



### DOCUMENTING THE HEALTH OF OUR NEIGHBORHOODS • NEWHALLVILLE •

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.

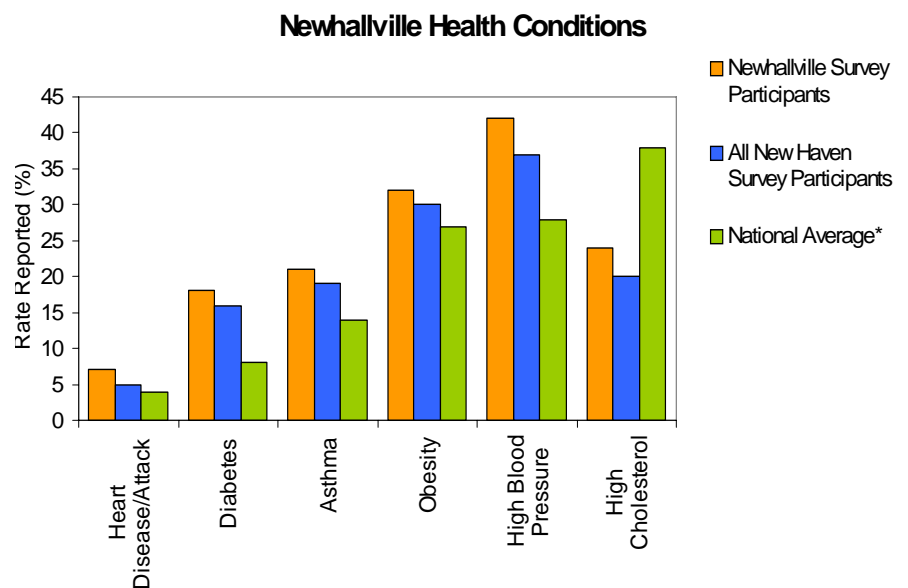
In the summer of 2009, Youth@Work interns created an “asset map” of six New Haven neighborhoods, including the Newhallville neighborhood. The asset maps document neighborhood features related to diet, exercise, and tobacco use. In the fall, 1,205 New Haven residents in the same six neighborhoods – including 197 in Newhallville – participated in a survey about health and their own habits around these same three risk factors.

#### NEWHALLVILLE'S ASSET MAP

- In Newhallville, CARE documented 12 stores, six restaurants, two recreational facilities, five parks, and three community gardens.
- Two of the six restaurants served fast food. None of the restaurants promoted healthy options or posted nutritional information.
- Eight of the twelve stores mapped in Newhallville were convenience stores that sold mostly junk food. There were also three package stores and one pharmacy.

#### SURVEY RESULTS – GENERAL HEALTH AND STRESS

- Eleven percent (11%) of Newhallville residents report “excellent” health – lower than all six neighborhoods (16%) and the national average (20%).
- Most Newhallville residents have a regular place to go for health care (87%). However, only 72% have health insurance - well below the national average of 86%.
- Like those in all six neighborhoods, Newhallville residents report high levels of stress – over one-half have some level of tension, stress or pressure and more than one in four feel down, depressed or hopeless.



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

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

## NUTRITION

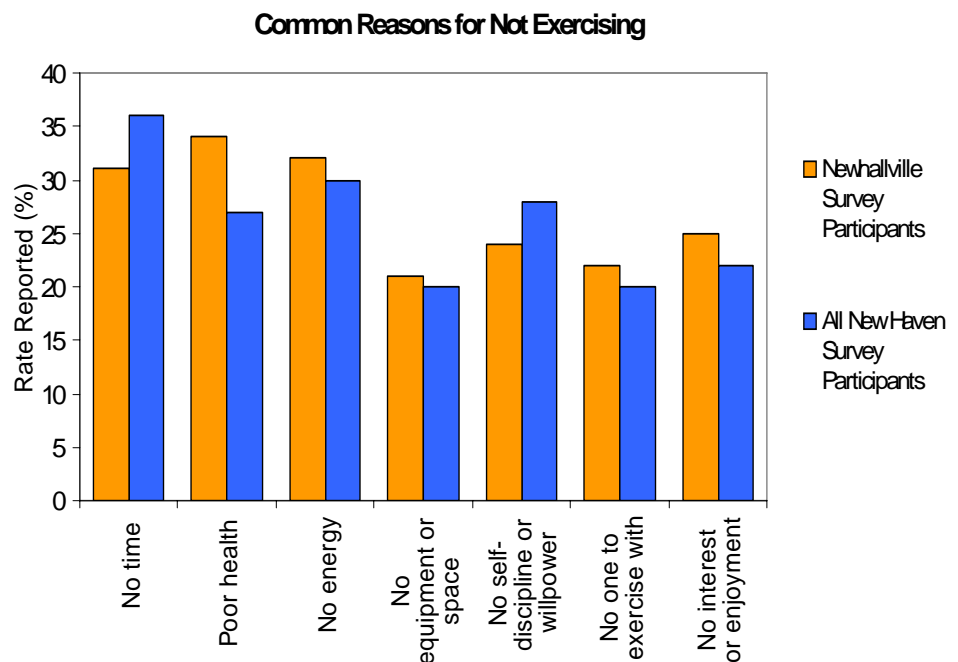
- Fifteen percent (15%) of Newhallville residents report **“food insecurity”** – meaning that they or their family did not have enough food (or money to buy food) in the past 30 days. This was similar to all six neighborhoods (18%) but higher than the national average (11%).
- Fifty-five percent (55%) of Newhallville residents eat **vegetables** every day – more than in all six neighborhoods (48%). Thirty-seven percent (37%) eat **fruit** everyday. On average, Newhallville residents report having four servings of fruits and/or vegetables per day – similar to those in all six neighborhoods, but less than the recommended five per day.
- As in all six neighborhoods, Newhallville residents report drinking many **sugar-sweetened beverages** – 54% drink sugar-sweetened beverages every day (with 72% of those drinking two or more per day).

## EXERCISE

- Fifty-three percent (53%) of Newhallville residents **do not exercise** regularly – similar to other neighborhoods and worse than the national average (51%).

- As in all six neighborhoods, Newhallville residents describe several **challenges to regular exercise**, including lack of time, willpower, energy, and equipment or space. Over one-third do not exercise because of poor health.

- Feelings of safety can limit exercise options. Compared with all six neighborhoods, more Newhallville residents agreed that it was **unsafe to go for walks** in their neighborhood at night (74% vs. 65%) or during the day (45% vs. 31%).



## SMOKING

- Thirty-four percent (34%) of Newhallville residents are **current daily smokers** – similar to the average in all six neighborhoods (31%) but much higher than the national average (13%).
- Thirty-six percent (36%) of Newhallville smokers said they were ready to quit and another 32% were thinking of quitting in the next six months. As in other neighborhoods, most smokers (83%) said they would be motivated to quit by saving the money they spend on cigarettes.