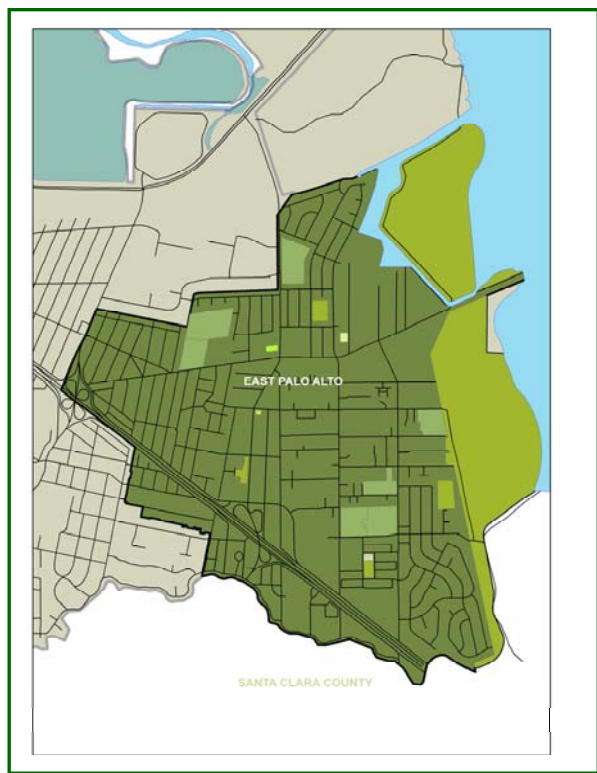




Chronicle / John Storey

CITY OF EAST PALO ALTO A COMMUNITY HEALTH PROFILE



Get Healthy
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HEALTH BEGINS WHERE PEOPLE LIVE

Over the last century, there have been dramatic increases in how long people can live, yet today's biggest health issues are mostly preventable. Since our quality of health starts long before we need medical care, our best bet is to prevent diseases before they occur.

While making personal behavior changes is an important way to improve our health, it's important to also change the way we design and build our neighborhoods, and the way we make healthy foods and beverages available.

This Community Health Profile is a snapshot of what we call health indicators for San Mateo County residents. These measures help us to understand why people live longer in some neighborhoods than in others and why some places are healthier and determine where to focus our efforts.

DEMOGRAPHICS

	East Palo Alto	San Mateo County
Total Population	28,155	718,451

Age

Age distribution of East Palo Alto compared to San Mateo County overall.

0-9 years	17.9%	12.7%
10-19 years	17.2%	11.6%
20-44 years	40.8%	34.4%
45-64 years	18.2%	28%
65+ years	6.1%	13.3%

Race/Ethnicity

East Palo Alto has a higher percent of African American and Hispanic residents and a lower percent of White and Asian residents compared with San Mateo County overall.

	East Palo Alto	San Mateo County
Black or African American	15.8%	2.6%
White	6.2%	42.3%
Asian	3.6%	24.5%
Hispanic or Latino	64.5%	25.4%
Other	9.9%	5.2%

Language (other than English)

East Palo Alto has more households with languages other than English being spoken at home for more than 5 years, compared with San Mateo County

	East Palo Alto	San Mateo County
	69.4%	45.8%

INCOME, RACE, EDUCATION AND HEALTH ARE INSEPARABLE

A person's income, employment status and education significantly impact that person's health. Research consistently shows that low-income people, people with less than a high school education, and people of color have higher rates of illness and live shorter lives. Ensuring that all San Mateo County residents can access education and jobs offering a wage they can live on are essential to improving community health and eliminating health inequities.

EDUCATION (residents 25 years and older)

East Palo Alto has a higher percent of residents who have less than high school education, compared with San Mateo County overall. The percent of residents with an associate or bachelor/graduate degree is lower in East Palo Alto compared with San Mateo County overall.

	East Palo Alto	San Mateo County
Less than high school	38.7%	11.8%
High school graduate (GED)	24.4%	18.1%
Some college or associate degree	22.1%	26.3%
Bachelor or graduate degree	14.8%	43.7%

Source: 2010 Census

MEDIAN HOUSEHOLD INCOME

The median household income is defined as the annual income figure for which there are as many families with incomes below that level as there are above that level. East Palo Alto has a lower median household income compared to San Mateo County overall.

	East Palo Alto	San Mateo County
Median Household Income (dollars)	49,146	82,748

Source: 2010 Census

HOW DO WE KNOW IF COMMUNITIES ARE GETTING HEALTHIER?

The health of a community can be measured in how long people live (mortality) and how healthy people feel (morbidity). These two factors are influenced by a person's access to healthcare, fresh food, and safe places to play and be active. Many of the most common diseases in San Mateo County are preventable, including diabetes, heart disease and stroke.

PREMATURE DEATH

Average age at death is a marker of premature death, and it is an important marker of a population's well being. Premature deaths are deaths that occur before a person reaches an expected age i.e. 75 years. Many premature deaths are considered to be preventable.

East Palo Alto residents, on average, can expect to live 61.8 years, which is 13.2 years lower than the average San Mateo County resident.

	East Palo Alto	San Mateo County
Average age at death (years)	61.8	75

FIVE LEADING CAUSES OF DEATH

The leading causes of death among East Palo Alto and San Mateo County residents are similar, and most of them are highly preventable. Unhealthy diet, lack of physical activity and smoking are significant contributors to the leading causes of death, however, research has also found that poverty, low levels of education and other social factors contribute to increased preventable mortality.

	East Palo Alto	San Mateo County
1.	Heart Disease	Heart Disease
2.	Alzheimer's	Stroke
3.	Stroke	Alzheimer's
4.	Chronic Lower Respiratory Disease	Lung Cancer
5.	Lung Cancer & Pneumonia/Influenza	Chronic Lower Respiratory Disease

HOSPITALIZATION RATES (per 100,000 people)

Diabetes and heart disease are preventable diseases, and they are the leading causes of death and severe illness in San Mateo County. These diseases can have a significant impact on an individual's quality of life.

	East Palo Alto	San Mateo County
Diabetes	No Data	9.3
Cardiovascular Disease	No Data	56.9

YOUR HEALTH DEPENDS ON WHERE YOU LIVE

The best way to prevent disease in our communities is to make sure the places where we live and work support our health. We call this the “built environment”, which includes the physical characteristics of a community, such as buildings, parks, streets, and sidewalks. The built environment can have positive or negative impacts on health. For example, clean and safe parks give people a place to be physically active and connect with other people in their neighborhoods. On the other hand, the presence of liquor stores and poorly lit sidewalks are associated with crime, and can make it unsafe for people to get outside and be active.

LIQUOR STORE DENSITY

A liquor store is a business primarily engaged in retailing packaged alcoholic beverages, such as beer, wine, and spirits. Research shows that liquor stores are linked to increased crime. East Palo Alto has more liquor stores per 10,000 residents compared to San Mateo County overall.

	East Palo Alto	San Mateo County
Liquor Stores per 10,000 residents	8.2	6.0

Source: California Department of Public Health and County Health Rankings

TOBACCO STORE DENSITY

Tobacco consumption is linked to preventable death. Recent studies have shown that retail tobacco outlets are disproportionately located in low-income and minority neighborhoods, and target youth through “point of sale” advertising. East Palo Alto has fewer tobacco outlets per 10,000 residents compared to San Mateo County overall.

	East Palo Alto	San Mateo County
Tobacco Stores per 10,000 residents	8.3	10.5

RETAIL FOOD ENVIRONMENT INDEX

The RFEI is a measure that divides the total number of fast food restaurants and convenience stores by the total number of supermarkets and produce vendors. The result is a ratio of healthy food choices versus unhealthy food choices. A score of less than 1 is ideal. The RFEI score of East Palo Alto is lower than that of the overall county.

	East Palo Alto	San Mateo County
RFEI score	1.0	4.5

