



SAN MATEO COUNTY HEALTH

**PUBLIC HEALTH,
POLICY & PLANNING**

Community Health Assessment (CHA) Community Forum

September 20, 2023

Housekeeping

- Please silence phones
- Restrooms
- Wifi:
 - Login: Senior Guest
 - Password: coastsiders
- Photo notice
- Masks

- **Meeting materials:**
 - Reflection of Health Needs
 - Presentation
 - CHA Data Summaries
 - CHA Evaluation
 - SMC Health Resources

Agenda

Estimated Time	Activity
5:00-5:25	Dinner and Reflection on Health Needs
5:25-5:40	Welcome, Opening, and Acknowledgments
5:40-6:25	CHA Data Presentation with Q&A
6:25-6:40	Dessert Break
6:40-7:15	Health Needs Discussion
7:15-7:30	Closing and Next Steps

Welcome

Lisa Lopez Rossi, Vice Chair



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Senior Coastsiders

- Senior Coastsiders continues to focus on providing programs and services for all seniors 55 and over and adults with disabilities. The organization also serves as a resource for the entire local community for information on aging, support of caregivers, and development of innovative approaches to address issues of aging.
-

Opening

Tamarra Jones, DrPH
Interim Director of Public Health, Policy & Planning



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Land Acknowledgment

We honor and affirm the rights of the Ohlone People and the other Indigenous Peoples who call the unceded territories of the San Francisco Bay Area their traditional homeland.



Image: Depiction of Pruristac, a Ramaytush village in what is now Pacifica, by Amy Hosa & Linda Yamane, 2019



Goals for the CHA/CHIP Process

1. Develop and improve engagement with community members to identify and guide health priorities
2. Establish a meaningful partnership with community for strategic planning and shared decision-making
3. Co-develop an actionable strategic plan that will lead to improved health outcomes





Goals for the CHA Community Forum

1. Highlight health status of San Mateo County (SMC)
2. Get feedback on SMC health data and what might be missing in the data
3. Identify health needs in the community

Acknowledgments

This work is not possible without the hard work and collaboration between PHPP and the following:

- BACHAC
- Coastside Hope
- Conduent
- El Concilio
- HealthWays
- One East Palo Alto
- San Mateo County Pride Center
- Senior Coastsiders



BAY AREA
Community Health
Advisory Council



Coastside Hope
Neighbors Helping Neighbors



One East Palo Alto
Neighborhood Improvement Initiative



Group Agreements from Cultural Humility

- Listen as if the speaker is wise; listen to understand
- Practice “I” statements when speaking
- Okay to respectfully disagree
- Take risks, ask questions
- No pressure to speak
- Be disciplined about not making assumptions
- No blaming, no shaming
- Confidentiality, if stories are shared
- Voices, thoughts, ideas, experiences welcome
- Pay attention to what moves you: use oops and ouch



Social Equity Project

Bay Area Community Health Advisory Council (BACHAC)



Social Health Equity Project



- Review of common themes and trends across reports
- Provide policy recommendations for transformational change

Dignity Health
Sequoia Hospital



21 interviews
Community survey

Kaiser Permanente
Redwood City
Medical Center



100 core indicators
14 key informant interviews

Kaiser Permanente
South San
Francisco Medical
Center



100 core indicators
12 key informant interviews

Stanford
Children's &
Stanford Health
Care



250 health indicators
15 key informant interviews
8 focus groups

Sutter Health Mills
Peninsula Medical
Center



250 health indicators
8 key informant interviews
7 focus groups

Prioritized Community Health Needs



Mental/Behavioral Health

Includes trauma, anxiety, depression, frequent mental distress and suicidal ideation as well as consequences such as substance use and domestic violence.



Income & Employment/ Economic Stability

Includes income inequality, access to jobs, education, food security and ability to improve your economic circumstance.



Housing and homelessness

Includes housing costs, homeownership affordability, overcrowding, as well as prevention of homelessness and out-migration.



Access to Care

Includes a lack of health insurance coverage, lack of access to medical care, oral health as well as barriers such as language, transportation, and racism.



Summary of CHA/CHNA Data

Office of Epidemiology & Evaluation

Aracely Tamayo, MSW MPH PhD, Supervising Epidemiologist

Corina Chung, MS, Supervising Epidemiologist



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CHA - Identifying SMC Health Needs

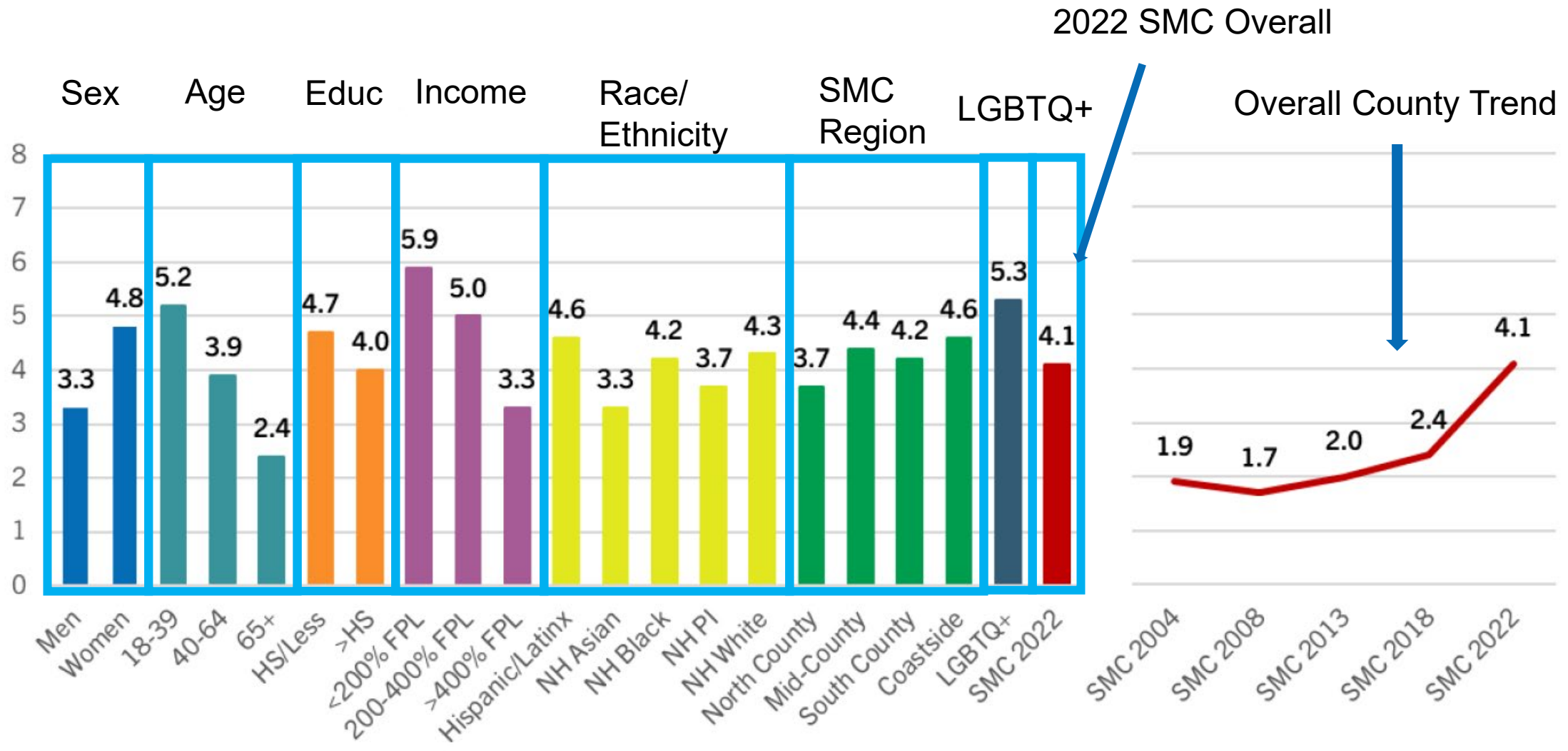
- **To provide comprehensive information about the county's current health status and needs for:**
 - San Mateo County Health divisions and county departments, community-based organizations, other stakeholders.
- Opportunity to understand the lives and needs of San Mateo residents through:
 - Health and quality of life (HQoL) survey indicators and other secondary data sources contained in the SMC Health CHNA report.
 - **Gathering community perspectives and priorities** (Community Forums)

CHA Primary Data Source

- 2022 Health and Quality of Life Survey (HQoL)
 - Measures of physical and mental well-being, health risk behaviors, and quality of life indicators (housing, financial situation)
 - Administered to adults every 3-5 years since 1998
 - 3,053 Residents responded to the survey in 2022
 - Communities we needed to reach and represent:
 - African-American/Black
 - Pacific Islanders
 - Latinos
 - Low-income
 - Coastside
 - LGBTQ+



HQOL – Available REPORT Breakouts



Approach in Evaluating the Data

- Focus on current health or health-related areas of concern:
 - Concerning high, low numbers, or percents in the HQoL data
 - Worsening trends over time in the HQoL data
 - Identified as a health needs and priority areas in SMC hospital needs assessments



Approach in Evaluating the Data

- Focus on identified Equity Priority Communities:
 - Geographic areas determined through the Healthy Places Index (HPI)
 - Populations who have historically, during the COVID-19 pandemic, and currently experience biggest health and social disparities in the county

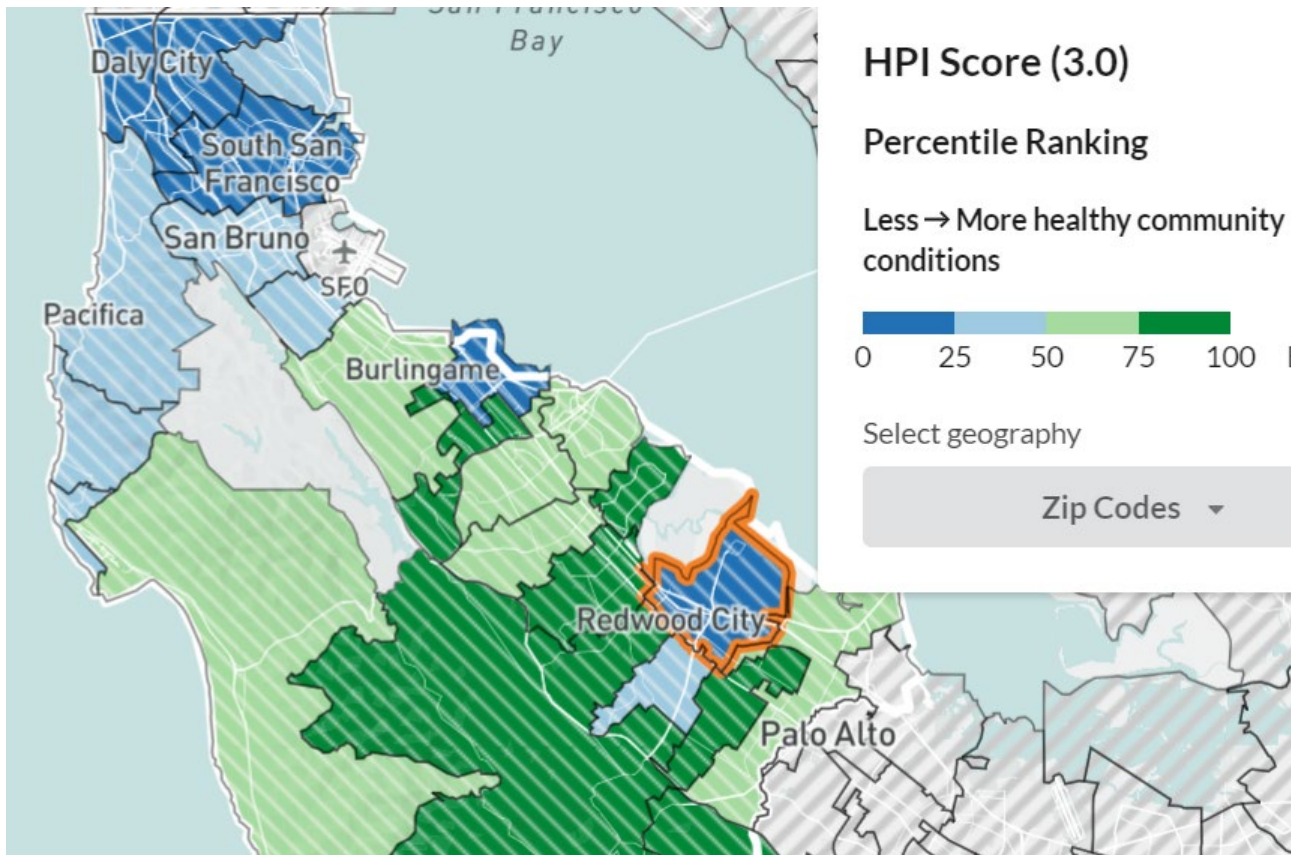
Healthy Places Index (HPI)



California Healthy Places Index



Public Health Alliance
OF SOUTHERN CALIFORNIA



- HPI maps data on social conditions that drive health.
- <https://www.healthyplacesindex.org/>



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Journey Towards Healthy and Productive Lives is Different for Demographic Groups and Areas within SMC



Healthy and
Productive
Lives

Equity Priority Communities

- Communities and geographic areas of county that experience the biggest health and social disparities:
 - Younger adults
 - Black, Latino, Pacific Islanders communities
 - Those with a high school education or less
 - Those who have a low-income individuals
 - LGBTQ+ community
 - Zip codes with the lowest Healthy Places Index scores (least healthy conditions)
 - Daly City/Colma (94014), East Palo Alto (94303), North Fair Oaks (94063), San Mateo (94401)
- ***Ideally, the needs of these communities should be an area of focus during the community health improvement process.***



Key Health Issues

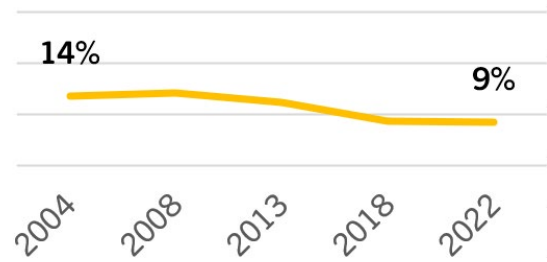
- Social Determinants of Health (SDOH)
- Mental Health/Adverse Childhood Experiences (ACEs)
- Substance Use
- Chronic Disease



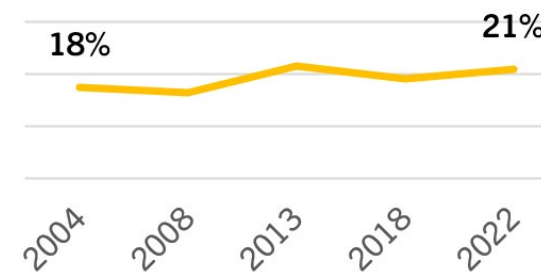
Social Determinants of Health

Trends

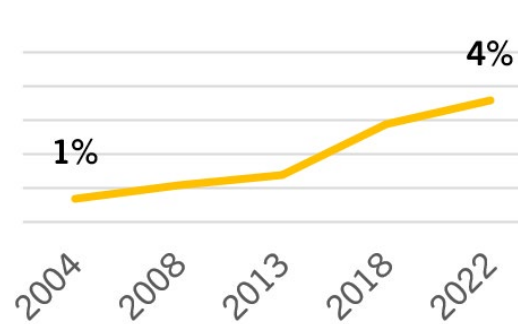
No health insurance



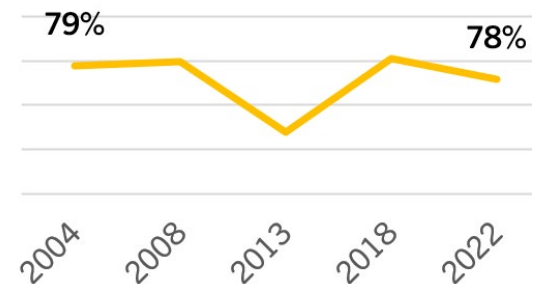
Fair/poor personal finances



Homelessness



Rated affordable housing availability as fair/poor



Food insecurity







































San Mateo County overall

- **Homelessness increased** from 1% in 2004 to 4% in 2022.
- **Food insecurity increased** from 2% in 2004 to 5% in 2022.
- Health insurance coverage and personal finances improved overall from 2004 to 2022.

Social Determinants of Health

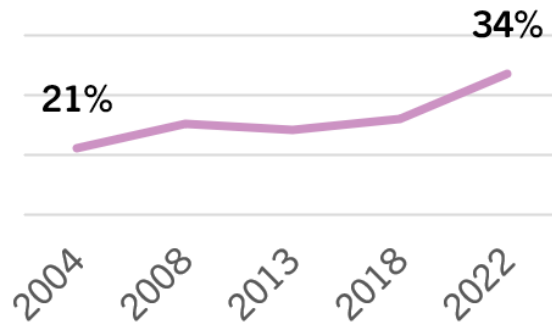
Health Inequities

-  = worse than county overall
-  = worst of all communities

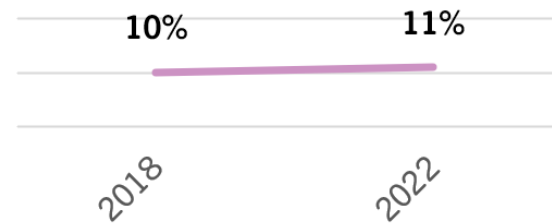
	Health Insurance	Personal Finances	Homelessness	Affordable Housing	Food Insecurity
18-39 years old					
Black					
Latino					
Pacific Islander					
HS edu or less					
Low income					
LGBTQ+					
DC/Colma (94014)					
San Mateo (94401)					
NFO (94063)					
EPA (94303)					

Trends

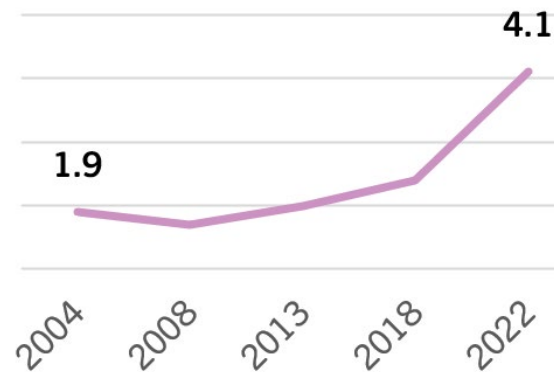
Depression



Affected by racism





Average # of poor mental health days














San Mateo County overall

- **Depression increased** from 21% in 2004 to 34% in 2022.
- **Average number of poor mental health days increased** from 1.9 in 2004 to 4.1 in 2022.
- Individuals emotionally **affected by racism slightly increased** from 10% in 2018 to 11% in 2022.

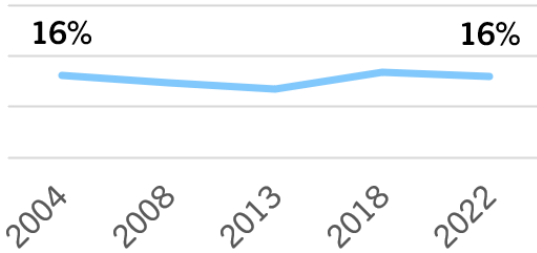
Health Inequities

-  = worse than county overall
-  = worst of all communities

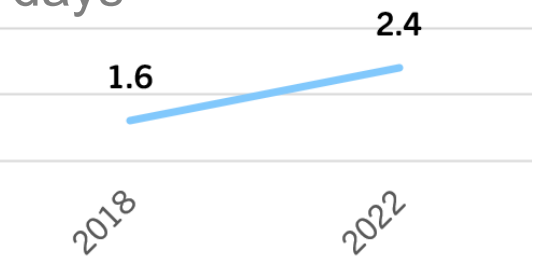
	Depression	Average # of Poor Mental Health Days	Affected by Racism	Adverse Childhood Experiences
18-39 years old				
Black				
Latino				
Pacific Islander				
HS edu or less				
Low income				
LGBTQ+				
DC/Colma (94014)				
San Mateo (94401)				
NFO (94063)				
EPA (94303)				

Trends

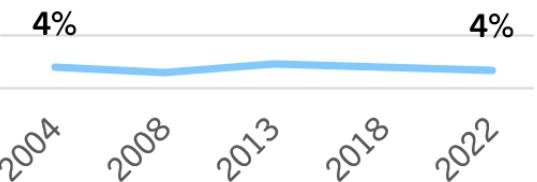
Binge drinking



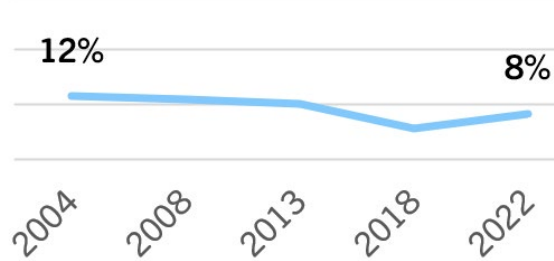
days used marijuana in last 30 days



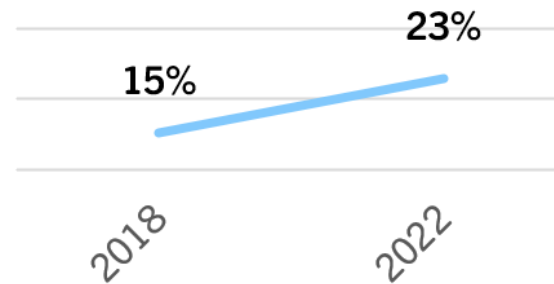
Illegal drug use



Cigarette smoking



Vaping










































San Mateo County overall

- Average number of days **marijuana** was used in the last 30 days **increased** from 1.6 in 2018 to 2.4 in 2022.
- **Vaping increased** from 15% in 2018 to 23% in 2022.
- Binge drinking and illegal drug use remained steady and cigarette smoking decreased from 2004 to 2022.

Substance Use

Health Inequities

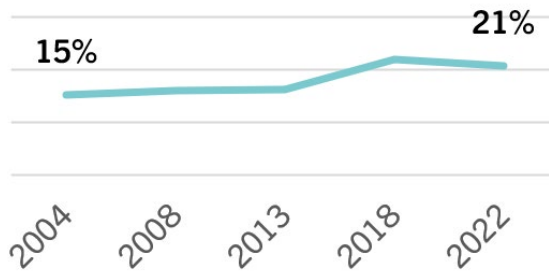
-  = worse than county overall
-  = worst of all communities

	Binge Drinking	Cigarette Smoking	Marijuana Use	Vaping	Illegal Drug Use
18-39 years old					
Black					
Latino					
Pacific Islander					
HS edu or less					
Low income					
LGBTQ+					
DC/Colma (94014)					
San Mateo (94401)					
NFO (94063)					
EPA (94303)					

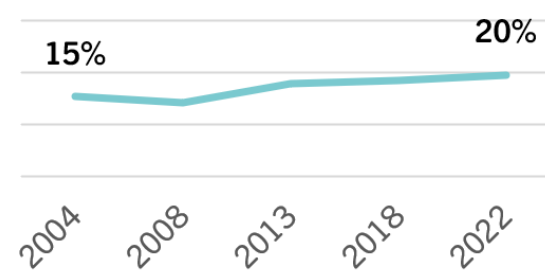
Chronic Disease

Trends

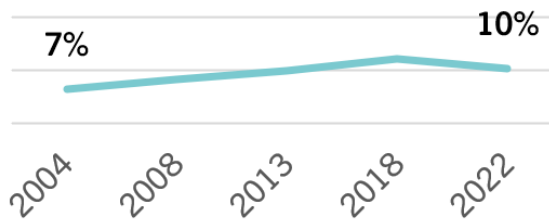
Arthritis



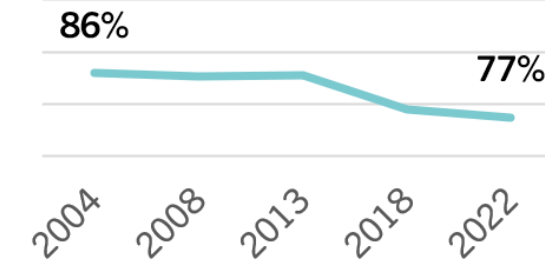
Asthma



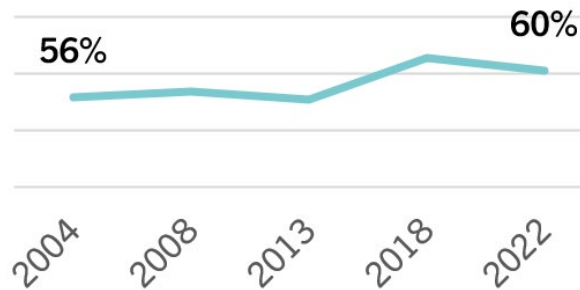
Diabetes



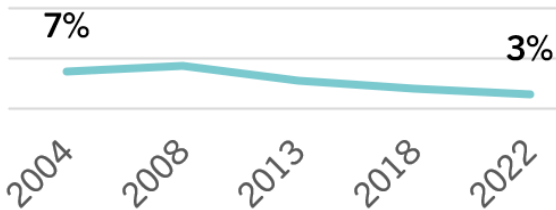
Cardiovascular risk



Overweight/obese





Healthy behaviors













































- San Mateo County overall
- Percentages of **arthritis**, **asthma**, **diabetes**, and **overweight/obesity** have **all increased** from 2004 to 2022.
 - Percentages of individuals exhibiting **healthy behaviors** has **decreased** from 7% in 2004 to 3% in 2022.

Chronic Disease

Health Inequities

-  = worse than county overall
-  = worst of all communities

	Arthritis	Asthma	Diabetes	Cardiovascular Risk	Overweight/ Obese	Healthy Behaviors
18-39 years old						
Black						
Latino						
Pacific Islander						
HS edu or less						
Low income						
LGBTQ+						
DC/Colma (94014)						
San Mateo (94401)						
NFO (94063)						
EPA (94303)						

Older adults

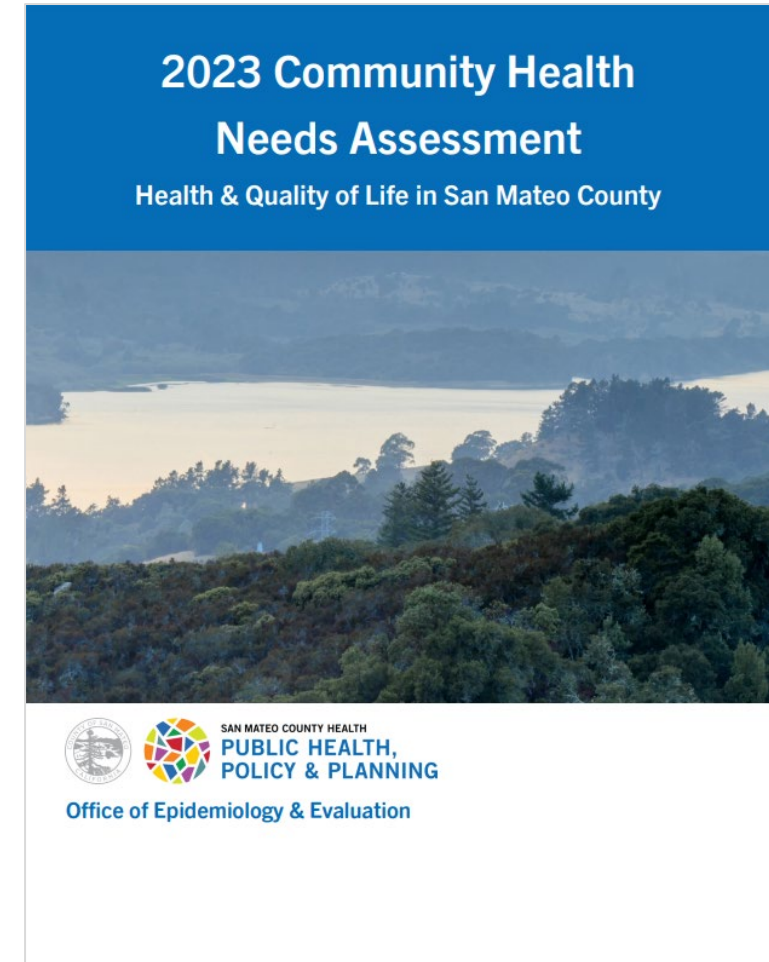
Worse than county overall	Better than county overall
<ul style="list-style-type: none">• Food insecurity• Arthritis• Diabetes• Cardiovascular risk	<ul style="list-style-type: none">• Health insurance• Personal finances• Homelessness• Depression• Average # of poor mental health days• Affected by racism• Adverse childhood experiences (ACEs)• Binge drinking• Cigarette smoking• Marijuana use• Vaping• Illegal drug use

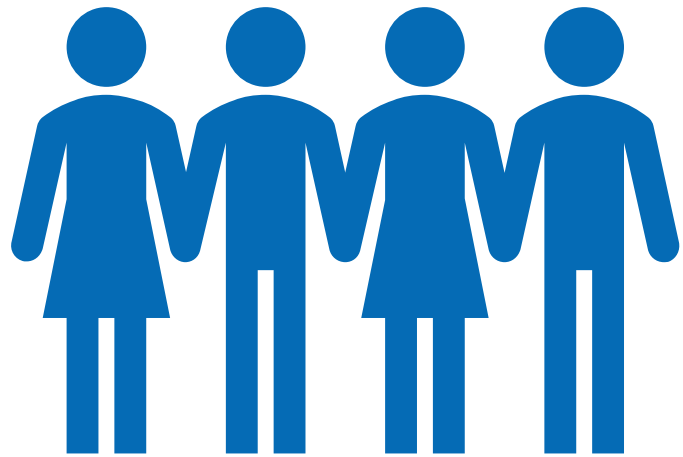
Coastside

Worse than county overall	Better than county overall
<ul style="list-style-type: none">• Affordable housing• Average # of poor mental health days• Adverse childhood experiences (ACEs)• Marijuana• Cardiovascular risk• Overweight/obese	<ul style="list-style-type: none">• Health insurance• Food insecurity• Cigarette smoking• Diabetes

Additional Health Data

- 2023 Community Health Needs Assessment
https://www.smcalltogetherbetter.org/content/sites/sanmateo/Reports/SMC_CHNA_2023.pdf
- San Mateo County All Together Better (SMCATB) Data Portal
<https://www.smcalltogetherbetter.org/>
- Future work from Office of Epidemiology & Evaluation:
 - Topic- and community-specific reports
 - HQoL data added to SMCATB data portal with multiple geographies and various breakdowns





How does the data reflect your experience? Is anything missing from the data?

Dessert Break



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Health Needs Discussion

Tamarra Jones, DrPH
Interim Director of Public Health, Policy & Planning



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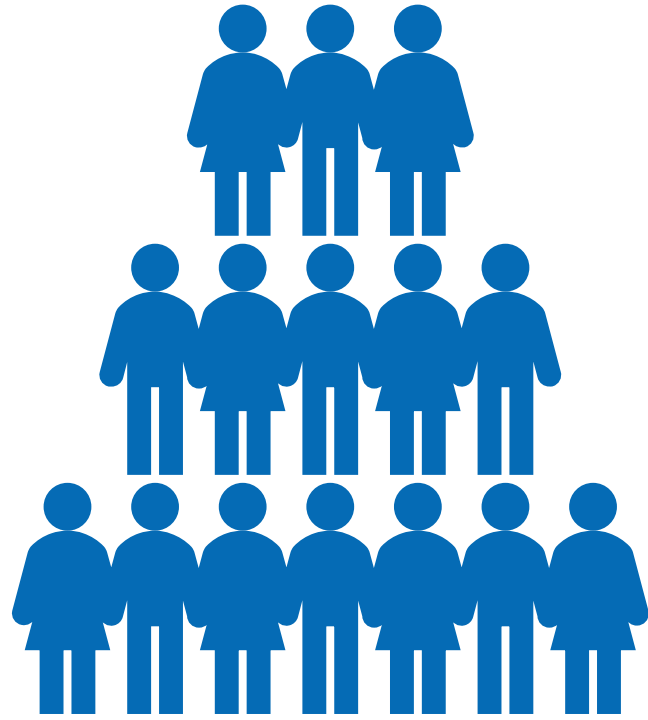
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Background for Discussion

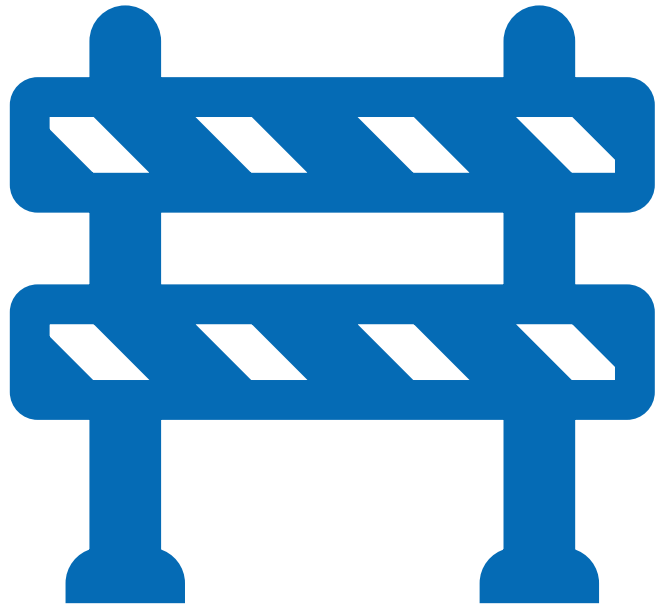
- Personal reflection on health needs
- Reflection on the data shared
- Group discussion
 - Share as much or as little as you feel comfortable sharing
 - We will note your responses, but no names will be shared
 - Please respect the opinions of others
 - We want various points of view
 - There are no right or wrong answers



What do you think is the top health-related problem that people are facing in your community that you would change or improve?



Are there groups
in your
community that
experience the
health issue
differently? How?



What are the barriers that make it harder to address the health issue?



What types of things can make it easier for people in your community to be healthy?

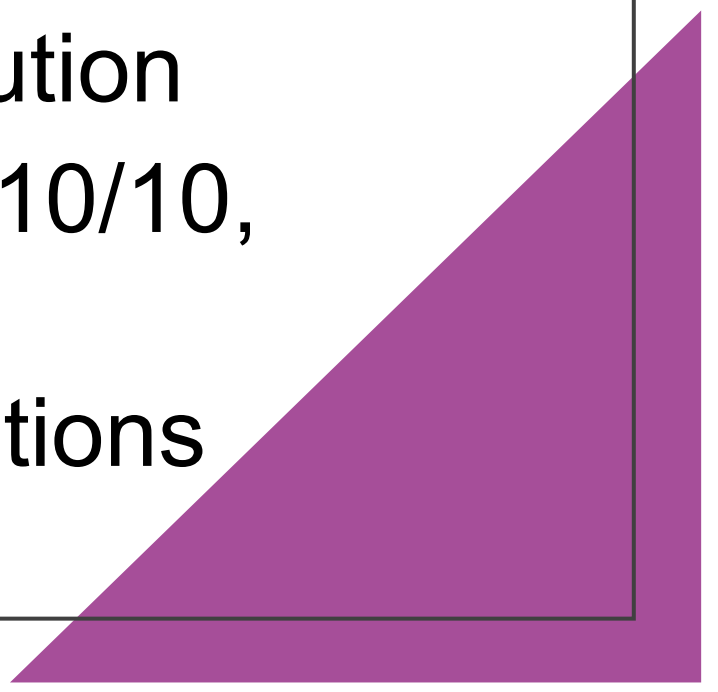
Next Steps



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Next Steps Summary

- Complete evaluation (paper form or on-line)
 - Leave Reflection and Community Discussion handouts on the table (optional)
 - Community member gift card distribution
 - Additional CHA Forums: 9/24, 10/2, 10/10, 10/11
 - Compile priority health recommendations from all CHA Forums
- 

Next Steps Summary

- Community Health Improvement Plan (CHIP)
 - Kick-off meeting (virtual):
 - Wednesday: 11/1
 - 5:00-7:00pm
 - Determine top three health priorities
 - Conduct workshops for each priority identified to develop goals/strategies addressing priorities
 - Finalize CHIP



Thank you!



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