

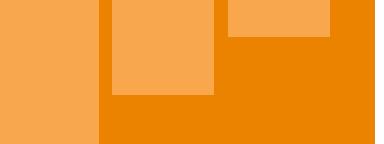
# 2025 PRC Community Health Needs Assessment

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

---

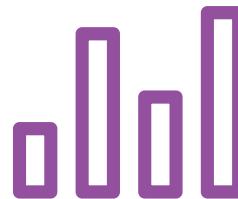


The PRC  
Community Health  
Needs Assessment  
consists of both  
primary and  
secondary data.

## 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



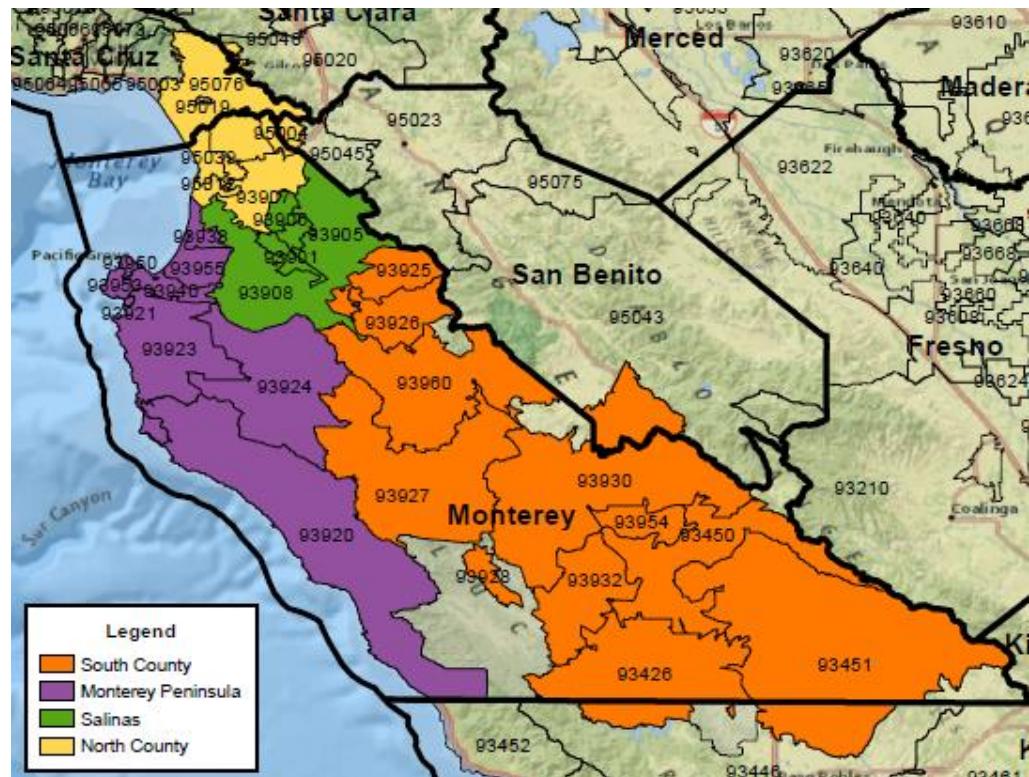
## Customized Local Health Survey

- 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:

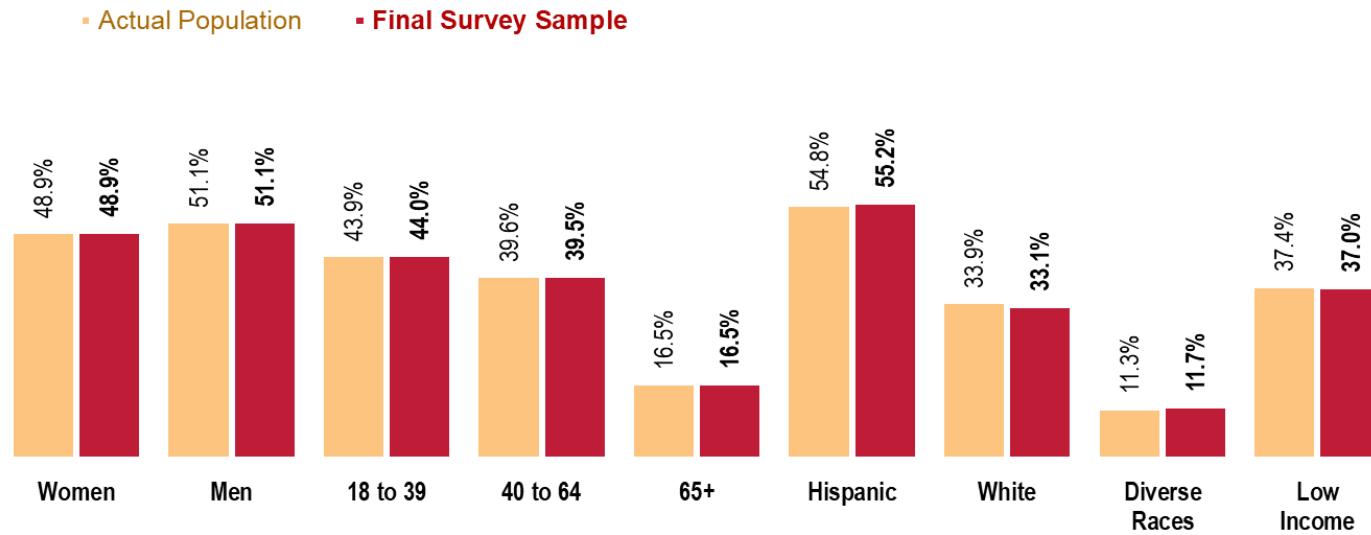
- North County
- Salinas
- Peninsula/Big Sur
- South County



# Overview

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

Population & Survey Sample Characteristics  
(Monterey County, 2025)



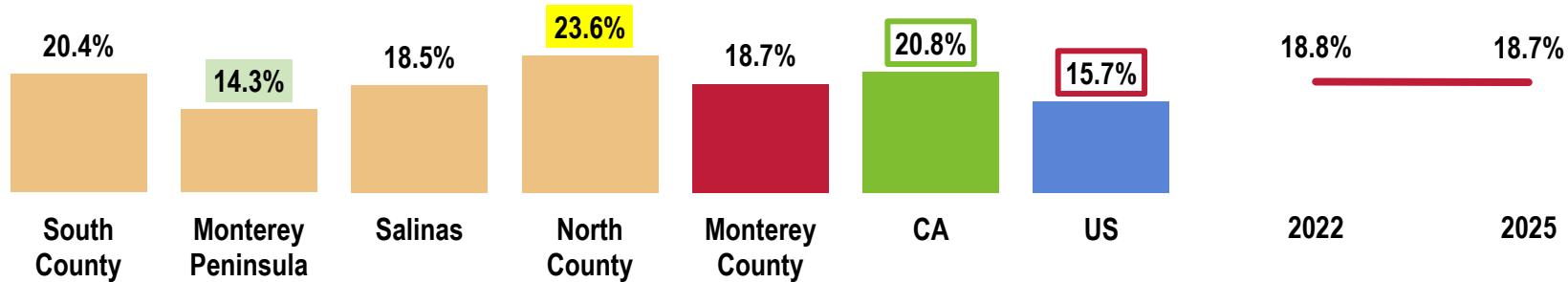
# General Health Status

## 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

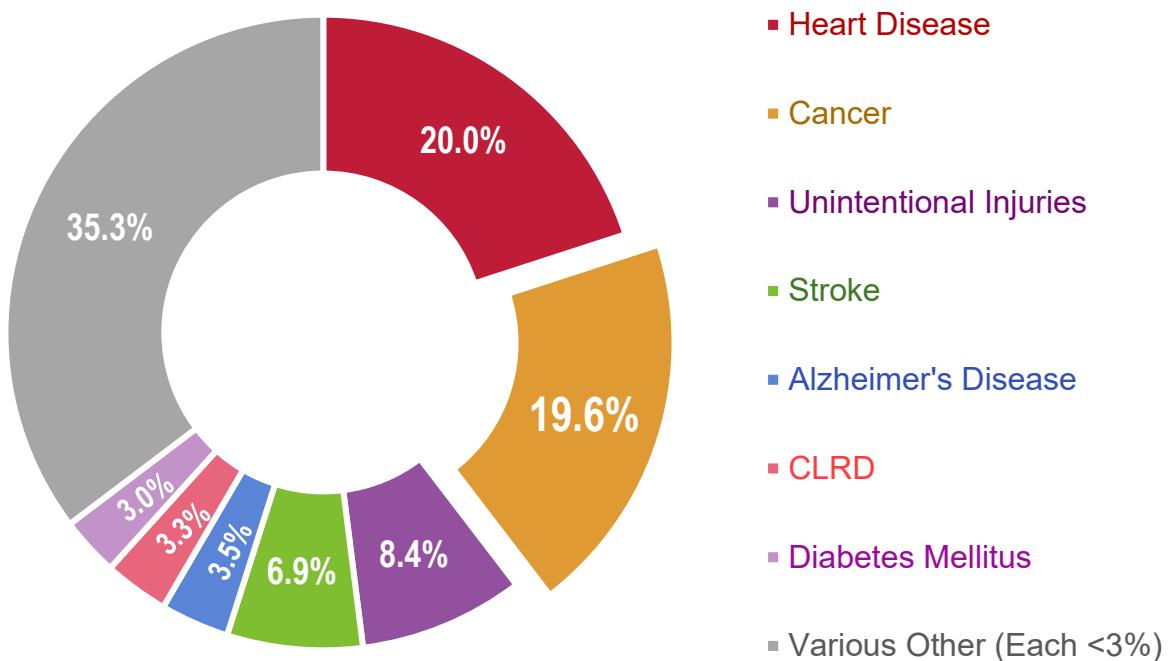


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]

- 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.

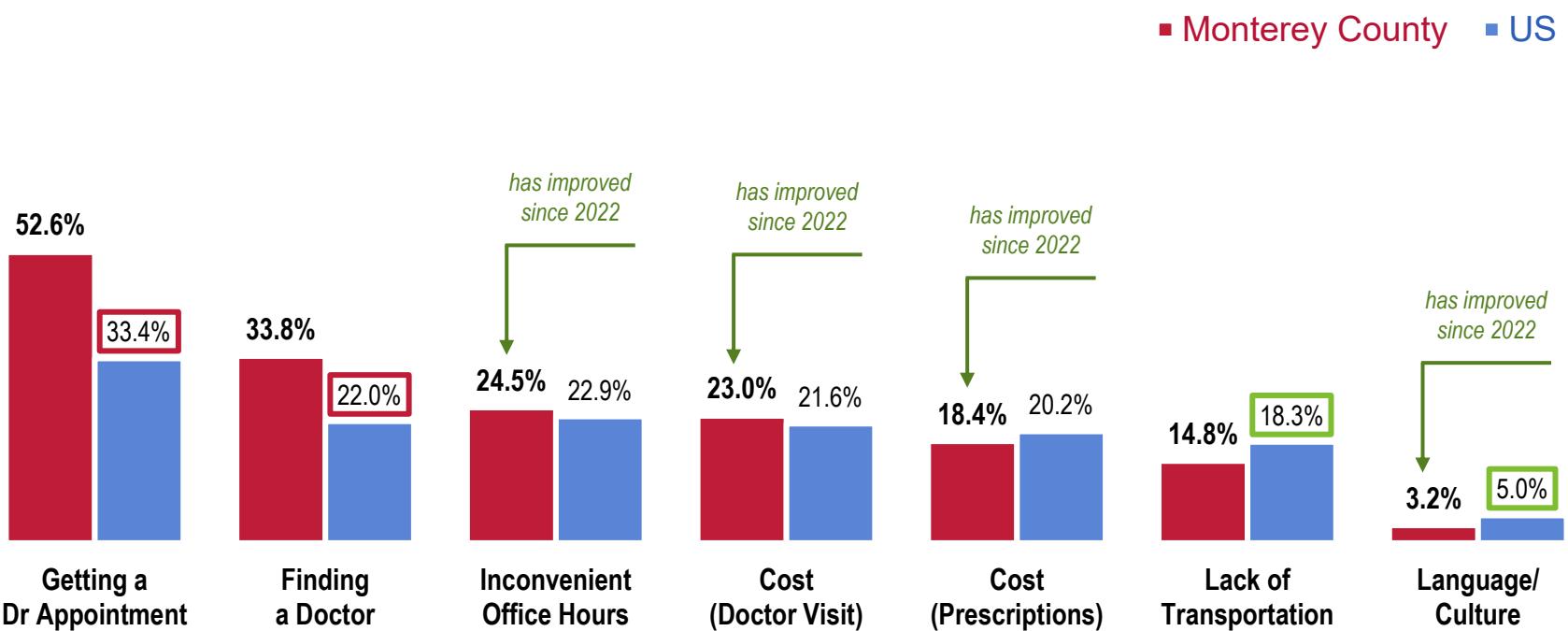
## Leading Causes of Death (Monterey County, 2023)



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.

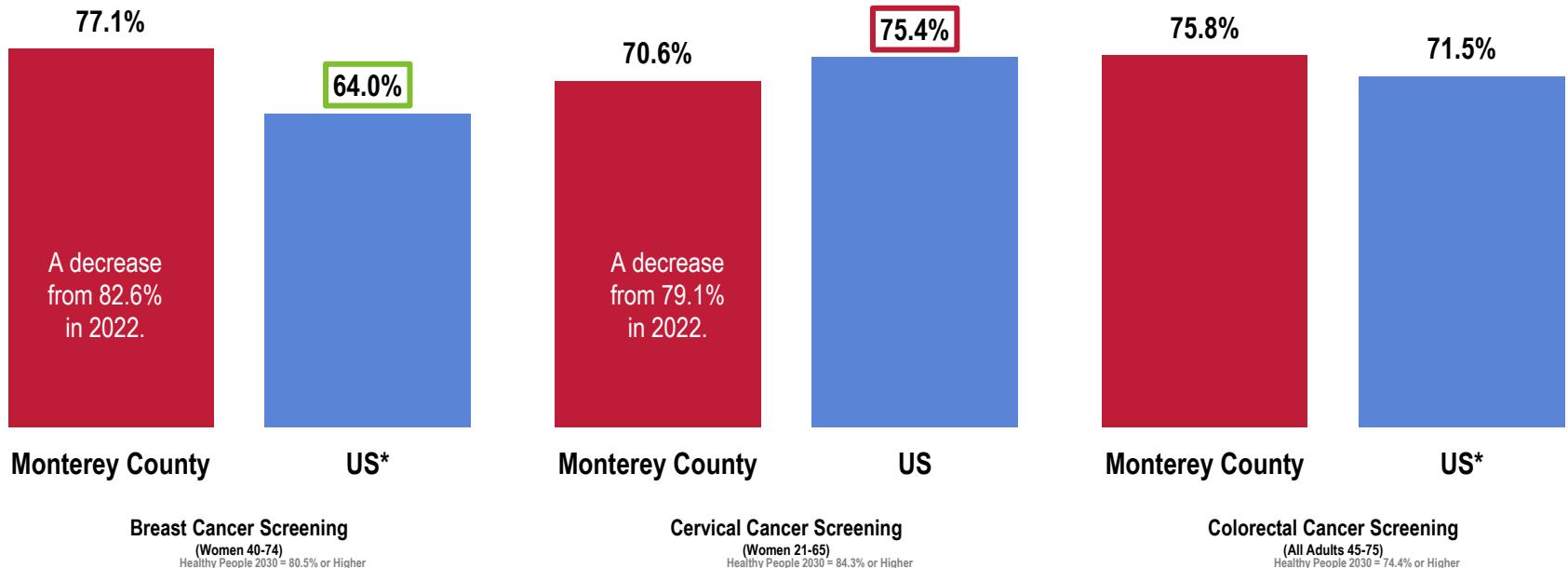
## Barriers to Access Have Prevented Medical Care in the Past Year



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.

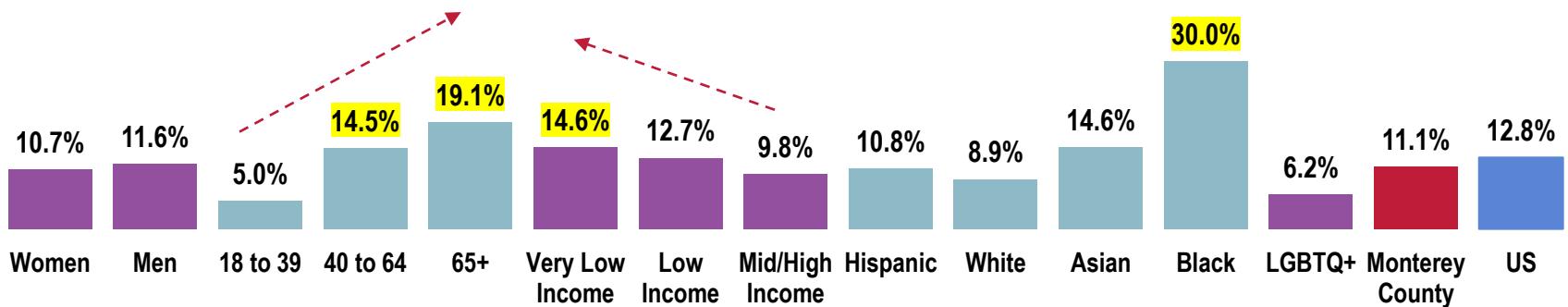
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

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



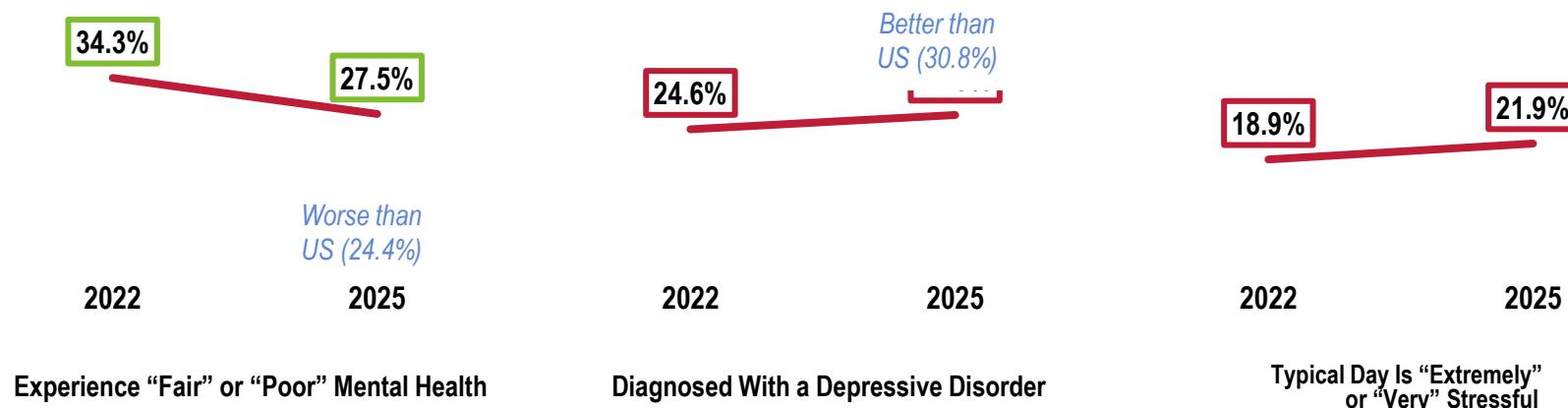
Sources: 

- 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.

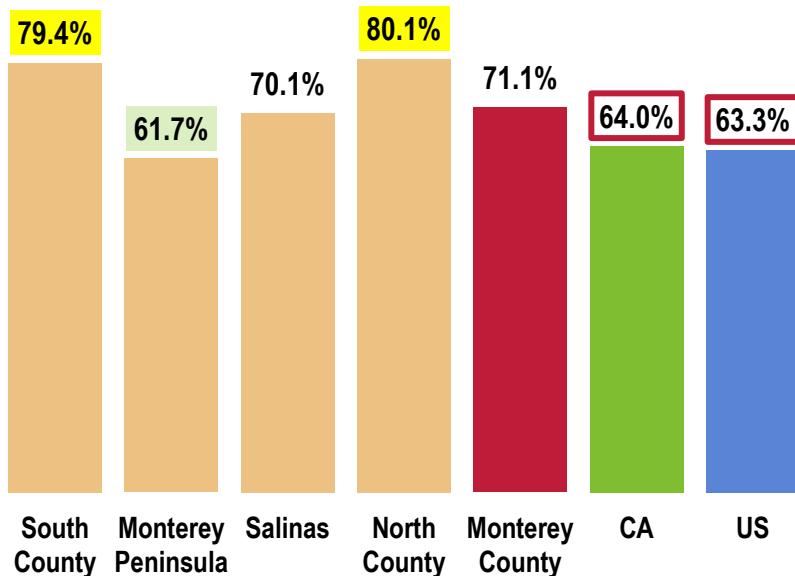
## Select Mental Health Indicators



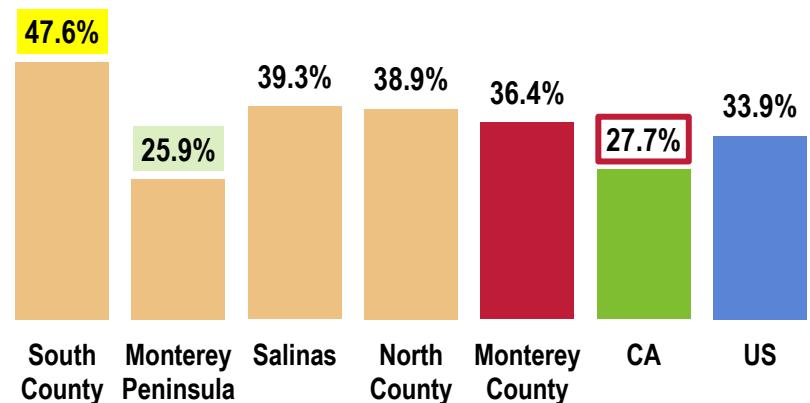
Sources: • 2025 PRC Community Health Survey, PRC, Inc.

*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 11<sup>th</sup> to learn more about the CHNA report and how to use data.
- Questions?



[www.healthymontereycounty.org](http://www.healthymontereycounty.org)