

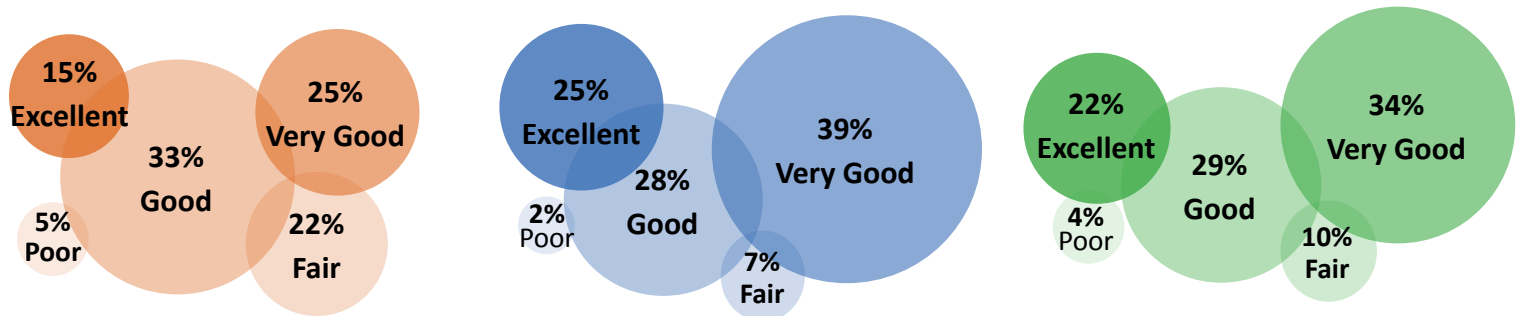
The Community Alliance for Research and Engagement, a partnership between the New Haven community and the Yale School of Public Health, is taking action against chronic diseases such as diabetes, asthma and heart and lung disease that threaten the health of our community. CARE conducted an initial health survey in 2009. Since then, we have worked with neighborhoods to support health among residents.

A second health survey was conducted in the fall of 2012 with 1,298 residents from six of our lowest 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, with 73% of those approached agreeing to participate. Twenty interviewers from the New Haven community conducted the surveys. Residents answered questions about their health, diet, exercise, smoking habits, social support and neighborhood safety. Presented below are results from these survey participants.

Health in Context

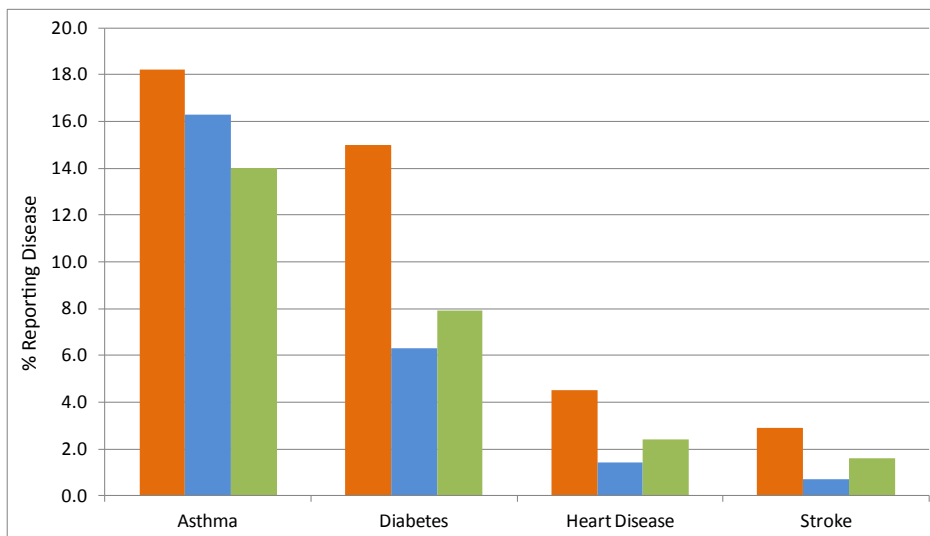
In New Haven, where financial hardships often affect health, residents are at higher risk of chronic disease and poor health outcomes, when compared to Connecticut and the country as a whole.

- Residents in our six **New Haven** neighborhoods reported poorer health compared to **Connecticut** and the **United States**



- While residents' health is generally poorer compared to CT and the nation as a whole, 39% feel their overall health is better compared to one year ago
- The percentage of residents with health insurance (88%) is higher than the national rate (82%), but many struggle to pay for health care expenses; 15% had problems paying for medications and 15% put off medical treatment due to cost

Chronic Disease in **New Haven**, **Connecticut** and **United States**



In **New Haven**, 7 in 10 people are **overweight (27%)** or **obese (43%)**.



In **Connecticut**, 6 in 10 people are **overweight (37%)** or **obese (23%)**.



In the **United States**, 6.5 in 10 people are **overweight (36%)** or **obese (29%)**.

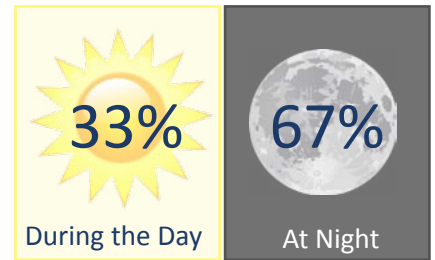


Neighborhood

The neighborhoods in which we live, work and play impact our health. Neighborhood features like safety, social support and access to green space and healthy foods influence how likely we are to exercise and eat well, and how healthy we feel.

- 50% of residents feel that they live in a close-knit neighborhood. Even more (58%) think that people in their neighborhood are willing to help
- 40% of residents report that there are people encouraging a healthy lifestyle in their neighborhoods. 42% report that it has become easier to lead a healthy lifestyle over the past three years
- 25% of residents own their own homes, compared to 65% nationally
- Residents reported their neighborhoods have slightly higher than average “walkability.” Yet responses show a lot of areas for improvement, such as safe places to bike and access to free or low cost recreational facilities such as parks, playgrounds and public swimming pools

I feel unsafe going for walks in my neighborhood.



Walkability is a measure of how friendly an area is to walking and has many health, environmental, and economic benefits. Factors influencing walkability include the presence or absence and quality of footpaths, sidewalks or other pedestrian rights-of-way, traffic and road conditions, land use patterns, building accessibility, and safety.

Health Behaviors

We cannot control many of the known risk factors for chronic disease such as genetics, age, race and gender. However, habits related to diet, exercise and smoking are important risk factors that can be changed. Like much of the nation, many New Haven residents are not meeting national recommendations for diet and exercise. Additionally, smoking rates are high in the six neighborhoods surveyed.

- Four in ten residents report “food insecurity” – meaning that they or their family did not have enough food or money to buy food in the past 30 days. People who struggle to pay for groceries often can’t afford healthier foods like fresh produce
- One half of residents reported cooking dinner at home at least five times per week. Meals prepared at home tend to be healthier and have fewer calories compared to foods sold in restaurants

Smoking

3 out of 10 people in **New Haven** smoke cigarettes.



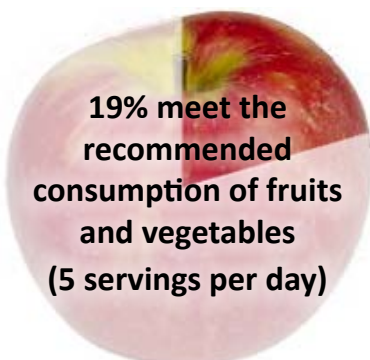
1.5 out of 10 people in **Connecticut** smoke cigarettes



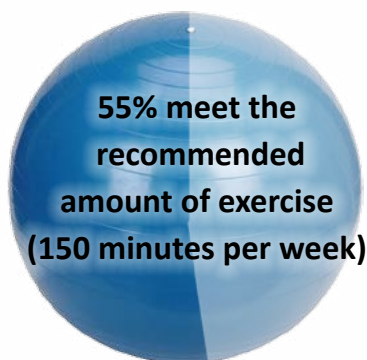
1.9 out of 10 people in the **United States** smoke cigarettes



Nutrition



Exercise



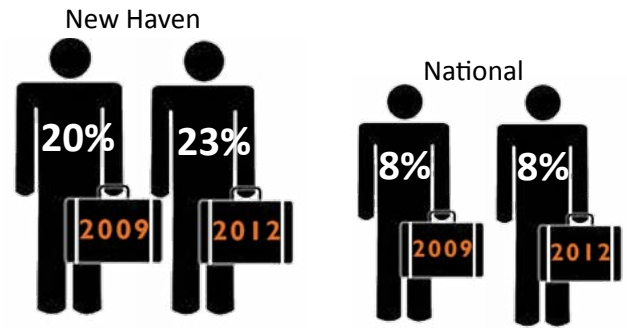
Household Finances

Poor health is often associated with lower incomes and stress, and survey results show that many residents are struggling financially.

- 36% are “just getting by,” and 15% are finding it difficult or very difficult
- 34% report total household income of less than \$15,000
- 44% receive SNAP benefits (food stamps)
- 23% are unemployed



Unemployment



Participant Demographics

- 64% female
- Average age: 41. Range: 18-65
- 63% black, 18% Hispanic/Latino, 10% white, 9% multi-racial or other
- 9% born outside the United States
- 85% completed high school; 48% completed at least some college

Improvements Since 2009

Despite health and financial concerns, there are signs that residents are making healthy changes since our 2009 survey:

39% report improved health compared to one year ago

40% report people are encouraging a health lifestyle in their neighborhood

42% report changes in their neighborhood that make living a healthy lifestyle easier

65% of smokers are thinking about quitting

63% are exercising more

58% made healthy changes in their diet

47% eating more fruits and vegetables

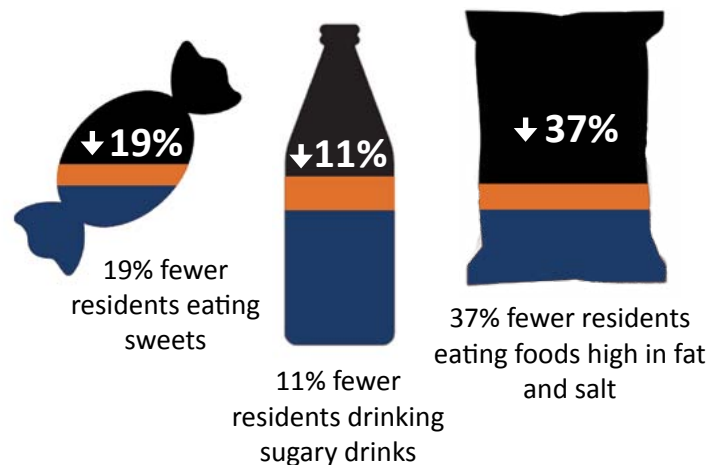
45% eating less high-fat food

42% eating fewer sweets

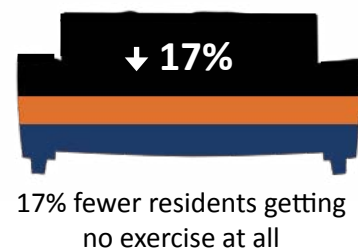
39% eating smaller portions

38% drinking fewer sugary drinks

Decrease in daily consumption between 2009 and 2012



Fewer couch potatoes from 2009 to 2012



Evidence to Action

These findings, together with community conversations to be held in our neighborhoods in March and April, will provide what we need to develop a Citywide Action Plan for better health. Our immediate aim is to drive measurable health impact through a multi-sector approach, working with City government, hospitals, health centers, schools, neighborhoods and the faith and business communities. We need your input to identify priorities, strengthen partnerships, implement new initiatives and continue to evaluate impact. Future briefings will include more in-depth analyses of these neighborhood surveys, and in collaboration with DataHaven, we will examine health equity/disparities in the region.



Results from the 2012 New Haven Health Survey will help us bring evidence to action. What we do is guided by, and provides direct benefits to our six study neighborhoods, schools and the wider New Haven community. In our first five years we:

- **Provided jobs** for >30 city residents to conduct this research
- **Partnered with neighborhood groups** to start community gardens and expand Farmers' Markets; started Prescriptions for Produce; sponsored fitness classes, health fairs and activities that reached hundreds of children and adults
- **Launched the New Haven Healthy Corner Store Initiative** with four stores, bringing fresh produce and healthier snacks to neighborhoods
- **Offered Quit & Win** programs to encourage smokers to quit; >250 residents attempted to quit
- **Started Health Heroes** in New Haven Public Schools, inspiring more than 700 students, 280 families and 85 staff to take up health challenges
- **Increased SNAP** outreach to families struggling with food insecurity
- **Implemented Weight Watchers for teachers and staff in 11 schools:** 148 participants collectively shed 1,000 pounds
- **Played a leading role in New Haven Food Policy Council** to advocate for food policy changes
- **Curated Big Food: Health, Culture and the Evolution of Eating**, an exhibition at the Peabody Museum about food, health and obesity, which reached >130,000 people and impact food choice and health
- **Created infrastructure** to sustain healthy schools by implementing school health policies and a Physical Activity & Wellness program in 16 schools and enriching school environments by purchasing sports equipment, books and creating "learning labs" in school cafeterias
- **Hired 12 Parent Advocates** to strengthen parent engagement in schools

In our 2012 survey, residents gave suggestions for making neighborhoods healthier, including:

- More options for recreation, including low-cost indoor space like gyms or community centers for sports and exercising
- More parks and walking/biking trails
- Safer and cleaner streets
- More access to affordable healthy food options— at grocery stores and corner stores and by having more community gardens and farmers' markets.

Tell us what would make the difference in YOUR neighborhood...



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With thanks to survey partners:

Yale-New Haven Hospital, DataHaven, Donaghue Foundation, Kresge Foundation,
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