

Institute for Human and Social Development, Inc. San Mateo County Head Start and Early Head Start COMMUNITY ASSESSMENT- 2010

Please note major changes since 2008 Assessment:

- *Addition of introduction describing process of creating the community needs assessment. (page 1)*
- *Updated unemployment information (page 4)*
- *Addition of data number of eligible children and on linguistic diversity of eligible children. (pages 7-9)*
- *Additional data on other programs serving eligible children. (page 13-14)*

Introduction

The Institute of Human and Social Development conducts a Community Assessment every three years, working with community partners to collect needed data and ensure that IHSD programming meets emerging family needs. The assessment is updated each year with new data.

In creating the 2008 and 2009 Community Assessment, IHSD staff partnered with the following agencies to collect needed information:

- San Mateo County Child Care Planning Council
- San Mateo County Office of Education
- First 5 San Mateo
- Healthy San Mateo Coalition
- Lucile Packard Foundation for Children's Health

San Mateo County Overview

First 5 San Mateo County Strategic Plan 2009 - 2015

Located in the heart of the Silicon Valley, San Mateo County has a highly educated population with a median family income of \$93,000. At the same time, high housing prices continue to make owning a home difficult for most families. Only 12% of households can afford to purchase a median-priced home, compared to 16% of households in California. San Mateo County is home to 48,462 children age five and under. The average birthrate has remained steady around 10,000 for several years and the majority of these children are White (36%), Latino (33%) and Asian (23%). Other 0-5 child ethnic populations include: African -American (2%), Pacific Islander (2%), Multiracial (1%) and Other/Unknown (3%.)

The American Academy of Pediatrics recommends that all pediatricians conduct regular developmental screenings on all infants and young children using formal screening tools. The 2006 First 5 San Mateo County Family Survey showed that 10% of children 0-5 had special needs, as reported by their parent, and only 41% of children 0-5 had ever received a developmental screening from their doctor or other health care provider. As self reported by San Mateo County pediatricians, 58% had "rarely" or "never" used a formal screening assessment. In addition, 38% of San Mateo County pediatricians rate their understanding of the early intervention system as "fair" or "poor" and 60% rate their

understanding of the special education system as “fair” or “poor.” Families residing in San Mateo County have many strengths and live in a community with a history of collaboration that supports the wellness of children. For example, when the collaboratively funded San Mateo County Children’s Health Initiative was launched in 2003, there were approximately 17,000 uninsured children. The countywide initiative was very successful and, within four years, it was estimated that there were only 3,000 uninsured children in the county. Other strengths of children and families residing in the county are listed in the table below.

	San Mateo	California
Children with Health Insurance	98%	93%
Infants Exclusively Breastfed at Birth	70%	43%
Children Diagnosed with Asthma	12%	16%
3-4 Year old Children Enrolled in Preschool	68%	42%
Substantiated Cases of Child Abuse (rate per 1000)	5	11
Teenage Birth (rate per 1000)	23	39

At the same time that many families are thriving in San Mateo County, there are substantial differences among many populations. Pockets of poverty are found across the county, but most often in families residing in densely populated urban areas and those in outlying coastal communities. Like most counties in California, there are large racial disparities in the well-being of young children in San Mateo County, with White and Asian children generally showing the best outcomes. In particular, although African-American children comprise only 2% of the overall child population, they are the most likely to be born with a low birth weight, have a substantiated claim of child abuse, and have a juvenile felony arrest. In addition, African-American children are the least likely to be breastfed as newborns and have the highest child/youth death rate.

According to the First 5 San Mateo County 2006 Family Survey, 24% of primary caregivers of children 0-5 report needing help with sadness or depression since their child was born. Low-income mothers are more likely to be depressed than other income groups. In addition, mothers of children with special needs are more than twice as likely to be depressed as mothers of children without special needs. Research shows that young children with depressed mothers are more likely to have difficulties in school, social emotional problems, poor peer relationships, aggressive behavior, lower IQ scores, and developmental delays.

General San Mateo County Demographics

*2008 Community Assessment: Health & Quality Of Life In San Mateo County
www.kidsdata.org, Lucile Packard Foundation for Children’s Health
 Healthy San Mateo 2010: A Report on the Health Status of San Mateo County Residents
 2005-2007 American Community Survey 3-Year Estimates, U.S. Census Bureau*

Population & Population Growth

- The San Mateo County population is growing modestly, but continuing to become more diverse racially and ethnically. The percentage change in the county’s population due to natural increases (more births than deaths) is the highest in the

state. The percentage change due to foreign immigration, 2000 to 2004, is the second highest in the state.

- Although the county is geographically the third smallest county in California, it is the thirteenth most populous. The total population of the county was estimated at 712,690 people in 2008.
- Within San Mateo County, population remains positive in San Mateo County, but the annual rate of growth is a scant 0.5% (2004). No cities grew more than 1.0% in 2004. The largest city in the county, Daly City, grew 0.6%.

Race/Ethnicity Distribution & Trends

- San Mateo County is among the most culturally and ethnically diverse counties. In the 2010 P3 Population Projection by Race/Ethnicity for San Mateo County, 42.6% will be White (non-Hispanic), 25.6% will be Hispanic, 25.5% will be Asian/Pacific Islander, 3.6% will be Black, and 2.7% will be Other/Multiracial.
- Over the next several decades, the White population is expected to decrease considerably, while Hispanic and Asian populations are expected to increase. By the year 2050, Hispanics will represent a plurality.
- The child population of San Mateo County is much more diverse than the adult population. Currently, no individual racial or ethnic group has a majority.

Immigration

- The percentage population change due to foreign immigration, 2000 to 2004, is the second highest in the state.
- According to the 2000 Census, a total of 32.3% of San Mateo County residents are foreign-born; statewide, 26.2% of California's population is foreign-born. More than one-third (36.5%) of foreign-born County residents entered after 1990. More than half (51.0%) of the county's foreign-born population are not citizens.
- Almost half of San Mateo County's legal immigrants come from the Philippines, China, India, Iran, Korea and Taiwan; the remainder is primarily from Latin American nations. We do not know the number of illegal immigrants living in the county.
- From 2008 survey findings, one-third of adult county respondents (age 18 and older) were born outside the United States. Among foreign-born respondents, 43.3% have lived in the U.S. for more than 20 years, while 35.2% have lived here less than 10 years.

San Mateo County Economy

*2008 Community Assessment: Health & Quality Of Life In San Mateo County
www.kidsdata.org, Lucile Packard Foundation for Children's Health, 2007 American Community Survey, US Census Bureau, California Employment Development Bureau*

Local Economy

- Economically, San Mateo County thrived in the late 1990's during the technology boom in Silicon Valley as well as the rapid increase in tourist and business travel through San Francisco International Airport. However, after the dotcom bust in 2000, the county experienced significant job loss. For low-income individuals and families, the overall economy does not translate to improved fiscal security. In order to survive, low-income residents often work two or three jobs, working longer hours with fewer benefits. They live paycheck to paycheck, leaving them vulnerable to transportation emergencies, medical crises, and insecure housing circumstances. Low-income individuals and families live on the verge of instability in our county.

Employment

- The 2008 San Mateo County Quality of Life Survey reported that San Mateo County has approximately 327,000 wage and salary jobs.
- The 2008 San Mateo County Quality of Life Survey found that those currently employed (or those self-employed) in San Mateo County work an average of 40.7 hours each week (31.0% of respondents report working over 40 hours/week). In 2004, this average was 41.2 hours per week (40.2 in 2001).

Unemployment

- In June of 2009, unemployment in San Mateo County reached 9.3%, more than twice the rate of 3.9% in April of 2008. Because of this drastic increase in unemployment, more and more families are living at or below poverty level.

Income

- As of 2006, average median family income of San Mateo County residents, is 92,721.00.
- Real per capita income in San Mateo County in 2005 was \$57,114, and the average salary per worker was among the highest in the state at \$74,191.
- Real per capita incomes increased at a rate of 1.8% in 2006. Over the next five years, real per capita incomes are forecast to increase 1.7% per year.

Income Inequity

- A great deal of wealth disparity continues to exist in San Mateo County. In 2007, about 27% of households earned less than \$50,000 per year, while 41% earned \$100,000 or more.
- By school district, the percentages of children aged 5 to 17 in families living below poverty can vary widely. The proportion is particularly high (21.4%) in the Ravenswood City Elementary district (as has historically been the case)
- A growing gap exists between the “haves” and “have-nots.” Only 15 percent of county families can afford a median-priced home, and more than one in five residents in San Mateo County earn less than the self-sufficiency income level.

Financial Self-Sufficiency

- The cost of living in San Mateo County is higher than in most counties throughout the nation; therefore, the federal poverty level is not an adequate measure of the income needed to meet basic needs in the county. The local self-sufficiency level is a more realistic measure of the true cost of living because it takes into account the higher costs of necessities such as housing, child care and food. In San Mateo County in 2007, the yearly income necessary for a family of three to maintain self-sufficiency was \$71,827.
- The yearly income necessary for a family of three to maintain self-sufficiency is more than four times the federal poverty level. In 2003, it was estimated that more than one-third of San Mateo County families earned household incomes less than the annual self-sufficiency wage.
- Six of the top 10 growth occupations are lower-paying, lower-skilled service jobs which pay less than what a single wage earner with two children needs to be self-sufficient.
- Most surveyed adults in 2008 (56.8%) consider themselves to be “doing about the same” financially as a year ago. A total of 32.4% feel they are actually “better off” financially, while 10.8% feel they are “worse off” financially than a year ago.
- In the 2008 San Mateo County Health & Quality of Life Survey, 34.2% of respondents report that they or a family member have seriously considered leaving the county because of the cost of living, similar to 2004 findings, but significantly lower than the 41.6% found in 2001. Higher levels of dissatisfaction this year can be found among young adults, people living below the 400% poverty threshold, and Hispanic respondents.

Very Low-Income Families

A total of 16.2% of San Mateo County adults live below 200% of the Federal Poverty Level (FPL), according to reported household incomes and household sizes. Among respondents with less than a high school education, nearly 70% report living below the 200% FPL threshold, compared to only 11.5% of those with a high school diploma. Black and Hispanic respondents also demonstrate higher proportions than White or Asian/Pacific Islander respondents. The 2008 findings show a significant increase from the 2001 level of 13.2% to the current level.

Housing Supply

A significant shortage of housing supply remains the primary cause of the high housing costs in the county. This is inextricably connected with the limited supply of land available for development and strict zoning ordinances that limit the density of housing that can be built.

Housing Affordability

- In 2005, only 12% of the households in San Mateo County could afford to purchase a median priced home. This is the lowest percentage in at least five years.
- Housing affordability in San Mateo County and the Bay Area in general is at an all-time low. A lack of affordable housing limits the ability of people to live here and employers to recruit qualified workers. Therefore, families are left with the options of living in another county and facing long commutes, paying more than they can comfortably afford for housing, living in overcrowded conditions, or moving out of the area entirely.
- In 2006, the annual income needed to afford a median-priced home was \$186,691, a 6.7% increase from the previous year, and a 134.2% increase over the past decade. Homes are least affordable in Atherton, Hillsborough, Woodside, and Portola Valley and most affordable in East Palo Alto, Pacifica, Daly City, South San Francisco, San Bruno, and Brisbane.
- The primary housing need for San Mateo is affordability. In 2006, the median purchase price of an owner-occupied single-family home was \$869,000.
- In the first quarter of 2007, only 19% of first-time buyers are estimated to be able to afford a median-priced home in San Mateo County. This is below the 25% found for California, and dramatically below the national average of 64%. By this measure, housing affordability in San Mateo County has dropped considerably in just the past few years.

Rent

- “Fair market rent” (as determined by the U.S. Department of Housing and Urban Development) for a two-bedroom apartment in San Mateo County in 2005 was \$1,539. This would constitute 57.4% of the income of a family living at 200% of the FPL.
- In order to rent a one- or two-bedroom apartment in the county, households needed an income of \$47,554 and \$53,863, respectively. From 2005 to 2006, the income necessary to rent a one-bedroom apartment rose at roughly the same rate as the income necessary to buy (7.2%), and rose at a slightly higher rate for two-bedroom apartments (8.4%). Since 1996, rents of one- and two-bedroom apartments in the county have increased by 49.1% and 43.5%, respectively.
- The National Low Income Housing Coalition found that San Mateo County was tied with San Francisco and Marin Counties as the least affordable counties in the United States in 2006, based on the hourly wage required to rent a two-bedroom apartment.

Home Ownership/Sharing

- The 2008 San Mateo County Quality of Life Survey shows that 58.1% of respondents own their own home or condominium, 17.5% rent an apartment, and 14.4% rent a house. Compared with 2004 data, home ownership appears to be down, while apartment rentals are up. These data also find that home ownership is realized by less than one-half of young adults, those with lower income or education levels, and Hispanics.

- The 2008 survey finds that 13.3% of respondents currently share housing costs with someone other than a spouse or partner in order to limit expenses. Roughly one out of four respondents living below the 200% poverty threshold or without education beyond high school share living expenses, as do 20% or more of young adults and Hispanic respondents. The percentage indicating they share housing costs to limit expenses did not change significantly between 1998 and 2008.

San Mateo County Child Demographics

*www.kidsdata.org, Lucile Packard Foundation for Children's Health,
2007 Child Care Portfolio of the California Child Care Resource and Referral Network
Children Now: 2007 California County Data Book
2005-2007 American Community Survey 3-Year Estimates, U.S. Census Bureau*

San Mateo County had an estimated population of 712,690 people in 2008. Of these, 6.8% were under the age of five, approximately 48,463 children. Of these, 8.7% were estimated to be living at or below poverty level, for an estimated total of 4,216 children living in extreme poverty.

The number of children born to residents of San Mateo County has been steady since 1995, with around 10,000 live births per year. In 2005, 34% of babies were born to Caucasian/White women, 34% had Hispanic/Latino mothers, and 25% had Asian American mothers. Infants born to African American and Pacific Islander women each made up 2.2% of live births, while 1.7% of births were to Multi-racial mothers, and 0.2% were to Native American women.

In 2005, the San Francisco PMSA, which includes San Mateo County, had 2,495 new legal immigrant children ages 0-17, which decreased since 2004. The number of undocumented immigrants in San Mateo County is not known.

Between 2001 and 2007 the relative proportions of children of different ethnic groups in San Mateo County remained stable, with the exception of African Americans. Continuing a trend, the proportion of African American children in the county fell from 3.1% in 2001 to 2.2% in 2007. The current ethnic/racial make-up of the remaining children in the county is 40.6% Caucasian/White, 31.0% Hispanic/Latino, 19% Asian, 5.0% Multiracial, 1.8% Pacific Islander, and 0.4% Native American.

Child Population, by Age in 2007

Age	Total
0 - 2 years	29,049
3 - 5 years	29,326
6 - 10 years	45,169
11 - 13 years	26,353
14 - 17 years	37,302
Total 0 - 17	167,199

Child Population, by Race/Ethnicity in 2007

Race/Ethnicity	Percentage
African American/Black	2.2%
Asian	19%
Caucasian/White	40.6%
Hispanic/Latino	31.0%
Native American	0.4%
Pacific Islander	1.8%
Multiracial	5.0%
Total Child Population	100%

In the 2008-2009 program year, 65% of children served by IHSD spoke Spanish at their home language, 28.1% spoke English, 3.1% spoke a Middle Eastern language, 1.3% spoke an Asian language, 0.2% spoke a Pacific Islander language, 0.1% spoke a European language, and 2.2% spoke another type of language or did not specify a home language.

While no data is available about the specific linguistic breakdown of all eligible children in the county, from IHSD data we can estimate the total number of eligible children speaking various languages in the county:

Language Spoken	Percentage Served	Children Served 2008-2009	Estimated Number of Eligible Children County-Wide
English	28.1%	260	1184
Spanish	65.0%	602	2741
Middle Eastern	3.1%	29	132
Asian	1.3%	12	55
Pacific Islander	0.2%	2	9
European	0.1%	1	5
Other/Unspecified	2.2%	20	91
Total	100.0%	926	4216

Low-Income/Eligible Children and Families

First 5 San Mateo County Strategic Plan, 2004

U.S. Census Bureau, 2000 U.S. Census, 2007 American Community Survey, First 5 San Mateo County: Children Ages 0-5 in San Mateo County: A Review of Research, Community Data, and Grantee Results April 2008, 2008 Community Assessment: Health and Quality of Life in San Mateo County

Despite having one of the highest median family incomes in the state (\$85,500), the County's urban centers contain densely populated, low-income neighborhoods and its coastal communities have large numbers of low-income working families. There are approximately 48,463 children ages 0-5 in San Mateo County, 8.7% of which are living at or below the federal poverty level. According to the 2006 First 5 San Mateo County Family Survey, 39% of families with children 0-5 live on incomes under \$50,000 and nearly 11% living on incomes under \$15,000, an increase over previous years. Exorbitant housing and child care costs mean that many families struggle to make ends meet.

	Total Number	% at or below Federal Poverty Level	Eligible for HS/EHS Services
Children under 5 years	48,463	8.7	4,216

Given the true cost of living and high level of self-sufficiency income required in San Mateo County, these children are, in effect, living in poverty and in need of subsidized early care and education services.

As cited earlier, children and families living in poverty are more prevalent in some parts of San Mateo County than in others. By school district, the percentages of children aged 5 to 17 in families living below poverty can vary widely. The proportion is particularly high (21.4%) in the Ravenswood City Elementary district (as has historically been the case).

In 2007, 31.7% of public school students were enrolled in the Free or Reduced Price Meal Program. In the 2007 school year, three of the county's 23 school districts had more students enrolled in the program than the state's 50.7% average: Ravenswood City Elementary (84.3%), Bayshore Elementary (72.8%), and Redwood City Elementary (57.3%). Jefferson Elementary was close to the state average, with 49.9%.

The highest concentrations of families with children under 5 years old living in poverty can be found in the following geographical regions or zip codes areas:

City	Zip Code	Families Eligible for HS/EHS Services
Half Moon Bay	94019	8.0%

SSF	94080	12.9%
Colma/Daly City	94014	11.4%
San Mateo	94401	8.9%
East Palo Alto	94303	21.4%
Redwood City	94063	11%

Child Care and Development Needs

First 5 San Mateo County Strategic Plan, 2009

San Mateo County ranks high in California as a County with significant percentage of families with young children in which both parents work outside the home, making reliable, accessible and affordable child care a necessity for families. Parents, educators and policy makers also recognize the role of quality child care and early education in preparing children for success in school and beyond.

First 5 San Mateo County's Strategic Plan (2009) has four focused areas:

1. **Program Quality Enhancement:** Support program quality environmental assessments, early care educator provider training, technical assistance and peer mentoring.
2. **Workforce Development:** Partner with local colleges to strengthen the development of early care and education infrastructure and institute coursework and articulation agreements. Support efforts to recruit, retain, and educate early care and education providers.
3. **Facility Renovation or Expansion:** Provide capital support for facility renovation and expansion to child care facilities serving low-income children and children ages birth to three.
4. **Kindergarten Transition Programs:** Support summer bridge programs in schools with an Academic Performance Index (API) score of 1-5 to help prepare children and families to transition into kindergarten. Convene early care and education providers and elementary school professionals to create and institute kindergarten transition plans and policies.

First 5 San Mateo County Desired Outcomes include:

1. Children's health and developmental needs are identified and treated early.
2. Early care and education settings provide high-quality services for young children and their families.
3. Children are ready for school.
4. Children live in safe, stable, and nurturing families and communities.
5. Parents and caregivers are knowledgeable and able to support their child's development and understand the importance of a healthy parent-child relationship.
6. Children have access to and utilize primary health care services.
7. Local policies and practices support an environment that nurtures young children and families within their communities.
8. San Mateo County residents understand the importance of a child's first five years of life.

This section highlights strengths and gaps in quality and availability of affordable child care, the issues impacting child care teachers and providers, and presents data that show how prepared our most at-risk children are upon entering school.

Availability Of Child Care

First 5 San Mateo County Strategic Plan, 2004

*2008 Community Assessment: Health & Quality Of Life In San Mateo County
Children in Our Community: A Report on Their Health and Well-Being, 2007*

Availability of child care remains a problem in San Mateo County; the county wide data presented here points to a shortage of high-quality child care for children with working parents in San Mateo County, especially for infants and toddlers. Care was so expensive that 26% of families in the county could not afford to enroll their children in a licensed child care center or preschool in 2005.

In 2006, licensed child care (spaces in family child care homes and infant, preschool, and school-age child care centers) is available for only 27% of San Mateo County children with parents in the labor force. (Note that some families choose friends and relatives – license-exempt caregivers – to care for their children, and programs for school age children are often not licensed by the state).

Overall, the number of children needing care in San Mateo County remained fairly constant from 2005. The supply of licensed child care spaces dropped by 11.4%, however. Including previous year losses, the supply of licensed child care spaces has dropped by 20% since 2004. The California Early Care and Education Workforce Study (2006) points to the impact of low salaries on the retention of providers. In counties such as San Mateo where housing costs are high, family child care providers have trouble owning their own homes, complicating their ability to do business.

The gap in care, however, is not spread evenly across all age groups. While the number of licensed spaces for preschoolers met the needs of 85% of those needing child care, the needs of only 14.5% of infants and 11.4% of school-age children were met in 2006, respectively. The gap in school age care is made up for, in part, by a variety of license- exempt programs through school districts or city recreation programs. Additionally, programs will be able to grow through the availability of Proposition 49 funding in 2007. Similar funding and attention are lacking for infant and toddler care, making that gap in licensed care particularly troublesome.

Despite the high demand for child care in the county, providers surveyed in 2004 reported vacancies, with 47% of child care centers citing a family's inability to afford child care the reason. With too many vacancies, programs may be forced to close.

The county ranks in the top four in the state in its percentage of child care centers with staff speaking Chinese (9%) and Tagalog (8%); and family child care homes speaking Chinese (3%) and Tagalog (7%).

Cost Of Child Care

2008 Community Assessment: Health & Quality Of Life In San Mateo County

For a family in California earning minimum wage (\$14,040/year), the combined costs of housing and child care add up to more than 200% of that family's annual income.

In 2006, the average monthly cost for care in a family child care home was \$899 for infants (a 38% increase from 1998) and \$840 for preschoolers (a 36% increase from

1998). For school age children, the hourly cost in a family child care home was \$7.40 per hour (a 77% increase from 1998).

For center based care, the average monthly costs were \$1,210 for infants (a 53% increase from 1998), \$793 for preschoolers (a 45% increase from 1998), and \$364 for school-aged children (an 11% increase from 1998).

Quality Child Care

First 5 San Mateo County Strategic Plan, 2004; San Mateo County Supply and Demand Study, 2005 (First 5, 4C's and Preschool For All)

The quality of child care remains a critical issue in San Mateo County, particularly for low-income working families.

- The Supply and Demand Study shows that only 12% of child care centers and 10% of family child care centers are accredited by the National Association for the Education of Young Children and the National Family Child Care Association.
- Further, almost half of Family Survey respondents (2003) were not satisfied with the quality of child care their child receives:
- Of those who used child care in 2003, only 50.4% were satisfied with the *quality* of their child care situation and 71.9% were satisfied with the *cost* of their care.
- Income was a factor in satisfaction with quality, with the lowest income respondents (under \$30,000 income) less likely to be satisfied.

Obstacles to making facilities improvements also impact the quality of child care. 62% of child care and preschool providers surveyed in the Supply & Demand Study reported they would like to make improvements to their facilities, but 42% have not been able to do so due to lack of funding.

The type of child care arrangement that families utilize varies by income, with lower-income parents more likely to rely upon informal sources of care. The Supply & Demand Study also shows that working families earning \$35,000-\$75,000 were less likely to be using licensed child care than lower-income families, who are generally eligible for subsidies, or than higher-income families, who are better able to afford licensed care.

Subsidized Child Care

2008 Community Assessment: Health & Quality Of Life In San Mateo County
2008 Subsidized Slot Survey, San Mateo County Child Care Partnership Council

Middle- and low-income families face a particularly difficult time affording child care. To qualify for child care subsidies, a family's income must fall below state or federal guidelines that are not in alignment with the county's high cost of living. As governmental funding for subsidies has decreased, families who meet very low- income guidelines for subsidized care are not assured of assistance, often remaining unserved for years on the county's Centralized Eligibility List (CEL). In 2006, countywide participation with the CEL was mandated by the legislature for all state subsidized child care. As the separate lists of 32 contractors were merged and parent outreach was conducted, the number of children on the CEL climbed from 782 in 2005 to 4,528 in 2006, providing a more accurate and compelling indication of parental need in our county.

According to the San Mateo County Child Care Partnership Council 2008 Subsidized Slot Survey, there were an estimated 3,229 subsidized child care slots in San Mateo County provided by programs other than IHSD, Inc..

Non-IHSD Subsidized Part-Day	1445
Non-IHSD Subsidized Full-Day	1784
Total Slots	3229

Other providers of Subsidized Child Care Services in the County are listed below:

City	Agency
Daly City	Bayshore Child Care Services
Redwood City	Child Development Inc.
Menlo Park	City of Menlo Park
Pacifica	City of Pacifica
Half Moon Bay	Coastside Children's Programs
HMB El Granada	Coastside Children's Programs
HMB Montara	Coastside Children's Programs
Half Moon Bay	Coastside Infant Toddler Center
East Palo Alto	Creative Montessori
East Palo Alto	Family Service Agency
Menlo Park	Family Service Agency
Redwood City	Family Service Agency
San Mateo	Family Service Agency
South San Francisco	Family Service Agency
South San Francisco	Friends to Parents
San Mateo	Inter-Communal Survival
Daly City	Jefferson School District
San Mateo	Mid-Peninsula Boys and Girls Club
Menlo Park	OICW
Burlingame	Palcare
San Bruno	ParcaREACH
East Palo Alto	Ravenswood City School District
Redwood City	Redwood City CDC
Menlo Park	Redwood City School District

Redwood City	Redwood City School District
San Bruno	San Bruno Park Elem School District - SPS
San Bruno	San Mateo Community College District
San Mateo	San Mateo Community College District
Belmont	San Mateo County Office of Ed
Half Moon Bay	San Mateo County Office of Ed
La Honda	San Mateo County Office of Ed
Millbrae	San Mateo County Office of Ed
Pescadero	San Mateo County Office of Ed
Redwood City	San Mateo County Office of Ed
San Mateo	San Mateo Foster City SD
South San Francisco	South San Francisco Unified SD

Workforce Issues

*2008 Community Assessment: Health & Quality Of Life In San Mateo County
First 5 San Mateo County Strategic Plan, 2004
San Mateo County Supply and Demand Study, 2005*

San Mateo County faces a potentially devastating loss of high-quality early care and education staff from the field, due to the extremely low average wage paid child care workers and the especially high cost of living. This has a tremendous impact on quality and stability of care, in a County already struggling with a supply of child care that doesn't come close to meeting demand.

- Preschool employees with some college education in San Mateo County overall earn more than the State average (\$13.50) at between \$15.04 and \$18.64 per hour (2004 Supply & Demand Study). However, San Mateo County has one of the highest median costs of living in the State and these salaries still fall far below the income needed to support a family.
- On a positive note, San Mateo County providers are better qualified than the child care workforce nationally: According to the 2004 Supply and Demand Study, 39% of center teachers and 25% of family child care providers hold a BA degree or higher.

Children with Disabilities/Special Needs

KidsData.org

First 5 San Mateo County Needs Assessment of Services for Children 0-5 with Special Needs

Over ten percent (10.4%) of children 0-5 in San Mateo County have special needs (F5SMC 2006 Family Survey). As many as 5,800 children ages 0-5 in San Mateo County may suffer from undetected special needs (F5SMC, 2005). In addition, only 2,376 children, or 4.3% of San Mateo County children 0-5, are actually receiving services addressing their special needs.

Special Education: In 2008, the two most common disabilities among the 10,337 special education students in public schools were learning disabilities (38.1%) and speech or language impairments (33.3%). Autism was among the fastest growing disabilities, climbing from 236 students in 2001 to 816 in 2008. The overall proportion of students enrolled in special education remained fairly steady from 2001 through 2008, when 11.6% of students were in special education. In 2008, Caucasian/White students made

up 38.7% of special education enrollment, followed by Hispanic/Latino (38.1%), Asian (7.1%), African American/Black (6.9%), Filipino (6.2%), Pacific Islander (2.6%), and Native American students (0.3%). Caucasian/White students were over-represented in special education compared to overall enrollment figures for the county's public schools.

Parent Reports: In a 2006 survey, 5.0% of parents in San Mateo County reported that their child had an ongoing condition that limited his or her participation in usual childhood activities, similar to the 5.3% of Bay Area parents. Also, 10.3% of San Mateo County parents reported that their child had been diagnosed with a learning disability, compared to 12.6% of parents in the Bay Area.

Unfortunately, there is a lack of meaningful local data on the system of care for children 0-5 with special needs in San Mateo County. To address this gap in knowledge, First 5 San Mateo County staff conducted a preliminary needs assessment that involved focus groups with local stakeholders, interviews of parents of children with special needs, analysis of local administrative data, and a literature review of national studies on young children with special needs. Key findings from this needs assessment are provided below.

- **Eligibility requirements prevent many children with special needs from receiving services.**

A recurrent barrier mentioned by many participants of F5SMC's special needs focus group was that many 3-5 year-old children fall through the cracks due to strict eligibility criteria established by school districts. The extent to which children with varying disabilities and special needs qualify for services may differ by school district due to varying assessment and diagnostic practices. Difficulties posed by the stricter eligibility criteria of IDEA, Part B may disproportionately exclude 3-5 year-olds from services; at this young age, special needs – especially speech, language, and social-emotional disturbances – manifest themselves across a broader continuum of symptoms than is the case for school-age children. Focus group participants were deeply concerned about children whose special needs are not quite severe enough to qualify for special education services but who have just as much need for services—especially those with social, emotional and behavioral problems.

- **The current system of support in San Mateo County does not have the capacity to effectively serve young children with special needs.**

Once children are referred for suspected special needs, their families face many barriers to accessing timely, appropriate, and comprehensive care. The service system for children with special needs is fragmented, under-resourced, and unintegrated. F5SMC focus group participants said that the various systems serving children 0-5 – the regional center, school districts, county office of education, California Children's Services, and County Mental Health – are not working together. As a result, some kids fall through the cracks as they age and transition out of one system into another. Families who have children with multiple diagnoses face even more challenges trying to navigate these parallel systems and access services.

One of the greatest unmet needs for families with special needs children is mental health services. Most public resources target developmental delays and physical disabilities; few formal systems exist to address children's emotional and behavioral health problems despite the fact that emotional and behavioral health problems are among the most widely reported challenges for early childhood education programs (Shaw, 2001). Focus group participants reiterated that there is an urgent need for mental health services to address children's emotional and behavior problems and that the public special education system is not currently equipped to deal with this. This includes providing traditional therapeutic services by licensed clinicians as well as increasing parent support opportunities to address issues in the home environment that could be contributing to children's emotional and behavioral problems.

The specific challenges faced by current systems responsible for serving children with special needs are summarized below:

Regional Centers: Locally, the Golden Gate Regional Center (GGRC) is the entity responsible for serving children under the age of 3 who are at risk for or who have developmental delays. The GGRC is prohibited by law from maintaining a waiting list; therefore, it is very difficult to determine how effective they are in meeting the need for developmental services. GGRC staff and focus group participants note that the recently enacted, unfunded mandate requiring all newborns to receive hearing screenings, along with increasing rates of autistic children, have dramatically increased the number of children they serve. Funding, however, has not kept pace with demand for services, forcing GGRC to greatly reduce the level of services they are able to provide to all families. A major financial obstacle cited repeatedly by focus group participants was that reimbursement rates established by the state for early intervention services are far below actual cost in San Mateo County (rates are the same for every county). Many families approved for services may not be able to find providers who will accept the low rates. Focus group participants expressed fear that agencies providing services to children with special needs (CAR, Community Gatepath, etc.) will eventually shut down due to their inability to pay providers.

School Districts: School districts are mandated by law to serve all children ages 3-5 who are at risk for or who have disabilities. Grantees and special needs focus group participants note that it is extremely difficult for low-income families to access and navigate school district services on their own. Many grantees therefore assign their community workers the role of helping families advocate for services from school districts. Focus group participants in both San Mateo and San Francisco counties note that children sometimes have to wait several months – up to 6-7 months for services from school districts. Delays in receiving services are exacerbated by the shortage of trained professionals to conduct assessments and different agencies requiring different assessments (HRIIC, 2003). In addition, grantees indicate that due to school districts' 44 limited resources, special education personnel focus their efforts on children with the most severe problems leaving many children without services.

Child Care Programs: According to the San Mateo County Supply & Demand Study, 67% of center-based programs serving children with diagnosed special needs do not provide any services at their sites that address those children's special needs. F5SMC focus group participants said that child care providers are interested and willing to better serve children with special needs, but need support to do this. The Child Care Coordinating Council (4Cs) provides inclusion trainings, but is not capable of providing ongoing support. 4Cs has observed that family child care providers are especially motivated to serve children with special needs due to vacancies caused by the movement of 3 and 4 year olds into center-based programs. Family child care providers are in many ways ideal settings for children with special needs – they are small, adaptable, and culturally diverse.

Child care programs report large numbers of children with emotional and behavioral problems, but have nowhere to go for help. The most challenging children eventually get kicked out of programs, losing out on the benefits of quality child care and on an opportunity for early intervention. A very small number of child care programs have access to mental health consultation services through Jewish Family and Community Services to address these issues. While the JFCS model has proven highly successful in helping child care programs deal with children's behavior problems, a possible shortcoming is that it is almost exclusively a staff intervention. Research on quality preschool programs such as the Abecedarian Project and the Chicago Parent Center shows that a family support component is a critical factor in supporting preschool children and their families and in achieving positive long-term outcomes.

Social Service Needs

2008 Community Assessment: Health & Quality Of Life In San Mateo County

Despite high average incomes and education levels, many San Mateo County families face significant challenges. The cost of living continues to be community members' top concern for their families. While many families are financially secure and thriving, there are a considerable number who struggle simply to make ends meet. It is estimated that the total number of people "touched" by hunger in San Mateo County exceeds 160,000 (or about 22%).* A cultural divide concerning prosperity also remains within the county, with minorities and lesser-educated individuals bearing the brunt of family economic hardship.

The cost of child care in San Mateo County continues to be among the highest in the state, making lower- and middle-income families struggle to find affordable alternatives for their children in order to work. A minimum-wage income in San Mateo County would be entirely consumed by child care costs for one infant. Further exacerbating the issue, there are now only enough licensed childcare spaces for roughly one out of four County children with parents in the labor force.

Education indicators reveal that San Mateo County students generally perform better than students statewide, but again, this is not equal for all students. Nor is investment in education equal for all students. Economically disadvantaged children and English Learners generally score much lower on standardized tests, but scores also tend to be

low in schools or districts with lower per-pupil spending or fewer fully credentialed teachers.

Family violence is also an issue that touches too many lives in San Mateo County, disproportionately impacting children of color. While domestic violence and child abuse rates are much lower than found statewide, hundreds of cases are substantiated each year.

Government Assistance

2008 Community Assessment: Health & Quality Of Life In San Mateo County

As of September 2005, San Mateo County provided:

- CalWORKs supports for 2,349 cases.
- Food Stamp benefits for 1,761 cases.
- General Assistance to 433 cases.

Coinciding with the rise in unemployment and economic downturn in 2002, there was a significant increase in the number of families receiving CalWORKs. In April 2001, a historic low 1,526 cases were served; this number increased 61.5% to 2,349 cases receiving CalWORKs in September, 2005.

In January 2006, 0.8% of the San Mateo County population received CalWORKs supports, a percentage that matches the 2005 figure, but had increased over the preceding several years. However, the county proportion is well below the state proportions, although these are decreasing statewide.

Demographic characteristics of CalWORKs recipients from July 2006 reveal that a majority are female and/or between the ages of 21 and 44. Hispanics and Blacks are also disproportionately represented in the CalWORKs population.

Families in Hunger

2008 Community Assessment: Health & Quality Of Life In San Mateo County

According to the Second Harvest Food Bank, 43,218 county residents were either hungry or food insecure in 2005. Because hunger of one adult almost always indicates a problem for the rest of the household, the total number of people “touched” by hunger in San Mateo County was estimated to be 160,761 or roughly 22% of the population.

A total of 2.4% of surveyed adults report that their family does not have enough food on a regular basis (statistically similar to 2001 and 2004 findings). A total of 10.1% of persons living below the 200% poverty threshold, 4.9% of Black adults, and 5.4% of Hispanic adults report that their family does not have enough food on a regular basis.

A total of 3.3% of 2008 San Mateo County survey respondents say they have received food from a food bank, church or other organization in the past year. Among those living below the 200% poverty threshold, this percentage is 13.1%. Responses are also notably higher among Hispanic and Black respondents, and among those living on the Coastsides.

Food Stamp Program

2008 Community Assessment: Health & Quality Of Life In San Mateo County
Children Now: 2007 California County Data Book

The Food Stamp program provides electronic benefits for eligible low-income households. Food Stamp benefits can be used to buy food at most grocery stores (they may not be traded for money or used to buy non-food items, such as alcohol and tobacco products, pet food, soap, or paper products).

In 2005, 4,239 households received food stamp benefits (just under 2,000 cases). In 2007, 3% of households received food stamps. Nevertheless, federal nutrition programs to address hunger are severely underutilized in our county. In 2005, it was estimated that 55% of county residents eligible for the federal Food Stamp Program did not use it because of the social stigma surrounding food stamps, burdensome paperwork and recordkeeping, and a lack of knowledge about eligibility. Full participation in the program could have brought nearly \$12 million of federal funds to the county to fight hunger.

Subsidized School Lunches

Children in Our Community: A Report on Their Health and Well-Being, 2007
2008 Community Assessment: Health & Quality Of Life In San Mateo County

- More public school students were enrolled in the free or reduced price meal program in 2006 than in 2002 (30.4% versus 24.2%).
- Nearly one-fifth of the county's school districts have more than the state average of 50% of students enrolled in the program.
- In the 2005-2006 school year, 31.2% of San Mateo County school children were enrolled in the free or reduced-cost school breakfast and lunch program. Subsidized school lunch participation ranges broadly within school districts in the county, with highs of 84.3% receiving free lunch in the Ravenswood Elementary School District and 72.8% in the Bayshore Elementary School District. (2005-06 data)

Domestic Violence

2008 Community Assessment: Health & Quality Of Life In San Mateo County
www.kidsdata.org, Lucile Packard Foundation for Children's Health

- Between 2002 and 2006, the number of domestic violence-related calls for assistance declined in San Mateo County. The rate dropped from 2,858 calls from residents of all ages to 2,551.

Child Abuse

2008 Community Assessment: Health & Quality Of Life In San Mateo County
First 5 San Mateo County Strategic Plan, 2004
www.kidsdata.org, Lucile Packard Foundation for Children's Health

- The Center for Social Services Research (CSSR) at the University of California, Berkeley (UCB), reports that there was an increase in child abuse reports in 2006 (27.3 per 1000 children) compared to 2002 (25.5 per 1000 children) in San Mateo County (SMC).
- The rates of substantiated cases of child maltreatment cases per 1,000 children ages 0-17 rose from 4.2% in 2002 to 5.1% in 2006.
- Of the types of child abuse reports for children ages 0-17, 29.5% of the cases were for general neglect, 14.4% were physically abused, 8.3% had emotional abuse, 6.2% were sexually abused, 5.2% for caretaker incapacity or absence, 2.8% were undergoing severe neglect, 2.1% were in a household where their

sibling was abused/neglected, 0.1% were exploited, and 31.4% of children were under a substantial risk for abuse or neglect.

Estimates of Homeless

2008 Community Assessment: Health & Quality Of Life In San Mateo County

A 2007 census count determined that there were 2,064 homeless people in San Mateo County on the night of January 30, 2007, 53% of whom were unsheltered (not in emergency shelters, transitional housing, motel voucher programs, residential treatment, jails or hospitals) and estimated 6,646 people were homeless at some time during the year.

Compared to the 2005 Homeless Census/HOPE Plan, the 2007 Homeless Census identified approximately 49% more homeless people on any given night and about 65% more people over the course of a year. The main reason for this significant increase in the numbers is the improved data collection methodologies used in 2007, rather than any actual increase in the numbers of homeless people over the past two years.

The 2007 Homeless Census identified the following demographic profile of San Mateo's homeless population:

- The 2,064 homeless people counted comprised 1,775 households: 93% (1,649) were
 - households without dependent children; 7% (126) were "family" households, i.e., with
 - dependent children.
 - 92% of homeless people counted were between 21 – 60 years old. Only 3% were 18 to
 - 21, and 5% were 60+ years old.
 - African Americans are disproportionately overrepresented and Caucasians are
 - disproportionately underrepresented among the homeless population in San Mateo
 - County:
 - 41% are Caucasian (54% of the county's population is Caucasian according to the 2001 California Health Interview Survey).
 - 31% are African American (2.2% of the county's population is African American according to the 2001 California Health Interview Survey).
 - Other racial/ethnic breakouts include: 17% Hispanic/Latino; 3% Asian; 2% Pacific Islander; 1% American Indian/Alaskan Native; and 4% Multi-Ethnic/Other.
- 27% of the 2007 Homeless Census respondents reported having served in the US Armed Forces.
- The 2007 Homeless Census confirmed that a significant number of homeless people have been homeless for long periods of time (41% for one year or longer) and/or many times within the past 3 years (30% are "chronically homeless," having been homeless 4 times or more in the past three years).
- The 2007 Homeless Census confirmed that the majority of homeless people in San Mateo County have been in the community for a long time (66% lived in San

Mateo County at the time they became homeless; of these, 73% had lived in the county for 3 or more years and 52% had lived in the county 10 or more years before becoming homeless).

- Immediately before becoming homeless: 35% were renting a home or apartment; 28% were living with relatives or friends; 16% were in publicly funded institutions, i.e., jail or prison, hospital, treatment programs; 10% were living in a home owned by themselves or their partner.
- The primary events or conditions for becoming homeless were both financial and behavioral: 31% reported alcohol or drug use as the cause leading to homelessness; 18% reported loss of a job; 7% reported being evicted due to non-payment of rent; 6% reported incarceration; and 6% reported mental health issues as the cause leading to homelessness.
- The survey confirmed that the majority of homeless people have very little and in many cases no income. 80% reported being unemployed, 10% reported being employed fulltime, and 10% were employed part-time.
- The highest level of education completed by homeless people surveyed were: 39% had some college, no degree; 25% had an AA degree and 6% had a BA degree; and 19% had a high school diploma/GED.

Experiences of Homelessness & Displacement

2008 Community Assessment: Health & Quality Of Life In San Mateo County

In the 2008 San Mateo County Health & Quality of Life Survey, 1.1% of respondents (who are currently housed) report having had to live on the streets, in a car, or in a shelter at some time in the past two years (statistically similar to 2001 and 2004 findings). This translates to approximately 2,900 persons, which estimate is similar to, but not predictably lower than the 2007 Homeless Census since respondents were currently housed.

Displacement, even if only temporary, is a more common problem in San Mateo County. A total of 6.4% of surveyed adults say that they have had to go live with a friend or family member in the past year, even if only temporarily, due to a housing emergency (higher than reported in 2004, but similar to that reported in 2001).

Educational Needs

Children

School Enrollment

2008 Community Assessment: Health & Quality Of Life In San Mateo County

- During the 2005-2006 school year, San Mateo County had 23 school districts, 109 elementary schools; 28 middle schools; 18 high schools; 12 charter schools; 6 continuation schools; 1 community day schools; 3 alternative schools; 1 special education school; and 1 juvenile court school.
- Over the last few years, enrollment has continued to decline in San Mateo County. There were 88,047 students enrolled in public schools in San Mateo County for the 2005-2006 school year.
- In the 2008 survey, 84.9% of respondents with school-aged children indicated their child attends a public school, while 13.5% attend parochial or private schools. Proportionally, public school attendance has increased significantly since 2004. According to survey results, parochial/private school utilization is

down since 2001 (when 22.5% sent their children to such schools outside of the public system). Currently, indications of having a child who attends a parochial or private school are highest among households with higher income, higher educational levels, and parents in South County.

Per-Pupil Revenue & Spending

2008 Community Assessment: Health & Quality Of Life In San Mateo County

- California's investment in K-12 education began to grow in the mid-90's. Over the next six past 11 years, the state's investment—as measured by expenditures per student (based on average daily attendance)—increased from \$4,924 per student in 1995-96 to \$7,324 in 2001-02 and \$8117 in 2006-2007.
- A wide disparity in per-pupil spending exists within San Mateo County school districts. Per-pupil spending in 2006-2007 ranged from \$6,303 to over \$14,000.

Evaluation of Children's Education

Kidsdata.org

Parents' ratings of their children's education has remained stable in recent years in terms of "excellent/very good" evaluations. Among surveyed parents with children in public schools, 62.3% rate their child's education as "excellent" or "very good."

The continuing weak economy, competing demands on the state budget, and the priorities of state lawmakers make it unlikely that California will invest more per pupil in the near future.

Kindergarten/School Readiness

2008 Community Assessment: Health & Quality Of Life In San Mateo County; Kidsdata.org

More than two-thirds of 3- and 4-year-olds in San Mateo County are in preschool or nursery school, much higher than the proportions found both regionally and statewide. However, there is wide disparity in San Mateo County preschool enrollment by both race/ethnicity and by family income: African American, Asian and Latino children have lower participation rates, and participation is particularly low among families with incomes between 100% and 299% of the Federal Poverty Level.

In 2005, the Peninsula Partnership for Children, Youth, and Families, along with the Santa Clara County Partnership for School Readiness, assessed children in San Mateo and Santa Clara Counties on their readiness for school, both socially and academically. The assessment was based on teacher evaluations of kindergartners in 20 skills grouped in five categories. These categories (physical well being and motor development, social and emotional development, approaches toward learning, communications and language usage, and cognition and general knowledge) correspond to the National Education Goals Panel framework for measuring kindergartners' school readiness.

Among the findings of the assessment were that students coming from very low-income families are nearly four times more likely to be considered unready for kindergarten than their counterparts. Additionally, children without any sort of preschool experience are two and a half times more likely to perform below teacher expectations for readiness than those who had some preschool education. Overall kindergarten readiness in San Mateo County increased 8% from 2001 to 2005.

San Mateo County kindergarteners had an average overall readiness score of 3.4 by 2005 (based on a 1-4 scale: 1=not yet, 2=beginning, 3=in progress, 4=proficient). The average readiness score for San Mateo County kindergarteners were as follows: Self-Care & Motor Skills dimension (3.6), followed by Social Expression (3.4), Self Regulation (3.4), and Kindergarten Academics (3.3). Low-income children without preschool experience had the lowest overall readiness score (3.1). Low-income children with preschool experience had a slightly higher score of 3.3, although that was lower than children from higher-income families who also had preschool experience (3.7).

According to the 2003 First 5 San Mateo County Family Survey, the majority of parents with children ages 0-5 had provided activities for their child that would help further development. For instance, between 55% and 63% of parents reported that they had read or shown picture books to their children ages 2-5 at least one or more times a day in the prior week. Forty-nine percent of parents had been to the library in the past month. Over 67% of parents reported that they had played with their children one or more times a day in the past week.

Adults

2008 Community Assessment: Health & Quality Of Life In San Mateo County

Adult Education

- San Mateo County is a highly educated community. Well over three-fourths of survey participants (77.7%) report having some education beyond high school, with 30.2% holding a Bachelor's degree, and 18.0% holding postgraduate degrees.
- The extent to which San Mateo County residents have education beyond high school continues to be driven by ethnicity. The percentage of San Mateo County Black residents with no college nears one-fifth of the population of residents age 25 and over, similar to the statewide average of 23.2%. Approximately 43.4% of San Mateo County Latinos (aged 25 and older) have no college coursework to their credit.
- San Mateo County has seven degree-granting institutions: three community college campuses (Canada College, College of San Mateo, and Skyline College); three WASC [Western Association of Schools and Colleges]-accredited private institutions (Menlo College, Notre Dame de Namur University, and Saint Patrick's Seminary); and one other degree-granting institution (Northern California Graduate University).
- The number of certificates awarded by community colleges grew 50% since 1998, with those in the health field jumping 60% in just the last year.

Health and Nutritional Needs

Prenatal Care in the First Trimester

Children Now: 2007 California County Data Book

As of 2007, the percentage of women receiving timely prenatal care in San Mateo County had increased to 90%.

Infant Mortality

2008 Community Assessment: Health & Quality Of Life In San Mateo County

The average infant mortality rate in San Mateo County from 2000 to 2004 was 4.1 infant deaths per 1,000 live births, lower than the statewide rate of 5.2 and satisfying the Healthy People 2010 objective. This is highest among Blacks.

From 1996-2004, the infant mortality rate in San Mateo County decreased by 16%, from 4.5 (1996-1998) to 3.8 (2002-2004) deaths per 1,000 infants. Among national leading causes of death for infants, the most common cause in San Mateo County in 2002-2004 was congenital malformations and abnormalities, or birth defects (1.0 deaths per 1,000 infants), followed by short gestation/low birthweight (0.6), maternal complications of pregnancy (0.4), and Sudden Infant Death Syndrome (0.3).

Race/Ethnicity: Due to the low numbers of infant deaths, mortality rates for Asian, Caucasian/White, and Hispanic/Latino infants are reported as five-year rolling averages. During the most recent five-year period (2002-2006), the highest mortality rate was for Hispanic/Latino infants, at 4.8 per 1,000 live births, followed by 3.8 among Asian/Pacific Islander infants, and 3.7 among Caucasian/White infants. Rates for African Americans are only available as a nine-year average due to this group's small population in San Mateo County. For the 1996-2004 period, African Americans had the highest infant mortality rate (8.2 deaths per 1,000), followed by Hispanic/Latino infants (5.0). The Asian and Caucasian/White rates of infant mortality were both 3.6 during that same nine-year period.

Low Birthweight

Kidsdata.org

The percentage of infants born at low birthweight increased in San Mateo County from 1995 to 2004, from 5.9% to 6.6%.

Race/Ethnicity: Since 1995, African American/Black mothers have had the highest percentages of babies with low birthweight, at 14.0% in 2004, followed by Asian (6.8%), Caucasian/White (6.6%), and Hispanic/Latina mothers (5.8%) in 2004. The numbers of Native American, Pacific Islander, and multiracial mothers who gave birth to babies at low birthweight were too small to be reported in 2004.

Age of Mother: A mother's age also is associated with birthweight. In 2004, the percentage of infants with low birthweight was highest for mothers ages 40-44 (9.5%), followed by mothers ages 35-39 (7.7%), and 15-19 (6.6%). Mothers ages 25-29 had the lowest percentage of babies with low birthweight at 4.8%, followed by mothers ages 20-24 and 30-34 (both at 6.4%). There were no low birthweight infants born to mothers under age 15 and the number of infants born at low birthweight to mothers ages 45 or older was too small to report.

Breastfeeding

Kidsdata.org

Breastfeeding Prevalence: The percentage of mothers breastfeeding in the hospital after giving birth decreased slightly, from 95.5% in 2004 to 95.1% in 2006. The percentage of mothers breastfeeding exclusively in the hospital after giving birth remained steady, with 70.6% in 2004 and 70.3% in 2006.

Race/Ethnicity: In recent years, African American (58.5% in 2006) mothers have been the least likely to breastfeed exclusively in the hospital after giving birth.

Caucasian/White mothers consistently have been the most likely to breastfeed in the hospital after giving birth (76.4% in 2006), followed by Multiracial (75.6%), Asian American (68.8%), and Hispanic/Latina mothers (63.5%). Numbers were too low to report for Native American and Pacific Islander mothers.

Breastfeeding Duration: According to a survey by [First 5 San Mateo County](#) of San Mateo County families, 57% of mothers reported exclusively breastfeeding their babies for six months or longer in 2005, significantly higher than the 37% in 2000. Another 19% of mothers said they breastfed their babies, either exclusively or by combining breastfeeding with formula, for six months or longer, similar to the 17% in 2000. Among low-income mothers in the Women, Infants and Children (WIC) programs located in San Mateo County, 11.8% of mothers of 6-month-old infants breastfed without using formula, 32.5% combined breastfeeding and formula feeding, and 55.8% fed their infants formula only in 2007.

Access to Health and Dental Services

Children in Our Community: A Report on Their Health and Well-Being, 2007

2008 Community Assessment: Health & Quality Of Life In San Mateo County

Children's Dental Health in Santa Clara and San Mateo Counties: The 2007 Check-Up, Lucile Packard Foundation for Children's Health

Children Now: 2007 California County Data Book

The San Mateo County Children's Health Initiative (CHI) was launched in 2003 to help secure health insurance coverage for all children, including those who are undocumented. Prior to CHI, 17,000 children were estimated to be uninsured. From 2002-2004 alone, CHI contributed to a 66% increase in the number of children enrolled in Medi-Cal, Healthy Families and Healthy Kids (the three public health insurance programs for which CHI facilitates enrollment) and, as of fall 2006, the number of children without health insurance had been reduced to approximately 3,000. By contrast, for dental insurance, 83% of children ages 2-17 were covered in 2007, slightly less than the 84.7% in 2001. Eighty-one percent (81%) of children saw a dentist in 2007, however that includes only 66% of Latino children.

Immunization Rates

Children in Our Community: A Report on Their Health and Well-Being, 2007

With greater health insurance coverage, preventive health care should be more accessible for children. The percentage of kindergarteners who had been fully immunized by age 2 climbed from 75.6% in 2003 to 83.5% in 2004. In addition, it appears that the racial/ethnic disparities in immunization rates may be lessening. The 18 percentage-point gap between Caucasian/whites and African Americans in 2003 had closed to an 8 percentage-point difference in 2004. The gap between Caucasians/whites and Latinos/Hispanics also narrowed.

Nutrition, Weight and Physical Fitness

Children in Our Community: A Report on Their Health and Well-Being, 2007

2008 Community Assessment: Health & Quality Of Life In San Mateo County

2005 findings of the California Pediatric Nutrition Surveillance System found that 25.1% of low-income children aged 5 through 19 who participated in the San Mateo County Child Health and Disability Prevention (CHDP) Program were overweight, and another 20.1% were at risk for being overweight; these proportions are higher than found among program participants in this age group statewide.

Among low-income children aged 0 to 4 years in the county CHDP program, over one third were found to be overweight (19.6%) or at risk for being overweight (17.3%), also slightly higher than the statewide proportions.

In 2004, one-quarter of the county's public school students in grades fifth, seventh and ninth (approximately 5,250 children) were overweight. A smaller proportion of Caucasian/white and Asian children are overweight than those of other racial/ethnic groups.

Percentage of 5th, 7th and 9th Graders Who are Overweight, by Race/Ethnicity, in 2004

Race/Ethnicity	Percentage
African American/Black	29%
Asian	16%
Caucasian/White	19%
Hispanic/Latino	34%
Pacific Islander	46%
Filipino	27%
San Mateo County	25%

In addition, only 35% of fifth, seventh and ninth grade students met all six California fitness standards in 2006, though fitness rates have improved in recent years.

In 2006, only 37.3% of San Mateo County 7th graders met basic fitness requirements, as determined by the California Department of Education, although this proportion is better than the statewide average. However, in San Mateo County, there is a notable difference among students by gender and by race and ethnic group, with boys and Black and Latino students demonstrating the lowest prevalence of physical fitness.

Teen Birth Rate

Children in Our Community: A Report on Their Health and Well-Being, 2007

Children Now: 2007 California County Data Book

The San Mateo County's teen birth rate, which is lower than California's, has fallen by 45% from 1995 to 2004 (from 40.0 to 21.8 births per 1,000 teens ages 15-19), although the rate of decline slowed during the early 2000's. However, profound differences still exist in the teen birth rate across racial/ethnic groups. In 2007, rates for Latina/Hispanic and African American teens were eight to ten times higher (at 49 and 55 per 1,000, respectively) than they were for Caucasian/white and Asian teens (at 5 and 8, respectively).

A geographic analysis by zip code of maternal residence (2002 data) shows that the highest proportion of births to teens in San Mateo County occurred in 94303 (East Palo Alto) and 94063 (Redwood City/North Fair Oaks) followed by 94401 (San Mateo) and 94080 (South San Francisco).

The proportion of births to teens who received prenatal care during the first trimester of pregnancy has *increased significantly* from 44.0% in 1990 to 76.2% in 2004. Still, this proportion falls significantly short of the Healthy People 2010 target of 90%. The level of teen's early access to prenatal care contrasts with the overall county rate 90.1%.

Mental Health

2008 Community Assessment: Health & Quality Of Life In San Mateo County

Days of Poor Mental Health

Surveyed adults report an average of 1.7 days in the month preceding the interview on which their mental health was not good. Those living below the 200% poverty threshold express the highest average number of days of poor mental health per month (2.7 days, versus 1.4 days among those with incomes over 400% of poverty). In addition, Blacks (3.1 days) report greater average numbers of days of poor mental health than do Whites (1.9), Hispanics (1.9), or Asians/Pacific Islanders (0.8).

Over one-fourth of surveyed adults (26.8%) report experiencing some degree of difficulty in their lives with feelings of isolation or loneliness. This is significantly lower than reported in 2001. However, these indications were notably higher among lower-income respondents.

Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society. In San Mateo County, 6.2% of area residents report a history of mental or emotional problems, while one in four experience bouts of chronic depression (this proportion is lower than found in the baseline 1998 assessment).

A total of 25.2% of surveyed adults reported having had a period lasting two years or longer during which he or she was sad or depressed on most days. This proportion is significantly higher than found in 1998 and 2004, but is similar to the 2001 finding.

A total of 6.1% of survey respondents report experiencing high stress on a daily basis, with these perceptions higher among Blacks. In addition, roughly 25% of adults experience some degree of difficulty with feelings of isolation or loneliness. Similarly, one out of four experiences some degree of difficulty with fear, anxiety or panic.

Maternal Mental Health

First 5 San Mateo County Strategic Plan, 2004; First 5 San Mateo County Family Survey, 2005; Children in Our Community – San Mateo County Children’s Report, 2007

The emotional and mental health of mothers has a significant impact upon their ability to bond with their child. In the earliest years of life, bonding and attachment to a primary caregiver are crucial to a child’s sense of security and optimal development. Parents’ mental health problems can be another barrier to providing supportive and stable home environments for children. For example, parental depression can inhibit parents from interacting with their children in the most appropriate and nurturing ways. Research shows that young children with depressed mothers are more likely to have socio-emotional and behavioral problems, difficulties in school, poor peer relationships, aggression, lower IQ scores, impulsivity and developmental delays. Nationally, about 8% to 15% of childbearing women and up to 48% of low-income mothers experience postpartum depression within the first year after childbirth.

Among San Mateo County mothers of children ages 0-5 in 2006, 6.4% reported symptoms of depression, with marked differences in rates by race/ethnicity and income level.⁶¹ Caucasian/white mothers were least likely to show signs of depression, and very low-income mothers (< \$15,000 per year) were about 12 times more likely to report symptoms of depression than mothers with annual household incomes of more than \$80,000.

Few mothers who perceive they need help actually received help. Of women who demonstrated symptoms of depression, 41.6% also reported that they felt they needed help with sadness or depression but only 8.3% had actually gone to a mental health specialist. Women were not asked why they did not seek services, but possible barriers might include cost, lack of time, the stigma associated with seeking help for mental health problems, and the difficulty involved in finding a provider one can trust to talk about sensitive issues.

Children’s Mental Health

Evaluation of the San Mateo County Children’s Health Initiative: Third Annual Report, September 2006

Need for Children’s Mental Health Services. Nationally mental health disorders affect as many as one in five children. However, only about a fifth of children who need mental health services receive them, even though services have been shown to prevent juvenile delinquency and improve cognitive, academic, and social outcomes. Studies indicate that Latino children have especially high rates of unmet need for mental health services relative to other children.

The prevalence of children’s mental health problems in San Mateo County appears to be similar to national rates, at least for Healthy Kids program enrollees. The evaluation’s survey of the parents of Healthy Kids enrollees, conducted in 2004, included a series of questions about children’s emotional and behavioral health status. Parents were asked, for example, whether their child was often unhappy, sad, or depressed, and whether the child often did not get along with other children. Using these indicators, about 20 percent of parents reported that their child had an emotional or behavioral problem in the past 30 days. In addition, about 40 percent of those with school-age children with a mental health problem (or about 8 percent of all children)

indicated that their child's emotional and behavioral problem limited the child's ability to do school work. This lower rate is closer to the estimated 6 percent of children nationally who have a serious emotional disturbance (SED).

Children's Mental Health Services in San Mateo County. San Mateo County has a history of innovative mental health services to address the needs of those with serious mental health problems, including children. The county-organized system of care provides a coordinated network of health and social services to low-income children with severe emotional and behavioral problems. All three public programs have generous mental health benefits, as compared to many private insurance plans. There are no inpatient or outpatient benefit limitations for children with SED. Under Healthy Kids and Healthy Families, inpatient mental health services are limited to 30 days (no co-payment requirements). Outpatient mental health and outpatient substance abuse services are limited to 20 visits per benefit year. A co-payment of \$5 per visit is required for outpatient care. Inpatient substance abuse services only include hospitalization for detoxification. Children enrolled in Medi-Cal have no benefit limits and have access to a broad array of services through the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) program. The San Mateo County Health Department/Mental Health Services Department (MHS) organizes and manages the delivery of mental health services for children with SED and some other children with mental health problems, for all three public programs.

Community Resources

Core Service Centers

The following agencies can locate or provide emergency food, lodging, clothing, general information and referral, employment services, PG & E Assistance Funds and short-term counseling.

- Coastside Opportunity Center
- Daly City Community Service Center
- Fair Oaks Community Center
- Family Support Center of the Mid-Peninsula
- North Peninsula Neighborhood Services
- Onetta Harris Community Center
- Pacifica Resource Center
- Samaritan House
- St. Vincent de Paul Society

Emergency Food

- Bread for Life - East Palo Alto/Redwood City
- Catholic Worker House - Redwood City/Half Moon Bay
- Ecumenical Hunger Program - East Palo Alto
- Emergency Hunger Fund
- Food Box Programs - local communities
- Salvation Army
- San Mateo County Core Service Centers
- Second Harvest Food Bank
- St. Anthony - Menlo Park
- St. Francis of Assisi – Redwood City

Housing

- Catholic Worker House (RWC)
- Community Action Agency of San Mateo County
- Emergency Housing Consortium
- Housing Authority of San Mateo County
- Human Investment Project
- Mid-Peninsula Housing
- New Creations (EPA)
- Salvation Army
- San Mateo County Core Service Centers
- Shelter Network of San Mateo County

Employment

- California Employment Development Department
- Goodwill Industries
- Jobs for Youth
- OICW- Opportunities Industrialization Center West
- Peninsula Works
- Regional Occupation Program (ROP)
- San Mateo County Core Service centers
- San Mateo County Human Service Agency – SUCCESS Program
- Youth Employment Program

Child Abuse/Protection

- Child Abuse Prevention Center
- Child Advocacy Council
- Coastside Mother's Club
- San Mateo County Human Services Agency
- San Mateo Women's Shelter (for battered women and their children)
- Shelter Network

Child Care and Early Education Services

- Bayshore Child Care Services
- Child Care Coordinating Council
- Early Childhood Language Development Institute
- Family Connections
- Family Service Agency of San Mateo County
- Our Second Home Early Childhood/Family Support Center
- Peninsula Partnership for Children, Youth and Families
- SaMCARES – Compensation and Retention initiative
- San Mateo Association for the Education of Young Children
- San Mateo County Child Care Partnership Council
- San Mateo County Consortium for Quality Programs
- San Mateo County ECE Mentor Teacher program
- San Mateo County Human Services Agency
- San Mateo County Office of Education - Children, Youth and Families Division

Drug/Alcohol Abuse Services

- Alanon and Alateen
- Alcohol and Drug Helpline
- Alcoholics Anonymous
- El Centro de Libertad
- Free at Last
- Latino Commission on Alcohol & Drug Abuse Services
- Nar-Anon
- Women's Recovery Association

Family Support Services

- Adoptions Unit, San Mateo County
- Belle Haven Community Partnership
- Belle Haven Family Services
- CARESEN
- Center for Domestic Violence Prevention
- Child Care Coordinating Council
- CORA
- County Parks and Recreation Departments
- Daly City Peninsula Partnership
- El Centro de Libertad
- Fair Oaks Community Center
- Family Connections
- Family Law Center
- Family Law Services
- Family Service Agency of San Mateo County
- Family Service Mid-Peninsula
- Healthy Homes Home Visiting Program
- Hispanos Unidos
- JFCS/Parent's Place
- John's Closet: Outfitting for Learning
- Kinship Support Services
- La Raza Centro Legal

- Legal Aid Society
- North Peninsula Family Alternatives
- Our Second Home Early Childhood/Family Support Center
- Peninsula Conflict Resolution Center
- Peninsula Family YMCA—Project FOCYS
- Peninsula Partnership for Children, Youth and Families
- Planned Parenthood
- Prenatal to Three
- Salvation Army
- Samaritan House
- San Mateo County District Attorney—Family Support Division
- San Mateo County Fatherhood Collaborative
- San Mateo County Human Services Agency Children and Family Services
- Sor Juana Ines Services for Abused Women
- Women Infants and Children (WIC)
- Youth and Family Enrichment Services

Health Care

- American Cancer Society
- American Lung Association
- California Children’s Services (CCS)
- CFNP Program
- Child Health and Disability Prevention Program (CHDP)
- Drew Health Foundation, Inc.
- JFCS/Parent’s Place
- Kaiser Permanente Medical Center
- Lucille Packard Children’s Hospital
- Mental Health Services Division
- Mid-Peninsula Dental Society
- Mills-Peninsula Hospital
- Packard Preemie Project
- Planned Parenthood Association of San Mateo County
- Prenatal Coalition of San Mateo
- Prenatal to Three
- Prevention of Blindness Society
- Public Health Services
- San Mateo County Aids Project
- San Mateo County Health Services Agency
 - Comprehensive Perinatal Services Program
- San Mateo County Health Services Agency Clinics
 - Boys and Girls Club
 - Coastside Health Center
 - Daly City Youth Health Center
 - Fair Oaks Children’s Clinic
 - La Costa Immunization Clinic
 - Martin Luther King, Jr. Community Center
 - Mobile Health Van
 - North County Health Center

- Ravenswood Family Health Center
- RotaCare Clinics
- San Mateo Medical Center
- Sequoia Teen Wellness Center
- South San Francisco Health Center
- Willow Clinic
- San Mateo Dental Coalition
- San Mateo Tobacco Prevention Program
- Seton Medical Center
- Sonrisas
- Stanford University Medical Center

Education

- Belle Haven Community Partnership
 - Parent Education Roundtable
- Community Colleges
 - Cañada College
 - College of San Mateo
 - Skyline College
- High Schools/Adult Schools
 - Cabrillo Unified School District Adult School
 - Jefferson Union High School District
 - San Mateo Union High School District
 - Sequoia Union High School District
 - South San Francisco Unified School District
- Peninsula Library System and local Community Libraries
- Peninsula Partnership for Children, Youth and Families
- Project Read
- Raising a Reader Early Literacy program
- San Mateo County Office of Education
 - Child Welfare and Attendance
 - Special Education
 - Career and Occupational Services
- San Mateo County School Districts
- South San Francisco Community Partnership
 - Kindergarten Readiness Committee
- Vocational Education
 - GED Preparation and Basic Skills Brush-Up
 - North County Employment Center/PIC
 - OICW-Opportunities Industrialization Center West
 - ROP-Regional Occupation Program

Special Education

- Associated Learning and Language Specialists (ALLS)
- Blind Babies Foundation- Off to a Good Start Program
- California Children's Services (CCS)
- Child Care Coordinating Council/ACT for Inclusion project
- Coastside Pediatric Speech Therapy Center
- Community Association of Rehabilitation (CAR)
- Community Gatepath

- Golden Gate Regional Center, Inc.
- Legal Aid Society
- Mills/Peninsula Hospital
- Preemie Project/Lucille Packard Children's Hospital, Mary L. Johnson Development and Behavioral Unit
- PARCA
- Parents Helping Parents
- Peninsula Children's Center
- San Mateo County Office of Education/Early Childhood Education Program
- San Mateo County School Districts
- San Mateo County Special Education Local Plan Area (SELPA)

Conclusion

The Institute for Human and Social Development, Inc./San Mateo County Head Start & Early Head Start is fortunate to have an extensive amount of information and data on the status of young children and their families in its service area. The availability and ongoing analysis of this information is an indicator of the significant commitment San Mateo County has made to improving the lives of children and families in the community. However, as the excerpts from the preceding community assessments indicate, the needs of children and families in San Mateo County are far-ranging and extensive. As the grantee is unable to address the entirety of these needs, we have identified those areas of concern that have consistently emerged as community priorities in which the agency's strengths and experience may be leveraged to create real change for children and families.

Based upon the findings of these community assessments and an analysis of the grantee's capacity, program philosophy and strategic plan, the following priorities have been set for Fiscal Years 2009-2011:

- To improve school readiness outcomes for children 3-5 years.
- To optimize the health of young children and their families through obesity prevention and awareness programs.