Building Healthy, Equitable Communities

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Get Healthy Framework

Building healthy, equitable communities to make the healthy choice the easy choice for all
Defining Health

• Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

  ~World Health Organization

Concepts excerpted from Prevention Institute's Health Equity and Prevention Primer, and The Public Health Approach to Eliminating Disparities in Health by David Satcher.
Place & Equity
Healthy Communities

- Housing is Affordable
- Parks, Trees, Green Space
- Grocery Stores
- Banks
- Good Performing Schools
- Walkable Environments
- Sense of Safety and Security
- Economically Vibrant
- Engaged Community

Unhealthy Communities

- Fast Food Restaurants
- Housing is unaffordable
- Liquor Stores
- Unsafe/Limited Parks
- Poor Performing Schools
- Pollution and Toxic Sites
- Limited Public Transit
- Poor Child Care & After School Programs
- Check-cashing Institutions
- Communities Marginalized from Decision-making

Good Health Status

- Contributed to health disparities:
  - Obesity
  - Diabetes
  - Asthma
  - Infant mortality
  - Shorter lives

Poor Health Status
Health Connections

HOUSING
• Physical Conditions
• Neighborhood Conditions
• Affordability
• Displacement
• Congestion, traffic, air pollution

TRANSPORTATION
• Access
• Physical Activity
• Air Pollution
• Safety
San Mateo County
Asthma & Diabetes Hospitalizations

Rate of Asthma Hospitalizations by Zip Code
San Mateo County, 2011-2013

Rate of Diabetes Hospitalizations by Zip Code
San Mateo County, 2011-2013

Source: Office of Statewide Health Planning and Development, Patient Discharge Data
Note: Crude rates for hospitalizations were used for this map
<table>
<thead>
<tr>
<th>City</th>
<th>Average Age of Death</th>
<th>Median HH Income</th>
<th>White Alone</th>
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<tr>
<td>Atherton</td>
<td>80.6</td>
<td>240K</td>
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<tr>
<td>Belmont</td>
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<td>237K</td>
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<td>Half Moon Bay</td>
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<td>99K</td>
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<td>East Palo Alto</td>
<td>61.8</td>
<td>50K</td>
<td>6%</td>
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Source: California Statistical Master Files Death Data, 2010; Office of Statewide Health Planning and Development
Housing Crisis

- 50% increase in rent for a 2-bedroom in 4 years
- 45% of renters spend more than 30% of their income on rent and 21% spend more than 50% of their income on rent
- 6 low-income workers per unit affordable to them
- 60% of jobs over the next 10 years expected to pay less than $50,000
Overcrowding among Renters

Overcrowding in San Mateo County, 2013

- East Palo Alto: 29%
- North Fair Oaks: 25%
- Pescadero: 22%
- Daly City: 13%
- San Mateo County: 7%

Note: Overcrowding refers to households with more than one person per room.

Source: U.S. Census Bureau, 2008-2012 American Community Survey 5-year Estimates, 2009-2013 American Community Survey 5-year Estimates
Commuters’ Residence

County of Residence for San Mateo County Workers, 2010

- San Mateo, 40%
- San Francisco, 12%
- Santa Clara, 13%
- Alameda, 13%
- Contra Costa, 5%
- Other, 17%

Source: The Bay Area Council Economic Institute, Labor Supply and Commute Patterns in San Mateo County
What do we need?

- Housing Stability and Affordability
  - Protection, Preservation, Production, Participation
- Increased Density
- Public Transportation Options
- Increased Safe Walk/Bike Infrastructure/Design
What’s underway?

- Coalitions and community organizing
- Real discourse on housing crisis
- Attention to innovative street design and traffic calming
Thanks!
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