

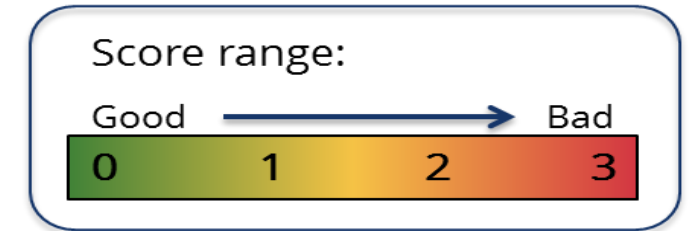
Older Adults' Health Findings from Ventura County Community Health Improvement Collaborative (VCCHIC) 2025 CHNA

Ventura County Data Scoring Results

| Health Topic | 2025 Score | 2022 Score |
|-------------------------------------|------------|------------|
| Women's Health | 1.74 | 1.41 |
| 2 Older Adults | 1.71 | 1.59 |
| Alcohol & Drug Use | 1.70 | 1.71 |
| Adolescent Health | 1.56 | 1.55* |
| Other Conditions* | 1.50 | 1.48 |
| Cancer | 1.48 | 1.33 |
| Mental Health & Mental Disorders | 1.48 | 1.26 |
| Heart Disease & Stroke | 1.44 | 1.45 |
| Wellness & Lifestyle | 1.38 | 1.20 |
| Prevention & Safety | 1.35 | 1.68 |
| Diabetes | 1.34 | 1.23 |
| Weight Status | 1.34 | 1.48 |
| Children's Health | 1.33 | 1.32 |
| Health Care Access & Quality | 1.31 | 1.43 |
| Physical Activity | 1.30 | 1.46 |
| Nutrition & Healthy Eating | 1.25 | 1.52 |
| Mortality Data | 1.24 | 1.35 |
| Maternal, Fetal & Infant Health | 1.17 | 1.09 |
| Sexually Transmitted Infections | 1.16 | 1.22 |
| Immunizations & Infectious Diseases | 1.13 | 1.16 |
| Tobacco Use | 0.98 | 1.36 |
| Respiratory Diseases | 0.97 | 1.11 |
| Oral Health | 0.96 | 1.12 |
| Health Information Technology | 0.82 | N/A |

| Quality of Life Topic | 2025 Score | 2022 Score |
|-----------------------|------------|------------|
| Education | 1.57 | 1.21 |
| Community | 1.30 | 1.24 |
| Economy | 1.29 | 0.96 |
| Environmental Health | 1.28 | 1.31 |

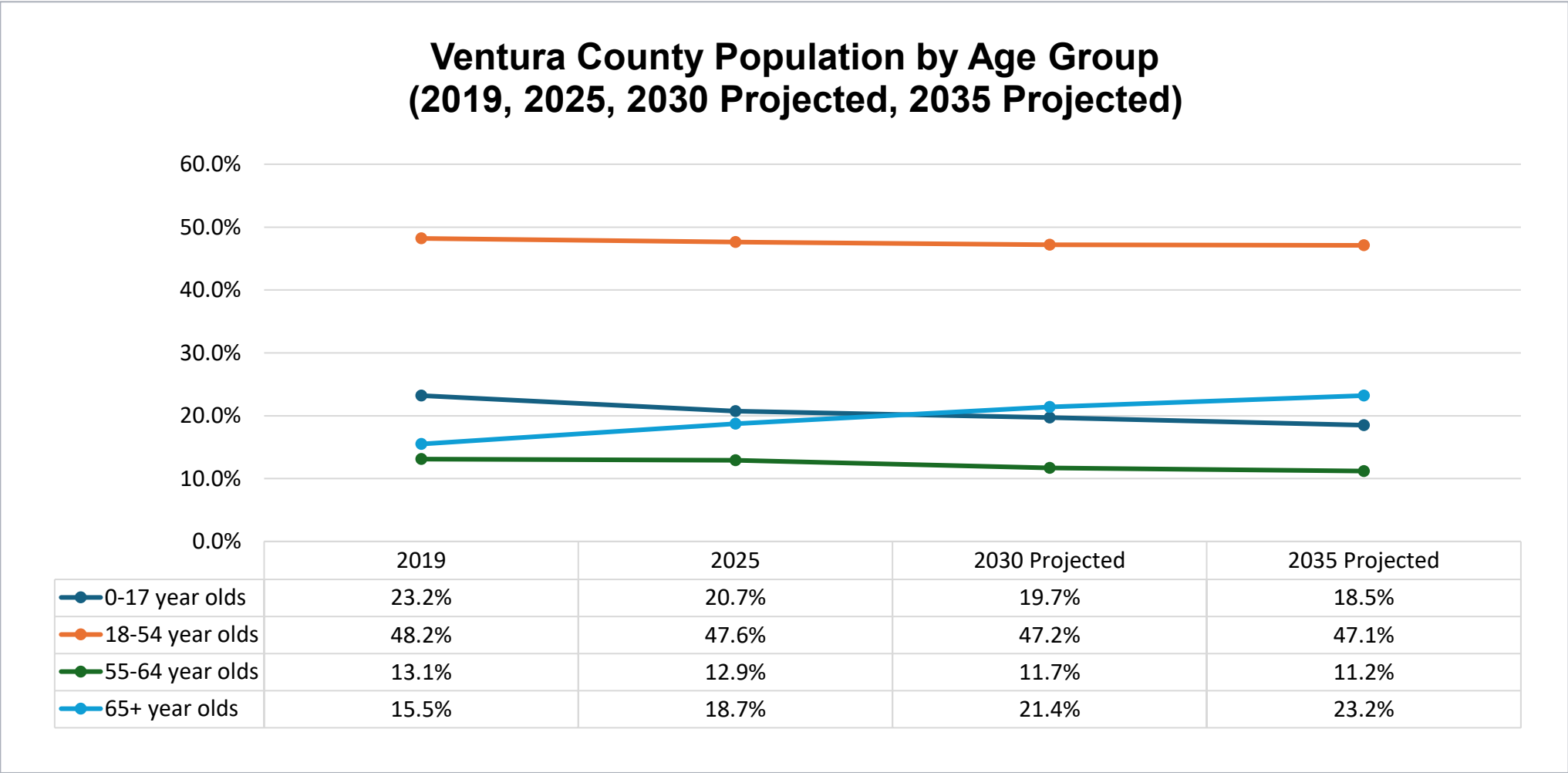
*Other conditions include osteoporosis, chronic kidney disease, arthritis, dehydration, urinary tract infections.



Reviewed “Indicators of Concern” with scores of **1.45** or higher.

Scores range from 0 (Good) to 3 (Worse) based on comparisons to state and national values, trends over time, and HP2030 (when applicable).

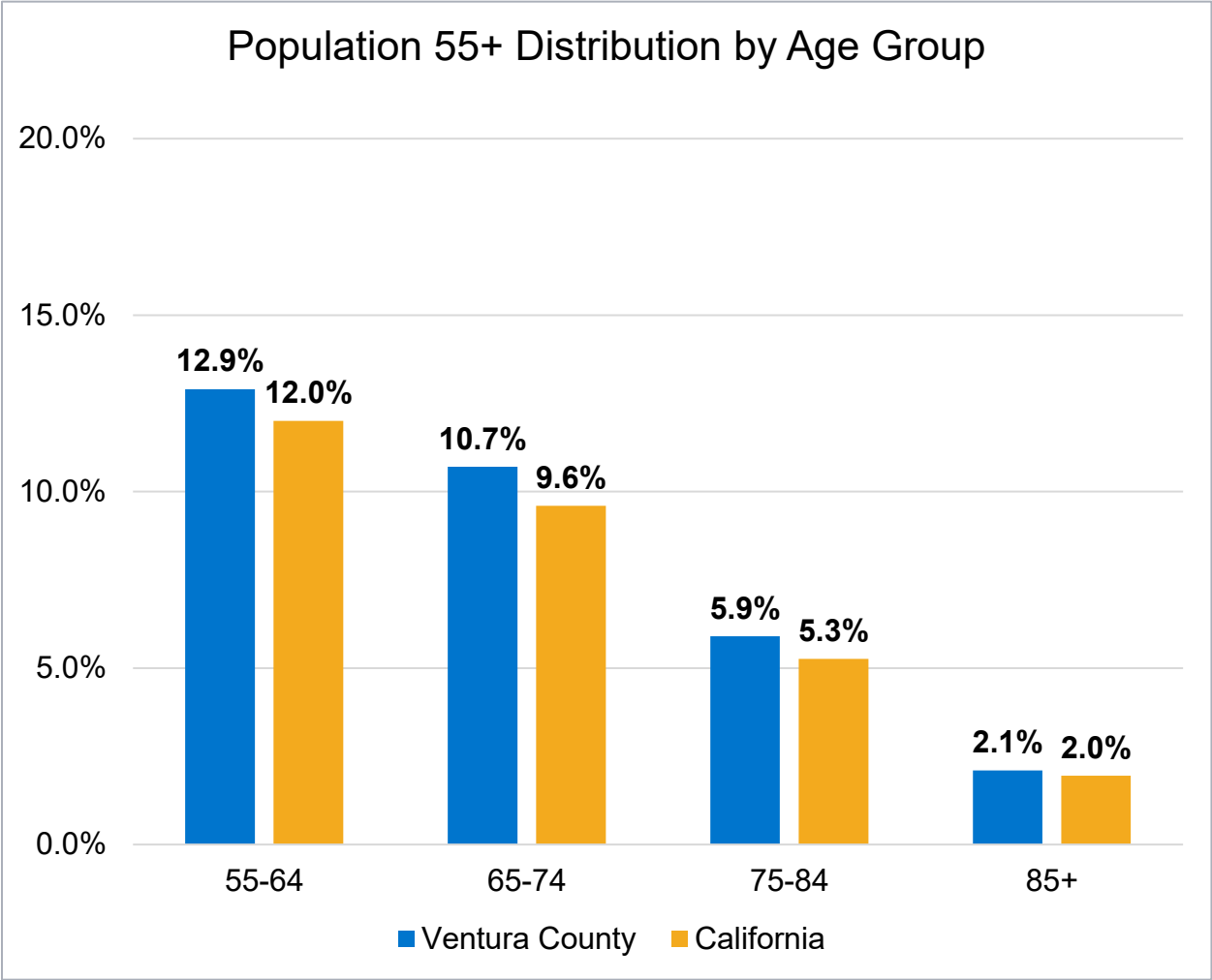
Older adults 65+ are growing as a proportion of the population.



Sources: 2019 and 2025 - Claritas Pop-Facts (2025 data available on www.healthmattersinc.org); 2030 and 2035 Projections - California Department of Finance Report P-2B.

More than 25% of Ventura County's population is over 60.

| Age Group | Male | Female | Total |
|-----------|---------|---------|---------|
| 55-64 | 52,696 | 53,261 | 105,957 |
| 65-74 | 42,004 | 45,679 | 87,683 |
| 75-84 | 21,713 | 26,849 | 48,562 |
| 85+ | 6,466 | 10,976 | 17,442 |
| Total | 122,879 | 136,765 | 259,644 |



Source: Claritas 2025 available on www.healthmattersinvc.org

Older Adults – Key indicators

| | VALUE | COMPARED TO: | | | | |
|-----------------------------------|---|--|--|---|---|--|
| Asthma: Medicare Population | 8.0% (2023) |  CA Counties |  U.S. Counties |  CA Value (7.0%) |  US Value (7.0%) |  Prior Value (8.0%) |
| Cancer: Medicare Population | 13.0% (2023) |  CA Counties |  U.S. Counties |  CA Value (12.0%) |  US Value (12.0%) |  Prior Value (13.0%) |
| Depression: Medicare Population | 17.0% (2023) |  CA Counties |  U.S. Counties |  CA Value (14.0%) |  US Value (17.0%) |  Prior Value (16.0%) |
| Osteoporosis: Medicare Population | 16.0% (2023) |  CA Counties |  U.S. Counties |  CA Value (13.0%) |  US Value (12.0%) |  Prior Value (15.0%) |
| Prostate Cancer Incidence Rate | 121.1 Cases per 100,000 males (2017-2021) |  CA Counties |  U.S. Counties |  CA Value (98.6) |  US Value (113.2) |  Prior Value (115.4) |
| Stroke: Medicare Population | 7.0% (2023) |  CA Counties |  U.S. Counties |  CA Value (5.0%) |  US Value (6.0%) |  Prior Value (6.0%) |

Available on www.healthmattersinvc.org

Health and quality of life summary

1 in 5 (21.2%) adults 65+ live alone¹

1 in 3 (33.2%) adults 65+ have a disability¹

1 in 5 (22.0%) Medicare beneficiaries have diabetes²

1 in 5 (22.0%) Medicare beneficiaries have ischemic heart disease²

1 in 6 (17.0%) Medicare beneficiaries have depression²

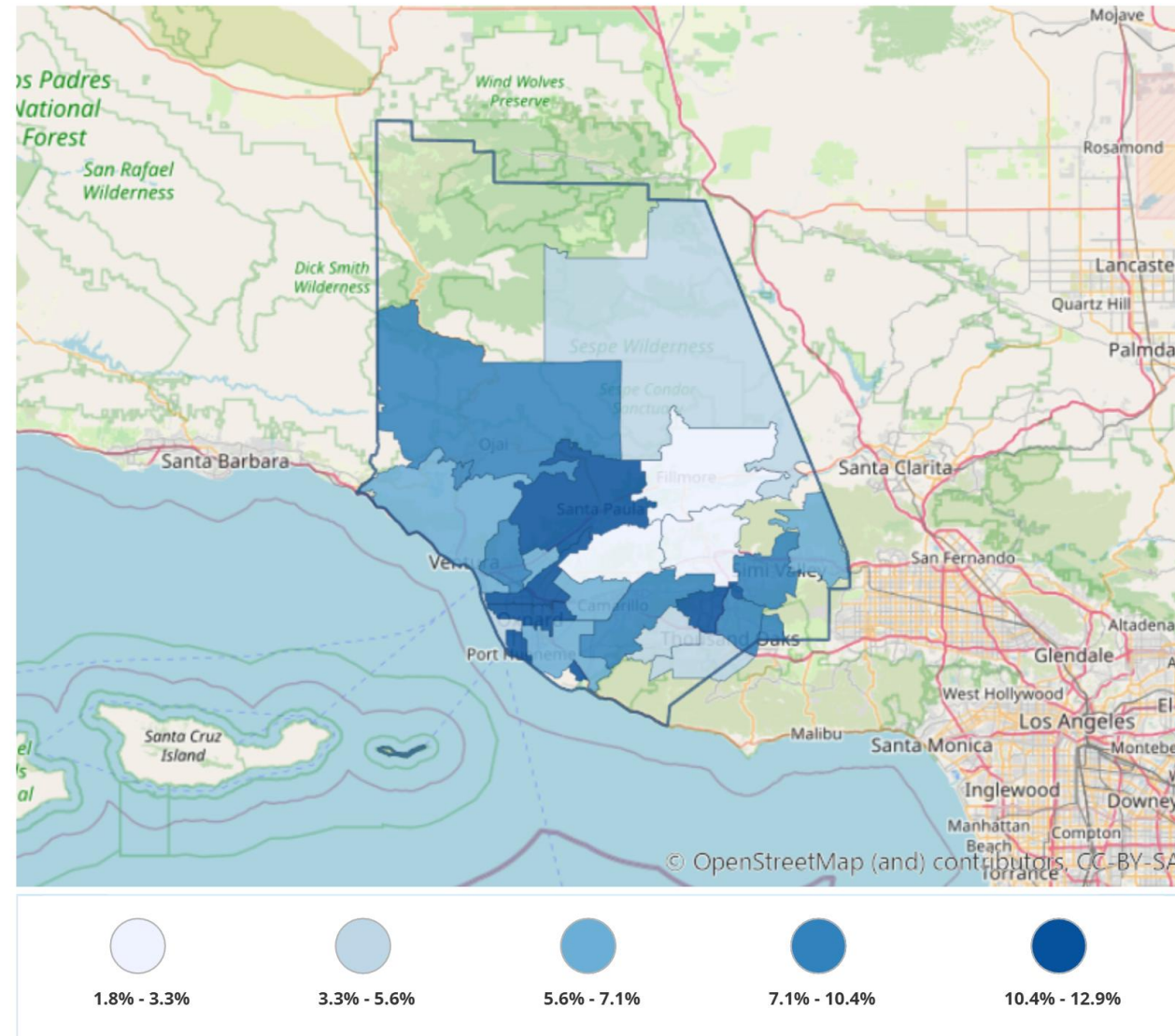
Sources: 1) American Community Survey; 2) Centers for Medicare and Medicaid Services. Available on www.healthmattersinvc.org

People 65+ Living Below Poverty Level

Measurement Period: 2019-2023

Data Source: American Community Survey 5-Year

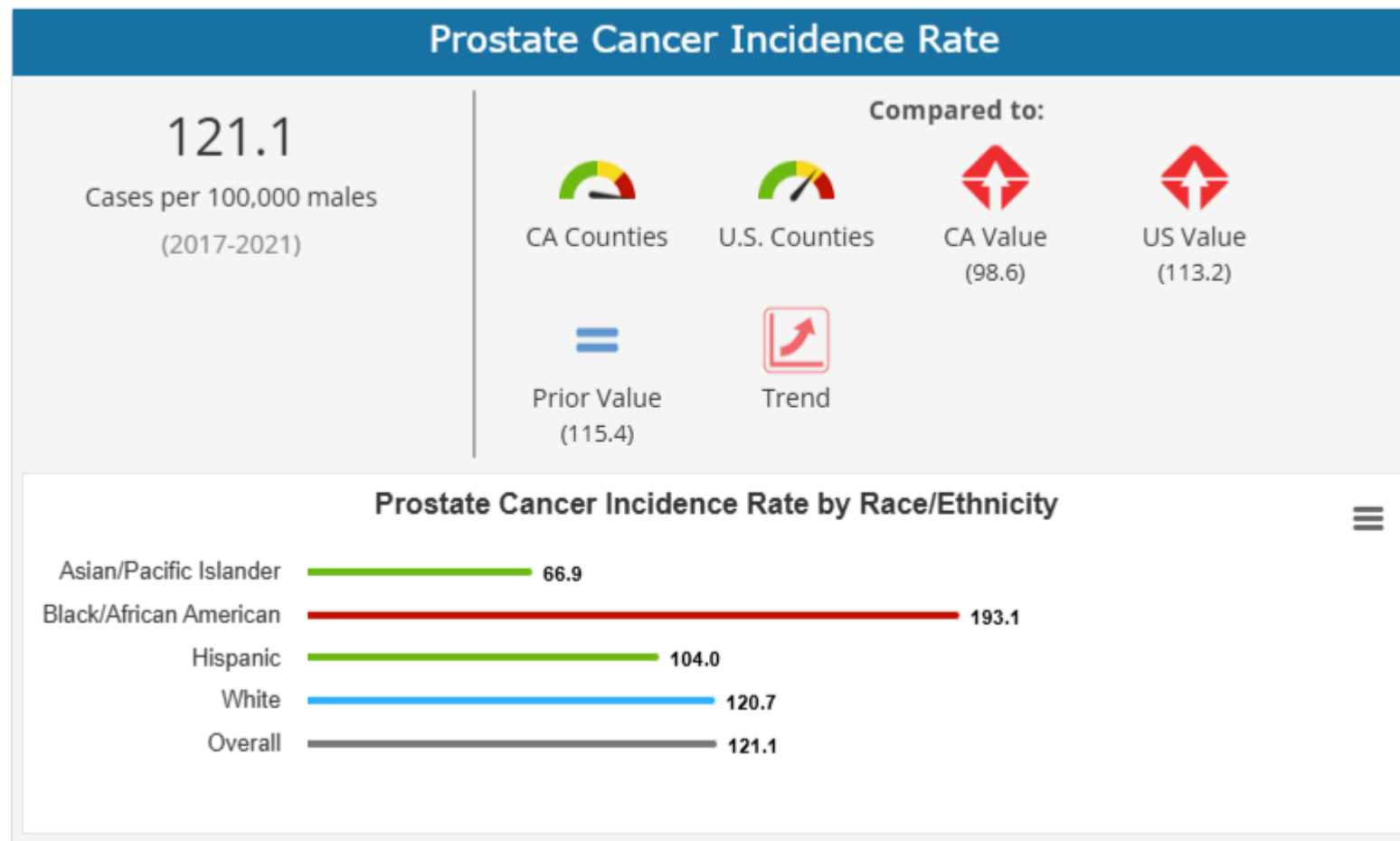
Older adults living in zip codes **93030, 93041, 93060, 93035, and 91360** are **more likely** to live below poverty level.



Source: American Community Survey. Available on www.healthmattersinvc.org

Prostate Cancer incidence is higher than state and national values.

Prostate Cancer incidence rates are significantly higher among **Black/African American populations.**

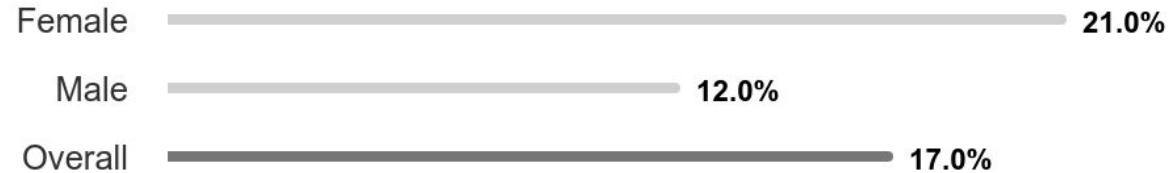


Medicare beneficiaries more likely to be treated for **depression** include those who are:

- **Female**
- **American Indian/Alaska Native**

Depression: Medicare Population by Gender County: Ventura

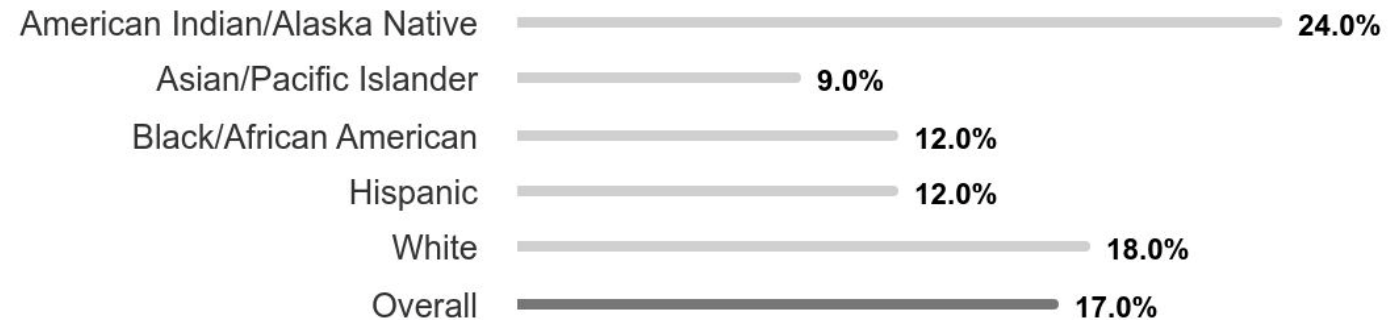
www.healthmattersinvc.org



Source: Centers for Medicare & Medicaid Services (2023)

Depression: Medicare Population by Race/Ethnicity County: Ventura

www.healthmattersinvc.org



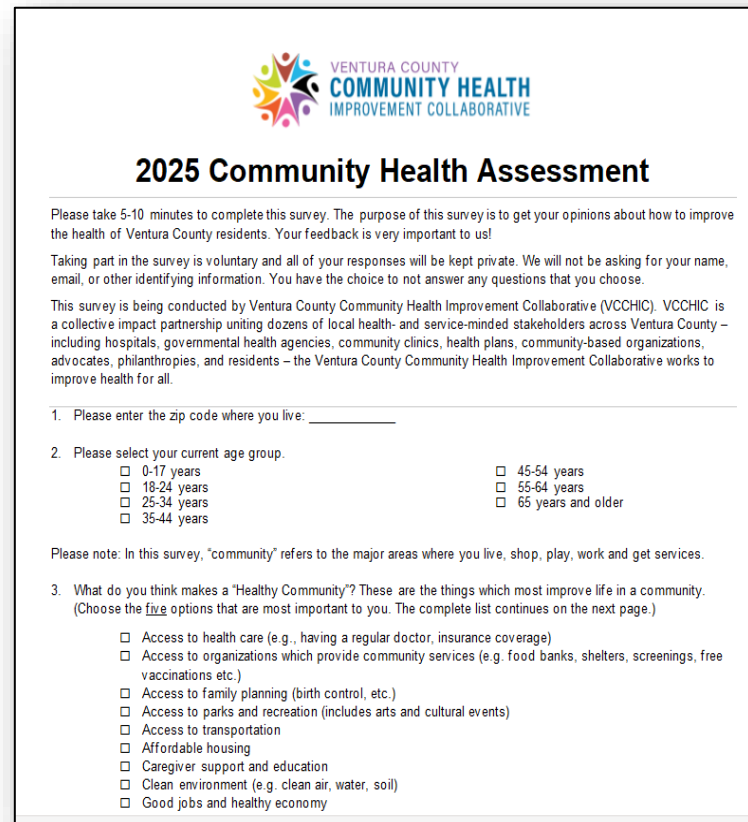
Source: Centers for Medicare & Medicaid Services (2023)


VCCHIC 2025 Community Survey

42 questions about attitudes and experiences related to healthcare, mental health, substance use, housing services, discrimination, and demographics.

6,681 completed surveys

- 6,041 (78.6%) in English
- 1,640 (21.4%) in Spanish
- 6,801 (88.5%) online surveys
- 880 (11.5%) paper surveys




2025 Community Health Assessment

Please take 5-10 minutes to complete this survey. The purpose of this survey is to get your opinions about how to improve the health of Ventura County residents. Your feedback is very important to us!

Taking part in the survey is voluntary and all of your responses will be kept private. We will not be asking for your name, email, or other identifying information. You have the choice to not answer any questions that you choose.

This survey is being conducted by Ventura County Community Health Improvement Collaborative (VCCHIC). VCCHIC is a collective impact partnership uniting dozens of local health- and service-minded stakeholders across Ventura County – including hospitals, governmental health agencies, community clinics, health plans, community-based organizations, advocates, philanthropies, and residents – the Ventura County Community Health Improvement Collaborative works to improve health for all.

1. Please enter the zip code where you live: _____

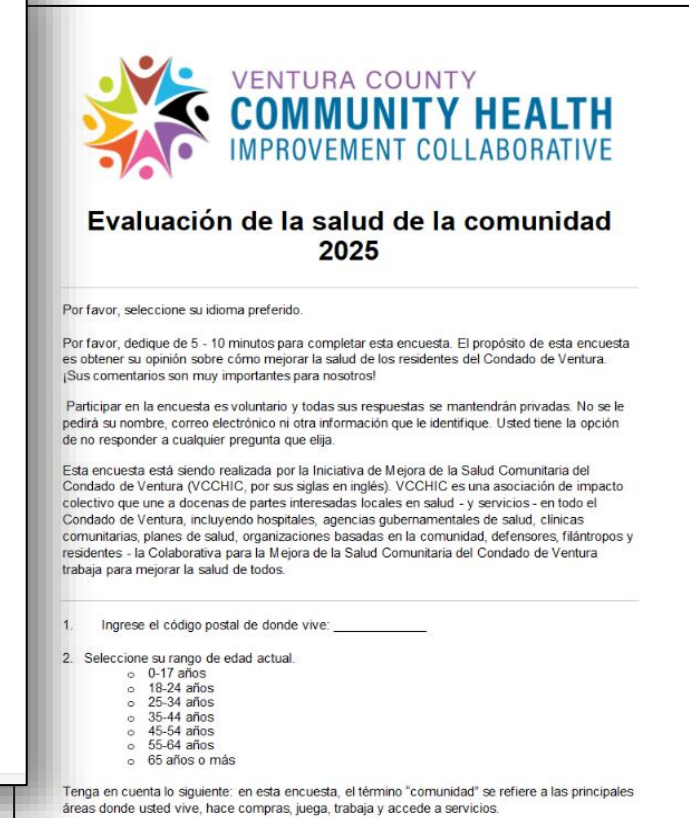
2. Please select your current age group.


| | |
|--------------------------------------|---|
| <input type="checkbox"/> 0-17 years | <input type="checkbox"/> 45-54 years |
| <input type="checkbox"/> 18-24 years | <input type="checkbox"/> 55-64 years |
| <input type="checkbox"/> 25-34 years | <input type="checkbox"/> 65 years and older |
| <input type="checkbox"/> 35-44 years | |

Please note: In this survey, "community" refers to the major areas where you live, shop, play, work and get services.

3. What do you think makes a "Healthy Community"? These are the things which most improve life in a community. (Choose the five options that are most important to you. The complete list continues on the next page.)

- ☐ Access to health care (e.g., having a regular doctor, insurance coverage)
- ☐ Access to organizations which provide community services (e.g. food banks, shelters, screenings, free vaccinations etc.)
- ☐ Access to family planning (birth control, etc.)
- ☐ Access to parks and recreation (includes arts and cultural events)
- ☐ Access to transportation
- ☐ Affordable housing
- ☐ Caregiver support and education
- ☐ Clean environment (e.g. clean air, water, soil)
- ☐ Good jobs and healthy economy




Evaluación de la salud de la comunidad 2025

Por favor, seleccione su idioma preferido.

Por favor, dedique de 5 - 10 minutos para completar esta encuesta. El propósito de esta encuesta es obtener su opinión sobre cómo mejorar la salud de los residentes del Condado de Ventura. ¡Sus comentarios son muy importantes para nosotros!

Participar en la encuesta es voluntario y todas sus respuestas se mantendrán privadas. No se le pedirá su nombre, correo electrónico ni otra información que le identifique. Usted tiene la opción de no responder a cualquier pregunta que elija.

Esta encuesta está siendo realizada por la Iniciativa de Mejora de la Salud Comunitaria del Condado de Ventura (VCCHIC, por sus siglas en inglés). VCCHIC es una asociación de impacto colectivo que une a docenas de partes interesadas locales en salud - y servicios - en todo el Condado de Ventura, incluyendo hospitales, agencias gubernamentales de salud, clínicas comunitarias, planes de salud, organizaciones basadas en la comunidad, defensores, filántropos y residentes - la Colaborativa para la Mejora de la Salud Comunitaria del Condado de Ventura trabaja para mejorar la salud de todos.

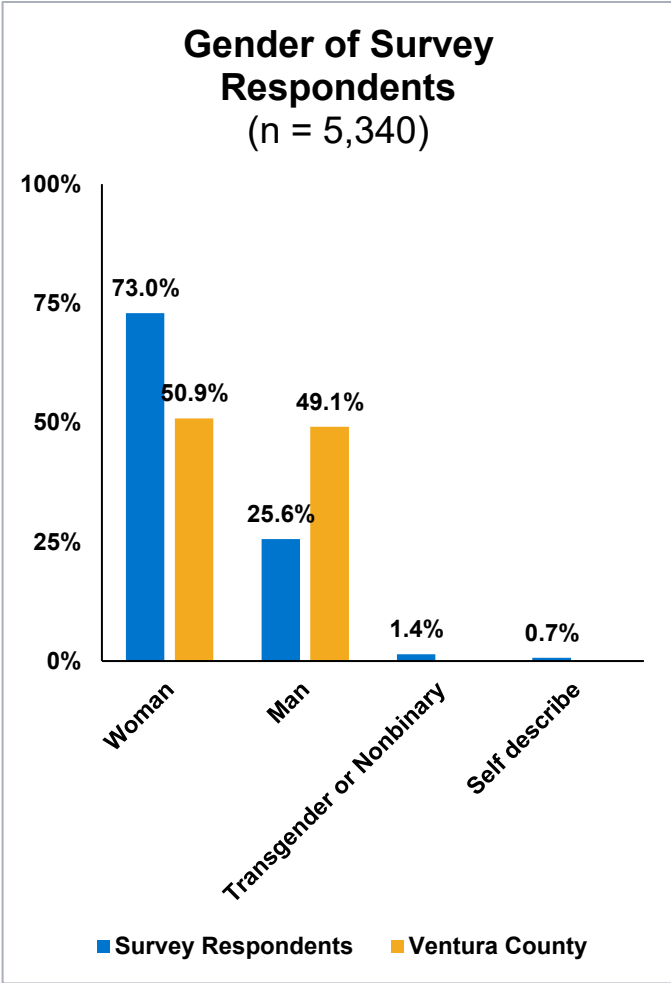
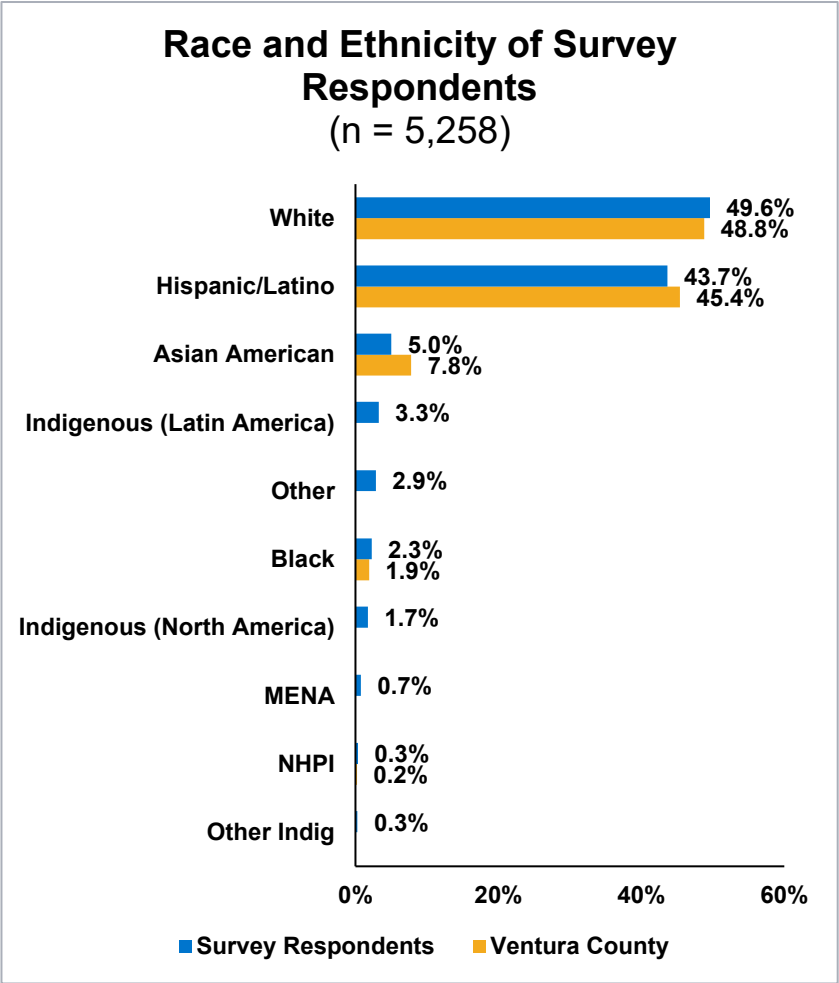
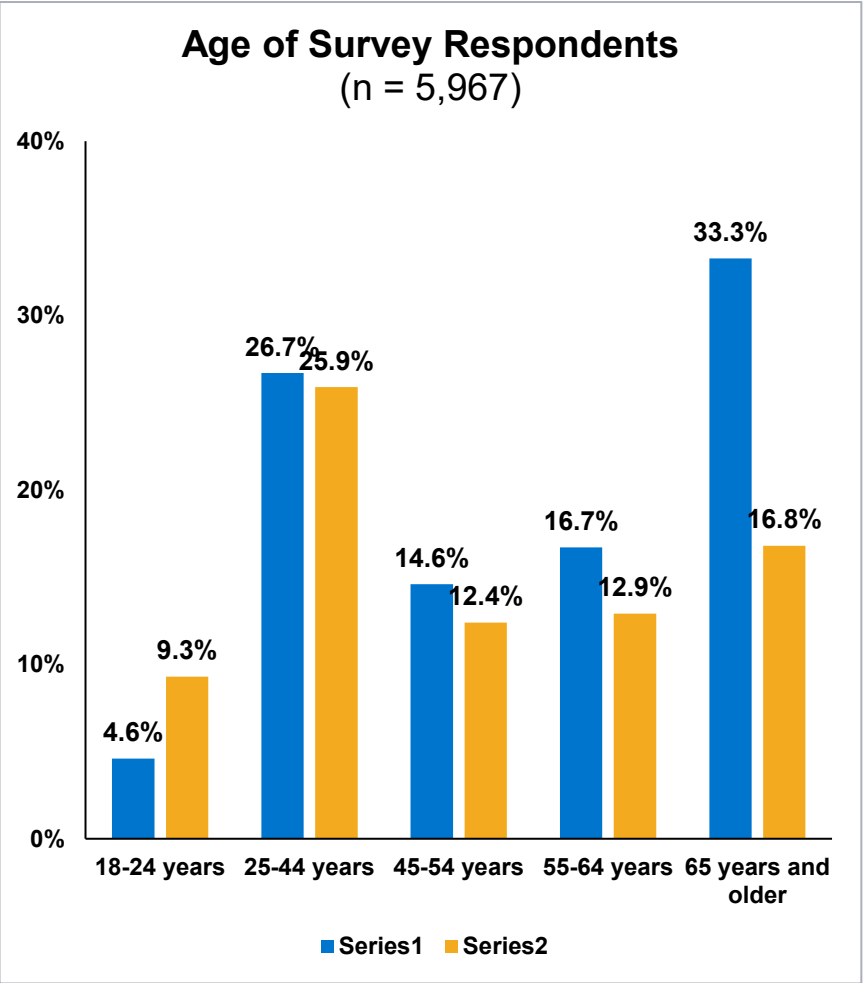
1. Ingrese el código postal de donde vive: _____

2. Seleccione su rango de edad actual.

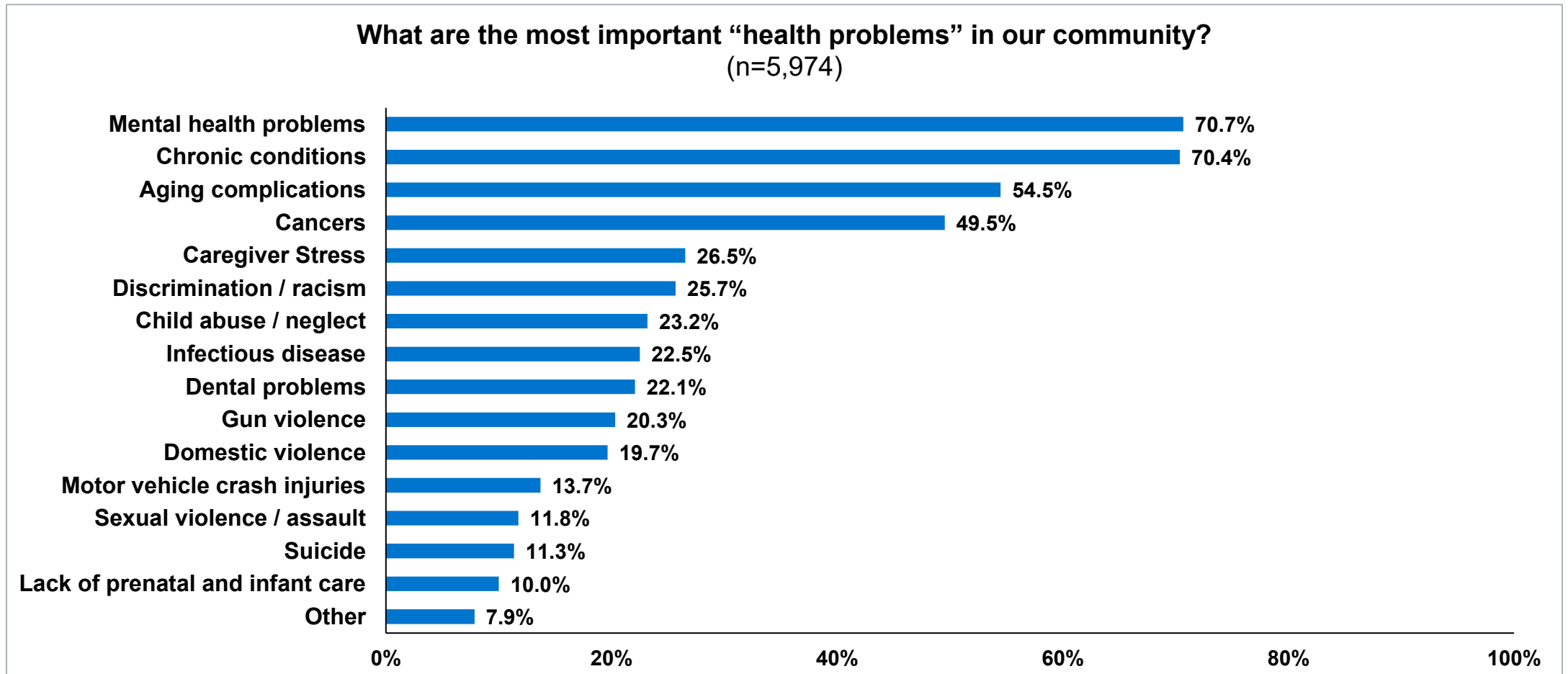
- ☐ 0-17 años
- ☐ 18-24 años
- ☐ 25-34 años
- ☐ 35-44 años
- ☐ 45-54 años
- ☐ 55-64 años
- ☐ 65 años o más

Tenga en cuenta lo siguiente: en esta encuesta, el término "comunidad" se refiere a las principales áreas donde usted vive, hace compras, juega, trabaja y accede a servicios.

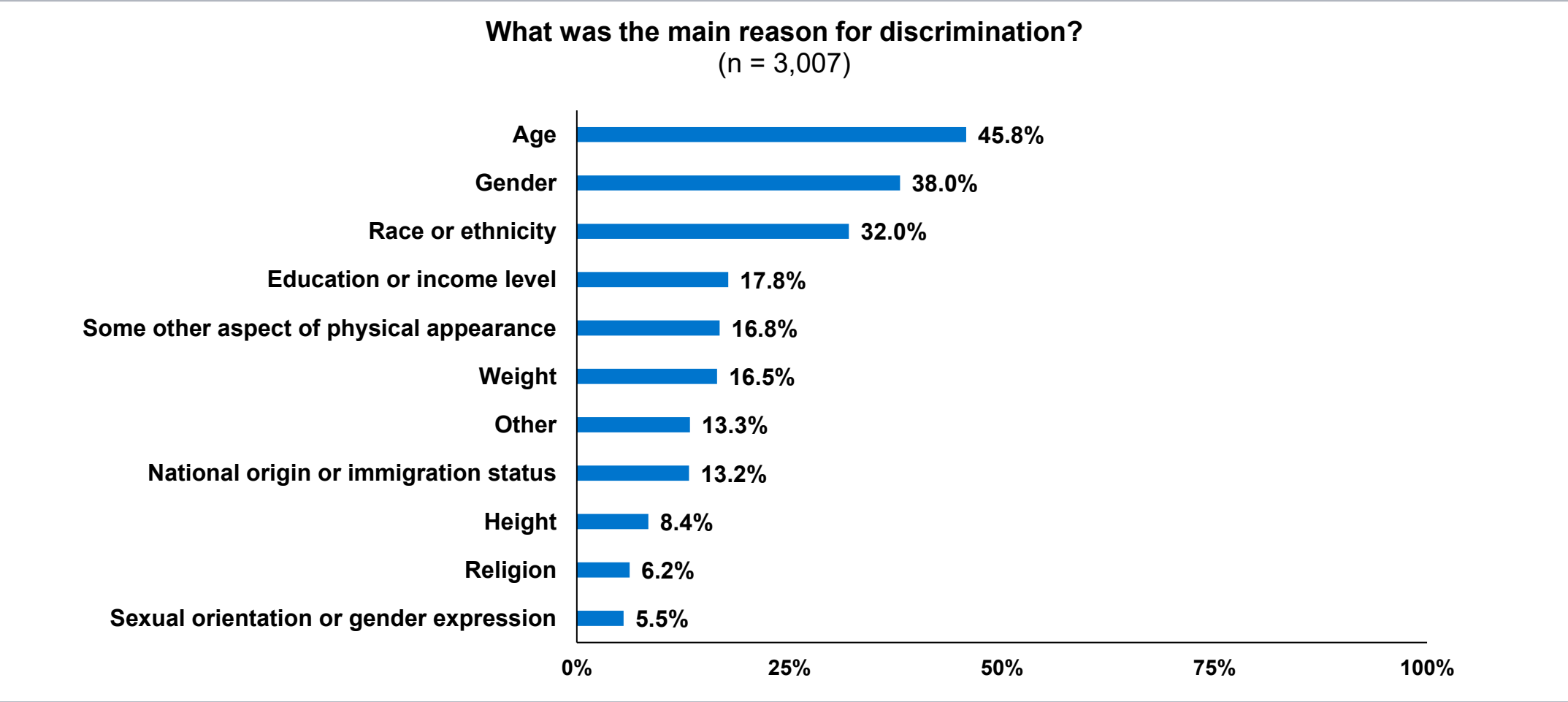
Survey respondents' demographics



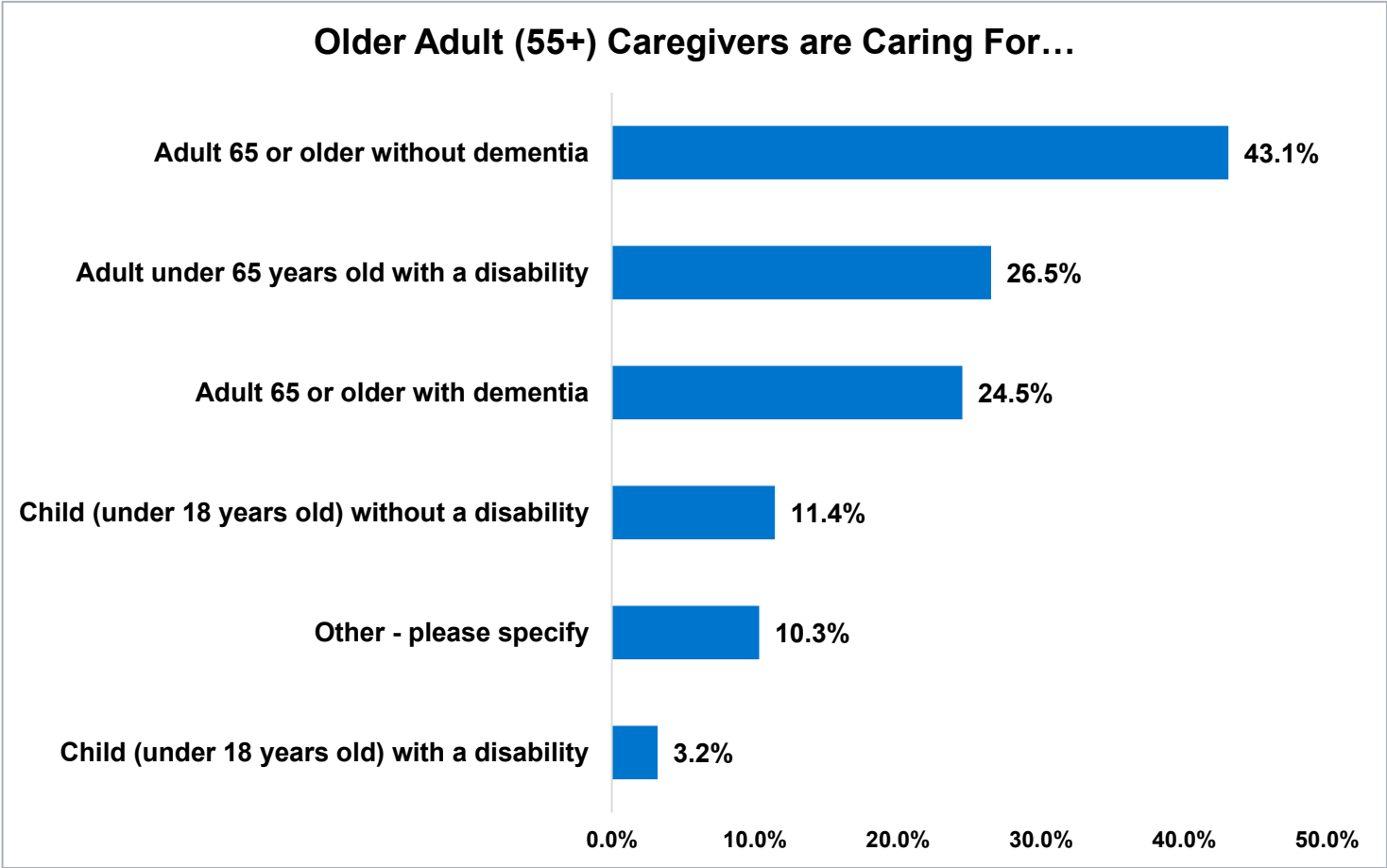
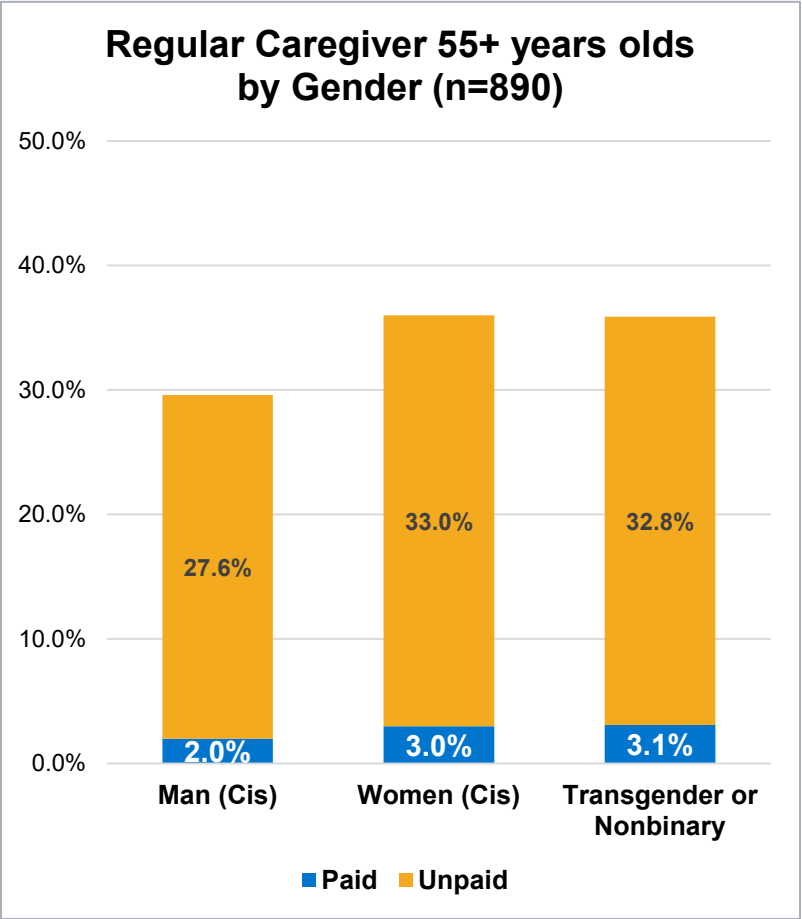
“Aging complications” and “Caregiver stress” are top 5 most important health problems.



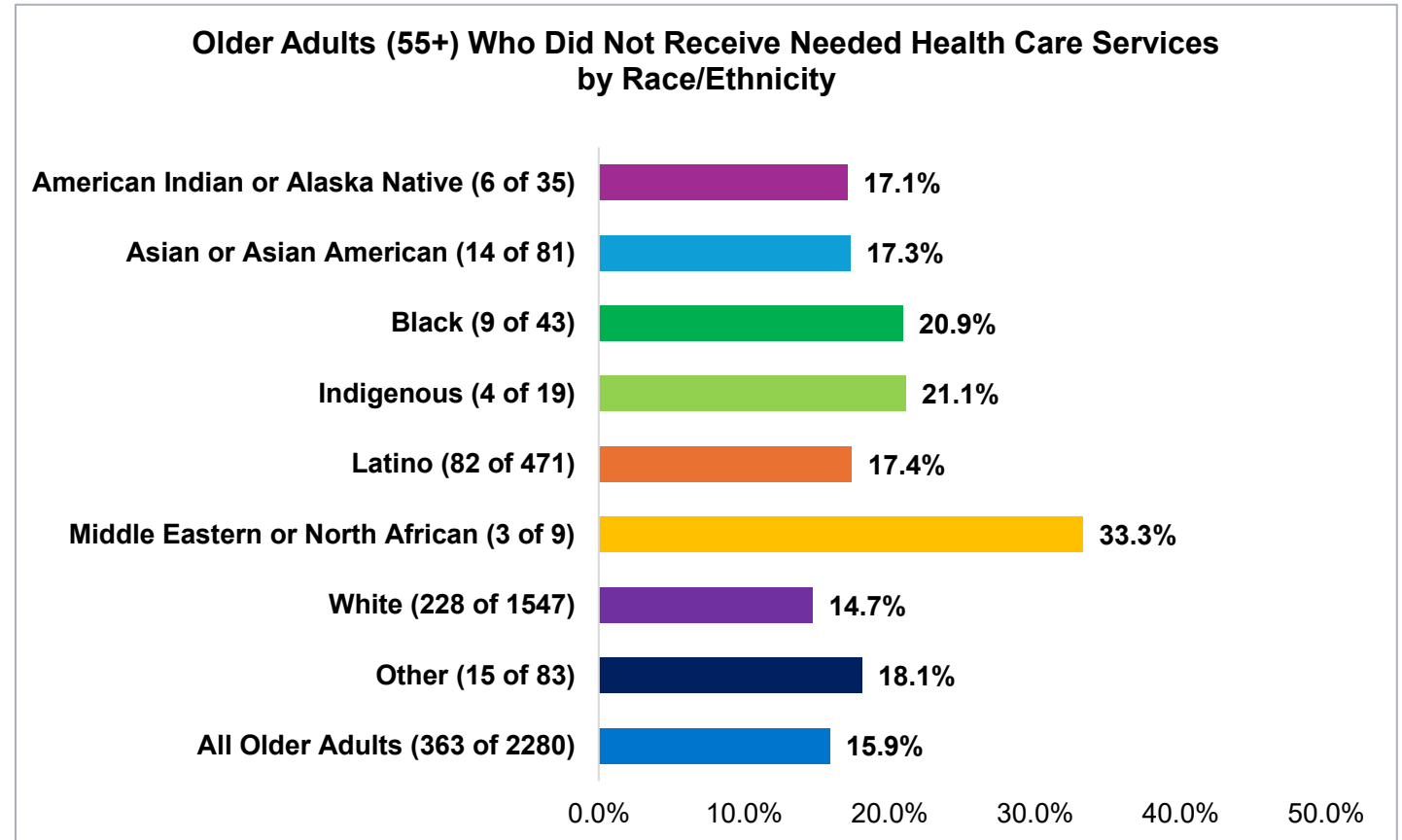
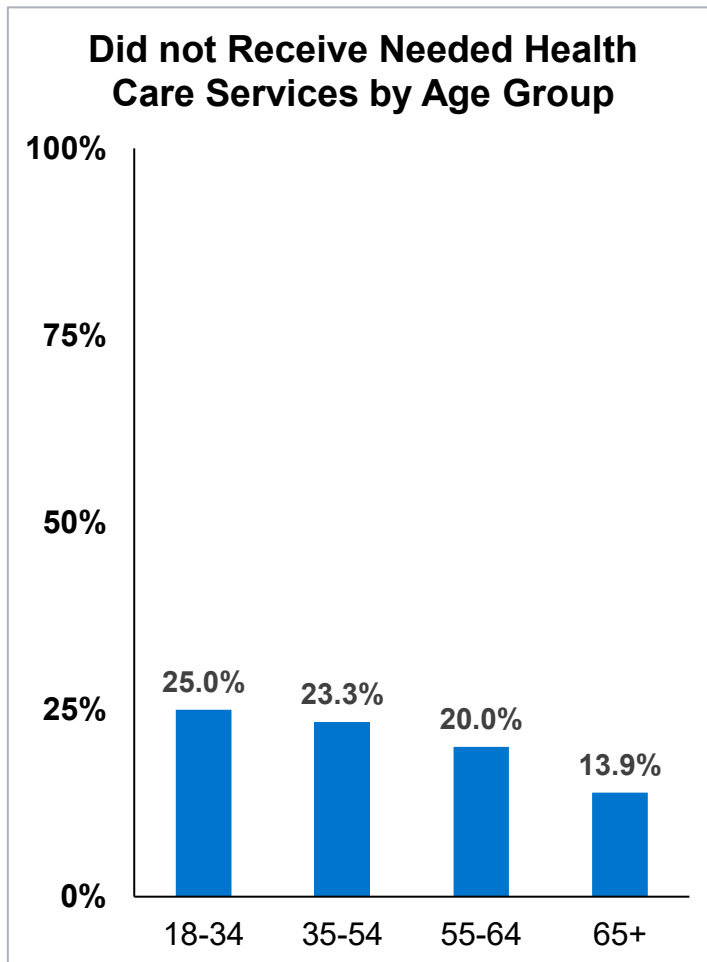
Main reasons indicated for discrimination were **age**, gender, and race or ethnicity.



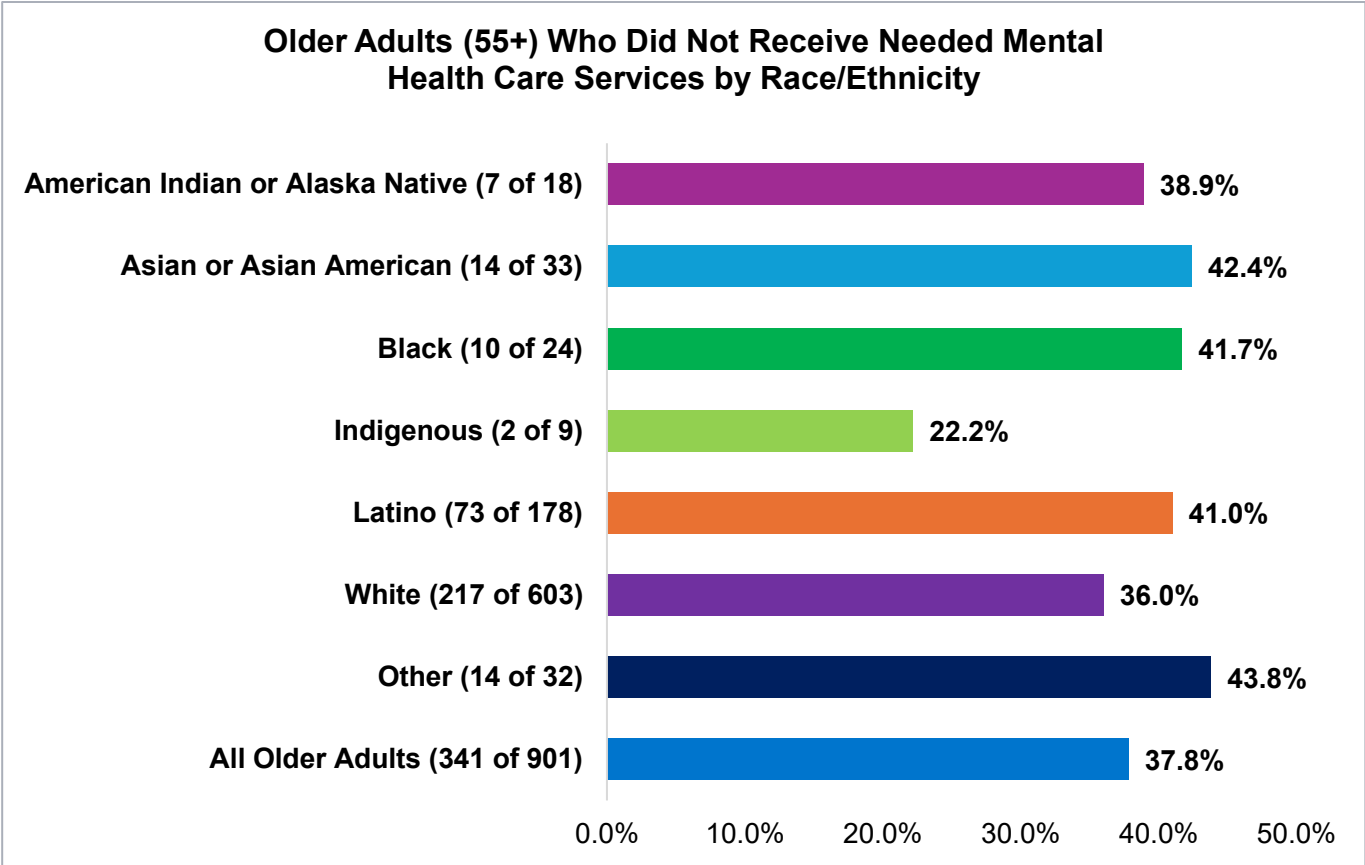
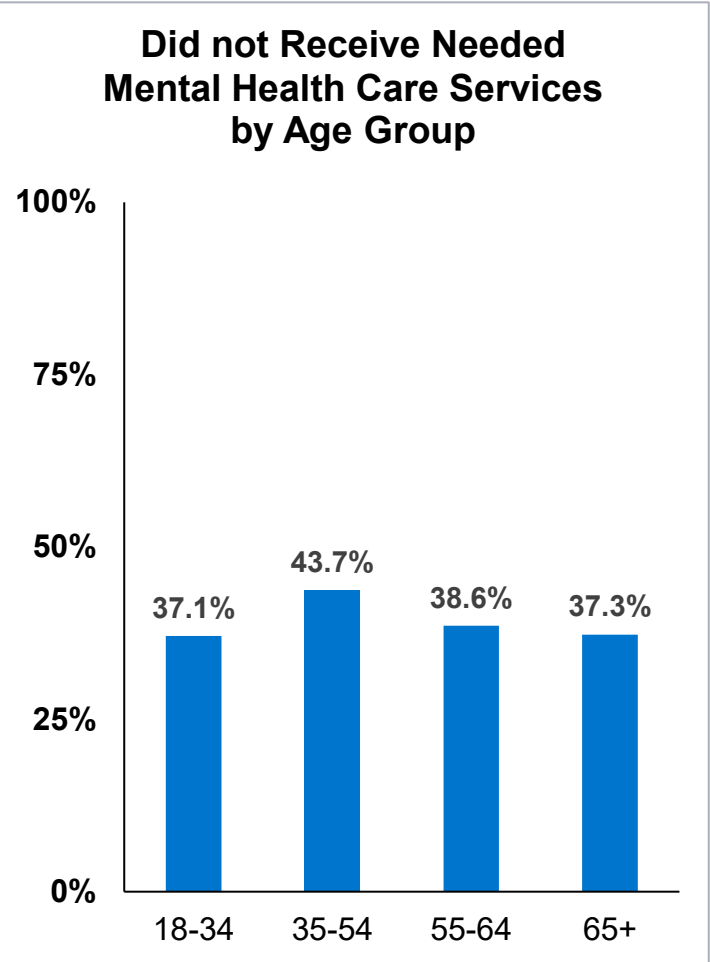
More than 1 in 3 older adults (55+) provide regular care or assistance for a friend or family member.



Almost 1 in 6 (15.9%) people 55 years and older who needed health care services did not get them.

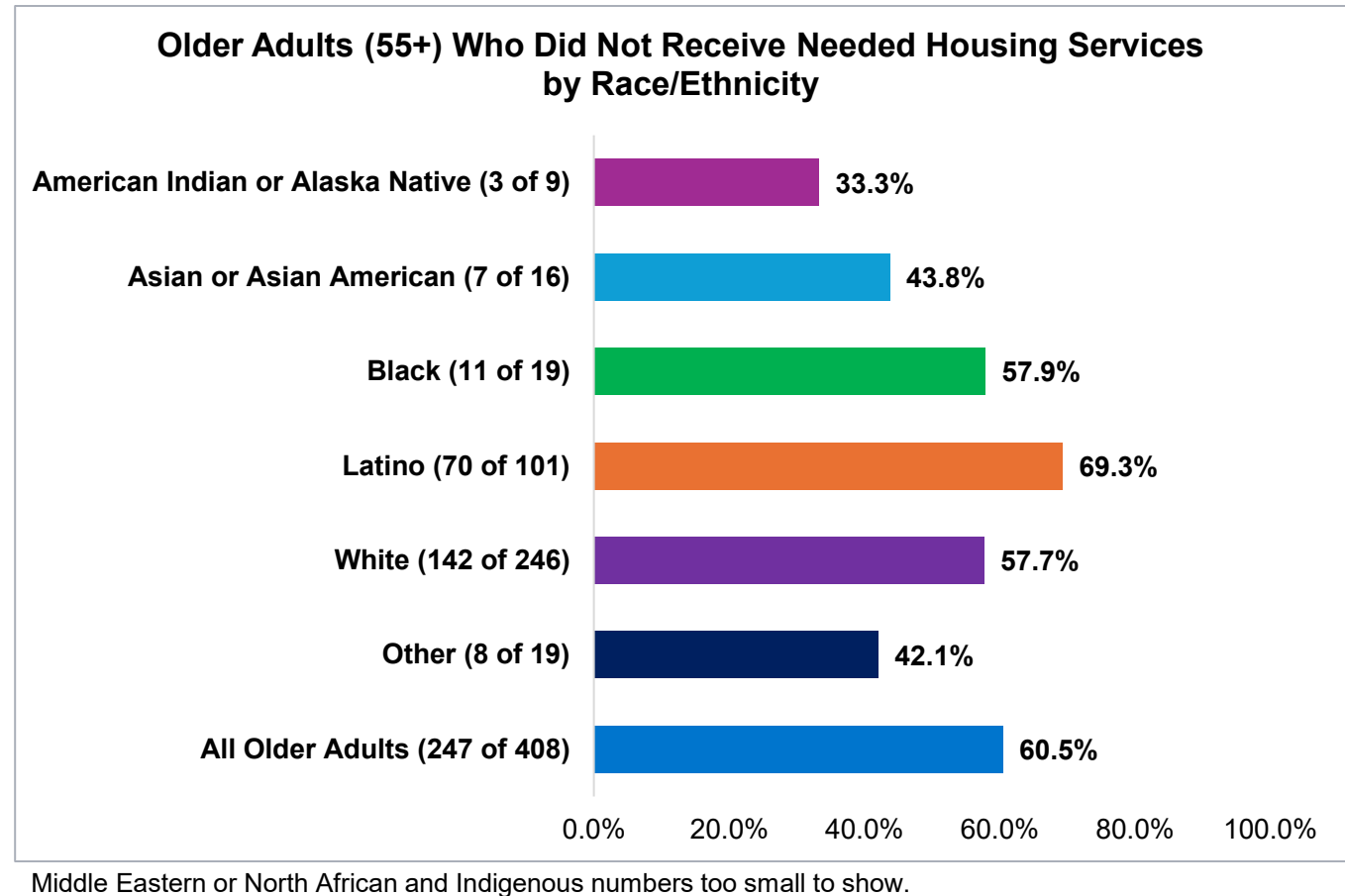
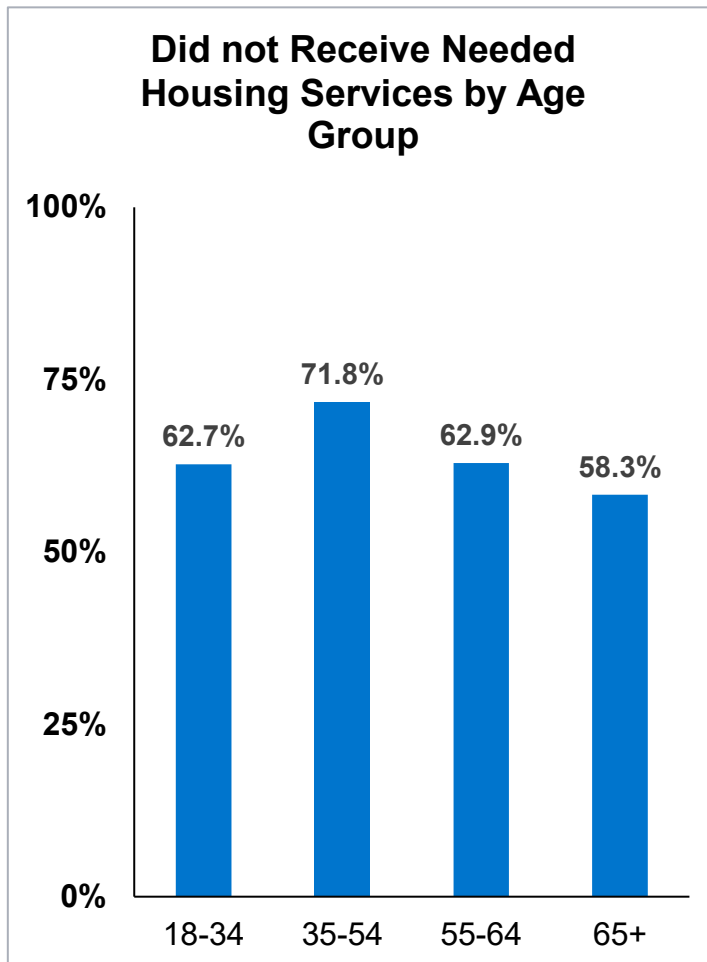


More than 1 in 3 (37.8%) people 55 years and older who needed mental health care services did not get them.

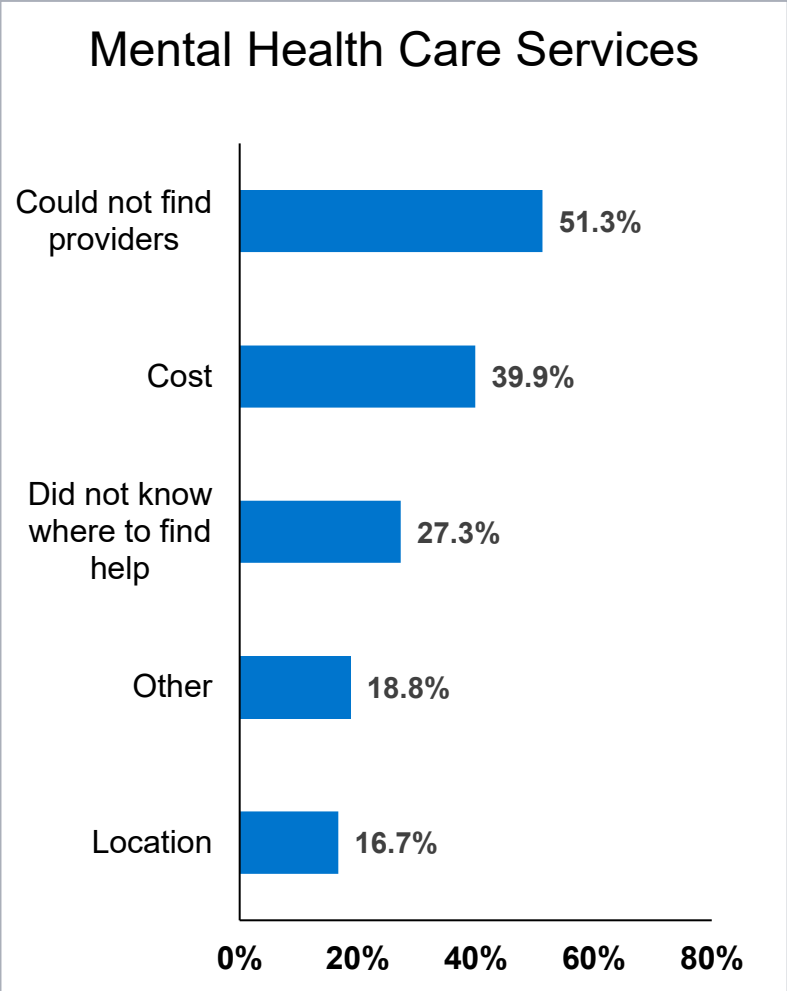
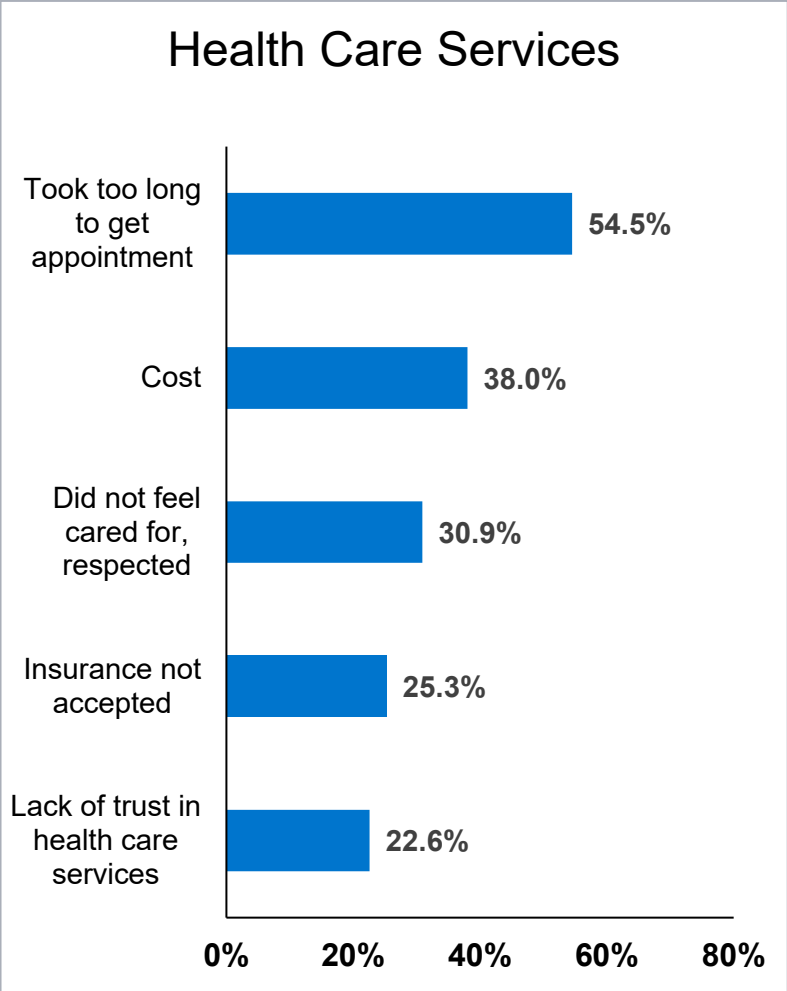


Middle Eastern or North African numbers too small to show.

6 in 10 (60.5%) people 55 years and older who needed housing services did not get them.



The most common reasons older adults 55+ did not get the following services were...



Community Member Focus Groups

- **Key assets** included walkable spaces, local hospitals and community clinics, supportive services, support groups, and various programs for older adults.
- **Challenges** included struggles faced by caregivers, including overwhelming stress and burnout, difficulties navigating the health care system, lack of comprehensive caregiver training and support services.
- **Caregivers** expressed a desire for more visibility and awareness of the available resources and services in their communities to help them cope with the demands of caregiving.

“

I think about seniors and elderly who don't have the resources or even transportation to get this kind of information. – LGBTQIA+ Focus Group

”

“

*“I think everybody, every caregiver deserves a one-on-one case manager to follow them and hold their hand and coach them through these situations.”
– Older Adults and Caregivers Health Focus Group*

”

Community Partner Listening Sessions

- **Key topics:** Mental health services, caregiver support, transportation, and the challenges faced by the “forgotten middle class.”
- **Key challenges:** Shortage of mental health practitioners, need for more services for the older adults, caregiver affordability and stress, especially for those not qualifying for public assistance.
- **Barriers to Care:** Transportation, long wait times, limited-service areas.
- **Overall improvements:** Better information dissemination, improved coordination and collaboration among agencies and providers.

“*Transportation [to access healthcare] needs to be door to door...we [also] need people that would be willing to go into the home...it's so expensive to provide caregivers...[and] people want to age in place.*
– **Older Adults' Health Listening Session**”

CHIS Priority Area Workgroup Sessions

Session #1:

CHNA Insights and Strategic Context

2 hours

Share findings from CHNA relevant to each priority area

Group discussion about:

- Community-level indicators
- Goals
- Current activities
- Challenges and common causes
- Potential actions



Session #2:

Strategy Development

90 minutes

Group consensus workshop to identify 2 broad strategies for each priority area



Session #3:

Implementation Planning

2 hours

Discuss current activities

Develop implementation plan:

- Objectives
- Measurements
- Activities
- Resources and collaborators

