



PALMDALE GENERAL PLAN UPDATE

Public Health + Equity

SPRING 2020 | FINAL REPORT



Envision
PALMDALE 2045
a complete community

Chapter 6: Public Health + Equity

Promoting healthy food access, active lifestyles, and inclusive engagement are important building blocks of a healthy and equitable community. This Chapter presents a broad overview of health challenges and opportunities in Palmdale, including environmental justice, access to healthy food, disease prevention, safe and healthy housing, and opportunities for physical activity. This chapter covers: disadvantaged communities, general demographics, life expectancy and causes of death, and health status issues.

Key Findings

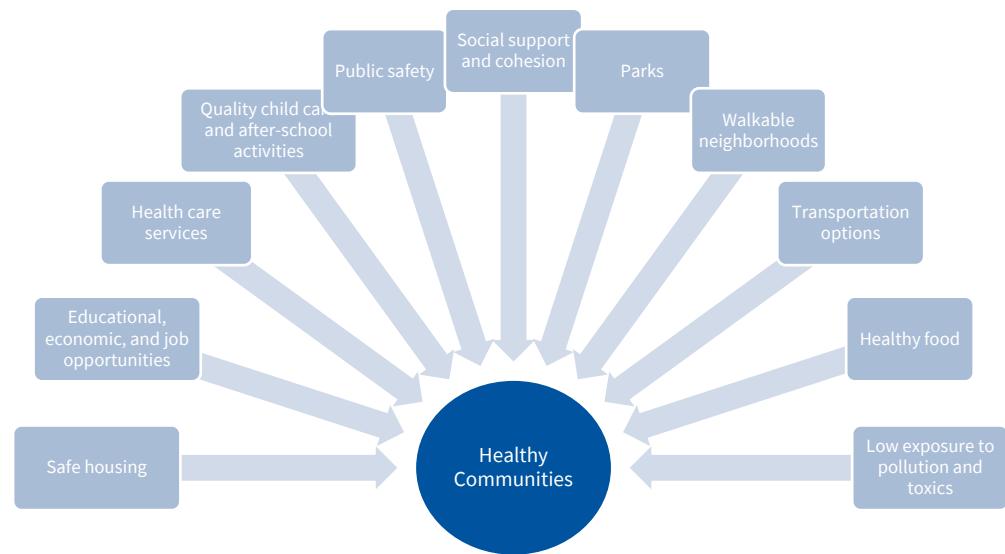
- The number of residents over the age of 45 has been steadily increasing in the City since the year 2000, with more modest increases for residents 65 and over.
- Nearly half of the City’s population (48 percent) is under 200 percent of the Federal Poverty Level, a higher rate than poverty in the County (38 percent).
- More than a third (36.1 percent) of Palmdale residents speak Spanish.
- Death rates in the Antelope Valley are among the highest in the County. In particular, the death rate due to COPD in Palmdale (55.9) is two times the County rate (27.9), per 100,000 residents.
- Asthma is a chronic condition that impacts all residents across the City. The City of Palmdale has high levels of ozone (60 ppb), slightly higher than the County (50 ppb).
- A quarter (25 percent) of adults in Palmdale report difficulty accessing health care. The City of Palmdale has various health shortage areas for primary care providers, particularly in areas east of Highway 14 and south of Avenue Q. Additionally, almost the entire City is designated as a health shortage area for mental health providers.

The Health Connection

Place, income, living conditions and education are all significant contributing factors to the health of a community. How cities plan and prioritize growth for the future can determine how healthy residents are in the long term. The City’s physical, social, and economic environments combine to make specific individuals and groups more vulnerable to long-term changes and short-term shocks.

A community’s overall health depends on many factors. Eating well, staying active, and seeing a doctor all influence health. Health, however, is also influenced by access to social and economic opportunities, the quality of education, neighborhood conditions, workplace safety, and the cleanliness of water and air, among others (Figure 6.1). These conditions influence why some people are healthier than others, and why where people live and work matter to community health.

Figure 6.1 Example of Healthy Communities Components



Healthy community programs can bring many benefits to Palmdale, from better health to new jobs to economic investments. Improving these determinants can also help promote equity and community development over the long term and prepare the City for the potential impacts of climate change.

Disadvantaged Communities

Senate Bill 1000 (or the Planning for Healthy Communities Act) was signed into law by Governor Jerry Brown on September 24, 2016. SB 1000 requires that cities and counties not only identify environmental and health impacts within their boundaries, but also address the needs of vulnerable communities most impacted by their effects. Given the timeline for the Palmdale General Plan update and the revision of more than two elements to the document, the requirements of SB 1000 apply.

The goal of SB 1000 is to help identify and reduce risks in communities disproportionately affected by environmental pollution and other hazards that can lead to negative health effects, exposure, or environmental degradation. In doing so, SB 1000 offers an opportunity to adopt various methods in addressing existing community health concerns and mitigating the impacts of future health

issues, including increasing access to healthy food, preventing chronic disease, improving transportation facilities and infrastructure, promoting healthy land use design, and encouraging physical activity.

SB 1000 offers a broad definition of disadvantaged communities, which can vary depending on the local community context. For instance, cities can use CalEnviroScreen to identify the top 25 percent highest scoring communities that are disproportionately burdened by poverty and multiple sources of pollution. The tool can also be used to assess specific indicators in four broad groups—pollution exposures, environmental effects, sensitive populations, and socioeconomic factors.

Definition of “Disadvantaged Communities”

An area identified by the California Environmental Protection Agency pursuant to Section 39711 of the Health and Safety Code or an area that is a low-income area and is disproportionately affected by environmental pollution and other hazards that can lead to negative health effects, exposure, or environmental degradation.

California Health and Safety Code Section 39711

(a) The California Environmental Protection Agency shall identify disadvantaged communities for investment opportunities related to this chapter. These communities shall be identified based on geographic, socioeconomic, public health, and environmental hazard criteria, and may include, but are not limited to, either of the following:

(1) Areas disproportionately affected by environmental pollution and other hazards that can lead to negative public health effects, exposure, or environmental degradation.

(2) Areas with concentrations of people that are of low income, high unemployment, low levels of homeownership, high rent burden, sensitive populations, or low levels of educational attainment.

(b) The California Environmental Protection Agency shall hold at least one public workshop prior to the identification of disadvantaged communities pursuant to this section.

(c) Chapter 3.5 (commencing with Section 11340) of the Part 1 of Division 3 of Title 2 of the Government Code does not apply to the identification of disadvantaged communities pursuant to this section.

Additionally, SB 1000 offers an alternative approach to identifying a disadvantaged community based on income. Here, low-income is defined with household incomes at or below 80 percent of the statewide median income or the

California Department of Housing and Community Development’s list of state income limits.

Other tools also exist that can help cities identify hazards and impacts on disadvantaged communities. For instance, the Healthy Places Index is a tool that cities can use to understand the cumulative burden of social, economic, and environment conditions that may lead to unequal, inequitable, or disparate outcomes on a specific group of neighborhoods. The tool can be used to identify the top 25 percent highest scoring communities with less healthy community conditions, including housing, transportation, education, and poverty.

While diverse tools exist for identifying disadvantaged communities, careful consideration of community context, pollution exposure, and health risks should be considered in determining which tool(s) to use.

General Demographics

Researching the demographics of a population helps planners, public health professionals and city decision makers to plan for change, and similarly, target appropriate programs and services. Understanding the age and sex of a population is important because people of different ages and genders have different health needs. For example, women of child-bearing age may have specific maternal health needs, while senior adults are considered more vulnerable and may have more chronic health issues.

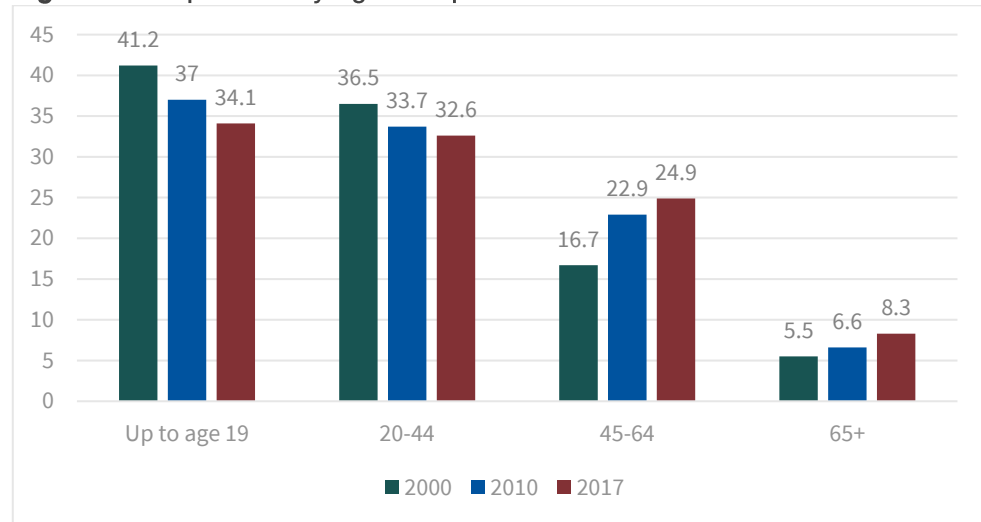
Race and ethnicity may also play a role in determining health outcomes for various reasons. In some cases, race may serve as a proxy for income, which impacts health, and knowing the racial/ethnic composition of a community can provide context about culturally appropriate solutions. Current population demographics are compared to those in the recent past (typically 2010), as well as comparisons to the greater Antelope Valley and Los Angeles County to give perspective on the contrast between Palmdale and the neighboring region.

Population

During the last decade, Palmdale saw modest increases in total population and total households. Between 2010-2018, the City’s total population increased 4 percent, a slightly lower rate than the County (4.7 percent).¹ As shown in Figure 6.2, the number of residents age 45-64 has been steadily increasing in the City since the year 2000, with more modest increases for residents 65 and over. There are noticeable demographic shifts that are driving population change in the City. In particular, it is important to note the decline of younger populations in the City over time, which may indicate decreasing fertility rates.

¹ California Department of Finance / Demographic Research Unit. “Population and Housing Estimates for Cities, Counties, and the State 2011-2018, with 2010 Benchmark.” Demographic Research Unit.

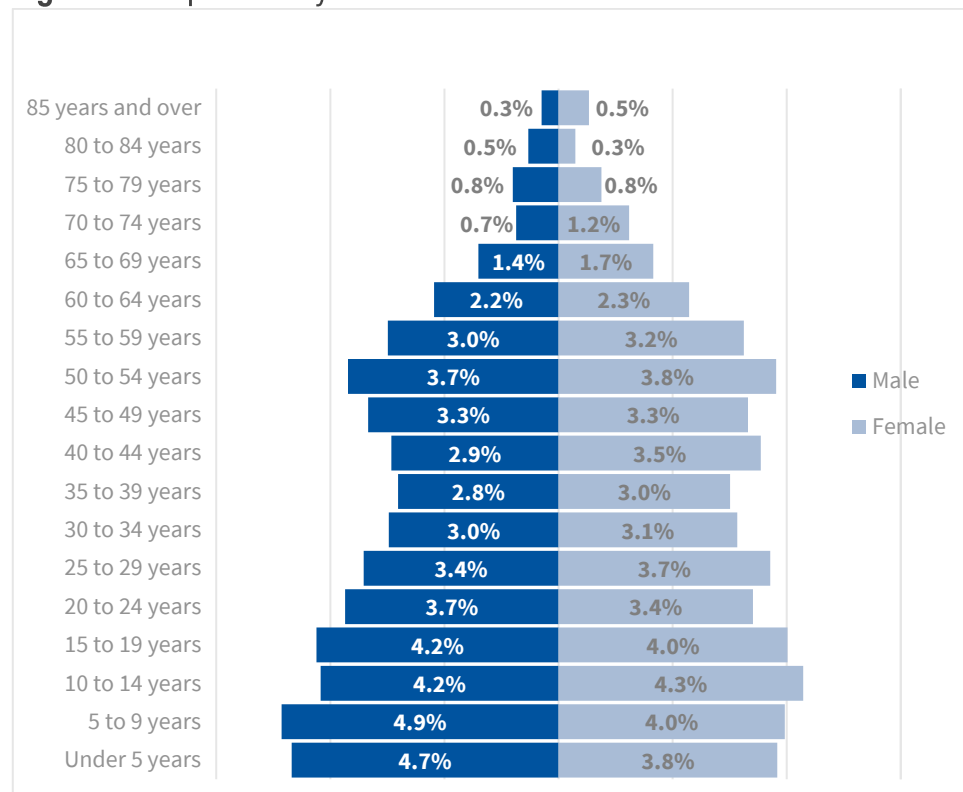
Figure 6.2 Population by Age Group



Source: United States Census Bureau/American Factfinder (2010, 2013-2017)

There is also a higher number of older adults between the ages of 50-54, compared to many younger population groups in the City (Figure 6.3).

Figure 6.3 Population Pyramid of Palmdale



Source: United States Census Bureau/American Factfinder (2013-2017)

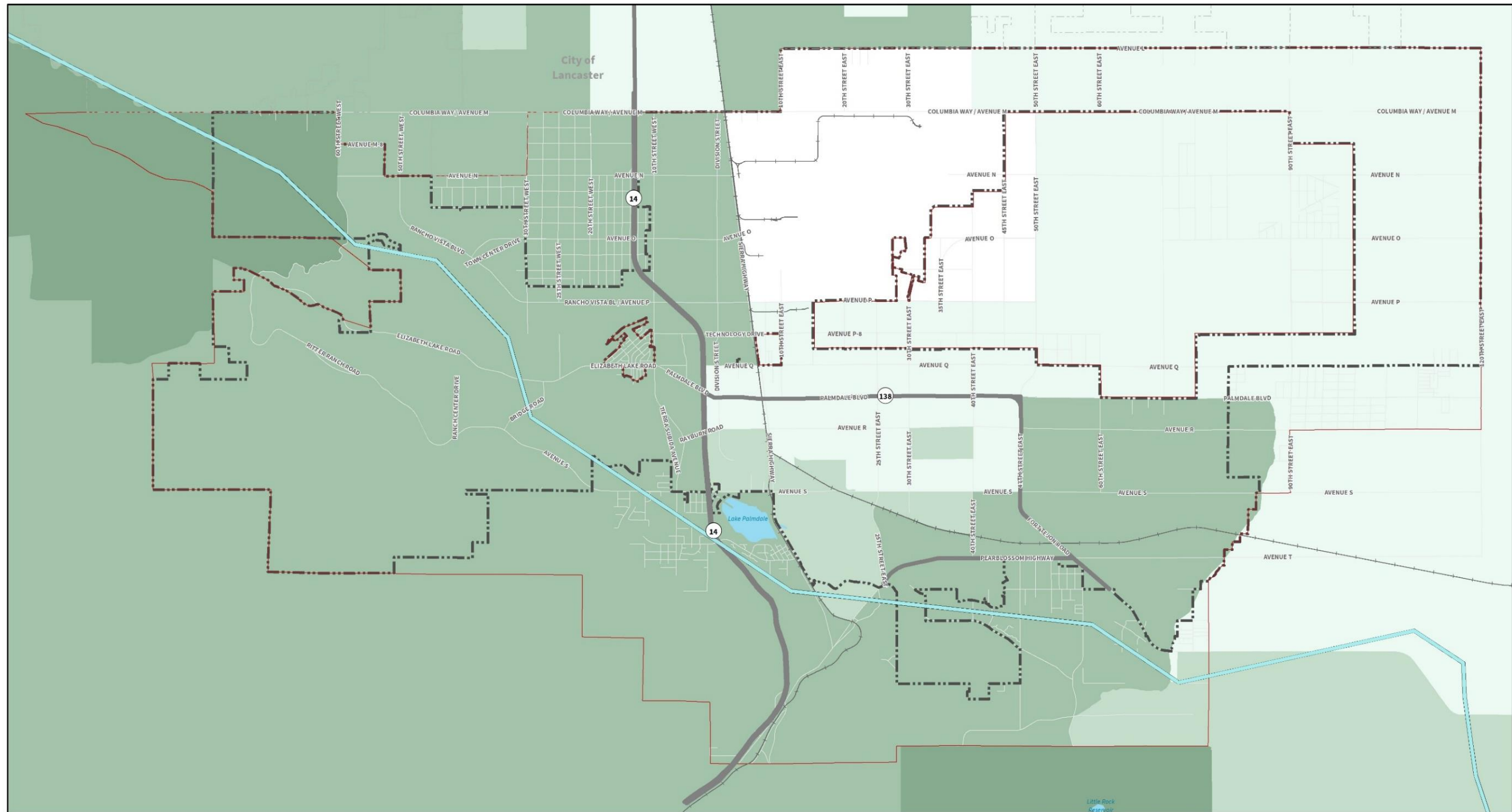
Both population growth and decline have important implications for a variety of planning topics and can pose new challenges, including changing demands on schools, City services, and housing types. This is also a valuable opportunity for the City to plan for change.

Poverty

As noted in the demographic and socio-economic profile, the median household income in Palmdale in 2017 was \$56,700, nearly \$5,000 higher than the rest of Antelope Valley, but lower than L.A. County, which is \$61,015. Poverty is a significant concern for Palmdale, as nearly half of the population (48 percent) is under 200 percent of the Federal Poverty Level. This rate is 10 percent higher than poverty in the County (38 percent). Geographically, higher income households are concentrated on the west side of the City near Quartz Hill, where there are newer and higher-end foothill residences. Figure 6.4 shows the distribution of lower-income neighborhoods in the City, including those households that make less than 80 percent of the state median household income.²

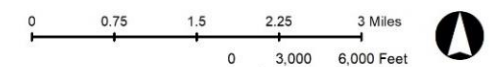
² The California Median Household Income (MHI) for ACS 2017-5 year is \$67,169. 80% of the CA MHI is \$53,735.

Figure 6.4 Lower-Income Neighborhoods



Median Household Income

- | | | |
|------------------------|-------------------|------------------------------|
| City Boundary | 17,086 - 46,848 | < 80% of State Median Income |
| Sphere of Influence | 46,849 - 53,735 | |
| California Aqueduct | 53,736 - 101,719 | |
| Major Highway/Arterial | 101,720 - 138,875 | |
| Railroad | | |



Data Sources: City of Palmdale GIS data; US Census ACS 2017 5-year Table DP03; World Terrain Base, 2015 ESRI, USGS, NOAA.

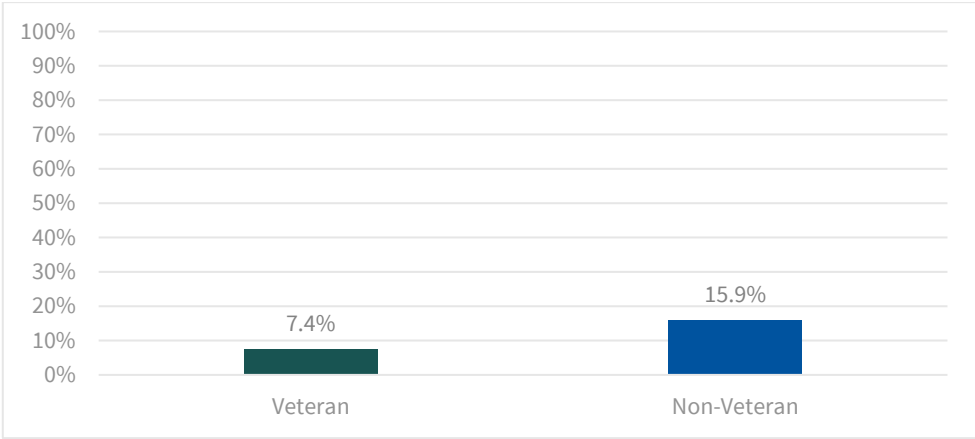
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June 2019

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Veterans

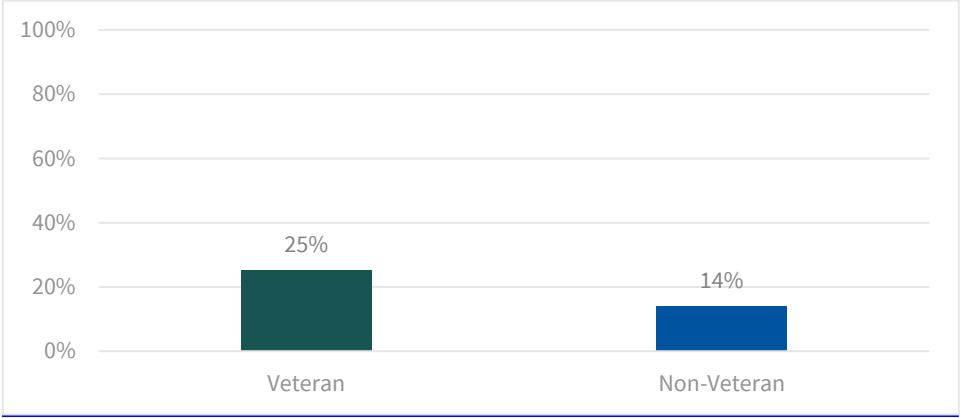
The City has a higher proportion of veterans (5.6 percent), compared to the County (3.6 percent) and the State (5.2 percent).³ As a whole, 7.4 percent of Palmdale veterans report living in poverty compared to 15.9 percent of non-veterans (Figure 6.5). While veterans are less likely to report poverty compared to their non-veteran counterparts, for veterans with disabilities, poverty can exacerbate existing challenges to employment, housing stability, and overall health. As shown in Figure 6.6, 25 percent of veterans report a disability, compared to 14 percent of non-veterans.

Figure 6.5 Veteran Poverty



Source: United States Census Bureau/American Factfinder (2013-2017)

Figure 6.6 Veteran Disability Status



Source: United States Census Bureau/American Factfinder (2013-2017)

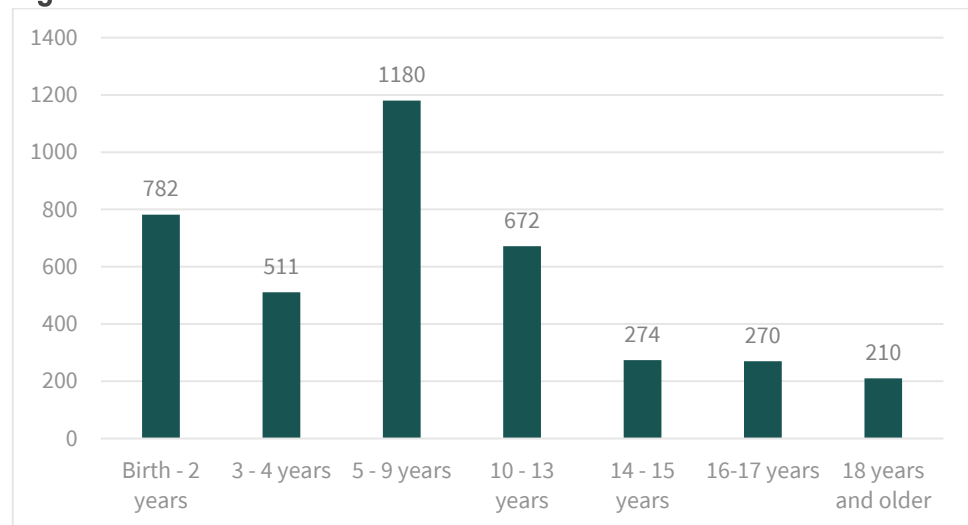
³ United States Census Bureau / American FactFinder. "B2102: Veteran Status." (2013-2017). U.S. Census Bureau's American Community Survey Office.

Foster Youth

Los Angeles County is home to the largest population of foster youth in the United States. Generally, city governments do not play a central role in administering foster care, but it is important for local leaders to recognize the importance of supporting the development of foster youth in their communities. Nearly 35,000 youth are served by the foster care system across the County. While various data sources exist at the County level, publicly available data at the City level is parsed out by school district or zip code, areas that can extend beyond the City's jurisdictional boundaries.

Based on data from 2016-2017, there are 3,899 foster youth that identify with an existing Palmdale zip code,⁴ with the greatest number of youths in the five to nine age group (Figure 6.7). Most of these cases (65 percent) are out of home placements, which can include care by family and kin, treatment foster care, and residential and group care. Moreover, in Los Angeles County, the Antelope Valley has the greatest concentration of foster homes and highest rates of reported child abuse and neglect.⁵

Figure 6.7 Foster Youth Count



Source: Los Angeles County Department of Children and Family Services (2016-17)

Young people who transition out of foster care face significant challenges and are considered an at-risk population for physical and mental health problems. Supporting youth as they transition out of foster care requires providing access to a wide range of support services and resources, including education, employment and training, transitional housing, and health care. Moreover, securing a safe

⁴ The zip codes are the following: 93550, 93551, 93552. While the majority of these zip codes is within Palmdale, they extend beyond the City's boundaries, which may cause some overcounting of cases.

⁵ Loudenbeck, J. 2016. "The Foster-Parent Recruitment Crisis in LA County by Zip Code." *The Chronicle of Social Change*. Retrieved from: <https://chronicleofsocialchange.org/news-2/foster-parent-recruitment-crisis-l-county-zip-code>.

transition from foster care into adulthood. The City and County will need to work together, alongside service agencies, to address service gaps and ensure access to a stable, educated and productive workforce, safe neighborhoods, and emergency and other public services.

Origins + Language

Identifying origins and linguistic abilities in a community can help municipalities and public health professionals identify community needs and provide effective bilingual programs and other services. Nearly 25.3 percent of Palmdale residents were not born in the United States, compared to Los Angeles County, where 34.4 percent of residents are foreign-born, and the State, where 27 percent of residents are foreign-born. Additionally, the median age of the foreign-born population in Palmdale is 48 years, compared to 23.3 years for US-born residents from the City. Foreign-born residents who live in Palmdale experience very different socio-economic conditions from US-born residents. Specifically, foreign-born residents in Palmdale are:

- More likely to have a larger household size (4.13 compared to 3.23 for US-born)
- More likely to speak a language other than English at home (81 percent compared to 25.4 percent for US-born)
- Less likely to be a high school graduate for the population 25 and over (56.9 percent compared to 86 percent for US-born).
- Lower income households (\$50,966 compared to \$61,718 for US-born)

Many Palmdale residents are also bilingual. More than a third (36.1 percent) of Palmdale residents speak Spanish. Of Spanish speaking residents, 46.5 percent of residents identify speaking English less than “very well.” Another 4.7 percent of residents do not speak English but are fluent in a language other than Spanish – a small but significant group of residents that will be important to engage during General Plan outreach efforts, particularly during smaller meetings in specific neighborhoods.

Foreign-born households include both documented and undocumented residents. According to the Public Policy Institute of California, more than half (52%) of immigrants in the State are naturalized United States citizens and another 34% have legal status, including green cards and visas.⁶ Additionally, in the period between 2010-2017, the number of undocumented immigrants in the state experienced a decline from 2.0 to 1.5 million.

⁶ Johnson, H. and S. Sanchez. (2019). *Immigration in California*. Retrieved from: <https://www.ppic.org/publication/immigrants-in-california/>

Life Expectancy and Leading Causes of Death

Life expectancy varies depending on place of residence, race and ethnicity, gender identity, and place of birth, among other factors. On average, life expectancy in Palmdale is 78.5 years; nearly four years less than Los Angeles County’s life expectancy of 82.3.⁷ However, in southeastern Palmdale, south of East Avenue S and west of 26th Street E, life expectancy is as low as 74.7 years. There is no single cause for this disparity. Rather, it suggests that the average Palmdale resident faces a variety of physical, social, and economic conditions that negatively impact health status and life expectancy. Disparities in life expectancy underscore why improving community health is a critical long-term goal.

Identifying which risk factors are associated with certain causes of death can help prevent disease and keep people healthier. Better access to nutritious food and more opportunities for physical activity could reduce residents’ vulnerability to these diseases. Poverty, low levels of education, and lack of access to health care may also contribute to these causes of death.

The leading causes of death refer to mortality based on the frequency of their occurrence. The leading causes of death in the Antelope Valley (including Palmdale and Lancaster) are similar to Los Angeles County’s (Table 6.1). Additionally, the top three causes in the Antelope Valley – coronary heart disease, COPD, and stroke – have some of the same risk factors, including poor diet and lack of physical activity.

Premature death refers to death that occurs before 75 years of age. Table 6.1 lists the leading causes of premature death. Across Los Angeles County, death rates are highest in the Antelope Valley and South Los Angeles, compared to other areas of the County.⁸ Additionally, deaths from intentional and unintentional injuries (motor vehicle crash, drug overdose, and homicide), as noted in Table 6.1, often impact younger people.

⁷ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

⁸ LA County Department of Public Health. (2013). Mortality in Los Angeles County 2013.

Table 6.1 Causes of Death and Premature Death

Causes of Death		Causes of Premature Death (before age 75)	
Los Angeles County	Antelope Valley	Los Angeles County	Antelope Valley
Coronary Heart Disease	Coronary Heart Disease	Coronary Heart Disease	Coronary Heart Disease
Stroke	COPD	Homicide	Motor Vehicle Crash
COPD	Lung Cancer	Motor Vehicle Crash	Drug Overdose
Lung Cancer	Stroke	Drug Overdose	Homicide
Alzheimer's Disease	Alzheimer's Disease	Suicide	Diabetes

Source: *Mortality in Los Angeles County (2013)*

Heart Disease

Heart disease is a general term used to refer to a range of diseases that affect the heart. Some types of heart disease include diseases of the blood vessels (such as coronary artery disease); heart rhythm problems (arrhythmias); and heart conditions that people are born with (congenital heart defects). As stated earlier, coronary heart disease is the leading cause of death in the Antelope Valley. In Palmdale, 4.9 percent of adults 18 and over have experienced coronary heart disease.⁹ Based on data from 2012-2016, the death rate due to cardiovascular disease in Palmdale was 236.9 deaths per 100,000 residents, compared to 204.8 deaths per 100,000 in Los Angeles County.¹⁰

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a broad term used to describe chronic inflammatory diseases, including emphysema, chronic bronchitis, and refractory asthma. This disease is progressive, characterized by increasing difficulty to breathe, and the potential for irreversible damage to the lungs. Smoking is the leading cause of COPD. Like lung cancer, COPD can also impact non-smokers with long term exposure to lung irritants. Patients with COPD are at increased risk for both the development and treatment of lung cancer.¹¹ In Palmdale, six percent of adults have been diagnosed with COPD, emphysema, or chronic bronchitis, just shy of the national average for adults with COPD (6.5 percent).

⁹ Los Angeles County Department of Public Health. (2019) *Think Health LA*. Retrieved from: <https://www.thinkhealthla.org/indicators/>

¹⁰ LA County Health Profile. (2018). *City of Palmdale*. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

¹¹ Raviv S, Hawkins KA, DeCamp MM Jr, Kalhan R. (2011). *Lung cancer in chronic obstructive pulmonary disease: enhancing surgical options and outcomes*. *Am J Respir Crit Care Med* 183:1138-1146.

Based on data from 2012-2016, the death rate due to COPD in Palmdale was 55.9 deaths per 100,000 residents, two times the rate (27.9 deaths per 100,000 residents) in Los Angeles County.¹² COPD does not affect specific neighborhoods, but rather the Antelope Valley as a whole, in part due to wind patterns in the region. The Antelope Air Quality District, based on community input, identifies four primary sources of particulate matter in the region: 1) 40,000+ acres of defunct agricultural operations and utility-scale solar farms on the west side; 2) 100,000+ vehicles per day that pass through the Antelope Valley via Highway 14 (gateway to Los Angeles); 3) active and defunct agricultural operations on the east side; and 4) rock, gravel, and sand quarries/processing operations along the south side.¹³

Lung Cancer

Smoking is the number one cause of lung cancer and causes about 90 percent of lung cancer cases.¹⁴ Tobacco smoke contains many chemicals that are known to cause lung cancer. Lung cancer is the third-leading cause of death in the Antelope Valley. Based on data from 2012-2016, the death rate due to lung cancer in Palmdale was 43.4 deaths per 100,000 residents, compared to 36.4 deaths per 100,000 residents in Los Angeles County.¹⁵ Lung cancer can also impact non-smokers exposed to air pollutants, including radon, secondhand smoke, diesel exhaust, air pollution, and asbestos.

Stroke

Stroke is a leading cause of death in the U.S., fourth leading cause of death in the Antelope Valley, and significant risk factor for coronary heart disease. Across Los Angeles County, stroke has been the second-leading cause of death every year for the last ten years.¹⁶ A stroke can occur when a blood vessel in the brain ruptures or a clot blocks the blood supply to the brain, which can cause death or disability. The risk of stroke can be reduced through healthy lifestyles choices, such as eating a healthy diet, being active, limiting smoking and alcohol use, and maintaining a healthy weight.

Alzheimer's Disease

Alzheimer's is the most common form of dementia. A person's genetics can predispose some individuals to the disease, but increasing age is the most

¹² LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

¹³ Antelope Valley Air Quality Management District. (2018). Antelope Valley Community Air Monitoring Proposal. Retrieved from: <https://ww2.arb.ca.gov/sites/default/files/2018-05/AVAQMD%20Community%20Air%20Monitoring%20Proposal%2004302018.pdf>

¹⁴ American Lung Association. (2018). What Causes Lung Cancer. Retrieved from: <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/learn-about-lung-cancer/what-is-lung-cancer/what-causes-lung-cancer.html>

¹⁵ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

¹⁶ Mortality in Los Angeles County 2013. This data is based on the Antelope Valley service planning area, as this data is not available at the City level.

powerful risk factor. The disease is most common among adults age 65 and older, but the risk doubles every five years beyond age 65. About one-third of adults 85 and older have Alzheimer's disease.¹⁷ In Palmdale, Alzheimer's disease is the fifth leading cause of death. Additionally, Latinos are about 1.5 times and African-Americans are about two times as likely to have Alzheimer's and other dementias as older whites.¹⁸ While the factors contributing to the risk of onset differ from person to person, keeping the brain healthy can help avoid the disease. Routine exercise, nutritious diet, and sufficient sleep are important healthy habits. Additionally, there is evidence suggesting that cognitive stimulation and social engagement are also associated with brain and physical health.

¹⁷ Alzheimer's Association. (n.d.) *Causes and Risk Factors*. Retrieved from: <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>

¹⁸ Alzheimer's Association. (n.d.) *Causes and Risk Factors*. Retrieved from: <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>

Health Status

How we plan and prioritize growth for the future can determine how healthy residents are in the long run. Along with supporting the development of healthy and equitable communities, Palmdale must address direct measures of population health that impact quality of life. This section provides a general overview of the current health conditions related to weight status, levels of physical activity, diabetes, asthma, mental health and substance abuse, and health care access in the Palmdale.

Obesity + Overweight

Obesity is the most prevalent, chronic, and relapsing health disorder of the 21st century. It is a leading cause of the nation’s mortality, morbidity, disability, healthcare utilization, and healthcare costs. California has experienced a dramatic increase in obesity during the last few decades. In 1985, less than 10 percent of California’s population was obese; by 2010, over 20 percent of Californians were considered obese.

The prevalence of obesity in adults can also increase with sedentary lifestyles. In Palmdale, more than two-thirds of adults (70.8 percent) walk less than 150 minutes a week. Additionally, commute times in the City are proportionately longer for residents living in the City – 32 percent of workers have a one-way commute of 60 minutes or longer, compared to 13 percent in the County.¹⁹ Only four percent of workers (16 years and older) commute to work by transit, walking, or cycling, compared to nearly 11 percent in the County.²⁰ The benefits of walking and bicycling to school or work, for daily errands, and for recreation include increased physical activity and stress reduction, and better respiratory fitness.

In Palmdale, 31 percent of adults are obese, a higher rate than the County (26 percent). Young children in Palmdale (ages 2-11) have a lower percentage of being overweight (five percent) than the County (12 percent) or the State (13 percent). However, 41 percent of youth (ages 12-17) are overweight/obese in the City, higher than the County (38 percent) and the State (33 percent).²¹

Fitness

Fifth-, seventh-, and ninth-grade students in California public schools are given the Physical Fitness Test (PFT) or FITNESSGRAM. It tests six fitness areas that link level of fitness to the prevention of diseases that come from inactivity. The six fitness areas are: aerobic capacity, body composition, muscular strength, endurance, and flexibility. Students that achieve all six fitness areas are considered “fit overall.” In Palmdale, students in the Palmdale Elementary School

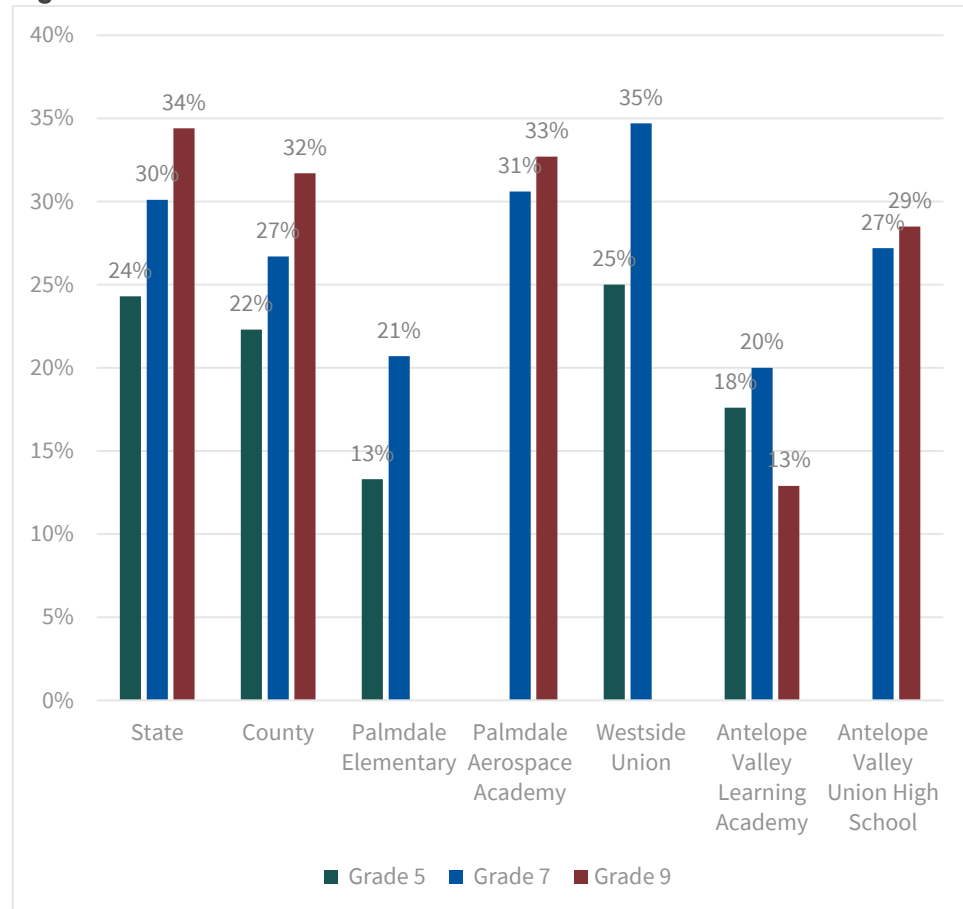
¹⁹ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

²⁰ Public Health Alliance of Southern California. (2018). Healthy Places Index. Retrieved from: <https://healthyplacesindex.org/>

²¹ UCLA Center for Health Policy Research. AskCHIS Neighborhood Edition. Overweight or obese (BMI ≥ 85th percentile) (12-17). Available at: <http://askchisne.ucla.edu>. Exported on April 10, 2019.

District have the lowest percentage of fifth graders considered “fit overall” (13 percent), lower than students at the County (22 percent) and State (24 percent), as shown in Figure 6.8. At the seventh and ninth grade levels, the Antelope Valley Learning Academy has the lowest percentage of seventh and ninth graders considered “fit overall.”²²

Figure 6.8 Fitness Overall



Source: California Department of Education (2018)

An important element of fitness is body composition, which is used to describe the percentage of fat, bone, water and muscle in human bodies. Body composition impacts the exercise performance and aerobic capacity of an individual – in other words, someone that has more body fat will likely perform more poorly than someone with less body fat. As a result, it’s important to not only assess overall fitness, but also body composition, one component of the FITNESSGRM.

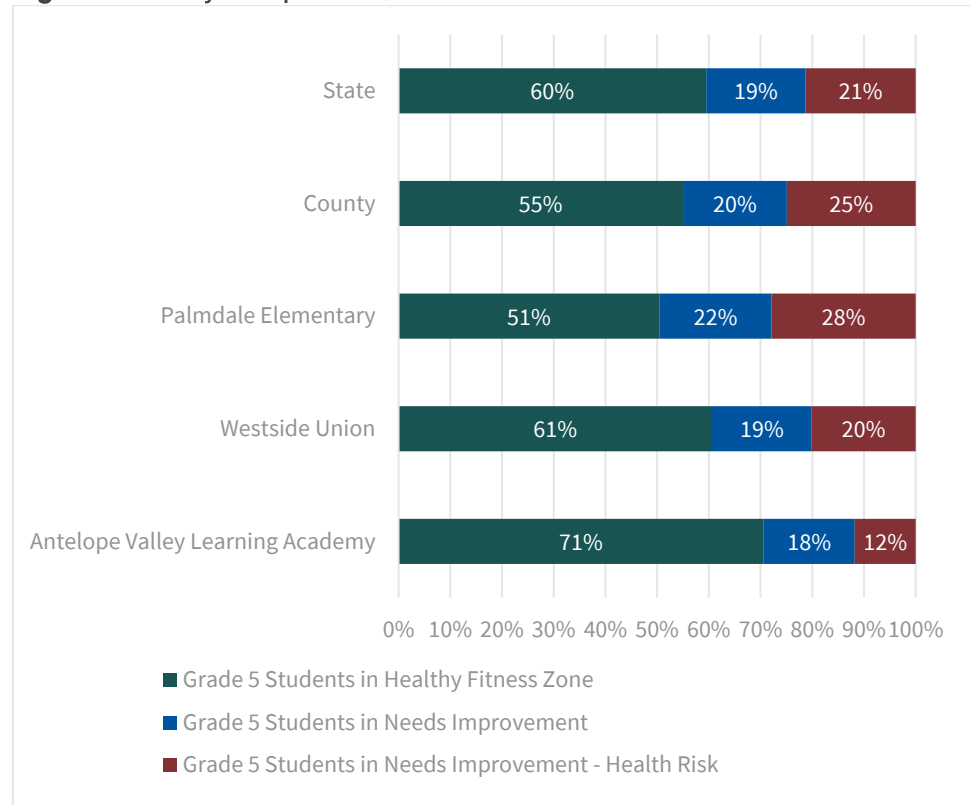
In assessing body composition, FITNESSGRM uses three different zones to determine fitness: Healthy Fitness Zone (HFZ), Needs Improvement (NI) Zone, and Needs Improvement-Health Risk (NI-Health Risk Zone). Students in the Healthy

²² The Antelope Valley Learning Academy offers home school education and continuation school at the high school.

Fitness Zone (HFZ) are individuals who achieve a level of fitness that offers protection against diseases that result from sedentary living. Students in the Needs Improvement (NI) Zone indicates a potential for possible health risk. Healthy habits, including regular physical activity and healthy diet can help mitigate, or even reverse this risk. Students in the Needs Improvement - Health Risk Zone indicates a likely potential for health problems and the recommendation for implementing healthy habits is more urgent.

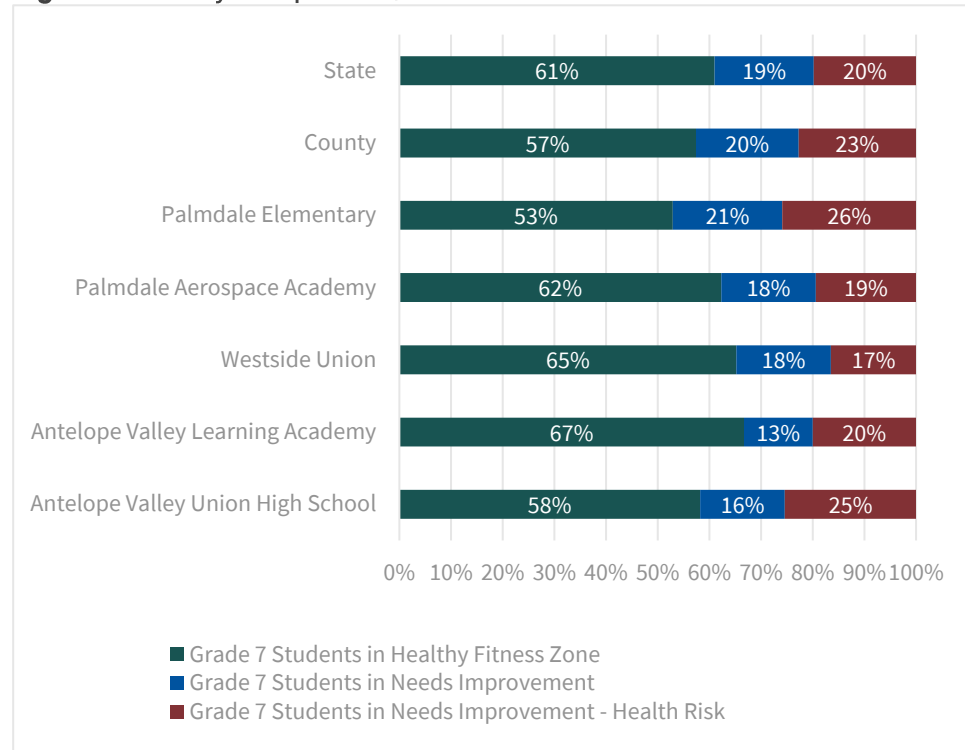
In Palmdale, the Palmdale Elementary School District has the highest percentage of fifth, seventh, and ninth graders at risk to health issues due to their body composition (28 percent), as shown in Figures 6.9-6.11. In contrast, 5th graders at the Antelope Valley Learning Academy (12 percent) have the lowest proportionate risk. For comparison, 21 percent of 5th graders statewide and 25 percent countywide are at risk for health issues.

Figure 6.9 Body Composition, Fifth Grade Students



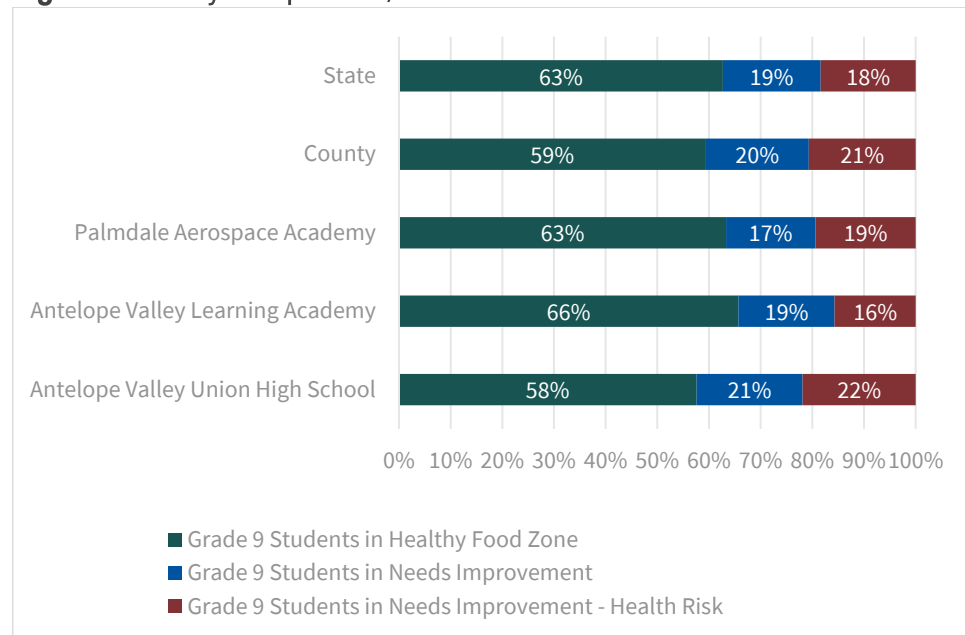
Source: California Department of Education (2018)

Figure 6.10 Body Composition, Seventh Grade Students



Source: California Department of Education (2018)

Figure 6.11 Body Composition, Ninth Grade Students



Source: California Department of Education (2018)

Diabetes

Diabetes is the seventh leading cause of death in the United States.²³ Since the 1970's, the risk of developing diabetes has increased by over 50 percent for American adults. There are two types of diabetes: Type I is less prevalent and most often occurs during childhood or adolescence, Type II is the most common and preventable, affecting 90–95 percent of those with diabetes.

In 2012, about 12 percent of Palmdale adults (18 years of age or older) had diagnosed diabetes, slightly higher than Los Angeles County (10 percent).²⁴ As a region, the Antelope Valley has a higher diabetes death rate (32 percent) than the County (21.9 percent). Obesity and lack of physical activity are major risk factors for Type II diabetes. As such, addressing the causes of diabetes through a variety of physical and social interventions to improve nutrition and fitness will be necessary to reverse this health trend.

Asthma

Asthma is a chronic lung disease that includes inflammation and intermittent narrowing of the airways. In the U.S., more than 26 million people have asthma. Asthma can cause repeated episodes of wheezing, chest tightness, shortness of breath, and coughing. Asthma attacks are triggered by several factors, including smog, dust, pollen, and smoke. In 2016, 9.3 percent of adults in Los Angeles County had been told by a health care provider that they currently had asthma.²⁵ Based on data from the Los Angeles County Department of Public Health, rates of diagnosed asthma are significantly higher among children 17 years or younger (16 percent) in Palmdale, when compared to the County (7 percent).²⁶

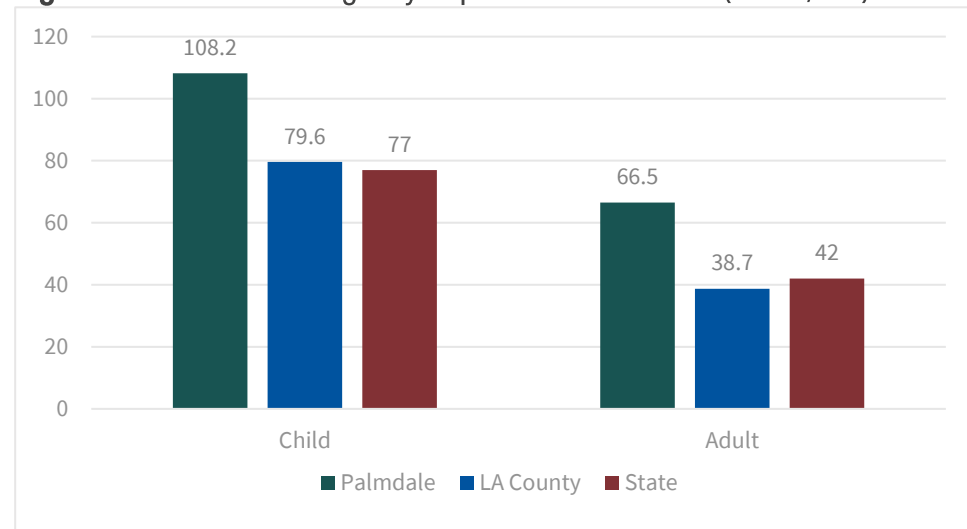
As shown in Figure 6.12, children's rates for asthma-related emergency department visits are higher in Palmdale (108.2) compared to the County's rate (79.6), per 10,000 children. Rates for adults are also higher in the City (66.5 ED visits) compared to the County (38.7) and State (42), per 10,000 adults, as noted in Figure 6.12. Although asthma cannot be cured, it can be managed with appropriate treatment and medication. When we see higher rates of asthma-related emergency department visits, it is an indication both of asthma prevalence and possible lack of access to quality preventative care and management.

²³ Heron, Melonie. (2018). *Deaths: Leading Causes for 2016*. National Vital Statistics Reports. Retrieved from: https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_06.pdf

²⁴ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

²⁵ Los Angeles County Department of Public Health. (2019) *Think Health LA*. Retrieved from: <https://www.thinkhealthla.org/indicators/>

²⁶ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

Figure 6.12. Asthma Emergency Department Visit Rates (Per 10,000)

Source: Healthcare Information Division, Office of Statewide Health Planning and Development (2014)

In the Antelope Valley, childhood asthma occurs uniformly throughout the region. This is in part due to high wind speeds and inconsistent wind patterns, which results in dust dispersion across the community, whether living in the east or western areas of the region. Additionally, like COPD, the combination of active and defunct agricultural land, truck traffic along Highway 14, and quarry operation facilities in the Antelope Valley contribute to ambient particulate pollution.

Mental Health + Substance Abuse

Mental illness encompasses various behavioral health problems, including schizophrenia, bipolar disorder, depression, and addiction to alcohol, illegal drugs (methamphetamine, heroin, hallucinogens, hazardous chemicals, etc.) or prescription drugs. The U.S. Surgeon General identifies positive mental health with allowing “people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.”²⁷ Mental illness can affect persons of any age, race, ethnicity, or income, but it is generally treatable. In Palmdale, 10 percent of adults are diagnosed with depression, compared to nine percent in Los Angeles County.²⁸

²⁷ Surgeon General. (n.d.). *Mental and Emotional Well-being*. Retrieved from: <https://www.surgeongeneral.gov/priorities/prevention/strategy/mental-and-emotional-well-being.html>

²⁸ LA County Health Profile. (2018). *City of Palmdale*. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf> LA County Health Profile. (2018). *City of Palmdale*. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

Suicide is the tenth leading cause of death in the United States, accounting for more than 47,000 deaths per year.²⁹ In Palmdale, the suicide rate is higher (9.7) than in Los Angeles County (7.6), per 100,000 people. In 2017, suicide was the second leading cause of death among individuals between the ages of 10 and 34 in the United States.³⁰ Among US adults, the prevalence of serious suicidal thoughts is highest among two groups: adults aged 18-25 (10.5 percent) and adults reporting two or more races (8.9 percent). While suicide is confounding, it is preventable, given effective education, services, and supports. Prevention for suicide should be focused on risk detection and reduction through a variety of means. The earlier treatment is sought, generally the better the outcome.

Mental illness and substance abuse are problems that severely compromise social and emotional health. In Los Angeles County, about two million people engage in unhealthy or hazardous substance use; on average, drug overdose caused individuals to die thirty years prematurely in Los Angeles County, compared to lung cancer (6 years), coronary heart disease (5 years), and stroke (4 years).³¹ In the Antelope Valley, drug overdose is the third leading cause of premature death. It is also important to note that in the United States, of over 64,070 drug overdose deaths, 75% are from opioids.³² A variety of health problems are associated with alcohol and drug abuse, including unintentional injuries, violence, birth defects, acute alcohol poisoning, stroke, heart disease, cancer, and liver disease.

Access to Health Care

Affordability, long distances to facilities, and limited transportation options pose significant barriers for the City's large population of adults and children currently living at or below the poverty line. A quarter (25 percent) of adults in Palmdale report difficulty accessing health care.³³ Additionally, foreign-born, undocumented immigrant populations carry the burden and fear of deportation, which can prevent individuals and families from seeking important medical services.³⁴

While a variety of health facilities exist, there is a shortage of providers to meet the demand of specific population groups (e.g., low income, migrants, etc.) and to adequately serve the large area of the City. This means that some Palmdale

²⁹ National Institute of Mental Health. (2017). *Suicide*. Retrieved from: <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

³⁰ National Institute of Mental Health. (2017). *Suicide*. Retrieved from: <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

³¹ County of Los Angeles Public Health. (2019). *Substance Use in the Primary Setting*. Retrieved from: <http://publichealth.lacounty.gov/sapc/MDU/MBrief/PrimaryCareSUDBriefFinal.pdf>

³² Substance Abuse and Mental Health Services Administration. (2018). *Addressing the Challenges of the Opioid Crisis and Serious Mental Illness*. Retrieved from: <https://www.samhsa.gov/sites/default/files/2018-cadca-flyer-final.pdf>

³³ LA County Health Profile. (2018). *City of Palmdale*. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

³⁴ Mink, ChrisAnna. (2018). *Fear of Deportation is Keeping Kids from Getting Health Care*. California Health Report. Retrieved from: <http://www.calhealthreport.org/2018/10/10/fear-deportation-keeping-kids-getting-health-care/>

residents must travel outside of the City to receive appropriate medical care and mental health services, and some may not receive it at all.

A Health Professional Shortage Area is a Federal designation given to areas that demonstrate a shortage of healthcare professionals, including primary care, dentists, and mental health providers, within certain geographic areas, population groups, or facilities.³⁵ Federal regulations stipulate that a shortage of providers is based on a population-to-provider ratio. For primary care providers, the ratio is based on 3,000 to 1, while for mental health providers, the ratio is 9,000 to 1. The entire city of Palmdale is designated as a Health Professional Shortage Area for primary care and mental health (Figure 6.13 and 6.14).³⁶ Palmdale is not designated as a shortage area for dental health professionals.

Within the City, the Palmdale Regional Medical Center is a private hospital that provides a range of medical services to residents of the Antelope Valley, Santa Clarita Valley, and surrounding areas. The County also offers important medical and mental health services in the City. The Los Angeles County Department of Public Health operates two community health facilities in the City: 1) South Valley Health Center, which provides outpatient primary care, urgent care, and specialty services to patients, and 2) Community Assessment Center, which provides information and referrals to a variety of support services, including literacy training, temporary housing, referrals to food banks, health care clinics, mental health, and other needed services. The Los Angeles County Department of Mental Health operates the Palmdale Mental Health Center, which provides medication support, mental health services, CalWORKS, community outreach, psychiatric evaluation and assessment, and targeted case management services.

³⁵ Health Resources and Safety Administration. (2016). Retrieved from: <https://bhw.hrsa.gov/shortage-designation/hpsas>

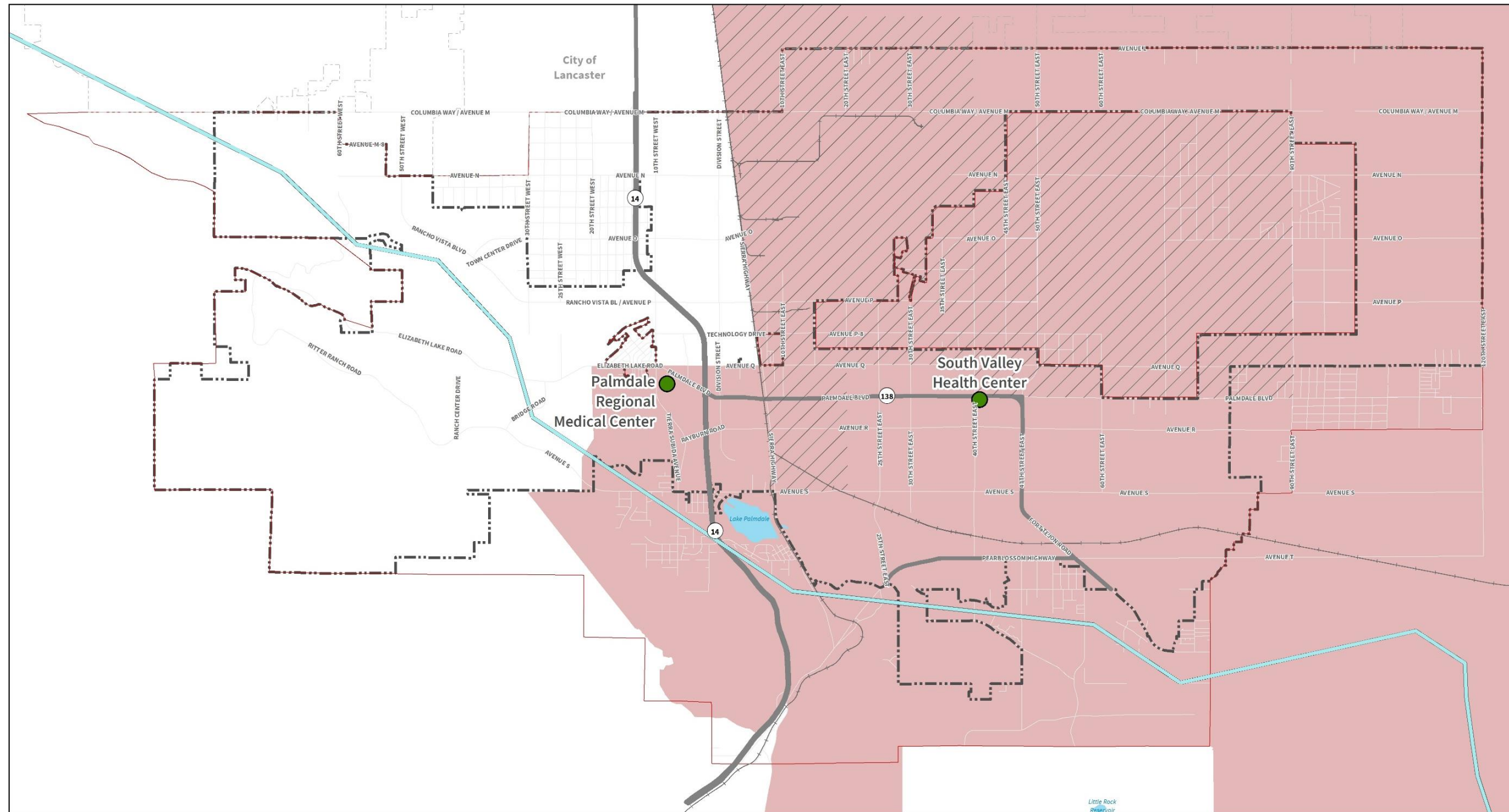
³⁶ Additionally, these figures identify high need population areas.

For primary care provider shortage areas, the population of the area must meet at least one of the following criteria to demonstrate higher than normal need: 1) At least 20% population at or below 100% FPL, 2) More than 100 births/year per 1,000 women ages 15-44, 3) More than 20 infant deaths per 1,000 live births, 4) Have insufficient capacity.

For mental health provider shortage areas, the population of the area must meet at least one of the following criteria to demonstrate higher than normal need: 1) At least 20% of the population at or below 100% FPL, 2) The youth ratio exceeds 0.6, 3) The elderly ratio exceeds 0.25, 4) A high prevalence of alcoholism, and 5) A high degree of substance abuse.

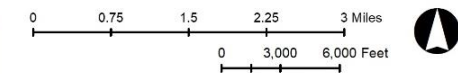
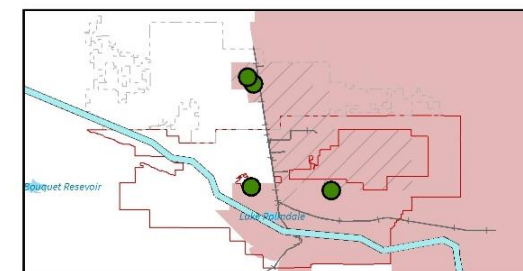
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Figure 6.13. Primary Care Health Professional Shortage Area



Primary Care Professional Shortage Area Ratio

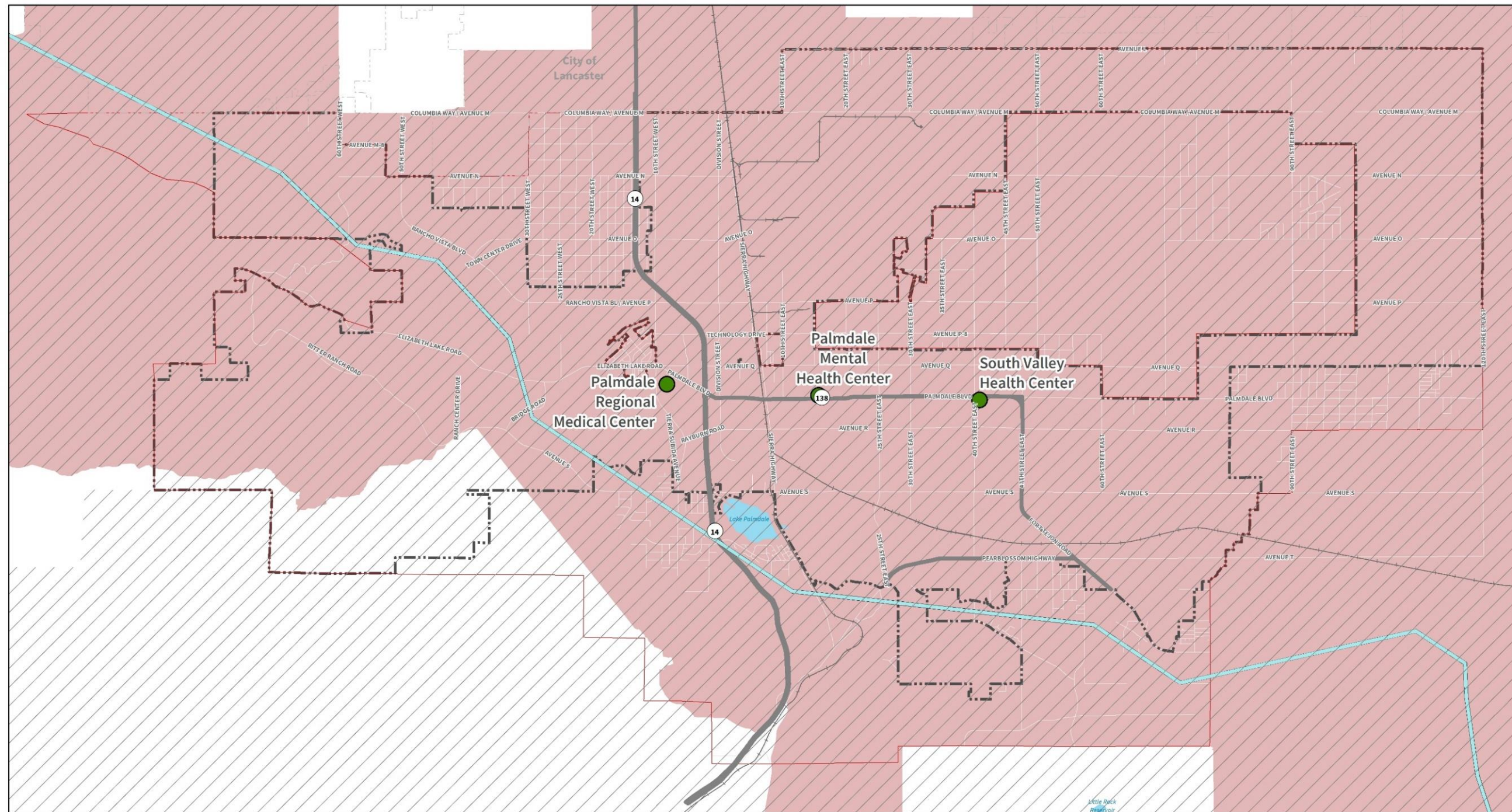
- | | |
|------------------------|--------------------------------|
| City Boundary | High Need Population |
| Sphere of Influence | Higher Need for More Personnel |
| California Aqueduct | No Data |
| Major Highway/Arterial | |
| Railroad | |



Data Sources: City of Palmdale GIS data;
Health Resources and Services Administration (HRSA) USA, 2019;
World Terrain Base, 2015 ESRI, USGS, NOAA.

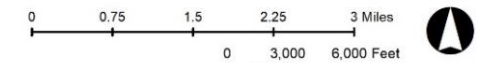
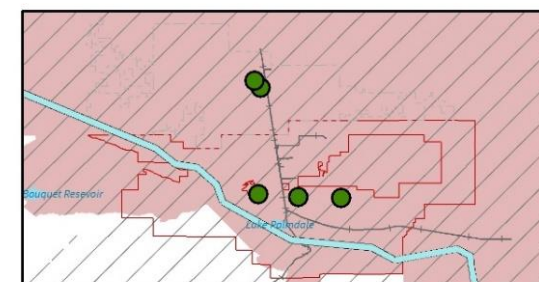
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Figure 6.14 Mental Health Professional Shortage Area



Mental Health Professional Shortage Area Ratio

- City Boundary
- Higher Need for More Personnel
- High Need Population
- Sphere of Influence
- California Aqueduct
- No Data
- Major Highway/Arterial
- Railroad



Data Sources: City of Palmdale GIS data;
Health Resources and Services Administration (HRSA) USA, 2019;
World Terrain Base, 2015 ESRI, USGS, NOAA.

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Additionally, there a number of nonprofit and reduced fee clinics that offer a variety of care: the Antelope Valley Community Clinic offers primary care, mental health care, and psychiatry, has two locations in the City plus a mobile clinic; the Palmdale Medical and Mental Health Service clinic offers medical, mental health, and substance abuse treatments; Clinica Medica Mi Familia offers a range of medical services; the Tarzana Treatment Center offers HIV care and services; and Planned Parenthood offers women’s services and preventative care.

A community’s ability to access comprehensive, quality health care services is vital to promoting health, preventing disease, and improving overall quality of life. Access to health care professionals is a critical need for low-income individuals and families, particularly the elderly, uninsured, those with chronic conditions and disabilities, and pregnant women.³⁷ Language can also be a significant barrier to health care access. These barriers can be amplified for community members living in areas of Palmdale that lack access to frequent, high-quality public transportation. The General Plan can propose strategies to increase access to medical services that promote the health of all City residents.

Built Environment and Health

The built environment includes a community’s streets, homes, parks, and other spaces residents, workers, and visitors use. The physical design of all these components affect a community’s health, and in particular, chronic disease, life expectancy, and quality of life. Also, differences in neighborhood conditions that contribute to health, such as pollution or park access, are often highly correlated with race and/or income. Other chapters in the ECR provide additional information.

Exposure to Lead

In 1978, the United States government banned the manufacture and consumer use of lead-based paint. Lead is commonly found in paint, gasoline, and water pipes. Lead poisoning is preventable but can easily go unnoticed. Early signs of lead poisoning can include low IQ, hyperactivity, difficulty sleeping, irritability, and behavioral problems in children. The U.S. EPA estimates that more than 80 percent of homes built before 1978 contain lead-based paint. In addition, in homes built before 1950, the risk of lead exposure is greater due to paint that may contain even higher concentrations of lead.

Palmdale has experienced significant housing and population growth in the last few decades. Approximately 80 percent of the City’s housing stock was built after 1980. As shown in Figure 6.15, older residential homes are concentrated east and south of the Palmdale Regional Airport, with the highest percentage of homes south of East Palmdale Boulevard, between Highway 14 and Sierra Highway. While

³⁷ Paradise, Julia. (2017). *Data Note: Three Findings about Access to Care and Health Outcomes in Medicaid*. Retrieved from: <https://www.kff.org/medicaid/issue-brief/data-note-three-findings-about-access-to-care-and-health-outcomes-in-medicaid/>

outdoor concentrations of lead have declined over the last few decades, lead continues to be emitted into the air from certain sources, including aircraft that use leaded aviation gasoline.³⁸

Housing Burden

Housing burden is a critical issue in Palmdale and impacts the ability of households to pay for basic needs, including food, transportation, and medical care. Households that pay more than 30 percent of their income on housing are considered "cost-burdened." In Palmdale, nearly half (45 percent) of all households are housing cost-burdened, similar to Los Angeles County (47 percent).³⁹ For both the City (41 percent) and the County (29.3 percent), cost burden has increased from the period between 2011-2015, as documented in the Socio-Economic Market Study. For lower-income households, high housing costs place significant strains on daily life. As shown in Figure 6.16, cost-burdened populations are largely concentrated south and east of the Palmdale Regional Airport, with a high percentage south of East Palmdale Boulevard, between Highway 14 and Sierra Highway.

There is also a high concentration of renters and homeowners who experience a severe housing cost burden, paying more than 50 percent of their income on housing. Nearly one-quarter (24 percent) of all households in Palmdale are experiencing severe housing burden, similar to the County (25 percent).⁴⁰ For both the City (61.2 percent) and the County (48.3 percent), severe cost burden has decreased from the period between 2011-2015, as documented in the Socio-Economic Market Study. The high cost of housing impacts overall cost of living and magnifies income disparities, forcing individuals to spend less on food, medical care, childcare, and other necessities. Addressing the severe housing burden can help mitigate other housing-related problems, including limited access to a variety of housing options and adverse health effects.

Housing insecurity is a growing issue across the State. For many families, housing is the single largest expense for households. In Palmdale, many low-income families and households of color are facing significant housing cost-burden, which forces families to choose between other important expenses, including health care, savings, and long-term investments. Disparities in rent burden are magnified across racial and ethnic lines, as documented in Chapter 2: Socio-Economic Market Study.

³⁸ *Leaded gasoline aircraft are typically used for non-commercial activities, including business and personal travel, instructional flying, aerial surveys, agriculture, firefighting, law enforcement, medical emergencies, and express freight. Lead is not contained in commercial aircraft jet fuel.*

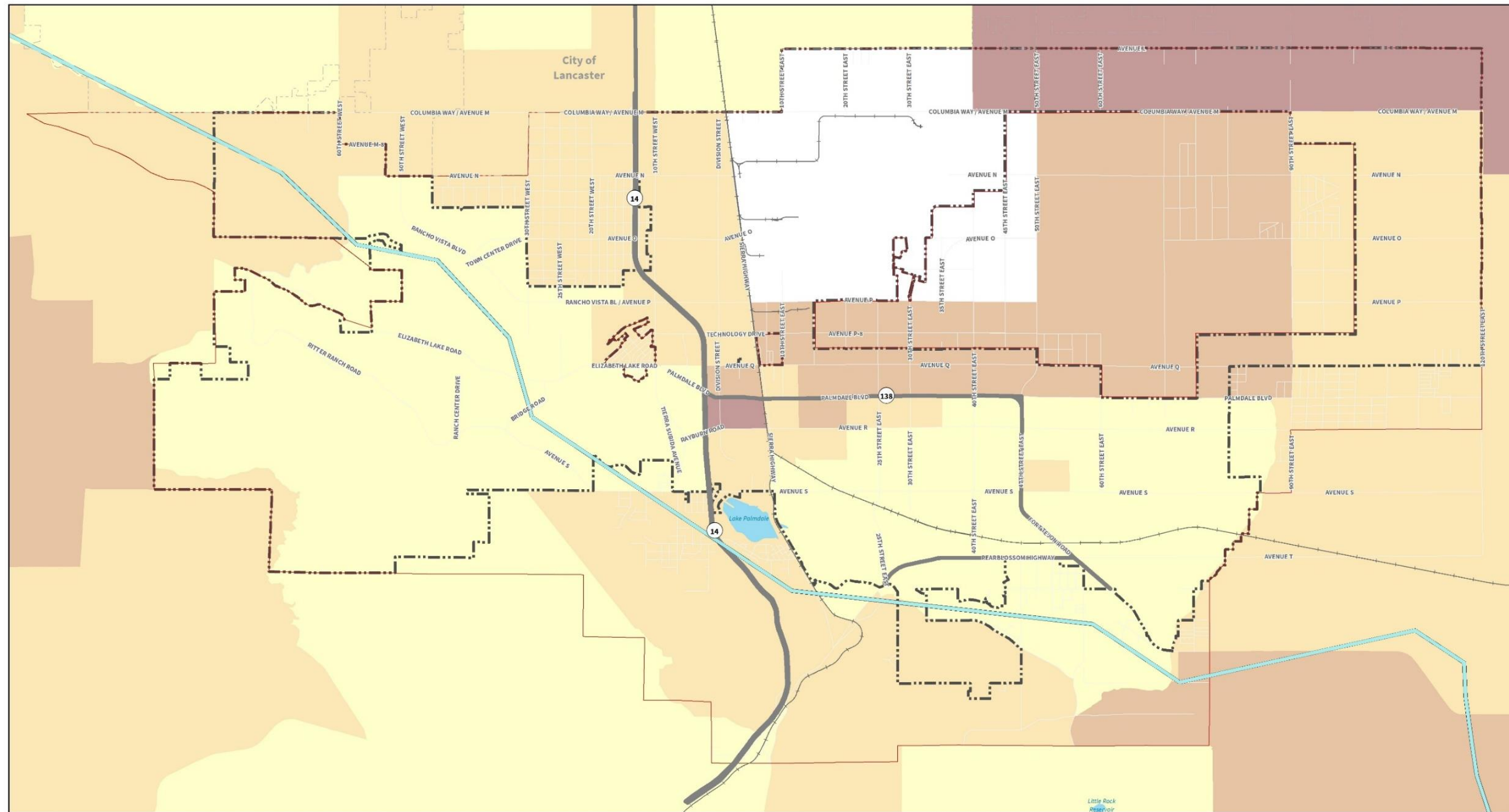
³⁹ U.S. Census Bureau (2017). *Tenure by Housing Costs as a Percentage of Household Income in the Past 12 Months*. Retrieved from:

<https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmm>

⁴⁰ LA County Health Profile. (2018). *City of Palmdale*. Retrieved from:

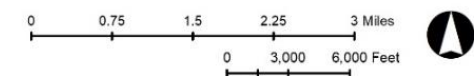
<http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

Figure 6.15 Age of Homes



Homes Built Before 1980 by Census Tract

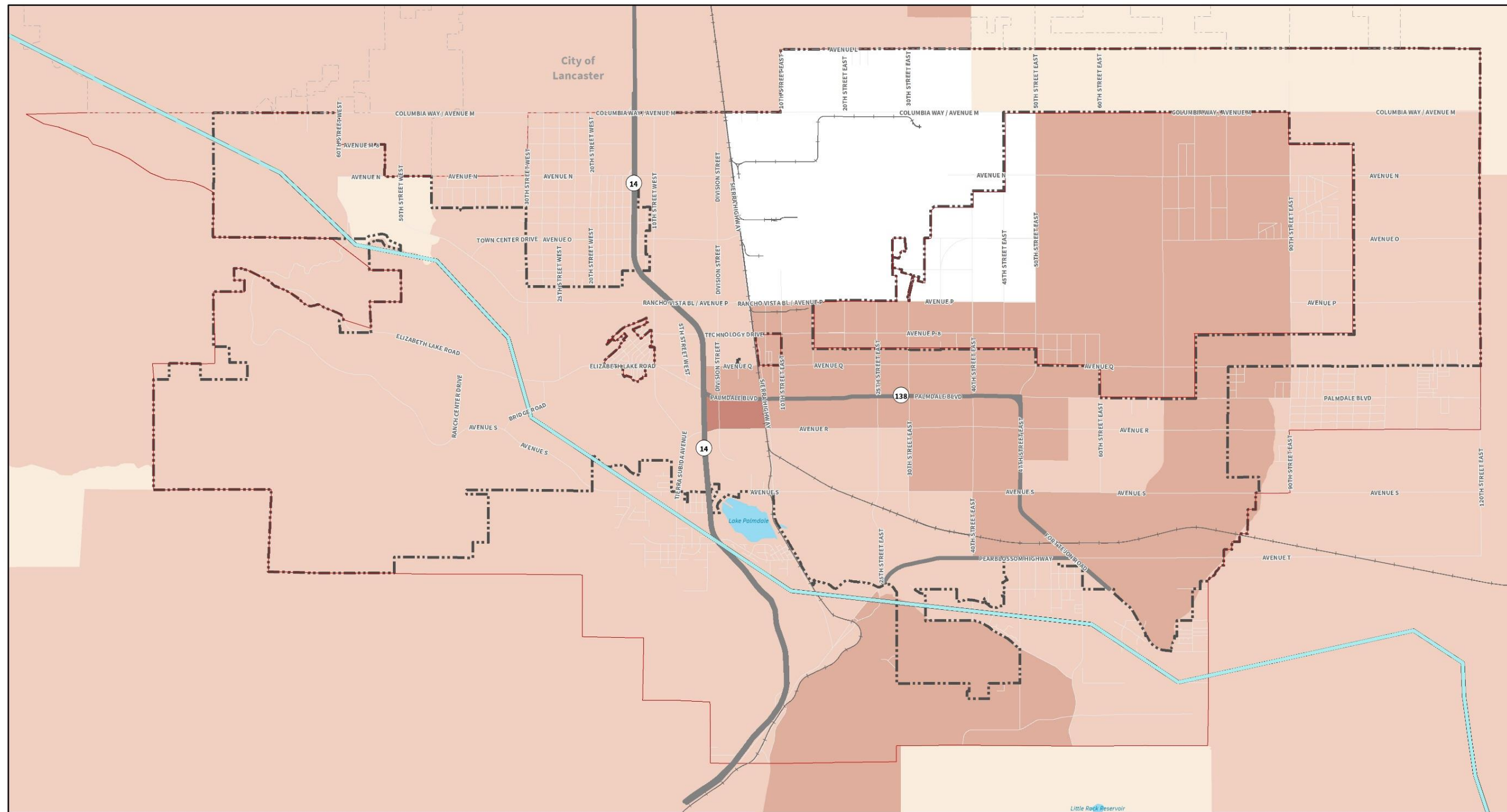
- | | |
|------------------------|----------|
| City Boundary | 0 - 24 |
| Sphere of Influence | 25 - 49 |
| California Aqueduct | 50 - 74 |
| Major Highway/Arterial | 75 - 100 |
| Railroad | |



Data Sources: City of Palmdale GIS data; US Census ACS 2017 5-year Table B25034; World Terrain Base, 2015 ESRI, USGS, NOAA.

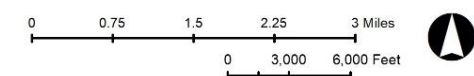
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Figure 6.16 Housing Burden



Housing Burden Percent (spending more than 30% of income on housing costs)

- | | |
|------------------------|----------|
| City Boundary | 0 - 24 |
| Sphere of Influence | 25 - 49 |
| California Aqueduct | 50 - 74 |
| Major Highway/Arterial | 75 - 100 |
| Railroad | |



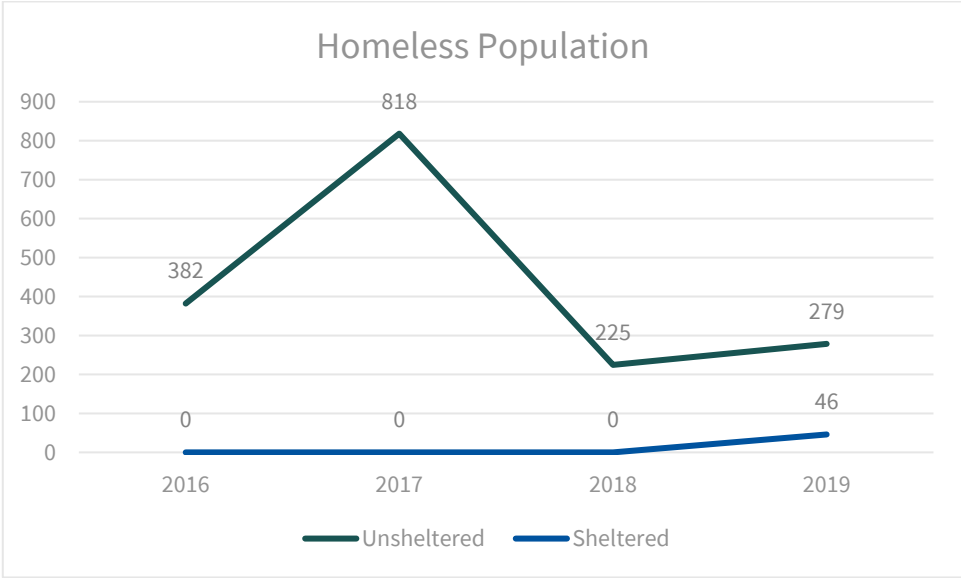
Data Sources: City of Palmdale GIS data; US Census ACS 2017 5-year Table B25106; World Terrain Base, 2015 ESRI, USGS, NOAA.

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Homelessness

A close connection exists between rising housing costs and homelessness. In 2017, the Los Angeles Homeless Services Authority reported 818 total unsheltered persons within incorporated and unincorporated areas of Palmdale; the majority of unsheltered persons lived in RVs and Campers. As shown in Figure 6.17, these areas of Palmdale experienced a dramatic drop in 2018, reporting 225 total unsheltered persons.⁴¹

Figure 6.17 Homeless Population



Source: Greater Los Angeles Homeless Count, Los Angeles Homeless Services Authority (2019)

High Volume Roadways

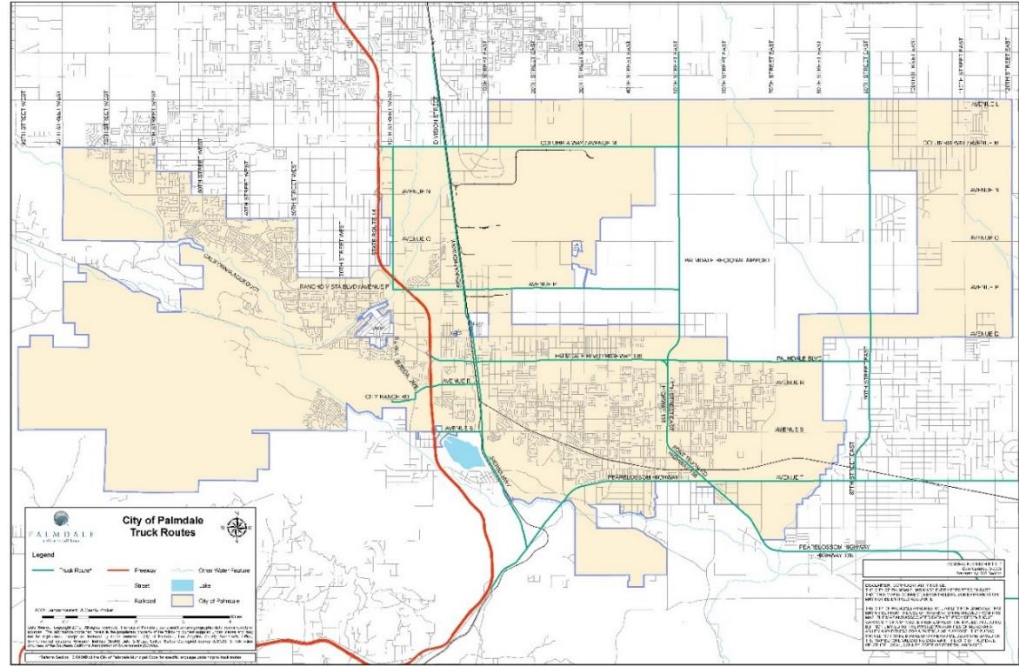
Living near high volume roadways and freeways increases exposure to a mixture of air pollutants, including diesel exhaust. Fine particulate matter can cause asthma attacks in children, in addition to impaired lung function, premature death and death from cardiovascular diseases and cardiovascular morbidity. While children, youth, and the elderly are among the most vulnerable, all community members are at risk. The California Environmental Protection Agency recommends sensitive uses maintain a minimum distance of 500 feet from high volume roadways, including freeways, urban roads with 100,000 vehicles/day, or rural roads with 50,000 vehicles a day.⁴²

⁴¹ Some data are excluded from totals, including youth under the age of 18, transitional youth (age 18-24), persons in domestic violence shelters, and persons receiving motel vouchers. Additionally, incorporated and unincorporated areas of Palmdale include the City, county islands, and Northwest Palmdale.

⁴² Sensitive land uses include areas where vulnerable populations may most likely spend time, including schools and schoolyards, parks and playgrounds, daycare centers, nursing homes, hospitals, and residential communities.

The designation of truck routes shapes local and regional traffic patterns and subsequent health consequences. In Palmdale, various truck routes extend across the City, including denser and lower income neighborhoods between Palmdale Boulevard and Pearblossom Highway, and east of Sierra Highway (Figure 6.18). Diesel emissions also contribute to the level of urban ozone pollution in the City and can result in increased asthma and respiratory-related emergency visits for vulnerable populations. Children, the elderly, and people with existing cardiovascular or lung diseases are most impacted by exposure to air pollutants.

Figure 6.18 Truck Routes



Source: City of Palmdale (2019)

Long term exposure to ground level ozone, a powerful greenhouse gas and widespread air pollutant in many major cities, is linked to premature death and cardiovascular disease.⁴³ The City of Palmdale has high levels of ozone (60 ppb), slightly higher than the County (50 ppb).⁴⁴ In California, the 8-hour State Air Quality Standard is 70 ppb. However, according to the Environmental Protection Agency, ozone levels as low as 40 ppb can cause detrimental health effects in vulnerable populations.⁴⁵ As shown in Figure 6.19, the majority of the City is in the upper quartile of CalEnviroScreen scores for ozone concentration across the State.⁴⁶ Coordinated planning efforts across the fields of land use, transportation, design, and housing represents an opportunity to improve people's health across the City.

⁴³ Turner, M.C. and et al. (2016). Long-term ozone exposure and mortality in a large prospective study. *American Journal of Respiratory and Critical Care Medicine*, 193:1134-1142.

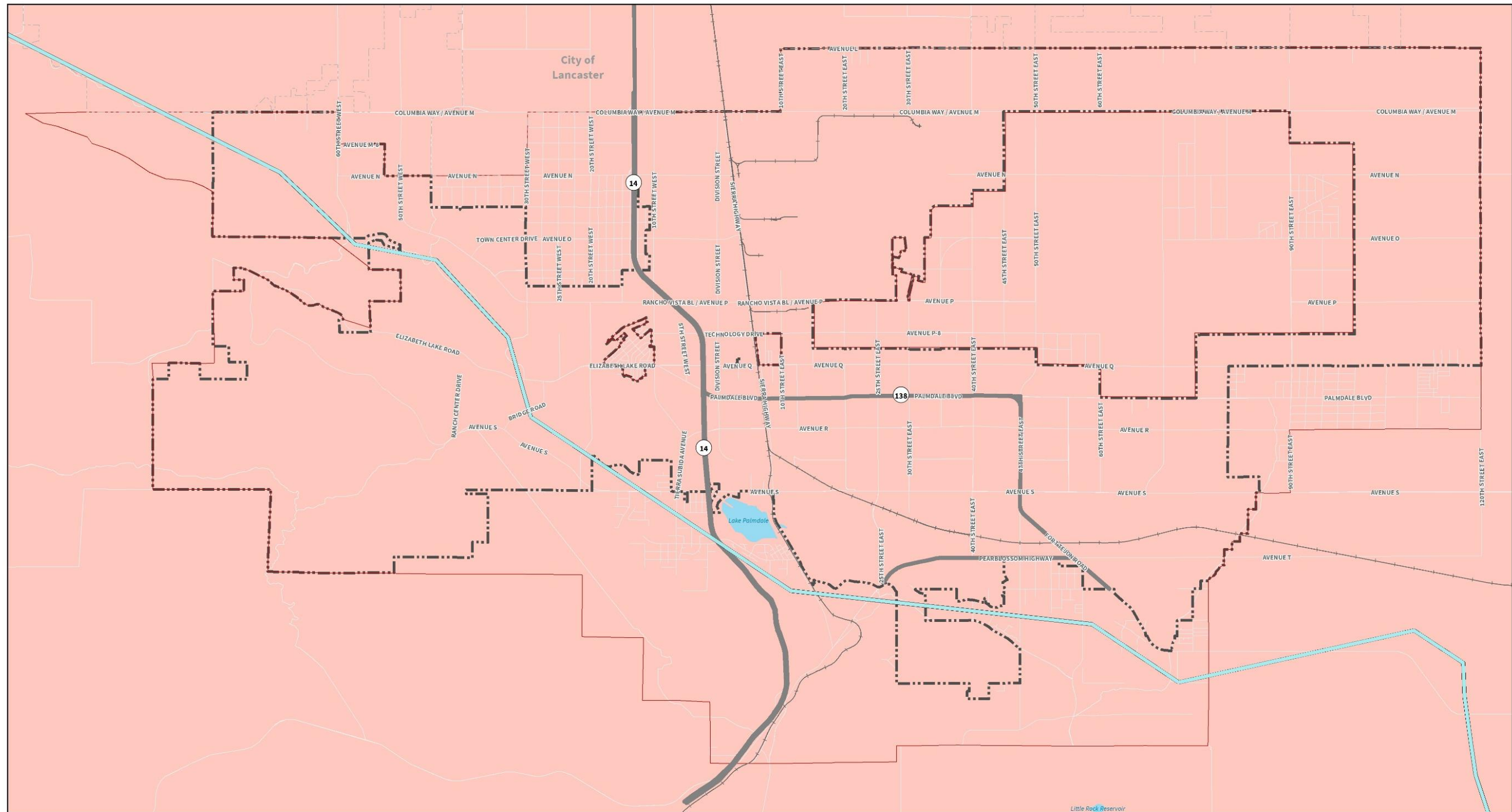
⁴⁴ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

⁴⁵ Weinhold, B. (2008). Ozone Nation: EPA Standard Panned by the People. *Environmental Health Perspectives*, 116(7): A302-A305.

⁴⁶ CalEnviroScreen ozone percentiles are based on census tracts, ordered by ozone concentration values and assigned a percentile based on the statewide distribution of values.

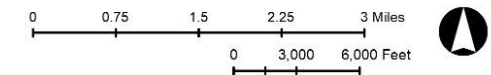
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Figure 6.19 Ozone Pollution



Ozone Percentile by Census Tracts

City Boundary	0 - 24
Sphere of Influence	25 - 49
California Aqueduct	50 - 74
Major Highway/Arterial	75 - 100
Railroad	



Data Sources: City of Palmdale GIS data; CalEnviroScreen 3.0 2018; World Terrain Base, 2015 ESRI, USGS, NOAA.

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Food Access + Security

Healthy communities provide access to affordable and healthy food at grocery stores, produce markets, community gardens, and farmers' markets. Residents of communities with access to a full-service grocery store tend to eat more fruits and vegetables, have lower body weights, and lower rates of chronic diseases. Local food production can also reduce the distance food is shipped, lowering the environmental footprint of food production and distribution.

“Food access” is based on physical access to a food store (e.g., supermarket, large grocery store, etc.). While various food stores exist in Palmdale, food access disparities exist depending on where people live in the City. In urban census tracts, food access is most limited along the southern and eastern boundaries of the City. However, there are various low-income urban census tracts where over a quarter of the population lives more than a mile away from a supermarket or grocery store, primarily south of Avenue Q and east of Sierra Highway (Figure 6.20). In rural census tracts, food access is most limited along the southern boundary of the Sphere of Influence and northeastern boundaries of the City. While less densely populated, people living in these areas have up to 25 percent of the population living more than ten miles away from a supermarket or grocery store (Figure 6.21).

Additionally, the high concentration of fast food restaurants along Palmdale Boulevard, East Avenue S, and along Rancho Vista Boulevard exacerbates the issue of limited access to healthy food for residents. Locating grocery stores or neighborhood markets that sell affordable, high quality fruits and vegetables in proximity to homes both encourages walking and reduces demand for driving.

“Food security” is defined as having access to enough food for an active, healthy life for all people at all times. Food insecurity can lead to undernourishment and malnutrition, which coincide with fatigue, stunted child development, and other health issues. More than one quarter (26 percent) of households with incomes below 300 percent of the Federal Poverty Level are food insecure in Palmdale, slightly lower than the County (29 percent).⁴⁷ Between 2002-2011, food insecurity increased 24.1 percent across the Antelope Valley.⁴⁸

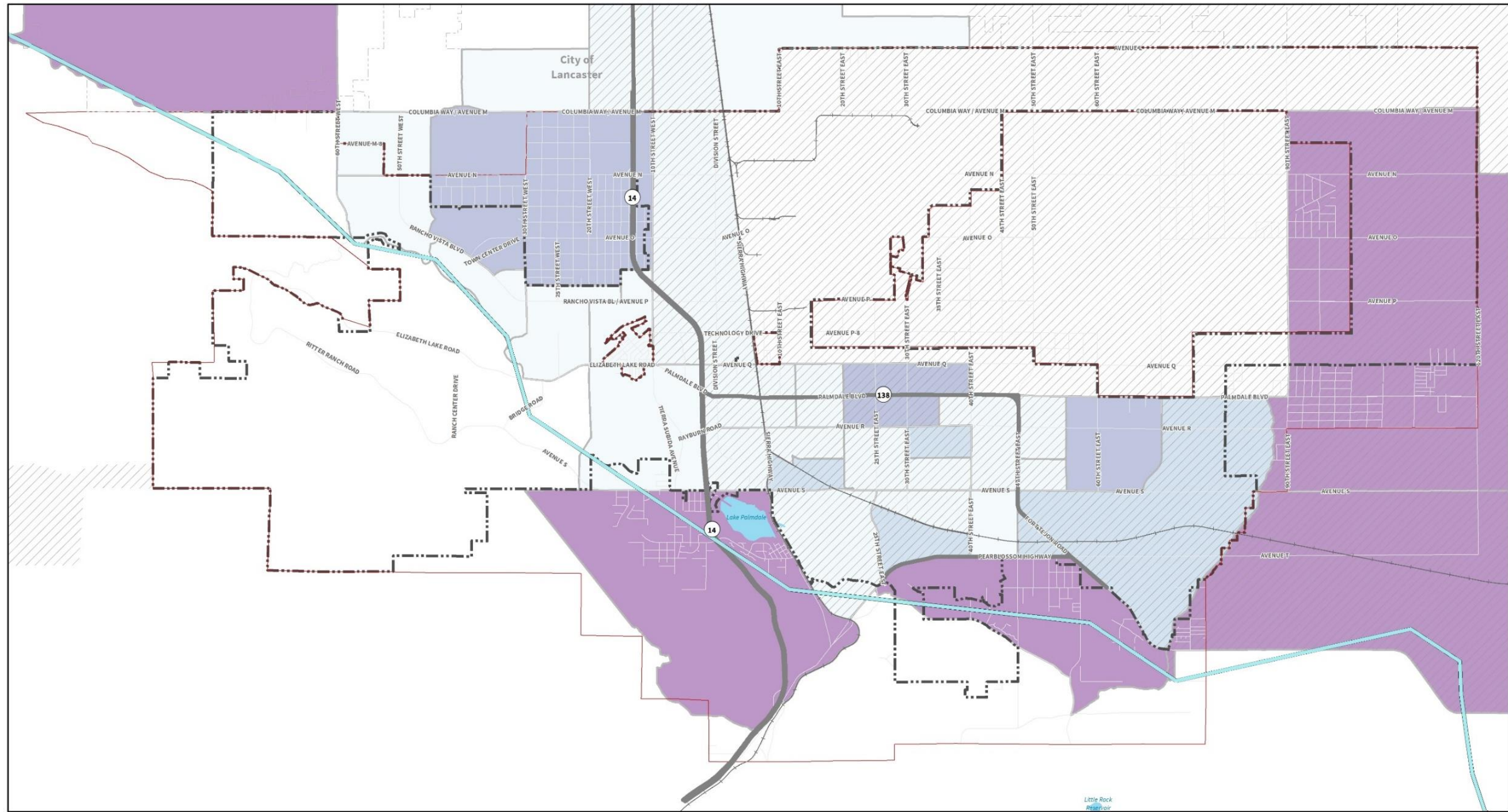
Households that lack “food security” are eligible for supplemental assistance from government programs, such as the Federal Supplemental Nutrition Assistance Program (SNAP) and Women Infants and Children (WIC) program; the State CalFresh program, based on food stamps assistance; and local emergency programs, including the Traditional Food Program and Emergency Food Assistance Program. For seniors, the City also offers two supplemental food programs: Traditional Senior Food Program and the Second Senior Food Program. For youth (18 and under), the City and Palmdale School District offer a free summer lunch program that includes healthy, nutritious, and tasty food.

⁴⁷ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>

⁴⁸ LA County Department of Public Health. (2013). Key Indicators of Health.

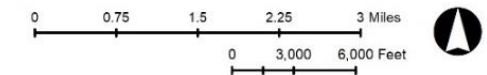
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Figure 6.20 Urban Food Access



Percentage of Population with Low Food Access (Urban census tracts)

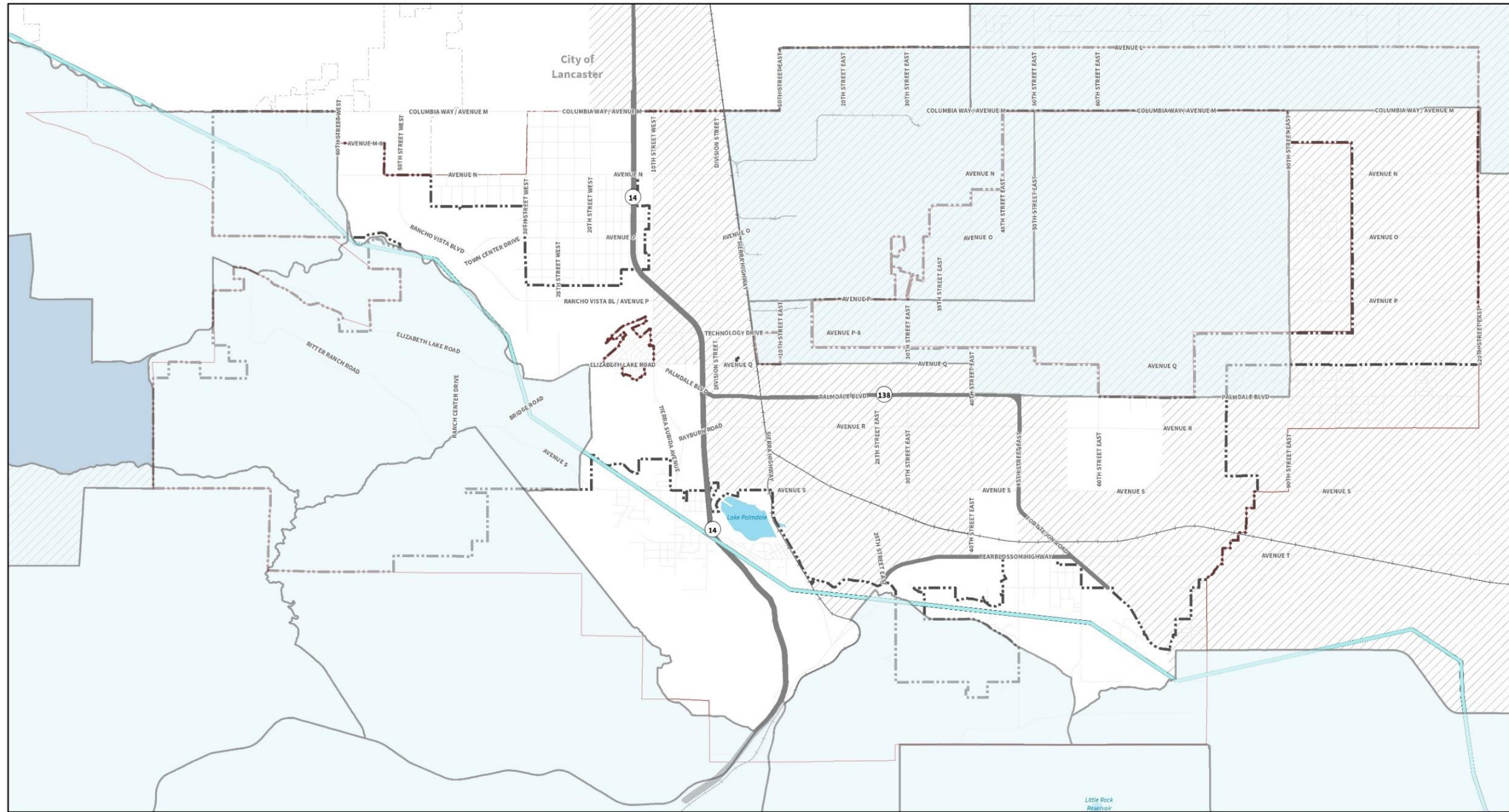
- | | |
|------------------------|------------|
| City Boundary | Low-Income |
| Sphere of Influence | 0 - 25 |
| California Aqueduct | 25 - 49 |
| Major Highway/Arterial | 50 - 74 |
| Railroad | 75 - 100 |



Data Sources: City of Palmdale GIS data; USDA Food Research Atlas, 2015; World Terrain Base, 2015 ESRI, USGS, NOAA.

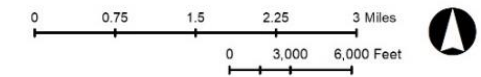
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June 2019

Figure 6.21 Rural Food Access



Percentage of Population with Low Food Access (Rural census tracts)

- | | |
|------------------------|------------|
| City Boundary | Low-Income |
| Sphere of Influence | 0 - 25 |
| California Aqueduct | 25 - 49 |
| Major Highway/Arterial | 50 - 74 |
| Railroad | 75 - 100 |



Data Sources: City of Palmdale GIS data; USDA Food Research Atlas, 2015; World Terrain Base, 2015 ESRI, USGS, NOAA.

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Crime + Public Safety

A variety of factors can impact community safety, including underemployment, the presence of gangs, and lack of youth and family activities. The perception of crime can also impact individual health, businesses, and social cohesion. Real and perceived crime can have health, social, and behavioral implications for victims and their families, resulting in negative impacts on the neighborhood and community.

Community safety has improved in recent years for Palmdale residents. The number of property crimes in the City has generally decreased over the last ten years, as shown in Figure 6.22.⁴⁹ Violent crimes in the City, on the other hand, have experienced periodic fluctuations, but generally been on a downward trend, as shown in Figure 6.23. It is common for city-level crime rates to fluctuate and may be impacted by the local economy, policing, and social discord. Overall, serious crimes rates (per 100,000 population)⁵⁰ are lower in Palmdale (436.5) than in the County (551).⁵¹

Incarceration is another public health and safety issue with particular impacts on low-income populations, people of color, transgender people, and transitional youth. Based on data from 2012 through 2017, 50 percent of arrests in Palmdale were misdemeanors and 49 percent were felonies. Hispanics make up 49 percent of arrests, followed by Blacks (31 percent).⁵² It is important that the City continue to support programs and interventions that intercept individuals prior, during, and after release from the criminal justice system. Community-based services that emphasize integration and compassionate care can provide a powerful anchor in people's lives to divert and prevent re-entry into the criminal justice system.

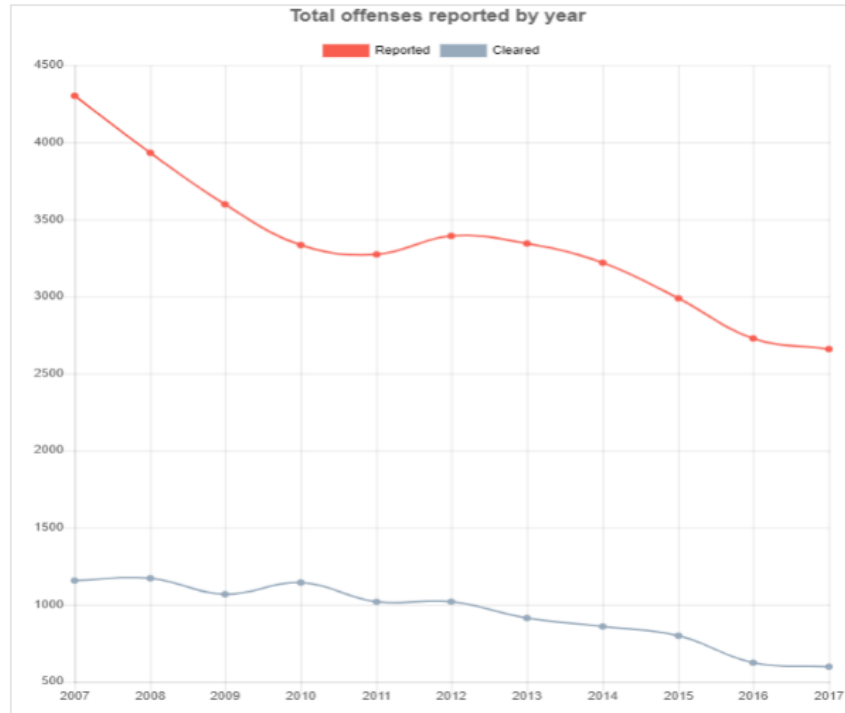
⁴⁹ "Cleared offenses" refer to when an arrest and charge are made.

⁵⁰ The US Department of Justice defines serious crime as Part 1 offenses and include murders, nonnegligent homicides, forcible and revised rape, robberies, aggravated assaults, burglaries, motor vehicle thefts, larceny-thefts, and arsons.

⁵¹ LA County Health Profile. (2018). City of Palmdale. Retrieved from: <http://publichealth.lacounty.gov/ohae/docs/cchp/pdf/2018/Palmdale.pdf>.

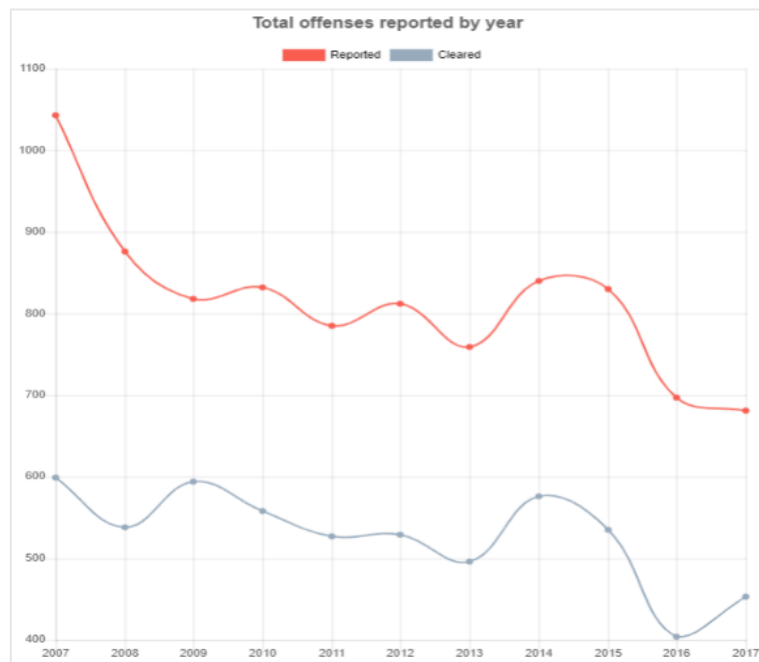
⁵² Map Room. (2019). Million Dollar Hoods. Retrieved from: <https://milliondollarhoods.org/map-room/>

Figure 6.22 Property Crime Offenses



Source: FBI Crime Data Explorer (2007-2017)

Figure 6.23 Violent Crime Offenses



Source: FBI Crime Data Explorer (2007-2017)