Community Meetings 2004

Health Status Report for Roxbury

December 7, 2004

Presented by the

BOSTON PUBLIC HEALTH COMMISSION

Thomas M. Menino, Mayor
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Roxbury Community
Meeting 2004

MAP PREPARATION:
Boston Public Health Commission Research Office
Racial and Ethnic Makeup

Boston and Roxbury

Boston
- Black, 24%
- Latino, 14%
- White, 49%
- Other, 2%
- Asian, 8%

Roxbury
- Black, 53%
- Latino, 22%
- White, 15%
- Other, 2%
- Asian, 5%

Legend:
- Pink: Asian
- Green: Latino
- Blue: Other
- Red: Black
- Orange: Two or more races
Population by Age
Boston and Roxbury, 2000

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

**Boston and Roxbury, 2000**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Boston</th>
<th>Roxbury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school or GED</td>
<td>21%</td>
<td>29%</td>
</tr>
<tr>
<td>% of population below poverty level*</td>
<td>20%</td>
<td>29%</td>
</tr>
<tr>
<td>% of children (&lt;18) below poverty level</td>
<td>26%</td>
<td>35%</td>
</tr>
<tr>
<td>% of adults (&gt;65) below poverty level</td>
<td>18%</td>
<td>27%</td>
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<tr>
<td>Median household income (1999)*</td>
<td>$39,629</td>
<td>$26,515</td>
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</table>

Key Health Issues
## Leading Causes of Death
### Roxbury, Age-Adjusted Rates, 2000-2002

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

**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)

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 *

- Allston/Brighton: 63%
- Back Bay: 58%
- Charlestown: 38%
- East Boston: 58%
- Fenway: 68%
- Hyde Park: 38%
- Jamaica Plain: 71%
- Mattapan: 51%
- North Dorchester: 81%
- Roslindale: 68%
- Roxbury: 65%
- South Boston: 72%
- South Dorchester: 46%
- South End: 66%
- West Roxbury: 56%
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).

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 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 Administration, 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

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Asian</th>
<th>Black</th>
<th>Latino</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>1992</td>
<td>5.2%</td>
<td>13.1%</td>
<td>9.0%</td>
<td>6.9%</td>
</tr>
<tr>
<td>1993</td>
<td>4.5%</td>
<td>12.1%</td>
<td>8.4%</td>
<td>6.3%</td>
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<tr>
<td>1994</td>
<td>4.7%</td>
<td>11.9%</td>
<td>7.9%</td>
<td>6.4%</td>
</tr>
<tr>
<td>1995</td>
<td>8.8%</td>
<td>11.8%</td>
<td>8.9%</td>
<td>6.6%</td>
</tr>
<tr>
<td>1996</td>
<td>6.3%</td>
<td>12.7%</td>
<td>8.9%</td>
<td>7.0%</td>
</tr>
<tr>
<td>1997</td>
<td>6.4%</td>
<td>12.1%</td>
<td>10.9%</td>
<td>7.9%</td>
</tr>
<tr>
<td>1998</td>
<td>6.5%</td>
<td>12.6%</td>
<td>9.2%</td>
<td>7.5%</td>
</tr>
<tr>
<td>1999</td>
<td>7.9%</td>
<td>12.8%</td>
<td>9.6%</td>
<td>7.4%</td>
</tr>
<tr>
<td>2000</td>
<td>7.6%</td>
<td>14.2%</td>
<td>7.8%</td>
<td>8.0%</td>
</tr>
<tr>
<td>2001</td>
<td>5.9%</td>
<td>13.2%</td>
<td>8.9%</td>
<td>8.9%</td>
</tr>
<tr>
<td>2002</td>
<td>7.3%</td>
<td>13.3%</td>
<td>9.9%</td>
<td>8.2%</td>
</tr>
</tbody>
</table>

**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

Percentage of Births Within Neighborhood

Allston/Brighton 7.1%
Back Bay 7.8%
Charlestown 9.7%
East Boston 8.7%
Fenway 7.0%
Hyde Park 11.0%
Jamaica Plain 7.2%
Mattapan 12.1%
North Dorchester 2.0%
North End 11.5%
Roslindale 11.5%
Roxbury 8.3%
South Boston 11.7%
South Dorchester 8.4%
South End 8.7%
West Roxbury

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**

<table>
<thead>
<tr>
<th>Year</th>
<th>Black</th>
<th>Latino</th>
<th>White</th>
<th>BOSTON</th>
</tr>
</thead>
<tbody>
<tr>
<td>1992</td>
<td>19.0</td>
<td>4.6</td>
<td>5.9</td>
<td>10.3</td>
</tr>
<tr>
<td>1993</td>
<td>15.0</td>
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<td>1994</td>
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<td>1997</td>
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<td>1998</td>
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<td>2000</td>
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<tr>
<td>2002</td>
<td>12.4</td>
<td>6.5</td>
<td>4.6</td>
<td>7.0</td>
</tr>
</tbody>
</table>

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