



### DOCUMENTING THE HEALTH OF OUR NEIGHBORHOODS • HILL NORTH •

CARE, a partnership between the New Haven community and Yale University, is taking action against chronic disease. To improve the health of our residents, CARE promotes a healthy lifestyle by focusing on three risk factors: diet, exercise, and tobacco use. New Haven is the first US city to join one of the world's largest community-based research studies on chronic disease - with other sites in England, Mexico, India and China.

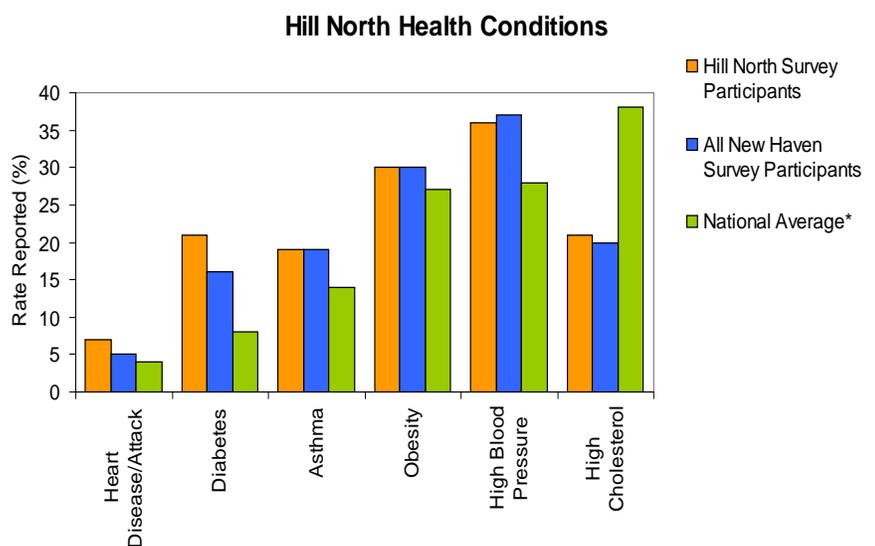
In the summer of 2009, Youth@Work interns created an “asset map” of six New Haven neighborhoods, including the Hill North neighborhood. The asset maps document neighborhood features related to diet, exercise, and tobacco use. In the fall, 1,205 New Haven residents in the same six neighborhoods – including 213 in Hill North – participated in a survey about health and their own habits around these same three risk factors.

#### HILL NORTH'S ASSET MAP

- In Hill North, CARE documented 13 stores, 6 restaurants, one recreational facility, six parks, and three community gardens.
- Five of the six restaurants serve fast food. None of the restaurants promote themselves as having healthy options, or posted nutritional information.
- Ten of the thirteen stores mapped in Hill North were convenience stores that sold mostly junk food. There was also one small grocery store, one pharmacy, and one package store.

#### SURVEY RESULTS – GENERAL HEALTH AND STRESS

- Sixteen percent (16%) of Hill North residents report “excellent” health – similar to all six neighborhoods (16%), but lower than the national average (20%).
- Most Hill North residents have a regular place to go for health care (88%), but only 70% have health insurance (well below the national average of 86%).
- Hill North residents report high levels of stress – over one-half have some level of tension, stress or pressure. Almost one-third feel down, depressed or hopeless. These rates are similar in all six neighborhoods.



\*Behavioral Risk Factor Surveillance System, 2008 (Centers for Disease Control)

- Overall, reported chronic disease in Hill North is similar to all six neighborhoods, though diabetes is slightly higher. Rates of diabetes, asthma and obesity and high blood pressure, are higher than the national average.

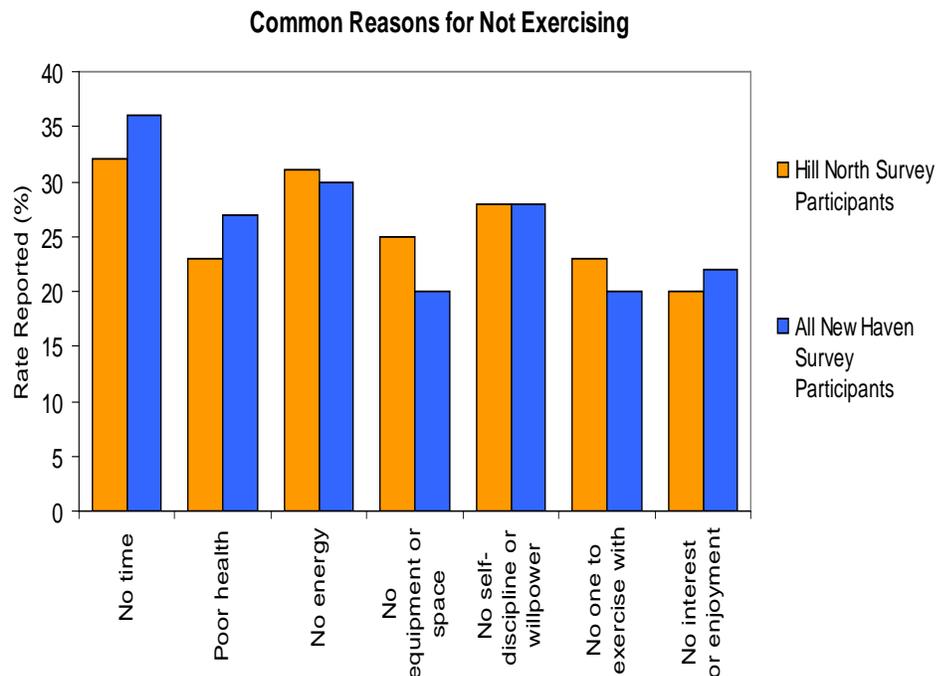
## NUTRITION

- Twenty-seven percent (27%) of Hill North 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. This was much higher than all six neighborhoods (18%), and over twice the national average (11%).
- Only 40% of Hill North residents eat **vegetables** every day and 36% eat **fruit** every day. Residents report eating about three servings of fruits and vegetables per day – less than the average found in all six neighborhoods (four per day) and the recommendation of five a day.
- As in all surveyed neighborhoods, Hill North residents report eating and drinking many **sweets and sugar-sweetened beverages daily** – 55% drink sugar-sweetened beverages every day (with 75% of those drinking two or more per day).

## EXERCISE

- Fifty-nine percent (59%) of Hill North residents **do not exercise** regularly – similar to other neighborhoods and worse than the national average (51%).

- As in all six neighborhoods, Hill North residents describe several **challenges to regular exercise**, including lack of time, willpower, energy, and equipment or space. About one-quarter do not exercise because of poor health.
- Feelings of safety can limit exercise options – 55% of Hill North residents “strongly agree” or “somewhat agree” that **it is unsafe to go for walks** in their neighborhood at night. This is lower than all six neighborhoods (65%).



## SMOKING

- Thirty-eight percent (38%) of Hill North residents are **current daily smokers** – higher than the average in all six neighborhoods (31%) and almost three times the national average (13%).
- Thirty-six percent (36%) of Hill North smokers said they were ready to quit and another 40% were thinking of quitting in the next six months. As in other neighborhoods, most smokers (68%) said they would be motivated to quit by saving the money they spend on cigarettes.

**For more information about CARE and this project:**  
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