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 Dixwell/Newhallville, have the information you need to make your neighborhood as healthy as it can be.

**Current Health**

Dixwell/Newhallville residents experience similar rates of overweight and obesity, but have lower rates of chronic disease than across the 6 CARE neighborhoods.

**Chronic Disease in Dixwell/Newhallville, 6 CARE Neighborhoods, Connecticut* and United States***

<table>
<thead>
<tr>
<th>Disease</th>
<th>Dixwell/Newhallville</th>
<th>6 CARE Neighborhoods</th>
<th>Connecticut*</th>
<th>United States*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>18%</td>
<td>20%</td>
<td>22%</td>
<td>20%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8%</td>
<td>10%</td>
<td>9%</td>
<td>10%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>10%</td>
<td>12%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Stroke</td>
<td>4%</td>
<td>6%</td>
<td>4%</td>
<td>4%</td>
</tr>
</tbody>
</table>

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

**Health Behaviors**

Rates of nutrition, exercise and smoking in Dixwell/Newhallville are similar to the six-neighborhood rate.

- 18% meet the recommended consumption of fruits and vegetables (5 servings per day)
- 54% meet the recommended amount of exercise (150 minutes per week)
- 3 out of 10 people in the 6 CARE Neighborhoods smoke cigarettes.
- 3 out of 10 people in Dixwell/Newhallville 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 the Dixwell/Newhallville

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
36% of Dixwell/Newhallville residents report food insecurity (they or their family “often” or “sometimes” did not have enough food or money to buy food in past month)
39% not always able to afford fresh vegetables
40% not always able to afford fresh fruits
42% not always able to afford healthy cooking oils

Quality Health Care
10% have no health insurance
13% have problems paying for medications
13% put off medical treatment due to cost
78% have seen a doctor in the past year
12% reported being treated unfairly by a doctor

Financial Stress
32% have a household income of <$15,000
39% “just getting by” and an additional 11% find it difficult or very difficult

Safe Places to Exercise
69% of Dixwell/Newhallville residents agree that there are safe sidewalks and crosswalks in the neighborhood
60% agree that the sidewalks are well maintained
67% agree that there are safe places to bicycle
59% agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools
68% feel unsafe to go on walks at night
36% feel unsafe to go on walks during the day

Possible Solutions for Improving Health in Dixwell/Newhallville

Continue to Make Positive Individual Changes
53% made healthy changes to their diet in the past year
61% increased their exercise in the past year
35% report improved health compared to one year ago

Work Together for a Healthier Neighborhood
40% of Dixwell/Newhallville residents agree that people are encouraging a healthy lifestyle in their neighborhood
43% agree that there have been changes in their neighborhood that make leading a healthy lifestyle easier
54% report that this is a close-knit neighborhood

What does this mean for Dixwell/Newhallville?
The results from the New Haven Health Survey create a foundation for action in New Haven and Dixwell/Newhallville. CARE and our community partners are seeking dedicated Dixwell/Newhallville 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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