

Community Meetings 2005

Health Status Report for East Boston

March 15, 2005

Presented by the Boston Public Health
Commission



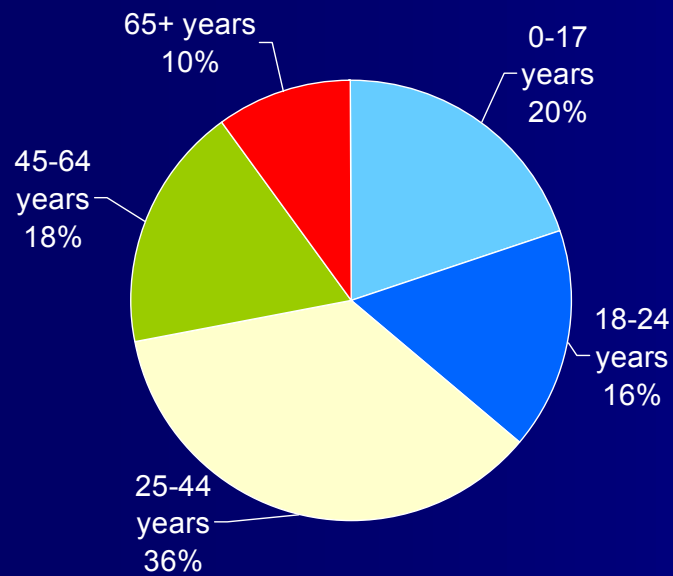
B O S T O N

Boston Neighborhoods

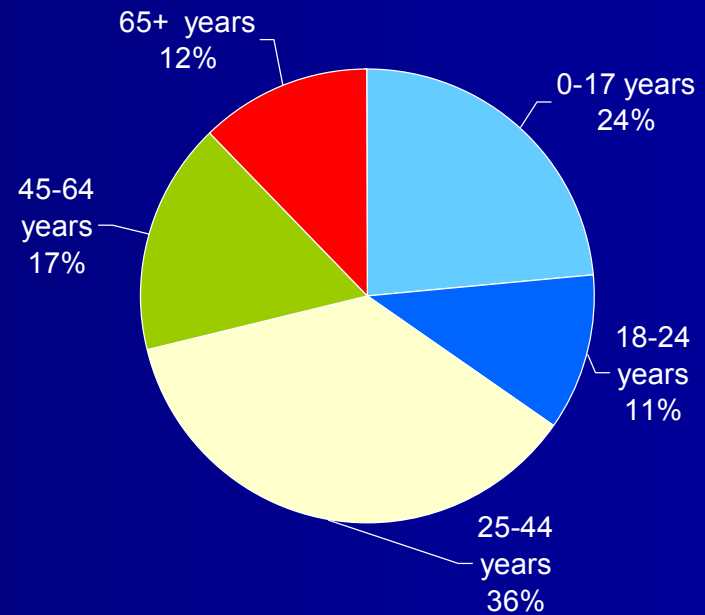


MAP PREPARATION:
Boston Public Health Commission
Research Office

Population by Age Group, Boston and East Boston, 2000



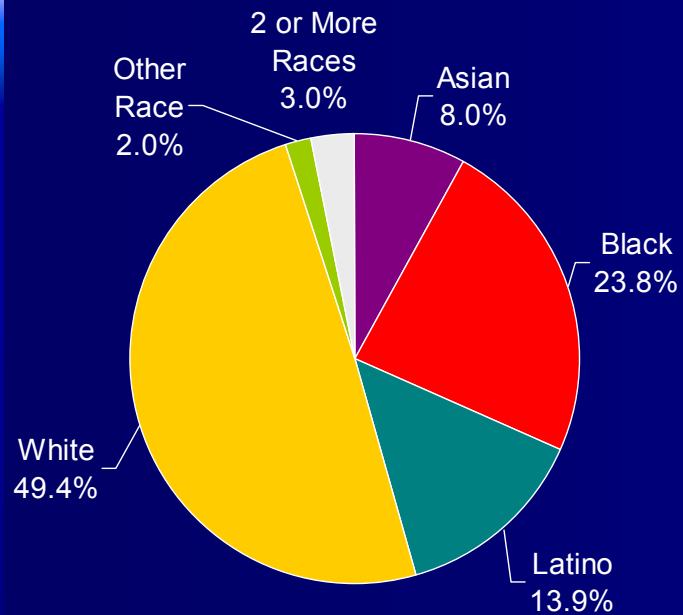
BOSTON



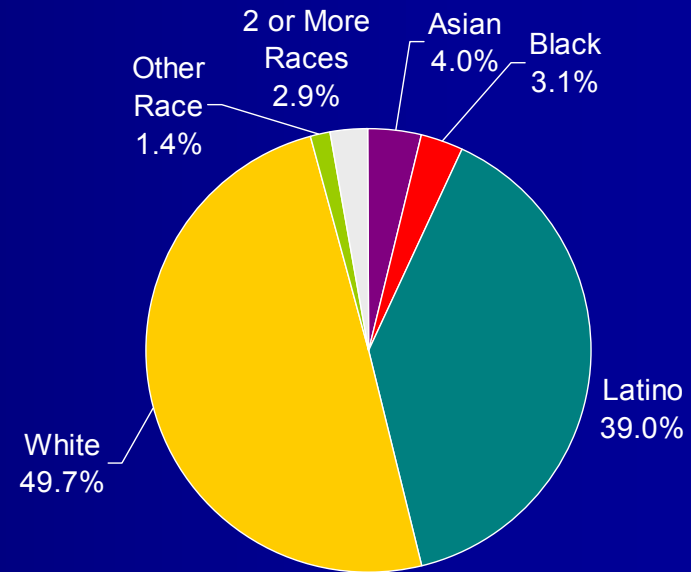
EAST BOSTON

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

Racial and Ethnic Makeup, Boston and East Boston 2000



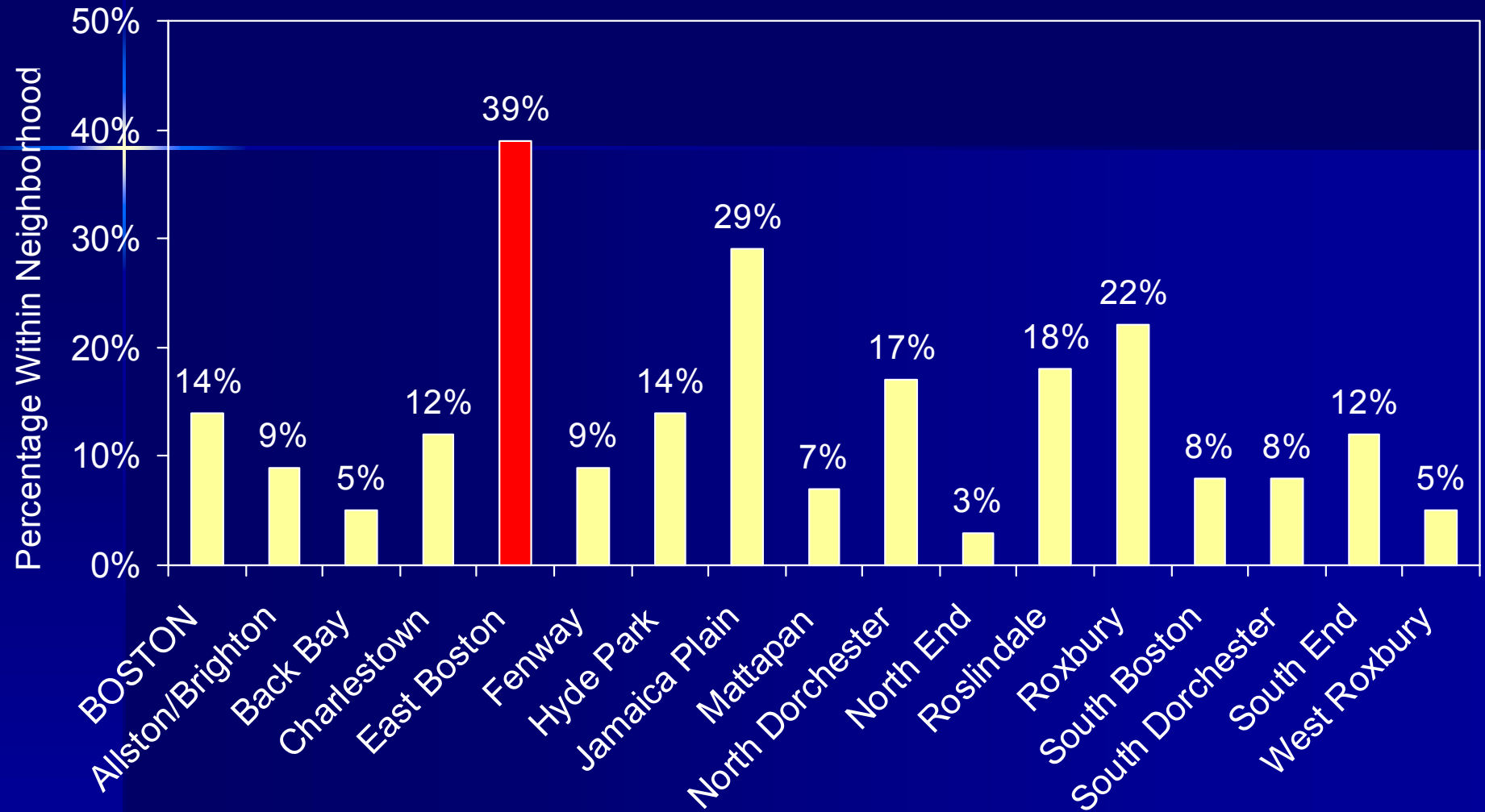
BOSTON



EAST BOSTON

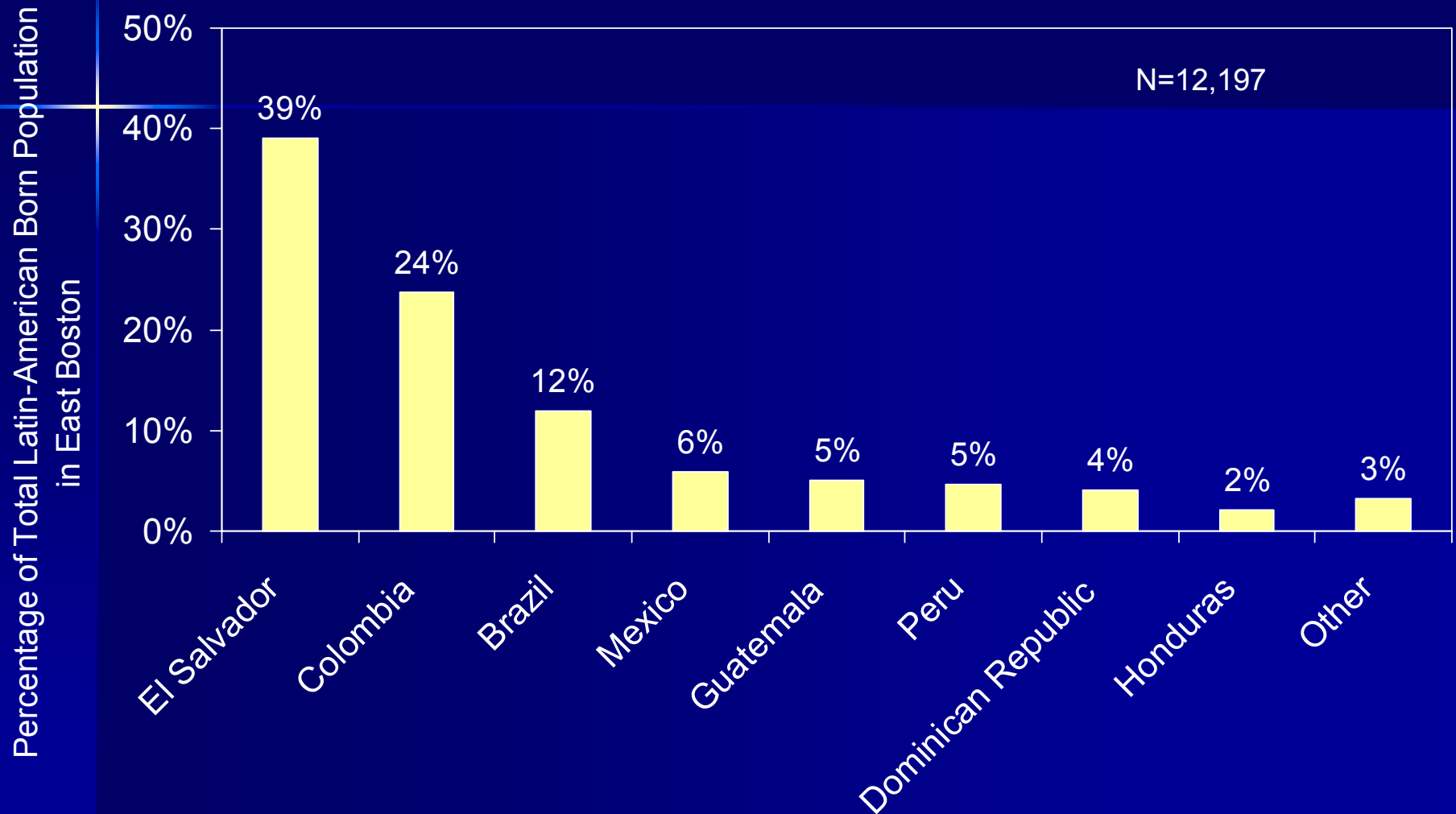
DATA SOURCE: U.S. Department of Commerce, Bureau of the Census, American FactFinder, Census 2000
DATA ANALYSIS: Boston Public Health Commission Research Office

Latino Population by Neighborhood, Boston, 2000



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

Place of Birth Among Central/South American and Caribbean Born Residents, East Boston, 2000



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

Selected Socioeconomic Indicators, Boston and Boston Latinos, 2000

Indicator	Boston Overall	Boston Latinos
Less than High School Graduation or GED (Adults Ages 25 and Over)	21%	43%
% Population Below Poverty Level	20%	31%
% of Children (Under 18) Below Poverty Level*	26%	38%
% of Adults 65 and Older Below Poverty Level*	18%	29%
Median Household Income in 1999	\$39,629**	\$27,141**

*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-Sample Data

DATA ANALYSIS: Boston Public Health Commission Research Office

Selected Socioeconomic Indicators, Boston and East Boston, 2000

Indicator	Boston Overall	East Boston
Less than High School Graduation or GED (Adults Ages 25 and Over)	21%	40%
% Population Below Poverty Level	20%	20%
% of Children (Under 18) Below Poverty Level*	26%	25%
% of Adults 65 and Older Below Poverty Level*	18%	20%
Median Household Income in 1999	\$39,629**	\$31,301**

*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-Sample Data

DATA ANALYSIS: Boston Public Health Commission Research Office

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

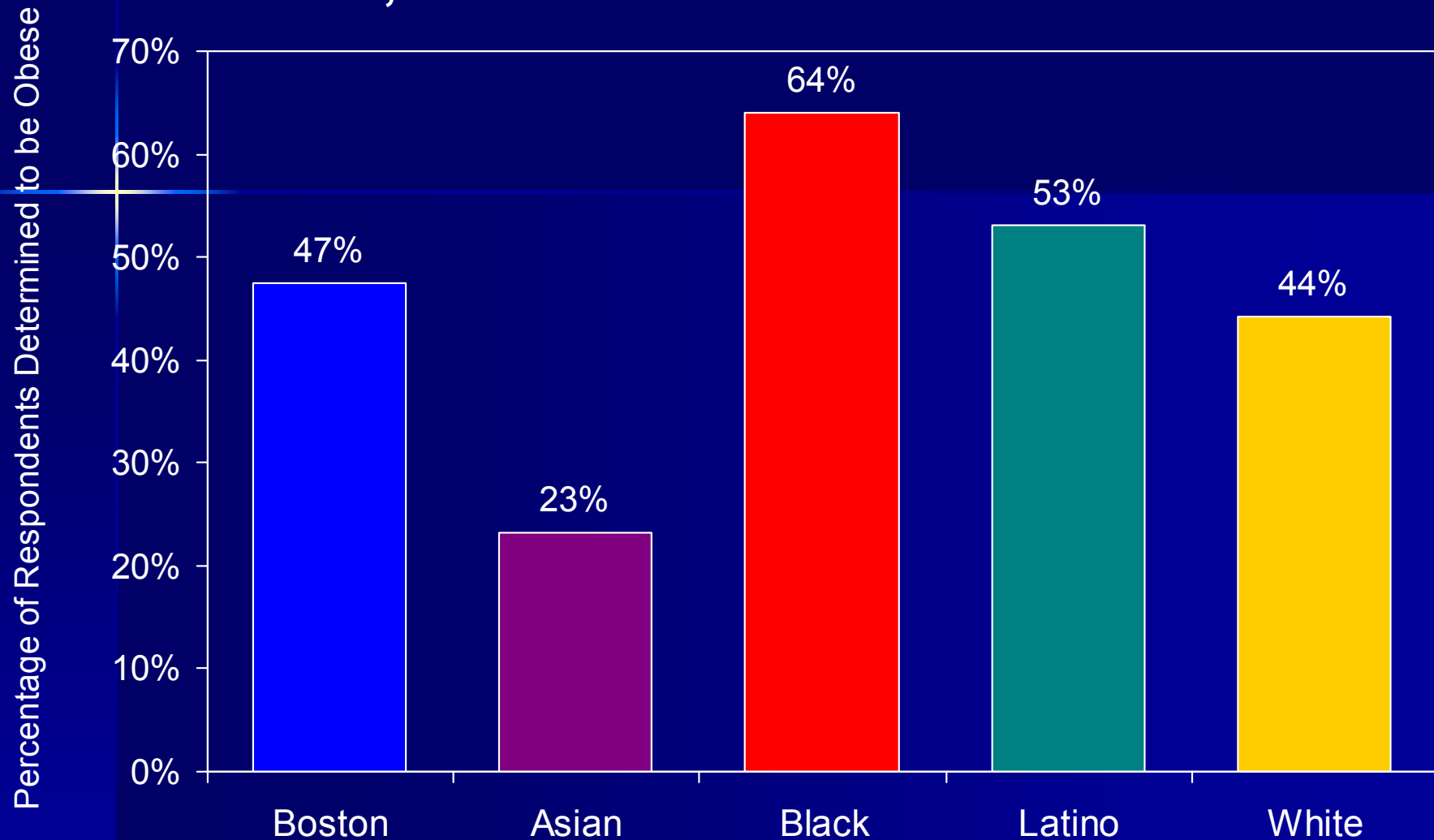
- Obesity
- Cancer
- Asthma
- Substance Abuse
- Violence
- Maternal and Child Health

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*

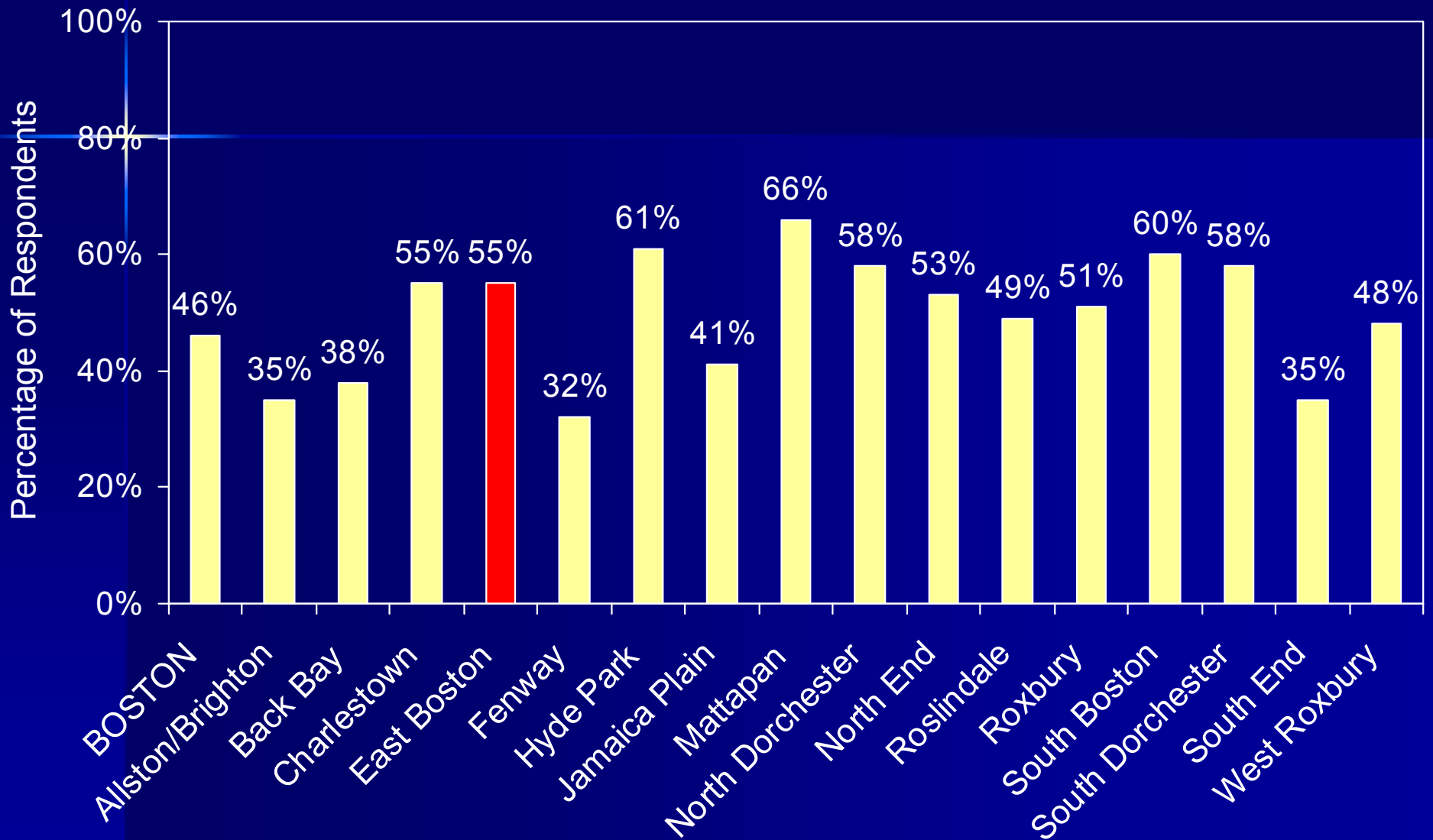


*Includes data collected from January 2001 through May 2001. The term "obesity" refers to all levels of excess weight combined. Blacks are significantly different from Whites, Latinos, and Asians ($p < .05$). Latinos are significantly different from Whites and Asians ($p < .05$)

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

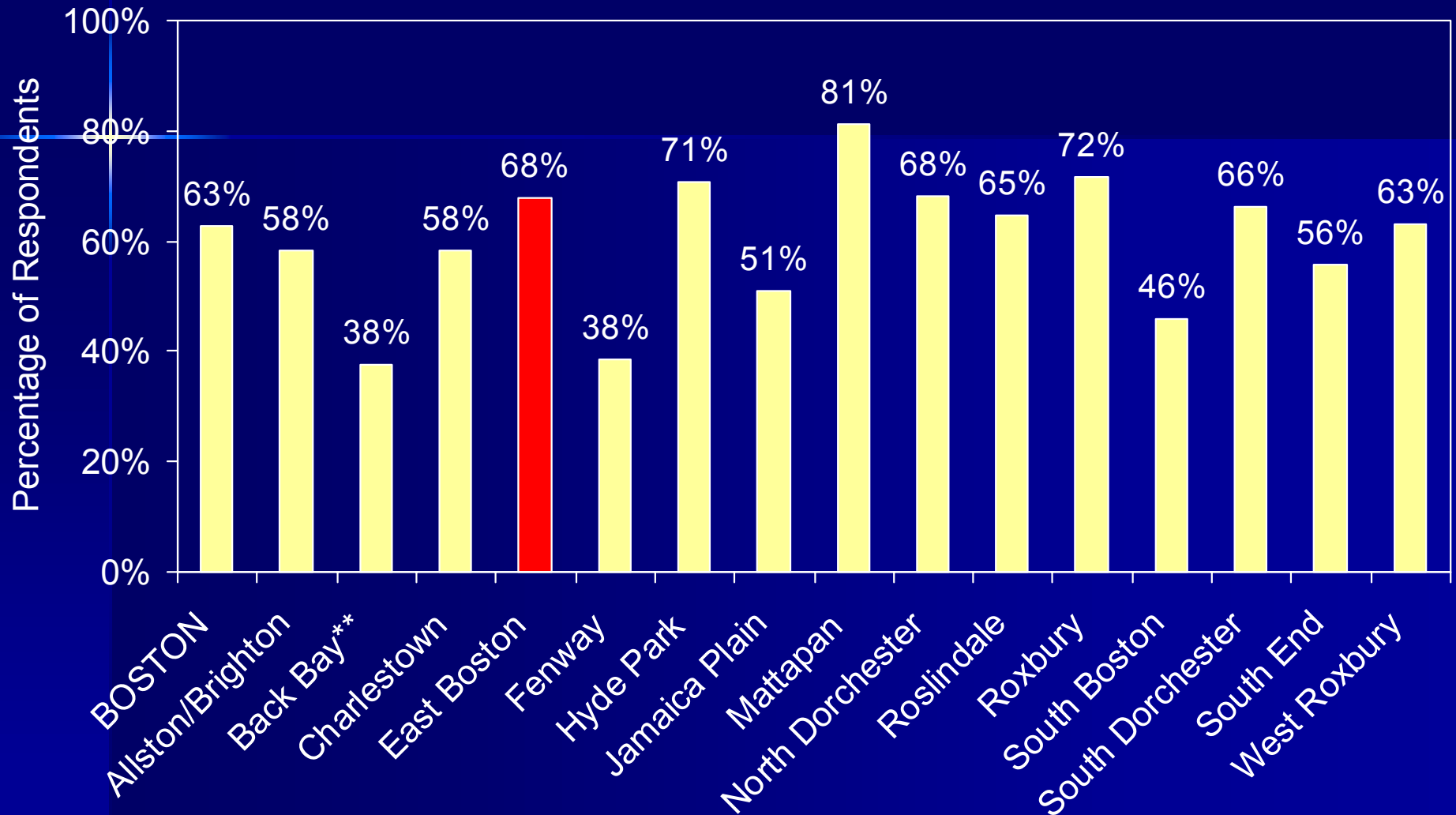
DATA ANALYSIS: Boston Public Health Commission Research Office

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

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



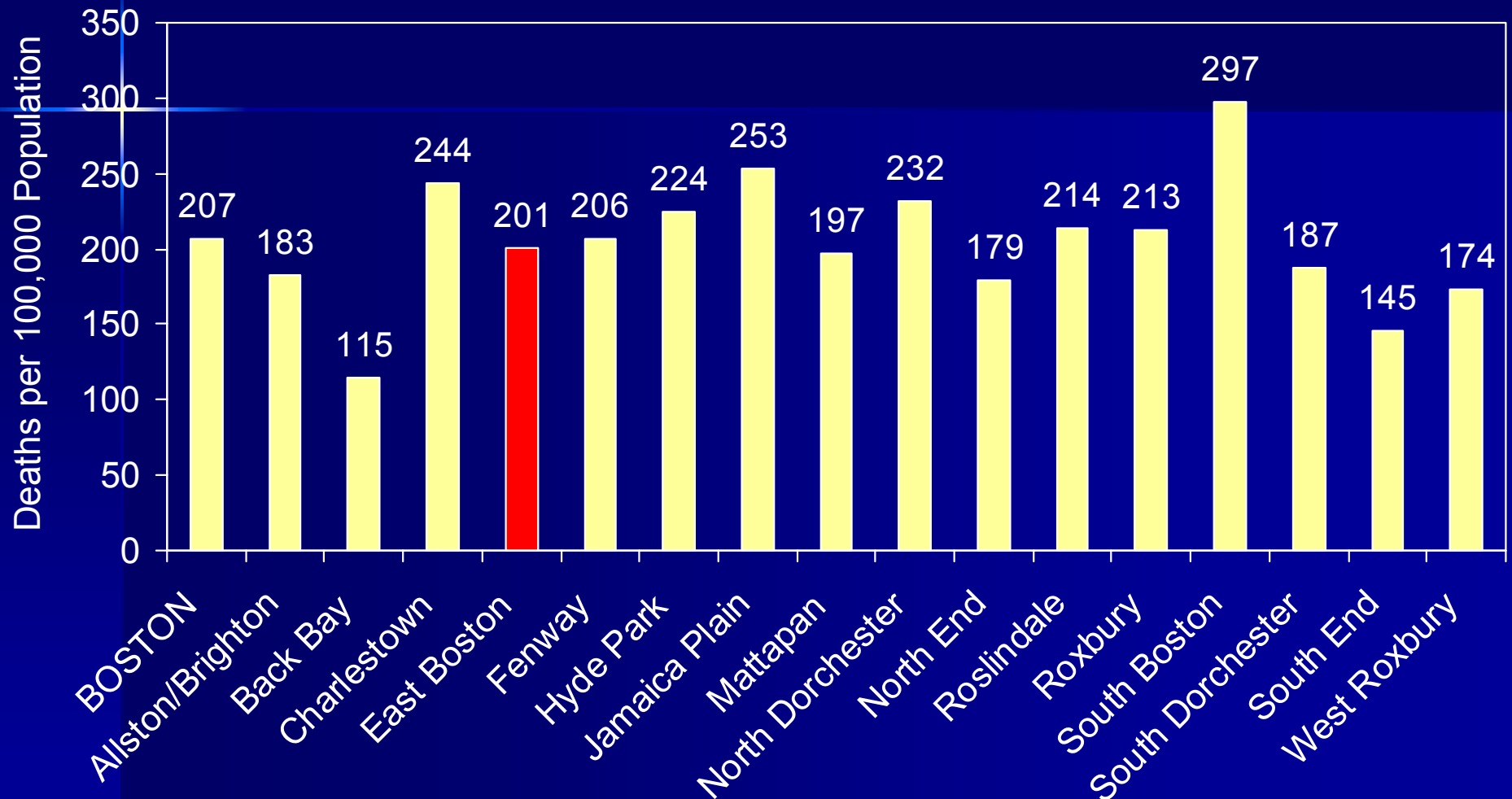
*Includes data collected from January 2000 through May 2002 ** Includes the North End

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

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



NOTE: The difference between the East Boston and Boston rates is not statistically significant at $\alpha = .05$

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

DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About It?

- Focus on eating healthy foods
- Avoid sugary sodas, snack foods
- Reducing portion sizes and eating smaller more frequent meals
- Exercise daily – for example, walking
- Talk to your primary care doctor

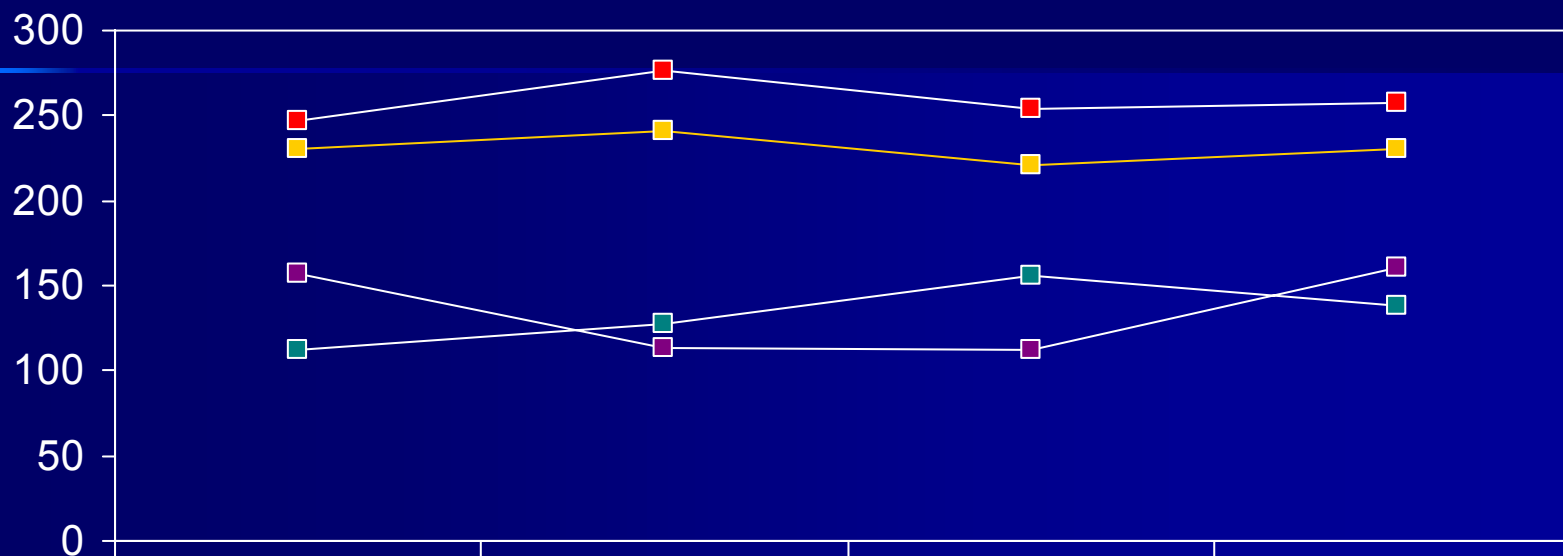
CANCER

What increases the chances of getting cancer?

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

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

Deaths per 100,000 Population



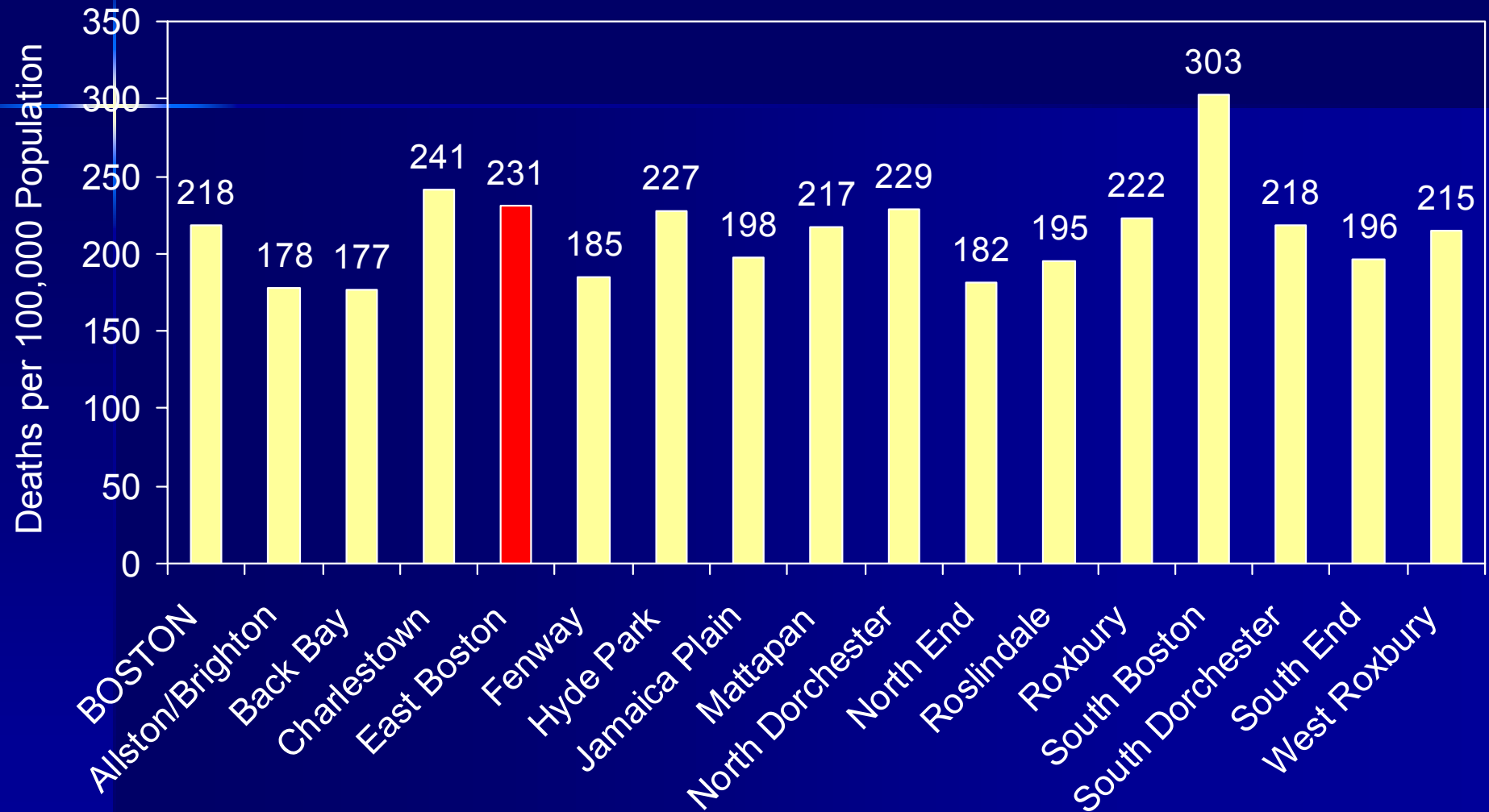
	1999	2000	2001	2002
Asian	157	113	112	160
Black	247	277	254	257
Latino	112	128	155	139
White	230	241	220	231

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

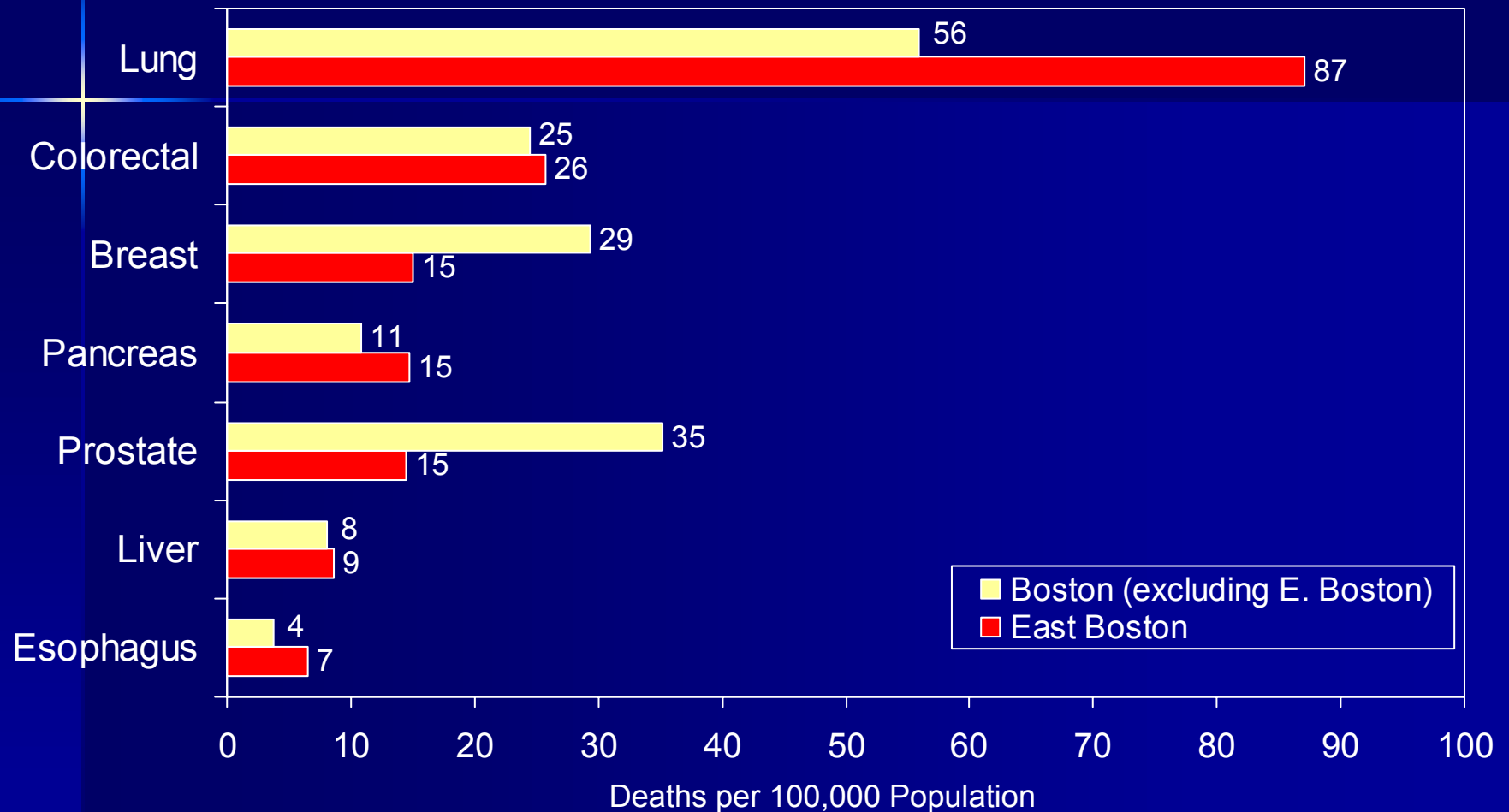
DATA ANALYSIS: Boston Public Health Commission Research Office

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



NOTE: Difference between East Boston and Boston 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, Boston and East Boston, 2000-2002

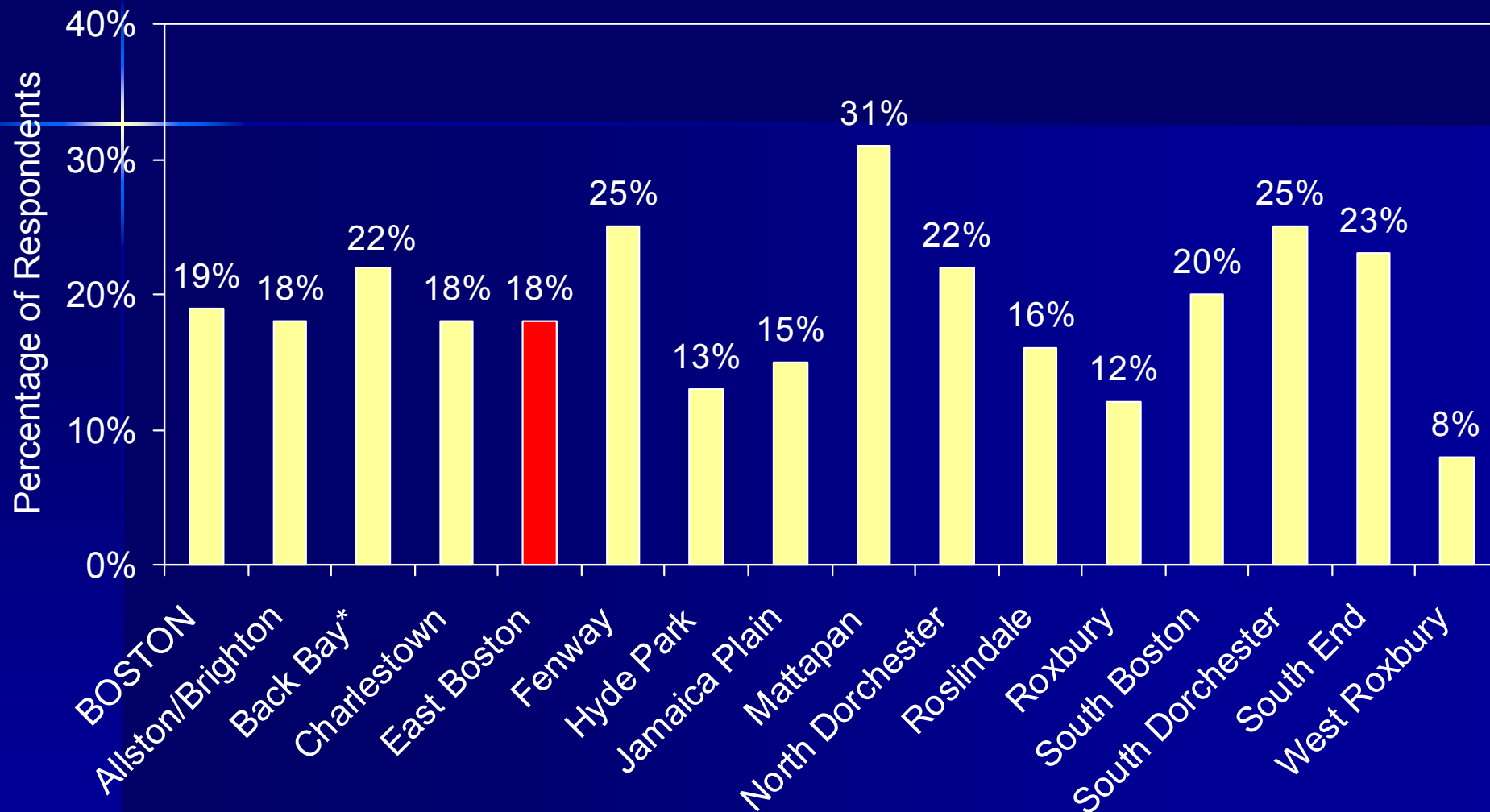


NOTE: Boston excludes East Boston; the differences in lung and prostate cancer mortality between East Boston and the rest of Boston are statistically significant ($p < .05$)

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

DATA ANALYSIS: Boston Public Health Commission Research Office

Adults Who Are Current Smokers by Neighborhood, Boston, 1999-2001



*Includes the North End

DATA SOURCE: Behavioral Risk Surveillance Survey, Massachusetts Department of Public Health, Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About It?

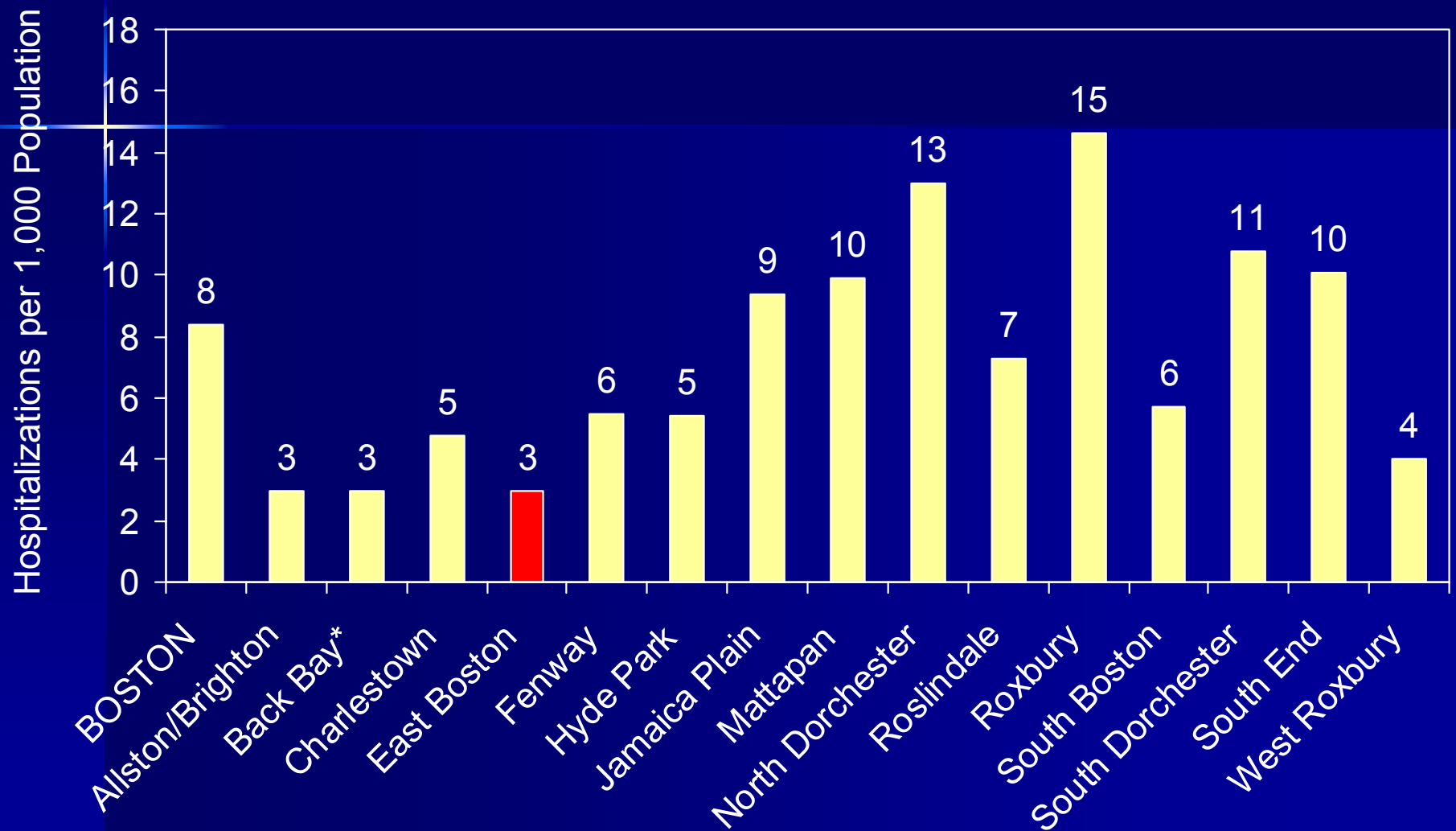
- Don't smoke
- Avoid excessive intake of alcohol
- Maintain a normal weight with exercise and a diet that is low in fat and high in fruits and vegetables
- Avoid excessive sun exposure
- Get regular cancer screening – especially breast, colon, prostate, skin
- Join community efforts to promote health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

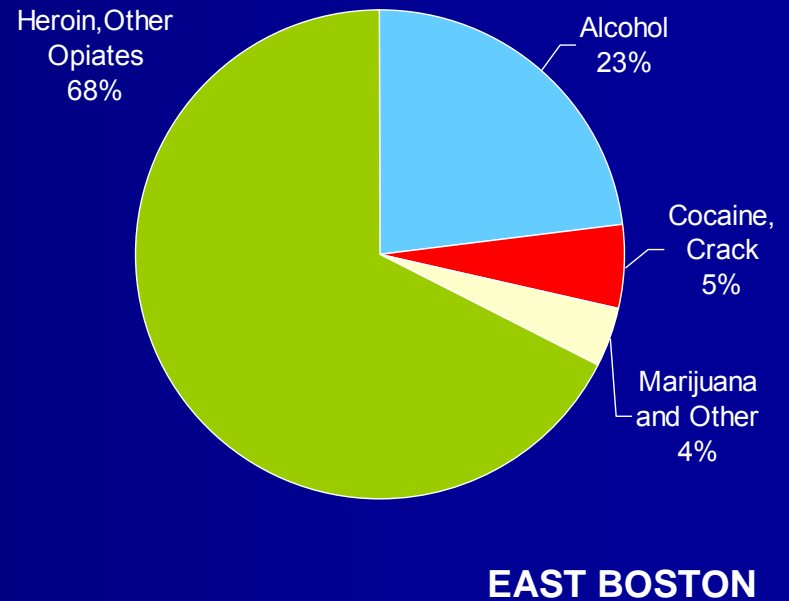
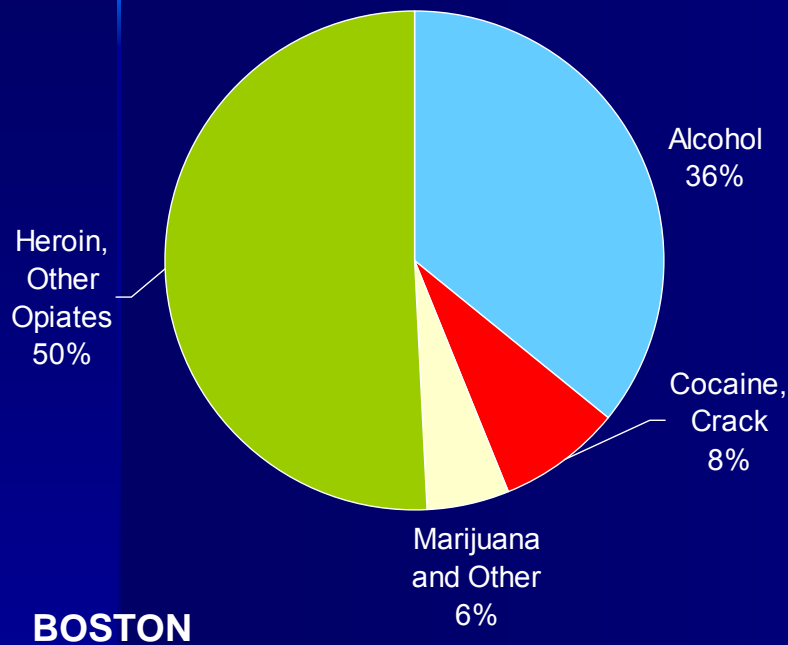
DATA ANALYSIS: Boston Public Health Commission Research Office

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 Admissions by Type of Drug Use, Boston and East Boston, 2004

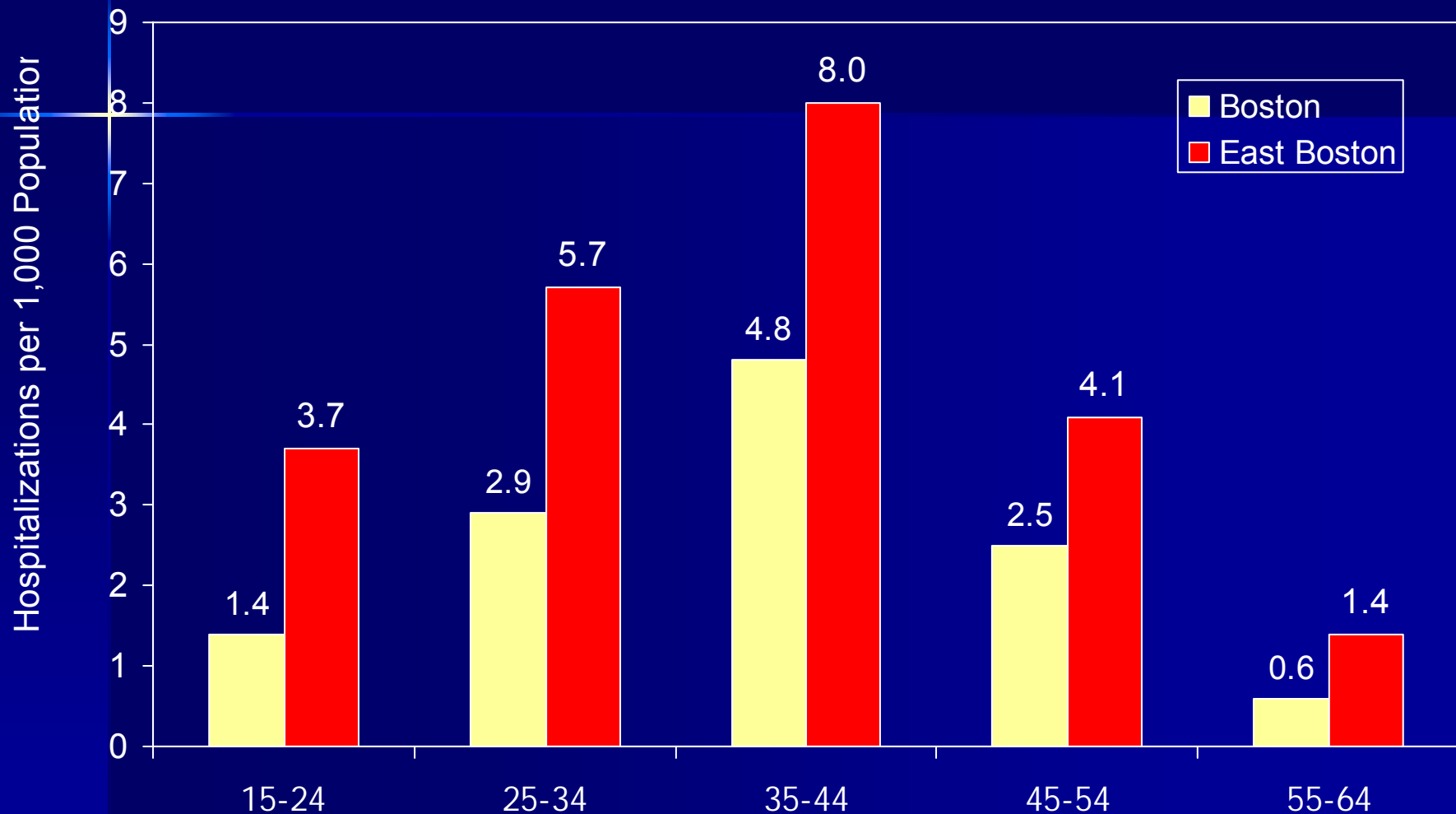


NOTE: Data shown are for a fiscal year running from July through June of year indicated

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

Drug Abuse Hospitalization*: Age-Specific Rates, Boston and East Boston, 1998-2002

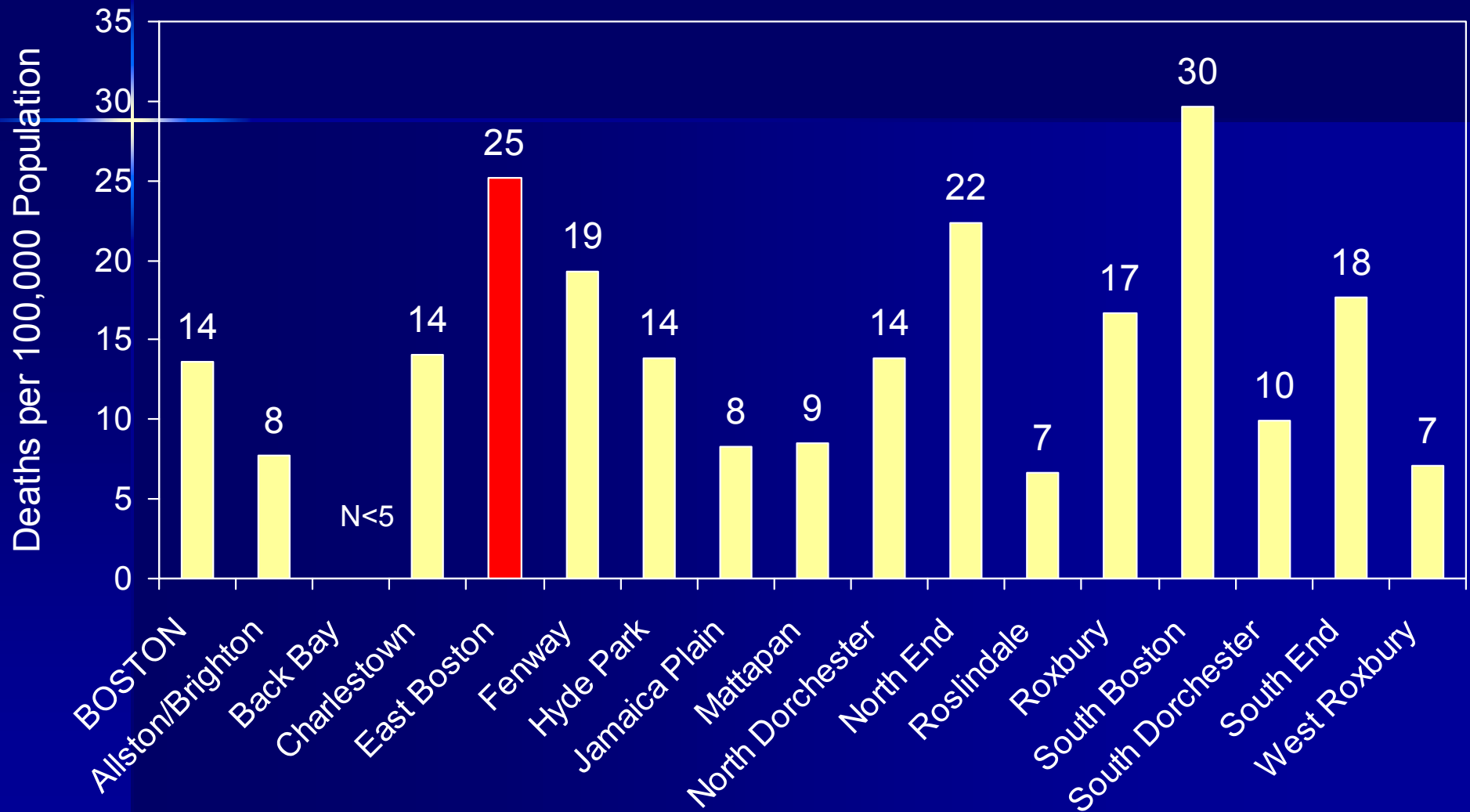


*Hospitalization in acute care hospitals for treatment of illegal drug abuse problem

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

DATA ANALYSIS: Boston Public Health Commission Research Office

Drug Abuse Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2000-2002



NOTE: Difference between East Boston and Boston is statistically significant at $p < .05$
 DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
 DATA ANALYSIS: Boston Public Health Commission Research Office

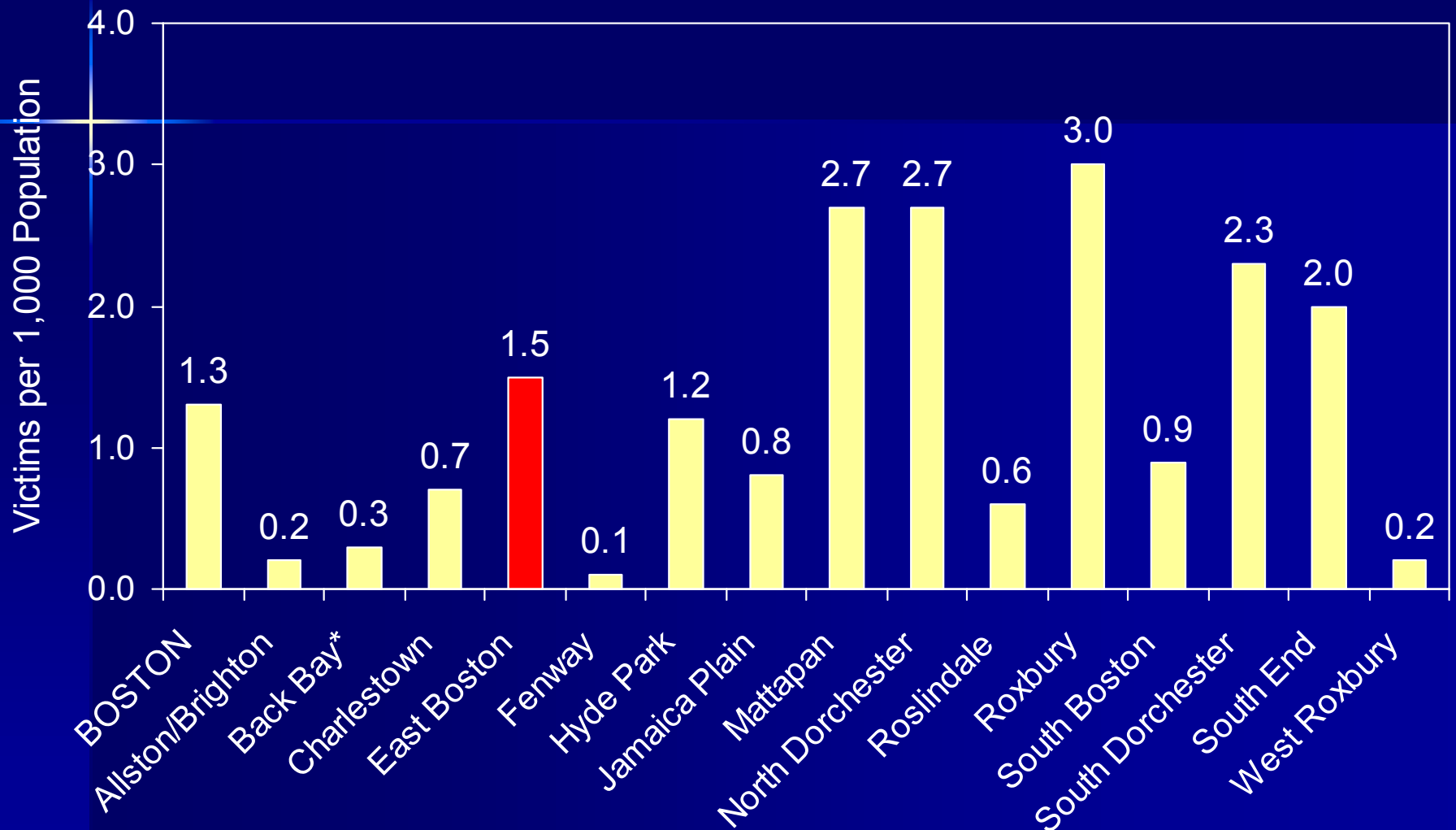
What Can Be Done About Substance Abuse?

- Substance Abuse Services Central Intake
- Entre Familia/Moms Project – programs for women in recovery
- East Boston Substance Abuse Treatment Programs:
 - East Boston Neighborhood Community Health Center
 - Noddles Island Multiservice Agency: outpatient
 - Meridian House: residential treatment
 - NO Drugs Campaign
- Advocate for increased state funding for substance abuse treatment programs

VIOLENCE and TRAUMA

Non-Fatal Assault-Related Gunshot and Stabbing Injuries by Neighborhood, Ages 15-44, Boston, July 2000-June 2003

Average Annual Age-Specific Rates



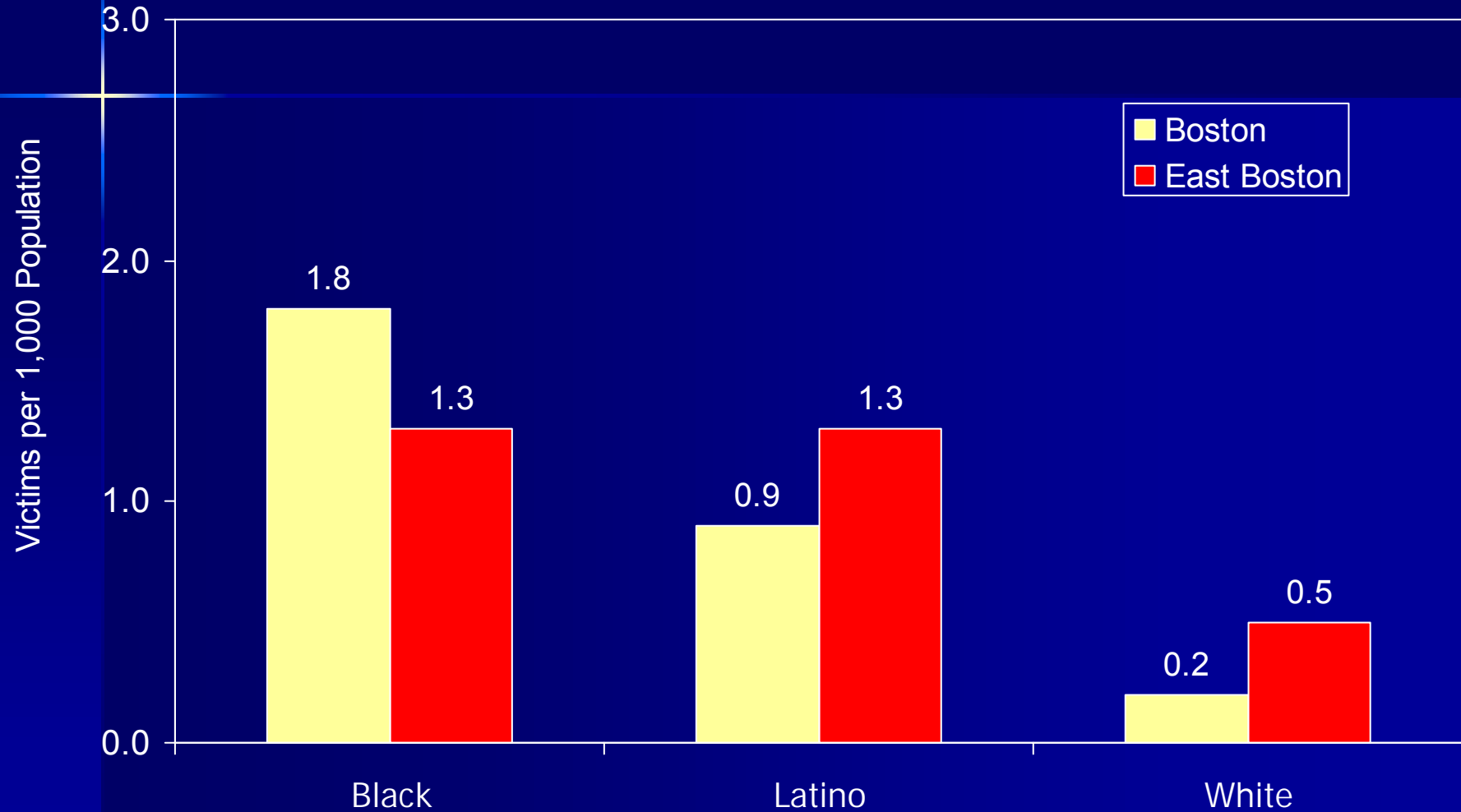
*Includes the North End

DATA SOURCE: Massachusetts Department of Public Health, Weapon-Related Injury Surveillance Program (WRISS)

DATA ANALYSIS: Boston Public Health Commission Research Office

Victims of Non-Fatal Assault-Related Gunshot and Stabbing Injuries by Race/Ethnicity, Boston and East Boston, 2000- 2003

Average Annual Race-Specific Rates



DATA SOURCE: Massachusetts Department of Public Health, Weapon-Related Injury Surveillance Program (WRISS)
DATA ANALYSIS: Boston Public Health Commission Research Office

MATERNAL and CHILD HEALTH

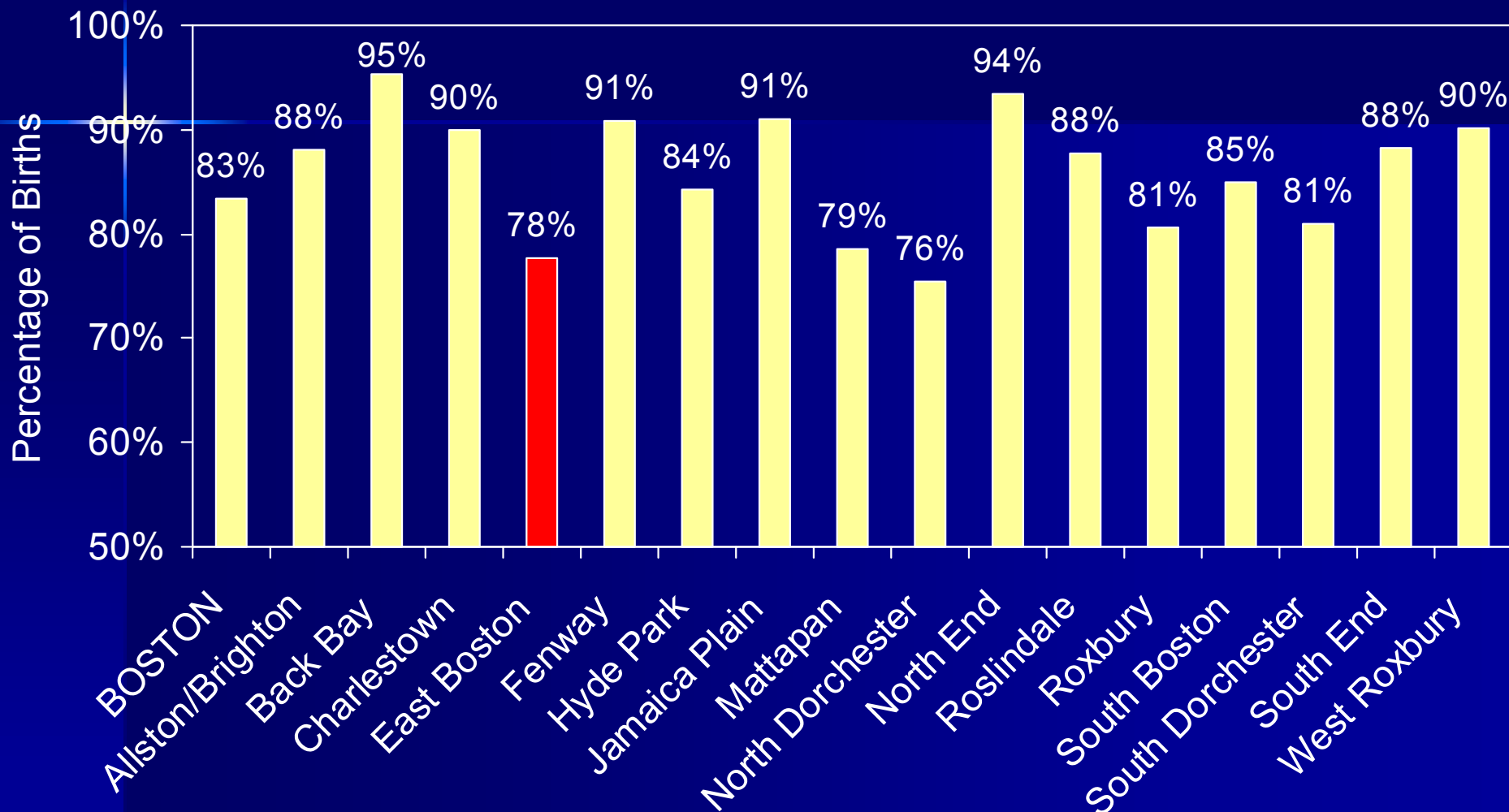
Births by Language Preference and Neighborhood, Boston, 2002

	English	Cantonese	Haitian Creole	Portuguese	Spanish	Vietnamese	Other
Allston/Brighton	71.6%	1.4%	1.0%	5.3%	9.5%	N<5	11.2%
Back Bay	94.0%	N<5	N<5	N<5	2.5%	N<5	3.5%
Charlestown	83.3%	N<5	N<5	N<5	12.4%	N<5	4.3%
East Boston	45.9%	N<5	N<5	3.5%	47.7%	1.0%	1.9%
Fenway	68.3%	N<5	N<5	N<5	15.5%	N<5	16.2%
Hyde Park	80.7%	N<5	6.3%	N<5	9.8%	N<5	3.2%
Jamaica Plain	74.6%	N<5	N<5	N<5	21.9%	N<5	3.5%
Mattapan	87.2%	N<5	8.0%	N<5	3.5%	N<5	1.3%
North Dorchester	74.6%	N<5	1.4%	4.1%	9.3%	6.9%	3.7%
North End	90.3%	N<5	N<5	N<5	N<5	N<5	9.7%
Roslindale	83.0%	N<5	1.3%	1.0%	11.4%	N<5	3.3%
Roxbury	76.3%	0.8%	0.7%	0.7%	16.2%	0.7%	4.6%
South Boston	85.9%	N<5	N<5	N<5	8.8%	N<5	5.3%
South Dorchester	85.2%	N<5	3.1%	N<5	5.0%	4.4%	2.3%
South End	74.3%	6.8%	N<5	N<5	6.8%	N<5	12.1%
West Roxbury	88.9%	N<5	1.6%	N<5	4.9%	N<5	4.6%

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

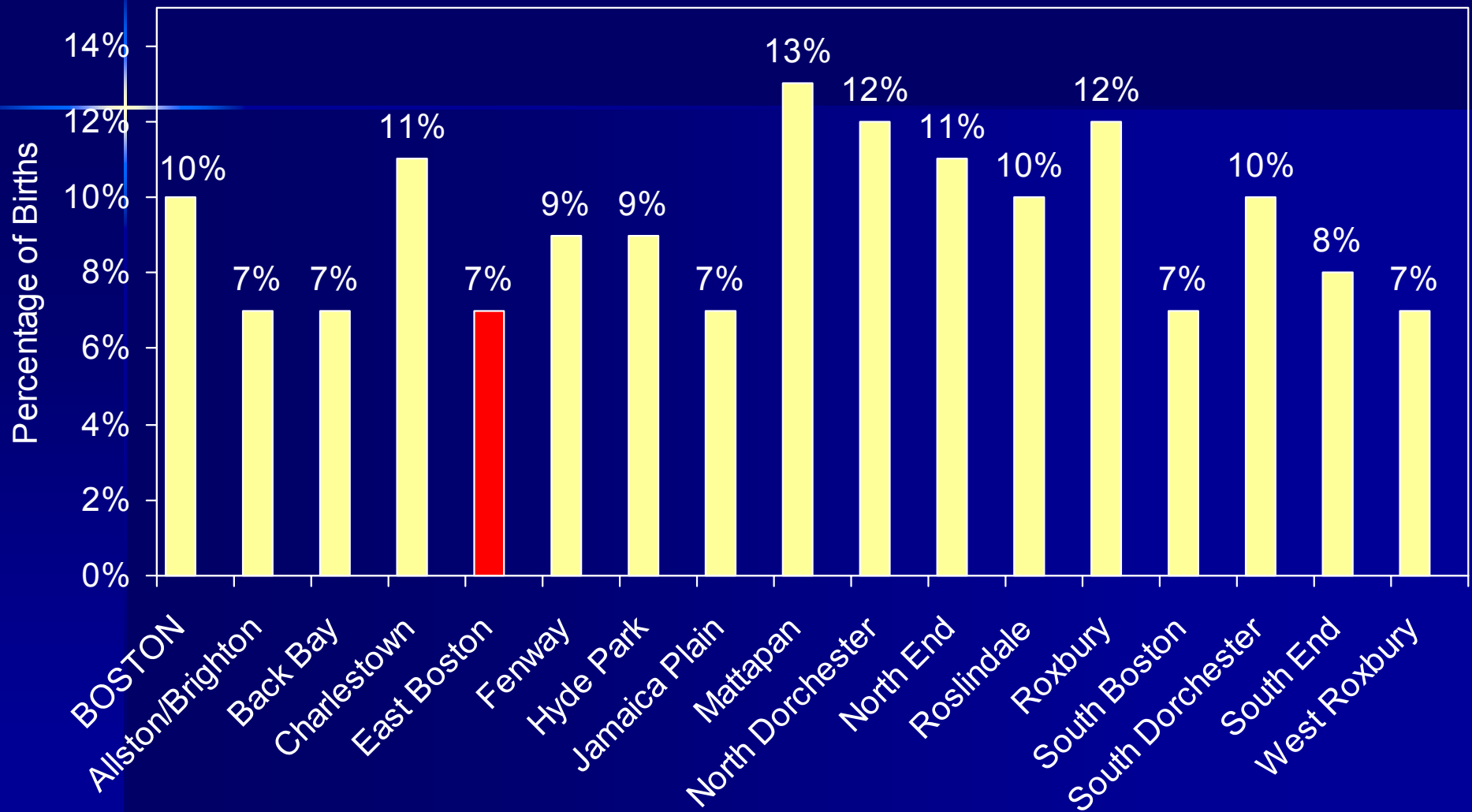
DATA SOURCE: Boston Public Health Commission Research Office

Adequacy of Prenatal Care by Neighborhood, Boston, 2002



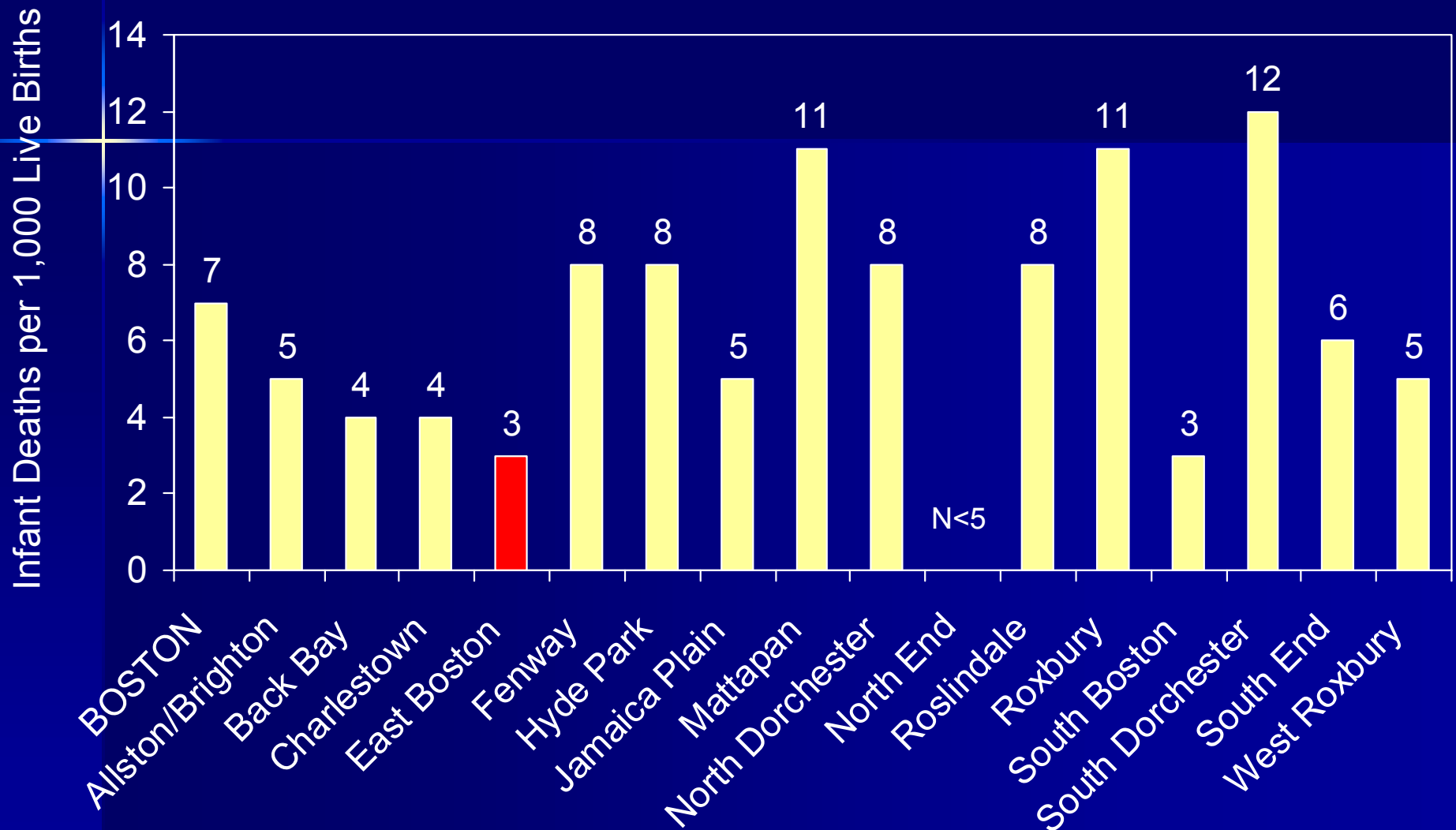
NOTE: East Boston percentage is significantly different from Boston percentage ($p < .05$)
DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Low Birthweight by Neighborhood, Boston, 2002



NOTE: East Boston percentage is significantly different from Boston percentage at $p < .05$
DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health.
DATA ANALYSIS: Boston Public Health Commission Research Office

Infant Mortality Rates by Neighborhood, Boston, 1997-2002



NOTE: Difference between Boston rate and East Boston rate is statistically significant ($p < .05$)

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
- Childhood Injury Prevention Program