

Health Status of Dorchester Residents

Presented by Nancy Norman, MD, MPH
the Boston Public Health Commission

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B O S T O N

Boston Neighborhoods



MAP PREPARATION:
Boston Public Health Commission
Research Office

Dorchester Communities

The following six areas contain all Dorchester census tracts (previously defined as North and South Dorchester). Each area is distinct (census tracts appear in only one area). The boundary definitions start on the west side of the area and proceed north, east and south, and then return to the starting street.

The six communities described below by census tracts and street boundaries are defined for statistical purposes only and should not be confused with neighborhood boundaries defined by the Boston Public Health Commission, the City of Boston, or by neighborhoods themselves.

Codman Square/Southern Franklin Field Area

Census Tracts: 919, 923, 1001-1005

Boundaries: Blue Hill Avenue, Talbot Street, RR, Geneva Avenue, Bowdoin Street, Washington Street, Centre Street, Dorchester Avenue, Gallivan Blvd, Morton Street, Blue Hill Avenue

Although Grove Hall extends into Roxbury, the Roxbury section has not been included in the geographical definition used in this presentation.

Dorchester Grove Hall Area

Census Tracts: 901-906, 924

Boundaries: Blue Hill Avenue, West Cottage Street, Dudley Street, Magnolia Street, Robin Hood Street, Hartford Street, Wayland Street, Magnolia Street, Quincy Street, Columbia Road, Railroad Tracts, Talbot Avenue, Blue Hill Avenue, Harvard Street, Austin Street, American Legion Hwy, Blue Hill Avenue

Fields Corner

Census Tracts: 916-918, 920-922

Boundaries: Columbia Road, Quincy Street, Bowdoin Street, Church Street, Freeport Avenue, Morrissey Blvd, Ocean, Victory Road, Morrissey Blvd, Neponset Avenue, King Street, Dorchester Avenue, Centre Street, Washington Street, Westville Street, Bowdoin, Geneva Street, Columbia Road

Uphams Corner Area

Census Tracts: 907-908, 912-915

Boundaries: Hartford Street, Robin Hood Street, Magnolia Street, Dudley Street, E. Cottage Street, RR, Norfolk Avenue, E. Cottage Street, Pleasant Street, High Street, Church Street, Quincy Street, Magnolia Street, Wayland Street, Hartford Street

Savin Hill/Harbor Point

Census Tracts: 909-911

Boundaries: Pleasant Street, E. Cottage Street, Crescent Avenue, around Columbia Point, city boundary to harbor, Morrissey Blvd, Freeport Street, High Street, Pleasant Street

Lower Mills/Neponset

Census Tracts: 1006-1009

Boundaries: Dorchester Avenue, King Street, Neponset Avenue, Pope's Hill, Freeport Street, City Boundary, River Street, Standard Street, Manchester Street, Maryknoll Street, Morton Street, Gallivan Blvd, Dorchester Avenue

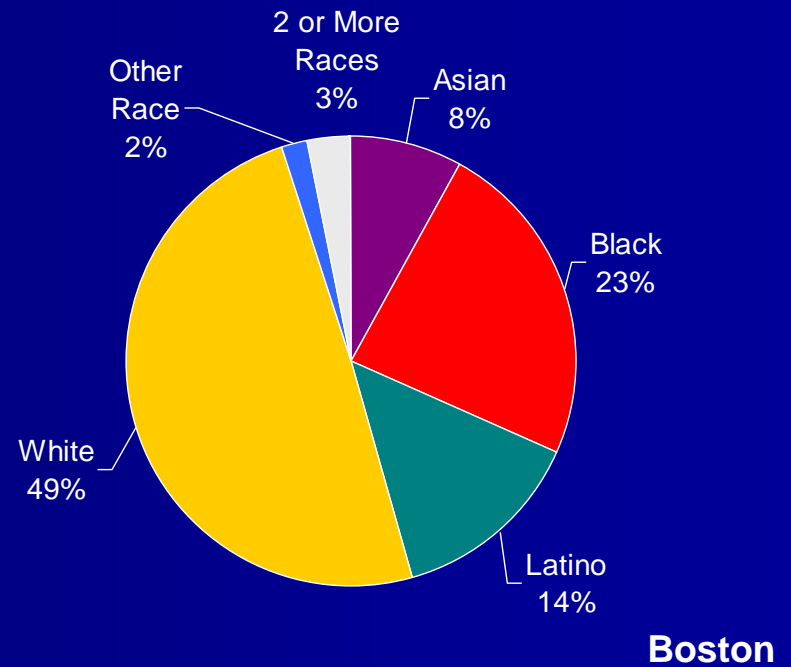
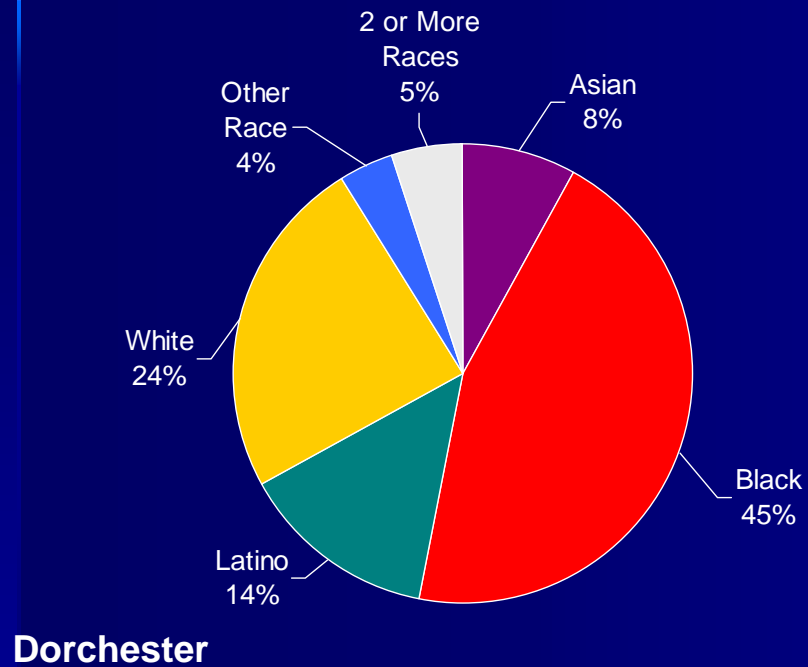
The Challenges in Understanding Health in Dorchester-Number 1

- Dorchester is not one or two neighborhoods-but several distinct ones
- Some have names and distinct “corners” or “squares”
- Others are more vague “areas”
- None have clear boundaries

The Challenges in Understanding Health in Dorchester –Number 2

- Health data is collected and analyzed in different ways that may not match the notions of a neighborhood
- Meaningful analysis requires that the number of cases is large enough- requiring enlarging the neighborhood boundaries

Racial and Ethnic Makeup, Dorchester and 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

Population by Race/Ethnicity, Dorchester Communities, 2000

Race/ Ethnicity	Dorchester Overall	Codman Square/ Franklin Field	Fields Corner	Grove Hall*	Lower Mills/ Neponset	Savin Hill/ Harbor Point	Uphams Corner
Total Population	128,503	30,301	26,219	21,562	21,753	11,048	17,620
White	24%	7%	19%	2%	60%	49%	26%
Black	45%	72%	41%	65%	23%	15%	30%
Latino	14%	13%	14%	23%	4%	10%	18%
Asian	8%	3%	13%	0.4%	8%	22%	7%
Other Race**	4%	2%	7%	5%	1%	2%	11%
Two or More Races	5%	4%	6%	5%	3%	3%	8%

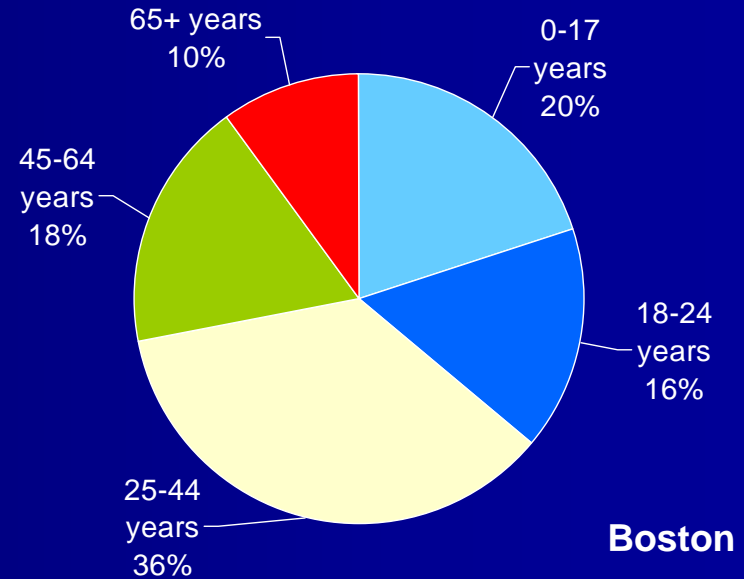
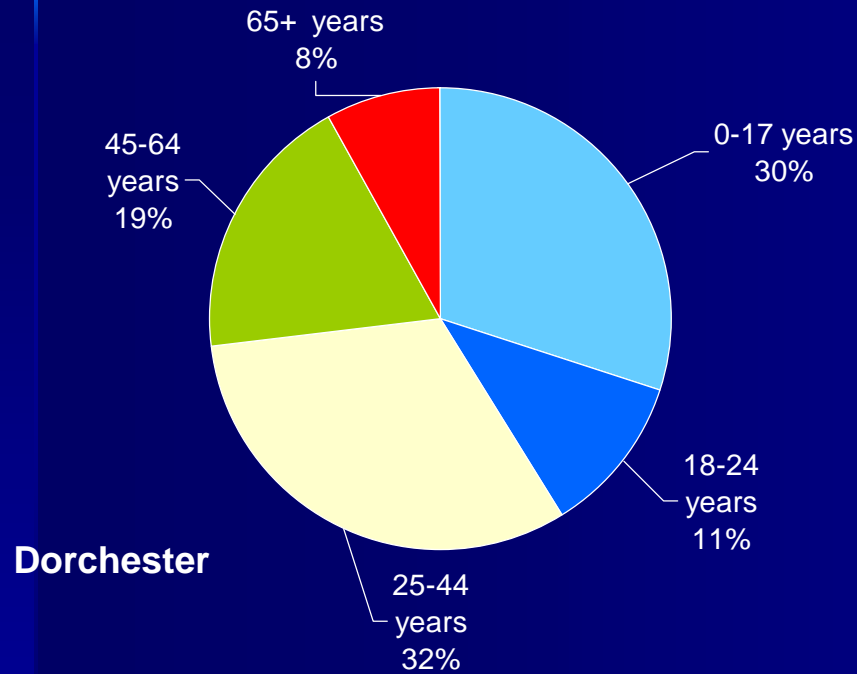
*Dorchester section of the Grove Hall area

**"Other race" includes Native Hawaiians/Other Pacific Islanders, Alaskan Indians, and Other Races

DATA SOURCE: Census 2000, U.S. Department of Commerce, Bureau of the Census, American FactFinder

DATA ANALYSIS: Boston Public Health, Commission Research Office

Population by Age Group, Dorchester and 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

Population by Age Group, Dorchester Communities, 2000

	Dorchester Overall	Codman Square/ Franklin Field	Fields Corner	Grove Hall*	Lower Mills/ Neponset	Savin Hill/ Harbor Point	Uphams Corner
Total Population	128,503	30,301	26,219	21,562	21,753	11,048	17,620
Ages 0-17	30%	33%	31%	37%	22%	23%	29%
Ages 18-24	11%	10%	11%	10%	9%	15%	11%
Ages 25-44	32%	31%	32%	30%	35%	37%	33%
Ages 45-64	19%	20%	19%	16%	20%	17%	18%
Ages 65+	8%	7%	7%	7%	14%	9%	9%

*Dorchester section of the Grove Hall area

DATA SOURCE: Census 2000, U.S. Department of Commerce, Bureau of the Census, American FactFinder

DATA ANALYSIS: Boston Public Health, Commission Research Office

Foreign-Born Residents by Country of Origin, Dorchester, 2000

Caribbean:	41.9%
Haiti	13.2%
Jamaica	8.4%
Dominican Republic	7.8%
Trinidad & Tobago	5.5%
Other Caribbean countries	7.0%
Asia:	20.9%
Vietnam	17.2%
Other Asian countries	3.7%
Europe:	8.4%
Northern Europe	4.1%
Other European countries	4.3%

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

Primary Language Spoken at Home, Dorchester Adults*, 2000

English	64%
Spanish	12%
French Creole	6%
Vietnamese	6%
Portuguese	5%

* Ages 18 and over

DATA SOURCE: U.S. Department of Commerce, Bureau of the Census, American FactFinder, Census 2000

DATA ANALYSIS: Boston Public Health Commission Research Office

Selected Socioeconomic Indicators Boston Overall North Dorchester and South Dorchester, 2000

Indicator	Boston	North Dorchester	South Dorchester
% Population with Less than High School Diploma or GED (Adults Ages 25 and Over)	21%	31%	23%
% Population Below Poverty Level*	20%	23%	18%
% Children (Under 18) Below Poverty Level*	26%	31%	24%
% Adults 65 and Older Below Poverty Level*	18%	20%	15%
Median Household income**	\$39,629	\$34,132	\$38,987

*Based on Income in 1999

**Estimated Median Household income in 1999

DATA SOURCE: U.S. Department of Commerce, Bureau of the Census, American FactFinder, Census 2000

DATA ANALYSIS: Boston Public Health Commission Research Office

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

- Overweight & Obesity
- Cancer (Breast, Prostate)
- Asthma
- Environmental Lead
- Prematurity and Low Birthweight
- Infectious Disease
- Substance Abuse
- Violence and Trauma

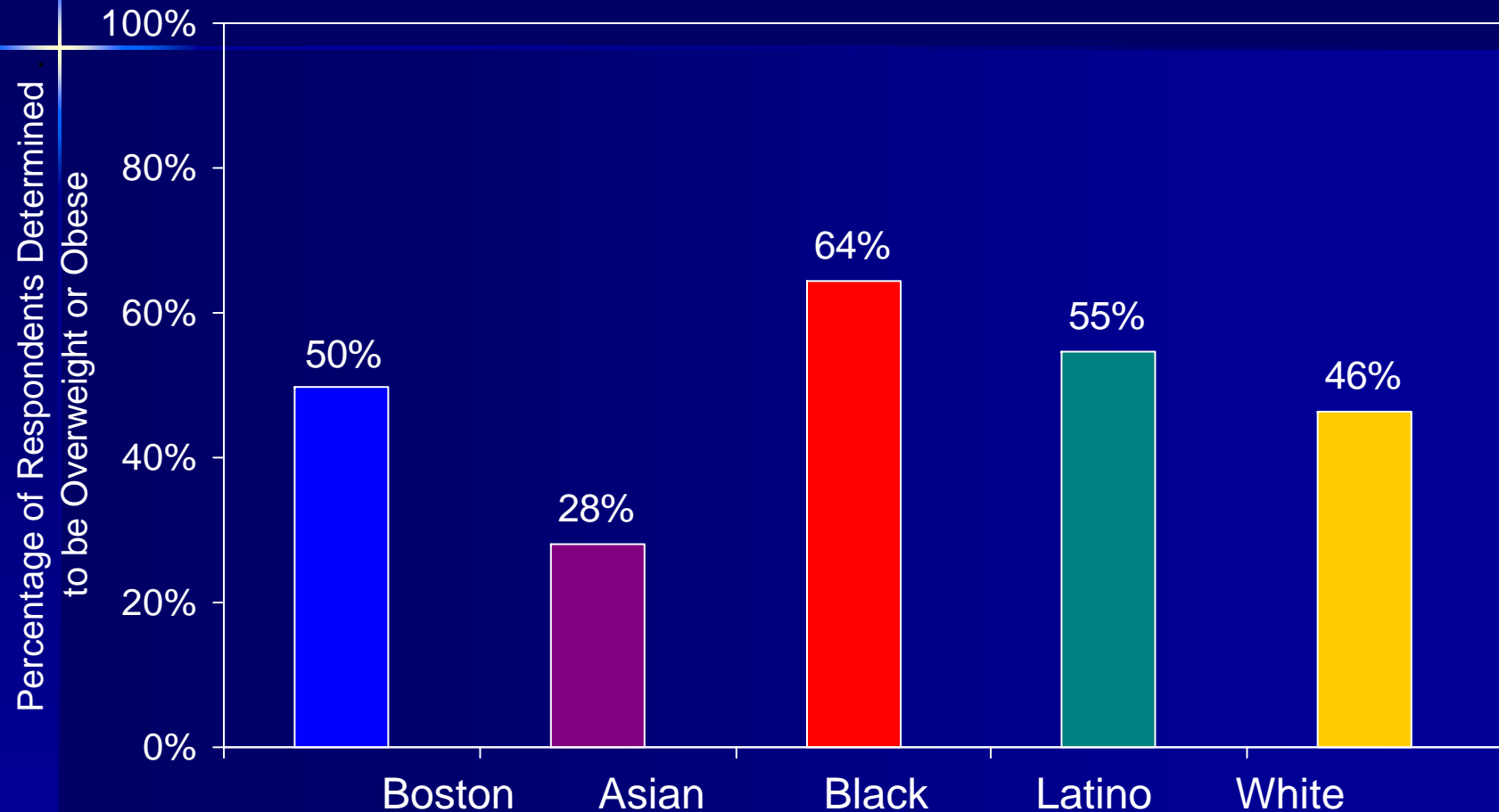
Overweight & Obesity



What Health Problems Does Excess Weight Increase the Risk of Getting or Worsen?

- Diabetes
- High blood pressure
- High cholesterol
- Heart disease/stroke
- Asthma
- Arthritis
- Certain cancers (especially breast, uterus, colon, esophagus)

Boston Adults Who Are Overweight or Obese by Race/Ethnicity, Boston, 2001, 2003, and 2005*



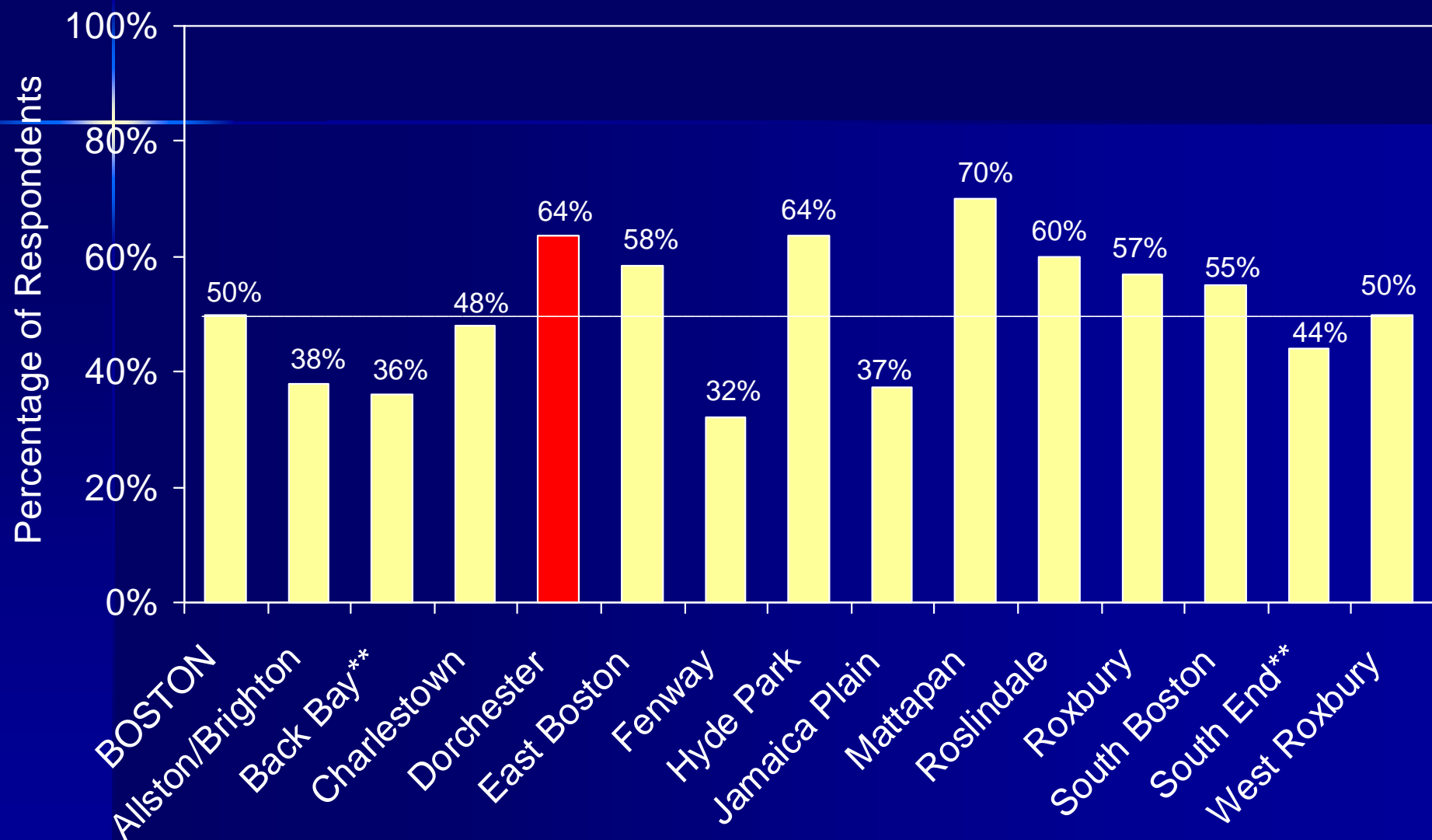
*Boston samples only

NOTE: The term "obesity" refers to all levels of excess weight combined.

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Adults Who Are Overweight or Obese by Neighborhood, 2003 and 2005*

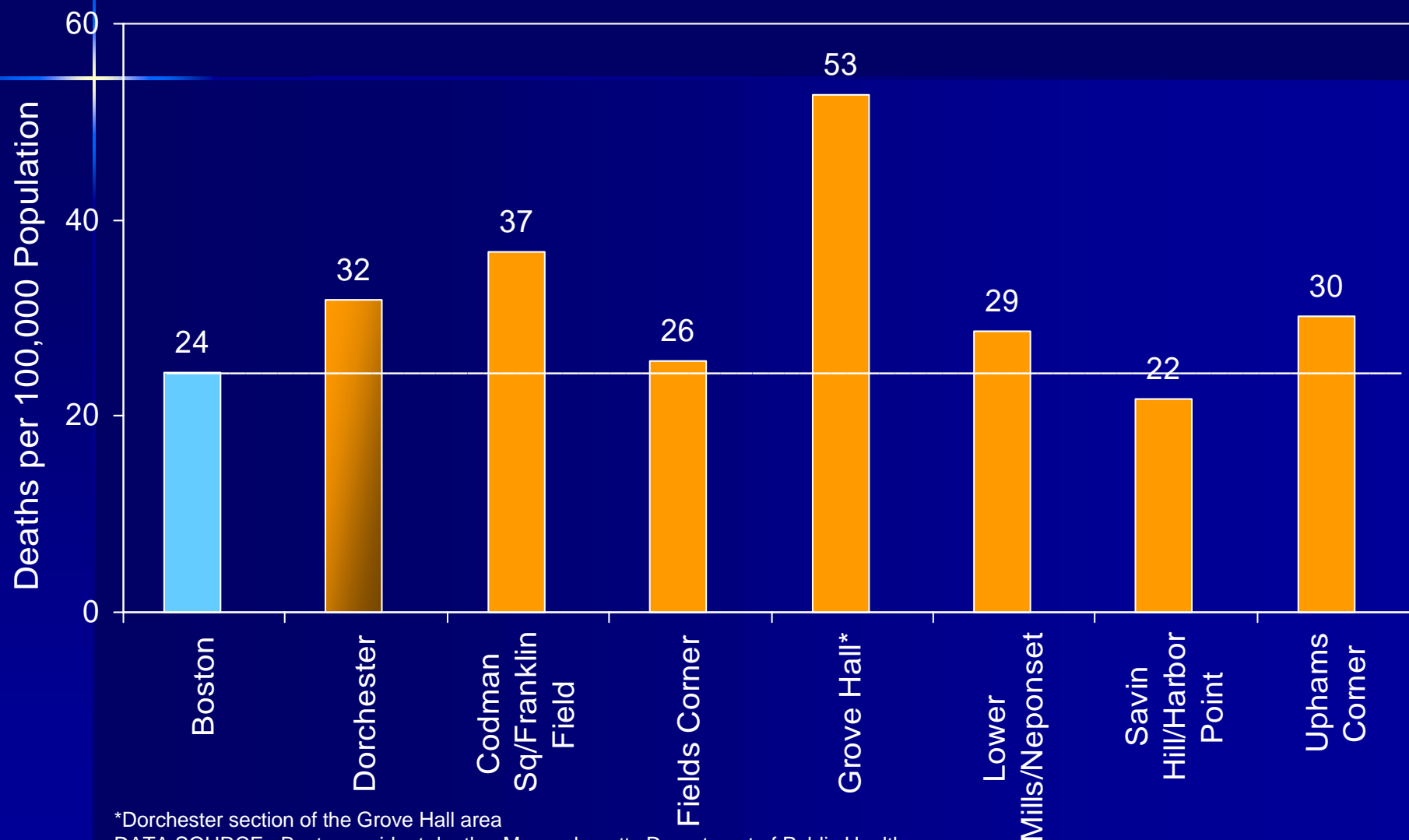


* Boston samples only **Back Bay includes the North End

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Diabetes Mortality: Age-Adjusted Rates by Dorchester and Dorchester Communities, 2002-2004

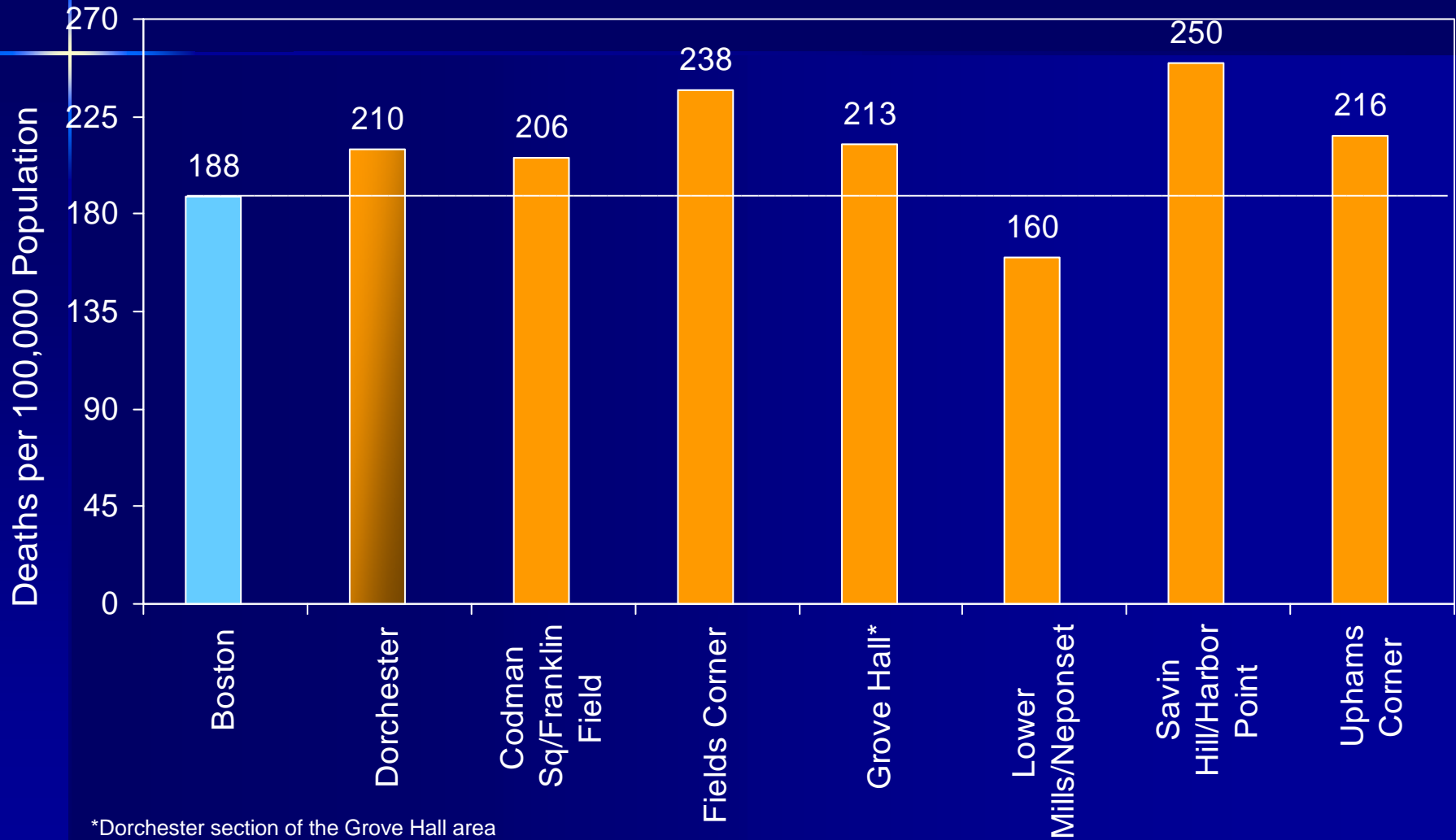


*Dorchester section of the Grove Hall area

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

DATA ANALYSIS: Boston Public Health Commission Research Office

Heart Disease Mortality: Age-Adjusted Rates by Dorchester and Dorchester Communities, 2002-2004



*Dorchester section of the Grove Hall area

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

DATA ANALYSIS: Boston Public Health Commission Research Office

What Can You Do to Reduce the Risk of Becoming Overweight or Obese?

- Focus on eating healthy foods
- Avoid sugary sodas, snack foods
- Reduce portion sizes and eat smaller, more frequent meals
- Try to exercise daily
- Talk to your primary care doctor
- Participate in the Boston Steps Program

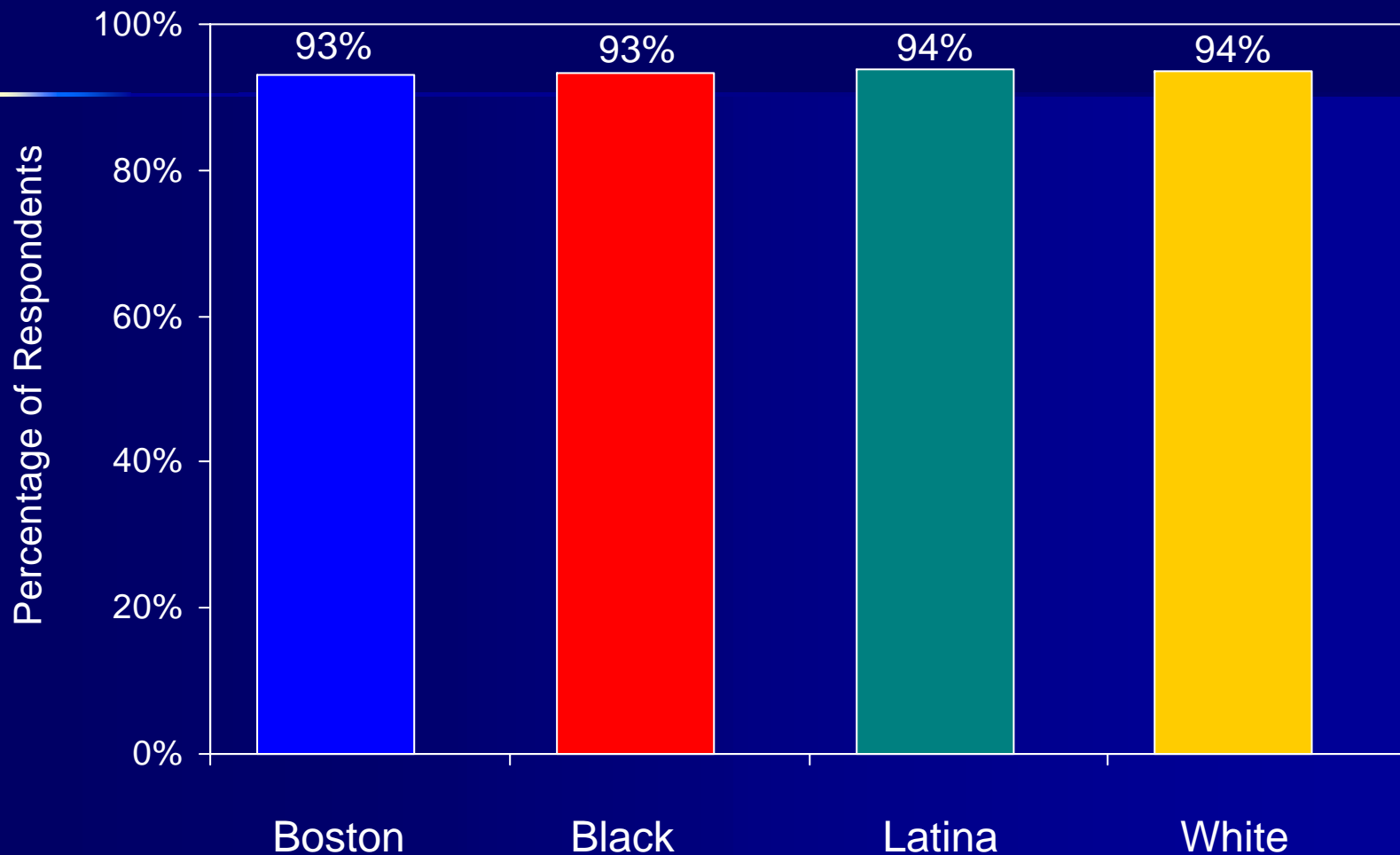
BREAST CANCER



What Increases the Chances of Getting Breast Cancer?

- Age (chance increases with age)
- Excessive alcohol intake
- Family history
- Postmenopausal hormone use
- Physical inactivity
- Obesity
- Environmental factors

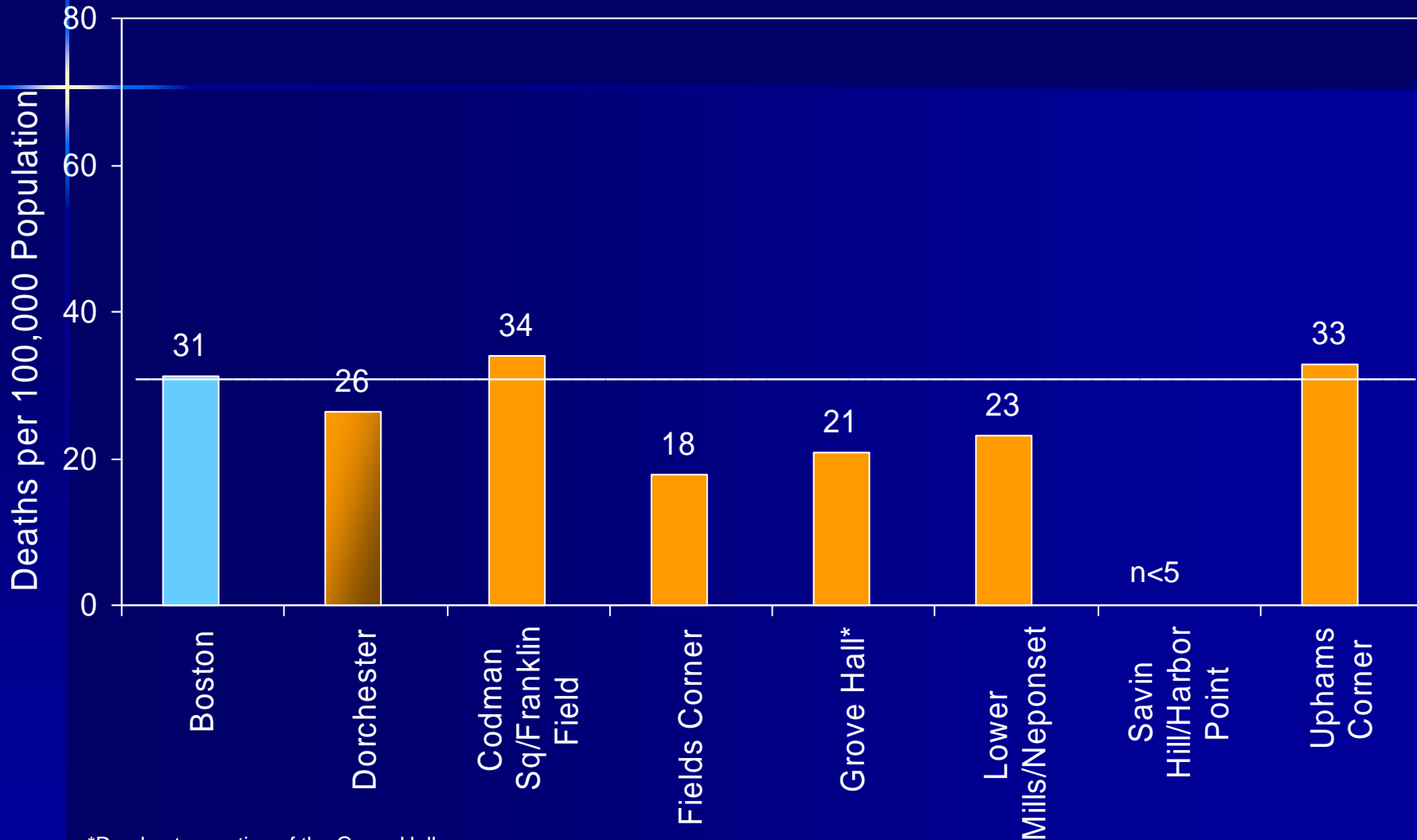
Ever Had a Mammogram* by Race/Ethnicity Boston, 2001, 2003, and 2005**



*Women Ages 40 and over **Boston samples only

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission
DATA ANALYSIS: Boston Public Health Commission Research Office

Breast Cancer Mortality: Age-Adjusted Rates by Dorchester and Dorchester Communities, 2002-2004




*Dorchester section of the Grove Hall area

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

DATA ANALYSIS: Boston Public Health Commission Research Office


Pink and Black Campaign



Pink isn't the only color associated with breast cancer.

See your doctor. Get screened. Get treatment. For more information, visit www.pinkandblack.org

A message from Mayor Thomas M. Menino and the Boston Public Health Commission



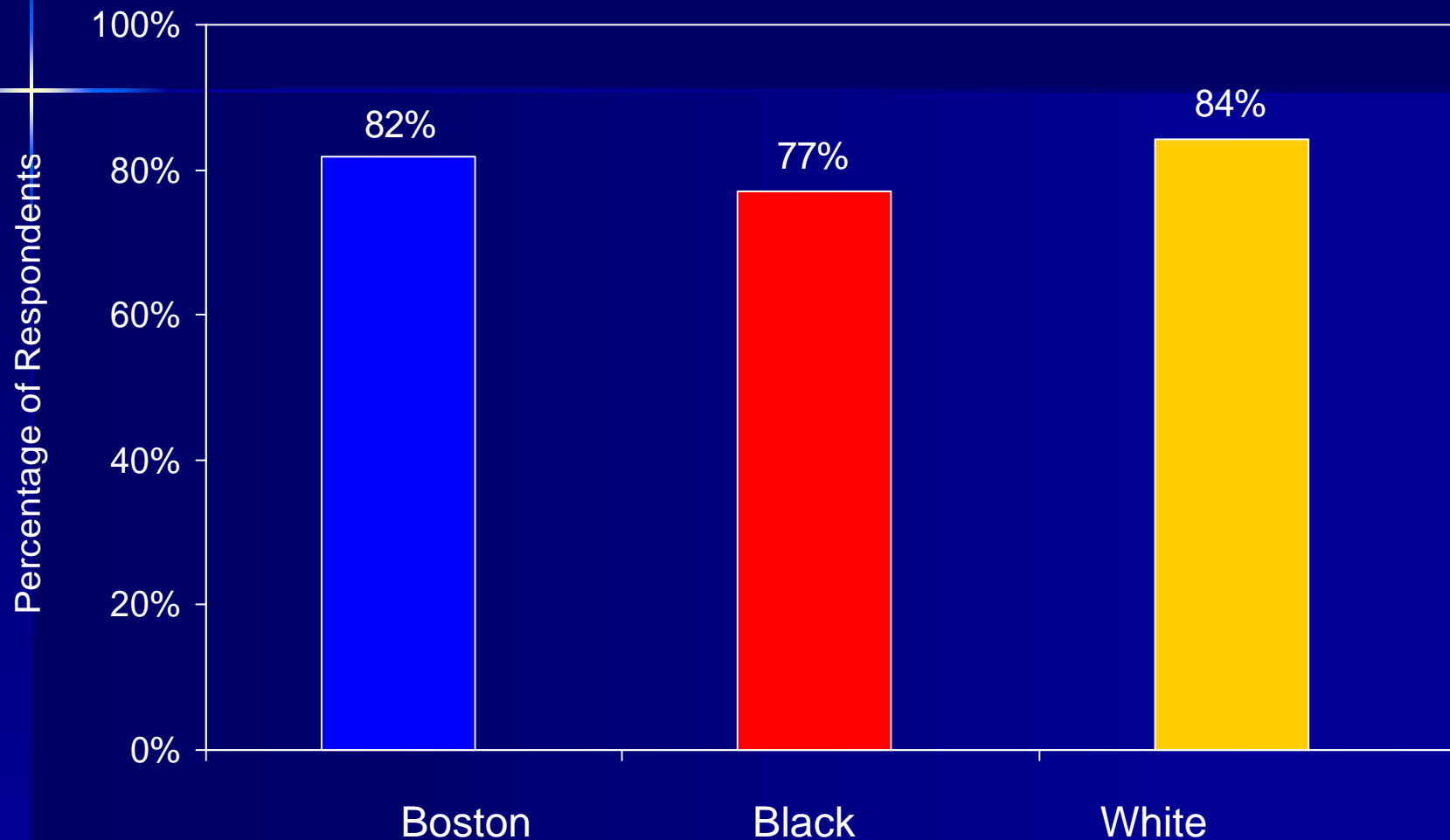
PROSTATE CANCER



What Increases the Chances of Getting Prostate Cancer?

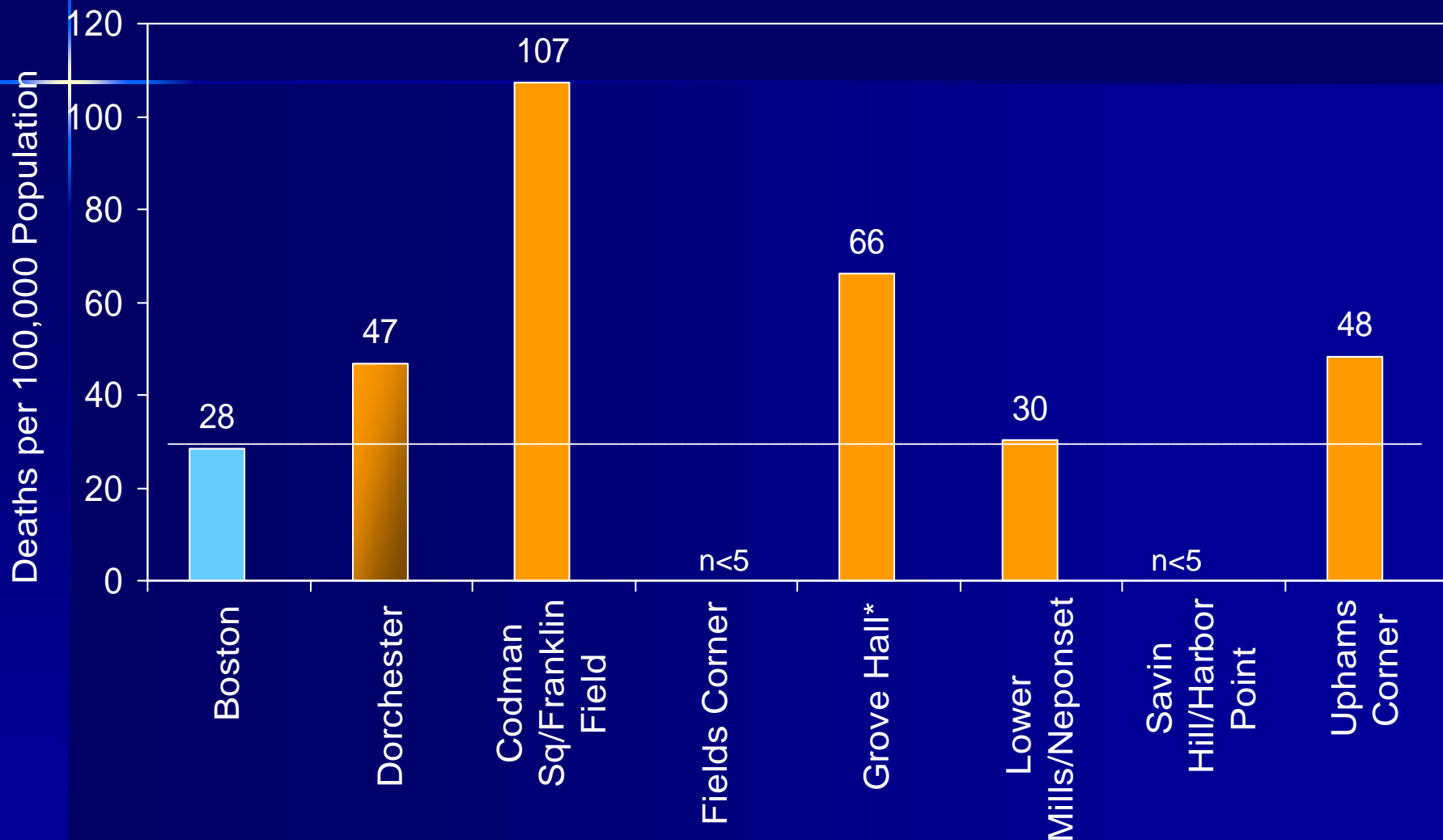
- Age (chance increases with age, especially after age 50)
- Race
- Family history
- Diet rich in animal fat, meat, and high-fat dairy products
- Physical inactivity

Ever Had PSA Test for Prostate Cancer* by Race/Ethnicity, Boston, 2001, 2003, and 2005**



*Ages 40 and over for Black men and ages 50 and over for White men **Boston samples only
DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS),
Boston Public Health Commission
DATA ANALYSIS: Boston Public Health Commission Research Office

Prostate Cancer Mortality: Age-Adjusted Rates by Dorchester, and Dorchester Communities, 2002-2004



*Dorchester section of the Grove Hall area NOTE: Savin Hill/Harbor Point had no prostate cancer deaths during 2002-2004.
DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

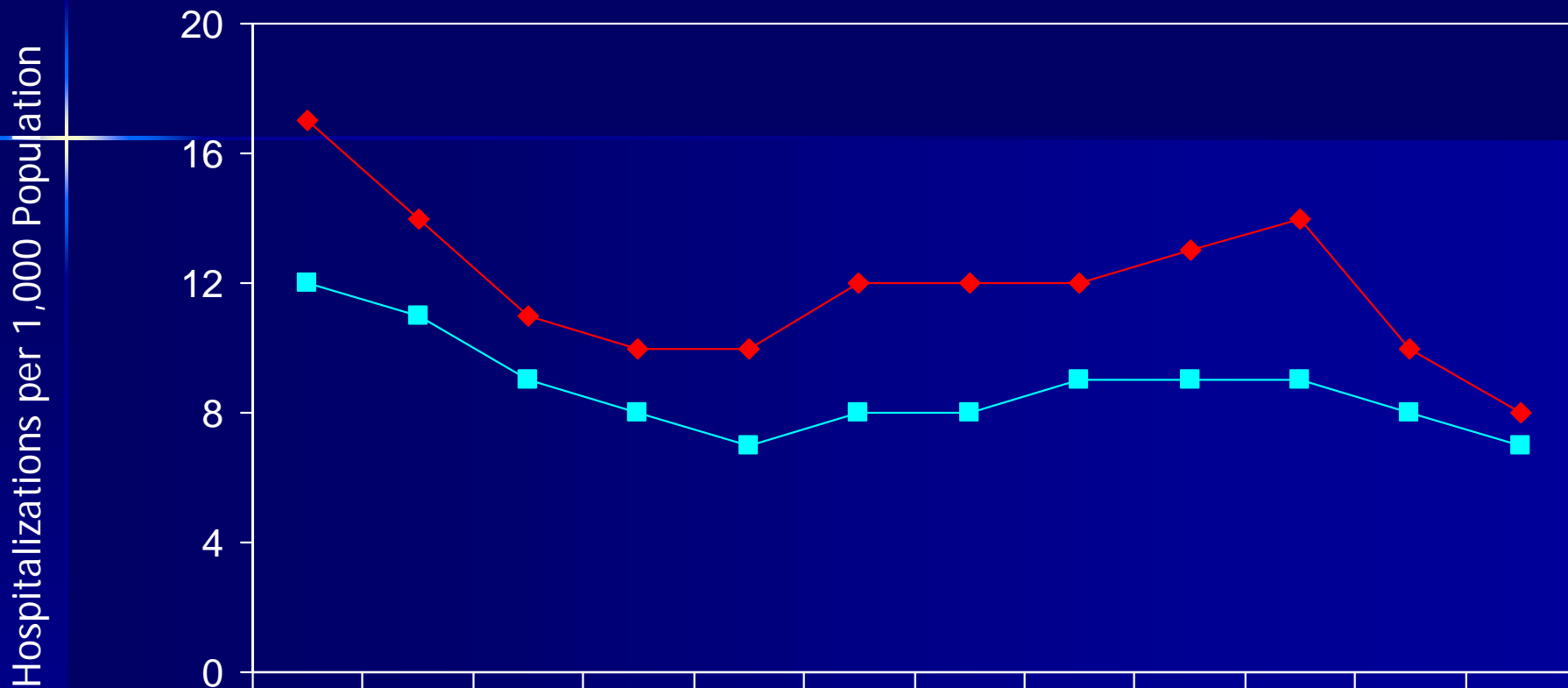
What Can You Do to Reduce the Risk of Prostate Cancer?

- Get regular check-ups with your doctor/provider
- Discuss when it is best to obtain the PSA screening test
- Join community efforts to promote health & combat cancer

ASTHMA



Asthma Hospitalizations Among Children Under Age 5 by Year, Boston, and Dorchester, 1994-2005

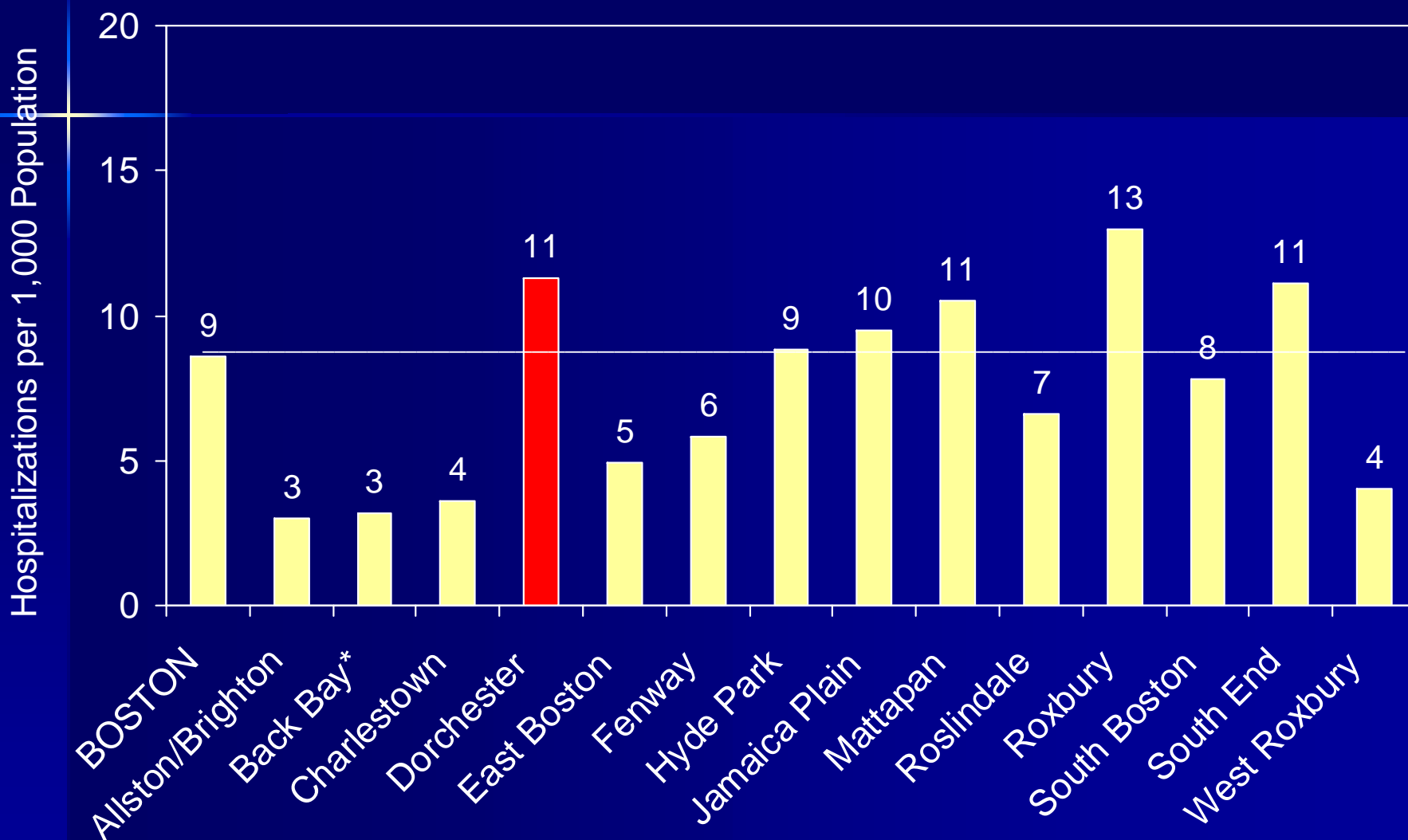


	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
◆ Dorchester	17	14	11	10	10	12	12	12	13	14	10	8
■ BOSTON	12	11	9	8	7	8	8	9	9	9	8	7

DATA SOURCE: 1997-2000 Acute Case Mix files, Massachusetts Division of Health Care Finance and Policy; 1994-1996 discharge data, Massachusetts Health Data Consortium, Inc. Rates are calculated using resident population estimates from MISER for 1991-1998, and the US Census 2000 for resident population by zip code for remaining years.

DATA ANALYSIS: Boston Public Health Commission Research Office.

Asthma Hospitalizations Among Children Under Age 5 by Neighborhood, Boston, 2001-2005



*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

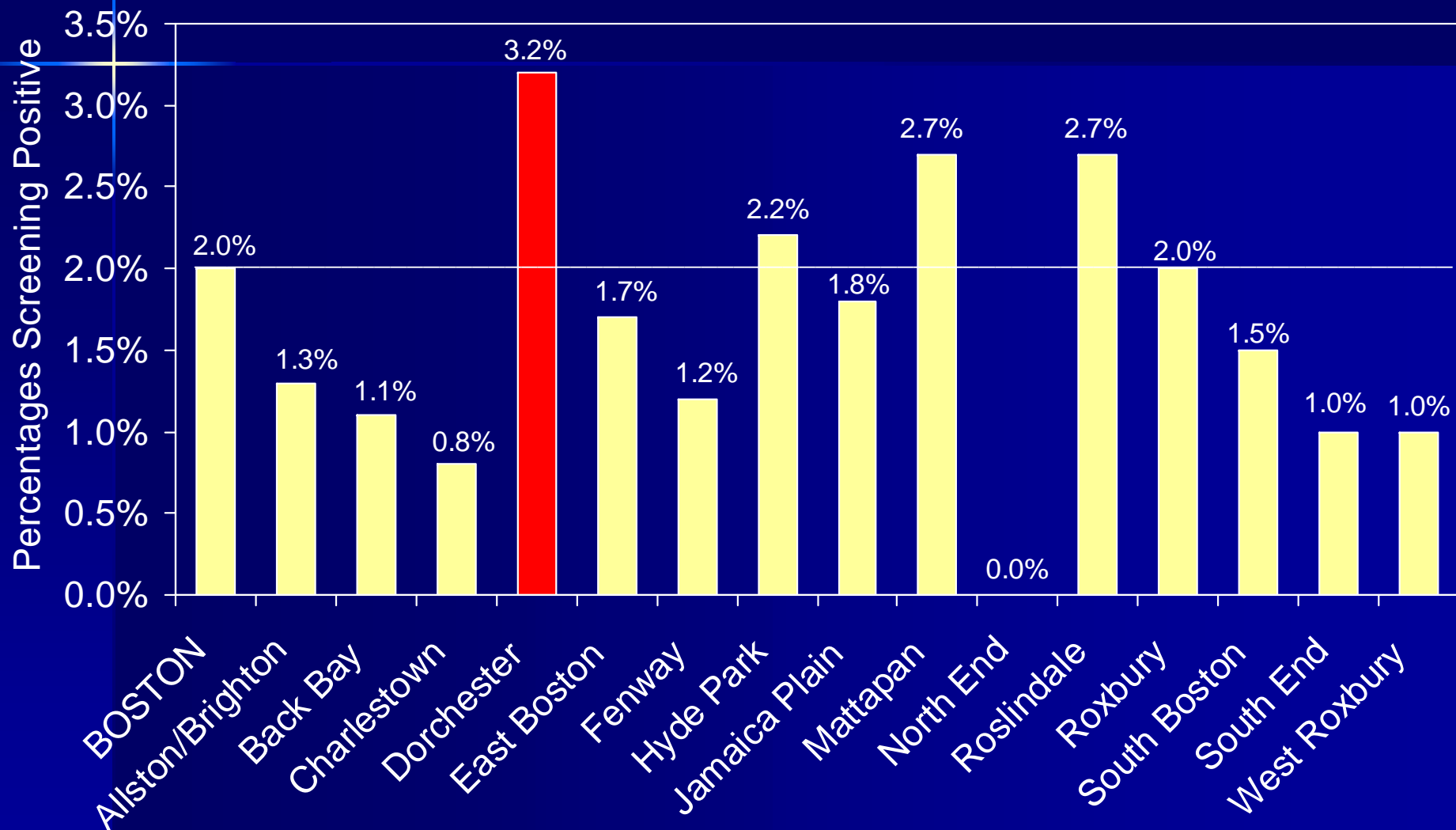
What Can Be Done About Asthma?

- 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

ENVIRONMENTAL LEAD



Children with Elevated Blood Lead Levels by Neighborhood, 2005



DATA SOURCE: Lead Screening Data, Boston Public Health Commission, Environmental Health

DATA ANALYSIS: Boston Public Health Commission Research Office

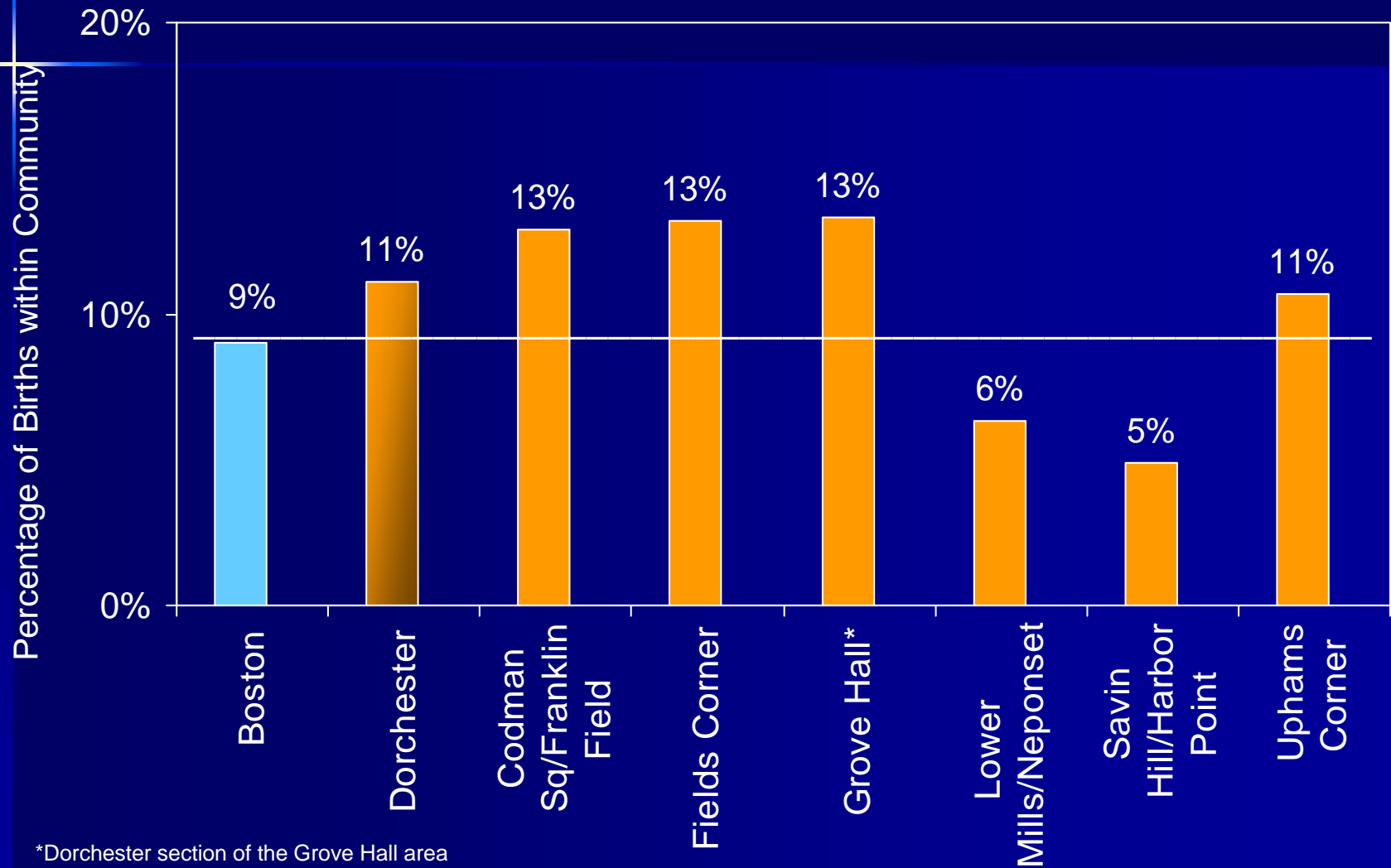
PREMATURITY and LOW BIRTHWEIGHT



What Increases the Chances of Prematurity?

- Late or no prenatal care
- Multiple births (having twins, triplets or more) during one pregnancy
- Substance use: tobacco, alcohol and other drugs
- Previous premature birth
- Health of the mother prior to pregnancy
- Domestic violence
- Age of Mother

Low Birthweight Births, Boston, Dorchester and Dorchester Communities, 2004

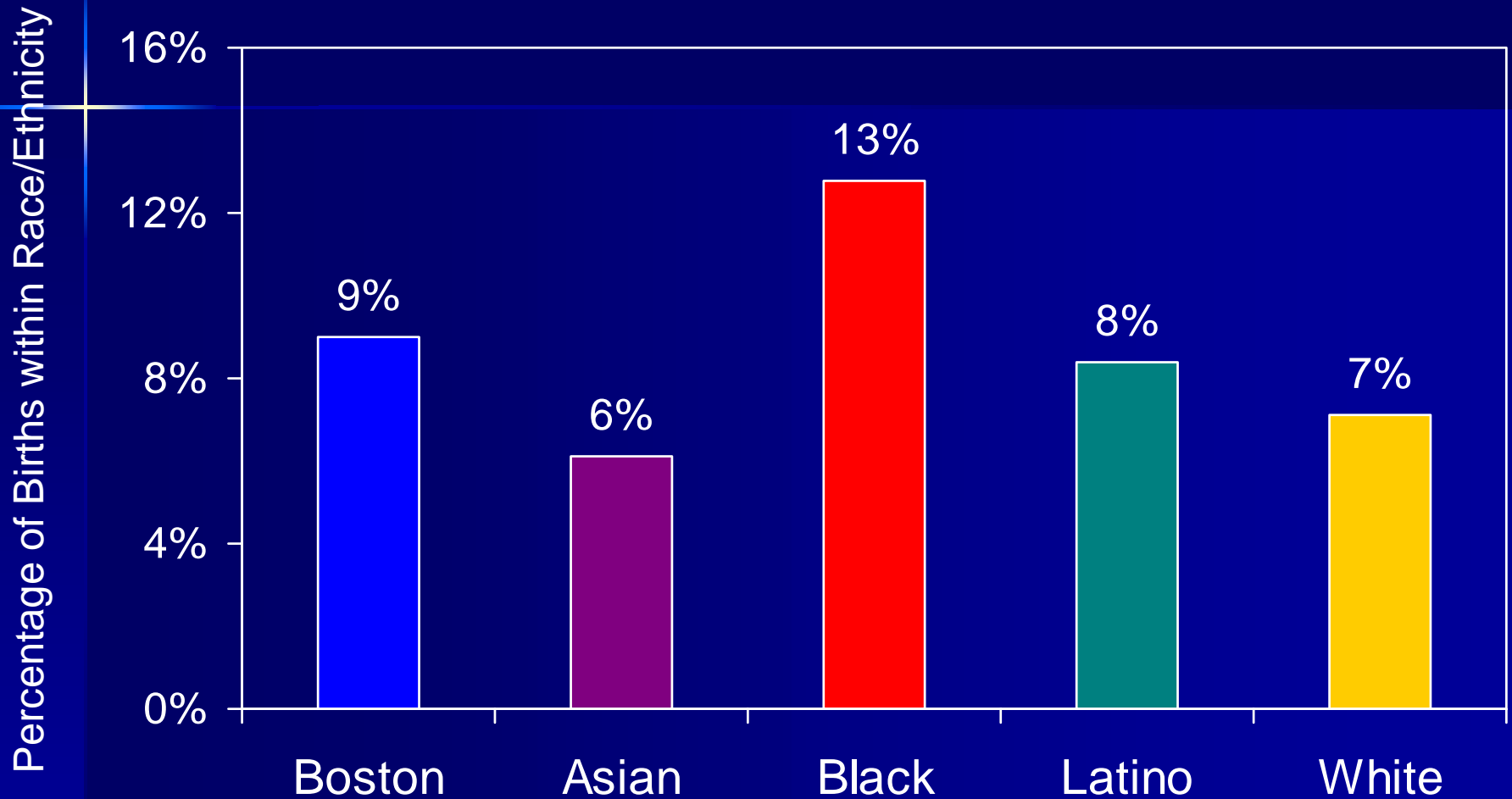


*Dorchester section of the Grove Hall area

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

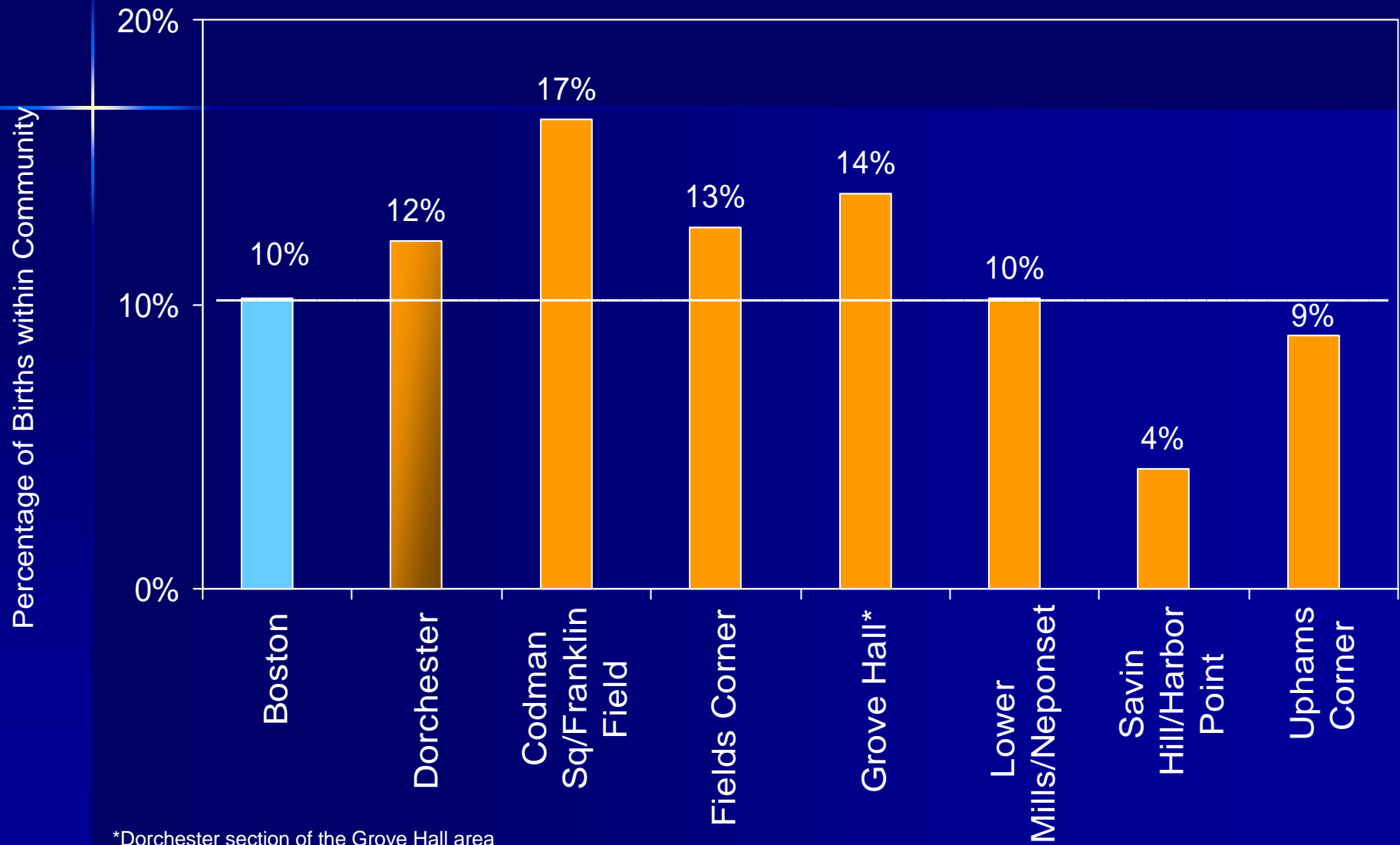
DATA ANALYSIS: Boston Public Health Commission Research Office

Low Birthweight by Race/Ethnicity: Percentages of Births, Boston, 2004



DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Premature Births, Boston, Dorchester and Dorchester Communities, 2004



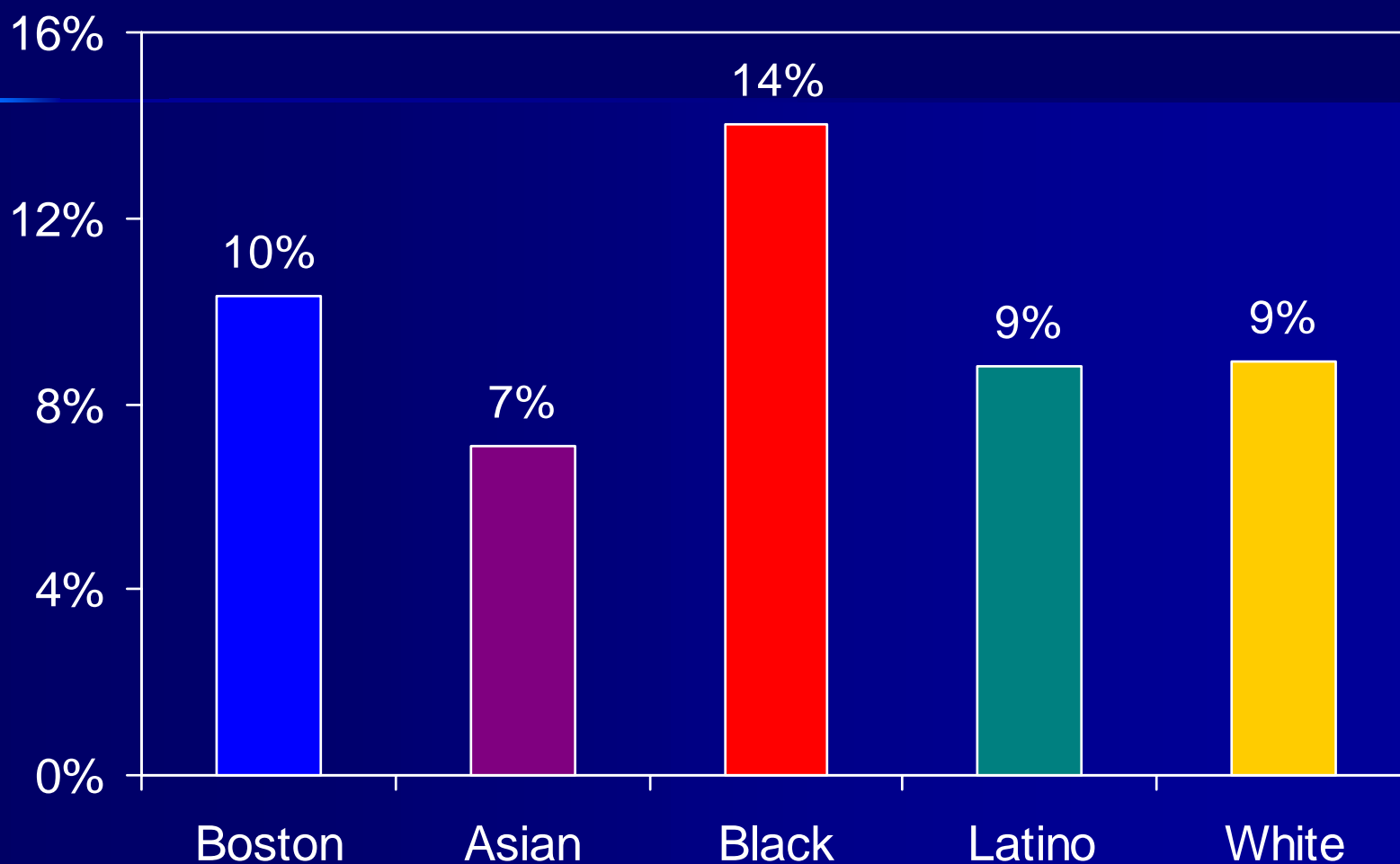
*Dorchester section of the Grove Hall area

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

DATA ANALYSIS: Boston Public Health Commission Research Office

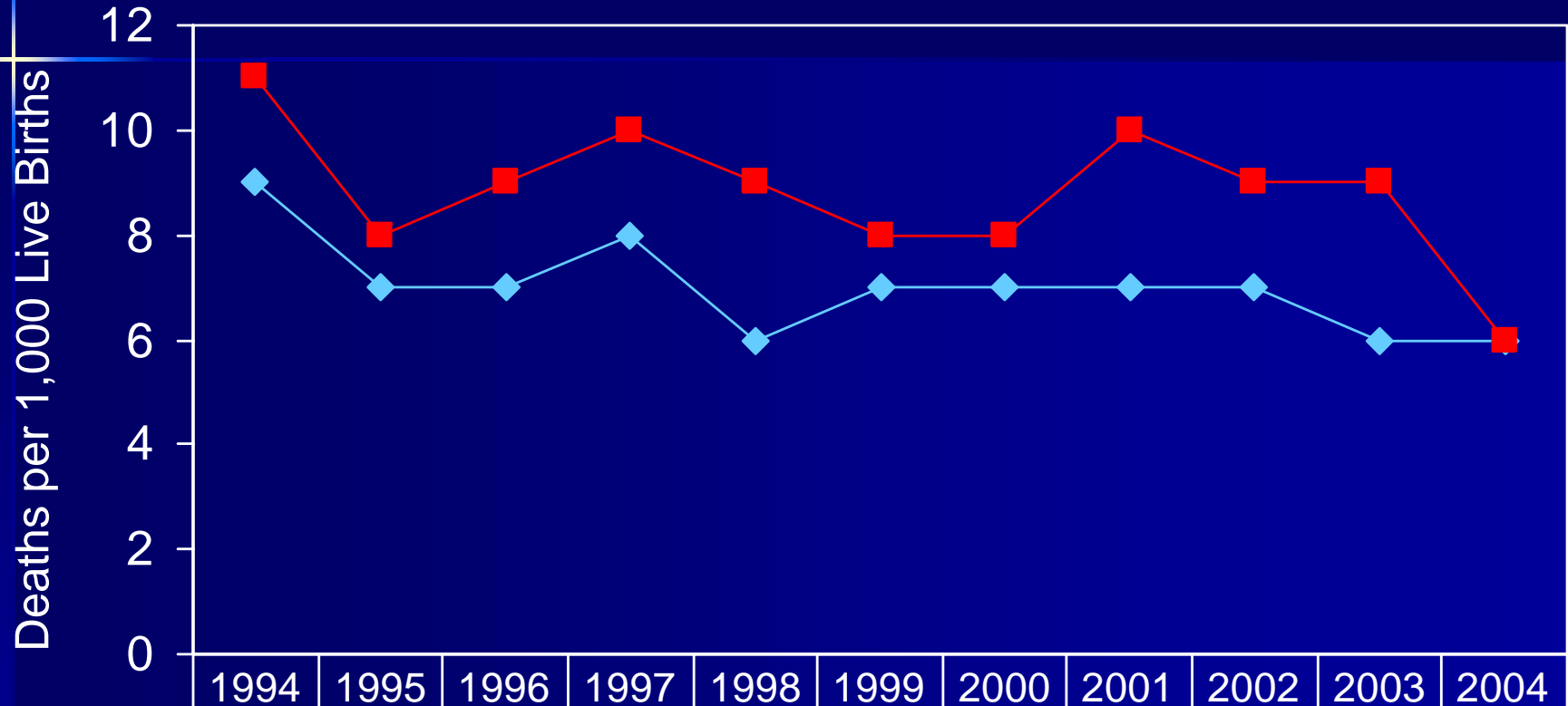
Premature Births by Race/Ethnicity: Percentages of Births, Boston, 2004

Percentage of Births within Race/Ethnicity



DATA SOURCE: Boston resident live births, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

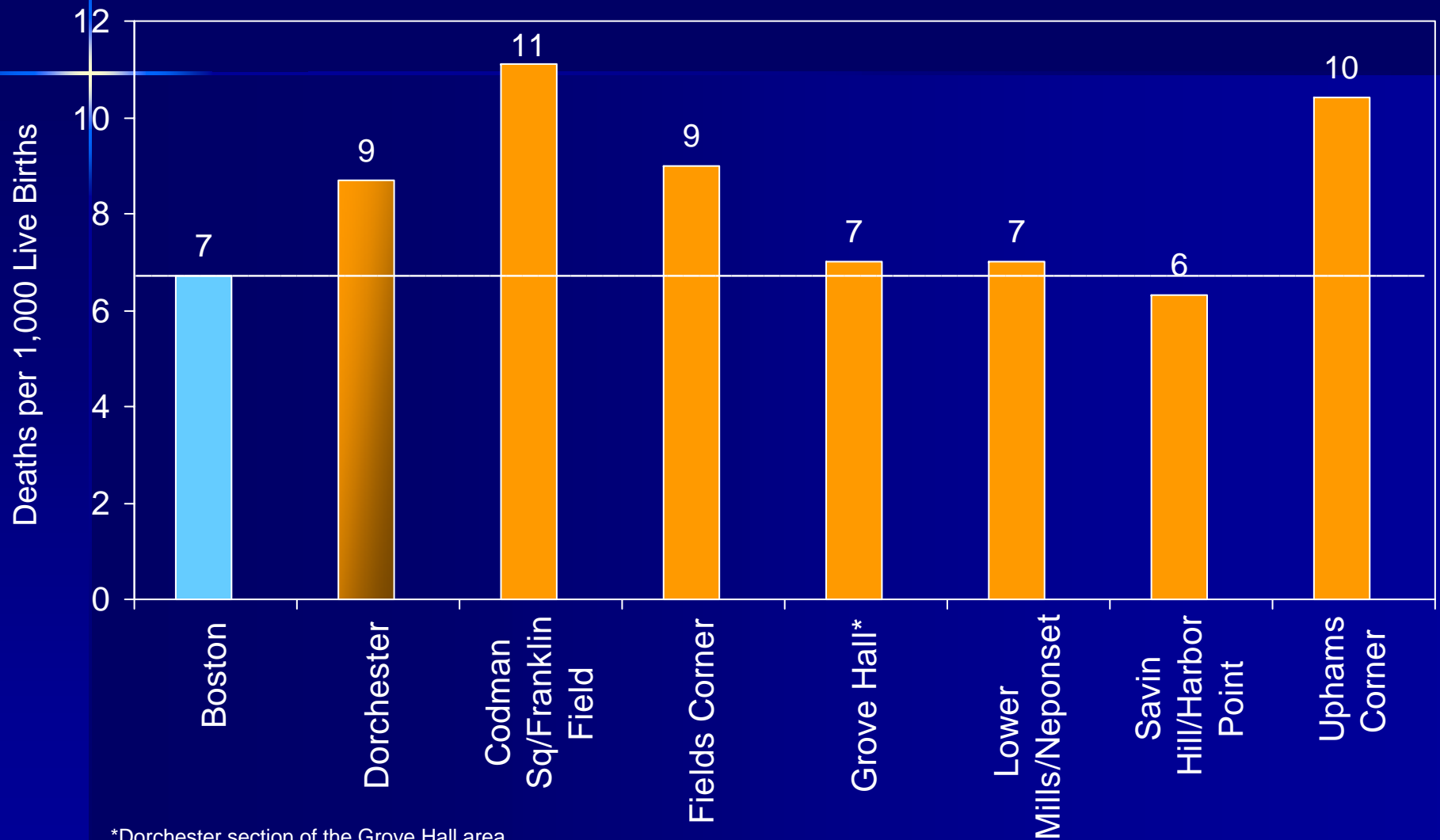
Infant Mortality Rate: Boston and Dorchester, by Year, 1994-2004



◆ Boston	9	7	7	8	6	7	7	7	7	6	6
■ Dorchester	11	8	9	10	9	8	8	10	9	9	6

DATA SOURCE: Boston resident live births and deaths, Massachusetts Department of Public Health
 DATA ANALYSIS: Boston Public Health Commission Research Office

Infant Mortality Rate: Boston, Dorchester and Dorchester Communities 2000-2004



*Dorchester section of the Grove Hall area

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

DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done to Prevent Prematurity and Low Birthweight?

- Improve the health of women before they get pregnant
- Discourage smoking/alcohol use during pregnancy
- Increase access to good prenatal care to detect medical problems
- Provide substance abuse treatment for women who have addictions
- Give 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
- Boston Healthy Start Initiative
- Mayor's Health Line
- BAHEC/Youth to Health Careers
- Adolescent Wellness Program
- Central Intake Unit, (617) 534-5554




INFECTIOUS DISEASE

ANY CLUE ?

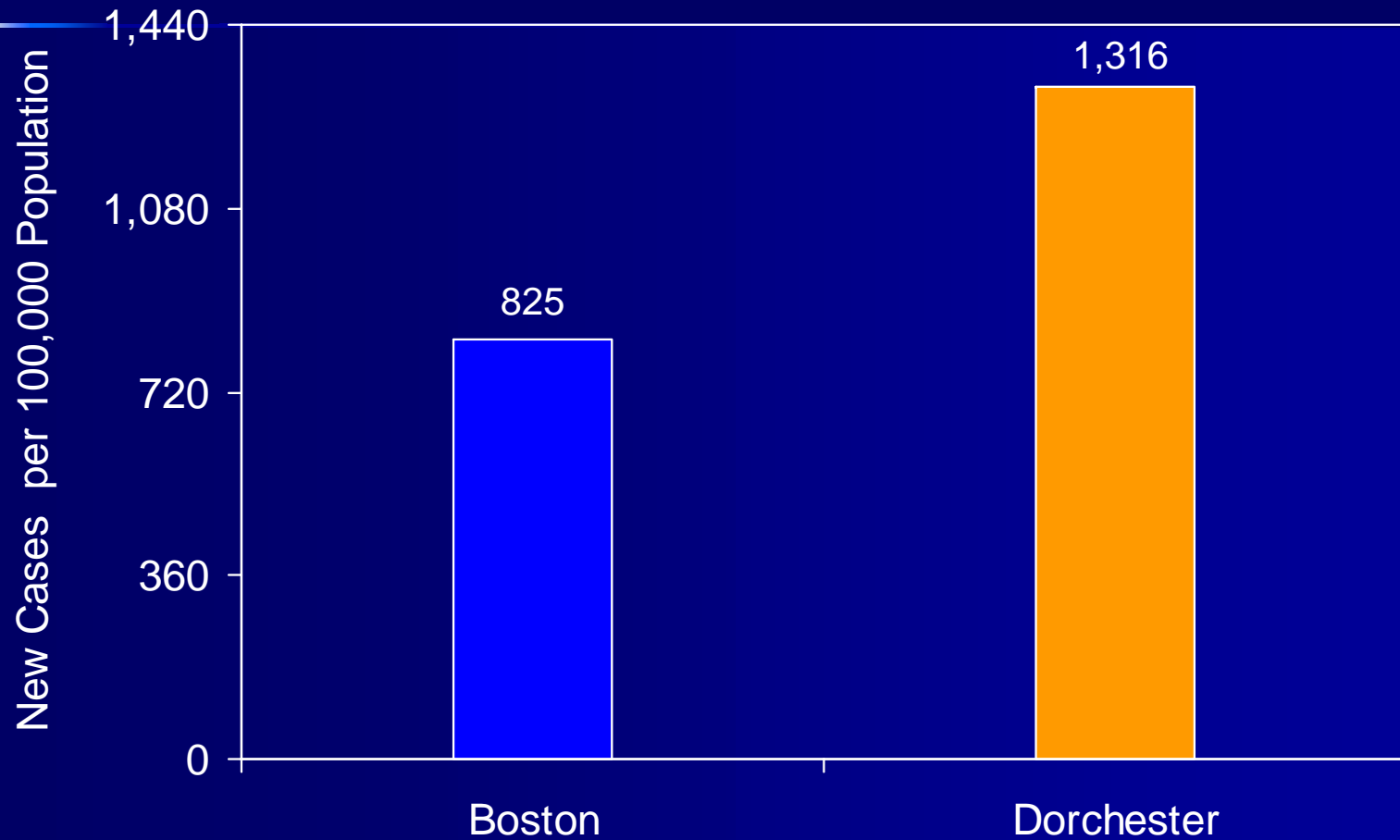
PIERCING
DRUG TAKING
TRANSFUSION

GET CLUED UP ON HEPATITIS C

SEX?
INJECTION
TATTOOS

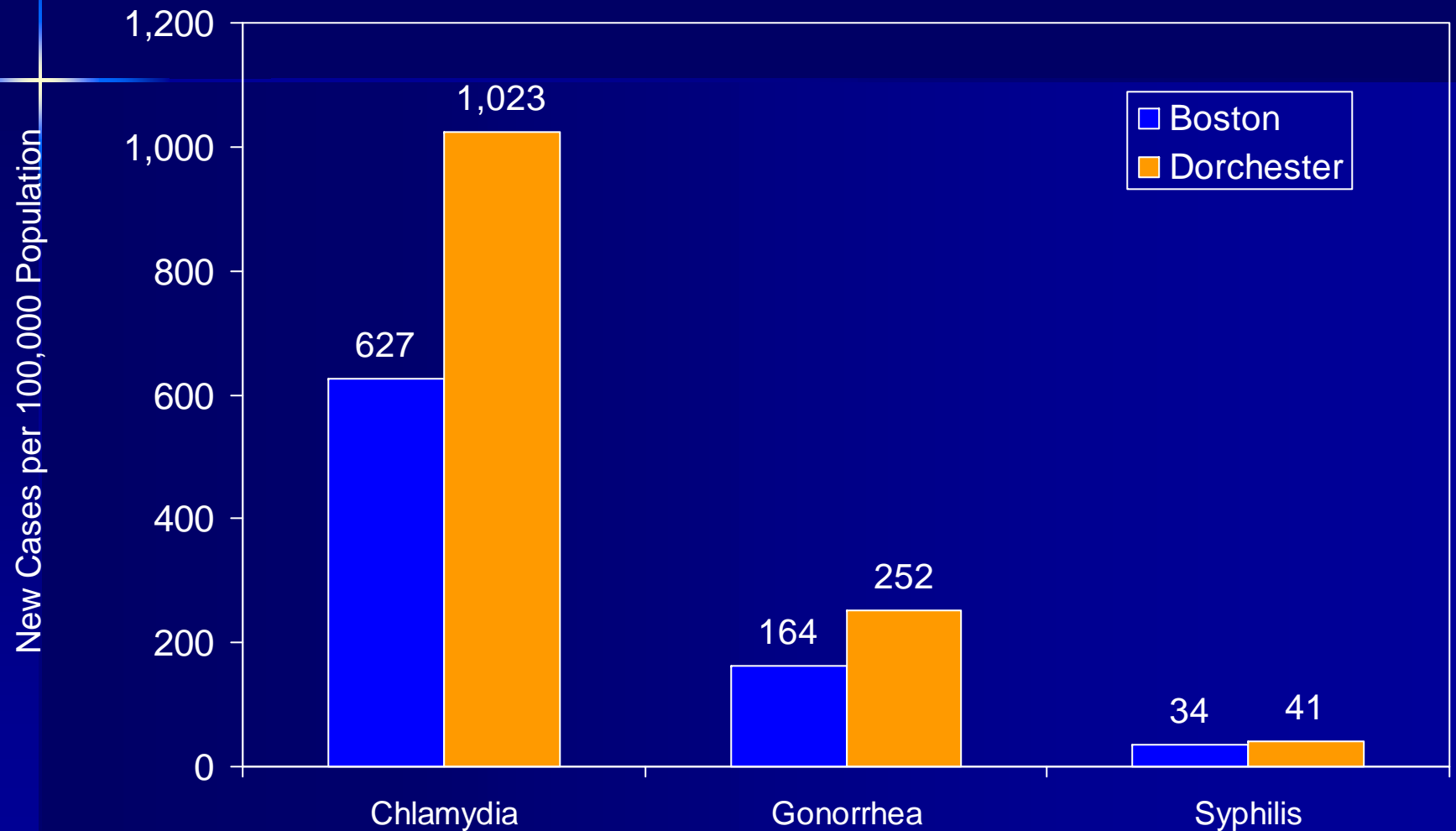
Website  Helpline
www.hepCuk.info 0870 200 1 200

Sexually Transmitted Disease: Incidence Rates, Boston and Dorchester, 2004



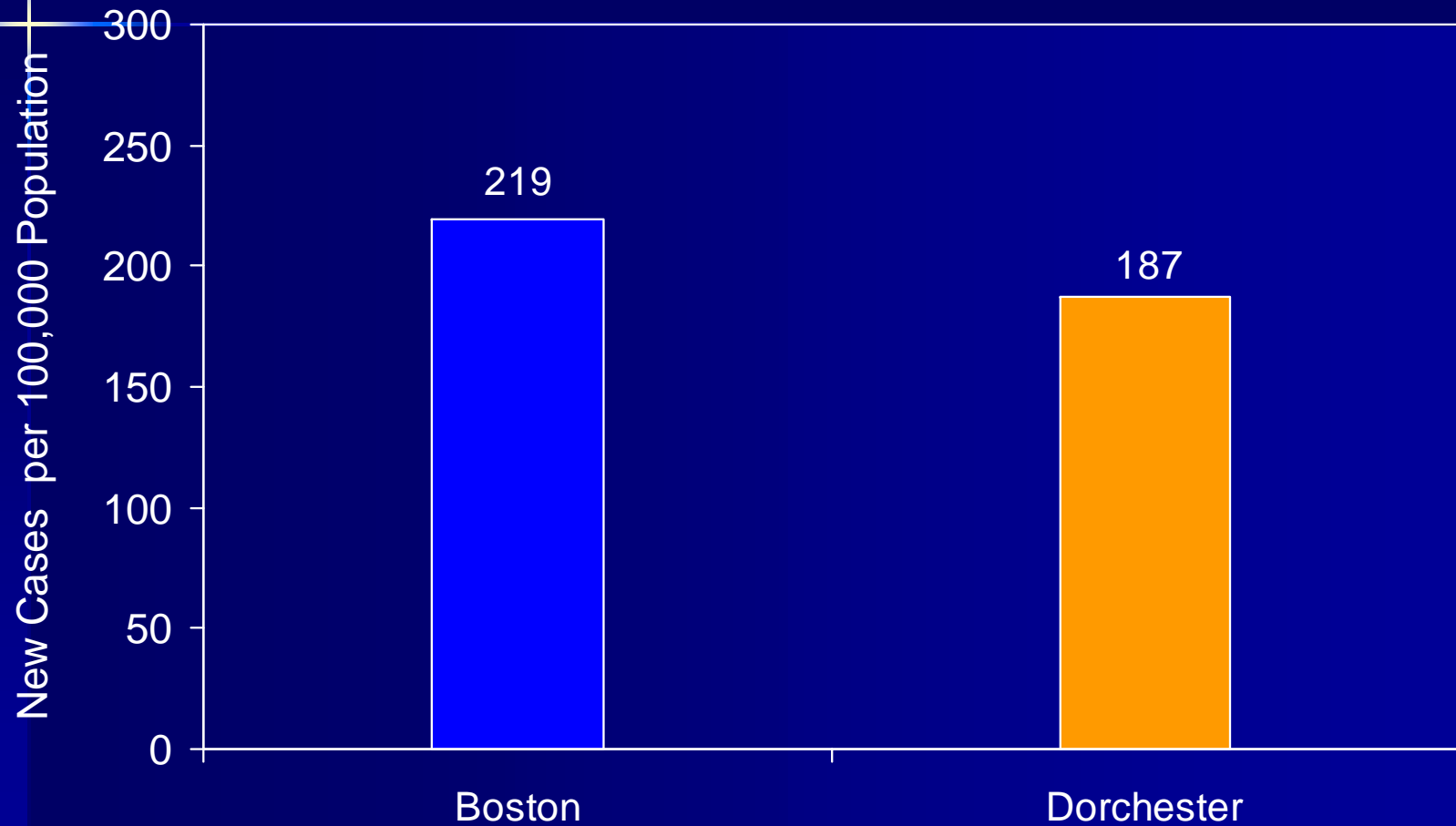
DATA SOURCE: Massachusetts Department of Public Health, STD Division
DATA ANALYSIS: Boston Public Health Commission Research Office

Sexually Transmitted Diseases by Type, Incidence Rates, Boston and Dorchester, 2004



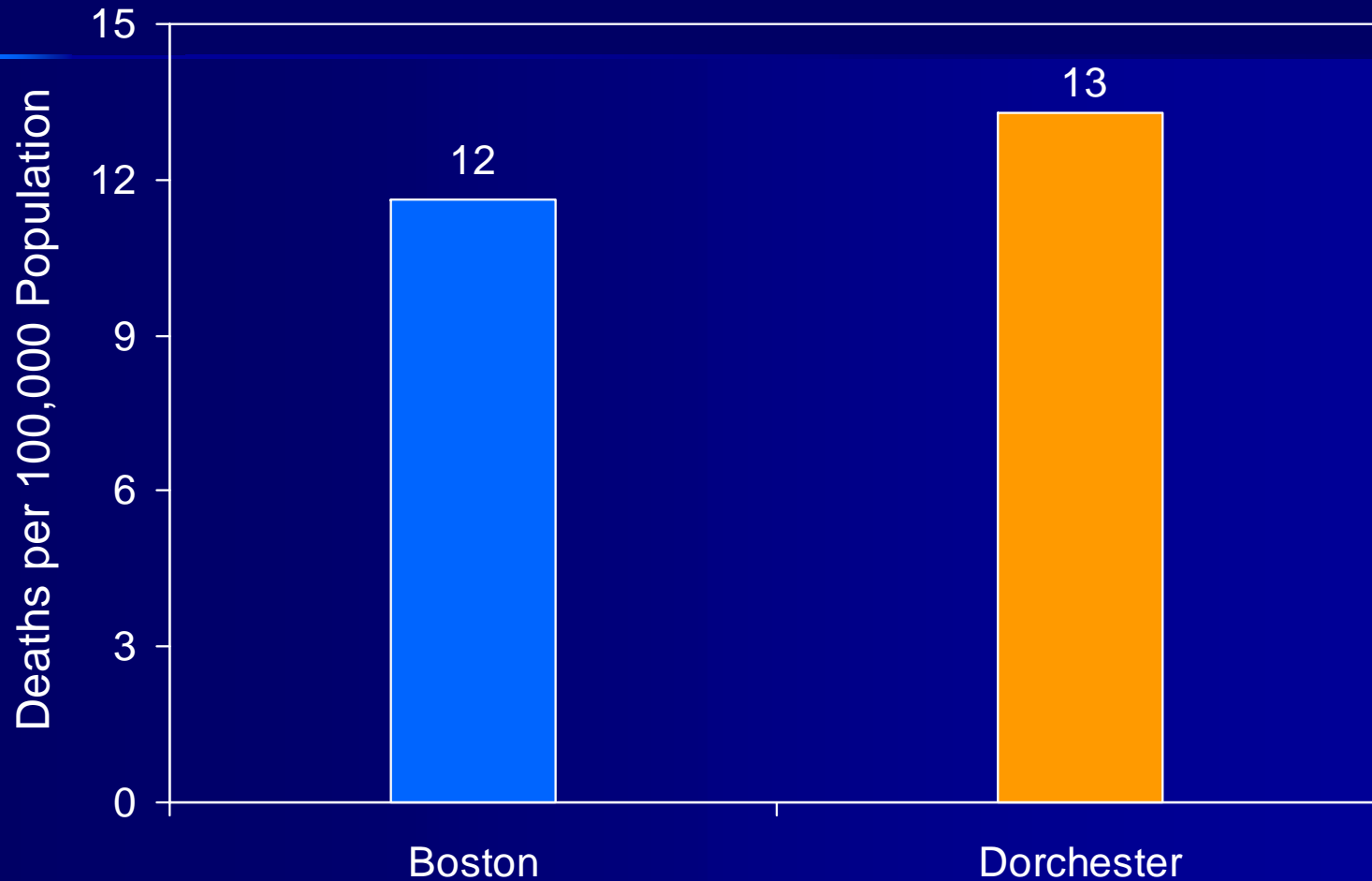
DATA SOURCE: Massachusetts Department of Public Health, STD Division
DATA ANALYSIS: Boston Public Health Commission Research Office

Hepatitis C: Incidence Rates, Boston and Dorchester, 2004



DATA SOURCE: Massachusetts Department of Public Health, STD Division
DATA ANALYSIS: Boston Public Health Commission Research Office

HIV/AIDS Mortality: Age-Adjusted Rates by Boston and Dorchester, 2002-2004



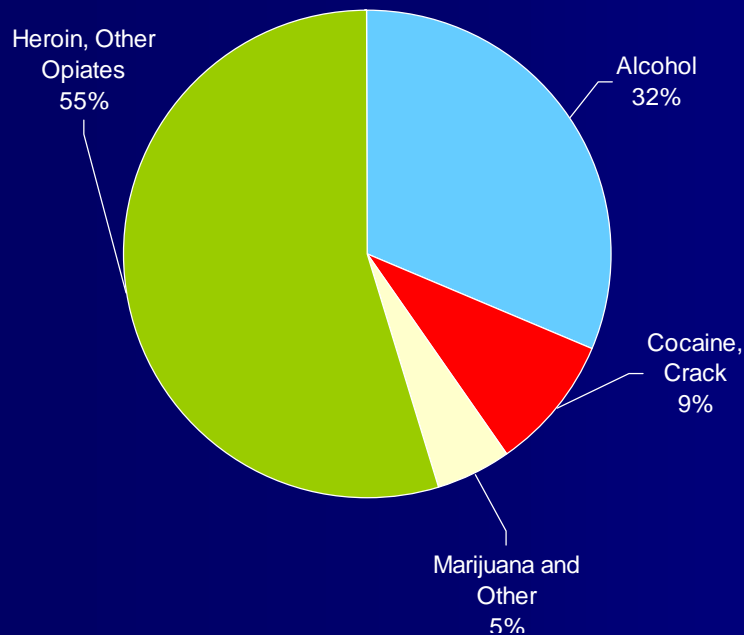
DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program
DATA ANALYSIS: Boston Public Health Commission Research Office



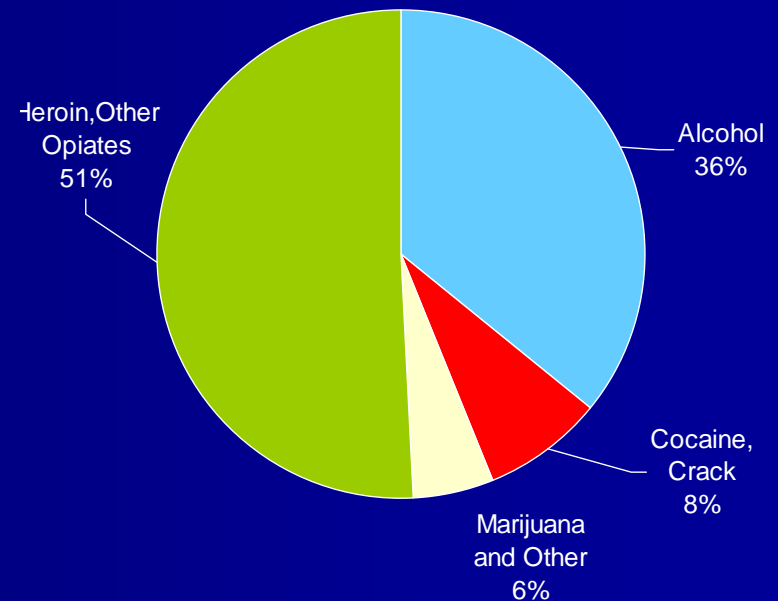
SUBSTANCE ABUSE



Substance Abuse Treatment Admissions by Type of Drug Use, Dorchester and Boston, 2004



Dorchester



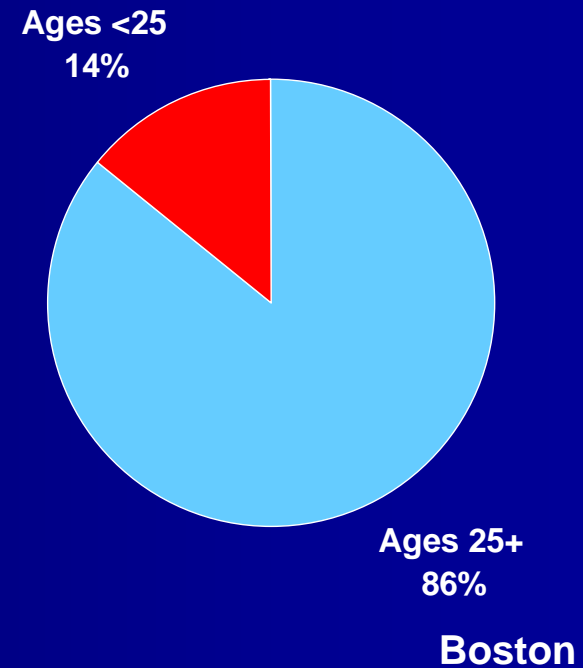
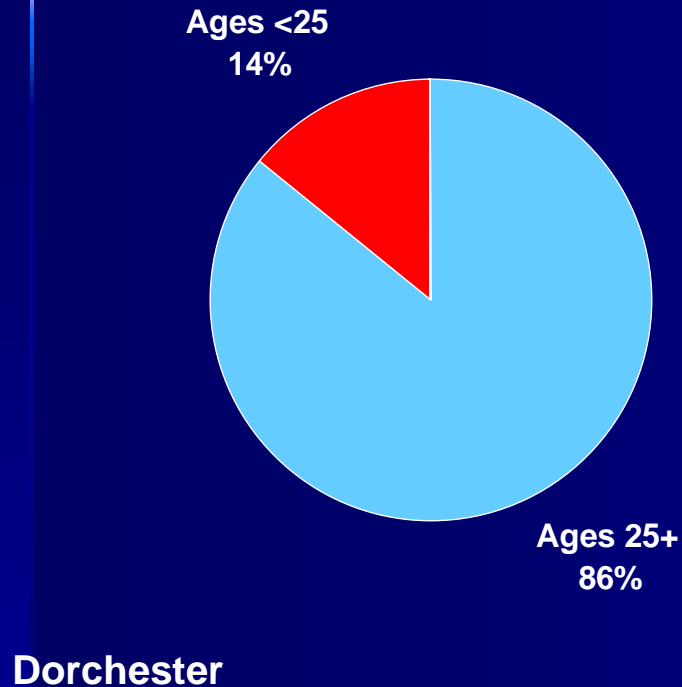
Boston

NOTES: An individual client may be admitted to more than one program or treatment session. Data shown are for fiscal year July 2003 through June 30, 2004.

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

Heroin Treatment Admissions by Age Group, Dorchester and Boston, 2004

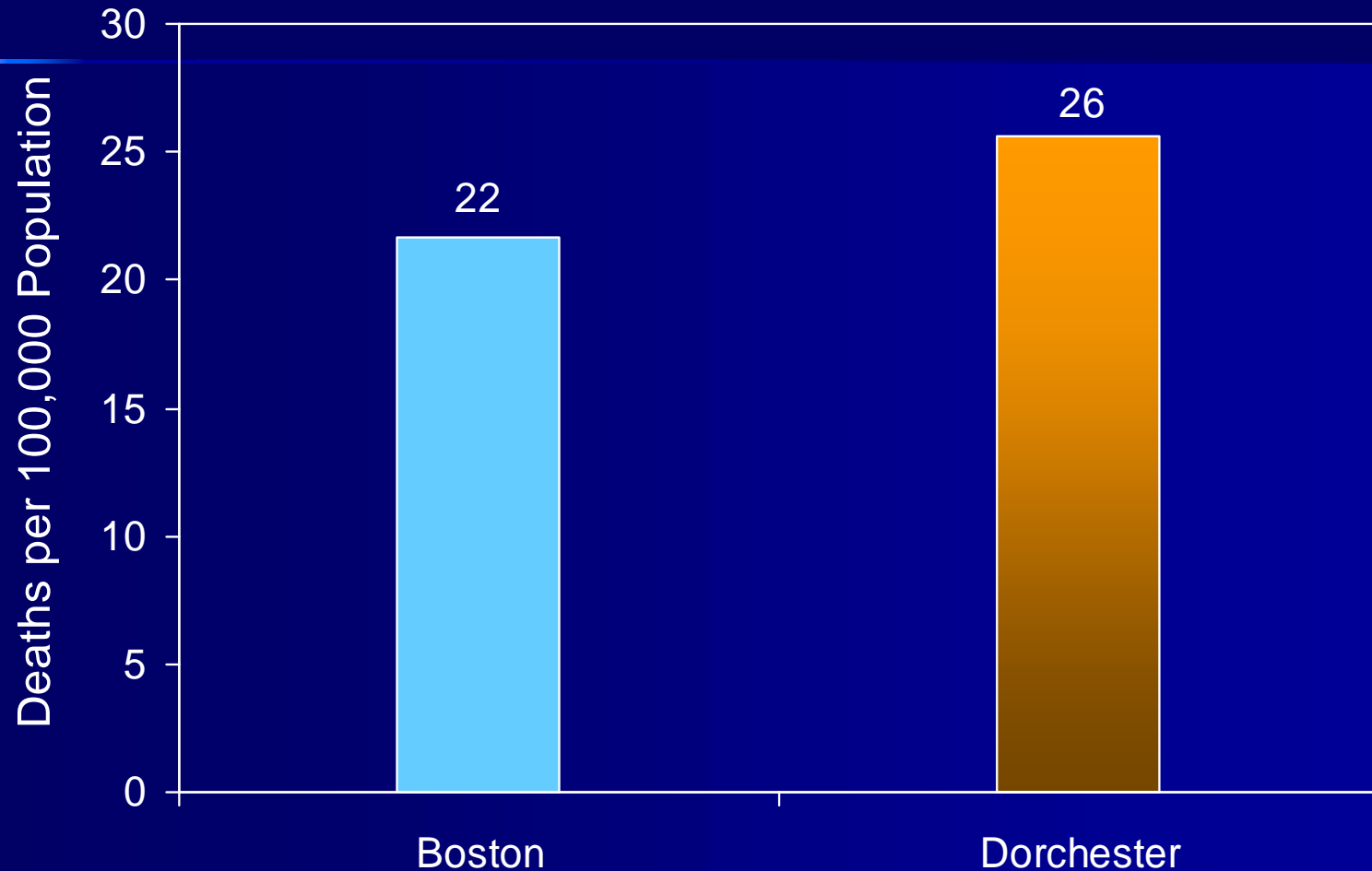


NOTES: An individual client may be admitted to more than one program or treatment session. Data shown are for fiscal year July 2003 through June 2004.

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

Substance Abuse Mortality: Age-Adjusted Rates, Dorchester and Boston 2004



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Gaps in access to detox and follow-up care

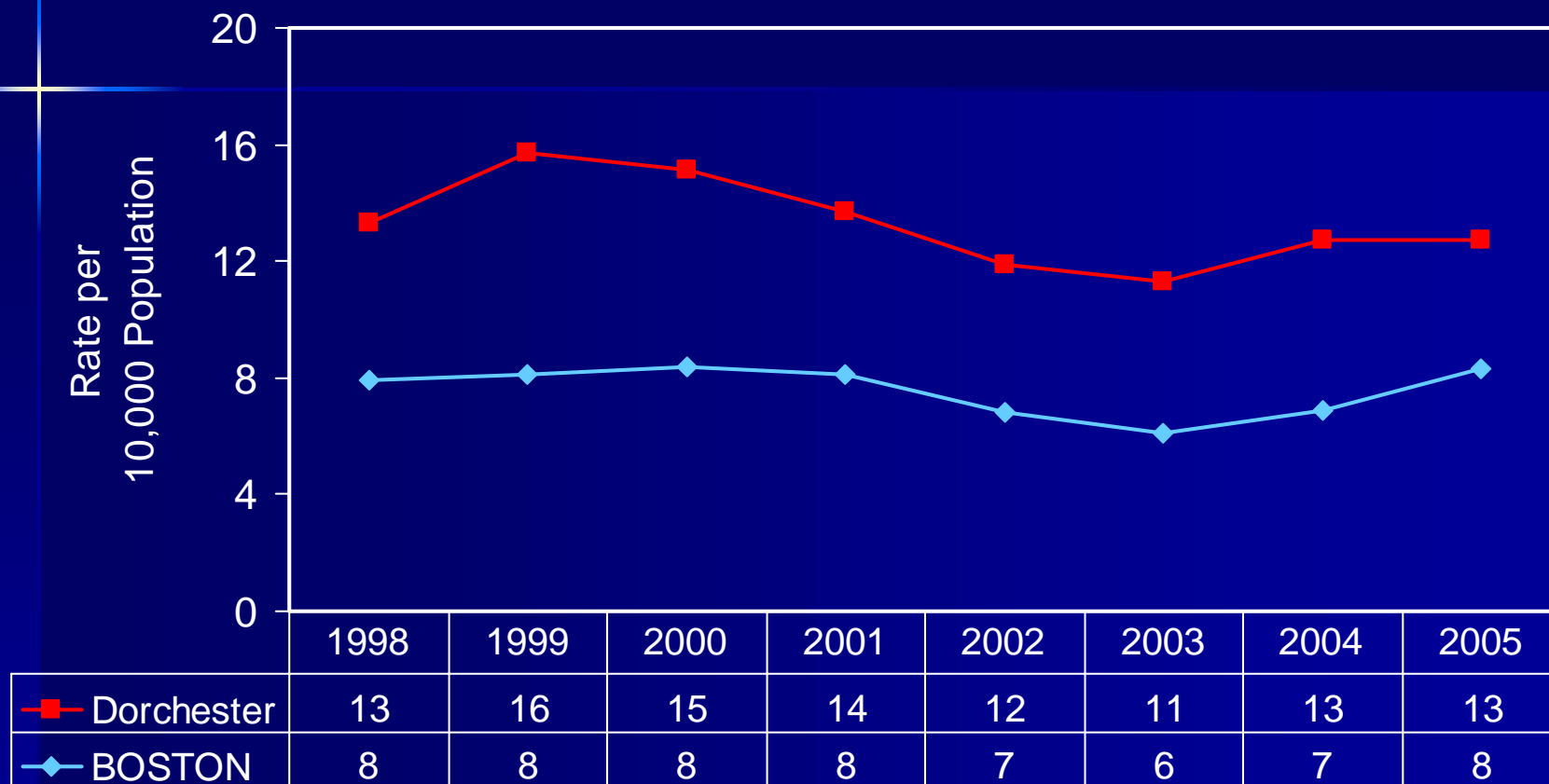
- People being turned away from care
 - Only 140 community-based beds available
 - About 250 people a week unable to find a bed
- Uninsured individuals face extra challenges
 - 78% of failed attempts to access detox
 - Only 38 community-based beds available
- Emergency room visits rising
 - Unavailability of community detox results in more costly ER visits
 - ER \$2,400 more expensive than 3-day inpatient stay

What Can Be Done About Substance Abuse?

- Prevention: NO DRUGS Coalition
- Treatment: accessible through Substance Abuse Services Central Intake
- Advocate for increased state funding for substance abuse treatment programs

VIOLENCE and TRAUMA

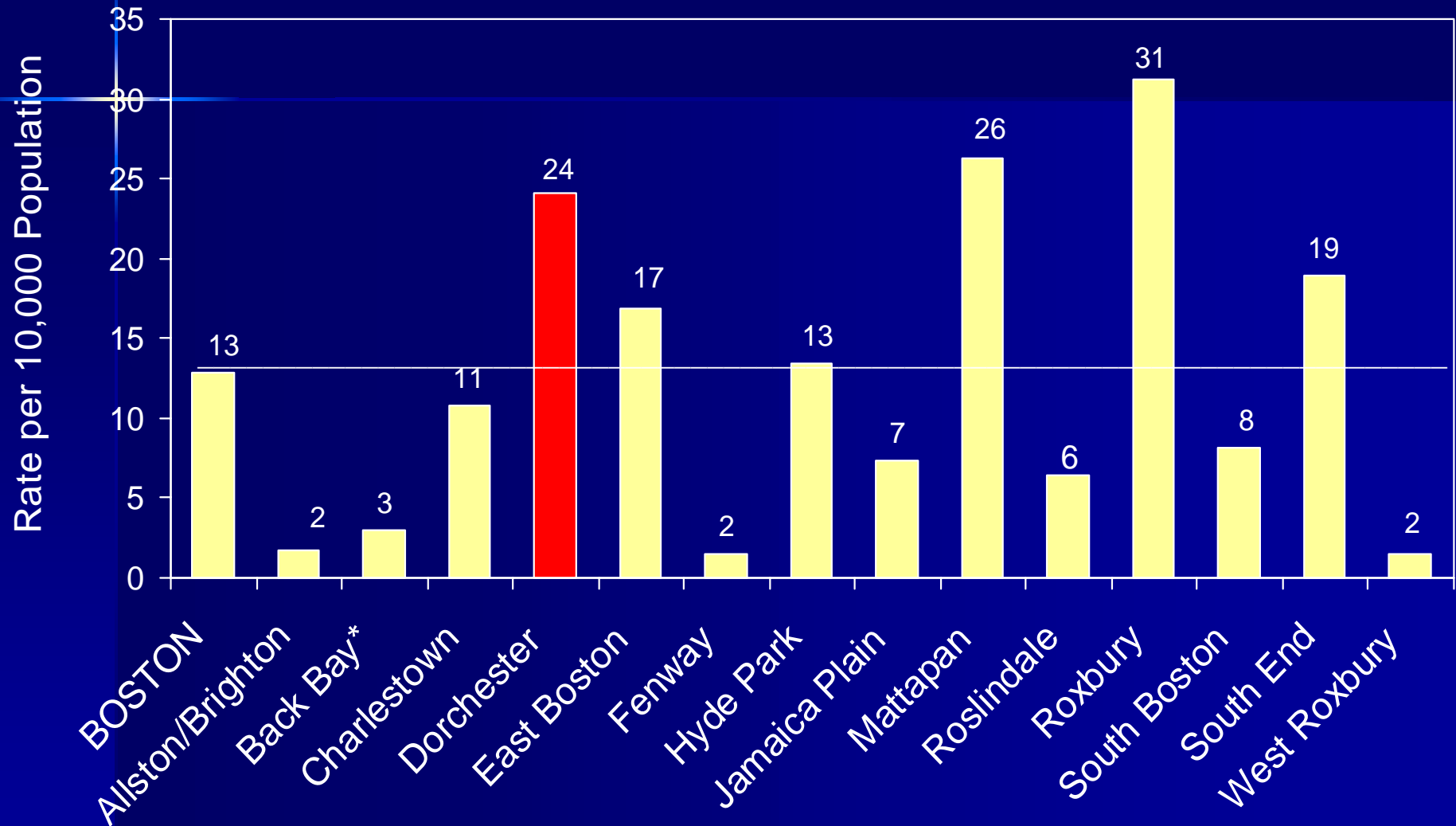
Non-Fatal Assault-Related Gunshot Wound and Stabbing Rates by Year, Boston and Dorchester, 1998-2005



DATA SOURCE: Weapons-related Injuries, Massachusetts Department of Public Health, Weapon-Related Injury Surveillance System
 DATA ANALYSIS: Boston Public Health Commission Research Office.

Non-Fatal Assault-Related Gunshot and Stabbing Injuries by Neighborhood: Ages 15-44

Average Annual Age Specific Rates, 2000-2005

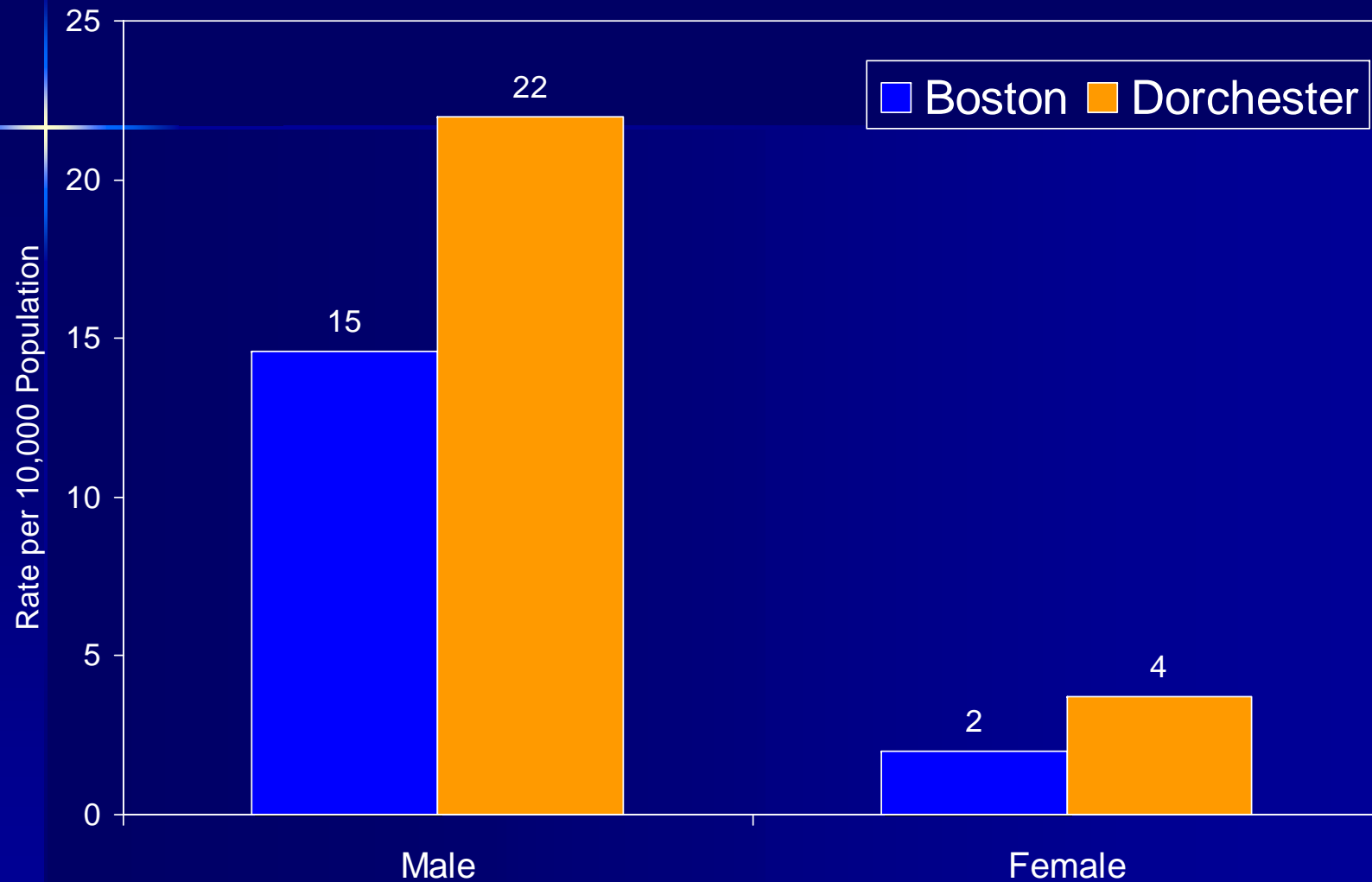


*Includes the North End

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

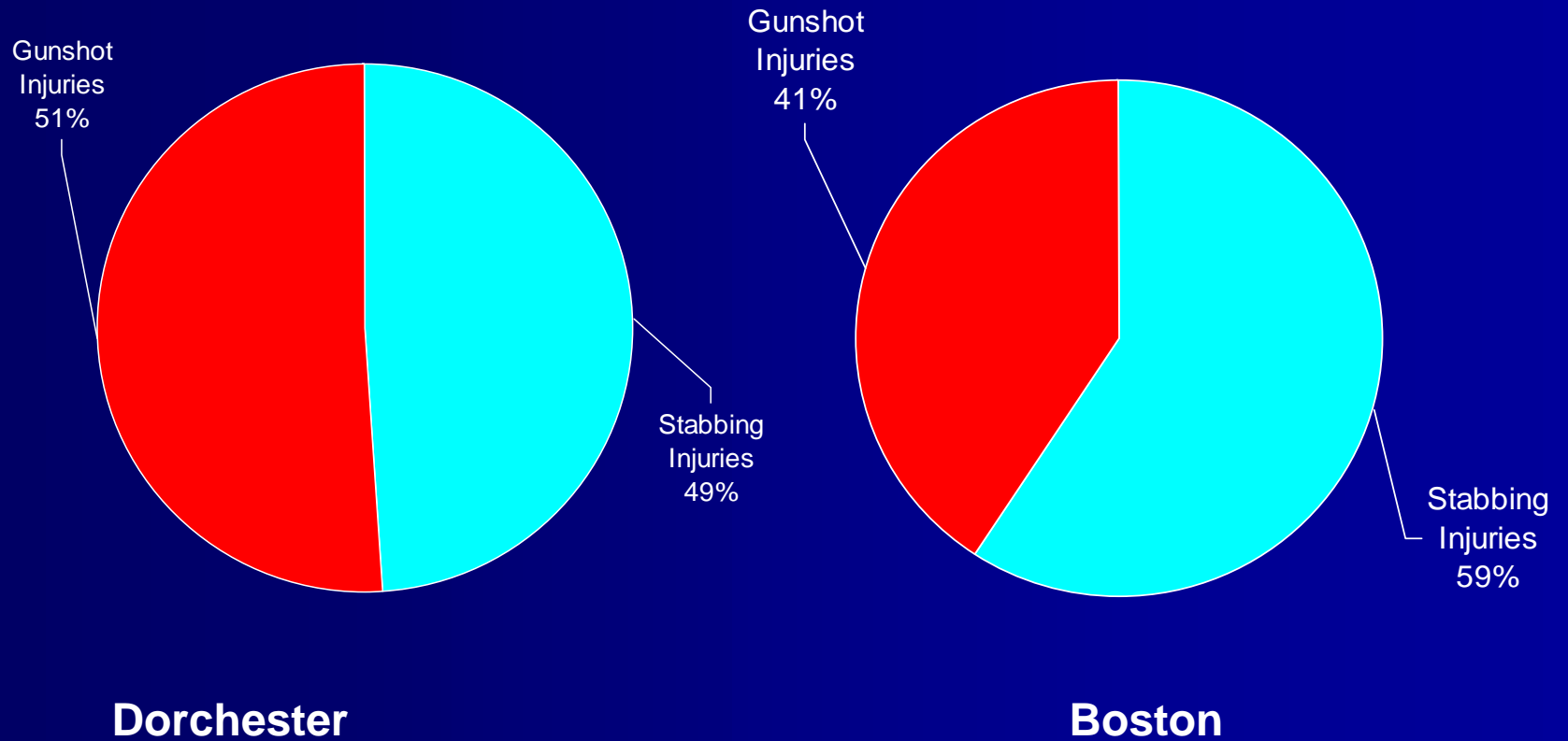
DATA ANALYSIS: Boston Public Health Commission Research Office

Non-Fatal Assault-Related Gunshot and Stabbing Injury Rates by Sex, 2005



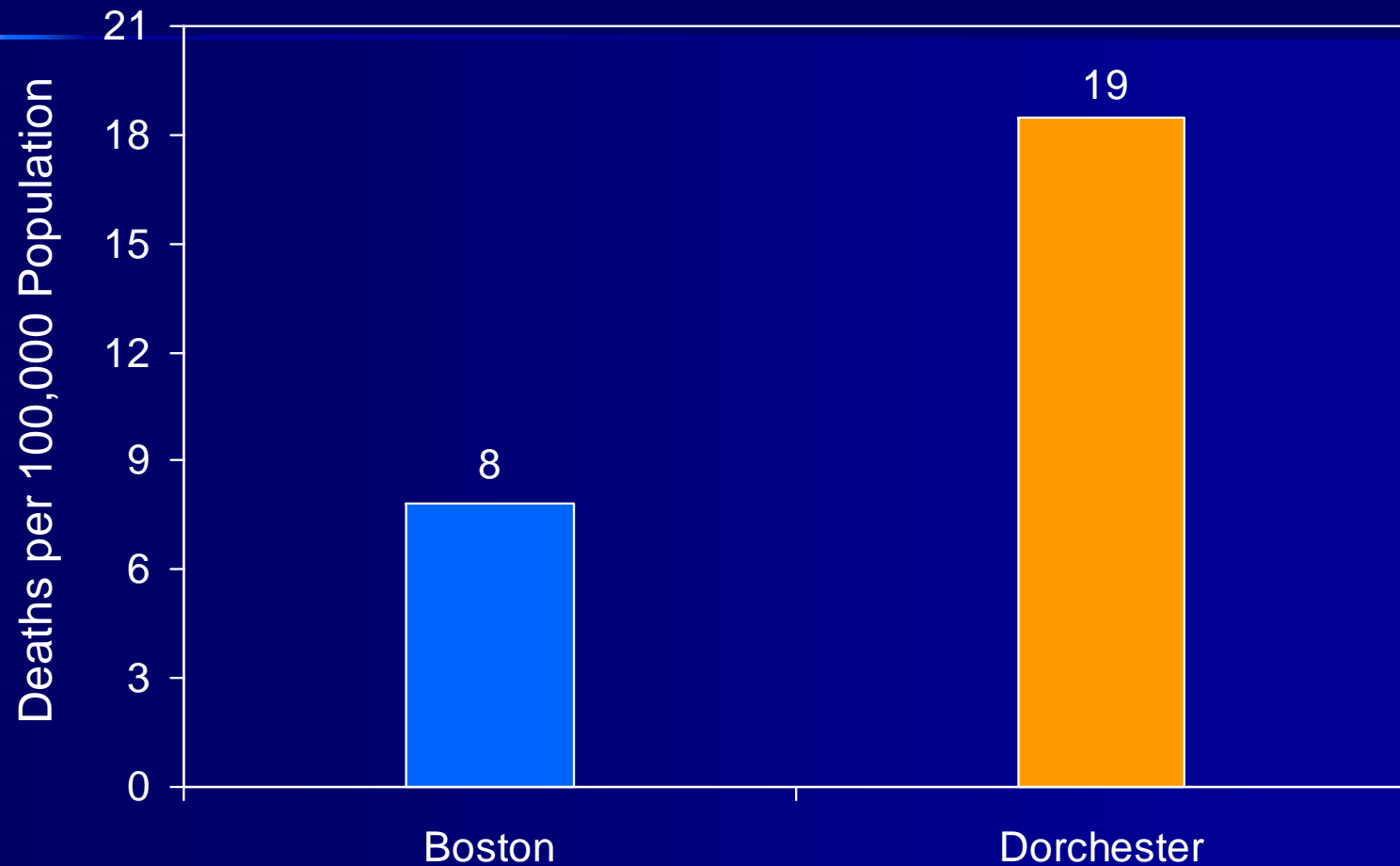
DATA SOURCE: Weapons-related Injuries, Massachusetts Department of Public Health, Weapon-Related Injury Surveillance System
DATA ANALYSIS: Boston Public Health Commission Research Office.

Percentage of Non-Fatal Gunshot and Stabbing Injuries, Dorchester and Boston Overall, 2005



DATA SOURCE: Weapons-related Injuries, Massachusetts Department of Public Health, Weapon-Related Injury Surveillance System
DATA ANALYSIS: Boston Public Health Commission Research Office.

Homicide: Age-Adjusted Rates by Boston and Dorchester, 2000-2004



DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

What Can Be Done About Violence and Trauma

- **Improve community education and support**
 - Comprehensive Community Safety Initiative Grove Hall, Intergenerational Crime Families
 - B-SMART – Bowdoin-Geneva, Leadership Team focused on reducing crime and improving the quality of life
 - Community Forum Meetings: Project Right – violence prevention and basketball for youth

- **Trauma Trainings**
 - Expand partnership with the Children's Trauma Recovery Foundation
 - Provide specialized training for ministers
 - Increase the numbers of trained lay people who can provide support & referral

What Can Be Done About Violence and Trauma, continued

- Provide trauma information

Normal reactions to trauma.

These reactions can be uncomfortable but they are normal in the days and weeks after the trauma. Usually, as time goes by, these feelings get less and less, and eventually they go away completely.

- Trouble sleeping
- Changes in your appetite
- Feeling tired or irritable
- Having nightmares
- Feeling nervous
- Feeling "numb" or having no feelings at all
- Feeling "jumpy" or like you need to check around you all the time
- Needing to keep your loved ones close to you
- Having "flashbacks" - seeing a replay of the trauma in your mind

TRAUMA

For Adults

What if I am not feeling better after a week or so?

If you continue to have trouble sleeping or if you are having other reactions that are uncomfortable, contact your doctor or counselor and let them know. If you don't have a doctor or counselor, you will find some numbers to call on this page to help you find one. You don't have to go through this by yourself.

For mental health resources, referrals and information on health insurance, call the Mayor's Health Line at (617) 534-5050.

In case of a mental health emergency call the BEST Team at (800) 981-HELP or call 911.

For information on-line, go to www.talkislan.org.

Boston Public Health Commission
1010 Massachusetts Ave
Boston, MA 02118
www.bphc.org

Boston Public Health Commission
Mayor Thomas M. Menino

Normal reactions to trauma.

These are the kinds of reactions you can expect from a child who has been involved in a frightening event. You should be concerned if any of these last for a very long time, or if your child is exhibiting most or all of these reactions at the same time.

- Asking questions - the child may want to know whether the person who was injured or killed suffered or felt pain
- Wanting to talk about what happened
- Not wanting to talk about what happened
- Acting out the trauma when they are playing
- Drawing pictures about the trauma
- Imagining or seeing a replay of the trauma in their minds
- Feeling angry or talking about killing someone
- Expressing fears of death or fear of being left alone
- Nightmares
- Trouble sleeping
- Bad dreaming
- Physical complaints like stomach aches or headaches
- Feeling "clingy" and wanting to be physically close to loved ones all of the time
- Trouble concentrating or unable to school

TRAUMA

For Parents

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Healing after Trauma.

How to deal with bad things that happen to you, your family and your community.

HEALING

The Disparities Project

6 hospitals and 2 CHCs have been funded to collect race, ethnicity, language and educational info on its patients using a framework developed by the BPHC's Hospital Working Group

HOSPITALS:

- BIDMC
- BMC
- BWH
- Caritas Carney
- Children's Hospital
- MGH

HEALTH CENTERS:

- South Cove CHC
- Uphams Corner Health Center

Questions?
Comments?