Status of Latino/Hispanic Health: Santa Clara County 2012

KEY FINDINGS
ACTIVE LIVING ENVIRONMENTS
AND
SOCIAL DETERMINANTS OF HEALTH
OCTOBER 15, 2012
This presentation presents selected findings from the *Status of Latino/Hispanic Health: Santa Clara County 2012*. For more information on the findings highlighted in this presentation, please see the full report and Methods and Tools, which can be downloaded from [www.sccphd.org/statistics2](http://www.sccphd.org/statistics2).
The quality of our environment has both a direct and indirect impact on our health.

Direct influences:
- Air quality
- Water quality

Indirect influences (influence behavior):
- Pedestrian infrastructure
- Parks and recreational facilities
- Access to healthy and affordable food
- Safety
- Advertising
- Presence of liquor stores and tobacco retailers
## Data Collection on Active Living Environments

<table>
<thead>
<tr>
<th>In neighborhoods countywide</th>
<th>In the eight neighborhoods</th>
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<tbody>
<tr>
<td>- Mapping and analysis of Santa Clara County neighborhoods with high vs. low proportions of Latinos/Hispanics</td>
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<tr>
<td>- Distance to amenities and parks</td>
<td></td>
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<tr>
<td>- Number of collisions</td>
<td></td>
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<tr>
<td>- Environmental assessments of eight neighborhoods in the county</td>
<td></td>
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<tr>
<td>- Street assessments</td>
<td></td>
</tr>
<tr>
<td>- Surveyed 100% of high traffic streets and 25% of low traffic streets</td>
<td></td>
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<tr>
<td>- Collected data on:</td>
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<tr>
<td>- Aesthetics for walking and biking</td>
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<td>- Amenities</td>
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<td>- Sidewalk conditions</td>
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<td>- Traffic features</td>
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<tr>
<td>- Perception of safety</td>
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<td>- Focus groups</td>
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Where Latinos/Hispanics Live

- Latinos/Hispanics live in communities throughout the county, with higher concentrations in the east and south.
- Since 2000, the population has grown in West and South San Jose, Palo Alto, Los Altos, Campbell, and the South County area.

Source: U.S. Census Bureau, 2010 Census
The Eight Neighborhoods
Active Living Environments: What’s Going Well?

In neighborhoods with high proportion of Latinos/Hispanics...

- Residents do not have to walk as far to reach grocery stores, restaurants, and other amenities.
- Distance to the nearest parks is no farther.

![Diagram: Neighborhood Walk Score by Amenity Category and Percentage Latino/Hispanic]

Source: Walkscore.com, 2012 Streetsmart© Walkscore®
Active Living Environments: What’s Going Well?
Active Living Environments: What Needs Improvement?

In neighborhoods with high proportion of Latinos/Hispanics...

Active Living Environments: What Needs Improvement?
Active Living Environments: What’s Going Well?

In the eight neighborhoods...

- Neighborhood streets are generally pleasant and attractive for walking.
  - 97% of streets have good or fair levels of cleanliness and building maintenance.
  - Surveyors rated 90% of all streets as attractive for walking.

- Sidewalks are generally complete and in good condition.
  - 98% of streets are in good or fair condition.
  - 97% of streets have complete sidewalks.
Active Living Environments: What Needs Improvement?

- Many streets do not feel safe or attractive for bicycling.
- There are few amenities for pedestrians and bicyclists, like public benches, trash cans, and bicycle lanes.
- Nearly one in five high traffic streets do not have crosswalks and more than a quarter have no traffic lights or stop signs.
- Some sidewalks have barriers that can interfere with walking, and one in ten do not have curb cuts.
What Residents Say: A lack of well-maintained neighborhood spaces, the perception that streets and parks are unsafe, and the scarcity of free or low-cost exercise classes are significant barriers to Latinos/Hispanics being physically active.

“People aren’t careful when driving, especially around schools.”

“There is no way to promote physical activity in the neighborhood because it is so unsafe. People are afraid to go outside, especially after dark.”

77% of Latinos/Hispanics vs. 96% of whites report having access to safe spaces for physical activity.

Fewer Latinos/Hispanics (55%) than Whites (78%) perceive sidewalks, parks and trails within their neighborhood to be very pleasant.

“If you have programs at the right time and the right cost, families would come. It’s not like they don’t want to exercise, it’s just a matter of access how affordable it is.”
Key Findings: Active Living Environments

- Many Latinos/Hispanics live within walking/biking distance of parks, grocery stores and other amenities.

- But neighborhoods are not always safe for walking, biking and physical activity.
## Examples of Evidence-Based Strategies for Addressing Latino Health Assessment Findings

<table>
<thead>
<tr>
<th>Vertical Approach to Impact</th>
<th>Active Living</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Policy Solutions</strong></td>
<td><strong>Sedentary Behaviors</strong></td>
</tr>
<tr>
<td></td>
<td>City and school joint use agreements for physical activity at local parks and school playgrounds</td>
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<tr>
<td></td>
<td>Policies to increase the required amount of physical activity in PE programs K-12</td>
</tr>
<tr>
<td><strong>Systems/Organization Solutions</strong></td>
<td>Training for PE and other faculty/staff on best practice physical activity curriculum</td>
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<td></td>
<td>Integration of physical activity into recess time and classroom activities</td>
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<td><strong>Programmatic Solution</strong></td>
<td>School-wide promotion of physical activity</td>
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<td></td>
<td>Social marketing campaigns and events to promote physical activity</td>
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</tbody>
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Data Collection on Social Determinants of Health

<table>
<thead>
<tr>
<th>In neighborhoods countywide</th>
<th>Neighborhood specific data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review of existing data on demographics, socioeconomic factors, risk factors and health outcomes</td>
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<tr>
<td>Population</td>
<td></td>
</tr>
<tr>
<td>Educational attainment</td>
<td></td>
</tr>
<tr>
<td>Housing</td>
<td></td>
</tr>
<tr>
<td>Income</td>
<td></td>
</tr>
<tr>
<td>Employment</td>
<td></td>
</tr>
<tr>
<td>Immigration and linguistic isolation</td>
<td></td>
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<tr>
<td>Access to healthcare</td>
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<td>Focus groups</td>
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The Latino/Hispanic population is the third largest racial/ethnic group in Santa Clara County and is expected to become the largest group by 2050.

Population Growth over Time and Project Population Size by Race/Ethnicity

Social Determinants of Health: 

Age

- Latino/Hispanic
  - Under 5: 10%
  - Ages 5-17: 23%
- White
  - Under 5: 4%
  - Ages 5-17: 12%
- African American
  - Under 5: 5%
  - Ages 5-17: 15%
- Asian
  - Under 5: 7%
  - Ages 5-17: 16%
- All SCC
  - Under 5: 7%
  - Ages 5-17: 17%

Source: U.S. Census Bureau, 2010 Census
- Latinos/Hispanics have the lowest education levels of any racial/ethnic group in the county. 37% of Latinos/Hispanics do not have a high school diploma.

- More Latino/Hispanic students drop out of high school than any other racial/ethnic group.

Source: U.S. Census Bureau, 2008 – 2010 American Community Survey 3-year Estimates
Social Determinants of Health: Income

- The median household income for Latinos/Hispanics was just under $50,000 in 2010, compared to a county average of approximately $85,000.

| Source: U.S Census Bureau, 2002-2010 American Community Survey 1-Year Estimates |

“"If you don't have a good income, you have to work more...But if you work more, you don’t have time to prepare food. Or to dedicate enough time to care for the children.”"
Between 2008 and 2010, a higher percentage of Latinos/Hispanics (15%) were unemployed than Whites (9%) and Asians (7%).

Percentage Unemployed Among Population Ages 16 and Older by Race/Ethnicity

Source: U.S Census Bureau, 2002-2010 American Community Survey 1-Year Estimates
Nearly two-thirds of Latino/Hispanic renters spend 30% or more of household income on rent, compared to less than half of Whites and approximately a third of Asians.

**Percentage of Household Income Spent on Rent or Mortgage by Race/Ethnicity**

- **30% or more of household income on rent**
- **30% or more of household income on mortgage**

“Rent is very expensive around here.... due to all of the rich people from Google and Yahoo... the cost of rent is killing us.”

Source: U.S. Census Bureau, 2008-2010 American Community Survey 3-Year Estimates
Latinos/Hispanics are more likely than any other racial/ethnic groups to live in overcrowded and severely overcrowded housing.

Source: U.S. Census Bureau, 2007-2009 American Community Survey Public Use Microsample
Social Determinants of Health: 
*Immigration and Linguistic Isolation*

- 4 in 10 Latinos/Hispanics were born outside of the United States.

- In Santa Clara County in 2008 to 2010, 24% of Spanish-speaking households were linguistically isolated.

- Many focus group participants reported that discrimination and racism affect their health and the health of their families.

  "Because of discrimination prices are higher where Latinos live and products are lower quality."

  "A friend of mine who is undocumented has cancer. She has not been able to get medical treatment."

  "You all know that many people have been deported recently, and all this is affecting how families feel and act."
In 2009, Latino/Hispanic adults ages 18 to 64 had the lowest rate of health insurance coverage in Santa Clara County (60%).

Foreign-born Latinos/Hispanics are less likely to be insured (43%) than U.S.-born Latinos/Hispanics (73%).

Percentage of Adults Ages 18 to 64 with Health Insurance by Race/Ethnicity, 2000-2009

Note: White, African American, and Asian/Pacific Islander categories do not include Latinos/Hispanics.
Source: Santa Clara County Public Health Department, 2000-2009 Behavioral Risk Factor Survey
What Residents Say: Income inequality keeps Latinos/Hispanics from spending more time with their children, eating healthier foods, and choosing to live in neighborhoods with less crime, safer streets and greater access to amenities.

“A lot of Latino kids come from low-income families, and their environments are not conducive to exercise because at certain times they can’t even be out in the streets. They’re not by parks, they’re not by safe trails, and with two parents working...the parents can’t really take them out so they’re cooped up in their apartments.”

“Sometimes it’s mental, all the pressure that families have. We aren’t documented. Kids hear about money problems. You don’t think this affects children? All of these problems add up...It’s easy to say, “oh you’re lazy,” but really it’s about all the stress that we have to deal with daily.”

“We could make a simple pasta soup like we used to make in Mexico, natural with tomato. Instead, we grab something quick and easy and say, ‘Eat it’. That’s not good for us.”
Key Findings:
Social Determinants of Health

- Many Latinos/Hispanics face significant socioeconomic challenges that limit opportunities and resources linked to health.