

BOX 2 A Tale of Two Libraries in Sacramento



The California State Library system’s significant cuts have led to reduced staff and programming and shortened hours for Sacramento’s twenty-nine libraries. But the differences in both the availability of resources and the way in which they are deployed leads to very different conditions among the libraries in the system.

Sacramento Library’s Belle Cooledge branch, located in the affluent Land Park neighborhood, is part of a complex that includes a community center, lush park, and playground. Less than thirteen miles away is the **Del Paso Heights branch in North Sacramento**. This library is a block away from Grant Union High School, ranked as one of the lowest-performing high schools in Sacramento in 2010, making access to free reading materials and Internet, enriching literacy programs, and safe after-school activities vital for the community.

Patrons entering the Belle Cooledge Library pass through automatic doors into a spacious hallway with drinking fountains, community newspapers, and event flyers. The Del Paso Heights branch is similarly structured, but with its significantly smaller hallway, attempting to read local postings is likely to activate the door sensors, creating a loud interruption to the library experience. In fact, at twelve thousand square feet and with three rooms, the Belle Cooledge facility has four times the space of the three thousand square-foot Del Paso Heights Library. It also houses three times the number of books, DVDs, periodicals, and other library items, and has eighteen computers with Internet, as compared with twelve in Del Paso Heights. While both offer story time for tots, Del Paso Heights offers fewer other library programs for teens and the community, and participation rates in these programs are far lower.

In July 2010, Belle Cooledge was remodeled into a sophisticated space that now resembles a popular chain

bookstore. The revamped library has a 1950s diner-themed teen area complete with a “reading bar” with stools and café-style seating, and a children’s play center with a fish tank. Adult amenities include a music section and a periodicals browsing collection of over one hundred magazines and newspapers. At a cost of \$354,000, the Belle Cooledge renovation price tag was steep, but highly successful local fundraising and the efforts and connections of the Friends of the Sacramento Public Library provided the lion’s share of funds. With shrinking public funds, friends groups—local volunteers who support individual branches—have become critical resources for the Sacramento library system. And with the volunteer efforts come further income-generating opportunities—the Belle Cooledge Friends run a bookstore inside the library and donate all profits to the library.

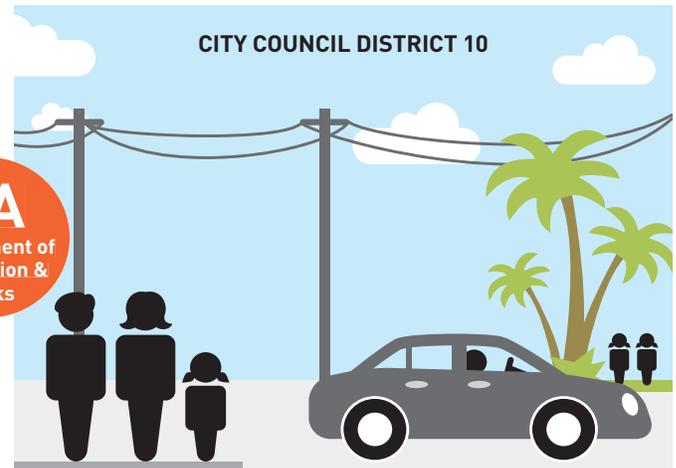
In 2009, the Del Paso Heights Library was also remodeled with a pleasant facade. However, the expansion of the children and teen area came at the expense of the community room, leaving community groups to meet outside, except during winter months when indoor meetings compete with library activities. Del Paso Heights is the only Sacramento city library branch that does not stay open until 8pm any day of the week due to safety issues. With only one room, fewer computers, and shorter hours, Del Paso offers a less welcoming environment for doing sustained homework or research. Del Paso Heights also has an active Friends group, but it does not have the same impact as the Belle Cooledge group, in large part because the community has far fewer resources to offer.

Sources: California Department of Public Health 2010; California Food Policy Advocates 2002; de la Torre 2011; Lambert and Reese 2010; Navarro 2008; United Press International 2011; Sacramento Public Library 2011; The California State Library 2010.

BOX 4 A Tale of Two Parks in Los Angeles



3 ACRES OF PARKLAND FOR EVERY 1,000 RESIDENTS
28 PARKS
LOWER DIABETES RATES



.35 ACRES OF PARKLAND FOR EVERY 1,000 RESIDENTS
18 PARKS
HIGHER DIABETES RATES



Los Angeles's 10th City Council District lies in South Los Angeles and includes the neighborhoods of Jefferson Park, Arlington Heights, and West Adams. The neighborhoods of District 10 have some of the lowest well-being scores on the American HD Index. The area's quiet residential streets are crisscrossed by commercial corridors dominated by gas stations and corner stores, with the Santa Monica Freeway running through its center. Home to approximately 19,000 people per square mile, CD 10 offers 0.35 acres of city parkland for every 1,000 residents. A total of eighteen city parks provide recreational facilities and children's playgrounds to the district's residents. The population in this part of Los Angeles is one fifth African American and over half Latino, and one in five families lives in poverty.

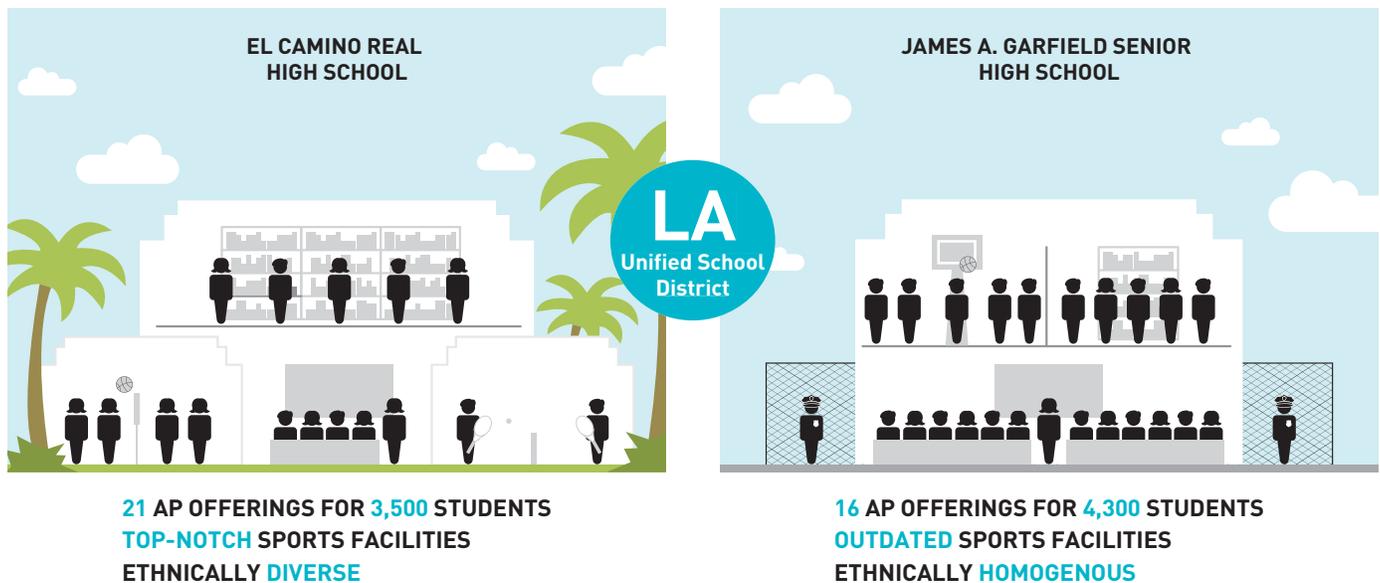
Fewer than ten miles west is the **11th City Council District**, perched alongside the Pacific Ocean and covering Westside neighborhoods like Pacific Palisades, Venice, and Brentwood. Home to the famous Muscle Beach, CD 11 has both single- and multifamily housing; it is characterized by high fences, verdant landscaping, and trendy shops and restaurants. The combination of elegant housing and upscale shopping centers gives the 11th District a feeling of safety and comfort. The neighborhoods of CD 11, in which the majority of residents

are white and the poverty rate is below 7 percent, have some of the state's highest scores on the American HD Index.

CD 11 contains approximately 4,375 people per square mile and offers about 3 acres of city parkland for every 1,000 residents. A total of twenty-eight parks and recreation centers, not including nearby beaches and state parks, serve the district's residents. These Westside neighborhoods offer nearly ten times the net parkland acres as the far more densely populated South Los Angeles neighborhoods, as well as ten more parks and recreation centers.

How is the disparity in people's ability to exercise outdoors in their respective corners of Los Angeles, either in parks or by walking, jogging, or biking on sidewalks and streets, reflected in their health and longevity? A baby born in one of these Westside neighborhoods can expect to outlive one in Los Angeles South neighborhoods by over four years. In addition, the number of hospitalizations for diabetes—a largely preventable chronic disease fueled by unhealthy diets and physical inactivity—is three times higher in District 10.

Sources: The City Project 2011; Healthy City 2011; Los Angeles County Department of Public Health 2010; Los Angeles Department of City Planning.

BOX 1 A Tale of Two Schools in Los Angeles

El Camino Real High School in Los Angeles, nestled in the foothills of the Santa Monica Mountains, serves a diverse population of 3,500 students from the communities of Woodland Hills, West Hills, and Canoga Park. The school resembles a small college, with top-notch sports facilities including an artificial turf football field and amenities for tennis, volleyball, golf, and handball; a well-stocked, two-story library; and an “exemplary” rating from district inspections for the safety and security of the school facility. While large for an American high school, it has enjoyed relatively high levels of academic success, with a graduation rate above 90 percent, and 58 percent of students completing the coursework required to apply to University of California (UC) or California State University (CSU) schools.

Also part of the Los Angeles Unified School District is **James A. Garfield Senior High School**. Located in the inner-city neighborhood of East LA, Garfield’s population has virtually no diversity; Latinos comprise 99 percent of the student body. With over 4,300 students, Garfield is one of the nation’s largest high schools. Because of severe overcrowding, the school was in operation year-round for many years, with staggered vacations. Recent construction to upgrade the eighty-year-old school building and additional space in other neighborhood schools to relieve crowding has finally allowed Garfield to return to a normal schedule. Sports facilities are limited to one baseball field, a poorly maintained football field, and some tennis and

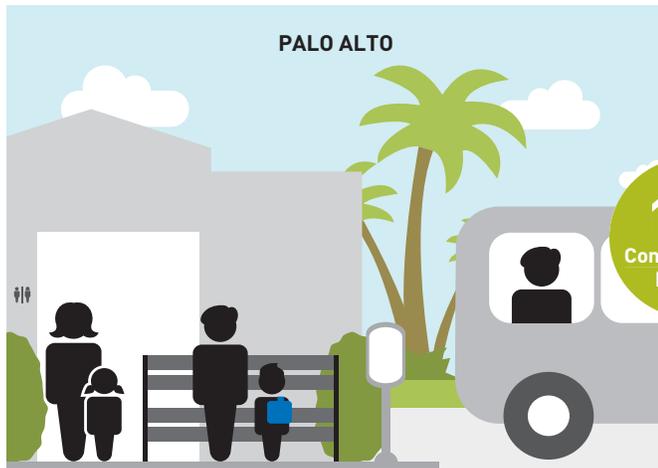
basketball courts. The library is one floor. The most recent safety and security inspection resulted in “poor” marks for the security of windows, doors, gates, and entryways.

Fewer than 10 percent of Garfield’s students are proficient in English, and the entire student body is eligible for meal subsidies. Yet despite tremendous out-of-school and academic challenges and marked differences in the physical plant, Garfield is making strides. The school has improved each year on California’s Academic Performance Index and on standardized tests. But while El Camino Real has twenty-one Advanced Placement offerings for 3,500 students, Garfield has only sixteen for 4,300 students, one reason that only 36 percent of graduates have completed the coursework required to apply for UC and CSU schools.

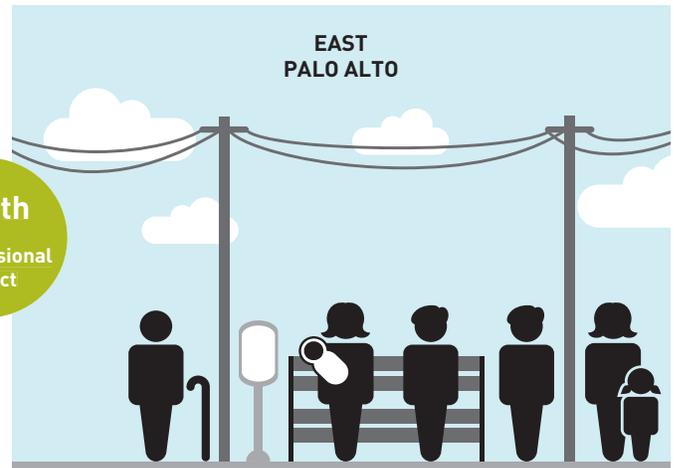
A recent state-level grant for closing achievement gaps is helping to bring Garfield into the twenty-first century, particularly in terms of technology, and new construction bodes well for the school’s future. El Camino Real has just voted to become a charter school, qualifying the school for additional state funding while reducing Los Angeles Unified School District’s total student population and thus school budget.

Sources: California Department of Education 2010; CBS Los Angeles 2011; de la Torre 2011; El Camino Real High School 2011; Garfield High School 2011; Office of Data and Accountability 2011a; Office of Data and Accountability 2011b.

BOX 2 A Tale of Two Transport Systems in the Bay Area



3 BUS SYSTEMS PLUS COMMUTER RAIL
LITTLE RELIANCE ON BUSES
EXTENSIVE AMENITIES



1 BUS SYSTEM
HEAVY RELIANCE ON BUSES
LIMITED AMENITIES

California’s Congressional District 14 has one of the highest American Human Development Index scores of any district in the country. Silicon Valley’s hub, **Palo Alto**, drives these high levels of well-being. Abutting Palo Alto and still in District 14 is **East Palo Alto**, one of the poorest cities in the Bay Area. Income per person in Palo Alto is \$69,000, and 5.7 percent of the population is living below the income poverty line; East Palo Alto’s per capita income is \$18,785, and the poverty rate is 17.8 percent.³

Palo Alto is home to a large outdoor bus station, which connects to the commuter train line to San Francisco and San Jose. About a dozen buses from three systems stop at the station as well. The bus station itself has a large shelter, benches, ample signs, maps, and timetables, a public restroom, bicycle parking and storage, newsstands, and landscaping.

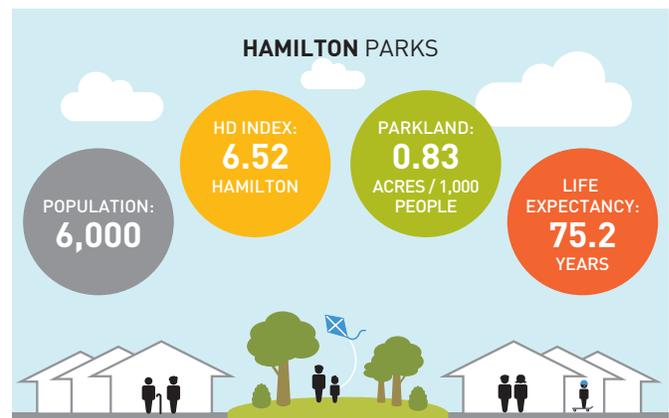
The Palo Alto station stands in marked contrast to stops on the East Palo Alto bus line, in the town just next door, which include at most a small shelter with a sign indicating which buses stop at the location. About six buses from one system run through East Palo Alto, though they generally come less

frequently than buses through the Palo Alto station. Many of the buses in East Palo Alto serve chiefly to bring residents to the Palo Alto station rather than providing direct service to other areas, increasing average bus commute time to thirteen minutes longer per ride for East Palo Alto commuters as compared with those traveling from Palo Alto.⁴

Although the largely white, wealthy population of Palo Alto has greater access to bus transit than the chiefly low-income, minority residents of East Palo Alto, the latter are about four times as likely to use buses to commute to work. Low-income communities like East Palo Alto rely more on bus transit because buses are less expensive than trains or driving and because property near train stops tends to be more expensive; yet despite the significantly greater demand for and reliance on bus service by people in East Palo Alto, the service is considerably more frequent and extensive in Palo Alto.

Sources: Metropolitan Transportation Commission 2010; U.S. Census Bureau, American Community Survey, 2005–2009; Westling 2011.

BOX 4 A Tale of Two Parks



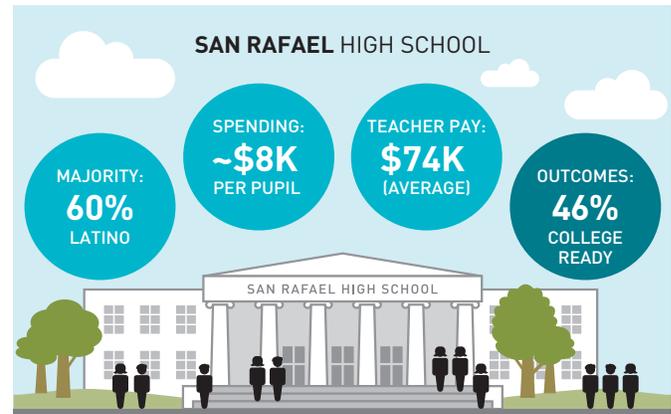
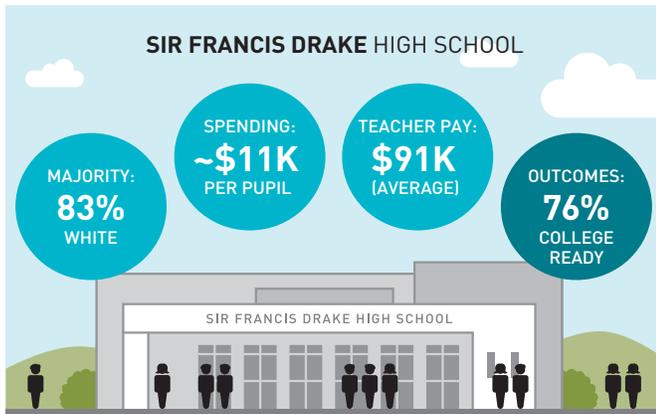
The city of Mill Valley is nestled within easy reach of some of the most beautiful parkland in Marin County, including Muir Woods and Mount Tamalpais State Park. This park access is further complemented by local green spaces and recreational facilities. The **Old Mill and Cascade** districts of Mill Valley, which score highly on the American HD Index, boast over 20 parks serving a population of about 4,000 people. Over 95 percent of the residents in these districts are white. Excluding the 42-acre golf course, this area has 11.6 acres of parkland per 1,000 people. In addition to the gorgeous scenery, these facilities offer numerous opportunities for recreation, including tennis and basketball courts, soccer and baseball fields, pools, playgrounds, and plenty of paths for hiking, biking, walking, or jogging.

The **Hamilton** district of Novato, located only 14 miles north of Mill Valley, has one of Marin’s lowest well-being scores. Home to about 6,000 people, this area was formerly the site of an air force base. Hamilton is home to a very diverse population; it is 66 percent white, 19 percent Latino, and 12

percent Asian American. While Hamilton possesses several recreational facilities, including a newly renovated pool, tennis and basketball courts, a baseball field, playgrounds, and other amenities, the amount of total parkland is only .83 acres per 1,000 people. This falls far short of the state guidelines under the Quimby Act, which mandates a minimum of 3-5 acres per 1,000 people. The National Park Association recommends still more, 10 acres of open space per 1,000 people. Additional parkland and recreational facilities could go a long way to improving the health of residents in this district, which has the lowest life expectancy of any in Marin, just over 75 years, as well as higher rates of overweight/obesity and diabetes than the rest of the county.

Sources: Cole 2011; County of Marin, “2007 Marin Countywide Plan”; City of Mill Valley, “Parks and Recreation”; City of Novato, “Parks, Recreation, and Community Services”; Marin County Department of Health and Human Services, “Healthy Marin: Report Center.”

BOX 5 A Tale of Two Schools



Marin County is known for its excellent schools. Yet significant variation exists within the county in terms of educational resources, spending, and academic performance. A close look at two of Marin’s public high schools, Sir Francis Drake High School and San Rafael High School, reveals a noteworthy gap between student need and academic resources.

Sir Francis Drake High School occupies a lush campus in the shadow of Mount Tam. The student body is 83 percent white, and less than 8 percent of students are economically disadvantaged. Drake has received state and federal awards for curricular innovation and efforts to provide personalized instruction. These significant achievements are enabled in part by Drake’s experienced teaching staff and a full complement of support staff. Despite budget pressure, Drake has reduced math and science class size for three successive years. Drake spends nearly \$11,000 per pupil, and the average teacher salary is \$91,000.

Drake’s educational investment has consistently contributed to very positive outcomes: three in four graduates complete the coursework required to apply to the state university system, the school achieves high proficiency levels on California’s standardized exams (see **TABLE 4**), and Drake has a 96 percent graduation rate.

Only minutes away lies **San Rafael High School**, which serves a diverse student population of just over 900 students. San Rafael High is 60 percent Latino, 30 percent white, 6 percent Asian American, and 2 percent African American. Over half the student body is economically disadvantaged.

However, San Rafael’s diversity is not fully reflected in the classroom; white and Asian American students often take different classes than their Latino peers, driven in part by sharp differences in English proficiency. One in five students is an English language learner, and only 21 percent of African American and 27 percent of Latino students demonstrate proficiency in English, compared with 83 percent of white and 79 percent of Asian American students. The school lacks a psychologist on staff, and math and science class sizes have increased each year over the last three. Basic expenditure per pupil is about \$8,000—\$3,000 less than Drake—and the average teacher salary is an astonishing \$17,000 less than Drake. Despite recent test score improvements, San Rafael has been unable to meet all the requirements of the No Child Left Behind Act and has been a target for federal intervention. It has some of the lowest standardized test scores of Marin’s high schools, and fewer than half of the school’s graduates complete the coursework required for admission to the state university system.

All children deserve the best learning conditions society can afford. But in an age when growing the pie is difficult, decisions on how it is sliced become more important than ever.

Sources: California Department of Education, “Dataquest: Student and School Data Files” 2011 and Education Data Partnership, Ed-Data, 2011; Cole 2011; San Rafael City Schools, “San Rafael High School, School Accountability Report Card, Reported for 2009–10”; Tamalpais Union High School District, “Sir Francis Drake High School, School Accountability Report Card, Reported for 2009–2010.”

FIGURE 2 Understanding Risks and Resilience: The Tale of Meg and Dawn

SCENARIO 1:

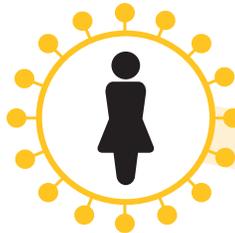
Meg

Meg owns a store that sells hiking and camping gear. She lives in Boulder, Colorado.



1

Meg has many capabilities.



2

When a recession threatens Meg's well-being, her capabilities help her weather shocks; she is resilient.

RISKS



3

Meg bounces back and resumes her life as normal.



Married with strong social networks

Excellent health

College graduate

Owens business and home

RESILIENCE

SCENARIO 2:

Dawn

Dawn works in a high school cafeteria. She lives in Cape Girardeau, Missouri.



1

Dawn has fewer capabilities and more risk factors.



2

When a recession threatens Dawn's well-being, she is less resilient and less able to weather shocks.

RISKS



3

Dawn has a harder time bouncing back.



Cares for elderly parents

Chronic back pain

Did not complete high school

Earns minimum wage, no savings

RESILIENCE

BOX 3 A Tale of Two States: Life Expectancy in Minnesota and Mississippi.

Minnesota has the second-highest life expectancy in the United States (80.9 years), a life span comparable to that found in France, Sweden, and Spain. Evidence suggests that many factors contribute to the longevity of Minnesotans. For instance, 91.5 percent of Minnesotans have health insurance, a higher percentage than in any other state but Hawaii and Massachusetts. Minnesotans also smoke less than the national average. Spending in Minnesota on preventative public health measures (as opposed to medical treatments), such as childhood immunization, food safety, and cancer screening clinics, is well above the national average. Minnesota, along with Utah, has the lowest rate of obese and overweight children. In Minnesota, over 90 percent of adults have at least a high school degree; the state ranks third in the proportion of adults who have completed high school.



Mississippi has the nation's lowest life expectancy (74.8 years). People in Mississippi live shorter lives than people in Mexico, where health expenditure per capita is one-sixth the amount. Nearly one in five Mississippians lack health insurance, a higher percentage than all but seven other states. Mississippi is second only to West Virginia in diabetes diagnoses, and the prevalence of adult obesity in the state, where one-third of adults are obese, is 25 percent higher than the national average and the greatest of any state.³⁵ The state also has the highest rate of childhood obesity; 44 percent of children ages 10 to 17 are obese or overweight.³⁶ Mississippians are also less likely to exercise regularly than the residents of any other states except Tennessee and Louisiana. Finally, Mississippi has, after Texas, the highest rate of adults over the age of 25 who did not complete high school. Education and good health are strongly correlated, and parents with more education tend to be more effective in supporting healthy outcomes for their children.

BOX 3 A Tale of Two Districts: High School Disparities in Chicago

New Trier High School, situated in Chicago's North Shore suburbs, is consistently ranked among the best public high schools in the country. Award-winning arts and athletics programs complement top-flight academics.²⁵ About twenty miles south, just a short drive down Interstate 94, lies J. Sterling Morton High School East, a school of comparable size but notably fewer accolades. At Morton East, 22 percent of students met or exceeded state proficiency standards in 2009, compared to 92 percent at New Trier.²⁶ Teachers at New Trier also earn an average of \$24,000 more than teachers at Morton East.²⁷

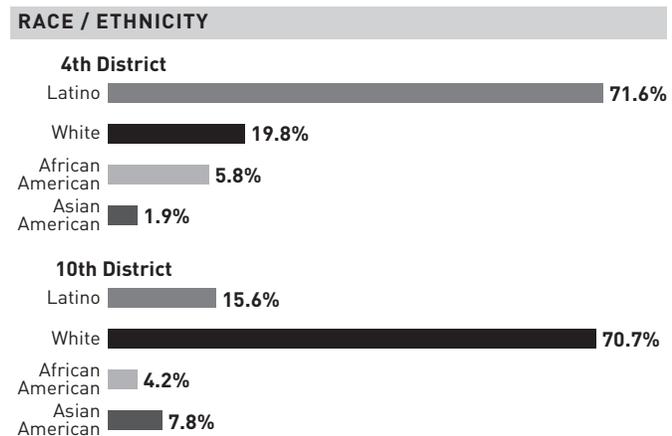
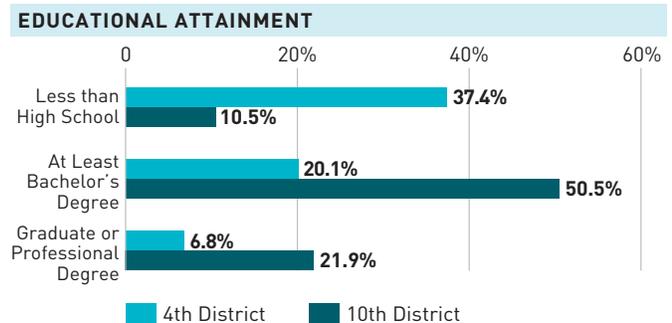
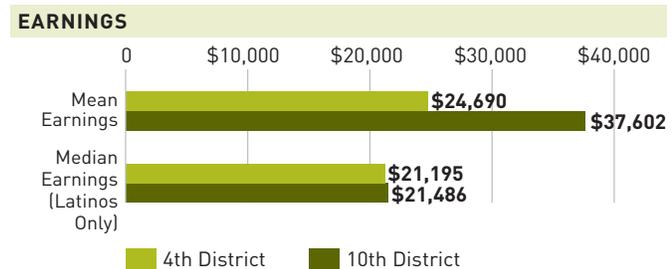
Illinois' Tenth Congressional District, within which New Trier High School sits, is a majority-white area where 51 percent of adults have bachelor's degrees, and 22 percent have graduate or professional degrees. Morton East falls within Illinois' Fourth Congressional District, a horseshoe-shaped district that wraps through the Latino neighborhoods west of downtown Chicago. Here, only 63 percent of adults have completed high school, 20 percent have a bachelor's degree, and 7 percent have an advanced degree.

Although it made progress between 1980 and 2000, Chicago remains one of America's most residentially segregated cities.²⁸ In Illinois' Fourth District, 72 percent of the population is Latino, and half of the Latino population are foreign-born. Residents of Illinois' Fourth earn, on average, \$13,000 less than residents of Illinois' Tenth. In Illinois' Fourth, children from families struggling with language barriers, fewer economic resources, and fewer years of parental schooling find themselves enrolled in struggling schools—a combination that sharply curbs their access to knowledge.

Immigrant groups often cluster in ethnic enclaves in order to live near family and friends, shop and obtain services in places where their native language is spoken, and take advantage of established labor markets.²⁹

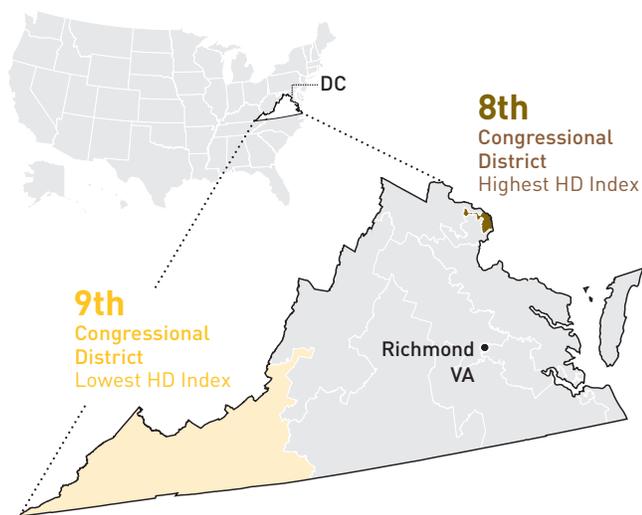
Mexican immigrants, who constitute the majority of foreign-born Latinos in Illinois' Fourth District, tend to arrive with fewer educational resources than other immigrant groups today. Part of this disparity stems from Mexico's own highly uneven educational system. The low educational attainment and enrollment of foreign-born Latinos tends to deflate the scores for Latinos as a whole in districts with sizeable contingents of recent immigrants. Low starting points do not seal the fate for access to knowledge in immigrant families, however; Mexican Americans in Chicago today are following the positive trajectory that has long characterized the American immigrant narrative. A study of the 2000 Census found that Chicago Latinos born in the United States attained high school education at double the rate of foreign-born Latinos, and their rate of college attainment was three times higher.³⁰

However, a 2005 report found that more than half of the majority-Latino schools in Chicago were designated as struggling, and teachers in these schools received substantially lower salaries, on average, than teachers working in majority-African American or white schools.³¹ The progress of U.S.-born Latinos in Chicago is all the more impressive given the obstacles they face in school.



Source: U.S. Census Bureau, American Community Survey 2008 1-Year Estimates. Tables B15002, B20017, B200171, and C03002.

BOX 3 A Tale of Two Districts: A \$30,000 Gulf from One Corner of Virginia to Another

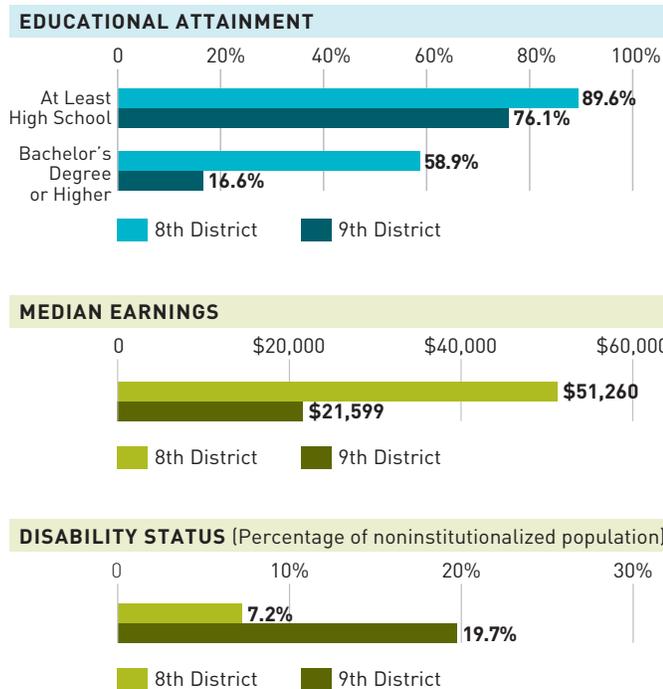


Northern Virginia's Eighth Congressional District (VA 8), encompassing Alexandria and other Washington suburbs, has the highest HD Index of Virginia's eleven congressional districts. The Ninth Congressional District of Virginia (VA 9), covering the southwestern end of the state, encompassing the Blue Ridge Highlands of the Appalachians, has the lowest. Judging by national trends, **almost sixty years of progress in well-being separates these two districts**, including nearly \$30,000 in earnings per worker. While unemployment and homeownership rates are similar in both districts and the age distribution of their populations is comparable, other factors may contribute to earnings in VA 8 being two and a half times greater than in VA 9.

Educational attainment. The percentage of adults with a master's or professional degree in VA 8 is four and a half times higher than in VA 9, which has enabled VA 8 residents to gain higher-paid, higher-skilled employment. Twice as many adults in VA 9 have not completed high school as in VA 8.

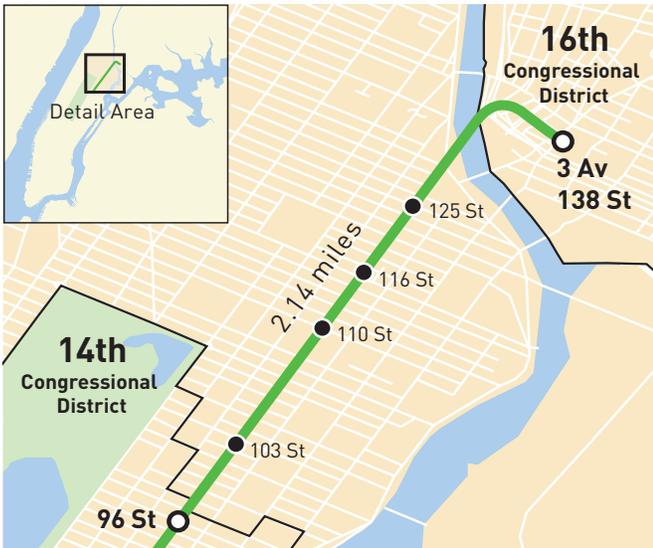
Occupational distribution. The economies of these two districts demand, and reward, very different skill sets. More than 58 percent of the workforce in Virginia's northern suburbs, where VA 8 is located, is employed in management or professional positions; less than one-third of residents in southwestern Virginia hold such positions. By contrast, more than one-fourth of the workforce in VA 9 is employed in construction, extractive industries, repair occupations, production, or transportation, compared to about one in ten in the north. Poverty is three times greater in southwestern Virginia than in the northern suburbs.

Disability. While about 7 percent of residents of VA 8 are disabled, for VA 9, the rate is nearly 20 percent, creating severe barriers to income earning. Coal is Virginia's most valuable mineral resource, producing a vital revenue source and about half of the electricity generated in the state. VA 9 is home to coal mines, which also generate their share of damage to human health and the environment. Many residents of coal communities suffer serious respiratory ailments, asthma, emphysema, and other health conditions related to coal extraction. High disability levels in the district reflect not only the impact on miners but also on others exposed to high dust levels caused by trucks hauling coal along residential roads.²¹



Source: U.S. Census Bureau, American Community Survey, 2008 One-year Estimates.

BOX 2.1 A Tale of Two Districts: Five Subway Stops, A Half-Century Difference

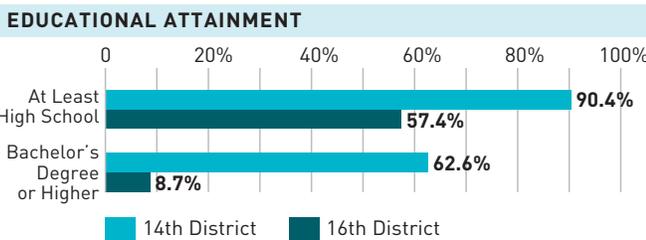
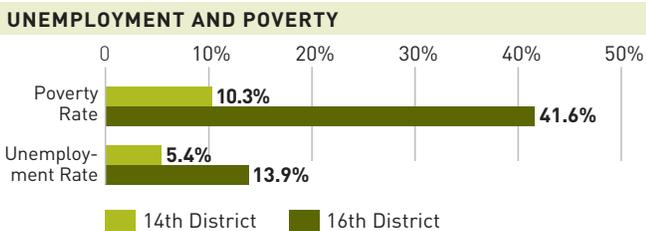
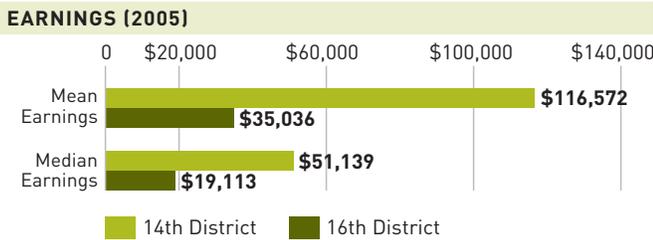


To travel more than half a century back in time, a New York City subway passenger need only board the #6 Train at Ninety-sixth Street in Manhattan and travel 2.14 miles uptown, emerging at the Third Avenue station in the Bronx. The Ninety-sixth Street station is located in New York's Fourteenth Congressional District, the top-ranked HD Index district in the country. Given the historical growth pattern between 1960 and 2005, the country as a whole can expect to reach the Fourteenth Congressional District's HD Index level of 8.17 sometime around the year 2041. However, for residents in New York's Sixteenth Congressional District, which includes the Third Avenue station in the Bronx, the wait will likely be longer. The Sixteenth Congressional District is a bottom-twenty district with an HD Index of 3.40, which corresponds to America's national average circa 1985.

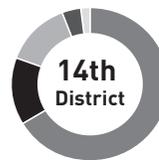
Thus, these two districts have a fifty-six-year gap in human development. Separated by little more than 2 miles, they might just as easily be located in different hemispheres.

The ethnic profiles of the two districts are totally distinct: the Fourteenth Congressional District has an overwhelmingly white population (two-thirds of the total), with Latinos and African Americans together accounting for less than 19 percent. By contrast, Latinos and African Americans constitute more than 93 percent of the Sixteenth Congressional District's population, and whites only 2 percent.

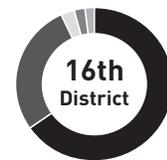
On average, a resident of the Fourteenth Congressional District earns two and a half times as much, lives four years longer, is more than seven times as likely to have a college degree, and is four times less likely to be in poverty than a resident of the Sixteenth Congressional District.



RACE / ETHNICITY



- 66.4% White
- 14.3% Latino
- 13.5% Asian
- 3.9% African American
- 1.9% Other



- 65.3% Latino
- 28% African American
- 2.7% Other
- 2.1% White
- 1.9% Asian

Source: Census Bureau, "2005 American Community Survey."