Health begins in the community where people live, learn, work, and play

People who live in neighborhoods or places that make the healthy choice the easy choice live longer, healthier lives. The way we build our communities impacts health in relation to diseases and injuries, as well as quality of life and well-being. Creating vibrant complete neighborhoods within communities that provides stable, affordable housing for all, support small businesses that stimulate the local economy and provide employment for local residents, allows people to safely walk and bike, purchase daily goods and services such as healthy foods, and easily access public transportation, parks and open space – provides the ability to engage in healthy opportunities and support community health and well-being.

**Housing Cost Burden**

68% of residents in Brisbane are housing burdened i.e. pay more than 30% of income on rent. People who live in healthy, affordable housing live longer, healthier lives. Affordable housing options offer health benefits by providing stability, sense of security, reducing stress, improving mental health, opportunity to build social connections, and freeing up family resources for basic needs.

**Active Transportation**

Only 14.6% of Brisbane residents take active transportation to work.

Taking public transit, biking, and walking increase physical activity, the leading prevention strategy for improving health.

**Physical Activity**

In Brisbane, only 16.8% meet basic fitness standards; 36.94% of the population is considered overweight, and 22.81% is considered obese.

Access to parks and open spaces increases everyday physical activity and improves water, air quality and the climate.

**Access to Healthy Food**

There are more unhealthy food options than healthy ones in Brisbane.

Access to healthy, nutritious food can help individuals practice healthy eating and other health-promoting activities.
Get Healthy San Mateo County is a local collaborative of community-based organizations, County agencies, cities, schools, and hospitals, and is facilitated by the San Mateo County Health System.

Mission
Get Healthy San Mateo County uses policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life.

Vision
Get Healthy San Mateo County succeeds when all residents, regardless of income, race/ethnicity, age, ability, immigration status, sexual orientation, or gender have the opportunity to reach their full potential.

Citations
1 Source: San Mate County Vital Statistics, 2011, Death Data Files.
2 Source: U.S. Census Bureau, 2009 – 2013 American Community Survey 5-year Estimates.
3 Source: U.S. Census Bureau, 2009 – 2013 American Community Survey 5-year Estimates.
4 Source: Results from the FITNESSGRAM, a physical fitness test taken by students across California. Retrieved from San Mateo County Open Data Portal, https://data.smcgov.org/Health-Human-Services/Children-s-Physical-Fitness-by-City-2014/63s8-zf2w
5 Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System 2013, 2009-2013 American Community Survey.
6 Source: Centers for Disease Control and Prevention, 2011 Retail Food Environment Index.