



**SAN MATEO  
COUNTY HEALTH**  
All together better.

# LIFE EXPECTANCY IN SAN MATEO COUNTY

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**COUNTY HEALTH OFFICER**

# PRESENTATION OVERVIEW

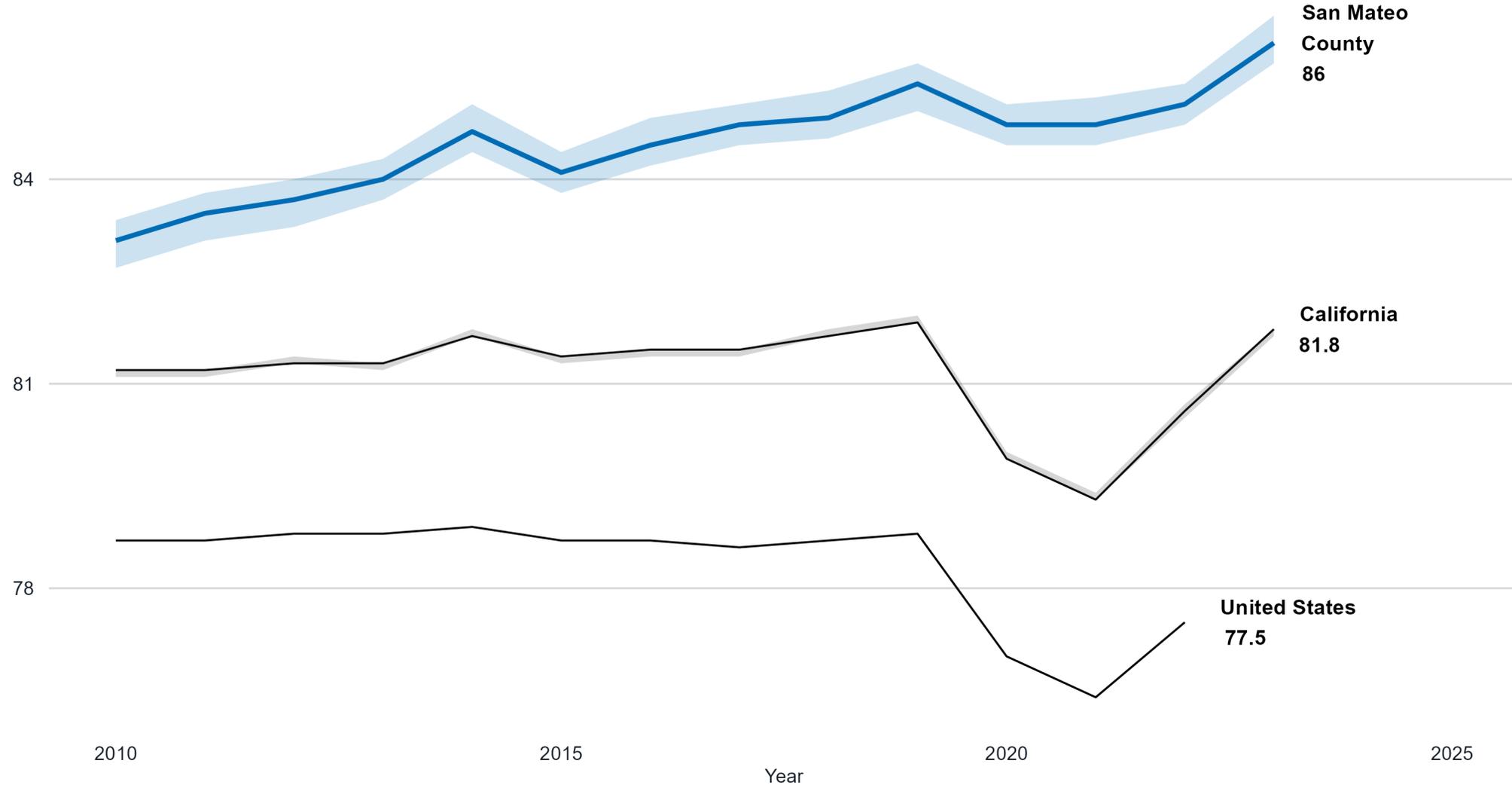
- Overall, health outcomes for San Mateo County, such as life expectancy, are very good.
- Investments made over the years have likely contributed to the generally positive health outcomes.
- We have infrastructure in place working to address many social determinants of health (SDOH).
- There is still work to do to address SDOHs and reduce disparities in health outcomes amongst different populations.

# WHAT IS LIFE EXPECTANCY?

- Can be used to evaluate the health status of a population and identify groups who are at risk of dying before we would expect
- An estimate of how long a person can expect to live if current mortality rates do not change
- Calculated using death and demographic data
  - Total number of deaths by age group
  - Total number of individuals by age group

# Life Expectancy

San Mateo County, California and US Estimates 2010-2023



San Mateo County life expectancy estimates were calculated with California Department of Public Health California Comprehensive Death Files and California Department of Finance population projections using the life table from Chiang et al with an upper age group of 90+.  
California life expectancy estimates we downloaded from the California Community Burden of Disease (<https://skylab.cdph.ca.gov/communityBurden/>.)  
United States Life expectancy estimates were downloaded from the CDC's National Center for Health Statistics (<https://www.cdc.gov/nchs/fastats/life-expectancy.htm>)

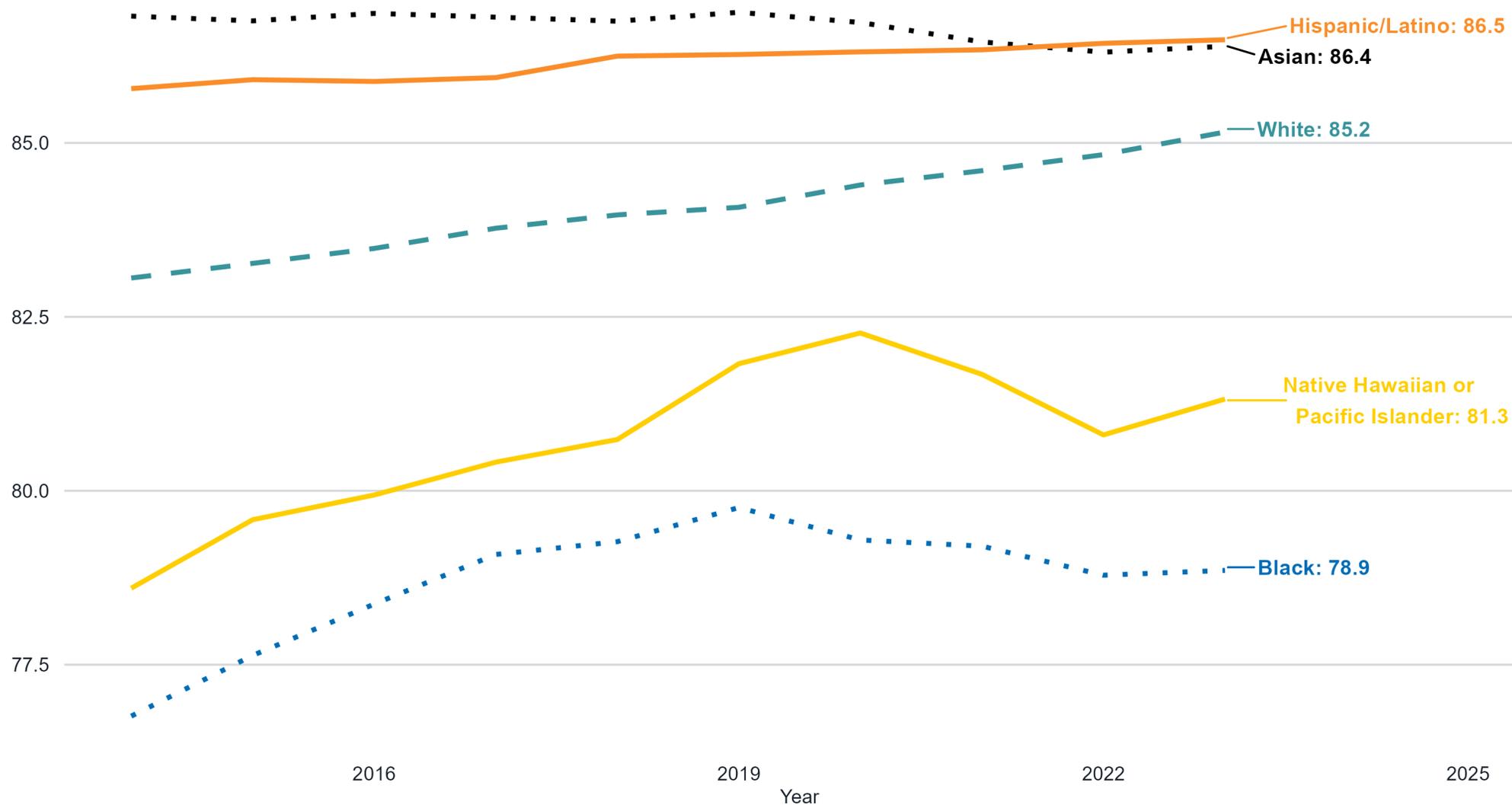
### Life Expectancy vs. Median Household Income by County



Source: County Health Rankings 2019-2021 Life Expectancy estimates and US Census Bureau 2018-2022 American Community Survey 5-year Estimates

# Life Expectancy by Race/Ethnicity

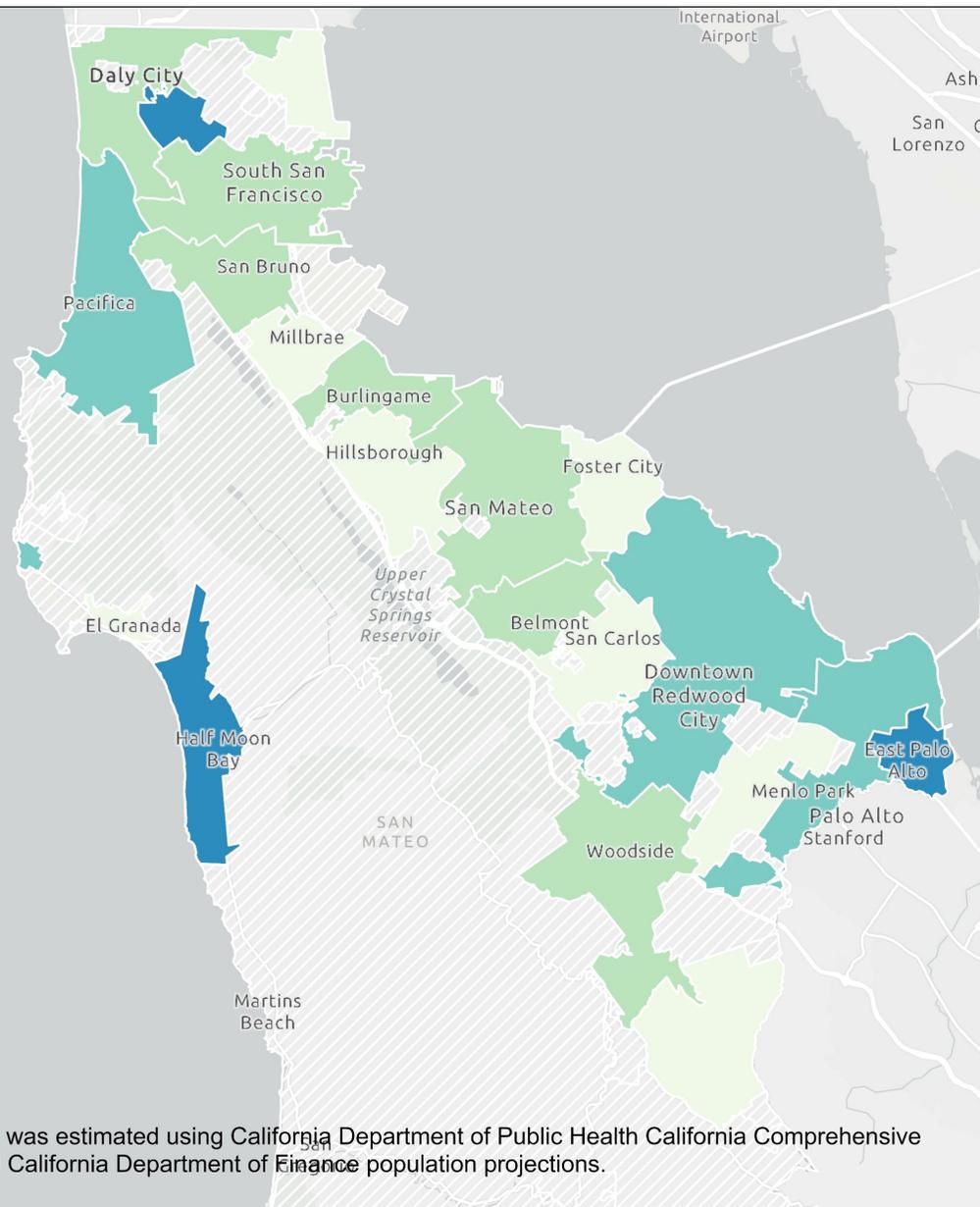
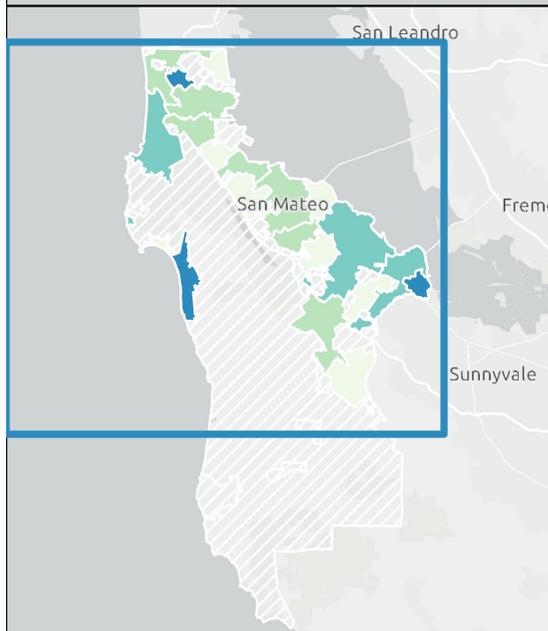
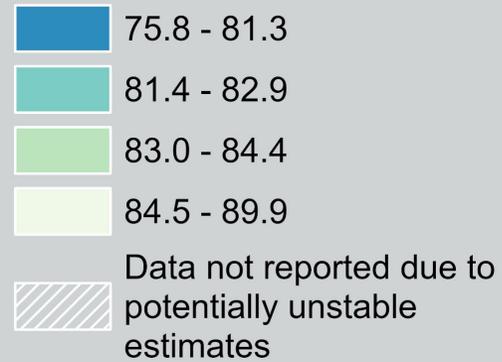
San Mateo County, 2014 - 2023



Data not reported for American Indian/Alaska Native and Multirace groups due to potentially unstable estimates. Race/ethnicity life expectancy estimates are 5-year estimates. They were calculated with California Department of Public Health California Comprehensive Death Files and California Department of Finance population projections.

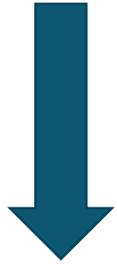
# Life Expectancy by City

San Mateo County, 2019-2023



Life expectancy was estimated using California Department of Public Health California Comprehensive Death Files and California Department of Finance population projections.

Policies,  
Initiatives,  
Programs



Health  
Factors



Health  
Outcomes

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
Racism and Discrimination					
Housing Transportation Safety Playgrounds Walkability Zip code/geography	Food security Access to healthy options	Literacy Language Early Childhood education Vocational training Higher education	Employment Income Expenses Debt Medical bills Support	Social integration Support systems Community engagement Stress Exposure to violence/trauma	Health coverage Provider availability Provider linguistic & cultural competency Quality of care

**Social  
Determinants  
of Health**

Environment	Lifestyle & Behavior	Genetics
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**Factors that  
Influence  
Health**

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

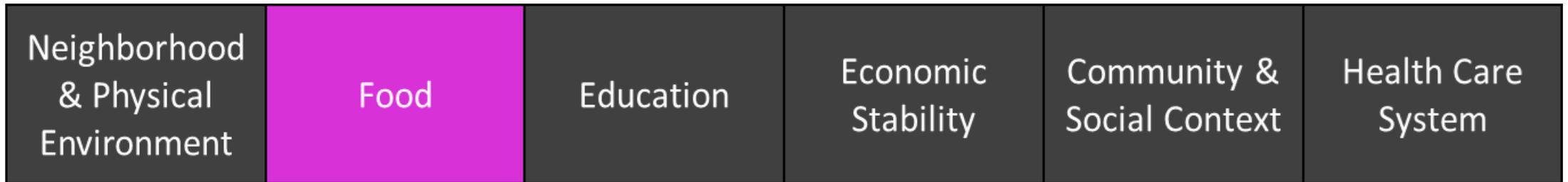
**Health Outcomes**

# SMC INITIATIVES

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
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- California Tobacco Tax + Local County and City Smoking Ordinances
  - Decline in adult smoking from 15% → 8% from 2009 to 2023
- Updated Tobacco Retail Permit Ordinance – 5/2023
- Establishment of the Navigation Center
- Purchase of Hotels to Provide Housing for Persons Experiencing Homelessness
- San Mateo County Park Rx Program
- Peninsula Clean Energy, Reducing Carbon Footprint – 2016
- 9 Age Friendly cities in SMC
- Focus on Services in Zip Codes/Neighborhoods with Less Resources and Poorer Health Outcomes

# SMC INITIATIVES



- Healthy Food Rx Program
- SMC School Garden Program (HEAL project)
- WIC and CalFresh Programs
- SMC Food System Alliance

# SMC INITIATIVES

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
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- First 5 Investments in Early Childhood Including Access to Affordable, Quality Childcare
- Preschool Through 3rd Grade Alignment (P-3) Initiative
- The Big Lift & Early Childhood Education Access
- The Coalition for Safe Schools and Communities
  - Big Five
  - United for Youth Blueprint for School
  - Transition Age Youth Well-being
- School Funding Adequacy Higher than California

# SMC INITIATIVES

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
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- Living Wage Ordinance – Permanent 7/2022
- Shared Prosperity Coordinating Council & Action Plan - 2024
- Wage Theft Program- 8/2024
- Creation of Office of Labor Standards and Enforcement - 2024
- Vocational Rehabilitation Program (HSA)
- County Anchor Framework – New Policy for Procurement 2024
- Minimum Wage Ordinance – 1/2025
- Baby Bonus Pilot Program - 2025

# SMC INITIATIVES

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
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- Youth Commission established by BOS - 1993
- Nine Different Health Equity Initiatives by 2009
- Establishment of PRIDE Center – 2017
- In 2020, SMC BOS Adopted a Resolution Declaring Racism a Public Health Crisis
- Certified as a "Welcoming Place" -2024
- SMC Declaration of Loneliness as a Public Health Issue
- Law Enforcement/Mental Health Clinician Co-Response Partnership – 2021
  - Community Wellness and Response Teams with Related Evaluation
- Family Justice Center – Coming 2025
- Legal Support for Vulnerable Populations

# SMC INITIATIVES

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
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- Children's Health Initiative - 2003
  - First in Nation to Provide Health Coverage for All Kids
- Access and Care for Everyone (ACE) Program – 9/2007
- Medi-Cal Expansions & Covered California
- Decline in Uninsured Persons from 17% to 5% from 2011 - 2023
- Human Services Agency Pop Up Events for Medi-Cal Enrollment
  - Decline in Uninsured Persons from 17% to 5% from 2011-2023
- Healthcare for the Homeless and Farmworker Health
- County Health programs and services
- Access to Primary Care Physicians
  - 1100:1 in 2010 → 920:1 in 2021
- Access to Dentists
  - 1110:1 in 2010 → 860:1 in 2022
- Preventable Hospital Stays (per 100,000 Medicare Enrollees)
  - 2,353 in 2012 → 1,468 in 2021

# ADDITIONAL OPPORTUNITIES TO ADDRESS SOCIAL DETERMINANTS OF HEALTH IN SAN MATEO COUNTY

Neighborhood & Physical Environment	Food	Education	Economic Stability	Community & Social Context	Health Care System
<ul style="list-style-type: none"> <li>• High housing costs</li> <li>• Difficult to buy a house</li> <li>• Large % of each paycheck spent on housing</li> <li>• Overcrowded housing</li> <li>• People leaving county due to high housing cost</li> <li>• Lack of diversity within neighborhoods</li> </ul>	<ul style="list-style-type: none"> <li>• Food insecurity and access to healthy food remains an issue especially in certain populations (&lt;200% FPL, Latinx, LGBTQ+, Pacific Islander)</li> </ul>	<ul style="list-style-type: none"> <li>• Disparities in meeting learning standards amongst different populations</li> <li>• Disparities in educational attainment</li> </ul>	<ul style="list-style-type: none"> <li>• Very high cost of living</li> <li>• Wages don't meet needs</li> <li>• High cost of childcare</li> <li>• Difficulty accessing and obtaining social services</li> <li>• Increasing number of residents considering relocating due to cost of living</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of social connection</li> <li>• Fewer nonprofit organizations</li> <li>• Significant number of adults feel isolated or alone</li> </ul>	<ul style="list-style-type: none"> <li>• Lower % of preventative care visits/screening</li> <li>• Not enough dentists or primary care MDs</li> <li>• Lack of physical activity</li> <li>• Lack of access to care</li> <li>• Increasing % of adults reporting fair/poor physical and mental health, experiencing depression</li> </ul>

# S U M M A R Y

- Overall, health outcomes for San Mateo County, such as life expectancy are very good.
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- We have infrastructure in place working to address many social determinants of health (SDOH).
- There is still work to do to address SDOHs and reduce disparities in health outcomes amongst different populations.

# RECOMMENDATIONS FOR IMPROVING HEALTH OUTCOMES

- Utilize and potentially expand upon existing infrastructure to address identified areas for improvement in SDOH.
- Encourage participation of a wide variety of interested parties in the Community Health Improvement Plan advisory council (CHIP Collaborative) to collectively provide input into improving the social determinants health.
- Promote Health in All Policies: Collaborative approach to improving the health of all people by incorporating health considerations into decision making across sectors and policy areas.



**THANK YOU**



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