San Mateo County Demographics

Based on 2010 Census Data—one race only (excludes mixed-race) Total San Mateo County Population: 718,451

| Asian Subgroups | % (of SMC Population) | # Residents | Change from 2000 |
|-----------------|-----------------------|-------------|------------------|
| Total Asian | 24.8% | 178,118 | 26% |
| Filipino | 9.8% 70,191 | | 19% |
| Chinese | 9.0% | 64,796 | 32% |
| Asian Indian | 1.9% | 13,486 | 28% |
| Other Asian | 1.7% | 11,878 | 82% |
| Japanese | 1.2% | 8,779 | -10% |
| Korean | 0.8% | 5,496 | 20% |
| Vietnamese | 0.5% | 3,492 | 51% |

- ⇒ Approximately 60% of Chinese Population are foreign born
- ⇒ 42% of SMC residents, age 5 and over, who speak an Asian or Pacific Islander Language, speak English less then "very well"

Cities with the highest #/% Chinese residents (of total Chinese population 64,796)

Daly City: 15,615/25%
 San Mateo: 7,778/12%

3. South San Francisco: 6,965/11%

Foster City: 6,467/10%
 Millbrae: 6,219/10%

Cities with highest % Chinese residents (of city population)

Millbrae: 29%
 Foster City: 21%
 Hillsborough: 19%
 Daly City: 15%

5. South San Francisco: 11%

SMC population vs. client utilization by ethnicity

| Race/Ethnicity (one race) | # SMC Population | % SMC Population | # BHRS Clients | % of total BHRS Clients |
|------------------------------|---------------------|---------------------|-------------------|----------------------------|
| White | 383,535 | 53.4% | 4,511 | 33.5% |
| Hispanic/Latino | 182,502 | 24.5% | 4,934 | 36.7% |
| Filipino | 70,191 | 9.8% | 541 | 4.0% |
| Chinese | 64,796 | 9.0% | 199 | 1.5% |
| Black | 20,436 | 2.8% | 1,233 | 9.2% |
| NH/PI | 10,317 | 1.4% | 227 | 1.7% |
| * Based on total 13,4 | 57 FY 09/10 clients | | | |

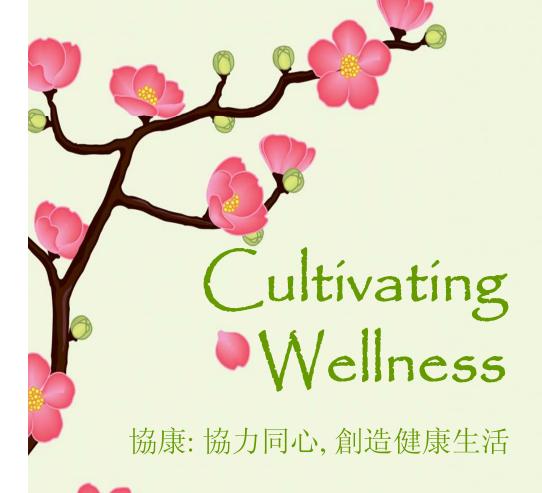






WELLNESS • RECOVERY • RESILIENCE

Behavioral Health and Recovery Services (BHRS) • Office of Diversity and Equity 225 37th Avenue, San Mateo, CA 94403 • www.smchealth.org/ODE San Mateo County Chinese Health Initiative: www.smchealth.org/CHI





June 25th, 2014

10:30 a.m. - 1:00 p.m. Millbrae Library Community Room 1 Library Avenue, Millbrae, CA

Presented by the San Mateo County
Behavioral Health and Recovery Services
Office of Diversity and Equity
Chinese Health Initiative

Did You Know?

- Chinese Americans have been found to have the highest lifetime prevalence rate of depression among Asian American group.
- Foreign-born Chinese Americans have higher suicide rates than U.S.-born Chinese Americans.
- Among women ages 15-24, Asian American girls have the highest suicide mortality rates across all racial/ethnic groups.
- The suicide rate among elderly Chinese American women (over age of 65 years) is 10 times higher than the rate among Caucasian elderly women.
- About 5% of the general population suffers from a gambling addiction, but in the Chinese American community, 20% are problem gamblers.

The California Department of Mental Health's California Reducing Disparities Project (CRDP) reports a severe deficiency in mental health care services for Asian Americans citing a lack of access to care, language barriers, and a cultural stigma against mental health in the Asian American community. Participants in a recent focus groups conducted by the CRDP Asian Pacific Islander Population Strategic Planning Workgroup (SPW) stated the following barriers when they attempted to seek help for themselves or for their family:

- 1. Lack of culturally competent staff and services.
- Issues related to stigma, shame, discrimination, confidentiality, and reluctance to hear the truth.
- 3. Lack of language skills.
- 4. Lack of financial resources.
- Transportation.
- 6. Complexity of healthcare systems and paperwork.
- 7. Not comfortable with non-Asian providers.
- 8. Unfamiliarity with Western treatment model.

Despite being viewed as a "model community," Asian Americans face many of the same mental health problems as other groups. Evidence shows high rates of addiction, gambling, and family violence.

Some studies have indicated that Asian Americans who use mental health services are more severely ill than other groups. Evidence suggests this is because many Asian Americans delay seeking treatment because of the stigma associated with using mental health services and cultural and linguistic barriers to access.



10:30 Welcome

Dave Pine, Board President, San Mateo County Board of Supervisors Lisa Chung, Senior District Representative, Office of State Senator Jerry Hill, 13th District Patrick Miles, Ph.D, BHRS Assistant Director Jei Africa, PsyD, Director, BHRS Office of Diversity and Equity Hung-Ming Chu, MD, BHRS Deputy Medical Director

- 10:45: Digital Stories
- 11:00: Panel Discussion Facilitated by Sai-Ling Chan-Sew
 Anni Chung, MSW, President & CEO, Self-Help for the Elderly
 Christina Shea, LMFT, Deputy Chief/Director of Clinical Services,
 Richmond Area Multi-Services, Inc. (RAMS)
 Paul Chang, MSW, Executive Director, Pyramid Alternatives
 Ms. Tang, lived experience community member
 Other community member
- 12:00 Sunny Choi, BHRS Chinese Community Health Worker
- 12:15 Lunch/Networking

BHRS Chinese Community Health Worker Sunny Choi

Phone: (650) 573-2403 email: c_sjchoi@smcgov.org