

Planning for Healthy Generations: Presentation for Redwood City Planning

SaraT (ST) Mayer
Director of Health Policy and Planning
San Mateo County Health Department



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2020

Two Major Drivers



1. The AGING of the BABY BOOMERS

1. Addressing OBESITY and CHRONIC DISEASE

**Dramatically
Increasing Rates
of CHILDHOOD
OBESITY**

**Significant
INCREASE in the
number of OLDER
ADULTS**

**Persistent
HEALTH
DISPARITIES**

**CHANGING
older adult
demographics**

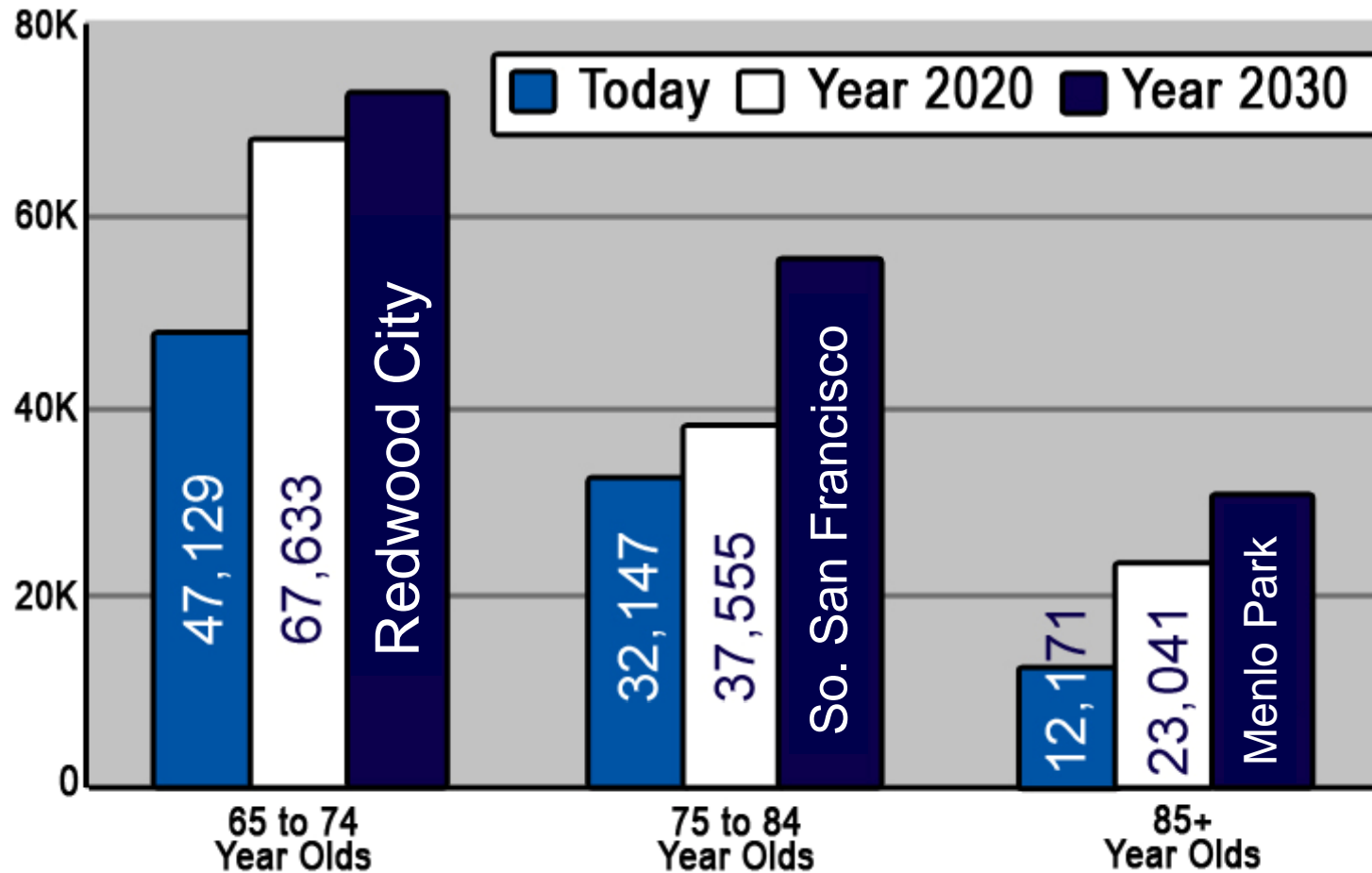
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Age Distribution of Older Adults



OLDER ADULTS IN SAN MATEO COUNTY

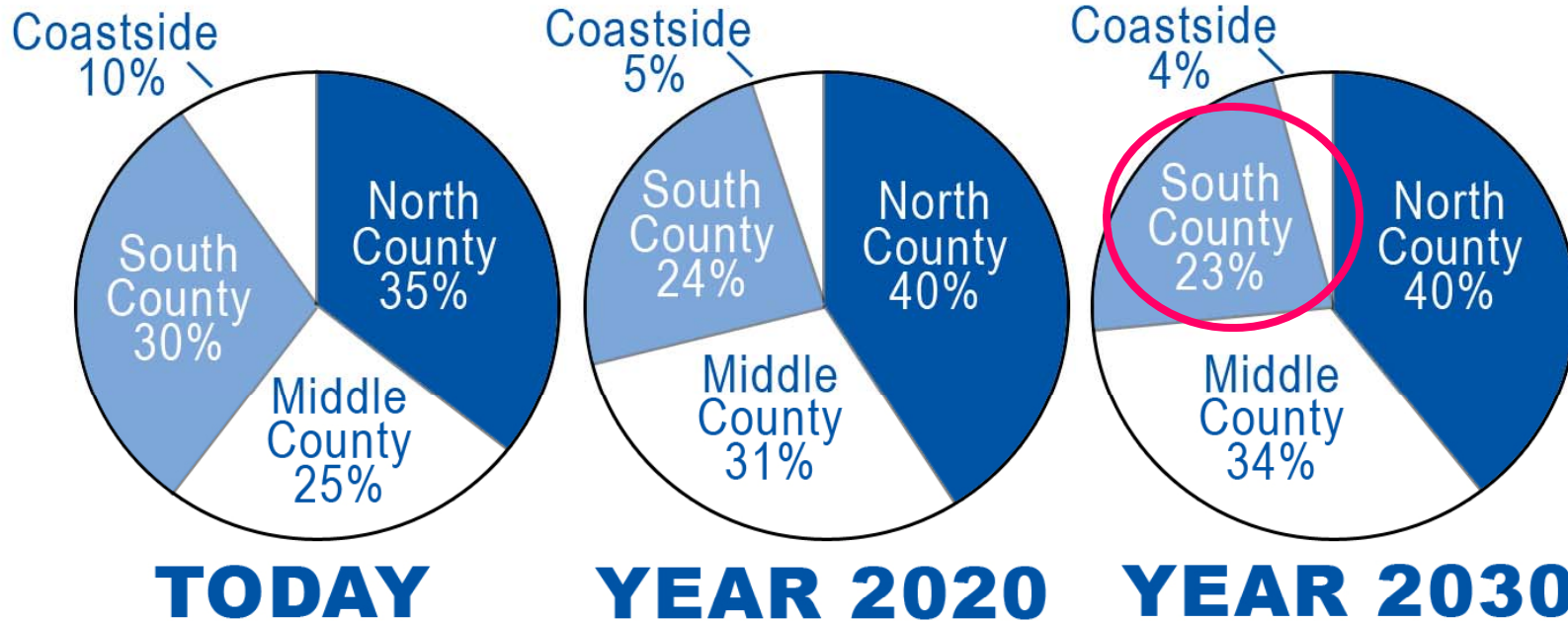
By Age groups, over time



Regional Distribution of Older Adults

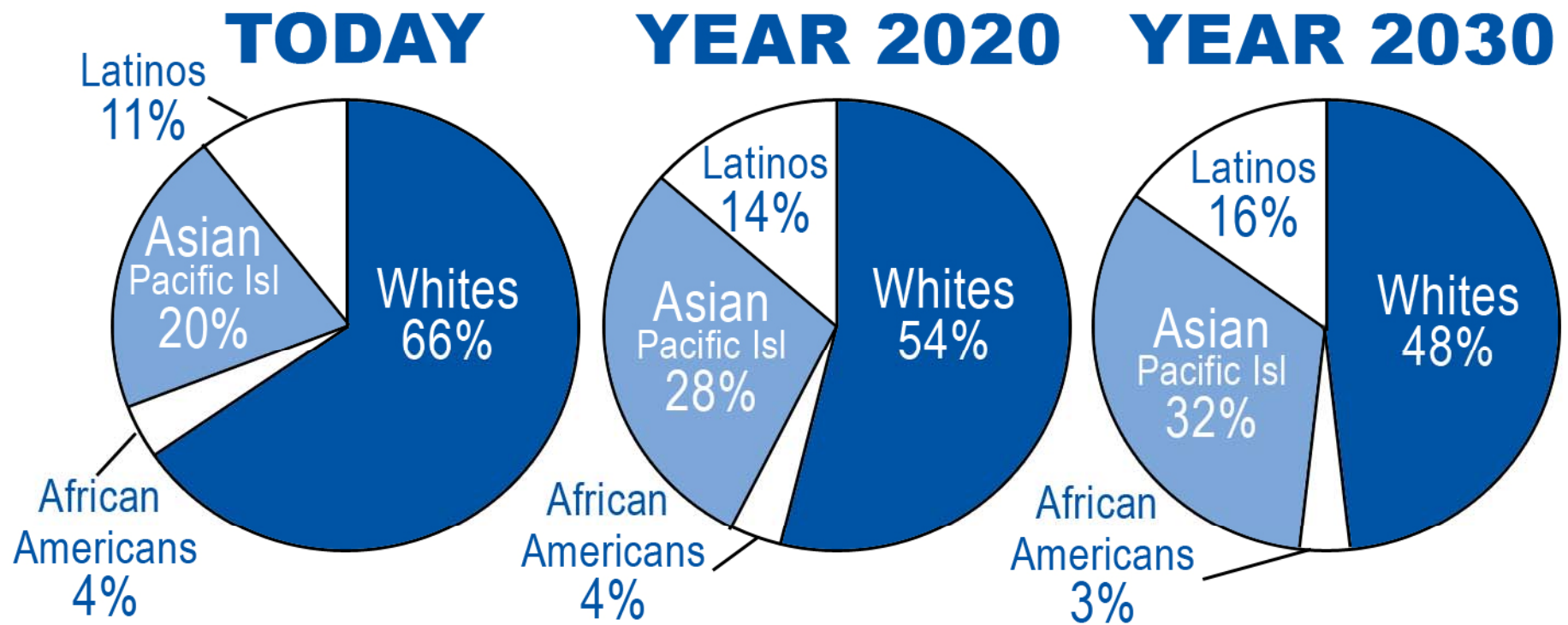


REGIONAL DISTRIBUTION OF OLDER ADULTS IN SAN MATEO COUNTY





RACIAL/ETHNIC MAKE-UP OF OLDER ADULTS IN SAN MATEO COUNTY Adults over age 65



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Older Adult Nativity

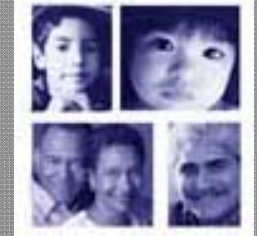


By 2030, almost every other older adult will have been BORN in a FOREIGN COUNTRY (44%)

This is compared with 34% today

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5,7,9th Graders Overweight



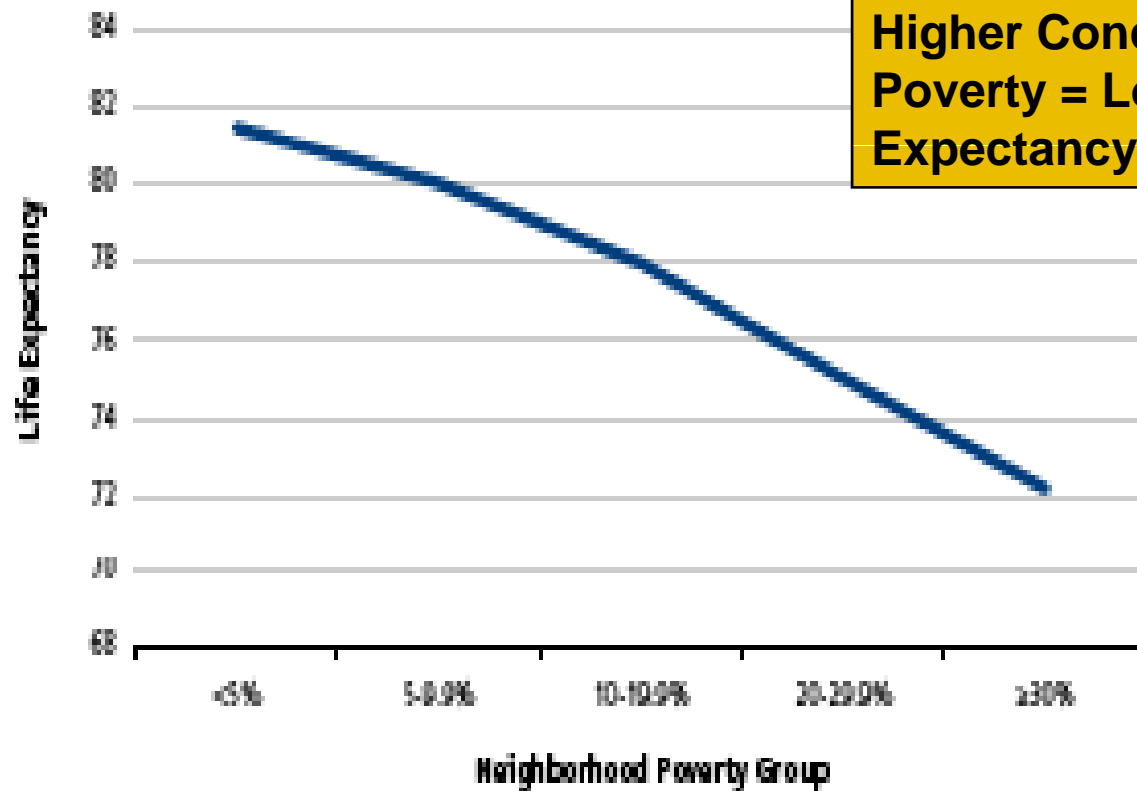
- **Redwood City (31%)**
- **Daly City (31%)**
- **South San Francisco (32%)**
- **East Palo Alto (28%)**
- **Pacifica (25%)**

- **San Mateo County Average 22%**

**FIVE
CITIES w/
HIGHEST
RATES**

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Mortality: Income and Place



Higher Concentrations of Poverty = Lower Life Expectancy

**Bay Area
Life Expectancy
For All Nine
Counties**

Data from 1999-2001

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Life Expectancy



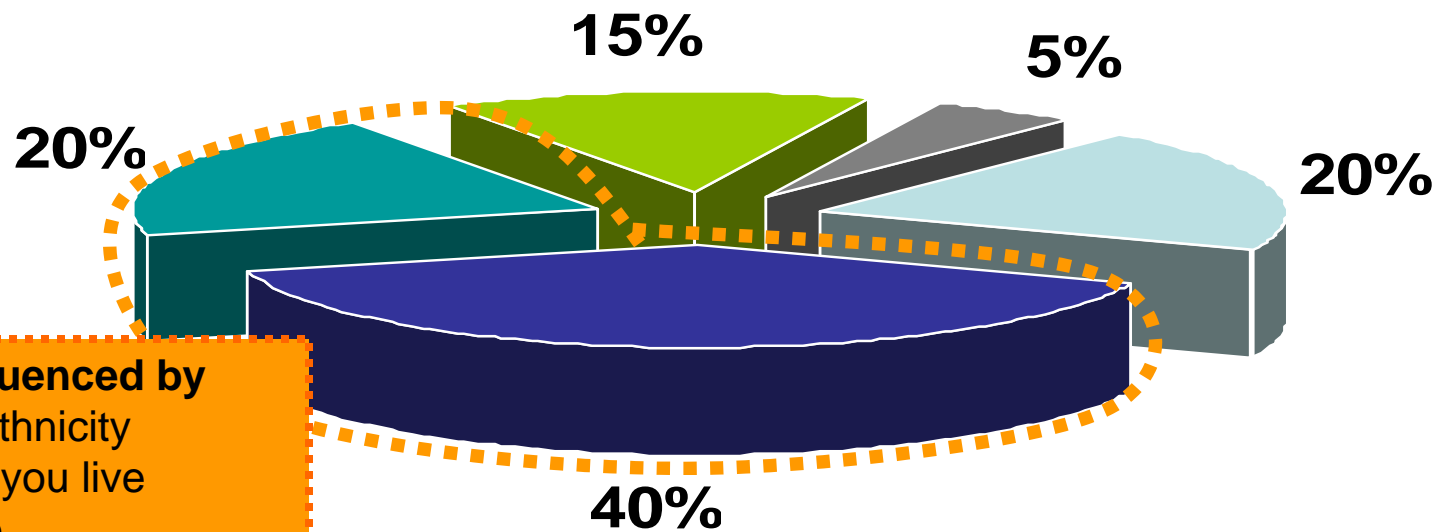
People in Atherton and Portola Valley live 83-85 years

People in East Palo Alto, Brisbane and North Fair Oaks
live 77-79 years

**Life Expectancy for Redwood City
Residents is 81 years**

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The ROOT Composition of Health



Influenced by

- Race/ethnicity
- Where you live
- Income
- Education attainment

Genetics

Social and Physical Environments

Other

Behaviors

Health Care

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Environments and Behaviors



***Social and Physical Environments:* Education Systems, Discrimination, Neighborhood Cohesion, Income/Wealth, Transportation, Housing, Generations**

***Behaviors:* The Choices Individuals Make are Shaped By the Choices They Have**

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Housing of/for Baby Boomers



- 84% of baby boomers own their own home
- 77% live in a one-family detached home →

* Only 11% have made any home modifications

**MOST WILL NEED
TO MOVE
Or
MAKE SIGNIFICANT
CHANGES**

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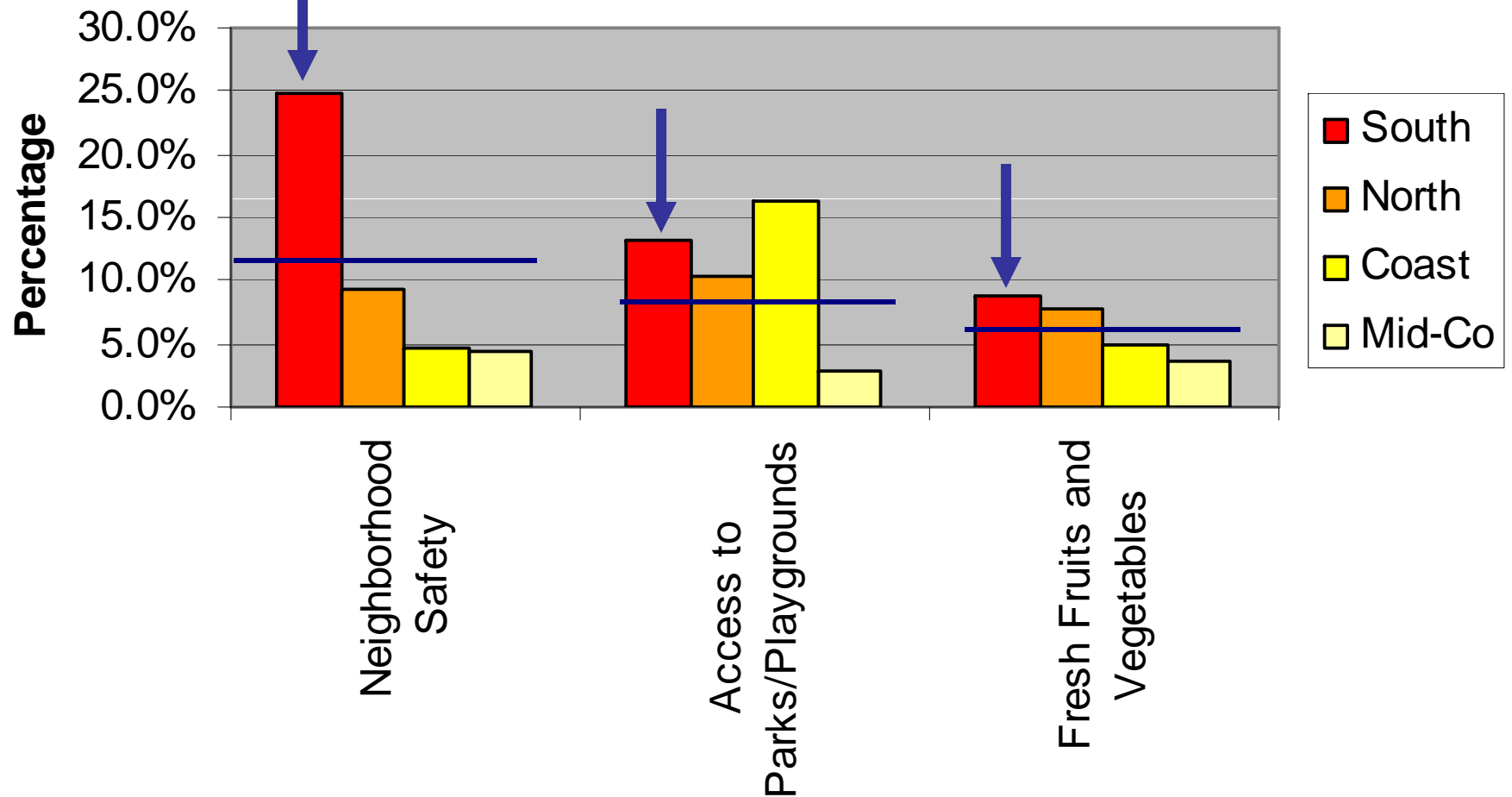
Retirement Living Preferences



- **NOT** important to live near people their own age
- **IMPORTANT** to live near friendlier neighbors
- “Live where I can walk to shopping and restaurants”
- “Can get to doctors and hospitals by public transit”

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Community Factors Fair/Poor by Place



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A Healthy “Built Environment”



- **Easy walkability/public transportation – to restaurants and shops, to school and parks**
- **Places to create social connection – parks, city centers, neighborhood centers**
- **Grocery stores within ½ mile of each resident**
- **Range of affordable housing options – eyes on the street**

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Influencing the Built Environment

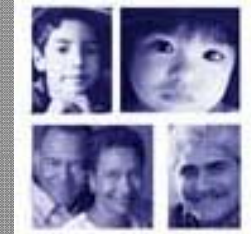


- General Plans can include a HEALTH ELEMENT or significant health language
- Use the “Checklist for Healthy Housing”
- Create measurable goals to improve health



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Increasing Access to Fresh Foods



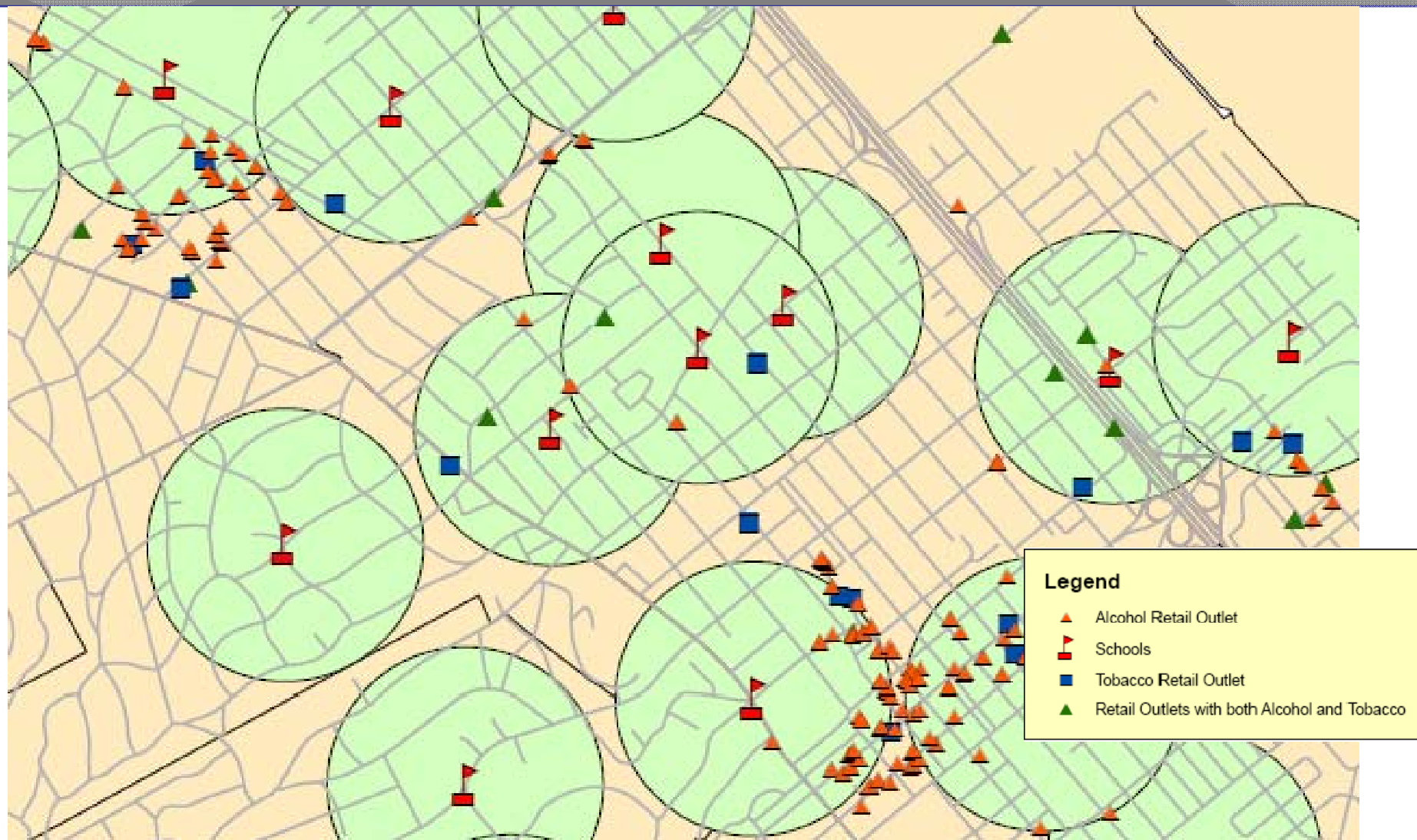
- Retail Food Environment Index
- Grand Boulevard Adoption of Health Indicators



•Retail Food Environment Index (RFEI) for Redwood City is 7.25

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Alcohol and Tobacco Retail Outlets: Density and Proximity to Schools



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Health Department Goals for Tomorrow



Our Community Will Be...

- *More Equitable* by Eliminating Health Disparities
- *More Hopeful* by Transforming Our Behavioral Health System
- *Better Prepared* by Anticipating Disasters
- *Able to Access Basic Services* by Improving Access to Healthcare
- *Supportive of Young People* by Promoting Youth Development
- *Stronger and Healthier* by Building Community Capacity



Questions & Discussion

ST Mayer

650-2104-2104

smayer@co.sanmateo.ca.us

