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

**Current Health**

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

**Chronic Disease in West River/Dwight,**
**6 CARE Neighborhoods, Connecticut*** and **United States***

- In West River/Dwight, 6.2 in 10 people are **overweight (24%)** or **obese (38%).**
- 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**

West River/Dwight residents report eating more fruits and vegetables, however the smoking rate is similar to the six-neighborhood rate.

- 22% meet the recommended consumption of fruits and vegetables (5 servings per day)
- 58% meet the recommended amount of exercise (150 minutes per week)
- 3 out of 10 people in the 6 CARE Neighborhoods smoke cigarettes.
- 3.3 out of 10 people in West River/Dwight 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 River/Dwight

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

38% of West River/Dwight residents report food insecurity (they or their family didn’t have enough food or money for food in past month)
35% not always able to afford fresh vegetables
36% not always able to afford fresh fruits
31% not always able to afford healthy cooking oils

Safe Places to Exercise

72% of West River/Dwight residents agree that there are safe sidewalks and crosswalks in the neighborhood
56% agree that the sidewalks are well maintained
52% agree that there are safe places to bicycle
60% agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools
62% feel unsafe to go on walks at night
30% feel unsafe to go on walks during the day

Quality Health Care

10% have no health insurance
14% have problems paying for medications
14% put off medical treatment due to cost
82% have seen a doctor in the past year
14% reported being treated unfairly by a doctor

Financial Stress

30% have a household income of <$15,000
32% “just getting by” and an additional 16% find it difficult or very difficult

Possible Solutions for Improving Health in West River/Dwight

Continue to Make Positive Individual Changes

67% made healthy changes to their diet in the past year
64% increased their exercise in the past year
37% report improved health compared to one year ago

Work Together for a Healthier Neighborhood

42% of West River/Dwight 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 lifestyle easier
53% report that this is a close-knit neighborhood – more than the average across all six survey neighborhoods

What does this mean for West River/Dwight?

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