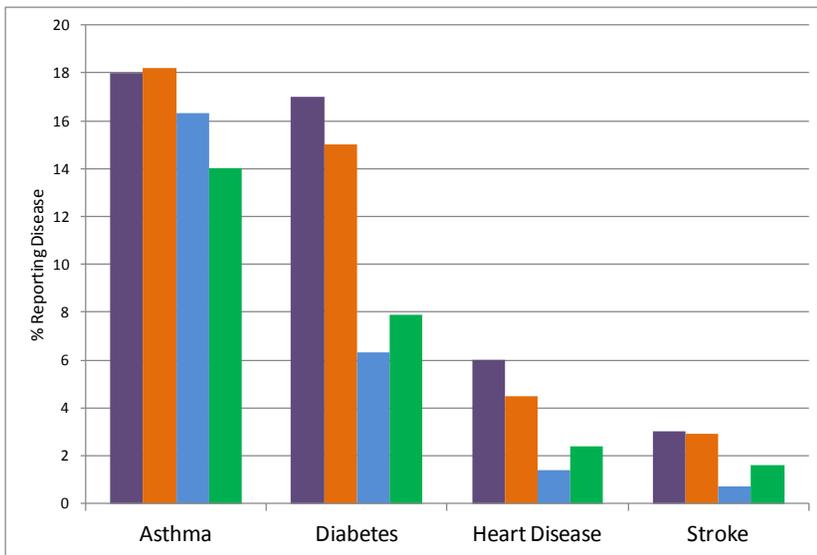


An important part of improving your community's health is knowing where you and your neighbors are healthy and where there is room for improvement. We present the results of the New Haven Health Survey conducted in your neighborhood in the fall of 2012 so that you, the residents of West River/Dwight, have the information you need to make your neighborhood as healthy as it can be.

Current Health

When compared to residents across all six neighborhoods, West River/Dwight residents are less overweight and obese and have similar rates of chronic disease.

Chronic Disease in **West River/Dwight**,
6 CARE Neighborhoods, Connecticut* and United States*



In **West River/Dwight**, 6.2 in 10 people are **overweight (24%)** or **obese (38%)**.



In **6 CARE Neighborhoods**, 7 in 10 people are **overweight (27%)** or **obese (43%)**.



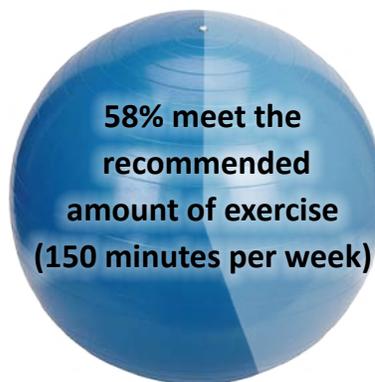
In **Connecticut**, 6 in 10 people are **overweight (37%)** or **obese (23%)**.



*Behavioral Risk Factor Surveillance System (Center for Disease Control)

Health Behaviors

West River/Dwight residents report eating more fruits and vegetables, however the smoking rate is similar to the six-neighborhood rate.



3 out of 10 people in the **6 CARE Neighborhoods** smoke cigarettes.



3.3 out of 10 people in **West River/Dwight** smoke cigarettes.



Thanks to survey partners:

Yale-New Haven Hospital, DataHaven, Donaghue Foundation, Kresge Foundation, New Haven Health Department, Fair Haven Community Health Center, Cornell-Scott Hill Health Center

Barriers to Good Health in West River/Dwight

There are many challenges that keep people from being healthier. Some factors are not easy to control – like having a job with health insurance, affording healthy foods in your neighborhood, or having a safe place to exercise. Other things – like walking with your neighbors and cutting down on junk food – are more within our control.

Healthy Food

- 38%** of West River/Dwight residents report food insecurity (they or their family didn't have enough food or money for food in past month)
- 35%** not always able to afford fresh vegetables
- 36%** not always able to afford fresh fruits
- 31%** not always able to afford healthy cooking oils

Safe Places to Exercise

- 72%** of West River/Dwight residents agree that there are safe sidewalks and crosswalks in the neighborhood
- 56%** agree that the sidewalks are well maintained
- 52%** agree that there are safe places to bicycle
- 60%** agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools
- 62%** feel unsafe to go on walks at night
- 30%** feel unsafe to go on walks during the day

Quality Health Care

- 10%** have no health insurance
- 14%** have problems paying for medications
- 14%** put off medical treatment due to cost
- 82%** have seen a doctor in the past year
- 14%** reported being treated unfairly by a doctor

Financial Stress

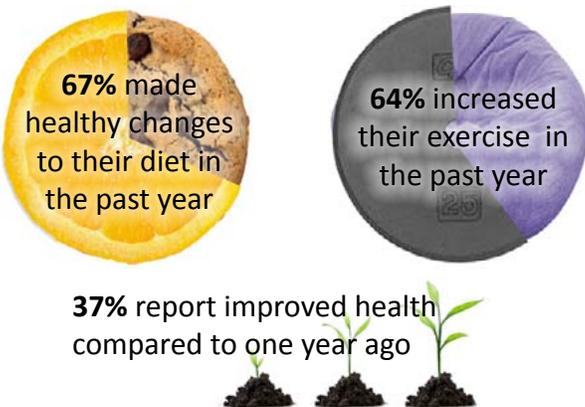
- 30%** have a household income of <\$15,000
- 32%** "just getting by" and an additional **16%** find it difficult or very difficult

Unemployment



Possible Solutions for Improving Health in West River/Dwight

Continue to Make Positive Individual Changes



Work Together for a Healthier Neighborhood

- 42%** of West River/Dwight residents agree that people are encouraging a healthy lifestyle in their neighborhood
- 45%** agree that there have been changes in their neighborhood that make leading a healthy life style easier
- 53%** report that this is a close-knit neighborhood -- more than the average across all six survey neighborhoods



What does this mean for West River/Dwight?

The results from the New Haven Health Survey create a foundation for action in New Haven and West River/Dwight. CARE and our community partners are seeking dedicated West River/Dwight residents to help start projects to improve health, street by street.

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



www.care.yale.edu



www.facebook.com/CARE4NewHaven



[@CARE4NewHaven](https://twitter.com/CARE4NewHaven)