Building healthy, equitable communities for all

- **Collaborative**: Community based organizations, schools, cities, hospitals, and leaders
- **Mission**: Supports *policy change* to *prevent* diseases and ensure everyone has *equitable opportunities* to live a long and healthy life
- **Framework**: 1) Health Equity, 2) Collaboration, and 3) Place-based prevention
Where we fit into the Health System

**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
Health by the numbers

2\textsuperscript{nd} healthiest county in CA (2019 RWJF)

- one of the lowest rates of uninsured residents
- Very low-unemployment rates and well-educated population

• Low incidents of violent crimes
Health by the numbers

- **Obesity**: 53% of adults are overweight or obese

- **Diabetes**: 12% of adults have diabetes

- **Asthma**: 17% of adults have asthma – doubled in last 20 years

- **Physical Activity**: 61% 7th graders fail to meet basic physical fitness standards
Those with less opportunity to be healthy have poorer health outcomes

**Infant mortality (infant deaths per 1,000 births), 2014-2016**

- White infant mortality rate is significantly lower than Black, Multi-race, PI and Latinx.
- Life expectancy gap between Black and White is 6 years.
- Differences in health outcomes by race, income, place and education level.

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<table>
<thead>
<tr>
<th>Race</th>
<th>Infant Mortality Rate (per 1,000 births)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>1.5</td>
</tr>
<tr>
<td>Black</td>
<td>14.8</td>
</tr>
<tr>
<td>Asian</td>
<td>3.1</td>
</tr>
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<td>NHPI</td>
<td>4.3</td>
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<tr>
<td>Multi-race</td>
<td>20.9</td>
</tr>
<tr>
<td>Latinx/Hispanic</td>
<td>3.8</td>
</tr>
<tr>
<td>San Mateo...</td>
<td>3.3</td>
</tr>
</tbody>
</table>
Get Healthy SMC: Strategic Planning

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

• 4 key components prioritized by community
  – Healthy Housing
  – Healthy Neighborhoods
  – Healthy Schools
  – Healthy Economy
San Mateo County: Challenges
Housing Challenges

- From 2006 to 2016, average rent increased 93% for a 2-bedroom home and 96% for a 1-bedroom home.
- More than 52% of renter households countywide have unaffordable housing.
- 63% of workers commute in from other counties.

Healthy Housing: People who live in healthy, affordable housing live longer
Neighborhood Challenges

• 70% of workers drive alone to work.

• About 40% of bike and pedestrian collisions in the county occur within 1/4\textsuperscript{th} mile of a school.

• Impoverished neighborhoods often have less access to healthy and affordable food.

Healthy Neighborhoods: Make it easy to be healthy everyday
Economy Challenges

- Median household income in Atherton is more than $250,000, about 4 times that of East Palo Alto (about $52,000).
- Median household income for White and Asian households is almost double that of Black and Latino households.

Healthy Economy: People with higher incomes live longer
Healthy Schools: The more education someone has, the healthier they are.
Free/Reduced Price Meal Participation and 3rd Grade Reading Proficiency by School District, 2016-2017

- Free/Reduced Price Meals
- 3rd Grade Reading Proficiency

School Challenges
Civic Empowerment Challenges: Voting

- Under the new voting system voter turnout is increasing
- Communities with the highest health inequities still have the lowest voter turn out
- Voter turnout for youth of color is very low

November 2018 SMC Youth Voter Turnout by Race in SMC

<table>
<thead>
<tr>
<th>Race</th>
<th>All youth voters</th>
<th>All POC youth voters</th>
<th>African-American Registered</th>
<th>Asian Trunout</th>
<th>Latinx</th>
<th>Non-POC (White)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30,650</td>
<td>16196</td>
<td>12390</td>
<td>296</td>
<td>4366</td>
<td>7728</td>
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</tbody>
</table>
Implementation
How we work with partners.

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

- Monthly Newsletter
- Social Media
- Video Series
- Presentations
- Website
- Publications
- Contribution to regional efforts
Data Portal: Democratizing Data

- Interactive story maps
- 40 Indicators
- 3-dimensions of disaggregation
- City profiles 2018

www.GetHealthySMC.org/Data
Sample Initiatives and Projects

- School Wellness Alliance
- Safe Routes to School Equity Initiative
- Planning for Health
- Locally Sourced Food to Institutions
- Voting Matters Initiative
- Restorative Justice Practices
- EMS Corps pilot
- Garage Conversion Design and Streamlining
- Community Collaborative for Children’s Success
- **Research:** eviction and health literature review; collision hotspots; low-wage worker profile
Thank you! Questions?

Join our monthly newsletter: www.GetHealthySMC.org/joinus
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