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**Olivia Kasirye,**  
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," Kasirye says.

She adds that the Healthy Sacramento Coalition is focused on making changes that will have a larger 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 foods 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," Kasirye 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."

# Health by the Numbers

## Why are residents of some ZIP codes healthier than others?

BY MIKE BLOUNT

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 15 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 Del Paso Heights, the infant mortality rate is the highest in Sacramento County, with a rate of 6.73 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 Kasirye, public health officer for the Sacramento County Department of Health and Human Services. Among the factors the Healthy Sacramento Coalition is looking at within each area are the social and economic makeup, access and quality of care, environmental quality and education. It's a complicated issue, but Kasirye says the best strategy toward a solution is to have the community come together to solve it.

## 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.

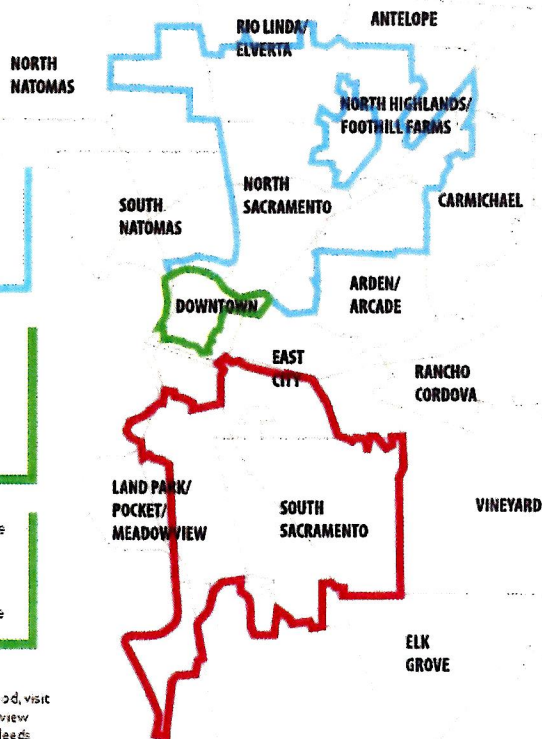
**95838** Del Paso Heights has the highest rate of infant mortality in Sacramento County, with a rate of 6.73 deaths per 1,000 live births

**95823** The Parkway/Valley Hill/North Laguna neighborhood has the highest rate of hypertension-related mortality in the county

**95815** Old north Sacramento/Woodlake has the highest mortality rate in the county

**95814** Downtown has more than twice the countywide rate of tobacco-related emergency-department visits and hospitalizations

**95814** Downtown has the highest rates of emergency-department visits and hospitalizations — more than four times the countywide rate



FOCUS AREA	ZIP CODES	NEIGHBORHOODS
NORTH AREA	95660, 95673, 95915, 95821, 95936, 95941	North Highlands, Rio Linda, Old North Sacramento, Woodlake, Del Paso Manor, Del Paso Heights, Belmont Estates
DOWNTOWN	95811, 95814	Richards, Alkali Flats, Manion Flats, Midtown, Richmond Grove, Southside Park
SOUTH AREA	95817, 95820, 95822, 95823, 95824, 95818, 95832	Oak Park, Elmhurst, Latite Park, Land Park, Parkway, Valley Hill/North Laguna, City Farms, Frazier Manor, Florin, Meadowview

For more detailed information on health in Sacramento County, including your neighborhood, visit [www.sierrahealth.org/pages/459](http://www.sierrahealth.org/pages/459) to review The Sacramento County Community Health Needs Assessment and the Chronic Disease Experience of Sacramento County Residents.