

Community Meetings 2006

Health Status Report for Hyde Park

March 2, 2006

Presented by the Boston Public Health
Commission



Boston Neighborhoods

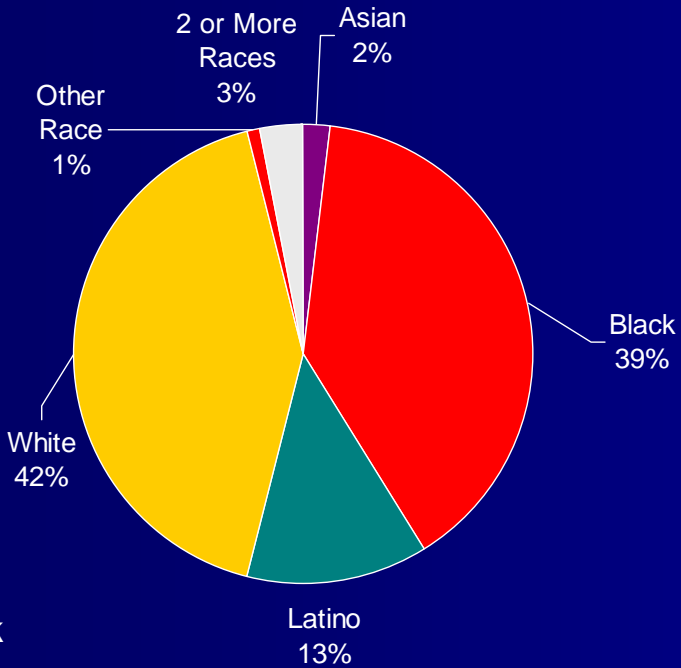


MAP PREPARATION:
Boston Public Health Commission
Research Office

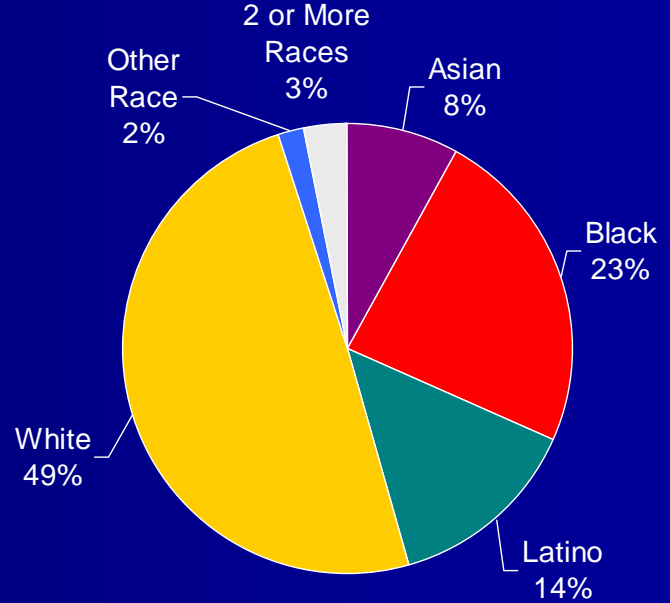
Hyde Park At-A-Glance: Key Population Characteristics

- **Growing population:**
 - Increased by 5% between 1990 and 2000
 - Children under the age of 17 increased by 22% between 1990 and 2000
- **Increasing diversity:** growing numbers of Latino and Black residents in Hyde Park b/c of availability of family-oriented housing
 - In 2000, about 26% of residents were born outside the US; Caribbean (16%), Europe (3%), Asia (2%), Central America (2%) and South America (1%).
- **Lots of non-English speakers:** About a third of Hyde Park residents ages 18 and older speak languages other than English at home, such as French, Creole, Spanish and Italian.

Racial and Ethnic Makeup, Hyde Park and Boston, 2000



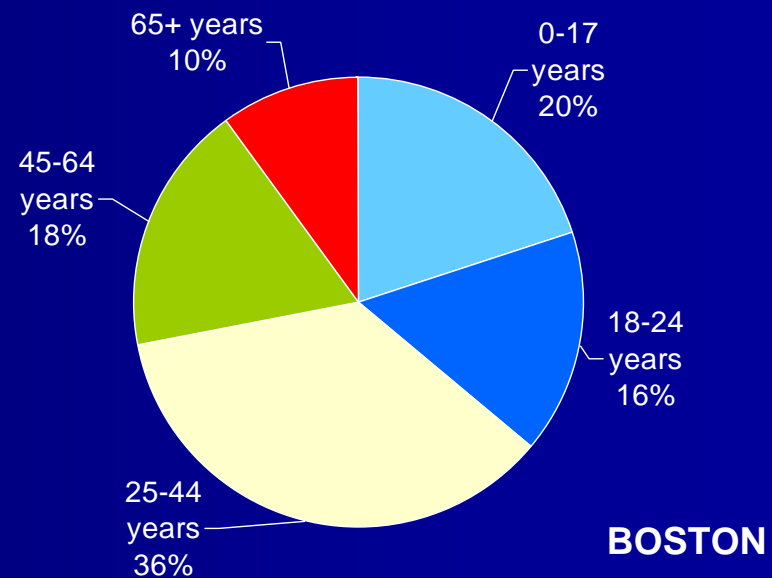
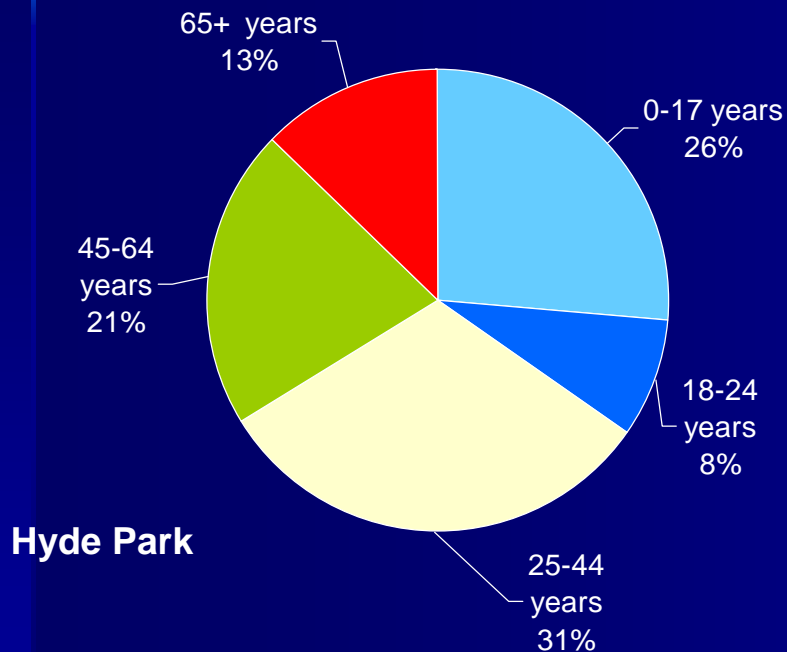
Hyde Park



BOSTON

DATA SOURCE: U.S. Department of Commerce, Bureau of the Census, American FactFinder, Census 2000
DATA ANALYSIS: Boston Public Health Commission Research Office

Population by Age Group, Hyde Park and Boston 2000



6 Key Health Issues in Your Neighborhood and What You Can Do About Them

- Overweight & Obesity
- Cancer (Breast, Prostate, Lung)
- Asthma
- Prematurity & Low Birthweight
- HIV/AIDS
- Substance Abuse

Overweight & Obesity

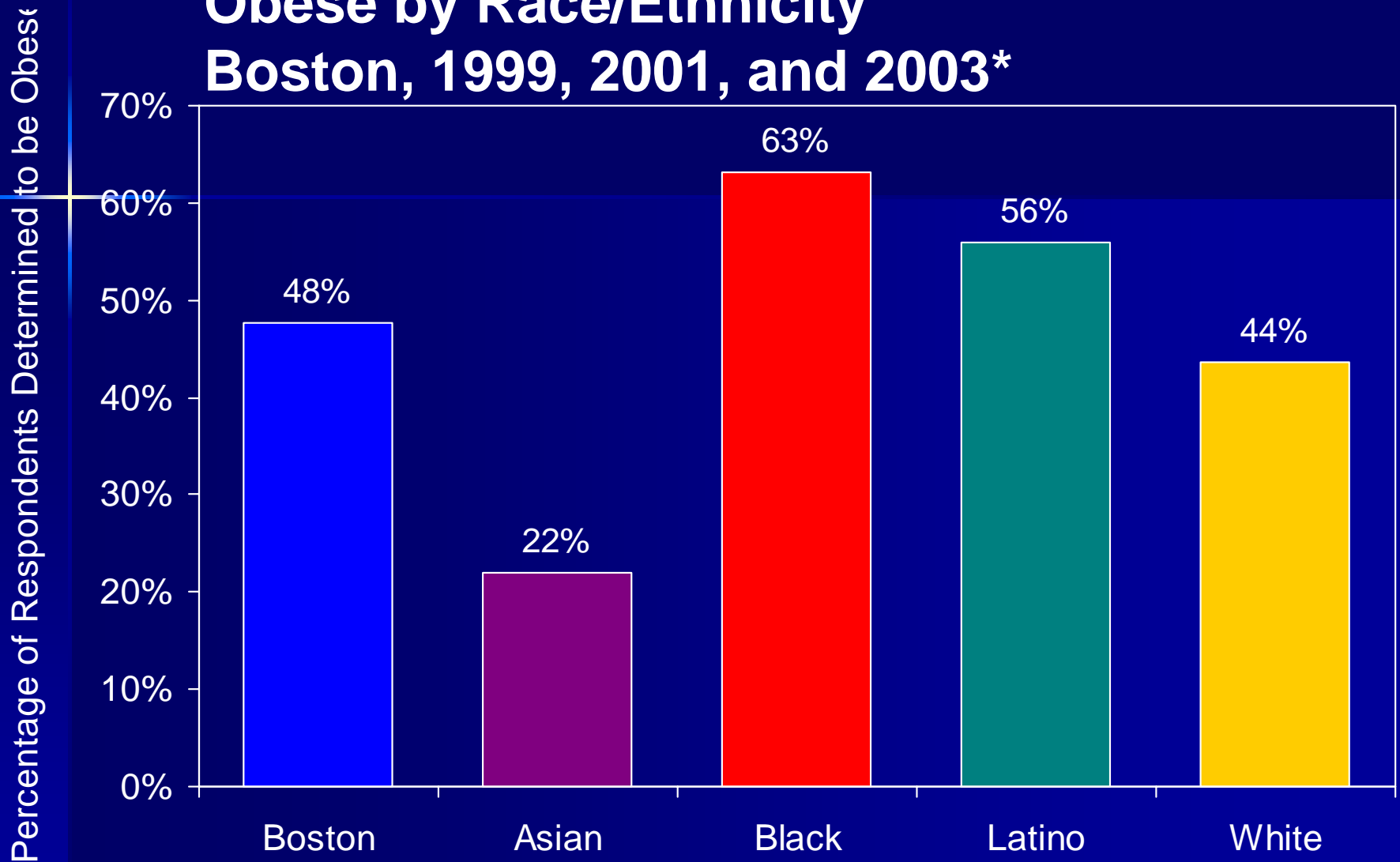


What Health Problems Does Overweight & Obesity Make Worse or Cause?

- Diabetes
- High blood pressure
- High cholesterol
- Heart disease/stroke
- Asthma
- Arthritis
- Certain cancers (breast and colon)

Boston Adults Who Are Overweight or Obese by Race/Ethnicity

Boston, 1999, 2001, and 2003*



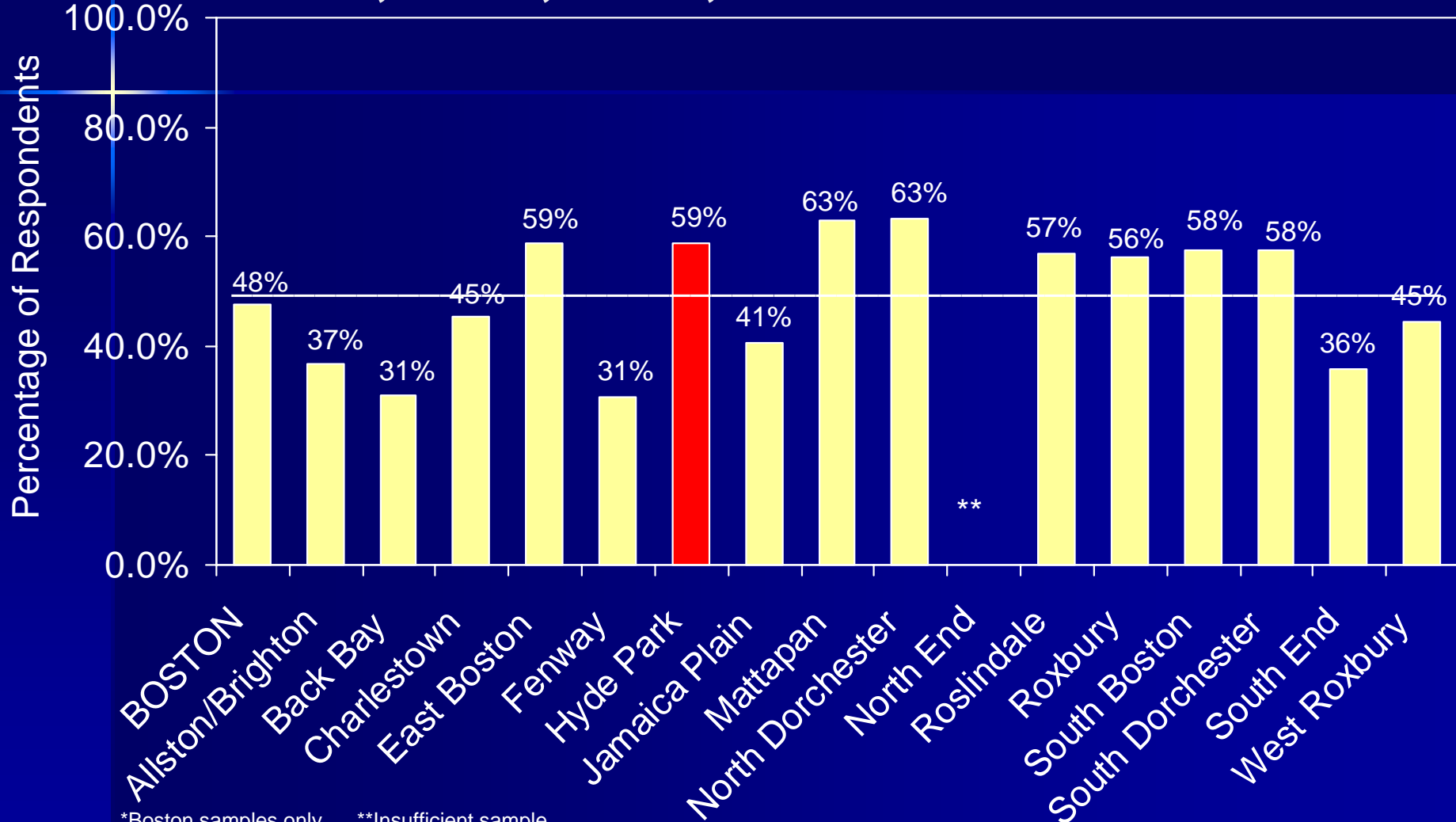
•Boston samples only

NOTE: The term "obesity" refers to all levels of excess weight combined.

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Adults Who Are Overweight or Obese Obesity by Neighborhood, Boston, 1999, 2001, and 2003*

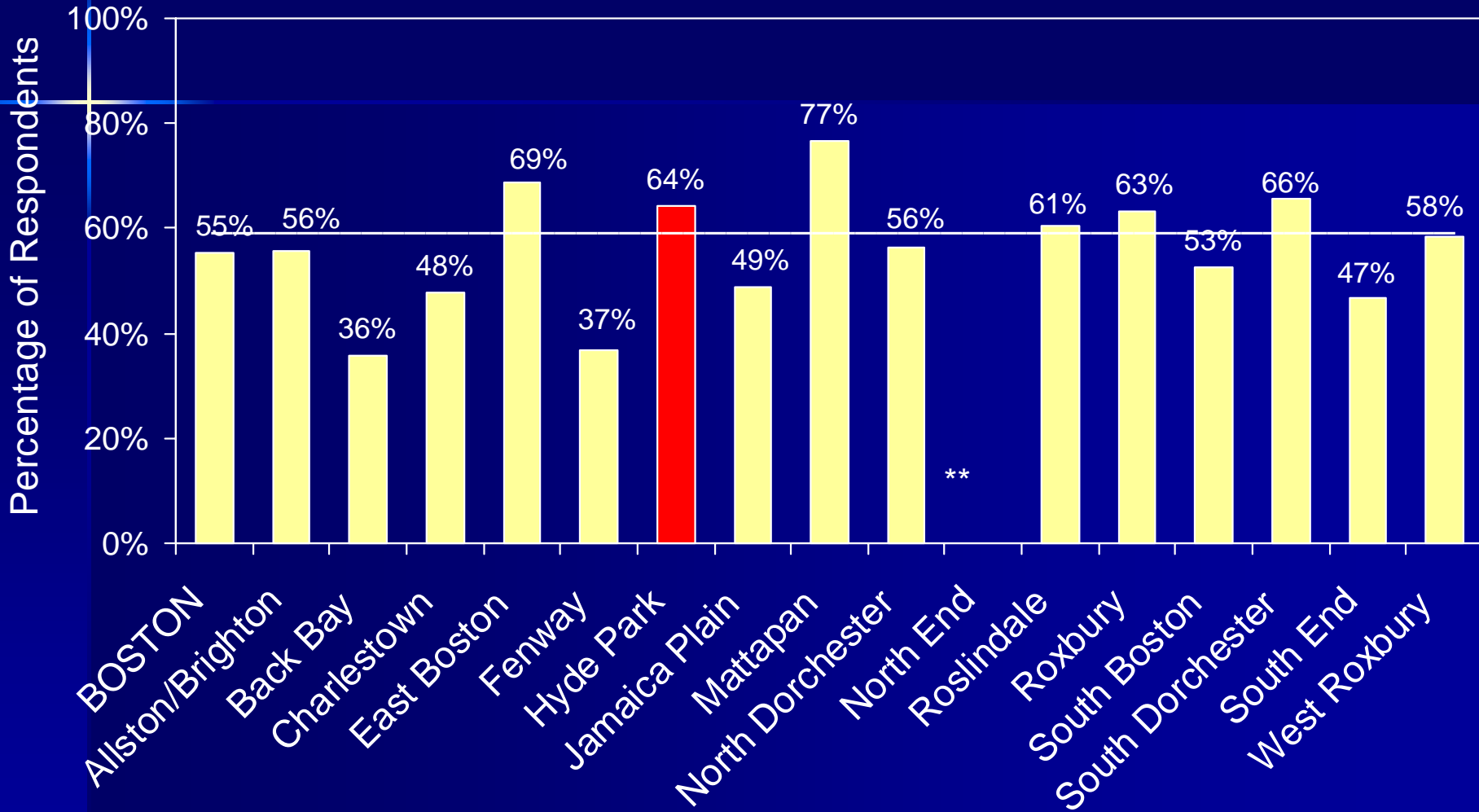


*Boston samples only **Insufficient sample

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Inadequate Physical Activity by Neighborhood Boston, 2001 and 2003*



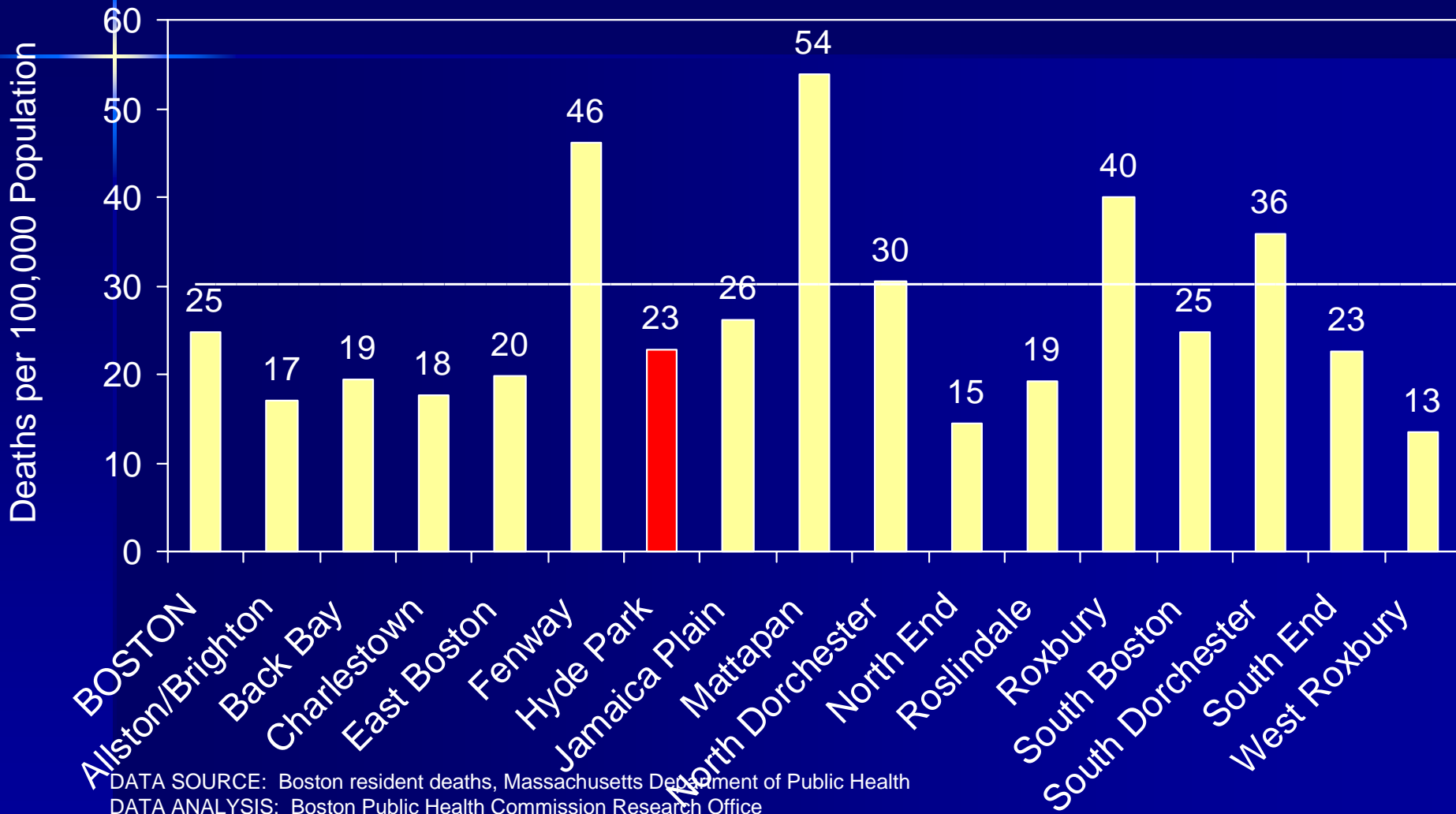
*Boston samples only **Insufficient sample

NOTE: Inadequate physical activity means having no physical activity or less than 30 or more minutes, five or more times a week.

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

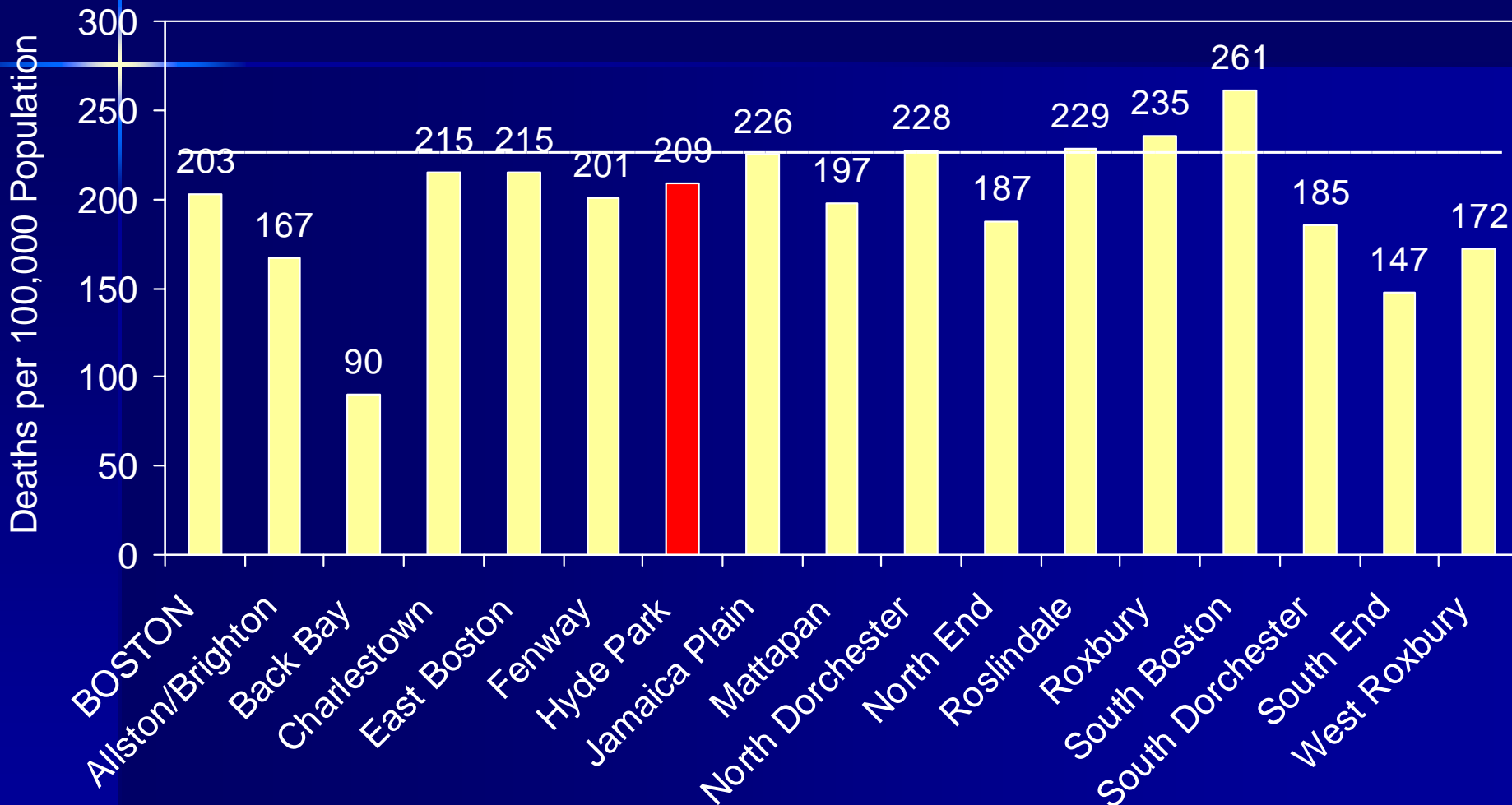
DATA ANALYSIS: Boston Public Health Commission Research Office

Diabetes Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Heart Disease Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

What Can You Do About Overweight & Obesity?

- Focus on eating healthy foods
- Avoid sugary sodas, snack foods
- Reduce portion sizes and eat smaller, more frequent meals
- Try to exercise daily
- Talk to your primary care doctor
- Boston Steps Program



Neighbor Walk

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Neighbor Walk

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NeighborWalk

- Mini-grants are awarded annually to support weekly walking groups that also provide education about physical activity and nutrition.
- 2 grantees in Hyde Park:
 - Ethos Elder Lunch Site
 - Hyde Park YMCA

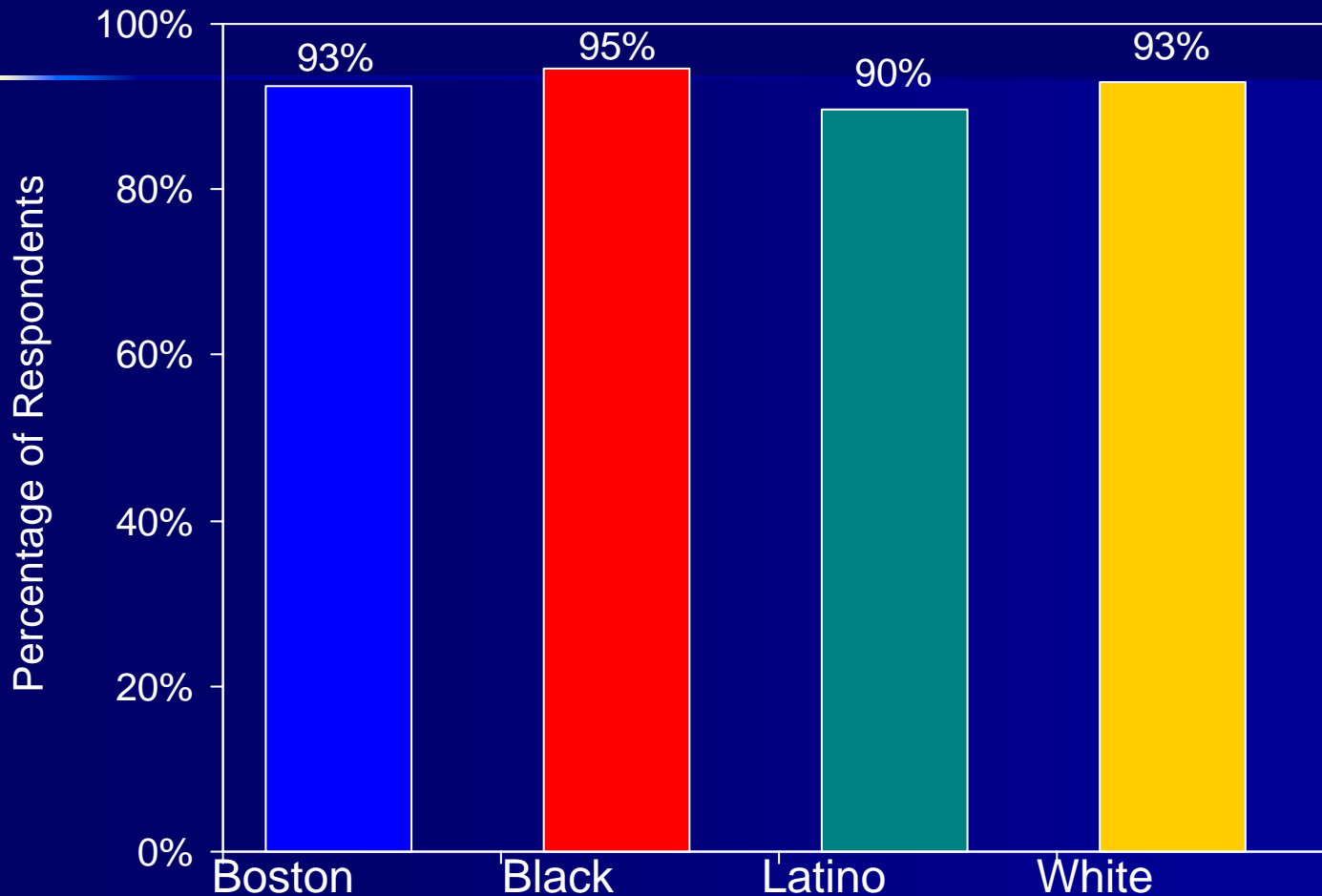
BREAST CANCER



What Increases the Chances of Getting Breast Cancer?

- Age (chance increases with age)
- Excessive alcohol intake
- Family history
- Postmenopausal hormone use
- Physical inactivity
- Obesity
- Environmental factors

Ever Had a Mammogram* by Race/Ethnicity Boston, 1999, 2001, and 2003**



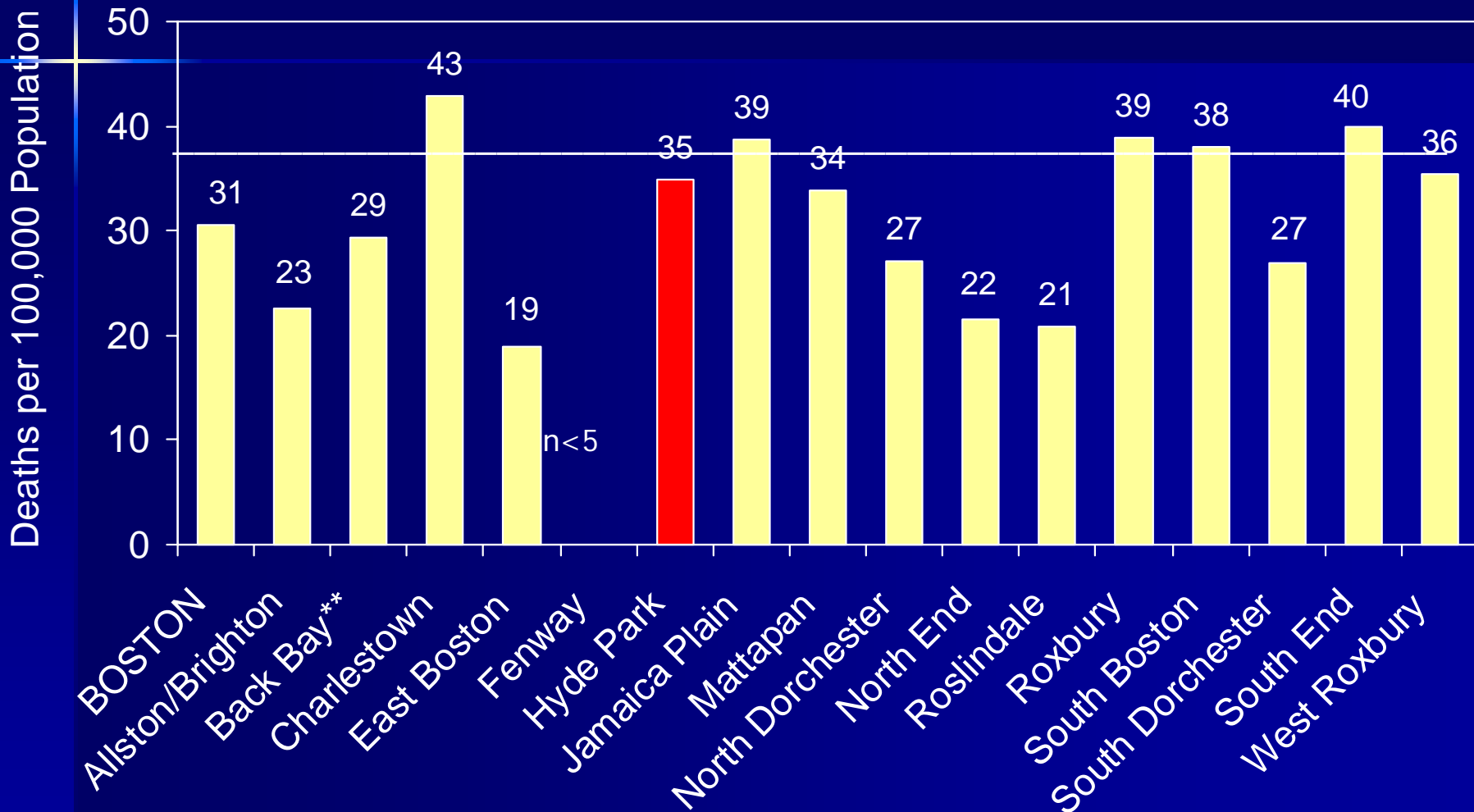
*Women Ages 40 and over

**Boston samples only

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Breast Cancer Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003




DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
 DATA ANALYSIS: Boston Public Health Commission Research Office

What Can You Do to Reduce the Risk of Breast Cancer?

- Get regular mammograms
- Avoid excessive intake of alcohol
- Maintain a normal weight with exercise and a diet low in fat and high in fruits and vegetables
- Increase physical activity
- Join community efforts like REACH 2010 Breast and Cervical Cancer Coalition to promote health & combat cancer


Pink and Black Campaign



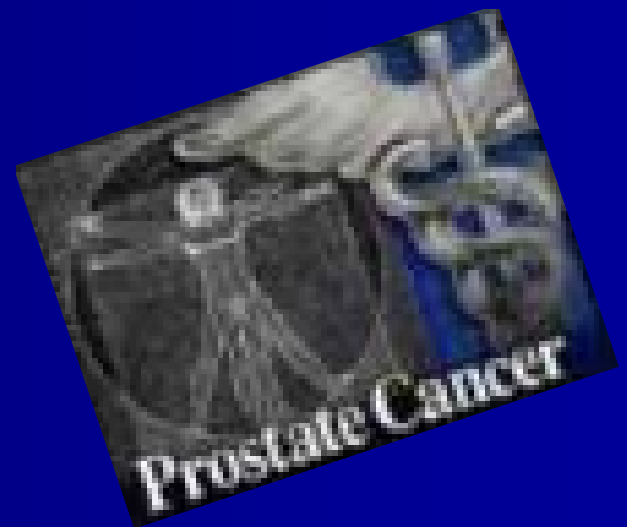
Pink isn't the only color associated with breast cancer.

See your doctor. Get screened. Get treatment. For more information, visit www.pinkandblack.org

A message from Mayor Thomas M. Menino and the Boston Public Health Commission



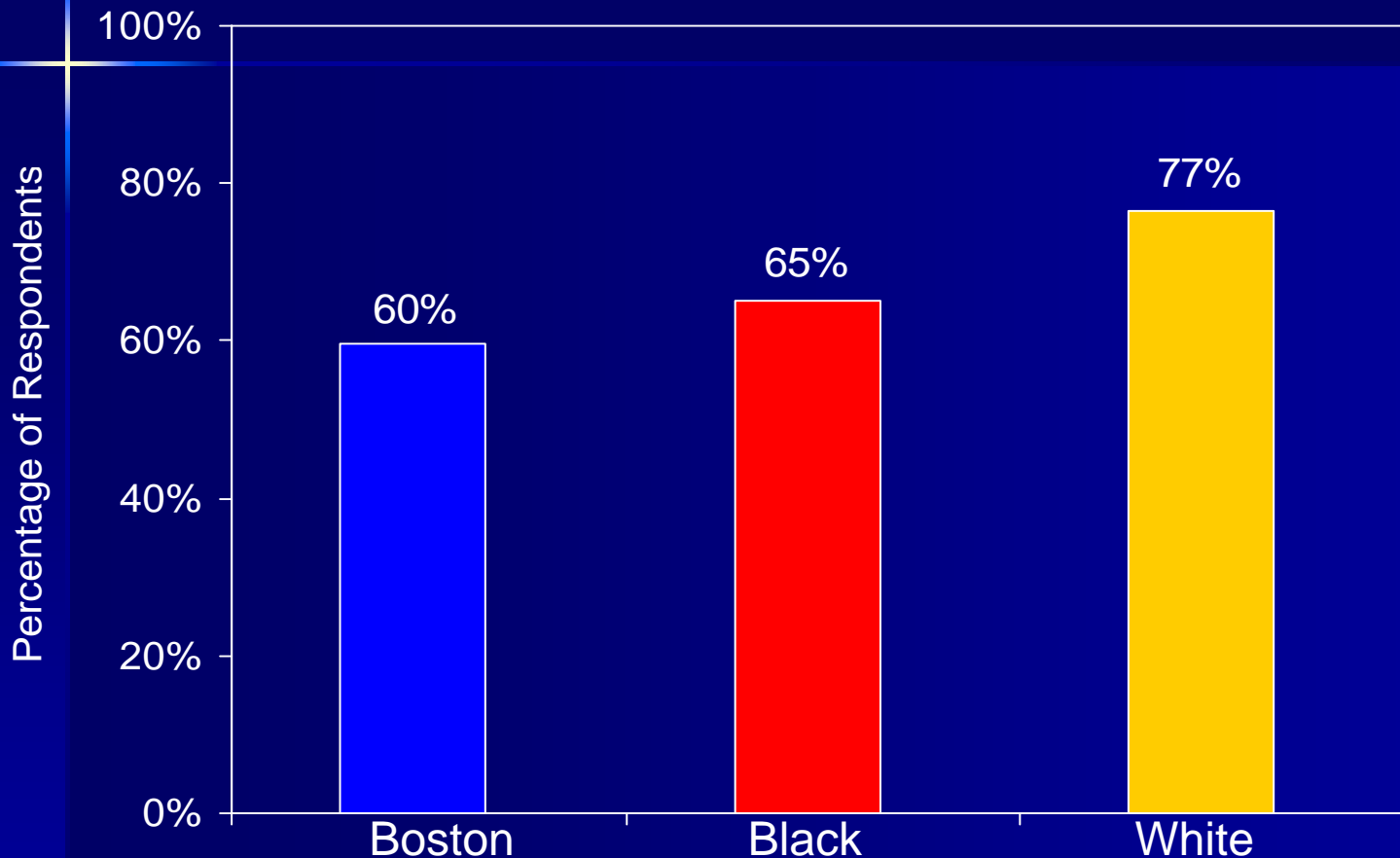
PROSTATE CANCER



What Increases the Chance of Getting Prostate Cancer?

- Age (chance increases with age, especially after age 50)
- Race (prostate cancer occurs about 60% more often in African-American men than in White American men) - American Cancer Society
- Family history
- Diet rich in animal fat, meat, and high-fat dairy products
- Physical inactivity

Ever Had PSA Test for Prostate Cancer* by Race/Ethnicity, Boston, 1999, 2001, and 2003**

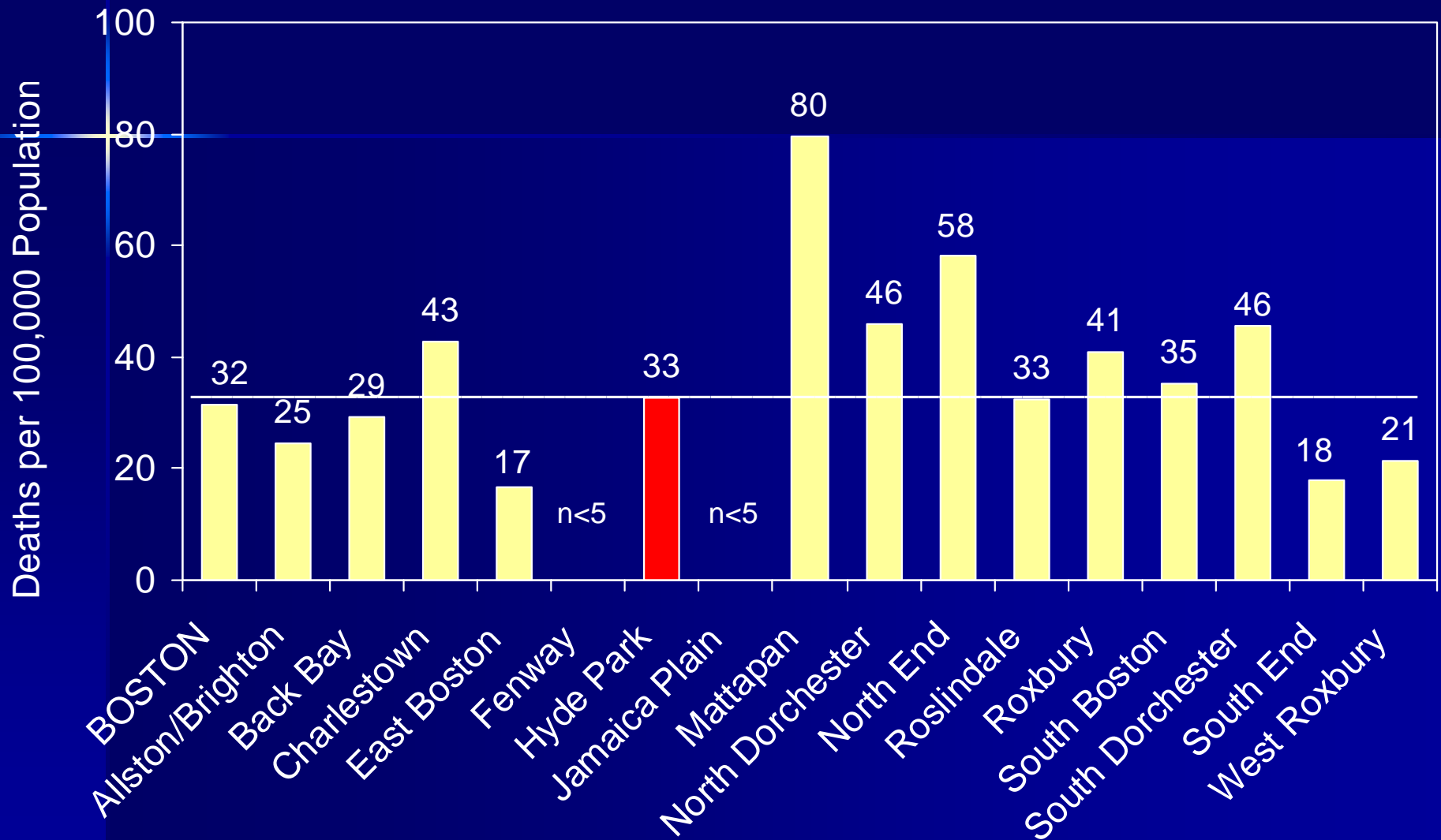


*Ages 40 and over for Black men and ages 50 and over for White men **Boston samples only

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Prostate Cancer Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

What Can You Do to Reduce the Risk of Prostate Cancer?

- Get regular check-ups with your doctor/provider
- Discuss when it is best to obtain the PSA screening test
- Join community efforts to promote health & combat cancer



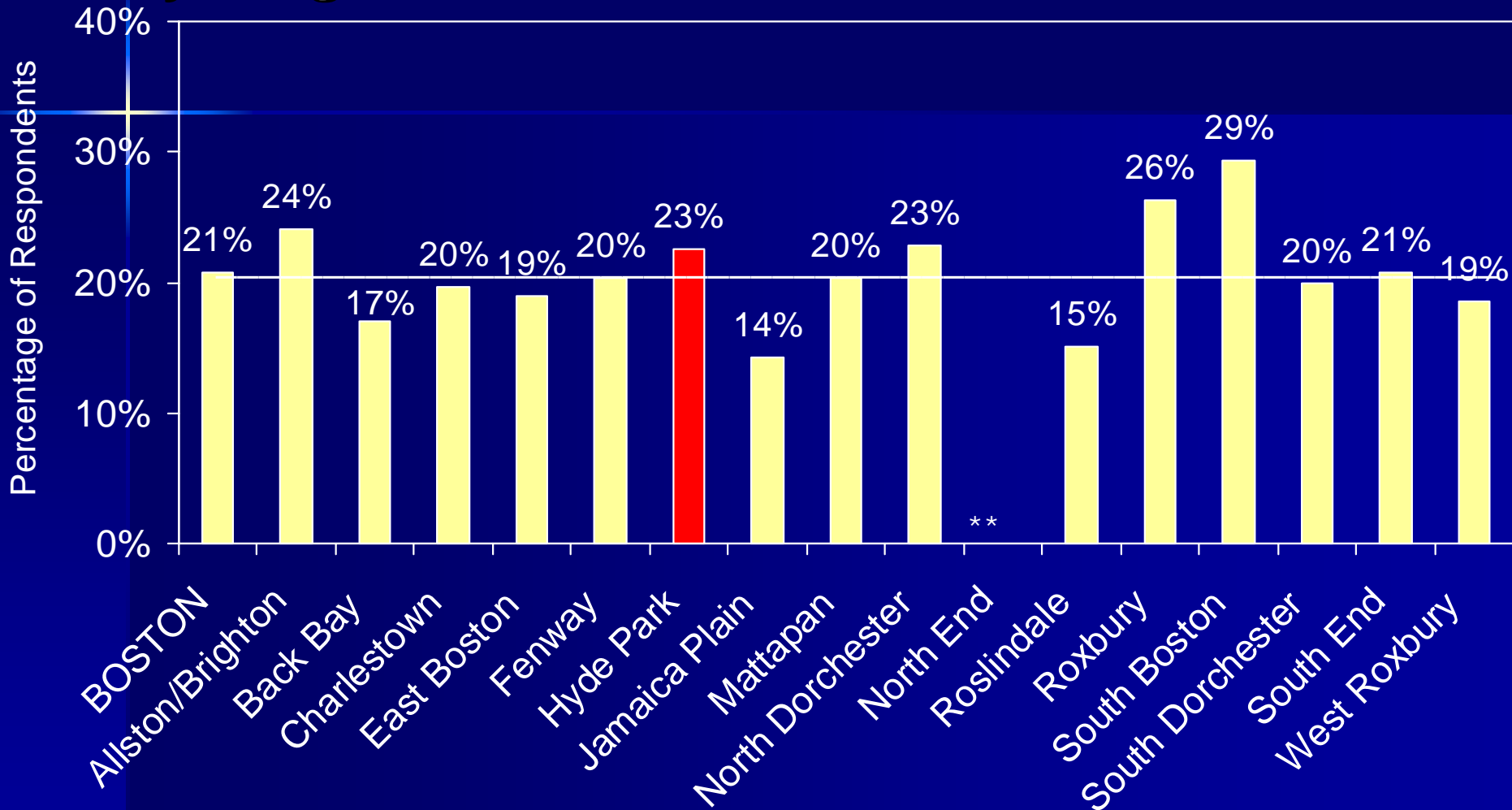
LUNG CANCER



What Increases the Chance of Getting Lung Cancer?

- Smoking (over 85% of lung cancers are caused by smoking)
- Second-hand tobacco smoke
- Asbestos
- Radon
- Other cancer-causing agents

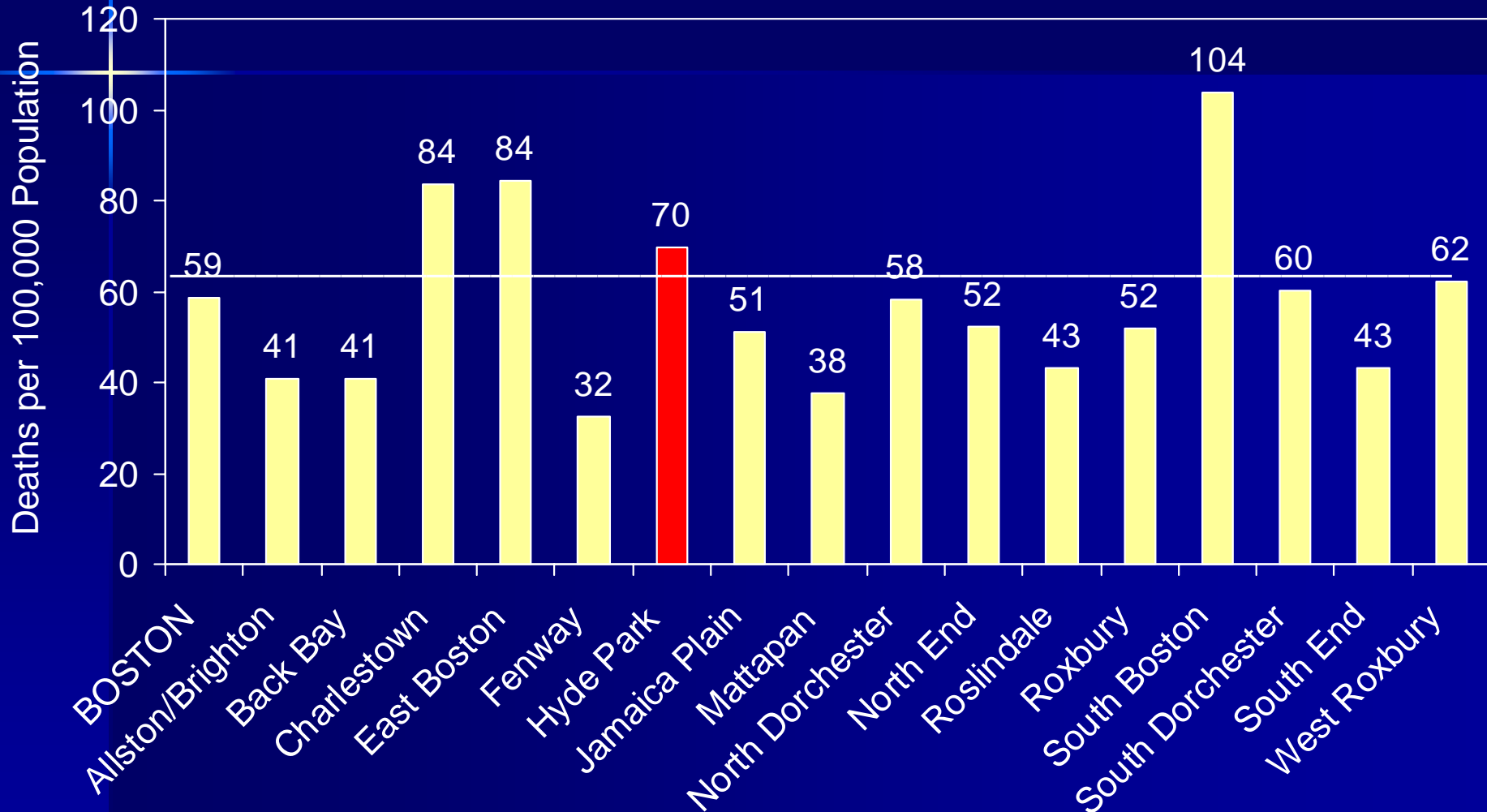
Adults Who Are Current Smokers by Neighborhood, Boston, 1999, 2001, 2003*



* Boston samples only ** Insufficient sample

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission
 DATA ANALYSIS: Boston Public Health Commission Research Office

Lung Cancer Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

What Can You Do to Prevent Lung Cancer?

- Don't smoke, if you do, try to quit
- Support legislation that is in favor of
 - Eliminating second hand smoke (ETS)
 - Curbing marketing campaigns for selling cigarettes to minors

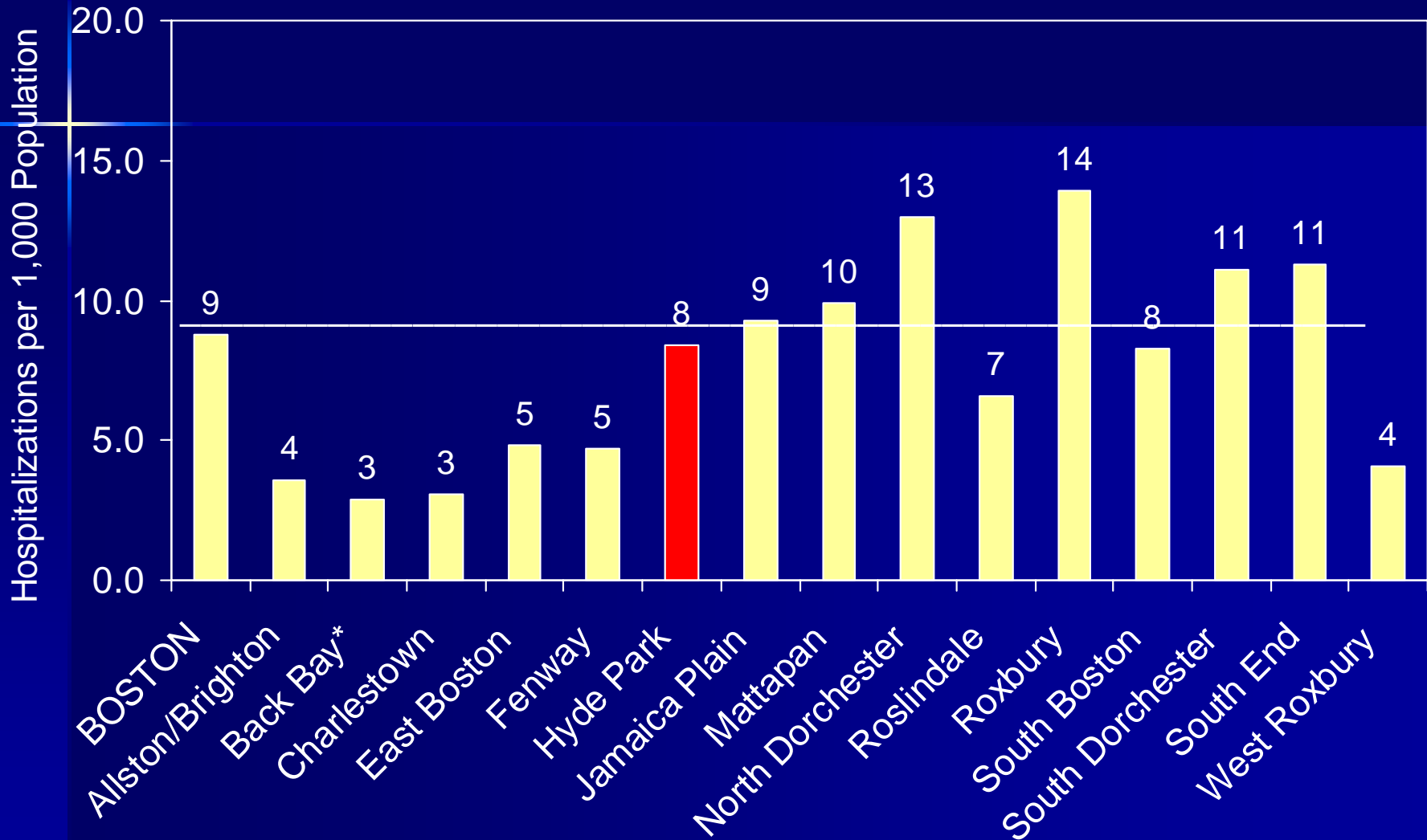
BPHC Health Initiatives

- **Cancer program** – Screening and education about cancer
- **Steps to a Healthy Boston** – walking groups, smoking cessation
- **Smoke-Out Campaign**
- **Substance Abuse Services** – treatment for alcohol or substance abuse
- **Health Connection Van** – Screening for skin and prostate cancer, education about all forms of cancer
- **Mammography Van** – Screening for breast cancer

ASTHMA



Asthma Hospitalizations Among Children Under Age 5 by Neighborhood, Boston, 2000-2004



*Includes the North End

DATA SOURCE: Acute Care Hospital Case Mix files, Massachusetts Division of Health Care Finance and Policy

DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About Asthma?

- Don't smoke and avoid exposure to smoke
- Eliminate pests
- Remove rugs, if possible. If not, use a special dust removing vacuum
- Cover mattresses
- Consider whether pets might be making asthma worse
- Get regular and consistent medical care and try not to run out of medications
- BPHC Asthma Program - Healthy Homes Initiative

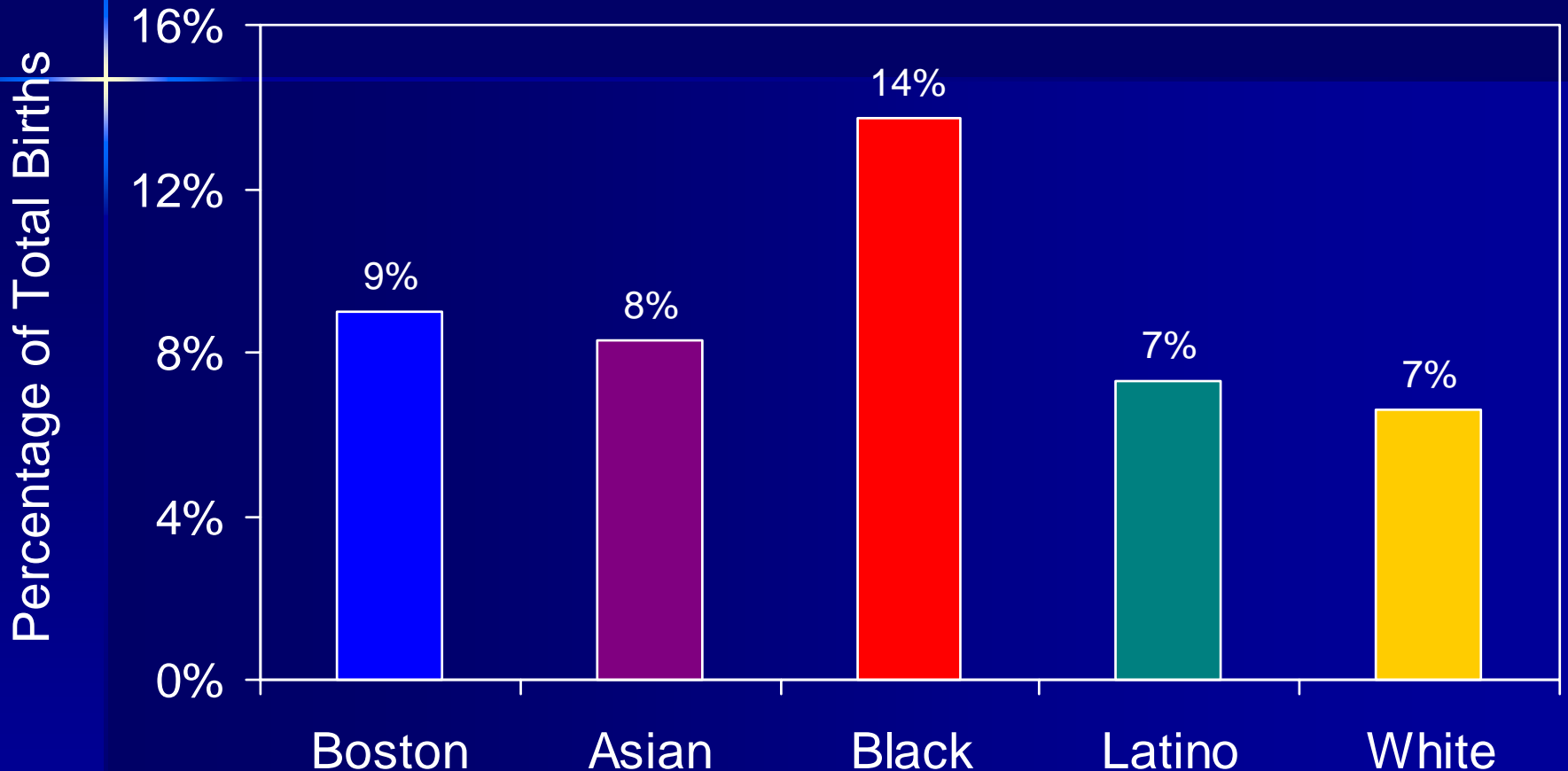
PREMATURITY and LOW BIRTHWEIGHT



What Are Some Causes :

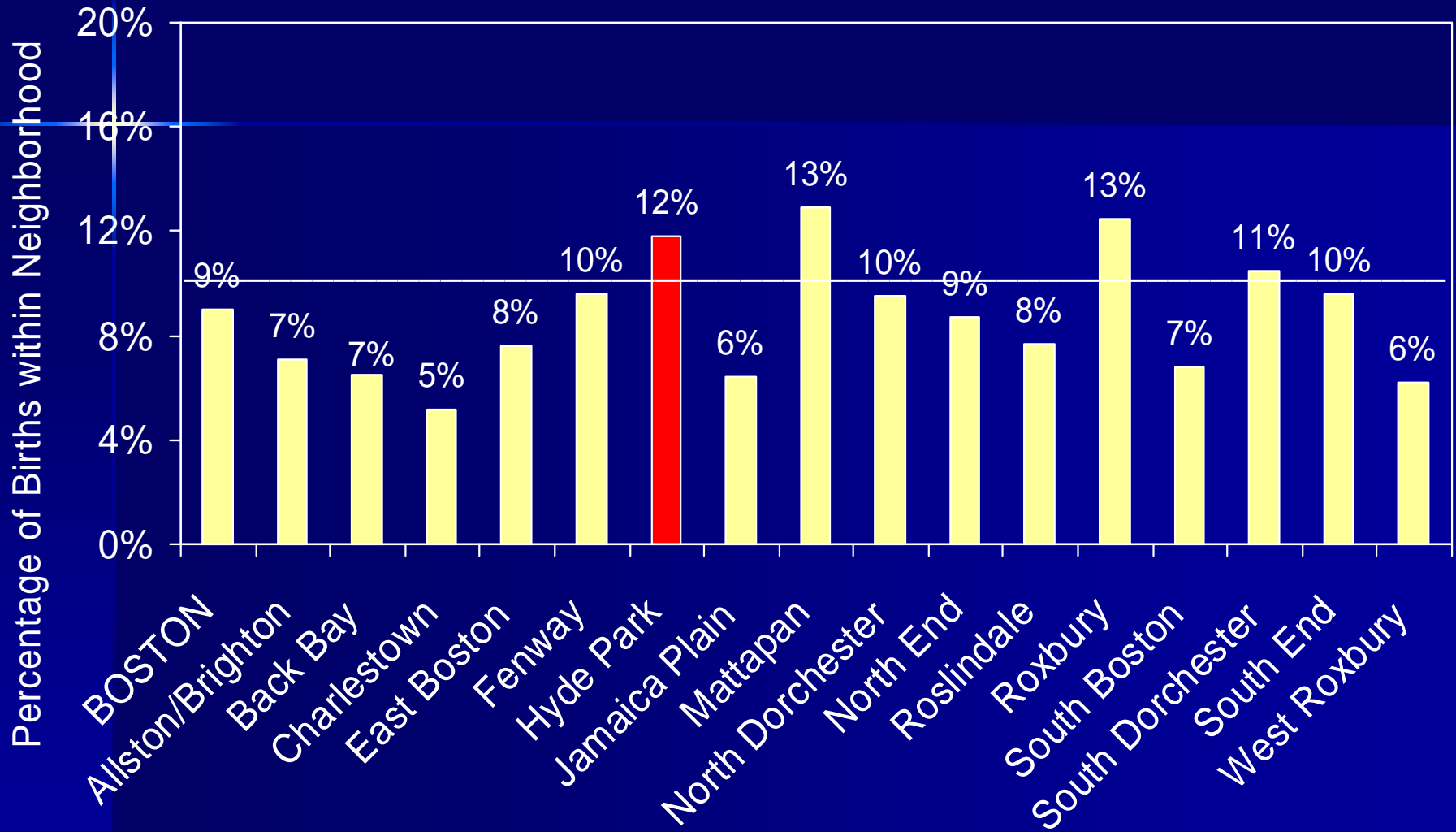
- Late or no prenatal care
- Multiple births (having twins, triplets or more) during one pregnancy
- Substance use: tobacco, alcohol and other drugs
- Previous preterm birth
- Health of the mother prior to pregnancy
- Domestic violence

Low Birthweight by Race/Ethnicity and Year, Boston, 2003



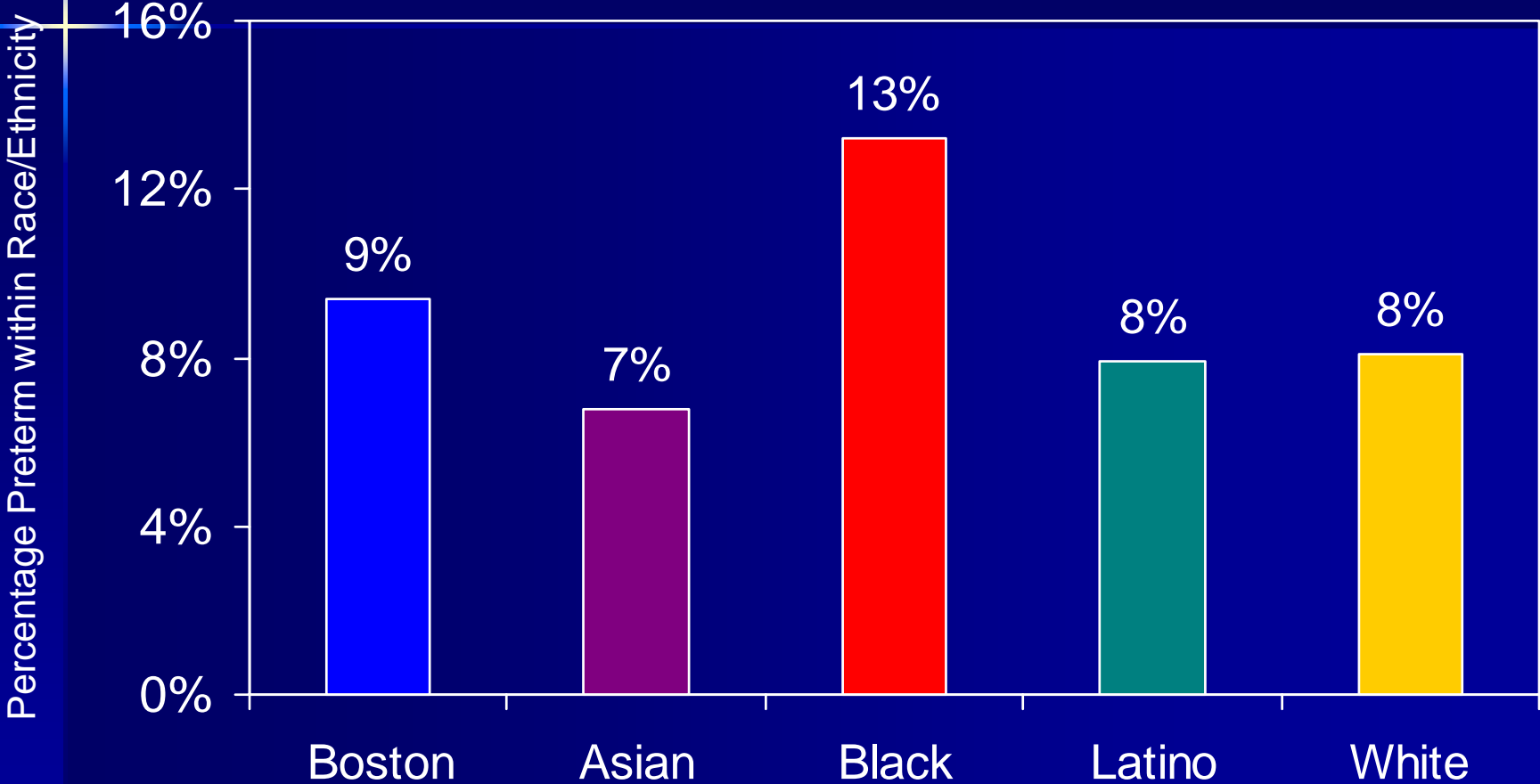
DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Low Birthweight by Neighborhood: Percentages of Births, Boston, 2003



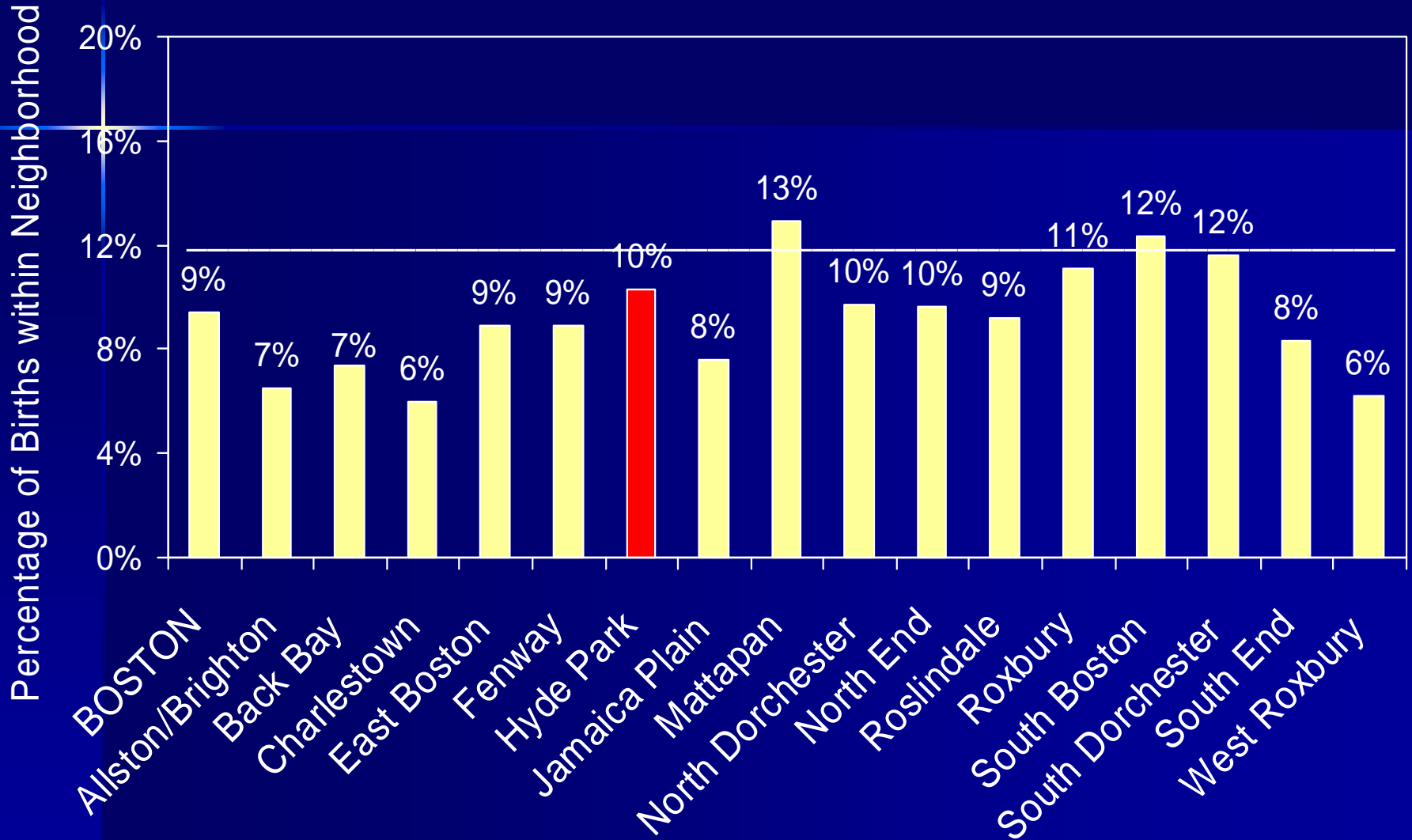
DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Preterm Births by Race/Ethnicity and Year Boston, 2003



DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Preterm Births by Neighborhood: Percentages of Births, Boston, 2003



DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done to Prevent Prematurity and Low Birthweight?

- Improve the health of women before they get pregnant
- Discourage smoking/alcohol use during pregnancy
- Increase access to good prenatal care to detect medical problems
- Provide substance abuse treatment for women who have addictions
- Give support through pregnancy and infant's first year for new mothers
- Encourage good nutrition before and during pregnancy
- Encourage teens to use contraception and wait until their 20's to get pregnant

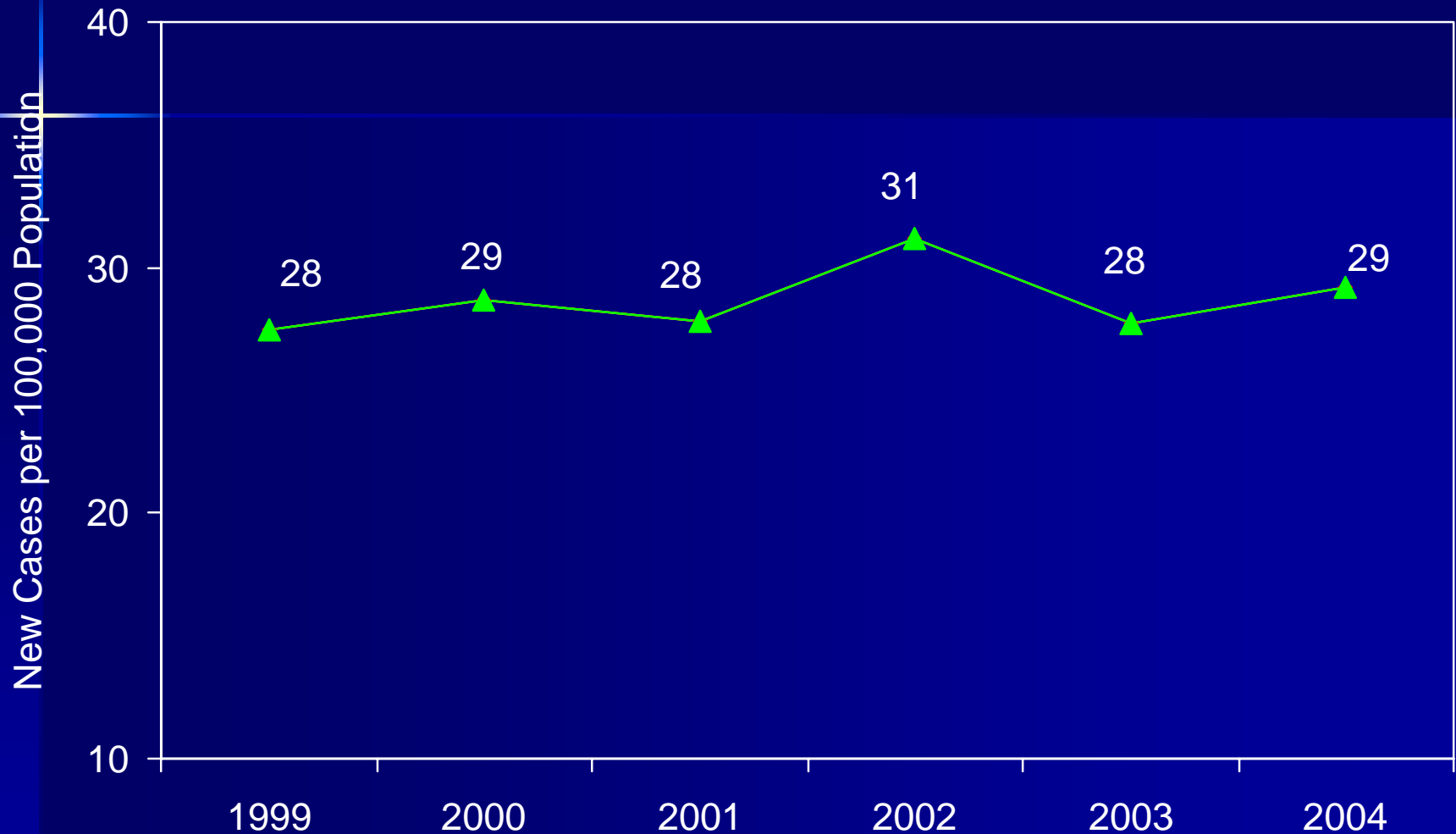
BPHC Programs

- Healthy Baby/Healthy Child
- Boston Healthy Start Initiative
- Mayor's Health Line
- BAHEC/Youth to Health Careers
- Adolescent Wellness Program
- Central Intake Unit, (617) 534-5554



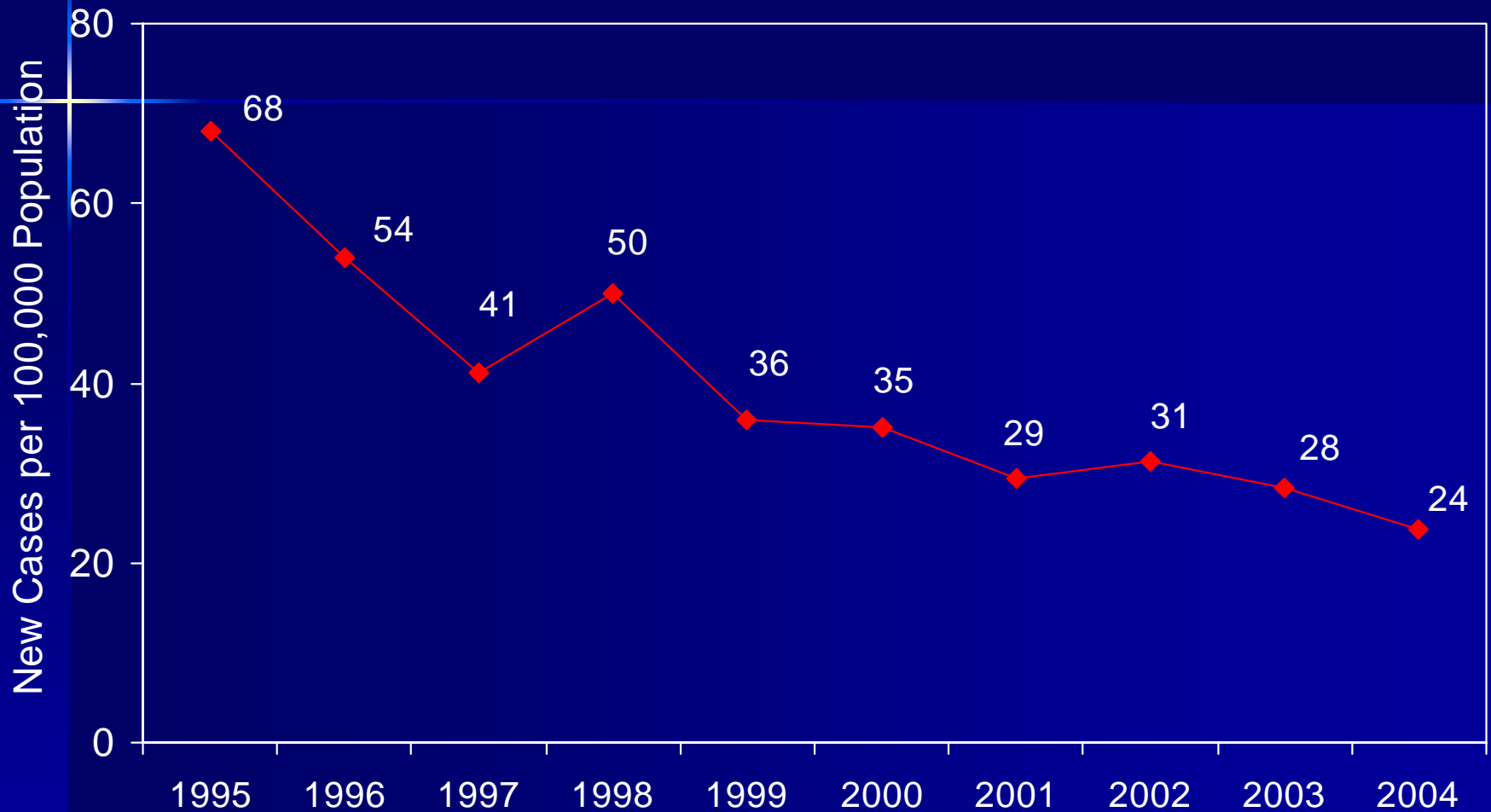
HIV/AIDS

HIV Incidence Rates by Year Boston, 1999-2004



NOTE: These data do not include people with AIDS or inmates of correctional facilities in Boston
DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program
DATA ANALYSIS: Boston Public Health Commission Research Office

AIDS Incidence Rates by Year Boston, 1995-2004

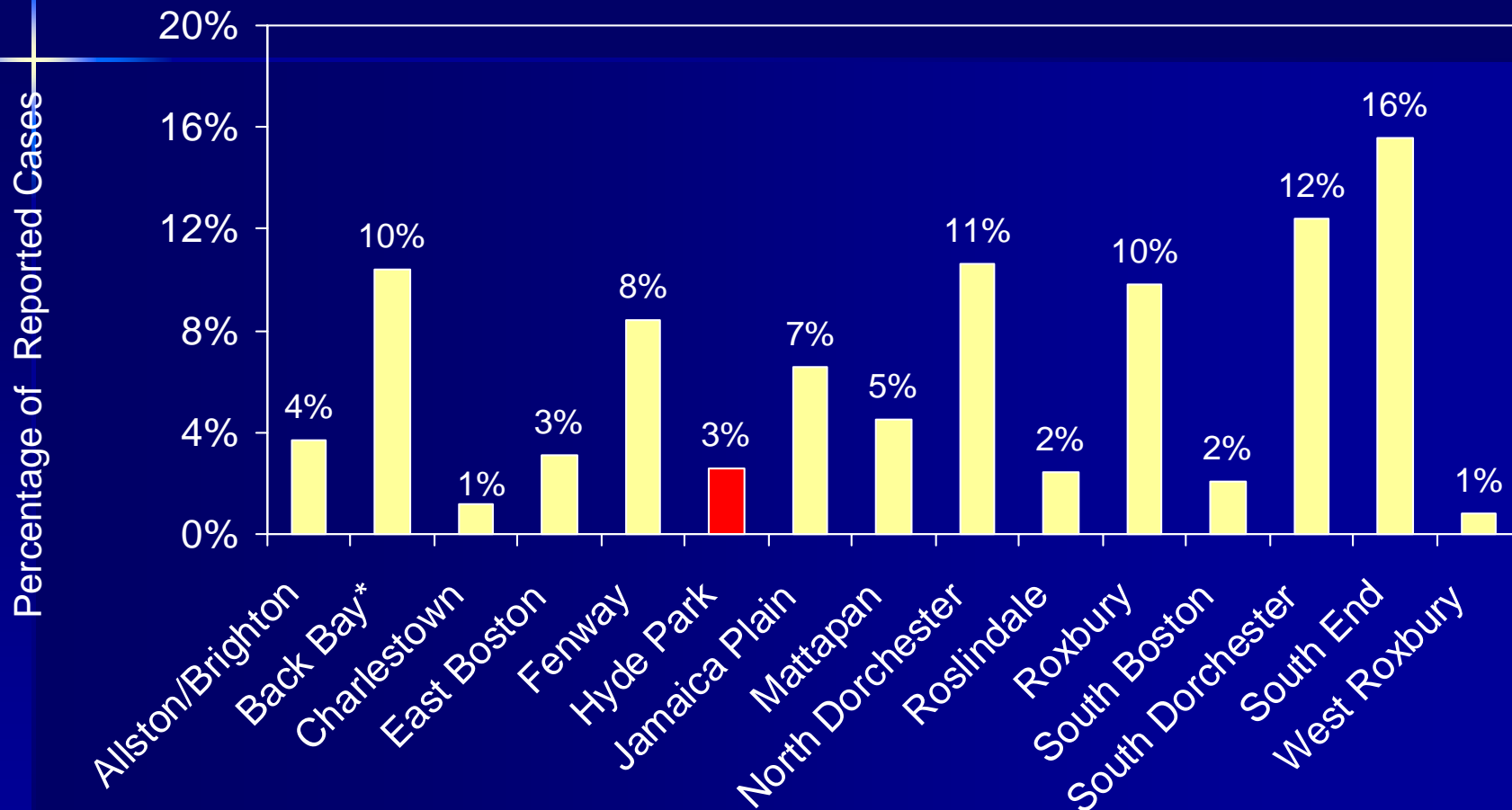


NOTE: Inmates of correctional facilities in Boston are not included in these data.

DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program

DATA ANALYSIS: Boston Public Health Commission Research Office

HIV/AIDS Cases by Neighborhood: Percentage Distribution, Boston, as of January 1, 2006



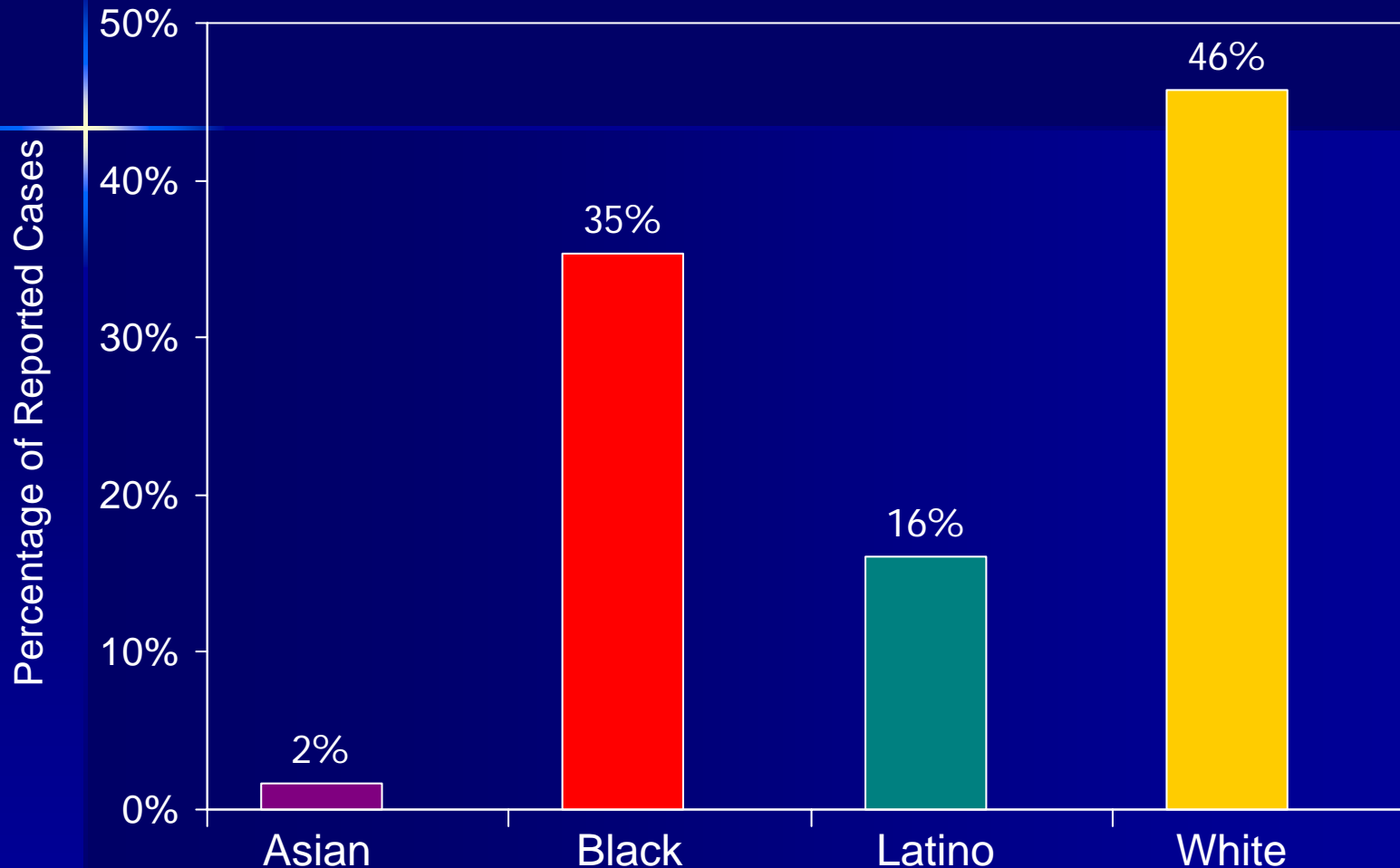
*Includes the North End

NOTES: Data shown in chart do not include those who are homeless or persons whose neighborhood of residence is unknown. Also excluded are inmates of Boston correctional facilities.

DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program

DATA ANALYSIS: Boston Public Health Commission Research Office

HIV Cases by Race/Ethnicity: Percentage Distribution, Boston, as of January 1, 2006

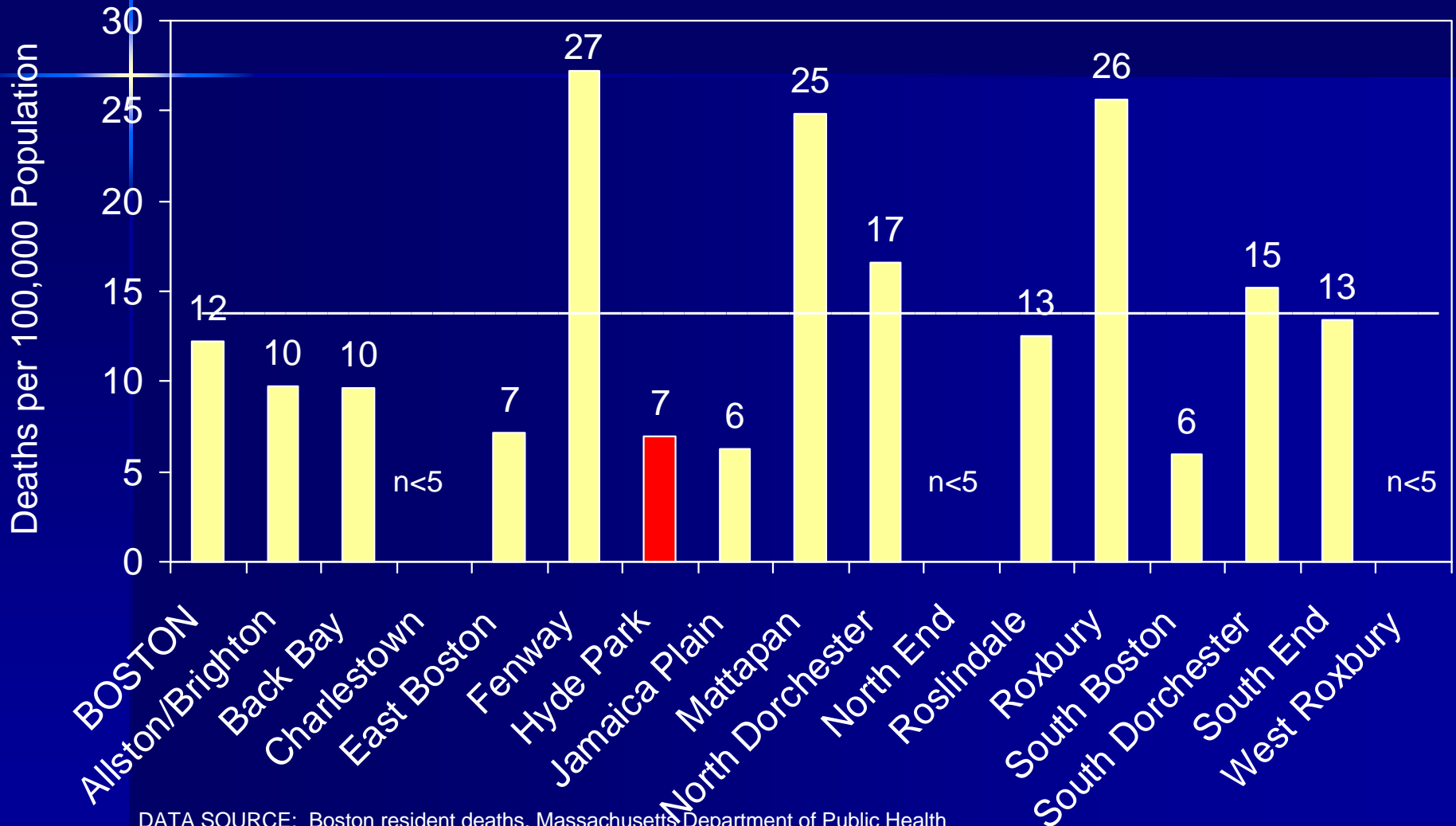


NOTES: The data shown do not include persons of Other or Unknown race/ethnicity. Also excluded are those with HIV who have subsequently progressed to AIDS or inmates of Boston correctional facilities.

DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program

DATA ANALYSIS: Boston Public Health Commission Research Office

HIV/AIDS Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
 DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done To Prevent HIV/AIDS?

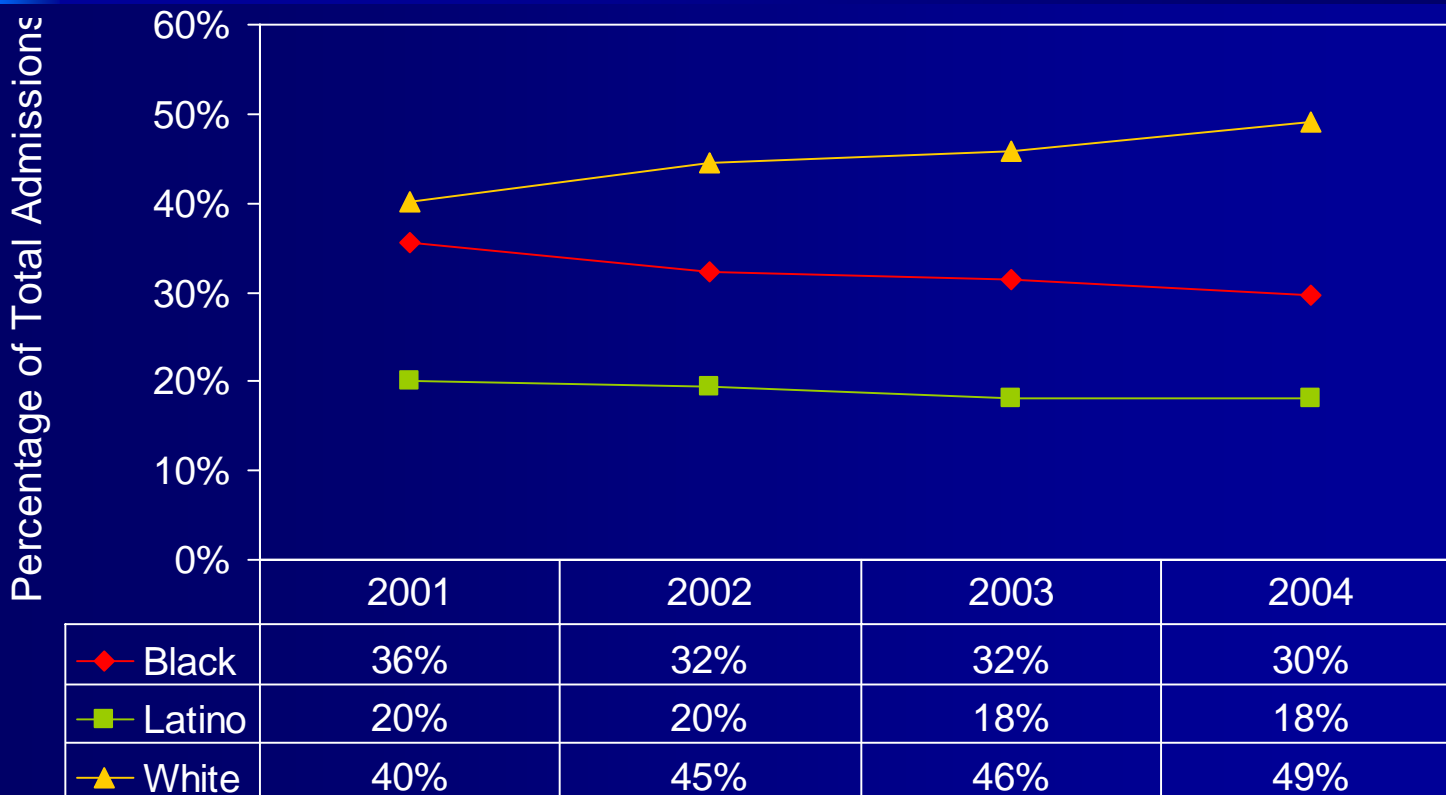
- Before having sex, educate yourself
- If you do have sex, do it safely:
 - Talk with your partner and know their sexual history
 - Use a latex condom every time you have anal, vaginal, or oral sex
 - Never reuse condoms
- Don't share needles and syringes used for injecting drugs or for body piercing or tattooing
- Talk to your health care provider about the risk of HIV infection and whether you should be tested



SUBSTANCE ABUSE



Substance Abuse Treatment Admissions* by Race/Ethnicity and Year: Percentage Distributions, Boston, 2001-2004



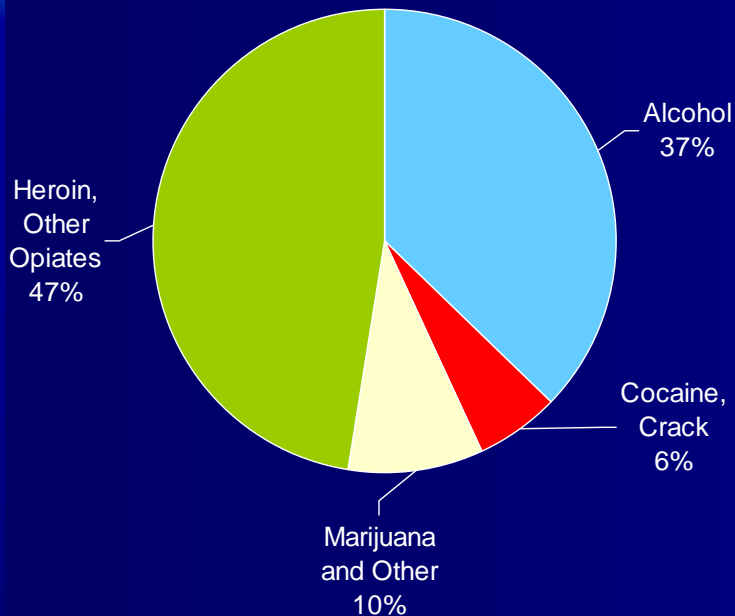
*Admissions to publicly-funded substance abuse treatment program

NOTES: An individual client may be admitted to more than one program or treatment session. Too few admissions occurred for Asians to permit the presentation of their data.

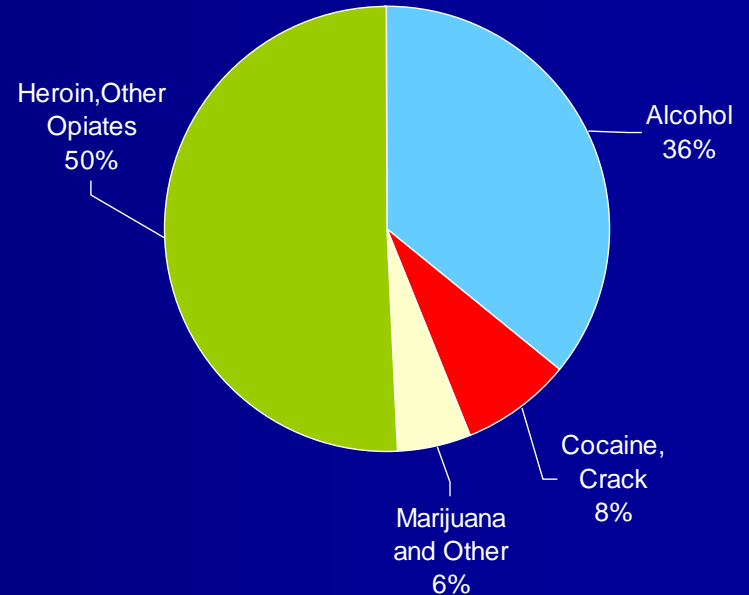
DATA SOURCE: Massachusetts Department of Public Health, Bureau of Substance Abuse Services

DATA ANALYSIS: Boston Public Health Commission Research Office

Publicly-Funded Substance Abuse Treatment Admissions by Type of Drug Use, Hyde Park and Boston, 2004



Hyde Park



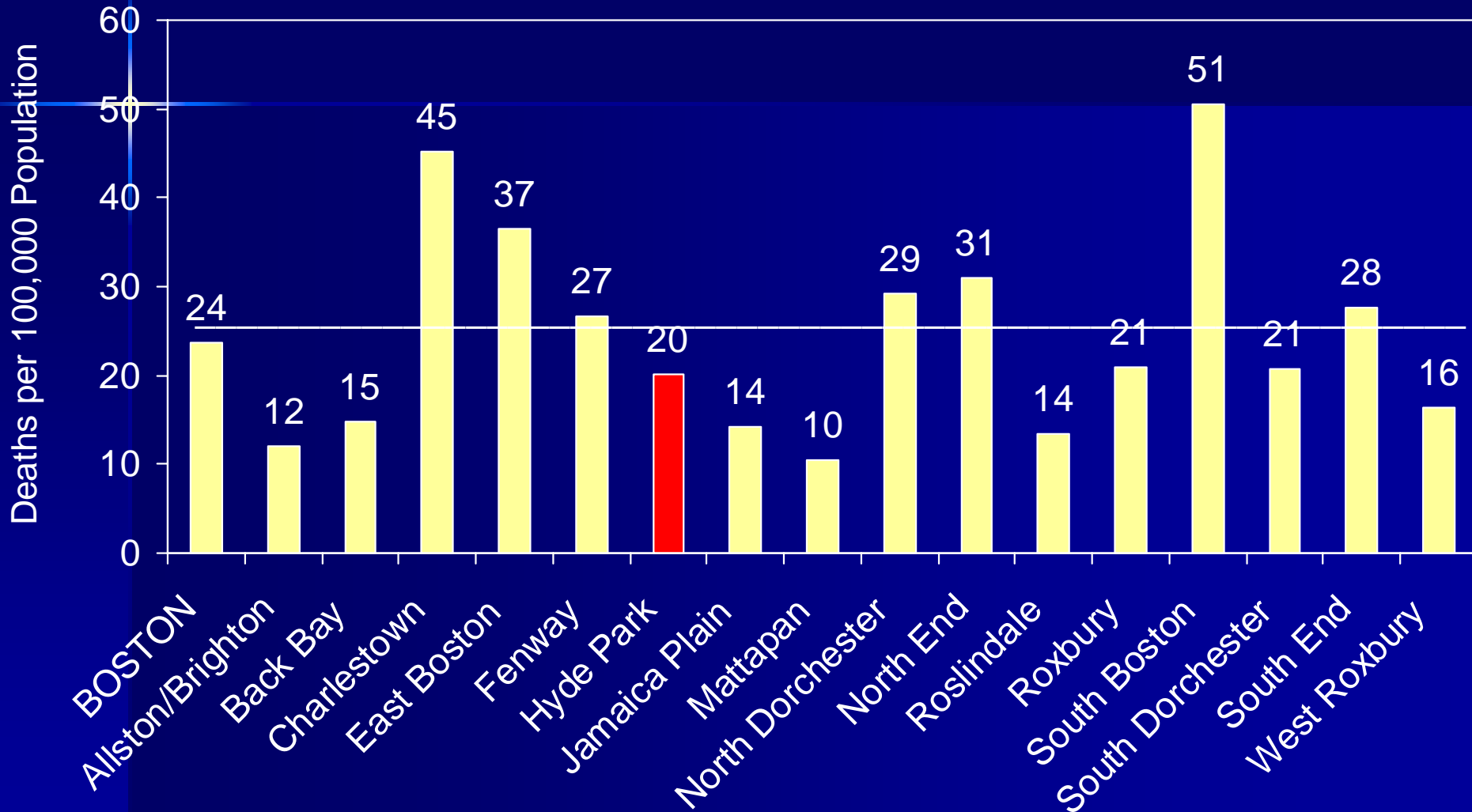
BOSTON

NOTE: Data shown are for a fiscal year running from July through June of year indicated

DATA SOURCE: Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Substance Abuse Management Information System (SAMIS)

DATA ANALYSIS: Boston Public Health Commission Research Office

Substance Abuse Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About Substance Abuse?

- Prevention: NO Drugs Coalition
- Treatment: Substance Abuse Services
Central Intake & Entre Familia/Moms Project
– programs for women in recovery
- Advocate for increased state funding for substance abuse treatment programs

The Disparities Project

6 hospitals and 2 CHCs have been funded to collect race, ethnicity, language and educational info on its patients using a framework developed by the BPHC's Hospital Working Group

HOSPITALS:

- BIDMC
- BMC
- BWH
- Caritas Carney
- Children's Hospital
- MGH

HEALTH CENTERS:

- South Cove CHC
- Uphams Corner Health Center

Questions?
Comments?