

Community Meetings 2004

Health Status Report for Roxbury

December 7, 2004

Presented by the

BOSTON PUBLIC HEALTH COMMISSION

Thomas M. Menino, Mayor



Table of Contents

■ <u>Demographics</u>	4
■ <u>Key Health Issues</u>	8
– <u>Obesity</u>	11
– <u>Cancer</u>	24
– <u>Asthma</u>	30
– <u>Substance Abuse</u>	34
– <u>Violence</u>	39
– <u>Prematurity & Infant Mortality</u>	44

Roxbury Community

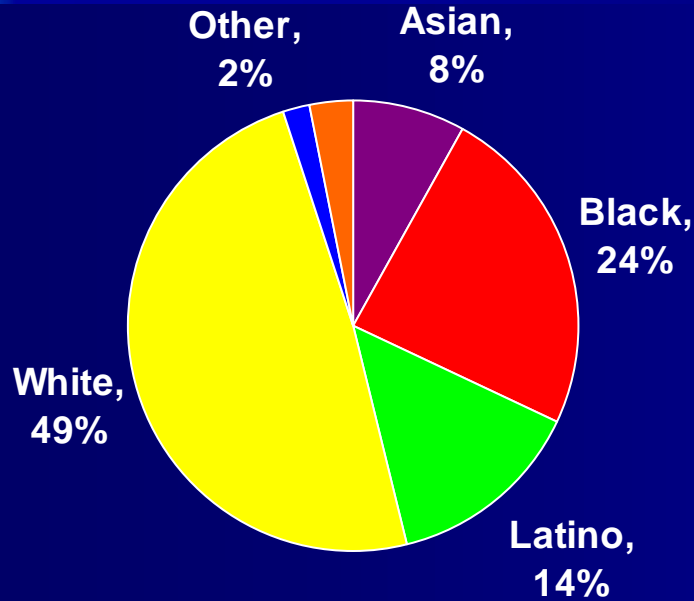
Meeting 2004



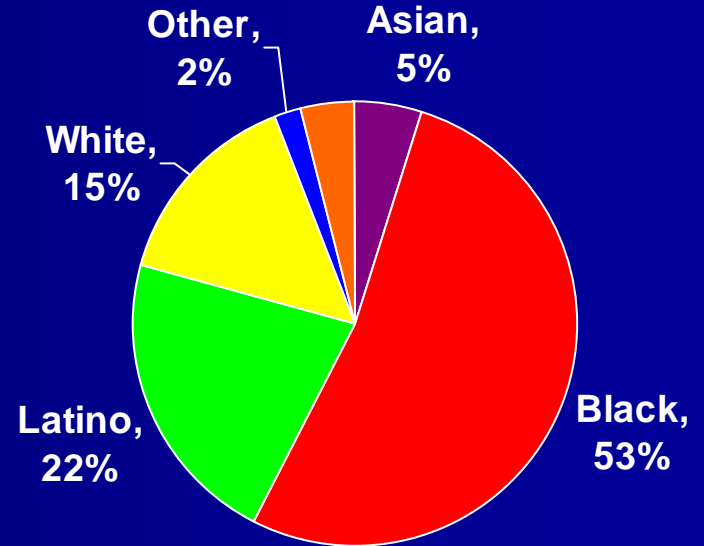
Demographics

Racial and Ethnic Makeup

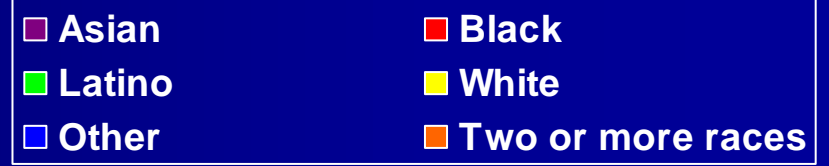
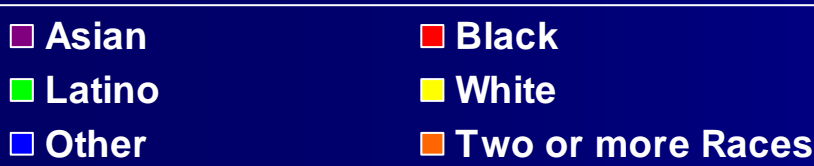
Boston and Roxbury



Boston



Roxbury

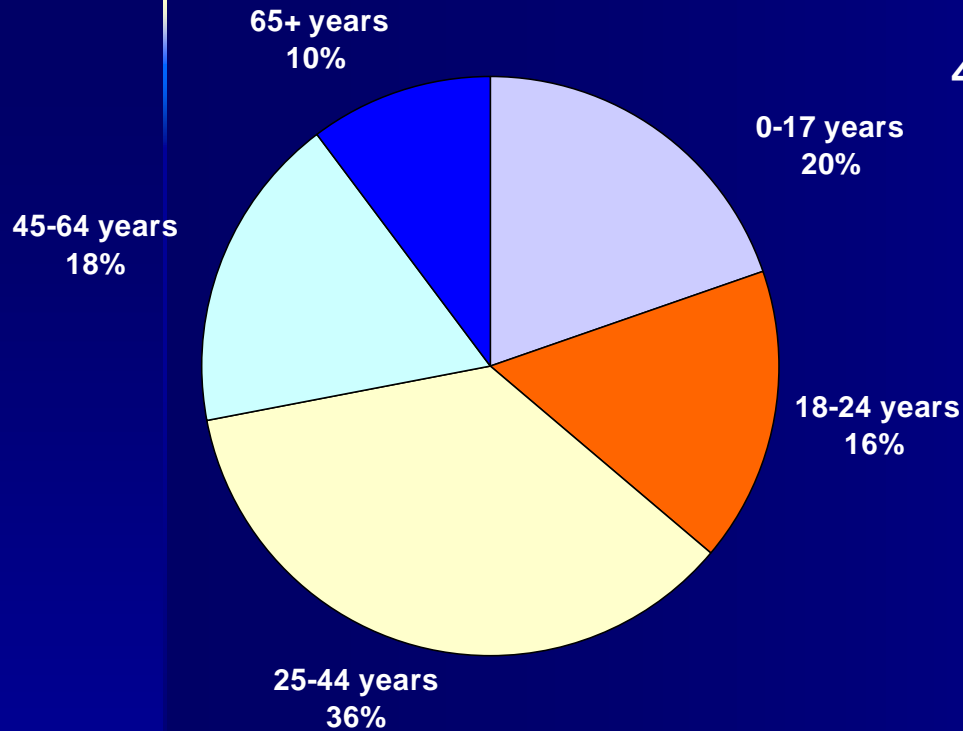


Population by Age

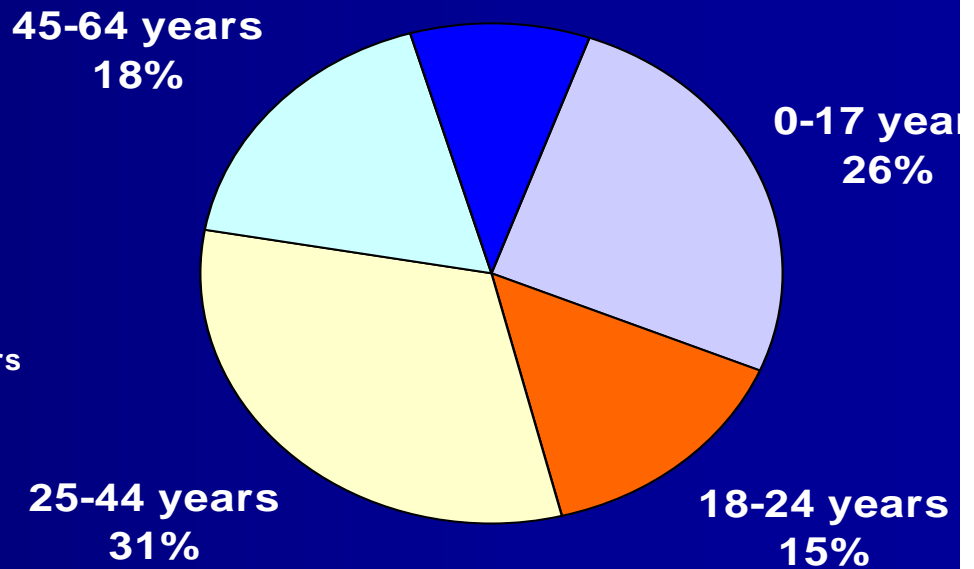
Boston and Roxbury, 2000

N=589,141

N=50,349



Boston



Roxbury

NOTE: Percentages may not total 100% due to rounding.

DATA SOURCE: US Department of Commerce, Bureau of the Census, American Fact Finder, Census 2000; DATA ANALYSIS: Boston Public Health Commission, Research Office

Socioeconomic Indicators

Boston and Roxbury, 2000

Indicator	Boston	Roxbury
Less than high school or GED	21%	29%
% of population below poverty level*	20%	29%
% of children (<18) below poverty level	26%	35%
% of adults (>65) below poverty level	18%	27%
Median household income (1999)*	\$39,629	\$26,515

*Based on income in 1999. DATA SOURCE: US Dept of Commerce, Bureau of the Census, American Fact Finder, Census 2000, Summary File-Sample Data

Key Health Issues

Leading Causes of Death

Roxbury, Age-Adjusted Rates, 2000-2002

	Cause	Rate per 100,000
1	Cancer	222.4
2	Heart Disease	212.9
3	Cerebrovascular	62.4
4	Injury (all combined)	55.9
5	Nephritis/Nephrosis	44.2
6	Diabetes	38.4
7	Septicemia	30.3
8	COPD	29.1
9	HIV / AIDS	25.4
10	Pneumonia & Influenza	25.1
11	Homicide	16.8
12	Suicide	5.2
	TOTAL (all deaths)	1022.7

DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health. Rates are calculated using the US Census 2000 for resident population
 DATA ANALYSIS: Boston Public Health Commission Research Office
 NOTE: Homicide and suicide deaths are also incorporated under "Injuries (all combined)"

6 Key Health Issues in Roxbury

1. Obesity
2. Cancer
3. Asthma
4. Substance Abuse
5. Violence
6. Maternal and Child

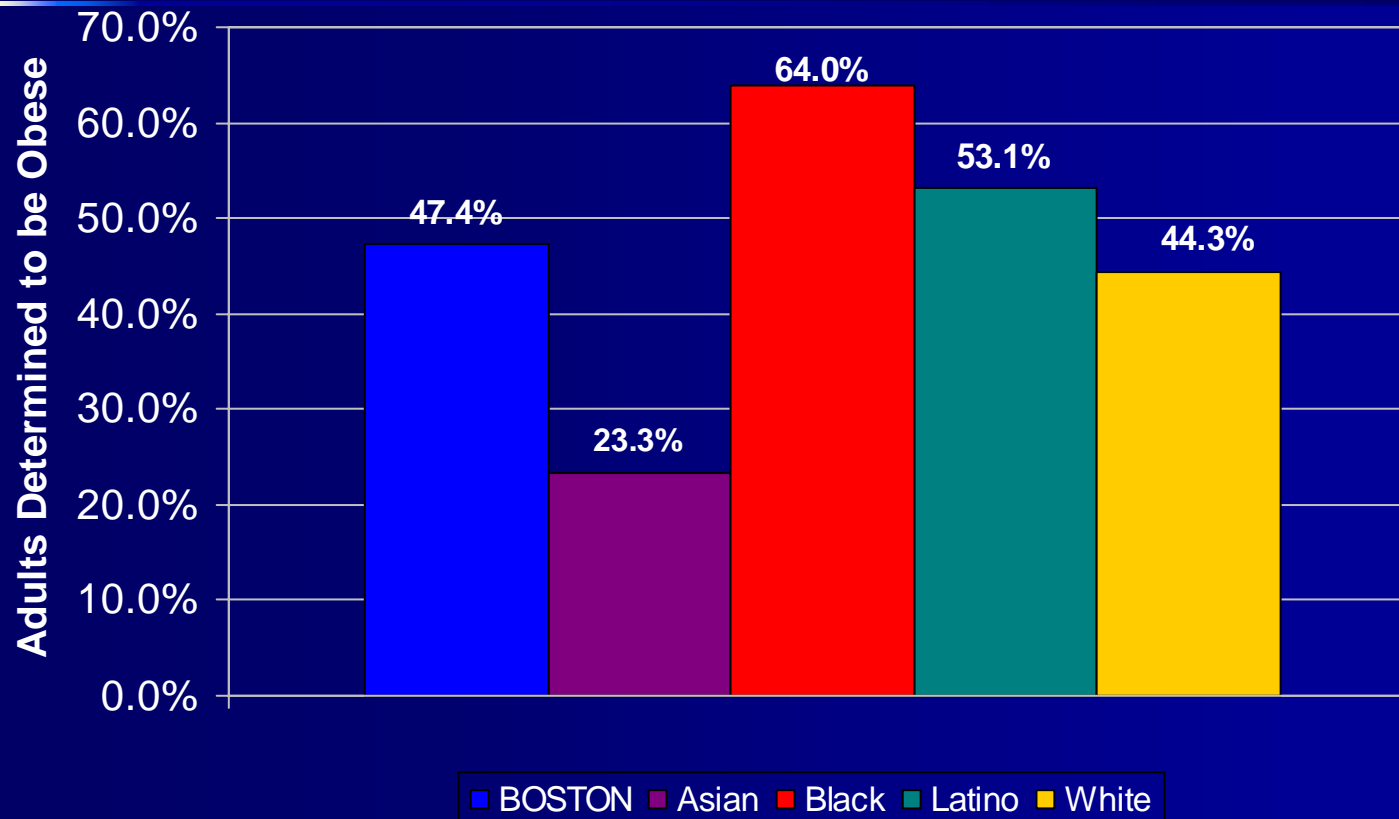
Obesity

What health problems does obesity make worse or cause?

- Diabetes
- High blood pressure
- High cholesterol
- Heart Disease/Stroke
- Asthma
- Arthritis
- Certain cancers (especially breast, uterus, colon, esophagus)

Obesity by Race/Ethnicity

Boston, 2001*

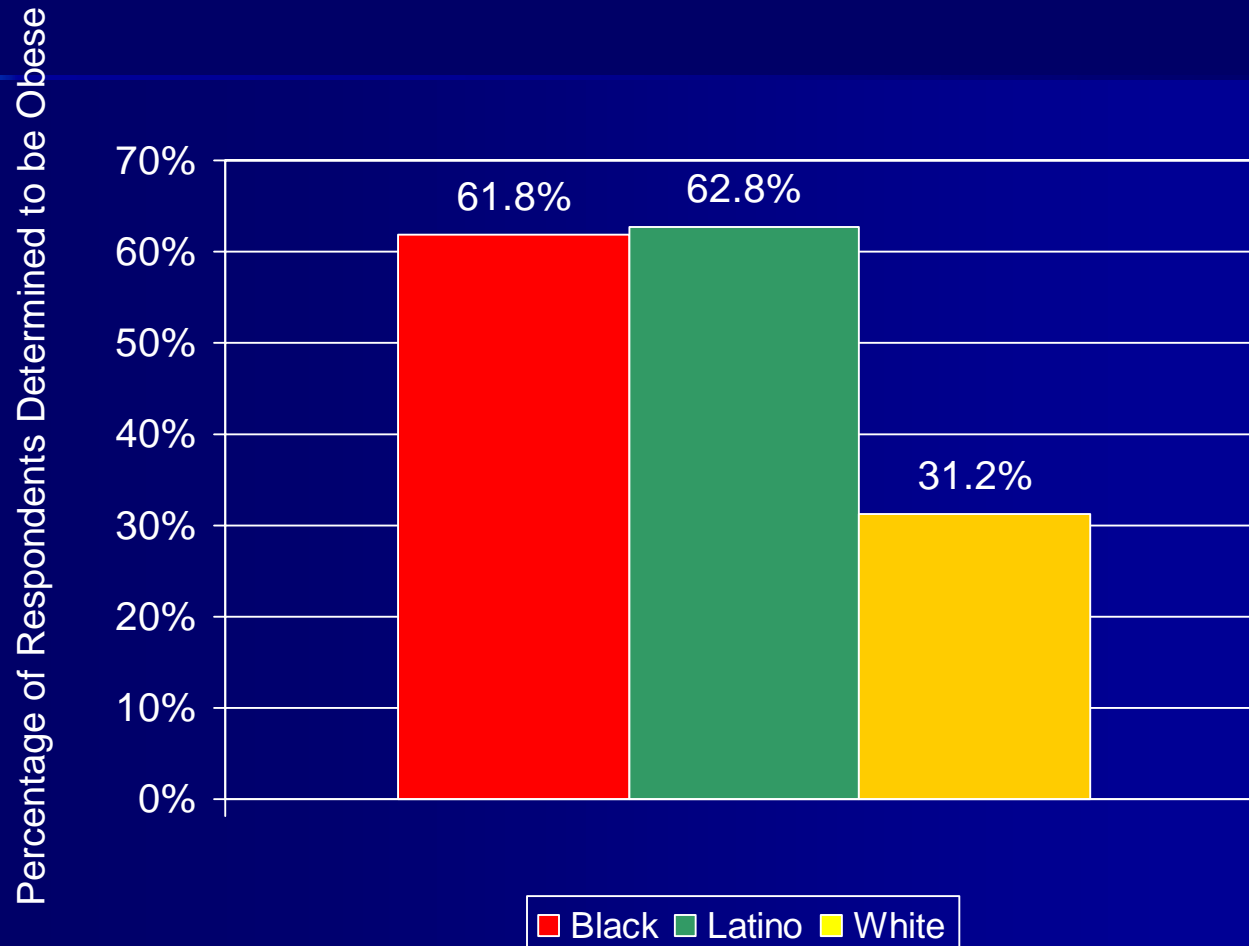


*Includes data collected from January 2001 through May 2001. The term "obesity" refers to all levels of excess weight combined. Blacks significantly different from Whites, Latinos, and Asians ($p < .05$). Latinos significantly different than Whites and Asians ($p < .05$)

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), 2001, Massachusetts Department of Public Health and Boston Public Health Commission. DATA ANALYSIS: Boston Public Health Commission Research Office

Obesity by Race/Ethnicity

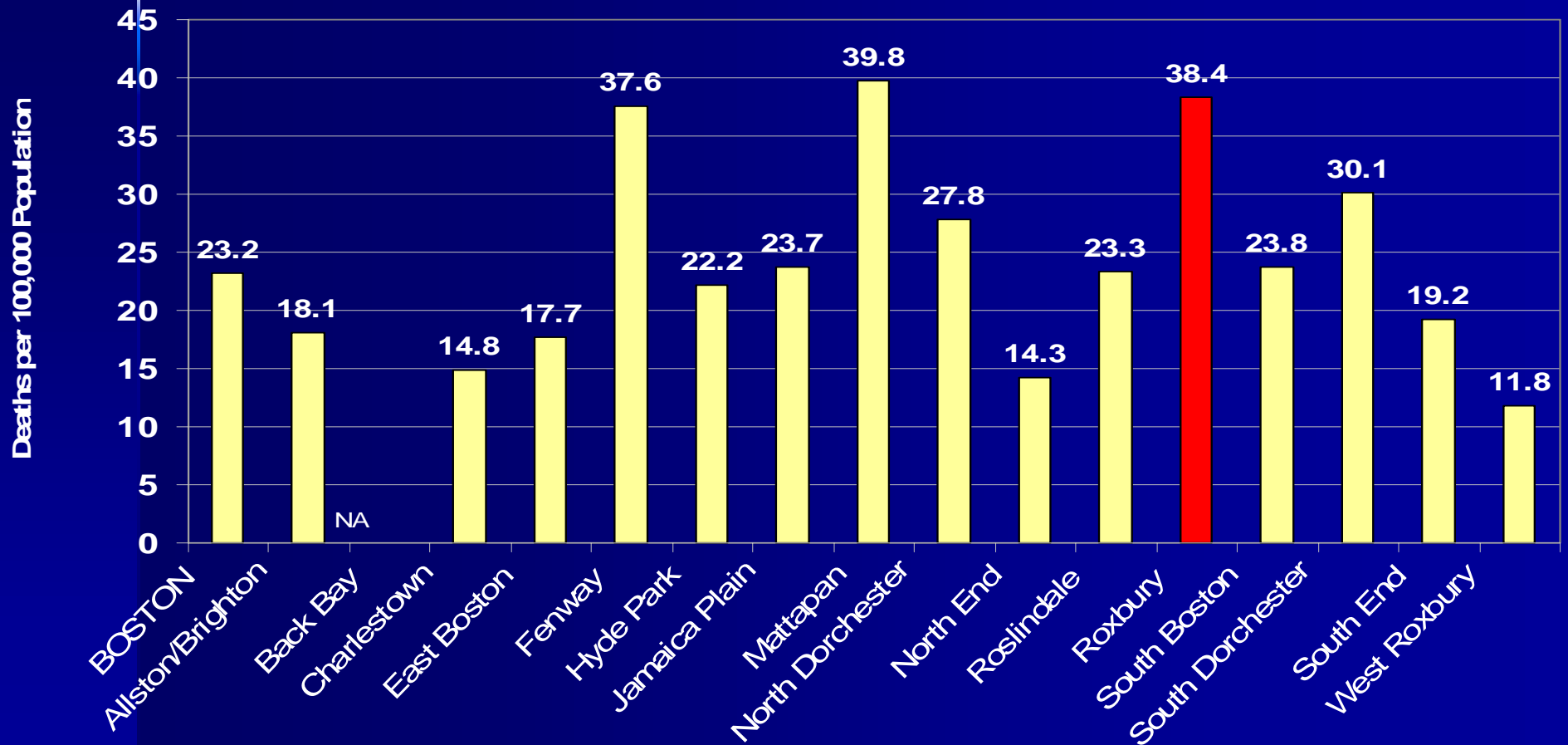
Roxbury, 1999-2001



NOTE: The term "obesity" refers to all levels of excess weight combined. Data for Asians not shown due to small sample size. Rates for Blacks and Latinos are significantly different from Whites ($p < .05$). DATA SOURCE: Behavioral Risk Factor Surveillance System 1999-2001, Massachusetts Department of Public Health. DATA ANALYSIS: Boston Public Health Commission Research Office

Diabetes Mortality

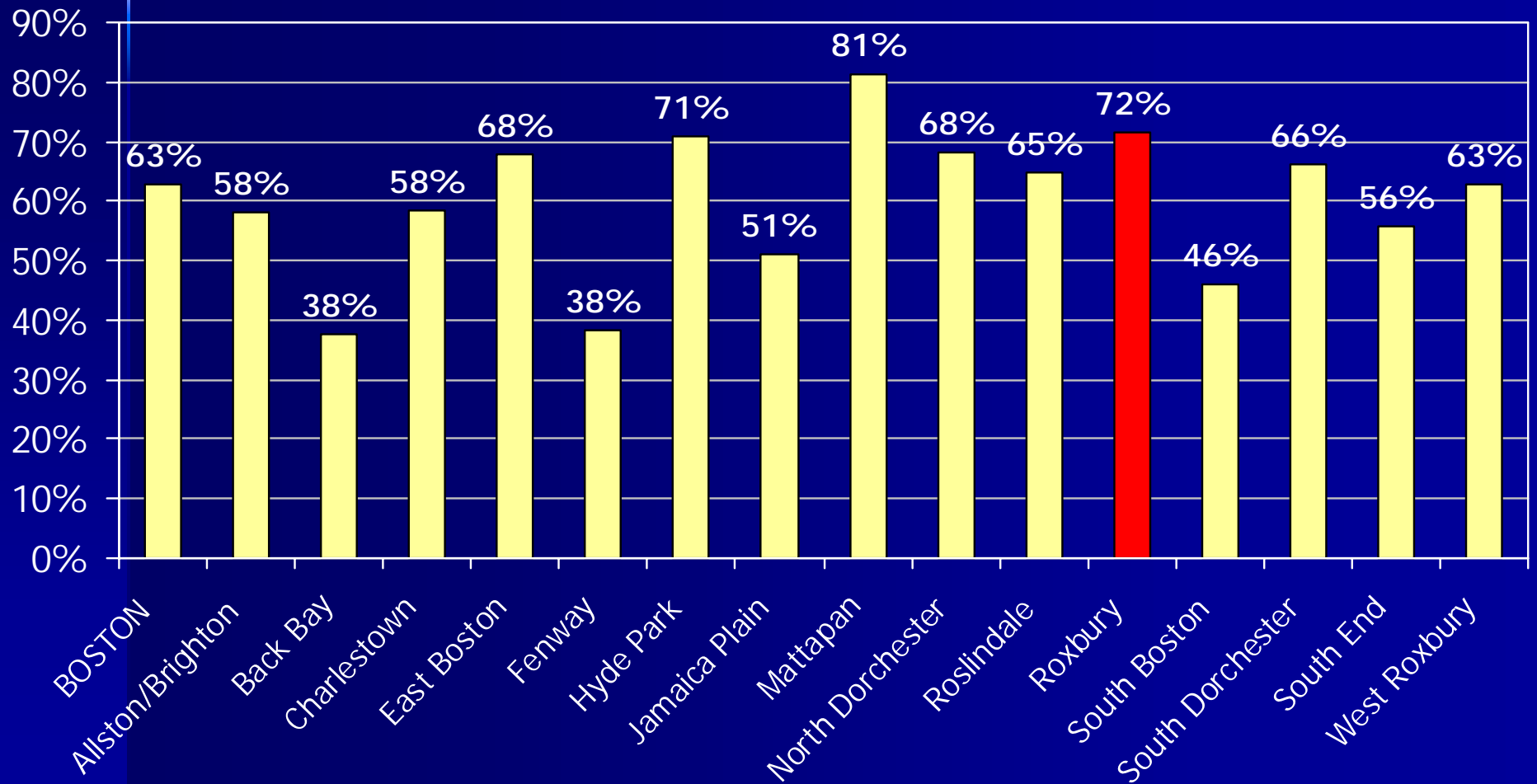
Age-Adjusted Rates by Neighborhood, 2000-2002



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

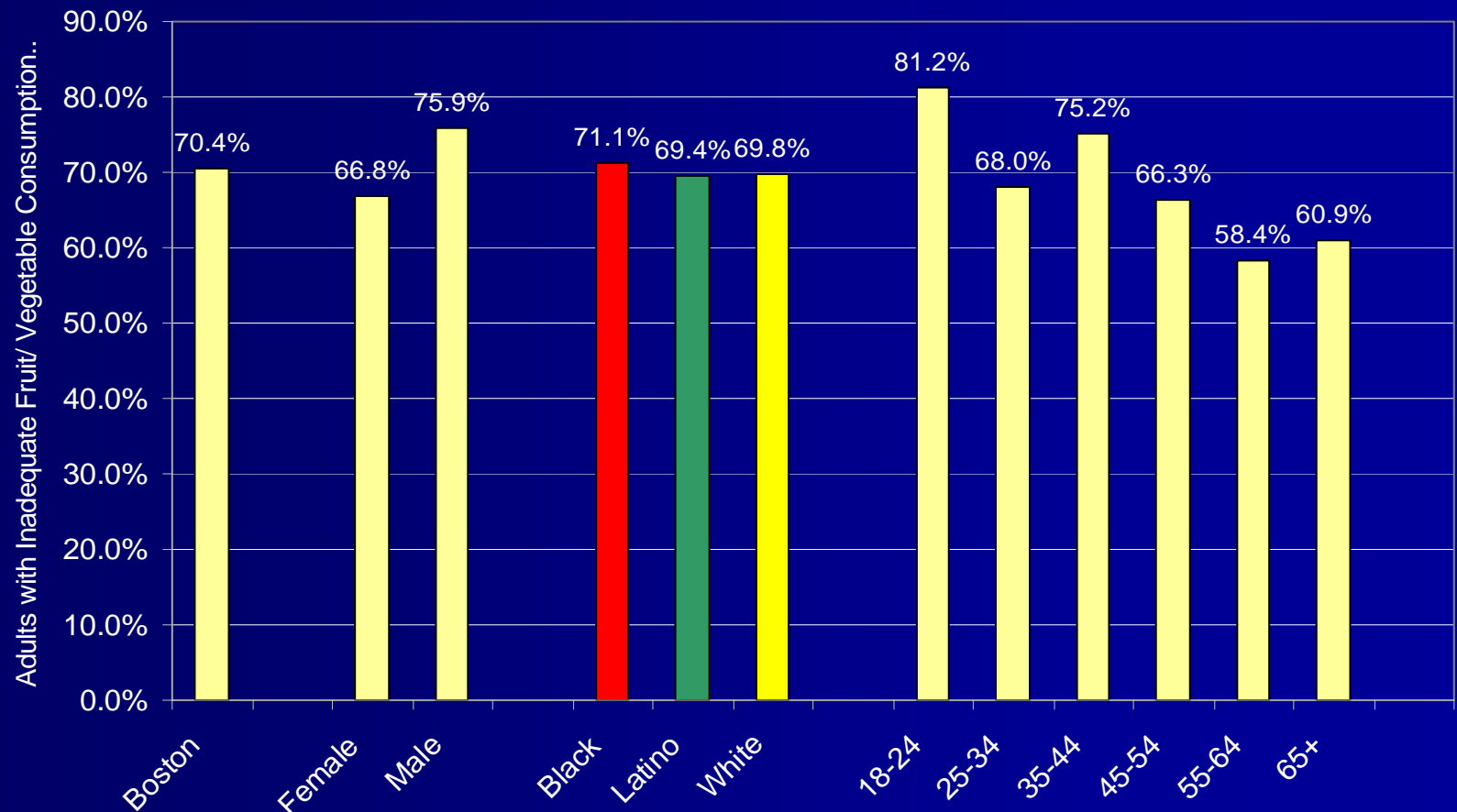
Inadequate Physical Activity

Boston, 2000-2001 by Neighborhood *



Adults With Inadequate Fruit and Vegetable Consumption

by Gender, Age, and Race/Ethnicity, Boston, 2000



NOTE: "Inadequate" defined as less than recommended daily amount of five or more servings. No significant difference found by race/ethnicity ($p < .05$).
 DATA SOURCE: Behavioral Risk Factor Surveillance System, 2000, Massachusetts Department of Public Health. DATA ANALYSIS: Boston Public Health Commission

What Can Be Done About It?

- Focus on eating healthy foods
- Avoid sugary sodas, snack foods
- Reducing portion sizes and eating smaller more frequent meals
- Exercise daily – walking is safe and effective
- Talk to your primary care doctor
- Boston Steps Program



NeighborWalk

Roxbury

- Bethel Baptist Church (St. James St.)
- Boston Black Women's Health Institute (John Eliot Sq.)
- Hawthorne Youth and Community Center (Fulda St.)
- Holy Temple Church (Lambert Ave.)
- Roxbury Comprehensive Community Health Center (Warren St.)
- Whittier St. Health Center (Tremont St.)
- Youth on the Move (Magazine St.)

NeighborWalk

Mission Hill

- Mission Main Resident Services Corporation (Smith St.)
- Roxbury Tenants of Harvard Association (New Whitney St.)

Grove Hall (02121)

- Franklin Park Development Tenants Association (Humboldt Ave.)
- Project RIGHT (Blue Hill Ave.)
- Sonoma Maple Schuyler Tenants Association (Maple Ct.)

Steps to Wellness Programs

Small grants to implement a weekly physical activity program that also includes nutrition and other health education.

- Boston Black Women's Health Institute
- Dimock CHC (Dimock St.)
- Hawthorne Youth and Community Ctr.
- Roxbury Comprehensive CHC (meets in Dorchester)
- Urban Edge (Columbus Ave.)

Healthy Neighborhoods Advocates

Support for CBOs to address community capacity for healthy eating, physical activity, or healthy environment for people with asthma.

- ACE /Alternatives for Community and Environment (Washington St.)
- Bethel Baptist Church (St. James St.)

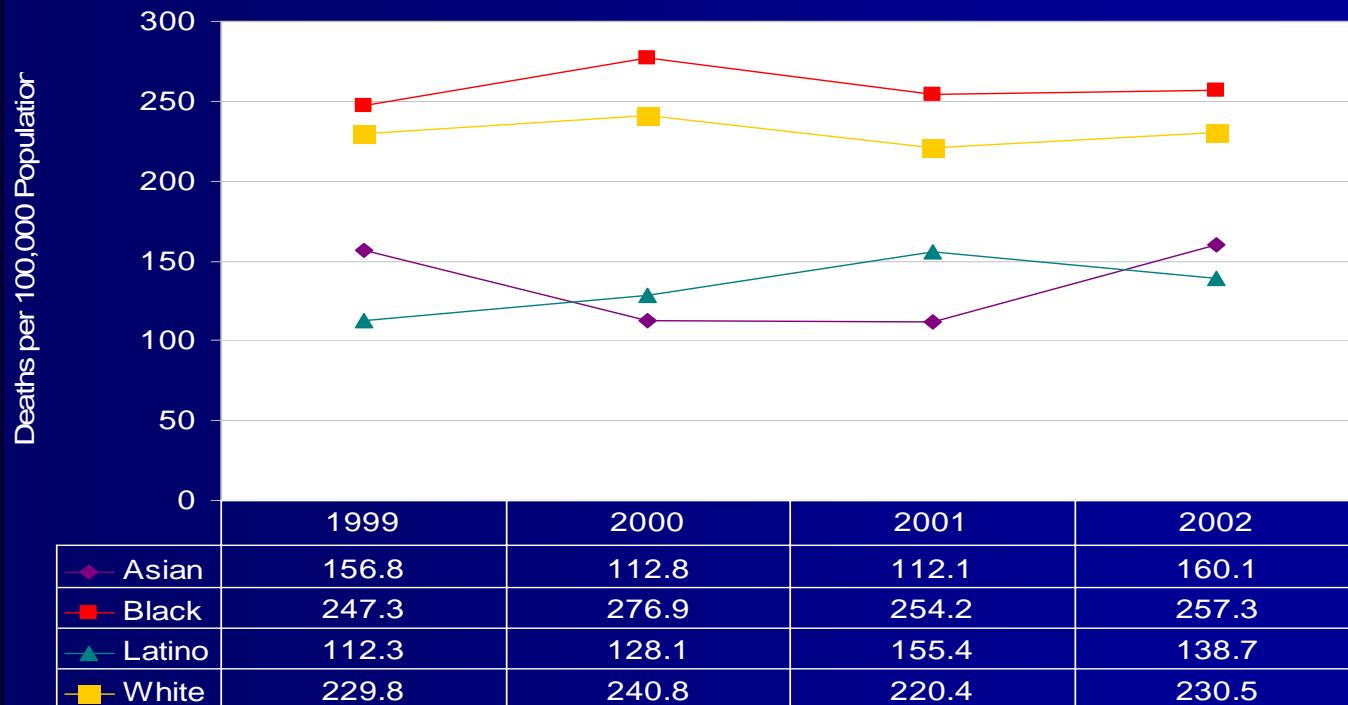
Cancer

What increases the chances of getting of cancer?

- Smoking
- Excessive alcohol
- Family History
- Excessive exposure to sunlight
- Exposure to certain cancer causing chemicals
- Some viruses or other germs (like HIV, HPV or Chlamydia)
- Certain hormones or medications
- Age

Cancer Mortality

Age-Adjusted Rates by Race/Ethnicity and Year, Boston, 1999-2002



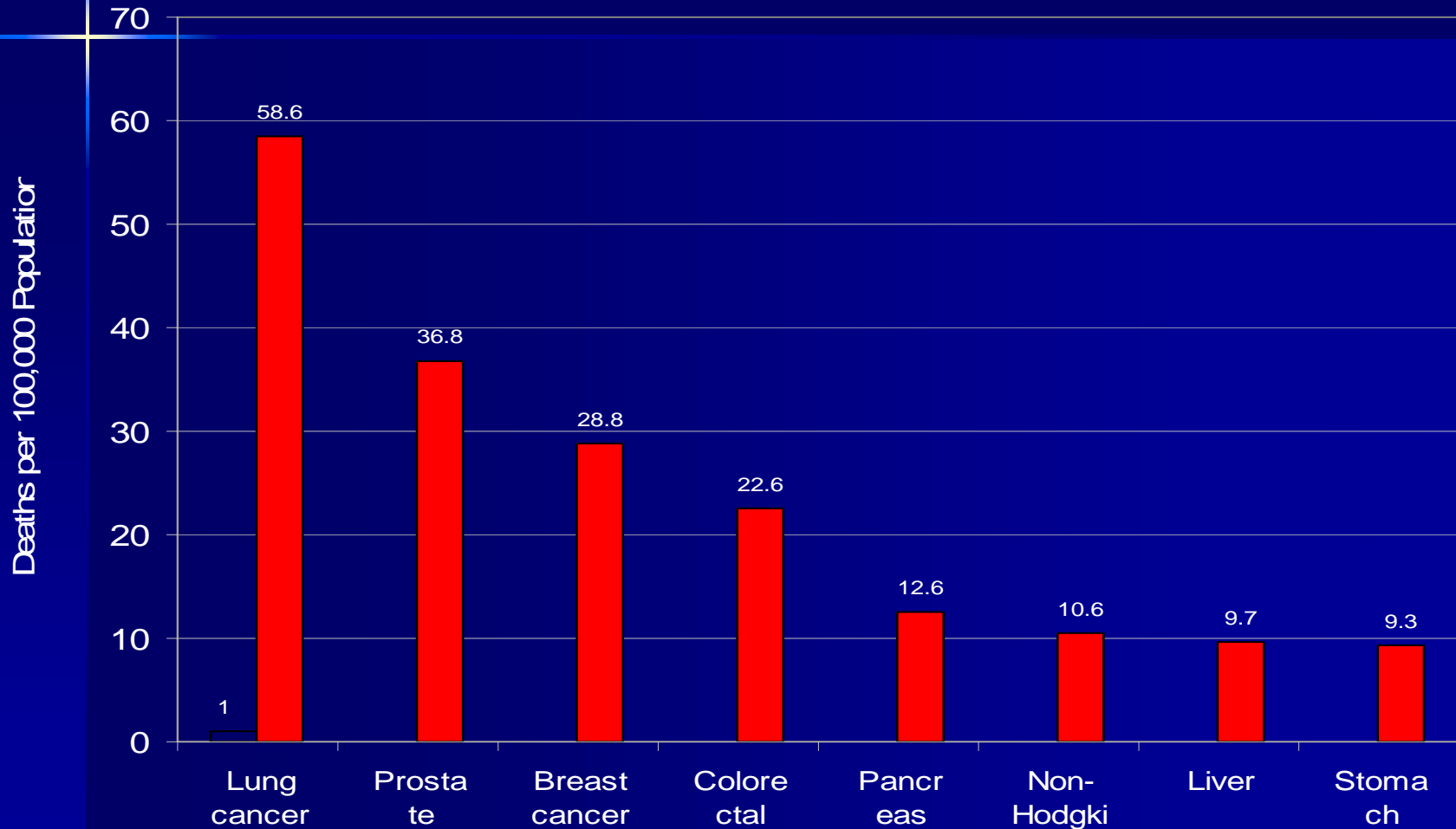
NOTE: In 2002, the rates for Asians and Latinos were significantly lower than the rates for Blacks and Whites ($p < .05$).

DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health

DATA ANALYSIS: Boston Public Health Commission Research Office

Leading Causes of Cancer Mortality

Age-Adjusted Rates, Roxbury & Boston, 2000-2002



NOTE: Boston excludes Roxbury

DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health

What Can Be Done About It?

- Don't smoke
- Avoid excess intake of alcohol
- Maintain a normal weight with exercise and a diet that is low in fat and high in fruits and vegetables
- Avoid excessive sun exposure
- Get regular cancer screening – especially breast, colon, prostate, skin
- Join community efforts to promote health & combat cancer

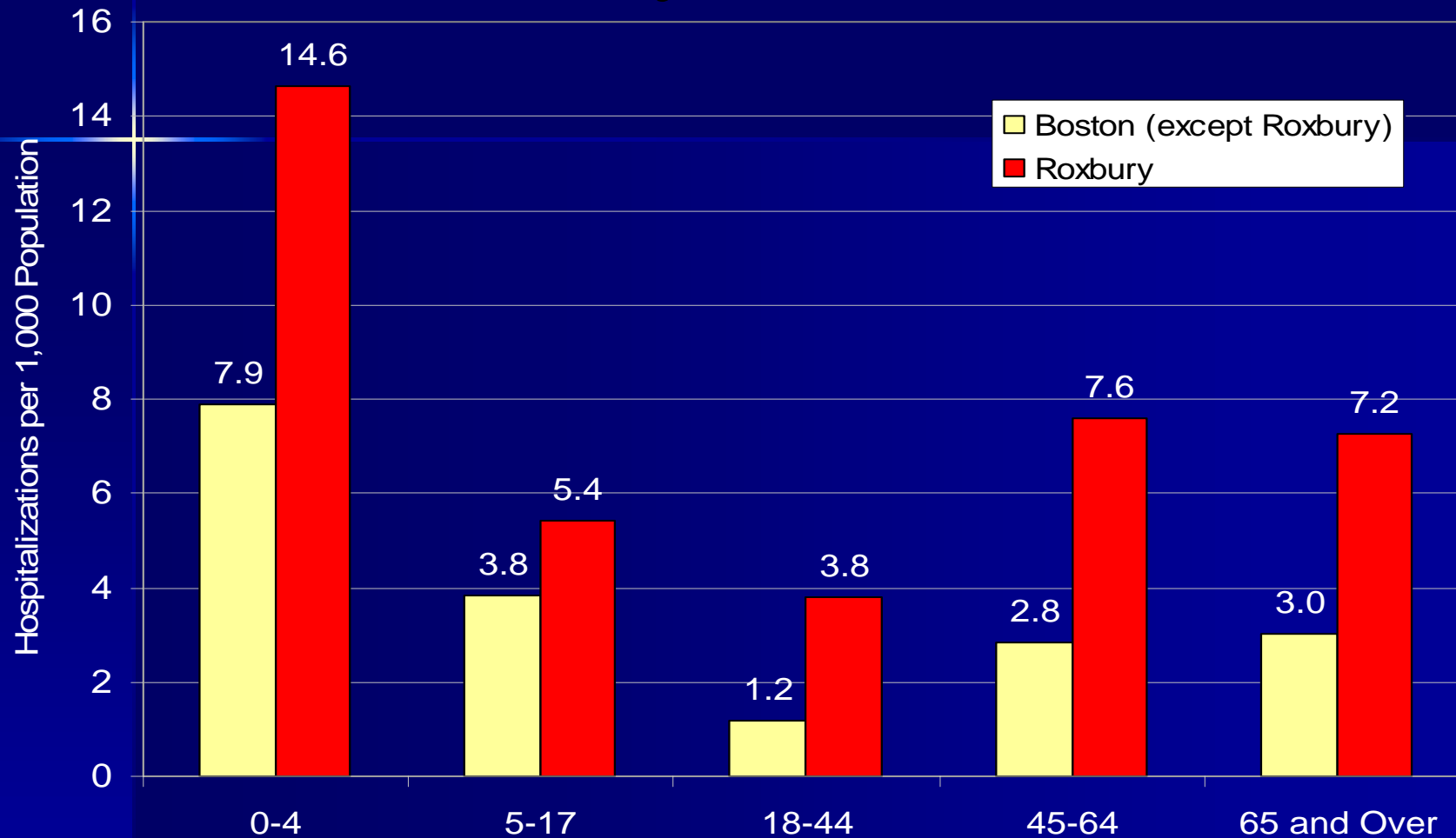
BPHC Health Initiatives

- **Cancer program** – Screening and education about cancer
- **Steps to a Health Boston** – walking groups, smoking cessation
- **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 Hospitalization Rates

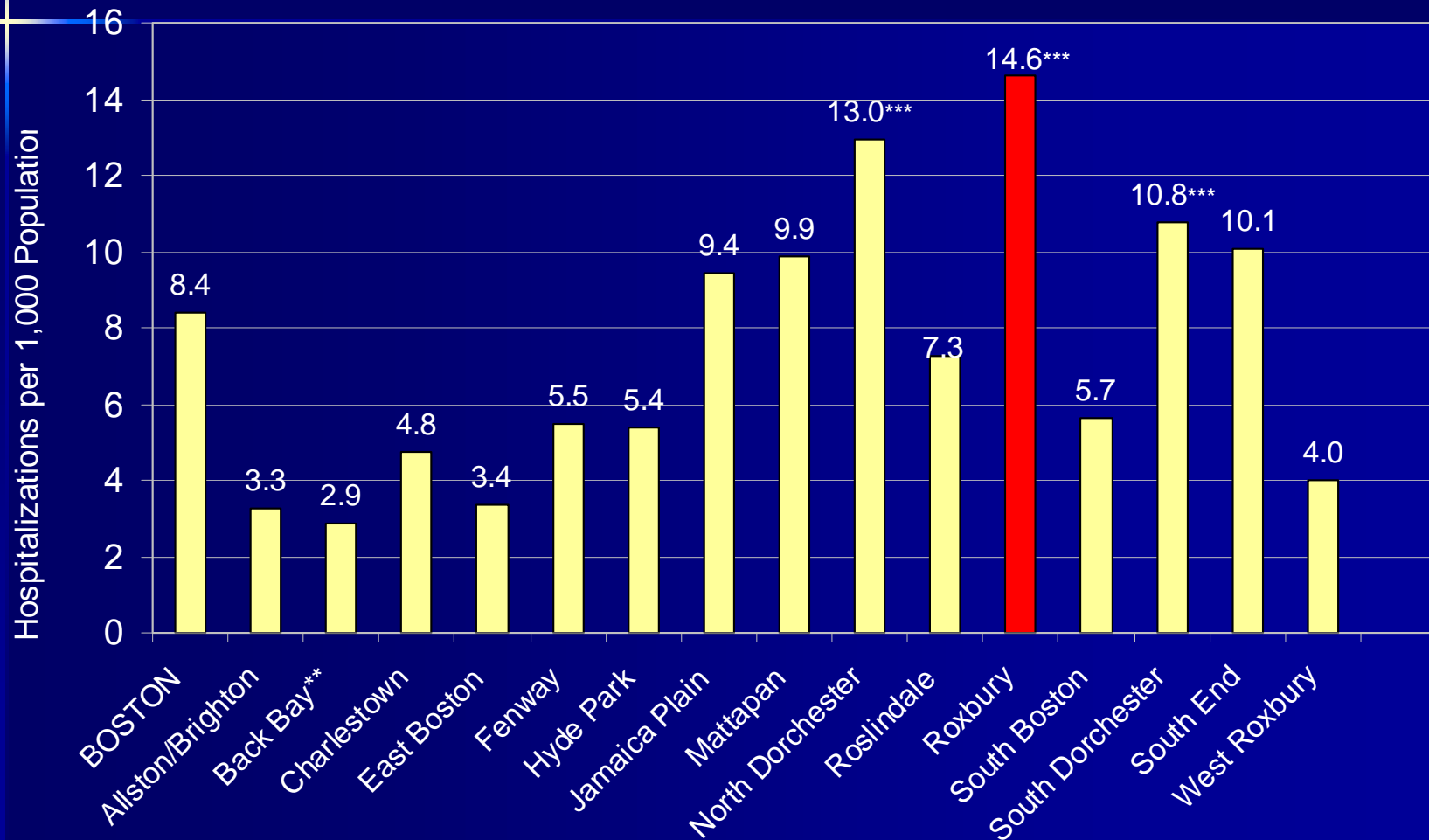
Boston* and Roxbury, 1998-2002



* Excluding Roxbury DATA SOURCE: Acute Care Hospital Case Mix files, Massachusetts Division of Health Care Finance and Policy. DATA ANALYSIS: Boston Public Health Commission Research Office

Asthma Hospitalizations

Children Under Age 5 by Neighborhood, Boston, 1998-2002



** Includes the North End *** Significantly different from Boston overall ($p < .05$). DATA SOURCE: Acute Care Hospital Case Mix files, Massachusetts Division of Health Care Finance and Policy. DATA ANALYSIS: Boston Public Health Commission Research Office

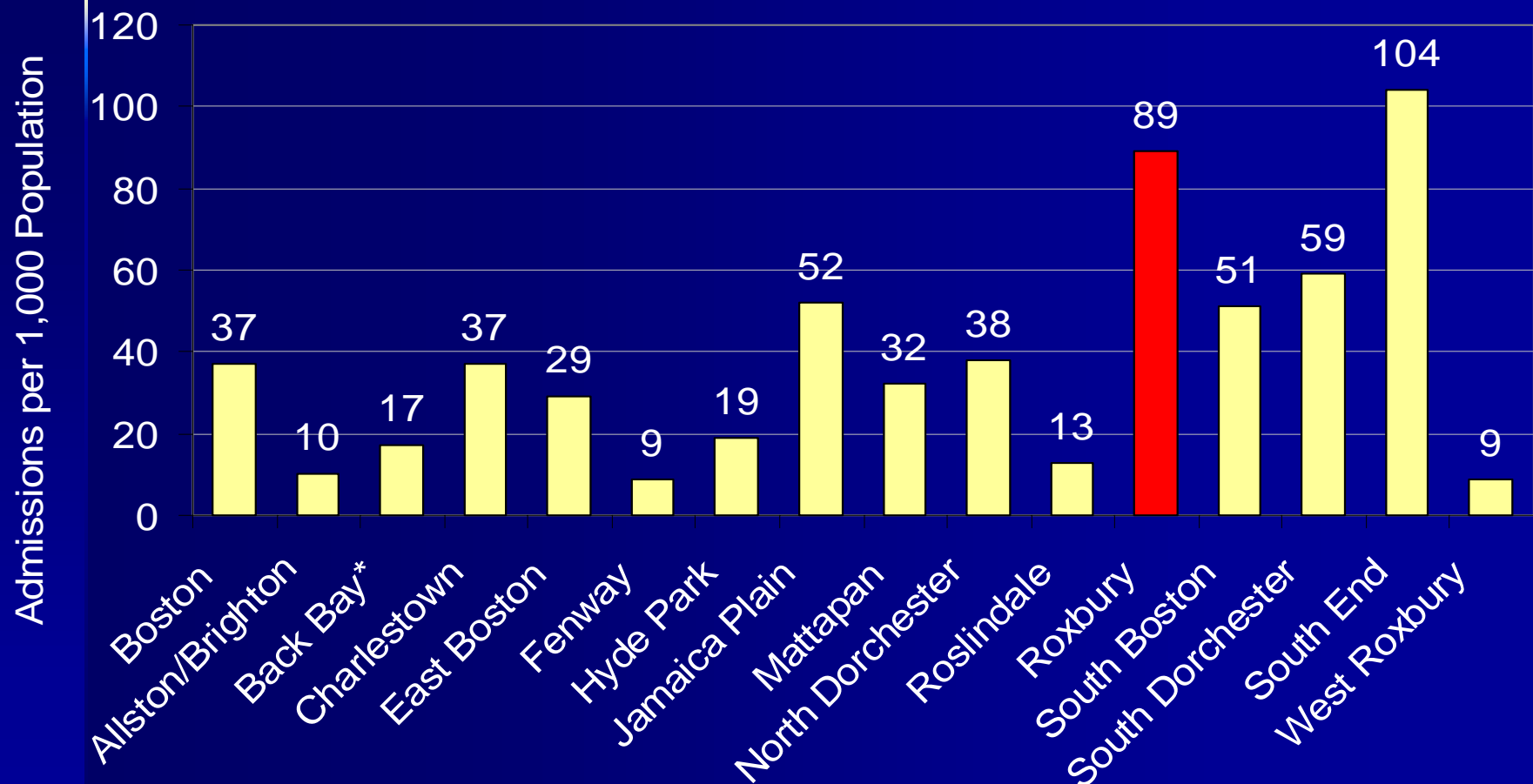
What Can Be Done About It?

- 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

Substance Abuse

Substance Abuse Treatment

Admission rates into publicly funded sites by neighborhood, Boston, July 2001-June 2002



NOTE: North End data have been incorporated with Back Bay data. DATA SOURCE: Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Substance Abuse Management Information System (SAMIS). Percentages for Boston neighborhoods are calculated using 1 for resident population by zip code. DATA ANALYSIS: Boston Public Health Commission Research Office

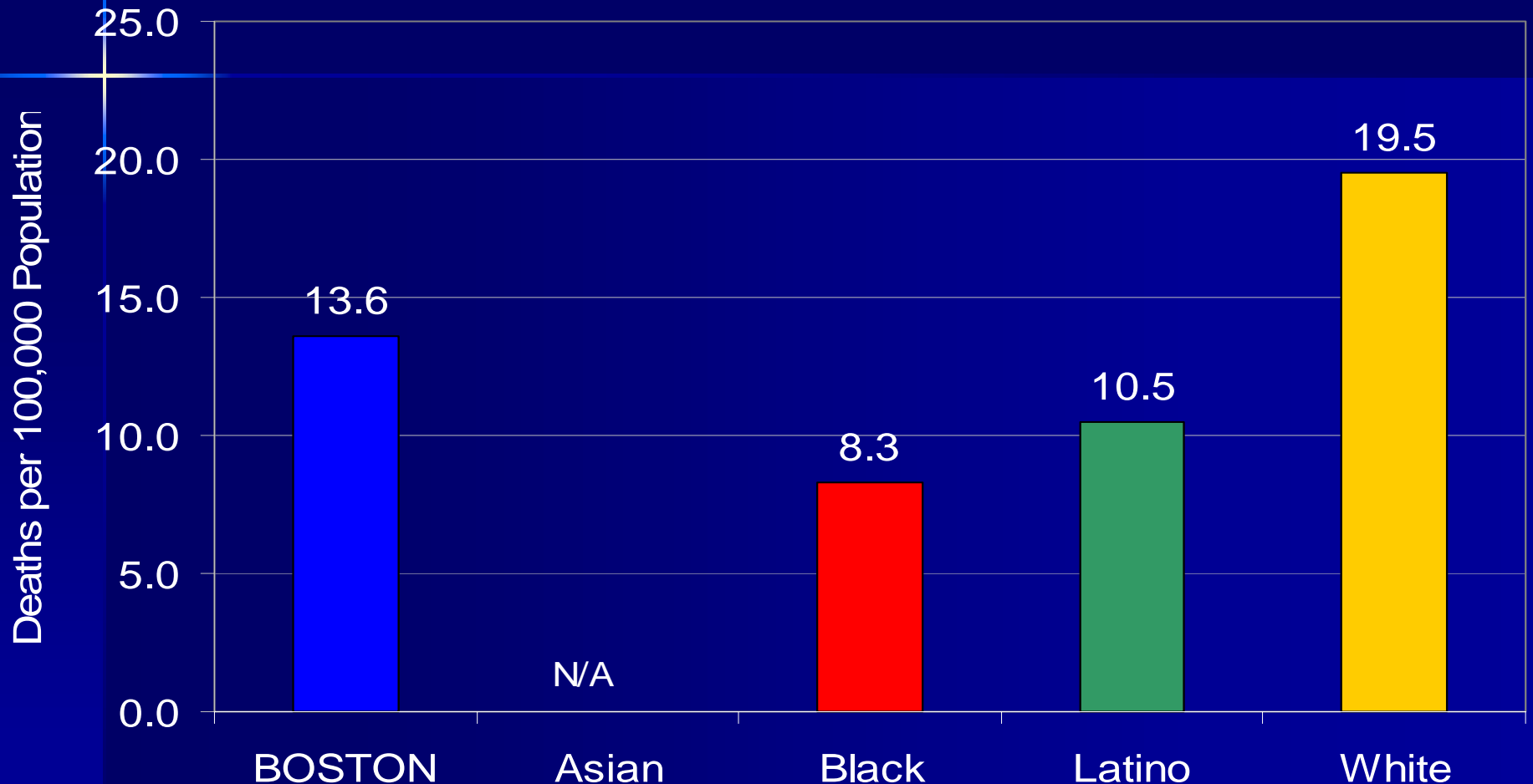
Drug use among youth

(from YRBS, 2001)

- 43% of Boston high school students reported lifetime illegal drug use.
- 24% of Boston high school students reported past month illegal drug use.
- 74% of Boston high school students reported lifetime alcohol use (other than few sips for religious purposes).
- 42% of Boston high school students reported past month alcohol use.

Drug Abuse Mortality

Age-Adjusted Rates by Race/Ethnicity, Boston, 2002



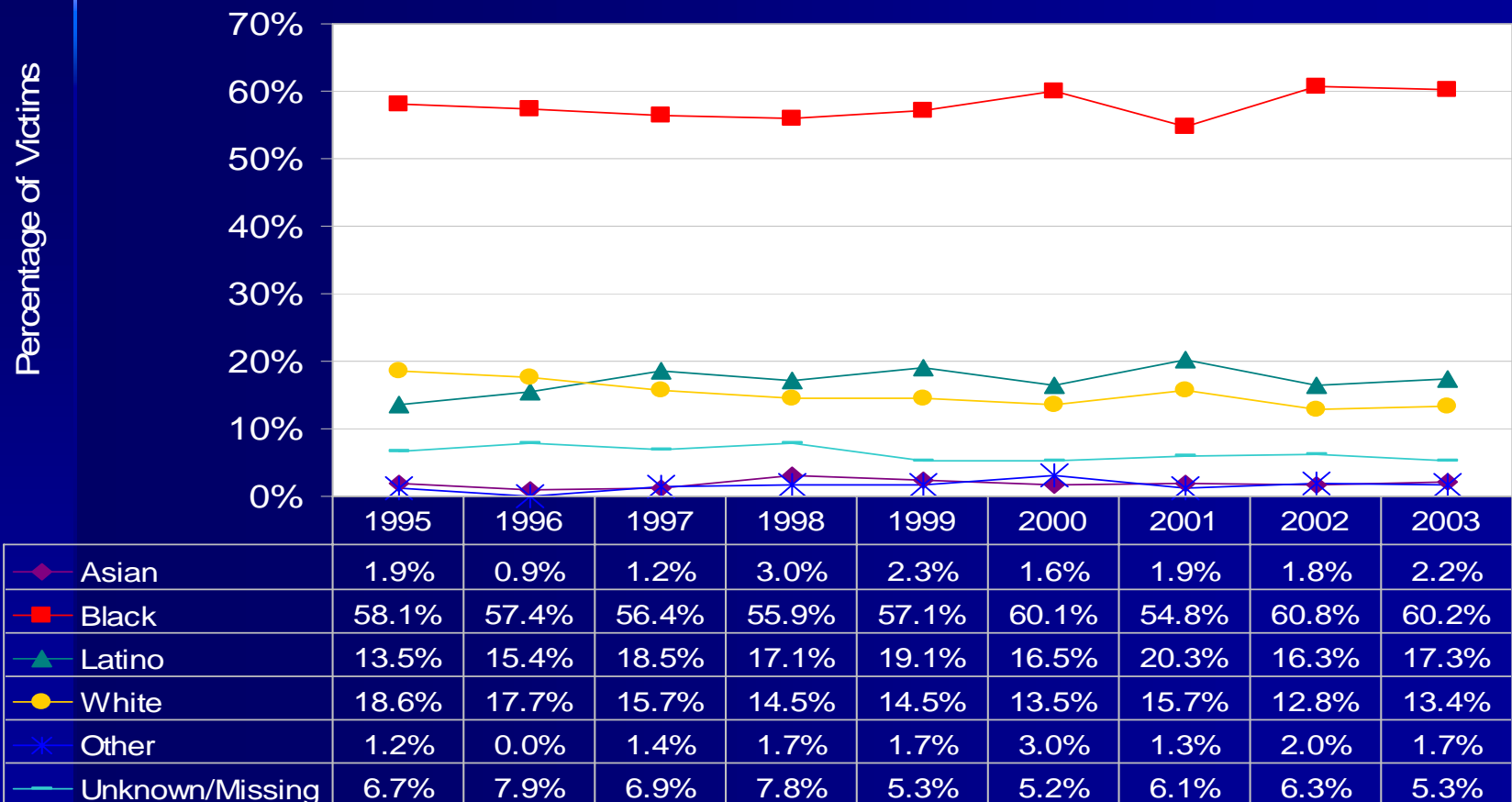
NOTE: Rate for Whites is statistically different from rate for Boston overall; no other differences by race/ethnicity are significant ($p < .05$).
DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About Substance Abuse?

- Substance Abuse Services Central Intake Unit, (617) 534-5554
- Entre Familia/Moms Project – programs for women in recovery
- Roxbury Substance Abuse Treatment Programs
 - Dimock Health Center
- Advocate for increased state funding for substance abuse treatment programs

Violence and Trauma

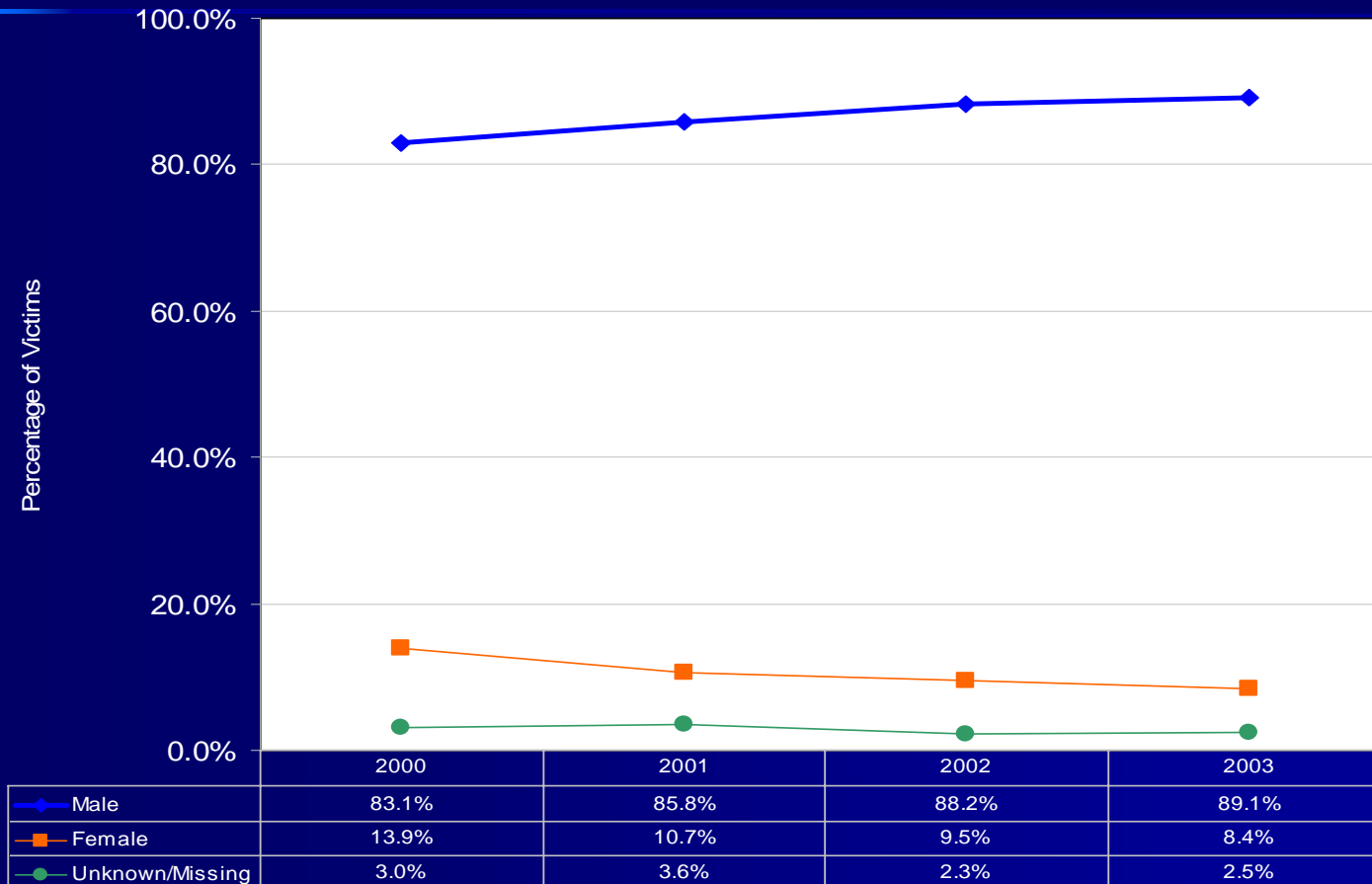
Victims of Non-Fatal Assault-Related Gunshots & Stabbings by Race/Ethnicity and Year, Boston, 1995-2003



DATA SOURCE: Weapon-related injuries. Massachusetts Department of Public Health, Weapon-Related Surveillance System
 DATA ANALYSIS: Boston Public Health Commission Research Office

Victims of Non-Fatal Gunshot & Stabbing Injuries

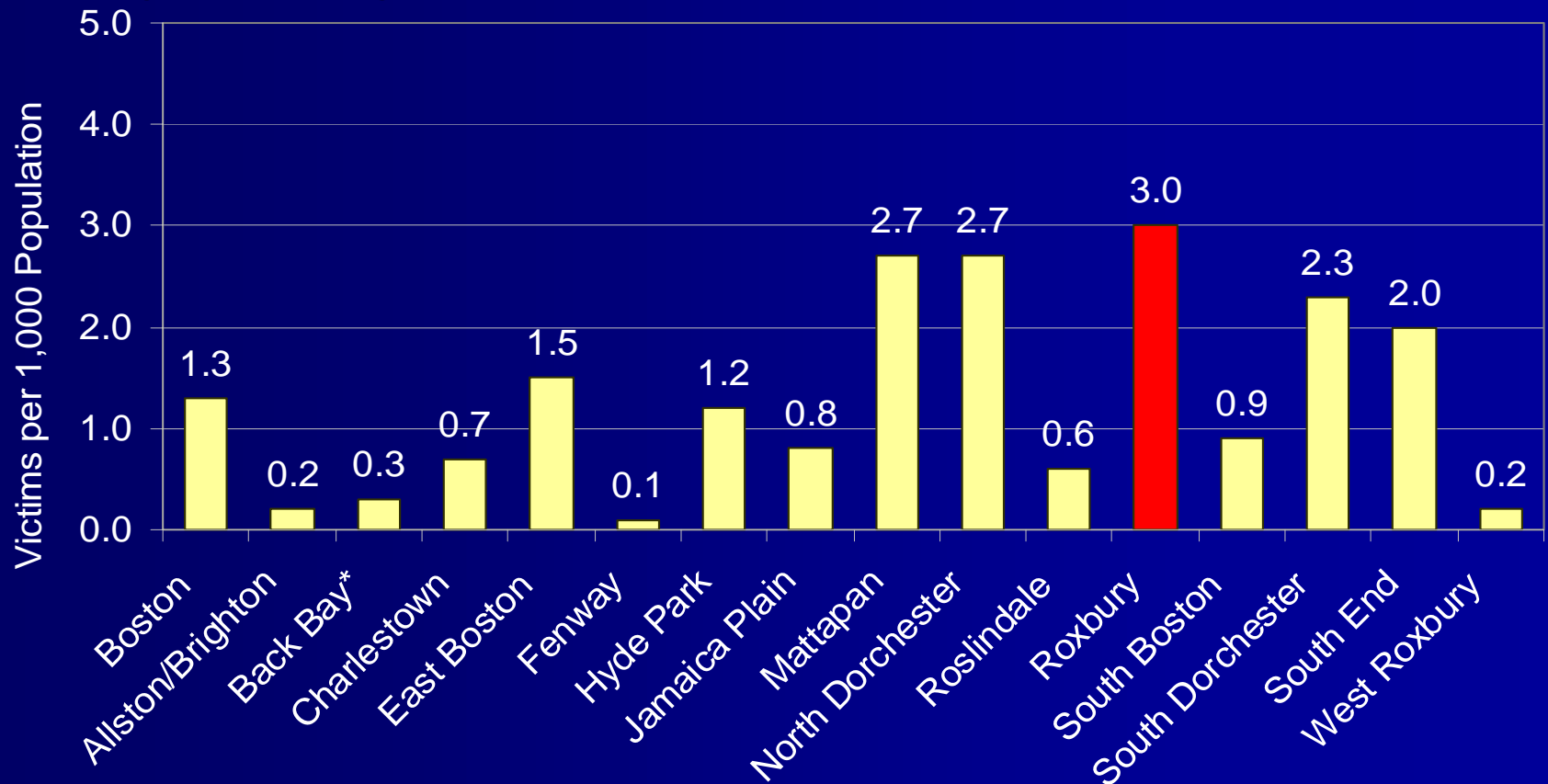
by Sex and Year, Boston, 2000-2003



DATA SOURCE: Weapon-related injuries. Massachusetts Department of Public Health, Weapon-Related Surveillance System
 DATA ANALYSIS: Boston Public Health Commission Research Office

Non-Fatal Assault-Related Gunshot and Stabbings

by Neighborhood, Ages 15-44, Boston, June 2000-June 2003
Average Annual Age-Specific Rates



NOTE: * Back Bay includes Beacon Hill, Downtown, and the North End. DATA SOURCE: Massachusetts Department of Public Health, W Injury Surveillance Program (WRISS). Percentages for Boston neighborhoods are calculated using the US Census 2000 for resident population. DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About Violence and Trauma?

- Improve the health and well being of adolescents
 - Adolescent Wellness Program
 - BAHEC/Y2H (Youth to Health Careers)
 - Boston HealthCREW
- Trauma Treatment
 - Referral through the Mayor's Health Line 617-534-5050
- Father Friendly Initiative
 - Help to non-custodial fathers
 - Help for men coming out of jail
- Substance Abuse Treatment
 - Substance Abuse Services Central Intake

Prematurity and Infant Mortality

Very Low Birthweight, Preterm Birth and Infant Mortality

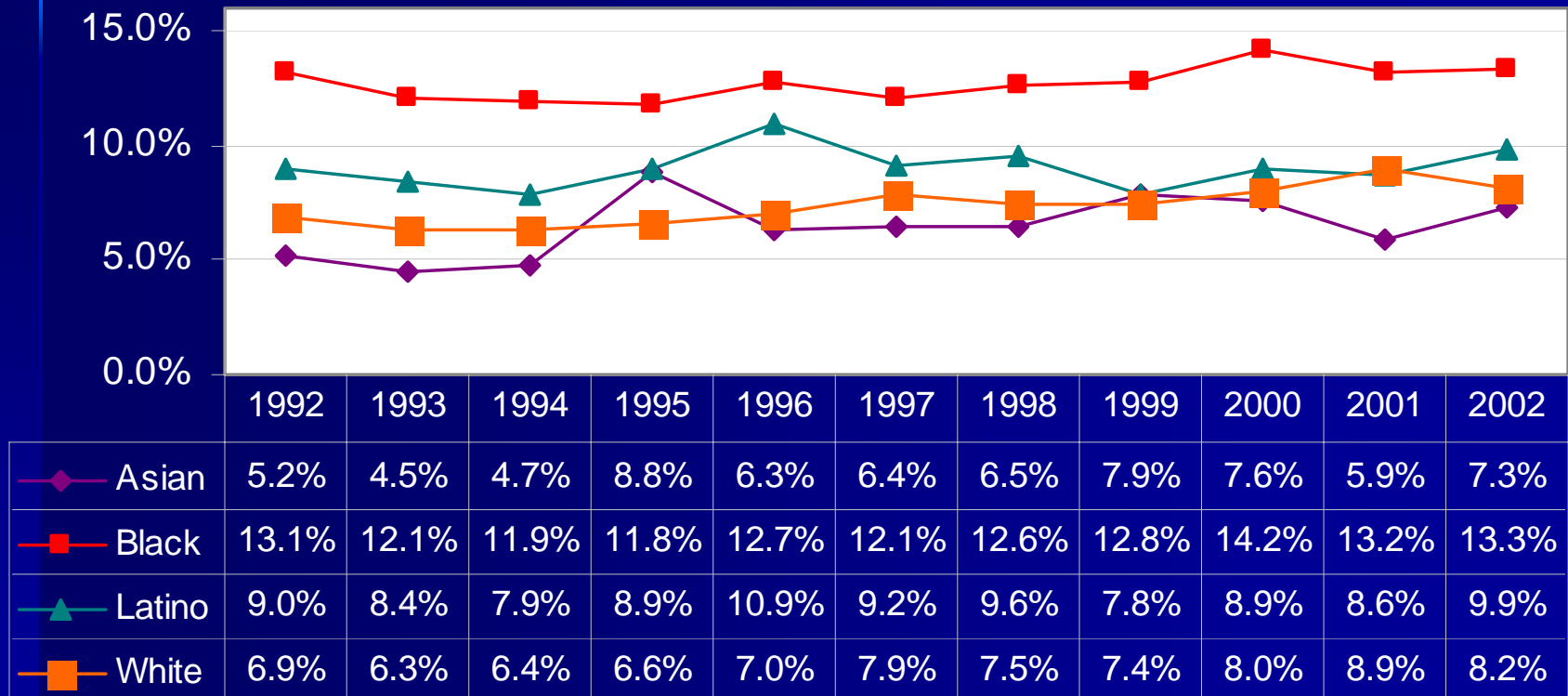
What are the causes?

- Maternal age
- Education
- Poverty
- Poor nutrition
- Cigarette smoking, and the use of alcohol and drugs
- Quality of and access to health care
- Inadequate prenatal care
- Multiple births
- Preeclampsia
- Stress

Preterm Births

by Race/Ethnicity, Boston, 1992-2002

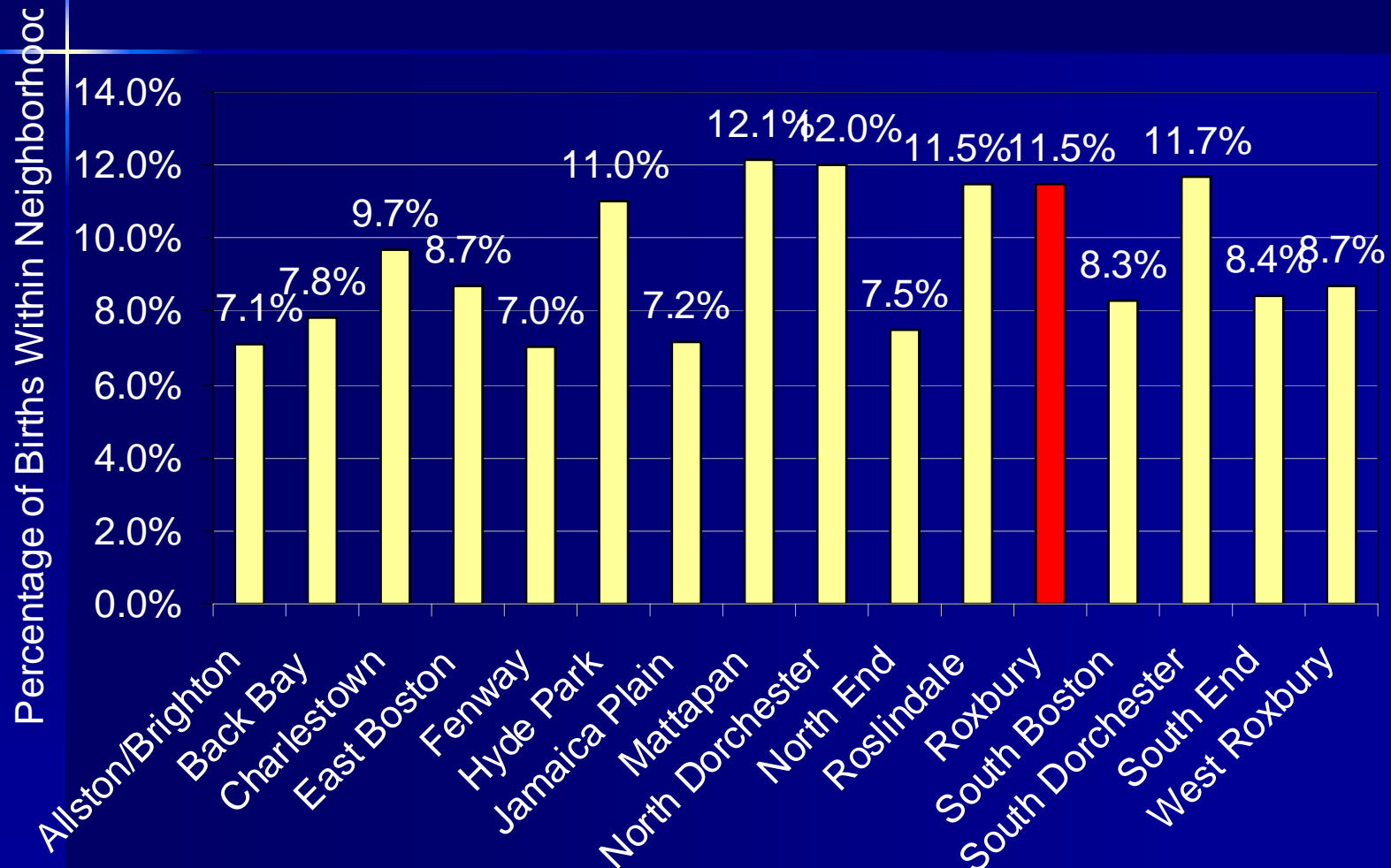
Percentage of Births Within Race/Ethnicity



NOTE: In 1992-2002, the pre-term birth rates of Blacks were significantly higher than those of other races/ethnicities. DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health DATA ANALYSIS: Boston Public Health Commission Research Office

Preterm Births

by Neighborhood, Boston, 2002

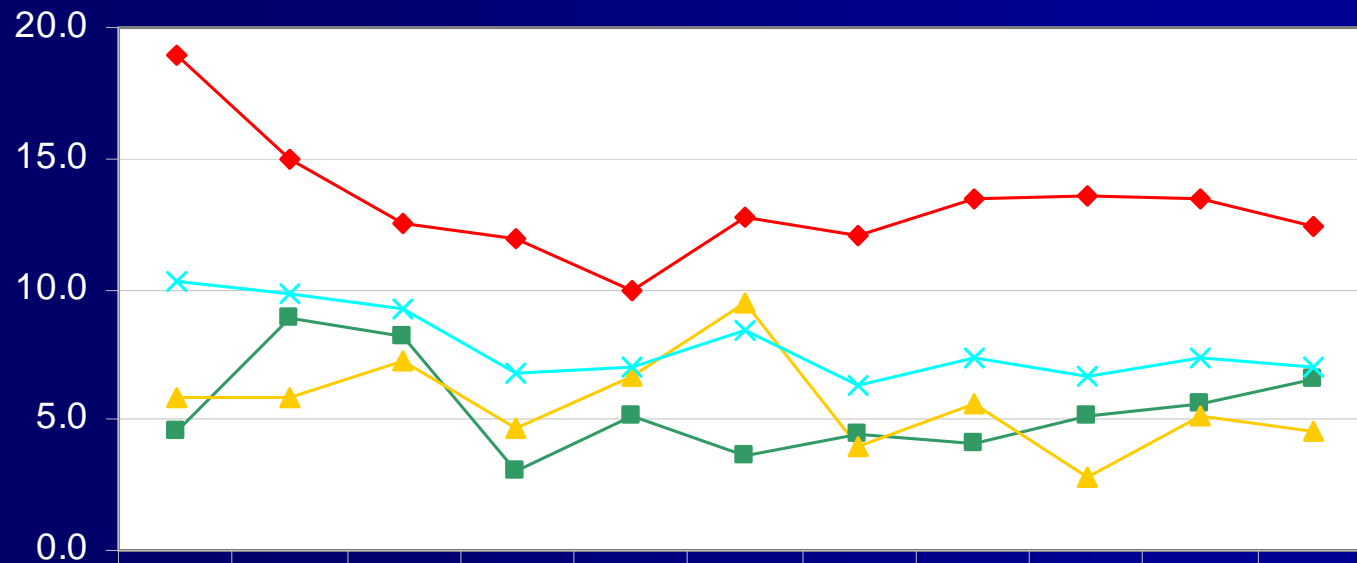


DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health. DATA ANALYSIS: Boston Public Health Commission

Infant Mortality Rates

by Race/Ethnicity and Year, Boston, 1992-2002

Deaths per 1,000 Live Births
Within Race/Ethnicity



	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
◆ Black	19.0	15.0	12.5	11.9	9.9	12.8	12.0	13.5	13.6	13.5	12.4
■ Latino	4.6	8.9	8.2	3.0	5.2	3.6	4.5	4.1	5.1	5.6	6.5
▲ White	5.9	5.9	7.2	4.7	6.7	9.5	4.0	5.6	2.8	5.1	4.6
× BOSTON	10.3	9.8	9.2	6.8	7.0	8.4	6.3	7.4	6.7	7.4	7.0

NOTE: In 2002, the IMR for Black infants was significantly higher than the IMR for White infants. DATA SOURCE: Boston resident deaths and live births, Massachusetts Department of Public Health DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About It?

- **Improve the health of** women before they get pregnant
- **Discourage smoking/alcohol use** during pregnancy
- **Good prenatal care** to detect medical problems
- **Substance abuse treatment** for women who have addictions
- **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
- Mayor's Health Line
- BAHEC/Youth to Health Careers
- Adolescent Wellness Program
- Central Intake Unit, (617) 534-5554