

The State of SMC Youth Health

Youth Commission, May 16, 2019

Justin Watkins

**Get
Healthy**
SAN MATEO COUNTY
gethealthysmc.org



Agenda

- Adolescent Report Overview
- Next Steps for the Adolescent Report
- Get Healthy SMC
- What is Health?
 - Social Determinants of Health & Health Equity
- SMC Social Determinants of Health Data
- Youth Health Data
- Next Steps
- Q & A



San Mateo County Youth Commission Adolescent Report



Adolescent Report 2014-15

Youth and Adults Working Together for a Healthy Future

Including Youth Commission Policy Recommendations

County of San Mateo Board of Supervisors

Dave Pine • Carole Groom • Don Horsley • Warren Slocum • Adrienne Tissier



Youth Commission Roles:

- Primary data collection
- Assist with data analysis
- Assist with policy recommendations
- Guiding document for Youth Commission initiatives

Next Steps for Creating the *State of SMC Youth Health Report*



- **May 2019** — Presentation to YC on State of SMC Youth Health
- **Summer 2019** — Continued analysis based on feedback from YC
- **August 2019** — In-depth presentation at YC retreat orientation on process for developing the Report
- **Fall 2019** — Presentation to YC on in-depth analysis; identify any gaps in data
 - SMCYC promotes CA Health Kids Survey (CHKS) in local schools
- **Winter 2019/2020** — Partner to develop policy recommendations based on available data
- **Spring 2020** — a. finalize policy recommendations
- **Summer 2020** — Epi and HPP publish Adolescent Report
- **SMCYC 2020-2021 and 2021-2022** focus on implementation of policy recommendations

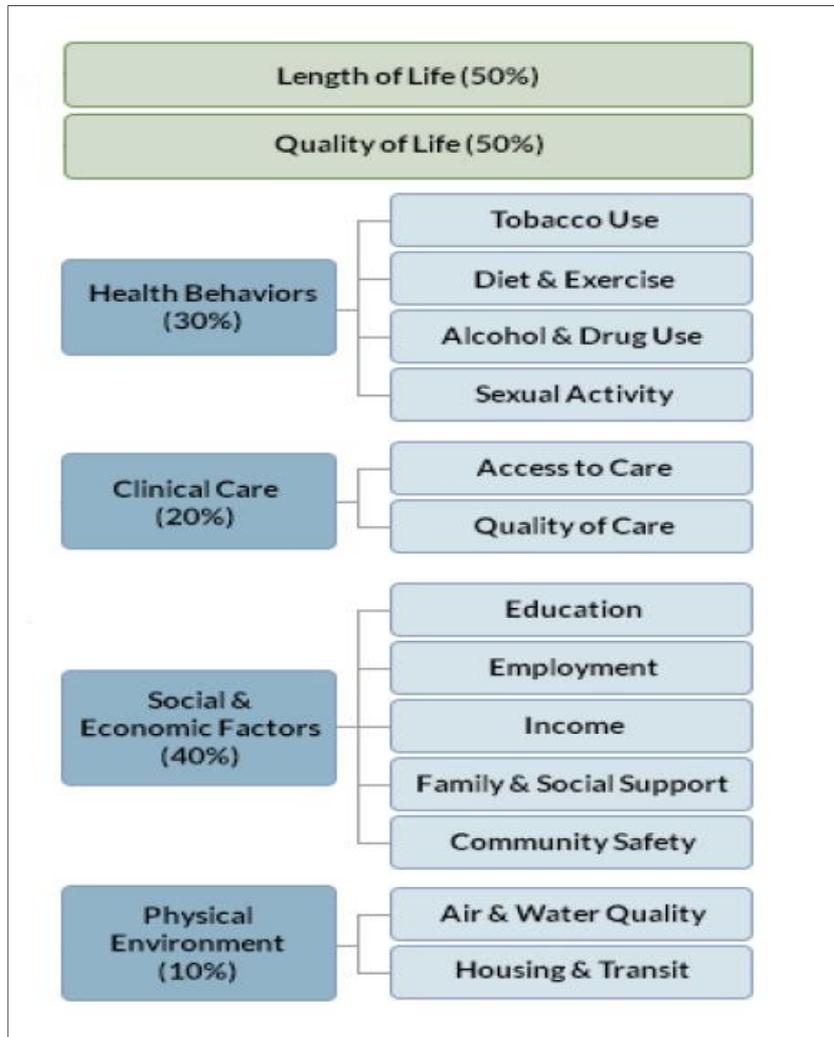
Building healthy, equitable communities for all



- **Mission:** Supports policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life
- **Key Priorities**
 - Stable and affordable housing
 - Complete neighborhoods
 - High-quality education
 - A strong local economy

Determinants of Health

Clinical Care
contributes to
20% of your
overall health



*Source: County Health
Rankings, Robert Wood
Johnson Foundation*

Health Equity

Equality



The assumption is that **everyone benefits from the same supports**. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

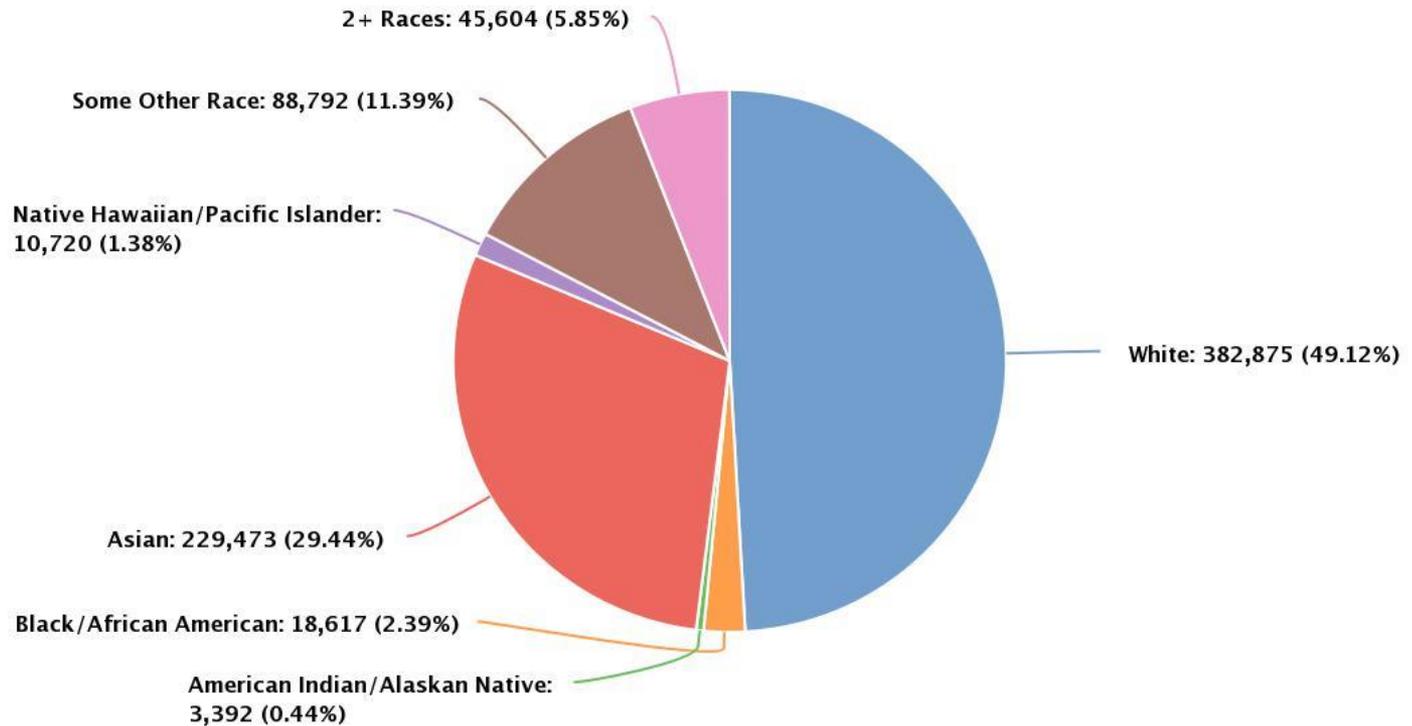
Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

San Mateo County Demographics

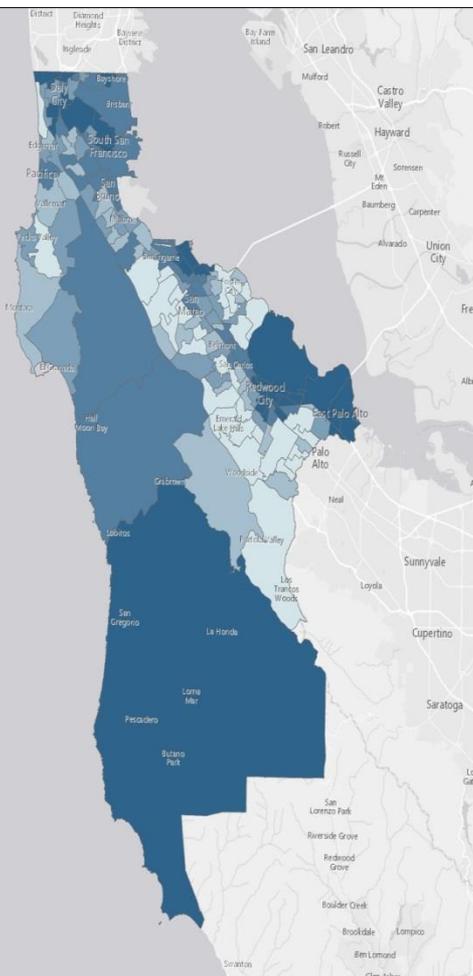
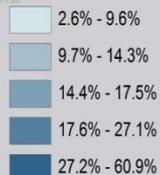
Population by Race
County: San Mateo



Poverty in San Mateo County

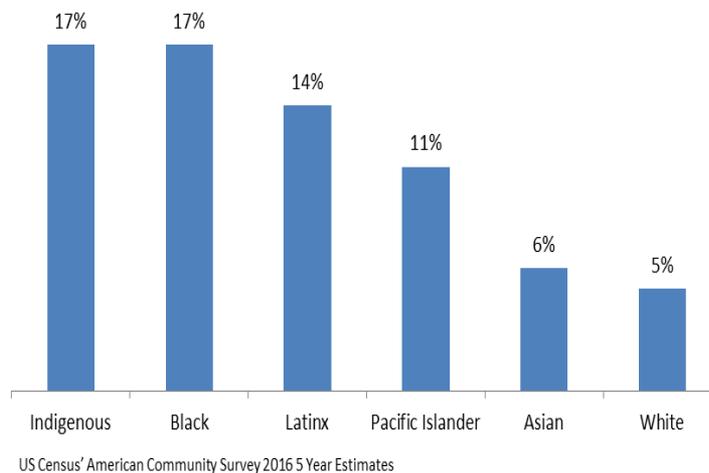
Individuals Living Under 200% Federal Poverty Level in San Mateo County

Percent Under 200% FPL by Census Tract



Source: U.S. Census Bureau, American Community Survey (2011-2015)

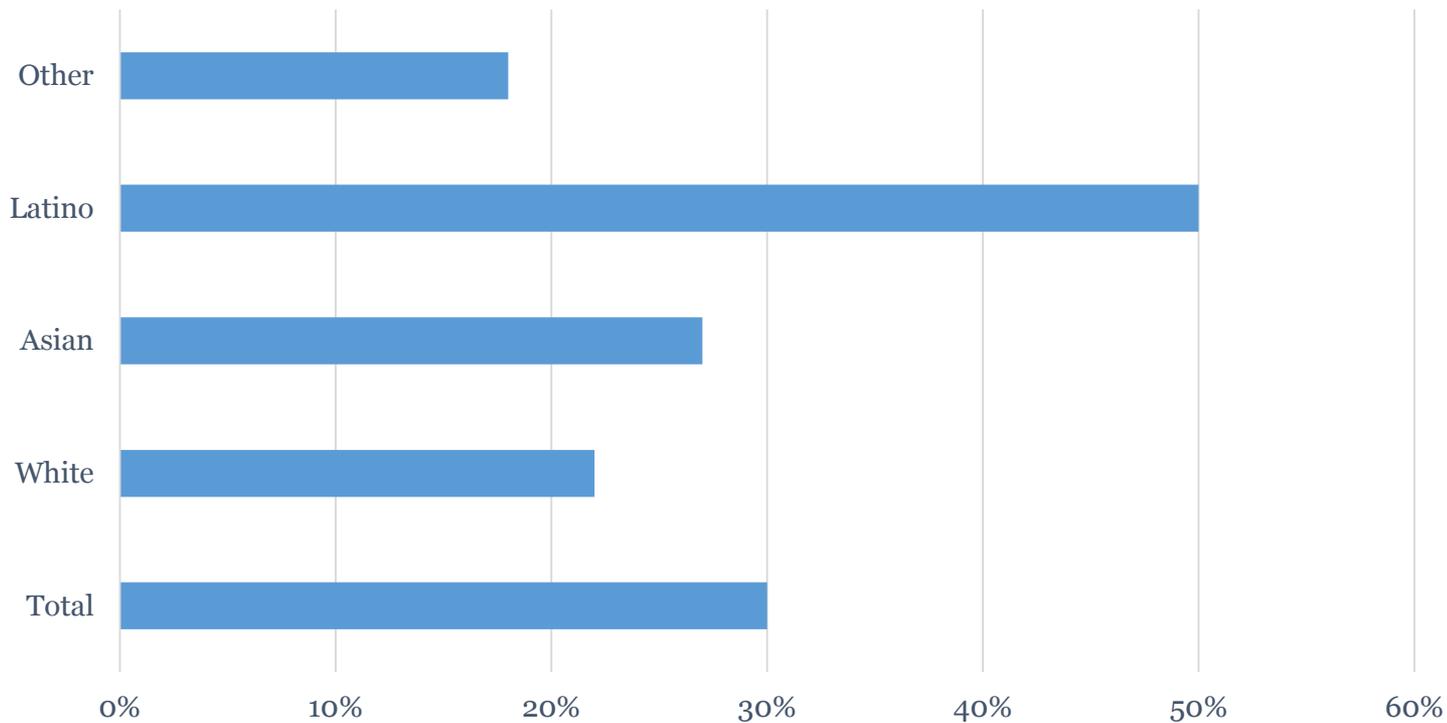
Poverty Rates by Race & Ethnicity, 2012-2016



- **24,138 families at 200% FPL**
- Black and Indigenous residents are more than 3 Times the White poverty rate
- Latinx and PI are more than 2 Times the White poverty rate

Affordability Challenges

Percentage of Families with Children under Five Paying More Than 30% of Their Income on Housing



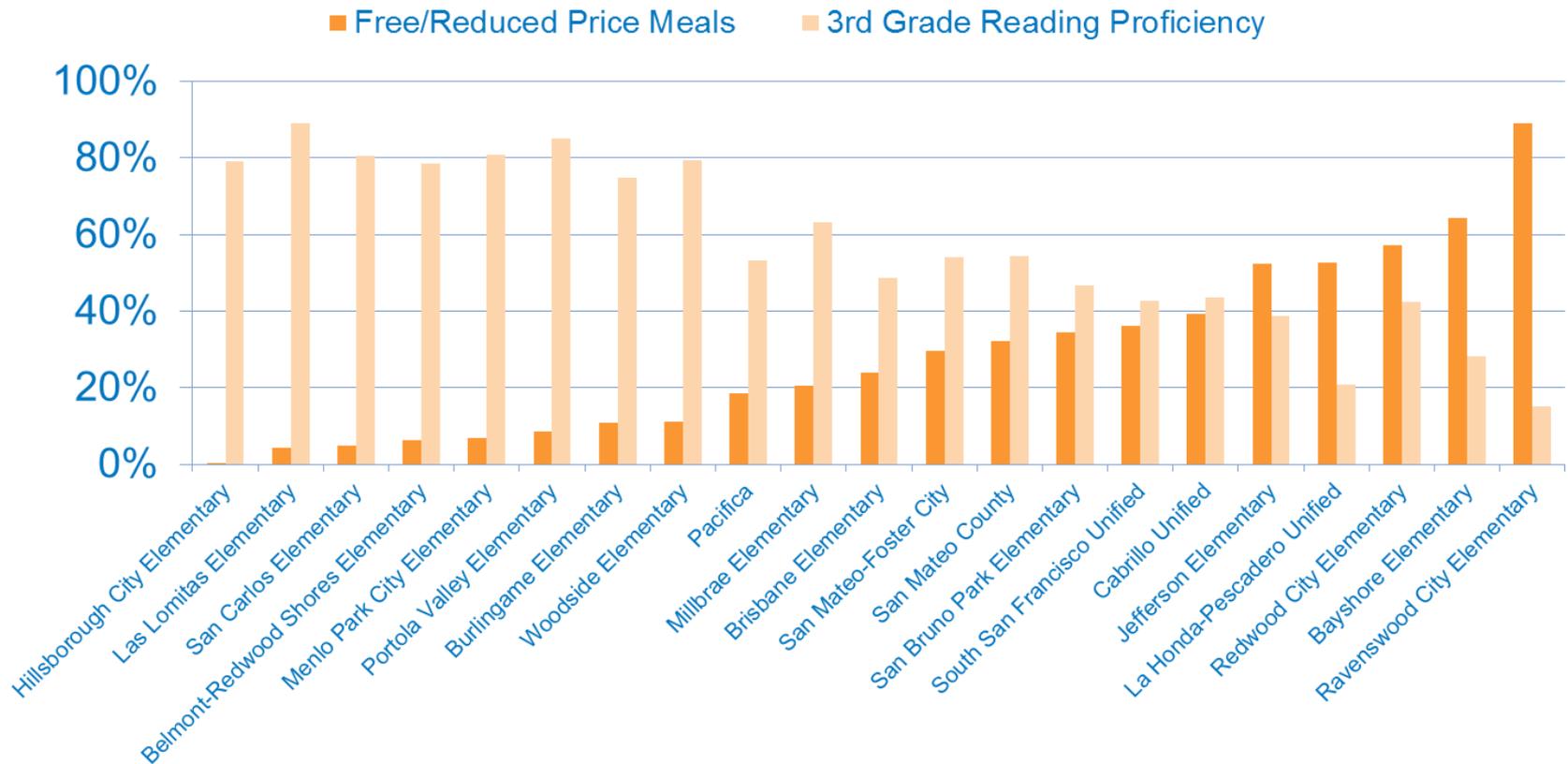
Food Insecurity in San Mateo County

	2013	2014	2015	2016
Food Insecurity Rate	11%	10%	10%	9%
# of Food Insecure - Adults	80,700	74,900	73,600	68,500
Food Insecurity Rate - Children	18%	16%	15%	13%
# of Food Insecure Children	28,300	26,000	24,800	21,400

Source: Feeding America, California Dept. of Social Services, CalFresh Data Files (December, 2018).

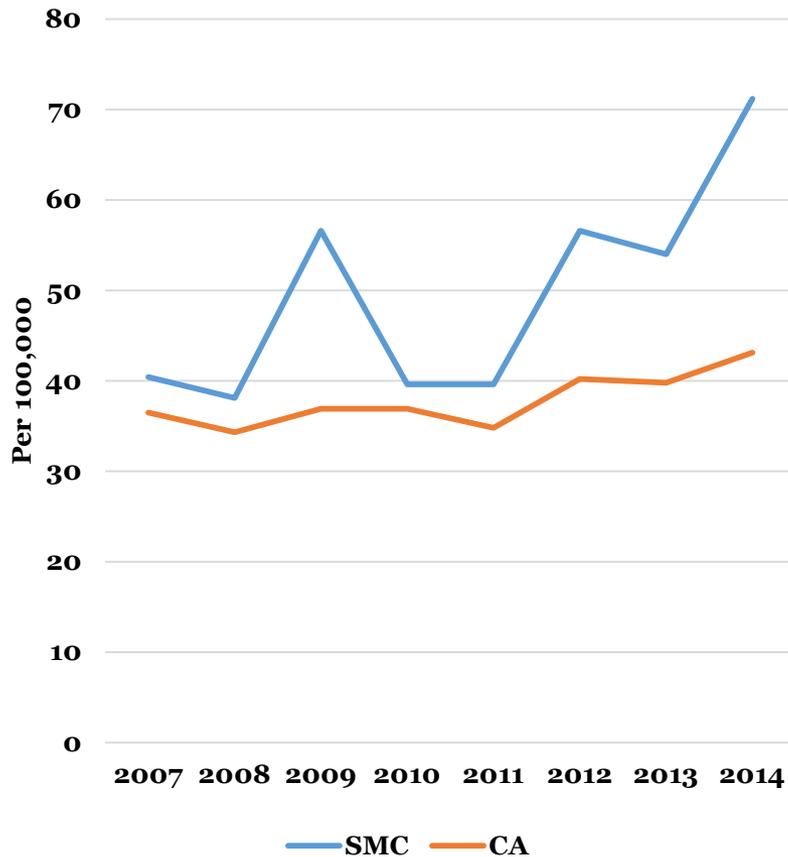
School Challenges In SMC

Free/Reduced Price Meal Participation and 3rd Grade Reading Proficiency by School District, 2016-2017



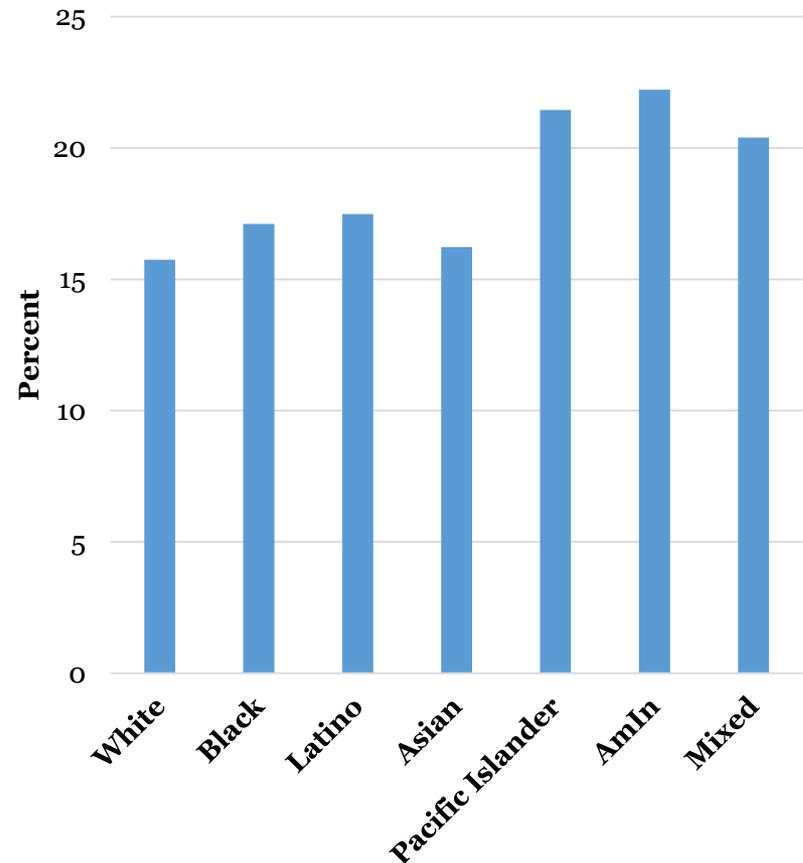
SMC Youth Mental Health

Rate of Self-Inflicted Injury Hospitalization, Ages 5-20



Source: California Dept. of Public Health, Office of Statewide Health Planning and Development, Patient Discharge Data; California Dept. of Finance, Race/Ethnic Population with Age and Sex Detail, 1990-1999, 2000-2010, 2010-2060; CDC, WISQARS (Apr. 2016).

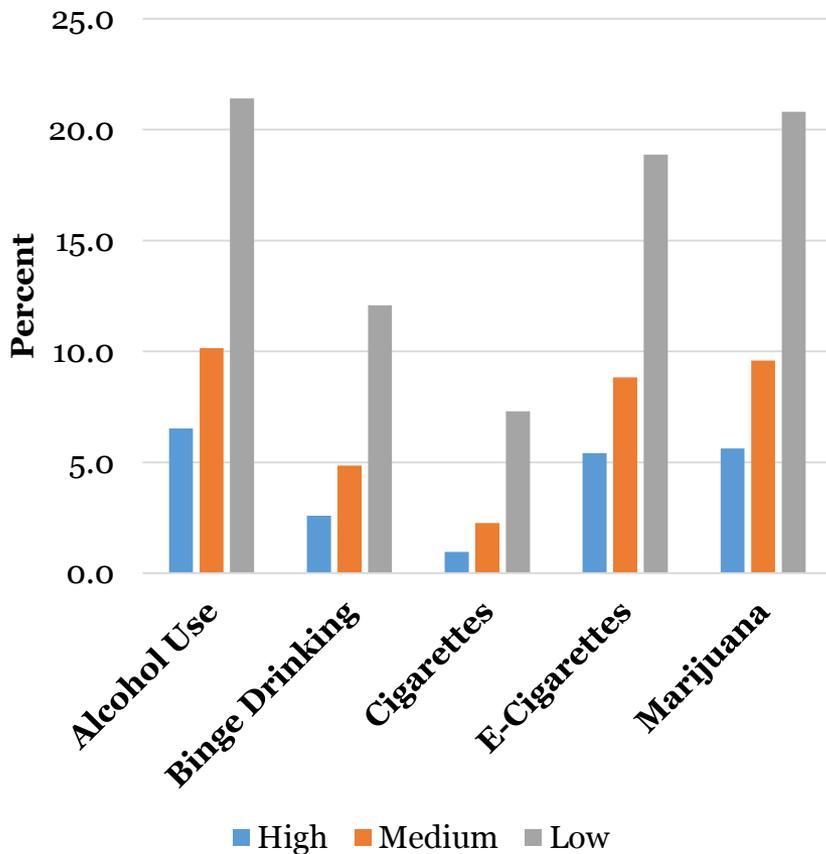
Suicide Ideation



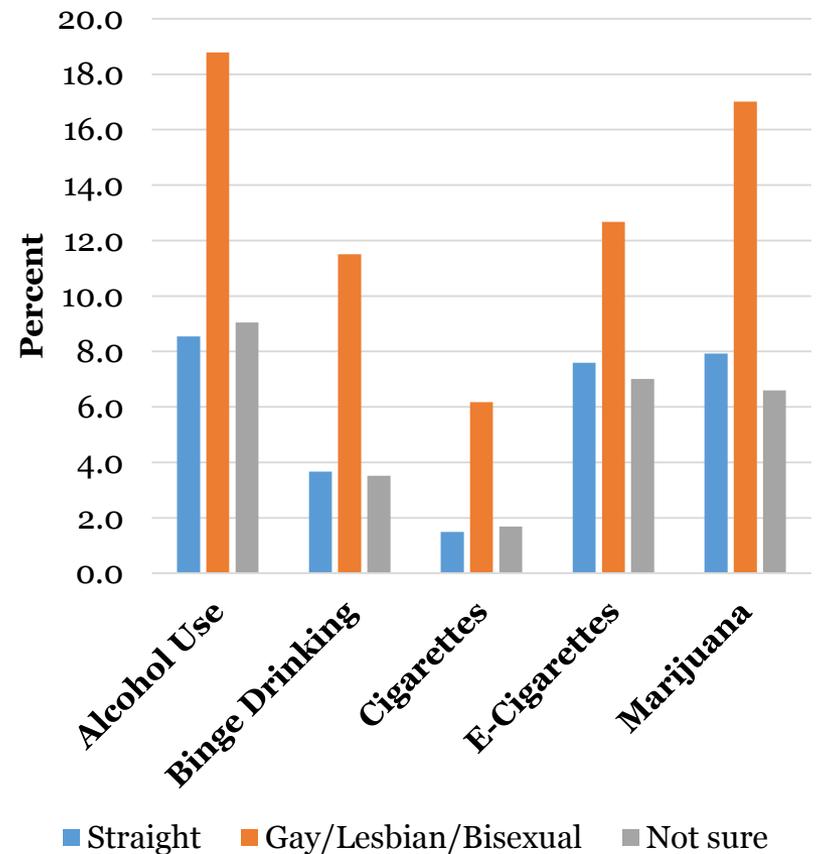
Source: WestEd, California Healthy Kids Survey. California Department of Education, 2018.

Substance Use Among SMC Youth

School Connectedness



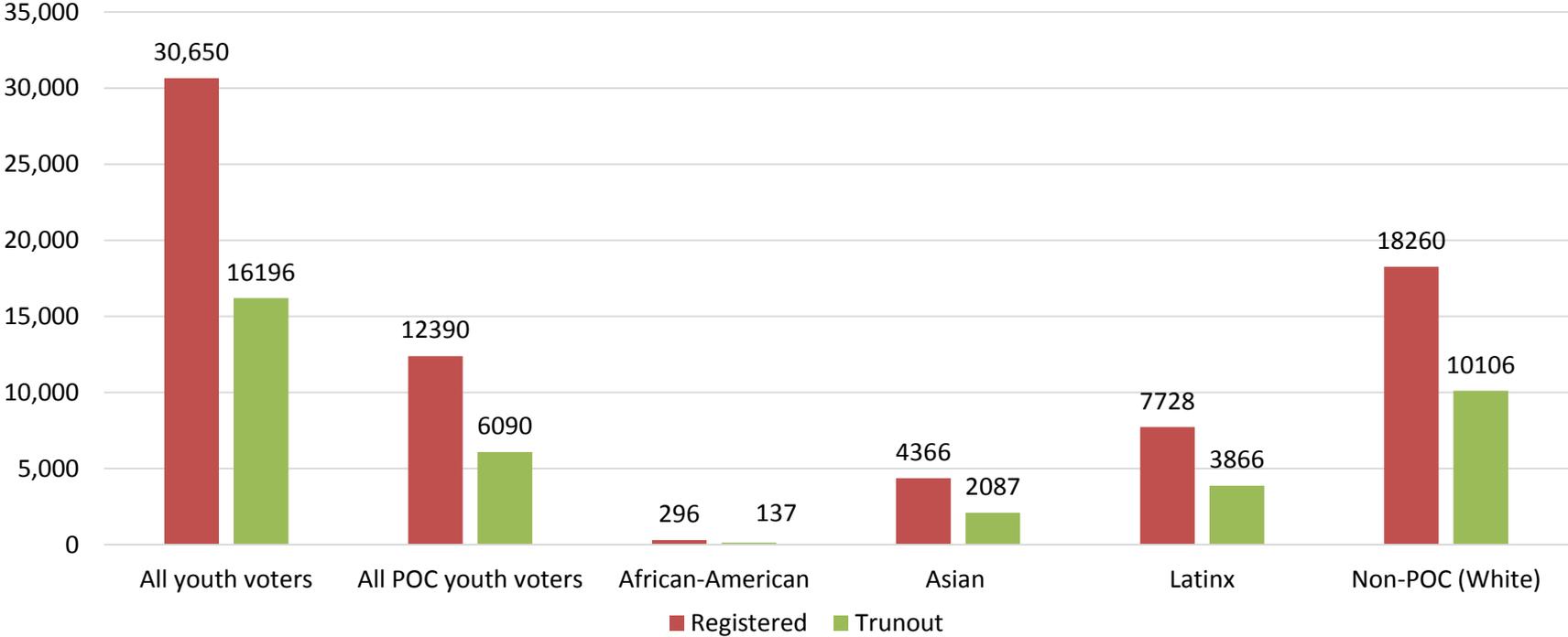
Sexual Orientation



Who Decides The Future



November 2018 SMC Youth Voter Turnout by Race in SMC



Next Steps



- Q & A
- Complete Handout
- Presentation at August Retreat
- Identify Any Gaps in Data

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