We Cannot Do It Alone: Advocacy and Partnership in Addressing Health Disparities

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Behavioral Health and Recovery Services
San Mateo County Health System
How does United States life expectancy compare to other countries?

A. In the top 5
B. # 1
C. 29th Place
D. 15th Place
Do You Know?

How much does the United States spend per person on health care compared to the average of all other industrialized countries?

A. 2.5 X as much
B. The Same
C. 75% the average
D. 4 X as much
In the United States, which is the single best predictor of one’s health?

A. Whether or not you smoke
B. What you eat
C. Whether or not you are wealthy
D. Whether or not you have health insurance
What is a Health Disparity?

“Health disparities describe the disproportionate burden of disease, disability and death among a particular population or group when compared to the proportion of the population”

Washington State Board of Health
What is a Health Disparity?

“...differences in health status among distinct segments of the population including differences that occur by gender, race or ethnicity, education or income, disability and geographic location”

North Carolina 2010 Health Objectives
Health Disparity in Short...

- We see TRENDS in mortality (death) rates
- We see TRENDS in morbidity (disease) rates
- These trends ALMOST ALWAYS follow a PATTERN
- These trends are consistent OVER TIME
San Mateo County Demographics

- 22 Cities
- About 725,000 residents
  - 23% Hispanic/Latino
  - 48% White
  - 23% Asian/PI
  - 3% African American
- Median Home Value $750K+
- Median Family Income $113K+
$190,000 Household Income
$1 million Median Home Value (Owner Occupied)
2% Poverty Rate
29% People of Color

$45,000 Household Income
$302,000 Median Home Value (Owner Occupied)
16% Poverty Rate
73% People of Color

Population 36 million

Population 725,000
San Mateo County Data Tells Us…

Much of the Population is Very Healthy … BUT significant Disparities Exist

INCOME * RACE * PLACE
Mortality: Income and Place

Higher Concentrations of Poverty = Lower Life Expectancy

Bay Area Life Expectancy For All Nine Counties

Data from 1999-2001
Life expectancy conforms to the SOCIAL GRADIENT – the more income and wealth people have, the more likely they are to live longer, while people with less income and wealth can expect to live comparatively shorter lives.

-- Nancy Krieger, Harvard SPH
Mortality: Race, Income and Place

Regardless of Concentration of Poverty, Death Rates follow Race
Morbidity: Key Health Outcomes

Percentage

- Obese: 25.2%
- Diabetic: 8.2%
- Depression: 18.8%
- Fair/Poor Health: 12.1%

Categories:
- <200% FPL
- 200-400% FPL
- >400% FPL
Morbidity: Key Health Outcomes

![Morbidity Chart]

- African American
- Hispanic
- Asian/PI
- White

- Obese
- Diabetic
- Depression
- Fair/Poor Health

Percentage

0.0% 5.0% 10.0% 15.0% 20.0% 25.0% 30.0% 35.0% 40.0%
5, 7, 9th Graders Overweight

- Redwood City (31%)
- Daly City (31%)
- South San Francisco (32%)
- East Palo Alto (28%)
- Pacifica (25%)

- San Mateo County Average 22%
The Composition of Health

Influenced by
• Race/ethnicity
• Where you live
• Income
• Education attainment

<table>
<thead>
<tr>
<th>Genetics</th>
<th>Behaviors</th>
<th>Social and Physical Environments</th>
<th>Health Care</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>15%</td>
<td>5%</td>
<td>20%</td>
<td>40%</td>
</tr>
</tbody>
</table>
Environments and Behaviors

*Social and Physical Environments:* Education Systems, Discrimination, Neighborhood Cohesion, Income/Wealth, Toxics

*Behaviors:* The Choices Individuals Make are Shaped By the Choices They Have
Access to Fresh Fruits and Vegetables

- Excellent: 54%
- Very Good: 23%
- Good: 17%
- Fair: 5%
- Poor: 1%

Legend:
- Excellent
- Very Good
- Good
- Fair
- Poor
Access to Fresh Fruits and Veggies Fair/Poor

<table>
<thead>
<tr>
<th>Population</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>&lt;200% FPL</td>
<td>22.2</td>
</tr>
<tr>
<td>200-400% FPL</td>
<td>10.5</td>
</tr>
<tr>
<td>&gt;400% FPL</td>
<td>2.5</td>
</tr>
<tr>
<td>African American</td>
<td>6.5%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>14</td>
</tr>
<tr>
<td>Asian/PI</td>
<td>12.5</td>
</tr>
<tr>
<td>White</td>
<td>6.6</td>
</tr>
<tr>
<td>Other</td>
<td>1.8</td>
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</tbody>
</table>
Access to Parks, Playgrounds and Recreation Facilitates

- Excellent: 40%
- Very Good: 26%
- Good: 25%
- Fair: 7%
- Poor: 2%

Legend:
- Excellent
- Very Good
- Good
- Fair
- Poor
Access to Parks, Playgrounds and Recreation Facilitates Fair/Poor

<table>
<thead>
<tr>
<th>Percentage</th>
<th>&lt;200% FPL</th>
<th>200-400% FPL</th>
<th>&gt;400% FPL</th>
<th>African American</th>
<th>Hispanic</th>
<th>Asian/PI</th>
<th>White</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>20.5</td>
<td>12.5</td>
<td>5.5</td>
<td>24.1</td>
<td>18.5</td>
<td>8.4</td>
<td>4.8</td>
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<tr>
<td></td>
<td>8.8%</td>
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Percentages are displayed for different income levels and ethnic groups, showing disparities in access to parks, playgrounds, and recreation facilities.
Community Rating of Neighborhood Safety

- Excellent: 64%
- Good: 24%
- Fair/Poor: 12%
Fair/Poor Neighborhood Safety

- <200% FPL
- 200-400% FPL
- >400% FPL
- African American
- Hispanic
- Asian/PI
- White

Percentage

- 11.5%
Reported Fair/Poor by Place

- Neighborhood Safety
- Access to Parks/Playgrounds
- Fresh Fruits and Vegetables

<table>
<thead>
<tr>
<th>Place</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>South</td>
<td></td>
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<tr>
<td>North</td>
<td></td>
</tr>
<tr>
<td>Coast</td>
<td></td>
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<tr>
<td>Mid-Co</td>
<td></td>
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Experienced Physical Symptoms Due to Treatment Based on Race

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Daily/Constantly</td>
<td></td>
</tr>
<tr>
<td>Weekly</td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
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</tbody>
</table>

African American: 26.2%
Hispanic: 19.2%
Asian/Pacific Islander: 10.6%
White: 9%

Total:
- 10.6% Asian
- 26.2% African American
- 19.2% Hispanic

SMC Average is 9%
Felt Upset, Angry or Frustrated Due to Treatment Based on Race

![Graph showing frequency of felt upset, angry or frustrated by race and frequency of treatment. The graph includes data for African American, Hispanic, Asian/PI, and White individuals. The x-axis represents frequency (Daily/Constantly, Weekly, Monthly), and the y-axis represents percentage.]
People in Atherton and Portola Valley live 83-85 years

People in East Palo Alto, Brisbane and North Fair Oaks live 77-79 years

Every $10,000 in Household Income = 6 month of life
### Basic Indicators of San Mateo and Daly City

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Daly City</th>
<th>San Mateo</th>
<th>Ratio (DC / SM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>100,882</td>
<td>91,768</td>
<td>1.1</td>
</tr>
<tr>
<td>Per Captia Income</td>
<td>$29,200</td>
<td>$65,500</td>
<td>0.4</td>
</tr>
<tr>
<td>RFEI: Ratio of Counter Service Restaurants to Stores Offering Fresh Fruits and Vegetables</td>
<td>3.9</td>
<td>3.6</td>
<td>1.1</td>
</tr>
</tbody>
</table>
Residents of Daly City, compared to residents of San Mateo are:

- 20% more likely to be hospitalized for heart disease
- 30% more likely to die from heart disease
- 10% more likely to be hospitalized for diabetes
- 80% more likely to contract active tuberculosis
- 50% more likely to contract Chlamydia
Resources

- BARHII – Bay Area Health Inequities Initiative
- San Mateo County Health Policy and Planning
- Unnatural Causes: Is Inequality Making Us Sick?