New Haven Health Survey

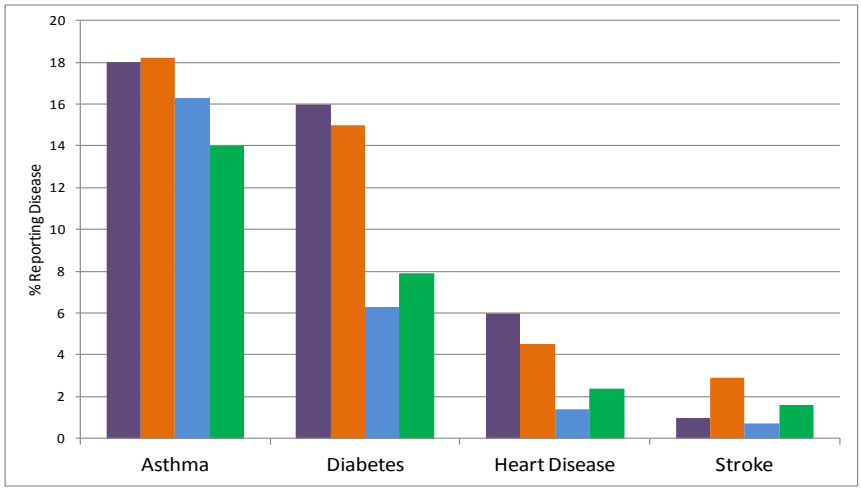
A Snapshot of Health in West Rock

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 Rock, have the information you need to make your neighborhood as healthy as you know it can be.

Current Health

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

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



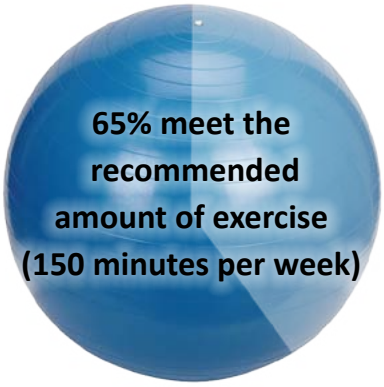
In **West Rock**, 6.3 in 10 people are **overweight (25%)** or **obese (38%).**

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%).**

Health Behaviors

West Rock residents report exercising more frequently, however the smoking rate is similar to the six-neighborhood rate.



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

3.3 out of 10 people in **West Rock** 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 Rock

There are multiple 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

41% of West Rock residents report food insecurity (they or their family didn't have enough food or money for food in past month)

39% not always able to afford fresh vegetables

42% not always able to afford fresh fruits

41% not always able to afford healthy cooking oils

Safe Places to Exercise

66% of West Rock residents agree that there are safe sidewalks and crosswalks in the neighborhood

49% agree that the sidewalks are well maintained

43% agree that there are safe places to bicycle

53% agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools

61% feel unsafe to go on walks at night

33% feel unsafe to go on walks during the day

Quality Health Care

18% of West Rock residents have no health insurance

21% had problems paying for medications

24% put off medical treatment due to cost

82% have seen a doctor in the past year

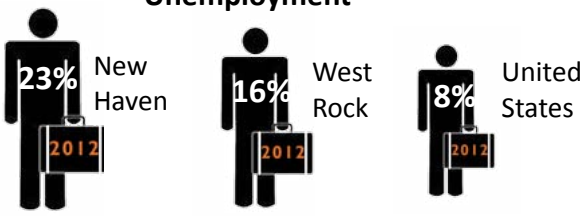
13% reported being treated unfairly by a doctor

Financial Stress

29% have a household income of <$15,000

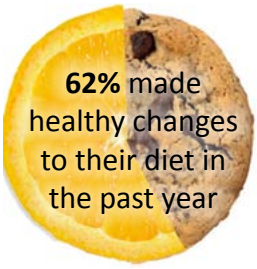
33% are "just getting by" and an additional 16% are finding it difficult or very difficult

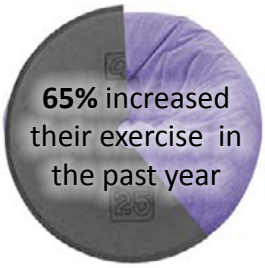
Unemployment



Possible Solutions for Improving Health in West Rock

Continue to Make Positive Individual Changes





46% report improved health compared to one year ago

Work Together for a Healthier Neighborhood

39% of West Rock residents agree that people are encouraging a healthy lifestyle in their neighborhood

31% agree that there have been changes in their neighborhood that make leading a healthy life style easier

West Rock residents reported that this is a close-knit neighborhood and that neighbors trust each other -- more than the average across all six survey neighborhoods.

What does this mean for West Rock?

The results from the New Haven Health Survey create a foundation for action in New Haven and West Rock. CARE and our community partners are seeking dedicated West Rock 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

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