

## Community Assessment Part 2: Photo Essay

Population features (Demographics of city/county such as age, income, race/ethnicity, language, education levels)



Face Book Campus



Stanford Research Institute



Typical home found in Menlo Park

**Population:** The 2010 Census tallied 718,451 people living in San Mateo County, a modest 1.6 percent increase from the 2000 Census. The 2013 population estimated by the U.S. Census Bureau was 718,498 — a 4.5 percent jump over the 2010 Census — and by 2014 that number had climbed by 5.6 percent over the last official count to 758,581. Median age is 39.3 years, the most recent figures from the U.S. Census Bureau estimates that 50.7 percent of those living in San Mateo County were female in 2013 and 49.3 male — 6.1 percent of the population was under 5 years old, 21.7 percent were under 18 and 14.3 percent were 65 or older. (County of San Mateo 2015-2017 profile).

**Race/Ethnicity:** San Mateo county is very diverse comprising of 41% white, 3% African American, 27% Asian, 25% Hispanic, 4% mixed race. In 2017, the most common birthplace for the foreign-born residents of San Mateo, CA was Mexico, 46,960 residents foreign born, Philippines with 22,514 residents foreign born, and 20,119 Chinese foreign-born residents. (United States Census Bureau).

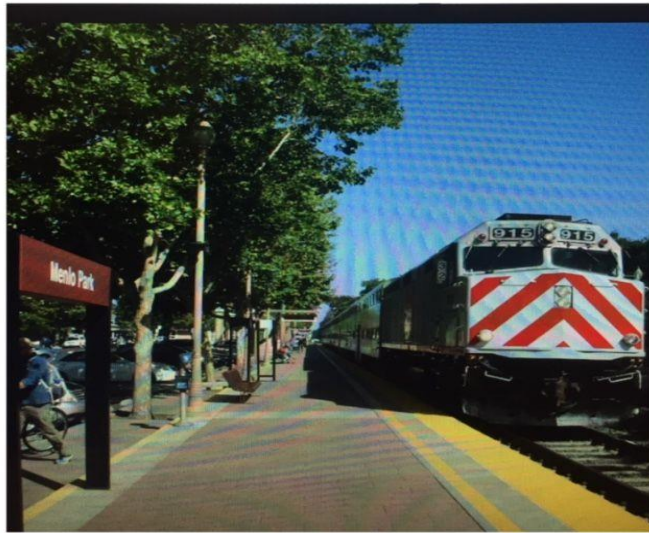
**Language:** 45.3% of San Mateo, CA citizens are speakers of a non-English language, which is higher than the national average of 21.5%. In 2015, the most common non-English language spoken in San Mateo County, CA was Spanish. 18.3% of the overall population of San Mateo County, CA are native Spanish speakers. 7.32% speak Chinese and 6.19% speak Tagalog, the next two most common languages. (United States Census Bureau).

**Income:** Households in San Mateo county had a median annual income of \$105,667. The population living below the poverty level is 7.9%. The median home value in San Mateo County as of April 2015 was \$1,194,500. Education for people over the age of 25: high school graduate 15.5%, some college 17.6%, associate's degree 7.26%, Bachelor's degree 28.2%, graduate degree 20.3%. (United States Census Bureau).

**Environmental features (Physical Characteristics including public transportation, safety, government, recreation, health & social services, education)**



**One of the many parks in Menlo Park**



**Menlo Park Cal Train station**

**Physical characteristics:** San Mateo county Within its 455 square miles bordered by the Pacific Ocean to the west and San Francisco Bay to the east, the County is known for its mild climate and scenic vistas. les San Mateo County is home to some of the most spectacular and varied geography in the United States. It includes redwood forests, rolling hills, farmland, tidal marshes, creeks and beaches. The county is known for its mild climate and scenic vistas. (county of San Mateo 2015-2017 profile).

**Health and Social services:** There are a number of hospitals serving the residents of Menlo Park including Stanford Medical Center, Sequoia Medical Center, and the VA in Palo Alto. Menlo Medical Clinic offers a full range of specialties for the residents of Menlo Park and partners with Stanford. Satellite Healthcare offers dialysis to Menlo Park residents. Menlo Park has a number of assisted living facilities including Silver Oaks, Meadow Gardens, and Silver Point Plaza. These facilities offer memory care for the growing population that suffers from dementia. Menlo Park is served by the Peninsula Volunteer network which includes Meals on Wheels, Rosner House, and little house. They offer adult day services including music therapy, art, and dementia services. (county of San Mateo 2015-2017 profile) and (city of Menlo park).

**Recreation:** Menlo Park's facilities include 221 acres of parkland distributed among 13 parks, three community centers, two public pools, three child care centers, two gymnasiums and one gymnastics center. Included in the parks and recreation areas are tennis courts, dog parks, softball diamonds, picnic areas, playgrounds, soccer fields, a skate park, shared use of a performing arts center and open space. (city of Menlo Park).

**Public Transportation:** The county is home to the second-largest airport in California and the only Deepwater port in the southern part of San Francisco Bay. Thousands of people a day board three major mass transit systems that serve the county: BART, Caltrain and SamTrans. The network of roads includes busy freeways linking the county to San Francisco and Silicon Valley. (county of San Mateo 2015-2017 profile).

**Safety:** Menlo Park is a very safe place to live comparing crime stats to CA. as a whole. Reported total crime in Menlo Park is 709 incidents or 2073/100,000 people vs 2946/100,000 people for the state of CA. as a whole. Murder rate last year was zero, robbery 43.9/100,000 vs 143/100,000 for CA. Burglary was 277.8/100,000 vs 446.9/100,000 in CA. (city of Menlo park).

**Education:** San Mateo County is home to 183 public schools and many private schools. Public school enrollment rose to 94,667 in the 2013-14 school year from 93,931 in 2012-2013. In 2013-2014, 5,617 students were enrolled in charter schools. In 2015, California saw record high graduation rates for a fifth year in a row and all student groups in San Mateo County also marked overall increases. (county of San Mateo 2015-2017 profile).

**Government:** The City Council is the city's governing body. Its members are elected at-large to four-year overlapping terms. The Mayor and Mayor Pro Tem each serve one-year terms and are selected annually by the City Council at its first regular meeting in December. The Mayor, who represents the City of Menlo Park at ceremonial and public functions, also serves as the presiding officer of the City Council. (city of Menlo park).

## Social/structural determinants influencing health/illness



**Business reflects the high rate of Hispanics**

**Blight in the streets of East Palo Alto**

**Health Determinants:** affecting health and disease per the county of San Mateo cities with the highest percentage of low income and non-white residents are in East Palo Alto, East Menlo Park and North Fair Oaks. The residents are primarily African American (13%) and Hispanic (63%). They have nearly twice the rates of hypertension (42.8 percent) than other California residents. Residents of these three areas also suffer higher rates of obesity and diabetes. They have higher rates of childhood asthma and are less likely to vaccinate their children. Residents in these three areas are more likely to die from diabetes and heart disease than other residents of San Mateo County. Poverty and relative poverty are increasing, especially at both ends of the lifespan, children and seniors. A total of 18.9% of San Mateo County adults live below 200% of the Federal Poverty Level (FPL), according to reported household incomes and household sizes. Among respondents with a high school education or less, 45.5% report living below the 200% FPL threshold, compared to only 13.7% of those with education beyond high school. Black and Hispanic respondents also demonstrate higher proportions than White or Asian/Pacific Islander respondents. (San Mateo county all together better).

**Health Inequities:** In San Mateo county East Palo Alto, North Fair Oaks, and East Menlo Park residents have shorter life spans. These communities suffer higher rates of poverty 10.5% vs 2.8% mean score for the county. Have less education, percentage of residents with a B.S. degree is 18.2% compared to a mean of 50.7% for the county. Populations that have less income and education suffer greater health inequities which leads to lower life spans. The average lifespan of an East Palo Alto resident for example is 61.9 years (the figure doesn't include deaths due to crime or accidents), more than 21 years less than that of other county residents. African Americans born in San Mateo county as a whole have a life expectancy of 76.1 years which is 7 years less than other residents. (San Mateo county all together better).

**Leading cause of death:** Life expectancy for San Mateo county is 83.11 years the top three leading causes of death for residents of San Mateo County were heart disease, cancer, and stroke. (San Mateo county all together better).

## Community Strengths



### **Great deal of public parks and open spaces    Variety of places of worship for everyone**

Menlo Park is a small city located in San Mateo county. It is close to major medical centers, employment, shopping, highly rated public schools, and first-rate colleges such as Stanford University, Menlo College, and Canada Community College. It is a safe community, many of the people we spoke with feel comfortable outside their home's day and night. There are a great many number of parks, business, and places of worship. There are many beautiful tree lined streets that include bike lanes for commuting.

There is low unemployment and the area features many jobs that have upper income pay and benefits. There is a robust park and recreation that services the city and the Peninsula volunteers offer elder care at Rosner House and Little House.

**Priority public health concern, deficit or documented problem.**



**East Menlo Park home**



**Market serving East Menlo Park**

There are environmental health concerns near the vicinity of Menlo Park in East Palo Alto. Studies show a link between air quality and health issues such as asthma. East Palo Alto has a higher rate of childhood asthma (14%) than the rest of San Mateo County (6.7%). The causes of this higher asthma rate are unknown, though it is speculated that it may be related to higher levels of air pollution. In San Mateo County the number of people overweight has begun to decline, but obesity continues to increase. Based on reported heights and weights, 55.4% of San Mateo County respondents are overweight. This represents a statistically significant increase in overweight prevalence when compared to the 50.8% found in 1998, but is lower than the prevalence in 2008. Additionally, 21.7% of San Mateo County adults were found to be obese, having a body mass index of 30 or higher. This again represents a significant increase since 1998 (13.4%). The obesity prevalence increases with age and decreases with education and income levels. The prevalence is highest among Blacks and Hispanics, and is most often reported in the North County region. Diabetes is up 2.5 times over the past 10 years. The greatest increases have been in Whites, in females, and in those over 65 years of age. The 2013 San Mateo County Health & Quality of Life Survey finds that 10.0% of the adult population has diabetes (excluding diabetes experienced only during pregnancy), representing approximately 57,130 San Mateo County adults. This percentage significantly higher than the previous levels. Most San Mateo County respondents (53.9%) do not participate in regular, vigorous physical activity, meaning they do not engage in activities that cause heavy sweating or large increases in breathing or heart rate at least three times a week for 20 or more minutes on each occasion. Risk factors for heart disease are increasing. A total of 85.4% of San Mateo County adults exhibit at least one cardiovascular risk factor (i.e., smoking, no regular physical activity, high blood pressure, high cholesterol, or being overweight), as revealed in the 2013 San Mateo County Health & Quality of Life Survey. This is similar to 2001, 2004 and 2008 findings, but remains significantly higher than found in 1998. Persons more likely to exhibit cardiovascular risk factors include men; adults aged 40+, those living below the 200% poverty threshold, and Black respondents and residents who live in North County. (San Mateo county all together better).

## References

County of San Mateo 2015-2017 profile.

[https://www.smcgov.org/sites/smcgov.org/files/documents/files/County\\_Profile\\_2015\\_17.pdf](https://www.smcgov.org/sites/smcgov.org/files/documents/files/County_Profile_2015_17.pdf)

City of Menlo Park: Parks and Recreation services:

<https://www.menlopark.org/1330/Parks-and-Recreation-Facilities-Master-Plan>

San Mateo county all together better:

<http://www.smcallytogetherbetter.org/indicators/index/view?indicatorId=340&localeId=153985>

United States Census Bureau: 2010 Census

<https://www.census.gov/quickfacts/fact/table/sanmateocountycalifornia/BZA010216>