New Haven Health Survey

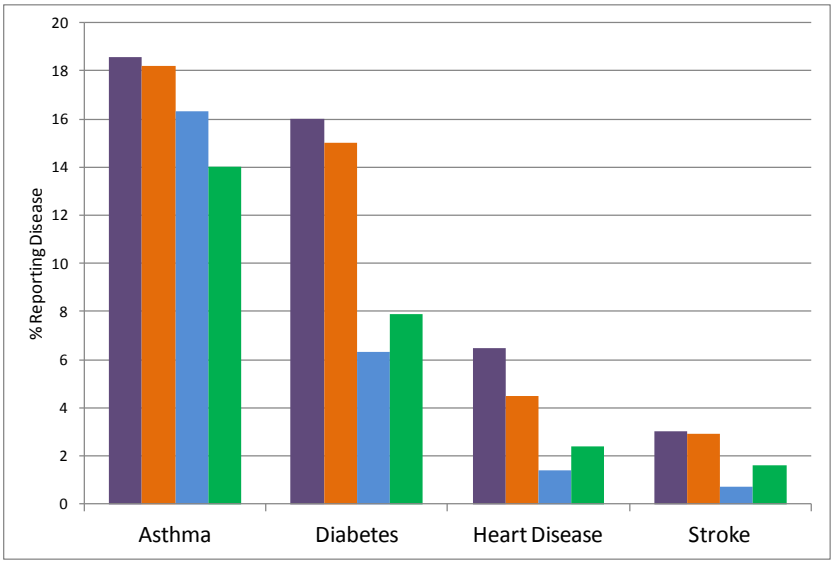
A Snapshot of Health in Hill North

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

Current Health

Hill residents experience health disparities that need to be better understood for positive change.

Chronic Disease in **Hill North**, 6 CARE **Neighborhoods**, **Connecticut*** and **United States***



In **Hill North**, 7.5 in 10 people are **overweight (25%)** or **obese (50%).**

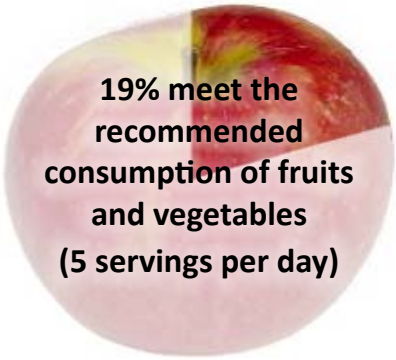
In **6 CARE Neighborhoods**, 7 in 10 people are **overweight (27%)** or **obese (43%).**

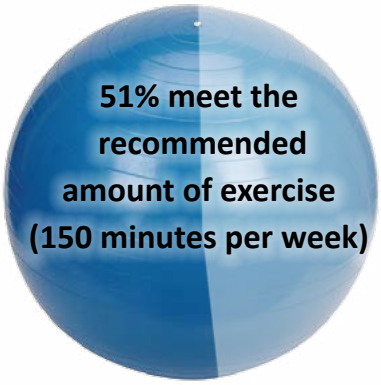
In **Connecticut***, 6 in 10 people are **overweight (37%)** or **obese (23%).**

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

Health Behaviors

Rates of exercise and smoking in Hill North are similar to the six-neighborhood rate.





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

3.1 out of 10 people in **Hill North** 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 Hill North

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

50% of Hill North residents report food insecurity (they or their family "often" or "sometimes" did not have enough food or money to buy food in past month)

49% not always able to afford fresh vegetables

48% not always able to afford fresh fruits

41% not always able to afford healthy cooking oils

Safe Places to Exercise

79% of Hill North residents agree that there are safe sidewalks and crosswalks in the neighborhood

69% agree that the sidewalks are well maintained

52% agree that there are safe places to bicycle

56% agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools

66% feel unsafe to go on walks at night

28% feel unsafe to go on walks during the day

Quality Health Care

12% have no health insurance

18% have problems paying for medications

16% put off medical treatment due to cost

70% have seen a doctor in the past year

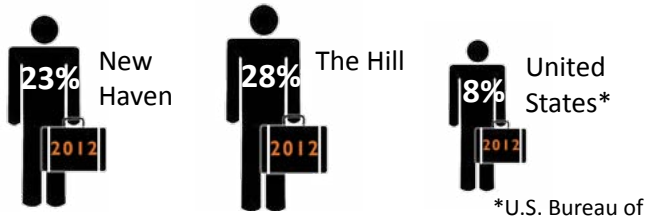
12% reported being treated unfairly by a doctor

Financial Stress

43% have a household income of <$15,000

38% "just getting by" and an additional **17%** find it difficult or very difficult

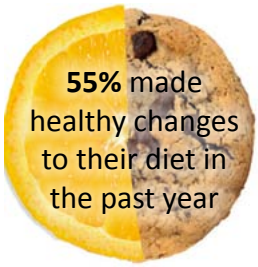
Unemployment

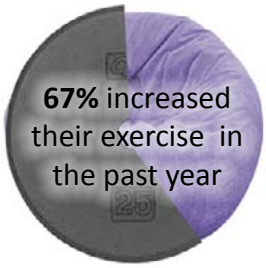


*U.S. Bureau of Labor Statistics

Possible Solutions for Improving Health in Hill North

Continue to Make Positive Individual Changes





40% report improved health compared to one year ago

Work Together for a Healthier Neighborhood

43% of Hill North 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

48% report that this is a close-knit neighborhood

What does this mean for Hill North?

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