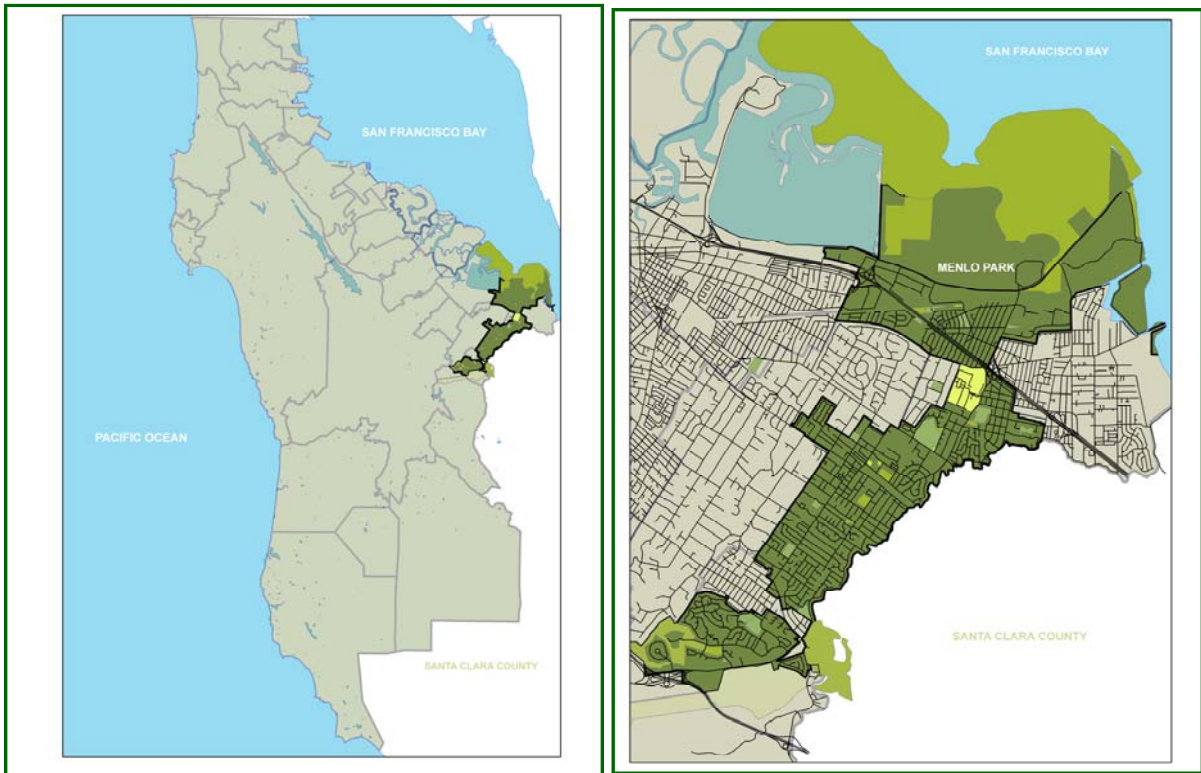




# CITY OF MENLO PARK A COMMUNITY HEALTH PROFILE



**Get Healthy**  
*San Mateo County*

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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.

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## DEMOGRAPHICS

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	Menlo Park	San Mateo County
<b>Total Population</b>	<b>32,026</b>	<b>718,451</b>

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### Age

Age distribution of Menlo Park compared to San Mateo County overall.

0-9 years	14.9%	12.7%
10-19 years	10.9%	11.6%
20-44 years	34%	34.4%
45-64 years	25.8%	28%
65+ years	14.3%	13.3%

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### Race/Ethnicity

Menlo Park has a higher percent of White and Black residents and a lower percent of Asian and Hispanic residents compared with San Mateo County overall.

	Menlo Park	San Mateo County
Black or African American	4.6%	2.6%
White	62%	42.3%
Asian	9.8%	24.5%
Hispanic or Latino	18.4%	25.4%
Other	5.2%	5.2%

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### Language (other than English)

San Mateo County has more households with languages other than English being spoken at home for more than 5 years, compared with Menlo Park.

	Menlo Park	San Mateo County
	28.4%	45.8%

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## **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.**

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### **EDUCATION (residents 25 years and older)**

Menlo Park has a higher percent of residents who have a bachelor/graduate degree and fewer residents who have a less than high school, GED or some college or an associates degree compared with San Mateo County overall.

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	<b>Menlo Park</b>	<b>San Mateo County</b>
Less than high school	7.1%	11.8%
High school graduate (GED)	9.7%	18.1%
Some college or associate degree	15%	26.3%
Bachelor or graduate degree	68.1%	43.7%

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Source: 2010 Census

### **MEDIAN HOUSEHOLD INCOME**

The median household income is defined as the an annual income figure for which there are as many families with incomes below that level as there are above that level. Menlo Park has a higher median household income compared to San Mateo

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	<b>San Mateo</b>	<b>San Mateo County</b>
Median Household Income (dollars)	105,909	82,748

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Source: 2010 Census

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## 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.

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### 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.

Menlo Park residents, on average, can expect to live 78.1 years, which is 3.1 years more than the average San Mateo County resident.

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	Menlo Park	San Mateo County
Average age at death (years)	78.1	75

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### FIVE LEADING CAUSES OF DEATH

The leading causes of death among Menlo Park 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.

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	Menlo Park	San Mateo County
1. Heart Disease		Heart Disease
2. Stroke		Stroke
3. Alzheimer's		Alzheimer's
4. Lung Cancer		Lung Cancer
5. Chronic Lower Respiratory Disease		Chronic Lower Respiratory Disease

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### 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 Menlo Park and San Mateo County. These diseases can have a significant impact on an individual's quality of life. Menlo Park has fewer residents with diabetes and heart disease compared to San Mateo County overall.

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	Menlo Park	San Mateo County
Diabetes	5.6	9.3
Cardiovascular Disease	44.3	56.9

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Sources: California Statistical Master Files Death Data; Office of Statewide Health Planning and Development

## 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. Menlo Park has more liquor stores per 10,000 residents compared to San Mateo County overall.

	Menlo Park	San Mateo County
Liquor Stores per 10,000 residents	29.0	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. Menlo Park has fewer tobacco stores per 10,000 residents compared to San Mateo County overall.

	Menlo Park	San Mateo County
Tobacco Stores per 10,000 residents	9.3	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 Menlo Park is similar to that of the overall county.

	Menlo Park	San Mateo County
RFEI score	4.3	4.5

