

Ventura County Community Health Improvement Collaborative

Women's Health Workgroup

July X, 2025



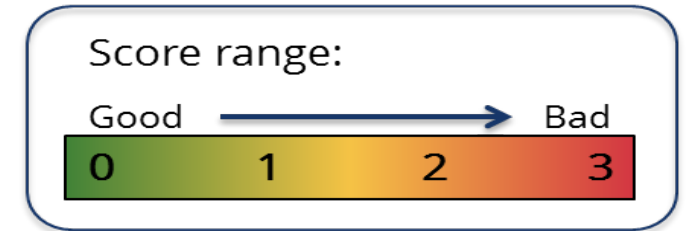
Women's Health Findings from Ventura County Community Health Improvement Collaborative (VCCHIC) 2025 CHNA

Ventura County Data Scoring Results

Health Topic	2025 Score	2022 Score
1 Women's Health	1.74	1.41
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).

Women's Health – Key indicators

	VALUE	COMPARED TO:					
Age-Adjusted Death Rate due to Breast Cancer	20.2 Deaths per 100,000 females (2020-2022)	 CA Counties	 CA Value (17.6)	 US Value (19.3 in 2018-2022)	 Prior Value (19.8)	 Trend	 HP 2030 Target (15.3)
Breast Cancer Incidence Rate	139.0 Cases per 100,000 females (2017-2021)	 CA Counties	 U.S. Counties	 CA Value (124.0)	 US Value (129.8)	 Prior Value (130.7)	 Trend
Cervical Cancer Incidence Rate	7.5 Cases per 100,000 females (2017-2021)	 CA Counties	 U.S. Counties	 CA Value (7.3)	 US Value (7.5)	 Prior Value (7.6)	 Trend
Cervical Cancer Screening: 21-65	82.2% (2020)	 CA Counties	 U.S. Counties	 US Value (82.8%)			

Heart disease, cancer, and Alzheimer's Disease are the top three leading causes of death among females.

Rank	Ventura County	Male	Female
1	Diseases of the Heart	Diseases of the Heart	Diseases of the Heart
2	All Cancers	All Cancers	All Cancers
3	Alzheimer's Disease	COVID-19	Alzheimer's Disease
4	Chronic Respiratory Disease	Chronic Respiratory Disease	Cerebrovascular Disease (Stroke)
5	COVID-19	Drug-Induced Deaths	Chronic Liver Disease
6	Cerebrovascular Disease (Stroke)	Accidental (Unintentional Injuries)	COVID-19
7	Diabetes	Cerebrovascular Disease (Stroke)	Breast Cancer
8	Accidental (Unintentional Injuries)	Alzheimer's Disease	Accidental (Unintentional Injuries)
9	Drug-Induced Deaths	Diabetes	Dementia
10	Chronic Liver Disease	Prostate Cancer	Diabetes

Source: Vital Records Business Intelligence System (deaths 2021-2023) and Claritas Pop-Facts (2023), analysis by Ventura County Public Health, March 2025

Breast Cancer incidence is highest among **White** women.

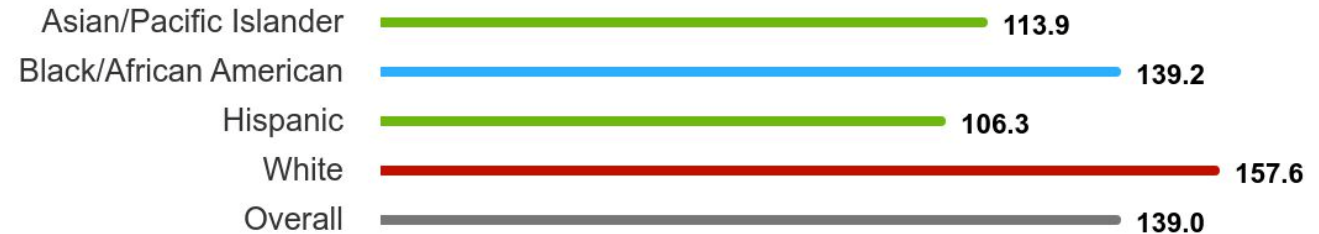
Mammography screenings among the Medicare population are lower for among the following:

- **Hispanic** women
- **American Indian/Alaska Native** women

Available on www.healthmattersinvc.org

Breast Cancer Incidence Rate by Race/Ethnicity County: Ventura

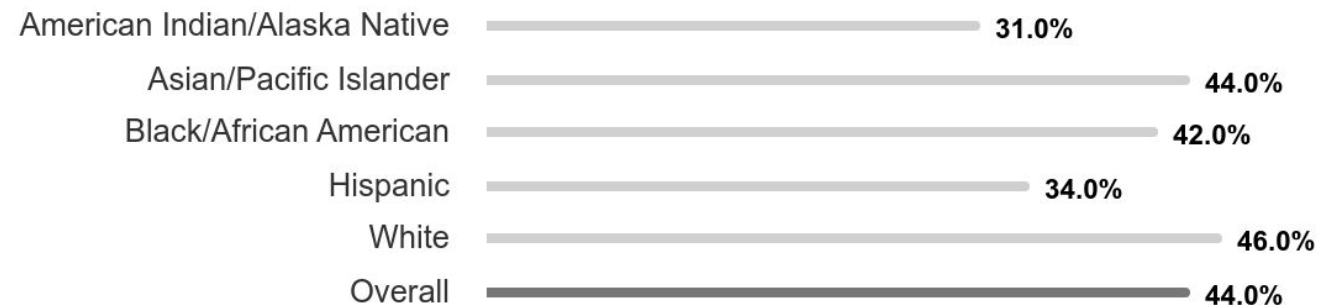
www.healthmattersinvc.org



Source: National Cancer Institute (2017-2021)

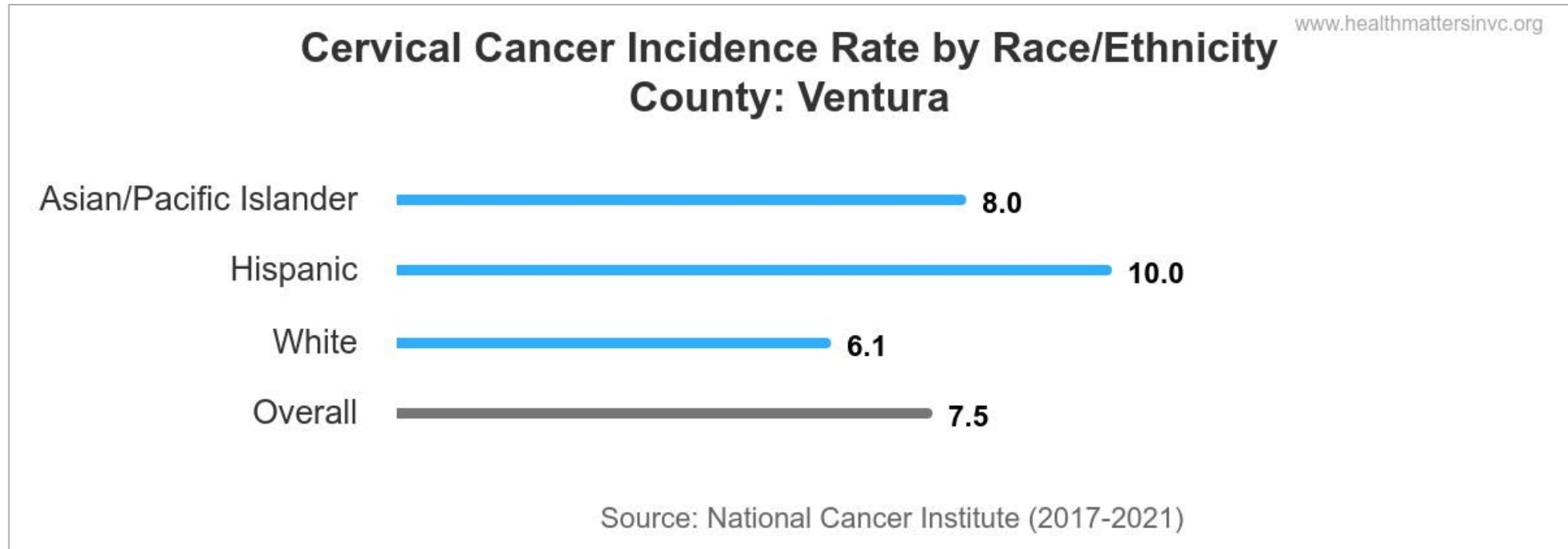
Mammography Screening: Medicare Population by Race/Ethnicity County: Ventura

www.healthmattersinvc.org

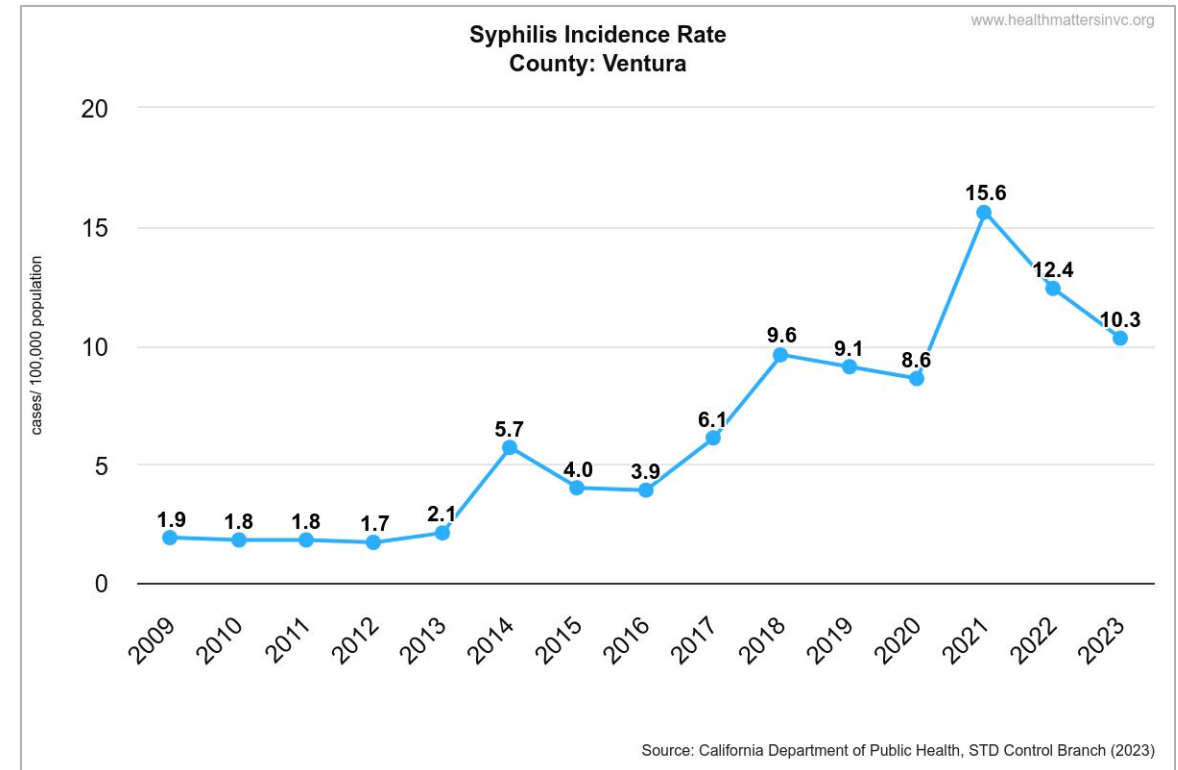
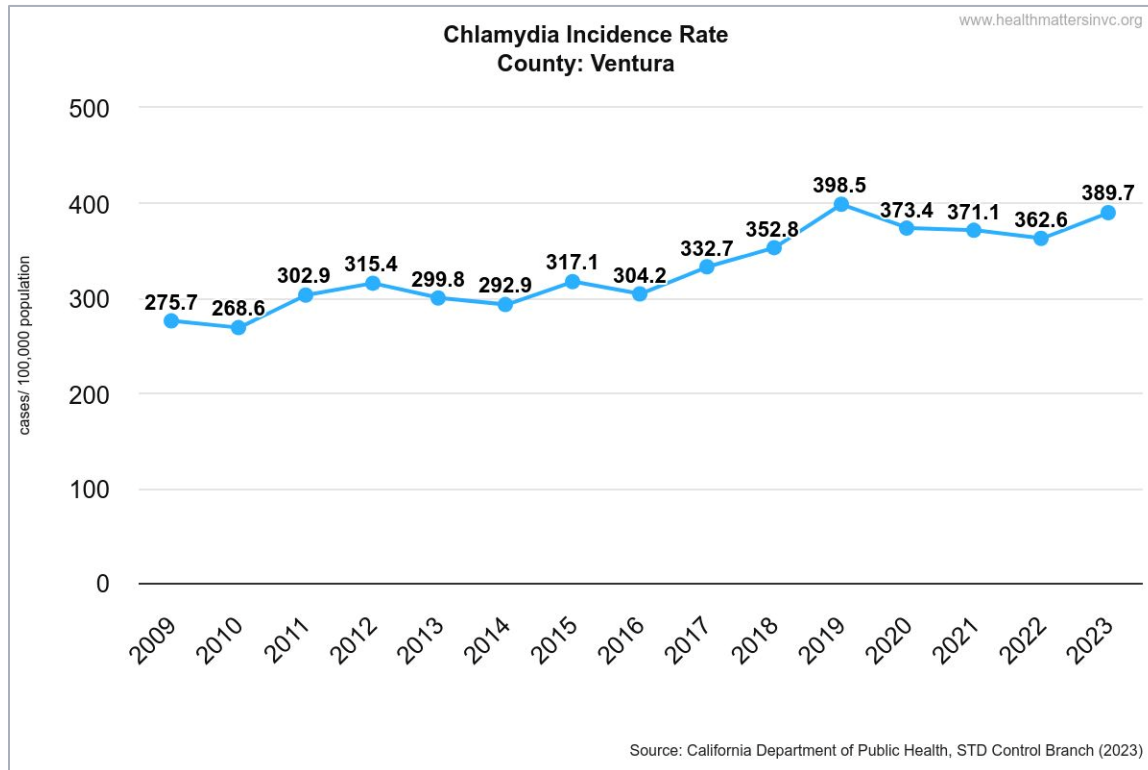


Source: Centers for Medicare & Medicaid Services (2023)

Cervical Cancer incidence is highest among **Hispanic** women.

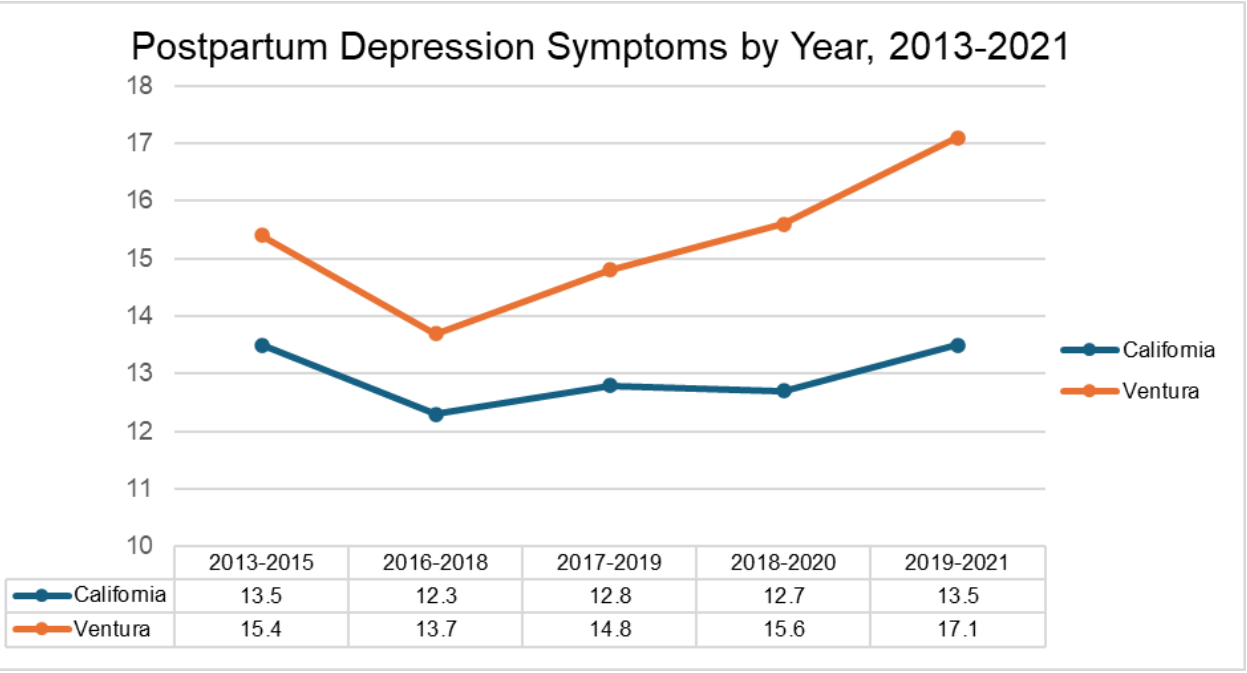
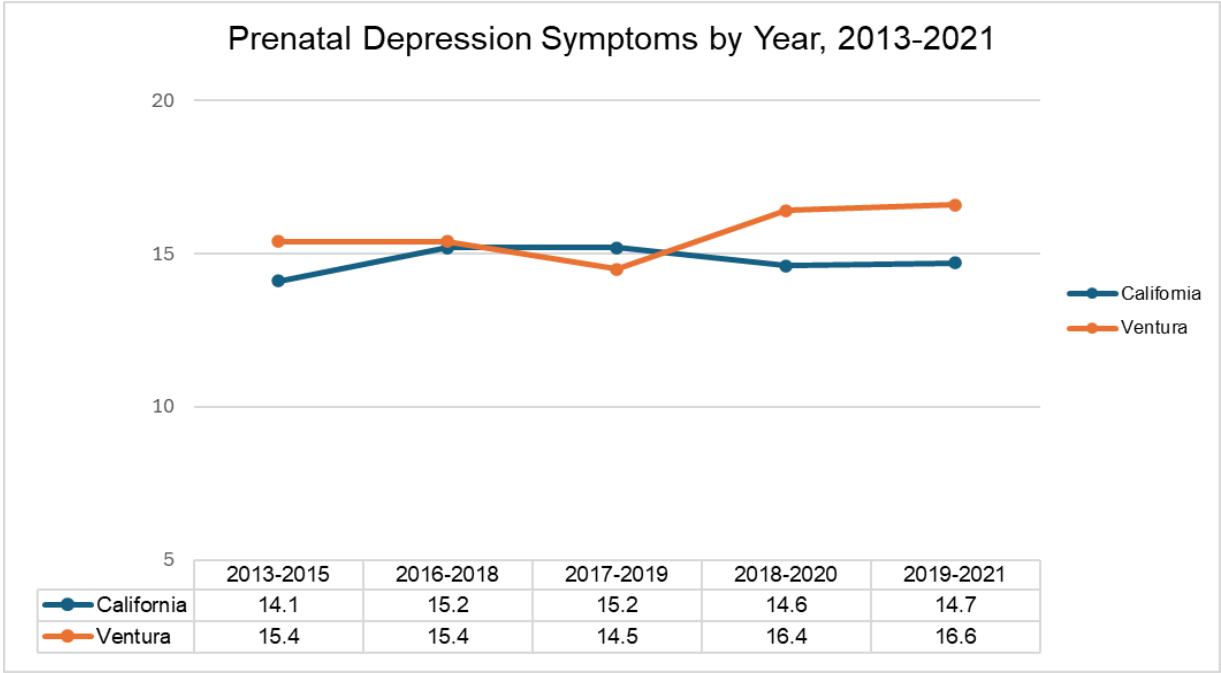


Incidence rates of sexually transmitted infections including **chlamydia, gonorrhea, and syphilis** have increased over the past 10 years. **Rates of chlamydia rates** are higher in females compared to males.



In Ventura County, rates for Prenatal and Postpartum Depression Symptoms are higher than the state average.

- Prenatal depression increases the risk of preterm birth, low birthweight, and preeclampsia. It can also negatively impact breastfeeding and the mother’s ability to bond with her baby.
- Perinatal depression increases a women’s risk of chronic depression and suicide, as well as the child’s risk of developmental problems.



Source: California Department of Public Health, Center for Family Health, Maternal, Child and Adolescent Health Division, Maternal Mental Health Dashboard, Last Modified November 2023. go.cdph.ca.gov/Maternal-Mental-Health-Dashboard

Women have worse rates compared to men for the following mental health indicators:

Indicator	Ventura County	Women	Men	Women/Men Ratio
Adults with Likely Serious Psychological Distress ¹	15.2%	17.5%	13.8%	1.3
Depression: Medicare Population ²	17.0%	21.0%	12.0%	1.8
Age-Adjusted ER Rate due to Pediatric Mental Health ³	24.9 per 10,000	31.7 per 10,000	18.2 per 10,000	1.7
Age-Adjusted Hospitalization Rate due to Pediatric Mental Health ³	25.0 per 10,000	36.8 per 10,000	13.5 per 10,000	2.7
Age-Adjusted ER Rate due to Adolescent Suicide and Intentional Self-inflicted Injury ³	82.1 per 10,000	123.9 per 10,000	41.3 per 10,000	3.0
Age-Adjusted Hospitalization Rate due to Adolescent Suicide and Intentional Self-inflicted Injury ³	16.1 per 10,000	26.0 per 10,000	6.4 per 10,000	4.1

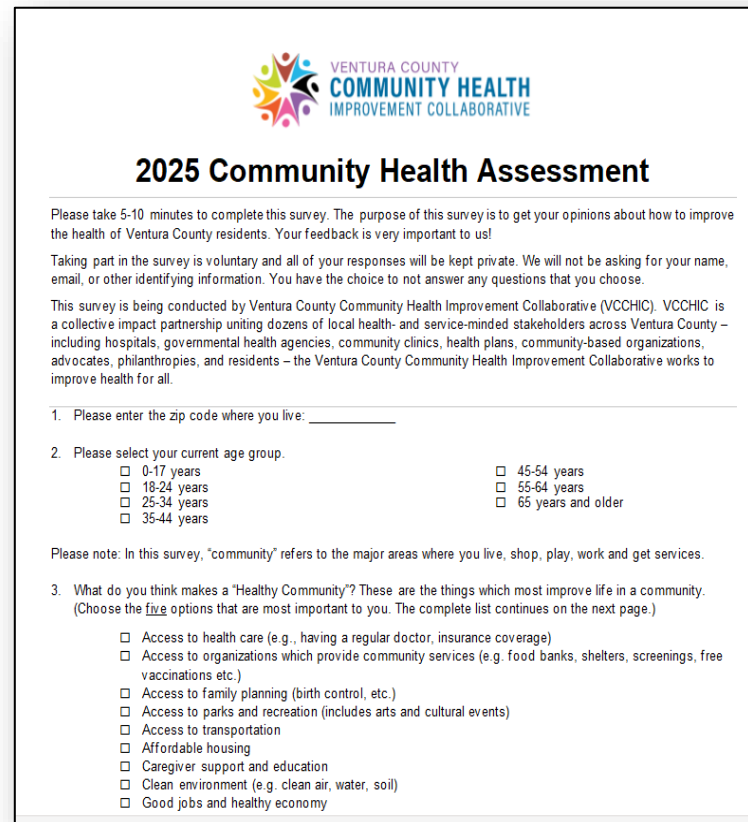
Sources: 1) California Health Interview Survey; 2) Centers for Medicare & Medicaid Services; 3) California Department of Health Care Access and Information. Available on www.healthmattersinvc.org

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



**VENTURA COUNTY
COMMUNITY HEALTH
IMPROVEMENT COLLABORATIVE**

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: _____

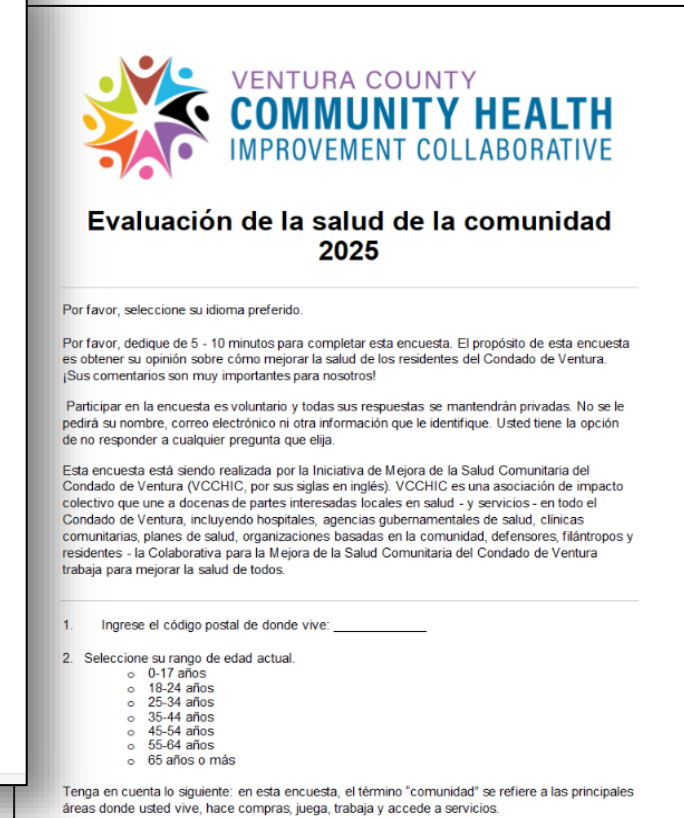
2. Please select your current age group.

☐ 0-17 years	☐ 45-54 years
☐ 18-24 years	☐ 55-64 years
☐ 25-34 years	☐ 65 years and older
☐ 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



**VENTURA COUNTY
COMMUNITY HEALTH
IMPROVEMENT COLLABORATIVE**

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.

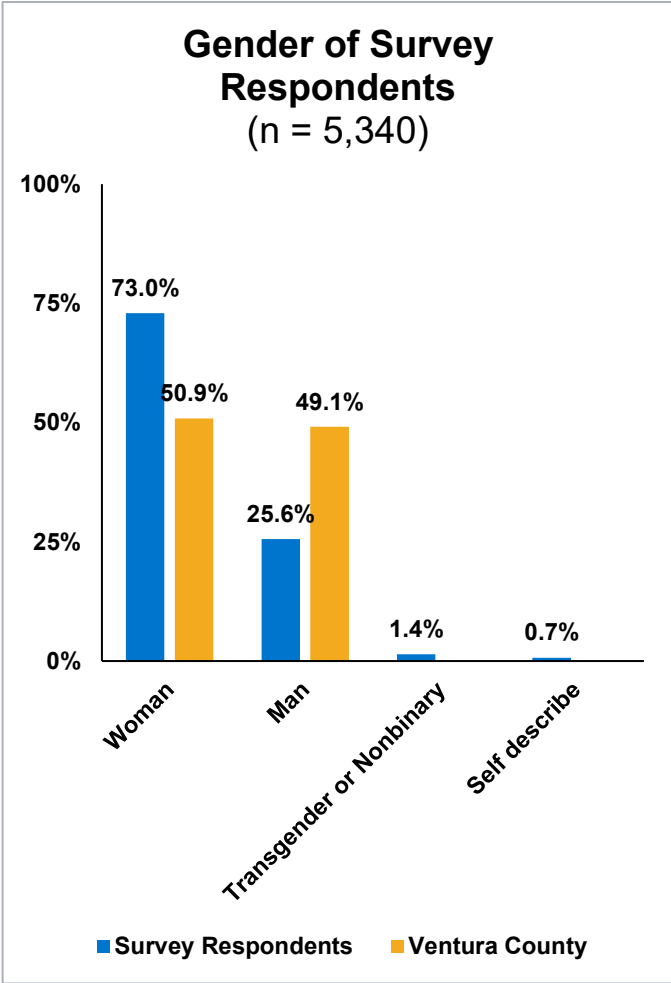
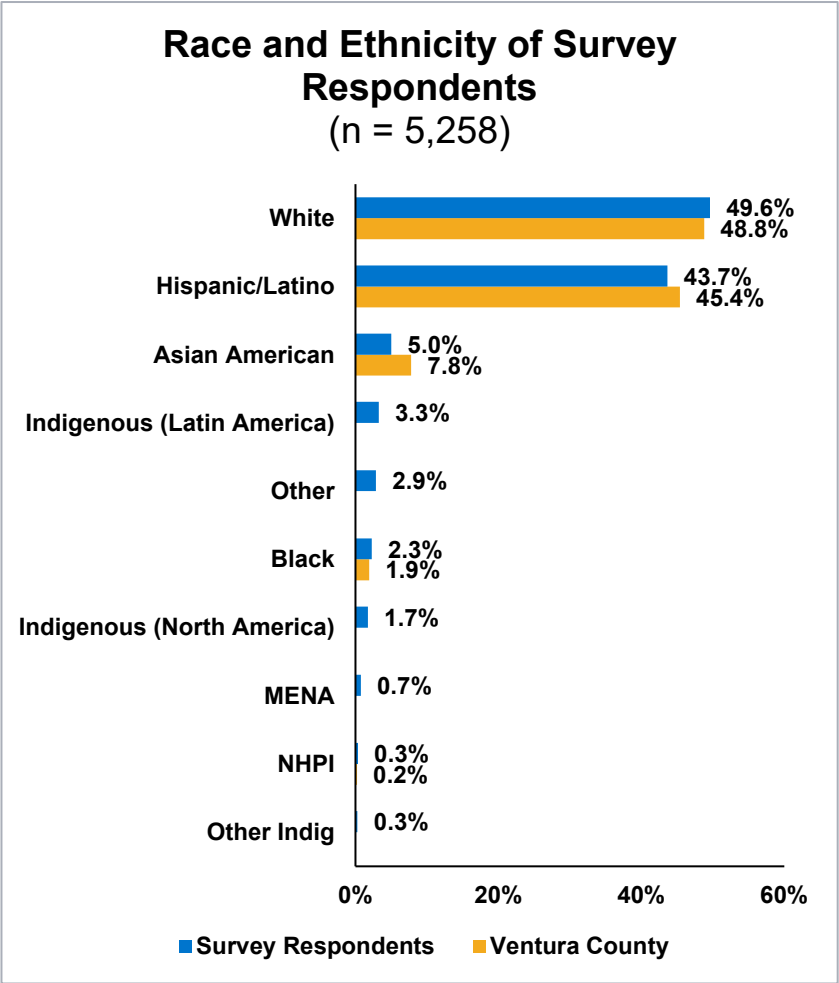
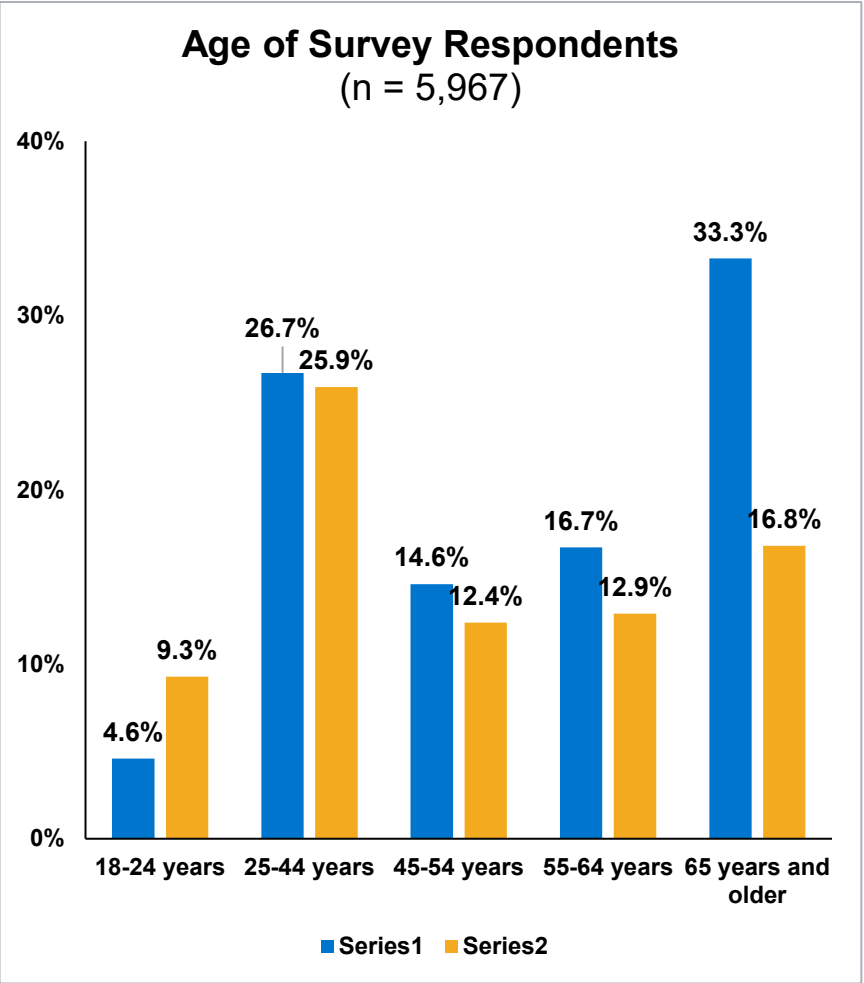
1. Ingrese el código postal de donde vive: _____

2. Seleccione su rango de edad actual.

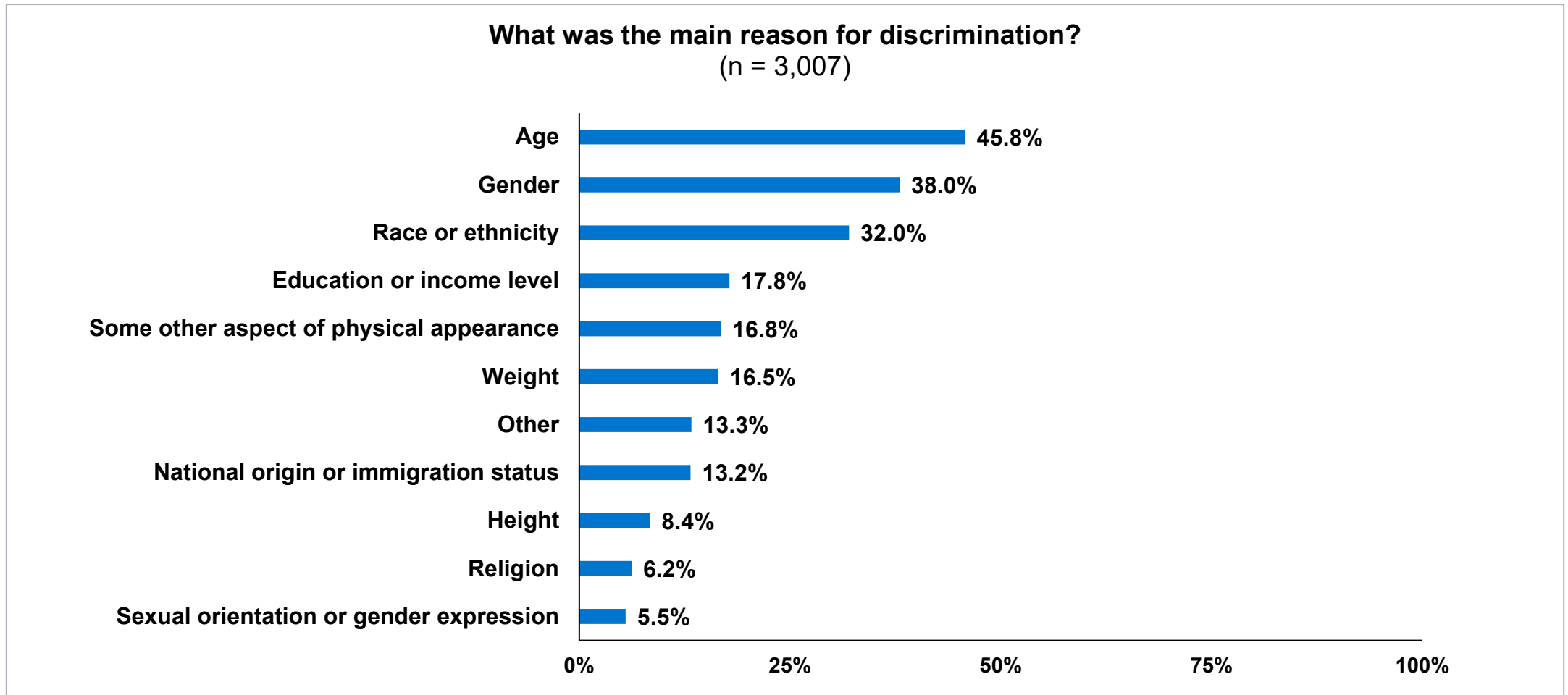
- ☐ 0-17 años
- ☐ 18-24 años
- ☐ 25-34 años
- ☐ 35-44 años
- ☐ 45-54 años
- ☐ 55-64 años
- ☐ 65 años o más

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.

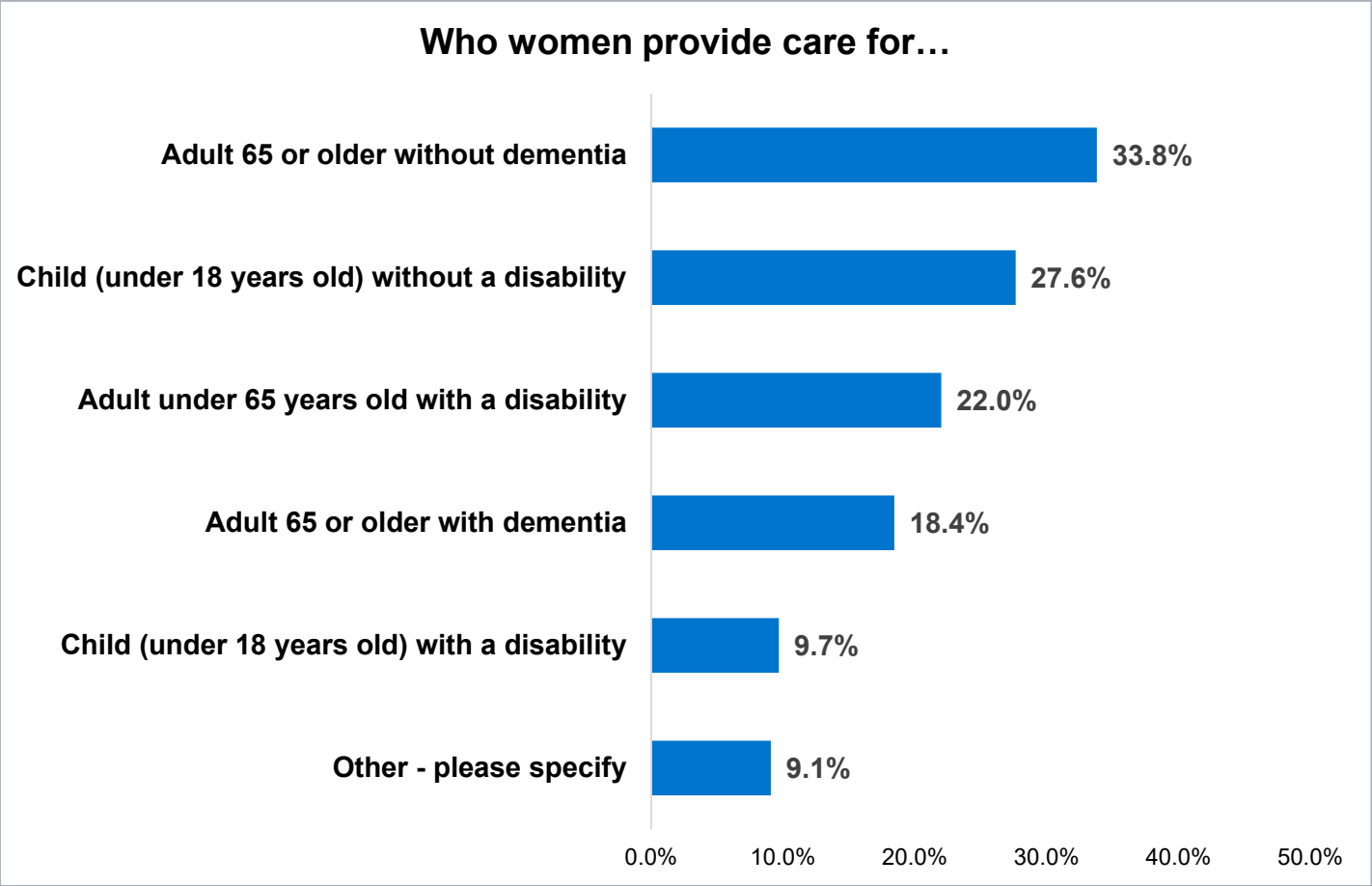
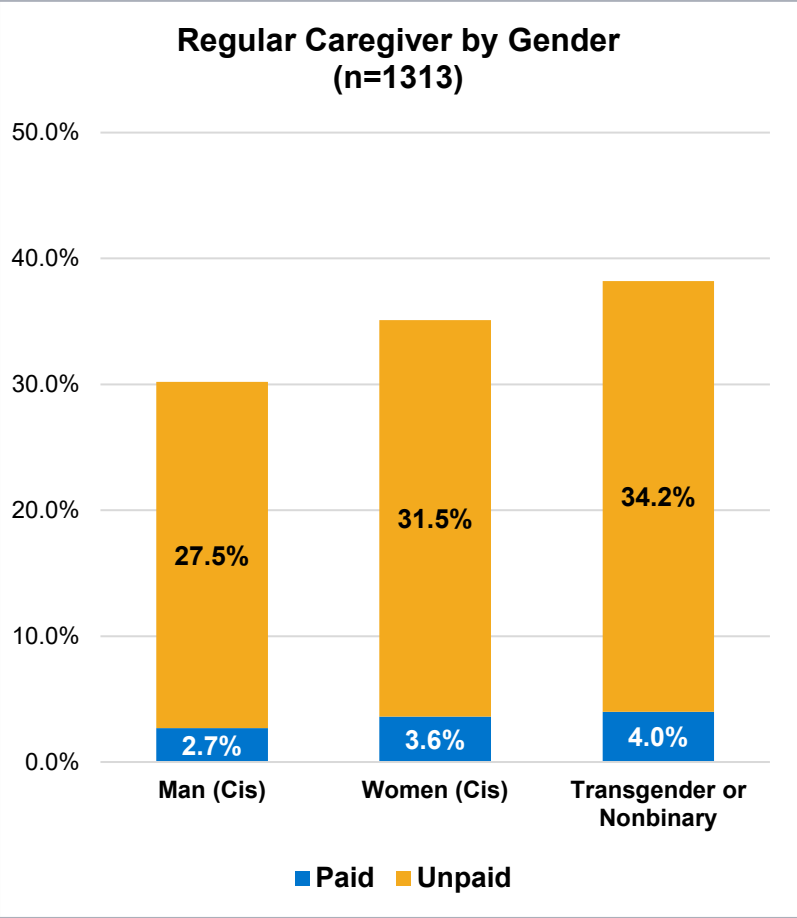
Survey respondents' demographics



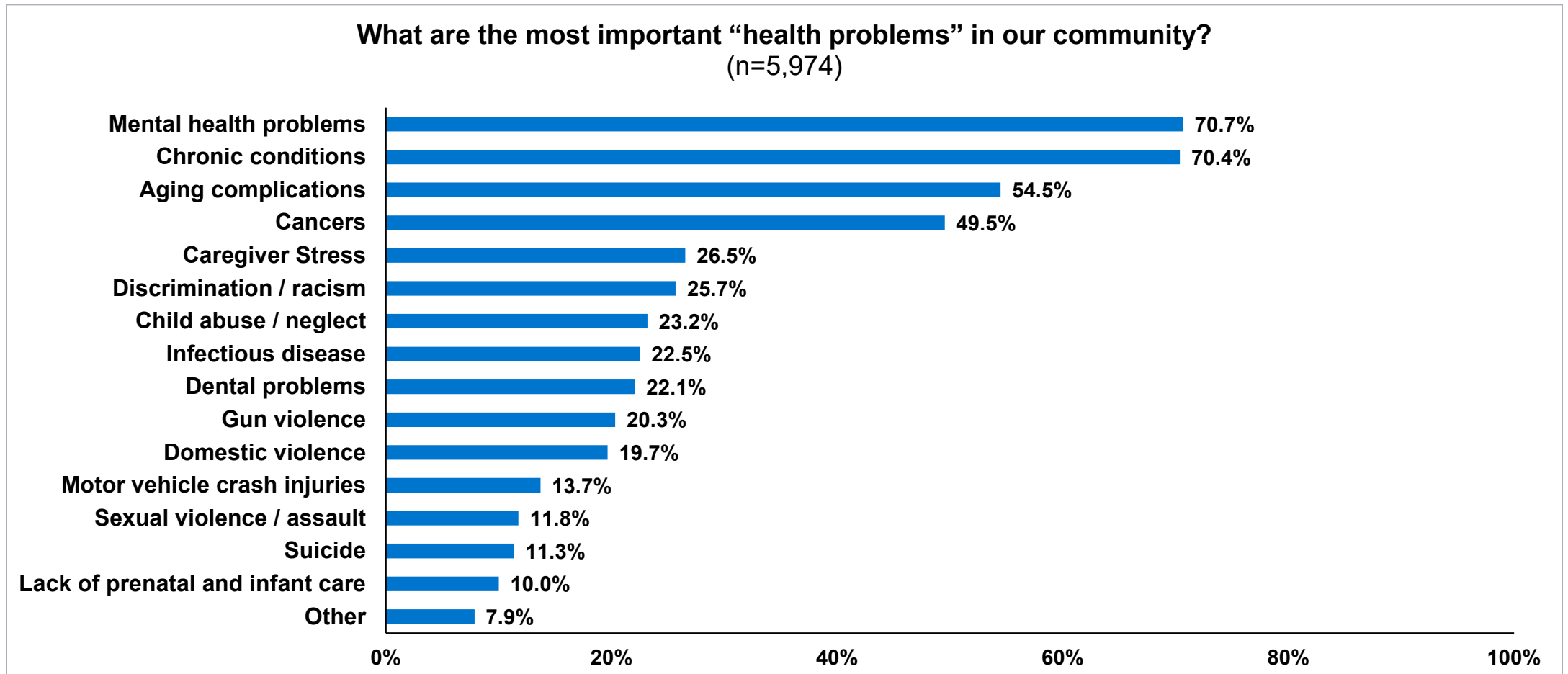
Main reasons indicated for discrimination were age, **gender**, and race or ethnicity.



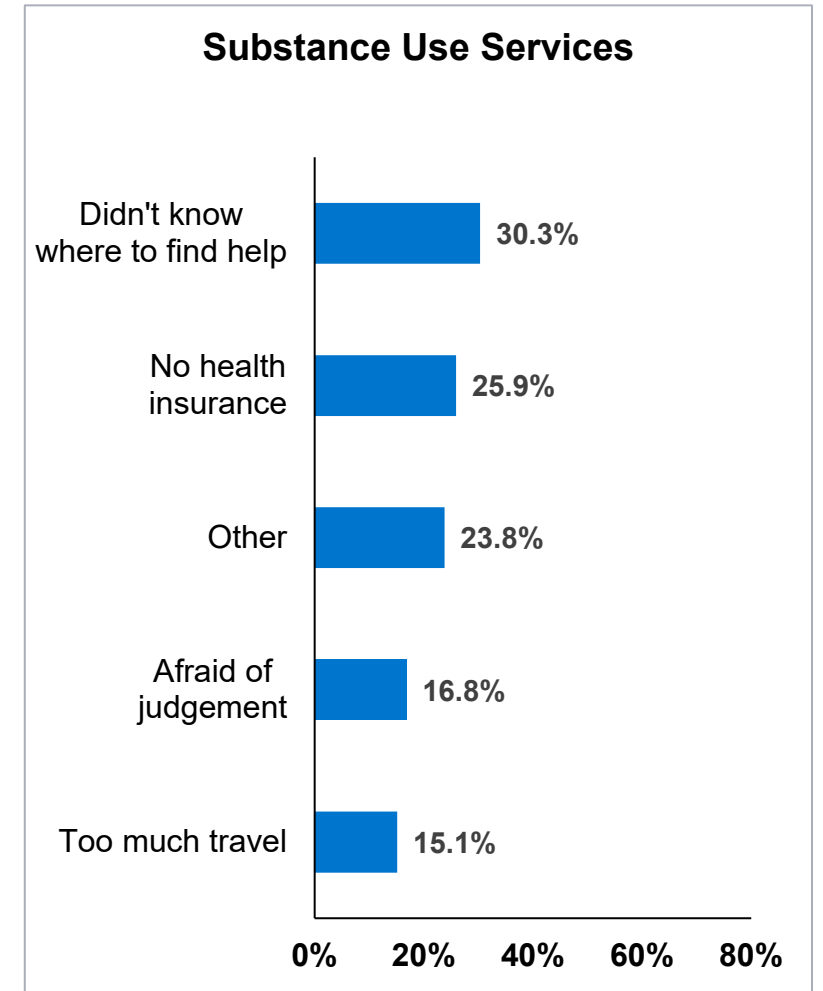
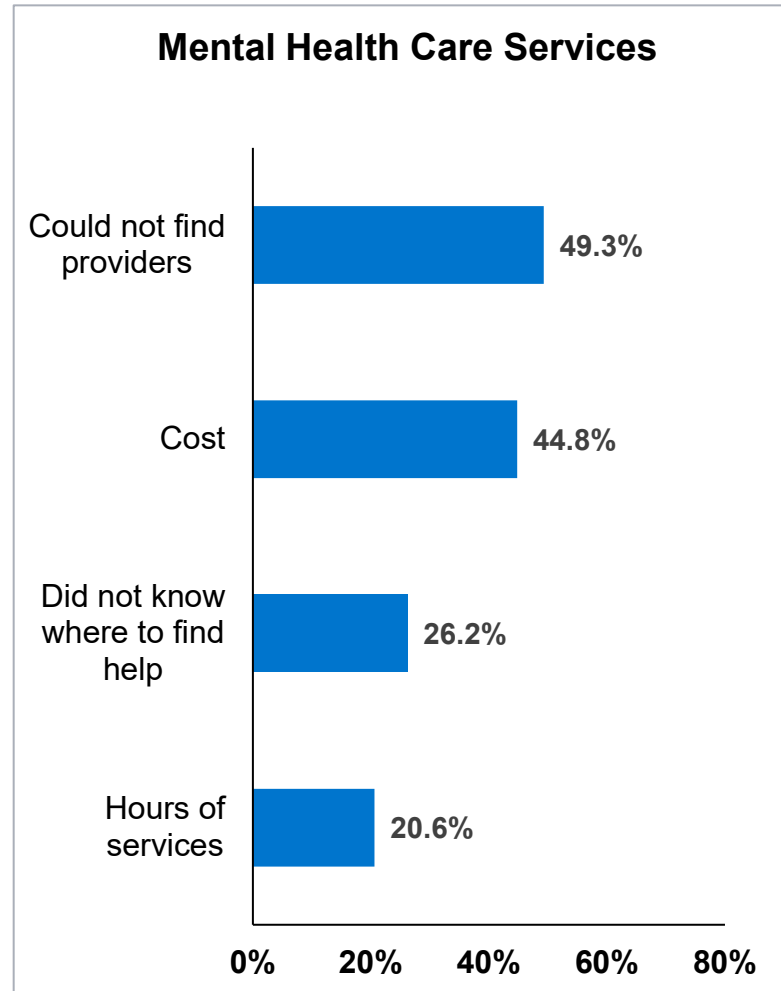
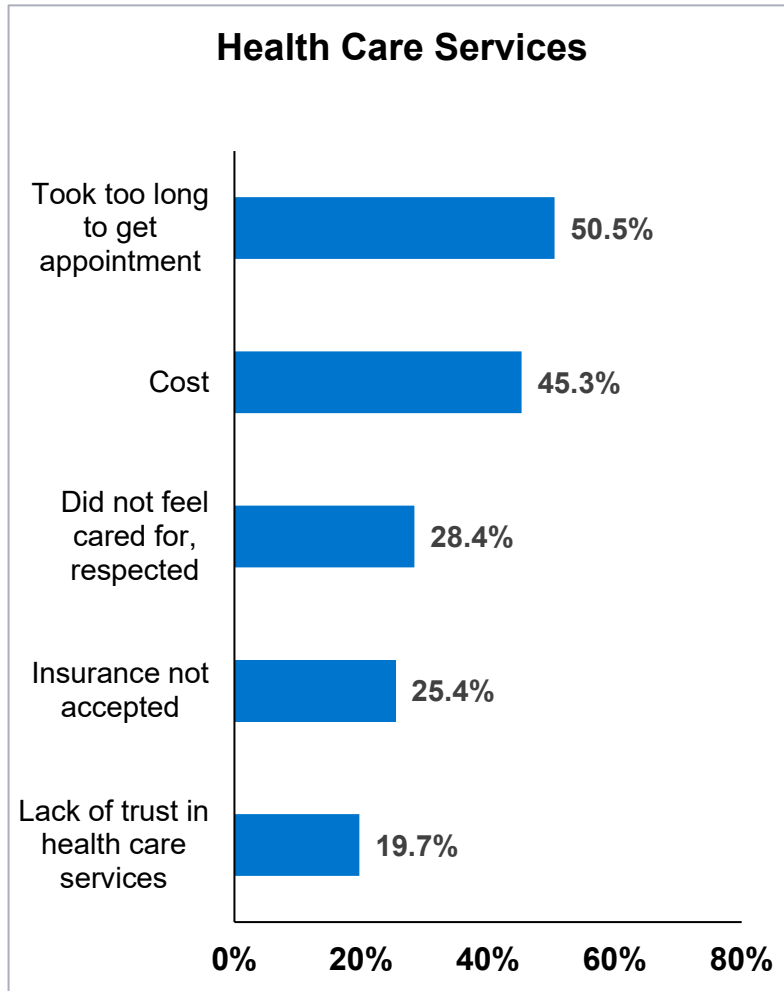
More than 1 in 3 women provide regular care or assistance for a friend or family member.



The fifth most important health problem was “Caregiver Stress.”



The most common reasons women did not get the following services were...



Community and Partner Input

- **Focus group participants** noted that young people, including those who identify as female, often feel uncomfortable, ashamed, and scared about the changes they are experiencing during puberty due to the lack of education.
- **Community partners** highlighted housing insecurity and mental health as top health needs, with a focus on the impact of housing costs, availability, and the specific mental health challenges faced by pregnant women and children.



Lack of sexual health education leads to people ignoring a lot of things. It leads to poor health outcomes in the long run. It contributes to teen pregnancy. I mean, there's just so many health disparities that it ends up contributing to overall. And if we just had some basic education. It would really take us further in being healthy and taking care of ourselves. – LGBTQIA+ Focus Group



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

