

# New Haven Health Survey

## Preliminary Findings 2015

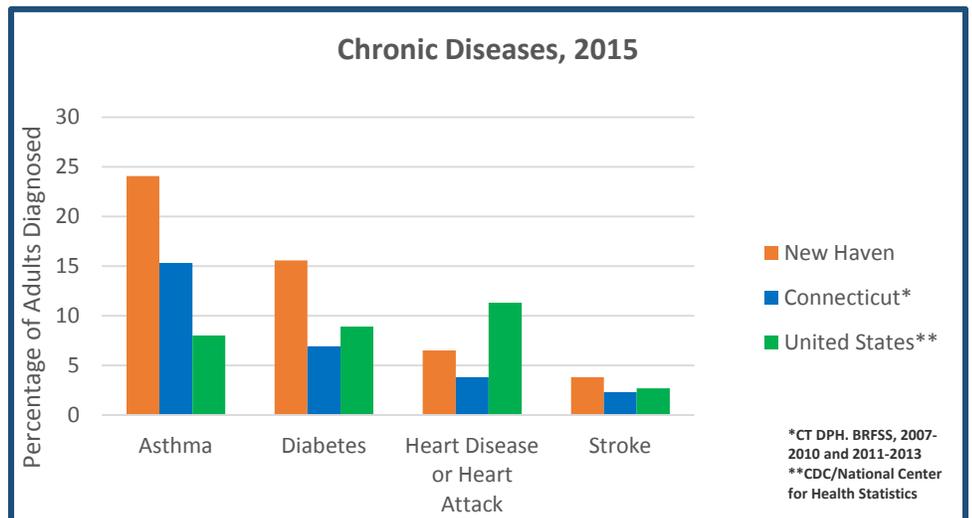
The Community Alliance for Research and Engagement (CARE), a partnership between the New Haven community and the Yale School of Public Health, is taking action against chronic diseases like diabetes, asthma, and heart and lung diseases that threaten the health of our city. In New Haven, where poverty often affects health, residents are at higher risk for chronic disease and poorer health, compared to Connecticut and the country as a whole. Increasingly, communities are coming together to encourage healthier lifestyles as a way to tackle obesity, a major risk factor for chronic disease.

Through its community-engaged research, CARE has conducted a survey about our neighborhoods' health every three years. Following up on our 2009 and 2012 surveys, our third health survey was conducted in the fall of 2015 with 1,189 residents from six of New Haven's low-resource neighborhoods: Dixwell, Fair Haven, Hill North, Newhallville, West River/Dwight, and West Rock/West Hills. Households were randomly selected (like flipping a coin) from a list of addresses. Over all three time points, 70% of residents approached agreed to participate, answering questions about their health, diet, exercise, smoking habits, and neighborhood safety.

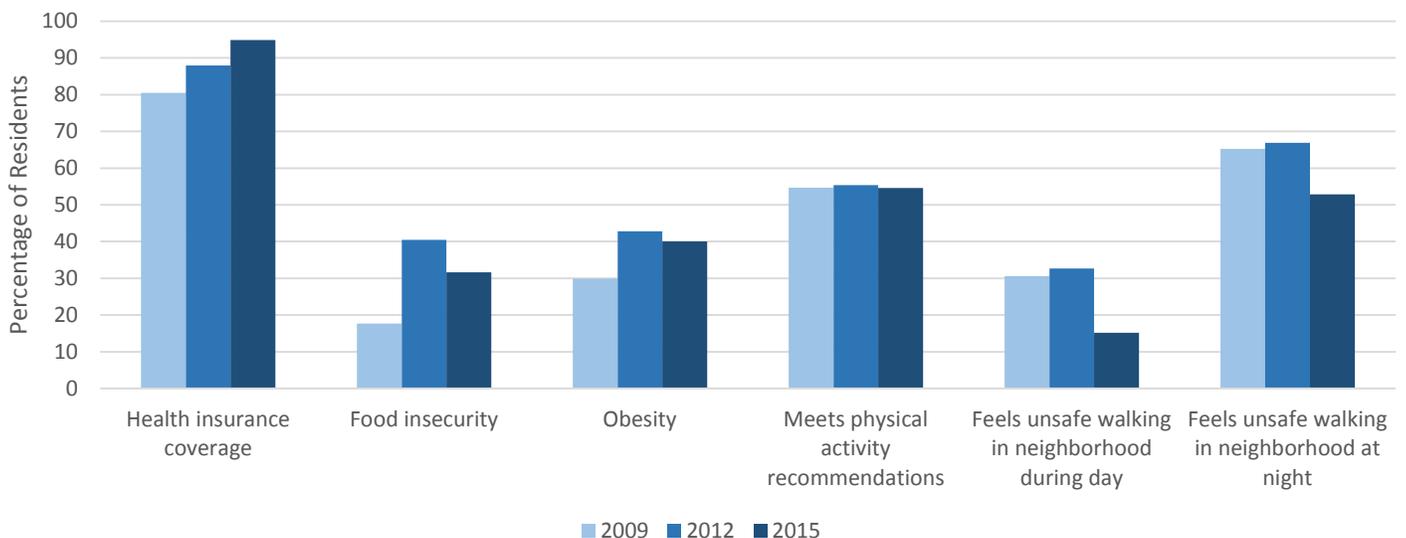
This report presents preliminary findings from the 2015 survey. These initial results share some good news for health in New Haven: we are starting to see exciting improvements in key risk factors. *Read on!*



20 surveyors from the New Haven community completed nearly 1,200 surveys in six neighborhoods between September and October 2015



### Health Indicators, 2009-2015



## Neighborhood Health and Safety

- Compared to three years ago, residents in 2015 feel safer in their neighborhoods. In 2012, 33% of residents felt unsafe walking in their neighborhood during the day, and 67% felt unsafe walking in their neighborhood at night. These rates have dropped to 15% and 53%, respectively. Feelings of safety affect exercise options.
- **43%** reported improvements in their neighborhood over the past three years that make it easier to lead a healthy lifestyle.

I feel unsafe going for walks  
in my neighborhood

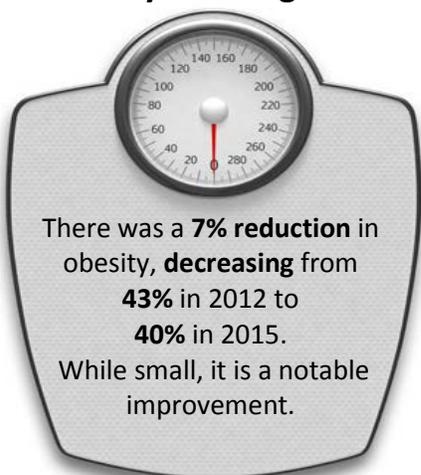


During the Day



At Night

## Obesity: Shifting Scales



## Food Insecurity Declines



## Still Lagging: Active Living & Healthy Eating

**54%** of residents meet physical activity recommendations ( $\geq 150$  minutes/week).

Only **14%** of residents meet fruit/vegetable consumption guidelines (5 or more per day).

## Health Insurance Coverage Rises

**95%** of respondents have health insurance, up from 88% in 2012.

Of those insured, **32%** received coverage via the Affordable Care Act and Access Health CT.

In turn, residents report improved access in 2015:

- **87%** have a primary care physician
- **84%** did not delay seeking care due to cost
- **81%** could purchase needed medicines

## Participant Characteristics

Participants were generally representative of the demographic profile of these neighborhoods in New Haven. Two-thirds of participants were women, with an average age of 42 years (range: 18-65 years). Most respondents were Black/African American (63%), and also included Latino/Hispanic (22%) and white (13%) respondents. One-third reported household income of \$15,000 or less, reflecting very limited financial means.