



Strategies for Building Healthy, Equitable Communities

Get Healthy San Mateo County | 2015–2020



This publication is a continuation of the Healthy Communities Initiative launched in 2004.

The cover image was developed by artist Kate Rutter by combing key elements of the visuals she created at each of the five Get Healthy San Mateo County visioning workshops between February and March of 2015, in response to community feedback on their vision of a healthy, equitable San Mateo County.

For more information visit www.GetHealthySMC.org

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Table of Contents

- 5 Background on Get Healthy San Mateo County
- 6 Mission and Vision for Get Healthy San Mateo County
- 7 Health by the Numbers for San Mateo County
- 8 Framework for Get Healthy San Mateo County
- 9 Implementation Strategies for Get Healthy San Mateo County
- 10 Key Components of Healthy, Equitable Communities
- 12 Priorities for Get Healthy San Mateo County 2015–2020

14 Healthy Housing



16 Healthy Neighborhoods



18 Healthy Schools



20 Healthy Economy





Dear Get Healthy San Mateo County Stakeholders:

Get Healthy San Mateo County has been an important community, County, city, school, hospital and San Mateo Health System collaborative since 2004. Over the last 10 years we have made great progress in preventing diseases and ensuring that all San Mateo County residents have the opportunity to live long and healthy lives. Yet there is still more work to be done!

We want to extend a sincere thank you to the nearly 400 organizational and community leaders who participated in workshops, completed surveys and shared their vision for a healthy, equitable San Mateo County. It is not surprising that the issues which threaten the health of our children and families are many of the same issues that threaten our shared prosperity. Indeed, these are the big issues of our time. We are excited to release *Get Healthy San Mateo County: Strategies for Building Healthy, Equitable Communities 2015-2020*. While broader work to build healthy, equitable and sustainable communities continues, moving forward we must prioritize:

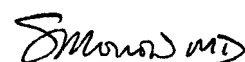
- ***Stable and affordable housing*** protects health and provides the ability to engage in healthy opportunities.
- ***Complete neighborhoods*** make it easy for residents to be healthy every day in their own communities.
- ***High-quality education*** creates pathways to better health.
- ***A strong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

Get Healthy San Mateo County's priorities reflect the growing understanding that social, economic and environmental factors determine health outcomes; and that place, income, education, and race/ethnicity have enormous impacts on a person's opportunities to be healthy. Ensuring that all San Mateo County residents have the opportunity to live long and healthy lives requires collaboration across sectors, long and short-term local actions, and regional solutions. As the United States Surgeon General Dr. Vivek Murthy writes: "We know that health does not come from the doctor's office alone. Health comes from where we live, learn, work, and play. So it is crucial that we collaborate with leaders in a wide range of community and professional networks to shape the environment and culture of communities across the nation in ways that support health."

We look forward to many more years of collaboration and invite you to join Get Healthy San Mateo County by visiting www.GetHealthySMC.org/JoinUs.



John L. Maltbie
County Manager



Scott Morrow, MD, MPH
Health Officer

A History of Building Healthy Communities for all San Mateo County Residents

Background on Get Healthy San Mateo County

In 2004, under the leadership of then-San Mateo County Supervisor Rose Jacobs Gibson, a county-wide task force working on the *Healthy Communities San Mateo County: A Community Health Improvement Initiative to Eliminate Health Disparities* developed the *Blueprint for Prevention of Childhood Obesity: A Call to Action* to guide San Mateo County’s work to build healthy communities and prevent childhood obesity. This blueprint created Get Healthy San Mateo County (GHSMC) – an initiative staffed by the San Mateo County Health System and implemented in collaboration with community-based organizations, schools, cities, hospitals, and other leaders.

By 2010, many of the blueprint’s objectives had been reached, yet there was still more work required to build healthier communities for all San Mateo County residents. In 2010, GHSMC released the *2010-2015 Strategies for Improving Food and Physical Activity Environments* to continue guiding this work.

In 2015, with a growing understanding of local health issues and successful strategies for building healthy communities, GHSMC implemented a strategic refresh process. The process included reviewing local data and best practices and extensive community engagement to identify a collective vision for a healthy, equitable San Mateo County.

GHSMC Strategies for Building Healthy, Equitable Communities 2015-2020 reflects the priorities of nearly 400 community members that participated in workshops, multi-lingual surveys, and focus groups, along with guidance from a committed Get Healthy Advisory Council and various workgroups who showed a deep dedication to GHSMC.

For more information on the strategic refresh methodology, visit www.GetHealthySMC.org/Planning.





In healthy, equitable communities everyone feels safe, is financially secure, receives a good education, and lives in stable, affordable housing in neighborhoods that make it easy to be healthy and active every day. These neighborhoods offer a clean environment; access to healthy affordable foods, parks and public places; thriving small businesses and places to walk, bike, and use transit; and residents are diverse, civically engaged, and socially connected.

Get Healthy San Mateo County: Building Healthy, Equitable Communities

Mission

Get Healthy San Mateo County uses policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life.

Vision

Get Healthy San Mateo County succeeds when all residents, regardless of income, race/ethnicity, age, ability, immigration status, sexual orientation, or gender have the opportunity to reach their full potential.

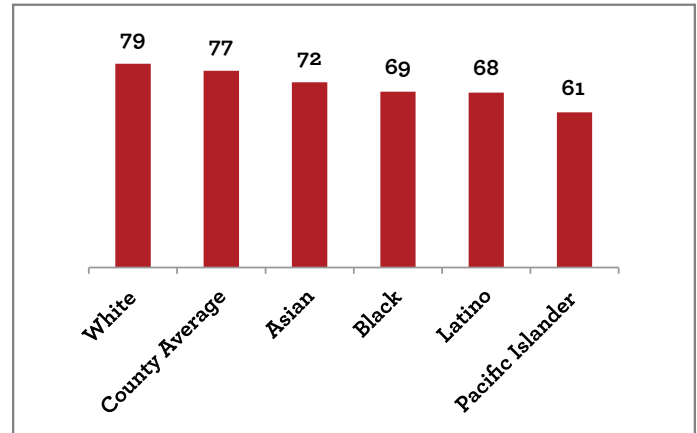


Many of our greatest health issues are preventable

Health by the Numbers

Across the United States, chronic diseases are increasing at alarming rates, and the same is true here in San Mateo County (SMC). Today, 1 in 4 deaths are attributed to heart disease.¹ Health outcomes vary by race, income, and education. By building healthy, equitable communities we can prevent many of these diseases before they ever occur.

Fig 1: Average Age of Death by Race/Ethnicity in San Mateo County, 2011



Source: San Mateo County Vital Statistics, 2011 Death Data Files.

San Mateo County Health Statistics

State of Health

Obesity and Overweight

77% of adults are overweight or obese.¹

Although the rate of overweight or obese children decreased by 6% from 2005 to 2010 — one of the highest decreases in the Bay Area — 1 in 3 children are overweight or obese.²

Diabetes

Diabetes rates increased countywide over the past 15 years. 10% of adults have diabetes and the number of new cases continues to increase.¹

Asthma

18% of adults have asthma. The percentage of adults with asthma doubled from 1989 to 2013.¹

Physical Activity

Lower physical activity rates increase the likelihood of high blood pressure, diabetes, and cardiovascular diseases.

54% of adults do not engage in regular physical activity.¹ Two thirds of youth fail to meet basic physical fitness standards and this percentage is increasing.¹

State of Health Inequities*

Over 90% of lower-income adults, Blacks, Latinos, and adults with high school level education or less are overweight or obese.¹

15% of adults with a high school education or less, 15% of Blacks, and 18% of low-income adults have diabetes.¹

A higher percentage of low-income adults (21%), Blacks (26%), and Asians (19%) have asthma than the county average.¹

67% of low-income adults and 61% of those with a high school education or less do not participate in regular physical activity.¹

*Those with less opportunity to be healthy have poorer health outcomes.



- *Low-income people and Latino and Black residents have the **highest percentage of obesity** and the most preventable health issues in San Mateo County.¹*
- *Since 2000, the majority of residents in San Mateo County have been people of color. This trend is projected to grow, with **Latinos becoming the largest race/ethnicity by 2050.**³ The health and economy of the county depends on the future of people of color.*
- *Average age of death varies dramatically across San Mateo County from **62 years old in East Palo Alto to 81 years old in more affluent Atherton.**⁴*
- *San Mateo County is **one of the most racially segregated⁵ — and the third-most income segregated** — county in the Bay Area.⁶ Segregation limits social opportunity and leads to poor health.^{7,8}*

Framework for Get Healthy San Mateo County

Place-Based Primary Prevention

Where we live, work, play, and go to school profoundly shape our health. People who live in neighborhoods or places that make the healthy choice the easy choice live longer, healthier lives. Place-based primary prevention focuses on creating healthy places that reduce the chances of people becoming sick.

Health Equity

Not everyone in San Mateo County has the same opportunity to live a healthy life. Low-income individuals and people of color face the worst health outcomes. Health equity ensures that all people have the opportunity for health and wellbeing, and works to address the root causes of poor health, such as the social, economic, and physical conditions around us. Building health equity requires a focus on populations with higher percentages of preventable health issues and on places with fewer opportunities for good health.

Collaboration

GHSMC is a collaborative of community-based organizations, County agencies, cities, schools, hospitals, and leaders working together to advance healthy, equitable communities. GHSMC values collaboration with partners with deep roots in the communities they serve and believes that by working together we can achieve more and be more effective than working alone. In order to build healthy communities we must work together across disciplines and sectors, especially since the majority of decisions that impact health are made outside of a doctor's office. Achieving GHSMC's mission requires sustaining current partnerships and building new ones to improve the health of everyone in San Mateo County.



Implementation Strategies for Get Healthy San Mateo County

Get Healthy San Mateo County works across disciplines to improve places and build healthy, equitable communities. To promote healthy places, we need to adopt policies that prioritize health and equity. Below are the key strategies for implementing GHSMC's mission and priorities.

Policy

Provide evidence-based policy tools to change the places where people live, work, and learn to improve health outcomes and advance health equity.

Planning

Engage in relevant city and community planning processes.

Community Implementation Funding

Release annual funding opportunities for place-based primary prevention and health equity efforts.

Research

Create toolkits and publications with the latest research and emerging best practices.

Capacity Building

Offer technical assistance and support to organizations and agencies.

Communication

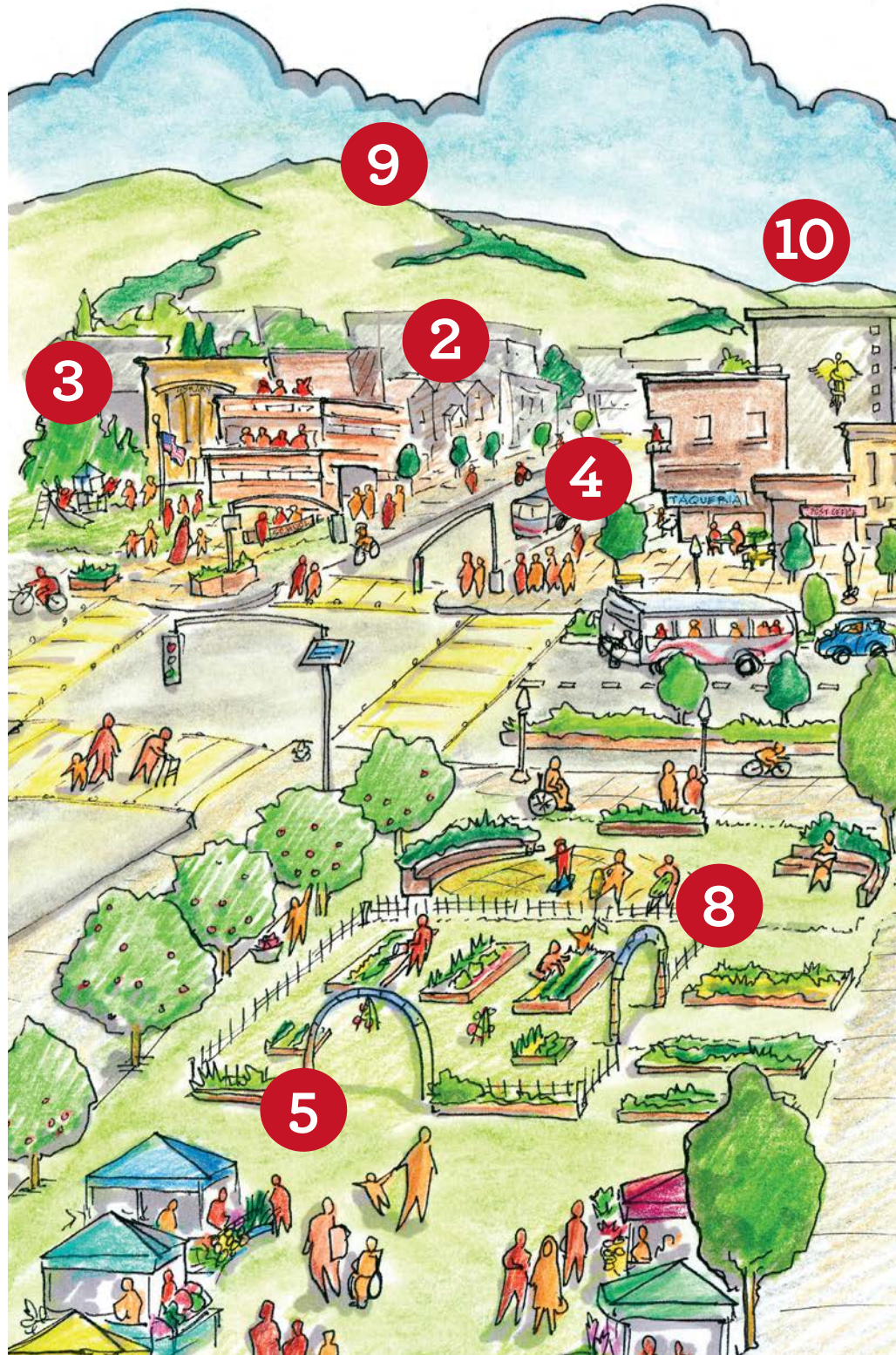
Regularly share information and opportunities to get involved, conduct public education and engage the community in decision-making processes.

Key Components of Healthy, Equitable Communities

All the components represented promote the following themes: Accessibility, Affordability, Equity, Diversity, and Safety

- 1 Healthy, Stable and Affordable Housing:** Socially integrated stable and affordable housing, housing near transit, energy-efficient housing, housing for all income and age levels, healthy indoor air quality, and free of pests, mold, tobacco, and similar negative conditions.
- 2 Complete Neighborhoods and Communities:** People-centered design with housing, businesses, services, schools, jobs, recreation, and public transit in close proximity. Easy access to open space, affordable healthy foods, and thriving small businesses. High-quality infrastructure and street design with good lighting and landscaping to support public transit and walkability.
- 3 High-Quality Education System:** Strong programs from K-12 to college level and trade schools, universal childhood and enrichment programs, affordable afterschool programs and childcare, youth career and skill development, and adult education.
- 4 Thriving and Inclusive Economy:** Diverse local small businesses, economic opportunities with family supportive wages/benefits, fair labor practices, job skills trainings, and community support of new and current businesses.

- 5 Healthy Food Access:** Affordable, fresh, local, and culturally appropriate foods at grocery stores and farmers markets; space and resources to grow food in schools and neighborhoods; accessible clean drinking water; and access to school gardens and garden-based education for children.



6 Active Transportation Options: Affordable and accessible transportation options for all ages, such as walking, biking, and public transit; innovative, easy-to-use, fast, well-connected, and efficient transit located near jobs, housing, and retail; and quality bike and pedestrian infrastructure.

7 Safe and Diverse Public Places, Parks, and Open Space: Public places (plazas, mini-parks, etc.) in convenient locations across neighborhoods for people to be active, relax, socialize, and host community events; and age and culturally appropriate programs and amenities such as benches and community gardens.

8 Sense of Community where Everyone Feels like they Belong and are Safe: Safe and socially cohesive neighborhoods; opportunities for the community to connect; local leadership that is representative of community demographics; and empowered residents who are involved in decision-making, social and civic engagement.

9 Clean Environment: Clean air, soil, water, and natural systems; plentiful green space; ample permeable land to filter water and reduce flooding; healthy trees; and affordable, sustainable energy and drinking water supplies.

10 Community-based Public Services and Infrastructure for All People: Affordable childcare; high-value healthcare and access to mental health and substance use prevention and treatment, where the right care is provided at the right time and place; age in place opportunities; culturally and linguistically supportive services; and accessible libraries, recreation facilities, and patient-centered medical centers.

This vision and 10 components were developed from 5 community workshops throughout San Mateo County. See www.GetHealthySMC.org/Planning.



Priorities for Get Healthy San Mateo County



Healthy Housing

Stable and affordable housing protects health and provides the ability to engage in healthy opportunities.

6M

housing units nationwide put kids at greater risk for lead poisoning, asthma, injuries, and quality of life issues.⁹

Healthy Neighborhoods

Complete neighborhoods make it easy for residents to be healthy everyday in their communities.

54%

of adults in San Mateo County do not engage in regular physical activity.¹

2015–2020



Healthy Schools

High-quality education creates pathways to better health.

1 in 7

is the likelihood of having diabetes for people with a high school degree or less, versus about 1 in 11 for people with more than a high school degree.¹

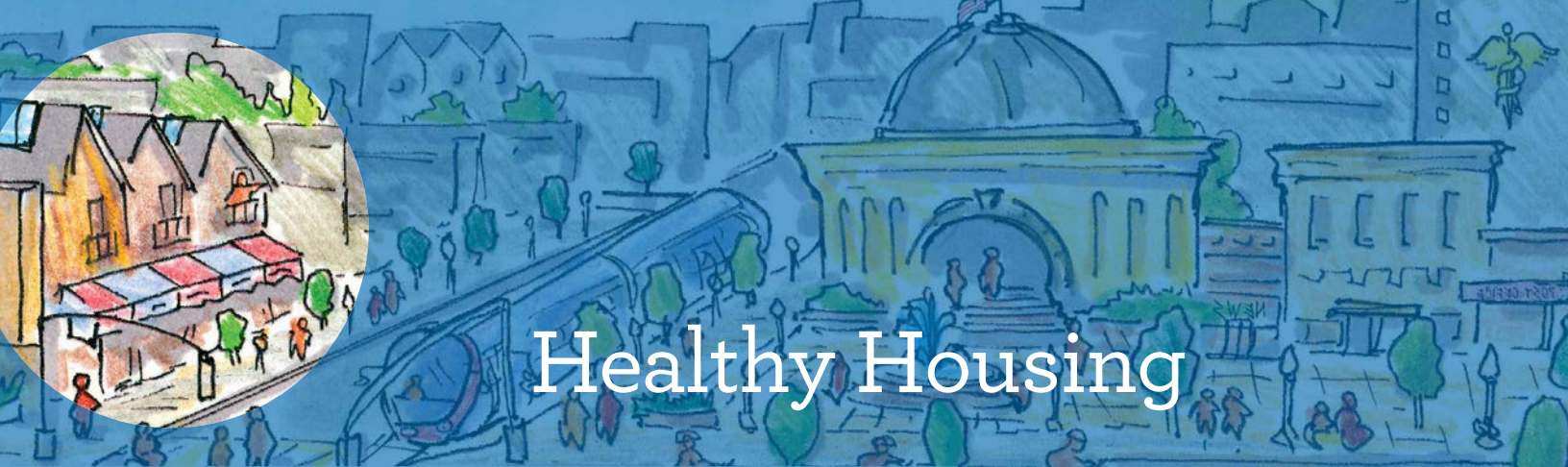


Healthy Economy

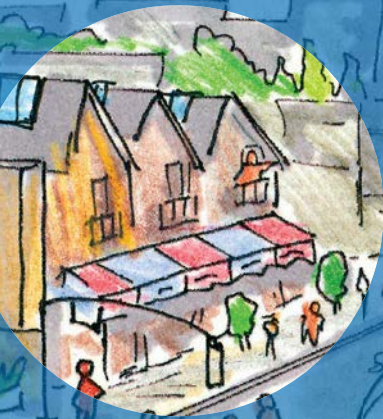
A strong local economy builds household financial security for all and promotes everyone's health.

19 yrs.

On average, people live 19 years longer in high-income Atherton, where the median income is nearly \$240K, versus East Palo Alto where median income is just over \$50K.^{4,10}



Healthy Housing



62%

of workers commute into the county.¹⁴

- There is only **one affordable housing unit** for every four low-wage jobs in San Mateo County.¹⁵
- **6 million housing units** have been tied to increased childhood lead poisoning, asthma, injuries, and quality of life issues nationwide.⁹

Stable and affordable housing protects health and provides the ability to engage in healthy opportunities.

The Issue

Health and housing are directly connected. People who live in healthy, affordable places live longer, healthier lives.¹¹ In just 5 years, rents have increased nearly 70% in San Mateo County.¹² Some people who can't afford this increase are forced to move away — resulting in a loss of social supports and longer commutes. Others must accept overcrowded or substandard housing, and choose between paying rent or other expenses such as healthy foods and medical care.¹³

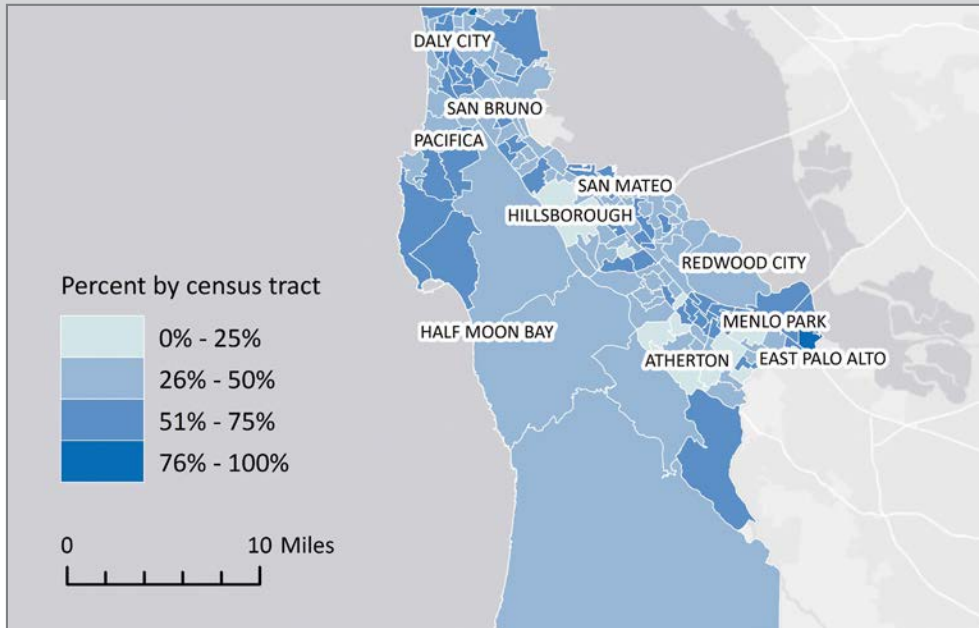
The Health Connection

Housing is the cornerstone of a healthy community. Housing enables people to build roots in a community — get to know their neighbors, build a social network of support, and become civically engaged. When housing is not affordable and stable, people are forced to do one or more of the following:

- Double or triple up families into crowded housing conditions, which causes stress and can increase the spread of communicable diseases.¹⁶
- Accept unhealthy and/or unsafe housing conditions such as mold, lead, or exposed wires.¹⁷
- Pay unaffordable housing costs — diverting wages away from other important household needs such as healthy food, medical care, transportation, and childcare.^{18,19}
- Find housing far away and travel long distances to work, damaging air quality, increasing congestion, asthma, and other respiratory diseases.^{20,21}
- People become displaced from their communities, causing stress and disrupting social support systems, and job stability.¹⁶

In addition, children's education is disrupted by displacement and overcrowded or unstable housing conditions²² challenging their ability to graduate from high school and reach their full health potential.²³

Fig 2: Percentage of Households that Spend More Than 30% of their Income on Rent in San Mateo County, 2009–2013.



Source: U.S. Census Bureau, 2009–2013 American Community Survey 5-year Estimates.



83%

of very low-income households pay more than they can afford on rent, in comparison to 46% of households countywide.²⁴

Objectives

- All residents have stable and affordable housing.
- Household income comfortably supports families’ and individuals’ basic needs (see *Healthy Economy* priority on page 20 for more details).

Opportunities for Action

- Advance regional solutions and accountability measures to support housing stability through efforts of Plan Bay Area.
- Support the San Mateo County Board of Supervisors, Housing Department, and city stakeholders in the success of the Affordable Housing Task Force as an opportunity to advance county-wide solutions.
- Increase awareness of the connection between health and housing and provide a framework for a comprehensive solution to the housing crisis.
- Develop an inventory of housing stability and health best practices and policies to build on the work of local housing policy makers including 21 Elements.
- Work with policymakers, community leaders, and city planning processes to implement a comprehensive housing toolbox that supports investment without displacement.

#HealthyHousingSMC



Healthy Neighborhoods

81%

of workers in San Mateo County drive to work.¹⁰

- **39% of bike and pedestrian collisions** in San Mateo County occur within a quarter mile of a school.²⁵
- **High poverty neighborhoods** in cities such as East Palo Alto, Daly City, and Redwood City have **fewer healthy and affordable food options** than their city averages.²⁶
- **54% of adults** in San Mateo County do not engage in regular physical activity.¹

Complete neighborhoods make it easy for residents to be healthy everyday in their communities.

The Issue

Living near where you work and send your kids to school prevents many health issues. Creating vibrant complete neighborhoods allows people to safely walk and bike, purchase daily goods and services such as healthy foods, and easily access affordable public transportation, parks and open space. Complete neighborhoods also support small businesses that help stimulate the local economy and provide employment for local residents.

The Health Connection

Complete neighborhoods promote health by creating opportunities for everyday physical activity, access to healthy foods, growing the local economy, and supporting social connections. Specifically:

- Safe places to walk and bike increases everyday physical activity, the leading strategy for preventing overweight and obesity epidemics as well as diabetes and heart disease.²⁷
- Access to open space and parks increases physical activity and improves water, air quality and the climate.²⁸
- When people drive less, air pollution declines and asthma and other health issues decrease — while slowing the negative effects of climate change.²⁰
- Access to affordable healthy foods through grocery stores, produce, farmers markets, and community gardens provides nutritious and culturally appropriate food that can help expose children to healthy diets early on.^{29,30}
- Drinking less sugary drinks, such as soda and sports drinks, can help prevent health problems such as diabetes and obesity.³¹
- Safe outdoor spaces help build strong social connections, relieve stress, and help people recover more quickly from illness.³¹
- Small businesses provide essential goods and services for neighborhood residents and provide employment for local residents,³² which is an essential aspect of community health.^{33,34}

Fig 3: Access to Parks in San Mateo County, 2009–2013.

City	Park Acres per 1,000 People	
	City Average	Low-Income Areas
San Mateo	4.4	1.6
Redwood City	11.1	6.3
Daly City	25.1	1.3

Sources: U.S. Census Bureau, 2009–2013 American Community Survey 5-year Estimates; County of San Mateo Open Data, Parks & Beaches.

Objectives

- Everyone has access to efficient and affordable public transportation and safe walking and biking conditions that connect housing, jobs and other necessities.
- Everyone has access to healthy and affordable food options and lowers their sugary drink consumption.
- The environment is clean and communities are resilient to climate change.
- Communities have access to safe outdoor space to be social and active.
- Small businesses are a vibrant and stable part of communities.
- Residents have stable housing, economic and educational opportunities (see *Healthy Housing*, *Healthy Schools* and *Healthy Economy* priorities on pages 14, 18, and 20 for more details).

Opportunities for Action

- Promote Vision Zero, a framework for addressing pedestrian and bike fatalities on streets and within transportation systems.
- Advance community and street design, and land use and transportation planning that promote all modes of transportation.
- Improve public transportation options, and increase walking and biking in coordination with the Office of Sustainability.
- Increase investment in creating places to walk and bike, and affordable access to public transportation for those with limited options.
- Support community-based efforts to increase access to healthy, affordable food sources, and reduce the availability and consumption of sugary drinks.
- Promote small businesses in city planning processes and identify opportunities and tools for retaining small businesses.
- Increase access to parks and outdoor public spaces and use the San Mateo County Parks Department’s Healthy Parks program as a model for additional local efforts.



1 in 3

children³⁵ in San Mateo County drink one or more sodas each day, increasing their chance of developing diabetes by over 25%.³⁶

- San Mateo County has the **fourth highest daily miles driven** per person in the Bay Area.³⁷
- Transportation accounts for **nearly 50% of annual green-house gas emissions in San Mateo County**.³⁸



Healthy Schools

67%

of 3rd grade students from low-income families in San Mateo County are not reading at or above grade level, compared to 43% of all students.³⁹

- The life expectancy gap between the most educated and least educated Americans is **14 years for men and 10 years for women**.⁴²
- The likelihood of having diabetes is **over 1 in 7 for people with a high school degree or less** versus about **1 in 11 for people with more than a high school degree**.¹

High-quality education creates pathways to better health.

The Issue

Educational attainment is a key factor in determining lifelong health. Differences in access to education begin early in life. Pre-school is often expensive or unavailable for children from many low-income families, making them less prepared for starting school. By third grade, 43% of San Mateo County children do not meet reading proficiency standards,³⁹ which are a predictor of high school graduation.³⁷ Research has found that students who read at grade level are more likely to be healthy throughout their lives.^{40,41}

Most schools in San Mateo County have wellness policies to create healthy school environments but there is still a lot of work to be done to help schools implement their policies effectively.

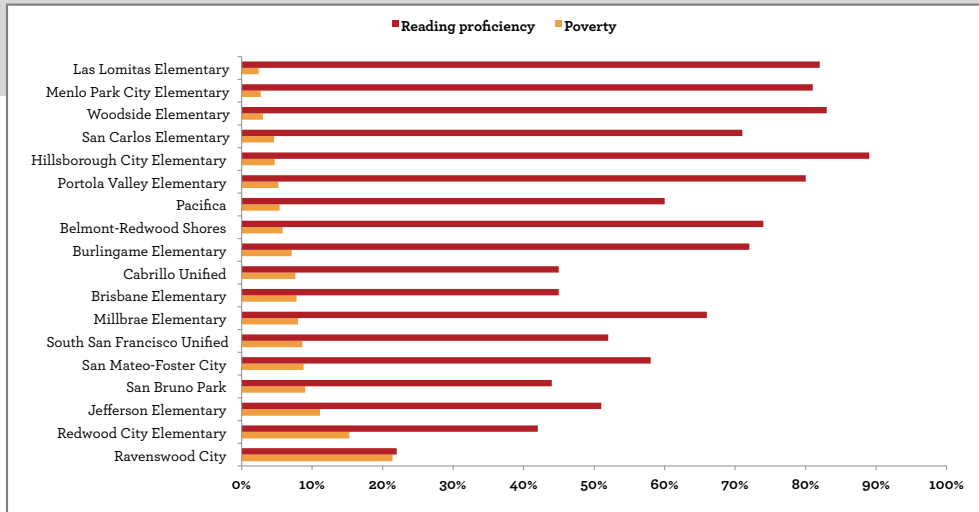
The Health Connection

Education is one of the top determinants of health outcomes.

- The more education someone has, the healthier they are.⁴⁰
- Students who eat a healthy breakfast are better prepared to learn.⁴³
- Children who get regular physical activity perform better.⁴⁴



Fig 4: Third Grade Reading Proficiency and Student Poverty by School District in San Mateo County, 2013.



Sources: Edbuild, Dividing Lines: School District Borders in the United States; California Department of Education, 2013 Reading Proficiency.



• *Third grade reading proficiency, a predictor for high-school graduation, is 22% in the lower-income Ravenswood City School District in East Palo Alto – compared to 89% in the more affluent Hillsborough City Elementary School District.³⁹*

Objectives

- All students have access to high-quality education that equips them for career success, in environments that promote health.
- Children’s education is continuous, consistent, and not disrupted by unstable housing conditions (see *Healthy Housing* priority on Page 14 for details).

Opportunities for Action

- Increase access to high-quality early childhood education, specifically pre-school, through initiatives such as The Big Lift.
- Support robust implementation of School Wellness policies that foster health and wellness both during and after school through efforts such as the San Mateo County School Wellness Alliance.
- Provide support to school districts with lowest educational outcomes and highest need to advance wellness and educational attainment.



Healthy Economy

• Households in Atherton and Hillsborough earn about

4 times

more than households in North Fair Oaks and East Palo Alto.¹⁰

• On average, **people live 19 years longer** in high-income Atherton, where the median income is nearly \$240K versus East Palo Alto where median income is just over \$50K.^{4,10}

A strong local economy builds household financial security for all and promotes everyone's health.

The Issue

Access to income and wealth is one of the most important predictors of a person's health.^{45,46} The less money a person makes, the less opportunity they have to be healthy.⁸ Despite the current economic boom in San Mateo County, income inequality is increasing. Blacks, Latinos, and Pacific Islanders experience higher rates of unemployment compared to Whites, largely due to low access to stable jobs and benefits. Stable employment, adequate income, and benefits can help build financial stability and improve overall health and well-being.

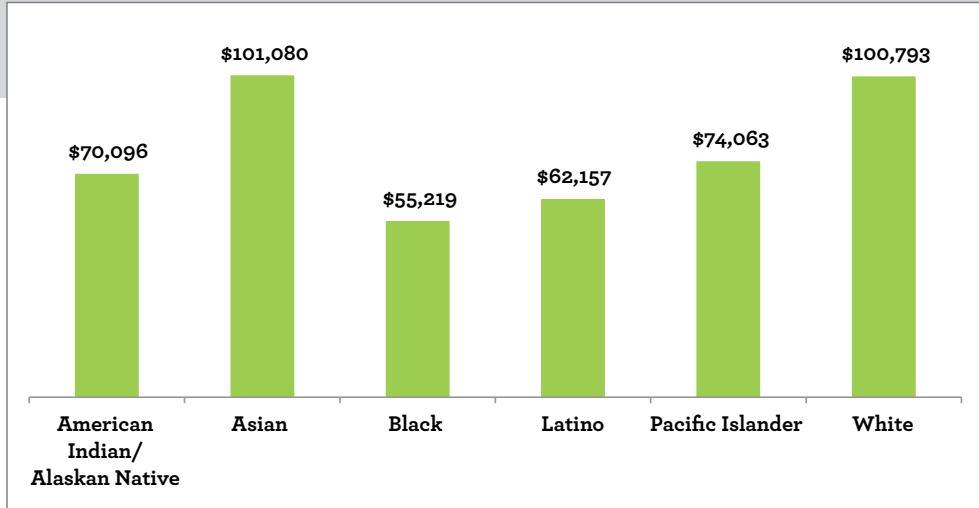
The Health Connection

Financial insecurity, makes it difficult to afford and meet basic needs, leading to higher rates of depression and stress, and subsequently more health problems.

- People with higher incomes and more wealth live longer.⁴⁷
- Cardiovascular, asthma, obesity, overweight, and diabetes are highest among low-income people.⁴⁷
- Places with income equality tend to be healthier.^{48,49}



Fig 5: Median Household Income by Race/Ethnicity in San Mateo County, 2009-2013.



Source: U.S. Census Bureau, 2009-2013 American Community Survey 5-year Estimates.



\$74k

is the required income to meet basic needs in San Mateo County. The median household income for Latinos, Blacks, and Native Americans in San Mateo County is lower than this.¹⁰

Objectives

- People have the ability to increase household income and build financial security.
- People have access to high-quality education and well-paying job opportunities (see *Healthy Schools* priority on page 18 for more details).
- Small businesses are a vibrant and stable part of communities (see *Healthy Neighborhoods* priority on page 16 for more details).

Opportunities for Action

- Support job training and placement programs for groups that face barriers to employment, such as formerly incarcerated people, low-income communities, communities of color, and youth in foster care systems.
- Support efforts to advance living and/or minimum wage policies and benefits such as healthcare and childcare benefits, and paid sick days.
- Increase access to and availability of financial services that are fair and do not charge exorbitant rates for loans or processing checks for low-income families and people of color.

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Thank You!

Thank you to the many organizations that have been a part of Get Healthy San Mateo County over the past 10 years!

1 to 1000 Grains	Community Gatepath of Northern California	Give Me Five	Mills-Peninsula Health Services
17th District PTA	Community Legal Services, East Palo Alto	Grand Boulevard Initiative	Mills-Peninsula Senior Focus
African-American Community Health Advisory Committee	Dairy Council	Greenbelt Alliance	NALEO Educational Fund
Ag Innovations Network	Daly City ACCESS	Half Moon Bay Fishermen's Association	Network for a Healthy California
Andreotti Family Farm	Daly City Peninsula Partnership	HEAL Project	New Leaf Community Markets
Asian American Recovery Services, Inc.	Daly City Youth Health Center	Health at Every Size	New Perspectives
Association for Size Diversity and Health	Daylight Farms & Farmer John's Pumpkin Farm	Health Connected	Non-profit Housing Association of Northern California
Bay Area Nutrition and Physical Activity Collaborative	Dignity Health	Health Plan of San Mateo	North Shoreview Montessori School
Bay Area Regional Health Inequities Initiative	East Palo Alto Family YMCA	Healthy Silicon Valley	Notre Dame de Namur University
Bay Area Ridge Trail Council	East Palo Alto Farmer's Market Organization	Hidden Villa	Nourish Interactive
Bike San Mateo County	East Palo Alto Senior Center, Inc.	Highlands Recreation District	Nuestra Casa
Blue House Farm	Edgewood Center for Children and Families	Hillsborough Neighborhood Network	Nurserymen's Exchange
Boys and Girls Clubs of San Mateo County	Edgewood Kinship of San Mateo County	Hispanic Chamber of Commerce, County of San Mateo	Nursing Mothers Counsel
CAFF Alliance Community with Family Farmers	El Concilio	Hospital Consortium of San Mateo County	One East Palo Alto
California Salmon Council	Environmental Working Group	Housing Leadership Council of San Mateo County	OpenPlans/Streetsblog
Cañada College	Fa'a Pasifika	JobTrain	Ortega Elementary
Child Care Coordinating Council (4Cs)	Family Services Agency of San Mateo County	John W. Gardner Center for Youth and their Communities	Our Second Home
Childrens' Creative Learning Center	Farm Fresh Solutions Farm to Table Food Services	Junior League of Mid-Peninsula	Pacifica Collaborative
Children's Empowerment, Inc.	Farmageddon	Kaiser Permanente	Pacifica Farmer's Market
City College of San Francisco,	Fiesta Gardens, San Mateo Parents Nursery School	Kaiser Permanente Community Benefits	Pacifica Gardens
Consumer Education	First 5 San Mateo County	Kids Fit Foundation	Pacifica Resource Center
City/County Association of Governments	Footsteps Child Care, Inc.	Legal Aid Society of SMC	Pacifica Sanchez Library
Coastside Children's Programs	Friends of Caltrain	Lucile Packard Children's Hospital	Pacifica School District
Coastside Farmer's Market	Friends for Youth	Lucile Packard Foundation for Children's Health	Partnership for a Safe and Healthy Pacifica
Collective Roots	Garden Village Elementary	Marchi Farms	Peninsula Bicycle and Pedestrian Coalition
Committee for Green Foothills	Generations Community Wellness	Mid-Peninsula Housing	Peninsula Clergy Network
	Giusti Farms	Mid-Peninsula Regional Open Space District	Peninsula Conflict Resolution Center
			Peninsula Family YMCA
			Peninsula Health Care District

Peninsula Library Services	Labor Council	Seton Medical Center	UC Berkeley, Center for Community Innovation
Peninsula Library System Community Information Program	San Mateo County Convention and Visitors Bureau	SFO/Peninsula Interfaith Action	UC Cooperative Extension
Peninsula Partnership Leadership Council	San Mateo County Farm Bureau	Shaping Youth.com	Urban Habitat
Pie Ranch	San Mateo County Food System Alliance	Siena Youth Center	USDA National Resources Conservation Service
PLANT—The Preservation of Land for Agricultural Needs Trust	San Mateo County Harbor District Commissioner	Sierra Club; Loma Prieta Chapter	Vision Y Compromiso
Police Activities League	San Mateo County Health Foundation	Silicon Valley Bicycle Coalition	Walden University
Present Tense Productions	San Mateo County Office of Education	Silicon Valley Community Foundation	Well Kiddos
Presidio School of Management	San Mateo County Resource Conservation District	Slow Food South Bay	Youth Leadership Institute
Prevention Institute	San Mateo County School Wellness Alliance	Sodexo School Service	Youth United for Community Action
Project HOPE	San Mateo County Transit District	South Skyline Association	
Project Read	San Mateo County Youth Commission	SPORT	Also participating in Get Healthy San Mateo County are the many public entities and funders that make the region great:
Prosocial Communications	San Mateo County, Heart Program	SPUR	San Mateo County Board of Supervisors
Public Health Institute	San Mateo County Library	St. Samuel Church; Project WeHope	County of San Mateo and its many agencies
Puente de la Costa Sur	San Mateo County Union Community Alliance	Stanford Hospital & Clinics	San Mateo County Public Schools and School Districts
Ravenswood Family Health Center	San Mateo Eco-Village	Stanford University	The many cities of San Mateo County
Redwood City 2020	Second Harvest Food Bank	Stanford University School of Medicine	Many local and regional community and private foundations
Roosevelt Child Dev. Center	Sequoia Healthcare District	Starlings Volleyball Club, San Mateo Chapter	Special thanks to a committed Get Healthy San Mateo County Advisory Council who has been dedicated to achieving healthy, equitable communities throughout the years:
Roots of Change	Sequoia Hospital	StarVista	Anand Chabra, Family Health Services; Eliana Bushwalter, Family Health Services; Francine Serafin-Dickson, Hospital Consortium; Karen Haas-Folleta, Footsteps Childcare Inc.; Marie Violet, Sequoia Hospital; Pamela Kurtzman, Sequoia Healthcare District; Stephan H. Wahl, Kaiser Permanente, and; Michele Beasley, Greenbelt Alliance.
SamTrans	Sequoia Teen Wellness and Resource Center	Sustainable San Mateo County	
Samaritan House	Sequoia YMCA	Susty Kids	
San Francisco Bay Area Physicians for Social Responsibility		Swanton Berry Farm	
San Francisco State University		Taulama for Tongans	
San Mateo County Asthma Coalition		The Fit Kids Foundation	
San Mateo County Central		The Nueva School	
		THRIVE Alliance	
		TomKat Ranch	
		Transform	



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