Community Meetings 2005
Health Status Report for West Roxbury
February 22, 2005

Presented by the Boston Public Health Commission
Allston-Brighton
Roslindale
Jamaica Plain
Hyde Park
Mattapan
South End
Fenway
Roxbury
Jamaica Plain
Roslindale
Mattapan
South Dorchester
North Dorchester
South Boston
Charlestown
East Boston
North End
Back Bay
West Roxbury

MAP PREPARATION:
Boston Public Health Commission
Research Office
Population by Age Group, Boston and West Roxbury 2000

DATA ANALYSIS: Boston Public Health Commission Research Office
Population of Residents Ages 65 And Over by Neighborhood, Boston, 2000

DATA ANALYSIS: Boston Public Health Commission Research Office
Racial and Ethnic Makeup, Boston and West Roxbury 2000

**Boston**

- White: 49%
- Black: 24%
- Latino: 14%
- Asian: 8%
- Other Race: 2%
- 2 or More Races: 3%

**West Roxbury**

- White: 82%
- Black: 6%
- Latino: 5%
- Asian: 4%
- Other Race: 1%
- 2 or More Races: 2%

DATA ANALYSIS: Boston Public Health Commission Research Office
## Selected Socioeconomic Indicators, Boston and West Roxbury, 2000

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

*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 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

<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>1999</th>
<th>2001</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allston/Brighton</td>
<td>19%</td>
<td>14%</td>
</tr>
<tr>
<td>Back Bay</td>
<td>14%</td>
<td>10%</td>
</tr>
<tr>
<td>Charlestown</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>East Boston</td>
<td>25%</td>
<td>29%</td>
</tr>
<tr>
<td>Fenway</td>
<td>6%</td>
<td>12%</td>
</tr>
<tr>
<td>Hyde Park</td>
<td>29%</td>
<td>24%</td>
</tr>
<tr>
<td>Jamaica Plain</td>
<td>38%</td>
<td>24%</td>
</tr>
<tr>
<td>Mattapan</td>
<td>25%</td>
<td>16%</td>
</tr>
<tr>
<td>North Dorchester</td>
<td>29%</td>
<td>17%</td>
</tr>
<tr>
<td>Roslindale</td>
<td>20%</td>
<td>16%</td>
</tr>
<tr>
<td>Roxbury</td>
<td>33%</td>
<td>25%</td>
</tr>
<tr>
<td>South Boston</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>South Dorchester</td>
<td>10%</td>
<td>17%</td>
</tr>
<tr>
<td>South End</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>West Roxbury</td>
<td>20%</td>
<td>33%</td>
</tr>
</tbody>
</table>

DATA SOURCE: Behavioral Risk Factor Surveillance System, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office
<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Percentage of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOSTON</td>
<td>63%</td>
</tr>
<tr>
<td>Allston/Brighton</td>
<td>58%</td>
</tr>
<tr>
<td>Back Bay*</td>
<td>38%</td>
</tr>
<tr>
<td>Charlestown</td>
<td>58%</td>
</tr>
<tr>
<td>East Boston</td>
<td>68%</td>
</tr>
<tr>
<td>Fenway</td>
<td>38%</td>
</tr>
<tr>
<td>Hyde Park</td>
<td>68%</td>
</tr>
<tr>
<td>Jamaica Plain</td>
<td>71%</td>
</tr>
<tr>
<td>Mattapan</td>
<td>51%</td>
</tr>
<tr>
<td>North Dorchester</td>
<td>81%</td>
</tr>
<tr>
<td>Roslindale</td>
<td>68%</td>
</tr>
<tr>
<td>Roxbury</td>
<td>65%</td>
</tr>
<tr>
<td>South Boston</td>
<td>72%</td>
</tr>
<tr>
<td>South Dorchester</td>
<td>46%</td>
</tr>
<tr>
<td>South End</td>
<td>66%</td>
</tr>
<tr>
<td>West Roxbury</td>
<td>56%</td>
</tr>
</tbody>
</table>

*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 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

<table>
<thead>
<tr>
<th></th>
<th>Boston Ages 65+</th>
<th>W. Roxbury Ages 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>1,383.6</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>Cancer</td>
<td>1,233.1</td>
<td>Cancer</td>
</tr>
<tr>
<td>Stroke</td>
<td>348.4</td>
<td>Stroke</td>
</tr>
<tr>
<td>Pneumonia/Flu</td>
<td>246.2</td>
<td>Pneumonia/Flu</td>
</tr>
<tr>
<td>COPD</td>
<td>242.4</td>
<td>COPD</td>
</tr>
<tr>
<td>Nephritis/Nephrosis</td>
<td>152.2</td>
<td>Alzheimers Disease</td>
</tr>
<tr>
<td>Septicemia</td>
<td>145.6</td>
<td>Septicemia</td>
</tr>
<tr>
<td>Diabetes</td>
<td>137.5</td>
<td>Nephritis/Nephrosis</td>
</tr>
<tr>
<td>Alzheimers Disease</td>
<td>138.6</td>
<td>All Injuries</td>
</tr>
<tr>
<td>All Injuries</td>
<td>98.4</td>
<td>Diabetes</td>
</tr>
<tr>
<td>TOTAL</td>
<td>5,299.8</td>
<td>TOTAL</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Asian</th>
<th>Black</th>
<th>Latino</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>157</td>
<td>247</td>
<td>112</td>
<td>230</td>
</tr>
<tr>
<td>2000</td>
<td>113</td>
<td>277</td>
<td>128</td>
<td>241</td>
</tr>
<tr>
<td>2001</td>
<td>112</td>
<td>254</td>
<td>155</td>
<td>220</td>
</tr>
<tr>
<td>2002</td>
<td>160</td>
<td>257</td>
<td>139</td>
<td>231</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Deaths per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOSTON</td>
<td>218</td>
</tr>
<tr>
<td>Allston/Brighton</td>
<td>178</td>
</tr>
<tr>
<td>Back Bay</td>
<td>177</td>
</tr>
<tr>
<td>Charlestown</td>
<td>241</td>
</tr>
<tr>
<td>East Boston</td>
<td>231</td>
</tr>
<tr>
<td>Fenway</td>
<td>185</td>
</tr>
<tr>
<td>Hyde Park</td>
<td>227</td>
</tr>
<tr>
<td>Jamaica Plain</td>
<td>198</td>
</tr>
<tr>
<td>Mattapan</td>
<td>217</td>
</tr>
<tr>
<td>North Dorchester</td>
<td>229</td>
</tr>
<tr>
<td>North End</td>
<td>182</td>
</tr>
<tr>
<td>Roslindale</td>
<td>195</td>
</tr>
<tr>
<td>Roxbury</td>
<td>222</td>
</tr>
<tr>
<td>South Boston</td>
<td>303</td>
</tr>
<tr>
<td>South Dorchester</td>
<td>218</td>
</tr>
<tr>
<td>South End</td>
<td>196</td>
</tr>
<tr>
<td>West Roxbury</td>
<td>215</td>
</tr>
</tbody>
</table>

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

- Lung cancer: 53 deaths per 100,000 population
- Breast cancer: 37 deaths per 100,000 population
- Colorectal Cancer: 25 deaths per 100,000 population
- Prostate Cancer: 22 deaths per 100,000 population
- Ovarian Cancer: 10 deaths per 100,000 population
- Liver Cancer: 10 deaths per 100,000 population
- Pancreatic Cancer: 9 deaths per 100,000 population

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

Diagram showing heart disease mortality rates per 100,000 population for various neighborhoods in Boston, 2000-2002. The highest rate is in West Roxbury with 297 deaths, followed by Allston/Brighton with 244 deaths and Jamaica Plain with 224 deaths. The lowest rate is in Back Bay with 115 deaths. 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 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**

<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Admissions per 1,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOSTON</td>
<td>37</td>
</tr>
<tr>
<td>Allston/Brighton</td>
<td>10</td>
</tr>
<tr>
<td>Back Bay*</td>
<td>17</td>
</tr>
<tr>
<td>Charlestown</td>
<td>37</td>
</tr>
<tr>
<td>East Boston</td>
<td>29</td>
</tr>
<tr>
<td>Fenway</td>
<td>9</td>
</tr>
<tr>
<td>Hyde Park</td>
<td>19</td>
</tr>
<tr>
<td>Jamaica Plain</td>
<td>52</td>
</tr>
<tr>
<td>Mattapan</td>
<td>32</td>
</tr>
<tr>
<td>North Dorchester</td>
<td>38</td>
</tr>
<tr>
<td>Roslindale</td>
<td>13</td>
</tr>
<tr>
<td>Roxbury</td>
<td>89</td>
</tr>
<tr>
<td>South Boston</td>
<td>51</td>
</tr>
<tr>
<td>South Dorchester</td>
<td>59</td>
</tr>
<tr>
<td>South End</td>
<td>104</td>
</tr>
<tr>
<td>West Roxbury</td>
<td>9</td>
</tr>
</tbody>
</table>

*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

- Pregnancy: 28
- Substance Abuse: 3
- Psychoses: 3
- Heart Failure & Shock: 2
- Simple Pneumonia & Pleurisy: 2
- Chest Pain: 2
- Cardiac Arrhythmia: 2
- COPD: 2
- Nutrit. & Metabolic Disorder: 2
- Gastroenteritis*: 2

*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

Percentage of Births Within Neighborhood

- BOSTON
  - Allston/Brighton
  - Back Bay
  - Charlestown
  - East Boston
  - Fenway
  - Hyde Park
  - Jamaica Plain
  - Mattapan
  - North Dorchester
  - North End
  - Roslindale
  - Roxbury
  - South Boston
  - South Dorchester
  - South End
  - West Roxbury

83% 88% 95% 90% 78% 84% 79% 76% 94% 88% 81% 85% 81% 88% 90%

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

Percentage of Births Within Neighborhood

BOSTON
Allston/Brighton
Back Bay
Charlestown
East Boston
Fenway
Hyde Park
Jamaica Plain
Mattapan
North Dorchester
North End
Rosiindale
Roxbury
South Boston
South Dorchester
South End
West Roxbury

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

Infant deaths per 1,000 Live Births

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