

GG Health Matches Rest of OC

We're even or ahead of the average on most measures, but we're also a little chubby

Garden Grove residents are just as healthy and have access to health care services as all other Orange County residents, according to a report compiled by the Orange County Health Needs Assessment (OCHNA).

The data report prepared by OCHNA, a not-for-profit community organization which serves as the primary source for data on the health needs and wellbeing of Orange County's three million residents, found an estimated 91.8 percent of Garden Grove residents have health care coverage of some type, be it a private, state or a federal health plan.

This compares to 89.2 percent of all other County residents.

Overall, Garden Grove residents enjoyed a higher incidence of other health coverage as well, with 85.5 percent having prescription drug coverage, 76.1 with dental coverage and 70.9 with coverage

for vision care. All figures for Garden Grove are very similar to all other Orange County residents.

One area where Garden Grove residents are lacking in coverage is mental health, with only an estimated 44.1 percent of city residents having mental health coverage. By comparison, 58.2 percent of all other County residents living outside of Garden Grove reported having mental health coverage.

Using data from the Body Mass Index (BMI), the mostly widely

used measurement of weight, less than half of Garden Grove residents (41.6 percent) are classified at a healthy weight.

Conversely, 51.6 percent of all other County residents are classified at a healthy weight, according to the BMI. According to the

OCHNA study, 58.4 percent of Garden Grove residents are either overweight or obese, versus 48.7 percent of all other County residents.

Only an estimated 39 percent of Garden Grove residents reported that their doctor had discussed exer-

cise with them in the past three years. About 49 percent of all other County residents reported their doctor had discussed this important component of maintaining health with them.

The Orange County Health Needs Assessment (OCHNA) survey report is produced every three years, with the most recent release in 2004.

For more information, or to download a free copy of current and past OCHNA reports, please log on to www.ochna.org.

