



# Sinai Community Health Survey 2.0

## A Look at Humboldt Park



### Did you know?

Dozens of murals decorate the sidewalks and walls of Humboldt Park, celebrating the community and its history.

The 606, Chicago's innovative elevated linear trail, provides open space for Humboldt Park residents to play.

Humboldt Park is home to a vibrant, diverse community of Puerto Rican, African-American, and Mexican-American residents.



Humboldt Park Field House

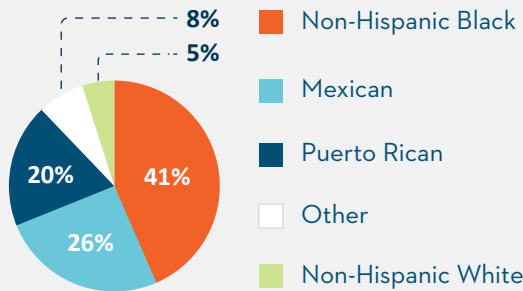
### Who lives in Humboldt Park?<sup>1</sup>

#### POPULATION



54,515

#### RACE/ETHNICITY



#### MEDIAN AGE

Humboldt Park

29

Chicago

33

### What shapes wellbeing?



Physical Environment



Social and Economic Factors



Clinical Care



Health Behaviors



Health Outcomes

<sup>1</sup>2014 American Community Survey five-year estimates.



# Physical Environment

A community's physical environment, such as open green space, housing quality, and safety, can greatly impact the health of its residents. To reduce health inequities, we must consider the role the environment plays in shaping health.

## Open space<sup>1</sup>

Humboldt Park:  
**1%**



Chicago:  
**7%**



## Vacant land<sup>2</sup>

Humboldt Park:  
**7%**



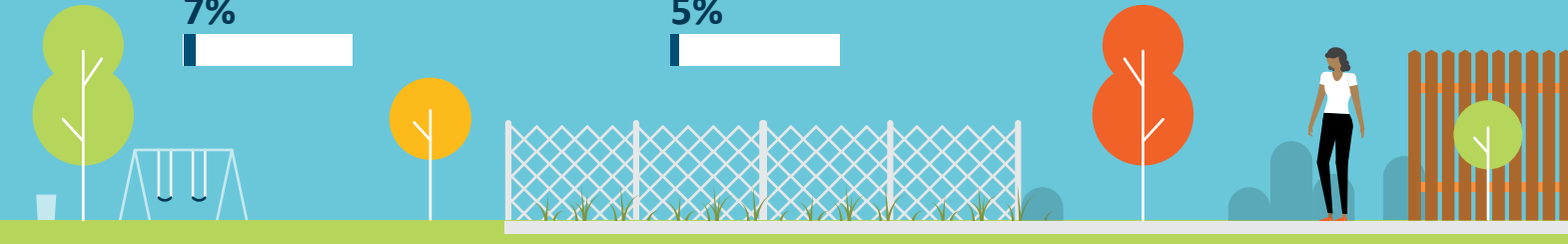
Chicago:  
**5%**



## Among adults:

**18%** felt unsafe alone during the daytime

**50%** felt unsafe alone during the nighttime



## Housing units<sup>3</sup>

### Vacant

Humboldt Park:  
**17%**



Chicago:  
**14%**



### Owner-occupied

Humboldt Park:  
**35%**



Chicago:  
**45%**



### Built before 1940

Humboldt Park:  
**70%**



Chicago:  
**45%**

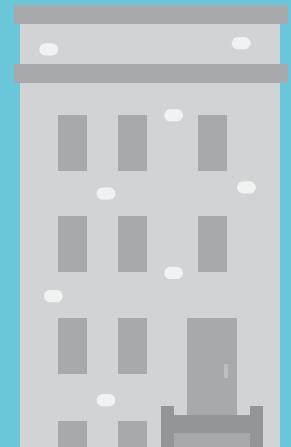
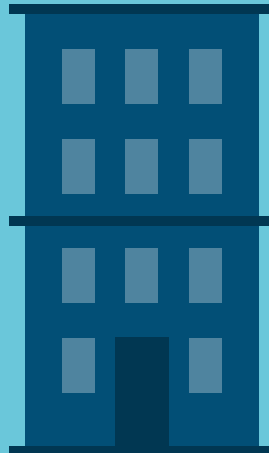


## Use public transit as their main way to get to work<sup>3</sup>

Humboldt Park:  
**24%**



Chicago:  
**29%**



<sup>1</sup> Chicago Metropolitan Agency for Planning Parcel-Based Land Use Inventory, 2013. Includes green space, parks, and space reserved for recreational activity.

<sup>2</sup> Chicago Metropolitan Agency for Planning Parcel-Based Land Use Inventory, 2013. Includes vacant residential, commercial, and industrial land as well as areas under construction.

<sup>3</sup> 2014 American Community Survey five-year estimates.

All results on this page are for adults aged 18 years and older unless otherwise specified.

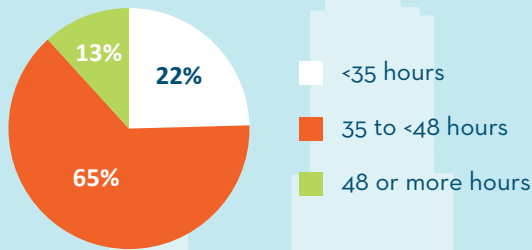


# Social and Economic Factors

Social and economic factors drive health inequities. These factors are often beyond an individual's control and impact health behaviors, access to care, and community health as a whole.

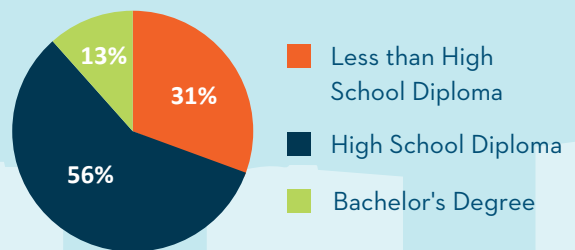
**18% of adults are unemployed<sup>1</sup>**

**Of those employed, weekly hours worked across all of their jobs:**



**17% have ever been homeless**

**Highest Educational Attainment<sup>2</sup>**



**Among men:**

**81%** report that racial or ethnic profiling by police is extremely or very common

**24%** report that force was used during their last police stop

**48%** have been arrested, booked, or charged since the age of 18

**In the past year:**

**49%** of households received food stamp benefits

**30%** of households accessed emergency food

**Despite this:**

**46%** of households were still food insecure

**Median Household Income<sup>2</sup>**

Humboldt Park:  
**\$35,935**

Chicago:  
**\$47,831**



<sup>1</sup>2014 American Community Survey five-year estimates. Includes individuals aged 16 and older that are in the workforce.

<sup>2</sup>2014 American Community Survey five-year estimates.

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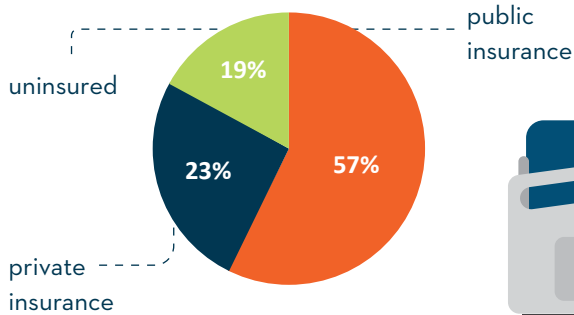


# Clinical Care

Access to health care is a basic human right and a necessity for improving health outcomes. Yet, current policies have resulted in unequal access and quality of clinical care for underserved communities.

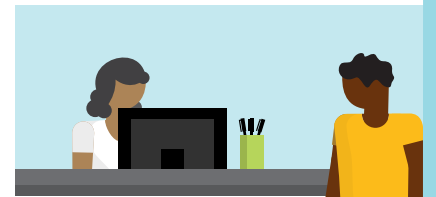
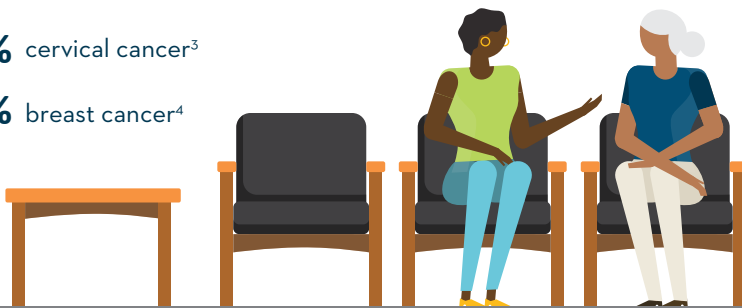


## Health Insurance Coverage<sup>1</sup>



## Percent meeting cancer screening recommendations:

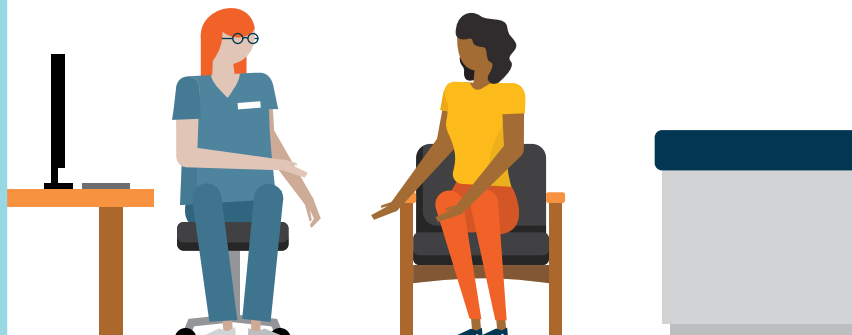
- 42% colorectal cancer<sup>2</sup>
- 78% cervical cancer<sup>3</sup>
- 75% breast cancer<sup>4</sup>



## Among adults:

- 77% have a usual place to go for health care
- 65% report having a routine check-up in the past year

20% report being treated unfairly in the past year by a health care professional because of their race, ethnicity, or color<sup>5</sup>



## In the past year:

- 21% did not get needed prescriptions
- 26% did not get needed dental care
- 15% did not get needed eyeglasses
- 13% did not get needed mental health care

**due to cost**

<sup>1</sup> Among adults aged 18 to 64.

<sup>2</sup> Percent of adults aged 50-75 who reported having a colonoscopy in the past 10 years, or a sigmoidoscopy in the past 5 years with a blood stool test in the past 3 years, or a blood stool test in the past year.

<sup>3</sup> Percent of women aged 21-65 years who have not had a hysterectomy and who report having a pap test within the past 3 years.

<sup>4</sup> Percent of women aged 50-74 who reported having a mammogram in the past two years.

<sup>5</sup> Among those who saw a health care professional in the last year.

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# Health Behaviors

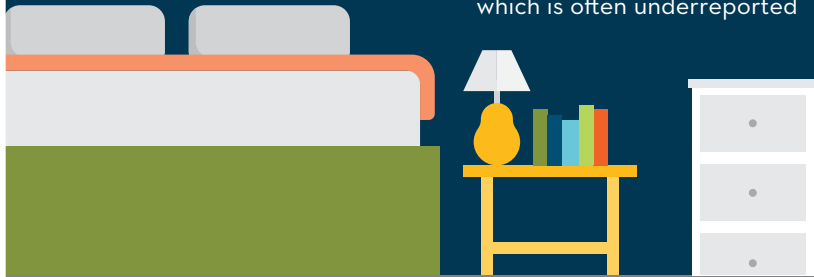
Health behaviors are the actions people take that influence their health. Although these behaviors are traditionally considered the primary cause of health outcomes, they are often the result of economic and environmental factors which must be addressed at the city, state, or national level.

**36%**  
of women

report ever being emotionally or physically abused by their partner or someone important to them

**13%**  
of men

This likely underestimates intimate partner violence, which is often underreported



## In the past year:

**18%** used cocaine, crack cocaine, heroin, methamphetamine, or prescription painkillers that were not prescribed by a medical professional

**31%** used marijuana

## Every day:

**50%**

eat less than 1 serving of fruit



**47%**

eat less than 1 serving of vegetables



**33%**

drink 1 or more soda



**24%**

report excessive alcohol use in the past month<sup>1</sup>

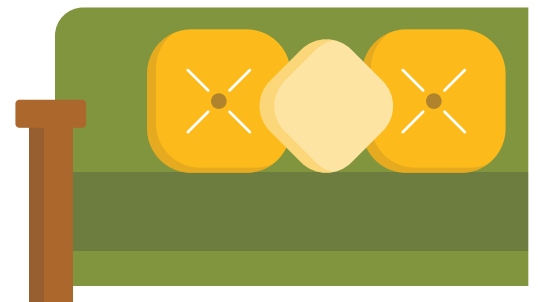


**41%**

smoke

**36%**

report no physical activity outside of work in the past month<sup>2</sup>



<sup>1</sup> Per CDC, excessive drinking is binge drinking (4+ drinks for women, 5+ drinks for men during a single occasion) or heavy drinking (8+ drinks for women/week, 15+ drinks for men/week).

<sup>2</sup> 500 Cities Project (CDC, BRFSS, 2014).

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# Community Health Outcomes

Health outcomes provide a snapshot of community health. However, to truly understand health and wellbeing, we must remember to examine health behaviors, access to clinical care, social and economic factors, and the physical environment.



**40%** report fair or poor health



**18%** have current depressive symptoms

**27%** have current PTSD symptoms



## Among mothers:<sup>1</sup>

**12%** have given birth to a low birth weight baby (<5lb 8oz)

**12%** have had a baby born prematurely (<37 weeks)



**23%** have asthma



**47%** are obese

Of these:

**75%** tried to lose weight in the past year

**22%** consider themselves underweight or the right weight

## About Sinai Survey 2.0

Sinai Community Health Survey 2.0 (Sinai Survey 2.0) was conducted by Sinai Urban Health Institute, a member of Sinai Health System. With over 500 questions on 50 topics, Sinai Survey 2.0 is one of the largest community-driven, face-to-face health surveys ever conducted in Chicago. A representative sample of residents from nine Chicago community areas completed interviews from March 2015 through September 2016. Results presented in this health profile are for adults aged 18 years and older. To learn more about Sinai Survey 2.0 and see information on other surveyed communities, visit [www.sinaisurvey.org](http://www.sinaisurvey.org).

Sinai Survey 2.0 community health profiles were funded by generous donations from The Chicago Community Trust and Healthy Communities Foundation.



<sup>1</sup> Restricted to women who have ever had a live birth. All results on this page are for adults aged 18 years and older unless otherwise specified.