



San Luis Obispo County Children's Summary Report 2005



*Our goal: Children are safe, healthy, at home,
in school and out of trouble*



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The San Luis Obispo County Children's Services Network

As our county continues to grow and diversify, various community leaders and constituencies periodically reassess our overall planning and preparation for the future. Land use, transportation and growth in building public facilities and private homes are important, but there is one element that is paramount: **How are we preparing the children in our community today to be effective parents, workers and leaders tomorrow?** Everything else in our planning processes, and in our daily lives, depends on the answer to this question.

The Children's Services Network (CSN) presents this summary report on the status of children in our community to provide data on key indicators that can be compared from year to year. This information allows us to track progress on the CSN goals that children are **safe, healthy, at home** (or in appropriate placement), **in school** (or appropriate care) and **out of trouble**. This report is structured to incorporate the indicators into the CSN's goal categories.

The CSN Council is a countywide collaborative of community members and administrators representing virtually every local agency and organization that serves children, youth and families. The **mission** of the CSN is advocacy to meet the needs of children, youth and families in San Luis Obispo County through the development and support of community partnerships. The CSN **values** respect for individuals and the prevention of problems as its first priorities, and encourages the development and implementation of interactions, programs and services that are collaborative and incorporate the best practices of being family centered, strength based, needs driven, solution oriented and community based.

The CSN invites you to actively participate in its thinking, projects and goals. Please visit our website at www.co.slo.ca.us/csn for more information.

Acknowledgements

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Without everyone's input, this 2005 San Luis Obispo County Children's Summary Report would not have been possible.

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Executive Summary

The San Luis Obispo County Children's Summary Report 2005 is designed to present a snapshot of the status of our children - their health, safety, education and well-being. Overall, San Luis Obispo County children are doing better than their state counterparts. They are in school, staying healthy, live in nurturing families and are staying out of trouble.

However, not all children and not all communities in San Luis Obispo County are sharing in the general state of well-being. Twenty-five percent of families with children do not have sufficient resources to adequately care for themselves, as measured by the Self-Sufficiency standard. One out of five of our children is overweight or at risk of being overweight; 20% of children have asthma; and one in three 11th graders is at risk for depression. Alcohol use, particularly binge drinking, remains high. Quality child care is inadequate and expensive, putting it beyond reach of many families.

The data also show that disparities exist among communities and that some critical services are lacking. Those communities with the highest percent of children, particularly in the northern and southern parts of the county, also tend to have the lowest incomes, the greatest needs, and the lowest educational achievement.

Significant findings include:

Demographics and Poverty

- The county is becoming increasingly diverse. While only 16% of the total population was Latino in 2000, 26% of school children are currently Latino, and 33% of births are to Latino mothers.
- Nearly one in four families with children lives below the Self-Sufficiency Standard, and one in ten County families with children lives below the federal poverty level.

Child Care

- There are approximately 23,330 children, 0-13 years, in need of child care in San Luis Obispo County, yet there are only 7500 licensed spots available for placement. The average cost of center-based care for an infant is \$800 per month in the City of San Luis Obispo -- 60% of the income of a two-parent family with one child living at the poverty level. Over 185 families were on the waiting list for subsidized child care in November 2004, an increase from 128 in 2002.

Child Abuse/Neglect

- San Luis Obispo County has a high number of child abuse and neglect referrals with nearly 4500 in 2004; 31% of these referrals were substantiated.
- The number of children in foster care has been increasing over the past four years to a monthly average of 350 in 2004, while the county's licensed foster care capacity has been decreasing.

Maternal/Infant Health

- While San Luis Obispo County has a much lower rate of births to teen-age mothers than California as a whole, the difference is dropping. Still, the San Luis Obispo rate of 23.2 births per 1000 teen-aged women is significantly below the state rate of 39.4.
- An area of concern is that the percent of mothers receiving late or no prenatal care is higher in San Luis Obispo County, 18%, than the state average, 14%.
- An emerging issue is perinatal substance abuse. According to a recent local survey, 42% of pregnant women said they knowingly used tobacco, alcohol and/or illicit drugs in the month before they knew they were pregnant. Excluding tobacco use, 40% of the women screened used alcohol and/or drugs

before they knew they were pregnant, and 27% of the women continued using alcohol and/or drugs after they knew they were pregnant.

- San Luis Obispo County has a high rate of breast feeding. A recent Cal Poly study showed that 68% of women in SLO County who initiated breastfeeding were still breastfeeding or providing breast milk after 6 months. Comparable state data show that only 46% continued breastfeeding at 6 months.

Child Health

- In San Luis Obispo, 93% of kindergarteners have been adequately immunized, similar to the state rate.
- Approximately 20% of San Luis Obispo County students reported having asthma, similar to the state rate.
- Medi-Cal provided health coverage for 12,500 SLO children in 2004, or nearly one in six children, a dramatic increase from 10,000 children in 2003. Healthy Families covered another nearly 3700 children in 2004, a drop from nearly 4000 in 2003. Disenrollment from Healthy Families has been increasing and now equals new enrollment.

Healthy and Unhealthy Behaviors

- Approximately one out of seven 9th and 11th grade males reported having a weapon at school in the past 30 days in 2001; a decreasing trend since 1999.
- Alcohol use among youth is high, although it is dropping slightly. Just under 30% of 9th graders reported using alcohol in the past 30 days in 2003, a drop from nearly 35% in 2001. However, binge drinking (consuming 5 or more drinks in a couple of hours) remains high. Over 30% of 11th graders reported binge drinking in the past 30 days.
- Marijuana use has remained fairly constant with 25% of 11th graders reporting having used marijuana in the past 30 days. Tobacco use has shown annual declines with fewer than 20% of 11th graders reporting having smoked a cigarette in the past 30 days.

Diet and Exercise

- Over 20% of San Luis Obispo County students are reported to be overweight or at risk of being overweight. These children are at increased risk for developing risk factors for cardiovascular disease and diabetes.
- Only one-third of 7th and 9th graders countywide met all six California physical fitness standards. While, 80% of 7th and 9th graders reported getting 20 minutes of vigorous activity (sweating and breathing heavily for at least 20 minutes) at least 3 times in the past week, only 70% of 11th graders reported that level of exercise.
- About half of county-wide students reported eating 5 or more portions of fruits and vegetables in the previous 24 hours; younger students (56% of 7th graders) tended to eat more fruits and vegetables than older students (47% of 11th graders).

Mental Health

- Approximately one in four 7th graders and one in three 11th graders reported having been sad or hopeless for at least a two week period in the past 12 months, one indicator of possible depression among youth.
- Census 2000 estimates that 7.2% of the total number of children in San Luis Obispo County have severe emotional disturbance (SED), equating to approximately 4,200 children in need of mental

health services. The total number of youth outpatient clients served by county mental health has increased to 1447 in 2003-04, contributing 27% coverage of the estimated number of children in need.

Education

- There are approximately 36,800 students in kindergarten through 12th grade in San Luis Obispo County. Nearly 10% of students are enrolled in special education classes, and 10% of county students are classified as English learners.
- Reading achievement at the 4th grade level is generally higher in San Luis Obispo than statewide, but differs by school district. Countywide over 20% of 4th graders were above the 75th national percentile rank in reading; nearly 40% of Cayucos students were at the 75th percentile, while only 10% of students in Shandon were at that level (Figure 52).
- Similarly, 8th grade achievement in math in the county was above the state level. Over 30% of students county-wide were at the 75th national percentile rank in math; nearly half of San Luis Coastal students were at the 75th percentile.
- Countywide API scores averaged above 700 out of a possible 1000, ranging from a high of 868 in Cayucos to a low of 643 in Shandon. The Academic Performance Index (API) measures the academic performance and growth of schools.
- Over 80% of students passed the California High School Exit Exam (CAHSEE) for math in 2003-2004 a marked improvement from prior years, and higher than the statewide rate. CAHSEE passage rates for English were also above 80%.

Juvenile Justice

- The total number of juvenile misdemeanor arrests has decreased somewhat over the past 4 years to approximately 900 in 2003. Drug and alcohol related charges have consistently been the most common category of misdemeanor offenses from 2000 to 2003, followed by property offenses. The misdemeanor juvenile arrest rate (per 1,000 children 10-17 years) for San Luis Obispo in 2003 was 30.5; slightly higher than the State rate, 28.8. The total number of juvenile felony arrests has fluctuated slightly around 225 for the past four years. Fifty-five percent of juvenile felony arrests are for property offenses, such as burglary and theft. San Luis Obispo's rate of juvenile felony arrest is considerably lower than for California as a whole; 8.0 compared to 13.5 per thousand.
- After peaking in 2003, the average monthly population in Juvenile Hall has dropped to 32 in 2004; home placements have also dropped to 20, the lowest level since 2000. Juvenile offenders have increasingly been placed in intensive community diversion programs and kept out of the criminal justice system.
- Of note is that over 20% of youth in Juvenile Hall are on psychotropic medication, perhaps indicating a need for improved mental health services both inside and outside Juvenile Hall.

Demographics

San Luis Obispo County has approximately 58,000 children according to the 2000 Census. As a proportion of the total population, San Luis Obispo¹ has fewer children (23.7%) than statewide (37.7%) (Figure 1), and San Luis Obispo's rate of child population growth is much slower compared to the State.

Locally, the areas of Shandon, Oceano, Templeton and Nipomo have the largest percent of children, while the areas of Cambria, Morro Bay, Avila Beach/Pismo Beach and San Luis Obispo have the smallest percent of children (Figure 2).

Figure 1: Percent of Population, Children, 0-18 years

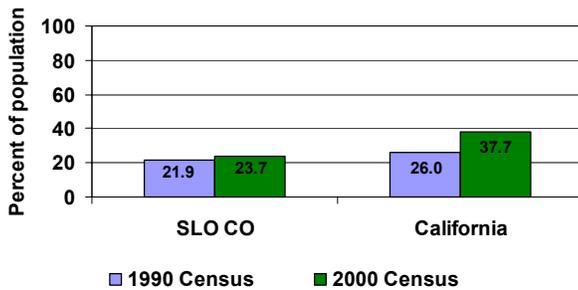


Table 1: Number of Children by Age Group Area, Census 2000

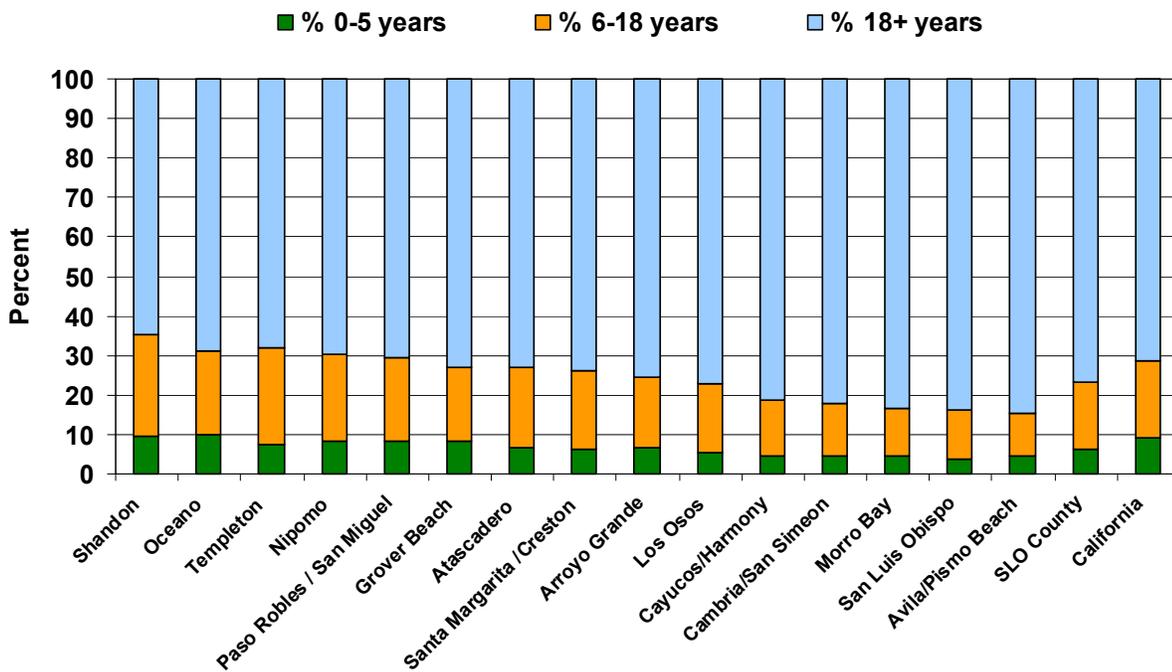
Area	Total Population	Children 0-5 years	Children 6-11 years	Children 12-18 years	Total Children
San Luis Obispo	59,006	2,098	2,511	5,005	9,614
Paso Robles/San Miguel	38,242	3,198	3,822	4,284	11,304
Atascadero	29,532	2,016	2,586	3,389	7,991
Arroyo Grande	24,482	1,630	1,968	2,379	5,977
Nipomo	15,391	1,285	1,595	1,783	4,663
Los Osos	14,842	821	1,164	1,406	3,391
Grover Beach	13,099	1,088	1,159	1,276	3,523
Morro Bay	10,891	494	586	716	1,796
Avila/Pismo Beach	9,359	411	458	550	1,419
Templeton	7,901	605	882	1,026	2,513
Oceano	7,422	751	794	778	2,323
Cambria/San Simeon	6,985	328	417	497	1,242
Santa Margarita/Creston	3,871	246	356	406	1,008
Cayucos/Harmony	3,229	143	212	251	606
Shandon	1,254	120	144	177	441
SLO County	246,681	15,237	18,675	24,554	58,363

Source: U. S. Census Bureau; www.factfinder.census.gov

Note: SLO County population totals may differ from the area totals due to Census data collection methods by zip code.

Figure 2: Percent Children of the Total Population, Census 2000

¹ Unless otherwise stated, all references to San Luis Obispo relate to the County, not the city.



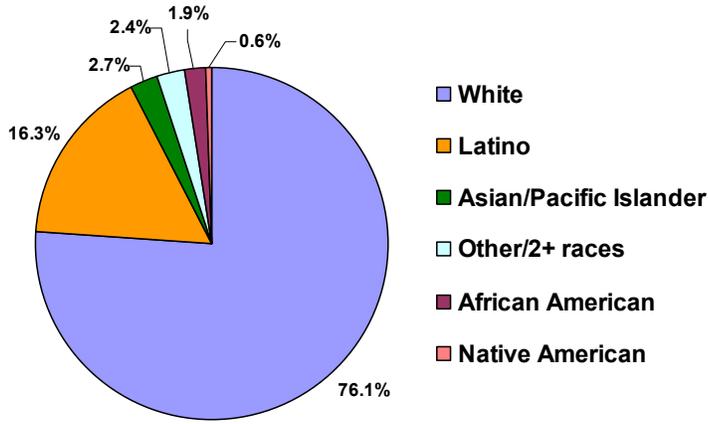
Source: U. S. Census Bureau, URL: www.factfinder.census.gov

Ethnicity / Race

Although the San Luis Obispo population is predominantly White, it is becoming increasingly diverse. While only 16.3% of the total population was Latino in 2000, 26.1% of school children are Latino, and 32.9% of births are to Latino mothers (Figure 4).

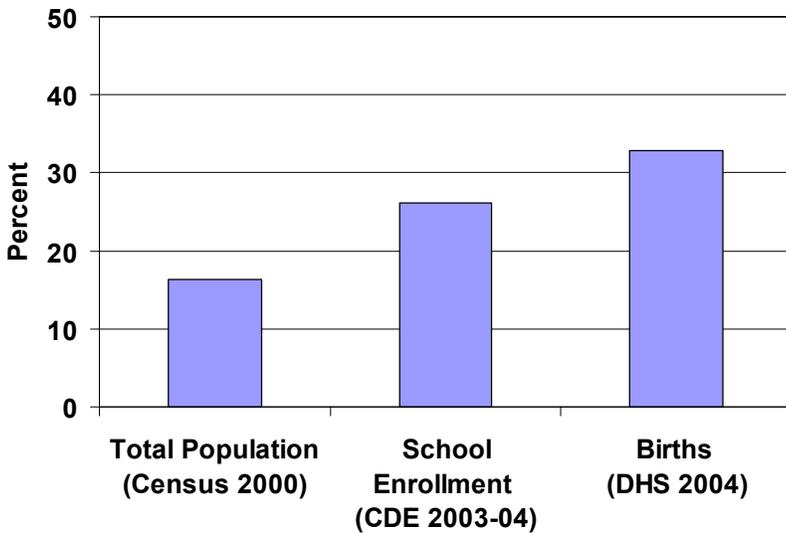
Fifteen percent of households in San Luis Obispo speak a language other than English at home. In some communities, notably Shandon and Oceano, nearly 40% of households do not speak English at home, while in others, such as Atascadero, fewer than 10% do not speak English at home (Figure 5). The implications for education, health, social and juvenile justice services are enormous as they serve an increasingly diverse, non-English speaking population.

Figure 3: Percent of Total Population by Ethnicity, SLO County; Census 2000



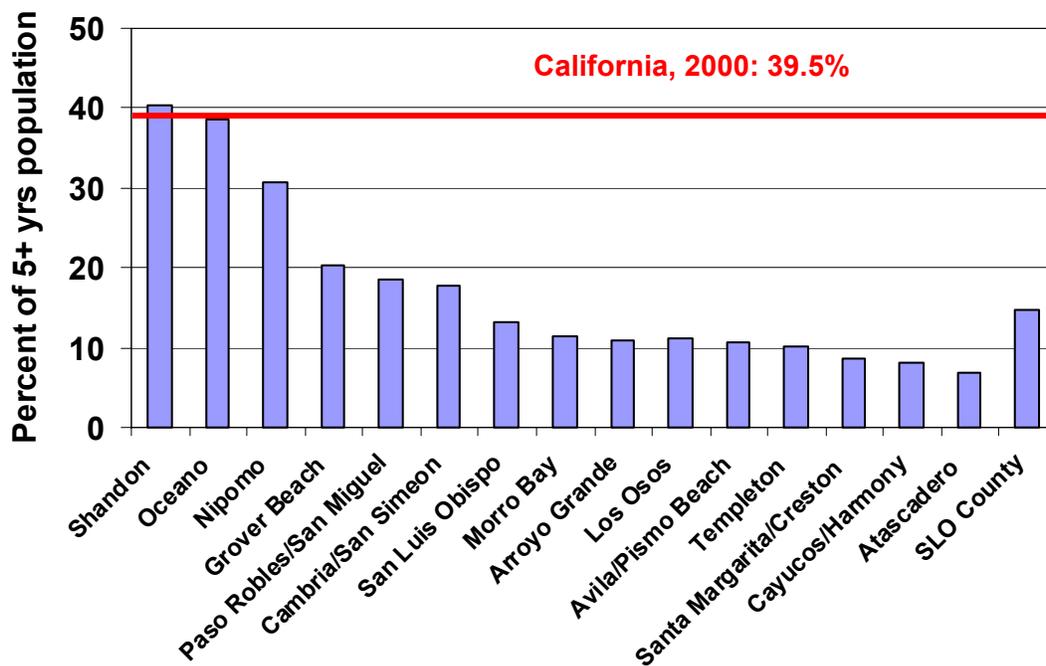
Source: U. S. Census Bureau; www.factfinder.census.gov

Figure 4: Percent Latino Ethnicity of Total Population, School Enrollment, and Births; SLO County



Sources: U. S. Census Bureau; www.factfinder.census.gov; CA Department of Education; data1.cde.ca.gov/Dataquest; CA Department of Health Services; www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables

Figure 5: Percent of 5+ Year Old Population Who Don't Speak English at Home by Area, Census 2000



Source: U. S. Census Bureau; www.factfinder.census.gov

Income and Poverty

The median annual family income in San Luis Obispo County is \$52,447, similar to the state average (Figure 6). However, nearly one in four families with children live below the Self-Sufficiency Standard², and one in ten County families with children live below the federal poverty line (Figure 7). In the communities of Shandon, Oceano and Grover Beach over 30% of families are below the Self-Sufficiency Standard.

Housing and other living costs are much higher in the County making it difficult for families with children to live. San Luis Obispo is the seventh least affordable place in the nation to buy a home, and fewer than one in ten (8.9%) families can afford a median priced home³.

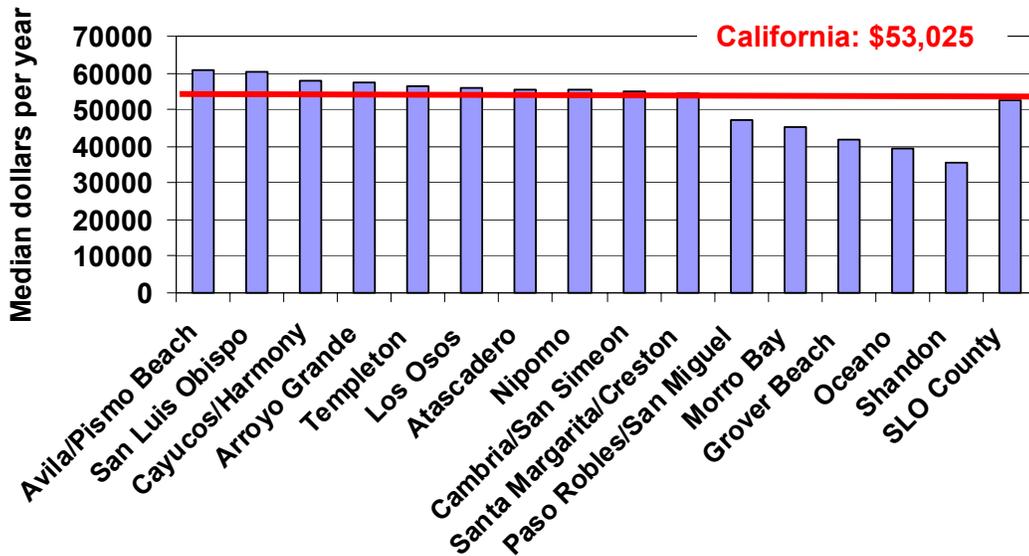
Programs such as CalWORKs assist some, but not all, families in poverty. There has been a 3% growth in CalWORKs over the past three years, with fewer families phasing out of the program. The lack of supportive services (e.g. child care and transportation) has made it difficult for low-income families to transition to the workforce. The vast majority of public assistance cases are in the North County and South County areas (Figure 8).

In 2003-2004, approximately 60% of poor families with children received CalWORKs assistance. In the North Coast area, only 40% of poor families with children were on CalWORKs (Figure 9).

² The Self-Sufficiency Standard measures how much income is needed for a family of a given composition in a given place to adequately meet their basic needs - without public or private assistance. The Standard differs from the Federal Poverty Line calculation because it includes necessary expenditures, such as transport, taxes and child care. The Self-Sufficiency Standard 2003 for SLO County (for a single adult and one pre-schooler) is \$29,945-33,622 per year, which is 2.5 times higher than the Federal Poverty level. The Self-Sufficiency Standard for California 2003; www.sixstrategies.org

³ National Association of Home Builders, 2004; www.nahb.org

Figure 6: Median Annual Family Income by Area, Census 2000



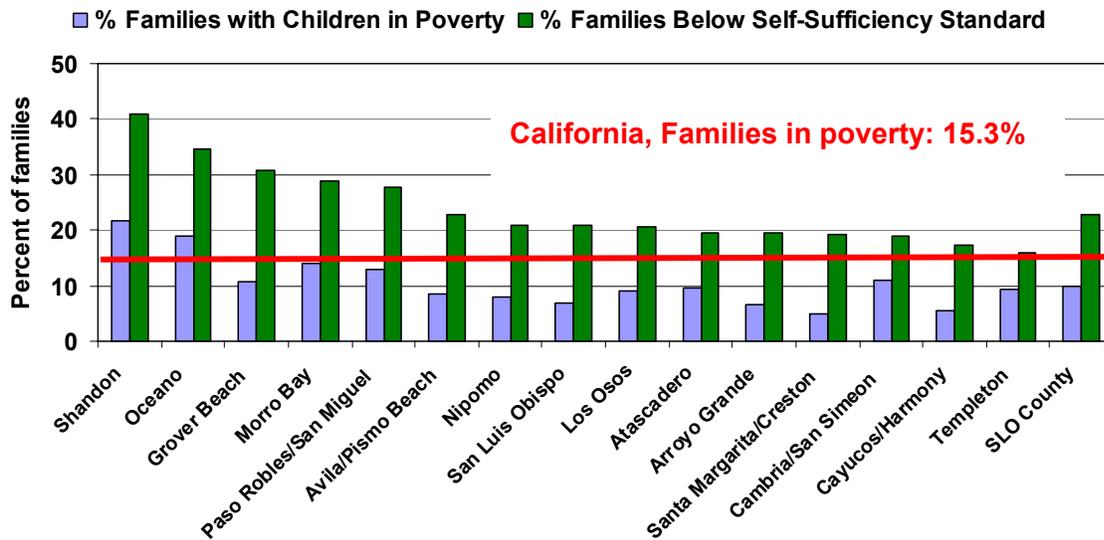
Sources: U. S. Census Bureau; www.factfinder.census.gov

Table 2: Federal Poverty Guidelines, 2005

Family Size	100% of Federal Poverty Line (per year)	200% of Federal Poverty Line (per year)	250% of Federal Poverty Line (per year)
1	\$9,570	\$19,140	\$23,925
2	\$12,830	\$25,660	\$32,075
3	\$16,090	\$32,180	\$40,225
4	\$19,350	\$38,700	\$48,375
5	\$22,610	\$45,220	\$56,525

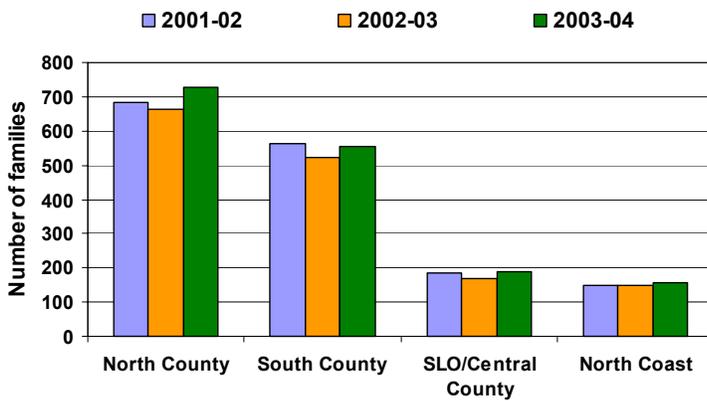
Sources: U. S. Department of Health and Human Services; <http://aspe.hhs.gov/poverty/05poverty.shtml>

Figure 7: Percent of Families with Children in Poverty, Census 2000, compared to Families below the Self-Sufficiency Standard (less than \$30,000/year in Census 2000)



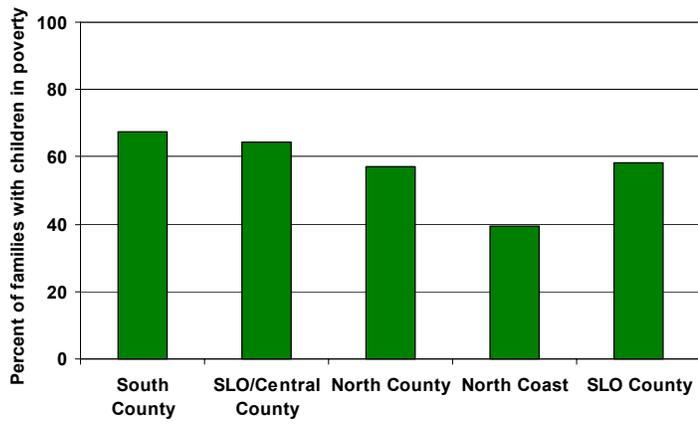
Sources: U. S. Census Bureau; www.factfinder.census.gov; The Self-Sufficiency Standard for California 2003; www.sixstrategies.org

Figure 8: Number of Families Participating in CalWORKs by Area, 2001-2004



Source: SLO Co. Department of Social Services; www.slodss.org/cal_works/stats.htm

Figure 9: Percent of Families with Children in Poverty (Census 2000) Participating in CalWORKs by Area, 2004



Source: SLO Co. Department of Social Services; www.slodss.org/cal_works/stats.htm and U. S. Census Bureau; www.factfinder.census.gov

Children Are Safe

Child Care

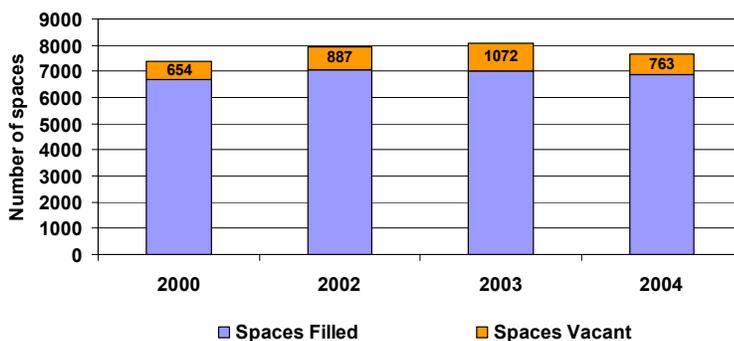
The Economic Opportunity Commission’s Child Care Resource Connection is the state designated resource and referral agency for child care in San Luis Obispo County. The state funded Child Care Planning Council consists of community members who seek to work collaboratively with families, businesses, public education, policy makers, early childhood professionals, and others to create broad based awareness of the early care and education needs and issues within San Luis Obispo County.

There are approximately 23,330 children, 0-13 years, in need of child care in San Luis Obispo County. Yet there are only 7500 licensed spots available for placement (Figure 10). According to the 2003 California Child Care Portfolio, licensed child care is available for 33% of children (0-13 years) with parents in the labor force⁴. Licensed child care providers are screened for health and safety issues; however the quality of care is not part of the licensure.

The average cost of center-based care for an infant is \$800 per month in the City of San Luis Obispo (Figure 11). The cost of such care would take up 60% of the income of a two-parent family with one child living at the poverty level, or 30% of the income of two full time workers at minimum wage jobs.

Subsidized child care served 1587 children in January 2005. Over 185 families were on the waiting list for subsidized child care in November 2004, an increase from 128 in 2002. In lieu of licensed child care facilities, families often place their children with relatives, families or neighbors.

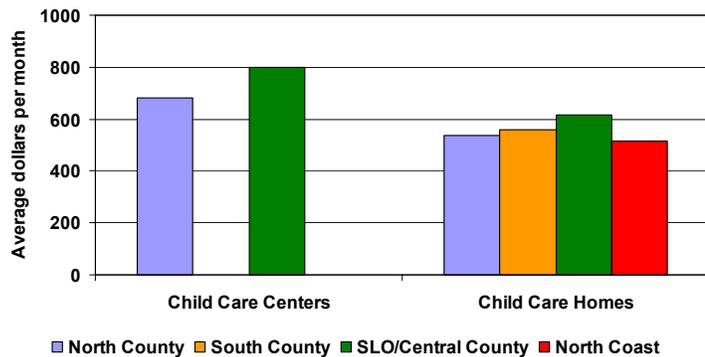
Figure 10: Number of Child Care Spaces Filled and Spaces Vacant, SLO County, 2000-2004



Source: San Luis Obispo Child Care Supply Surveys, 2000-2004; EOC
Note: Data from CCRC Supply Survey 2001 missing.

Figure 11: Average Monthly Cost of Infant Care in Child Care Centers and Homes by Area, 2004

⁴ California Child Care Resource & Referral Network; www.rnetwork.org



Source: San Luis Obispo Child Care Supply Surveys, 2004; EOC

Child Abuse/Neglect and Foster Care

The Child Welfare Services division of the county Department of Social Services includes a cluster of programs that serve to protect the County’s children. It provides Emergency Response 24 hours a day, seven days a week to reports of abuse, neglect, or exploitation. Family Maintenance provides time-limited protective services to prevent or remedy neglect, abuse, or exploitation while the child remains at home. Family reunification provides time-limited foster care services when the child cannot safely remain at home, and while services are provided to the family to remedy neglect, abuse, or exploitation. Permanency Planning provides an alternative permanent family structure, such as adoption, guardianship, or long-term foster care, for children who cannot safely remain home and who are unlikely ever to return home.

San Luis Obispo County has a high number of child abuse and neglect referrals with nearly 4500 in 2004. Thirty-one percent of these referrals were substantiated (Figure 12). San Luis Obispo is ‘medium high’ (upper third quartile of CA counties) for rate of referrals (85.3 reports per 1000 population in 2003 compared to a California rate of 51.7)⁵. It is not known if there is a higher incidence of child abuse and neglect in the County or whether the high rate of reports is due to the way the data are collected.

The number of children in foster care⁶ has been increasing over the past four years to a monthly average of 350 in 2004, while the county’s licensed foster care capacity has been decreasing (Figure 13). Many children are fostered with other relatives instead of in foster care facilities or other homes. The reduced number of “permanency planning” cases (Figure 17) is consistent with the county Department of Social Services’ philosophy to keep children connected to their families through kinship placements.

Furthermore, cases involving foster care are being processed more quickly as the average length of time in foster care has dropped from 2 years to just over 1.5 years (Figure 14).

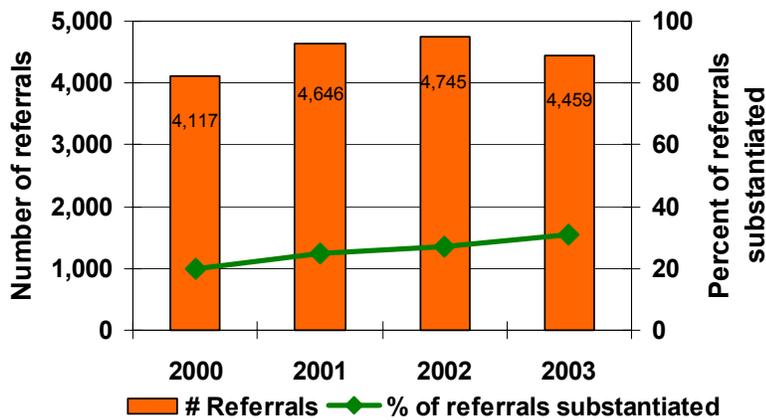
However, an issue that the Department of Social Services is addressing is the seemingly high rate of recurring cases of abuse (the percent of children who were victims of child abuse/neglect with a subsequent substantiated report of abuse/neglect within six months) (Figure 15).

The total average monthly number of children per year placed in group homes (in SLO County, Out of County and Out of State) by the Departments of Social Services, Probation and Mental Health has decreased slightly since 2000 (Figure 16), mainly due to a decrease in the number placed by the Department of Social Services.

⁵ Child Welfare Resource Center; cssr.berkeley.edu/CWSCMSreports/Referrals

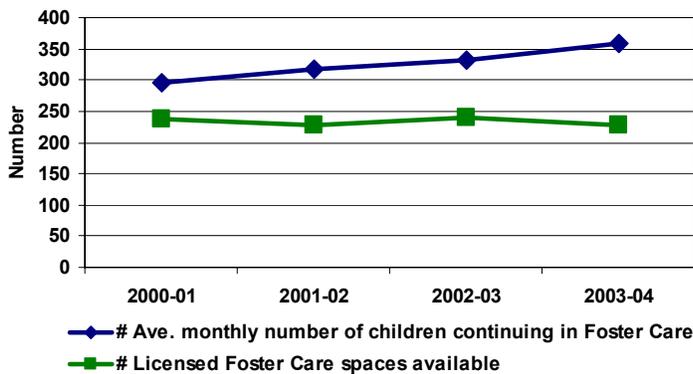
⁶ The number of children in foster care refers to children placed in foster family homes, foster family agencies, and group homes; the number does not take placements with kin into account.

Figure 12: Number of Child Abuse/Neglect Referrals and Percent of Referrals Substantiated



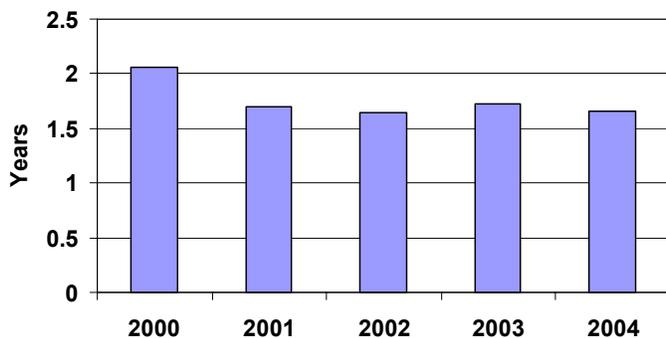
Source: Child Welfare Resource Center; cssr.berkeley.edu/CWSCMSreports/Referrals

Figure 13: Average Monthly Number of Children Continuing in Foster Care (Foster family homes, Foster Family Agency, and Group homes) and Number of Licensed Foster Care Spaces Available



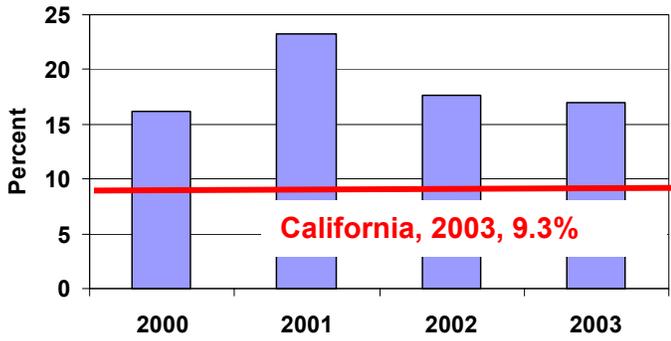
Sources: SLO Co. Department of Social Services; www.slodss.org/stats.htm; CA Department of Social Services; www.dss.cahwnet.gov/research

Figure 14: Average Time Spent in Foster Care



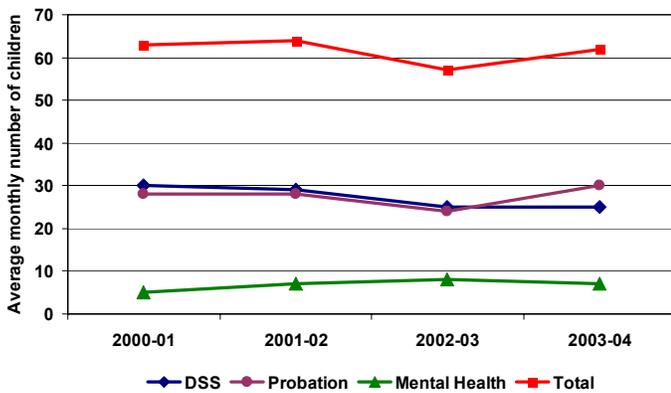
Source: SLO Co. Department of Social Services

Figure 15: Percent of Cases with Substantiated Maltreatment Recurring within 6 Months



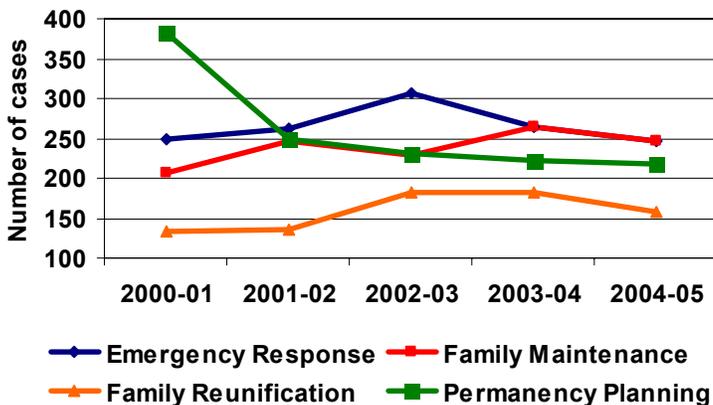
Source: Child Welfare Resource Center; cssr.berkeley.edu/CWSCMSreports/Ccfsp.asp

Figure 16: Total Average Monthly Number of Children Placed in Group Homes by Department, 2000-2004



Source: SLO Co. Department of Social Services

Figure 17: Average Monthly Number of Cases by Child Welfare Services Program, 2000-2004



Source: SLO Co. Department of Social Services; www.slodss.org/stats.htm

Children Are Healthy

Maternal/Infant Health

The San Luis Obispo County Department of Public Health provides preventive and clinical health services such as family planning, immunizations, tuberculosis and sexually-transmitted disease control, parenting classes, educational and outreach programs, and comprehensive case management for families, mothers and children.

There were approximately 2700 births to San Luis Obispo County mothers in 2003, reversing the gradually decreasing trend seen over prior years (Figure 18).

Teen pregnancy is an issue since the younger the mother, the more likely she is to have poor pregnancy outcomes. In addition, the infant may be at an increased risk for neglect and/or child abuse leading to challenges later in life. While San Luis Obispo County has a much lower rate of births to teen-age mothers than California as a whole, the difference is dropping. Still, the San Luis Obispo rate of 23.2 per 1000 teen-aged women is significantly below the state rate of 39.4 (Figure 19). Nonetheless, the percent of total births to teenage mothers in San Luis Obispo (9%) is the same as the state percentage (Figure 20).

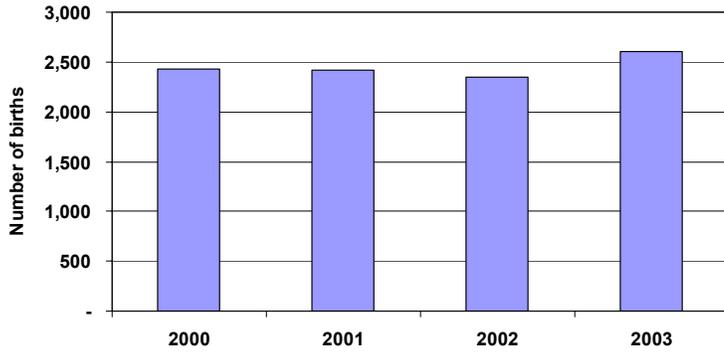
Early and continuous prenatal care is a major contributor to healthy pregnancies and birth outcomes. It provides an opportunity for risk assessment, risk reduction, education and treatment of medical conditions. One area of concern is that the percent of mothers receiving late or no prenatal care is higher in San Luis Obispo County, 18%, than the state average, 14% (Figure 21).

An emerging issue is perinatal substance abuse. According to a recent local survey conducted in obstetrical offices, 42% of the women surveyed said they knowingly used tobacco, alcohol and/or illicit drugs in the month before they knew they were pregnant. Excluding tobacco use, 40% of the women screened used either or both alcohol or drugs before they knew they were pregnant, and 27% of the women continued using either or both alcohol or drugs after they knew they were pregnant (Figure 22).

Low birth weight (LBW; under 2500 grams or 5.5 pounds) is associated with long-term disabilities, such as cerebral palsy, autism, mental retardation, vision and hearing impairments, and other developmental disabilities. LBW can be attributed to many factors including late or no prenatal care, multiple fetuses, substance abuse, behavioral and demographic factors, etc. The percent of babies with low birth weight, 5%, is somewhat less than the state average, 6.6% (Figure 23).

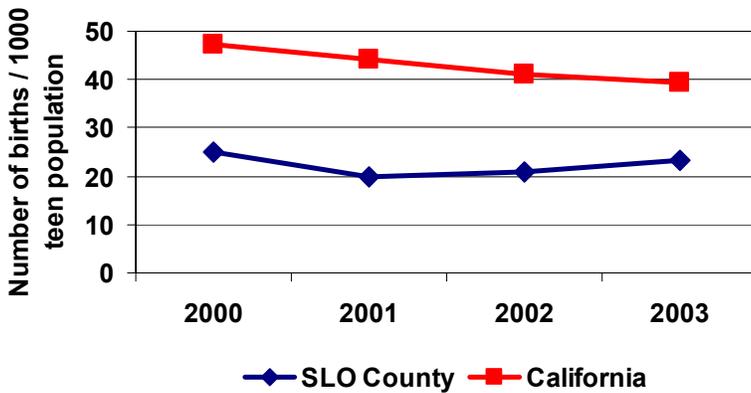
Early initiation and continued breastfeeding is critical for young child growth and development, as breast milk is nutritionally complete and it provides antibodies for a healthier baby. San Luis Obispo County has a high rate of breastfeeding. A recent local study of women conducted by Cal Poly showed that 68% of women in SLO County who initiated breastfeeding were still breastfeeding or providing breast milk after 6 months. Comparable state data show that only 46% continued breastfeeding at 6 months (Figure 24). Infant mortality is used as a measure of the overall state of maternal health as well as the quality and accessibility of care available to pregnant women and infants. San Luis Obispo's infant mortality rate is 4.4 per 1000 live births, below the California rate and the Healthy People 2010 goal (Figure 25).

Figure 18: Number of Births by Residence, SLO County, 2000-2003



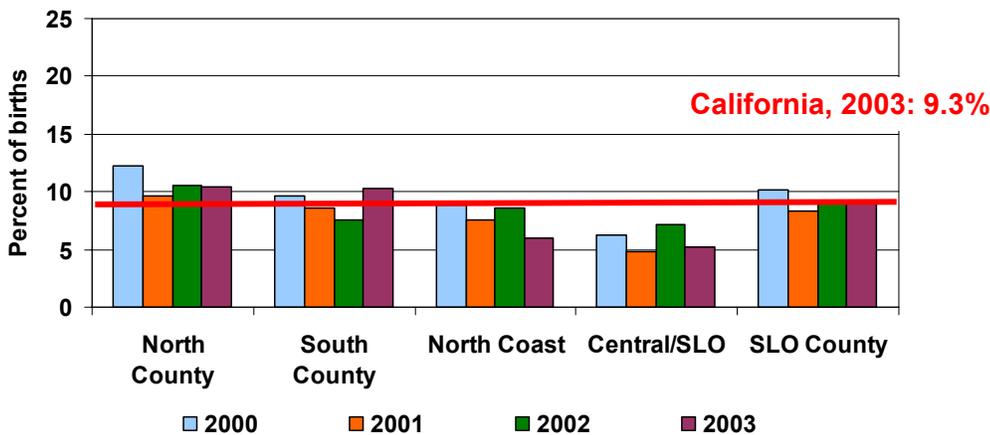
Source: CA Department of Health Services; www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables

Figure 19: Age-Specific Pregnancy Rate per 1000 Teen-Aged Women, 15-19 Years Old, SLO County, 2000-2003



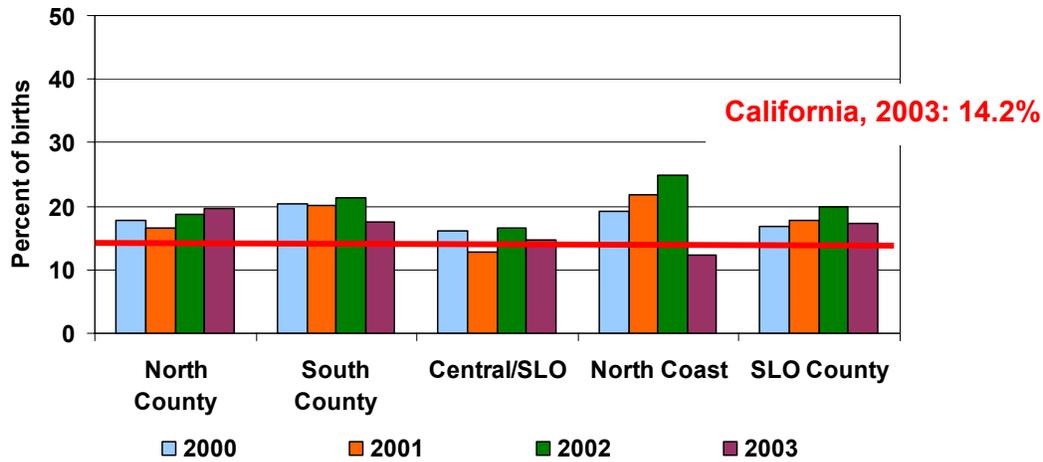
Source: CA Department of Health Services; www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables; CA Department of Finance; www.dof.ca.gov/html/Demograp/DRU_datafiles/Race/RaceData_2000-2050
 Note: Age-specific rates for each year are based upon CA Department of Finance population projections.

Figure 20: Percent of Births to Women Less than 20 Years Old by Area, 2000-2003



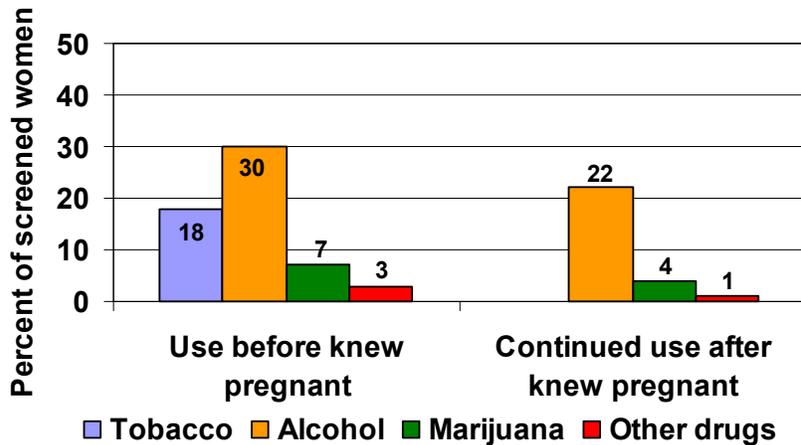
Source: CA Department of Health Services; www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables
 Note: Healthy People 2010 National Objective: not established.

Figure 21: Percent of Births to Women Receiving Late or No Prenatal Care by Area, 2000-2003



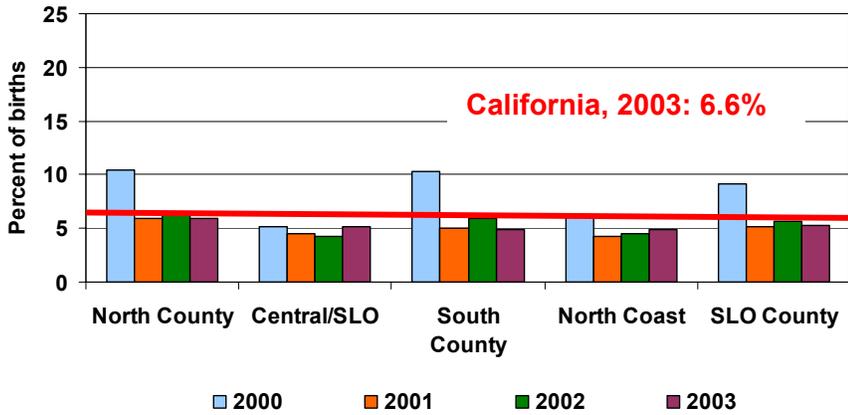
Source: CA Department of Health Services; www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables
 Note: Healthy People 2010 National Objective: 10%

Figure 22: Percent of Women Using Tobacco, Alcohol or Drugs Before and After They Knew They Were Pregnant, 2004



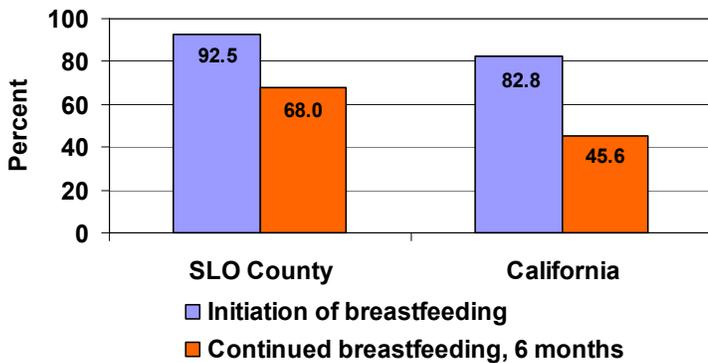
Source: SLO Co. Public Health Department, Maternal and Child Health
 Note: Continued tobacco use not yet available.

Figure 23: Percent of Newborns Born Low Birth Weight (Less than 2500 g) by Area, 2000-2003



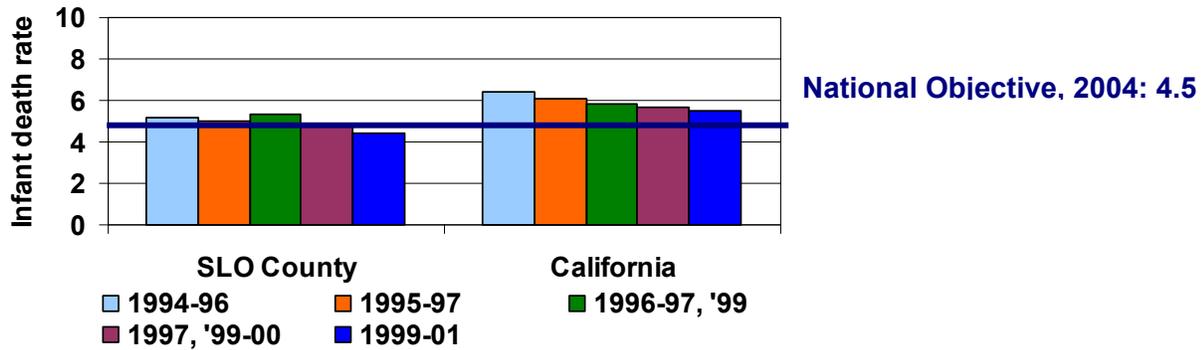
Source: CA Department of Health Services; www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables
 Note: Healthy People 2010 National Objective: 5%

Figure 24: Percent of Women Initiating Breastfeeding and Continuing to Breastfeed at 6 months, SLO County, 2003-2004



Source: Initiation: CA Department of Health Services, Health Status Profile, 2004; Continuation: SLO County, Cal Poly/WIC Survey 2004, and California, CDC National Immunization Survey, 2003.

Figure 25: Birth Cohort Infant Death Rate per 1,000 Live Births, SLO County, 2000-2004



Source: CA Department of Health Services, County Health Status Profiles, 2000-04

Child Health

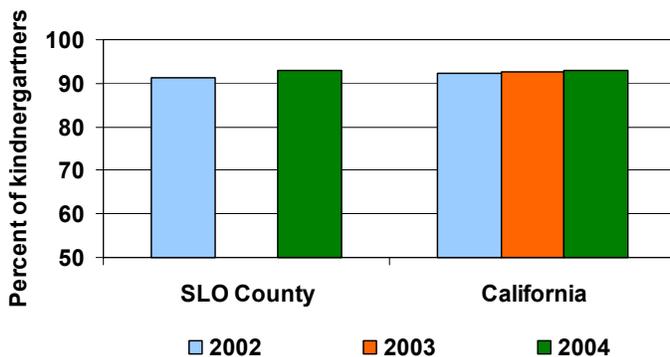
Immunizations are a child’s best defense against dangerous and sometimes deadly preventable diseases. Immunizations on specified schedules prior to kindergarten are recommended for polio, measles, mumps, rubella, hepatitis A and B, Hib, pneumococcal disease, diphtheria, tetanus, pertussis and chickenpox. In San Luis Obispo, 93% of kindergarteners have been adequately immunized, similar to the state rate (Figure 26).

Infectious diseases affect a small number of children each year. While there are approximately 40 case of food/water borne illnesses reported each year among children, the number of sexually transmitted Chlamydia infections in children less than 18 years of age is higher. There were 65 cases of Chlamydia reported in 2003, dropping to 45 in 2004 (Figure 27, Figure 28). Untreated Chlamydia infections can cause serious reproductive health problems for both men and women, and the rate of Chlamydia infection among teens is often used as an indication of the level of unprotected sexual activity among teens. There is no state level data for Chlamydia among children to compare with SLO County.

Asthma is a serious and growing health problem. Environmental factors contribute to illness and disability from asthma. A worsening of asthma has been associated with exposure to allergens, indoor pollutants (e.g. tobacco smoke), and ambient air pollutants. Approximately 20% of San Luis Obispo County students reported having asthma, similar to the state rate (Figure 29).

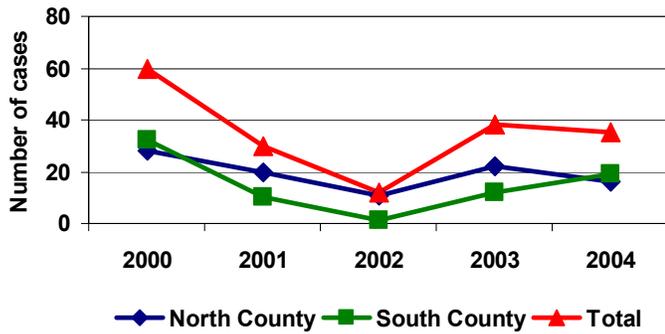
Childhood injury can be both debilitating and expensive. Many injuries are preventable. There were over 200 children hospitalized for injuries in 2002, a slight increase from prior years (Figure 30).

Figure 26: Percent of Kindergartners Adequately Immunized, SLO County, 2000-2004



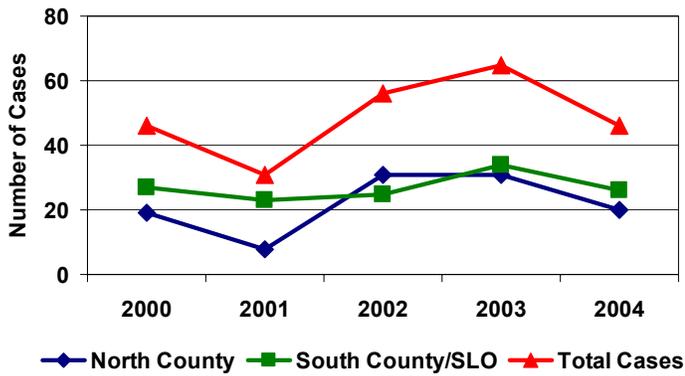
Source: Action for Healthy Communities, 2003, and CA Department of Health Services, Immunization Branch
 Note: Data for SLO County, 2003, are not available.

Figure 27: Reported Number of Cases of Water/Food Borne Diseases among Children, 0-17 years old, by Area, 2000-2004



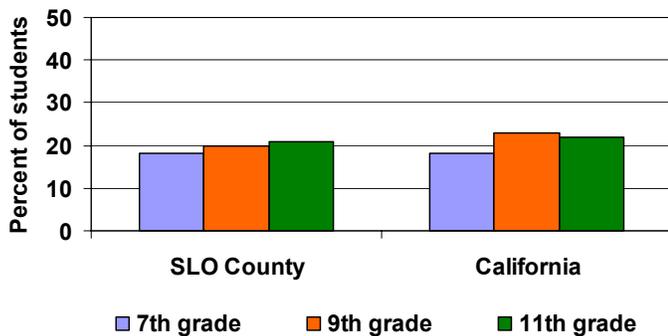
Source: SLO Co. Public Health Department, Epidemiology

Figure 28: Reported Number of Cases of Chlamydia among Children, 0-17 years old, by Area, 2000-2004



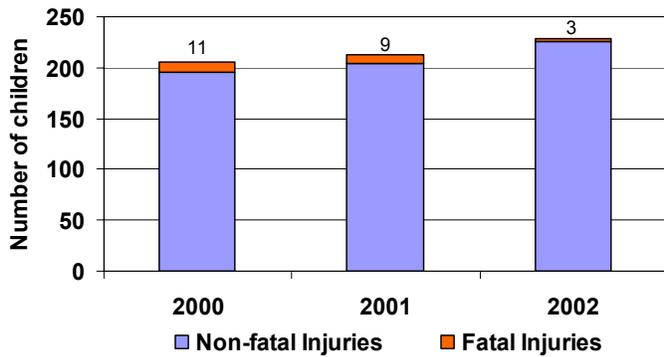
Source: SLO Co. Public Health Department, Epidemiology

Figure 29: Percent of School Children Reporting to Have Asthma, 2003



Source: SLO County, California Healthy Kids Survey county level reports, 1999-2003; California, California Student Survey, 2003-2004.

Figure 30: Number of Children, 0-17 years, Hospitalized for Injuries, 2000-2002



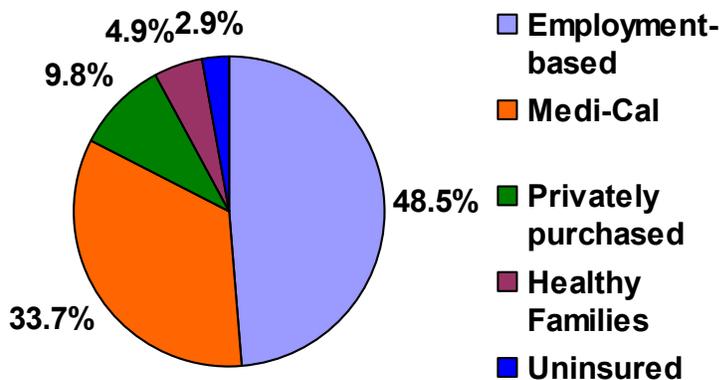
Source: CA Department of Health Services, EPICenter; www.applications.dhs.ca.gov/epicdata

Health Insurance Coverage

Health insurance is an important factor in accessing quality health care. Persons with health insurance are more likely to have a primary care provider and to receive preventive care such as immunizations and early prenatal care. According to the California Health Interview Survey (CHIS) 2003 slightly less than half of children receive insurance through their parents’ employers; one-third are on Medi-Cal, 10% have privately purchased coverage and 5% are covered by Healthy Families⁷. There are approximately 3000 uninsured children in the county.

Medi-Cal provided health coverage for 12,500 children in 2004, or nearly one in six children. There has been a dramatic increase in Medi-Cal coverage from the 10,000 children in 2003 (Figure 32). Healthy Families covered another nearly 3700 children in 2004, a drop from nearly 4000 in 2003 (Figure 33). While new enrollment into Healthy Families has remained steady for the past four years, disenrollment has been increasing and now equals new enrollment. Increased retention efforts may ameliorate the rate of disenrollment.

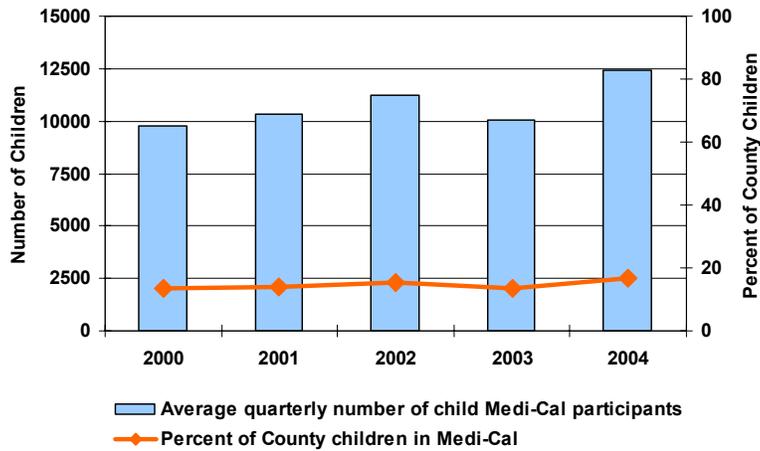
Figure 31: Insurance Coverage of Children, 0-17 years, SLO County, 2003



Source: University of California, Los Angeles, CHIS, 2003

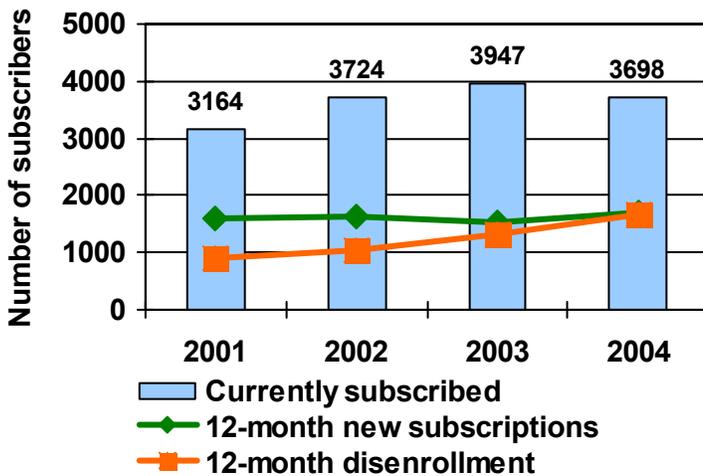
⁷ Survey data from CHIS often differ from administrative data on coverage; the survey is self-reported data from interviews, while administrative data are from case records at the Department of Social Services.

Figure 32: Number of Children Participating in Medi-Cal and Percent of County Children Covered by Medi-Cal, 2000-2004



Source: CA Department of Health Services, www.dhs.ca.gov/mcss/RequestedData/Beneficiary%20files.htm
 Note: Percentage of total child population per year is based upon Census 2000.

Figure 33: Number of Families Currently Enrolled in Healthy Families Program; and Number of New Enrollment and Disenrollment; SLO County, 2001-2004



Source: CA Managed Risk Medical Insurance Board, www.mrmib.ca.gov/MRMIB/HFP/HFPReports.shtml

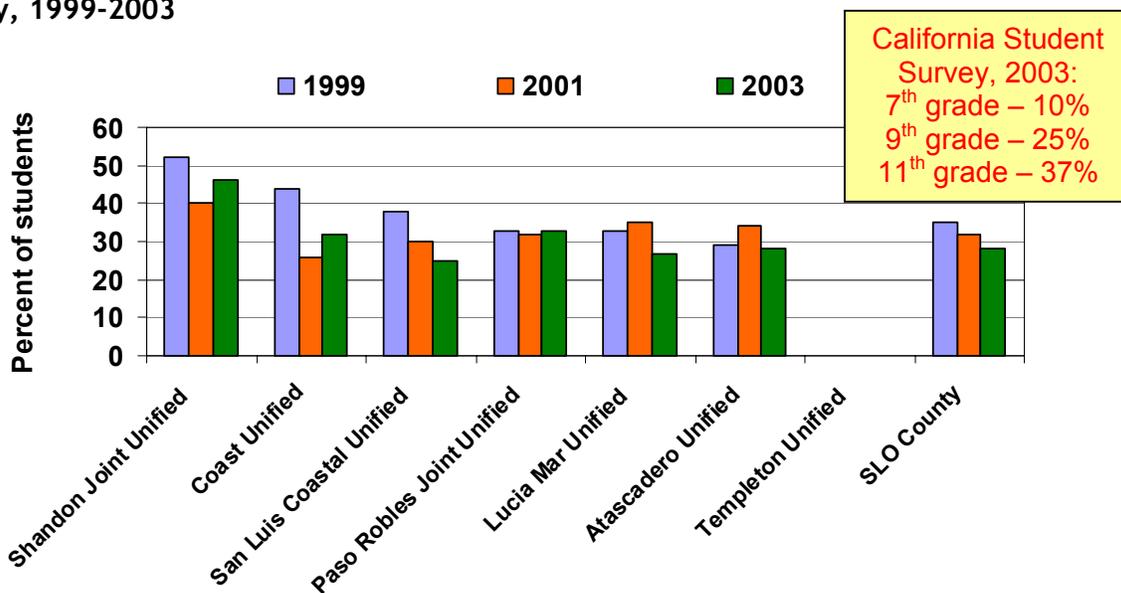
Healthy Behaviors

Alcohol use among youth is high, although it is dropping slightly. Just under 30% of 9th graders reported using alcohol in the past 30 days in 2003, a drop from nearly 35% in 2001 (Figure 34). However, binge drinking (consuming 5 or more drinks in a couple of hours) remains high. Over 30% of 11th graders reported binge drinking in the past 30 days (Figure 35).

Marijuana use has remained fairly constant with 25% of 11th graders reported having used marijuana in the past 30 days (Figure 36). Tobacco use has shown annual declines with fewer than 20% of 11th graders reporting having smoked a cigarette in the past 30 days (Figure 37).

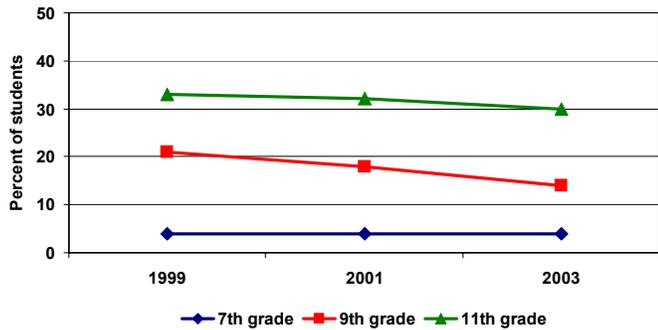
Ironically, the San Luis Obispo *Action for Healthy Communities* survey found that the percent of adults who are 'not at all concerned' about drug, tobacco and alcohol abuse in their communities increased from 19.5% in 2001 to 25.3% in 2003.

Figure 34: Percent of 9th Grade Students Using of Any Alcohol in Past 30 Days by District, SLO County, 1999-2003



Source: California Healthy Kids Survey district level reports

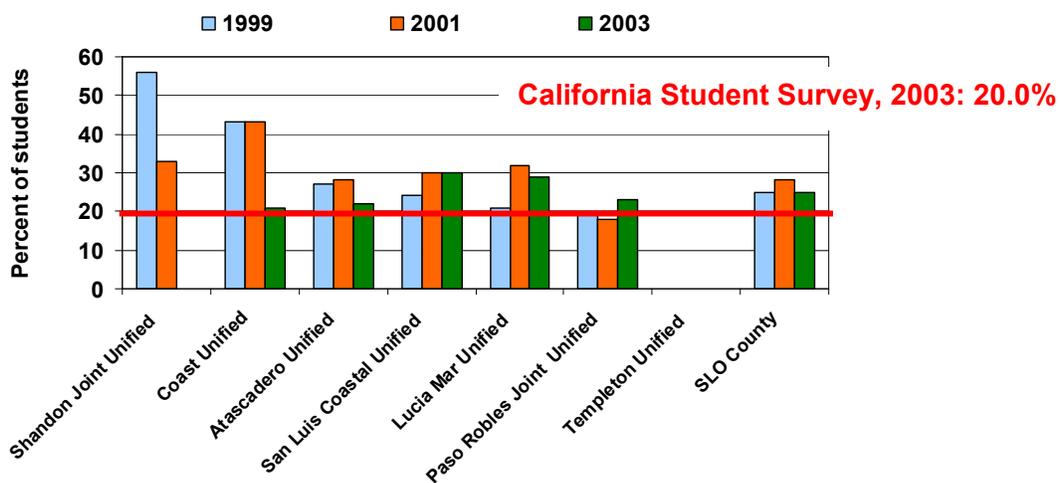
Figure 35: Percent of Students Binge Drinking, Past 30 Days, by Grade Level, SLO County, 1999-2003



California Student Survey, 2003:
 7th grade – 4%
 9th grade – 11%
 11th grade – 23%

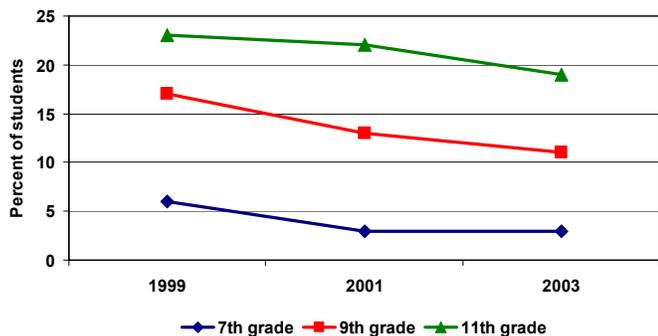
Source: California Healthy Kids Survey county level report

Figure 36: Percent of 11th Grade Students Using Any Marijuana, Past 30 Days, SLO County, 1999-2003



Source: California Healthy Kids Survey district level reports

Figure 37: Percent of Students Using Any Cigarettes, Past 30 Days, by Grade Level, SLO County, 1999-2003



California Student Survey, 2003:
 7th grade – 5%
 9th grade – 10%
 11th grade – 15%

Source: California Healthy Kids Survey county level report

Nutrition, diet and exercise

Nutritional and dietary factors contribute substantially to the burden of preventable illnesses and premature deaths in the United States. There is much concern about the increasing prevalence of

overweight children and adolescents. The risk of obesity acquired during childhood or adolescence may persist into adulthood and increase the risk for some chronic diseases later in life.

Over 20% of San Luis Obispo County students are reported to be overweight or at risk of being overweight according to the Body Mass Index⁸ (Figure 38). Children who fall into these categories are at increased risk for developing risk factors for cardiovascular disease and diabetes.

Only one-third of 7th and 9th graders countywide met all six California physical fitness standards (Figure 39). While, 80% of 7th and 9th graders reported getting 20 minutes of vigorous activity (sweating and breathing heavily for at least 20 minutes) at least 3 times in the past week, only 70% of 11th graders reported that level of exercise (Figure 40).

About half of county-wide students reported to have eaten 5 or more portions of fruits and vegetables in the previous 24 hours; younger students (56% of 7th graders) tended to eat more fruits and vegetables than older students (47% of 11th graders) (Figure 41).

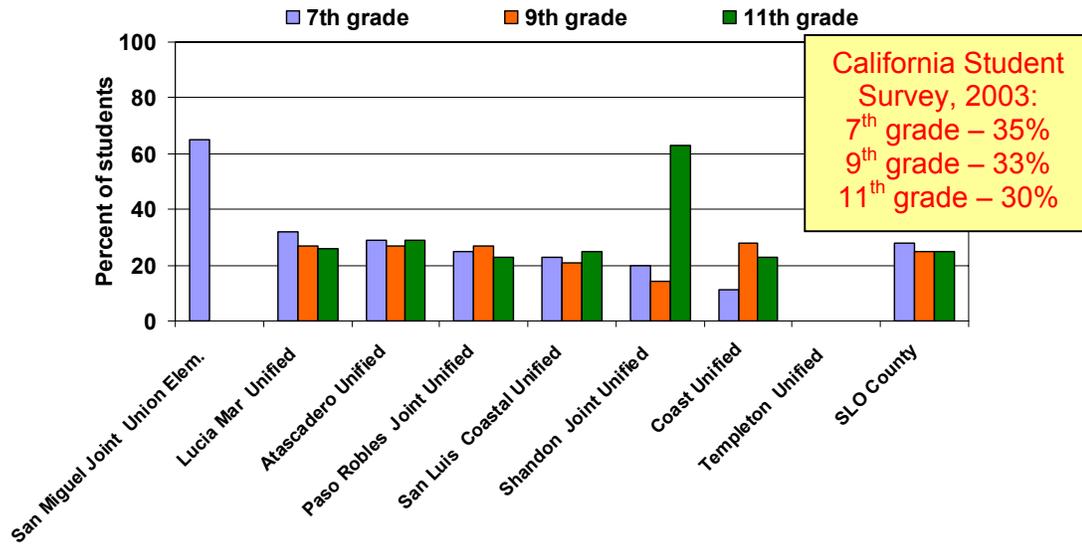
Nutrition programs serve some, but not all San Luis Obispo children. Approximately 4,250 families are served by the Women, Infants and Children (WIC) Supplemental Nutrition Program (Figure 42). The Free/Reduced Price School Lunch program reaches two-thirds of eligible children according to a statewide report⁹. Over 60% of children in the Shandon school district are enrolled in the Free/Reduced Price School Lunch Program compared to just over 10% in Templeton (Figure 43).

While there are an increasing number of Food Stamp recipients due to expanded outreach efforts (3000 in 2003-2004), California Food Policy Advocates estimate that 80% of persons eligible for Food Stamp Programs are not served (Figure 44, Figure 45).

Figure 38: Percent of Students At-Risk of Overweight or Overweight by District, 2003

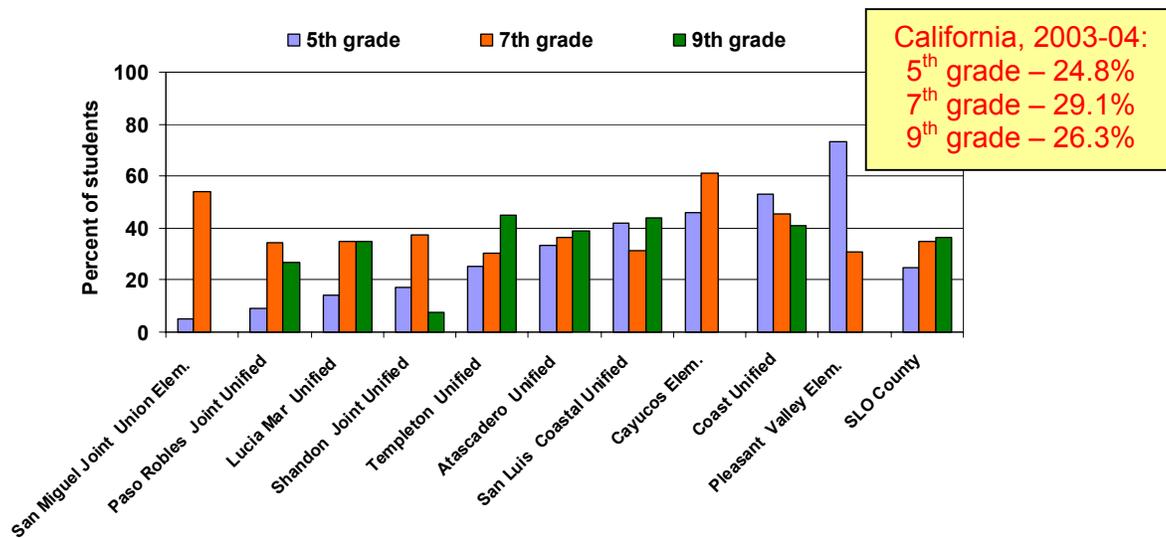
⁸Body Mass Index (BMI) is calculated as weight/height². The percentile cutoff point for overweight is BMI greater than or equal to the 95th percentile. Youth at the 85th percentile are considered to be at risk of overweight.

⁹ California Food Policy Advocates, San Luis Obispo County Profile 2004; www.cfpa.net



Source: California Healthy Kids Survey district level reports

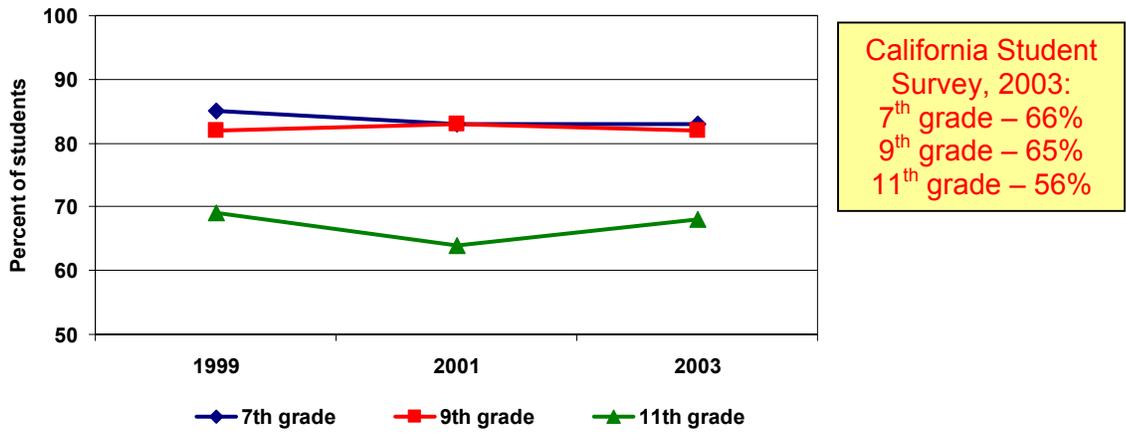
Figure 39: Percent of Students Achieving 6 of 6 California Physical Fitness Standards¹⁰ by School District, 2003–2004



Source: CA Department of Education; data1.cde.ca.gov/dataquest

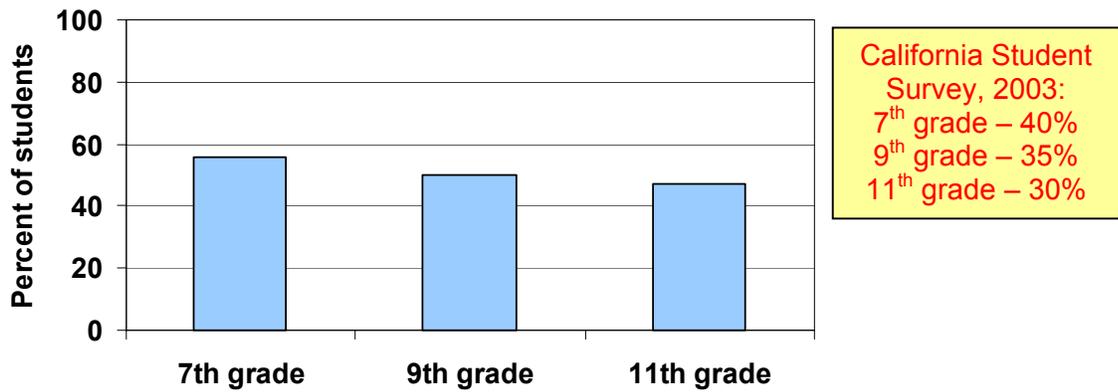
Figure 40: Percent of Students Participating in Regular Physical Activity by Grade Level, 1999-2003

¹⁰ The annual physical fitness test designated for California public school students is the *FITNESSGRAM*® which assesses six major fitness areas, including aerobic capacity (cardiovascular endurance), body composition (percent of body fat), abdominal strength and endurance, trunk strength and flexibility, upper body strength and endurance, and overall flexibility. A number of test options are provided for most of the fitness areas so that all students, including those with special needs, have the maximum opportunity to participate.



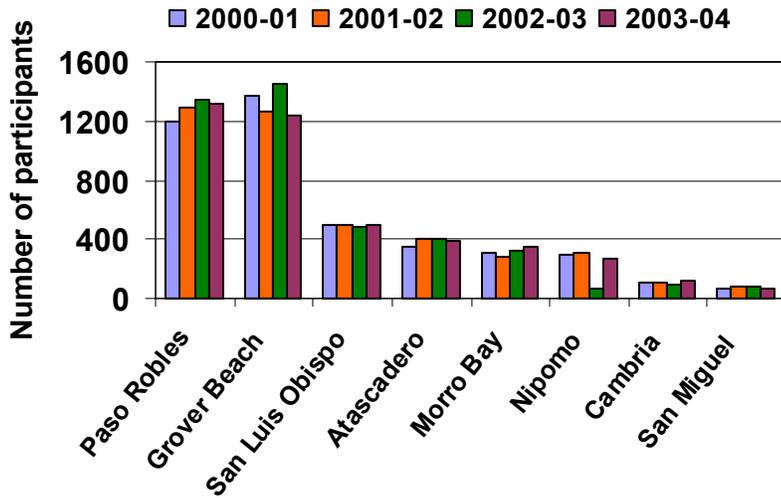
Source: California Healthy Kids Survey county level report

Figure 41: Percent of Students Reporting to Eat Five or More Portions of Fruits and Vegetables per Day, Past 24 Hours, SLO County, 2003



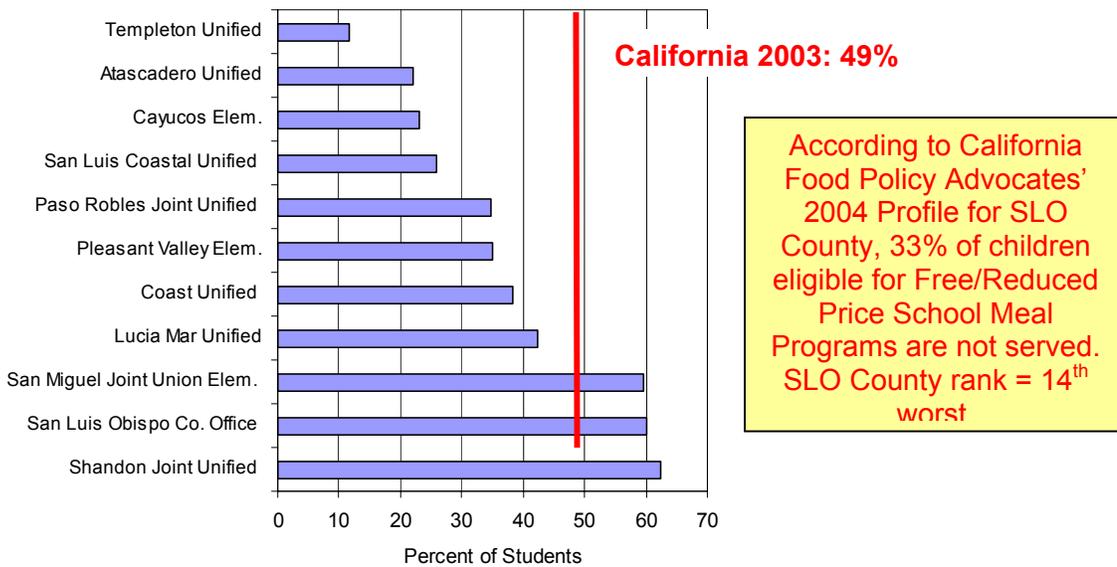
Source: California Healthy Kids Survey county level report

Figure 42: Average Monthly Number of Women and Children Participating in Women, Infants and Children Program by Area, 2000-2004



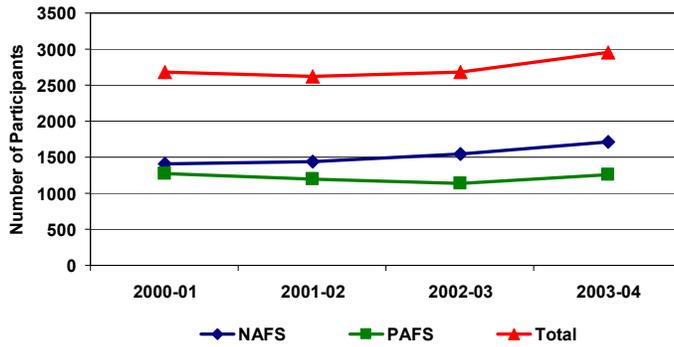
Source: SLO Co. Women, Infants, and Children Supplemental Nutrition Program

Figure 43: Percent of Students Enrolled in Free/Reduced Price School Meal Programs by District, 2003



Source: CA Department of Education; data1.cde.ca.gov/dataquest

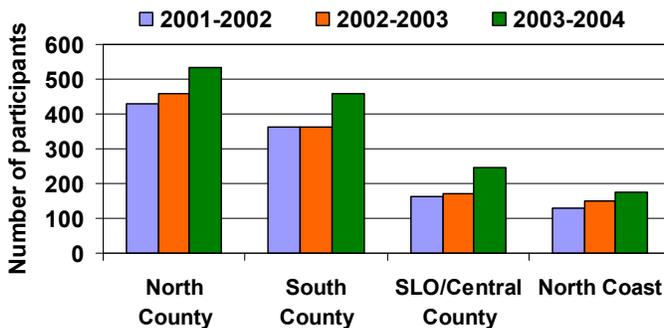
Figure 44: Annual Average Number of Food Stamp Participants by Program, 2000-2004



According to California Food Policy Advocates' 2004 Profile for San Luis Obispo, 80% of persons eligible for Food Stamp Programs are not served. SLO rank = 5th worst.

Source: SLO Co. Department of Social Services; www.slodss.org/stats

Figure 45: Number of Non-Public Assistance Food Stamp Programs Participants by Area, 2001-2004



Source: SLO Co. Department of Social Services; www.slodss.org/stats

Mental Health

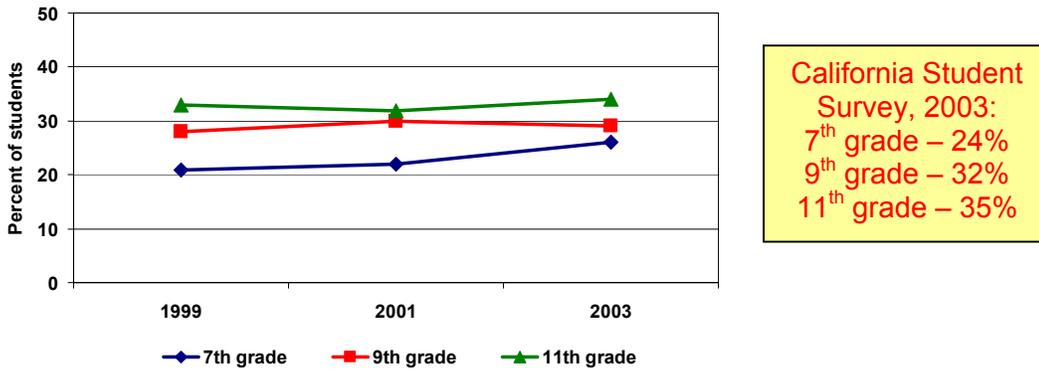
Mental health services are increasingly important for the well-being, educability and development of San Luis Obispo County children. The Youth Services component of the county mental health department provides outpatient therapy, day treatment intensive services and case management through an interdisciplinary treatment team to seriously emotionally disturbed youth in lower income families (under 200% of the federal poverty level). The SAFE (Services Affirming Family Empowerment) program is an interagency system of care that provide an intensive level of treatment, multi-agency collaboration and coordination in the delivery of services to seriously emotionally disturbed children at imminent risk of out of home placement.

As one indicator of possible depression among youth, the percentage of students who report having been sad or hopeless for at least a two week period in the past 12 months has remained fairly constant between 1999 and 2003; approximately one in four 7th graders and one in three 11th graders. These rates are similar to the statewide percentages (Figure 46).

The Census 2000 estimates that 7.2% of total children in San Luis Obispo County have severe emotional disturbance (SED), equating to approximately 4,200 children in need of mental health services. Children requiring mental health intervention can access various providers, including county mental health. The total number of youth outpatient clients served by county mental health has increased to 1447 in 2003-04 (Figure 47), contributing 27% coverage of the estimated total number of children in need. Using the expected number of children in families under 200% of the Federal Poverty Line, county mental health services have reached 8.3% of the children; a higher penetration rate than at state level, 5.5%.

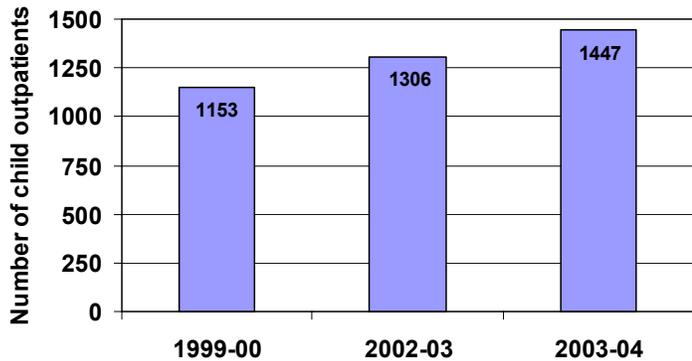
One indicator of the need for mental health services is that the number of children hospitalized for self-inflicted injuries has increased between 2000 and 2002 (Figure 48).

Figure 46: Percent of Students Reporting Sadness/Hopelessness (for at least a two week period), Past 12 Months, by Grade Level, SLO County, 1999-2003



Source: California Healthy Kids Survey county level report

Figure 47: Number of Child Mental Health Outpatients, SLO County, 1999-2004



Source: CA Department of Mental Health; www.dmh.ca.gov; Action for Healthy Communities 2003

Note: Data for 2000-2002 are unavailable.

Figure 48: Number of Children, 0-17 years, Hospitalized for Self-Inflicted Injuries, SLO County, 2000-2002



Source: CA Department of Health Services, EPICenter; www.applications.dhs.ca.gov/epicdata

Children Are In School

There are approximately 36,800 students in kindergarten through 12th grade in San Luis Obispo County (Figure 49). County schools serve a diverse array of students. Nearly 10% of students are enrolled in special education classes, similar to state rates. Also, 10% of county students are classified as English learners, ranging from a high of over 35% in Shandon to a low of fewer than 5% in Templeton. Statewide 25% of students are classified as English learners (Figure 50, Figure 51).

Reading achievement at the 4th grade level is generally higher in San Luis Obispo than statewide, but differs by school district. Countywide over 20% of 4th graders were above the 75th national percentile rank in reading, compared to 15% statewide. Nearly 40% of Cayucos students were at the 75th percentile, while only 10% of students in Shandon were at that level (Figure 52).

Similarly, 8th grade achievement in math in the county was above the state level. Over 30% of students county-wide were at the 75th national percentile rank in math, compared to 23% statewide. Nearly half of San Luis Coastal students were at the 75th percentile (Figure 53).

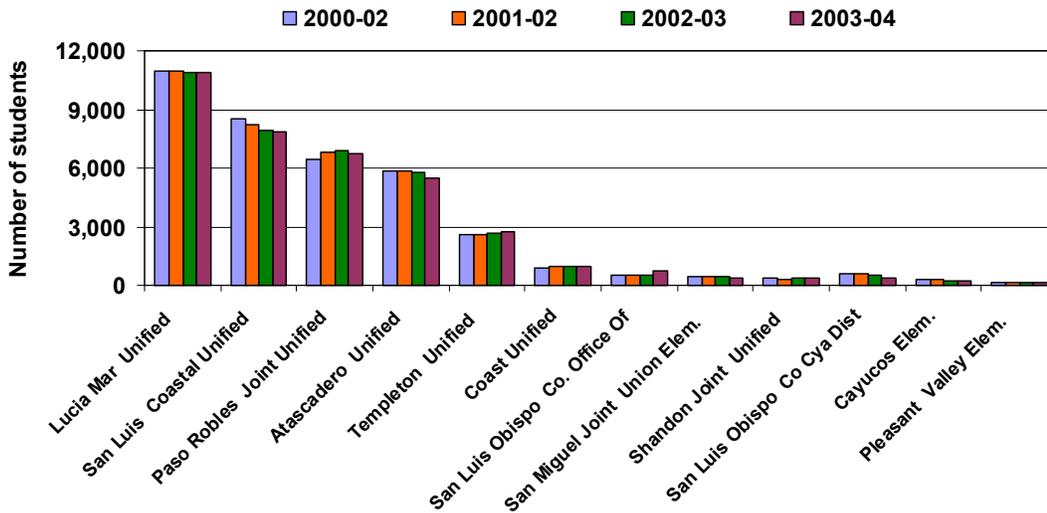
Fewer county 12th graders completed UC/CSU required courses than statewide. Only one-quarter of county students completed the required courses, compared to one-third statewide. It is possible that since many county students attend Cuesta College, they complete the UC/CSU required courses there (Figure 54).

Over 80% of students passed the California High School Exit Exam (CAHSEE) for math in 2003-2004 a marked improvement from prior years, and higher than the statewide rate. CAHSEE passage rates for English were also above 80% (Figure 55).

The Academic Performance Index (API) measures the academic performance and growth of schools. It is a numeric indicator calculated for each school based upon several student performance tests including the California Standards Tests, the California Achievement Test and the California High School Exit Exam. API scores range from a low of 200 to a maximum of 1000. The statewide target for all schools is 800. Countywide API scores averaged above 700, ranging from a high of 868 in Cayucos to a low of 643 in Shandon (Figure 56).

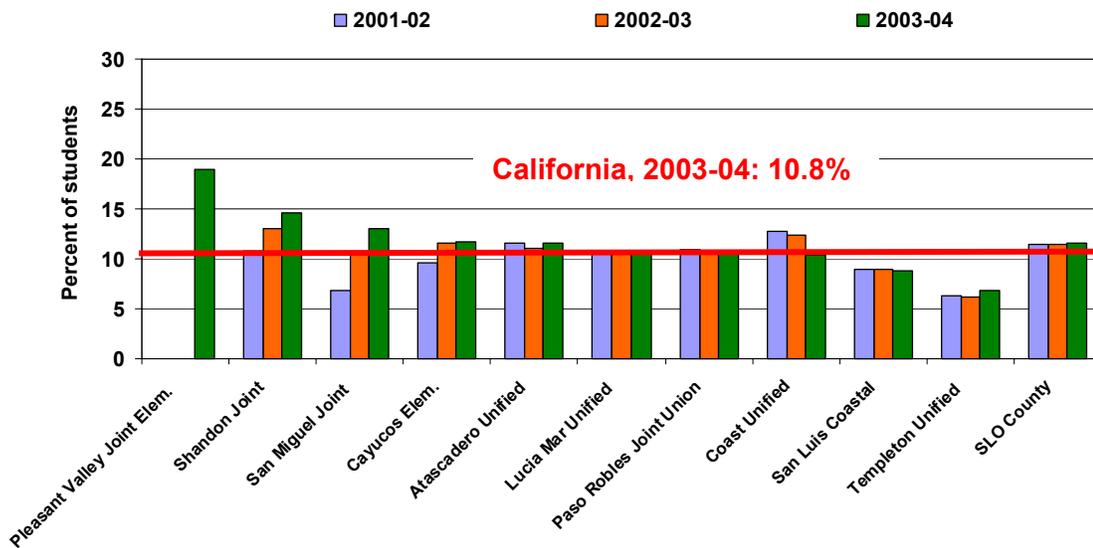
The one-year high school drop-out rate county-wide in 2002-2003 was approximately 3%, just under the state rate. Due to slight changes in the standard definition of 'drop-out', prior year rates are not necessarily comparable. The rate for Paso Robles is nearly 6%, while San Luis Coastal's rate is approximately 1%. Education officials acknowledge that the methodology does not account for the true drop-out rate, which is higher (Figure 57).

Figure 49: Number of Students Enrolled by District, 2000-2004



Source: CA Department of Education; data1.cde.ca.gov/dataquest

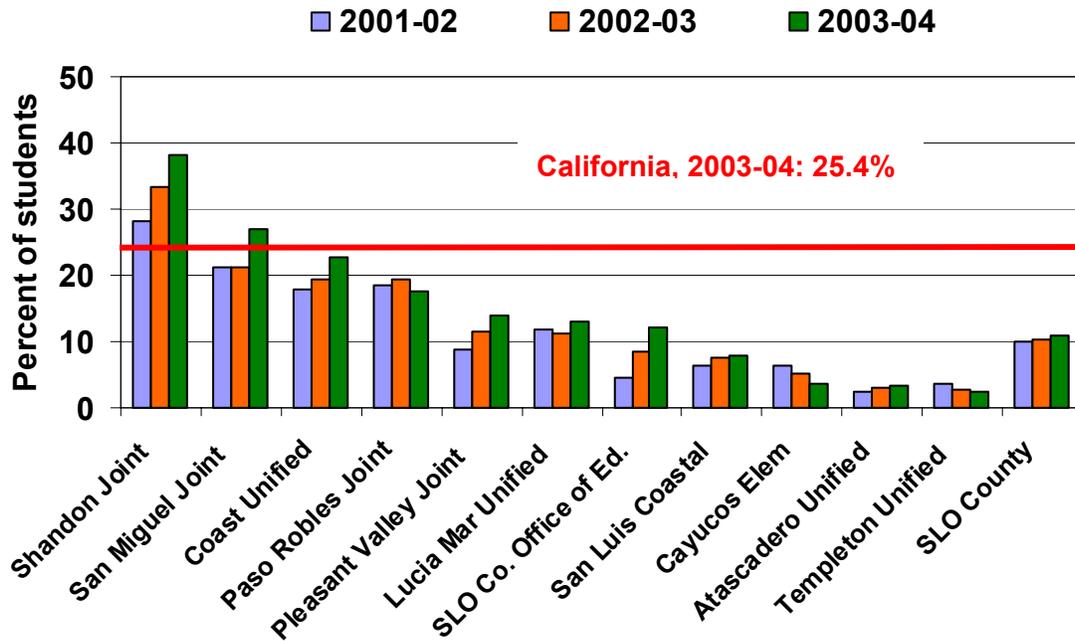
Figure 50: Percent of Students in Special Education by District, 2001-2004



Source: CA Department of Education; data1.cde.ca.gov/Dataquest

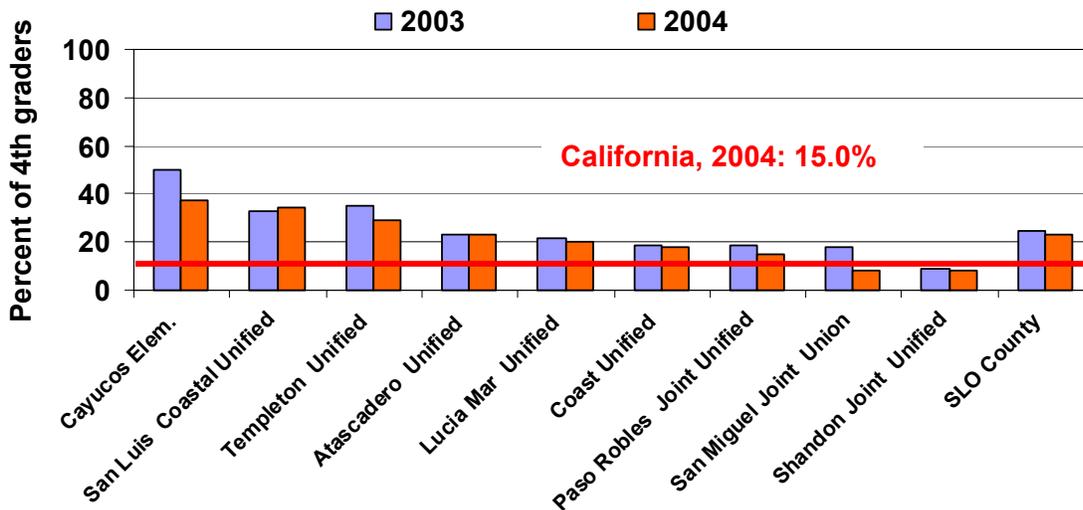
Notes: Data from Pleasant Valley Joint Elementary was only available for 2004-05. SLO County average percentages do not include SLO County Office of Education, SLO County CYA District or Pleasant Valley Joint Elementary.

Figure 51: Percent of Students Identified as English Learners by District, 2001-2004



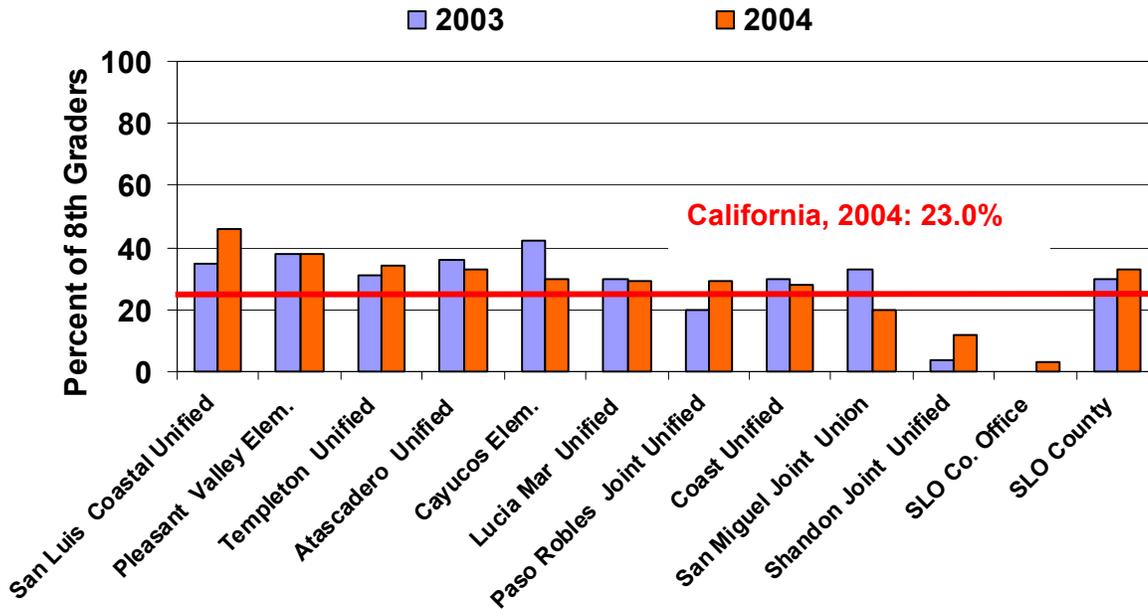
Source: CA Department of Education; data1.cde.ca.gov/Dataquest

Figure 52: Percent of 4th Grade Students Scoring above the 75th National Percentile Rank in Reading, by District, 2003-2004



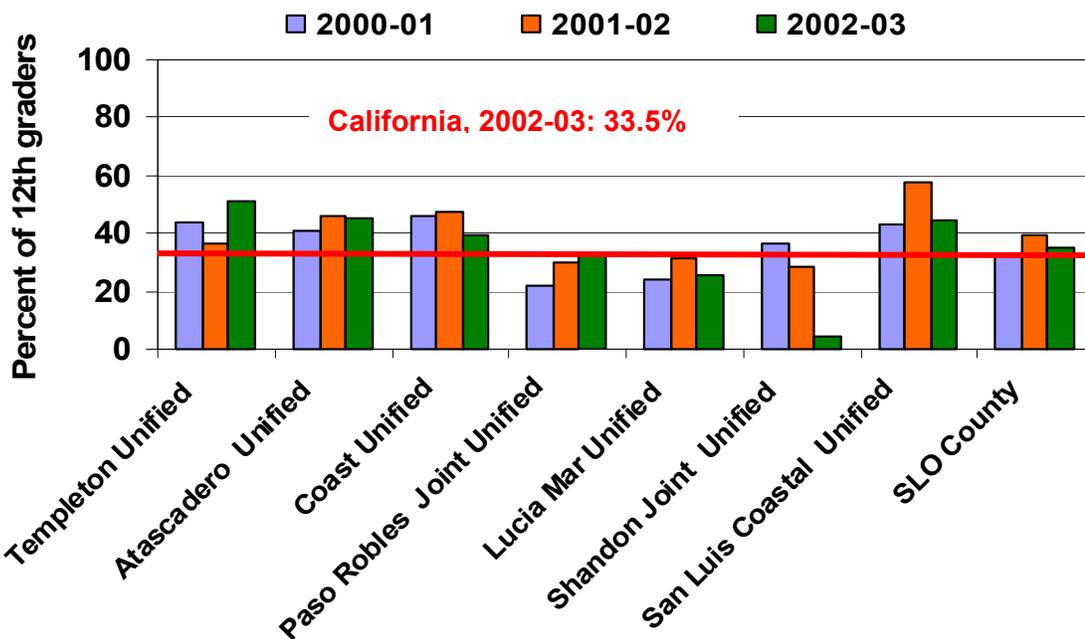
Source: CA Department of Education; data1.cde.ca.gov/dataquest

Figure 53: Percent of 8th Grade Students Scoring above the 75th National Percentile Rank in Math, by District, 2003-2004



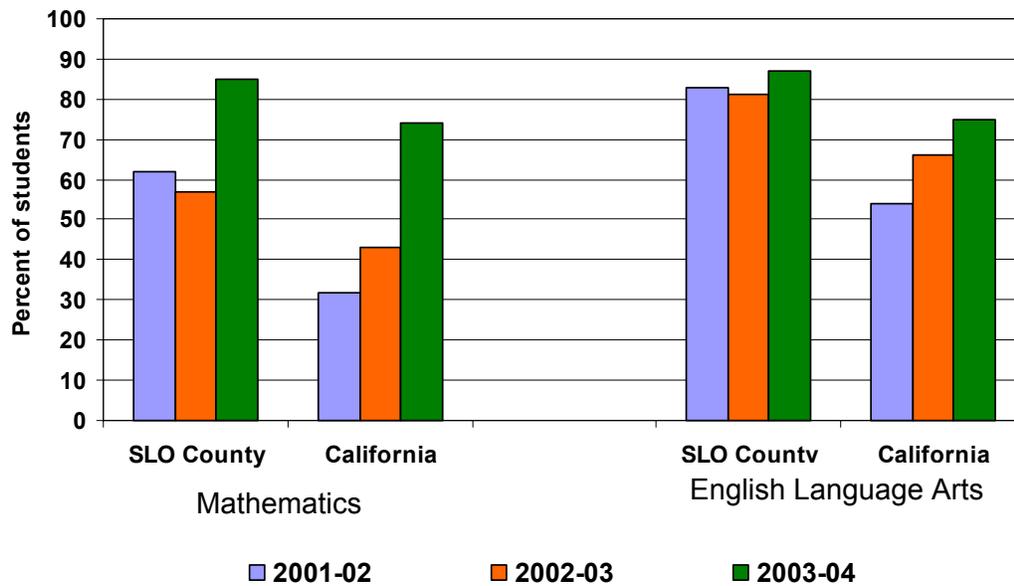
Source: CA Department of Education; data1.cde.ca.gov/dataquest

Figure 54: Percent of 12th Grade Students with UC/CSU Required Courses by District, 2000-2003



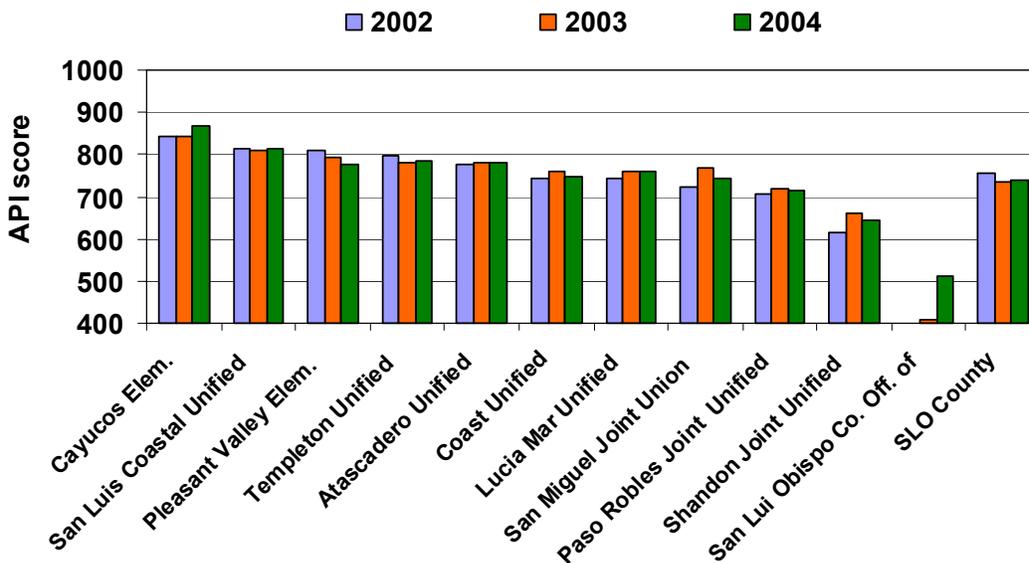
Source: CA Department of Education; data1.cde.ca.gov/Dataquest

Figure 55: Percent of Students Passing Math and English Language Arts, California High School Exit Exam, SLO County, 2001-2004



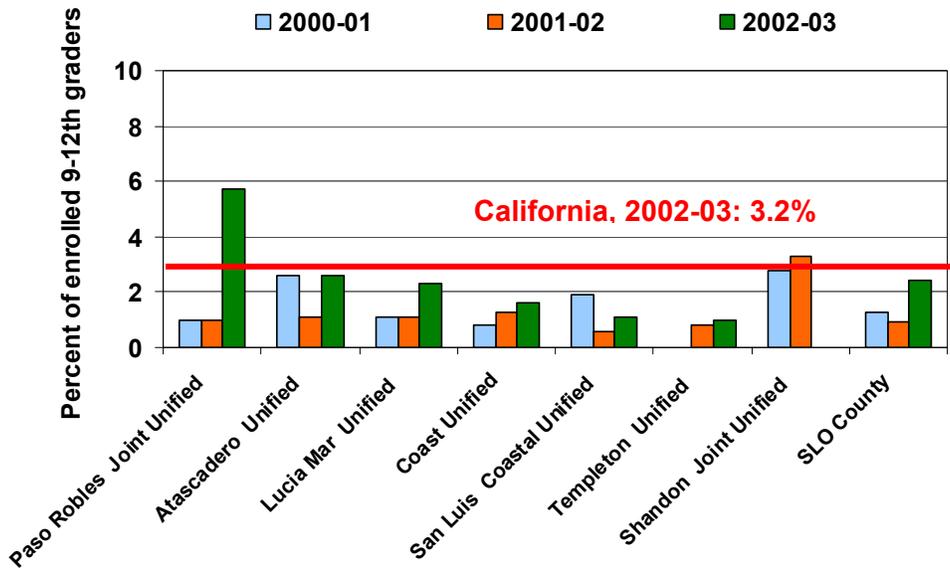
Source: CA Department of Education; data1.cde.ca.gov/Dataquest

Figure 56: Academic Performance Index (API) Growth Scores by District, 2002-2004



Source: CA Department of Education; data1.cde.ca.gov/Dataquest

Figure 57: Percent of 9th-12th Grade Student Who Dropped Out (One Year Dropout Rate), by District, 2000-2003



Source: CA Department of Education; data1.cde.ca.gov/dataquest

Children Are Out of Trouble

The San Luis Obispo County Probation Department is a key player in the juvenile justice system in San Luis Obispo County. Its services include:

- **Prevention:** The Probation Department sponsors and is part of many community organizations that provide services to keep minors out of the juvenile justice system. (e.g. Boys and Girls Clubs, Big Brothers/Big Sisters)
- **Intervention:** Once a minor enters the juvenile justice system the Probation Department has various intervention programs that provide services to juveniles and their families. These services are designed to help juveniles move out of the juvenile justice system.
- **Supervision:** Some minors may need more intensive intervention. Probation provides intensive supervision programs that are designed to keep the community safe while attempting to keep the minor from further escalating in the juvenile justice system.
- **Incarceration:** If a minor can not be safely kept in the community the minor may need to be placed in secure detention. Incarceration may occur at Juvenile Hall, Camp and the California Youth Authority.

Approximately one out of seven 9th and 11th grade males reported having a weapon at school in the past 30 days in 2001, a decreasing trend since 1999 (Figure 58).

The total number of juvenile misdemeanor, or minor crime, arrests has decreased somewhat over the past 4 years to approximately 900 in 2003. Drug and alcohol related charges have consistently been the most common category of misdemeanor offenses from 2000 to 2003, followed by property offenses (Figure 59). The misdemeanor juvenile arrest rate (per 1,000 children 10-17 years) for San Luis Obispo in 2003 was 30.5; slightly higher than the State rate, 28.8.

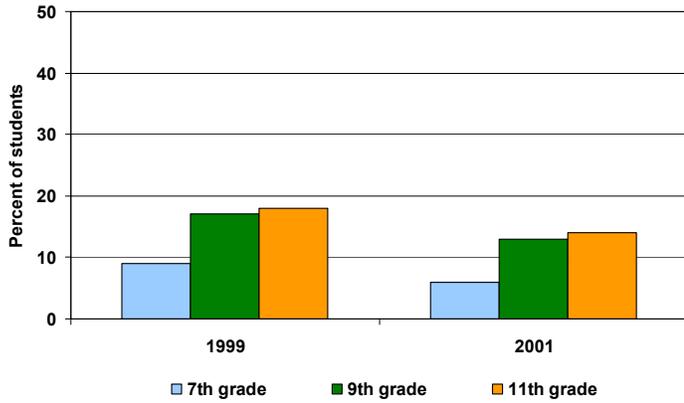
The most common category of juvenile felony arrest, a more serious crime punishable by at least one year in prison, is property offense, such as burglary and theft. Such offenses comprised 55% of the 228 felony level arrests in 2003 (Figure 60). The total number of juvenile felony arrests have fluctuated slightly around 225 for the past four years. San Luis Obispo's rate of juvenile felony arrest is considerably lower than for California as a whole; 8.0 compared to 13.5 per thousand.

After peaking in 2003, the average monthly population in Juvenile Hall has dropped to 32 in 2004; home placements have also dropped to 20, the lowest level since 2000 (Figure 62).

Of note is that over 20% of youth in Juvenile Hall are on psychotropic medication, perhaps indicating a need for improved mental health services both inside and outside Juvenile Hall (Figure 63).

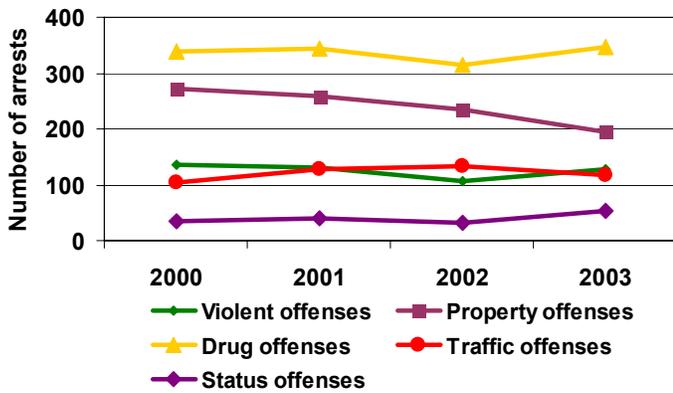
Juvenile offenders have increasingly been placed in intensive community diversion programs and kept out of the criminal justice system (Figure 64). The program provides intensive community based services for at risk minors between the ages of 12 and 17 years who commit criminal offenses and are diverted at the local law enforcement level. This collaborative service effort includes mental health counseling, drug and alcohol services, conflict resolution, and family advocacy. The program objective is to keep minors from re-offending, failing diversion and becoming wards of the court.

Figure 58: Percent of MALE Students Who Had a Weapon at School in the Past 30 Days, SLO County, 1999-2001



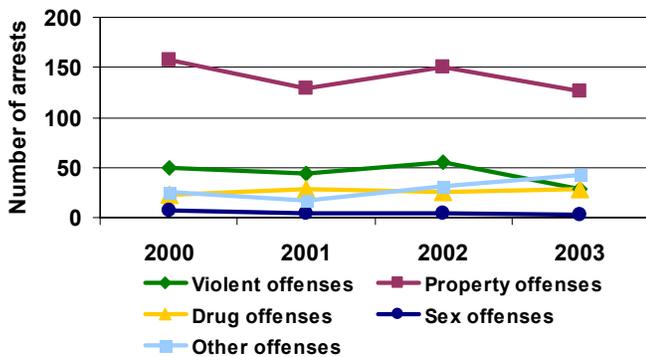
Source: California Healthy Kids Survey county level report

Figure 59: Number of Juvenile Misdemeanor Arrests by Category of Offense, SLO County, 2000-2003



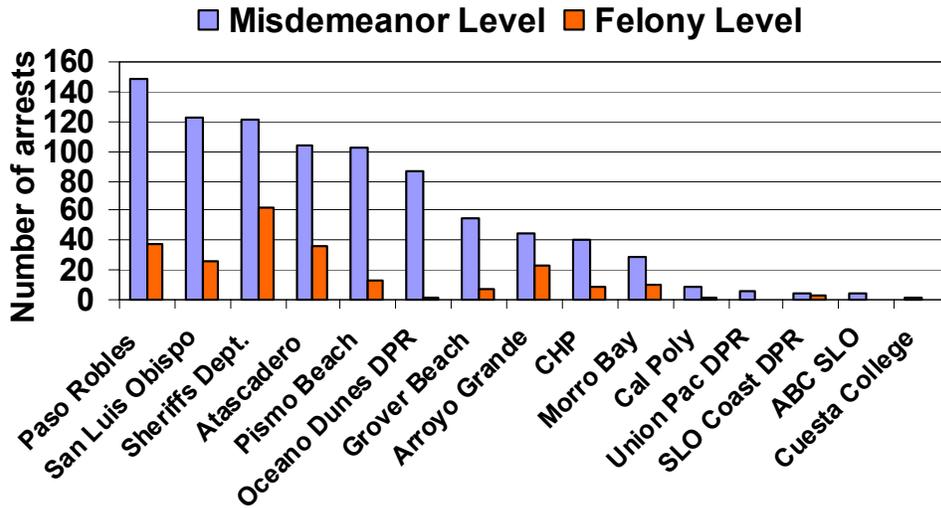
Source: CA Department of Justice; www.justice.hdcdojnet.state.ca.us/cjsc_stats/prof03/40/17.htm

Figure 60: Number of Juvenile Felony Arrests by Category of Offense, SLO County, 2000-2003



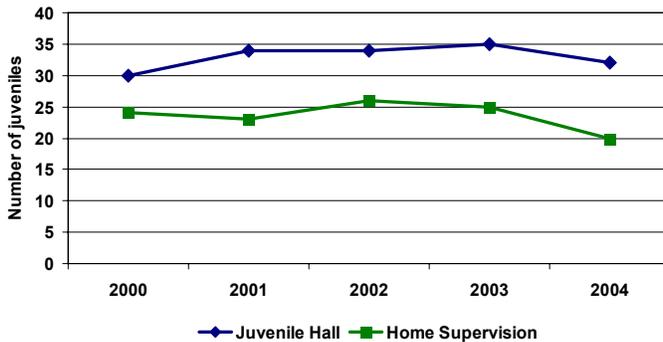
Source: CA Department of Justice; www.justice.hdcdojnet.state.ca.us/cjsc_stats/prof03/40/17.htm

Figure 61: Number of Juvenile Felony and Misdemeanor Arrests by Jurisdiction, SLO County, 2003



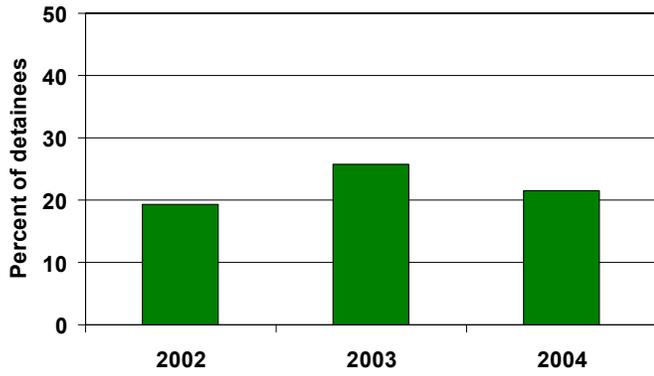
Source: CA Department of Justice; www.justice.hdcdojnet.state.ca.us/cjsc_stats/prof03/40/17.htm

Figure 62: Average Monthly 'Average Daily Population' in Juvenile Hall and under Home Supervision, SLO County, 2000-2004



Source: CA Board of Corrections; www.bdcorr.ca.gov/joq/jds/query

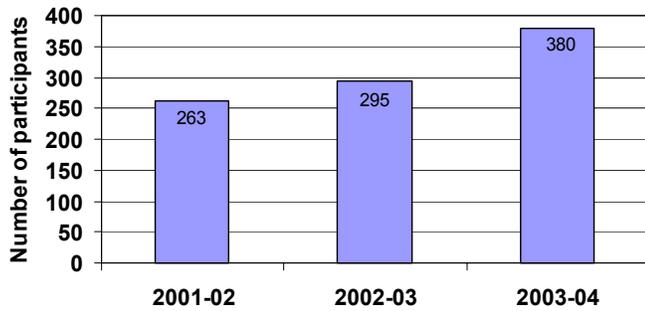
Figure 63: Percent of Juvenile Hall Detainees Receiving Psychotropic Medication, SLO County, 2002-2004



Source: CA Board of Corrections; www.bdcorr.ca.gov/joq/jds/query

Note: Percentage is calculated based upon 'population on this date', not the monthly ADP.

Figure 64: Number of Participants in Intensive Community Diversion Program, 2001-2004



Source: CA Board of Corrections; www.bdcorr.ca.gov/jjcpa

Data Resources

Demographics:

- U. S. Census Bureau; www.factfinder.census.gov
- California Department of Finance (population data); www.dof.ca.gov/html/Demograp/DRU_datafiles/DRU_datafiles.htm
- The Self-Sufficiency Standard for California 2003; www.sixstrategies.org
- National Association of Home Builders, 2004 (housing costs); www.nahb.org

Child Care:

- Economic Opportunities Commission, Child Care Resource Connection; www.eocslo.org/cyf/ccrc/ccrc.html
- California Child Care Resource & Referral Network; www.rrnetwork.org

Child Welfare:

- California Department of Social Services; www.dss.cahwnet.gov/research
- Center for Social Services Research; Child Welfare Resource Center; cssr.berkeley.edu
- SLO Co. Department of Social Services; www.slodss.org

Health:

- California Department of Health Services (birth data); www.dhs.ca.gov/hisp/Chs/OHIR/Publication/ZipCodeTables
- California Department of Health Services, Health Status Profiles, 2004; www.dhs.ca.gov/hisp/chs/phweek/CProfile2004/CProfileExcel2004.htm
- California Department of Health Services, California Injury Data Online, EPICenter; www.applications.dhs.ca.gov/epicdata
- California Department of Health Services, Medical Care Statistics Section (Medi-Cal data); www.dhs.ca.gov/mcss
- California Managed Risk Medical Insurance Board (Healthy Families data); www.mrmib.ca.gov/MRMIB/HFP/HFPReports.shtml
- California Department of Mental Health; www.dmh.ca.gov
- California Health Interview Survey (CHIS), 2003, University of California, Los Angeles; www.chis.ucla.edu
- California Food Policy Advocates, San Luis Obispo County Profile 2004; www.cfpa.net
- California Student Survey, 2003-2004; www.safestate.org
- California Healthy Kids Surveys; www.wested.org/chks (data available from districts)
- Action for Healthy Communities, 2003; ww.unitedwayslo.org/action03/index.html
- SLO Co. Public Health Department; www.slopublichealth.org

Education:

- California Department of Education; data1.cde.ca.gov/Dataquest

Juvenile Justice:

- California Board of Corrections; www.bdcorr.ca.gov/cppd
- California Department of Justice; www.justice.hdcdojnet.state.ca.us/cjsc_stats/prof03/40/17.htm
- California Board of Corrections; www.bdcorr.ca.gov/joq/jds/query

40 Developmental Assets™

Search InstituteSM has identified the following building blocks of healthy development that help young people grow up healthy, caring, and responsible adults.



EXTERNAL ASSETS

SUPPORT CATEGORY

1. **Family Support**-Family life provides high levels of love and support.
2. **Positive Family Communication**-Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
3. **Other Adult Relationships**-Young person receives support from three or more nonparent adults.
4. **Caring Neighborhood**-Young person experiences caring neighbors.
5. **Caring School Climate**-School provides a caring, encouraging environment.
6. **Parent Involvement in Schooling**-Parent(s) are actively involved in helping young person succeed in school.

EMPOWERMENT CATEGORY

7. **Community Values Youth**-Young person perceives that adults in the community value youth.
8. **Youth as Resources**-Young people are given useful roles in the community.
9. **Service to Others**-Young person serves in the community one hour or more per week.
10. **Safety**-Young person feels safe at home, school, and in the neighborhood.

BOUNDARIES & EXPECTATIONS CATEGORY

11. **Family Boundaries**-Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries**-School provides clear rules and consequences.
13. **Neighborhood Boundaries**-Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models**-Parent(s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence**-Young person's best friends model responsible behavior.
16. **High Expectations**-Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME CATEGORY

17. **Creative Activities**-Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth Programs**-Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. **Religious Community**-Young person spends one or more hours per week in activities in a religious institution.
20. **Time at Home**-Young person is out with friends "with nothing special to do" two or fewer nights per week.

INTERNAL ASSETS

COMMITMENT TO LEARNING CATEGORY

21. **Achievement Motivation**-Young person is motivated to do well in school.
22. **School Engagement**-Young person is actively engaged in learning.
23. **Homework**-Young person reports doing at least one hour of homework every school day.
24. **Bonding to School**-Young person cares about her or his school.
25. **Reading for Pleasure**-Young person reads for pleasure three or more hours per week.

POSITIVE VALUES CATEGORY

26. **Caring**-Young person places high value on helping other people.
27. **Equality and Social Justice**-Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity**-Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty**-Young person "tells the truth even when it is not easy."
30. **Responsibility**-Young person accepts and takes personal responsibility.
31. **Restraint**-Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES CATEGORY

32. **Planning and Decision Making**-Young person knows how to plan ahead and make choices.
33. **Interpersonal Competence**-Young person has empathy, sensitivity, and friendship skills.
34. **Cultural Competence**-Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance Skills**-Young person can resist negative peer pressure and dangerous situations.
36. **Peaceful Conflict Resolution**-Young person seeks to resolve conflict nonviolently.

POSITIVE IDENTITY CATEGORY

37. **Personal Power**-Young person feels he or she has control over "things that happen to me."
38. **Self-Esteem**-Young person reports having a high self-esteem.
39. **Sense of Purpose**-Young person reports that "my life has a purpose."
40. **Positive View of Personal Future**-Young person is optimistic about her or his personal future.

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The Asset Development Network of SLO County is a collaborative of individuals, organizations, and agencies that promotes the philosophy of developmental assets. The Network provides speakers, sponsors conferences and workshops and publishes articles on positive youth development. All residents of SLO County are welcome to be part of the Network. For information, contact Jenifer Rhynes, 543-8235, Shannon White Bond, 782-7272, or Richard Enfield, 781-5943.