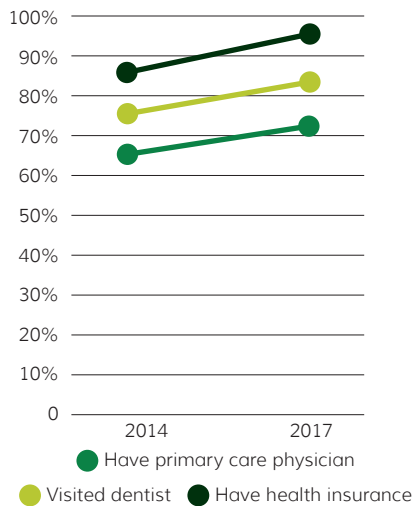


The **Social Determinants of Health** are factors impacting health, including personal behaviors, environment, access to care, and socioeconomic status. CCTT measures a variety of health indicators for youth and adults.

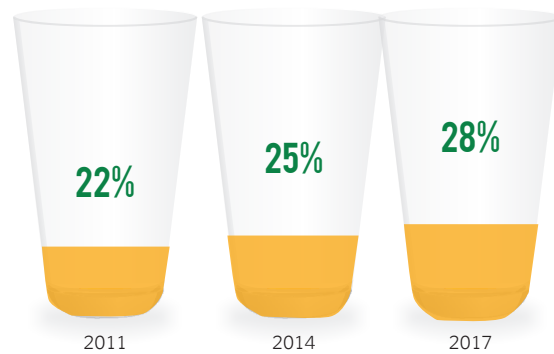
As vibrant and beautiful as our mountain region is, our community struggles with high rates of substance abuse and growing mental health issues. Significant disparities among age groups and between the Hispanic and Caucasian populations have appeared over the course of three Community Health Needs Assessments performed by the Tahoe Forest Hospital.

ACCESS TO HEALTH CARE*



ADULT BINGE DRINKING*

4+ (female) or 5+ (male) drinks in a sitting

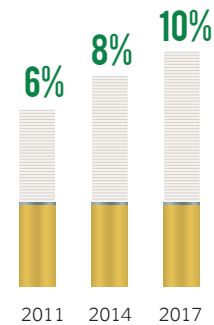


(Source: Tahoe Forest Community Health Needs Assessment)

16%
of all California adults reported binge drinking in 2017

ADULT SMOKING*

Adults who are regular smokers



7%
Adults who regularly use e-cigarettes*

MENTAL HEALTH

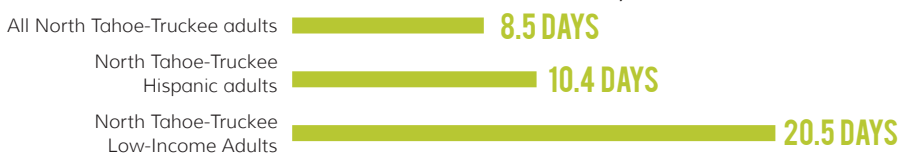
57%
of adults experienced depressive symptoms in the past 30 days*

In 2014, community data showed a disparity in poor mental health days for those who are low-income, and those who are Hispanic/Latino. The Tahoe Truckee Suicide Prevention Coalition's goal is to mobilize mental health support for youth and adults and prevent future suicides through community education, outreach, and strategy implementation. Tahoe Forest Hospital will seek a broader sampling of Hispanic and low-income community members in the 2020 survey. Meanwhile, system improvements are being made to improve access to behavioral health treatment and prevention for people of all ages.

ADULTS REPORTING 1+ BAD MENTAL HEALTH DAYS PER MONTH

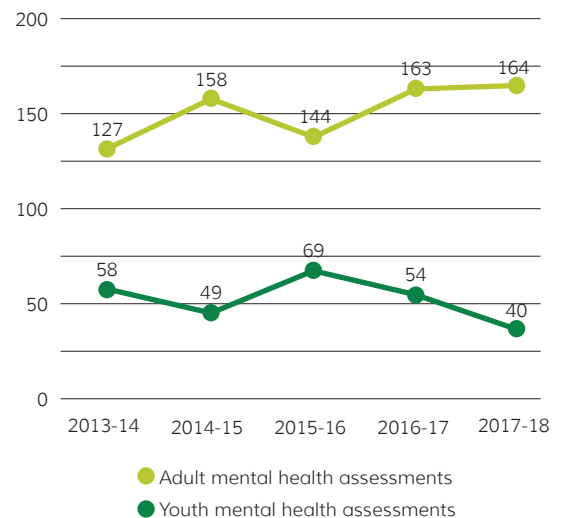


NUMBER OF POOR MENTAL HEALTH DAYS PER MONTH, 2014



*Source: Tahoe Forest Hospital Community Health Needs Assessment

MENTAL HEALTH ASSESSMENTS



An assessment occurs when an adult or youth is at risk for hurting themselves or others and goes to the hospital for an emergency mental health evaluation.

Source: Tahoe Forest Hospital

COLLABORATIVE RESPONSE: HEALTH >>>>>

Our collective efforts to decrease substance use and address youth mental health concerns have had some success, but remain in need of more focus and support.

YOUTH HEALTH

In 2015, the Youth Health Initiative came together in North Tahoe-Truckee to look at the health needs of adolescents in the region. The Youth Health Initiative connects students to support and services at schools and throughout the community. Specific strategies include a *Wellness Network* as well as *Behavioral Health* and *Substance Use* treatment, *Oral Health* services, and *Reproductive Health* resources, education, and services.

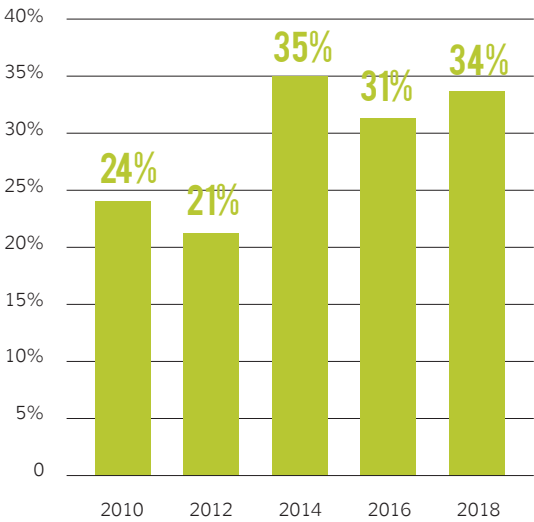


SUBSTANCE ABUSE



Formed in January 2010, Tahoe Truckee Future Without Drug Dependence (TT-FWDD) is a community-wide coalition comprised of volunteers from at least 12 different sectors working together to prevent youth substance abuse. Sectors include youth, parents, faith, schools, youth serving organizations, law enforcement, business, civic, government, health care, media, and other treatment professionals.

TTUSD 11TH GRADERS EXPERIENCING CHRONIC SADNESS/HOPELESSNESS*

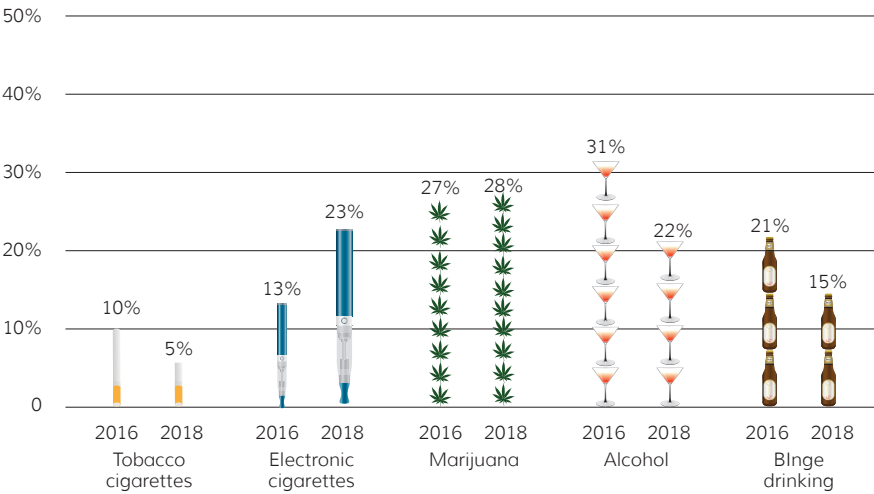


MENTAL HEALTH

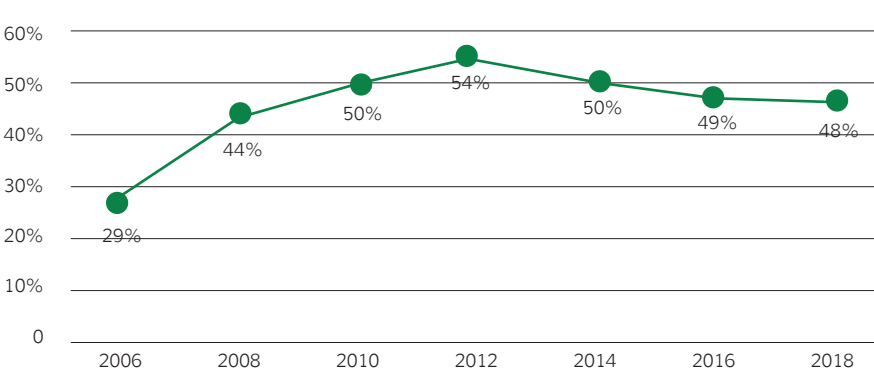
Several organizations offer programs designed to support residents' mental health. The Tahoe Truckee Suicide Prevention Coalition's goal is to mobilize mental health support for youth and prevent future suicides through community education, outreach, and strategy implementation.

TTUSD 11TH GRADE SUBSTANCE ABUSE PAST 30 DAYS*

Source: California Healthy Kids Survey



TTUSD 11TH GRADERS WHO FEEL CONNECTED TO SCHOOL *



TAHOE TRUCKEE
SUICIDE PREVENTION
COALITION

In 2017-18, the
Suicide Prevention
Coalition funding
provided mental
health screenings to
154
high school
students

*Source: California Healthy Kids Survey