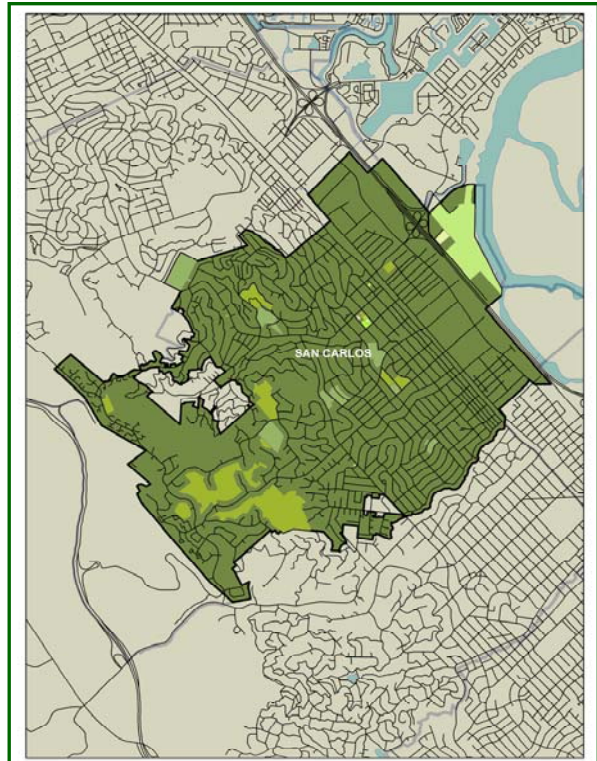
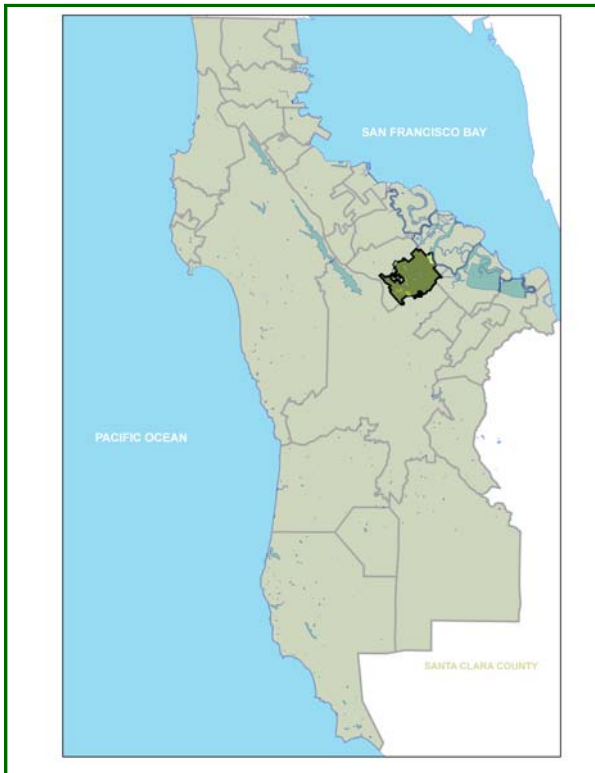




CITY OF SAN CARLOS A COMMUNITY HEALTH PROFILE



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.

DEMOGRAPHICS

	San Carlos	San Mateo County
Total Population	28,406	718,451

Age

Age distribution of San Carlos compared to San Mateo County overall.

0-9 years	13.8%	12.7%
10-19 years	11%	11.6%
20-44 years	29.9%	34.4%
45-64 years	31%	28%
65+ years	14.4%	13.3%

Race/Ethnicity

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

	San Carlos	San Mateo County
Black or African American	0.8%	2.6%
White	73.2%	42.3%
Asian	11.4%	24.5%
Hispanic or Latino	10.1%	25.4%
Other	4.5%	5.2%

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 San Carlos.

	San Carlos	San Mateo County
	18.9%	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)

San Carlos has a higher percent of residents who have a bachelors/graduate degree compared with San Mateo County overall. The percent of residents with a less than high school degree or GED is lower in San Carlos compared with the overall County.

	San Carlos	San Mateo County
Less than high school	3.4%	11.8%
High school graduate (GED)	11.3%	18.1%
Some college or associate degree	26.2%	26.3%
Bachelor or graduate degree	59.1%	43.7%

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. San Carlos has a higher median household income compared to San Mateo

	San Mateo	San Mateo County
Median Household Income (dollars)	110,515	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.

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

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

FIVE LEADING CAUSES OF DEATH

The leading causes of death among San Carlos 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.

	San Carlos	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

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

	San Carlos	San Mateo County
Diabetes	4.9	9.3
Cardiovascular Disease	46.5	56.9

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

	San Carlos	San Mateo County
Liquor Stores per 10,000 residents	32.3	6.0

Source: California Department of Public Health and County Health Rankings

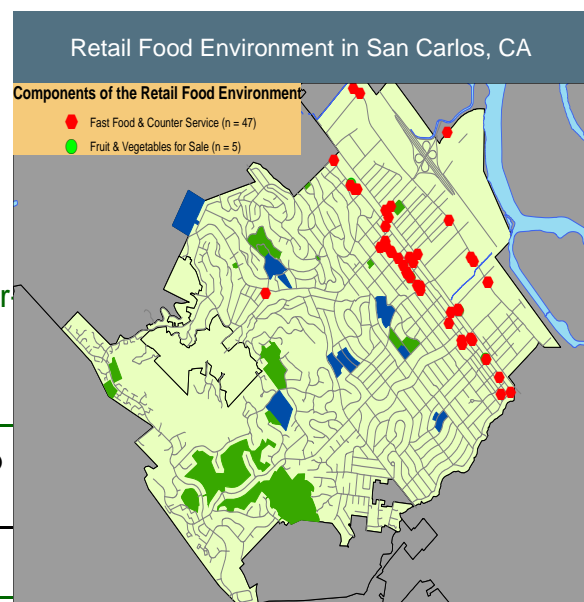
TOBACCO STORE DENSITY

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. San Carlos has fewer tobacco stores per 10,000 residents compared to San Mateo County overall.

	San Carlos	San Mateo County
Tobacco Stores per 10,000 residents	8.4	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 San Carlos is higher than that of the overall county.



	San Carlos	San Mateo County
RFEI score	11.8	4.5