

# One San Mateo County Health and Housing for All!

Building Healthy Places and Ensuring Stable Communities  
Shireen Malekafzali | September 24, 2015

**Get  
Healthy**  
SAN MATEO COUNTY  
[gethealthysmc.org](http://gethealthysmc.org)





# Get Healthy San Mateo County

- **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



# 4 Key Priorities

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- **Stable and affordable housing** protects health and provides the ability to engage in healthy opportunities
- **Complete neighborhoods** make it easy for residents to be healthy everyday in their communities
- **High-quality education** in healthy places creates pathways to better health
- **A strong local economy** builds household financial security for all and promotes everyone's health

# The Health Connection

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- **Healthy Housing: 6M** housing units put kids at greater health risks
- **Healthy Neighborhoods: 54%** do not engage in regular physical activity
- **Healthy Schools: 1 in 7** (high school degree) vs. 1 in 11 (higher education) likely to have diabetes
- **Healthy Economy: 19 years** difference in life expectancy between Atherton and East Palo Alto





People who live in healthy, affordable housing live longer



# We are unquestionably in a housing crisis

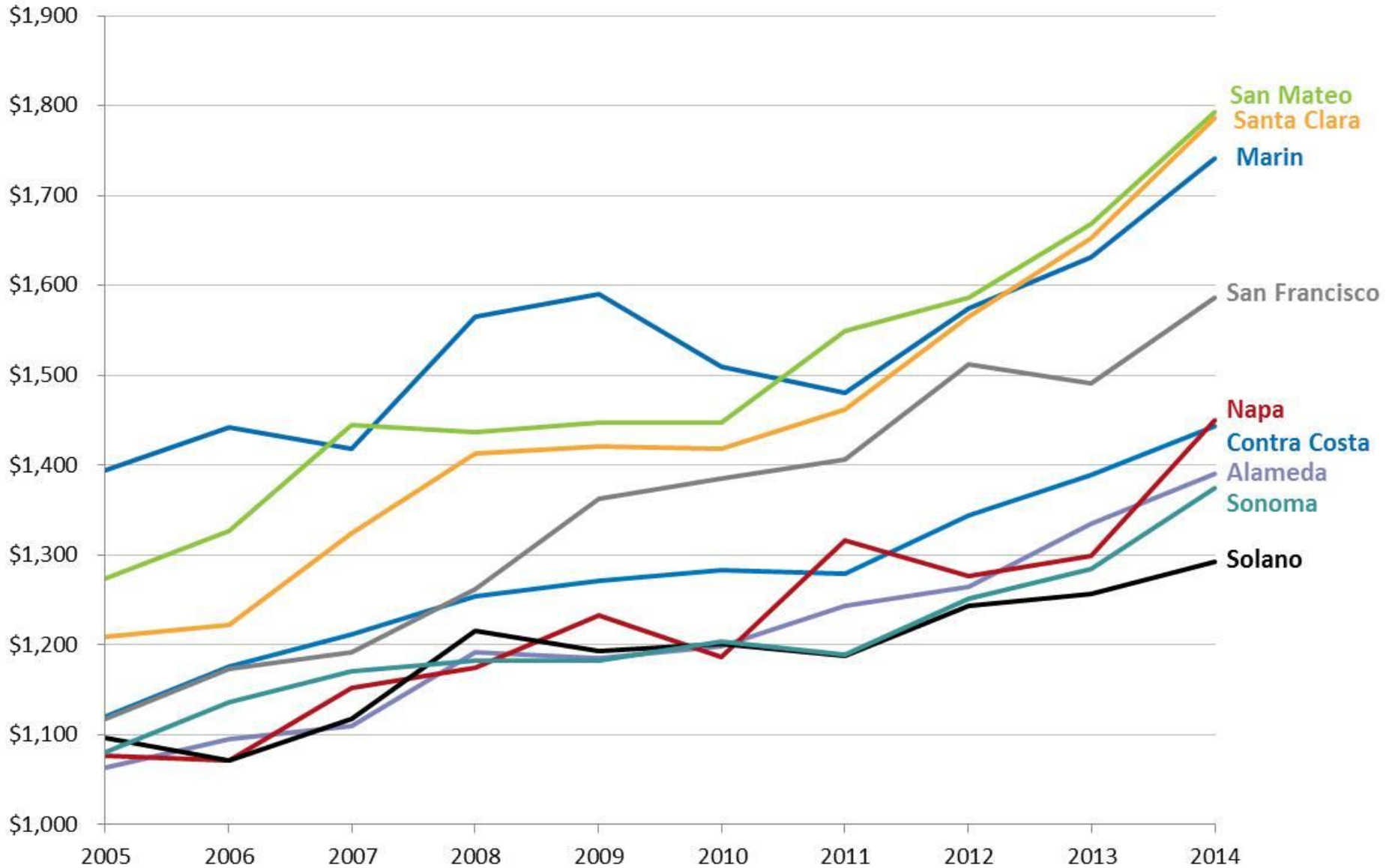
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- Rents increased 70% over last 5 years in many communities
- Over 40% of households spend 30% of income on rent – and over 20% spend more than 50%



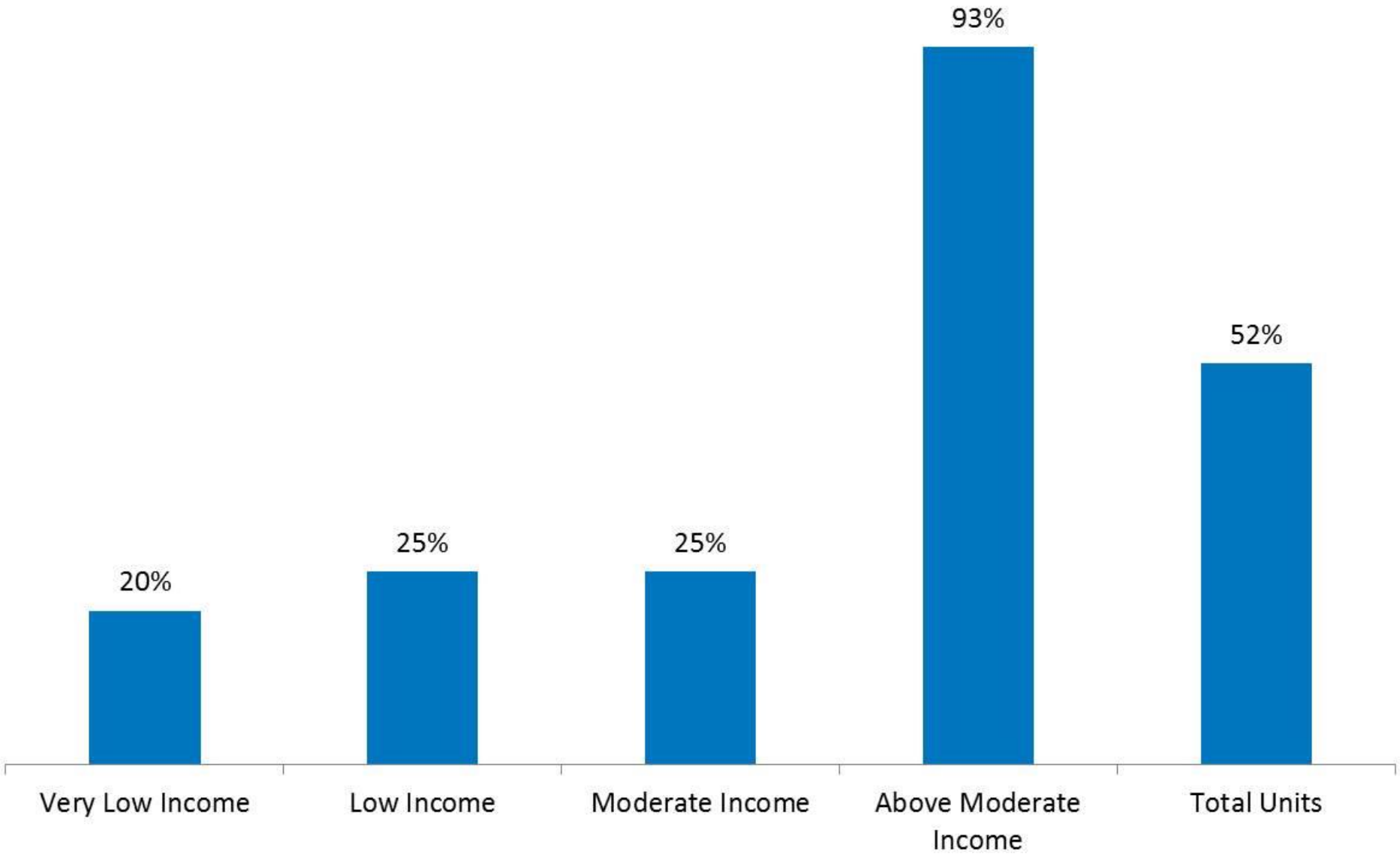


# Median Monthly Rent in the Bay Area by County, 2005-2014



Source: U.S. Census Bureau, 2005-2013 American Community Survey 1-year Estimates

# Percent of RHNA Permitted by Income in San Mateo County, 2007-2014



Source: Association of Bay Area Governments



# Gentrification and Displacement in San Mateo County

## Census Tract Typology Classification

**Lower Income Tracts (> 39% of HH are considered Low Income)**

**Not losing low income households or very early stages**

Does not fall within any of the below categories

**At risk of gentrification or displacement**

- Strong market
- In TOD
- Historic housing stock
- Losing market rate affordable units
- Employment center

**Undergoing displacement**

- Already losing low income households, naturally affordable units, and in-migration of low income residents has declined
- Stable or growing in size

**Advanced Gentrification**

- Gentrified between 1990 and 2000 or between 2000 and 2013 based on:
  - o Neighborhood vulnerability
  - o Demographic change
  - o Real estate investment

**Moderate to High Income Tracts (<39% of HH are considered Low Income)**

**Not losing low income households or very early stages**

Does not fall within any of the below categories

**At risk of displacement**

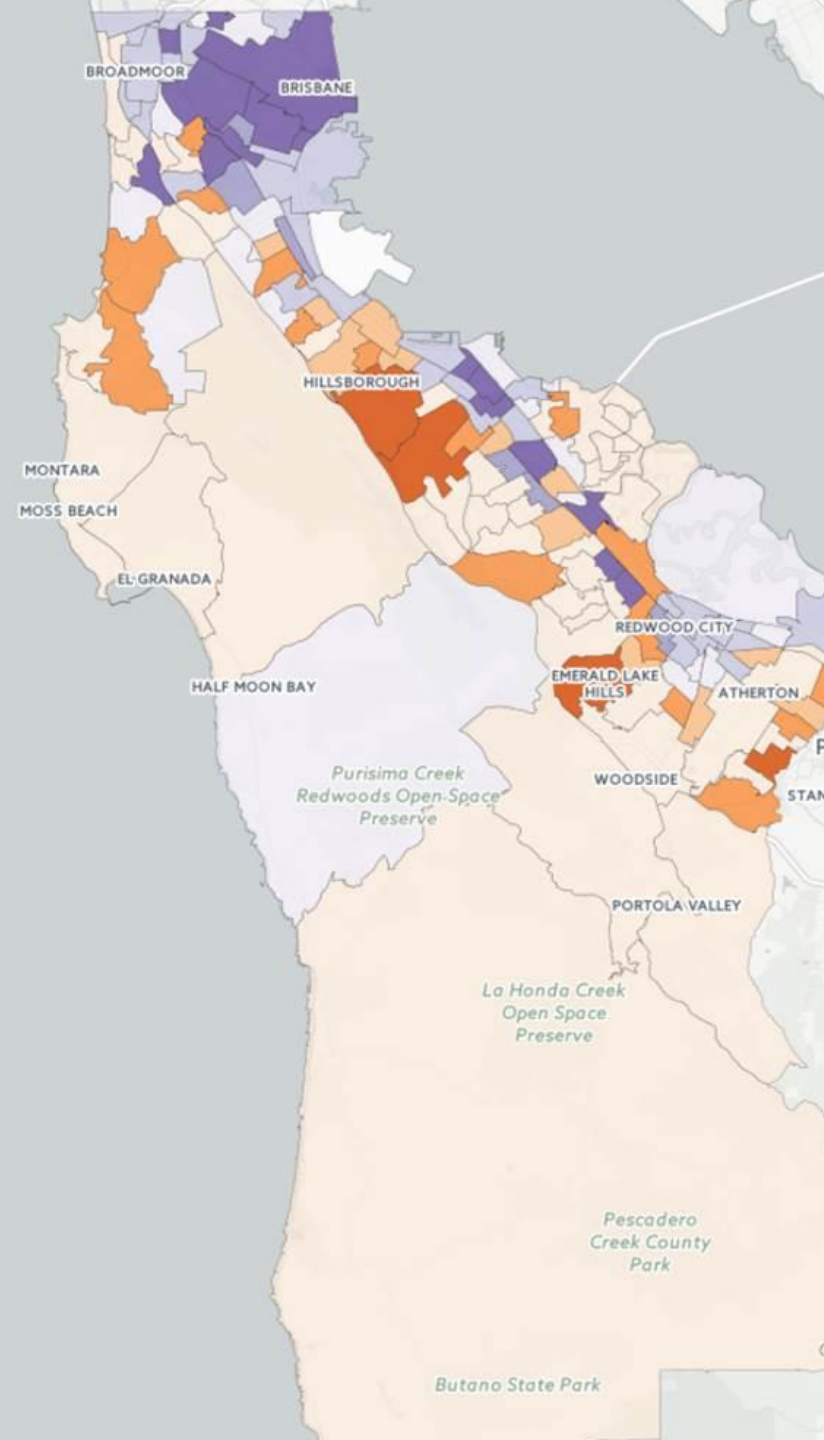
- Strong market
- In TOD
- Historic housing stock
- Losing market rate affordable units
- Employment center

**Undergoing displacement**

- Already losing low income households
- Decline in either naturally affordable units or in-migration of low income residents
- Stable or growing in size

**Advanced Exclusion**

- Very low proportion of low income households
- Very low in-migration of low income households



# Shared Goals

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- Supporting our clients
- Advancing health for all
- Ensuring we are not displacing our health challenges as we promote healthy communities





# Unaffordable housing forces unhealthy decisions







Rising housing costs force families into overcrowded and unsafe housing



A photograph of a two-story apartment building with a balcony. Laundry is hanging on the balcony. The building is white with a dark red balcony railing. There are several windows and a door on the second floor. A satellite dish is mounted on the roof. In the foreground, there is a paved area and a large white patio umbrella. The sky is clear and blue. A green banner is overlaid at the bottom of the image with white text.

Unstable housing accelerates  
displacement

# Longer commutes = bigger health impacts





# Housing instability has multi-generational impacts



# Promoting healthy housing

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- **Protection** of existing residents to be able to stay in their homes
- **Preservation** of existing affordable homes
- **Production** of new housing units at a diversity of affordability levels
- **Participation** of residents and community leaders in decision-making processes
- **Placement** of homes in locations that facilitate health and access to opportunity



# Addressing housing instability

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- Engage in city and regional planning and policy efforts to advance solutions
- Provide a larger framework for the housing crisis
- Provide data to community-based organization, cities and other leaders
- Promote a comprehensive solution
- Make the connection: healthy communities without displacement

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