



### DOCUMENTING THE HEALTH OF OUR NEIGHBORHOODS • FAIR HAVEN •

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.

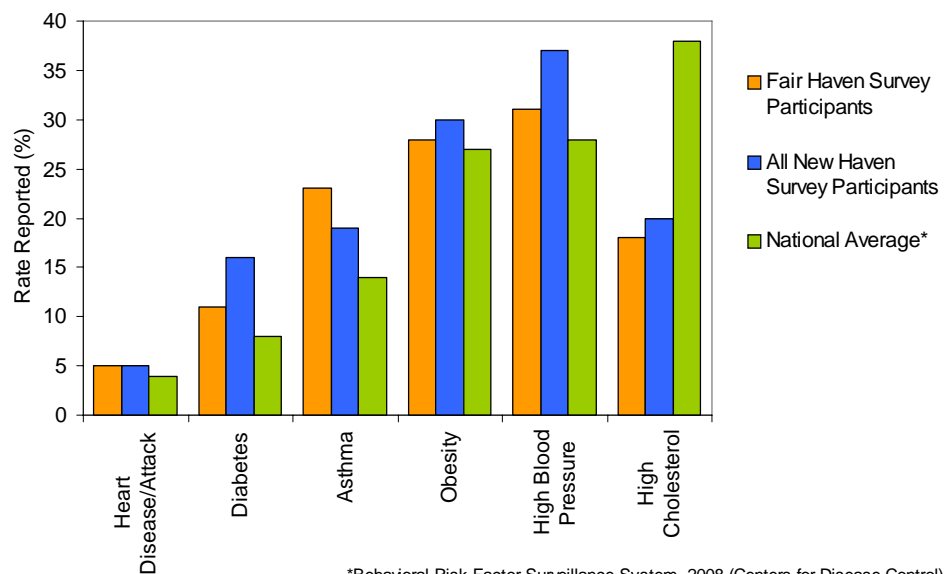
In the summer of 2009, Youth@Work interns created an "asset map" of six New Haven neighborhoods, including the Fair Haven neighborhood. The asset maps document neighborhood features related to diet, exercise, and tobacco use. In the fall, 1,205 New Haven residents in the same six neighborhoods – including 208 in Fair Haven – participated in a survey about health and their own habits around these same three risk factors.

#### FAIR HAVEN'S ASSET MAP

- In Fair Haven, CARE documented 36 stores, 24 restaurants, five recreational facilities, one store selling physical activity equipment, eight parks, and six community gardens.
- Fair Haven had more stores – including grocery stores – than other mapped neighborhoods.
- Fair Haven had the only produce store. Although 42% of stores sold fresh fruit and 47% sold fresh vegetables, the majority *mostly* sold junk food (58%).
- Twenty-four (24) restaurants were mapped in Fair Haven; most were fast food (58%). Twenty-one percent (21%) promote healthy options, and 8% post nutrition information.

#### SURVEY RESULTS – GENERAL HEALTH AND STRESS

- Compared to all six neighborhoods, more Fair Haven residents rated their health as "excellent" (19% vs. 16%). This is closer to the national rate of 20%.
- Fair Haven residents were less likely to have a regular place to go for health care than people in other neighborhoods (81% vs. 87%). Only 70% have health insurance – well below the national average of 86%.
- Fair Haven residents reported higher levels of stress and depression than all six neighborhoods.



- Overall, reported chronic disease in Fair Haven is similar to all six neighborhoods. However, the rate of asthma is slightly higher and rates of diabetes and high blood pressure are slightly lower.

## NUTRITION

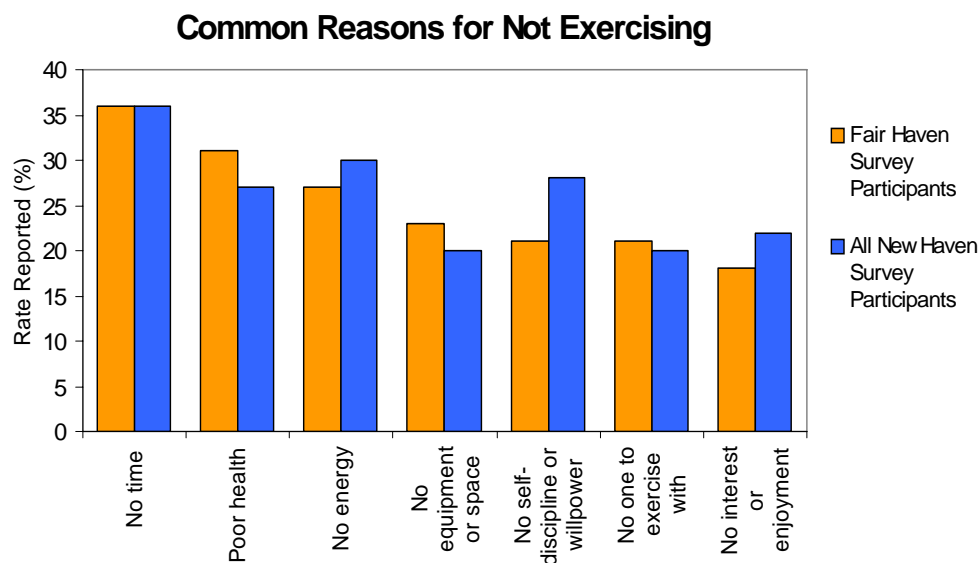
- More than one in five Fair Haven residents (21%) report **“food insecurity”** – meaning that they or their family did not have enough food (or money to buy food) in the past 30 days. This was slightly higher than all six neighborhoods (18%) and well over the national average (11%).
- Only 45% of Fair Haven residents eat **vegetables** every day and 38% eat **fruit** every day. Fair Haven residents reported eating about four servings of fruits and vegetables per day, which is similar to all study neighborhoods and slightly less than the recommendation of five a day.
- As in all surveyed neighborhoods, Fair Haven participants report eating and drinking many sweets and sugar-sweetened beverages – 61% drink sugar-sweetened beverages every day (with 74% drinking two or more per day) and more than one-third eat sweets daily.

## EXERCISE

- More Fair Haven residents report doing **no vigorous exercise** (like jogging) in the previous seven days than the average of all six neighborhoods (62% vs. 53%). Also, 43% report doing **no moderate exercise** (like brisk walking) during the same period of time.

- Similar to all surveyed residents, Fair Haven residents describe challenges to regular exercise, including lack of time, energy and willpower.

- Feelings of safety can limit exercise options. Sixty-five percent (65%) of Fair Haven residents “strongly agree” or “somewhat agree” that **it is unsafe to go for walks** in their neighborhood at night.



## SMOKING

- Twenty-nine percent (29%) of Fair Haven residents are **current daily smokers** – slightly lower than other surveyed neighborhoods (31%), but much higher than the national average (13%).
- Fewer Fair Haven residents report being ready to quit when compared to other neighborhoods.

## DEMOGRAPHICS

- Compared to all six neighborhoods, Fair Haven had the highest proportion of Hispanic/Latino survey participants (44% vs. 21%), and were more likely to be born outside of the U.S. (28% vs. 17%). They were also more likely to report Spanish (rather than English) as the primary language spoken at home (20% vs. 12%).

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