

## Valley Health Snapshot: Fresno

### Race/Ethnicity, Poverty and Health in Fresno's Neighborhoods

*A focus on Diabetes & Mental Health*

As the Central Valley's largest city, Fresno is situated in the heart of California. Fresno is a regional hub for a thriving agricultural economy and other valuable industries. The city is powered by a diverse population, ranging from long-time residents to recent immigrants. Many waves of immigrants and refugees have settled in Fresno, bringing more than 100 spoken languages to the city. While Fresno's neighborhoods reflect this diversity, there are also dramatic socio-economic and health disparities across the city and surrounding communities. Depending on residential location, city residents face broad differences in living conditions and quality of life.

### Demographic Differences

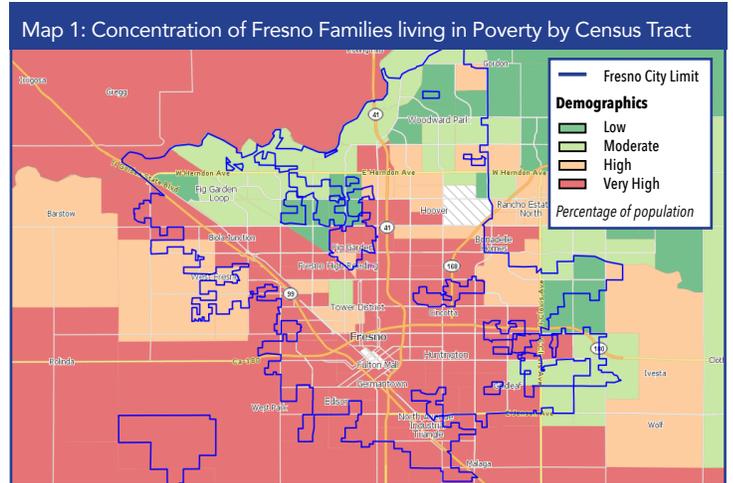
Fresno's population is segregated by race/ethnicity and poverty status.

- A total of 67% of Fresno's children reside in high poverty areas, defined as zip codes where 25% or more of families with children have incomes at 125% below the Federal Poverty Level (FPL). Depending on family size, FPL ranges between \$11,000-\$39,000 per year.
- High poverty zip codes are primarily in the southern portion of the city.
- Predominantly white areas, defined as census tracts with 30% or higher proportion of white residents, are primarily in northwest Fresno. These areas also have the lowest rates of poverty.

### Examples of Disease Differences

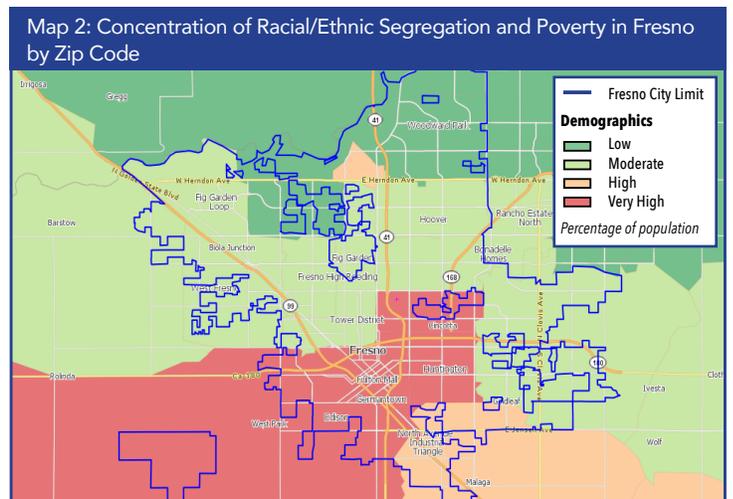
Rates of hospitalization for chronic conditions, such as diabetes or mental health, measure the burden of disease: communities with higher hospital use have more people experiencing life disruption and costs of illness. The two maps show results from a larger analysis of neighborhoods and chronic disease hospitalization in the Central Valley. In this study, we statistically control for differences between communities on many factors associated with hospitalizations. The maps show that racial/ethnic segregation and poverty still interact to shape health disparities.

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This map shows the census tracts in Fresno with the highest percentage of families living in poverty. The census tracts shown in red have the highest concentrations, 25% or more of families living in poverty. Census tracts in dark green have the city's highest average incomes, with fewer than 5% of families living in poverty.

Demographics		
	California	Fresno
White	40%	30%
Hispanic	38%	47%
Families Living in Poverty	16%	30%
Children Under 18	25%	30%



This map shows the intersection of Non-White Race/Ethnicity and families in poverty in Fresno. Red areas have the highest concentrations of non-white residents and families in poverty (2+ standard deviations [SD] above the San Joaquin Valley's [SVJ] average). Dark green areas have higher average incomes and more white residents (1 SD below average).

In 2010, Fresno's hospitalization rate for diabetes was three times higher than the statewide rate of 14/10,000. The Edison neighborhood (zip code 93706) had the highest rate in Fresno (39/10,000), while the Woodward park neighborhood (zip code 93730) had the lowest rate (1/10,000).

- Fresno neighborhoods with high proportions of children and older adults have higher rates of diabetes hospitalizations.
- Neighborhoods with higher concentrations of people of color (Latinos, African Americans, Asian Americans, and Native Americans) and poverty have significantly higher rates of diabetes hospitalizations, while neighborhoods with higher concentration of whites and low poverty have significantly lower rates of diabetes hospitalization.

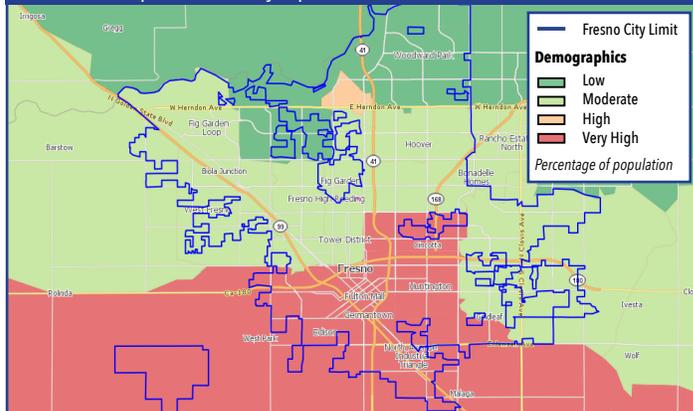
In 2010, Fresno's hospitalization rate for mental health, such as severe depression or psychosis, was slightly lower, at 58/10,000, than the statewide rate of 66/10,000. The downtown neighborhood (zip code 93721) had the highest rate in Fresno (148/10,000), while the Woodward park neighborhood (zip code 93730) had the lowest rate (19/10,000).

- Neighborhoods that have a higher proportion of people of color have higher rates of mental health hospitalizations than neighborhoods that are majority white.
- Neighborhoods with fewer children and fewer older adults have more mental health hospitalizations.
- Neighborhoods with higher concentrations of people of color and poverty have significantly higher rates of mental health hospitalizations, while neighborhoods with higher concentrations of whites and lower poverty rates have significantly lower rates of mental health hospitalization.

### Why this matters

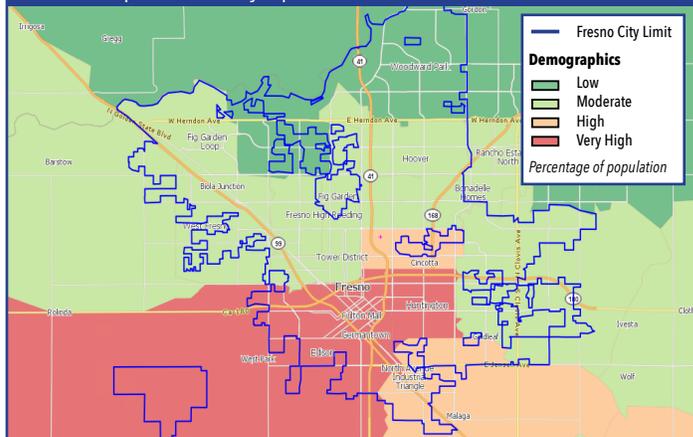
The geography of health and well-being is receiving new attention. Prior research in the San Joaquin Valley has shown that life expectancy varies by zip code, with more affluent and white neighborhoods experiencing notably fewer burdens, and neighborhoods with lower income and lower proportions of white residents experiencing more disease burden. We don't know exactly why poverty and racial/ethnic segregation are associated with more chronic disease burden but living conditions (environmental quality, housing, access to services, discrimination) and access to needed preventive health services have been shown to be key factors. Over the next few years, as Fresno implements new regional development, human services and health care policies with the goal of building a prosperous, healthy and fair community, attention can be focused on improving quality of life and preventive care for residents of communities at greatest risk for chronic disease.

Map 3: Impact of Poverty Status and Racial/Ethnic Segregation on Diabetes Hospitalizations by Zip Code



This map shows zip codes with high concentration of people of color, poverty and burden of disease. Accounting for other factors, red areas have the highest diabetes hospitalizations as well as having lower income and fewer white residents, with values 2 SDs or more above the SJV's average hospitalization rate. Dark green areas have the lowest hospitalizations as well as having higher income and more white residents (values are 1 SD below the SJV's average hospitalization rate).

Map 4: Impact of Poverty Status and Racial/Ethnic Segregation on Mental Health Hospitalizations by Zip Code



Accounting for other factors, zip codes shown in red have the highest mental health hospitalizations as well as having lower income and fewer white residents (values are 2 SDs or more above the SJV's average hospitalization rate). Dark green areas have the lowest mental health hospitalizations as well as having higher income and more white residents (values are 1 SD below the SJV's average hospitalization rate).

#### Data Sources:

Maps were compiled using the Healthy City mapping tool., US Census Data (2010) and California Office of Statewide Health and Planning Development Data (OSHPD, 2009). Location was analyzed using U.S. Census tract boundaries.

The OSHPD dataset consists of hospitalizations in the city of Fresno categorized by ICD-9 codes, as reported by hospital staff during patient admission. Patient residence is based on reported zip code. Disease rates represent the rate of hospitalizations per 10,000 residents for each zip code by disease. The values depicted in the maps were calculated with SPSS using regression analysis controlling for age, race and poverty status.

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