

HEART HEALTH IN LAKE COUNTY

What Our Community Told Us

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01

HEART HEALTH TOUCHES OUR FAMILIES

2 in 3 of us know it firsthand.

68%



of community members surveyed said they or someone they know needed heart-related care in the past year.

119.5



LAKE COUNTY

72.2



CALIFORNIA

1.7x

the statewide coronary heart disease death rate, the highest reliable county rate in California.

Age-adjusted deaths per 100,000 residents

2 in 5

adults here have been told they have high blood pressure



8.9%

of adults live with diagnosed coronary heart disease



Half

of our neighbors are covered by Medi-Cal



IN 2026, HEART-TO-HEART LISTENED

120

community members surveyed

44

providers surveyed

18

interview and group discussion participants

02

WHAT'S ALREADY WORKING FOR US

Trusted helpers live here.

Community health workers, community health representatives, and promotores are the people community members and providers alike say help us get heart care.

EVERY SOURCE IN THIS ASSESSMENT SUPPORTS THIS FINDING.

26%

We show up for each other. 1 in 4 surveyed community members helps a family member with heart-related needs.



Lake County Tribal Health Consortium gives its patients a home base for care where culturally responsive practice is standard.



Our local organizations already work together across systems on outreach and community events.

SOURCES

1. Heart-to-Heart Year 1 Cardiac Community Needs Assessment, 2026 (community member survey, provider survey, and provider interviews and group discussions). 2. California Department of Public Health, County Health Status Profiles 2025 (data years 2021 to 2023). <https://www.cdph.ca.gov/Programs/CHSI/Pages/County-Health-Status-Profiles.aspx> 3. CDC PLACES: Local Data for Better Health, 2025 release (data year 2023), <https://www.cdc.gov/places/index.html>; and CDC Behavioral Risk Factor Surveillance System (BRFSS), California, 2023, <https://www.cdc.gov/brfss/brfssprevalence/index.html> 4. California Department of Health Care Services, Medi-Cal certified eligibles, January 2026. <https://www.dhcs.ca.gov/dataandstats/statistics/Pages/Medi-Cal-Certified-Eligibles.aspx>

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03

WHAT GETS IN THE WAY

Community members and providers named the same barriers, in the same order.

1	Getting a ride	35%	COMMUNITY MEMBERS named transportation, the most common barrier	44%	PROVIDERS see it as the top reason referrals fall through
2	Getting an appointment	34%	COMMUNITY MEMBERS said appointments were hard to get	1 to 2 months	PROVIDERS AND COMMUNITY MEMBERS reported this wait for a first cardiology visit
3	Knowing what happens next	51%	PROVIDERS could not say what happens to a referral after it is placed	42%	PROVIDERS did not know how its status is tracked
4	Being understood	11 of 12	PROVIDER SESSIONS Mentioned language access and culturally responsive care shaped whether people use care.		
5	Being covered	6.9%	ALL RESIDENTS have no health insurance	22.1%	AMERICAN INDIAN OR ALASKA NATIVE RESIDENTS have no health insurance

Barriers 1 to 4 from the Heart-to-Heart community member survey, provider survey, and provider sessions.

04

WHAT WE'RE DOING TOGETHER

Heart-to-Heart begins implementation in October 2026, guided by what the community told us.

01	02	03	04
Community voices lead	More trusted helpers	Benefits you already have	Personal support through care
Community Advisory meetings bring residents and partners to the table to shape decisions. Six community discussion groups, three Tribal and three Latino, carry the conversation forward.	Community health workers and representatives train in cardiac prevention, screening, and referral. New hiring builds a bilingual, bicultural workforce with lived experience.	A cardiac service map and referral workflows show residents and providers what Medi-Cal already covers, including rides to appointments.	More Medi-Cal members will be connected with community health worker navigators at the Clearlake and Kelseyville clinics, with at least three encounters each month.

OUR BASELINE This assessment is our baseline. Together, we will see what changes.

SOURCES

- 1. Heart-to-Heart Year 1 Cardiac Community Needs Assessment, 2026 (community member survey, provider survey, and provider interviews and group discussions).
- 5. U.S. Census Bureau, American Community Survey, 2020 to 2024. <https://data.census.gov/>

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