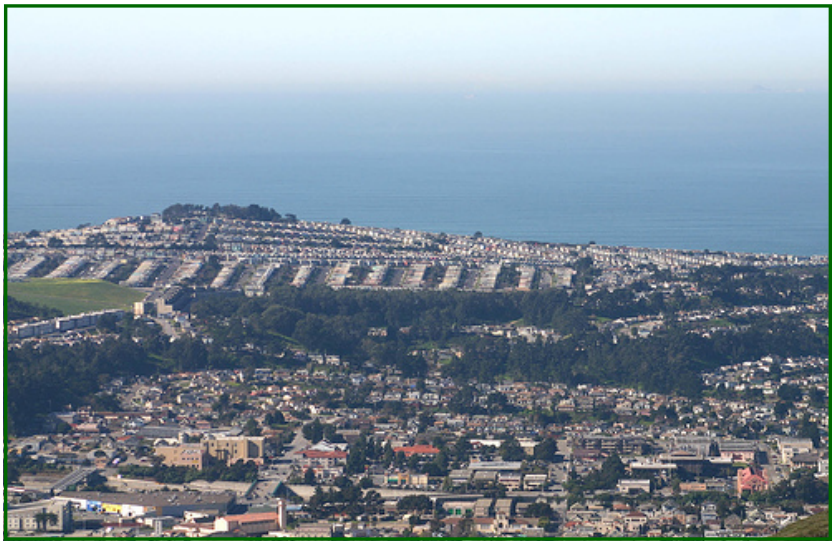
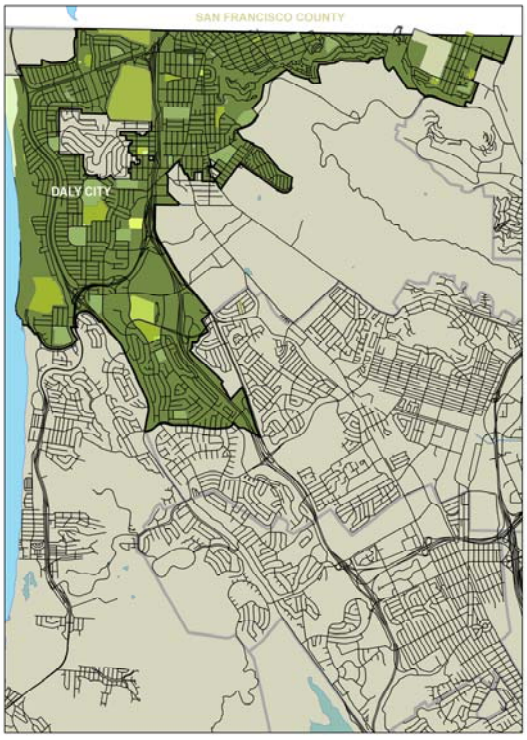


CITY OF DALY CITY
A COMMUNITY HEALTH PROFILE



Get Healthy San Mateo County

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650-573-2398
hpp@smcgov.org

HOW DO WE KNOW IF COMMUNITIES ARE GETTING HEALTHIER?

The health of a community can be measured in how long people live (mortality) and how healthy people feel (morbidity). These two factors are influenced by a person's access to healthcare, fresh food, and safe places to play and be active. Many of the most common diseases in San Mateo County are preventable, including diabetes, heart disease and stroke.

PREMATURE DEATH

Average age at death is a marker of premature death, and it is an important marker of a population's well being. Premature deaths are deaths that occur before a person reaches an expected age i.e. 75 years. Many premature deaths are considered to be preventable.

Daly City residents, on average, can expect to live 73.2 years, which is 1.8 years less than the average San Mateo County resident.

	Daly City	San Mateo County
Average age at death (years)	73.2	75

FIVE LEADING CAUSES OF DEATH

The leading causes of death among Daly City and San Mateo County residents are similar, and most of them are highly preventable. Unhealthy diet, lack of physical activity and smoking are significant contributors to the leading causes of death, however, research has also found that poverty, low levels of education and other social factors contribute to increased preventable mortality.

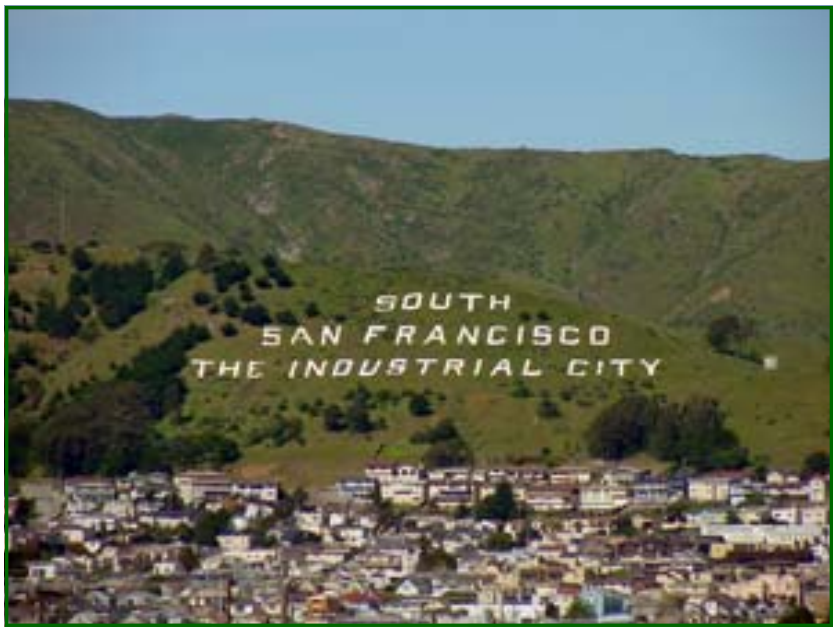
	Daly City	San Mateo County
1.	Heart Disease	Heart Disease
2.	Stroke	Stroke
3.	Alzheimer's	Alzheimer's
4.	Lung Cancer	Lung Cancer
5.	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease

HOSPITALIZATION RATES (per 100,000 people)

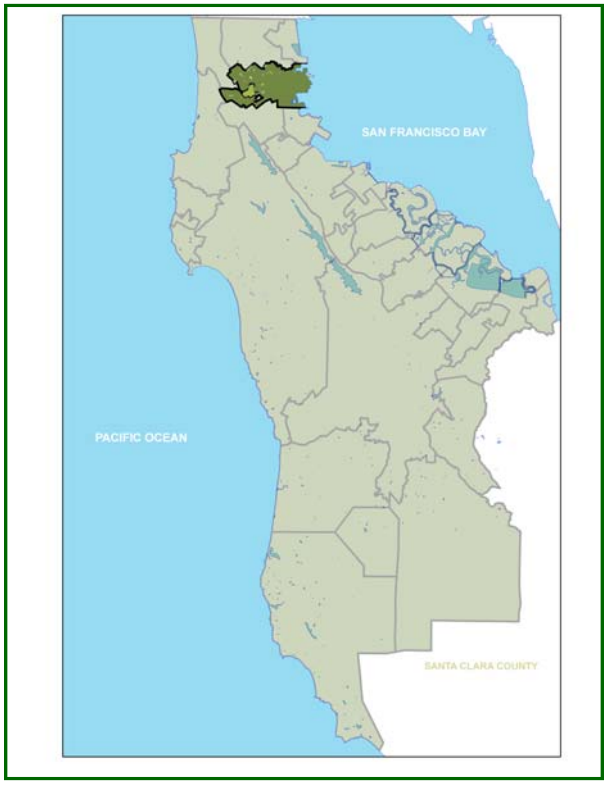
Diabetes and heart disease are preventable diseases, and they are the leading causes of death and severe illness in Daly City and San Mateo County. These diseases can have a significant impact on an individual's quality of life. Daly City has more residents with diabetes and heart disease compared to San Mateo County overall.

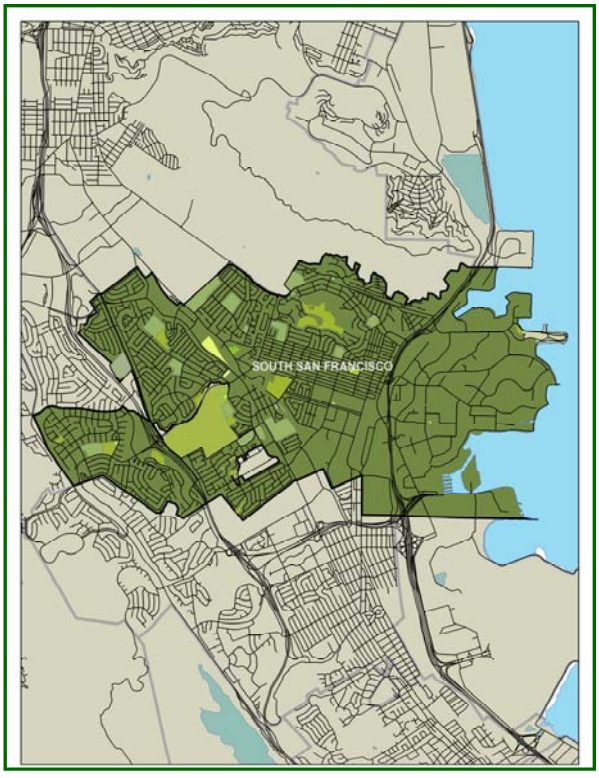
	Daly City	San Mateo County
Diabetes	10.2	9.3
Cardiovascular Disease	68.7	56.9

Sources: California Statistical Master Files Death Data; Office of Statewide Health Planning and Development



CITY OF SOUTH SAN FRANCISCO
A COMMUNITY HEALTH PROFILE





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The health of a community can be measured in how long people live (mortality) and how healthy people feel (morbidity). These two factors are influenced by a person's access to healthcare, fresh food, and safe places to play and be active. Many of the most common diseases in San Mateo County are preventable, including diabetes, heart disease and stroke.

PREMATURE DEATH

Average age at death is a marker of premature death, and it is an important marker of a population's well being. Premature deaths are deaths that occur before a person reaches an expected age i.e. 75 years. Many premature deaths are considered to be preventable.

South San Francisco residents, on average, can expect to live 74.4 years, which is 0.6 years less than the average San Mateo County resident.

	South San Francisco	San Mateo County
Average age at death (years)	74.4	75

FIVE LEADING CAUSES OF DEATH

The leading causes of death among South San Francisco and San Mateo County residents are similar, and most of them are highly preventable. Unhealthy diet, lack of physical activity and smoking are significant contributors to the leading causes of death, however, research has also found that poverty, low levels of education and other social factors contribute to increased preventable mortality.

	South San Francisco	San Mateo County
1.	Heart Disease	Heart Disease
2.	Alzheimer's	Stroke
3.	Stroke	Alzheimer's
4.	Chronic Lower Respiratory Disease	Lung Cancer
5.	Lung Cancer & Pneumonia/Influenza	Chronic Lower Respiratory Disease

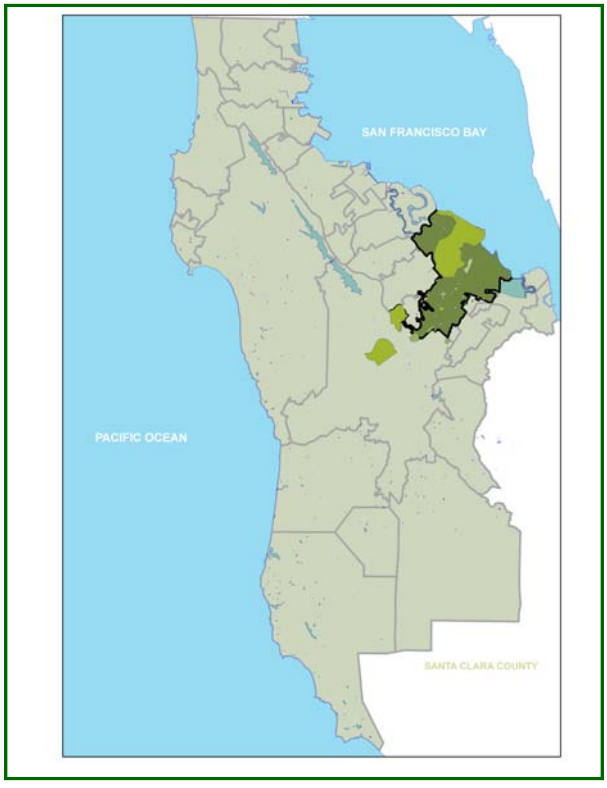
HOSPITALIZATION RATES (per 100,000 people)

Diabetes and heart disease are preventable diseases, and they are the leading causes of death and severe illness in South San Francisco and San Mateo County. These diseases can have a significant impact on an individual's quality of life. South San Francisco has more residents with diabetes and heart disease compared to San Mateo County overall.

	South San Francisco	San Mateo County
Diabetes	9.7	9.3
Cardiovascular Disease	63.9	56.9

Sources: California Statistical Master Files Death Data; Office of Statewide Health Planning and Development

CITY OF REDWOOD CITY
A COMMUNITY HEALTH PROFILE



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PREMATURE DEATH

Average age at death is a marker of premature death, and it is an important marker of a population's well being. Premature deaths are deaths that occur before a person reaches an expected age i.e. 75 years. Many premature deaths are considered to be preventable.

Redwood City residents, on average, can expect to live 74.7 years, which is 0.3 years less than the average San Mateo County resident.

	Redwood City	San Mateo County
Average age at death (years)	74.7	75

FIVE LEADING CAUSES OF DEATH

The leading causes of death among Redwood City and San Mateo County residents are similar, and most of them are highly preventable. Unhealthy diet, lack of physical activity and smoking are significant contributors to the leading causes of death, however, research has also found that poverty, low levels of education and other social factors contribute to increased preventable mortality.

	Redwood City	San Mateo County
1.	Heart Disease	Heart Disease
2.	Alzheimer's	Stroke
3.	Stroke	Alzheimer's
4.	Chronic Lower Respiratory Disease	Lung Cancer
5.	Lung Cancer & Pneumonia/Influenza	Chronic Lower Respiratory Disease

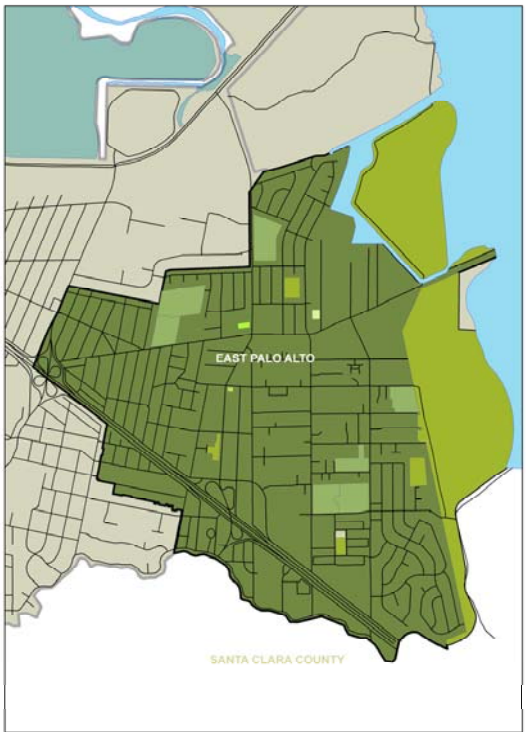
HOSPITALIZATION RATES (per 100,000 people)

Diabetes and heart disease are preventable diseases, and they are the leading causes of death and severe illness in Redwood City and San Mateo County. These diseases can have a significant impact on an individual's quality of life. Redwood City has fewer residents with heart disease compared to San Mateo County overall.

	Redwood City	San Mateo County
Diabetes	9.2	9.3
Cardiovascular Disease	40.9	56.9

Sources: California Statistical Master Files Death Data; Office of Statewide Health Planning and Development

CITY OF EAST PALO ALTO
A COMMUNITY HEALTH PROFILE



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PREMATURE DEATH

Average age at death is a marker of premature death, and it is an important marker of a population's well being. Premature deaths are deaths that occur before a person reaches an expected age i.e. 75 years. Many premature deaths are considered to be preventable.

East Palo Alto residents, on average, can expect to live 61.8 years, which is 13.2 years lower than the average San Mateo County resident.

	East Palo ALto	San Mateo County
Average age at death (years)	61.8	75

FIVE LEADING CAUSES OF DEATH

The leading causes of death among East Palo Alto and San Mateo County residents are similar, and most of them are highly preventable. Unhealthy diet, lack of physical activity and smoking are significant contributors to the leading causes of death, however, research has also found that poverty, low levels of education and other social factors contribute to increased preventable mortality.

	East Palo Alto	San Mateo County
1.	Heart Disease	Heart Disease
2.	Alzheimer's	Stroke
3.	Stroke	Alzheimer's
4.	Chronic Lower Respiratory Disease	Lung Cancer
5.	Lung Cancer & Pneumonia/Influenza	Chronic Lower Respiratory Disease

HOSPITALIZATION RATES (per 100,000 people)

Diabetes and heart disease are preventable diseases, and they are the leading causes of death and severe illness in San Mateo County. These diseases can have a significant impact on an individual's quality of life.

	East Palo Alto	San Mateo County
Diabetes	No Data	9.3
Cardiovascular Disease	No Data	56.9

Sources: California Statistical Master Files Death Data; Office of Statewide Health Planning and Development

PARKS ARE KEY TO ADVANCING HEALTHY COMMUNITIES

Health begins where we live, work, learn, and especially where we play. In San Mateo County (SMC), we know that a healthy community is one where the healthy choice is the easy choice. Local parks make getting physically active easy!

Parks can help our county residents get and stay healthy.

Problem: A lack of physical activity leads to disease and overweight. Lack of physical activity is the number one contributor to the obesity epidemic, and a major contributor to heart disease, diabetes and cancer. Over half of American adults don't participate in any leisure-time physical activity at all.[iii] And in San Mateo County, one in three elementary school kids are overweight or obese.[iii] [iv]
Answer: Parks provide open space for people to walk, bike, and play. Physical activity is the most important factor for reducing chronic diseases and improving health for all age groups. [v] The closer people are to parks, the more likely they are to get exercise.

Problem: Our society is highly stressed, with resulting mental health issues.
Answer: Parks, nature and open space provide stress relief, relaxation and enhanced mental clarity. They also encourage social interactions –and being social is great for our health. [vi]

Problem: Climate change poses major challenges for us all.
Answer: Urban parks and open spaces cool and clean the air.[vii] Well-vegetated parks also minimize local climate change.[viii]

Thank you for including health in your strategic plan! We recommend that you:

- **Invest in urban parks:** When considering future investments, prioritize parks located near dense neighborhoods to maximize the number of people within walking distance of the park.
- **Prioritize parks in low-income communities with poor parks/open space access:** Low-income people experience the poorest health outcomes and have the most limited access to park space.
- **Increase access through transit:** Work with SamTrans to increase transit access to parks so people can easily access the beautiful parks of our county, regardless of car ownership. This will also broaden the coalition of people who support local parks.
- **Expand urban agriculture in parks:** Support various forms of urban agriculture including community gardens and edible plants as an educational, economic and community building opportunity.
- **Have parks reflect the culture, history and diversity of our local communities:** Ensure that people of all backgrounds feel welcome in their local parks, creating a source of community pride.

We applaud the Parks Commission for your leadership in promoting the health and wellbeing of county residents by adopting healthy communities as a strategic goal.

The more parks there are in a community, the more people exercise.
People who live closer to parks exercise more.
And people who regularly use parks get more exercise than people who don't. [ix]

For more information contact:
Jessica Osborne, Senior Community Health Planner, josborne@smcgov.org, 650.573.2737.

[i] Grochowski, Jane. Less exercise, not more calories, responsible for expanding waistlines. Elsevier.com. July 7, 2014. http://www.eurekalert.org/pub_releases/2014-07/ehs-len070714.php (last accessed December 2, 2014)
[ii] *Ibid*
[iii] Susan H. Babey, Joelle Wolstein, Allison L. Diamant, Amanda Bloom, and Harold Goldstein, "A Patchwork of Progress: Changes in Overweight and Obesity among California 5th, 7th, and 9th Graders, 2005–2010," 2011, UCLA Center for Health Policy Research, accessed December 18, 2013, http://escholarship.org/uc/item/8wr3t0zc.

[iv] *Ibid*
[v] D. Cohen, R. Sturm, B. Han, T. Marsh Quantifying the Contribution of Public Parks to Physical Activity and Health, Introducing SOPARC, 2014; pg. 1
[vi] White MP, Alcock I, Wheeler BW, Depledge MH. Would you be happier living in a greener urban area? A fixed-effects analysis of panel data. *Psychological Science.* Jun 2013; 24(6):920-928; Bowler DE, Buyung-Ali LM, Knight TM, Pullin AS. A systematic review of evidence for the added benefits to healthof exposure to natural environments. *BMC Public Health.* 2010; 10:456.; Bedimo-Rung AL, Mowen AJ, Cohen D. The significance of parks to physical activity and public health: a conceptualmodel. *American Journal of Preventative Medicine.* 2005; 28(2S2):159-168.
[vii] www.planning.org/cityparks/briefingpapers/climatechange.htm
[viii] *Ibid*
[ix] 8 Ways That Parks Improve Your Health, Parks + Health brochure, The Trust for Public Land and Active Living Research, August 2014

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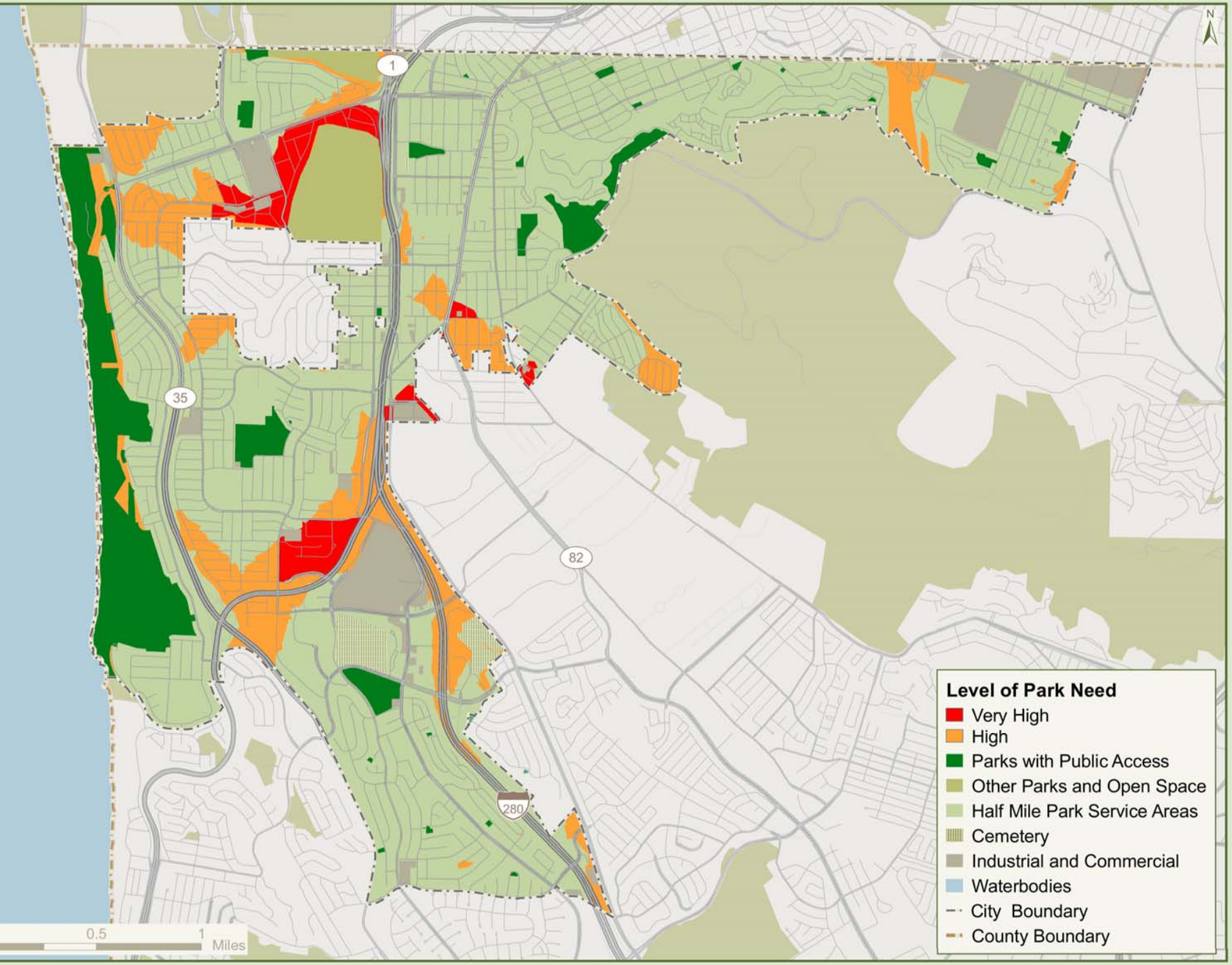
THE TRUST for PUBLIC LAND
ParkScore™

THE TRUST FOR PUBLIC LAND PARKSCORE™

DALY CITY, CALIFORNIA



The Trust for Public Land ParkScoreTM analyzes public access to existing parks and open space. The analysis incorporates a two-step approach: 1) determines where there are gaps in park availability across the landscape, and 2) constructs a demographic profile to identify gaps with the most urgent need for parkland. Park gaps are based on a dynamic 1/2 mile service area (10 minute walking distance) for all parks. In this analysis, service areas use the street network to determine walkable distance - streets such as highways, freeways, and interstates are not considered viable means of walkable travel and therefore are considered to be barriers across the landscape.

Demographic profiles are based on 2010 Census block groups to determine park need for percentage of population age 19 and younger, percentage of households with income less than 75% of city median income (Daly City less than $50,000), and population density (people per acre).
Each profile uses the city average for that profile as the baseline for determining high and very high level of need as shown in the three inset maps. High need falls below the baseline, while very high need falls above the baseline. The combined level of park need result shown on the large map takes the three demographic profile results and assigns the following weights:

25% = percentage of population age 19 and younger
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50% = population density (people per acre)

Areas in dark red show a very high need for parks while areas in orange show a high need for parks.

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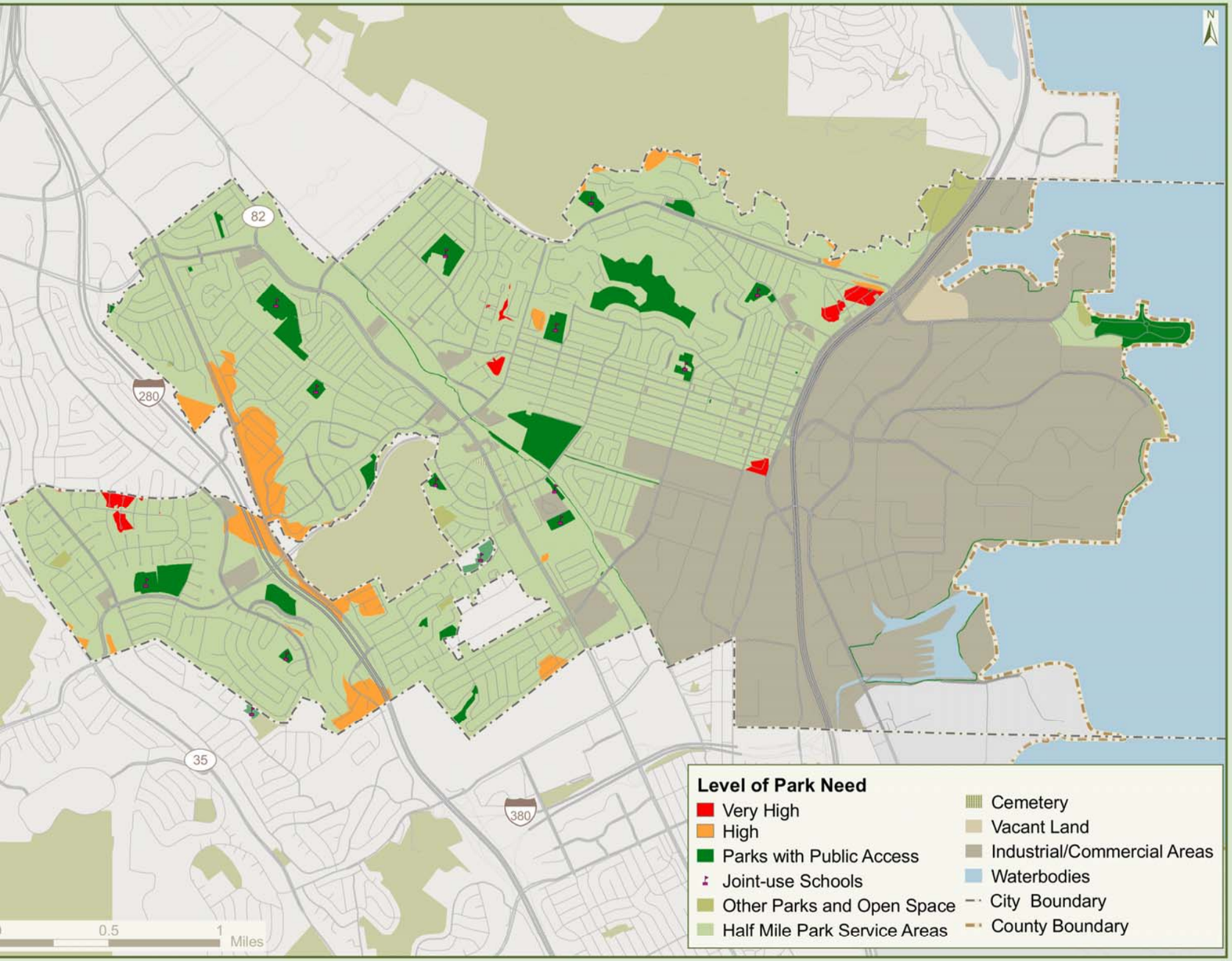
SOUTH SAN FRANCISCO, CALIFORNIA



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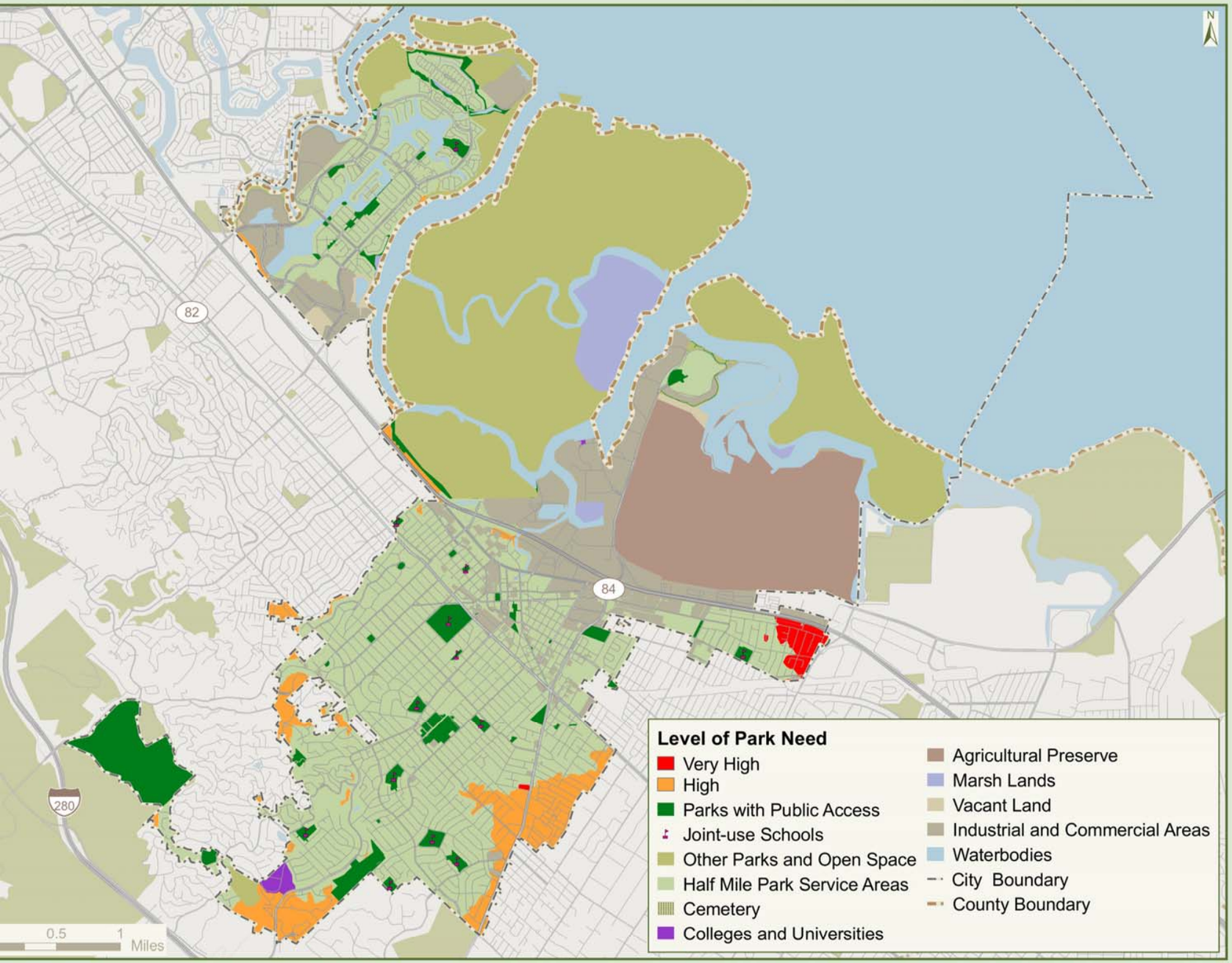
REDWOOD CITY, CALIFORNIA



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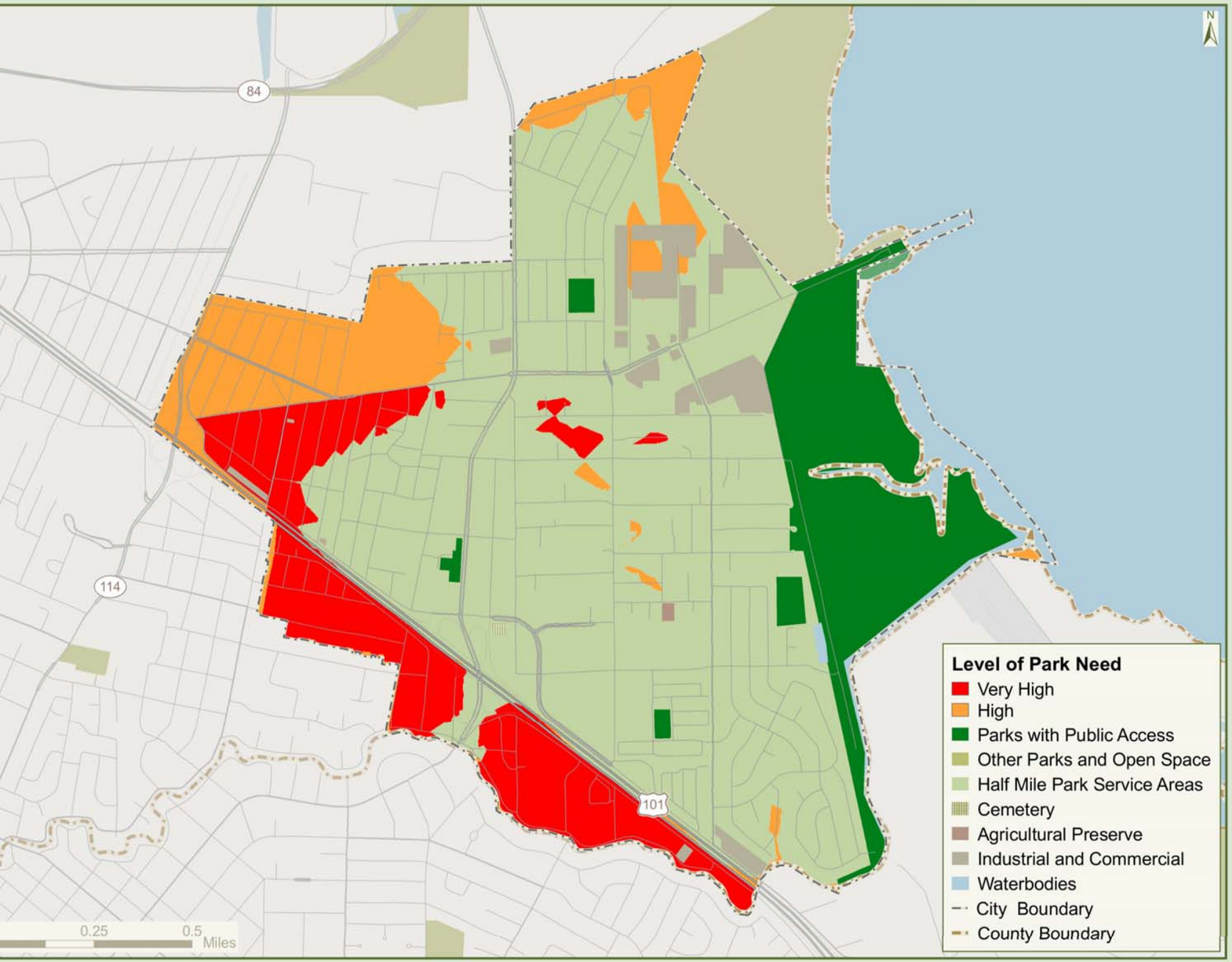
EAST PALO ALTO, CALIFORNIA



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