

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

2

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

3

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



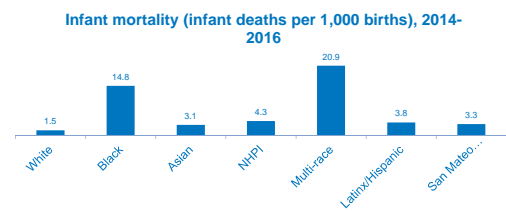
- **Obesity:** 63% of adults are overweight or obese
- **Diabetes:** 12% of adults have diabetes
- **Asthma:** 19% of adults have asthma – doubled in last 20 years
- **Physical Activity:** 61% 7th graders fail to meet basic physical fitness standards



5

Those with less opportunity to be healthy have poorer health outcomes

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



Race/Ethnicity	Infant Mortality Rate (per 1,000 births)
White	1.5
Black	14.8
Asian	3.1
NHPI	4.3
Multi-race	20.9
Latino/Hispanic	3.8
San Mateo...	3.3

- 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

6

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

7



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.

9

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

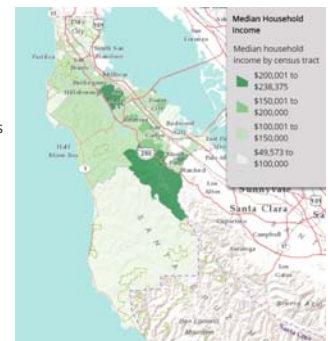
** Head of household: one responsible for the household and ensuring that the household is meeting the rules of the program

10



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.



12

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

13



Who Decides the Future

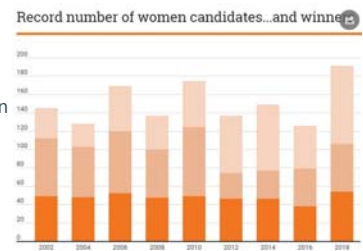


- **Voting**
 - Communities with the highest health inequities have the lower voter turn out
 - Turnout for youth of color is very low
 - Turnout increased significantly between June and November 2018 (44% jumped to 72%)
- **Decisionmakers**
 - Pipelines for leadership

Jurisdictions	Total Registered Voters	Total Voter Turnout	All ages POC and LI Turnout	Youth of color and LI ^ Turnout
San Mateo County	388,298 (out of 771,410 – 50%)	44.34% (June 2018) 72% (Nov 2018)	36%	18% (EPA 11%; RWC 19%)

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

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



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

Calmatters.org

16

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/smcyc>
- Adult Allies

17



Education & Engagement

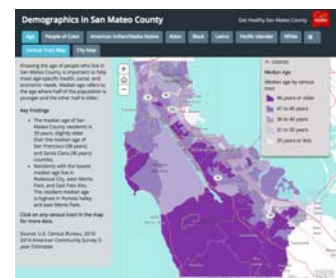


- Monthly Newsletter
- Social Media
- Video Series
- Presentations
- Website
- Publications
- Contribution to regional efforts

19

Data Portal: Democratizing Data

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



20

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

21

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 23th, 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