When it comes to the health of residents in Sacramento County, the quality is all over the map, so to speak. The Healthy Sacramento Coalition is focusing on 8 ZIP codes that are identified as having health disparities when compared with the rest of the county. For example in the north Sacramento neighborhood of De Pace Heights, the infant mortality rate is the highest in Sacramento County, with a rate of 5.73 deaths per 1,000 live births.

But explaining the disparity from ZIP code to ZIP code requires a careful examination of several factors, according to Olivia Kairye, Public Health Officer for the Sacramento County Department of Health and Human Services. Among the factors she notes that the Healthy Sacramento Coalition is looking at within each area are the social and economic makeup and access to quality of care, environmental quality, and education. It’s complicated issue, but Kairye says the best strategy toward a solution is to have the community come together to solve it.

"The good thing about coming together as a coalition is we can have a greater impact because we can share resources, as opposed to working alone."

Olivia Kairye, Public Health Officer for the Sacramento County Department of Health and Human Services

The good thing about coming together as a coalition is we can have a greater impact because we can share resources, as opposed to working alone," Kairye says.

She adds that the Healthy Sacramento Coalition is focused on making changes that will have a greater impact in the long term, such as an increase in the number of people who have access to fresh foods. Bringing farmers markets to these neighborhoods, or encouraging people to grow their own fresh produce in a personal garden, are just a couple of the ways the coalition is tackling the issue.

"Looking at the data gives us an idea of some of the factors we are facing, but each organization brings a different perspective," Kairye says. "Some are looking at policies, some are focused on education and some are focused on access. It's not an easy answer and no one organization is going to have all of the answers."

Can your ZIP code determine your health?

Where you live plays a large role in your and your family's health. This map shows the three Focus Communities the Healthy Sacramento Coalition has identified as having high rates of poor health when compared with the rest of the county.

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<table>
<thead>
<tr>
<th>ZIP CODES</th>
<th>NEIGHBORHOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>95823</td>
<td>North Sacramento/Woodlake has the highest rate of infant mortality in Sacramento County, with a rate of 6.73 deaths per 1,000 live births</td>
</tr>
<tr>
<td>95821</td>
<td>Downtown has more than twice the countywide rate of trauma-related emergency department visits and hospitalizations</td>
</tr>
<tr>
<td>95820</td>
<td>Old north Sacramento/Woodlake has the highest mortality rate in the county</td>
</tr>
</tbody>
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For more detailed information about health in Sacramento County, including your neighborhood, visit www.sieathipath.org/pages/659 to review The Sacramento County Community Health Needs Assessment and the Chronic Disease Experience of Sacramento County Residents.

Healthy Sacramento Coalition

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