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

### Current Health

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

**Chronic Disease in West Rock, New Haven, Connecticut and United States**

In West Rock, 6.3 in 10 people are overweight (25%) or obese (38%).

In New Haven, 7 in 10 people are overweight (27%) or obese (43%).

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

### Health Behaviors

West Rock residents report exercising more frequently, however the smoking rate is similar to the six-neighborhood rate.

- **16% meet the recommended consumption of fruits and vegetables (5 servings per day)**
- **65% meet the recommended amount of exercise (150 minutes per week)**
- **3 out of 10 people in New Haven smoke cigarettes.**
- **3.3 out of 10 people in West Rock 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 Rock

There are multiple 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

41% of West Rock residents report food insecurity (they or their family didn’t have enough food or money for food in past month)
39% not always able to afford fresh vegetables
42% not always able to afford fresh fruits
41% not always able to afford healthy cooking oils

Quality Health Care

18% of West Rock residents have no health insurance
21% had problems paying for medications
24% put off medical treatment due to cost
82% have seen a doctor in the past year
13% reported being treated unfairly by a doctor

Financial Stress

29% have a household income of <$15,000
33% are “just getting by” and an additional 16% are finding it difficult or very difficult

Safe Places to Exercise

66% of West Rock residents agree that there are safe sidewalks and crosswalks in the neighborhood
49% agree that the sidewalks are well maintained
43% agree that there are safe places to bicycle
53% agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools
61% feel unsafe to go on walks at night
33% feel unsafe to go on walks during the day

Possible Solutions for Improving Health in West Rock

Continue to Make Positive Individual Changes

62% made healthy changes to their diet in the past year
65% increased their exercise in the past year
46% report improved health compared to one year ago

Work Together for a Healthier Neighborhood

39% of West Rock residents agree that people are encouraging a healthy lifestyle in their neighborhood
31% agree that there have been changes in their neighborhood that make leading a healthy lifestyle easier
West Rock residents reported that this is a close-knit neighborhood and that neighbors trust each other – more than the average across all six survey neighborhoods.

What does this mean for West Rock?

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

Yale SCHOOL OF PUBLIC HEALTH 135 College Street, Suite 200, New Haven, CT 06510 Phone: 203-240-9664  CARE@yale.edu