

Building Healthy, Equitable Communities

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Get
Healthy
SAN MATEO COUNTY
gethealthysmc.org



A healthy history lesson

- **Collaborative:** Community based organizations, schools, cities, hospitals, and leaders
- **2004** launched by Supervisor Gibson to prevent childhood obesity and eliminate health disparities
- **2010** released strategies for improving food and physical activity
- **2015** released strategies to build healthy, equitable San Mateo County

The Health System touches people in many ways

Place and policy

- Environments facilitate health and opportunities (complete streets/housing)

Education

- Individual behavioral change (cooking demos, flyers, exercise classes)

Prevention Services

- Healthcare and other services (screenings, preventative care, early detection)

Treatment and Ongoing Support

- Healthcare, support and social services, medical transport

Building healthy, equitable communities for all

- **Mission:** Supports policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life
- **Vision:** GHSMC succeeds when all residents, regardless of income, race/ethnicity, age, ability, immigration status, sexual orientation, or gender have the opportunity to reach their full potential

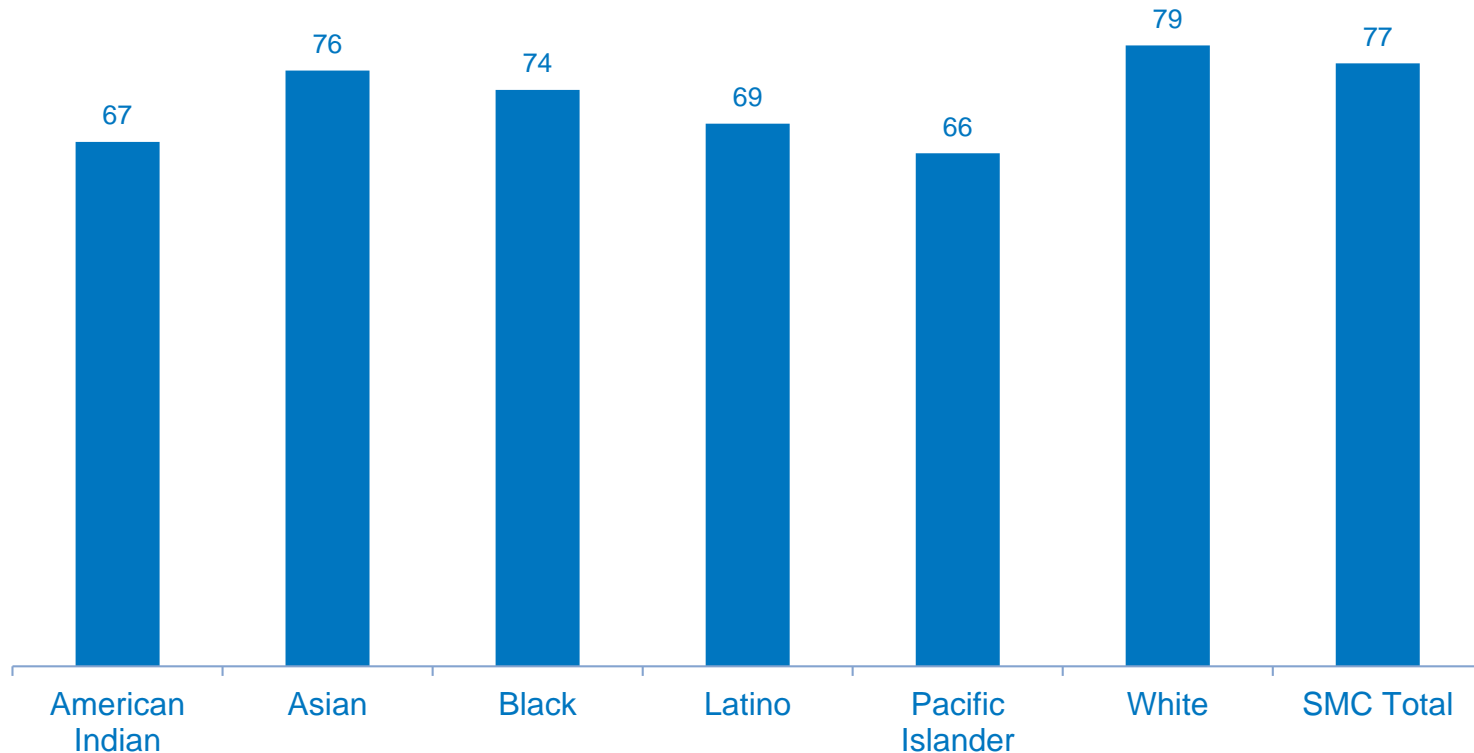
Health by the numbers

- **Obesity:** 77% of adults are overweight or obese
- **Diabetes:** 10% of adults have diabetes
- **Asthma:** 18% of adults have asthma – doubled in last 20 years
- **Physical Activity:**
2/3 youth fail to meet basic physical fitness standards



Those with less opportunity to be healthy have poorer health outcomes

Average Age of Death in San Mateo County (2016)



Framing our work

- Advancing health equity
- Place-based prevention
- Collaboration and partnership



Get Healthy SMC: Strategic Planning

- Building a community vision: 10 key components
- Community prioritization
- Review of local data
- Review of best practices locally, regionally and nationally

Envisioning a healthy, equitable communities

1. Healthy, stable and affordable housing
2. Complete neighborhoods and communities
3. High-quality education system
4. Thriving and inclusive economy
5. Healthy food access
6. Active transportation options
7. Safe and diverse public places, parks and open space
8. Sense of community
9. Clean environment
10. Community-based public services and infrastructure

Key Priorities

- **Stable and affordable housing** protects health and provides the ability to engage in healthy opportunities
- **Complete neighborhoods** make it easy for residents to be healthy everyday in their communities
- **High-quality education** in healthy places creates pathways to better health
- **A strong local economy** builds household financial security for all and promotes everyone's health

Putting goals into action

- Policy
- Planning
- Funding
- Research
- Capacity building/
leadership development
- Partnerships
- Communication



Thank you! Questions?

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