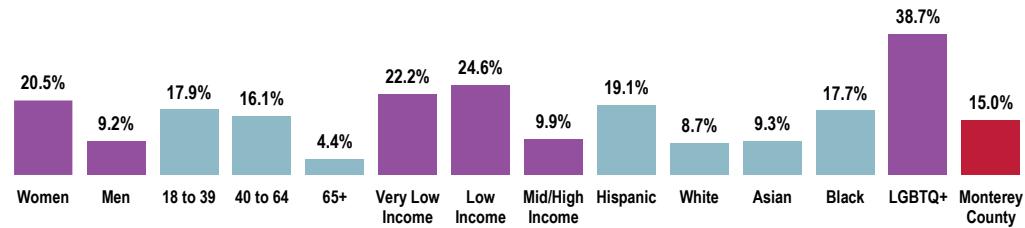
Unable to Get Mental Health Services When Needed in the Past Year

Monterey County



Sources: ● 2025 PRC Community Health Survey, PRC, Inc. [Item 82]

Unable to Get Mental Health Services When Needed in the Past Year (Monterey County, 2025)



Sources: ● 2025 PRC Community Health Survey, PRC, Inc. [Item 82]

Notes: ● Asked of all respondents.

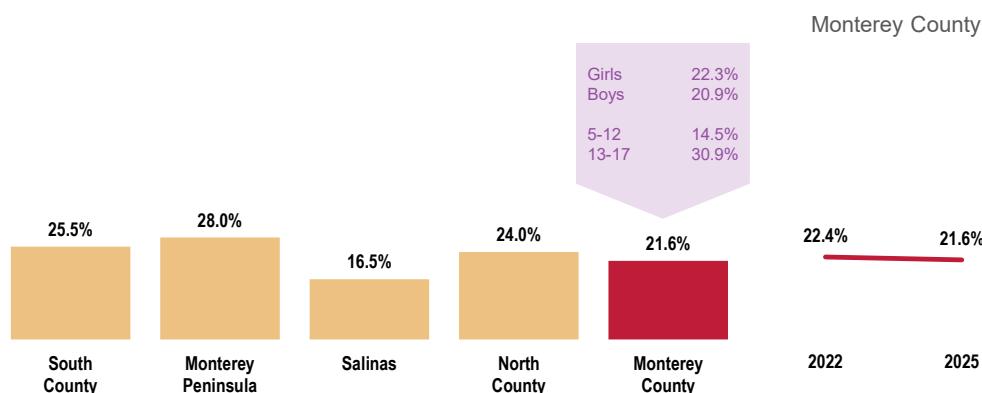


Children's Mental Health

Children Needing Mental Health Services

Among parents of children age 5 to 17, 21.6% indicate that their child needed mental health services at some point in the past year.

Child Has Needed Mental Health Services in the Past Year (Parents of Children Age 5-17, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 320]

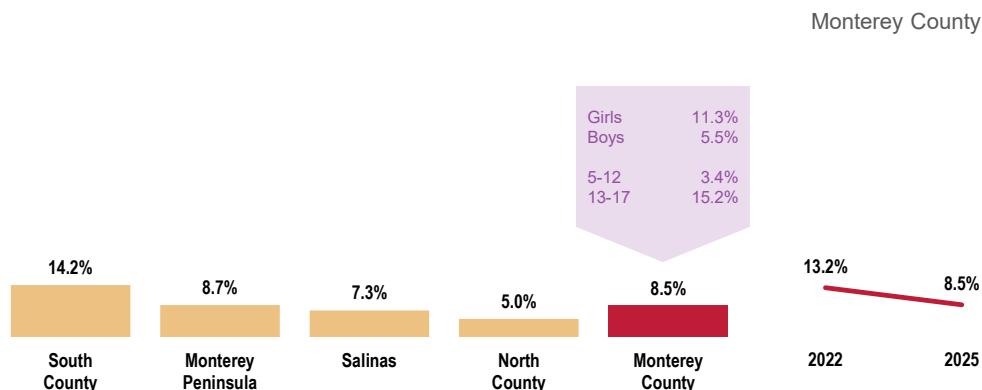
Notes: • Asked of all respondents with children age 5 through 17.

Children's Use of Prescription Medication for Mental Health

A total of 8.5% of Monterey County children age 5 to 17 took a prescription medication in the past year for their mental health.

TREND ▶ Marks a statistically significant decrease since 2022

Child Has Taken Prescription Medication for Mental Health in the Past Year (Parents of Children Age 5-17, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 321]

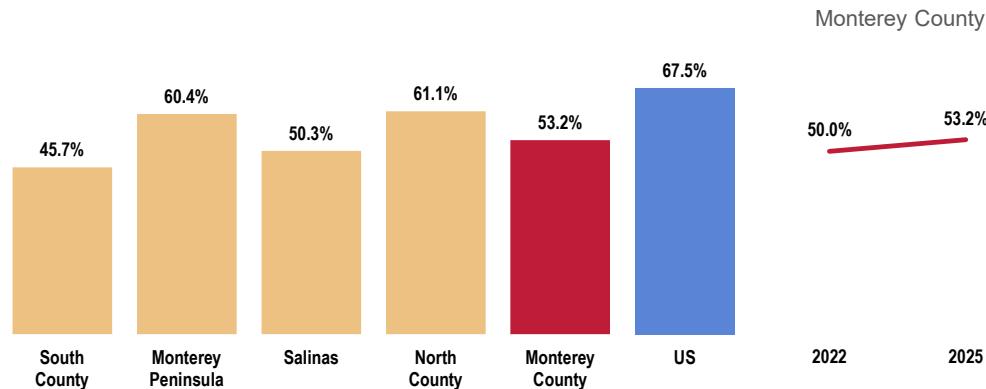
Notes: • Asked of all respondents with children age 5 through 17.



Awareness of Resources for Children's Mental Health

Over half (53.2%) of parents with children age 5 to 17 report that they are aware of local resources for children's mental health.

Aware of Mental Health Resources for Children (Parents of Children Age 5-17, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 322]

• 2023 PRC National Child & Adolescent Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 5 through 17.

Perceptions of Mental & Emotional Health as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Access to Care/Services

Access to mental health services. — Community Leader

Accessing care from psychiatrists (accurate diagnosis for more involved presentations and for ongoing therapy, especially in a person getting neuropsychic testing for anyone). Expensive and not paid for easily, though can offer immense information to patients in making treatment or capacity decisions. Poor support for people with dual diagnoses — inpatient or outpatient. — Physician



People find it difficult to navigate the process of getting connected to services due to complications applying/filling out documents, as well as delayed entry due to intake being scheduled for weeks or months after initial application. People may not have health insurance or necessary health insurance to access services to meet their mental health needs. Often, due to functionality challenges, people require a peer support person to keep them accountable to participating in mental health services but may not have anyone in their lives available to meet this role. — Community Leader

Access to mental health care, especially for individuals who do not have health insurance.

— Health Care Provider

Lack of wraparound referrals and service providers to connect and empower those with mental health needs.

— Social Services Provider

Lack of access to treatment and housing. — Physician

Access to services that do not result in incarceration and fear of deportation due to immigration status result in not reaching out for access. — Community Leader

Accessibility, transportation, cost, stigma and lack of knowledge of resources. — Social Services Provider

Not enough resources for our community in need of mental health services. County workers not trained sufficiently to work with elderly population with chronic mental health issues. Not enough resources or support for dual-diagnosis residents unhoused in the community. Inability to connect with unhoused residents with chronic mental health issues. — Social Services Provider

A lack of resources and staffing for the entire continuum of care, ranging from prevention and mild to moderate to specialty mental health services. — Physician

Access and outreach. — Physician

Access to in-person services. — Community Leader

Perceived access issues. Lack of insight and/or motivation, direct result of illness by victims to seek help.

Differentiating homelessness or houselessness from mental illness. — Physician

There aren't enough resources available to the people that have referrals, and the department of behavioral health is overwhelmed with people on public assistance. In order to get a therapist or a psychiatrist to assist you, you have to go to Salinas, where there are tons of providers. Not only that, it feels like everyone working in any of these departments or offices in the community are short with people. People are already ashamed to need mental health assistance oftentimes, so when their experience is overwhelming and causes more anxiety, it's counterproductive. — Community Leader

Lack of availability and access to mental health care services, like therapists and counselors.

— Social Services Provider

Access to care and to social support that would decrease the severity of symptoms and relapse. — Physician

Access to care. — Community Leader

Access. — Social Services Provider

Access to services. — Social Services Provider

Access to care. — Health Care Provider

Long wait times, limited psychiatrists and therapists, and even more limitation in Spanish and nonexistent in indigenous languages. Extreme limitations for Spanish- or any non-English speaking patients with health insurance in the county. — Physician

Access to care. I'm a primary care physician and I can't get patients in to counseling. Very long waits.

Loneliness/isolation/lack of social support. Psychological or physical abuse. Substance use disorders very prevalent. — Physician

Access and follow-up. — Physician

Inpatient acute beds and substance use treatment. — Physician

One of the biggest challenges for people with mental health issues in our community is the lack of accessible, affordable, and culturally competent mental health services. There's also a strong stigma around mental health in many households, especially in Latino communities, where talking about emotions or seeking help can be seen as weakness. This keeps people from reaching out until they're in crisis. Schools and workplaces aren't always equipped with the resources to catch early warning signs or provide ongoing support. — Social Services Provider

Denial/Stigma

Many times, in communities that are predominantly Latino, there is still a stigma about mental health, and people do not seek treatment or discussion. More awareness is needed in spaces where people feel safe and information is provided in a culturally sensitive manner. The diagnosis of mental health is challenging, as many people do not seek therapy, medication, or treatment. Mental health services can be costly if you don't have health insurance. Families struggling financially struggle with high costs of medications and opt to not take if offered as part the mental health treatment. Finding quality mental health services is also a challenge, as many of the offices are located outside of South County or in Monterey, and transportation remains a barrier for families. — Community Leader



There is still a stigma about mental health. There's a lack of facilities, programs, and services to address mental health issues. — Social Services Provider

The biggest challenge is accepting they need help and then finding the right resources to help.
— Social Services Provider

Acknowledging that there is a problem, reaching out for help, and finding help once they do reach out. So many mental health professionals have gone to video meets instead of in-person, and I do not agree that this is as accurate, and when there is an emergency, those doctors cannot be reached and are not local.
— Social Services Provider

Stigma and challenges of understanding the system. — Social Services Provider

Stigma and discrimination, access to care, lack of support, co-occurring issues, and workplace challenges.
— Social Services Provider

Lack of Providers

Access to providers, chronic financial stress, dysfunctional family systems, governmental policies.
— Social Services Provider

Lack of access. People with mental health disorders are not easily seen in clinics. — Physician

Lack of access to psychiatrists and psychologists in the community. — Physician

No therapists available. — Physician

Access to specialists and stigma. — Physician

Low access to mental health providers. Need more access in our community. — Community Leader

Not enough psychiatrists, inpatient/acute care beds, follow-up services, or affordable mental health services.
— Social Services Provider

A lack of affordable and easily accessible providers. — Social Services Provider

Very hard to get licensed providers. There is a shortage of psychiatrists in the valley, and it's very hard to bring them to the county due to the cost of living. — Social Services Provider

There is a relatively low number of behavioral health providers, amplified by reduced visibility as to who they are.
— Community Leader

Affordable Care/Services

Access to affordable mental health services. — Community Leader

Access to affordable care. It is incredibly hard to find providers. It is actually worse if you are not eligible for Medi-Cal and don't have the disposable income for services, even if you can find them. Schools are not equipped to provide services to students with mental health issues. There is a stigma around mental health issues.
— Public Health Representative

Fear of cost associated with therapy services. — Community Leader

Again, cost for receiving services, especially on a regular basis. There are a few low-cost mental health providers; however, the barrier for entry is still quite high. — Social Services Provider

Incidence/Prevalence

I believe that the percentage of people with mental health issues, stress, depression, and anxiety are on the rise.
— Community Leader

More and more people are suffering from mental health issues. — Health Care Provider

Societally, there seems to be an increase in mental health issues, and Monterey County is no different.
Additionally, access to mental health specialists is challenging for our community. — Health Care Provider

Many people right now are experiencing anxiety, depression, and suicidal ideation. We also have a huge number of individuals who are addicted to opioids or other substances, and many of these individuals are homeless due to their drug addiction behaviors. We see more and more homeless individuals in our county and across the state. While not all homeless individuals are experiencing mental health challenges, many are.
— Community Leader

Depression among the youth. — Community Leader

Homelessness

Homelessness is prevalent in all areas of the county. The conditions lead to mental health issues that, I believe, are not being addressed due to lack of resources and empathy/concern for this particular population. Also, mental health among our youth. — Social Services Provider

Homeless encampments are rampant and full of people with mental health issues. Drug abuse and alcohol.
— Community Leader



Access to Care for Uninsured/Underinsured

Access to mental health care, especially for individuals who do not have health insurance.
— Health Care Provider

Co-Occurrences

Chemical dependency, unhoused individuals, and overall stressors, especially for young adults and teens.
— Community Leader
Anxiety and its effects on depression, substance abuse, etc. — Social Services Provider

LGBTQ+ Population

LGBTQ+ community members continue to face active discrimination and hostility for simply being who they are. For LGBTQ+ community members with mental health issues, it is really challenging to find gender-affirming and culturally sensitive mental health providers. — Community Leader

Youth

Children are getting screened for depression, anxiety, autism, and delay. Health care providers trying to refer children with suspected mental health issues struggle to get responses from behavioral health providers. When there is a response, they are told there are no services, or if there are, the wait time is months.
— Public Health Representative

Trauma

So many youth and families dealing with trauma. Abuse, eviction, undocumented, abandonment, parents in prison, living 10 to 12 in a house, families sleeping in the same bedroom, consistent moving, alcohol, and weed. Lack of financial resources. — Social Services Provider

Language Barriers

South County lacks necessary MHU bilingual clinicians that accept Medi-Cal. This causes a great barrier to accessing necessary care. — Public Health Representative

Prevention/Screenings

We do have Sun Street, but it is for active drug and alcohol abuse. It would be great to have counselors who could catch the problem before it exacerbates. — Community Leader

COVID-19

Post-COVID and overexposure to social media that has conditioned a population to unhealthy, violent, degrading, and culturally deficient engagement. — Community Leader

Income/Poverty

Socioeconomic status, unmet needs, current federal policy changes, and lack of access to mental health services. — Public Health Representative

Lack of Culturally Appropriate Services

Lack of culturally appropriate services/support. — Social Services Provider



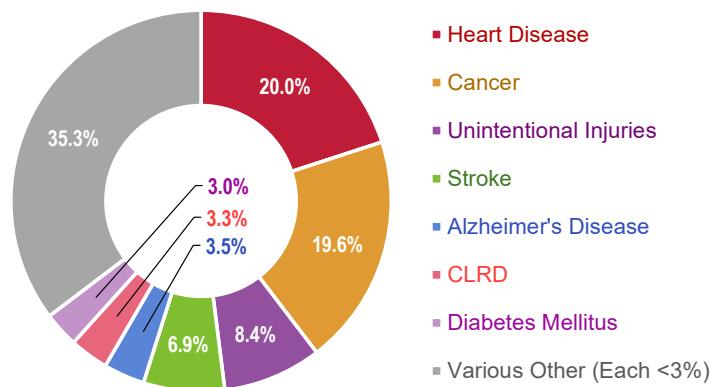


DEATH, DISEASE & CHRONIC CONDITIONS

LEADING CAUSES OF DEATH

Distribution of Deaths by Cause

Leading Causes of Death
(Monterey County, 2023)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Lung disease includes deaths classified as chronic lower respiratory disease.



Death Rates for Selected Causes

Here, deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10). Rates are per 100,000 population.

For infant mortality data,
see *Birth Outcomes &
Risks in the Births*
section of this report.

The following chart outlines 2021-2023 annual average death rates per 100,000 population for selected causes of death in Monterey County.

Leading causes of death are discussed in greater detail in subsequent sections of this report.

Death Rates for Selected Causes
(2021-2023 Deaths per 100,000 Population)

	Monterey County	California	US	Healthy People 2030
Cancers (Malignant Neoplasms)	134.8	153.5	182.5	122.7
Heart Disease	126.8	168.0	209.5	127.4*
Unintentional Injuries	50.8	53.8	67.8	43.2
Stroke (Cerebrovascular Disease)	42.5	46.9	49.3	33.4
Alzheimer's Disease	26.8	43.5	35.8	—
Lung Disease (Chronic Lower Respiratory Disease)	24.8	30.2	43.5	—
Unintentional Drug-Induced Deaths	22.9	26.6	29.7	—
Diabetes	18.2	29.4	30.5	—
Alcohol-Induced Deaths	15.3	17.7	15.7	—
Kidney Disease	14.7	12.4	16.9	—
Motor Vehicle Deaths	13.0	12.3	13.3	10.1
Suicide	11.0	10.8	14.7	12.8
Pneumonia/Influenza	7.3	12.8	13.4	—
Homicide	6.4	6.0	7.6	5.5

Sources: • CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Note: • US Department of Health and Human Services, Healthy People 2030. <https://health.gov/healthypeople>.
• *The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.
• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



CARDIOVASCULAR DISEASE

ABOUT HEART DISEASE & STROKE

Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

In addition, making sure people who experience a cardiovascular emergency — like stroke, heart attack, or cardiac arrest — get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Heart Disease & Stroke Deaths

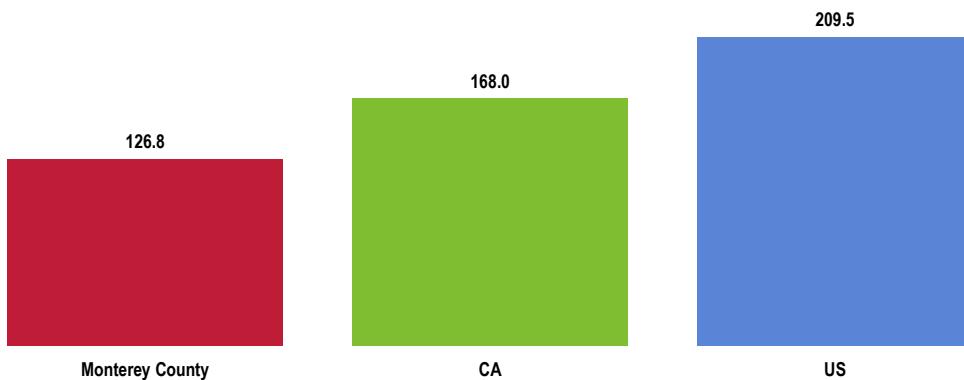
Heart Disease Deaths

The greatest share of cardiovascular deaths is attributed to heart disease.

Between 2021 and 2023, there was an annual average heart disease mortality rate of 126.8 deaths per 100,000 population in Monterey County.

BENCHMARK ▶ Well below the CA and US rates.

Heart Disease Mortality
(2021-2023 Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 127.4 or Lower (Adjusted)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.

• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

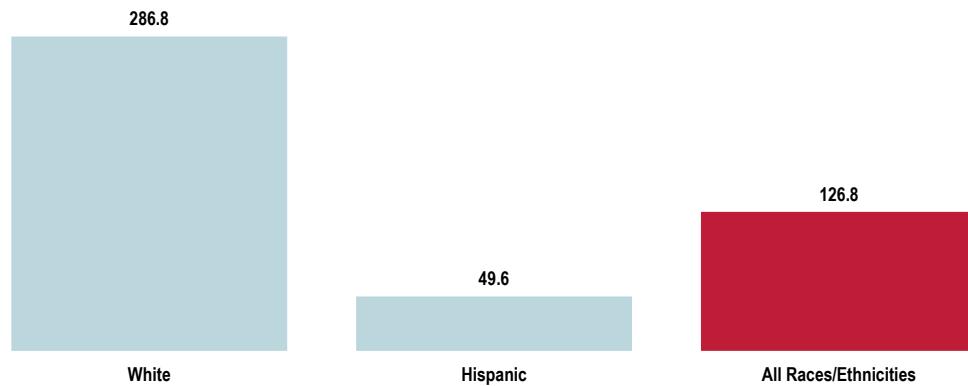
• Rates are per 100,000 population.



Heart Disease Mortality by Race/Ethnicity

(2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)

Healthy People 2030 = 127.4 or Lower (Adjusted)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.

• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

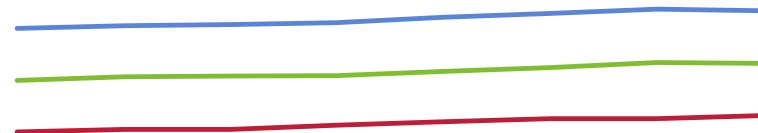
• Rates are per 100,000 population.

• Race categories reflect individuals without Hispanic origin.

Heart Disease Mortality Trends

(Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 127.4 or Lower (Adjusted)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.

• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



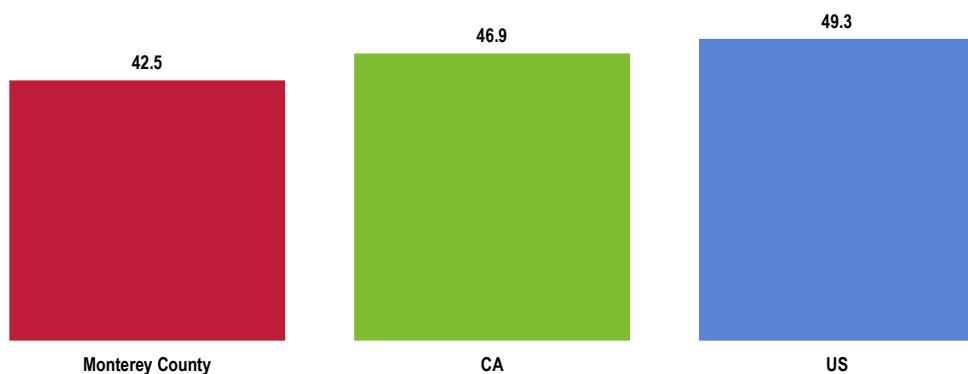
Stroke Deaths

Between 2021 and 2023, there was an annual average stroke mortality rate of 42.5 deaths per 100,000 population in Monterey County.

BENCHMARK ► Lower than the US rate but fails to satisfy the Healthy People 2030 objective.

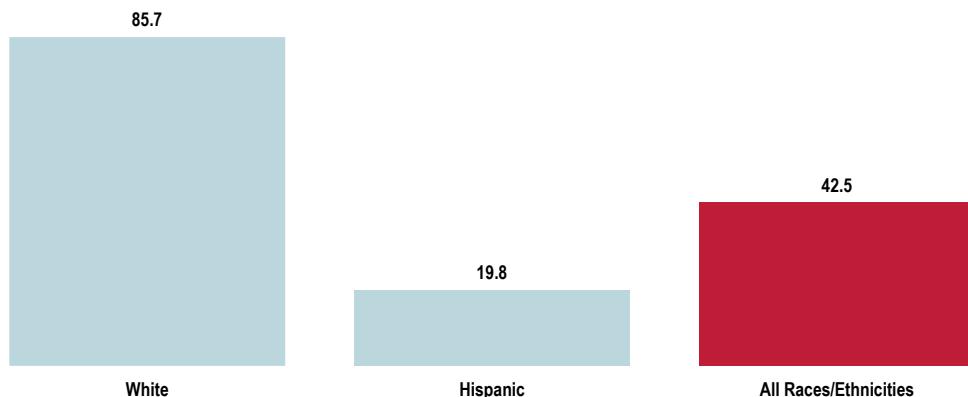
TREND ► Increasing since the 2014-2016 reporting period.

Stroke Mortality (2021-2023 Annual Average Deaths per 100,000 Population) Healthy People 2030 = 33.4 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Stroke Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County) Healthy People 2030 = 33.4 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.

• Race categories reflect individuals without Hispanic origin.



Stroke Mortality Trends

(Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 33.4 or Lower



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	34.1	33.7	34.6	34.6	38.3	41.2	41.6	42.5
CA	37.9	39.9	41.0	41.9	43.2	45.0	46.5	46.9
US	43.1	44.2	44.7	45.3	46.5	47.8	49.1	49.3

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.

Prevalence of Heart Disease & Stroke

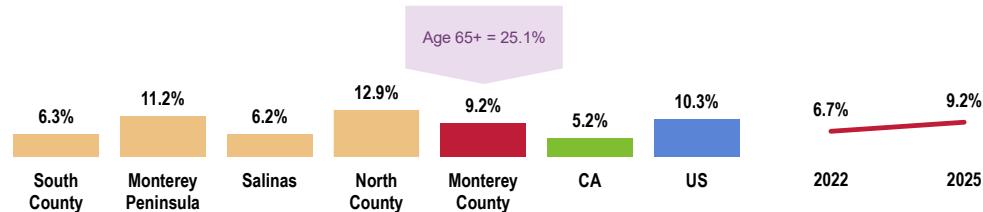
Prevalence of Heart Disease

A total of 9.2% of surveyed adults report that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina, or heart attack.

BENCHMARK ► Higher than the California prevalence.

Prevalence of Heart Disease

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 22]

• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data.

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Includes diagnoses of heart attack, angina, or coronary heart disease.

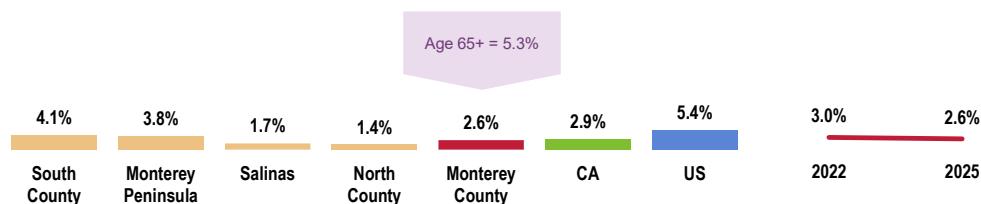


Prevalence of Stroke

A total of 2.6% of surveyed adults report that they suffer from or have been diagnosed with cerebrovascular disease (a stroke).

Prevalence of Stroke

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 23]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Cardiovascular Risk Factors

Blood Pressure & Cholesterol

A total of 36.6% of Monterey County adults have been told by a health professional at some point that their **blood pressure** was high.

BENCHMARK ► Higher than the CA figure but lower than the US figure. Satisfies the Healthy People 2030 objective.

DISPARITY ► Highest in the Monterey Peninsula and Salinas areas (not shown).

A total of 37.6% of adults have been told by a health professional that their **cholesterol level** was high.

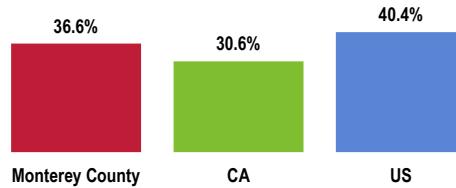
BENCHMARK ► Higher than the US prevalence.

DISPARITY ► Highest in the Monterey Peninsula area (not shown).



Prevalence of High Blood Pressure

Healthy People 2030 = 42.6% or Lower



Prevalence of High Blood Cholesterol



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 29-30]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data.
• 2023 PRC National Health Survey, PRC, Inc.

Prevalence of High Blood Pressure (Monterey County)

Healthy People 2030 = 42.6% or Lower

36.3% 

2022

36.6% 

2025

Prevalence of High Blood Cholesterol (Monterey County)

37.9% 

2022

37.6% 

2025

Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 29-30]
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
Notes: • Asked of all respondents.



Perceptions of Heart Disease & Stroke as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Incidence/Prevalence

Based on personal experience and cases of people that I know and serve. — Community Leader
High incidence. — Physician
Incidence is high. — Community Leader
Heart disease is prevalent everywhere. — Social Services Provider
This is a major problem everywhere. — Physician
Higher incidence rates with our ethnic population of Latinos and Asians. Fear of deportation due to immigration status results in not reaching out for access. — Community Leader
Sadly, it continues to be one of the leading causes of death in Monterey County. Uncontrolled diabetes and hypertension are leading causes of heart disease and stroke. — Public Health Representative
High prevalence of diabetes and HTN with poor access to care, so uncontrolled DM and HTN lead to vascular disease. — Physician
I understand that statistics show widespread incidence of heart disease and stroke in Monterey County. I believe generally that our population is less healthy than it should be. — Community Leader
More and more of my peers, associates, and people I am in contact with are being treated for heart issues (I am in the 60-plus demographic.) I've been surprised at an increase of younger people (under 50) who have had heart attacks. Having a cardiologist is as common as having a primary care doctor. The good news is that treatments are helping and allowing people to live longer and healthier lives. (That is, if they get treatment!) — Social Services Provider

Access to Care/Services

Misappropriation of efforts and resources to clinical conditions that may not carry as much of a risk as cardiovascular disease. Education, aging population, stressors that get in the way of healthy living. — Physician
Lack of regular preventive doctor visits due to lack of insurance coverage, high medical care costs, healthy lifestyle principles, high stress levels, basic needs are not met, an impediment on the focus of overall health. — Community Leader
Again, there is a lack of resources and education on health and nutrition. — Community Leader
Patients' access to primary care. Patients understanding their risk and access to medications. — Health Care Provider

Lifestyle

A lot of patients with poor health choices and diseases. Coronary artery disease is a huge problem here. — Physician
Diet and exercise. Individuals are not taking action to improve themselves and feel they don't have the resources or income to do so. — Social Services Provider
Overweight, no exercise, no education, and no cardiologist in this town. — Community Leader



Aging Population

Monterey County has a large elderly population and obesity. — Social Services Provider

There are parts of this county that have a larger population of seniors. Aging populations are often associated with heart disease and stroke. The number of obese individuals and those with undiagnosed type 2 diabetes in this county are a risk factor for additional heart disease and stroke. — Public Health Representative

Retirement and elderly community. — Health Care Provider

Access to Affordable Healthy Food

Access to healthy foods and health care are still issues for community members, and based on data, obesity is a major issue in our community, which can impact heart disease and stroke. Compared to other California counties, Monterey County has a higher rate of adults who are overweight or obese. The county also has a higher rate of adults with heart disease compared to other counties and has more adults taking high blood pressure medications than the state average. — Health Care Provider

Awareness/Education

Due to lack of education and access to healthier living to include nutrition and exercise.

— Social Services Provider

Diagnosis/Treatment

Heart disease is a silent killer/disease. Many of us don't realize we have it. — Social Services Provider

Leading Cause of Death

Top killers, and higher risk for low-income families. — Social Services Provider



CANCER

ABOUT CANCER

The cancer death rate has declined in recent decades, but over 600,000 people still die from cancer each year in the United States. Death rates are higher for some cancers and in some racial/ethnic minority groups. These disparities are often linked to social determinants of health, including education, economic status, and access to health care.

Interventions to promote evidence-based cancer screenings — such as screenings for lung, breast, cervical, and colorectal cancer — can help reduce cancer deaths. Other effective prevention strategies include programs that increase HPV vaccine use, prevent tobacco use and promote quitting, and promote healthy eating and physical activity. In addition, effective targeted therapies and personalized treatment are key to helping people with cancer live longer.

– Healthy People 2030 (<https://health.gov/healthypeople>)

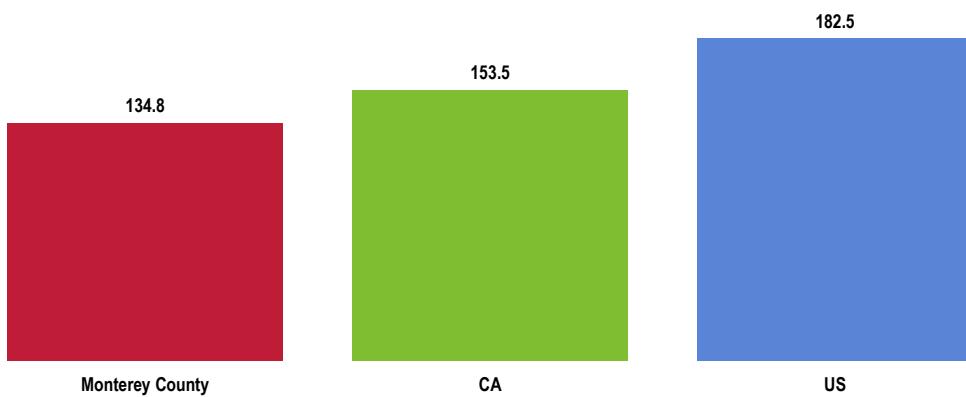
Cancer Deaths

All Cancer Deaths

Between 2021 and 2023, there was an annual average cancer mortality rate of 134.8 deaths per 100,000 population in Monterey County.

BENCHMARK ► Well below the US rate.

Cancer Mortality
(2021-2023 Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 122.7 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

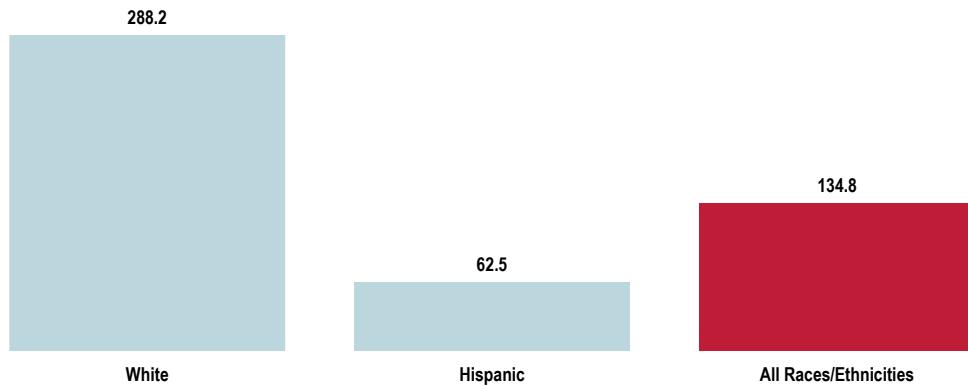
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



Cancer Mortality by Race/Ethnicity

(2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)
Healthy People 2030 = 122.7 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Cancer Mortality Trends

(Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 122.7 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



Cancer Deaths by Site

Female breast cancer is the leading cause of cancer deaths in Monterey County, followed closely by lung cancer (all genders) and prostate cancer (men).

BENCHMARK

Female Breast Cancer ► Fails to satisfy the Healthy People 2030 objective.

Lung Cancer ► Lower than CA and US rates. Satisfies the Healthy People 2030 objective.

Cancer Death Rates by Site (2021-2023 Annual Average Deaths per 100,000 Population)

	Monterey County	CA	US	Healthy People 2030
ALL CANCERS	134.8	153.5	182.5	122.7
Female Breast Cancer	22.1	23.3	25.1	15.3
Lung Cancer	21.2	26.0	39.8	25.1
Prostate Cancer	18.4	19.9	20.1	16.9
Colorectal Cancer	10.6	14.3	16.3	8.9

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.

Cancer Incidence

“Incidence rate” or “case rate” is the number of newly diagnosed cases in a given population in a given year, regardless of outcome. It is usually expressed as cases per 100,000 population per year.

The highest cancer incidence rates are for female breast cancer and prostate cancer.

BENCHMARK

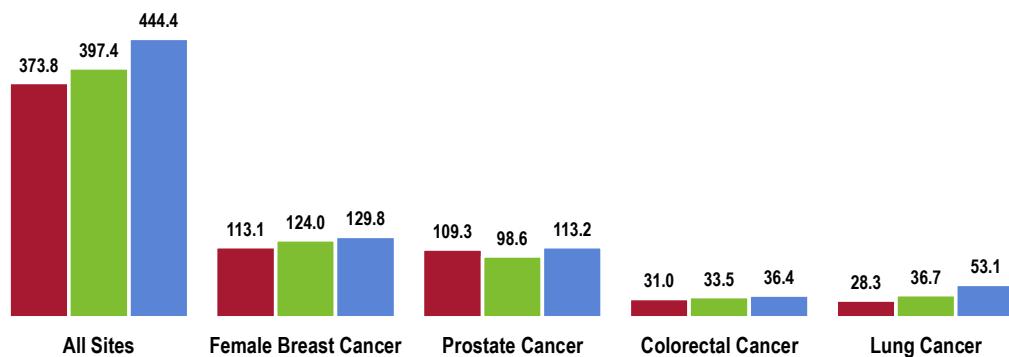
Colorectal Cancer ► Lower than the US rate.

Lung Cancer ► Lower than CA and US rates.



Cancer Incidence Rates by Site (2017-2021)

■ Monterey County ■ CA ■ US



Sources:

- State Cancer Profiles.

Notes:

- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

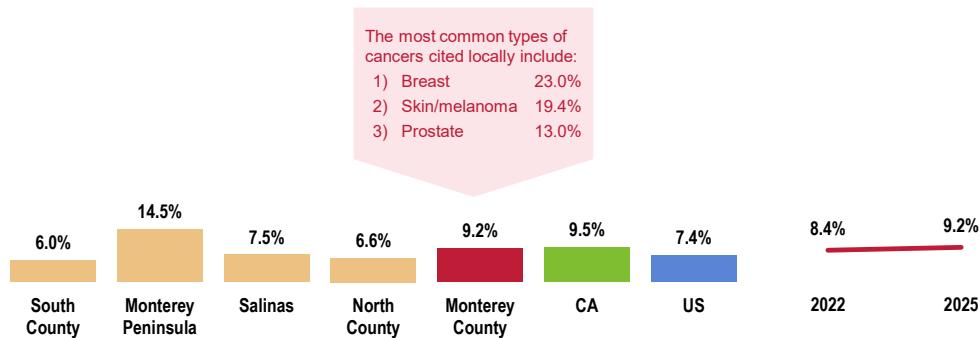
This indicator reports the incidence rate (cases per 100,000 population per year) for select cancers.

Prevalence of Cancer

A total of 9.2% of surveyed Monterey County adults report having ever been diagnosed with

Prevalence of Cancer

Monterey County



Sources:

- 2025 PRC Community Health Survey, PRC, Inc. [Items 24-25]

Behavioral Risk Factor Surveillance System Survey Data: Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.

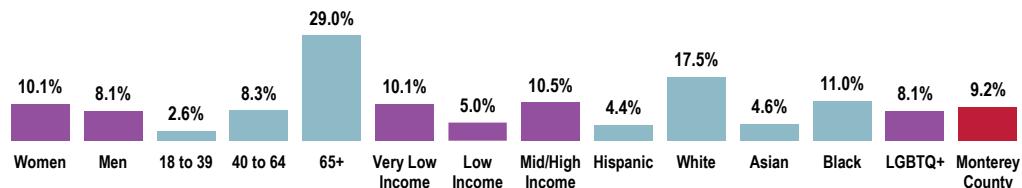
2023 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.



Prevalence of Cancer (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 24]
Notes: • Asked of all respondents.

Cancer Screenings

The American Cancer Society recommends that both men and women get a cancer-related checkup during a regular doctor's checkup. It should include examination for cancers of the thyroid, testicles, ovaries, lymph nodes, oral cavity, and skin, as well as health counseling about tobacco, sun exposure, diet and nutrition, risk factors, sexual practices, and environmental and occupational exposures. Screening levels in the community were measured in the PRC Community Health Survey relative to the following cancer sites:

FEMALE BREAST CANCER

The US Preventive Services Task Force (USPSTF) recommends biennial screening mammography for women age 40 to 74 years.

CERVICAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for cervical cancer every 3 years with cervical cytology alone in women age 21 to 29 years. For women age 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting). The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of the cervix and do not have a history of a high-grade precancerous lesion (i.e., cervical intraepithelial neoplasia [CIN] grade 2 or 3) or cervical cancer.

COLORECTAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer starting at age 45 years and continuing until age 75 years.

– US Preventive Services Task Force, Agency for Healthcare Research and Quality, US Department of Health & Human Services

Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.



Among women age 40 to 74, 77.1% have had a mammogram within the past 2 years.

BENCHMARK ► Higher than the US figure but fails to satisfy the Healthy People 2030 objective.

TREND ► Denotes a statistically significant decrease since 2022 (note that the recommended age range for screening has changed since the last assessment).

DISPARITY ► Highest in the Monterey Peninsula area (not shown).

“Appropriate cervical cancer screening” includes Pap smear testing (cervical cytology) every 3 years in women age 21 to 29 and Pap smear testing and/or HPV testing every 5 years in women age 30 to 65.

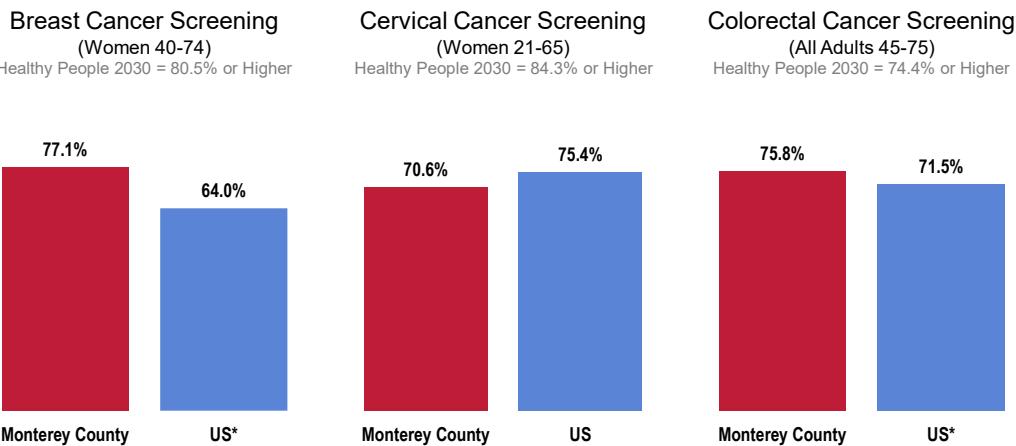
“Appropriate colorectal cancer screening” includes a fecal occult blood test within the past year and/or lower endoscopy (sigmoidoscopy or colonoscopy) within the past 10 years.

Among Monterey County women age 21 to 65, 70.6% have had appropriate cervical cancer screening.

BENCHMARK ► Lower than the US figure and fails to satisfy the Healthy People 2030 objective.

TREND ► Decreasing significantly since 2022.

DISPARITY ► Lowest in South County and North County (not shown).



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 101-103]

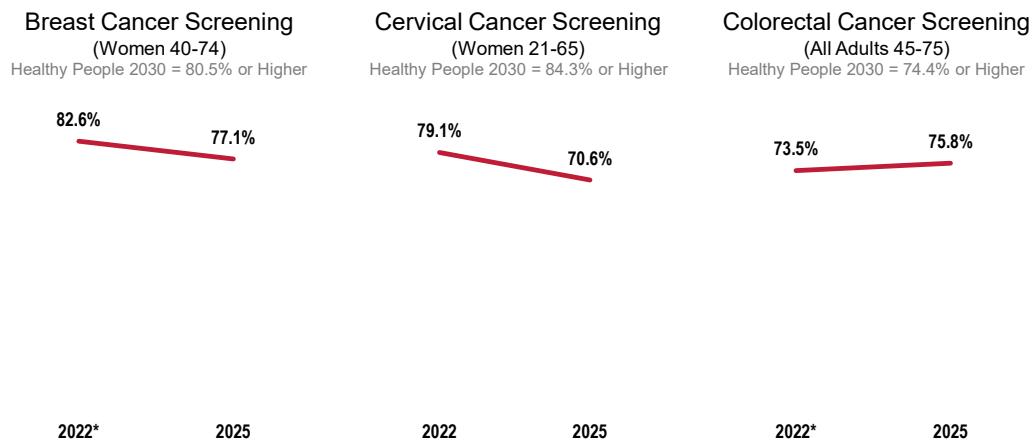
• 2023 PRC National Health Survey, PRC, Inc.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Each indicator is shown among the gender and/or age group specified.

• * Note that national data for breast cancer screening reflect women ages 50 to 74. National data for colorectal cancer screening reflect adults ages 50 to 75.





Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 101-103]
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
 Notes: • Each indicator is shown among the gender and/or age group specified.
 • * Note that trend data for female breast cancer screening reflect the age group (50 to 74) of the previous recommendation. Trend data for colorectal cancer screening reflect the age group (50 to 75) of the previous recommendation.

Perceptions of Cancer as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Incidence/Prevalence

Cancer is prevalent everywhere. In our community, testing is not always affordable or accessible.
 — Social Services Provider

Colon cancer is increasing in younger people. The region is also exposed to environmental risks, such as pesticides. — Social Services Provider

Prior to working in the Pajaro Valley, I have never encountered so many children who have cancer, specifically staff I work with, their children. — Community Leader

Many agricultural workers and/or relatives that I know are dealing with or have dealt with the impacts of cancer. Often, they cite lack of wraparound supports for those going through chemotherapy, like food assistance, transportation assistance, rental/financial assistance, and child care. — Community Leader

I think cancer is a major problem in our county because every single day, I meet a new person or find out from someone I know that someone is fighting cancer. I am aware of several employees in my organization who have cancer and are in treatment. — Community Leader



We have seen data from organizations that serve families with childhood cancer. Data suggests there is increase children diagnosed with various forms of childhood cancer in South Monterey County. Jacob's Heart serves families from South County and transports them for services to their Watsonville facility. Further, I have seen more women in their later years diagnosed with breast cancer. Many women lack the ability to get mammograms or lack preventive care that can diagnose at an early stage. — Community Leader

Access to Care/Services

To get treatment for cancer, you need to drive for an hour to Salinas/Monterey for the South County residents. — Community Leader

Once again, access to timely care causes late diagnosis that, sadly, continues to have bad outcomes. — Public Health Representative

The only place to get treatment in the Salinas Valley is at SVMH. No option in providers, difficult to get a second opinion, definitely a huge ask for patients living in South County. Lack of options for treatment. — Health Care Provider

No place to get treatments within 50 miles. — Community Leader

Many of our community members aren't able to access the support they need in time to survive cancer. A lack of services hinders the ability to get diagnoses on time. — Community Leader

Environmental Contributors

I believe the root cause of the cancer in our community is a result of pesticide exposure for farmworker families and residents living and working and learning in too-close proximity to the agricultural industry/fields.

— Community Leader

High exposure to pesticides and other industrial chemicals leads to greater incident rates, fear of deportation due to immigration status results in not reaching out for access. — Community Leader

Increased environmental exposures, low-income status, high level of undocumented workers, cancer being the number-one cause of death in Latinos, no medical treatment for cancer offered by Natividad Medical Center, and otherwise thin resources in cancer all contribute to cancer being a major problem for a large segment of Monterey County. — Community Leader

Impact on Quality of Life

Cancer is a very grave, life-altering disease that affects individuals and their families. It affects people of all ages and income levels. Recovery, if possible, is a long process. Treatment is expensive, invasive, and can be debilitating. — Community Leader

Lifestyle

High intake of processed foods and animal products, pesticide exposures from an early age, obesity, lack of exercise, alcohol use, and limited access to cancer screening in some populations. — Physician



RESPIRATORY DISEASE

ABOUT RESPIRATORY DISEASE

Respiratory diseases affect millions of people in the United States. ...More than 25 million people in the United States have asthma. Strategies to reduce environmental triggers and make sure people get the right medications can help prevent hospital visits for asthma. In addition, more than 16 million people in the United States have COPD (chronic obstructive pulmonary disease), which is a major cause of death. Strategies to prevent the disease — like reducing air pollution and helping people quit smoking — are key to reducing deaths from COPD.

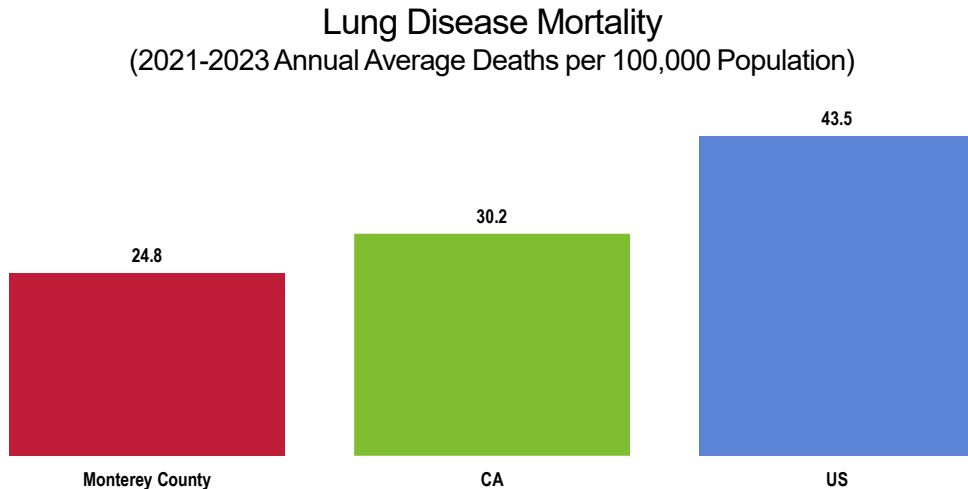
– Healthy People 2030 (<https://health.gov/healthypeople>)

Respiratory Disease Deaths

Lung Disease Deaths

Between 2021 and 2023, the county reported an annual average lung disease mortality rate of 24.8 deaths per 100,000 population.

Note: Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.

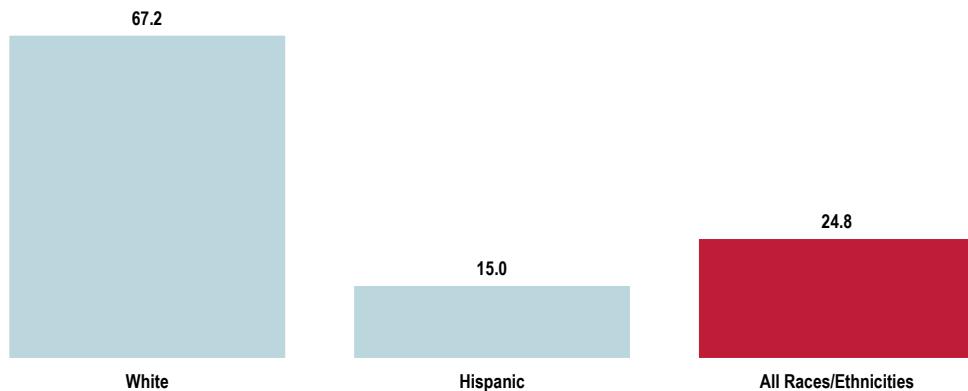


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.
• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



Lung Disease Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.
• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Lung Disease Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	27.8	29.0	27.5	26.5	26.5	27.3	27.0	24.8
CA	34.2	34.9	34.8	34.2	33.5	31.8	31.0	30.2
US	47.4	48.4	48.6	48.6	47.6	45.7	44.5	43.5

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.
• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



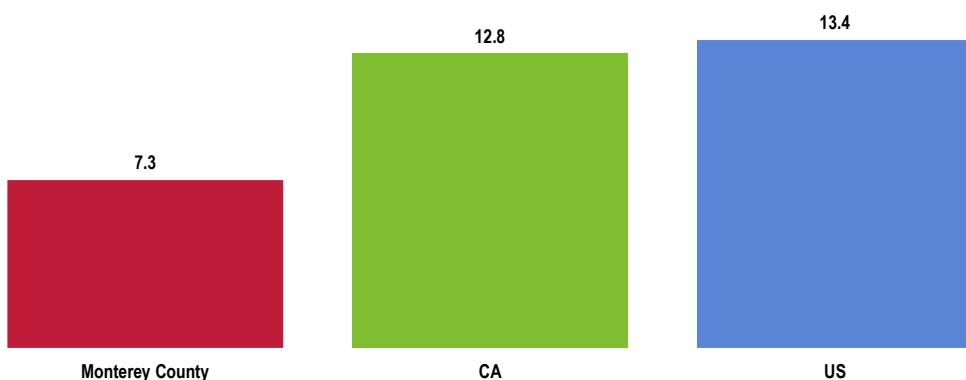
Pneumonia/Influenza Deaths

Between 2021 and 2023, Monterey County reported an annual average pneumonia/influenza mortality rate of 7.3 deaths per 100,000 population.

BENCHMARK ► Much lower than the California and US rates.

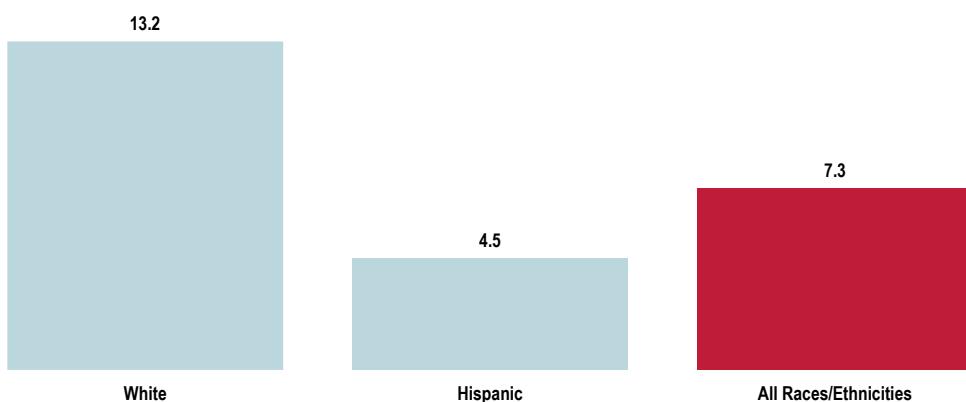
◀ PREVIOUS ▶ NEXT ▶ INDEX ▶

Pneumonia/Influenza Mortality (2021-2023 Annual Average Deaths per 100,000 Population)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and

Pneumonia/Influenza Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)

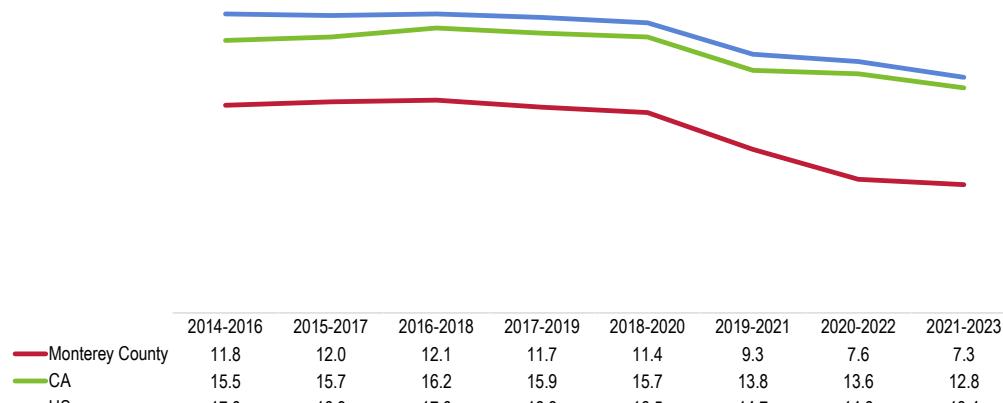


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and
Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.
• Race categories reflect individuals without Hispanic origin.



Pneumonia/Influenza Mortality Trends (Annual Average Deaths per 100,000 Population)



Prevalence of Respiratory Disease

Asthma

Adults

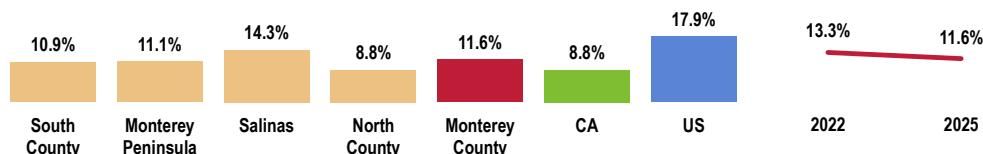
A total of 11.6% of Monterey County adults have asthma.

BENCHMARK ► Higher than the CA percentage but lower than the US percentage.

Survey respondents were asked to indicate whether they suffer from or have been diagnosed with various respiratory conditions, including asthma and COPD.

Prevalence of Asthma

Monterey County

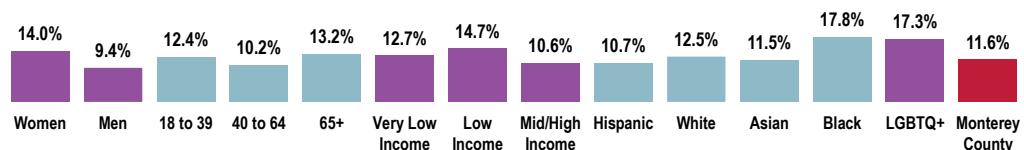


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 26]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data.
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.



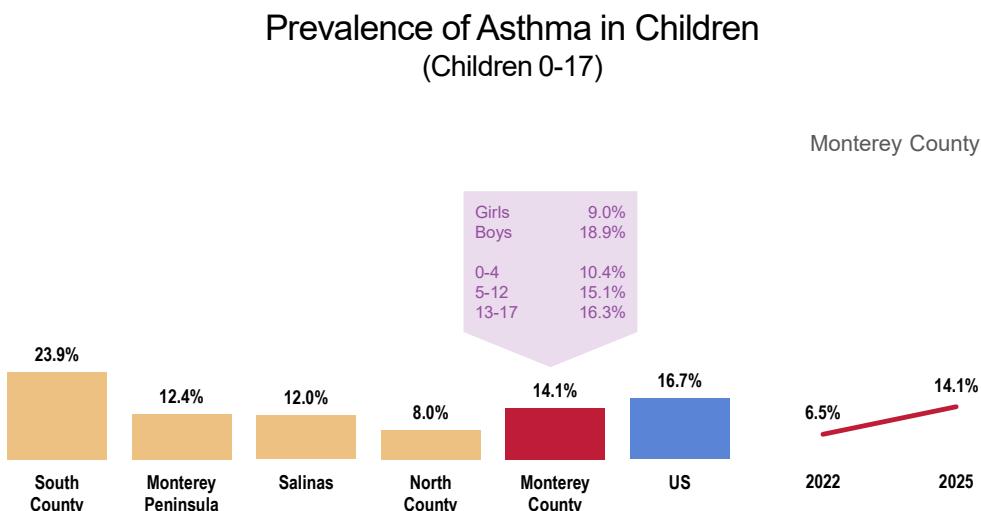
Prevalence of Asthma (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 26]
Notes: • Asked of all respondents.

Children

Among Monterey County children under age 18, 14.1% have been diagnosed with asthma.



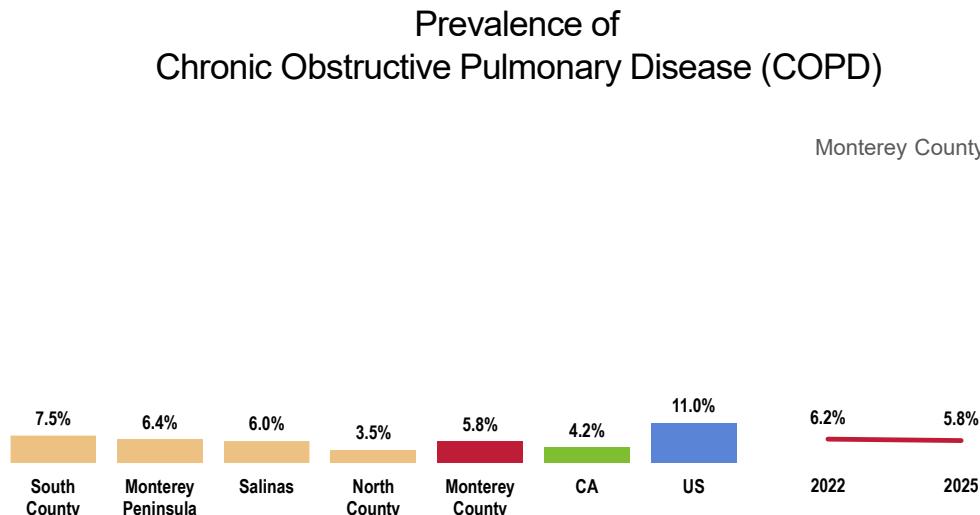
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 92]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents with children age 0 to 17 in the household.



Chronic Obstructive Pulmonary Disease (COPD)

A total of 5.8% of Monterey County adults suffer from chronic obstructive pulmonary disease (COPD).

MONTEREY COUNTY IS ONE OF THE 100 COUNTIES WITH THE HIGHEST PREVALENCE OF COPD IN THE U.S.



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 21]

• Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data.

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Includes conditions such as chronic bronchitis and emphysema.

Perceptions of Respiratory Disease as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.

Notes: • Asked of all respondents.



Among those rating this issue as a “major problem,” reasons related to the following:

COVID-19

The long-term effects of COVID seem to still be very present in our community, as many folks still have deep chronic coughs as lingering effects. — Social Services Provider

So many families lost loved ones during the pandemic. — Social Services Provider

Can't speak to much detail; however, there are still concerns related to COVID-19 and the impact on the most vulnerable at risk of respiratory diseases. — Community Leader

Learnings from COVID-19

Future influenza pandemics. It is not clear that our learnings from COVID-19 have been institutionalized. Even local learning and collaboration could be derailed by an uninformed federal public health response.
— Social Services Provider

Environmental Contributors

Poor air quality, smoking and secondhand smoke, infections, social determinants of health, workplace exposure.
— Social Services Provider

Vaccination Rates

Vaccine declination is high. Misinformation is rampant. Air quality might be relatively degraded due to Agro activities. — Physician

Lack of Specialists

No pulmonary doctors at the local clinic. — Community Leader

Infectious Diseases

Infectious diseases. Lack of diagnoses and treatment. — Physician



INJURY & VIOLENCE

ABOUT INJURY & VIOLENCE

INJURY ► In the United States, unintentional injuries are the leading cause of death in children, adolescents, and adults younger than 45 years. ...Many unintentional injuries are caused by motor vehicle crashes and falls, and many intentional injuries involve gun violence and physical assaults. Interventions to prevent different types of injuries are key to keeping people safe in their homes, workplaces, and communities.

Drug overdoses are now the leading cause of injury deaths in the United States, and most overdoses involve opioids. Interventions to change health care providers' prescribing behaviors, distribute naloxone to reverse overdoses, and provide medications for addiction treatment for people with opioid use disorder can help reduce overdose deaths involving opioids.

VIOLENCE ► Almost 20,000 people die from homicide every year in the United States, and many more people are injured by violence. ...Many people in the United States experience physical assaults, sexual violence, and gun-related injuries. Adolescents are especially at risk for experiencing violence. Interventions to reduce violence are needed to keep people safe in their homes, schools, workplaces, and communities.

Children who experience violence are at risk for long-term physical, behavioral, and mental health problems. Strategies to protect children from violence can help improve their health and well-being later in life.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Unintentional Injury

Unintentional Injury Deaths

Between 2021 and 2023, Monterey County experienced an annual average unintentional injury mortality rate of 50.8 deaths per 100,000 population.

BENCHMARK ► Lower than the US rate.

TREND ► Increasing since the 2014-2016 reporting period, echoing CA and US rates.

DISPARITY ► Much higher among White residents.



Unintentional Injury Mortality (2021-2023 Annual Average Deaths per 100,000 Population) Healthy People 2030 = 43.2 or Lower

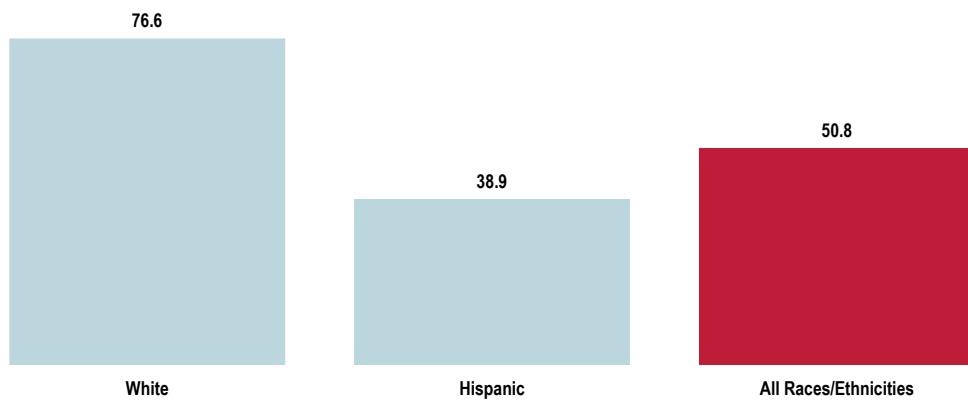


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Unintentional Injury Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County) Healthy People 2030 = 43.2 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

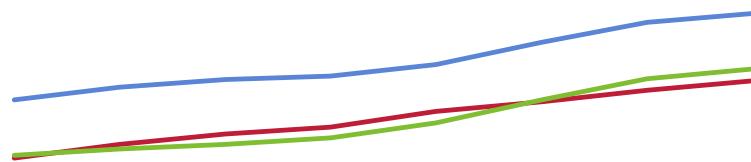
• Rates are per 100,000 population.

• Race categories reflect individuals without Hispanic origin.



Unintentional Injury Mortality Trends (Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 43.2 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

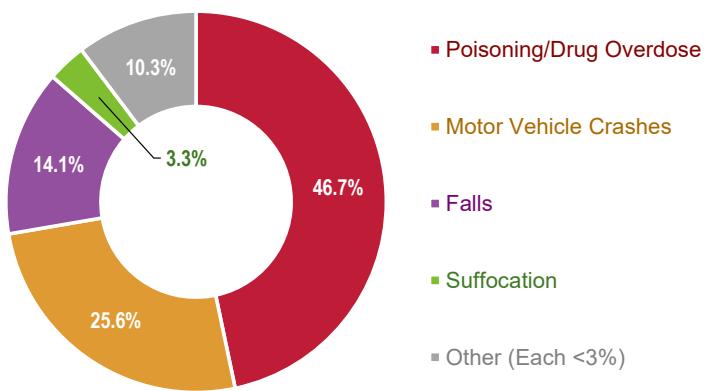
Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.

Leading Causes of Unintentional Injury Deaths

Poisoning (including unintentional drug overdose) accounted for nearly one-half of

Leading Causes of Unintentional Injury Deaths (Monterey County, 2021-2023)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.



Intentional Injury (Violence)

Homicide Deaths

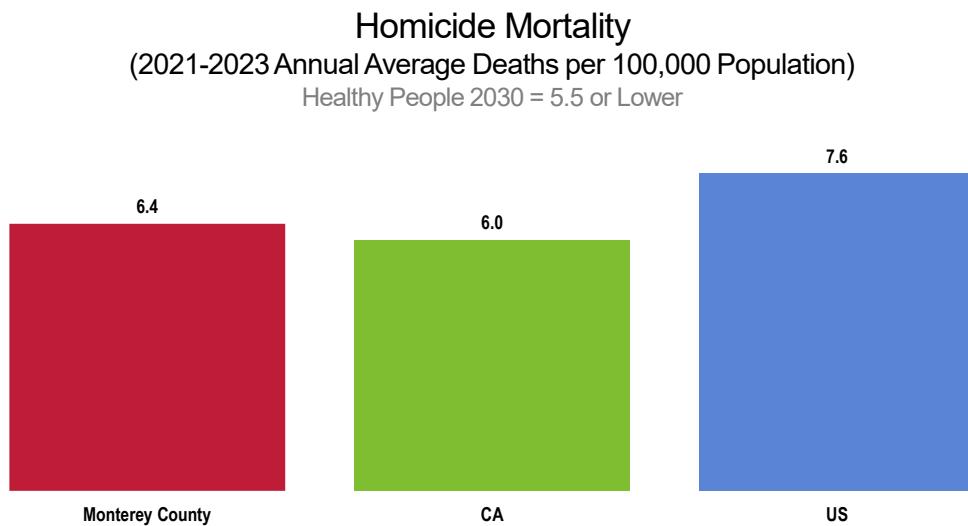
RELATED ISSUE

See also *Mental Health (Suicide)* in the **General Health Status** section of this report.

In Monterey County, there were 6.4 homicides per 100,000 population (2021-2023 annual average rate).

BENCHMARK ► Lower than the US rate.

TREND ► Decreasing overall since the 2014-2016 reporting period (although trending upward in recent years).



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

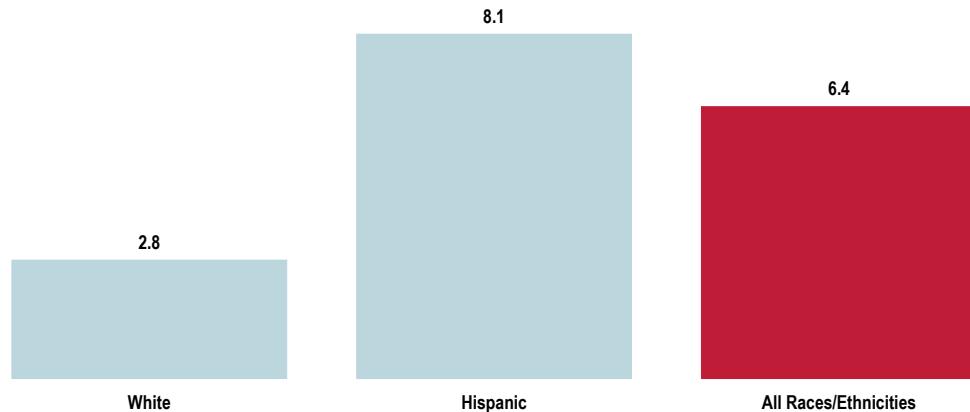
• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



Homicide Mortality by Race/Ethnicity

(2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)
Healthy People 2030 = 5.5 or Lower



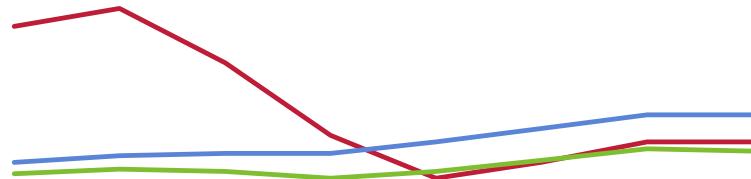
Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.

Homicide Mortality Trends

(Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 5.5 or Lower



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	11.5	12.3	9.9	6.7	4.8	5.5	6.4	6.4
CA	5.0	5.2	5.1	4.8	5.1	5.6	6.1	6.0
US	5.5	5.8	5.9	5.9	6.4	7.0	7.6	7.6

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



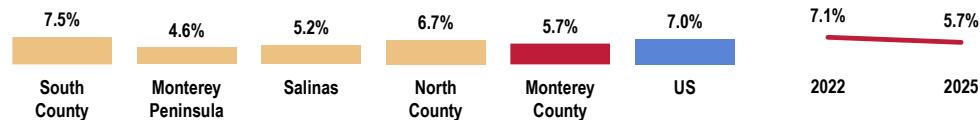
Violent Crime

Community Violence

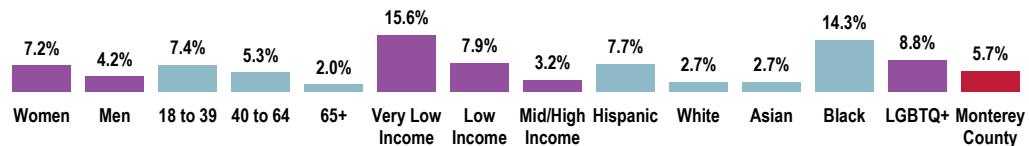
A total of 5.7% of surveyed adults acknowledge being the victim of a violent crime in the area in the past five years.

Victim of a Violent Crime in the Past Five Years

Monterey County



Victim of a Violent Crime in the Past Five Years (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 32]
Notes: • Asked of all respondents.



Intimate Partner Violence

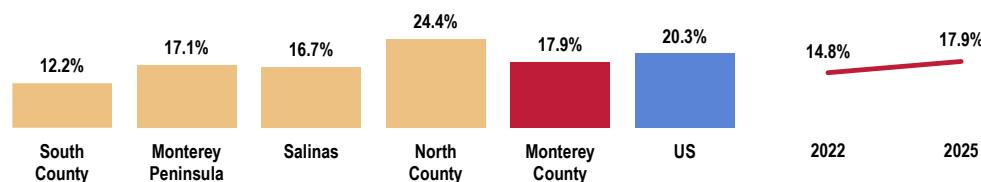
Respondents were read: "By an intimate partner, I mean any current or former spouse, boyfriend, or girlfriend. Someone you were dating, or romantically or sexually intimate with would also be considered an intimate partner."

A total of 17.9% of Monterey County adults acknowledge that they have ever been hit, slapped, pushed, kicked, or otherwise hurt by an intimate partner.

TREND → [View Trend](#) [View Data](#) [View 2020](#)

Have Ever Been Hit, Slapped, Pushed, Kicked, or Hurt in Any Way by an Intimate Partner

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 33]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Perceptions of Injury & Violence as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.

Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Gang Violence

Gang violence in Salinas Valley. — Community Leader

The gang presence in the communities of Monterey County. — Community Leader

Gang violence, vehicle accidents, and homelessness all contribute to the strain on medical resources. — Community Leader

Gang violence is increasing, as are domestic violence and behavioral problems in schools. — Community Leader
We continue to have high incidence of gang violence affecting both gang members and general public. Fear of deportation due to immigration status results in not reaching out for access. — Community Leader
There has been an uptick in the number of murders, especially in South County. Gang violence has long been a problem in this county. — Public Health Representative
Salinas continues to be seen as a rough area with gang activity and substance abuse as a driver for violence. — Health Care Provider
We suffer from gang violence in our community. — Health Care Provider

Incidence/Prevalence

We regularly hear about car accidents and shootings on the news, so it feels like we have major issues with injury and violence. I also read all of the juvenile probation documents and can see all of the violent actions some school-age children and youth are committing. — Community Leader
PTSD, high functional disability as sequelae. — Physician
Hit-and-run accidents involving pedestrians are prevalent in this area. Also, the gang violence, as well as domestic violence. — Social Services Provider
While there have been significant improvements in violence in our community, motor vehicle accidents and violence are still prevalent problems in the community. The county has seen a decrease in homicides in the past few years and are trending downward, but 'Age-Adjusted Death Due to Homicide' is still high and not meeting the Healthy People 2030 target. Alcohol-related deaths are also higher in Monterey County compared to other California counties. — Health Care Provider

Income/Poverty

Economic violence subjected upon communities that are not able to access appropriate pathways to improve their quality of life. — Community Leader
Socioeconomic status: People do not have livable wages and are attracted to illegal activities. Community tolerance to allow coexistence with gangs and drug trafficking. Distracted drivers: texting, not paying attention to people safely walking and biking on streets. — Public Health Representative
Many Monterey County residents are food insecure, lack enough resources for themselves and their families, and can resort to violence, which leads to injury. When I have witnessed shoplifting at grocery stores, staff acknowledges that this is routine, and they are instructed not to interfere. While shoplifting is not a violent crime, it's indicative of how desperate some people are and could lead to violence. — Social Services Provider

Co-Occurrences

PTSD, high functional disability as sequelae. — Physician
Mental health problems, poverty, inadequate public education, inadequate support for working families, free day care, preschool, and after-school care. — Physician
Behavioral health. — Social Services Provider

Prevention Activities

Public safety. The climate is great for accommodating outdoor activity (largely cool to moderate climate), but not nearly enough effort is being put into improving public safety through law enforcement or other means to clean up the city's streets and encourage people to move about freely and safely by foot or other means (bicycle, etc.). People were designed intelligently to move about and to move about for relatively long distances, but instead, most sit idle for many hours. — Community Leader
We don't have enough prevention programs for our kids and places for them to find safe, alternative options to find hobbies, passions, and new friends to surround themselves with. — Social Services Provider

Alcohol/Drug Use

South Monterey County communities have seen an increase in violence, most specifically with young men under the age of 30. This has been impacted with increase overdoses from fentanyl and other illicit drugs. There is a lack of youth prevention programs or residential treatment facilities for our youth. We have seen an increase in gang violence in the area. Our farmworker women and others also experience sexual violence or harassment that, many times, is unreported for a variety of reasons. — Community Leader

Unhoused Population

Violence occurs on a frequent basis for those living on the streets, and these instances often lead to emergency ambulance rides and doctors' visits. This creates a cycle of debt that pushes people deeper into their homelessness. — Social Services Provider



Occupational Hazards

Worker protections are minimal, and violence that occurs is rooted in the local poverty spectrum that can be demonstrated in the form of the multiple degrees of homelessness that exist in communities in and around Salinas. — Community Leader

Generational

Our community has a high violence rate. It's uncertain what measures are needed to reduce this generational issue. Maybe for education and community events on cultural building and awareness. — Community Leader



DIABETES

ABOUT DIABETES

More than 30 million people in the United States have diabetes, and it's the seventh leading cause of death. ...Some racial/ethnic minorities are more likely to have diabetes. And many people with diabetes don't know they have it.

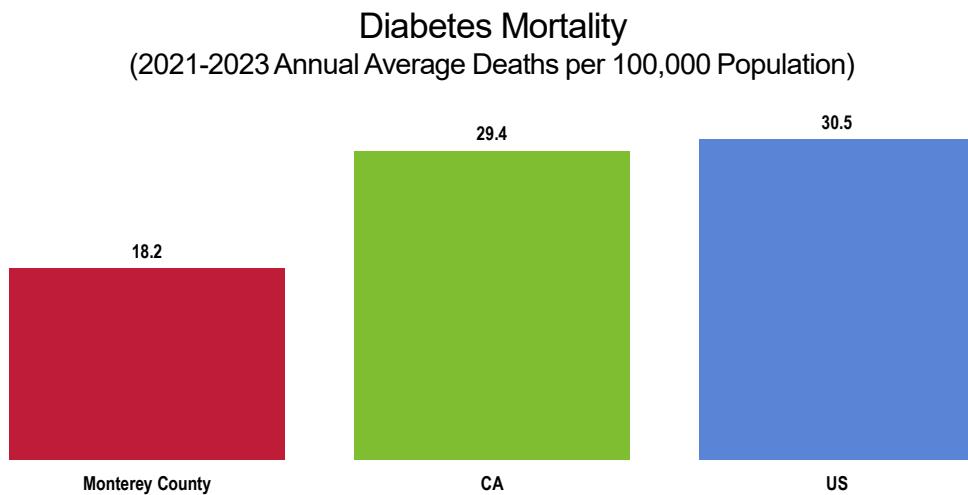
Poorly controlled or untreated diabetes can lead to leg or foot amputations, vision loss, and kidney damage. But interventions to help people manage diabetes can help reduce the risk of complications. In addition, strategies to help people who don't have diabetes eat healthier, get physical activity, and lose weight can help prevent new cases.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Diabetes Deaths

Between 2021 and 2023, there was an annual average diabetes mortality rate of 18.2 deaths per 100,000 population in Monterey County.

Source: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.



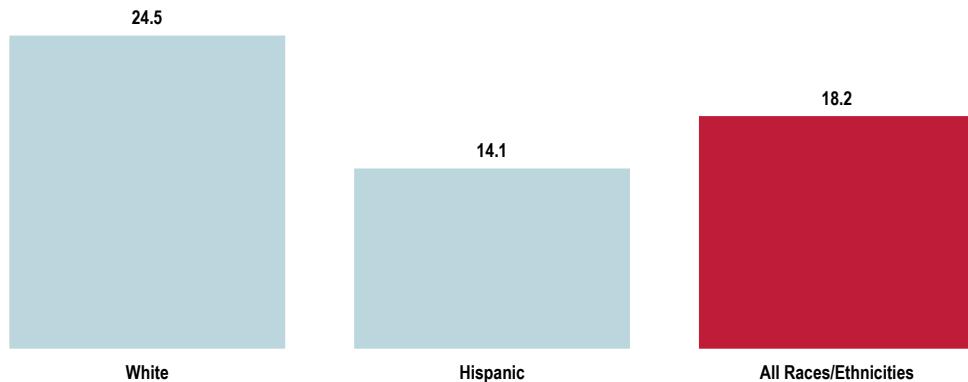
Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



Diabetes Mortality by Race/Ethnicity

(2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)

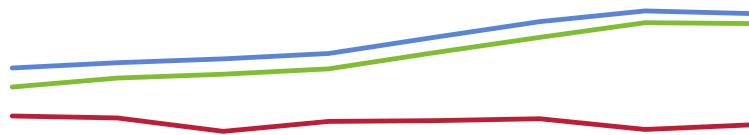


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Diabetes Mortality Trends

(Annual Average Deaths per 100,000 Population)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.

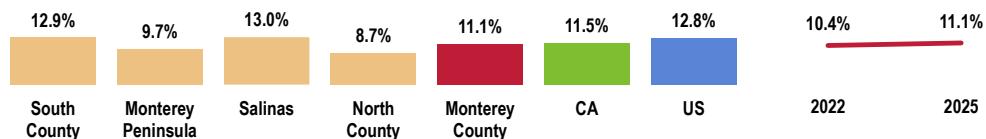


Prevalence of Diabetes

Prevalence of Diabetes

Another 19.0% of adults have been diagnosed with "pre-diabetes" or "borderline" diabetes.

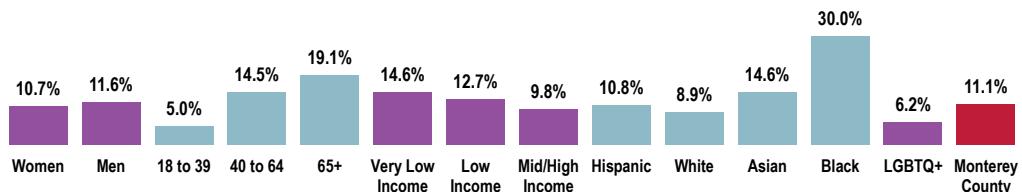
Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 106]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.

Prevalence of Diabetes (Monterey County, 2025)

Note that among adults who have not been diagnosed with diabetes, 48.0% report having had their blood sugar level tested within the past three years.



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 106, 309]

Notes: • Asked of all respondents.

• Excludes gestational diabetes (occurring only during pregnancy).



Kidney Disease Deaths

ABOUT KIDNEY DISEASE & DIABETES

Chronic kidney disease (CKD) is common in people with diabetes. Approximately one in three adults with diabetes has CKD. Both type 1 and type 2 diabetes can cause kidney disease. CKD often develops slowly and with few symptoms. Many people don't realize they have CKD until it's advanced and they need dialysis (a treatment that filters the blood) or a kidney transplant to survive.

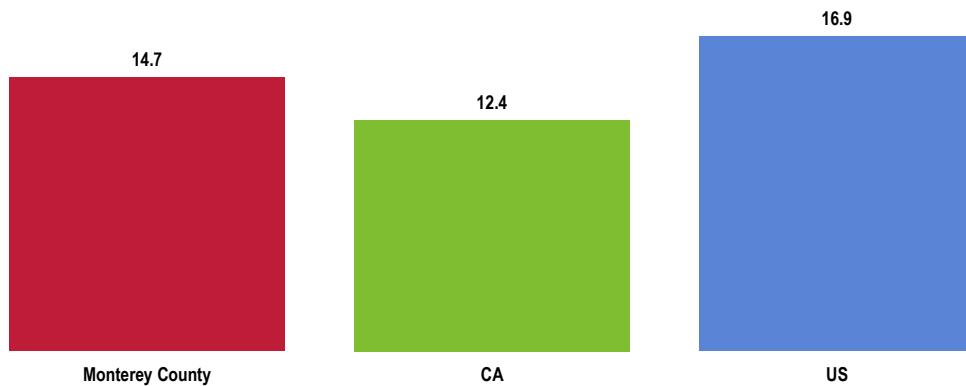
- Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/diabetes/managing/diabetes-kidney-disease.html>

Between 2021 and 2023, there was an annual average kidney disease mortality rate of 14.7 deaths per 100,000 population in Monterey County.

BENCHMARK ► Higher than the CA rate.

TREND ► Increasing since the 2014-2016 reporting period.

Kidney Disease Mortality
(2021-2023 Annual Average Deaths per 100,000 Population)

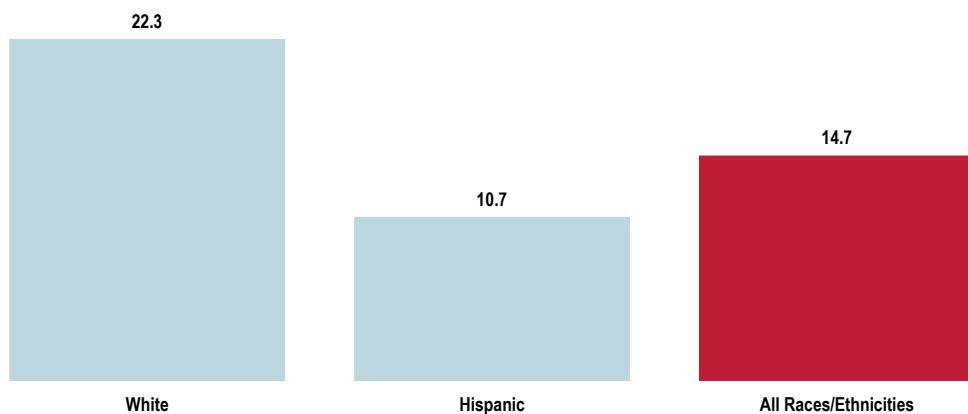


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



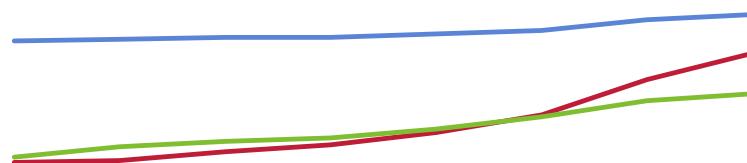
Kidney Disease Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Kidney Disease Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	8.5	8.6	9.1	9.5	10.2	11.2	13.2	14.7
CA	8.8	9.4	9.7	9.9	10.4	11.1	12.0	12.4
US	15.4	15.5	15.6	15.6	15.8	16.0	16.6	16.9

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



Perceptions of Diabetes as a Problem in the Community (Among Key Informants; Monterey County, 2025)

▪ Major Problem ▪ Moderate Problem ▪ Minor Problem ▪ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Access to Affordable Healthy Food

Lack of promotion and facilitation of healthy food and safe, affordable physical activities. — Community Leader

Lack of healthy food, too much junk food at their disposal. We need more programs to promote healthy eating and moving. — Physician

Poverty limiting the ability to purchase healthful foods. — Social Services Provider

Lack of affordable healthy food. Lack of affordable workout spaces. — Community Leader

Access to healthy affordable foods and access to affordable medications. — Public Health Representative

Access to healthy foods and exercise. — Social Services Provider

One of the biggest challenges for people with diabetes in our community is access — access to healthy food, regular medical care, diabetes education, and safe spaces to exercise. Many families live in areas where affordable, nutritious food is limited, and fast food is more accessible than fresh produce. Additionally, health care services can be hard to navigate or financially out of reach, especially for those without insurance or with limited English proficiency. — Social Services Provider

We have too much access to unhealthy foods that are less expensive than the healthy foods in our community. We also have many individuals who work multiple jobs to pay their bills. When one works so many hours, they typically don't have time to exercise or cook a healthier meal with less processed foods at home.

— Community Leader

We have no "health food" stores (like Sprouts or Whole Foods or Trader Joe's). Many of the farmers markets are daytime hours, when folks work. The few stores that come up in Google as health food, when you enter, there is a bunch of candy and chicharrones and Takis — no produce whatsoever! If you watch "El Susto," you'll learn about the cultural challenges of getting the Hispanic community to cut down on the sugary options and offer their children healthy snacks (as a whole). — Social Services Provider

Increased options for fast food restaurants and limited affordable healthy options. More many families in a fixed income or working in the field, agricultural or hospitality, the wages are low and families are limited to purchasing processed food that is cheaper in price. The cost of healthy options (organic brands) for families that are making under \$20,000 to 30,000 annually is not affordable. Access to medication and dietitians is not always viable or affordable. Cultural eating habits also contribute to this. — Community Leader

Our community has a high number of individuals who have diabetes or pre-diabetes. There are a number of reasons why this is a challenge, including access to healthy foods and safe physical activity, culinary practices of the different cultures in our county, cost of nutritious food, other societal factors. Additionally, the potential resistance to trying healthier culturally familiar foods may be a challenge. The taste of a whole-grain tortilla, for example, may take time to get used to. — Health Care Provider

Affording good quality meals. Access to nutrition services. Access to health food options.
— Social Services Provider

It's cheaper to buy a hamburger than to get vegetables. — Community Leader

Access to healthy foods, cultural habits associated with unhealthy food choices. — Social Services Provider



Awareness/Education

Understanding and education about what it is. Appreciation that it is a combined genetic and behavioral problem, controllable but not curable. Knowing that lifestyle changes are necessary and that it is not just controlled by medications. — Physician

Lack of education and lack of access to fresh produce and healthier foods. Also, lack of access to gyms due to membership costs. — Social Services Provider

Lack of accessible education — individual or group — to teach people how to choose, access, and prepare fruit and veggie-heavy meals affordably. Poor insurance coverage for/access to continuous glucose monitors, which empower people to make diet and lifestyle changes and lessen their need for (expensive, equally poorly covered/expensive) effective medications. — Physician

There are many resources in our community. The biggest challenge is bringing awareness to the community about all the diabetes resources that are available locally. — Community Leader

Retain little knowledge about diabetes and don't understand disease progression. The need for education regarding proper diet to control diabetes. — Social Services Provider

Education for long-term maintenance of their condition that is culturally relevant. Fear of deportation due to immigration status results in not reaching out for access. — Community Leader

Lack of knowledge, trust, transportation, cost of accessing healthier foods and resources to people like dieticians. — Social Services Provider

Education, easily navigable access to resources and care. — Physician

Knowledge and access to care. — Community Leader

Lack of intervention and early education. Children are allowed to eat all the items that will lead them to diabetes. Parents are not being informed of the importance of food and exercise that can prevent diabetes. Older people need access to weight loss drugs and education about what to eat and how to exercise. — Community Leader

Education and clinical services. — Health Care Provider

Access to education and healthy, affordable food choices. — Health Care Provider

Access to Care/Services

Having access to treatments and regular monitoring, like with a continuous blood glucose monitor and regular checkups. Not enough access to diabetes education, not enough support for healthy lifestyle choices. — Physician

Having access to the continuum of wellness resources (affordable and easily accessed nutrition; safe spaces and places to exercise; etc.) that support the lifestyle changes that support navigating diabetes care. There are also inequities in health literacy, and not all of the messaging about diabetes diagnosis and care is relevant. Migrant and seasonal farmworker communities work long hours with limited access to the time and spaces for securing and preparing food. The hours and demands of those jobs also impact the capacity to participate in diabetes education programs and medical care. And finally, not all of the self-monitoring tools and supplies are covered by insurance — and the easier tools for use CGMs and phone apps — are not always accessible to the lower-income communities in our service area. — Physician

Fragmented care, health disparities, language barriers — we need a comprehensive, culturally sensitive approach, eliminate bureaucracy in the pharmacy that delays testing strips, supplies, and medication being dispensed in a timely fashion, and, of course, affordable to all so that those who do not have insurance or the underinsured cannot have disruption in their care when they do not have insurance 'off-season.' — Physician

Being uninsured and lack of access to health care. — Community Leader

Access to care and supplies and medication. Also, lifestyle choices where the healthy choice is not well-supported or more difficult to sustain. — Community Leader

Natividad being the county hospital really lacks a comprehensive diabetic center. NMC has a small team for diabetic teaching, appointments are delayed. — Health Care Provider

Access to a regular physician for building and going with a personalized health plan. — Community Leader

Access to care needed to obtain necessary diagnosis and medications. I feel that outreach to encourage people to get tested can help. — Public Health Representative

Lack of access to routine health care visits, medications, and testing tools. Lack of health food access and safe walking communities. — Public Health Representative

Access to health care and physical activities. — Community Leader

Nutrition

Healthful lifestyles and access to healthful foods. — Health Care Provider

Health and diet. Food is costly; it is so much easier to eat unhealthy. — Social Services Provider

Nutrition. — Social Services Provider

Ability to make lifestyle changes, such as access to healthy foods, regular exercise, and weight management. — Social Services Provider



Culture of consumption, targeting communities trapped in healthy food deserts while subjected to an obscene amount of unhealthy food sources. — Community Leader

Diet and healthy choices. — Social Services Provider

Diet and weight services. — Social Services Provider

Excess intake of highly processed foods and animal products, lack of exercise, lack of education regarding how to prevent and treat diabetes with healthy diet and exercise. Lack of access to diabetic education — my primary care patients can't access diabetes education in Salinas. — Physician

Affordable Medications/Supplies

Affordable medication, education, and health food resources. — Social Services Provider

Affordability of newer medications. Lack of meaningful effort to reduce the sugar content of beverages and confectionaries. — Physician

Affordable testing and medication for treatment. — Social Services Provider

Disease Management

Compliance with treatment plan, access to medications. — Social Services Provider

Treatment is complex and requires management and action multiple times a day. If the individual is a child, that means family members, caregivers, and school personnel must be trained and vigilant. — Community Leader

Diabetes management, including nutrition, medication, and supplies. — Health Care Provider

Diagnosis/Treatment

Delay in diagnosis secondary to access. Unhealthy and overly processed foods. — Physician

Diagnosis, education, access, nutrition, and peripheral vascular disease. — Physician

Lifestyle

Lack of desire to exercise and eat healthy. — Community Leader

Lack of exercise and inadequate diet. — Community Leader

Prevention/Screenings

Access to preventive services. Self-management classes are already offered. Access to affordable fruits and vegetables/food security. — Community Leader

Diabetes prevention education is limited. Access to healthy foods for low-income families is a problem. — Community Leader

Unhoused Population

People with diabetes that are experiencing homelessness have little to no access to consistent medical services and experience living conditions that can amplify the conditions that one faces with diabetes. Conditions such as cold weather can worsen conditions of people living with diabetes. Poor diet can also worsen the condition of people living with diabetes, especially for folks that have little to no resources for food. — Social Services Provider

Incidence/Prevalence

Large number of people with diabetes and pre-diabetes in our community. — Health Care Provider



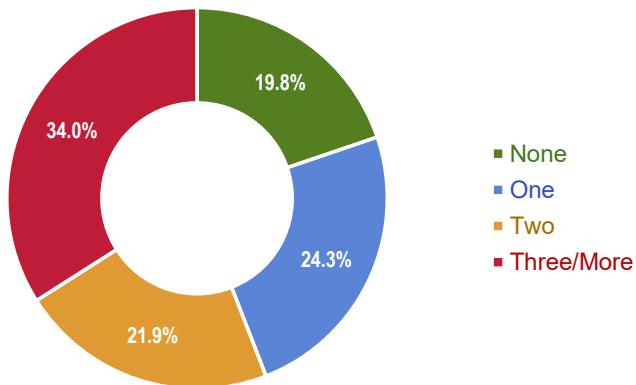
DISABLING CONDITIONS

Multiple Chronic Conditions

For the purposes of this assessment, chronic conditions include:

- Asthma
- Cancer
- Chronic pain
- Diabetes
- Diagnosed depression
- Heart disease
- High blood cholesterol
- High blood pressure
- Lung disease
- Obesity
- Stroke

Number of Chronic Conditions
(Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 107]

Notes: • Asked of all respondents.

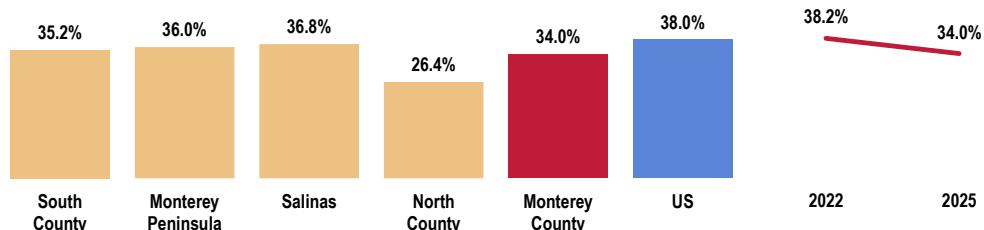
• In this case, chronic conditions include asthma, cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and stroke.

In fact, 34.0% of Monterey County adults report having three or more chronic conditions.

BENCHMARK ▶ Lower than the US figure.

Have Three or More Chronic Conditions

Monterey County



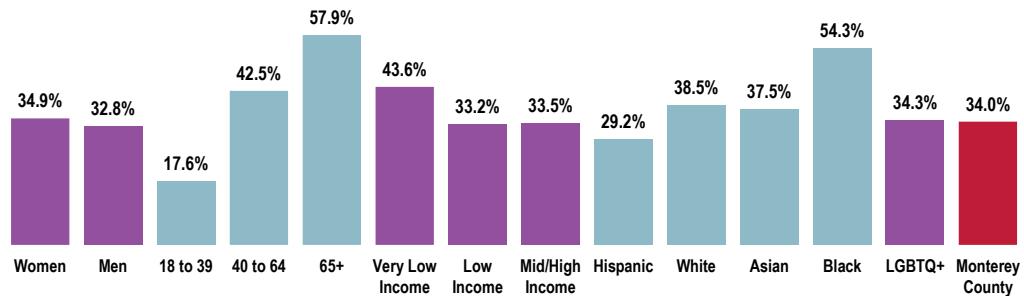
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 107]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• In this case, chronic conditions include asthma, cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and/or stroke.

Have Three or More Chronic Conditions (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 107]
Notes: • Asked of all respondents.
• In this case, chronic conditions include asthma, cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and/or stroke.

Activity Limitations

ABOUT DISABILITY & HEALTH

Studies have found that people with disabilities are less likely to get preventive health care services they need to stay healthy. Strategies to make health care more affordable for people with disabilities are key to improving their health.

In addition, people with disabilities may have trouble finding a job, going to school, or getting around outside their homes. And they may experience daily stress related to these challenges. Efforts to make homes, schools, workplaces, and public places easier to access can help improve quality of life and overall well-being for people with disabilities.

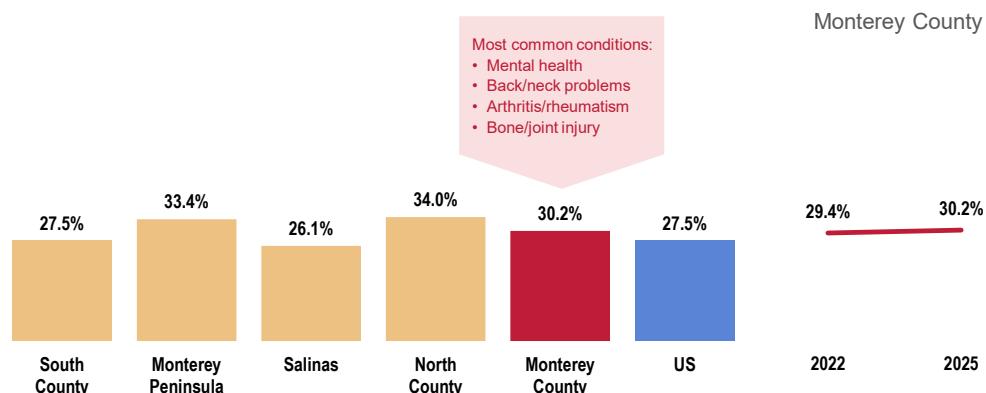
– Healthy People 2030 (<https://health.gov/healthypeople>)

A total of 30.2% of Monterey County adults are limited in some way in some activities due to a physical, mental, or emotional problem.

DISPARITY ▶ Highest in the Monterey Peninsula area. Reported more often among women, adults age 40 and older, those living in lower-income households, White residents, Black residents, and those who identify as LGBTQ+.



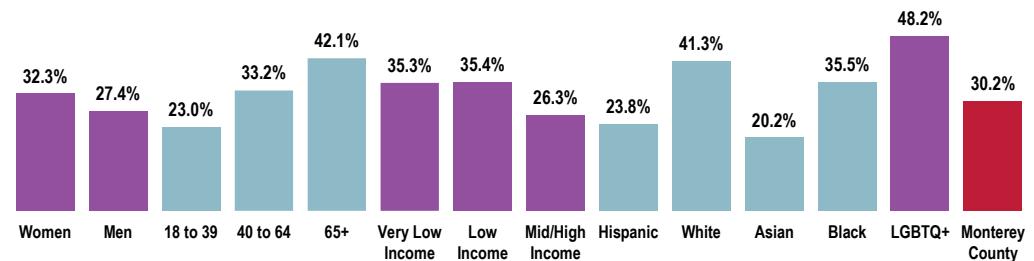
Limited in Activities in Some Way Due to a Physical, Mental, or Emotional Problem



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 83-84]
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Limited in Activities in Some Way Due to a Physical, Mental, or Emotional Problem (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 83]
Notes: • Asked of all respondents.



Chronic Pain

A total of 17.3% of Monterey County adults experience high-impact chronic pain, meaning physical pain that has limited their life or work activities “every day” or “most days” during the past six months.

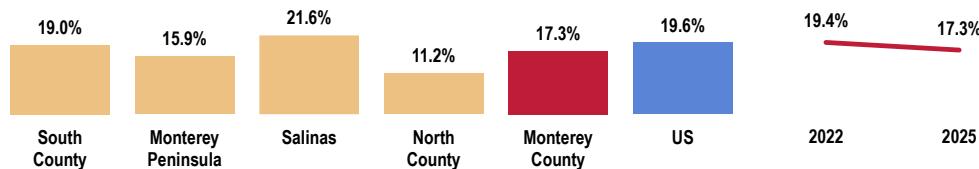
BENCHMARK ► Fails to satisfy the Healthy People 2030 objective.

TREND ► Decreasing significantly since 2022.

Experience High-Impact Chronic Pain

Healthy People 2030 = 6.4% or Lower

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 31]
• 2023 PRC National Health Survey, PRC, Inc.

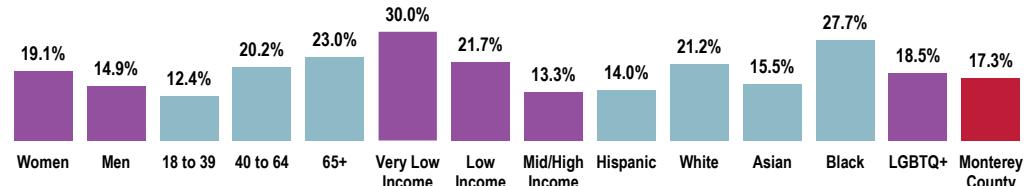
Notes: • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.

Experience High-Impact Chronic Pain

(Monterey County, 2025)

Healthy People 2030 = 6.4% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 31]
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.

• High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.

Alzheimer's Disease

ABOUT DEMENTIA

Alzheimer's disease is the most common cause of dementia. Nearly 6 million people in the United States have Alzheimer's, and that number will increase as the population ages.

Dementia refers to a group of symptoms that cause problems with memory, thinking, and behavior. People with dementia are more likely to be hospitalized, and dementia is linked to high health care costs.

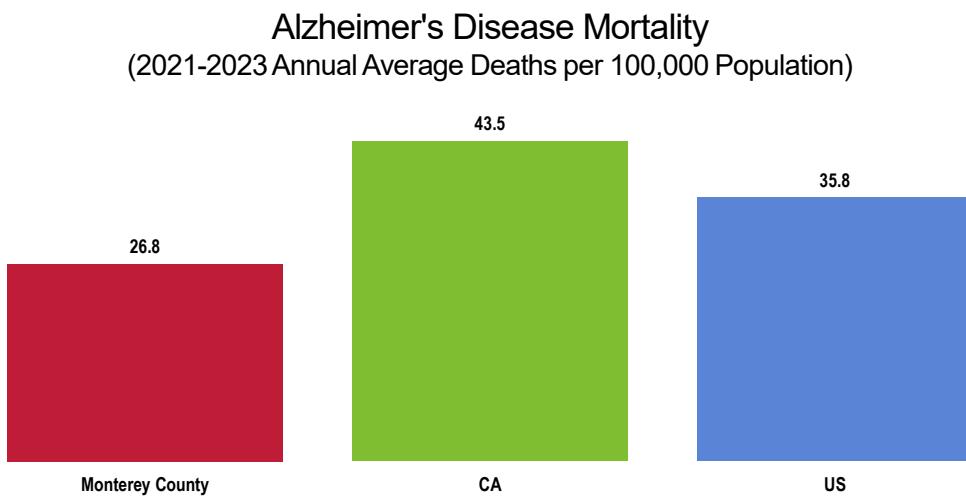
While there's no cure for Alzheimer's disease, early diagnosis and supportive care can improve quality of life. And efforts to make sure adults with symptoms of cognitive decline — including memory loss — are diagnosed early can help improve health outcomes in people with dementia. Interventions to address caregiving needs can also help improve health and well-being in people with dementia.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Alzheimer's Disease Deaths

Between 2021 and 2023, there was an annual average Alzheimer's disease mortality rate of 26.8 deaths per 100,000 population in Monterey County.

REFINCHMARK ▶ Well below the California and US rates

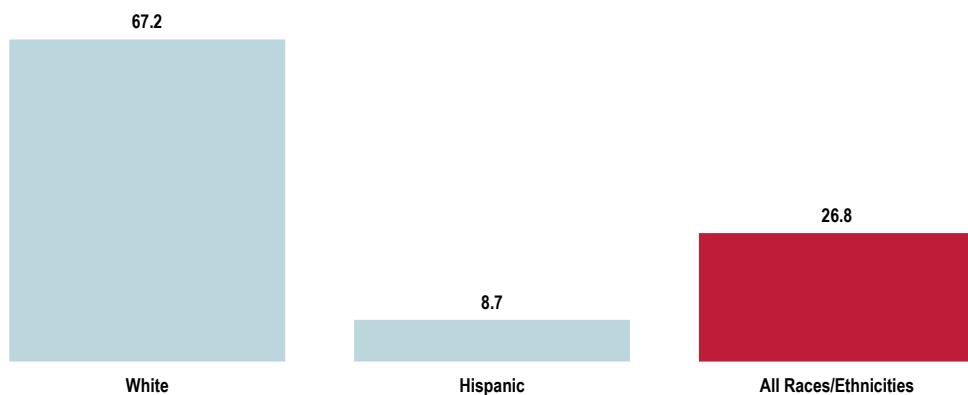


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



Alzheimer's Disease Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Alzheimer's Disease Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	28.0	29.2	28.6	26.0	28.4	28.6	29.7	26.8
CA	36.9	39.8	40.9	41.9	44.1	44.5	45.1	43.5
US	33.2	35.9	36.8	37.2	38.3	37.9	37.6	35.8

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

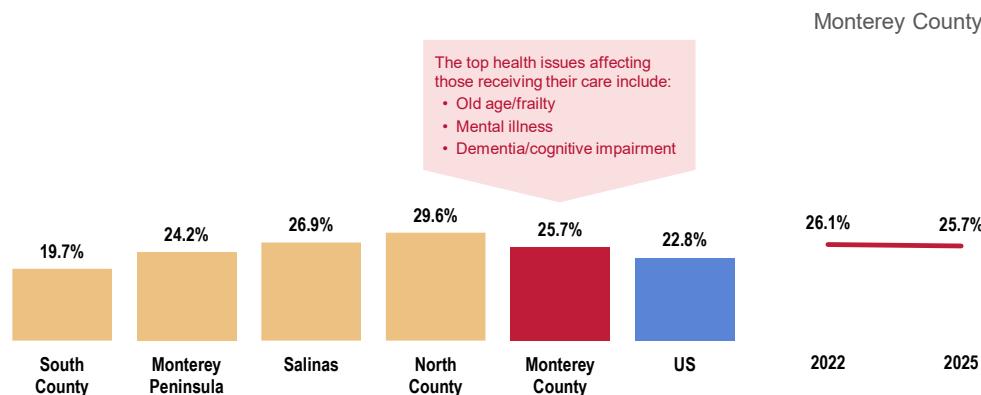
Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



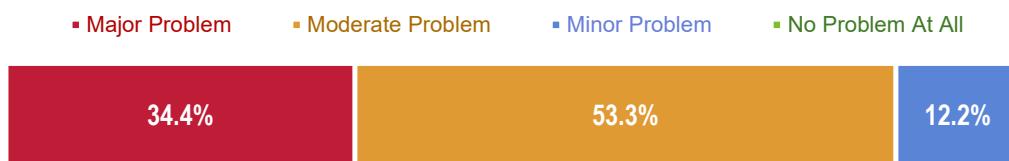
Caregiving

A total of 25.7% of Monterey County adults currently provide care or assistance to a friend or family member who has a health problem, long-term illness, or disability.

Act as Caregiver to a Friend or Relative with a Health Problem, Long-Term Illness, or Disability



Perceptions of Disabling Conditions as a Problem in the Community (Among Key Informants; Monterey County, 2025)



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Access to Care/Services

This is a large county. Getting to care can be difficult in the best of circumstances. If you are disabled and living in the rural parts of the county, it is very difficult to access services, especially if you must depend on public transportation. The school districts do not have adequately trained staff to provide the needed services to disabled students. — Public Health Representative

There is an epidemic of chronic disease nationwide. Particularly if you consider lack of mental health supports and lack of understanding of chronic pain. — Physician

We have a lot of patients with chronic pain in our community. We need resources to help them. — Physician



Limited economic resources. — Health Care Provider

Our community has one hospital, and it is not a well-functioning or staffed medical facility. The equipment is outdated to the point of people starting a series of medical appointments there and then transferring to somewhere in Salinas or Monterey, and the difference is night and day. The community is unique in its demographic makeup, and many undocumented individuals or people with specific dialects that cause language barriers are unable to get the support they need. Due to the poverty level of many of the people in our community, there is a wide use of CalFresh and Medi-Cal. CalFresh, for some horrible reason, allows people to continue to purchase processed goods, when it should be more limited to produce, meat, eggs, and grains.

There is a childhood obesity problem, and still there are no less than four ice cream/snack trucks parked outside of the middle school when it gets out, each with lines for over an hour. It's like a drug dealer standing on the curb allowed to do business. — Community Leader

There are limited skilled nursing facilities or long-term beds for patients with dementia. They do have private pay facilities with memory care, but at a huge cost that the average person may not be able to afford.

— Health Care Provider

Disabling conditions are a major issue in Monterey County, where limited transportation, housing, and health care access make it difficult for people with disabilities to live independently and stay connected to the community. Rural areas and underserved populations are especially impacted, leading to isolation and reduced quality of life. Addressing these challenges is essential to building a more inclusive and equitable county for all residents. — Social Services Provider

There is local skilled nursing facility at the hospital, but there is a real need for more facilities to treat dementia and to house those with it. There is good eye treatment. There is no facility for hearing loss.

— Community Leader

Lack of services to help with education, treatment, and prevention. Stigma associated with dementia, which can cause isolation. — Social Services Provider

Limited resources available to people with these conditions. — Community Leader

Aging Population

For many of our current geriatric population, they have lived through tremendous growth in terms of technology. They were born or grew up in the era when even television was not in their homes, and they now are living in an era of video visits utilizing equipment that they are apprehensive to use. For offices, it is convenient to send texts to inform of visits or referral appointments to specialists, but elderly either do not know how to use the equipment to access information or may have conditions that prevent them from using, such as visual, hearing, dementia, or language barriers. Tele-visits, whether video or phone, are useless for hard-of-hearing. Mobility, whether in the elderly, obese, or for some other reason, is also a challenge, and if the patient does not have assistance, it will likely result in missed appointments, unless we are able to set services to facilitate in their transportation and care. — Physician

Older and aging community, especially on the Peninsula. — Physician

As a country, we are not doing an adequate job of caring for the aging population. Residential care is expensive and often substandard. This puts incredible burden on families, impacting income, emotional health, and financial security. This shortfall is especially true for Monterey County. — Community Leader

All of the above for seniors, leading to isolation. — Social Services Provider

The community has an elderly population that is increasing, so dementia is more noticeable, as is lack of agility. Additionally, trauma and mental illness can be disabling. — Social Services Provider

Seaside has a large older adult population where many live alone and are experiencing challenges supporting their independence. These challenges include activity limitations due to disabilities and lack of mobility/ability to travel, chronic pain, dementia, and other neurological issues impairing daily functioning/inability to complete ADLs. Due to these disabling conditions, other needs for support manifest related to habitability/unsafe living environments. — Community Leader

Incidence/Prevalence

Volume of persons affected, mostly chronic conditions worsening with time. — Physician

Many have problems with ambulation, cognitive changes, and physical disabilities, and cost to support these and to provide appropriate care is expensive. — Physician

Unfortunately, there are very high rates of depression and anxiety in LGBTQ+ community members that often coexist with substance abuse issues or other coping mechanisms. — Community Leader

I know many individuals are experiencing chronic pain, dementia, loss of vision or hearing. We operate the deaf and hard-of-hearing and visually impaired student programs in our county, and this population has remained stable. It is difficult to find nursing homes for patients with dementia, and if you do find a bed, the cost of this support is so high that most individuals can't afford it. — Community Leader

There are many disabled individuals. — Social Services Provider



Impact on Quality of Life

There's a lot of people who have disabilities who think they are a hindrance with no solution, so they don't aspire to do better. — Social Services Provider

Loss of vision from DM. Disability due to injuries, occupational, violence-related abuse. Chronic pain related to past injuries and psychological trauma. Dementia due to heavy alcohol use, lack of exercise, and uncontrolled chronic illness. — Physician

Built Environment

Parks and opportunities for safe, recreational activities are limited and/or families don't have the time to participate. Pain management can sometimes lead to drug abuse, which can result in other serious conditions, crime, and violence. — Social Services Provider

Parkinson's Disease

Parkinson's disease. Incidence is high, but diagnosis is low. It starts insidiously as tremors that might be ignored or not addressed seriously. Sustained effective treatment is not always possible, and treatment side effects are significant. — Physician

Unhoused Population

Disabling conditions are often one of the main reasons why people begin experiencing homelessness. Whether it is physical or psychiatric, disabling conditions lead to loss of employment, social connections, and general well-being. — Social Services Provider

Housing

Lack of affordable housing with built-in support services to facilitate transportation, especially in North Monterey County. This means people with disabilities must lean heavily on family members or close friends. — Physician

Access to Care for Uninsured/Underinsured

Limited access to care facilities due to low income and insurance coverage. — Social Services Provider

Affordable Care/Services

They take a lot of time and money, even if the total number of people affected is low. And there are many more people affected than most people are aware of. — Physician

Awareness/Education

Many families in our community lack the knowledge and resources needed for proper care as they reach retirement age. — Community Leader





BIRTHS

PREGNATAL CARE

ABOUT INFANT HEALTH

Keeping infants healthy starts with making sure women get high-quality care during pregnancy and improving women's health in general. After birth, strategies that focus on increasing breastfeeding rates and promoting vaccinations and developmental screenings are key to improving infants' health. Interventions that encourage safe sleep practices and correct use of car seats can also help keep infants safe.

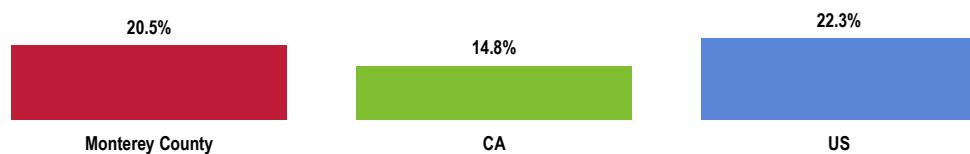
The infant mortality rate in the United States is higher than in other high-income countries, and there are major disparities by race/ethnicity. Addressing social determinants of health is critical for reducing these disparities.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Early and continuous prenatal care is the best assurance of infant health.

Between 2021 and 2023, 20.5% of all Monterey County births did not receive prenatal care in the first trimester of pregnancy.

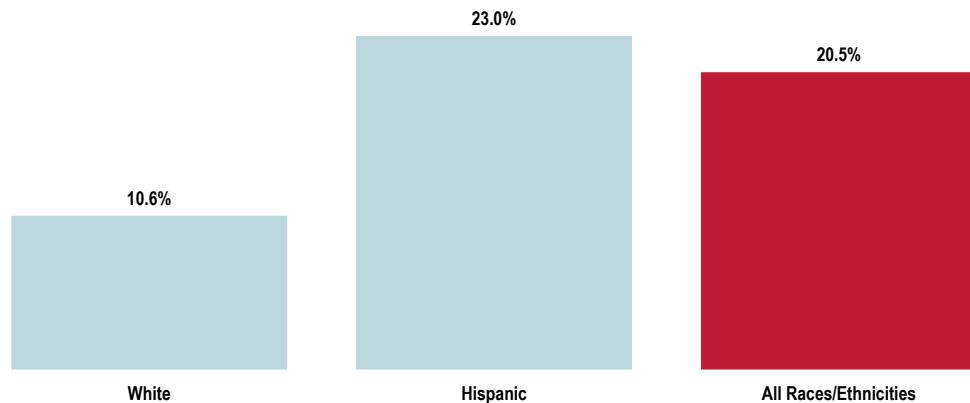
Lack of Prenatal Care in the First Trimester (Percentage of Live Births, 2021-2023)



Sources: • Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
Note: • This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy.

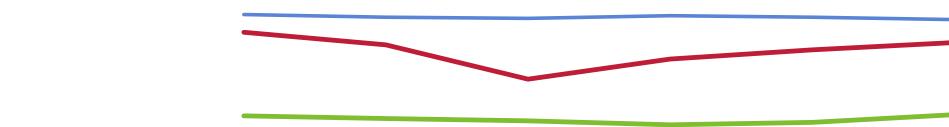


Lack of Prenatal Care in the First Trimester (By Race; Percentage of Live Births, 2021-2023)



Sources: • Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
 Note: • This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy.
 • Race categories reflect individuals without Hispanic origin.

Lack of Prenatal Care in the First Trimester (Percentage of Live Births)



Sources: • Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
 Note: • This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy.



BIRTH OUTCOMES & RISKS

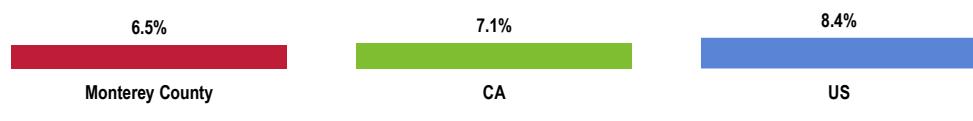
Low-Weight Births

A total of 6.5% of 2017-2023 Monterey County births were low weight.

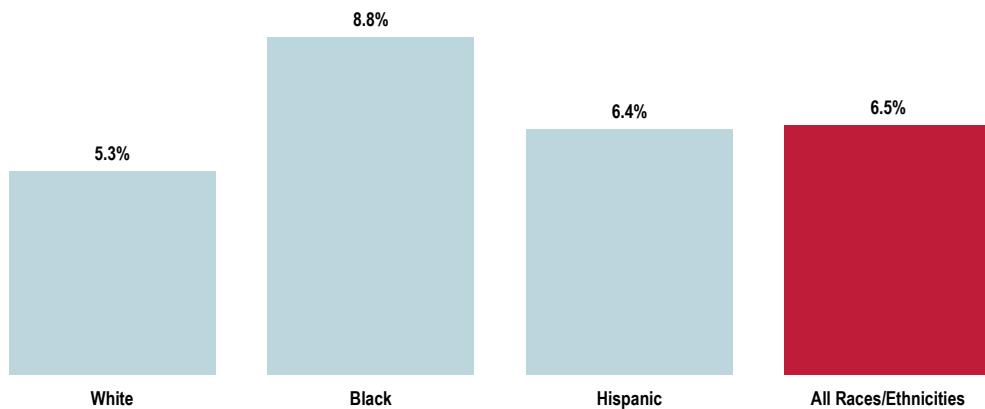
Low birthweight babies, those who weigh less than 2,500 grams (5 pounds, 8 ounces) at birth, are much more prone to illness and neonatal death than are babies of normal birthweight.

Largely a result of receiving poor or inadequate prenatal care, many low-weight births and the consequent health problems are preventable.

Low-Weight Births (Percent of Live Births, 2017-2023)



Low-Weight Births (By Race; Percent of Live Births, 2017-2023)



Sources:

- University of Wisconsin Population Health Institute, County Health Rankings.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

Note:

- This indicator reports the percentage of total births that are low birth weight (Under 2500g).
- Race categories reflect individuals without Hispanic origin.



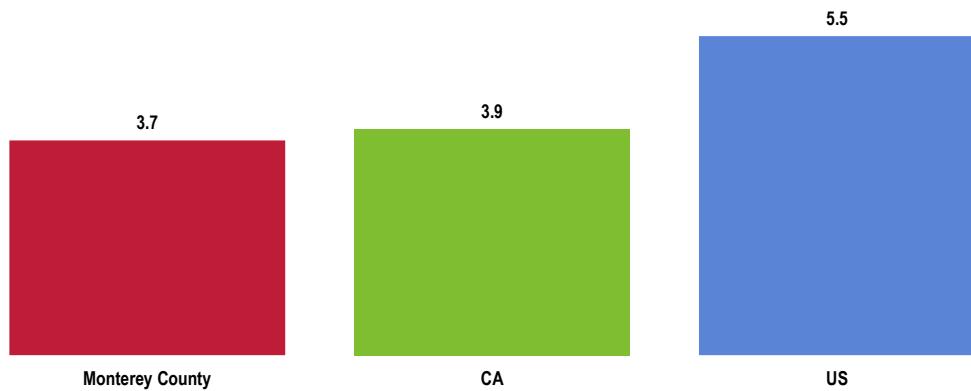
Infant Mortality

Infant mortality rates reflect deaths of children less than one year old per 1,000 live births.

Between 2018 and 2020, there was an annual average of 3.7 infant deaths per 1,000 live births.

BENCHMARK ► Lower than the US rate and satisfies the Healthy People 2030 objective.

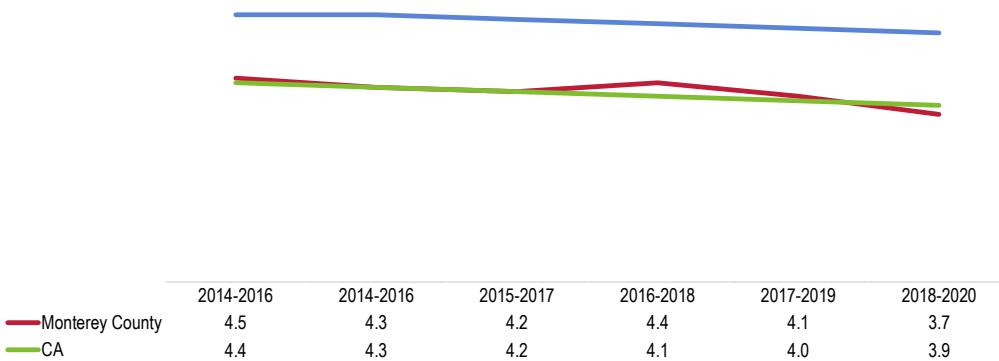
Infant Mortality Rate (Annual Average Infant Deaths per 1,000 Live Births, 2018-2020) Healthy People 2030 = 5.0 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Vital Statistics.
Data extracted July 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Infant Mortality Trends (Annual Average Infant Deaths per 1,000 Live Births) Healthy People 2030 = 5.0 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Vital Statistics.
Data extracted July 2025.

• Centers for Disease Control and Prevention, National Center for Health Statistics.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Rates are three-year averages of deaths of children under 1 year old per 1,000 live births.



FAMILY PLANNING

ABOUT FAMILY PLANNING

Nearly half of pregnancies in the United States are unintended, and unintended pregnancy is linked to many negative outcomes for both women and infants. ...Unintended pregnancy is linked to outcomes like preterm birth and postpartum depression. Interventions to increase use of birth control are critical for preventing unintended pregnancies. Birth control and family planning services can also help increase the length of time between pregnancies, which can improve health for women and their infants.

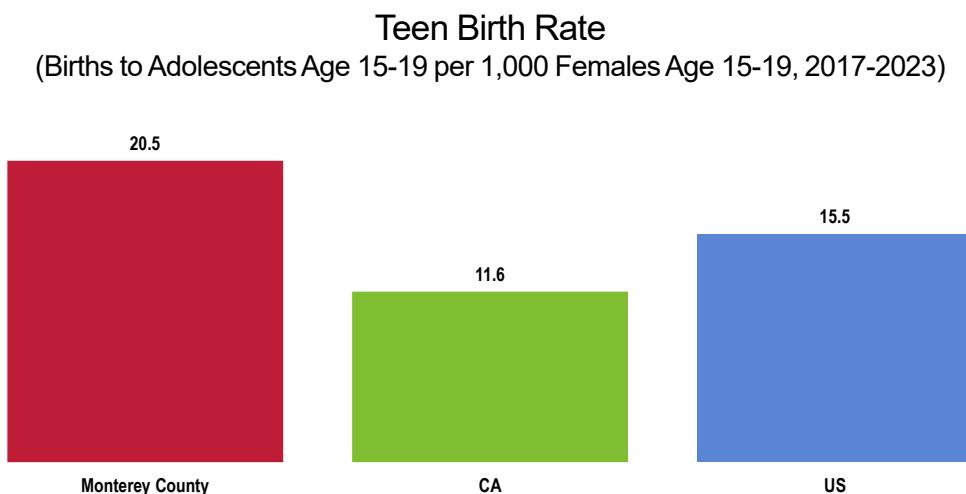
Adolescents are at especially high risk for unintended pregnancy. Although teen pregnancy and birth rates have gone down in recent years, close to 200,000 babies are born to teen mothers every year in the United States. Linking adolescents to youth-friendly health care services can help prevent pregnancy and sexually transmitted infections in this age group.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Births to Adolescent Mothers

Between 2017 and 2023, there were 20.5 births to adolescents age 15 to 19 per 1,000 women age 15 to 19 in Monterey County.

REMARK Well above the CA and US teenage birth rates



Sources: • Centers for Disease Control and Prevention, National Vital Statistics System.

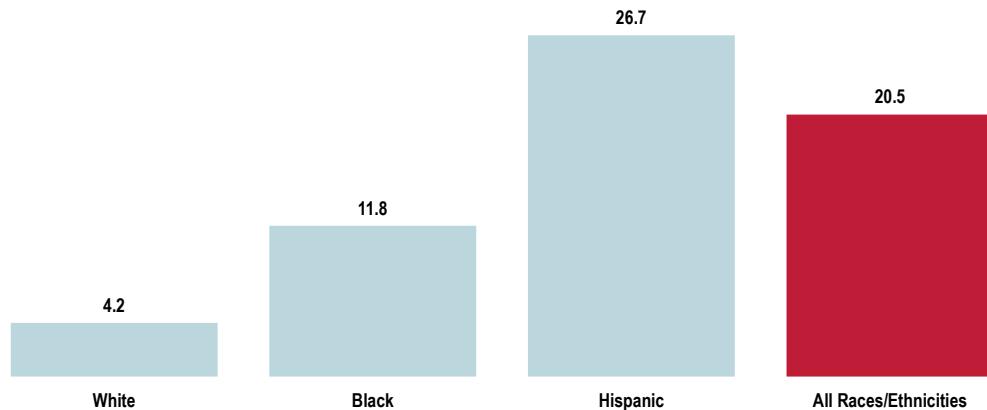
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

Notes: • This indicator reports the rate of total births to women under the age of 15-19 per 1,000 female population age 15-19.



Teen Birth Rate by Race/Ethnicity

(Births to Females Age 15-19 per 1,000 Females Age 15-19; Monterey County, 2017-2023)



Sources: • Centers for Disease Control and Prevention, National Vital Statistics System.

Notes: • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

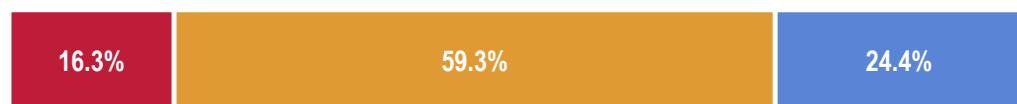
• This indicator reports the rate of total births to women under the age of 15-19 per 1,000 female population age 15-19.

• Race categories reflect individuals without Hispanic origin.

Perceptions of Infant Health & Family Planning as a Problem in the Community

(Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.

Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Access to Care/Services

Inadequate health care and lack of access to family planning services. — Social Services Provider

Access to health care and informed choice for young women of child-bearing age can be difficult, from a cost perspective and accessibility. — Community Leader

More locations in South County have closed over the years. The cost of child care is very high and so is the cost of living. It feels like a struggle for some parents to decide where to prioritize and put their money toward. — Social Services Provider

Access to early care for pregnancy, as well as preconception care. It is often dependent on having health care insurance coverage. — Physician



When my ex-wife was pregnant with our son, we had an OB/GYN and doctor here in King City. He was only here one day a month on a Friday. So, when he wasn't able to be at two different appointments in a row and we were left with questions and fears about the process, we transferred to Salinas. We also went to Mee Memorial Hospital for an ultrasound before switching, and when we got there, the lady said, "Sorry, we had a gunshot victim come in and we are understaffed, so I have to get back to the ER." Come to find out two hours later when she came back, she was the one that was supposed to be doing the ultrasound. The ultrasound was an old one on a small black and green screen in a cold hospital room. When we transferred to Salinas, the room was comforting, beautiful, and warm. There was a huge staff, state-of-the-art equipment, and constant attention to our every question and need ... and they were packed, yet they were well-run, so it was like a 180-degree switch.

— Community Leader

Awareness/Education

As a school educator, I see the issue with young parents with lack of information on infant care.

— Community Leader

Lack of education and acceptance around birth control, especially with youth in migrant or immigrant communities. — Social Services Provider

Youth not being taught about birth control. Little to no sex education in school. Parents not sharing with kids on taking care of themselves and partners. — Social Services Provider

We need more early education centers for first-time parents and also just as a hub for parenting information and workshops in our county. — Community Leader

Language Barriers

Systems are missing the mark due to cultural and language barriers. Leaders have little to no lived experience to help achieve their goals, and if they do have some experience, they may have easily forgotten it because they don't live it today. — Community Leader

Affordable Care/Services

The high cost and unavailability of child care. — Social Services Provider

Lack of Providers

There just are not enough providers, and the cost of the existing providers is prohibitively high. Especially for those in our community who may be financially constrained. — Community Leader

Vaccination

Vaccine declination, anti-abortion attitude. — Physician





MODIFIABLE HEALTH RISKS

NUTRITION

ABOUT NUTRITION & HEALTHY EATING

Many people in the United States don't eat a healthy diet. ...People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.

Some people don't have the information they need to choose healthy foods. Other people don't have access to healthy foods or can't afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity and hunger and improving health.

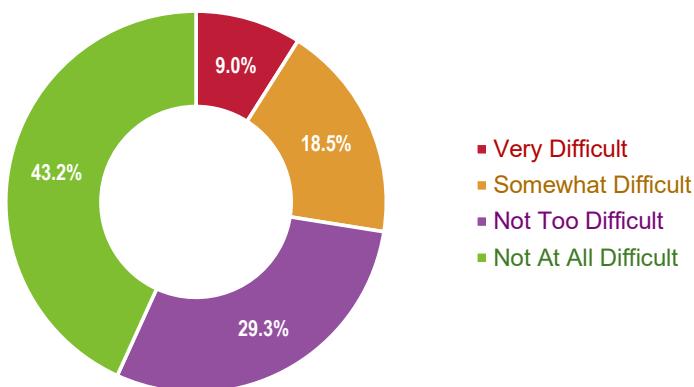
– Healthy People 2030 (<https://health.gov/healthypeople>)

Difficulty Accessing Fresh Produce

Respondents were asked, "How difficult is it for you to buy fresh produce like fruits and vegetables at a price you can afford? Would you say very difficult, somewhat difficult, not too difficult, or not at all difficult?"

RELATED ISSUE
See also **Food Access in the Social Determinants of Health** section of this report.

Level of Difficulty Finding Fresh Produce at an Affordable Price
(Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 66]
Notes: • Asked of all respondents.

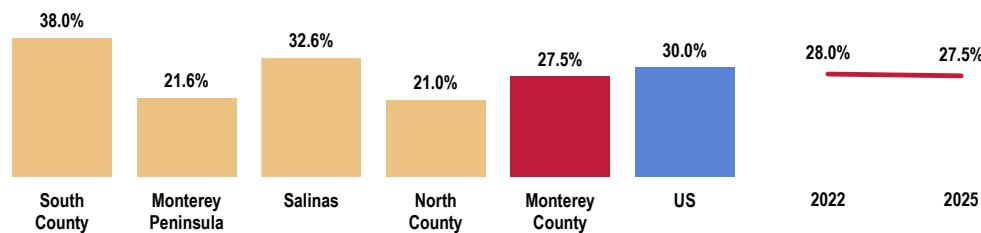


However, 27.5% of Monterey County adults find it “very” or “somewhat” difficult to access affordable fresh fruits and vegetables.

DISPARITY ► Highest in South County and in the Salinas area. Reported more often among women,

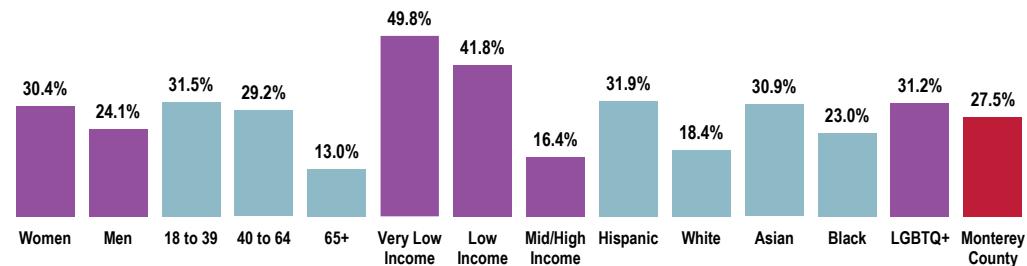
Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce

Monterey County



Sources: ● 2025 PRC Community Health Survey, PRC, Inc. [Item 66]
● 2023 PRC National Health Survey, PRC, Inc.

Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce (Monterey County, 2025)



Sources: ● 2025 PRC Community Health Survey, PRC, Inc. [Item 66]
Notes: ● Asked of all respondents.

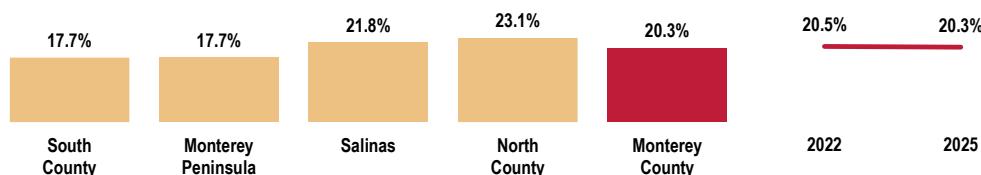


Sugar-Sweetened Beverages

A total of 20.3% of Monterey County adults report drinking an average of at least one sugar-sweetened beverage per day in the past week.

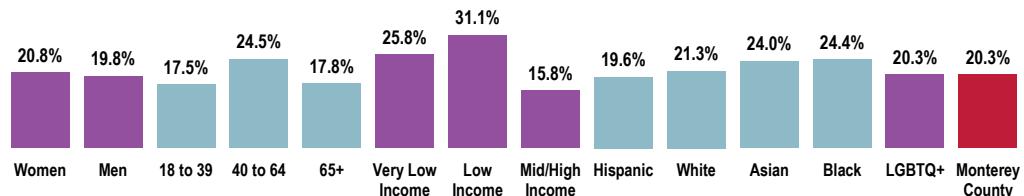
Had Seven or More Sugar-Sweetened Beverages in the Past Week

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 324]

Had Seven or More Sugar-Sweetened Beverages in the Past Week (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 324]

Notes: • Asked of all respondents.



PHYSICAL ACTIVITY

ABOUT PHYSICAL ACTIVITY

Physical activity can help prevent disease, disability, injury, and premature death. The Physical Activity Guidelines for Americans lays out how much physical activity children, adolescents, and adults need to get health benefits. Although most people don't get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities.

Strategies that make it safer and easier to get active — like providing access to community facilities and programs — can help people get more physical activity. Strategies to promote physical activity at home, at school, and at childcare centers can also increase activity in children and adolescents.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Activity Levels

Adults

ADULTS: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

For adults, “meeting physical activity recommendations” includes adequate levels of both aerobic and strengthening activities:

- **Aerobic activity** is one of the following: at least 150 minutes per week of light to moderate activity (such as walking), 75 minutes per week of vigorous activity (such as jogging), or an equivalent combination of both.
- **Strengthening activity** is at least two sessions per week of exercise designed to strengthen muscles (such as push-ups, sit-ups, or activities using resistance bands or weights).

– 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services.
www.cdc.gov/physicalactivity

A total of 34.5% of Monterey County adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).

BENCHMARK ▶ Higher than the CA and US figures and satisfies the Healthy People 2030 objective.

TREND ▶ Increasing significantly since 2022.

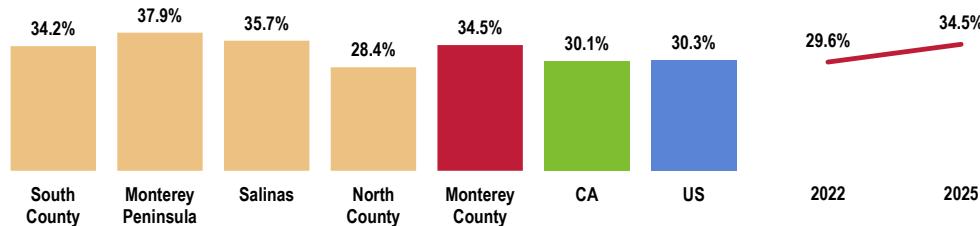
DISPARITY ▶ Lowest in North County. Reported less often among women, residents living below the poverty level, and White respondents.



Meets Physical Activity Recommendations

Healthy People 2030 = 29.7% or Higher

Monterey County



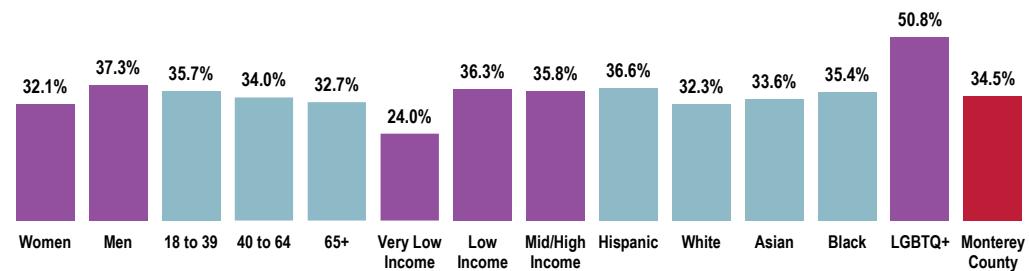
Sources:

- 2025 PRC Community Health Survey, PRC, Inc. [Item 110]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data
- 2023 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Meets Physical Activity Recommendations

(Monterey County, 2025)

Healthy People 2030 = 29.7% or Higher



Sources:

- 2025 PRC Community Health Survey, PRC, Inc. [Item 110]
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes:

- Asked of all respondents.
- Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) *and* who also report doing physical activities specifically designed to strengthen muscles at least twice per week.



Children

CHILDREN: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

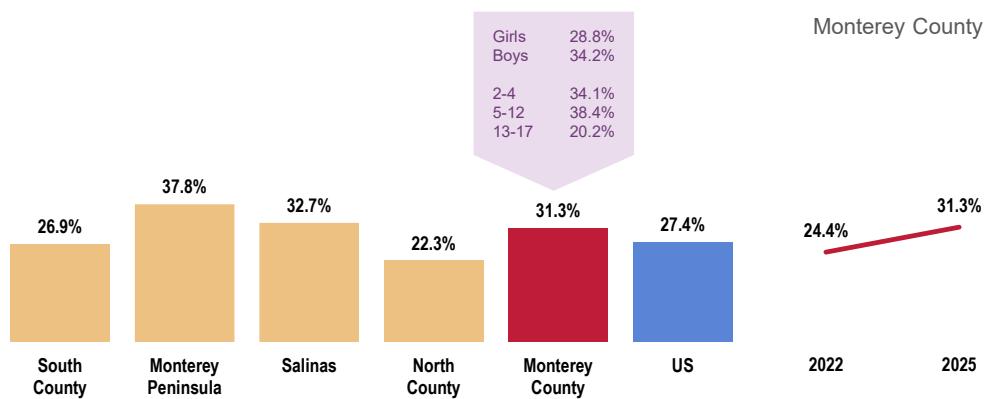
Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

– 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services.
www.cdc.gov/physicalactivity

Among Monterey County children age 2 to 17, 31.3% are reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day).

TREND ► Marks a statistically significant increase since 2022.

Child Is Physically Active for One or More Hours per Day (Children 2-17)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 94]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 2-17 at home.

• Includes children reported to have one or more hours of physical activity on each of the seven days preceding the survey.



WEIGHT STATUS

ABOUT OVERWEIGHT & OBESITY

Obesity is linked to many serious health problems, including type 2 diabetes, heart disease, stroke, and some types of cancer. Some racial/ethnic groups are more likely to have obesity, which increases their risk of chronic diseases.

Culturally appropriate programs and policies that help people eat nutritious foods within their calorie needs can reduce overweight and obesity. Public health interventions that make it easier for people to be more physically active can also help them maintain a healthy weight.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. The BMI should be used to assess overweight and obesity and to monitor changes in body weight. In addition, measurements of body weight alone can be used to determine efficacy of weight loss therapy. BMI is calculated as weight (kg)/height squared (m^2). To estimate BMI using pounds and inches, use: [weight (pounds)/height squared (inches 2)] $\times 703$.

In this report, overweight is defined as a BMI of 25.0 to 29.9 kg/m^2 and obesity as a BMI $\geq 30 kg/m^2$. The rationale behind these definitions is based on epidemiological data that show increases in mortality with BMIs above 25 kg/m^2 . The increase in mortality, however, tends to be modest until a BMI of 30 kg/m^2 is reached. For persons with a BMI $\geq 30 kg/m^2$, mortality rates from all causes, and especially from cardiovascular disease, are generally increased by 50 to 100 percent above that of persons with BMIs in the range of 20 to 25 kg/m^2 .

– Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.

Adult Weight Status

CLASSIFICATION OF OVERWEIGHT AND OBESITY BY BMI	BMI (kg/m^2)
Underweight	<18.5
Healthy Weight	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30.0

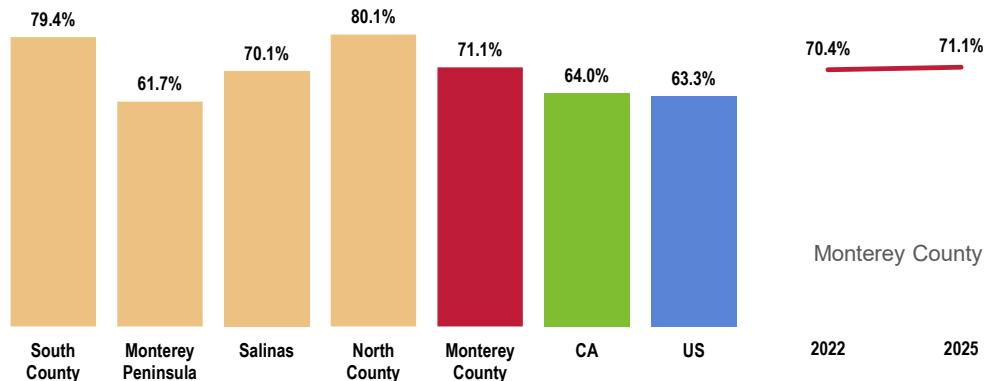
Source: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.



Overweight Status

Here, "overweight" includes those respondents with a BMI value ≥ 25 .

Prevalence of Total Overweight (Overweight and Obese)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]

• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Based on reported heights and weights, asked of all respondents.

• The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0. The definition for obesity is a BMI greater than or equal to 30.0.

The overweight prevalence above includes 36.4% of Monterey County adults who are obese.

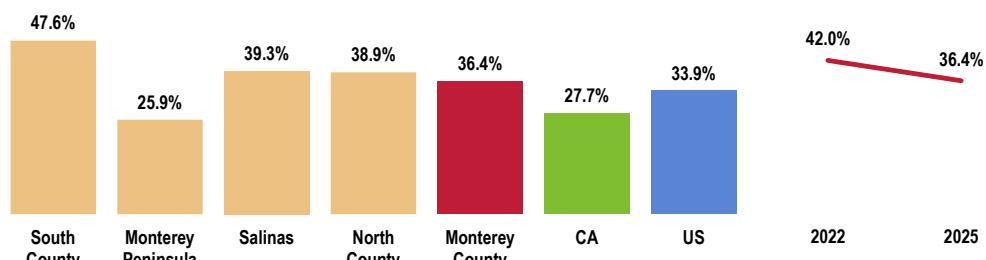
BENCHMARK ► Higher than the California prevalence.

"Obese" (also included in overweight prevalence discussed previously) includes respondents with a BMI value ≥ 30 .

Prevalence of Obesity

Healthy People 2030 = 36.0% or Lower

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]

• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.

• 2023 PRC National Health Survey, PRC, Inc.

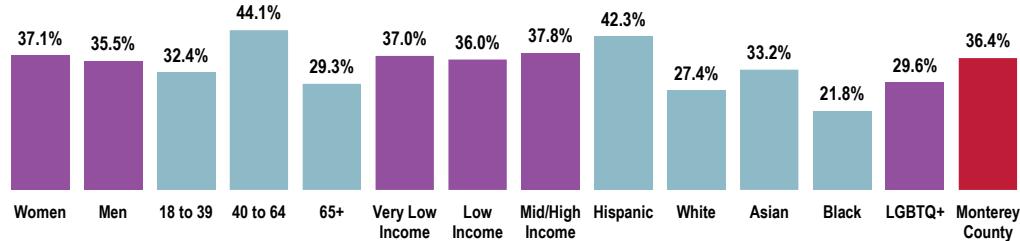
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Based on reported heights and weights, asked of all respondents.

• The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0.

Prevalence of Obesity (Monterey County, 2025)

Healthy People 2030 = 36.0% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Based on reported heights and weights, asked of all respondents.

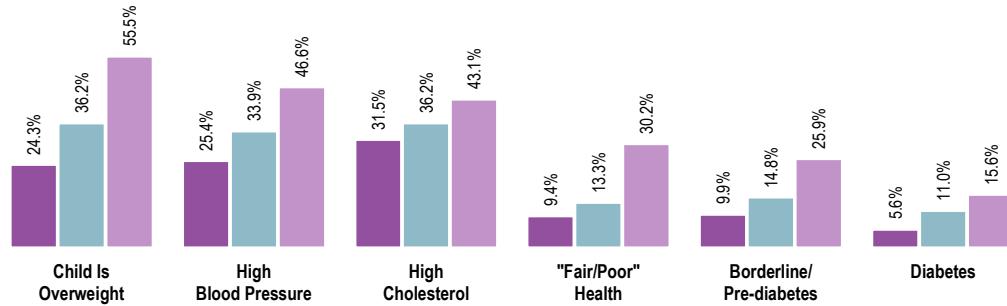
• The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

Relationship of Overweight With Other Health Issues

The correlation between overweight and various health issues cannot be disputed.

Relationship of Overweight With Other Health Issues (Monterey County, 2025)

■ Among Healthy Weight ■ Among Overweight/Not Obese ■ Among Obese



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]

Notes: • Based on reported heights and weights, asked of all respondents.

Children's Weight Status

ABOUT WEIGHT STATUS IN CHILDREN & TEENAGERS

In children and teens, body mass index (BMI) is used to assess weight status – underweight, healthy weight, overweight, or obese. After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age.

BMI-for-age weight status categories and the corresponding percentiles are shown below:

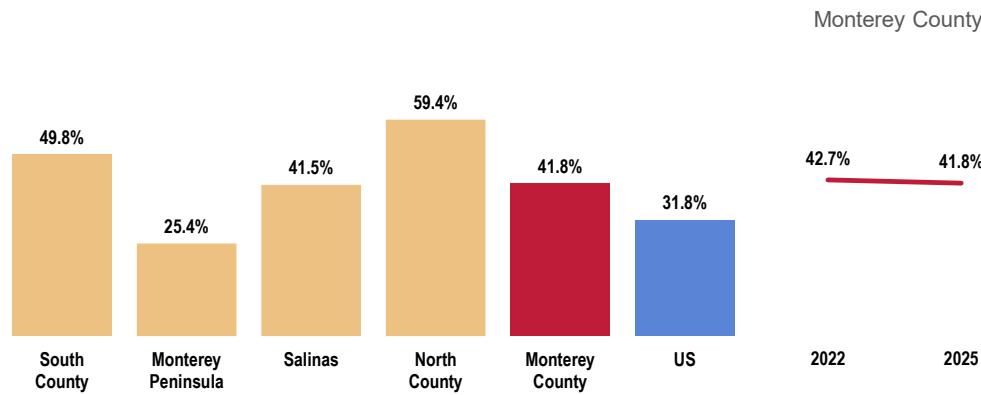
- Underweight <5th percentile
- Healthy Weight ≥5th and <85th percentile
- Overweight ≥85th and <95th percentile
- Obese ≥95th percentile

– Centers for Disease Control and Prevention

Based on the heights/weights reported by surveyed parents, 41.8% of Monterey County children age 5 to 17 are overweight or obese (≥85th percentile).

BENCHMARK = 42.7% above the US figure

Prevalence of Overweight in Children (Children 5-17)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 113]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 5-17 at home.

• Overweight among children is determined by children's Body Mass Index status at or above the 85th percentile of US growth charts by gender and age.



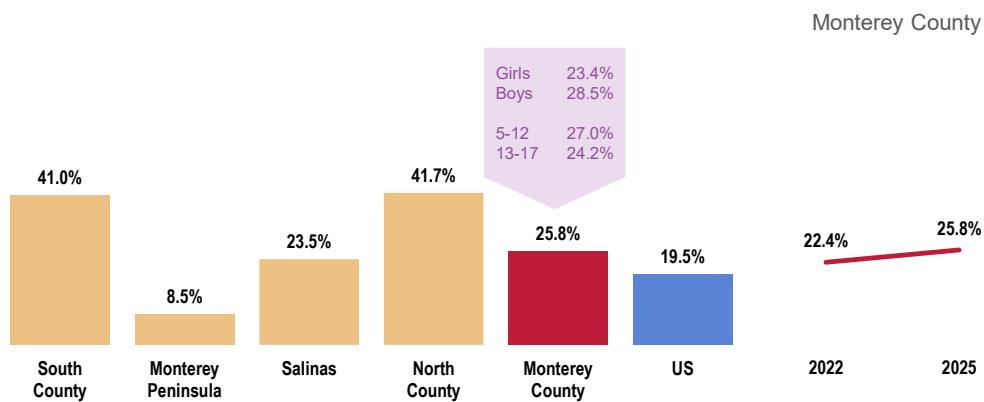
The childhood overweight prevalence above includes 25.8% of area children age 5 to 17 who are obese ($\geq 95^{\text{th}}$ percentile).

MONTEREY — Fails to satisfy the Healthy People 2030 objective

Prevalence of Obesity in Children

(Children 5-17)

Healthy People 2030 = 15.5% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 113]

• 2023 PRC National Health Survey, PRC, Inc.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents with children age 5-17 at home.

• Obesity among children is determined by children's Body Mass Index status equal to or above the 95th percentile of US growth charts by gender and age.

Key Informant Input:

Perceptions of Nutrition, Physical Activity & Weight as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.

Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Access to Affordable Healthy Food

Food is expensive. Fast and unhealthy food is more affordable. Opportunities for physical activity are limited.
— Social Services Provider

Access to healthy food options, knowledge about how food impacts health, and lack of access to free open space. — Social Services Provider



Lack of affordable healthy foods, especially in low-income regions. Limited safe spaces to be active within the community. — Social Services Provider

Access to affordable food, culturally relevant healthy foods, safe neighborhoods for activity. — Community Leader

Low income often leads to an unhealthy, fast food, ultra-processed food diet. — Physician

Lack to access to healthy eating options and healthy groceries. Lack of access to gyms and other exercise facilities. Lack of education and the effects associated with bad nutrition, lack of exercise, and being over/underweight. — Social Services Provider

Access to good nutrition; poverty; and education. — Physician

Healthy, affordable food choices. Safe parks for children to go outside and play at. Weight is directly related to the cultural diet in our community. — Health Care Provider

Access to healthy foods, misinformation, busy lifestyles, emotional eating, lack of time, limited access to safe spaces, chronic dieting and weight cycling, stigma and mental health. — Social Services Provider

Access to healthy nutrition. — Community Leader

A lack of access to affordable fruits and vegetables, especially in rural areas. Having said that, the lack of access and affordability also affects populations elsewhere in the county. In general, food prices have continued to rise, forcing people to look for cheaper and often less healthy alternatives. It is very difficult for many to afford food, much less healthy food. There is a lack of walkable streets in many areas. Some of these are infrastructure, lack of sidewalks, etc. Some of these are individuals not feeling safe walking, biking, or playing in the neighborhood. The lack of safety is likely related to crime and possibly, for others, being exposed to the possibility of encountering ICE while out. There is access to some organized sports, depending on location; however, the cost may be out of reach for families. Outdoor areas at schools in most areas are closed up in the evening, weekend, and over the summer, leaving nearby recreational space limited or unavailable. — Public Health Representative

Families that are already income-burdened cannot spend on quality fruits and vegetables as part of a healthy diet, as organic brands are more expensive. We have limited options for affordable organic food. There is a limited amount of affordable gyms in the area. Most are expensive and have limited workout space. Some families opt for exercising in the parks and around the city; however, the weather and wind are a factor and deterrent in our city. Having parks with exercise equipment may facilitate having more physical activity within our city and region. We lack restaurants with a variety of healthy options. We have a high concentration of fast food restaurants that make it easier to grab a cheap and unhealthy meal. Due to lack of high-paying jobs, many residents in South Monterey County commute to work; therefore, they are away from home for long hours during the day, and prepping and cooking healthy meals is not always feasible and prioritized. — Community Leader

Healthier foods are not as affordable and accessible to all community members. The number of individuals who use the food bank is an indication of this. When families have to work far from where they live due to the affordability of housing or for families that work multiple jobs, they don't have as much time to fit in physical activity or to cook at home rather than eating fast, processed foods. — Community Leader

Built Environment

Access to open spaces; healthy, affordable food; and knowing how to feed our bodies properly. Fear of deportation due to immigration status results in not reaching out for access. — Community Leader

Built environment — lacking greenspace, such as parks and walking trails, biking paths throughout all parts of the county. Incomplete streets and sidewalks — unmaintained roads and broken sidewalks. Lack of access to healthy foods in all retail operations. High-sugar, high-calorie, and filling foods are cheaper and more readily accessible than healthier food, which is more expensive and takes time to shop for and prepare. — Public Health Representative

Physical activity, safe parks, and safe, walkable neighborhoods. — Community Leader

Lack of places to get out and walk/exercise. — Community Leader

Lifestyle

Cheap and easy to get processed foods, less physical activity, and more screen time. — Community Leader

Soda and processed food intake (unregulated advertising, lack of available affordable fresh fruits and vegetables in low-income neighborhoods, lack of safe spaces for outdoor exercise in low-income neighborhoods; lack of after-school care for children). The biggest predictor of childhood obesity is working parents. Lack of nutrition education programs (as a primary care doctor in Salinas, there is nowhere I can refer children for nutrition counseling, and I can only refer adults when they qualify for bariatric surgery — BMI over 40). Also, no referrals available for diabetic nutrition. County needs to create more positions for nutritionists and diabetic educators. — Physician

High intake of fast food and lack of exercise. Need to increase low-cost wellness programs and initiate community exercise programs. — Community Leader

Nutrition — cheap, high-calorie, low-nutrition food readily available, especially in impoverished communities. Easy access to fast foods, which, again, are high-calorie and poor nutrition. Living in dense, crowded living spaces, high crime is not conducive to exercise and or physical activity. These two things result in weight gain. — Physician



People aren't eating right, and they lack the motivation to exercise. — Community Leader

Access to Care/Services

Lack of structured groups with regular meetings to teach and support lifestyle changes. The few I know of require a diagnosis of diabetes or payment to a weight loss clinic/program. There are wonderful sources for fresh fruits and veggies, including affordable ones, and many beautiful options for movement, but no regularly scheduled meetings or groups that integrate/utilize health care practitioners for people with 'normal' insurance. — Physician

Our communities have limited or no access to community centers like the YMCA, gyms, or open areas for safe physical workouts. — Community Leader

Resources in the community. — Health Care Provider

Awareness/Education

No early education for parents from babies on up as to what they need to feed their children. We have gyms, but very few attend them. There is just nothing that reaches the people who need it the most. — Community Leader

Awareness of available resources and access to resources. — Community Leader

Obesity

Strategies to motivate or support weight loss, either through increased activity, improved nutrition, calorie reduction, or other appear to have largely failed. The community and nation as a whole are more overweight and obese now than at any time ever recorded in the past. Workplaces, schools, other tasks, and societal functions that capture people's attention Monday through Friday for the majority of their waking hours should incentivize more physical activity, more outdoor activity, and improved nutrition. — Community Leader

Obesity. — Physician

Parental Influence

Parents knowing how to set boundaries is what I see as the biggest challenge. In our city council meetings, many people speak up about how they do not feel safe in their neighborhoods, so they're not getting out to exercise. I have heard people talking about how rents are so high, they don't have money for food.

— Social Services Provider

Nutrition

I think we need to expose the community to better programs to help eat healthy, move more. More education. More programs like Blue Zones Project. — Physician

Technology

Gamer culture, virtual reality, culture of unhealthy food consumption, and limited culturally-rooted healthy food options. — Community Leader

Affordable Care/Services

Cost of services, finding resources, finding accessible options, having a safe space to exercise.
— Social Services Provider

Employment

Unemployment, education, access to transportation, access to professional caregivers. — Physician

Housing

Cost of living driving individuals to work hard and work more hours, leading to limited activity, eating what is easily accessible. — Physician



SUBSTANCE USE

ABOUT DRUG & ALCOHOL USE

Substance use disorders can involve illicit drugs, prescription drugs, or alcohol. Opioid use disorders have become especially problematic in recent years. Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths.

Effective treatments for substance use disorders are available, but very few people get the treatment they need. Strategies to prevent substance use — especially in adolescents — and help people get treatment can reduce drug and alcohol misuse, related health problems, and deaths.

– Healthy People 2030 (<https://health.gov/healthypeople>)

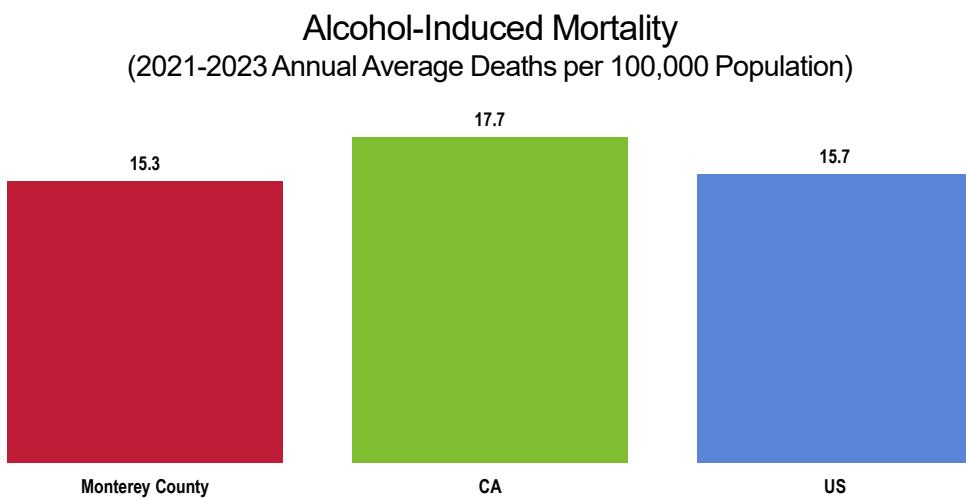
Alcohol Use

Alcohol-Induced Deaths

Between 2021 and 2023, Monterey County reported an annual average mortality rate of 15.3 alcohol-induced deaths per 100,000 population.

BENCHMARK ► Lower than the California rate.

TREND: ▶ The rate increased from 2014-2016 to 2021-2023. SOURCE: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.



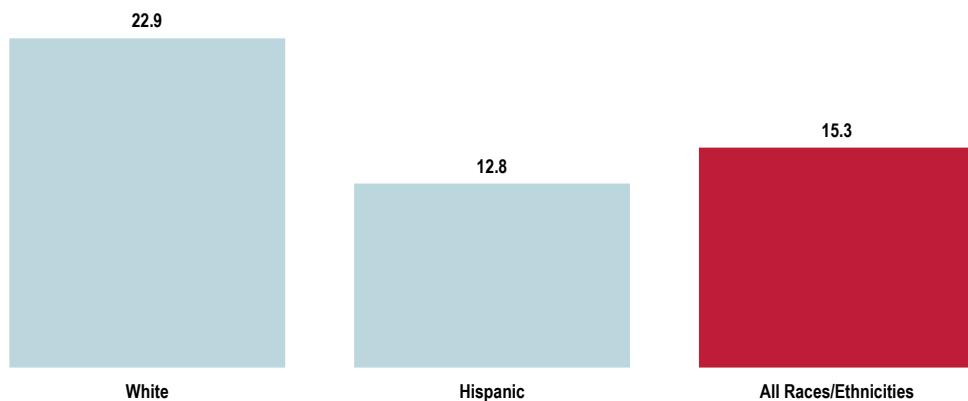
Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



Alcohol-Induced Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Alcohol-Induced Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Monterey County	12.7	13.3	13.0	12.2	13.8	15.5	15.5	15.3
CA	12.8	13.0	13.0	13.2	14.1	15.9	17.2	17.7
US	10.2	10.7	11.1	11.4	12.7	14.4	15.5	15.7

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population.



Excessive Drinking

Excessive drinking includes heavy and/or binge drinkers:

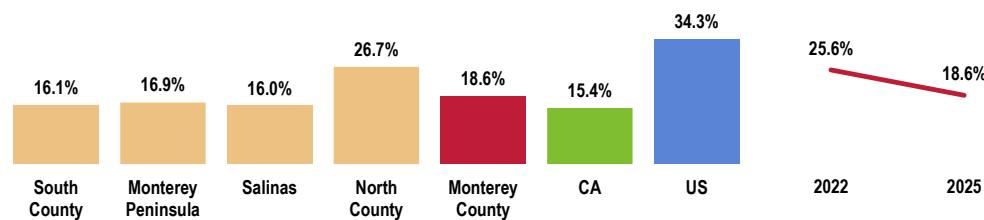
- **HEAVY DRINKING** ► men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview.
- **BINGE DRINKING** ► men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.

A total of 18.6% of area adults engage in excessive drinking (heavy and/or binge drinking).

BENCHMARK ► Higher than the CA prevalence but well below the US figure.

Engage in Excessive Drinking

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 116]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.

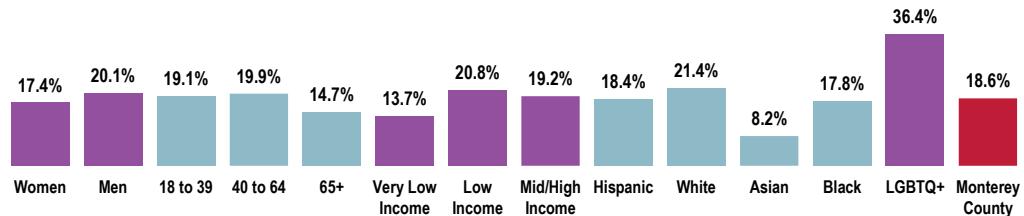
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Excessive drinking reflects the percentage of persons age 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



Engage in Excessive Drinking (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 116]

Notes: • Asked of all respondents.

• Excessive drinking reflects the percentage of persons age 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

Drug Use

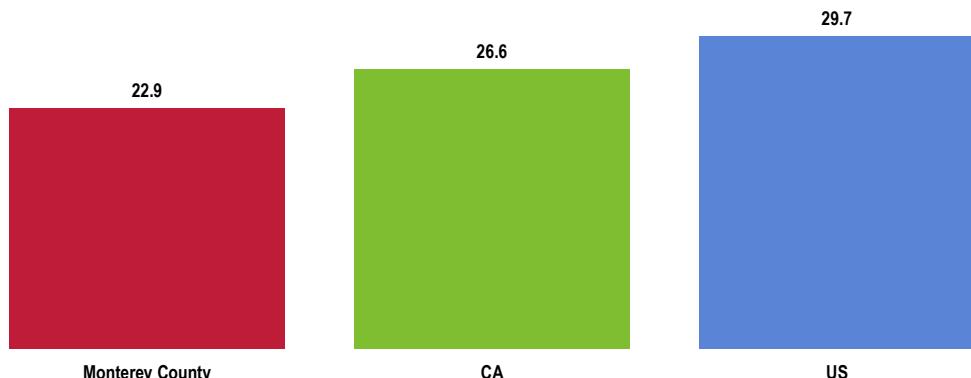
Unintentional Drug-Induced Deaths

Between 2021 and 2023, there was an annual average mortality rate of 22.9 unintentional drug-induced deaths per 100,000 population in Monterey County.

BENCHMARK ► Lower than the CA and US rates.

MONTEREY COUNTY CA US

Unintentional Drug-Induced Mortality (2021-2023 Annual Average Deaths per 100,000 Population)



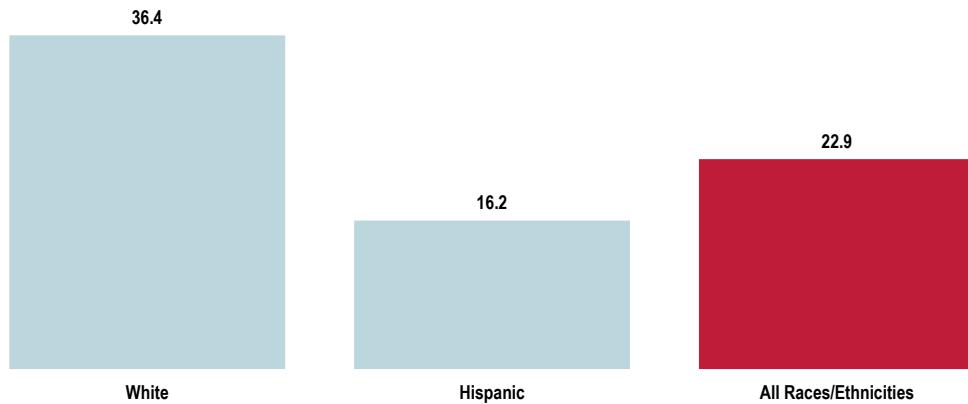
Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



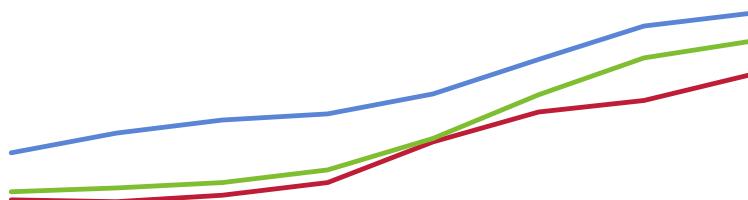
Unintentional Drug-Induced Mortality by Race/Ethnicity (2021-2023 Annual Average Deaths per 100,000 Population; Monterey County)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Unintentional Drug-Induced Mortality Trends (Annual Average Deaths per 100,000 Population)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

• Rates are per 100,000 population.



Illicit Drug Use

A total of 4.5% of Monterey County adults acknowledge using an illicit drug in the past month.

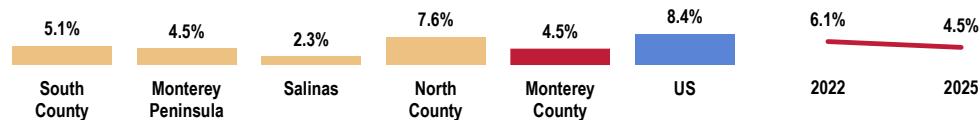
BENCHMARK ► Well below the US prevalence.

For the purposes of this survey, "illicit drug use" includes use of illegal substances or of prescription drugs taken without a physician's order.

Note: As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that actual illicit drug use in the community is likely higher.

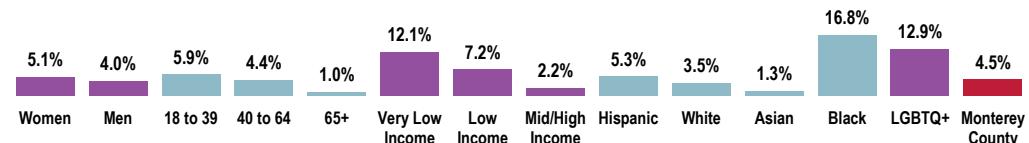
Illicit Drug Use in the Past Month

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 40]

Illicit Drug Use in the Past Month (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 40]

Notes: • Asked of all respondents.



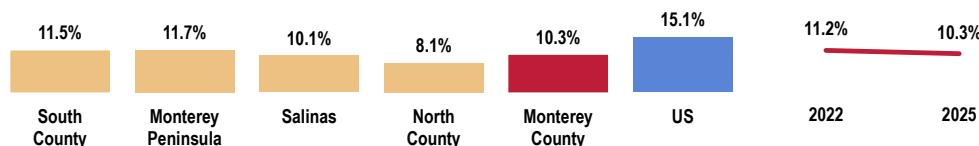
Use of Prescription Opioids

Opioids are a class of drugs used to treat pain. Examples presented to respondents include morphine, codeine, hydrocodone, oxycodone, methadone, and fentanyl. Common brand name opioids include Vicodin, Dilaudid, Percocet, OxyContin, and Demerol.

A total of 10.3% of Monterey County adults report using a prescription opioid drug in the past year.

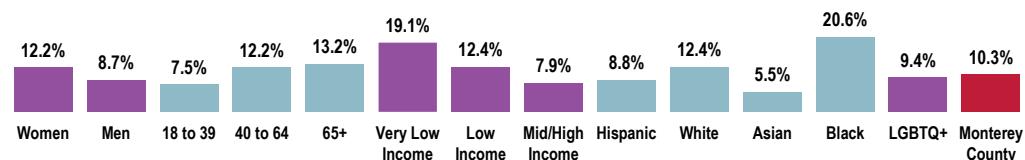
Used a Prescription Opioid in the Past Year

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 41]

Used a Prescription Opioid in the Past Year (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 41]
Notes: • Asked of all respondents.

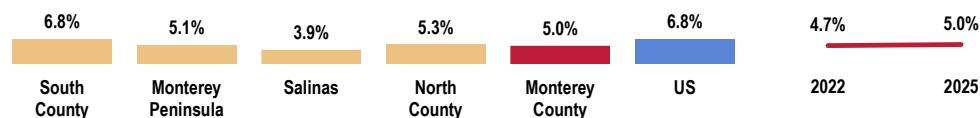


Alcohol & Drug Treatment

A total of 5.0% of Monterey County adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 42]

• 2023 PRC National Health Survey, PRC, Inc.

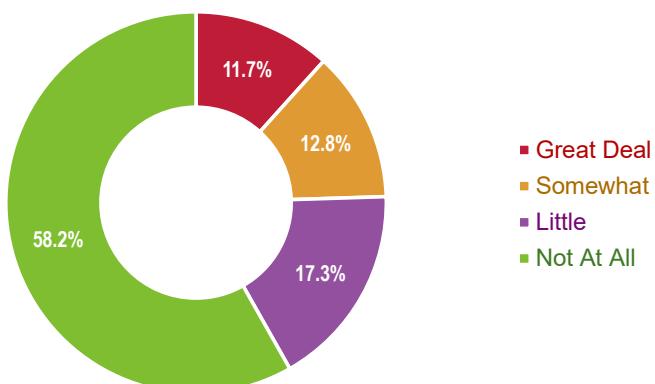
Notes: • Asked of all respondents.

Personal Impact From Substance Use

Over half of Monterey County residents' lives have not been negatively affected by substance use.

Surveyed adults were also asked to what degree their lives have been impacted by substance use (whether their own use or that of another).

Degree to Which Life Has Been Negatively Affected by Substance Use (Self or Other's) (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 43]

Notes: • Asked of all respondents.

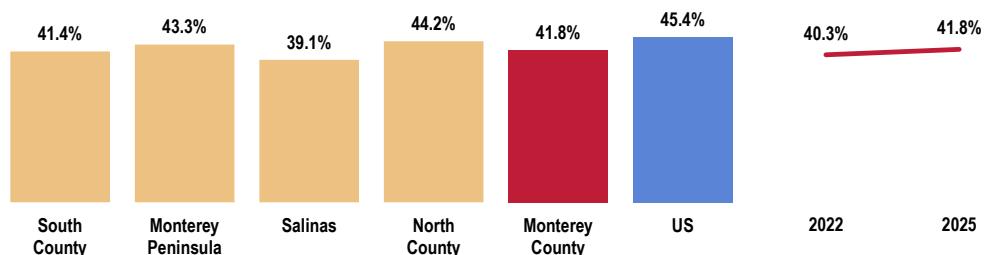


However, 41.8% have felt a personal impact to some degree ("a little," "somewhat," or "a great deal").

BENCHMARK ► Lower than the US percentage.

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)

Monterey County

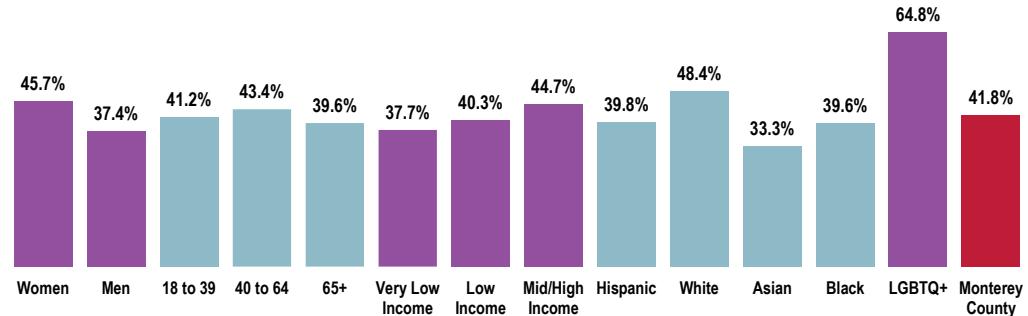


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 43]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else) (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 43]

Notes: • Asked of all respondents.

• Includes those responding "a great deal," "somewhat," or "a little."



Perceptions of Substance Use as a Problem in the Community (Among Key Informants; Monterey County, 2025)

▪ Major Problem ▪ Moderate Problem ▪ Minor Problem ▪ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care/Services

Difficulty getting into a methadone clinic. Too few physicians prescribing buprenorphine for OUD and IM naltrexone, vivitrol for alcohol use disorder. — Physician

Not enough treatment facilities in the county. — Health Care Provider

Access and awareness of folks in need and of service providers. — Physician

Not enough access to inpatient treatment programs covered by Medi-Cal. Not enough resources for minors in the community. Not enough beds or space for people in need of an inpatient stay. — Social Services Provider

Lack of residential facilities in our area to address the substance use. Lack of money to afford treatment. Lack of funding to implement prevention programs in our community. Lack of consistent awareness of the resources and treatments available to families. — Community Leader

Lack of available and timely services, especially for those who are uninsured, low-income, or don't speak English. Stigma is another major barrier. Many individuals and families avoid seeking help due to shame, fear of judgment, or lack of understanding around addiction as a health issue. — Social Services Provider

Fancy mental health residential facilities built on the peninsula that have limited or no availability for kids on Medi-Cal or without insurance. — Public Health Representative

Limited resources. Lots of patients with mental health issues, homelessness, chronic pain. — Physician

Access to treatment that doesn't result in incarceration, fear of deportation due to immigration status result in not reaching out for access. — Community Leader

No access, no resources. — Physician

Insufficient availability of treatment programs. Lack of information to medical community about how/ where to refer. — Physician

Lack of availability of services in county, inundated wait lists for people actively seeking services. — Social Services Provider

Lack of intervention services. — Social Services Provider

Affordable Care/Services

Easily accessible, affordable treatments. Transportation and cost are the biggest barriers. — Social Services Provider

There is a dearth of affordable substance use treatment experts and facilities. — Community Leader

Cost. — Physician

SUD treatment is expensive, and most insurance does not cover inpatient treatment. Several for medical patients. Treatment access has lots of barriers, requires screenings, not enough employees available to get timely screenings. — Health Care Provider

Cost and lack of insurance; stigma and shame; lack of local treatment facilities; transportation; and mental health. — Social Services Provider

It is really hard to find affordable substance use treatment programs in our community. — Community Leader



Alcohol/Drug Use

Fentanyl and opioid use/abuse. — Community Leader

Increased availability of fentanyl, specifically. — Community Leader

Fentanyl. — Community Leader

More people who use substances are using at a higher rate and are developing addiction challenges that require high levels of care (residential, intensive outpatient) to address. However, the process to access these services is difficult to navigate and have a long wait period after assessment before being placed in the appropriate level of care. Substance use is also seen by some law enforcement personnel as a criminal matter and approached as such, with the result being punitive (incarceration) versus rehabilitative (seeking treatment).

— Community Leader

Lack of Providers

Connecting to a reputable provider. — Social Services Provider

Lack of psychiatrists. Bias against people with addiction. Lack of long-term inpatient and outpatient treatment centers. — Social Services Provider

Not enough providers of these services in our county. — Physician

Limited number of providers for substance abuse disorder. Limited number of providers who can provide medically assisted treatment. — Community Leader

Denial/Stigma

Feeling like truly judgement-free zones and accessible information exist, can be asked for/requested, and actually find programs that work for folks. — Social Services Provider

Stigma. — Social Services Provider

I am only aware of people not wanting treatment. — Community Leader

Willingness to receive treatment. — Health Care Provider

Incidence/Prevalence

I'm not sure, but one needs only go for a walk along the main street to see that it's a big problem.

— Social Services Provider

Of course, it is a problem. Opioid and methamphetamine use is at all-time high. Not many providers are trained or comfortable in the dispensing of suboxone, which only works well for opioid use. It is a big problem for our community. Meth is bigger, and there are no effective treatments as of yet for meth. Seems to be very easy to access, and it might be that we are on the 101 corridor and not landlocked with the Pacific on our left, allowing for delivery of drugs from Latin America and Asia. In addition, there are specialty stores where you can purchase medications such as tramadol and benzodiazepines, etc. This is not hearsay, as I along with another provider treated a patient who thought they were purchasing tramadol (which is illegal) from a store, and it turned out they were being sold benzos, resulting in a lot of problems. There are thousands of these stores (in this store the FBI seized 2,000 illegal pills after I reported it). — Physician

Access to Care for Uninsured/Underinsured

Most people do not know the first steps. Even after they identify the problems, then what's next and who pays?

— Social Services Provider

Awareness of programming, costs and support systems. — Community Leader

Co-Occurrences

Mental health. — Community Leader

Substance abuse is associated with mental disease. Addiction is not curable. — Physician

Cultural/Personal Beliefs

Barriers are cultural. Existing resources are not supported enough to meet the urgent needs visible on a daily basis on our streets and schools. — Community Leader

Easy Access

Adults purchasing alcohol, weed for youngsters. Youngsters trying to avoid the pain in their lives. Social connection. — Social Services Provider

Language Barriers

Language and social obstacles, but mostly the gang problems that haunt all of the county. — Community Leader



Law Enforcement

Legal mandates to attend/seek treatment rather than criminal charges. — Social Services Provider

Opioid Dependence

Opioid dependence and overutilization. — Public Health Representative

Most Problematic Substances

Key informants (who rated this as a “major problem”) clearly identified **alcohol** as causing the most problems in the community, followed by **methamphetamine/other amphetamines and heroin/other opioids**.

SUBSTANCES VIEWED AS MOST PROBLEMATIC IN THE COMMUNITY (Among Key Informants Rating Substance Use as a “Major Problem”)

ALCOHOL	51.2%
METHAMPHETAMINE OR OTHER AMPHETAMINES	26.8%
HEROIN OR OTHER OPIOIDS	17.1%
PRESCRIPTION MEDICATIONS	2.4%
INHALANTS	2.4%



TOBACCO USE

ABOUT TOBACCO USE

Most deaths and diseases from tobacco use in the United States are caused by cigarettes. Smoking harms nearly every organ in the body and increases the risk of heart disease, stroke, lung diseases, and many types of cancer. Although smoking is widespread, it's more common in certain groups, including men, American Indians/Alaska Natives, people with behavioral health conditions, LGBT people, and people with lower incomes and education levels.

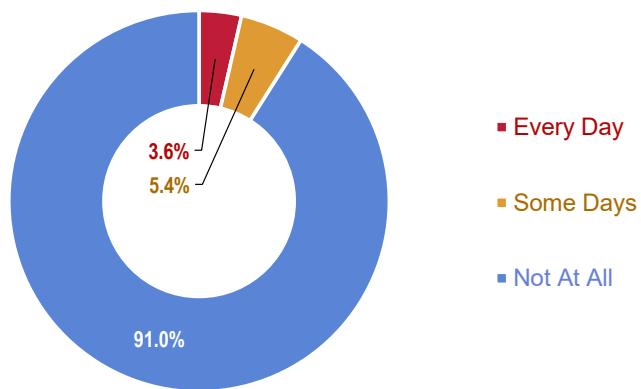
Several evidence-based strategies can help prevent and reduce tobacco use and exposure to secondhand smoke. These include smoke-free policies, price increases, and health education campaigns that target large audiences. Methods like counseling and medication can also help people stop using tobacco.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Cigarette Smoking

Prevalence of Cigarette Smoking

Prevalence of Cigarette Smoking
(Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 34]
Notes: • Asked of all respondents.



Note the following findings related to cigarette smoking prevalence in Monterey County.

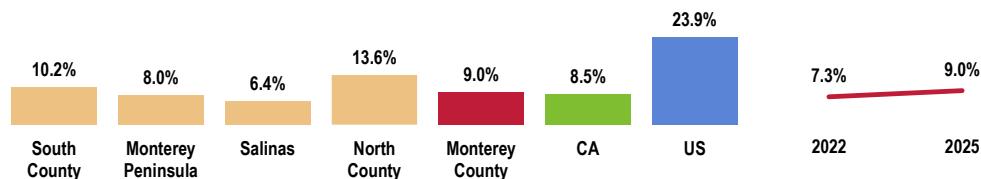
BENCHMARK ► Much lower than the US figure.

2022 2025

Currently Smoke Cigarettes

Healthy People 2030 = 6.1% or Lower

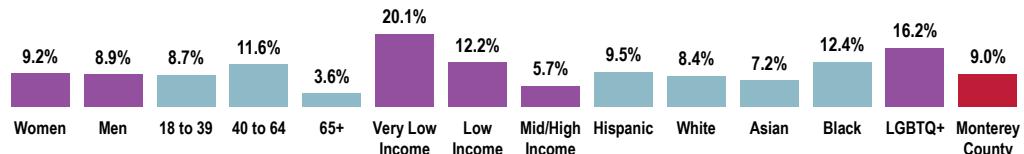
Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 34]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 California data.
• 2023 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Currently Smoke Cigarettes (Monterey County, 2025)

Healthy People 2030 = 6.1% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 34]
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.
• Includes those who smoke cigarettes every day or on some days.



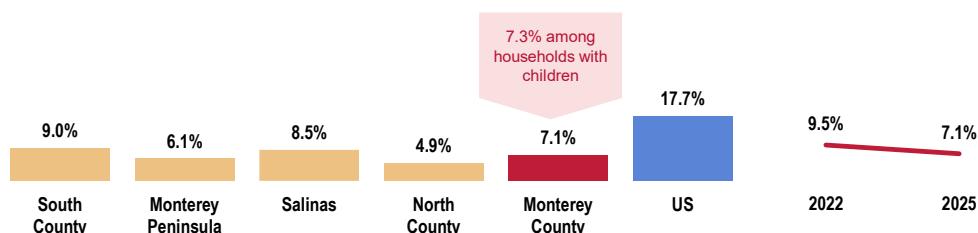
Environmental Tobacco Smoke

Among all surveyed households in Monterey County, 7.1% report that someone has smoked cigarettes, cigars, or pipes anywhere in their home an average of four or more times per week over the past month.

BENCHMARK ► Well below the US prevalence.

Member of Household Smokes at Home

Monterey County



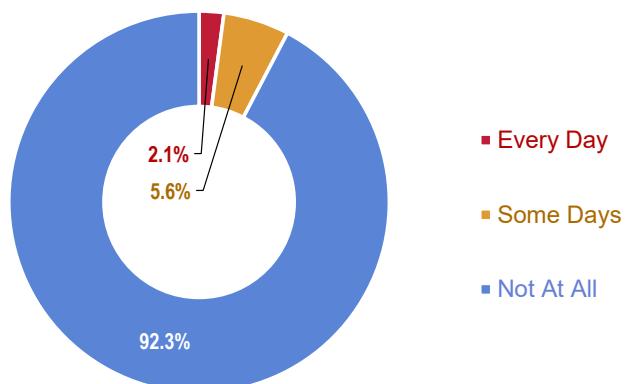
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 35, 114]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.

Use of Vaping Products (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 36]

Notes: • Asked of all respondents.



However, 7.7% currently use electronic vaping products either regularly (every day) or occasionally (on some days).

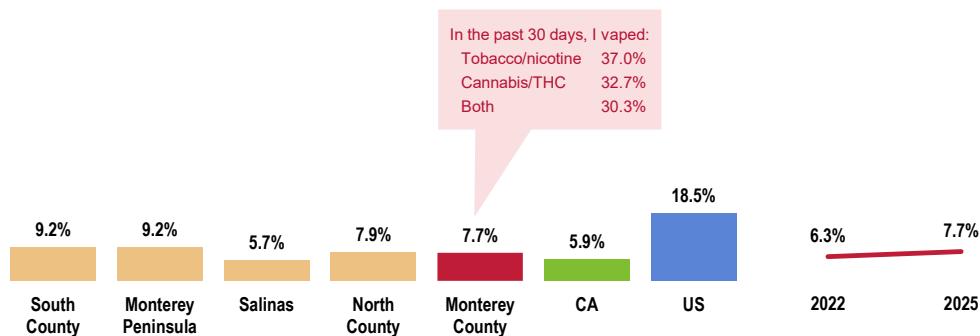
BENCHMARK ► Higher than the CA percentage but well below the US.

TREND ► Increasing since 2022.

DISPARITY ► Highest in the Monterey Peninsula area. The prevalence decreases with age and

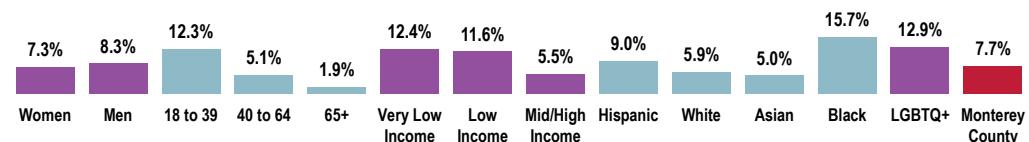
Currently Use Vaping Products (Every Day or on Some Days)

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 36, 310]
• 2023 PRC National Health Survey, PRC, Inc.
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control

Currently Use Vaping Products (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 36]

Notes: • Asked of all respondents.

• Includes those who use vaping products every day or on some days.



Perceptions of Tobacco Use as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Incidence/Prevalence

It impacts not just the individual who smokes, but also the broader population. — Social Services Provider
Incidence is not necessarily decreasing. Vaping is not helping, either. — Physician

E-Cigarettes

Tobacco is a problem, but not as much as vaping. Although it is still an issue, campaigns against tobacco use have been effective, and I myself do not see as much tobacco use as I do vape use and marijuana use. The 60 and older population, from my own experience, seems to be the highest risk of TUD, perhaps coinciding with the time when tobacco companies were at their peak in targeting populations. — Physician

Social Norms/Community Attitude

A lot of kids don't think it is a big deal. It is prevalent. Norm rather than exception. Entry to substance use. Stores selling to minors. — Social Services Provider



SEXUAL HEALTH

ABOUT HIV & SEXUALLY TRANSMITTED INFECTIONS

Although many sexually transmitted infections (STIs) are preventable, there are more than 20 million estimated new cases in the United States each year — and rates are increasing. In addition, more than 1.2 million people in the United States are living with HIV (human immunodeficiency virus).

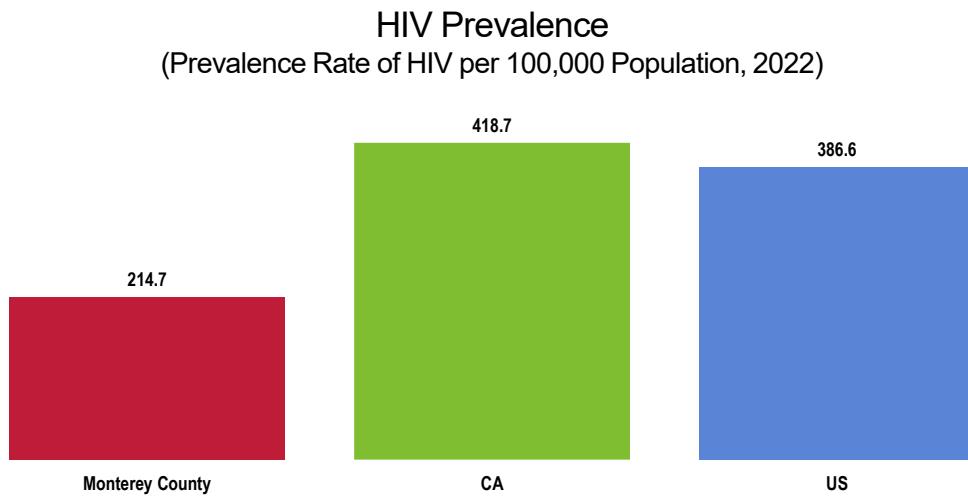
Adolescents, young adults, and men who have sex with men are at higher risk of getting STIs. And people who have an STI may be at higher risk of getting HIV. Promoting behaviors like condom use can help prevent STIs.

Strategies to increase screening and testing for STIs can assess people's risk of getting an STI and help people with STIs get treatment, improving their health and making it less likely that STIs will spread to others. Getting treated for an STI other than HIV can help prevent complications from the STI but doesn't prevent HIV from spreading.

– Healthy People 2030 (<https://health.gov/healthypeople>)

HIV

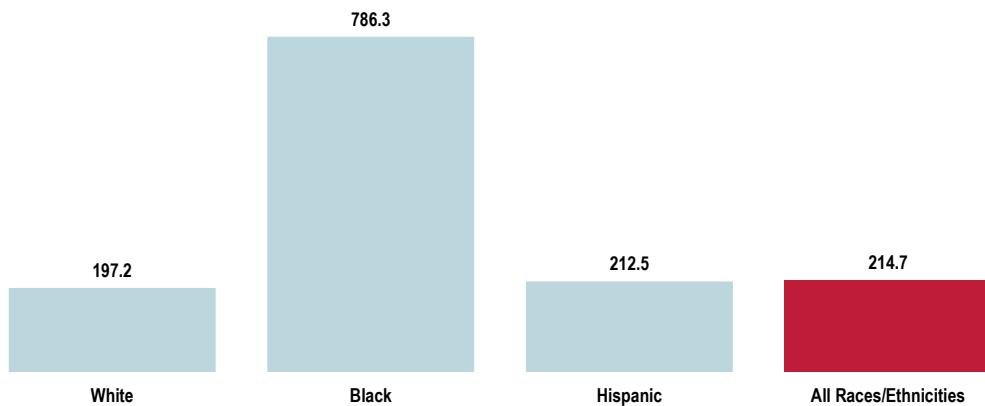
In 2022, the county reported a prevalence of 214.7 HIV cases per 100,000 population.



Sources: • Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).



HIV Prevalence by Race/Ethnicity (Rate per 100,000 Population; Monterey County, 2022)



Sources: • Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.

• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

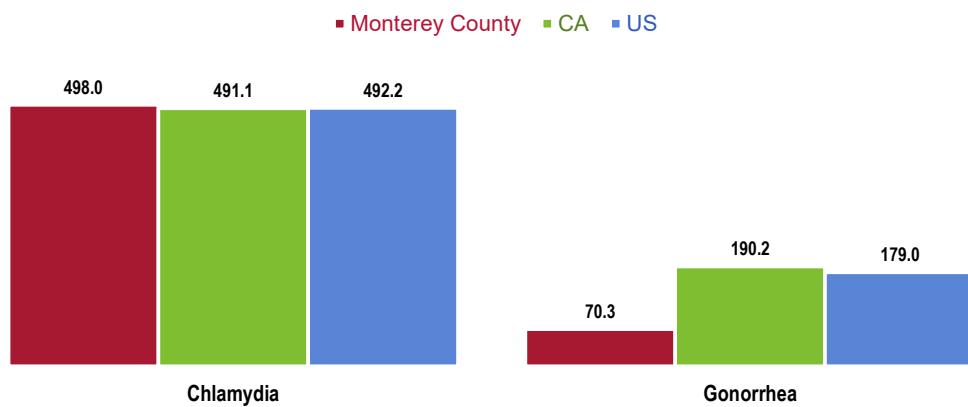
Notes: • Race categories reflect individuals without Hispanic origin.

Sexually Transmitted Infections (STIs)

Chlamydia & Gonorrhea

In 2023, the chlamydia incidence rate in Monterey County was 498.0 cases per 100,000 population.

Chlamydia & Gonorrhea Incidence (Incidence Rate per 100,000 Population, 2023)



Sources: • Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.

• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).



Perceptions of Sexual Health as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Sexually Transmitted Infections

I work in clinics and labor and delivery. In both those sectors, I have seen a rise in syphilis and chlamydia, and as a consequence, the sequelae, such as neurosyphilis and pelvic inflammatory disease. — Physician
HIV transmission is ongoing; this is unconscionable in a community of our size. Other STIs are common, high syphilis rate, potential birth defects when occurring in pregnancy, and chlamydia causing infertility. — Physician
The numbers of reported cases of STIs have increased year over year, including syphilis, which may also lead to preventable congenital syphilis cases. This increase in STI cases may not be the whole picture, as individuals may, for different reasons, not seek treatment. Lack of uptake of PrEP, for, again, multiple reasons, including embarrassment and cultural norms. Mis- or disinformation aimed at the public, discouraging support for the needed services. I also worry about the future of this type of funding and services with the current administration. — Public Health Representative

Access to Care/Services

There is unfortunately a lack of access to regular STI testing in our area. Lots of gay men and men who have sex with men report challenges in getting prescriptions for PrEP and other medications that could reduce the spread of HIV/other STDs. — Community Leader

Denial/Stigma

There is still a lot of stigma surrounding the topic and uncomfortable young parents entering parenthood, unsure of what to do and if they wanted their now-existent children. — Social Services Provider

Parental Supervision

There are a lot of unsupervised kids after school whose parents are working, and there are no Planned Parenthood offices anywhere nearby that I have ever heard of. — Community Leader





ACCESS TO HEALTH CARE

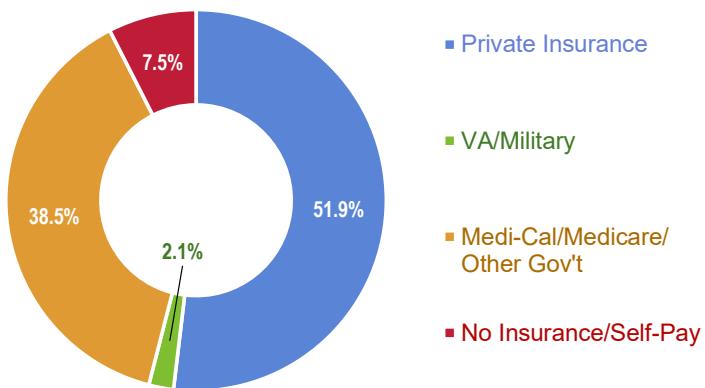
HEALTH INSURANCE COVERAGE

Type of Health Care Coverage

A total of 51.9% of Monterey County adults age 18 to 64 report having health care coverage.

Survey respondents were asked a series of questions to determine their health care insurance coverage, if any, from either private or government-sponsored sources.

Health Care Insurance Coverage
(Adults 18-64; Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 117]
Notes: • Reflects respondents age 18 to 64.



Lack of Health Insurance Coverage

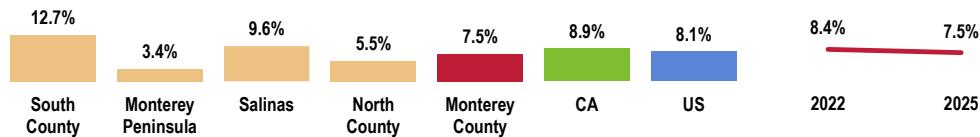
Among adults age 18 to 64, 7.5% report having no insurance coverage for health care expenses.

Here, lack of health insurance coverage reflects respondents age 18 to 64 (thus, excluding the Medicare population) who have no type of insurance coverage for health care services – neither private insurance nor government-sponsored plans (e.g., Medi-Cal).

Lack of Health Care Insurance Coverage (Adults 18-64)

Healthy People 2030 = 7.6% or Lower

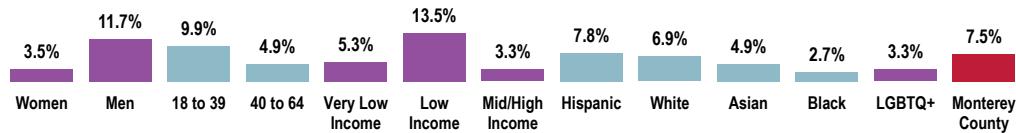
Monterey County



Sources: ● 2025 PRC Community Health Survey, PRC, Inc. [Item 117]
● Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data.
● 2023 PRC National Health Survey, PRC, Inc.
● US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Lack of Health Care Insurance Coverage (Adults 18-64; Monterey County, 2025)

Healthy People 2030 = 7.6% or Lower



Sources: ● 2025 PRC Community Health Survey, PRC, Inc. [Item 117]
● US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
Notes: ● Reflects respondents age 18 to 64.



DIFFICULTIES ACCESSING HEALTH CARE

ABOUT HEALTH CARE ACCESS

Many people in the United States don't get the health care services they need. ...People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need. Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.

Sometimes people don't get recommended health care services, like cancer screenings, because they don't have a primary care provider. Other times, it's because they live too far away from health care providers who offer them. Interventions to increase access to health care professionals and improve communication — in person or remotely — can help more people get the care they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Difficulties Accessing Services

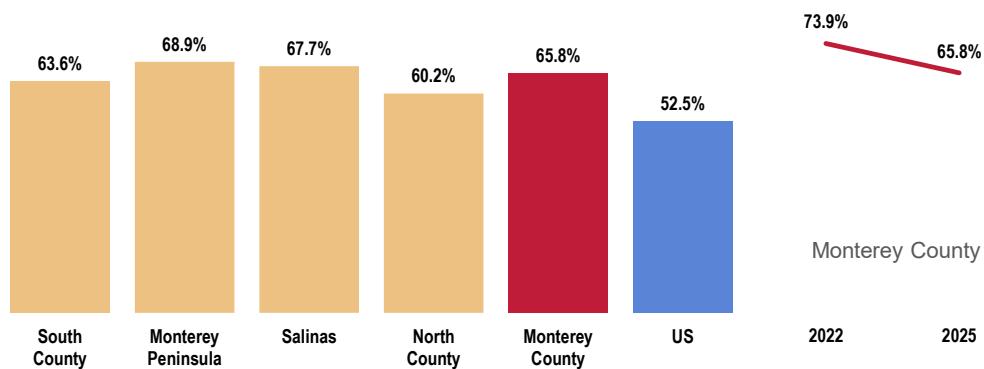
This indicator reflects the percentage of the total population experiencing problems accessing health care in the past year, regardless of whether they needed or sought care. It is based on reports of the barriers outlined in the following section.

Nearly two in three Monterey County adults (65.8%) report some type of difficulty or delay in obtaining health care services in the past year.

BENCHMARK ► Well above the US figure.

TREND ► Decreasing (improving) significantly since 2022.

Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 119]

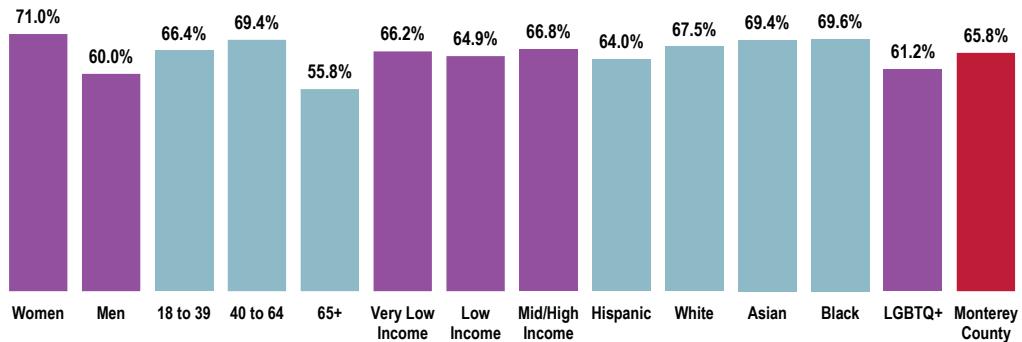
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.



Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 119]

Notes: • Asked of all respondents.

• Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.

Barriers to Health Care Access

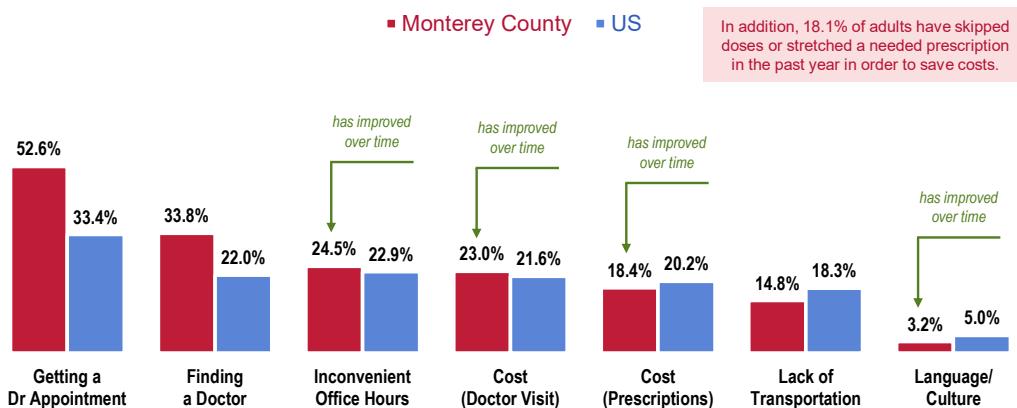
Of the tested barriers, appointment availability and finding a physician impacted the greatest shares of Monterey County adults.

BENCHMARK ► The impact of appointment availability and finding a physician is greater in Monterey County than found nationally. On the other hand, the impact of transportation and language/culture as barriers is less so.

To better understand health care access barriers, survey participants were asked whether any of seven types of barriers to access prevented them from seeing a physician or obtaining a needed prescription in the past year.

Again, these percentages reflect the total population, regardless of whether medical care was needed or sought.

Barriers to Access Have Prevented Medical Care in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 6-13]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

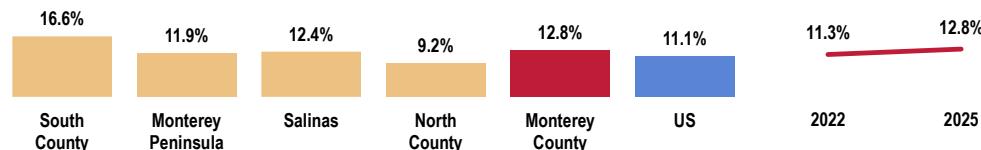


Accessing Health Care for Children

Surveyed parents were also asked if, within the past year, they experienced any trouble receiving medical care for a randomly selected child in their household.

Had Trouble Obtaining Medical Care for Child in the Past Year (Children 0-17)

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 90]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 0 to 17 in the household.

Perceptions of Access to Health Care Services as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a "major problem," reasons related to the following:

Access to Care/Services

Access to primary care. Costs. — Community Leader

South County residents continue to have major access to care issues, especially for PCP and specialized care. — Public Health Representative

Having health insurances accepted locally and that so few doctors are accepting new patients. For many services, people have to travel to receive care, and that is not always possible. — Social Services Provider

The length of time patients must wait for an appointment, often two to three months. — Social Services Provider

Long wait times to get scheduled for new patient appointments. Long wait times to get scheduled for follow-up appointments. — Public Health Representative



Wait times and physician shortages. — Social Services Provider

Availability of physicians in our area for all services. Appointment times can take up to four months. In addition, many physicians do not take a variety of health care insurances, resulting in fewer physicians to be seen by patients. This includes patients with good insurance. — Public Health Representative

Timely access for clinically urgent needs and access to establishing with primary care and specialists involved in chronic care like neurology, endocrinology, and rheumatology; access to primary care physicians; mismatch of expectations between where/how to access care and level of care needed. — Physician

In general: Wait times for appointments. Lack of same-day or after-hours primary and urgent care for Medicaid members. Few services offered in Spanish. Limited resources for behavioral health and substance use disorders. Lack of local access to specialty care. Lack of care coordination Impacts of SDOHs on patient. — Physician

There is limited access to health care services in our county, especially in South County. Dental is also an issue for our families in our county, especially for our families that rely on Medicare. Salinas Valley Health has been a great support with their mobile clinic by serving rural communities at no cost. We need more mobile clinics and also mobile dental clinics. — Community Leader

We desperately need a new medical clinic. The existing one is very old and antiquated. We need more diagnostic equipment and specialists to treat major health problems. — Community Leader

For-profit health care institutions are expanding issues in the industry and are continually increasing barriers folks have when they want to see a doctor. — Social Services Provider

Availability of timely appointments. Appointments that work with hours of our patients who are not eligible for PTO — missed work equals lost wages. Providers who have a cultural understanding, or willingness to learn, of many of our immigrant population, especially in the current political climate. This encompasses many aspects of this particular sector, advocacy of the immigrant population, work conditions, mental health issues as of result of many factors stemming from trauma, domestic violence, substance use disorder, not being a legal resident, being unhoused/or foregoing necessities due to the high cost of living in this area. Accessing care that is not fragmented and disruptive. We need to provide comprehensive care, especially for major chronic issues, such as mental health (including psychiatrist and therapists that speak patients languages), diabetes care and all that comes with it in comprehensive fashion, to be able to make an impact. — Physician

I focus on North Monterey County, especially the Pajaro area. Access to all services in Monterey County is challenging and difficult for residents. — Community Leader

There are not enough appointments available for patients who need them, and insurance coverage is variable, making it difficult for some to afford care when it's needed. — Health Care Provider

Monterey County is a very large county with many disparities in certain areas of the county and for certain populations, especially low-income and Hispanic communities. Health care is often hard to obtain because of these disparities. Another issue is the lack of specialists, which leads to excessively long waits to be seen by one. — Social Services Provider

Access to mental health services and addiction recovery services, fear of deportation due to immigration status results in not reaching out for access. — Community Leader

Lack of Providers

Not enough providers, long wait times to see a provider, recruiting providers due to cost of housing. — Social Services Provider

The primary health care workforce needs to be expanded. At this moment, the system needs greater capacity of community health workers and a program for them to be successful. — Physician

Insufficient number of primary care doctors, very long waits for individuals to get a first appointment. Cost of living is a deterrent for doctors and other health care professionals to move to this community. — Physician

Inadequate number of primary health providers. — Physician

More doctors are moving into medical groups, which tends to limit options in local neighborhoods. Also, lack of new doctors locating to Monterey County due to costs of living, office space, and insurance costs. — Community Leader

Difficult to get an appointment, particularly with subspecialists such as neurology. — Health Care Provider

Access to doctors, general practitioners for prevention and early detection, as well as specialists and mental health support that is culturally appropriate. — Social Services Provider

Lack of access to physicians. We need more physicians in Monterey County. — Physician

Shortage and availability of physicians with long waits time for appointments. Distance to services. — Social Services Provider

Lack of providers across the board for family medicine and some specialties. Major service deserts in South and North counties, especially for mental health and substance use disorders treatment. — Social Services Provider

Lack of primary care and specialty providers in the region because of the high cost of living. — Social Services Provider

There is still a deficit in the number of primary care providers (MD/DO/NP/PA) available to care for uninsured and underinsured patients in Monterey County. — Physician



Fewer primary care providers and not enough alternatives being introduced, particularly for seniors.
— Social Services Provider

The number of quality providers in the area, which are hard to find because of cost of living and reimbursement in the area. — Physician

We do not have enough physicians. It can take six to 12 months to get a new patient appointment with a primary care provider. After-hours and weekend care are limited, and patients end up in the emergency room at a much higher cost for basic care. Some specialty care, like neurology, sleep medicine, dermatology, and in-person behavioral health care can take six to 12 months or even longer to get in to. Access for MRIs and sleep studies can be six weeks to three months to get an appointment, which delays treatment. — Health Care Provider

Not enough primary care providers, lack of insurance options that allow local residents to see local providers.
— Physician

Affordable Care/Services

The biggest challenges related to accessing health care services are costs associated with receiving treatment, filling prescriptions, etc. — Social Services Provider

The biggest challenges in our community related to accessing health care services are affordable health care coverage, lack of insurance coverage, long waiting periods for access to appointments, especially specialty care for families with Medi-Cal appointments with providers are sometimes a few months out. — Community Leader

Access to affordable care. Transportation barriers. Having to leave the county for specialist and major medical provider shortfalls, especially for youth and older adults. — Social Services Provider

The biggest problem with health care in Monterey County is the excessive costs hospitals charge. These excessive costs drive health care premiums for both government and commercial payors, creating an unsustainable cost for employers who provide health care to their employees. These excessive hospital charges impact the overall cost of providing affordable health care to residents of Monterey County and are a roadblock to economic development, driving up insurance premiums, cost of doing business for employers, and maintaining low salaries for hospitality and agricultural workers. In addition, access to health care services for indigenous-speaking residents is limited due to the lack of interpreters in health care facilities and readily available information to financial/charitable support for low-wage workers. — Community Leader

Health care is not only expensive, it is also hard to access for many residents. Access is limited due to transportation limitations or issues and the need for more health care clinics, labs, providers.

— Social Services Provider

Access for Medicare/Medicaid Patients

Many residents in Monterey County are qualifying for or are dependent on Medicaid (Medi-Cal), and there are expressed concerns regarding cuts to funding, a reduction in services that qualify under this health insurance. Additionally, there have been reports that health care services are mostly about treating symptoms in the moment rather than fully healing and not addressing the underlying causes for prevention of chronic conditions.
— Community Leader

Availability of providers that will take Medi-Cal, TRICARE, and Medicare. — Public Health Representative

Difficulty for Medicare recipients finding appropriate doctors and therapists. Insufficient resources providing mental health services. Too many general practitioners and specialists not able to accept new patients.

Exceedingly long wait times for scheduling appointments. Increasing concierge services further limit availability and capacity. — Community Leader

Insurance, not able to accept Medicare so we can have our students be a part of Ohana. One young man in middle school is in Juvenile Hall instead of getting mental help for his abandonment, sexual abuse, and anger problems. — Social Services Provider

Access to Care for Uninsured

The biggest challenge to accessing health care services is lack of insurance for undocumented community members who, right now, are most likely afraid to sign up for medical services. The other issue is that it is difficult to get into a doctor quickly, so many individuals go to the hospital for help, and it drives the insurance costs up. When insurance costs are too high, employees tend to go for a less expensive plan with less choice of physicians in network or health care facilities that are outside of our county. — Community Leader

Providing access to everyone, regardless of insurance status. — Health Care Provider

Lack of coverage for the uninsured. — Health Care Provider

Housing

The high cost of living. — Social Services Provider

The very high cost of housing makes it hard to attract and retain health care providers. — Physician



Housing for the most vulnerable, who are more likely to die from preventable diseases. Easy access for the homeless — the need for clinics or mobile units. The need for regular health screenings like Pap smears, mammograms, and other tests, as well as treatment for preventable illness such as high blood pressure, diabetes, etc. Also, access to mental wellness providers. — Social Services Provider

Income/Poverty

Cost of living in the county may leave some residents in a bracket where they might not be able to qualify for full-scope Medi-Cal but also might not have employment where affordable insurance is available. This leaves some of our community underinsured or uninsured. Additionally, the high cost of ER and hospital stays can be a contributing factor to not accessing care, as our three largest hospitals are the most expensive in the state (per OHCA data). The cost of living may also have an impact on availability of providers and specialists, limiting the amount of physicians available to provide care for those who might have insurance. — Health Care Provider

Finances/affordability, lack of knowledge of what exists in the community, lack of trust, and lack of transportation. — Social Services Provider

Language Barriers

Language access is not as consistent in all health care settings. There needs to be more emphasis on being more readily available with interpreters and not waiting for the request. There is also a backlog of mental health services for residents. There needs to be an increase in services throughout the county. The lack of a consistent welcoming environment also adds to the inability to access proper health services.

— Public Health Representative

There are monolingual Spanish and Mexican indigenous speakers whose needs are not met, nor are they evaluated authentically/effectively enough to assure residents that there are services designed to meet their needs, regardless of cultural/language barriers and economic constraints. — Community Leader

Transportation

Transportation, expansion of services. More clinics provide the services and specialists. — Social Services Provider

The following are barriers for access to health care services. 1. Access to transportation, as we still have residents who do not own cars. 2. Obtaining health care in a culturally sensitive manner. South County has a large percentage of Spanish speakers and multiple indigenous dialects. 3. Access to specialty doctors. We lack pediatric doctors or specialists in women's health care. Most services are located in Salinas. 4. Financial burdens. Many residents do not schedule preventive appointments, as typically this means they need to miss a day of work, as we have limited clinics that accommodate for people who work in the agricultural industry (farmworkers). Families defer care, as it can be costly and they can't afford to miss work. This is further impacted by the use of emergency care due to lack of preventive care. — Community Leader

Lack of Coordinated Care

Lack of communication between health systems (siloed electronic health records without interoperability). Shortage of primary care physicians, institutional lack of engagement with/support for primary care physicians, salaries not sufficient for high cost of living, administrative burdens, and managerial restrictions on practice. High cost of health insurance and low quality of coverage suggest that the county could offer a health plan and provide care for enrollees at Natividad and Health Department clinics. Poor access to mental health services for those with mild to moderate mental illness. — Physician

Lack of Supportive Gender-Affirming Care

As an LGBTQ+ and Latin-serving organization, our community routinely struggles to find primary care support that is affirming of our identities and accessible in terms of costs. — Community Leader

Government/Politics

Currently, the fears about federal immigration enforcement are a huge barrier preventing people from accessing care. — Social Services Provider

Violence Against Health Care Providers

Increased anger and threats of and actual violence against health care providers. — Physician

Senior Health

Senior health. — Community Leader



PRIMARY CARE SERVICES

ABOUT PREVENTIVE CARE

Getting preventive care reduces the risk for diseases, disabilities, and death — yet millions of people in the United States don't get recommended preventive health care services.

Children need regular well-child and dental visits to track their development and find health problems early, when they're usually easier to treat. Services like screenings, dental check-ups, and vaccinations are key to keeping people of all ages healthy. But for a variety of reasons, many people don't get the preventive care they need. Barriers include cost, not having a primary care provider, living too far from providers, and lack of awareness about recommended preventive services.

Teaching people about the importance of preventive care is key to making sure more people get recommended services. Law and policy changes can also help more people access these critical services.

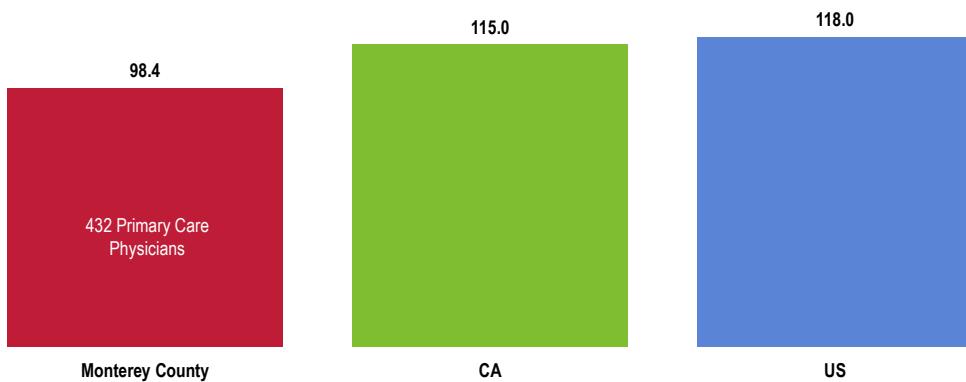
– Healthy People 2030 (<https://health.gov/healthypeople>)

Access to Primary Care

As of July 2025, there are 432 primary care physicians in Monterey County, translating to a

Note that this indicator takes into account *only* primary care physicians. It does not reflect primary care access available through advanced practice providers, such as physician assistants or nurse practitioners.

**Number of Primary Care Physicians per 100,000 Population
(July 2025)**



Sources:

- Centers for Medicare and Medicaid Services, National Plan and Provider Enumeration System (NPPES).
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2025 via SparkMap (sparkmap.org).

Notes:

- Doctors classified as "primary care physicians" by the AMA include general family medicine MDs and DOs, general practice MDs and DOs, general internal medicine MDs, and general pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded.



Specific Source of Ongoing Care

A total of 64.7% of Monterey County adults were determined to have a specific source of ongoing medical care.

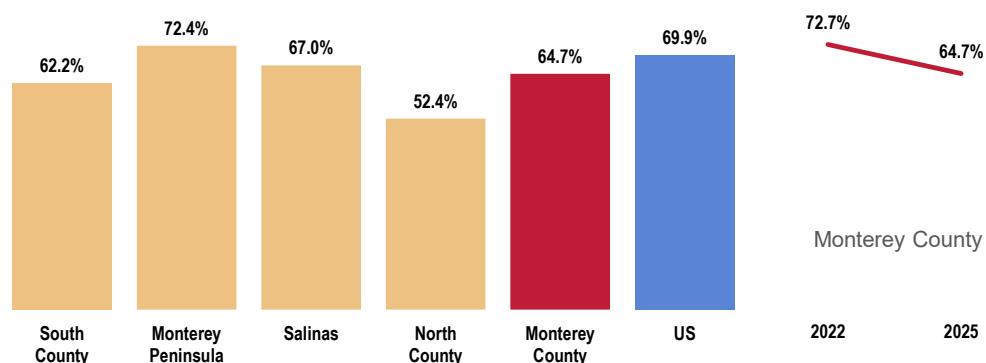
BENCHMARK ► Lower than the US figure and far from satisfying the Healthy People 2030 objective.

Having a specific source of ongoing care includes having a doctor's office, public health clinic, community health center, urgent care or walk-in clinic, military/VA facility, or some other kind of place to go if one is sick or needs advice about his or her health. This resource is crucial to the concept of "patient-centered medical homes" (PCMH).

A hospital emergency room is not considered a specific source of ongoing care in this instance.

Have a Specific Source of Ongoing Medical Care

Healthy People 2030 = 84.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 118]
• 2023 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
Notes: • Asked of all respondents.



Utilization of Primary Care Services

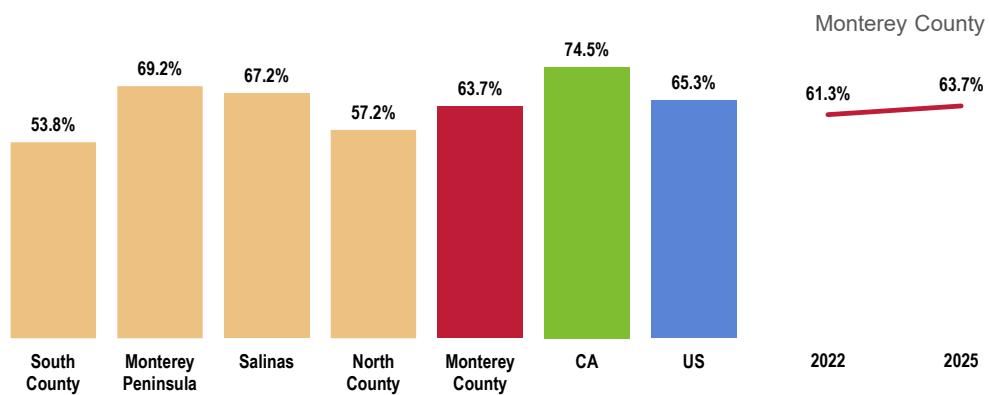
Adults

A total of 63.7% of survey respondents visited a physician for a routine checkup in the past year.

BENCHMARK ► Lower than the CA figure.

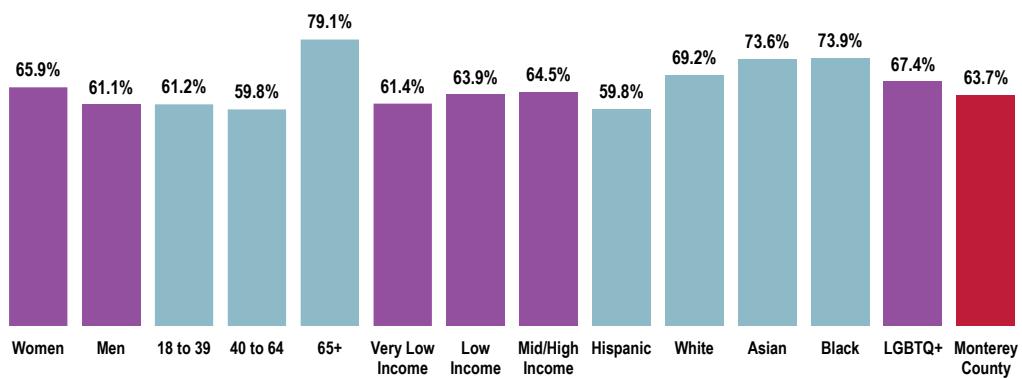
DISPARITY ► Lowest in South County and North County. Reported less often among men. adults

Have Visited a Physician for a Checkup in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 16]
• Behavioral Risk Factor Surveillance System Survey Data: Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 California data.

Have Visited a Physician for a Checkup in the Past Year (Monterey County, 2025)

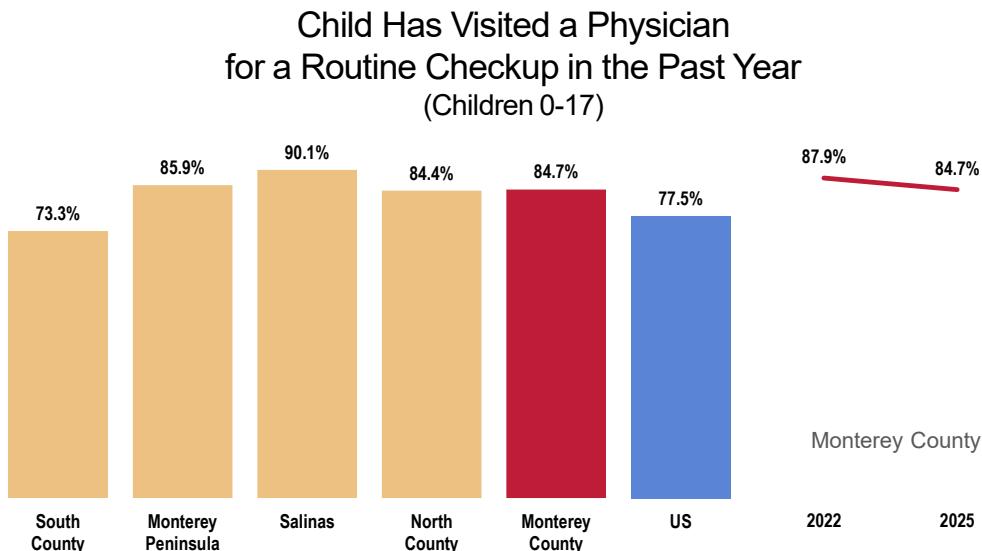


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 16]
Notes: • Asked of all respondents.

Children

Among surveyed parents, 84.7% report that their child has had a routine checkup in the past year.

BENCHMARK ► Higher than the US figure.



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 91]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 0 to 17 in the household.



EMERGENCY ROOM UTILIZATION

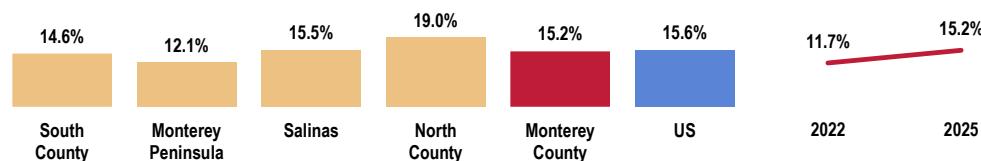
A total of 15.2% of Monterey County adults have gone to a hospital emergency room more than once in the past year about their own health.

TREND ► Denotes a statistically significant increase since 2022.

DISPARITY ► Lowest in the Monterey Peninsula area. Use of the emergency room is reported more

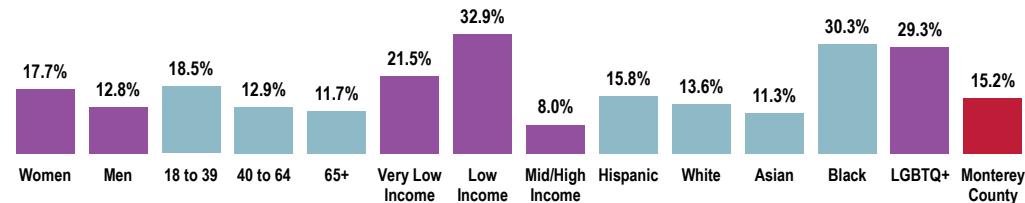
Have Used a Hospital Emergency Room More Than Once in the Past Year

Monterey County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 19]

Have Used a Hospital Emergency Room More Than Once in the Past Year (Monterey County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 19]
Notes: • Asked of all respondents.



ORAL HEALTH

ABOUT ORAL HEALTH

Tooth decay is the most common chronic disease in children and adults in the United States. ...Regular preventive dental care can catch problems early, when they're usually easier to treat. But many people don't get the care they need, often because they can't afford it. Untreated oral health problems can cause pain and disability and are linked to other diseases.

Strategies to help people access dental services can help prevent problems like tooth decay, gum disease, and tooth loss. Individual-level interventions like topical fluorides and community-level interventions like community water fluoridation can also help improve oral health. In addition, teaching people how to take care of their teeth and gums can help prevent oral health problems.

– Healthy People 2030 (<https://health.gov/healthypeople>)

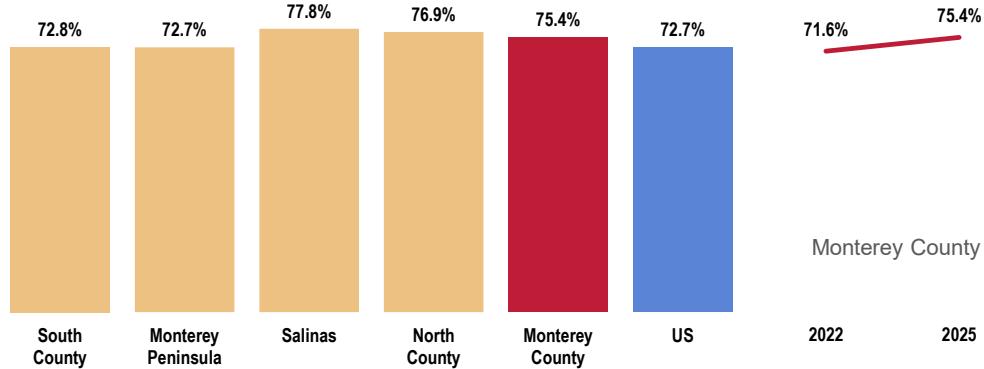
Dental Insurance

Three in four Monterey County adults (75.4%) have dental insurance that covers all or part of their dental care costs.

TREND ► Increasing significantly since 2022.

Have Insurance Coverage That Pays All or Part of Dental Care Costs

Healthy People 2030 = 75.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 18]
• 2023 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
Notes: • Asked of all respondents.



Dental Care

Adults

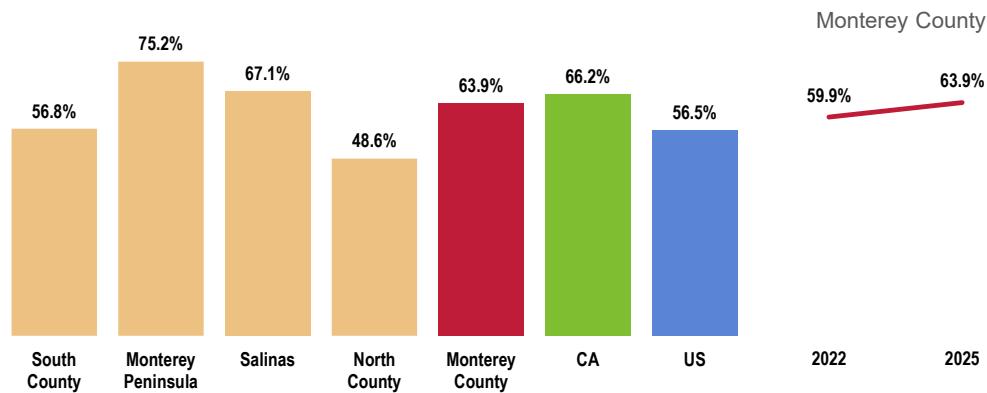
A total of 63.9% of Monterey County adults have visited a dentist or dental clinic (for any reason) in the past year.

BENCHMARK ► Just below the California percentage but notably higher than the US (easily satisfies the Healthy People 2030 objective).

TREND ► Increasing significantly since 2022.

Have Visited a Dentist or Dental Clinic Within the Past Year

Healthy People 2030 = 45.0% or Higher

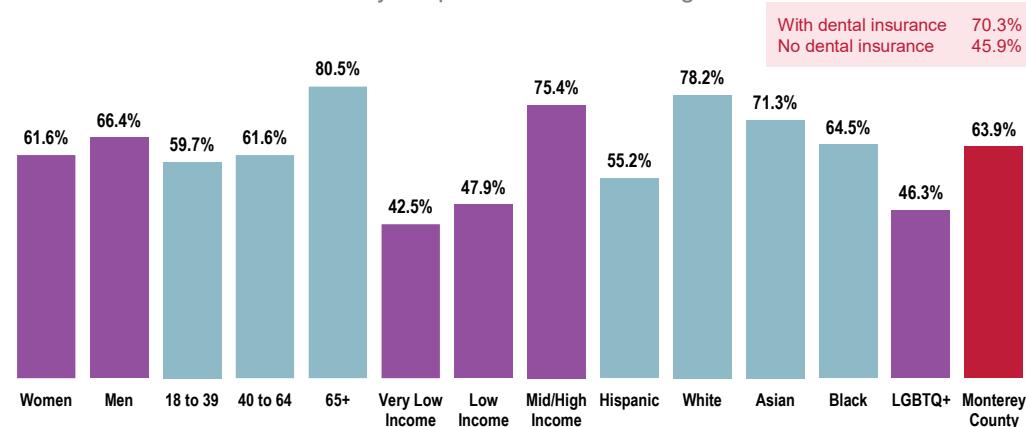


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 17]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC). 2023 California data

Have Visited a Dentist or Dental Clinic Within the Past Year

(Monterey County, 2025)

Healthy People 2030 = 45.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 17]
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

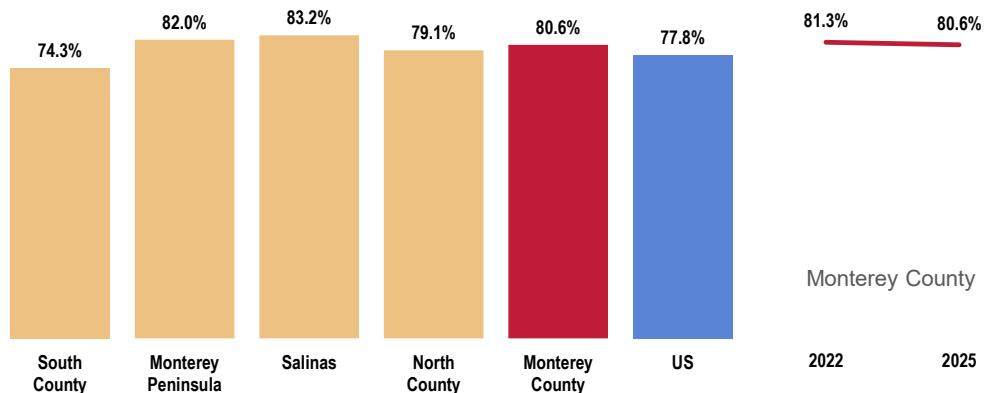
Notes: • Asked of all respondents.

Children

A total of 80.6% of parents report that their child (age 2 to 17) has been to a dentist or dental clinic within the past year.

MONTEREY County  Fully satisfies the Healthy People 2030 objective

Child Has Visited a Dentist or Dental Clinic Within the Past Year (Children 2-17) Healthy People 2030 = 45.0% or Higher



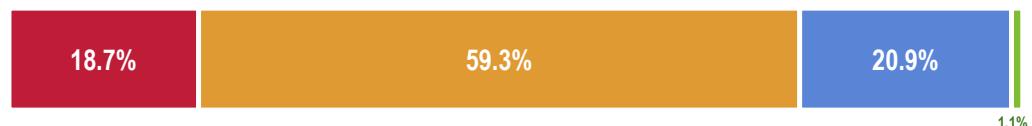
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 93]
• 2023 PRC National Health Survey, PRC, Inc.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents with children age 2 through 17.

Perceptions of Oral Health as a Problem in the Community (Among Key Informants; Monterey County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care/Services

So many dentists are not taking new patients or have very, very specific insurance requirements.
— Social Services Provider

Limited access to dental care, cost, transportation, and lack of education. — Social Services Provider
Limited access to dentists. — Physician



There are not a lot of oral doctors, and there is a ton of poverty and kids eating candy for breakfast, lunch, and dinner. Kids are eating donuts in the morning and hitting the snack truck or 7-Eleven after school, drinking soda and energy drinks throughout the school day. It's an epidemic we don't know how to deal with.

— Community Leader

There aren't many options for our rural communities. A mobile dental clinic would be beneficial.

— Community Leader

Lack of access to dental care for underserved communities. — Social Services Provider

Affordable Care/Services

Lack of affordable dental care. — Community Leader

There is a lack of access to affordable dental care. In South County, there are not many dentists, and a limited number of one that will take Medi-Cal. Diets in general are higher in sugar, which may lead to cavities in children and adults. Even for those in the middle-income bracket, dental care is often not affordable, as dental insurance usually has limited coverage and costs are high. — Public Health Representative

Many children complain about teeth/oral problems to their peers but fear telling their parents due to their perception of an unnecessary cost. — Social Services Provider

Toothpaste and brushes are non-basic needs costs. — Social Services Provider

Affordability of dental care in general. Affordability of restorative dental care as opposed to just removal of teeth. Uncontrolled access to sugary beverages and food by children. — Physician

Access to Care for Uninsured/Underinsured

A lot of young adults in our community engage in the gig economy and are often un/underinsured, resulting in infrequent visits, if any, to dentists. — Community Leader

Poor people and Medi-Cal recipients are unable to find competent providers. — Physician

Lack of dental insurance coverage. — Community Leader

Diagnosis/Treatment

Many patients have not been to the dentist in many years. — Community Leader

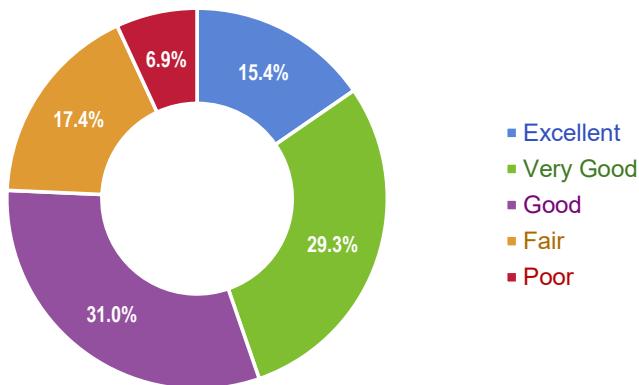




LOCAL RESOURCES

PERCEPTIONS OF LOCAL HEALTH CARE SERVICES

Rating of Overall Health Care Services Available in the Community
(Monterey County, 2025)



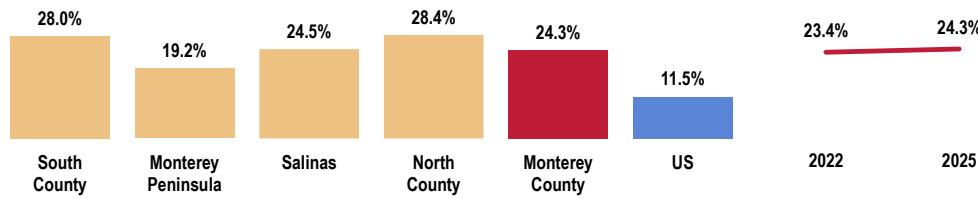
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

However, 24.3% of residents characterize local health care services as “fair” or “poor.”

BENCHMARK ► More than twice the US prevalence.

Perceive Local Health Care Services as “Fair/Poor”

Monterey County

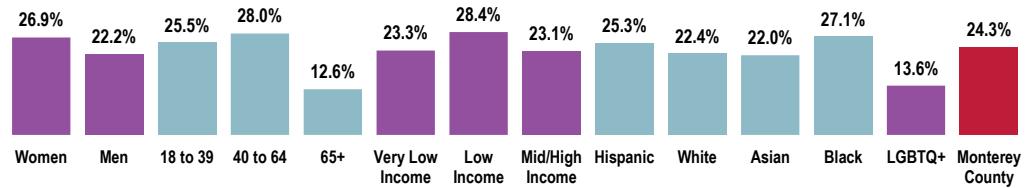


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 5]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Perceive Local Health Care Services as “Fair/Poor” (Monterey County, 2025)

With access difficulty	30.5%
No access difficulty	12.6%



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 5]

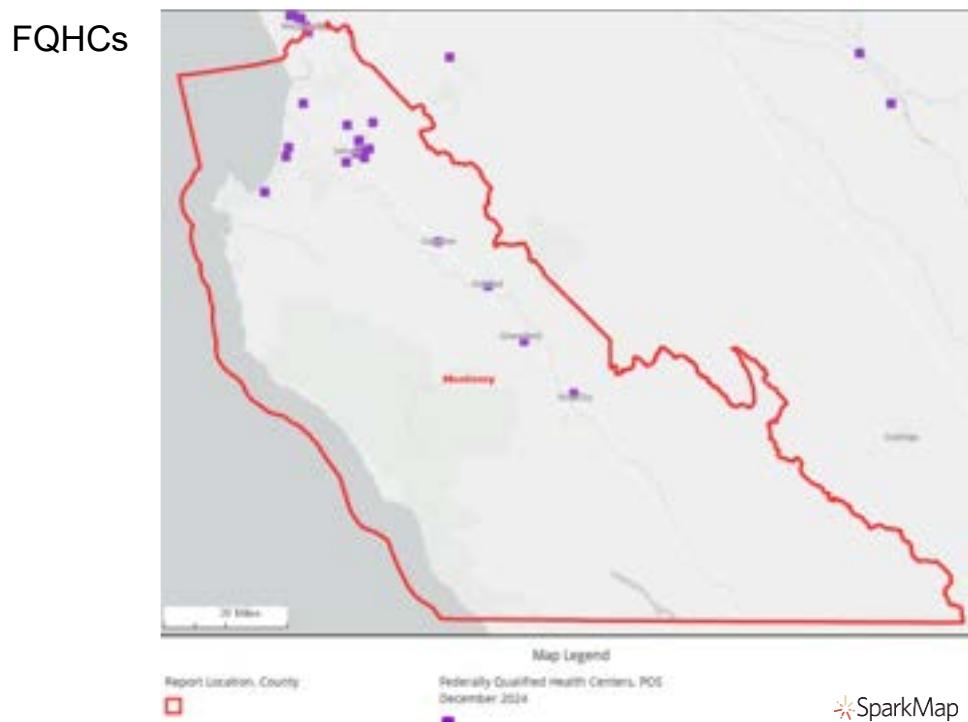
Notes: • Asked of all respondents.



HEALTH CARE RESOURCES & FACILITIES

Federally Qualified Health Centers (FQHCs)

The following map details Federally Qualified Health Centers (FQHCs) within Monterey County



Resources Available to Address Significant Health Needs

The following represent potential measures and resources (such as programs, organizations, and facilities in the community) identified by key informants as available to address the significant health needs identified in this report. This list only reflects input from participants in the Online Key Informant Survey and should not be considered to be exhaustive nor an all-inclusive list of available resources.

Access to Health Care Services

- Access Support Network
- Affordable Housing
- Alisal Health Center
- Alliance on Aging
- Boys and Girls Club
- California Alliance for Health
- California State University Monterey Bay
- Casa de La Cultura
- Catholic Charities
- Central California Alliance for Health
- Central Coast Alliance for Health
- Central Coast Center for Independent Living
- Centro Binacional para el Desarrollo Indígena Oaxaqueño
- Churches
- Clinica de Salud del Valle de Salinas
- Community Action Board
- Community Bridges
- Community Health Services
- Community Hospital of the Monterey Peninsula
- Community Human Services
- Dental Offices
- Diagnostic Testing
- Doctors' Offices
- Doctors on Duty
- Door to Hope
- Eden Valley Care Center
- Family Resource Centers
- Federally Qualified Health Centers
- First Five
- Food Banks/Pantries
- Health Department
- Health Systems
- Hospitals
- Intra-Agency Collaboration
- ITNMontereyCounty
- Kaiser Permanente
- Know Your Rights Campaigns
- Laurel Family Practice Clinic
- Media Information Sources
- Medi-Cal
- Mee Memorial Healthcare System
- Memorial Hospital
- Mental Health Bureau
- MILPA
- Mobile Clinics
- MoGo Urgent Care
- Montage Health
- Montage Medical Group
- Monterey County Behavioral Health
- Monterey County Clinic
- Monterey County Health Department
- Monterey County Social Services Office
- Monterey-Salinas Transit (MST)
- Mood Health
- Natividad
- Natividad Mental Health
- Ohana Center for Child and Adolescent Behavioral Health
- Office of Health Care Affordability
- Orthopedic Urgent Care
- Pajaro Valley Prevention and Student Assistance Program
- Partnership for Children
- Peer to Peer Mental Health Support Groups
- Pharmacies
- Planned Parenthood
- Primicare
- Rural Health Clinics
- Salinas Valley Funded Medical Group
- Salinas Valley Health
- Salud Para La Gente
- Seaside Clinic
- Sleep Medicine Equipment Access
- Soledad Medical Clinic
- Soledad Medical Healthcare District
- Stanford
- Sun Street Centers
- Taylor Farms
- Telemedicine
- University of California San Francisco
- Urgent Care Centers
- VA Services
- Women, Infant, and Children Program
- Women's Health Center



Cancer

Ag Commissioner
American Cancer Society
Blue Zones Project Monterey County
Cancer Alliance
Cancer Care Center
Cancer Screenings
Cancer Support Groups
Clinic Services Bureau
Community Hospital of the Monterey Peninsula
Farmworker Education
Food Banks/Pantries
Health Department
Jacob's Heart
Mee Memorial Healthcare System
Montage Health
Natividad
Pacific Cancer Care Medical Group
Palliative Care Services
Salinas Valley Health
Soledad Mission Healthcare
Susan Bacon Cancer Resource Center

Farmers Markets
Federally Qualified Health Centers
Food Banks/Pantries
Food Bucks
Food Programs
GoodRx
Hartnell College
Health Department
Homeless Persons Health Project
Hospitals
Kids Eat Right
MC Diabetes Collaborative
Meals on Wheels
Mee Memorial Healthcare System
Memorial Hospital
Mobile Clinics
Montage Health
Montage Medical Group
Monterey County Health Department
Monterey Endocrine and Diabetes
Natividad
Natividad Diabetes Care Center
Nutrition and Fitness Collaborative of Central Coast
Nutrition Education
Parks and Recreation
Pharmacy Discount Cards
Primicare
Primetime
Project Food Box
Public Transportation
RotaCare Monterey Clinic
Safe Routes to School
Salinas Valley Health
Salud Para La Gente
Seaside Clinic
Supplemental Nutrition Assistance Program
Soledad Mission Healthcare
United Way
University of California San Francisco
VA Services
Wellness Events
Women, Infant, and Children Program

Diabetes

211
Aspire Diabetes Program
Aspire Health
Blue Zones Project Monterey County
Brighter Bites
CalFresh
California State University Monterey Bay
Catholic Charities
Central California Alliance for Health
Clinic Services Bureau
Clinica de Salud del Valle de Salinas
Community Health Educators
Community Hospital of the Monterey Peninsula
Community Human Services
Community Programs
Cooking Classes
County Programs
Day Care
Diabetes Center
Diabetes Education Classes
Diabetes Events
Diabetic Educators
Doctors' Offices
Doctors on Duty
Emeline Building K
Everyone's Harvest Farmers Markets

Disabling Conditions

Aging and Disability Resource Connection
Alliance on Aging
Alzheimer's Association
American Heart Association
AOA Memory Cafe
Blind and Visually Impaired Center
Center Stage Theatrical Productions



Central Coast Audiology
Central Coast Center for Independent Living
City of Seaside Family and Community Support Program
Deaf and Hard of Hearing Center
Doctors' Offices
Eden Valley Care Center
Emeline Building K
First Tee
Gateway Center of Monterey County
Health Department
Health Projects Center
Homeless Persons Health Project
Hospitals
IHSS Services
Interim Inc
Kasey's Fitness
Kearnes Therapy Pool
Meals on Wheels
Memorial Hospital
Mental Health Bureau
Mental Health Client Action Network
Mental Health Professionals
Montage Health
Monterey County Aging Disability Resource Connection
Monterey County Free Libraries
Monterey County Homeless Services
Monterey Sports Center
MST Rides Program
Natividad
Nonprofits
Pacific Acute
Parks and Recreation
Rainbow Connections
Rehabilitation
San Andreas Regional Center
Seniors Helping Seniors
Skilled Nursing Facilities
Small Companies Providing Caregiving
Sol Treasures
Soledad Medical Clinic
Special Kids Connect
The Village Project
Transport-Assist Organizations
VA Services
Violence Prevention Programs
Vision Center

Aspire Health
Blue Zones Project Monterey County
California Department of Health Care Services
Cardiac Wellness Program
Central California Alliance for Health
Community Hospital of the Monterey Peninsula
Diagnostic Testing
Doctors' Offices
Healthy Lifestyle Promotion
Hospitals
Media Information Sources
Million Hearts
Montage Health
Montage Medical Group
Montage Wellness Centers
Monterey County Clinic
Monterey County Leadership
Natividad
Nonprofits
Parks and Recreation
Salinas Valley Health
School System
Support Groups
Tyler Heart Institute

Infant Health & Family Planning

Birth Network of Monterey County
Boys and Girls Club
Bright Beginnings
Children's Council
Clinica de Salud del Valle de Salinas
Community Health Services
Door to Hope
Doula Care
Federally Qualified Health Centers
First Five
Hartnell Child Development Center
MCAH Home Visiting Program
Mentors at Community Partnership for Youth
Natividad
Nurse-Family Partnership Program
Perinatal Services Program
Planned Parenthood
Salinas Adult School
Salinas Adult School - Preschool
Salinas Valley Health
Seaside Clinic
Women, Infant, and Children Program

Heart Disease & Stroke

Ambulatory Health Service Clinics
American Heart Association



Injury & Violence

Big Brothers and Sisters
Boys and Girls Club
City of Soledad Victim Services Advocate
City Programs to Combat Gang Violence
Communities Advocating for Safety and Peace
Door to Hope
Education Department
Emeline Building K
First Responders
Health Department
Homeless Persons Health Project
Hospitals
Juvenile Justice System
Law Enforcement
Lideres Campesinas
MCRCC
Mental Health Bureau
MILPA
Monarch Services
Monterey County Behavioral Health
Monterey County Probation
Monterey County Sheriff's Department
Monterey District Attorney's Office
Natividad
Nonprofits
Partners for Peace
Planned Parenthood
Probation Department
Rancho Cielo
Safe Routes to School
Salinas Valley Health
School System
Soledad Shopping Center
Stuff the Bus
Sun Street Centers
Sweetwater Union High School District
YMCA/YWCA
Youth Sports Leagues

Central Coast Alliance for Health
Central Coast Center for Independent Living
Centro Binacional para el Desarrollo Indígena
Oaxaqueño
Churches
City of Seaside Family and Community
Support Program
Clinica de Salud del Valle de Salinas
Community Bridges
Community Hospital of the Monterey
Peninsula
Community Human Services
Community Programs
Connections
County Children and Adult Mental Health
County Mental Health Services
County Programs
Daybreak
Del Mar Caregiver Resource Center
Doctors' Offices
Door to Hope
Dorothy's Place
EAP Programs
Emeline Building K
Employee Assistance Program
Epicenter
Equine Therapy
Family Service Agency of the Central Coast
First Five
Harmony at Home
Harmony Place Monterey
Hartnell College
Health Department
Health Systems
Homeless Persons Health Project
Interim Inc
MC Hopes
Mental Health Client Action Network
Mental Health Professionals
Mentors
MILPA
Montage Health
Montage Medical Group
Monterey County
Monterey County Behavioral Health
Monterey County Health Department
Mood Health
National Alliance on Mental Illness
National Association of Minority Contractors
Natividad
Natividad Mental Health
Nonprofits
Ohana Center for Child and Adolescent
Behavioral Health

Mental Health

AIM
Alisal Union School District
Alliance on Aging
Behavioral Health Department
BienEstar Clinics
Boys and Girls Club
Building Healthy Communities
Cal State Monterey Bay Masters of Social
Work Program
Central California Alliance For Health



Outreach Programs
Pajaro Valley Prevention and Student Assistance Program
Partners for Peace
Personal Growth and Counseling Center
Prescribe Safe
School System
Soledad Mission Healthcare
Soledad Shopping Center
Substance Abuse Facilities
Suicide Prevention Service of the Central Coast
Sun Street Centers
Sunrise House
Telemedicine
The Pavilion
The Village Project
Therapify
Trained Therapists
United Way
VA Services
YMCA/YWCA

Memorial Hospital
Montage Health
Montage Wellness Centers
Monterey Bay JumpstartMD
Monterey County Health Department
Monterey Sports Center
Natividad
Nonprofits
Parks and Recreation
ParkRx
Physical Activity Programs
Safe Routes to School
Salinas Regional Soccer Complex
Salinas Valley Health
School System
Second Harvest Food Bank
Supplemental Nutrition Assistance Program
Soledad Community Center
Tatum's Garden
Team Villa Boxing Club
United Way
Women, Infant, and Children Program
YMCA/YWCA
Youth Sports Leagues

Nutrition, Physical Activity & Weight

Alliance on Aging
Aspire Health
BKM
Blue Zones Project Monterey County
Boys and Girls Club
Brighter Bites
CalFresh
Center for Community Advocacy
City Community Centers
Diabetes Education Classes
Doctors' Offices
Education Department
Everyone's Harvest Farmers Markets
Farm to Fork
Farmers' Markets
Fitness Centers/Gyms
Food Banks/Pantries
Food Bucks
Free Lunch Program
Girls Health in Girls Hands
Grocery Stores
Health Department
Health Programs
Health Systems
Healthy Together
Hospitals
Kids Eat Right
Lifestyle Classes

Oral Health

211
Ambulatory Health Service Clinics
California Department of Health Care Services
Clinica de Salud del Valle de Salinas
Community Health Services
Dental Offices
Medi-Cal
Monterey Bay Dental Society
Monterey County Health Department
Monterey County Oral Health Program
Salud Para La Gente
School System
Seaside Clinic
WOW! Smiles

Respiratory Diseases

Ambulatory Health Service Clinics
Athena
Central Coast Breath Cal
Communicable Disease Unit
Community Hospital of the Monterey Peninsula
Memorial Hospital
Montage Health
Monterey County Health Department



Natividad
Pulmonary Rehabilitation Program
Seaside Clinic

Door to Hope
Dorothy's Place
Faith-Based Organizations
Farmers Markets
Financial Institutions
First Five
Food Banks/Pantries
Food Bucks
Food Programs
Food Shelters
Gathering for Women
Government-Built Low Cost Housing
Habitat for Humanity
Hartnell College
Health Department
Hospitals
Housing Authority
Housing Coalition
Housing Resource Center
Libraries
Loaves and Fishes
Local Government Programs
Medication Resource Program
MILPA
Montage Health
Monterey Bay Economic Partnership
Monterey County Health Department
Monterey County Housing Authority
Monterey County School Districts
Monterey County Social Services Office
Monterey County Works
Monterey Peninsula College
MST Rides Program
Natividad
Pajaro Valley Prevention and Student Assistance Program
Parenting Connection
Parks and Recreation
Rancho Cielo
Salinas Valley Health
Salud Para La Gente
Salvation Army
School System
Seaside Community Services
Section 8
Smart Referral Network
Sun Street Centers
The Village Project
United Way
Women, Infant, and Children Program
Workforce Housing

Sexual Health

Access Support Network
Community Health Services
Doctors' Offices
Health Department
Montage Health
Monterey County Health Department
Natividad
Needle Exchange Clinic
Planned Parenthood
School System

Social Determinants of Health

211
Affordable Housing
Alliance on Aging
Aspire Health
Blue Zones Project Monterey County
Bright Futures
Building Healthy Communities
Cal Works Program
California Construction Authority
California Department of Corrections and Rehabilitation
California Rural Legal Assistance
Catholic Charities
Center for Community Advocacy
Central California Alliance For Health
Central Coast Alliance for Health
Centro Binacional para el Desarrollo Indígena Oaxaqueño
CHISPA
City of Monterey Housing Fund
City of Seaside Family and Community Support Program
Clinica de Salud del Valle de Salinas
Coalition of Homeless Services Providers
Community Action Board
Community Alliance for Safety and Peace
Community Bridges
Community Foundation
Community Health Services
Community Human Services
Council on Aging
County Health in All Policies
Department of Social Services
Doctors' Offices



Substance Use

211
Beacon House
Behavioral Health Department
Bridge Program
Bright Futures
City of Seaside Family and Community Support Program
Clinica de Salud del Valle de Salinas
Community Hospital of the Monterey Peninsula
Community Human Services
County Programs
Doctors' Offices
Door to Hope
Dorothy's Place
Family Resource Centers
Genesis
Interim Inc
Janus
King City Residential Center
Mee Memorial Healthcare System
Mental Health Professionals
Mentors at Community Partnership for Youth
MILPA
Monterey County Behavioral Health
Monterey County Health Department
Monterey County Social Services Office

Natividad
Needle Exchange Clinic
Ohana Center for Child and Adolescent Behavioral Health
Partners for Peace
Prescribe Safe
Seaside Clinic
Shelters
Sober Living Environments
Soledad Street Services
Substance Abuse Facilities
Sun Street Centers
Sunrise House
Valley Health Associates
YMCA/YWCA

Tobacco Use

California Smokers Hotline
Center for Disease Control
Kick It California
Montage Health
Salinas Valley Health
School System
Substance Abuse and Mental Health Services Administration
Sun Street Centers

