



# CITY OF MILLBRAE A COMMUNITY HEALTH PROFILE



**Get Healthy**  
*San Mateo County*

[www.gethealthysmc.org](http://www.gethealthysmc.org)

Contact us:  
650-573-2398

[hpp@smcgov.org](mailto:hpp@smcgov.org)

---

## 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

---

	Millbrae	San Mateo County
<b>Total Population</b>	<b>21,532</b>	<b>718,451</b>

---

### Age

Age distribution of Millbrae compared to San Mateo County overall.

0-9 years	9.9%	12.7%
10-19 years	12.5%	11.6%
20-44 years	27.9%	34.4%
45-64 years	30.1%	28%
65+ years	19.7%	13.3%

---

### Race/Ethnicity

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

	Millbrae	San Mateo County
Black or African American	0.7%	2.6%
White	40.6%	42.3%
Asian	42.5%	24.5%
Hispanic or Latino	11.9%	25.4%
Other	4.3%	5.2%

---

### Language (other than English)

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

	Millbrae	San Mateo County
	50.7%	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)**

Millbrae has a higher percent of residents who had some college or an associates degree compared with San Mateo County overall. The percent of residents with a less than high school degree, GED and a bachelor/graduate degree were similar across San Mateo and San Mateo County

---

	<b>Millbrae</b>	<b>San Mateo County</b>
Less than high school	9.7%	11.8%
High school graduate (GED)	17.6%	18.1%
Some college or associate degree	32.2%	26.3%
Bachelor or graduate degree	40.5%	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. Millbrae has a higher median household income compared to San Mateo

---

	<b>Millbrae</b>	<b>San Mateo County</b>
Median Household Income (dollars)	87,450	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.

Millbrae residents, on average, can expect to live 77.4 years, which is 2.4 years more than the average San Mateo County resident.

---

	Millbrae	San Mateo County
Average age at death (years)	77.4	75

---

### FIVE LEADING CAUSES OF DEATH

The leading causes of death among Millbrae 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.

---

	Millbrae	San Mateo County
1. Heart Disease	Heart Disease	Heart Disease
2. Alzheimer's	Stroke	Stroke
3. Stroke	Alzheimer's	Alzheimer's
4. Chronic Lower Respiratory Disease	Lung Cancer	Lung Cancer
5. Lung Cancer & Pneumonia/Influenza	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 Millbrae and San Mateo County. These diseases can have a significant impact on an individual's quality of life. Millbrae has fewer residents with diabetes and more residents with heart disease compared to San Mateo County overall.

---

	Millbrae	San Mateo County
Diabetes	7.9	9.3
Cardiovascular Disease	66.4	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. Millbrae had more liquor stores per 10,000 residents compared to San Mateo County overall.

	Millbrae	San Mateo County
Liquor Stores per 10,000 residents	32.9	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. Millbrae has fewer tobacco stores per 10,000 residents compared to San Mateo County overall.

	Millbrae	San Mateo County
Tobacco Stores per 10,000 residents	0.5	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 Millbrae is similar to that of the overall county.

	Millbrae	San Mateo County
RFEI score	4.1	4.5

