

San Mateo County Demographics

Based on 2010 Census Data—one race only (excludes mixed-race)

Total San Mateo County Population: 718,451

Asian Subgroups	% (of SMC Population)	# Residents	Change from 2000
Total Asian	24.8%	178,118	26%
Filipino	9.8%	70,191	19%
Chinese	9.0%	64,796	32%
Asian Indian	1.9%	13,486	28%
Other Asian	1.7%	11,878	82%
Japanese	1.2%	8,779	-10%
Korean	0.8%	5,496	20%
Vietnamese	0.5%	3,492	51%

⇒ Approximately 60% of Chinese Population are foreign born

⇒ 42% of SMC residents, age 5 and over, who speak an Asian or Pacific Islander Language, speak English less than “very well”

Cities with the highest #/% Chinese residents (of total Chinese population 64,796)

1. Daly City: 15,615/25%
2. San Mateo: 7,778/12%
3. South San Francisco: 6,965/11%
4. Foster City: 6,467/10%
5. Millbrae: 6,219/10%

Cities with highest % Chinese residents (of city population)

1. Millbrae: 29%
2. Foster City: 21%
3. Hillsborough: 19%
4. Daly City: 15%
5. South San Francisco: 11%

SMC population vs. client utilization by ethnicity

Race/Ethnicity (one race)	# SMC Population	% SMC Population	# BHRS Clients	% of total BHRS Clients
White	383,535	53.4%	4,511	33.5%
Hispanic/Latino	182,502	24.5%	4,934	36.7%
Filipino	70,191	9.8%	541	4.0%
Chinese	64,796	9.0%	199	1.5%
Black	20,436	2.8%	1,233	9.2%
NH/PI	10,317	1.4%	227	1.7%

* Based on total 13,457 FY 09/10 clients.



WELLNESS • RECOVERY • RESILIENCE



Behavioral Health & Recovery Services
SAN MATEO COUNTY



Cultivating Wellness

協康: 協力同心, 創造健康生活

June 25th, 2014

10:30 a.m. - 1:00 p.m.

Millbrae Library Community Room
1 Library Avenue, Millbrae, CA

Presented by the San Mateo County
Behavioral Health and Recovery Services
Office of Diversity and Equity
Chinese Health Initiative

Behavioral Health and Recovery Services (BHRS) • Office of Diversity and Equity
225 37th Avenue, San Mateo, CA 94403 • www.smchealth.org/ODE
San Mateo County Chinese Health Initiative: www.smchealth.org/CHI

Did You Know?

- Chinese Americans have been found to have the highest lifetime prevalence rate of depression among Asian American group.
- Foreign-born Chinese Americans have higher suicide rates than U.S.-born Chinese Americans.
- Among women ages 15-24, Asian American girls have the highest suicide mortality rates across all racial/ethnic groups.
- The suicide rate among elderly Chinese American women (over age of 65 years) is 10 times higher than the rate among Caucasian elderly women.
- About 5% of the general population suffers from a gambling addiction, but in the Chinese American community, 20% are problem gamblers.

The California Department of Mental Health's California Reducing Disparities Project (CRDP) reports a severe deficiency in mental health care services for Asian Americans citing a lack of access to care, language barriers, and a cultural stigma against mental health in the Asian American community. Participants in a recent focus groups conducted by the CRDP Asian Pacific Islander Population Strategic Planning Workgroup (SPW) stated the following barriers when they attempted to seek help for themselves or for their family:

1. Lack of culturally competent staff and services.
2. Issues related to stigma, shame, discrimination, confidentiality, and reluctance to hear the truth.
3. Lack of language skills.
4. Lack of financial resources.
5. Transportation.
6. Complexity of healthcare systems and paperwork.
7. Not comfortable with non-Asian providers.
8. Unfamiliarity with Western treatment model.

Despite being viewed as a "model community," Asian Americans face many of the same mental health problems as other groups. Evidence shows high rates of addiction, gambling, and family violence.

Some studies have indicated that Asian Americans who use mental health services are more severely ill than other groups. Evidence suggests this is because many Asian Americans delay seeking treatment because of the stigma associated with using mental health services and cultural and linguistic barriers to access.

Agenda

10:30 Welcome

Dave Pine, Board President, San Mateo County Board of Supervisors

Lisa Chung, Senior District Representative, Office of State Senator Jerry Hill, 13th District

Patrick Miles, Ph.D, BHRS Assistant Director

Jei Africa, PsyD, Director, BHRS Office of Diversity and Equity

Hung-Ming Chu, MD, BHRS Deputy Medical Director

10:45: Digital Stories

11:00: Panel Discussion - Facilitated by Sai-Ling Chan-Sew

Anni Chung, MSW, President & CEO, Self-Help for the Elderly

Christina Shea, LMFT, Deputy Chief/Director of Clinical Services, Richmond Area Multi-Services, Inc. (RAMS)

Paul Chang, MSW, Executive Director, Pyramid Alternatives

Ms. Tang, lived experience community member

Other community member

12:00 *Sunny Choi, BHRS Chinese Community Health Worker*

12:15 Lunch/Networking

BHRS Chinese Community Health Worker

Sunny Choi

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