



## **KEY FACTS: Addressing Prevention**

**Prepared by CPEHN**  
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**for the**  
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### **California demographics:**

- People of color make up 53% of California's population.
- Almost 40% of Californians speak a language other than English at home.
- Of those who speak a language other than English at home, Spanish is the most prevalent (over 65%).
- Of those who speak a language other than English at home, almost 22% speak an Asian or Pacific Islander language.<sup>i</sup>
- In California, well over six million – or one in five – Californians experience some difficulty speaking English
- Approximately 40% of Latinos and Asians overall and half of certain Latino and Asian ethnic groups have limited-English proficiency.<sup>ii</sup>
- African Americans, Latinos, Native Americans and Alaska Natives are more than two times as likely as Whites to have an income below poverty level.<sup>iii</sup>

### **Asthma:**

- 21.6% of Native American/Alaska Native adults and 17% of African American adults have been diagnosed with asthma at some point in their lives.<sup>iv</sup>
- African Americans, Native Americans, Asians and Pacific Islanders have higher asthma death rates than Whites.
- African Americans have the highest asthma death rate of all racial/ethnic groups, at 4.2 per 100,000.<sup>v</sup>
- African American, Latino, and Asian adults with active asthma are more likely than Whites to visit the Emergency Room due to asthma.<sup>vi</sup>

### **Obesity and Diabetes:**

- African American, Latino, Native American and Alaska Native adults are more likely to be overweight or obese than their White counterparts.
- Nearly one third of Asian adults are overweight or obese.
- Two in three African American adults are overweight or obese.
- Two in three Latino adults are overweight or obese.
- Nearly two in three Native American and Alaska Native adults are overweight or obese.<sup>vii</sup>
- Almost 36% of Pacific Islander children are overweight, more than any racial/ethnic group.

- Almost 25% of Filipino children are overweight.
- Almost 29% of African American children are overweight.
- Almost 18% of Asian children are overweight.
- Over 35% of Latino children are overweight.
- Almost 32% of Native American and Alaska Native children are overweight.<sup>viii</sup>
- About 30% of African American and Latino adolescents have no access to safe parks or open spaces, as well as 20% of Asians and Whites.<sup>ix</sup>
- Of all racial/ethnic groups, Native Americans and Alaska Natives die at the earliest age due to diabetes, 68.2 years. That is 6.4 years younger than Whites.<sup>x</sup>
- African Americans with diabetes are admitted to the hospital for lower-extremity amputations at a rate of 68.5 per 100,000, higher than any other racial/ethnic group.<sup>xi</sup>

### Heart Disease:

- African American men and women die from heart disease at a rate of 411.9 and 299.3 per 100,000 (respectively), much higher than any other racial/ethnic group.<sup>xii</sup>

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<sup>i</sup> U.S. Census 2000, U.S. Census Bureau

<sup>ii</sup> California Speaks: Language Diversity and English Proficiency by Legislative District, Asian Pacific American Legal Center

<sup>iii</sup> 2007 American Community Survey One-Year Estimates, U.S. Census Bureau

<sup>iv</sup> Health fo California's Adults, Adolescents and Children, Findings from CHIS 2005 and CHIS 2003, California Health Interview Survey

<sup>v</sup> Vital Statistics Query System, Center for Health Statistics Death Records, California Department of Health Services, Center for Health Statistics

<sup>vi</sup> Health Policy Research Brief: California's Racial and Ethnic Minorities More Adversely Affected by Asthma, UCLA Center for Health Policy Research

<sup>vii</sup> California Health Interview Survey - Ask CHIS, UCLA Center for Health Policy Research

<sup>viii</sup> The Growing Epidemic: Child Overweight Rates on the Rise in California Assembly Districts, California Center for Public Health Advocacy

<sup>ix</sup> Health Policy Research Brief: California Adolescents Increasingly Inactive, UCLA Center for Health Policy Research

<sup>x</sup> An Early Warning Sign: Diabetes Deaths in California Legislative Districts, California Center for Public Health Advocacy

<sup>xi</sup> Racial & Ethnic Disparities in Healthcare in California, Office of Statewide Health Planning and Development

<sup>xii</sup> Trends in the Leading Causes of Death: Gender Disparities by Race and Ethnicity, California, 1990-2001, California Department of Health Services, Center for Health Statistics