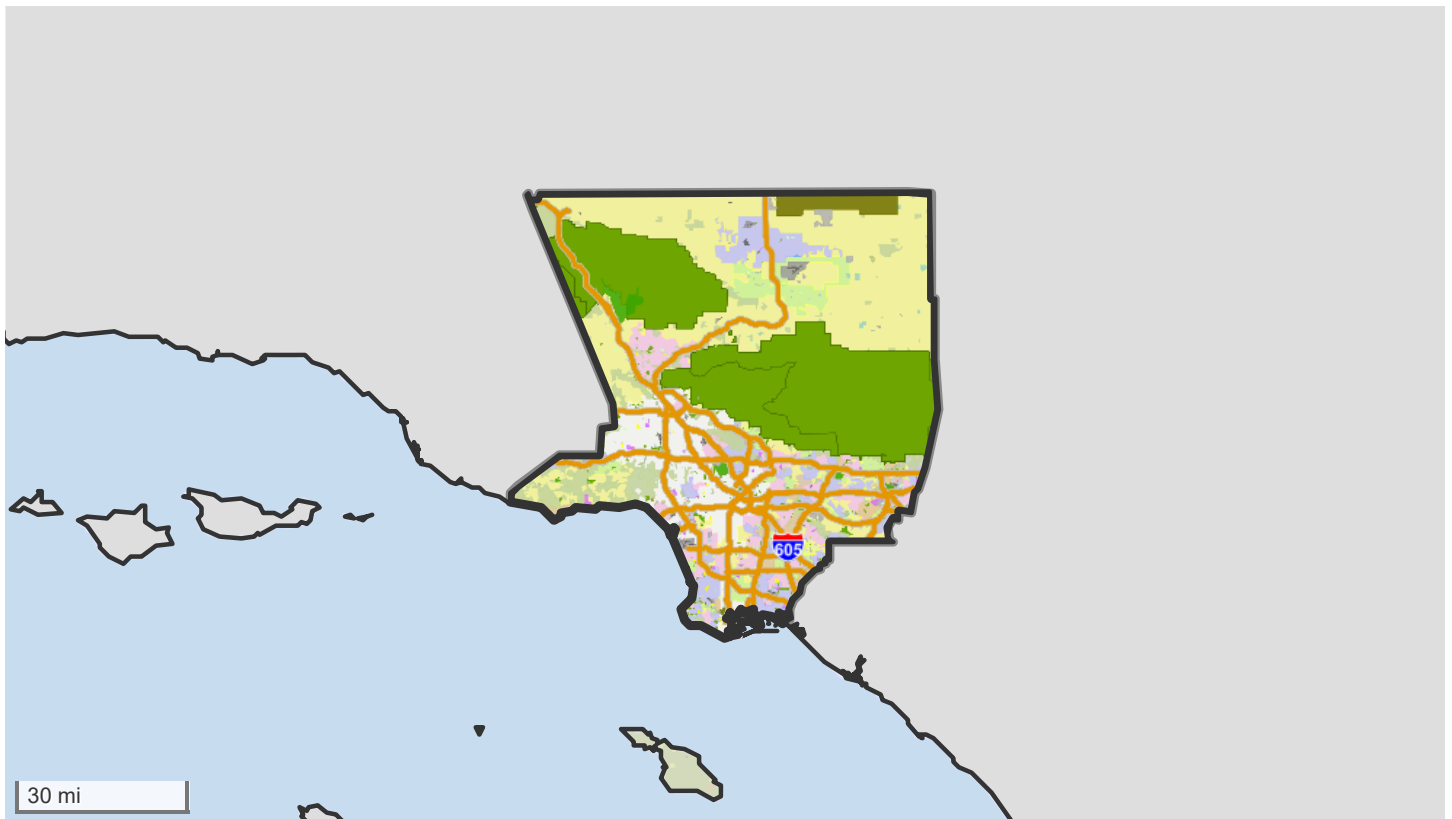




Community Health Profiles Los Angeles County Department of Public Health

County of Los Angeles



Report Generated: **8/24/2024**

Interactive Report: https://apps.gis.lacounty.gov/static/DPH/community-profiles/?Geo_ID=la_county

Community Health Profiles Home: <http://ph.lacounty.gov/community-health-profiles>

Behavioral Health



When people experience emotional, psychological, and social wellbeing, they are better positioned to thrive and reach their full potential. Unfortunately, many people face chronic stress and significant life challenges related to financial insecurity, work and family pressures, job instability, unsafe living environments, social isolation, and discrimination. These factors can increase the risk

for developing substance use disorders and/or mental health conditions, such as depression, anxiety, or post-traumatic stress disorder. Having a behavioral health condition, including both mental health conditions and substance use disorders, not only affects an individual's overall wellbeing but also raises the risk of suicide or fatal drug overdoses.

While ensuring access to timely and affordable evidence-based interventions and services is important for effectively treating behavioral health conditions, promoting wellbeing at the community level can help prevent these conditions from developing in the first place. Cities and communities can take an active role in fostering behavioral health and overall wellbeing by ensuring community safety, promoting employment opportunities and economic security, expanding affordable housing, engaging with community members around the issues that matter to them most, reducing the stigma associated with mental illness and substance use disorder, and providing support services, particularly for seniors and other vulnerable community members.

The [Los Angeles County Department of Public Health](#) (Public Health) has established six Wellness Communities across the County:

[Antelope Valley Wellness Community](#)

[Pomona Wellness Community](#)

[Hollywood-Wilshire Wellness Community](#)

[Martin Luther King, Jr. Healing Center](#)

[Whittier Wellness Community](#)

[Curtis Tucker Center for Community Wellness](#) (Inglewood)

Each Wellness Community offers places for community members to gather, find resources, and participate in wellness activities. Available support includes counseling and linkage to services for mental health and substance use as well as health resources. All activities are free and open to the community. For more information about locations, available resources, and calendar of activities, please visit the website for each Wellness Community.

In addition, Public Health's [Bureau of Substance Abuse Prevention and Control](#) leads and facilitates the delivery of a full spectrum of prevention, treatment, harm reduction, and recovery services to reduce the impact of substance use and abuse in Los Angeles County. To learn more or to view in-depth data related to substance abuse surveillance, treatment, and prevention, please visit the [Bureau of Substance Abuse Prevention and Control's website](#). For in-depth data about suicides in Los Angeles County and to learn more about Public Health's suicide prevention efforts, please visit the [Los Angeles County Office of Violence Prevention's website](#).

Indicators included in this section:

(Click Indicator Name to visit Open Data item)

- [On-Premises Alcohol Outlet Density](#)

This indicator provides information about on-premises alcohol outlet density (outlets per 10,000 population). On-premises outlets include establishments where alcohol is served to be consumed on site, such as bars and restaurants.

In general, consumption of alcohol tends to be higher in communities where the alcohol outlet density is also high. Communities with higher alcohol outlet density have been found to experience higher rates of violence and crime.

- [Off-Premises Alcohol Outlet Density](#)

This indicator provides information about off-premises alcohol outlet density (outlets per 10,000 population). Off-premises outlets include establishments, such as liquor stores, convenience stores, or grocery stores, where alcohol is sold in original, sealed containers to be consumed off site.

In general, consumption of alcohol tends to be higher in communities where the alcohol outlet density is also high. Communities with higher alcohol outlet density have been found to experience higher rates of violence and crime.

- [Marijuana Storefront Retailer Density](#)

This indicator provides information about marijuana storefront retailer density (marijuana storefront retailers per 10,000 population). This indicator includes unique dispensaries that are both licensed and unlicensed storefronts and excludes delivery-only establishments.

Prior to the legalization of recreational marijuana use in 2018, California had a loosely regulated medicinal cannabis market with many unlicensed dispensaries operating. The ready availability of marijuana dispensaries, not all of which are compliant with State safety requirements, has facilitated widespread marijuana use, which in turn is associated with a number of adverse health outcomes, including higher risk for lung infections and mental health conditions such as depression and anxiety. Cities and communities should take an active role in educating residents, particularly youth, pregnant persons, and other vulnerable groups, about the potential risks of marijuana use and adopting policies that regulate and ensure safe marijuana retail activity.

- [Adults Who Use Alcohol](#)

This indicator provides information about the percentage of adults ages 18 years and older who currently use alcohol, defined as having at least one drink of any alcoholic beverage (such as beer, wine, or liquor) in the past month. Information is based on self-reported data.

In the US, alcohol use is legal for those ages 21 years and older and should be avoided or used in moderation (defined as consuming two or less drinks per day for men or one or less drinks per day for women). Excessive alcohol use includes binge drinking, heavy drinking, any underage alcohol use, and any alcohol use by pregnant persons. Alcohol use is associated with numerous health, safety, and social problems, including chronic diseases, unintentional injuries, interpersonal violence, fetal alcohol spectrum disorders, alcohol use disorders, and weakened interpersonal relationships and ability to function at work, school, or home. In general, people with higher socioeconomic status (SES) report drinking more frequently and more heavily than those with lower SES; however, people with lower SES are on average more negatively affected by alcohol-related harms. It is important for cities and communities to build strategies that create environments that reduce excessive alcohol use and prevent underage drinking.

- [Adults Who Binge Drink](#)

This indicator provides information about the percentage of adults ages 18 years and older who reported binge drinking in the past month, defined as consuming four or more alcoholic drinks for females or five or more alcoholic drinks for males in one sitting. Information is based on self-reported data.

Binge drinking is a serious but preventable public health issue. It is the most common and costly pattern of excessive alcohol use in the US. Excessive alcohol use is associated with numerous health, safety, and social problems, including chronic diseases, such as liver cirrhosis, hypertension, and certain cancers; unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns, or firearm injuries; interpersonal violence, such as child maltreatment, homicide, and suicide; fetal alcohol spectrum disorders; alcohol use disorders; and weakened interpersonal relationships and ability to function at work, school, or home. In general, people with higher socioeconomic status (SES) report drinking more frequently and more heavily than those with lower SES; however, people with lower SES are on average more negatively affected by alcohol-related harms. It is important for cities and communities to build strategies that create environments that reduce excessive alcohol use and prevent underage drinking.

- [Adults Who Use Marijuana](#)

This indicator provides information about the percentage of adults ages 18 years and older who currently use marijuana, defined as using any form of marijuana at least one time in the past month. Information is based on self-reported data.

Among federally prohibited drugs and substances, marijuana is the most commonly used. In early 2018, marijuana became legal for recreational sale and consumption in California. Using marijuana at any age can lead to negative health consequences, which include psychological conditions such as depression or anxiety; brain damage affecting memory, attention, and learning ability; lung and cardiovascular system damage; harm to developing fetuses or infants; and increased risk for motor vehicle crashes. Marijuana use has long been associated with the use of other substances, including alcohol, tobacco, and prescription and illicit narcotics. Cities and communities should take an active role in educating residents, particularly youth, pregnant persons, and other vulnerable groups, about the potential risks of marijuana use and adopt policies that regulate and ensure safe marijuana retail activity.

- [Adults with Diagnosed Depression](#)

This indicator provides information about the percentage of adults ages 18 years and older with diagnosed depression, defined as ever being diagnosed with depression AND either currently being treated for depression or currently having symptoms of depression. Information is based on self-reported data.

There is growing recognition that mental health is as essential to overall wellbeing as physical health. Individuals who are exposed to chronic stress from financial worry, work and family demands, job insecurity, unsafe living environments, social isolation, or discrimination are at a greater risk for developing mental health conditions, such as depression, anxiety, or post-traumatic stress disorder. Cities and communities can take an active role in fostering mental health by ensuring community safety, promoting equitable employment opportunities and economic security, expanding affordable housing, creating varied opportunities for residents to engage in community issues, reducing the stigma associated with mental health, and providing support services, particularly for seniors and other vulnerable community members.

- [Drug Overdose Mortality](#)

This indicator provides information about the aggregated five-year mortality rate (deaths per 100,000 population) from drug overdose and includes unintentional overdoses, homicides, and suicides. Death rate has been age-adjusted to the 2000 US standard population.

Drug overdose deaths have increased dramatically in the US over the past two decades. The first wave of deaths in the 1990s largely involved prescription opioids and was a consequence of increased prescribing of these drugs by medical providers. In the second wave that began in 2010, there was a rapid increase in the number of deaths involving heroin and, in the current wave that started in 2013, there has been a rise in the number of overdose deaths involving synthetic opioids, particularly illicitly manufactured fentanyl, which can be found in combination with heroin, counterfeit pills, cocaine, and other drugs. In Los Angeles County in recent years, the vast majority of all drug overdose deaths have involved fentanyl. Important inequities have been noted by sociodemographic characteristics, with low-income and Black individuals found to have the highest overdose death rates. Cities and communities can take an active role in preventing overdose deaths by promoting primary prevention and supporting evidence-based harm reduction and treatment strategies.

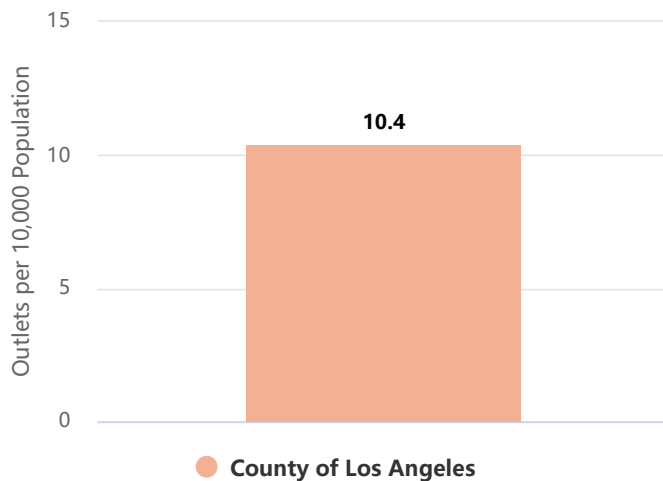
- [Suicide Rate](#)

This indicator provides information about the five-year aggregated mortality rate (deaths per 100,000 population) from suicides. Mortality rate has been age-adjusted to the 2000 US standard population.

Suicide is a leading cause of preventable death in Los Angeles County, affecting individuals of all ages and races and ethnicities. While there is a strong association between suicide and health conditions, such as mood and anxiety disorders or substance use disorders, suicide is rarely caused by a single circumstance and is more often due to a combination of individual, relational, and environmental factors. Individual factors can include history of mental illness, previous suicide attempts, adverse childhood events, or financial hardship. Relational factors include experiences of bullying, loss of relationships, or social isolation. Environmental factors include lack of access to healthcare, community violence, or social stigma associated with seeking help for a mental illness.

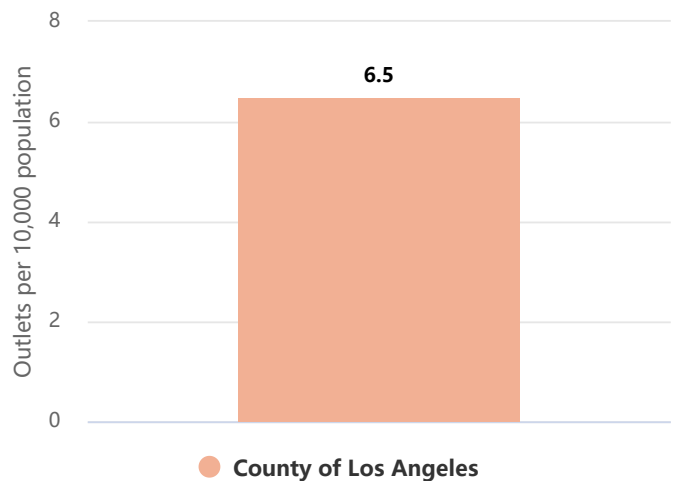
Behavioral Health Indicators

On-Premises Alcohol Outlet Density



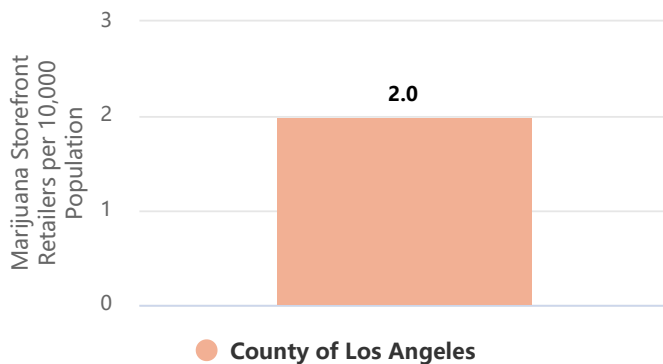
California Department of Alcoholic Beverage Control, Active alcoholic beverage licenses for FY21-22, June 2022; Population Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022.

Off-Premises Alcohol Outlet Density



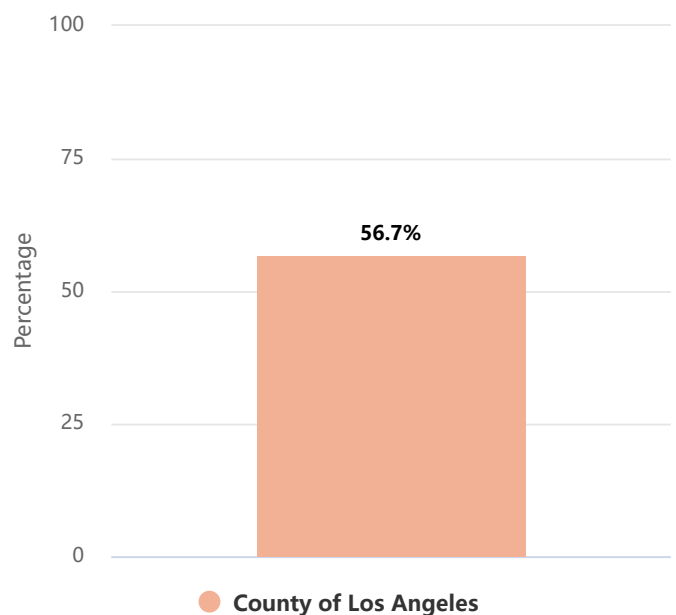
California Department of Alcoholic Beverage Control, Active alcoholic beverage licenses for FY21-22, June 2022; Population Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022.

Marijuana Storefront Retailer Density



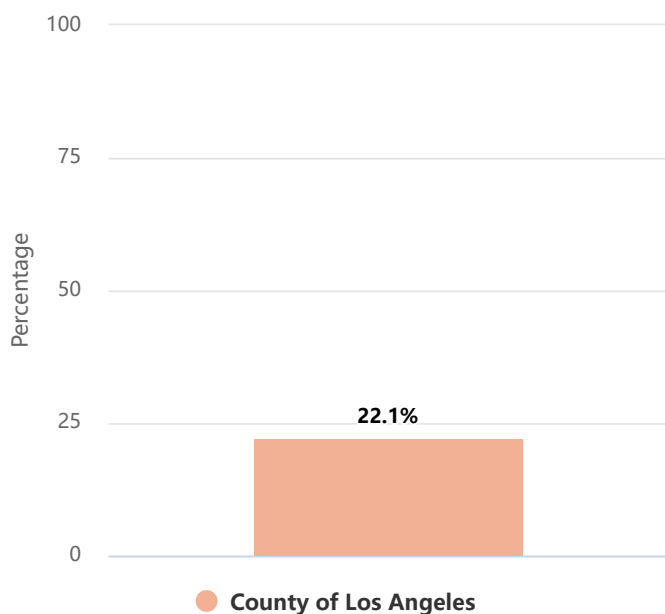
California Department of Cannabis Control, September 2023 (for data on licensed storefronts); Weedmaps, May 2023 (for data on unlicensed storefronts); Leafly, May 2023 (for data on unlicensed storefronts); Los Angeles County Office of Cannabis Management, May 2023 (for data on unlicensed storefronts); Population Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022..

Adults Who Use Alcohol



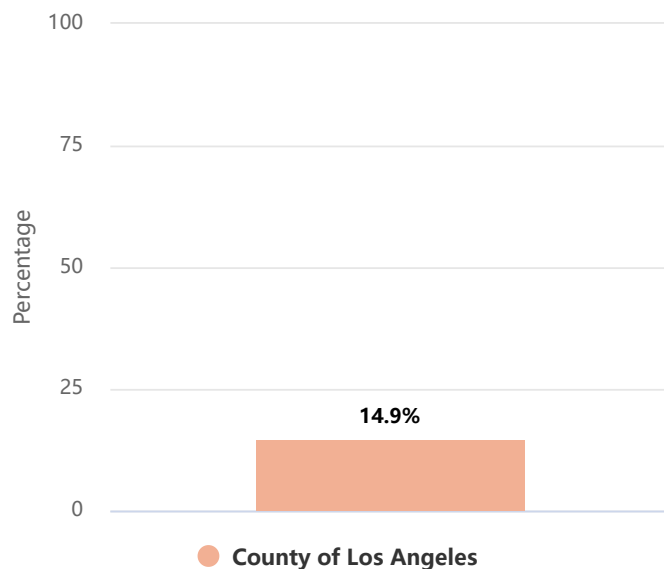
Los Angeles County Health Survey, 2023.

Adults Who Binge Drink



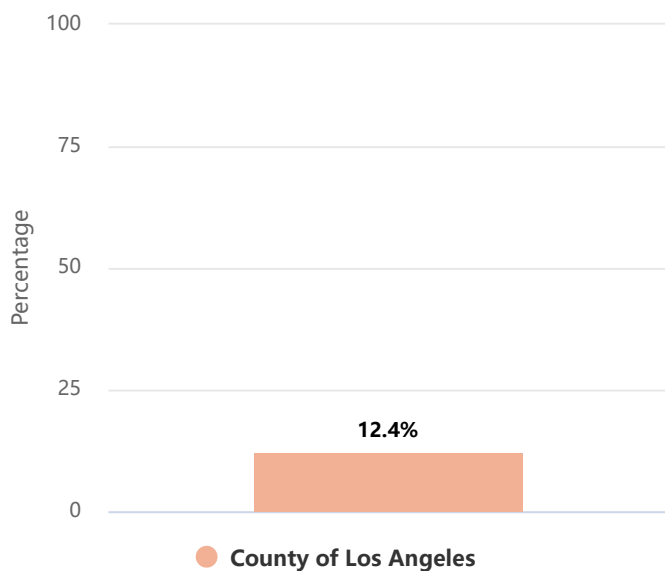
Los Angeles County Health Survey, 2023.

Adults Who Use Marijuana



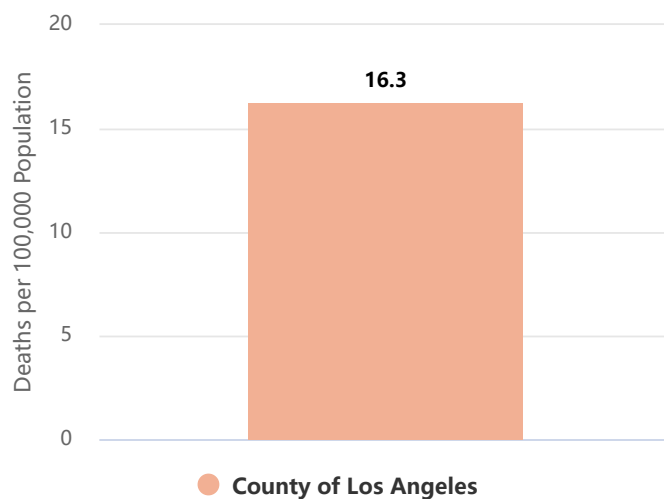
Los Angeles County Health Survey, 2023.

Adults with Diagnosed Depression



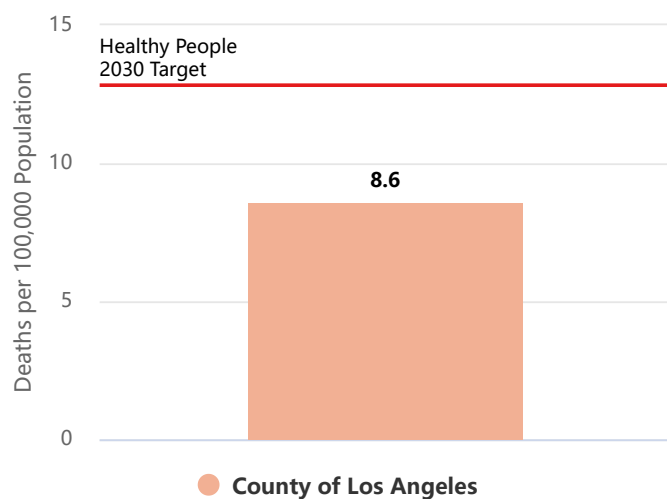
Los Angeles County Health Survey, 2023.

Drug Overdose Mortality



Los Angeles County Annual Death Files 2018-2021 and 2022 (Provisional), assembled from California Department of Public Health Vital Records Data; Population Estimates, prepared by Hedderson Demographic Services for Los Angeles County, 2020.

Suicide Rate



Los Angeles County Annual Death Files 2018-2021 and 2022 (Provisional), assembled from California Department of Public Health Vital Records Data; Population Estimates, prepared by Hedderson Demographic Services for Los Angeles County, 2020.



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