

# **Community Meetings 2005**

## Health Status Report for West Roxbury

February 22, 2005

Presented by the Boston Public Health  
Commission



B O S T O N

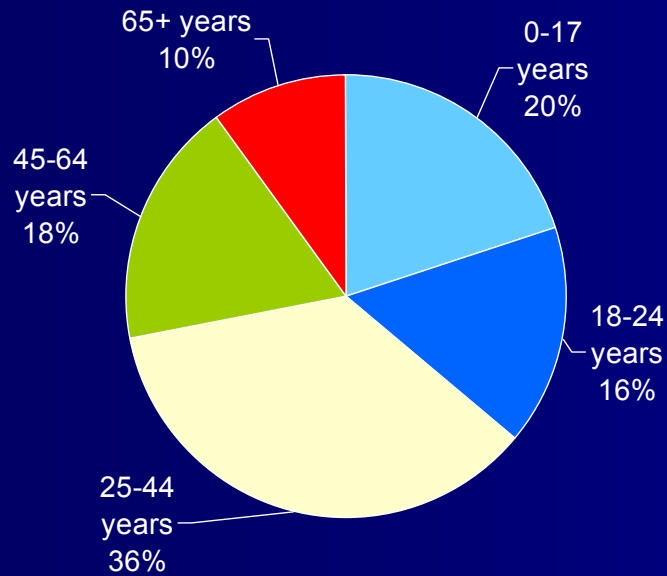
# Boston Neighborhoods



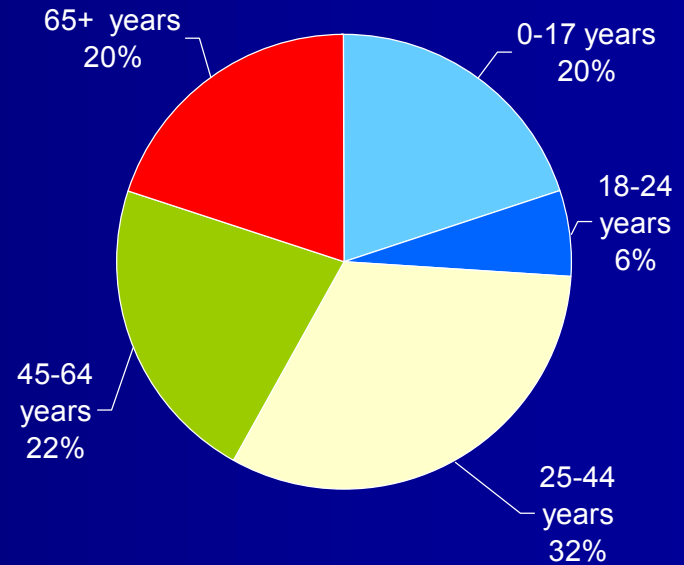
MAP PREPARATION:  
Boston Public Health Commission  
Research Office

# Population by Age Group, Boston and West Roxbury 2000

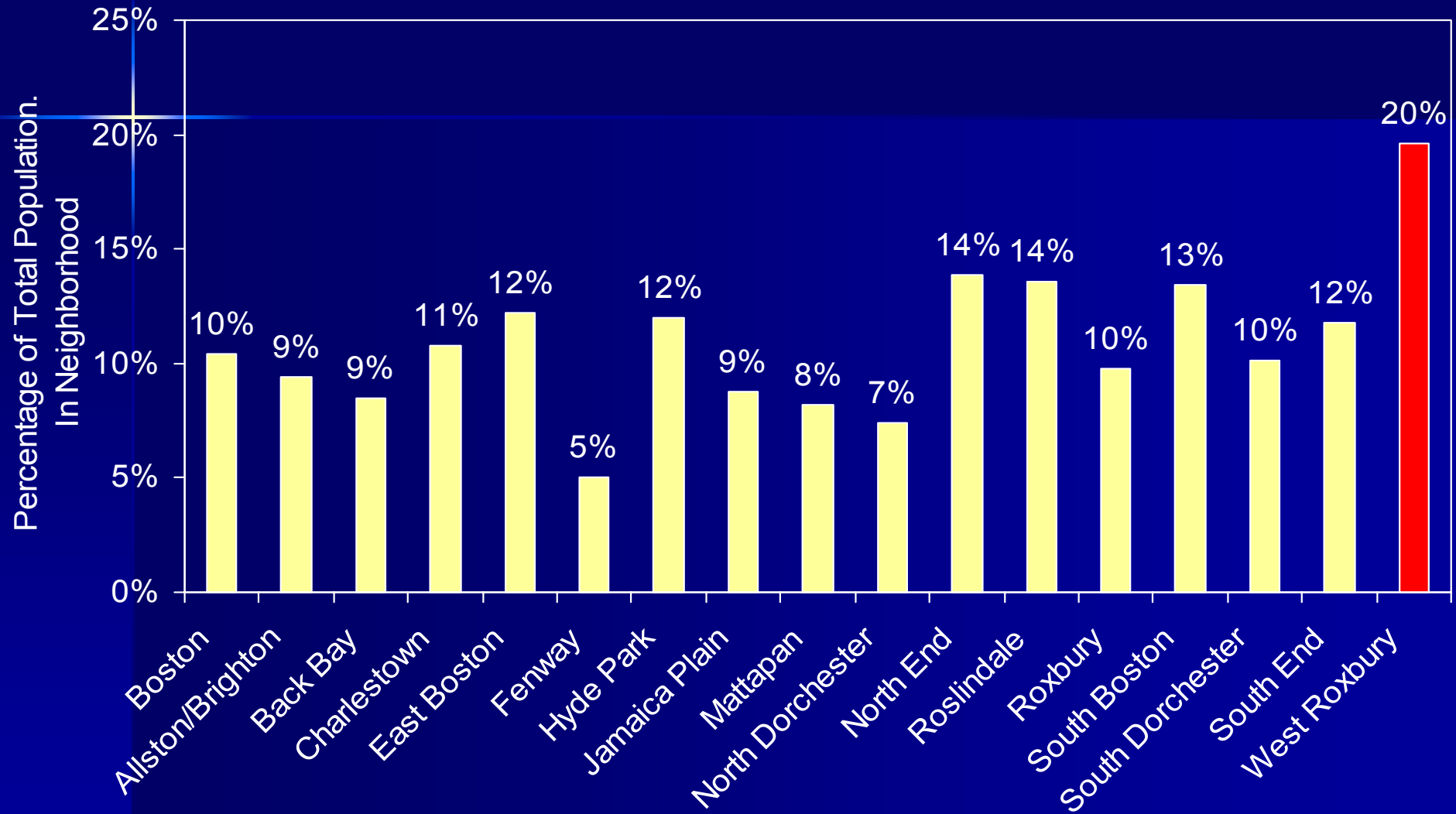
**BOSTON**



**WEST ROXBURY**

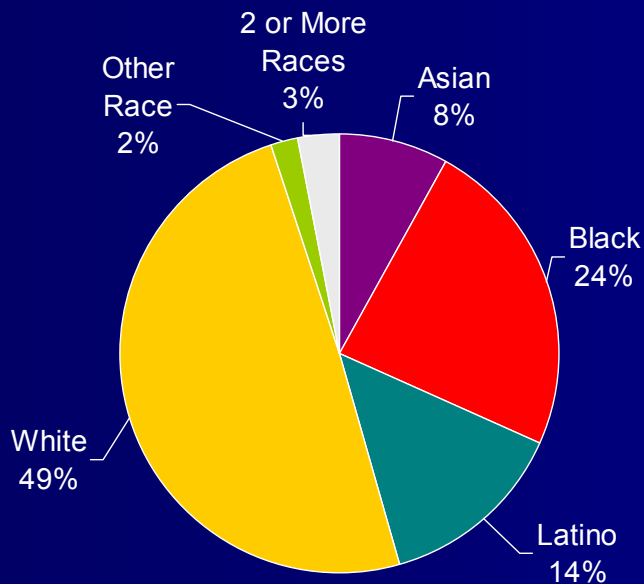


# Population of Residents Ages 65 And Over by Neighborhood, Boston, 2000

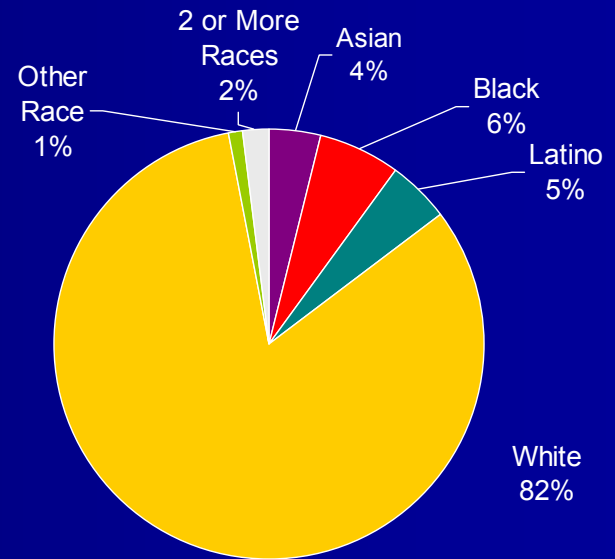


DATA SOURCE: US Department of Commerce, Bureau of the Census, American Fact Finder, Census 2000  
DATA ANALYSIS: Boston Public Health Commission Research Office

# Racial and Ethnic Makeup, Boston and West Roxbury 2000



**BOSTON**



**WEST ROXBURY**

# Selected Socioeconomic Indicators, Boston and West Roxbury, 2000

Indicator	Boston Overall	West Roxbury
Less than High School Graduation or GED (Adults Ages 25 and Over)	21%	13%
% Population Below Poverty Level	20%	7%
% of Children (Under 18) Below Poverty Level*	26%	10%
% of Adults 65 and Older Below Poverty Level*	18%	9%
Median Household Income in 1999	\$39,629**	\$52,406**

\*Based on 1999 income \*\* Estimated median household income

DATA SOURCE: US Department of Commerce, Bureau of the Census, American Fact Finder, Census 2000, Summary File 3-Sample Data

DATA ANALYSIS: Boston Public Health Commission Research Office

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

- Obesity
- Cancer
- Asthma
- Substance Abuse
- Maternal and Child

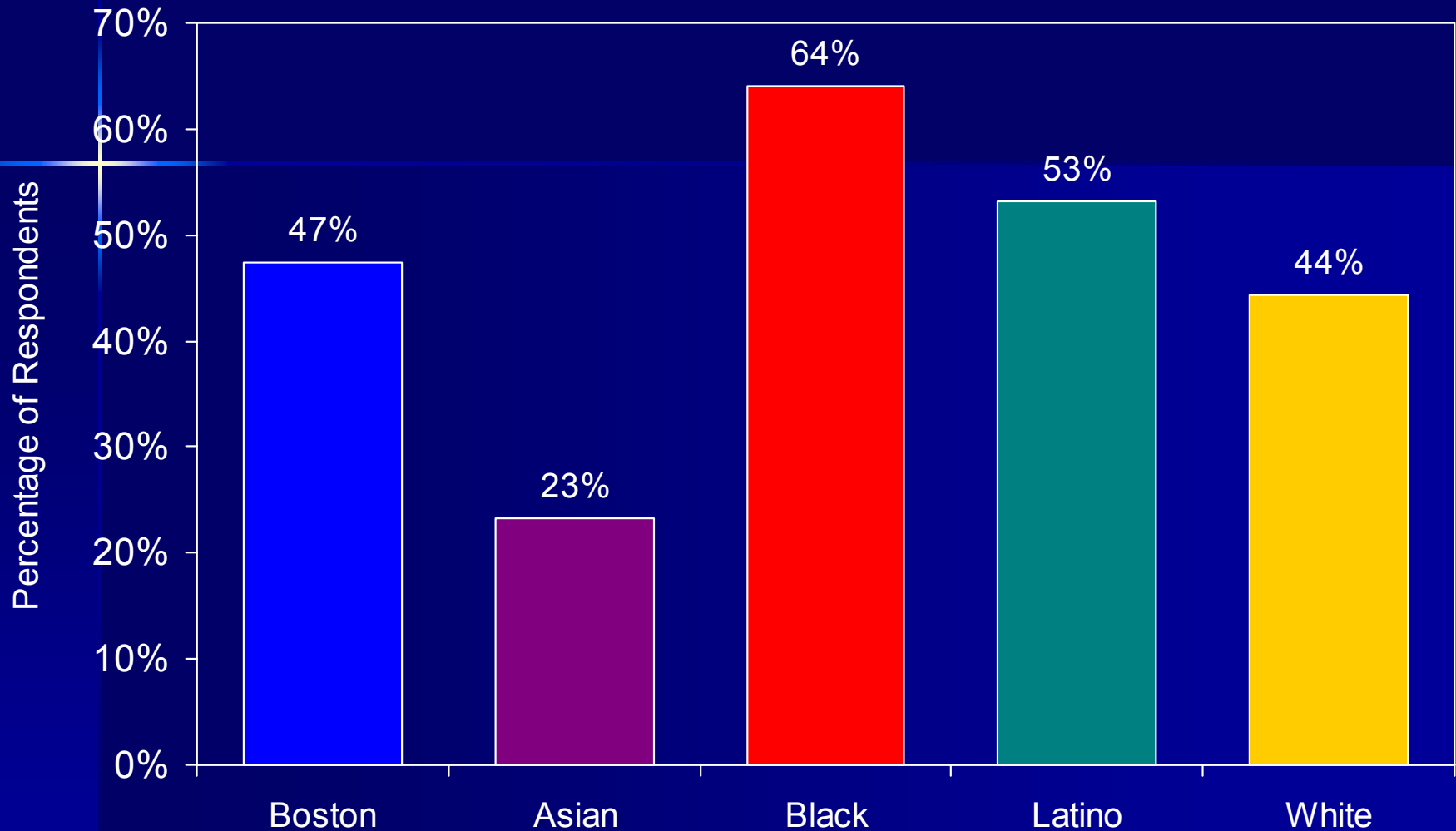
**OBESITY**



# 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\*

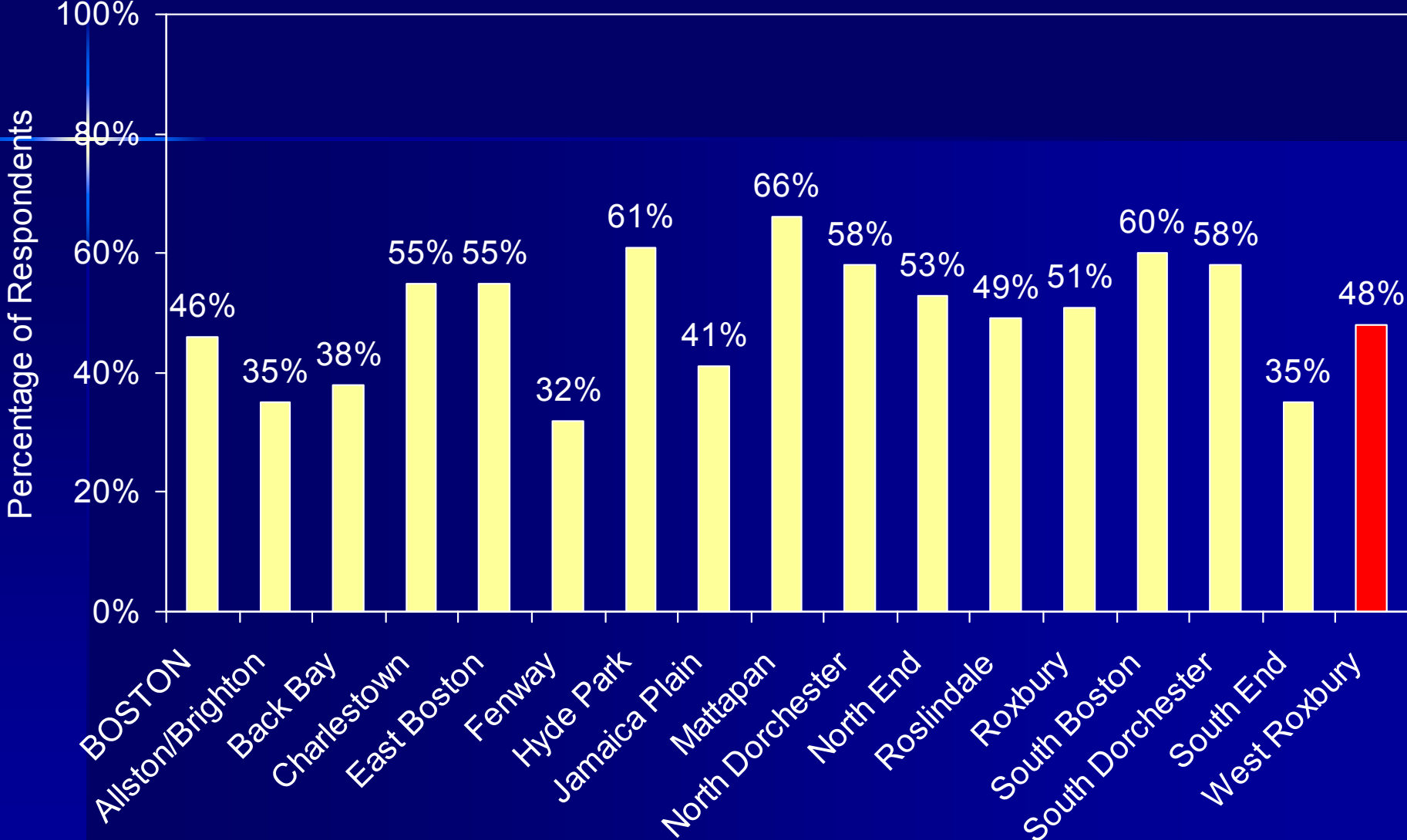


\*Includes data collected from January 2001 through May 2001. The term "obesity" refers to all levels of excess weight combined. Blacks significantly different from Whites, Latinos, and Asians ( $p < .05$ ). Latinos significantly different from Whites and Asians ( $p < .05$ )

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

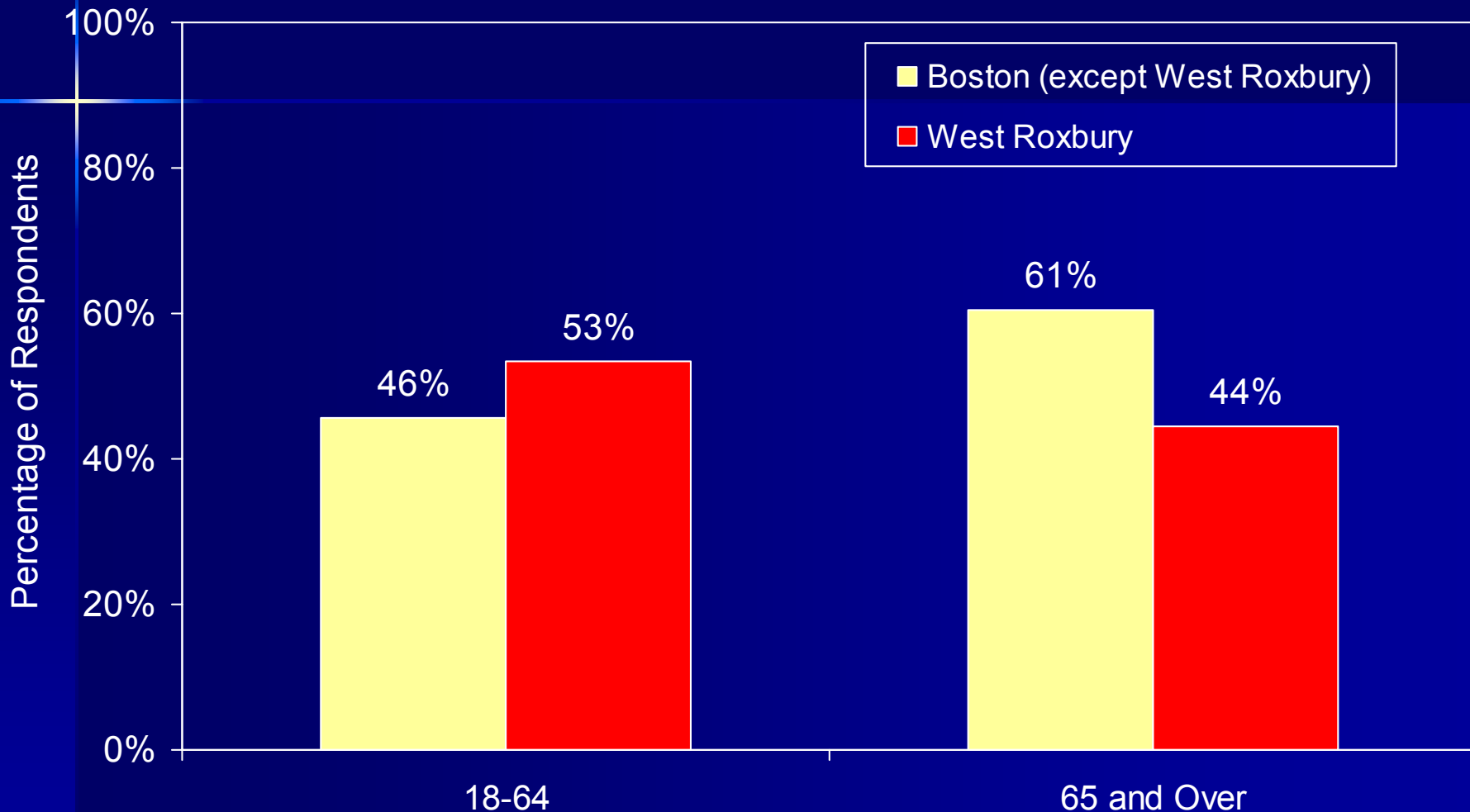
DATA ANALYSIS: Boston Public Health Commission Research Office

# Obesity by Neighborhood, Boston, 1999-2001



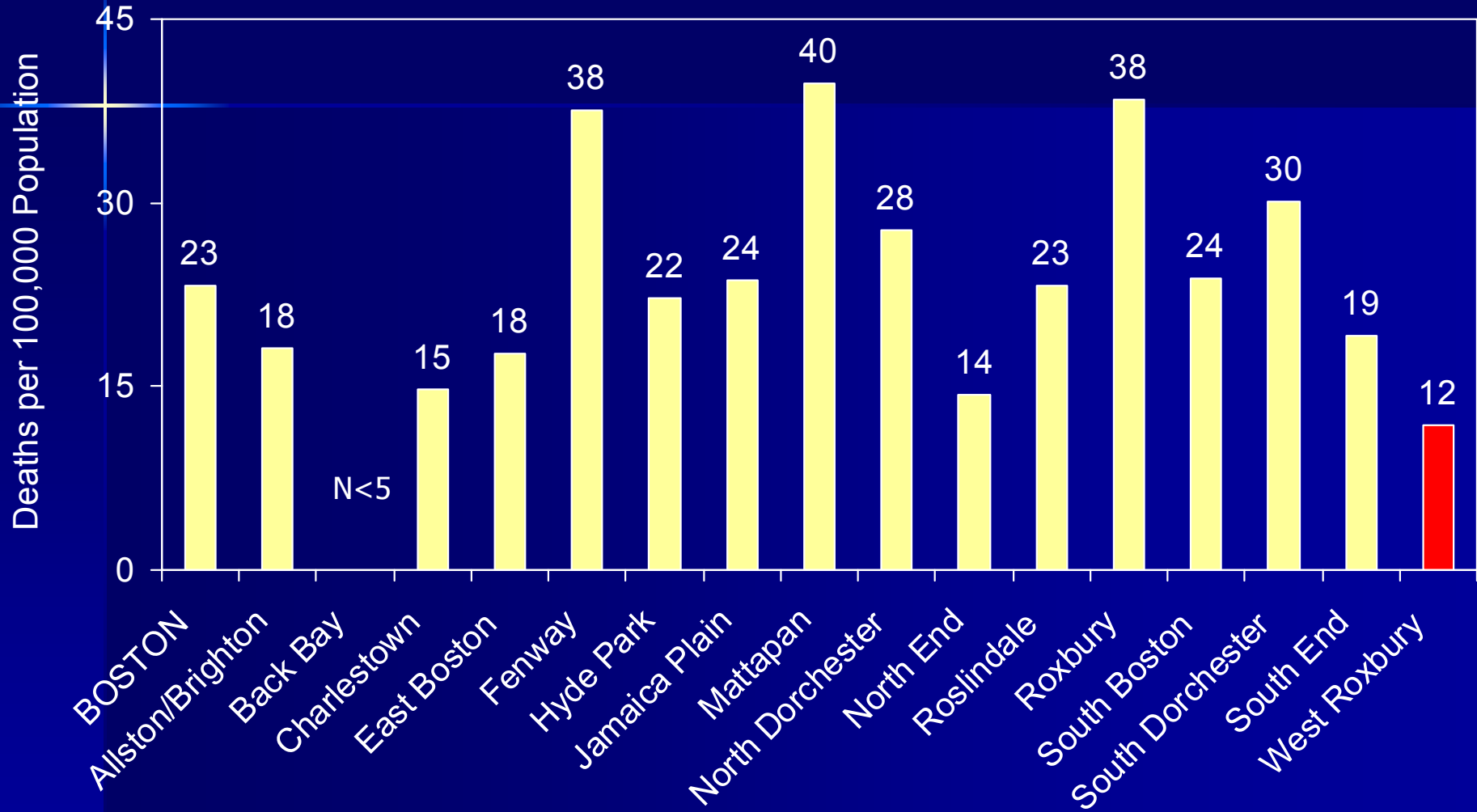
DATA SOURCE: Behavioral Risk Factor Surveillance System, Massachusetts Department of Public Health  
DATA ANALYSIS: Boston Public Health Commission Research Office

# Obesity by Age Boston\* and West Roxbury, 1999-2001



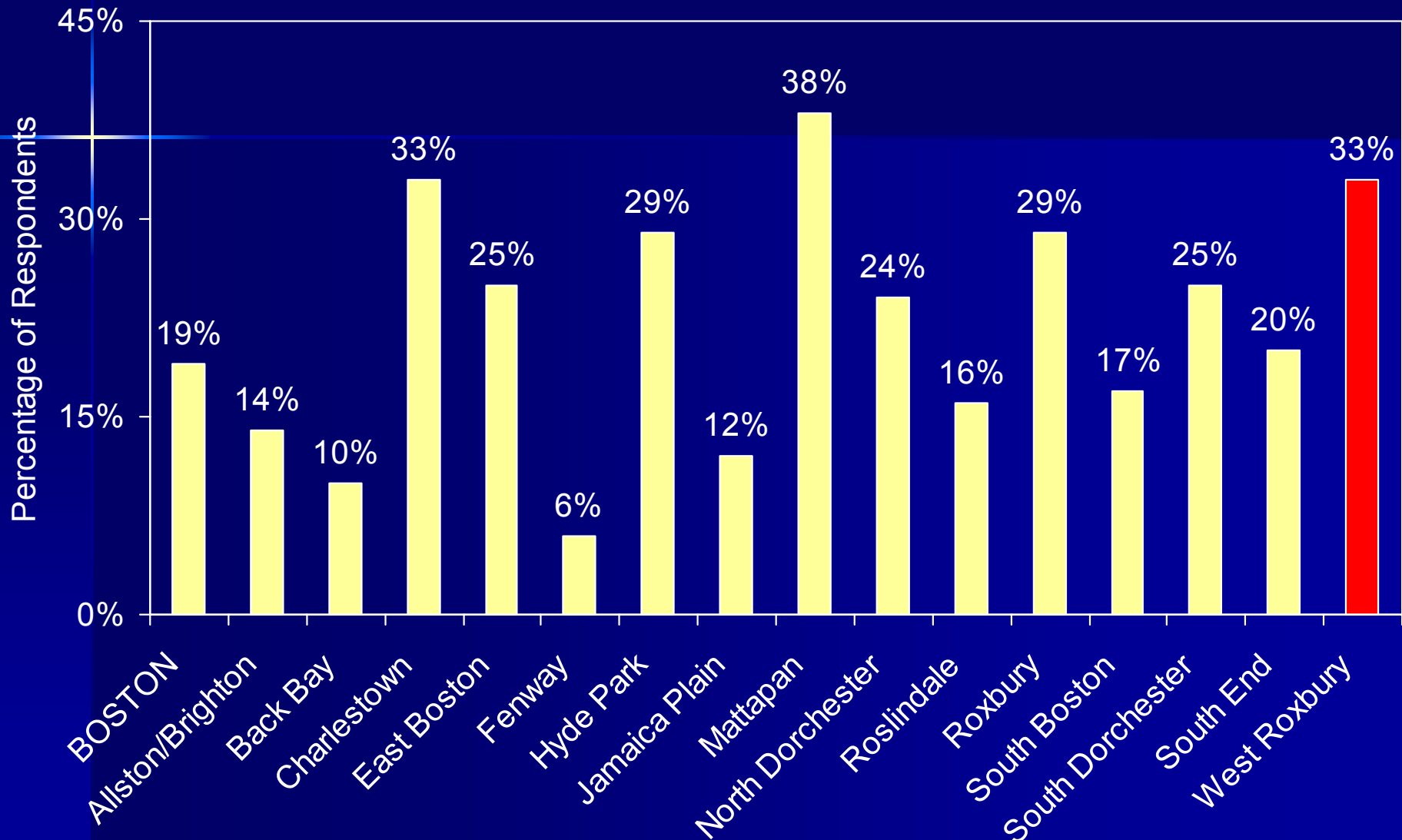
\*Excluding West Roxbury. NOTE: No significant difference between Boston and West Roxbury residents for either age groups,  $p < .05$   
DATA SOURCE: Behavioral Risk Factor Surveillance System, Massachusetts Department of Public Health  
DATA ANALYSIS: Boston Public Health Commission Research Office

# Diabetes Mortality by Neighborhood: Age-Adjusted Rates, Boston, 2000-2002



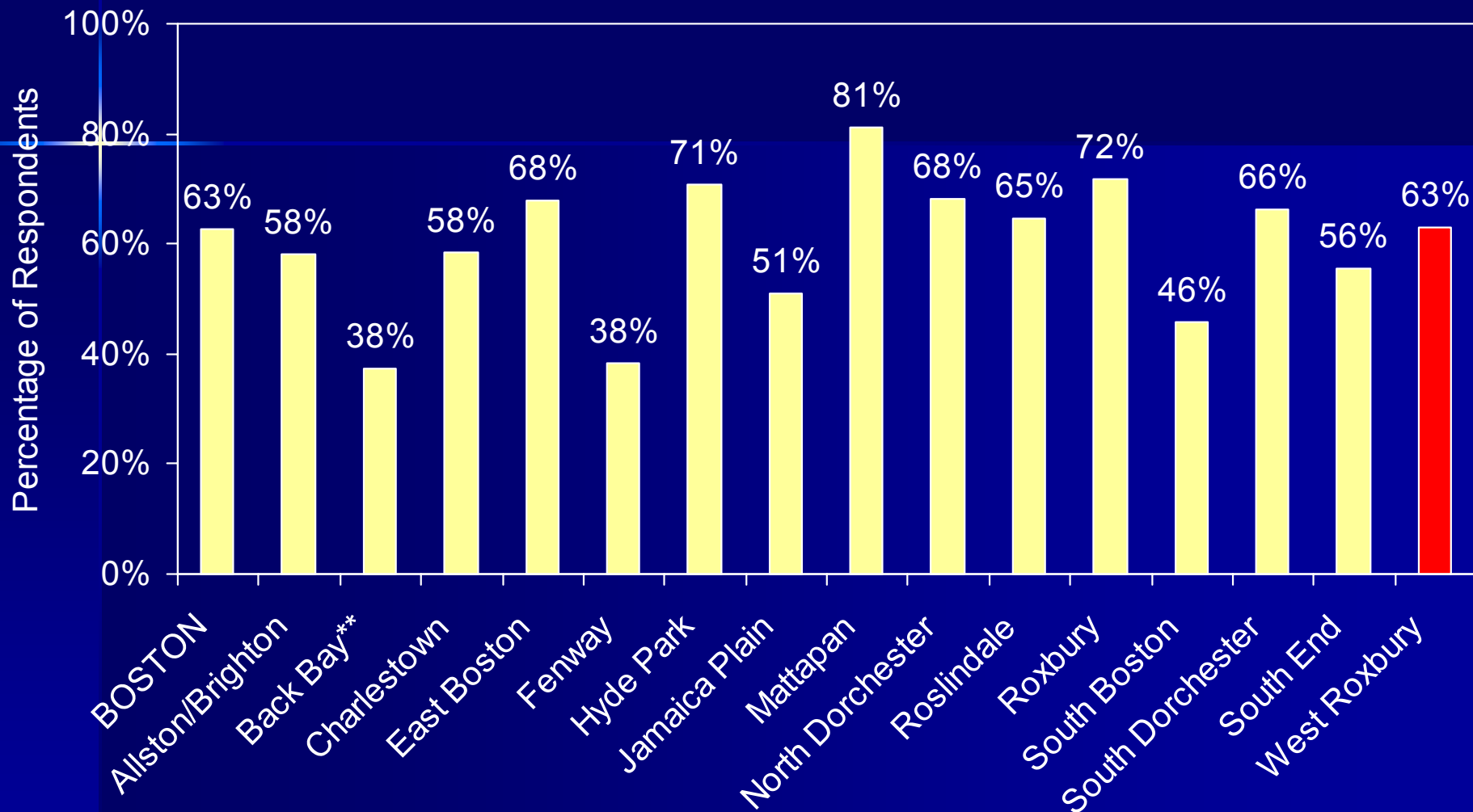
Note: The difference between the West Roxbury rate and the Boston rate is statistically significant ( $p < 0.05$ )  
DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health  
DATA ANALYSIS: Boston Public Health Commission Research Office

# High Blood Pressure Among Adults by Neighborhood, Boston, 1999 and 2001



DATA SOURCE: Behavioral Risk Factor Surveillance System, Massachusetts Department of Public Health  
DATA ANALYSIS: Boston Public Health Commission Research Office

# Inadequate Physical Activity by Neighborhood, Boston, 2000-2001\*



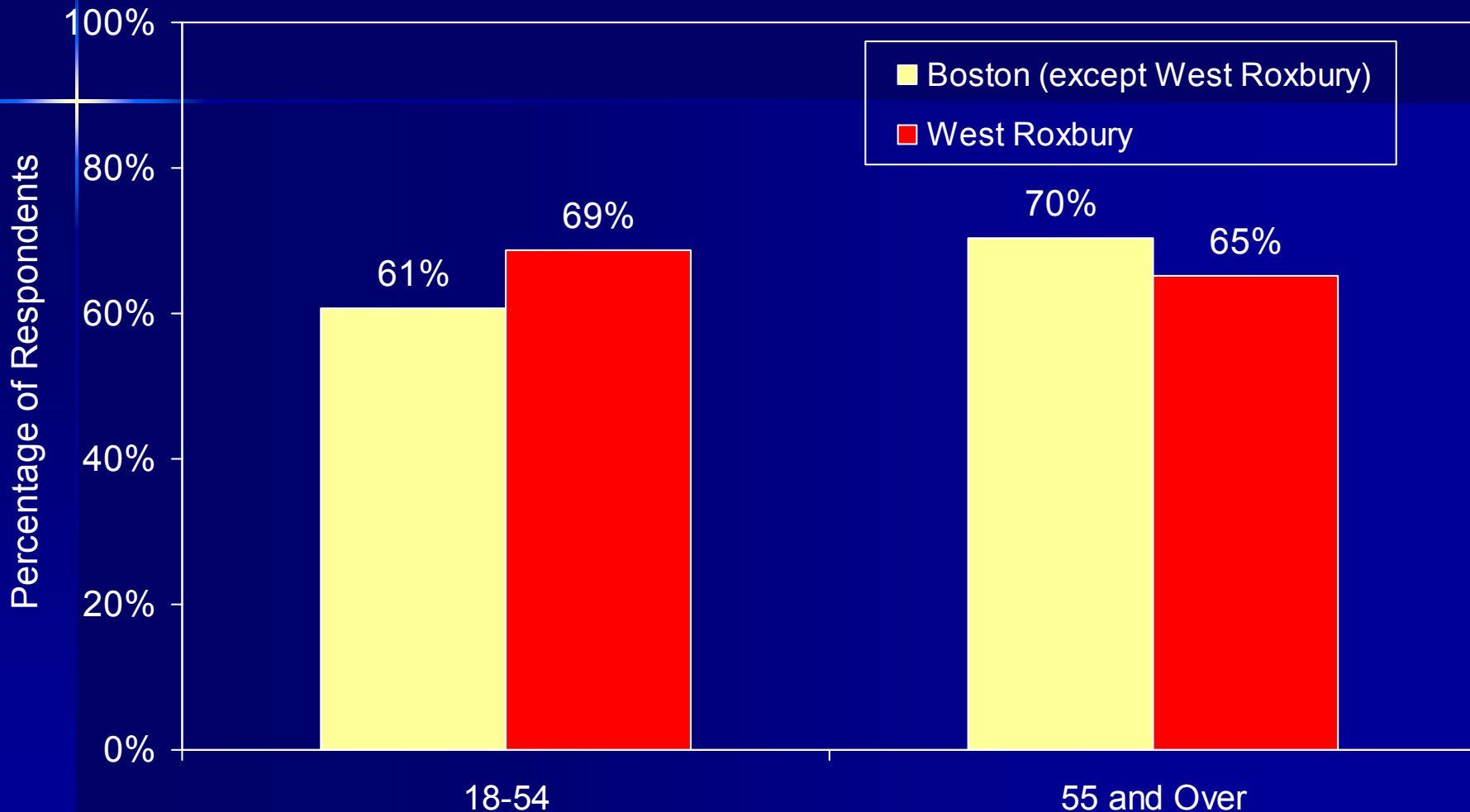
\*Includes data collected from January 2000 through May 2002 \*\* Includes the North End

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), 2000-2001, Massachusetts Department of Public Health and Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

# Inadequate Physical Activity by Age Boston\* and West Roxbury, 1999-2001



\*Excluding West Roxbury. NOTE: No significant difference between West Roxbury and Boston for either age groups,  $p < .05$ .

DATA SOURCE: Behavioral Risk Factor Surveillance System, Massachusetts Department of Public Health

DATA ANALYSIS: Boston Public Health Commission Research Office



# 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

**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

# Leading Causes of Death: Age-Specific Rates, Boston and West Roxbury, 2000-2002

Boston Ages 65+		W. Roxbury Ages 65+	
Heart Disease	1,383.6	Heart Disease	1,401.1
Cancer	1,233.1	Cancer	1,251.2
Stroke	348.4	Stroke	397.5
Pneumonia/Flu	246.2	Pneumonia/Flu	332.4
COPD	242.4	COPD	247.6
Nephritis/Nephrosis	152.2	Alzheimers Disease	202.0
Septicemia	145.6	Septicemia	189.0
Diabetes	137.5	Nephritis/Nephrosis	149.9
Alzheimers Disease	138.6	All Injuries	104.3
All Injuries	98.4	Diabetes	91.2
<b>TOTAL</b>	<b>5,299.8</b>	<b>TOTAL</b>	<b>5,617.5</b>

NOTE: Rates reflect actual numbers of deaths due to specific causes per 100,000 population aged 65+.

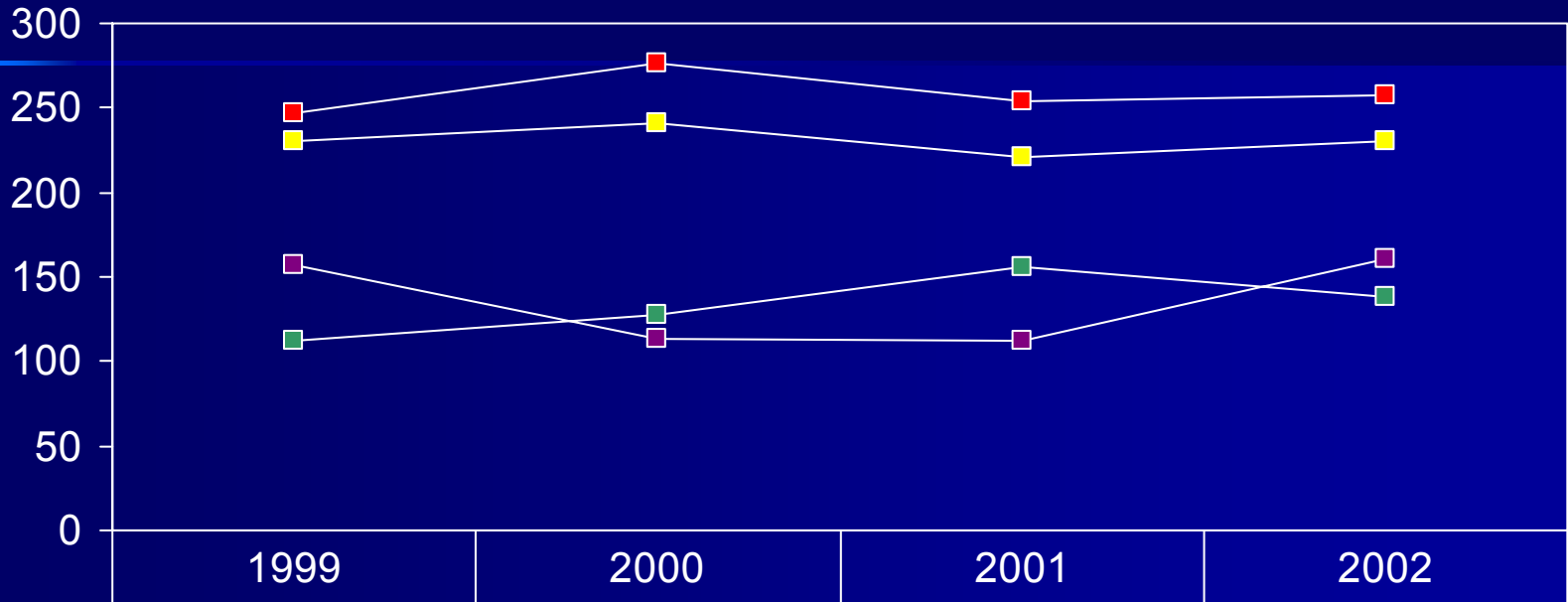
Differences between Boston rates and West Roxbury rates are not statistically significant at  $\alpha = .05$ .

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Cancer Mortality: Age-Adjusted Rates by Race/Ethnicity and Year, Boston, 1999-2002

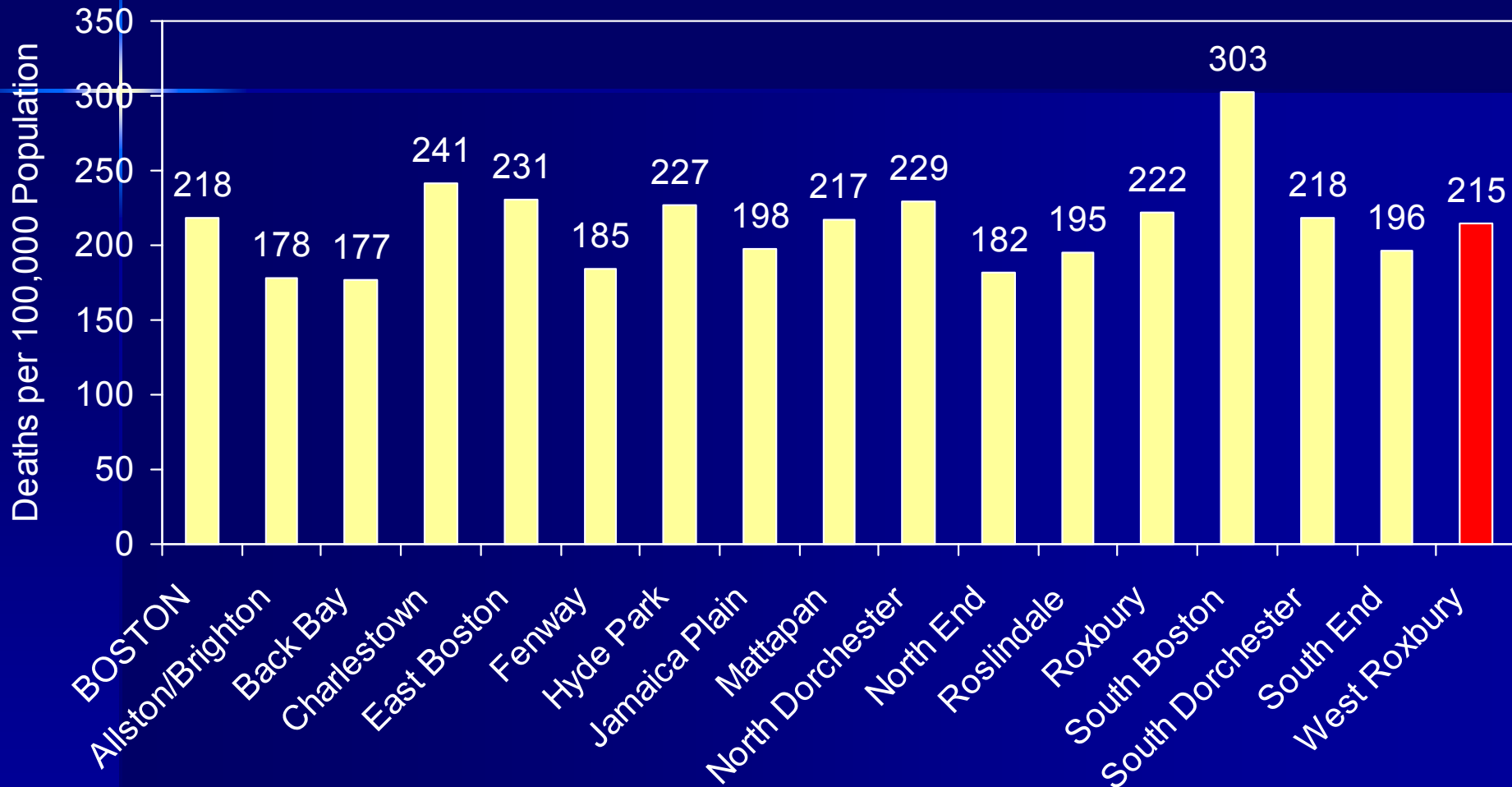
Deaths per 100,000 Population



	1999	2000	2001	2002
—■— Asian	157	113	112	160
—■— Black	247	277	254	257
—■— Latino	112	128	155	139
—■— White	230	241	220	231

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

# Cancer Mortality by Neighborhood: Age-Adjusted Rates, Boston, 2000-2002

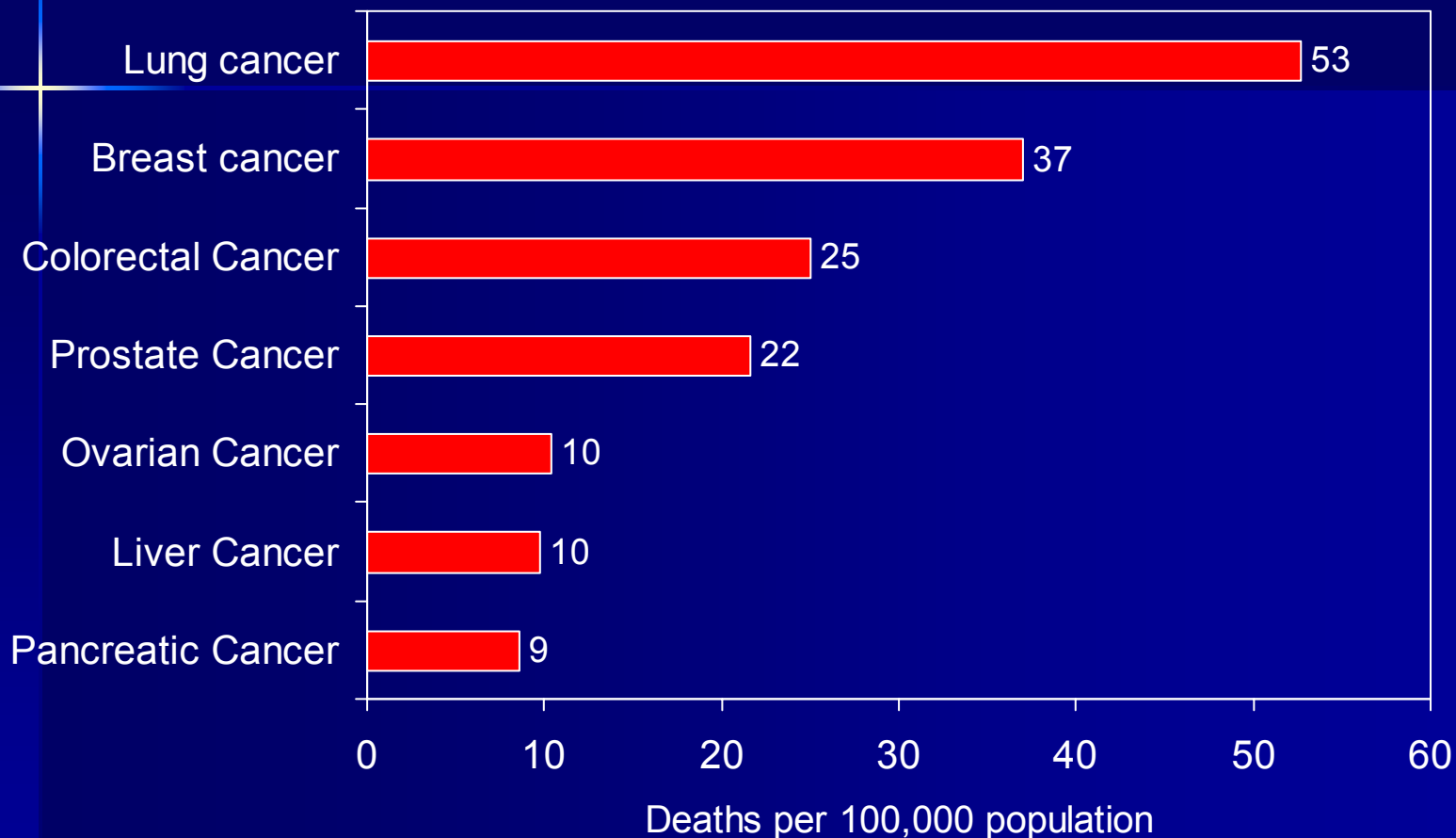


NOTE: Difference between Boston and West Roxbury not statistically significant at  $\alpha = .05$

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, West Roxbury, 2000-2002

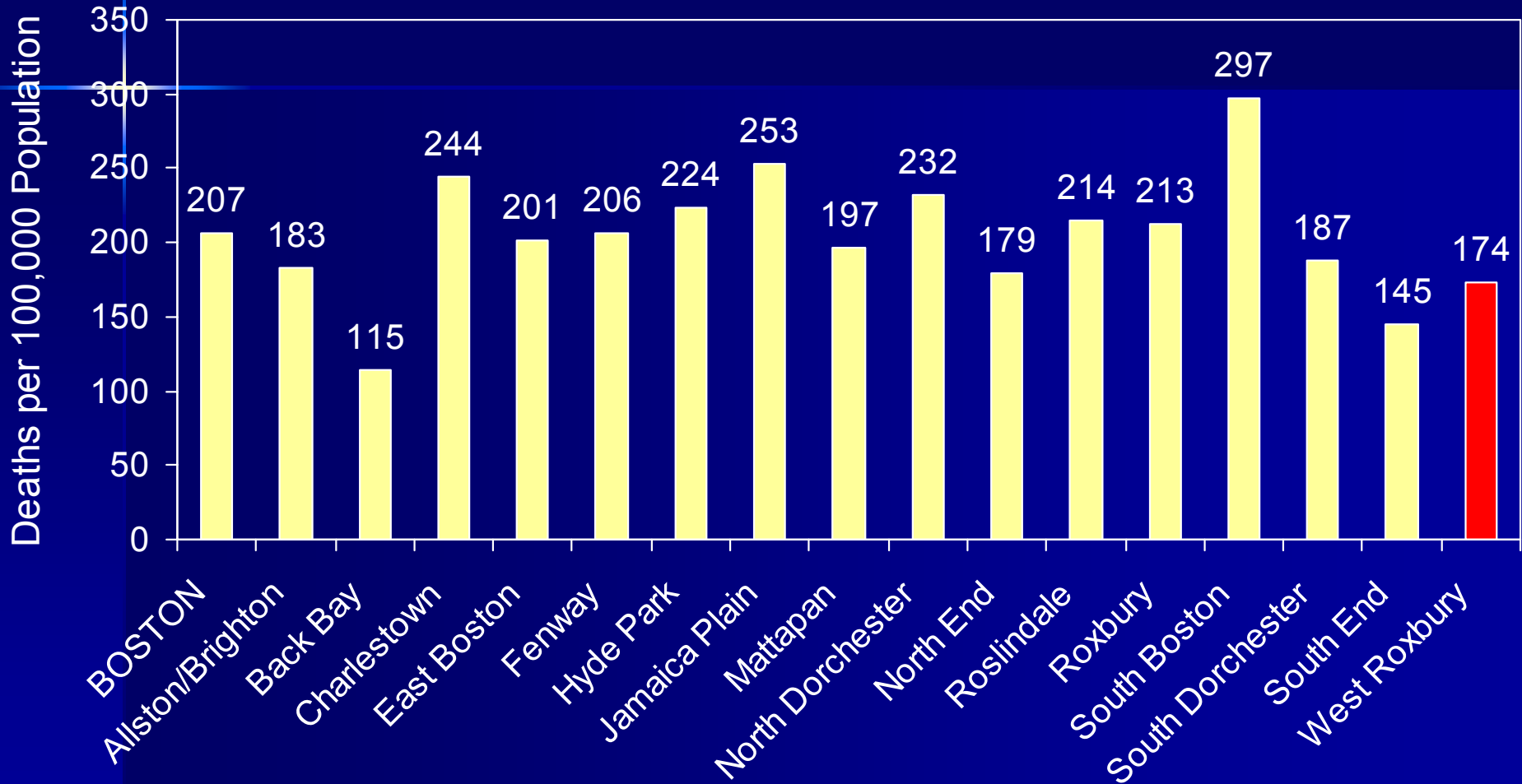


NOTE: Boston excludes W. Roxbury; differences between W. Roxbury rates and Boston rates not statistically significant at  $\alpha = .05$

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Heart Disease Mortality by Neighborhood: Age-Adjusted Rates, Boston, 2000-2002



NOTE: Difference between West Roxbury rate and Boston rate is statistically 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 It?

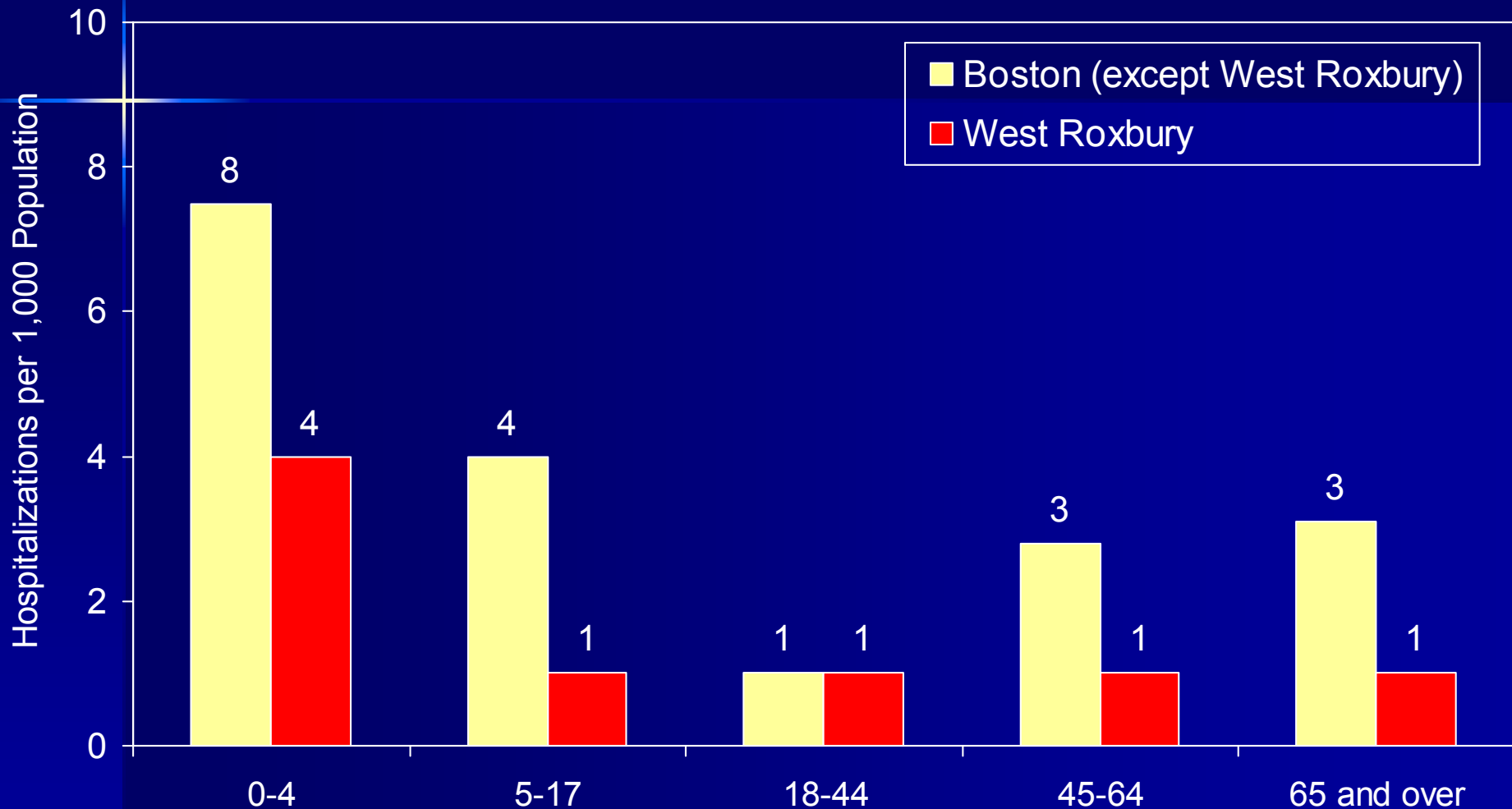
- Don't smoke
- Avoid excessive intake of alcohol
- Maintain a normal weight with exercise and a diet that is low in fat and high in fruits and vegetables
- Avoid excessive sun exposure
- Get regular cancer screening – especially breast, colon, prostate, skin
- Join community efforts to promote health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

# BPHC Health Initiatives

- **Cancer program** – Screening and education about cancer
- **Steps to a Healthy 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, Age-Specific Rates, Boston\* and West Roxbury, 1998-2002

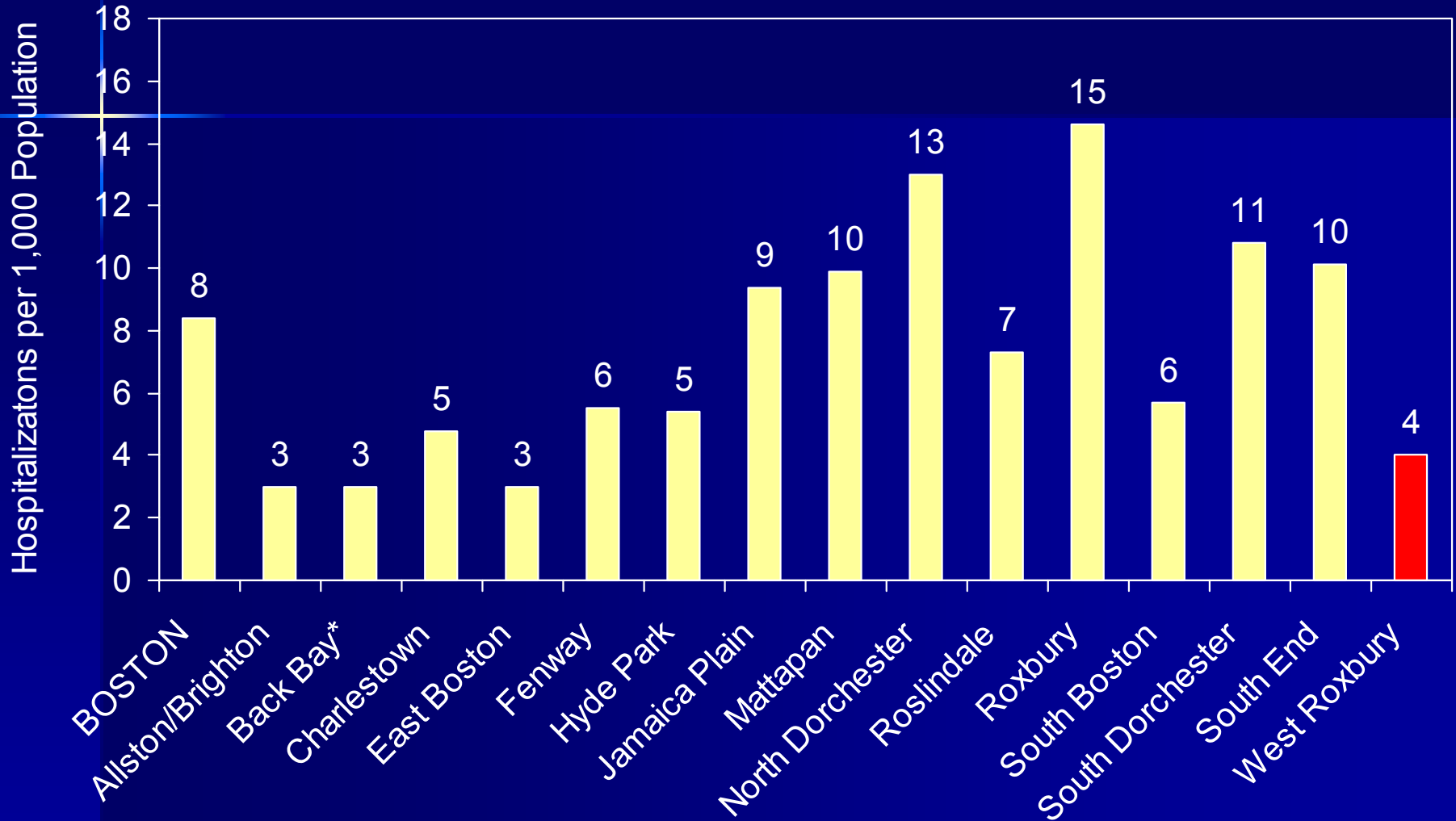


\*Excluding West Roxbury

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



\*Includes the North End

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

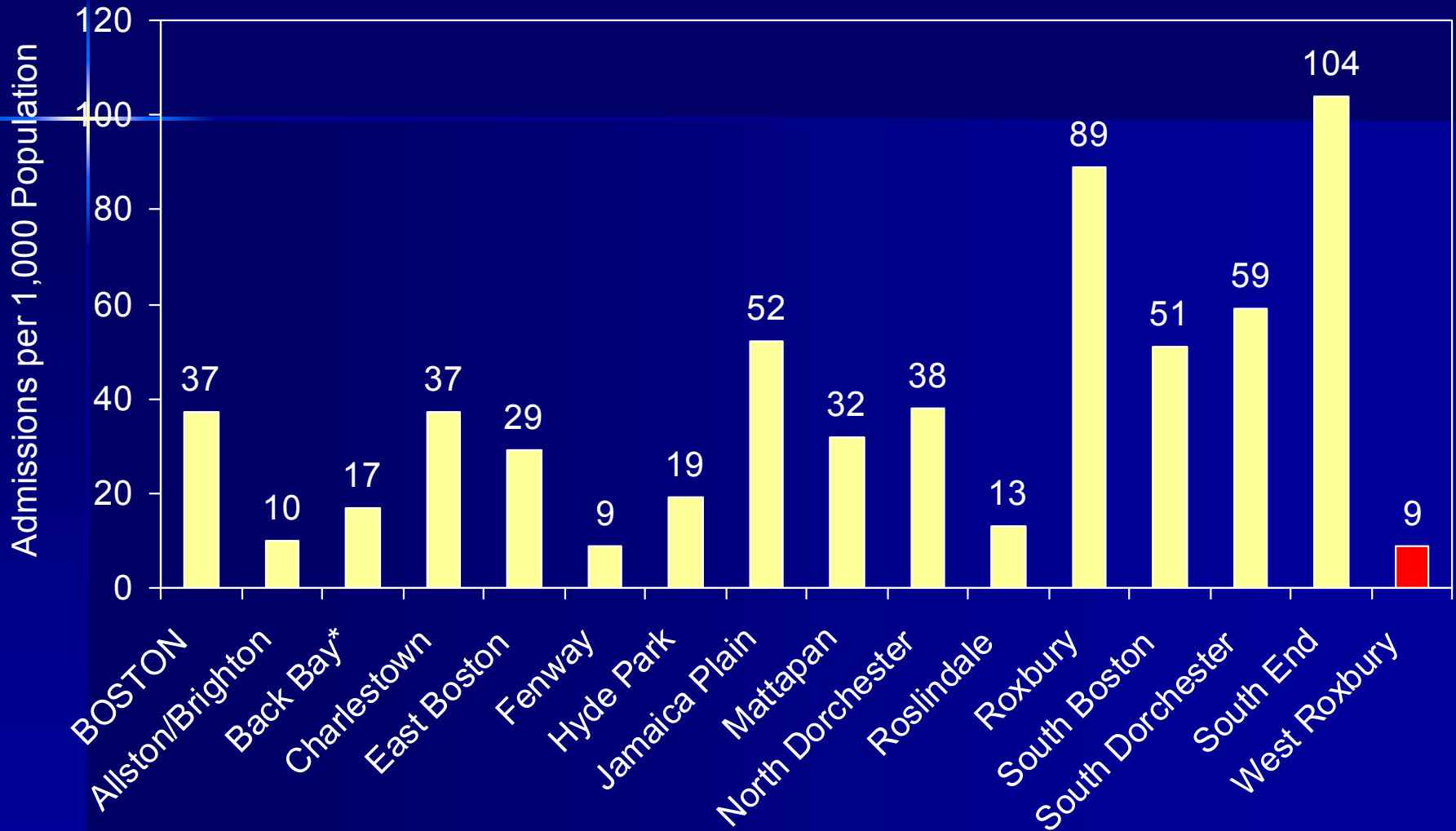
DATA ANALYSIS: Boston Public Health Commission Research Office

# What Can Be Done About 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**

# Publicly-Funded Substance Abuse Treatment Admission Rates by Neighborhood, Boston, July 2001-June 2002



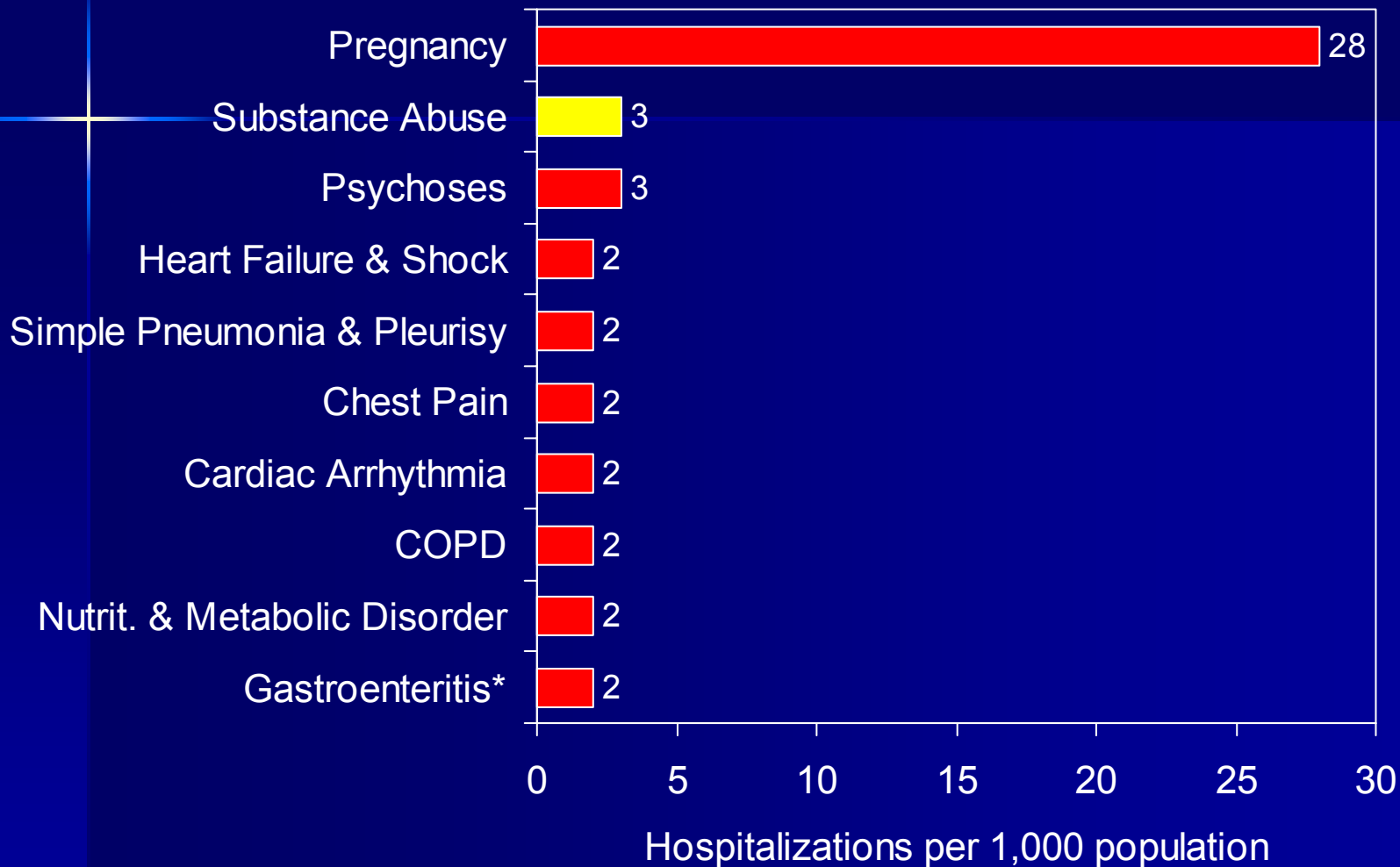
\*Includes the North End

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



# Leading Causes of Hospitalization: Age-Adjusted Rates, West Roxbury, 2000-2002

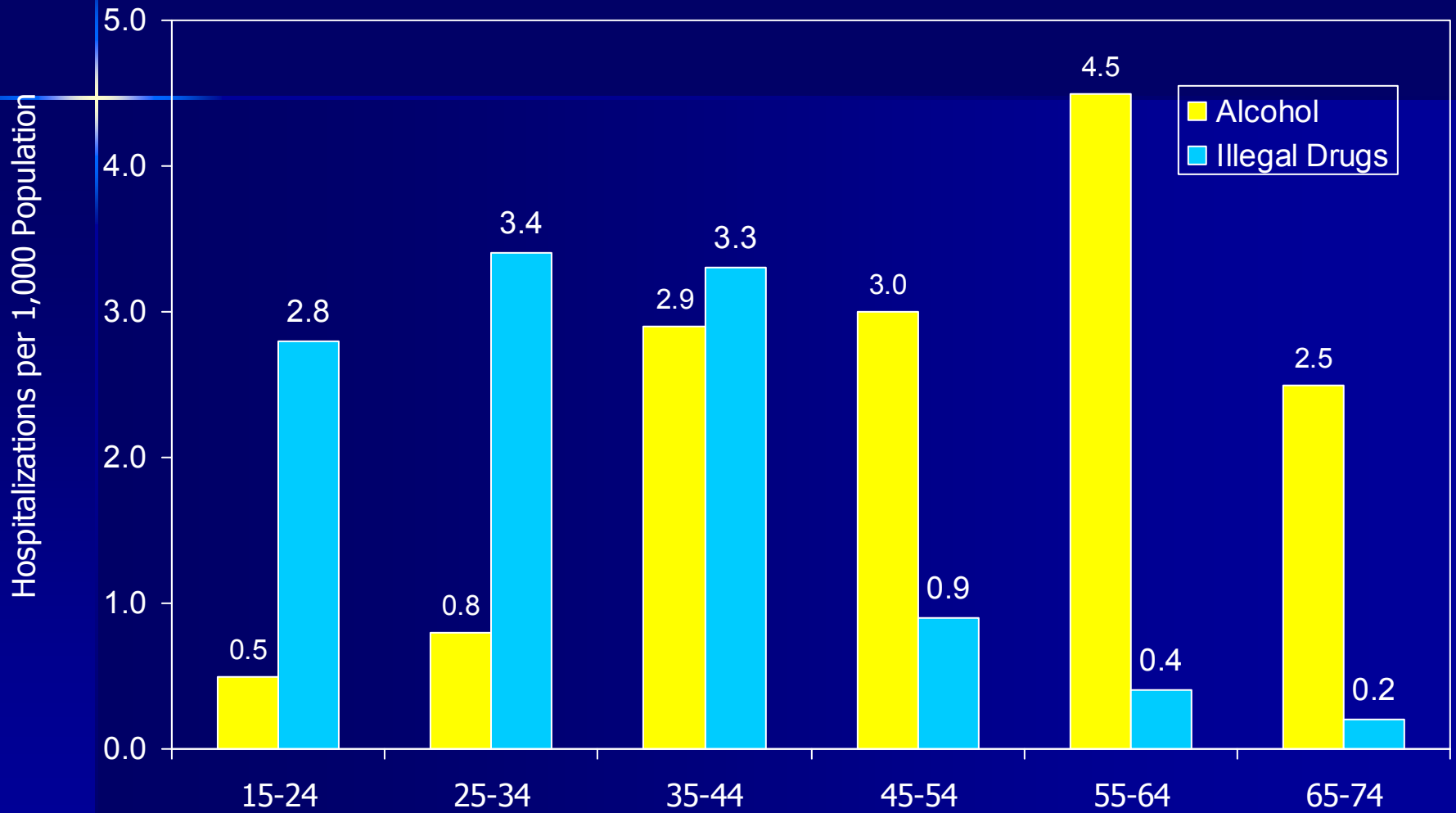


\*Also includes esophagitis and miscellaneous digestive disorders

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Substance Abuse Hospitalization\*: Age-Specific Alcohol and Illegal Drug Rates, West Roxbury, 1998-2002

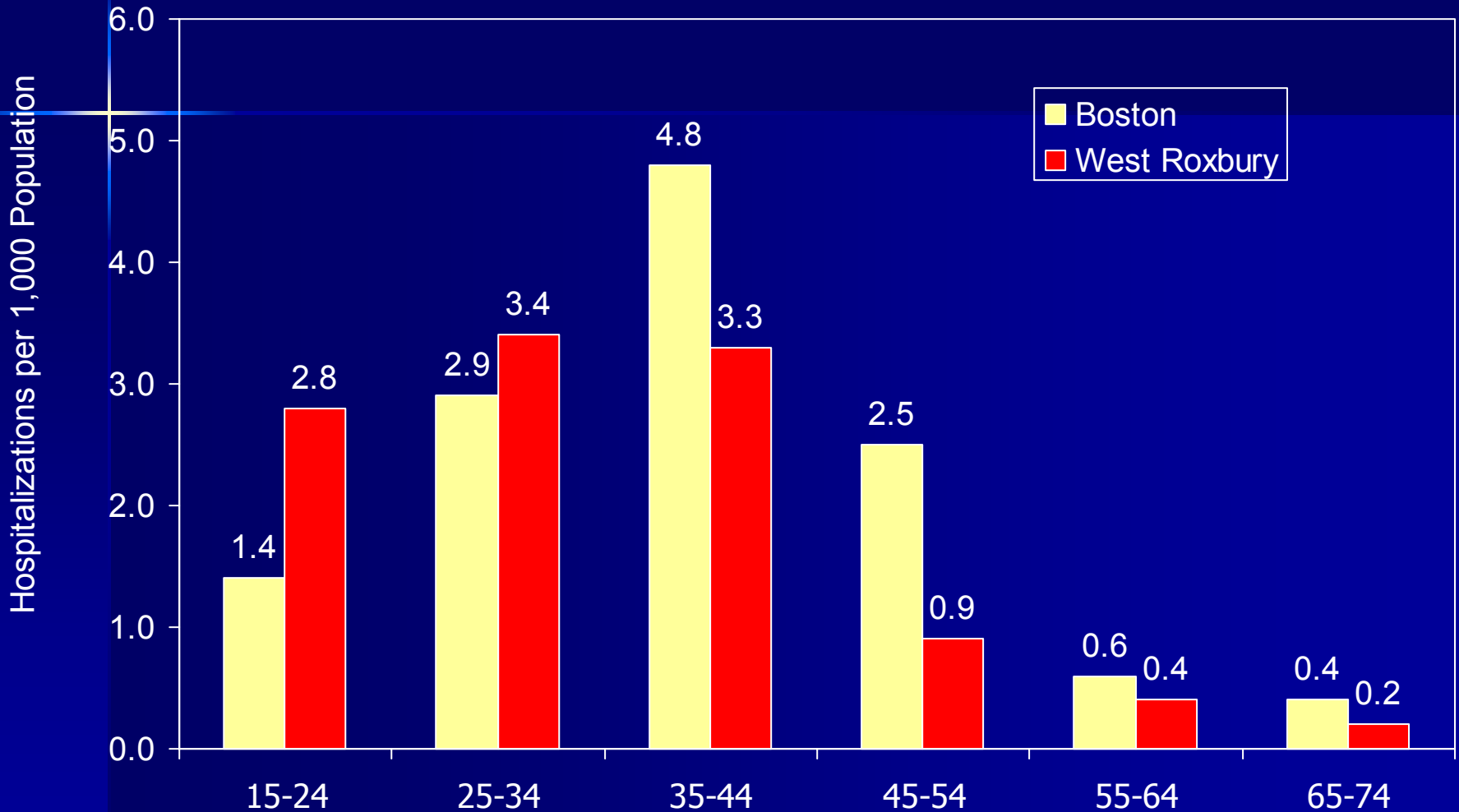


\*Hospitalization in acute care hospitals for substance abuse problem

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Drug Abuse Hospitalization\*: Age-Specific Rates, Boston and West Roxbury, 1998-2002

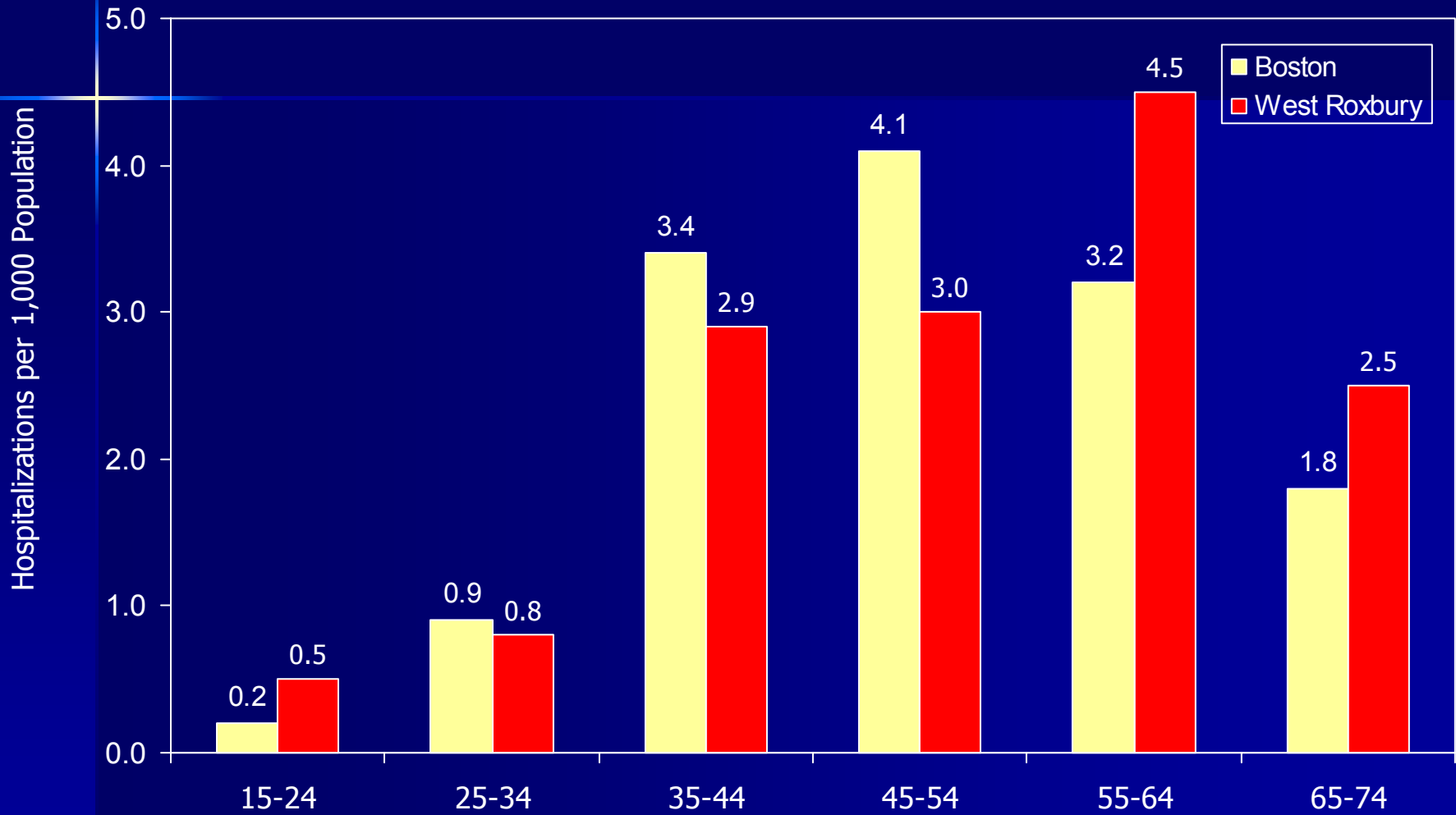


\*Hospitalization in acute care hospitals for treatment of illegal drug abuse problem

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Alcohol Abuse Hospitalization\*: Age-Specific Rates, Boston and West Roxbury, 1998-2002



\*Hospitalization in acute care hospitals for alcohol abuse problem

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

DATA ANALYSIS: Boston Public Health Commission Research Office

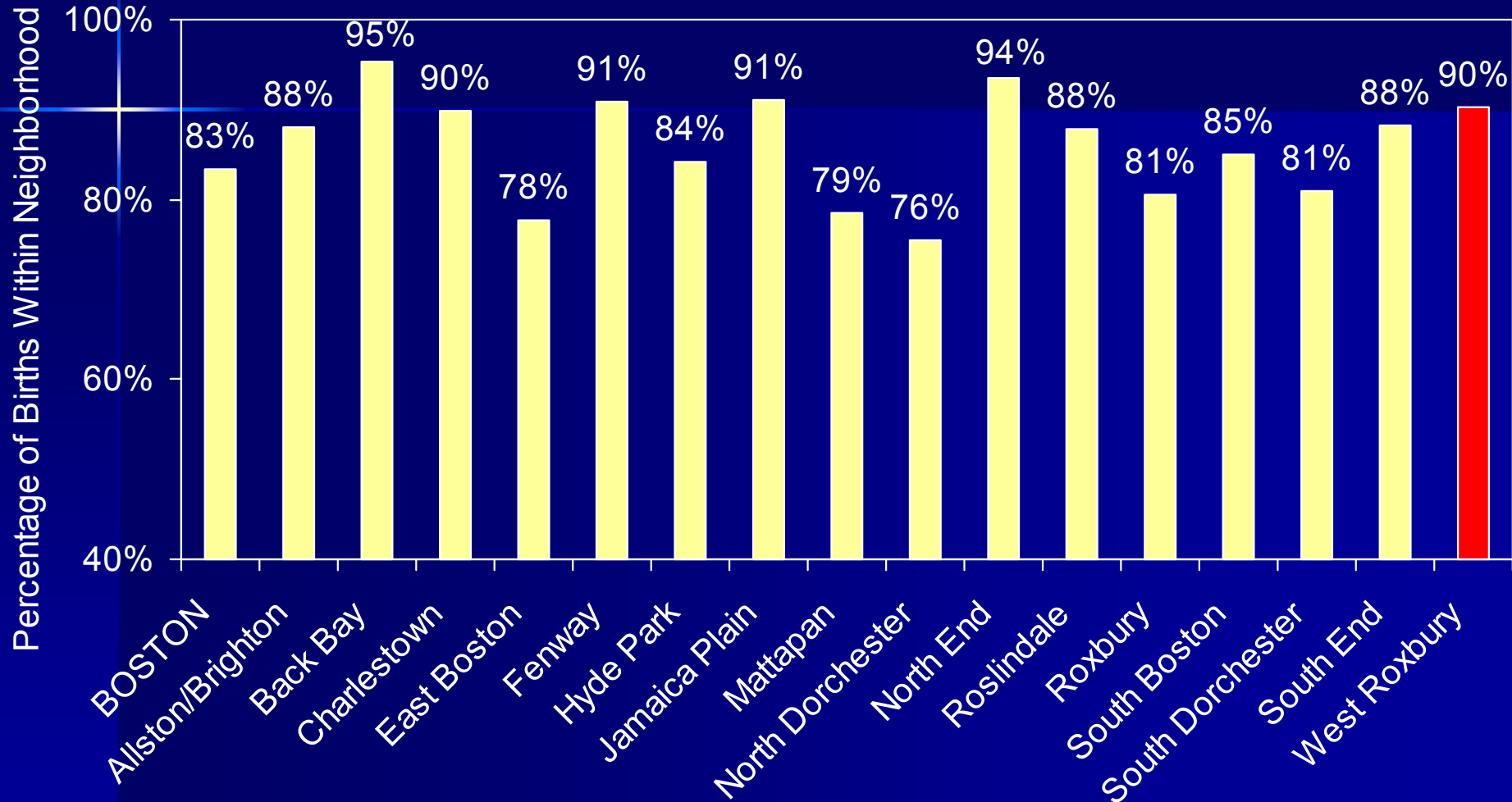
# Drug use among youth

(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.

# **PREMATURITY and INFANT MORTALITY**

# Adequacy of Prenatal Care by Neighborhood, Boston, 2002

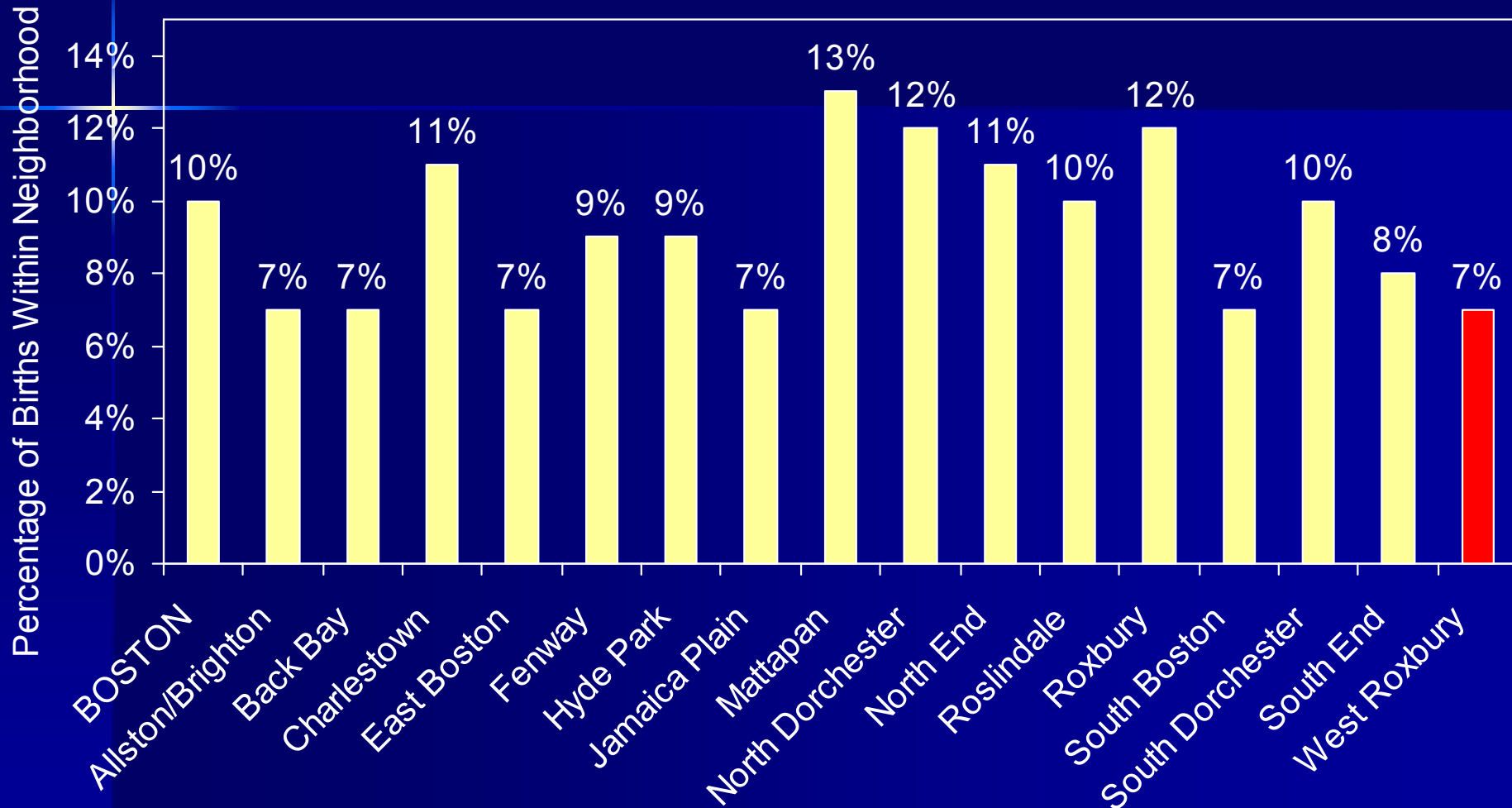


NOTE: Adequate prenatal care defined as care delivered at the adequate or intensive levels according to the APNCU Index; West Roxbury percentage is significantly higher than the Boston percentage ( $p < .05$ ).

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Low Birthweight by Neighborhood, Boston, 2002



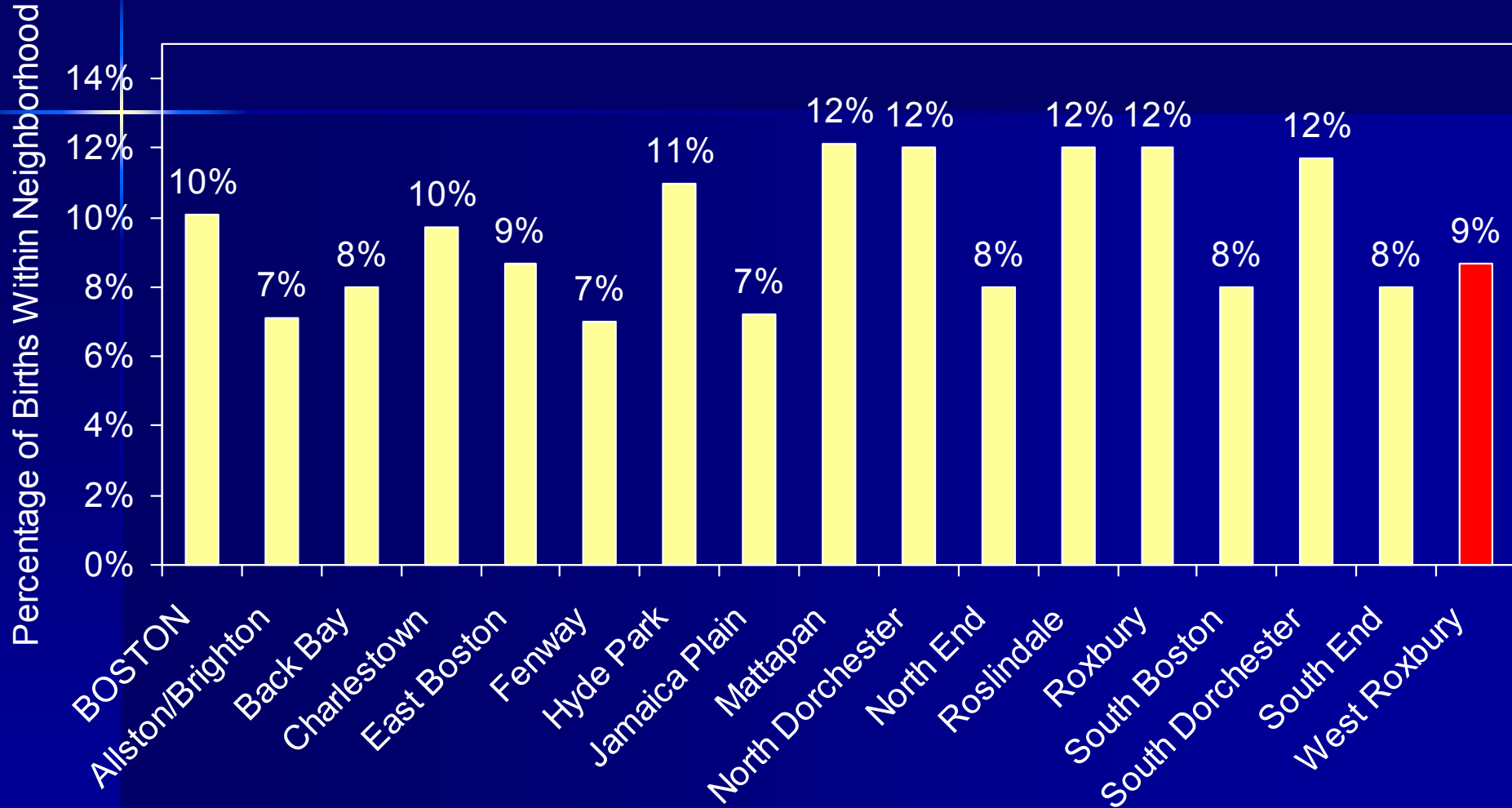
NOTE: West Roxbury percentage not significantly different from Boston percentage at  $\alpha = .05$

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

DATA ANALYSIS: Boston Public Health Commission Research Office



# Preterm Birth by Neighborhood, Boston, 2002

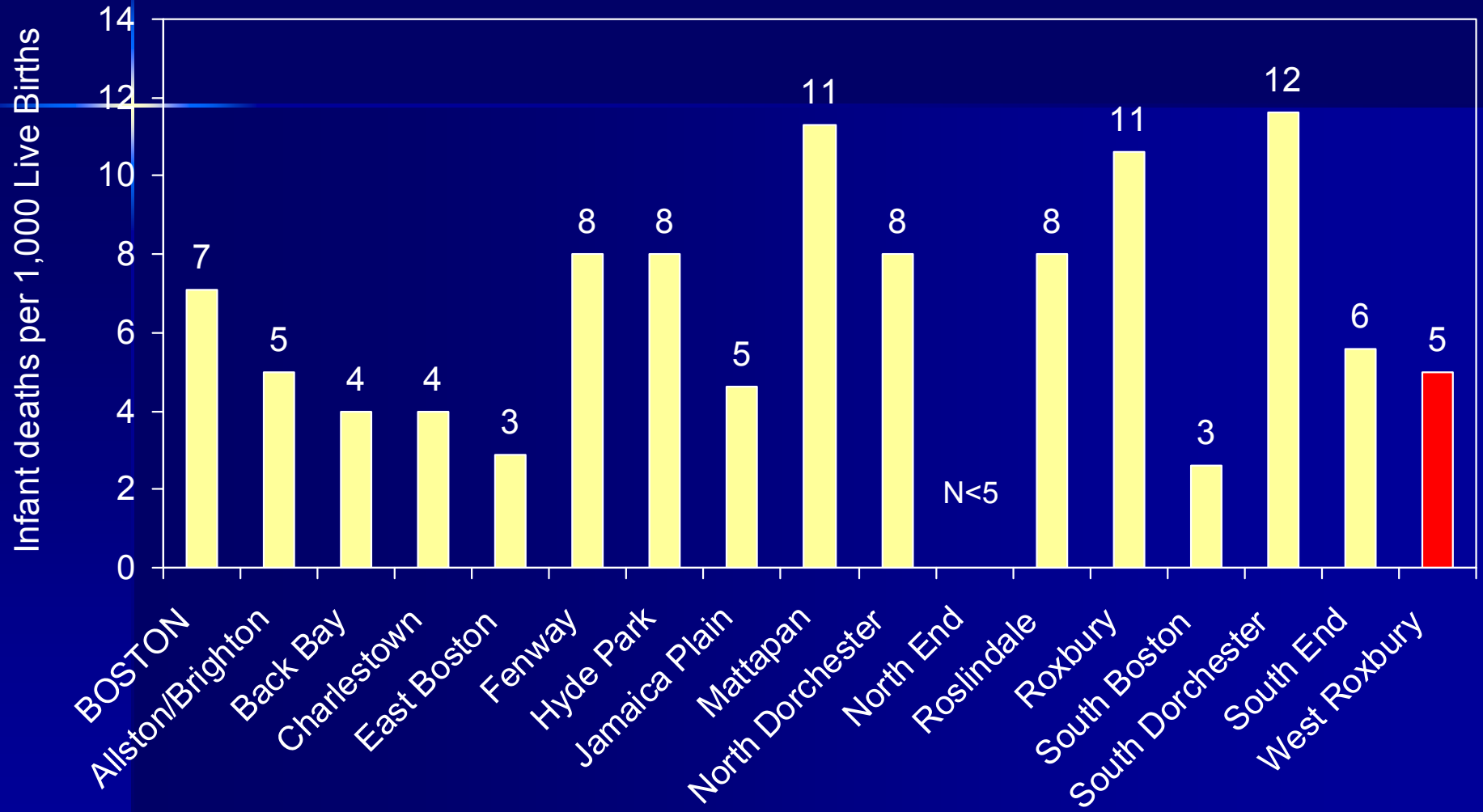


NOTE: West Roxbury percentage not significantly different from Boston percentage at  $\alpha = .05$

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

DATA ANALYSIS: Boston Public Health Commission Research Office

# Infant Mortality by Neighborhood, Boston, 1997-2002



NOTE: Difference between West Roxbury rate and Boston rate not statistically significant at  $\alpha = .05$

DATA SOURCE: Boston resident live births and infant deaths, 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**