



2025 PRC Community Health Needs Assessment

Monterey County, California

January 20, 2026

CHNA Media Call

- Jo Coffaro, Hospital Council
- Vicente Lara, MCHD
- Katy Castagna, United Way
- 211 Event
- Q&A

Who We Are

- Founded in 2021, the **Monterey County Health Needs Collaborative** is a partnership of hospitals, health organizations, and community agencies working together to improve the health and well-being of Monterey County residents.

MONTEREY COUNTY HEALTH NEEDS COLLABORATIVE



The PRC Community Health Needs Assessment consists of both primary and secondary data.

BENCHMARKING

- Previous Survey Data (2022)
- PRC National Health Survey
- California BRFSS data
- Healthy People 2030 targets
- National vital statistics data

Community Health Needs Assessment



Secondary Data

- County-level data
- Census data, vital statistics, other health-related data



Online Key Informant Survey

Community stakeholder input — *96 physicians, public health, other health providers, social services, community leaders*

- Based on their experiences, the populations they serve



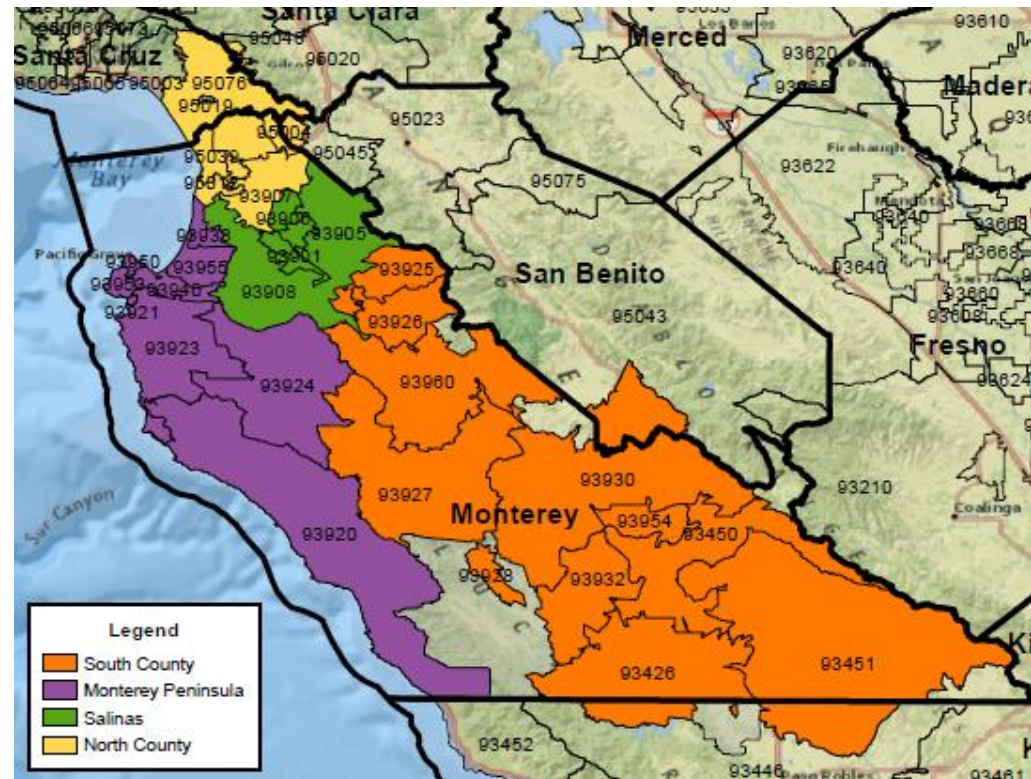
Customized Local Health Survey

- Population-based, stratified by hospital service area
- Targets health status, experience, behaviors
- Conducted via landline/cell phones and internet-based surveys

Population Survey

Data were stratified by region based on ZIP Codes:

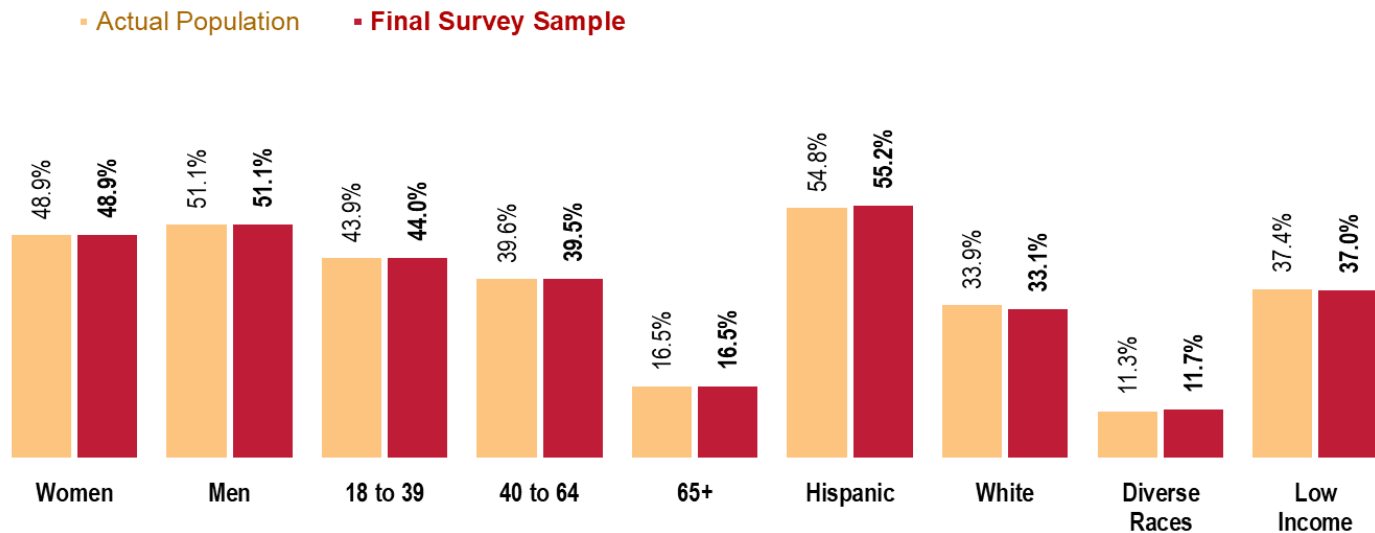
- North County
- Salinas
- Peninsula/Big Sur
- South County



Overview

- 200+ indicators across 6 domains
- Presented by region, age, gender, race/ethnicity, income levels, sexual orientation

Population & Survey Sample Characteristics (Monterey County, 2025)





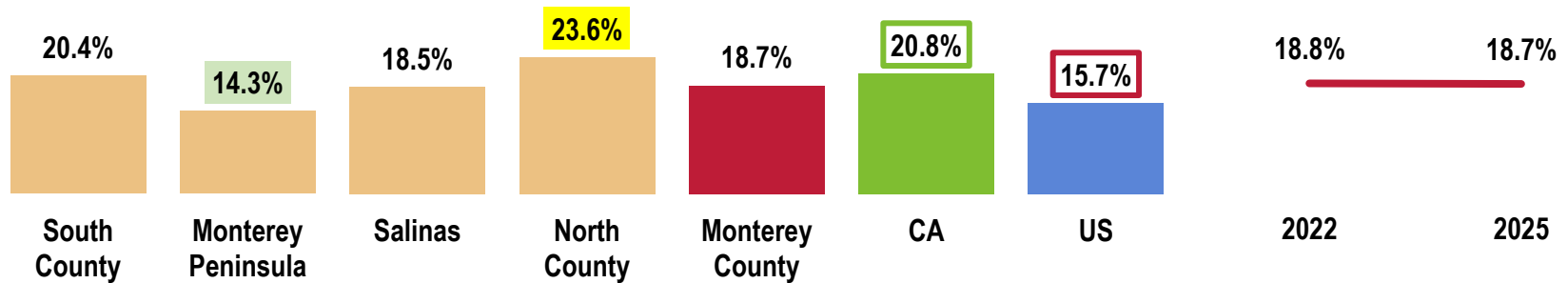
General Health Status

12 Areas of Opportunity

- ▶ **Access to Health Care Services**
- ▶ **Cancer**
- ▶ **Diabetes**
- ▶ **Heart Disease & Stroke**
- ▶ Housing
- ▶ Infant Health & Family Planning
- ▶ Injury & Violence
- ▶ **Mental Health**
- ▶ **Nutrition, Physical Activity & Weight**
- ▶ Respiratory Disease
- ▶ Substance Use
- ▶ Tobacco Use

Experience “Fair” or “Poor” Overall Health

Monterey County

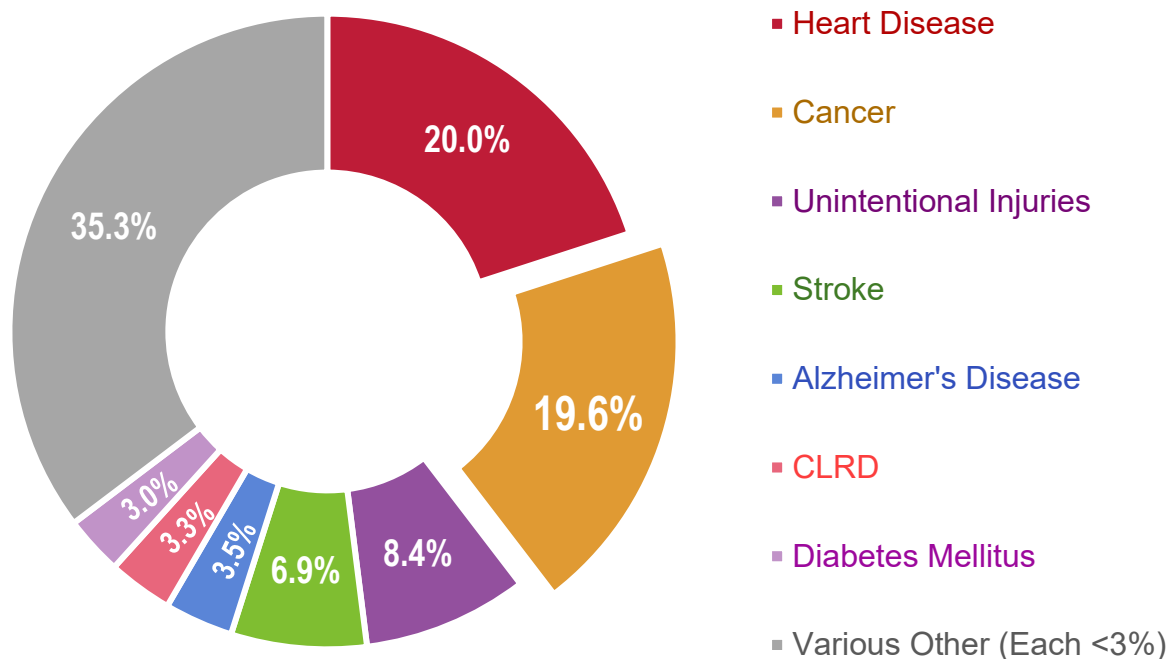


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]

- 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.

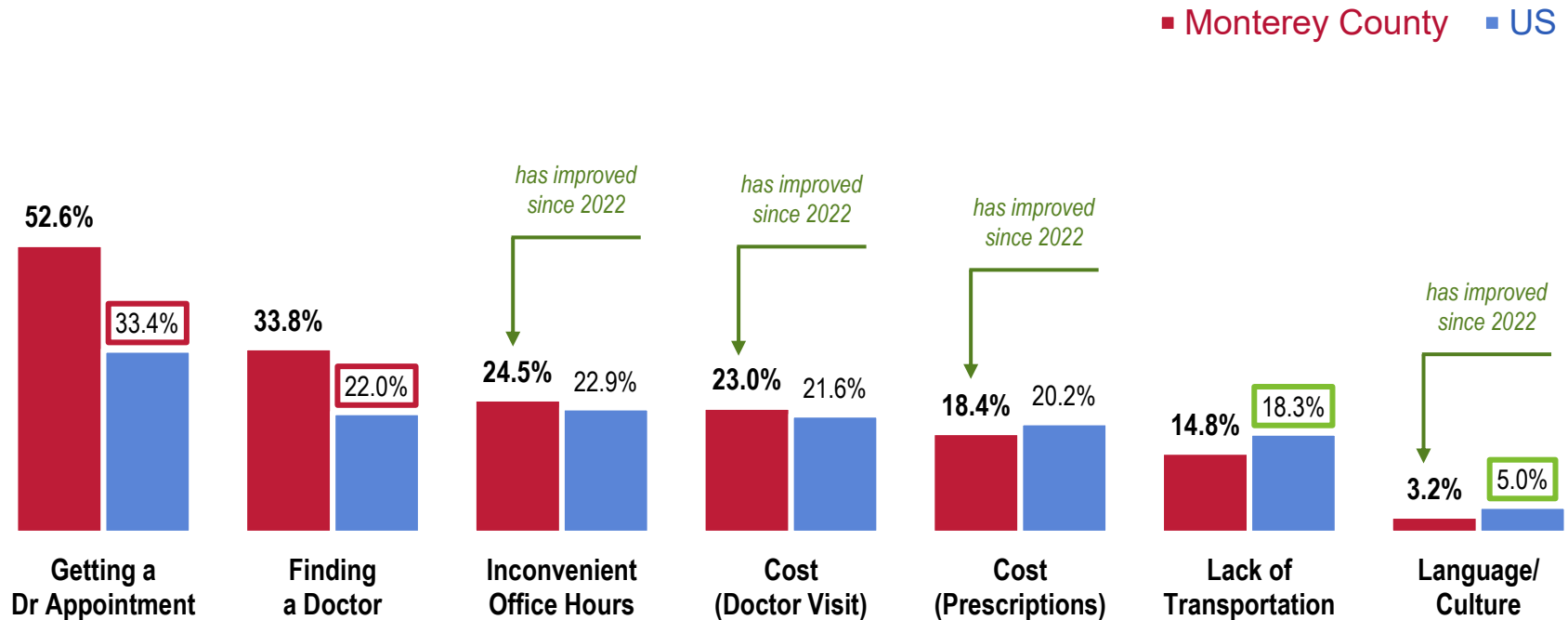
Leading Causes of Death (Monterey County, 2023)



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.

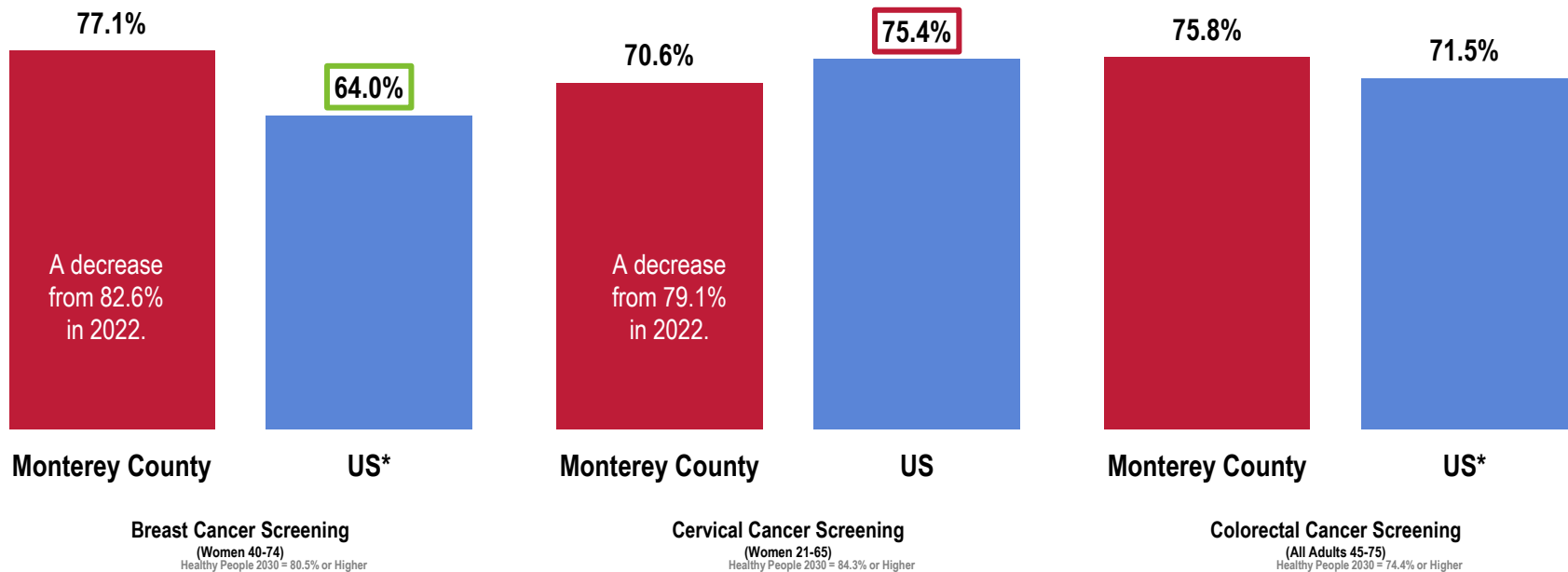
Barriers to Access Have Prevented Medical Care in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 6-13]
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Select Cancer Screening Indicators



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

• 2023 PRC National Health Survey, PRC, Inc.

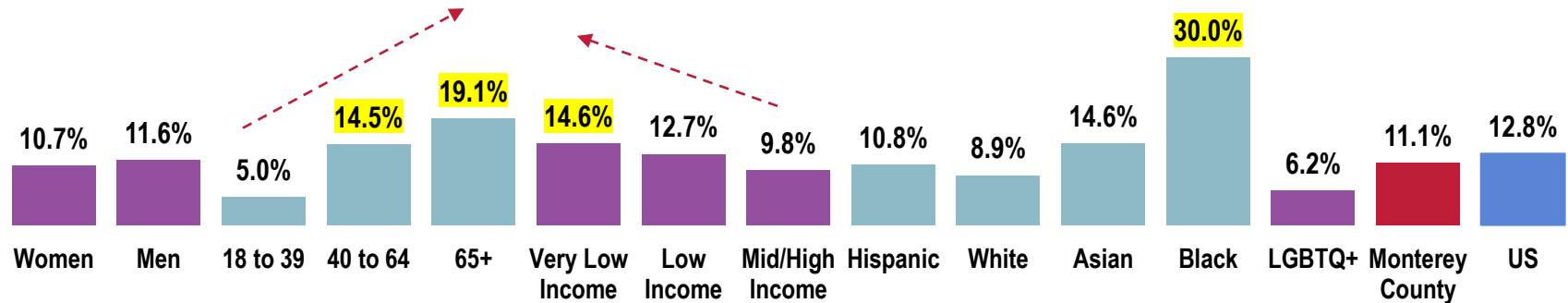
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

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.

Prevalence of Diabetes

(Monterey County, 2025)



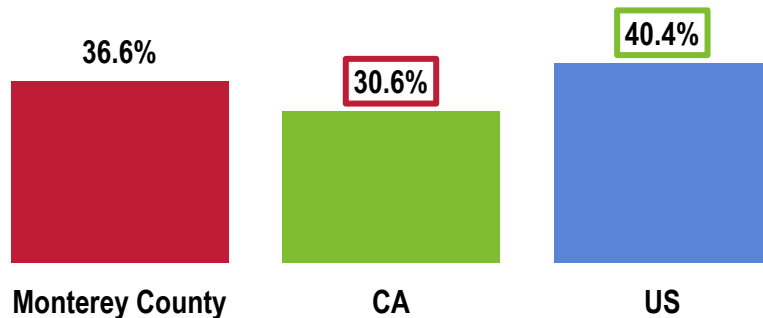
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 106, 309]
 Notes: • Asked of all respondents.
 • Excludes gestational diabetes (occurring only during pregnancy).

Another 19.0% of adults have been diagnosed with “pre-diabetes” or “borderline” diabetes (an increase since 2022 and higher than the US prevalence of 15.0%).

Prevalence of High Blood Pressure

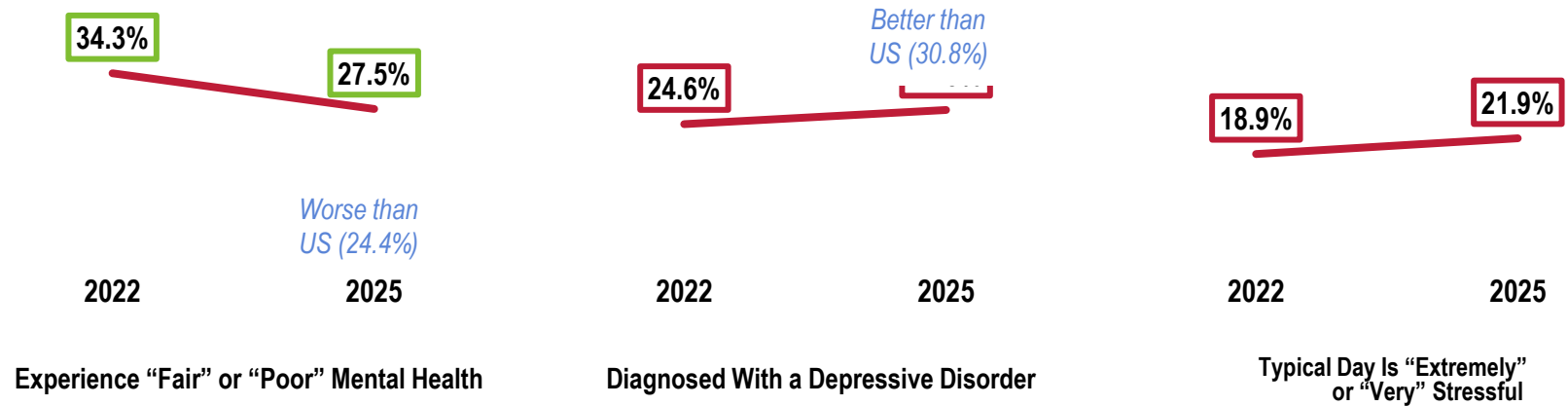
Healthy People 2030 = 42.6% or Lower

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

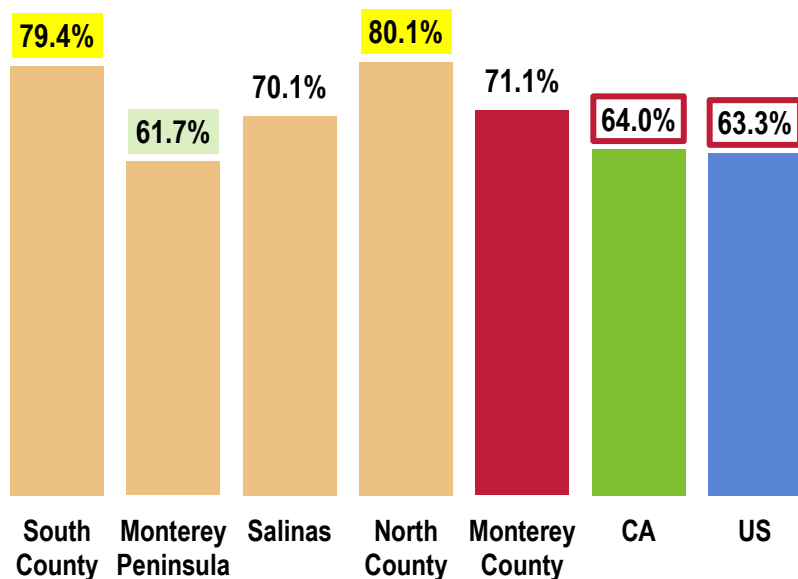
Select Mental Health Indicators



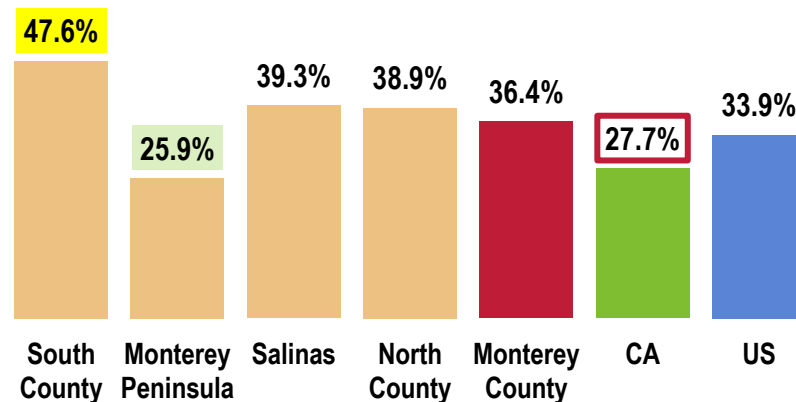
Sources: • 2025 PRC Community Health Survey, PRC, Inc.

At greater risk are: women, younger adults, those with lower incomes, Hispanic residents, LGBTQ+ residents.

Prevalence of Total Overweight (Overweight and Obese)



Prevalence of Obesity Healthy People 2030 = 36.0% or Lower



- 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.

Using the Data

- The CHNA able helps prioritize and address the county's most pressing health needs.
- Gives community to work from one dataset to inform health status improvements and address health equity and disparities
- The CHNA can be used for:
 - Strategic planning
 - Strengthen partnerships
 - Program development
 - Grant writing

Next Steps

- We have made movement in the right direction in some areas, but lots more work to do!
- CHNA and hospital-specific reports can be found online.
- Health Data Dive planned for February 11th to learn more about the CHNA report and how to use data.
- Questions?



www.healthymontereycounty.org