

Sequoia Healthcare District Needs Assessment

Summary Report

This summary report displays data found on health need indicators in the Sequoia Healthcare District (SHD). The SHD's status on each health indicator is compared to Healthy People 2020 targets (when available) and state and county averages. The SHD includes: Atherton (94027), Belmont (94002), Foster City (94404), Menlo Park (94025), Portola Valley (94028), Redwood City (94019, 94061, 94063, and 94065), San Carlos (94070), San Mateo (94403), and Woodside (94062). Comparison counties for this report include: San Mateo County as well as Alameda County, Napa County, and Santa Clara County.

The SHD covers an area with a total population of 220,000. The majority of the population in the SHD is White (69%) and 23% of the population is Latino. The median family income for families in San Mateo County is \$117,149, higher than the median family income reported for families in the Redwood City Elementary District (\$107,034) but lower than reported for the Sequoia High School District (\$134,974). Compared to the state and the other comparison counties, the SHD has a smaller percentage of the population in poverty (18% versus 20%-28% in comparison counties and 36% for the state).

Healthcare Access

Healthcare access is lower than comparison counties.

- The rate of primary care physicians (per 100,000) is lower in the SHD (97.5) than San Mateo (99.1), Alameda (106.1), Napa (101.9) and Santa Clara Counties (105.9). However, the SHD rate is higher compared to the state rate (78.5).
- The density rate of Federally Qualified Health Centers (per 100,000) is lower in the SHD (0.33) compared to each comparison county (between 0.56-5.86) and the state rate (2.37).

Major Health Conditions

Asthma prevalence in San Mateo County is higher than the state.

- Sixteen percent of adults 18 and older in San Mateo County have asthma, similar to the 16% of adults in Alameda County. Asthma prevalence is higher in San Mateo County than Napa County (14%), Santa Clara County (14%), and the state (14%).

Breast, colorectal, and prostate cancer incidence rates in San Mateo County are higher than benchmarks.

San Mateo County compared to the state:

- Slightly higher percentage of low birth weight births
- Slightly higher percentage of adults with no HIV/AIDS screening.
- Slightly lower percentage of adults managing their diabetes.
- Higher percentage of adults drinking excessively.

- Prostate and breast cancer incidence rates for San Mateo County (140.0 and 138.3, respectively) are higher than the state targets (126.9 and 122.1, respectively). Compared to the HP2020 benchmark (38.7), San Mateo County has a higher colorectal incidence rate (40.0).

Excessive alcohol consumption in San Mateo County is higher than the state.

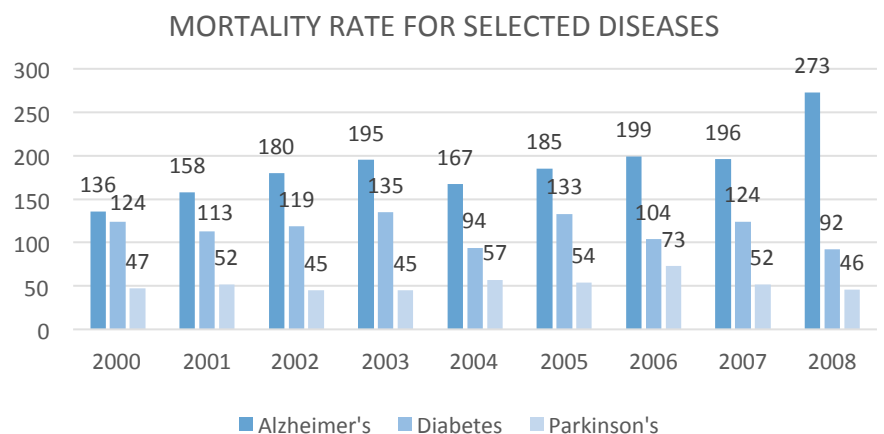
- The percentage of adults drinking excessively in San Mateo County (22%) is higher than Alameda (20%) and Santa Clara Counties (14%) and the state (17%).

The mortality rate due to intentional self-harm (suicide) is higher than comparison counties but lower than benchmarks.

- The age-adjusted mortality rate (per 100,000) due to intentional self-harm (suicide) is higher in the SHD (8.62) than San Mateo (8.29), Alameda (8.16), and Santa Clara Counties (7.90). However, the SHD fared well compared to benchmarks having lower rates than the HP2020 target (10.2) and the state rate (9.80).

The number of deaths due to Alzheimer’s disease is rising.

- The mortality rate for Alzheimer’s has been growing, while the mortality rate for other diseases of “old age” are shrinking (see chart to the right).



Source: Senior Health in San Mateo County – Current Status and Future Trends 2012.

The mortality rate for coronary heart disease is higher than the HP 2020 benchmark.

- The age-adjusted mortality rate (per 100,000) for coronary heart disease is higher in the SHD (113.4) than the HP2020 target (100.8). However, the SHD rate is lower than each of the other comparison counties.

Special education enrollment is increasing.

- The percentage of students enrolled in special education has increased for each school district in the SHD with the exception of Sequoia Union which declined slightly from 13% in 2011 to 11% in 2015.

Other related indicators for major health conditions are faring well compared to the benchmarks.

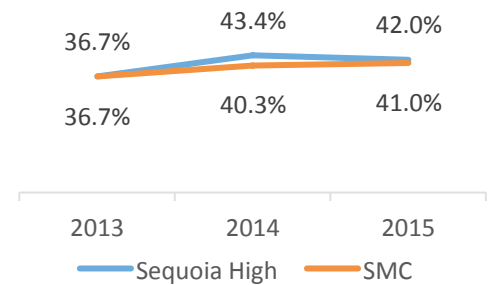
- The percentage of adults in San Mateo County smoking cigarettes (11%) is lower than the state (13%).
- The percentage of adults with poor mental health in San Mateo County (11%) is lower than the state (16%).
- Youth mental health indicators such as depression-related feelings and suicidal ideation are lower for students in the Sequoia Union School District compared to the state.

Physical Health

Disparities are found among students who meet healthy fitness standards.

- Wide disparities exist across school districts and grades in students meeting all fitness standards. In 2015, three-quarters of 7th grade students in Belmont-Redwood Shores met all fitness standards higher than students in Menlo Park City (62%), San Carlos (27%) and Redwood City (19%) School Districts.
- For 5th grade, more than half of students in Belmont-Redwood Shores and Menlo Park City School Districts met the standards compared to less than a quarter in San Carlos and Redwood City School Districts.
- The percentage of 9th graders in the Sequoia Union District meeting all the fitness standards has been increasing since 2013 (See chart above).
- Ethnic disparities can also be seen in 9th graders meeting the fitness standards. Asian students (60%) are more likely to meet all the fitness standards compared to other race/ethnicities and two times more likely than Latino students (27%).

Grade 9 Students Meeting All Fitness Standards, 2015



Source: As cited on kidsdata.org, California Dept. of Education, Physical Fitness Testing Research Files (Dec. 2015).

The Redwood City School District is not faring as well as the state in regard to student healthy weight.

- A higher percentage of 5th and 7th grade students in the Redwood City Elementary School District (45% and 44%, respectively) are overweight or obese compared to the state (40% and 39%, respectively).

Ethnic disparities are found among students who are overweight or obese.

- For 5th and 7th grade students, Latinos are more likely to be overweight or obese. For 9th grade students, Latino and Native Hawaiian/Pacific Islander are more likely than other race/ethnicities to be overweight or obese.

The rate of fast food restaurants is higher than the state.

- The SHD (79.53) has a higher rate of fast food restaurants (per 100,000) than San Mateo (73.77), Napa (63.01), and Santa Clara (78.69) Counties and the state (74.51).

San Mateo County compared to the state:

- Slightly higher percentage of youth with inadequate fruit and vegetable consumption.
- Lower percentage of adults who are overweight

Data sources: All indicator data was pulled from Community Commons with the exception of income, fitness, youth obesity, special education, school mental health data (kidsdata.org) and Alzheimer's disease data (Senior Health in San Mateo County – Current Status and Future Trends 2012).