



Health

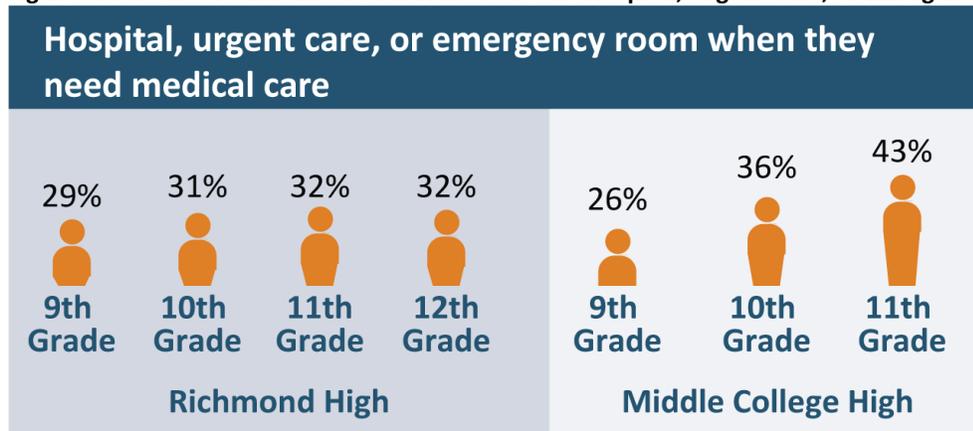
Physical Health and Insurance

In the family focus groups, adults reported that there were adequate general health resources in San Pablo and the surrounding cities; however, the closest emergency room is in Richmond. Families reported needing more access to dental and vision services for their children. The high cost of living in San Pablo and the Bay Area in general prevents families from purchasing robust health insurance plans.

The lack of consistent work affects access to health benefits.
~ Family Focus Group Participant

At Richmond High and Middle College High, 26% to 43% of youth reported going to a hospital, urgent care, or an emergency room when they need medical care or advice. This would suggest that those students are unable to seek regular medical care, likely because they are underinsured.

Figure 3. Percent of San Pablo Youth Who Go To the Hospital, Urgent Care, or Emergency Room



Source: 2017-18 California Health Kids Survey School Reports

Mental Health and Connectedness

In 2017-18, youth at Helms Middle, Richmond High and Middle College High schools took the California Healthy Kids Survey. On average 32% to 39% of youth were chronically sad or experienced feelings of hopelessness. Eight percent to 14 percent of youth seriously considered suicide. See Figure 4 below. It is important to note that tenth graders at Middle College High experienced higher levels of hopelessness and consideration of suicide.

It is critical to offer mental health services because as youth we are not use to being home. Some youth don't feel safe being home. (Shelter-in-place) is affecting many peoples mental health and I believe we all need support.
~ Youth Survey Respondents

According to the California Healthy Kids Survey less than 20% of youth felt connected to their school and just 13% to 32% have a caring relationship with an adult at their school. The Youth Truth Survey was administered to youth at Richmond High in February 2019; of those youth, 60% reported having at least one adult at school who would be willing to help them with a personal problem,

while only 33% of respondents reported feeling like a part of their school’s community.

Figure 4. Percent of San Pablo Youth with Mental Health and School Connectedness Indicators

	Helms Middle		Richmond High				Middle College High		
	7th Graders	9th Grade	10th Grade	11th Grade	12th Grade	9th Grade	10th Grade	11th Grade	
Chronic Sadness or Hopelessness	32%	35%	35%	39%	39%	30%	47%	36%	
Considered Suicide	N/A	11%	8%	12%	12%	13%	20%	14%	
School Connectedness	19%	16%	9%	11%	11%	11%	18%	17%	
Caring Adult Relationships	27%	32%	21%	25%	26%	13%	20%	23%	
High Expectations from Adults in School	38%	41%	31%	32%	30%	21%	24%	22%	
Meaningful Participation in School	9%	11%	10%	7%	10%	6%	12%	11%	

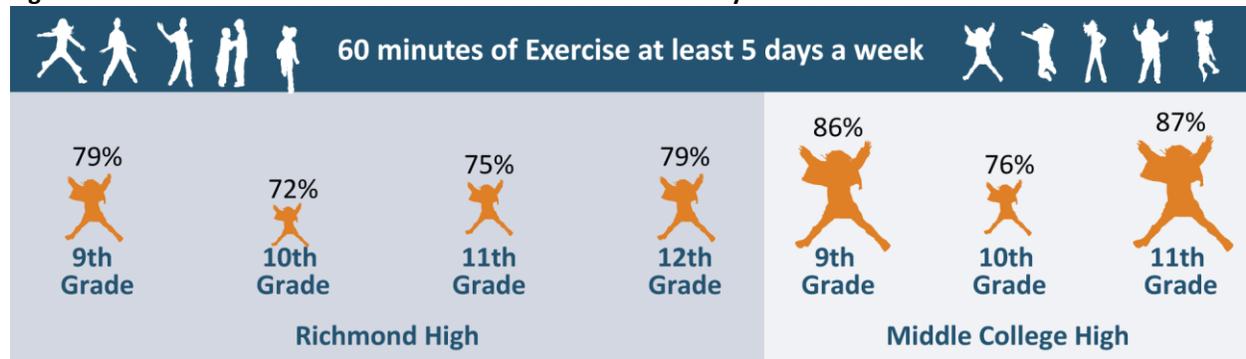
Source: 2017-18 California Health Kids Survey School Reports

Among youth survey respondents, 37% reported using mental health or counseling services and 37% of youth requested more access to these services.

Physical Activity/ Healthy Eating

Among 2017-18 California Health Kids Survey respondents, 72% to 87% of the Richmond High and Middle College High youth exercise for at least 60 minutes a day, five days a week.

Figure 5. Percent of San Pablo Youth Who Exercise at least five days a week for 60 minutes



Source: 2017-18 California Health Kids Survey School Reports

In California, students take the Fitness Gram, a series of tests that measure flexibility, strength, and endurance to determine if a student is in the Healthy Fitness Zone, Needs Improvement, or in Health Risk. The test is administered to fifth, seventh and ninth grade students. In the past ten years, the City of San Pablo has worked to support youth and family fitness. The number of youth in the healthy fitness zone increased from 44.6% in 2010-2011 to 57.4% in 2018-19.

Figure 6. 2010-11 and 2018-19 Percent of Students in the Healthy Fitness Zone

	2010-2011			2018-2019		
	In Healthy Fitness Zone	Needs Improvement	At Health Risk	In Healthy Fitness Zone	Needs Improvement	At Health Risk
Bayview ES	44.6%	16.9%	38.5%	57.4%	18.0%	24.6%
Dover ES	48.3%	11.2%	40.5%	46.0%	22.2%	31.8%
Downer ES	38.6%	14.8%	46.6%	56.5%	19.6%	23.9%
Ford ES	41.1%	21.4%	37.5%	40.4%	29.8%	29.8%
Lake ES	34.0%	10.6%	55.4%	57.5%	10.0%	32.5%
Riverside ES	46.8%	6.4%	46.8%	48.3%	26.7%	25.0%
Helms MS	40.0%	11.9%	48.1%	57.4%	18.0%	24.6%
Middle College HS	49.4%	19.0%	31.6%	44.0%	27.3%	28.7%
Richmond HS	43.6%	14.5%	41.9%	55.7%	21.4%	44.3%

Source: 2010-11 and 2018-19 California Department of Education

The California Health Kids Survey asks students if they eat breakfast. In 2017-18, 23% of fifth graders across the West Contra Costa Unified School district did not eat breakfast. At Helms Middle, 48% of students ate lunch at the right time of day, 49% had enough time to eat lunch, and 50% had access to clean and drinkable water.

According to the family focus group participants there used to be more physical education and sports programs at San Pablo schools but many of those programs have been cut.

Almost all of the youth who attend the San Pablo schools are socio-economically disadvantaged and qualify for the free and reduced priced meal (FRPM) program at school. Over 90% of the youth at all of the San Pablo elementary schools and Helms Middle participate in the school lunch program. At Richmond High 93% of the students qualified for FRPM in the 2016-17 school year but only 85% qualified in the 2017-18 school year. It is unclear if the number of socially economically disadvantaged students actually decreased by 8% or if there were other factors that prevented students and their families from participating in the school lunch program. At Middle College, half of the students qualified for FRPM in 2016-17, which increased to almost 60% in the 2017-18 school year. With the exception of Middle College High, the percentage of students who qualify for free and reduced lunch in the 2017-18 school year is significantly higher than the District rate of 70% and the County rate of 41%.⁶



⁶ 2016-17 and 2017-18 California Department of Education

Asthma Rates

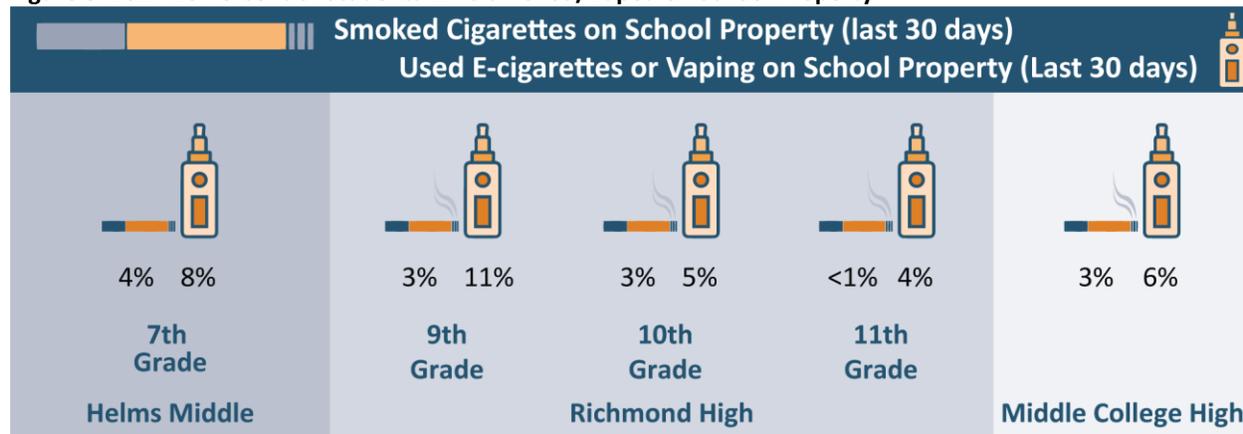
In 2016, 15.2% of all children in California were diagnosed with asthma. The percent of children with asthma (23.6%) is significantly higher in Contra Costa County, which has the state's fourth highest county asthma rate. Children ages 0-4 are the most impacted with an asthma-related hospitalization rate of 17.6/10,000.⁷ Historically, the rate of asthma in San Pablo has been more than double the County-wide rate.⁸

Children are harmed by (refinery) smoke.
~ Family Focus Group

Tobacco / E-cigarette Rates

The California Healthy Kids Survey is distributed to every school in the West Contra Costa Unified School District. The survey asks students to self-report the number of times they have smoked or vaped on school property. Overall, the rates are relatively low. Only 2% of 5th graders reported smoking a cigarette or vaping on school property. The vast majority of 5th graders (92%) reported that cigarettes were very bad for your health, and 79% indicated that vaping was very bad for your health. In 7th, 9th, and 11th grades, 3% of students reported having smoked a cigarette on school property. The percentage of older students who reported vaping were higher; 6% of 7th graders, 7% of 9th graders, and 4% of 11th graders. The percentages of students who reported smoking or vaping at San Pablo schools (see Figure 8 below) are similar to districtwide numbers.

Figure 8. 2017-18 Percent of Students Who Smoked/Vaped on School Property



Source: 2017-18 California Healthy Kids Survey Data

Oral Health

There is little data available identifying oral health needs for children and youth in San Pablo. However, there is some data available at the county level. We can assume, given the overall level of health among youth in San Pablo, that county-wide averages are correct or even slightly better than the city-wide data. In 2017, there were 80,587 Medi-Cal eligible children ages 0-17 and only 31 general dentists accepting new Medi-Cal dental patients in 2018. Eleven of those general dentists are located in San Pablo or the surrounding cities of Richmond, El Cerrito, Pinole, and Hercules. In

⁷ 2016 Asthma Summary from Kidsdata.org

⁸ 2018 Contra Costa County Health Services. Asthma in Contra Costa County: Presentation for the Contra Costa County Board of Supervisors

2016, only 37% of Medi-Cal eligible children and youth ages 0-20 visited a dentist and only 14% of children 12-24 months old had an annual cleaning and exam. County-wide in 2017, 49% of Medi-Cal eligible students completed a kindergarten oral health assessment, and 25% of those students who returned an assessment in the West Contra Costa Unified School District had untreated tooth decay.⁹

Violence

The City of San Pablo Police department provides a School Resource Officer at Helms Middle school, and resource officer services at the five elementary schools located in San Pablo. Overall, between 2018 and 2016, violent crime in San Pablo has decreased by 14.6%. There has been a similar decrease in juvenile felony arrests; in 2017 there were 25 arrests compared to 22 arrests in 2018.¹⁰

COVID-19 Shelter-in-Place

During this needs assessment, youth and families in San Pablo and around the world were subject to an unusual shelter-in-place and social distancing order. On March 15, 2020 all West Contra Costa Unified Schools closed at noon. The schools moved to a distance and online learning campaign for the remainder of the 2019-20 school year. The District has provided a number of online resources for families, including mobile hotspots via families' smart phones, however, there are more applicants than mobile hotspots. The District is providing Tech Exchange staff for families to support home technology needs. The District has also provided Chromebook and tablets to students. While 31% of the youth survey respondents indicated a need to access to high speed internet and computers for distance learning, the extent of the City's digital divide is unknown.

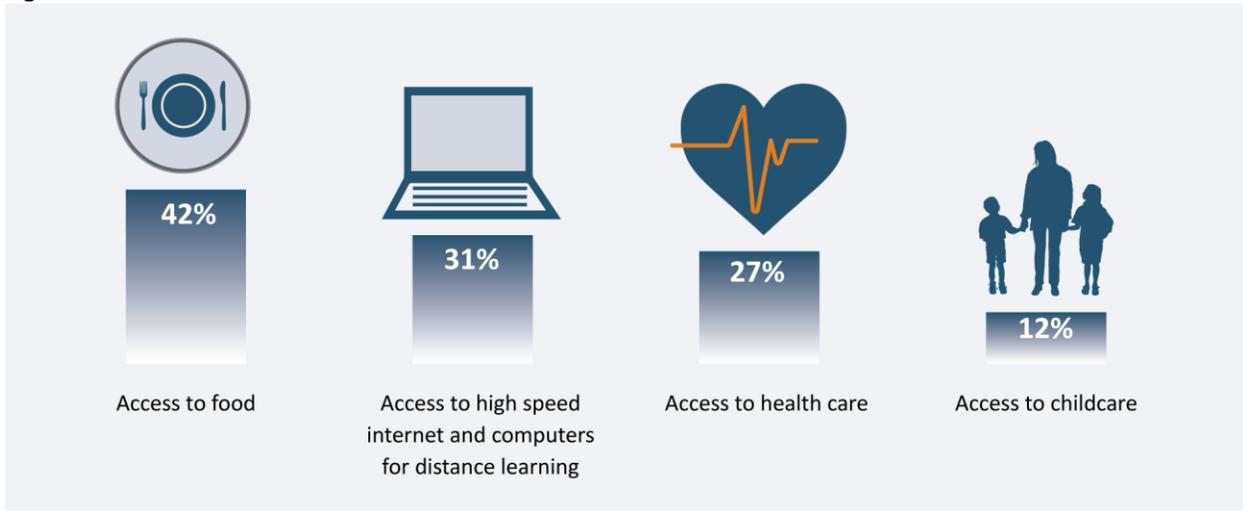


⁹ 2018 Contra Costa County Oral Health Needs Assessment

¹⁰ 2019 San Pablo Police Department

Access to food was identified as the largest need for youth. The school district is continuing to distribute school lunches at select school sites, however, the survey suggests that is not enough to meet the demand for the 42% of youth respondents who reported this need. A small percent (4% or under) reported the need for income/rent money, supplies (masks and toiletries), homework support/tutoring, sports or exercise, mental health services, and entertainment.

Figure 9. Additional Needs Related to COVID-19 Shelter-in-Place



Source: 2020 San Pablo Youth Survey