Building Healthy, Equitable Communities

Belén Seara
Senior Community Health Planner

Outline

- Who we are
- Our alignment with your priorities:
  - housing stability,
  - economic opportunity,
  - civic representation
- Examples of work underway

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

- **Obesity**: 63% of adults are overweight or obese
- **Diabetes**: 12% of adults have diabetes
- **Asthma**: 19% 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

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
- 4 key components prioritized by community
  - Healthy Housing
  - Healthy Neighborhoods
  - Healthy Schools
  - Healthy Economy

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

Department of Housing Clients

- 64% of DOH adult clients are female
  - Total number of Adults = 6,996 adults (4,507 females; 2,489 males)
- 49% of minors are female
  - Total number of Minors = 2,697 children (1,311 female, 1,386 males)
- 81% of households with minor children are female headed*
  - Female head of households, with minor children: 1,131 households
  - Male head of households, with minor children: 264 households

**Head of household: one responsible for the household and ensuring that the household is meeting the rules of the program

10

Healthy Economy: People with higher incomes live longer

Economy Challenges

- Median household income in Atherton is more than $250,000, about 4 times that of East Palo Alto ($55,170).
- Median household income for White and Asian households is almost double that of Black and Latino households.
Gender Gaps

- **Median earnings** for SMC female residents is $10,000 less than male residents of working age
- **Self-sufficiency:** nearly 25% of SMC female full-time workers make less than $35,000/year (below self-sufficiency)
- **Poverty:** 17% of Black women and 16% of Latinx women live under the federal poverty line, compared to 5% of non-Hispanic White female residents
- **Health Risks:**
  - Children born to low-income women are more likely to face higher health risk factors throughout their lifespan
  - Women who are paid less than male counterparts are at higher risk for depression and anxiety

Who Decides the Future

- **Voting**
  - Communities with the highest health inequities have the lower voter turn out
  - Turnout for youth of color is very low
  - Turnout increased significantly between June and November 2018 (44% jumped to 72%)
- **Decisionmakers**
  - Pipelines for leadership

<table>
<thead>
<tr>
<th>Jurisdiction</th>
<th>Total Registered Voters</th>
<th>Total Voter Turnout</th>
<th>All ages POC and LI Turnout</th>
<th>Youth of color and LI Turnout</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Mateo County</td>
<td>388,298 (out of 771,410 ~ 50%)</td>
<td>44.64% (June 2018)</td>
<td>36% (19% 11% RNC 19%)</td>
<td>50% (15% 11% RNC 19%)</td>
</tr>
</tbody>
</table>

CA Women in 2018 Mid-term Elections (Legislature and Congress)

- 54 women elected
- 1 in 3 winning candidates were women
  - 2/3rd were men

Record number of women candidates and winners

- light: primary candidates
- Mid: general candidate
- Dark: winners

Calmatters.org
Youth Commission

• Pipeline for leadership in governance and beyond
• Youth Commissions on Commission on the Status of Women
  — Thank you Monique!
• 13 of 25 young women on youth commission
• Young Women’s Mentorship Night
  — Thank you for your participation!
• Recruit new members: https://www.smchealth.org/smcy
• Adult Allies

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
Examples of Implementation

• Housing:
  • Garage Conversion Design and Streamlining
  • Home for All Initiative: http://homeforallsmc.org/
  • Research: eviction and health literature review
• Economic Opportunity:
  • Anchor Institution: Internal Recruitment and Retention
  • Research: Low-wage worker profile
• Civic Engagement:
  • Voting Matters Initiative
  • Support engagement of impacted communities in decision-making
  • Track and post open Boards/Commission seats
  • Youth Commission

Community Collaboration for Children’s Success

• Concentrations of children in high-intensity County program
• Neighborhood-specific interventions
• Community- and data-informed interventions
• Trauma-informed planning approach

Community planning and engagement

• NFO, SSF, EPA, Daly City
• Over 700 youth and caregivers engaged
• Youth and community identify assets, barriers to success, and interventions
• 4 community plans and asset maps
• Direct possible investments for implementation
• Top issues (summary)
  – High cost of living
  – Mental health supports
  – Racial discrimination
  – Safety
  – Affordable childcare, early learning, after and summer care
  – Access to services and supports

Upcoming CCCS meeting dates

Daly City Neighborhood Leadership Group Meetings

NLG #2 Monday, March 25th, 5:30-8pm
NLG #3 Monday, April 29th, 5:30-8pm
NLG #4 Monday, May 13th, 5:30-8pm
All meetings at Cafe Doelger (inside the Doelger Senior Center) 101 Lake Merced Blvd, Daly City (in Westlake Park)

East Palo Alto Neighborhood Leadership Group Meetings

NLG #2 Tuesday, March 12th, 5:30-8pm
NLG #3 Tuesday, April 23rd, 5:30-8pm
NLG #4 May, TBD
All meetings at Muhammad Ali Center 2526 Pulgas Avenue, East Palo Alto
Thank you! Questions?

Join our monthly newsletter:
www.GetHealthySMC.org/joinus
Or on social media:
www.facebook.com/GetHealthySMC
www.Twitter.com/GetHealthySMC