

Community Meetings 2006

Health Status Report for South Boston

April 12, 2006

Presented by the Boston Public Health
Commission



Boston Neighborhoods



MAP PREPARATION:
Boston Public Health Commission
Research Office

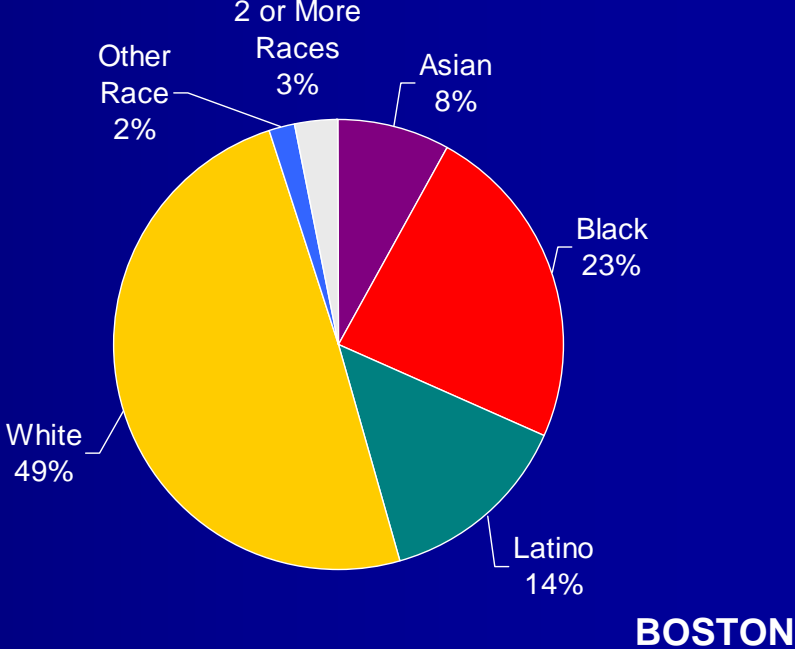
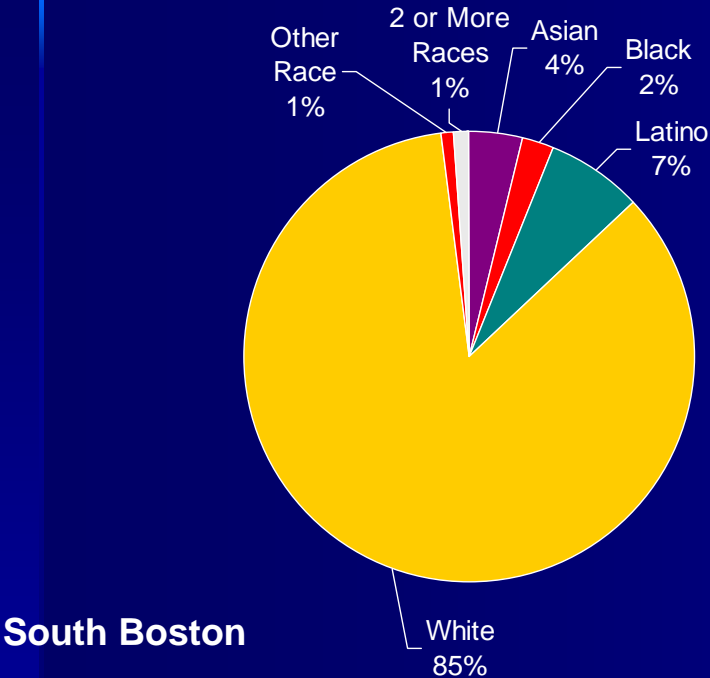
South Boston At a Glance: Key Population Characteristics

- **Stable population:** In 2000, the population of South Boston was 29,938, not that different from 29,433 in 1990. South Boston ranks in the lower ½ in population out of Boston's 16 neighborhoods.
- **Age:** Age distribution is similar to Boston as a whole
 - Slightly higher population 65+
 - Slightly lower population between 0-17 years old
- **Six BHA developments:** 3 elderly and disabled; 3 family; TOTAL number of residents = 5,498
 - Almost 40% of the residents at these developments are Latino
 - Elderly /Disabled: Foley, West 9th St, Monsignor Powers (247 units ranging from efficiency up to 2 BR apts)
 - Family: Mary Ellen McCormack, Old Colony, West Broadway, (2,568 units ranging from 1 BR up to 6 BR)

Key Population Characteristics, *continued*

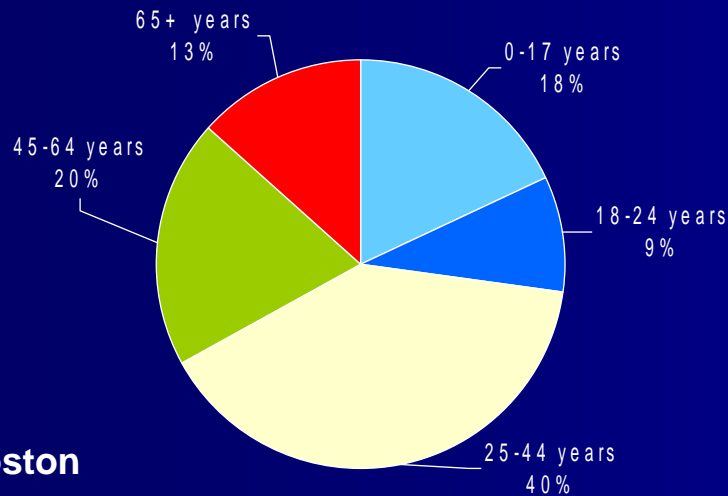
- **Lots of English Speakers:** English is spoken at home by 83% of South Boston residents as compared to 67% for Boston overall.
 - 5% of South Boston residents speak a language other than English at home: e.g., Russian, German, Polish, French, Italian, and other Indo-European languages.
 - Spanish is the language spoken at home by 7%, and Chinese by 2% of South Boston residents.
- **Increasing racial diversity:** Growing numbers of Black, Asian and Latino residents live in South Boston.
- **Increasing ethnicity:** Europe 3% (including Ireland, UK, Italy, Poland, Russia, Ukraine, and other Eastern European countries); Asia 3% (including China, Southeast Asia); Caribbean 4% (including Dominican Republic and Haiti).

Racial and Ethnic Makeup South Boston and Boston 2000

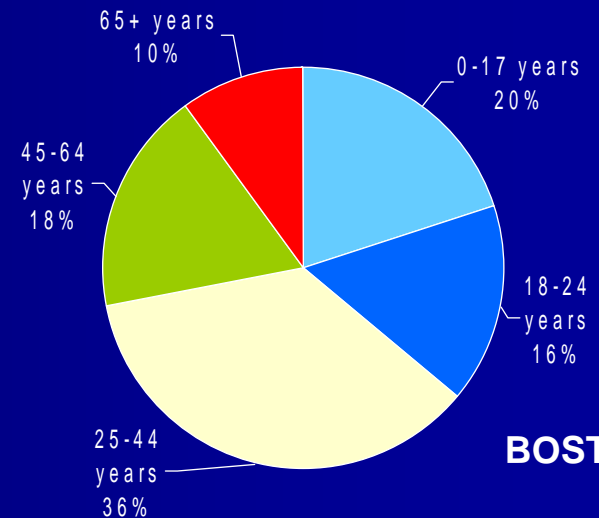


DATA SOURCE: U.S. Department of Commerce, Bureau of the Census, American FactFinder, Census 2000
DATA ANALYSIS: Boston Public Health Commission Research Office

Population by Age Group South Boston and Boston 2000



South Boston



BOSTON

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

- Overweight & Obesity
- Cancer (Breast, Prostate, Lung)
- Substance Abuse

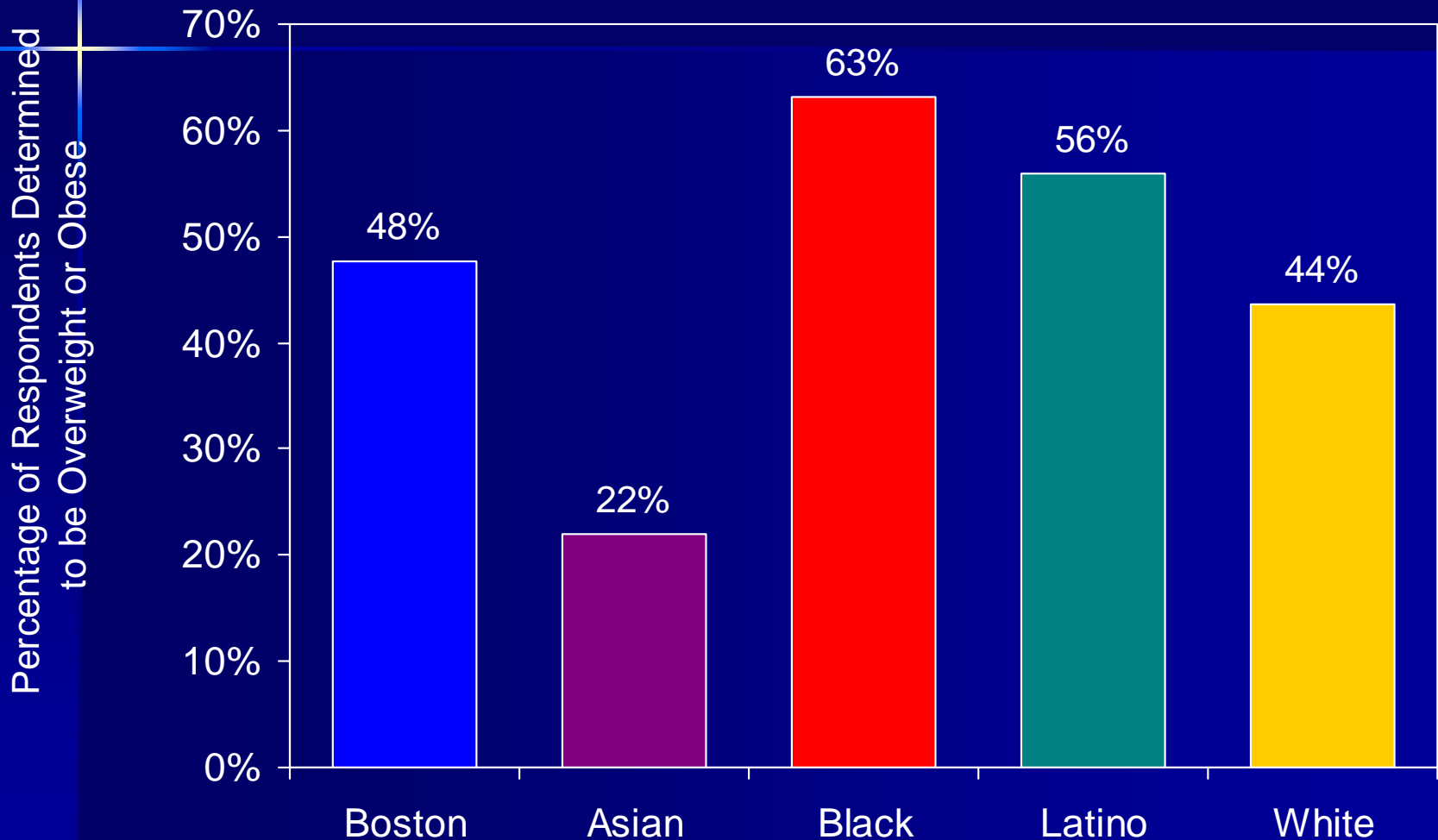
Overweight & Obesity



What Health Problems Does Overweight & Obesity Cause or Make Worse?

- 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, 1999, 2001, and 2003*



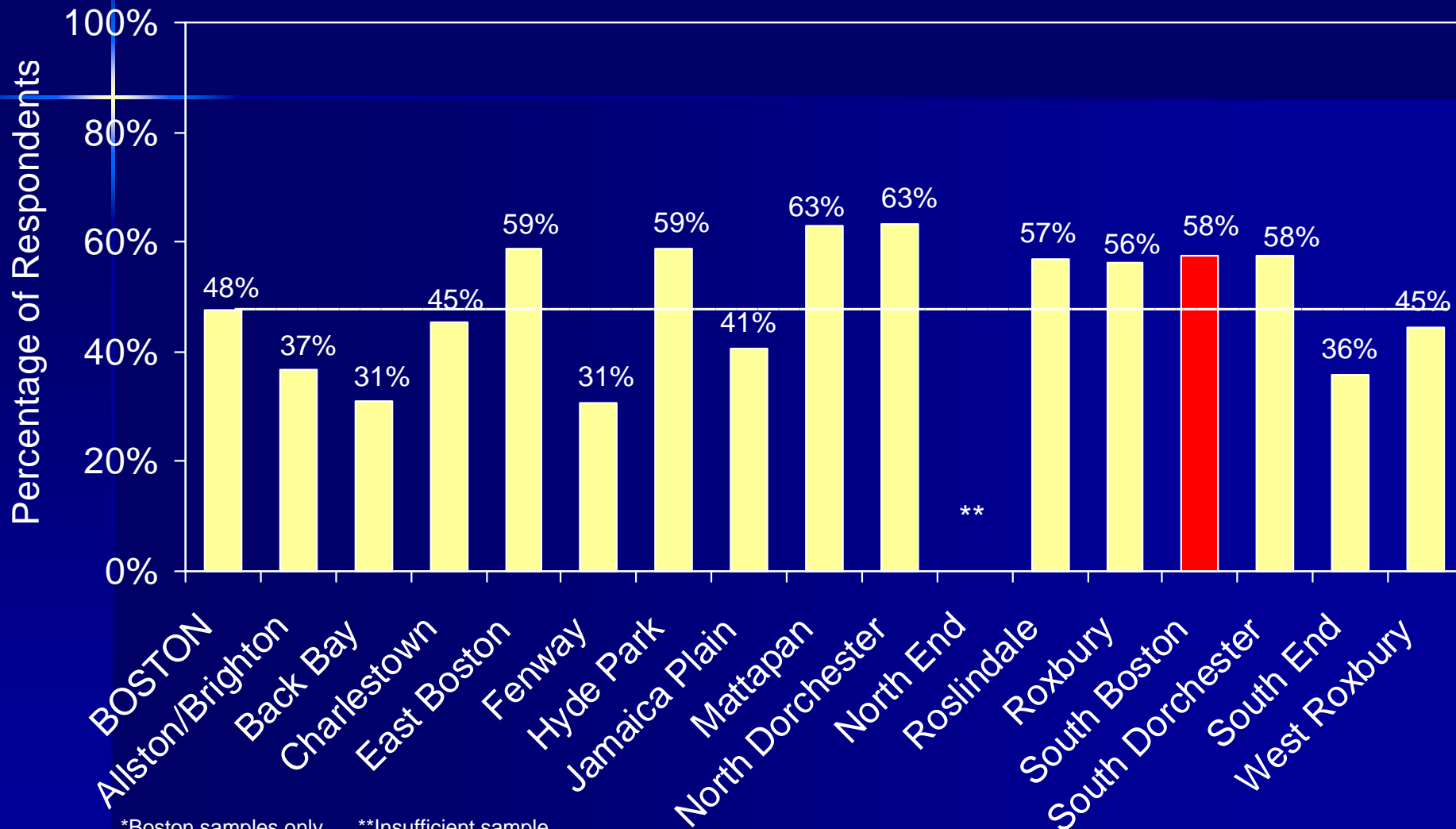
*Boston samples only

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

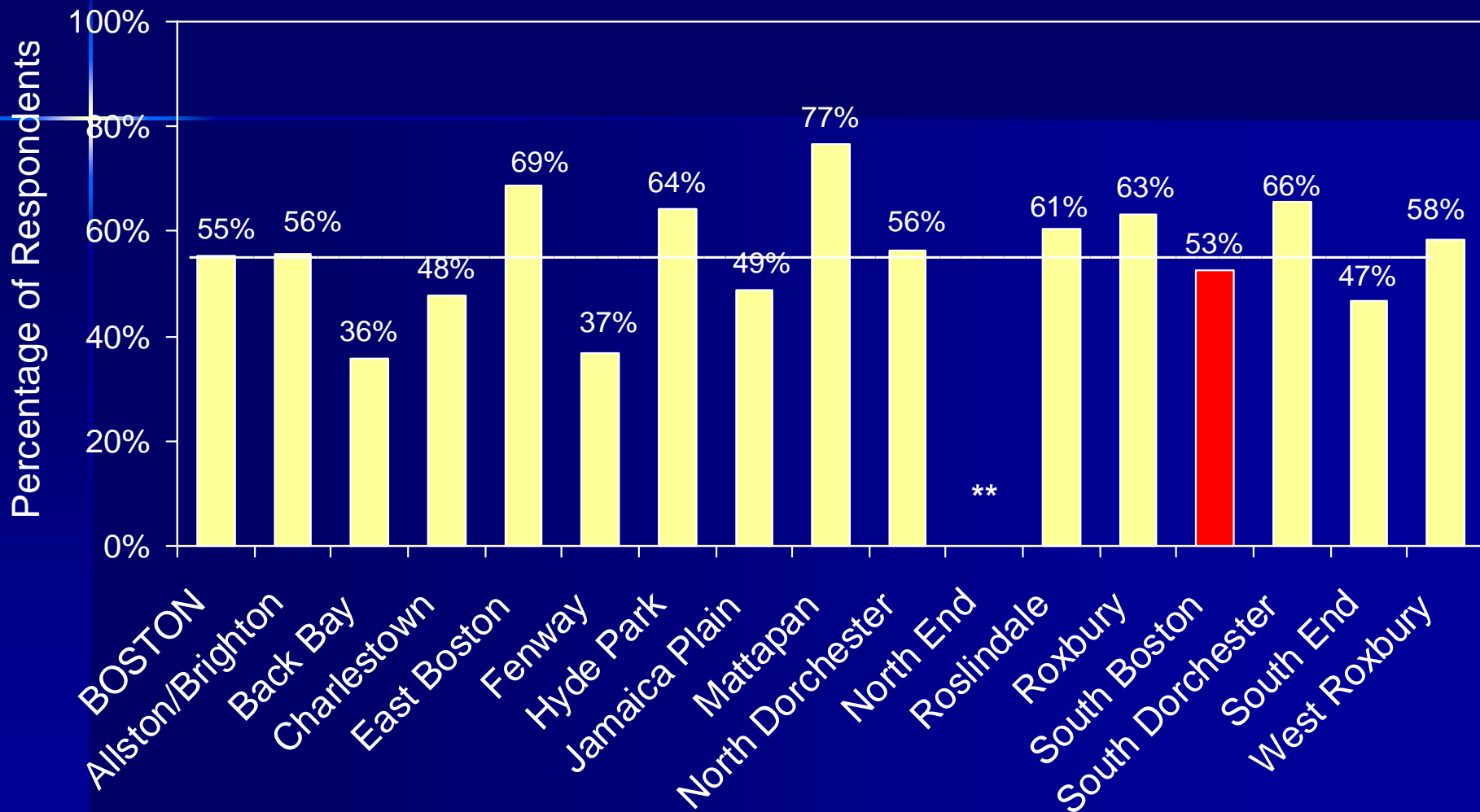
Adults Who Are Overweight or Obese by Neighborhood, Boston, 1999, 2001, and 2003*



*Boston samples only **Insufficient sample

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

Inadequate Physical Activity by Neighborhood Boston, 2001 and 2003*



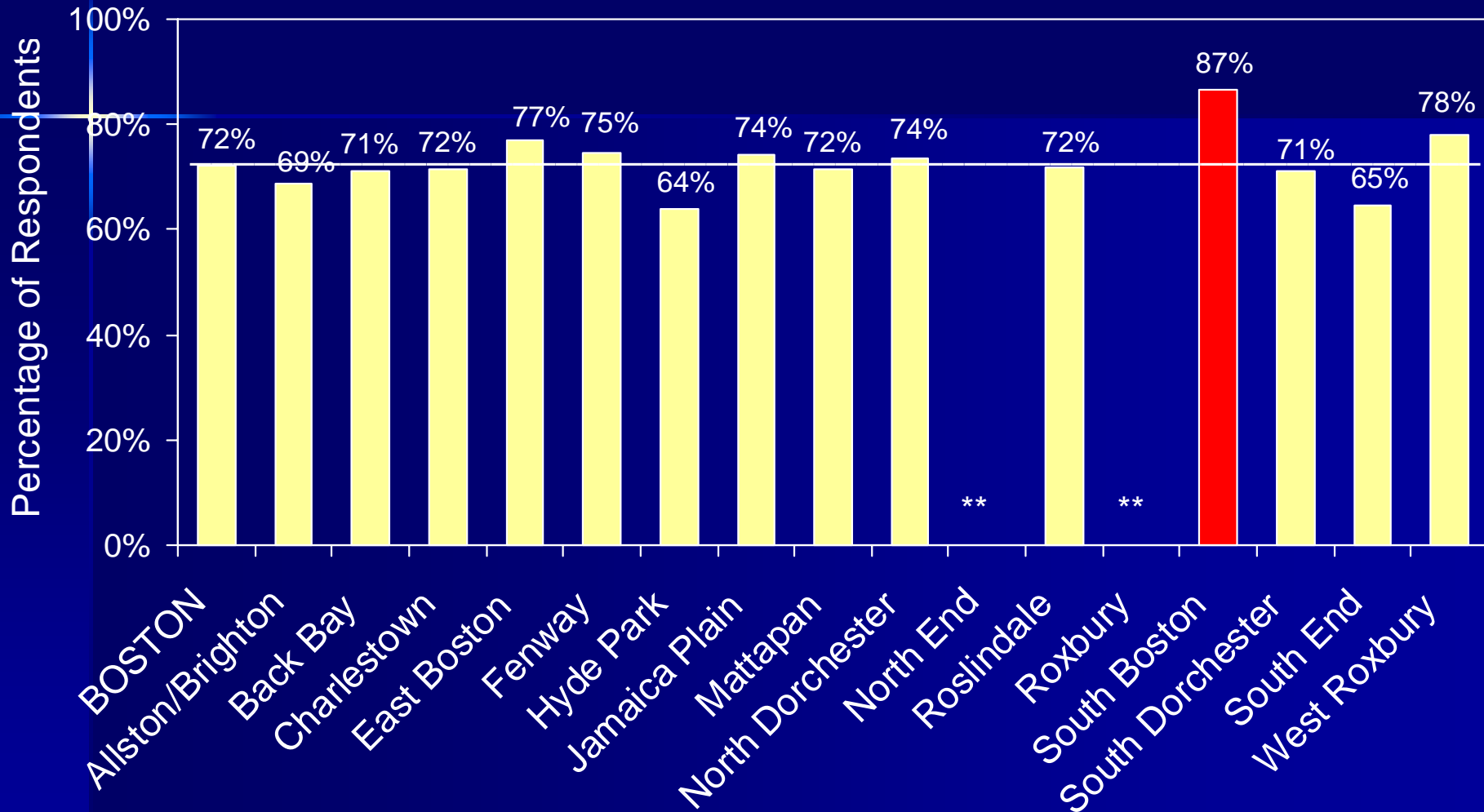
*Boston samples only **Insufficient sample

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), Boston Public Health Commission

DATA ANALYSIS: Boston Public Health Commission Research Office

Inadequate Fruit and Vegetable Consumption* by Neighborhood, Boston, 2003

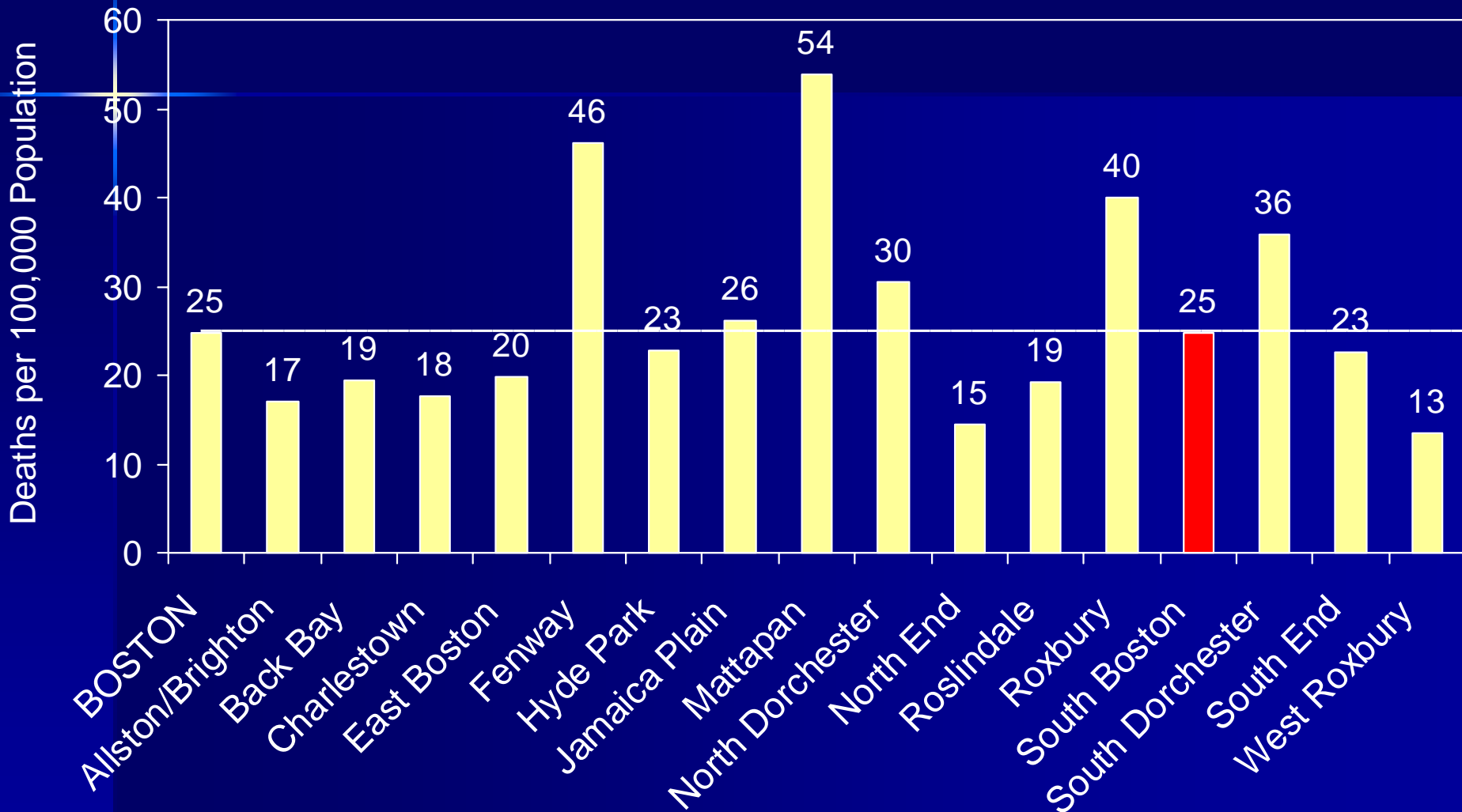


*Less than recommended daily amount of five or more servings a day. **Insufficient sample

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

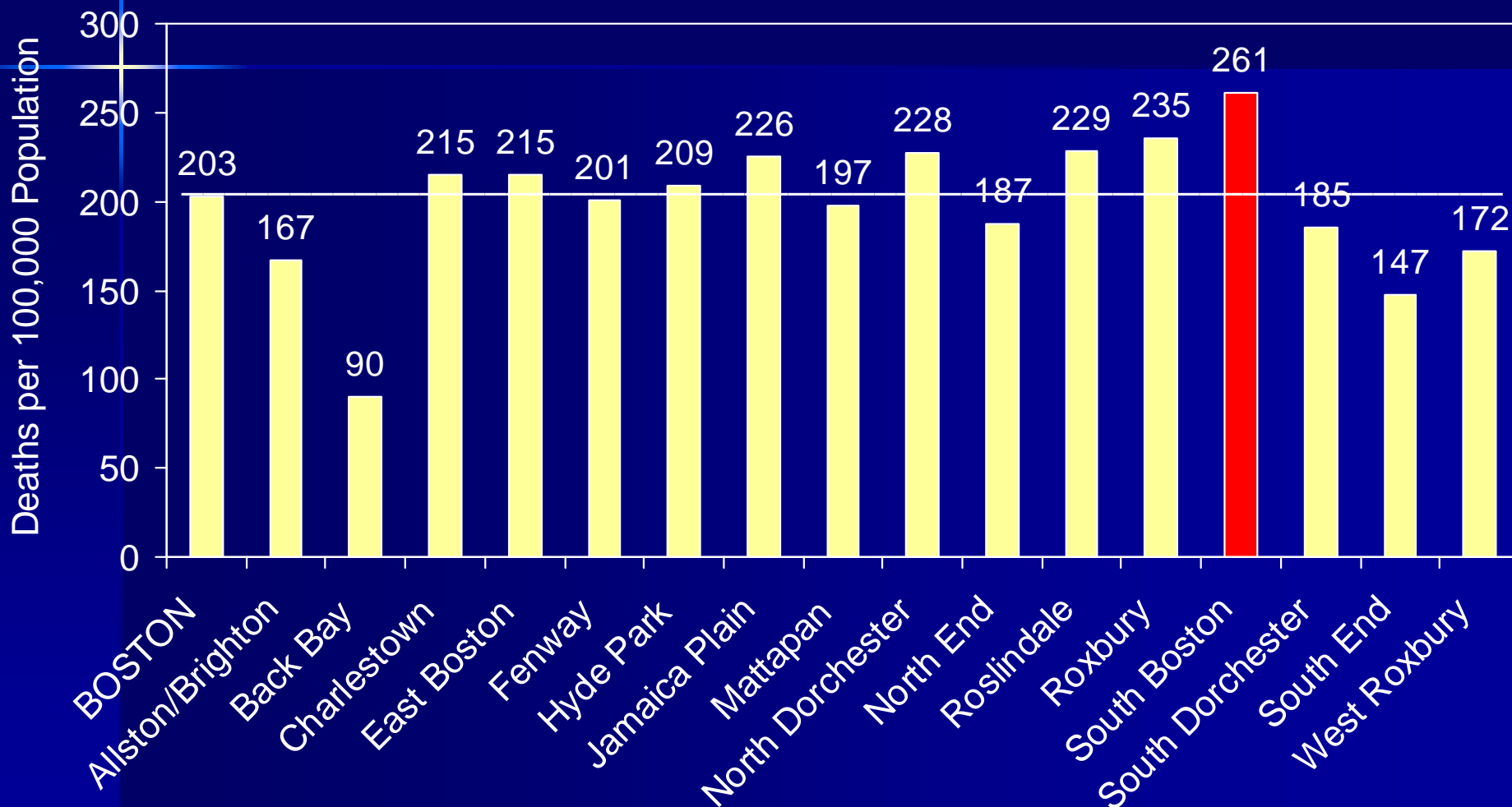
DATA ANALYSIS: Boston Public Health Commission Research Office

Diabetes Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



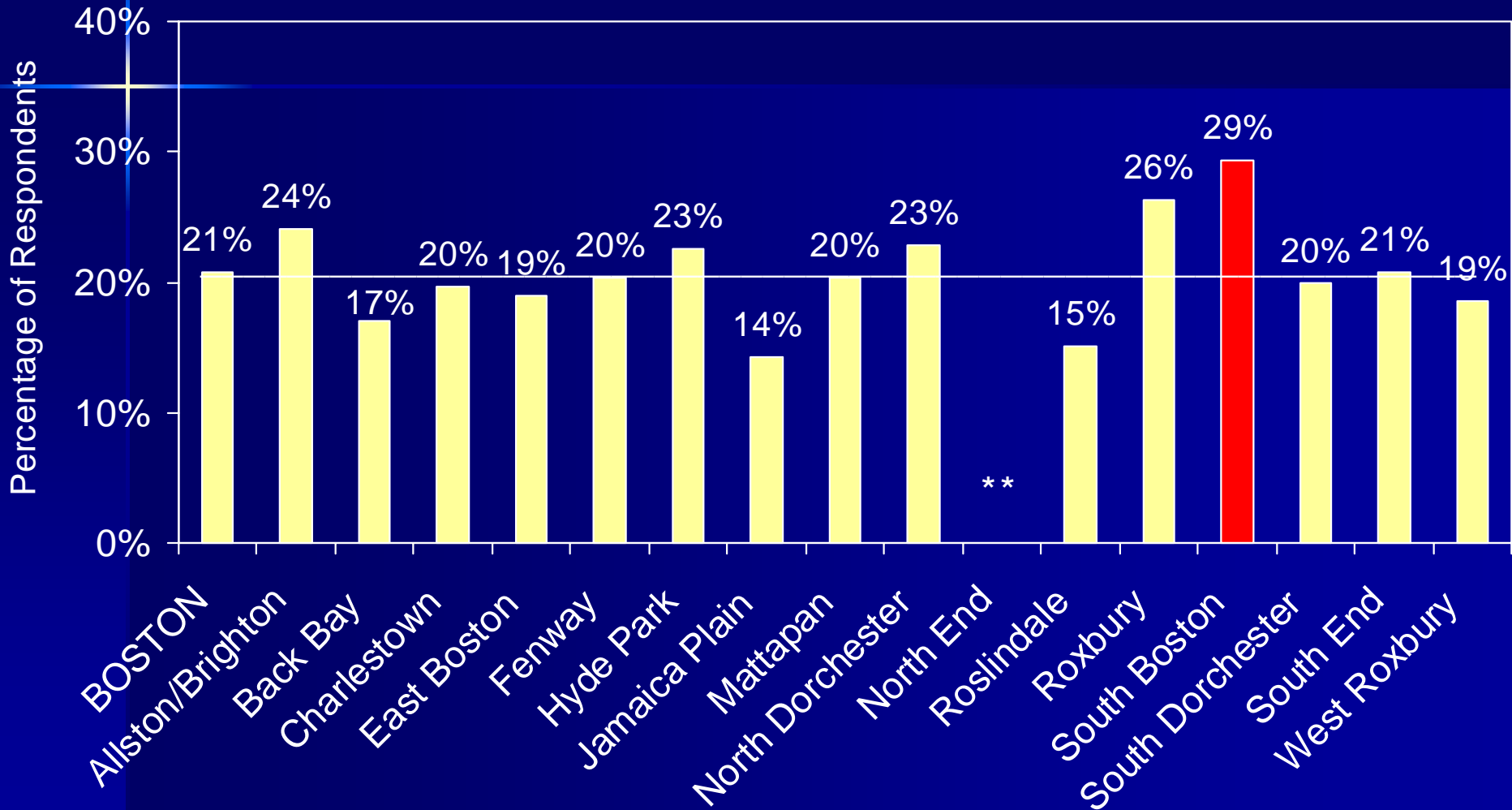
DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health
DATA ANALYSIS: Boston Public Health Commission Research Office

Heart Disease Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



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, 2003*



* Boston samples only ** Insufficient sample

DATA SOURCE: Behavioral Risk Factor Survey, Behavioral Risk Factor Surveillance System (BRFSS), Boston Public Health Commission
 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
- Boston Steps Program:
 - Old Colony Tenants Association: South Boston Steppers
 - Boston Harbor Association
 - ABCD, Inc.: South Boston Head Start



Neighbor WALK

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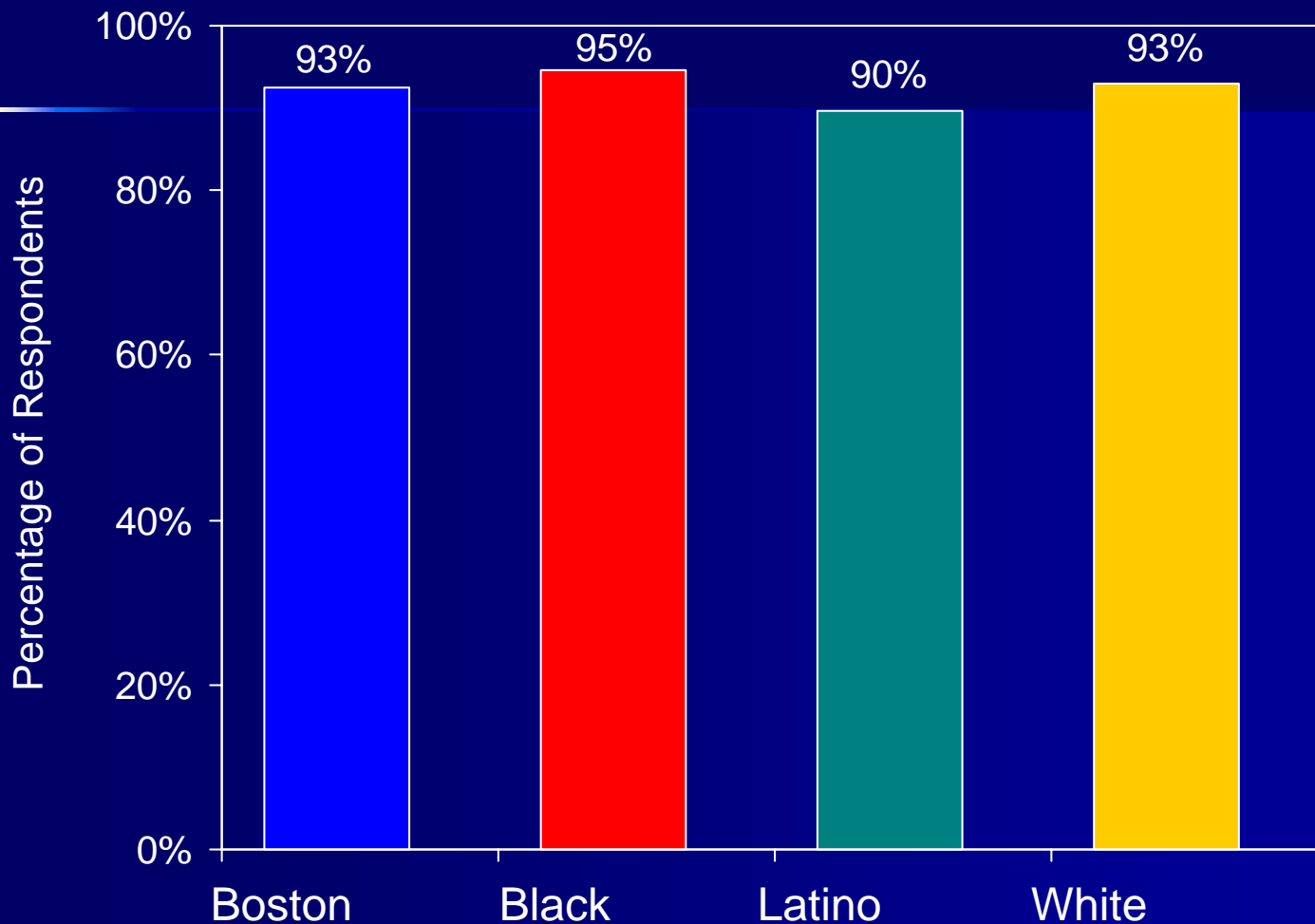
BREAST CANCER



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, 1999, 2001, and 2003**



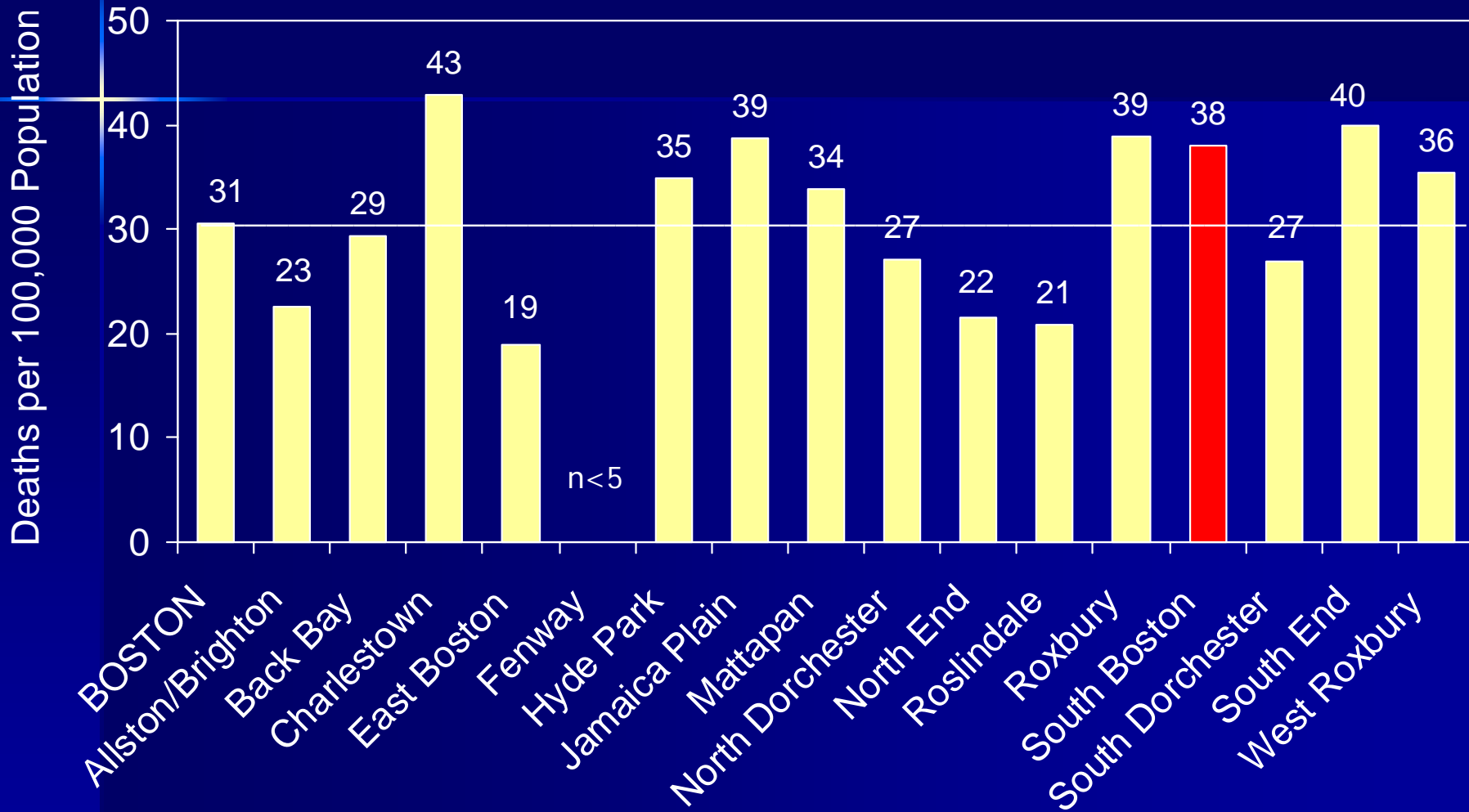
*Women Ages 40 and over

**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 Neighborhood, Boston, 2001-2003




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 Breast Cancer?

- Get regular mammograms
- Avoid excessive intake of alcohol
- Maintain a normal weight with exercise and a diet low in fat and high in fruits and vegetables
- Increase physical activity
- Join community efforts like REACH 2010 Breast and Cervical Cancer Coalition to promote health & combat cancer


Pink and Black Campaign



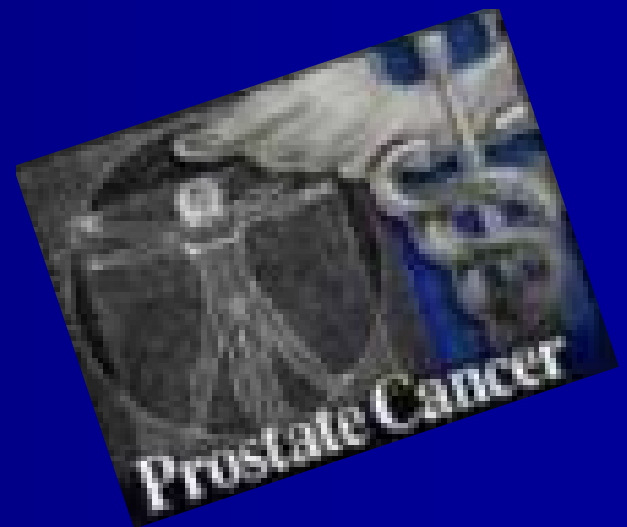
Pink isn't the only color associated with breast cancer.

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



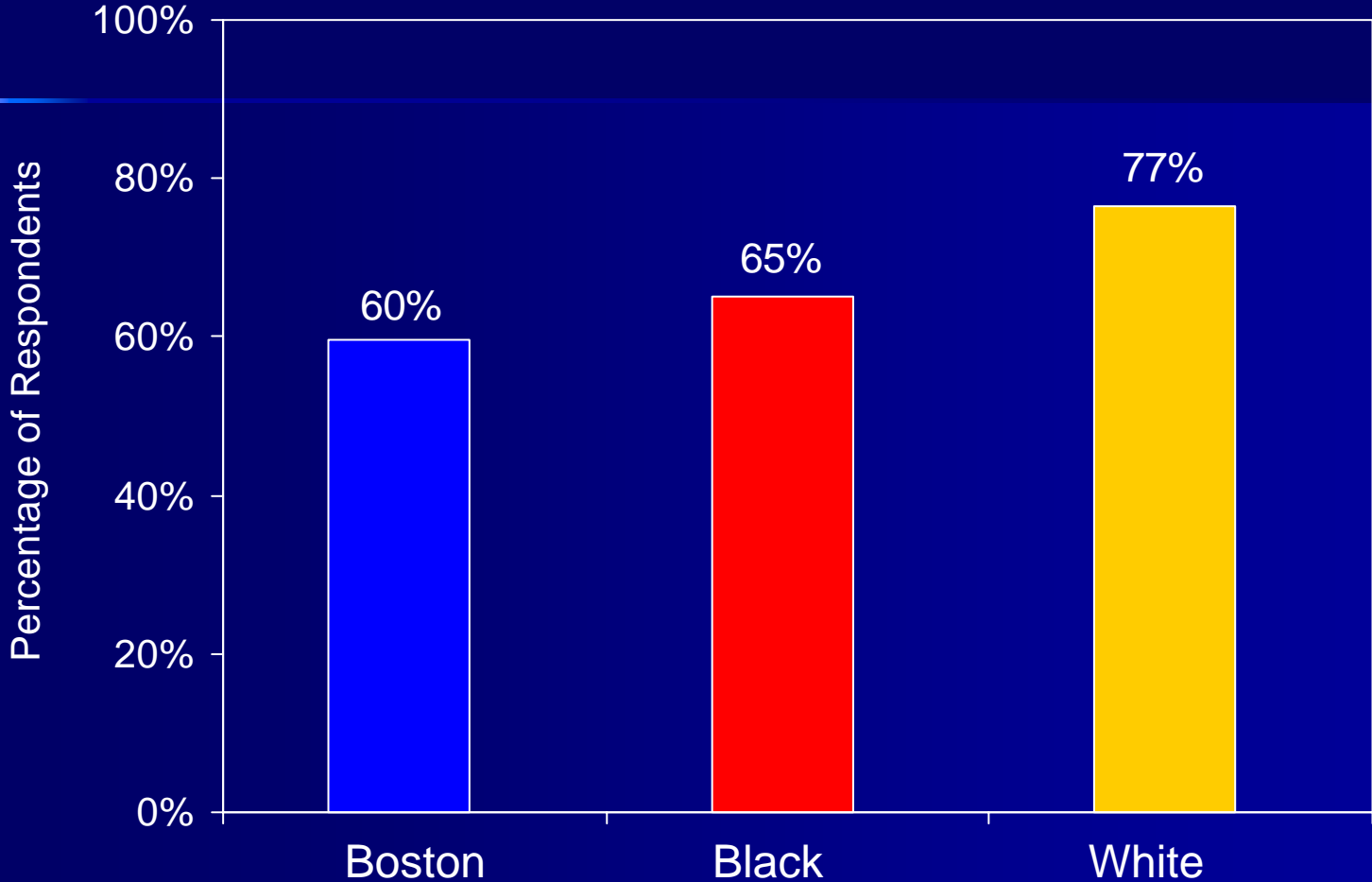
PROSTATE CANCER



What Increases the Chances of Getting Prostate Cancer?

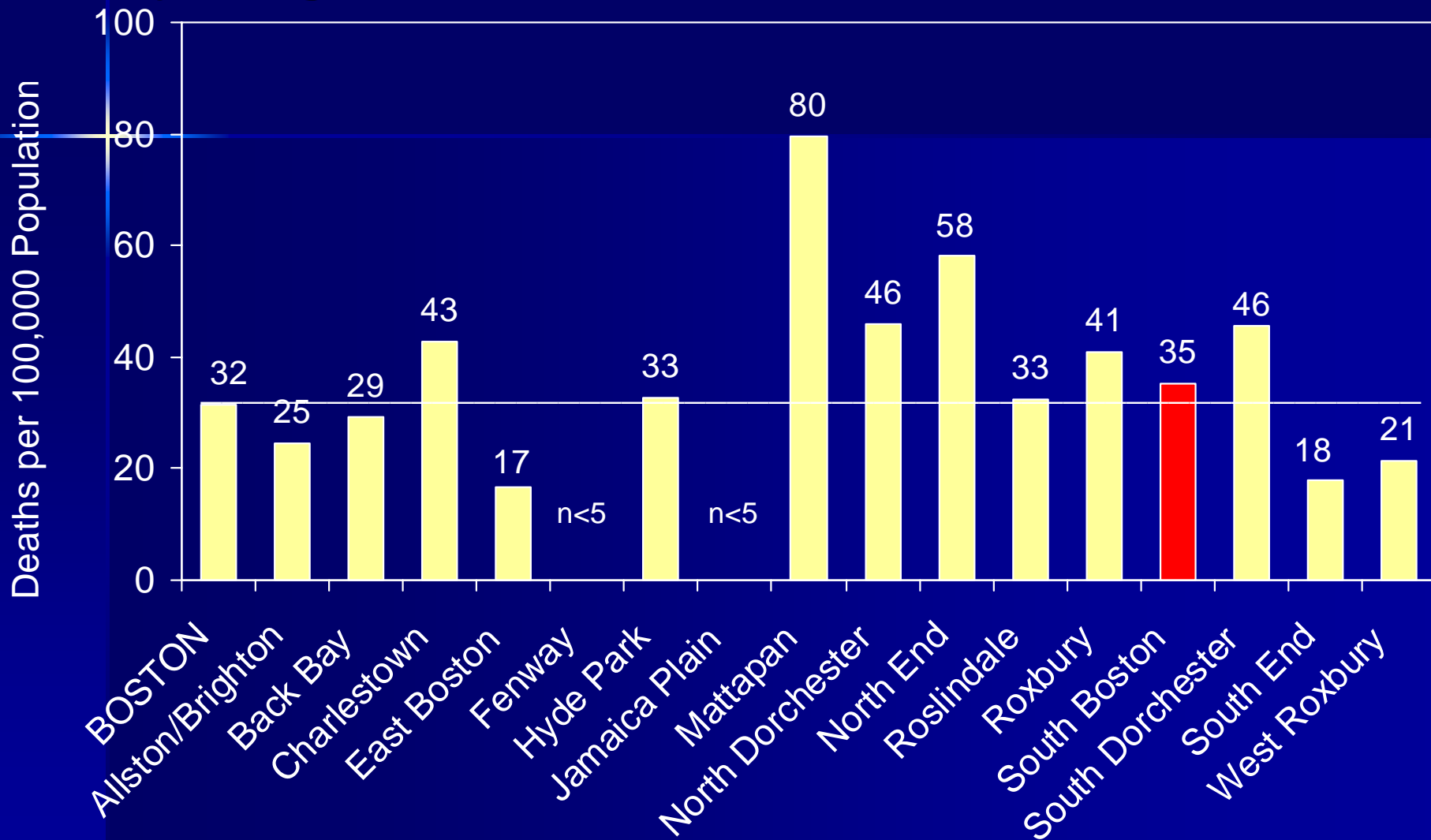
- Age (chance increases with age, especially after age 50)
- Race
- Family history
- Diet rich in animal fat, meat, and high-fat dairy products
- Physical inactivity

Ever Had PSA Test for Prostate Cancer* by Race/Ethnicity, Boston, 1999, 2001, and 2003**



*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 Neighborhood, Boston, 2001-2003



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



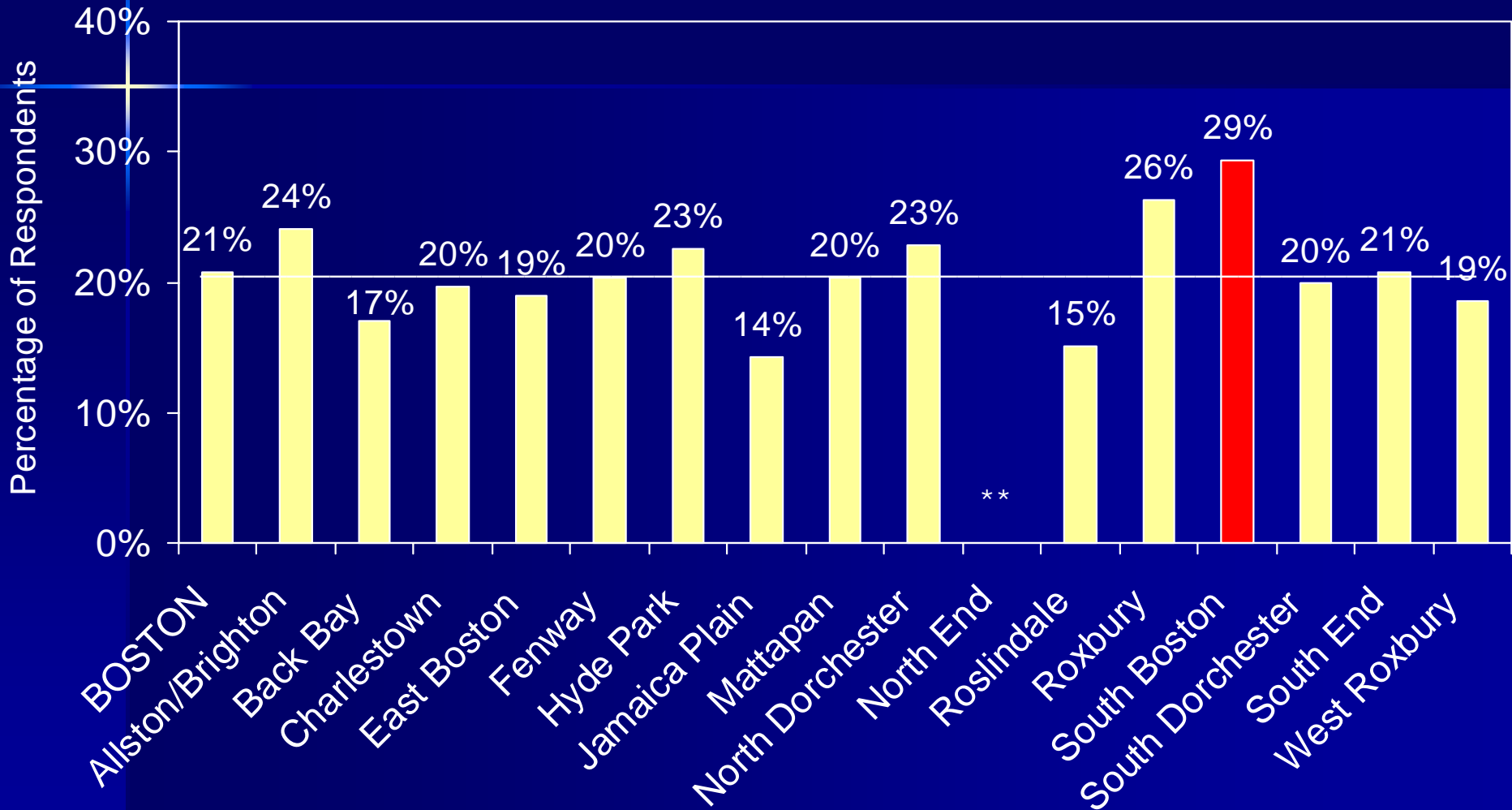
LUNG CANCER



What Increases the Chances of Getting Lung Cancer?

- Smoking (over 85% of lung cancers are caused by smoking)
- Second-hand tobacco smoke
- Asbestos
- Radon
- Other cancer-causing agents

Adults Who Are Current Smokers by Neighborhood, Boston, 1999, 2001, 2003*

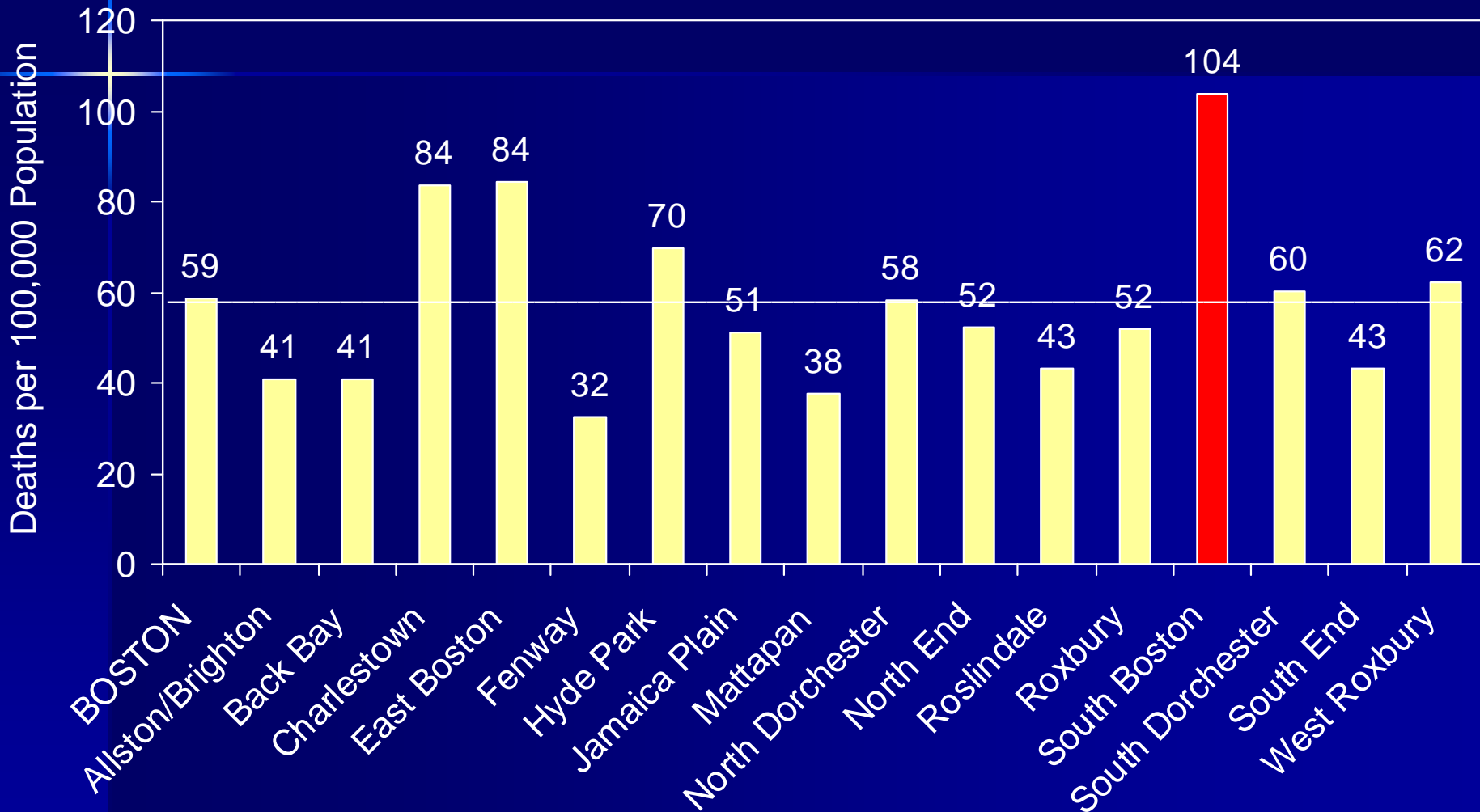


* Boston samples only ** Insufficient sample

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

DATA ANALYSIS: Boston Public Health Commission Research Office

Lung Cancer Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



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

What Can You Do to Prevent Lung Cancer?

- Don't smoke
- If you do smoke, try to quit
- Eliminate second hand smoke

BPHC Health Initiatives

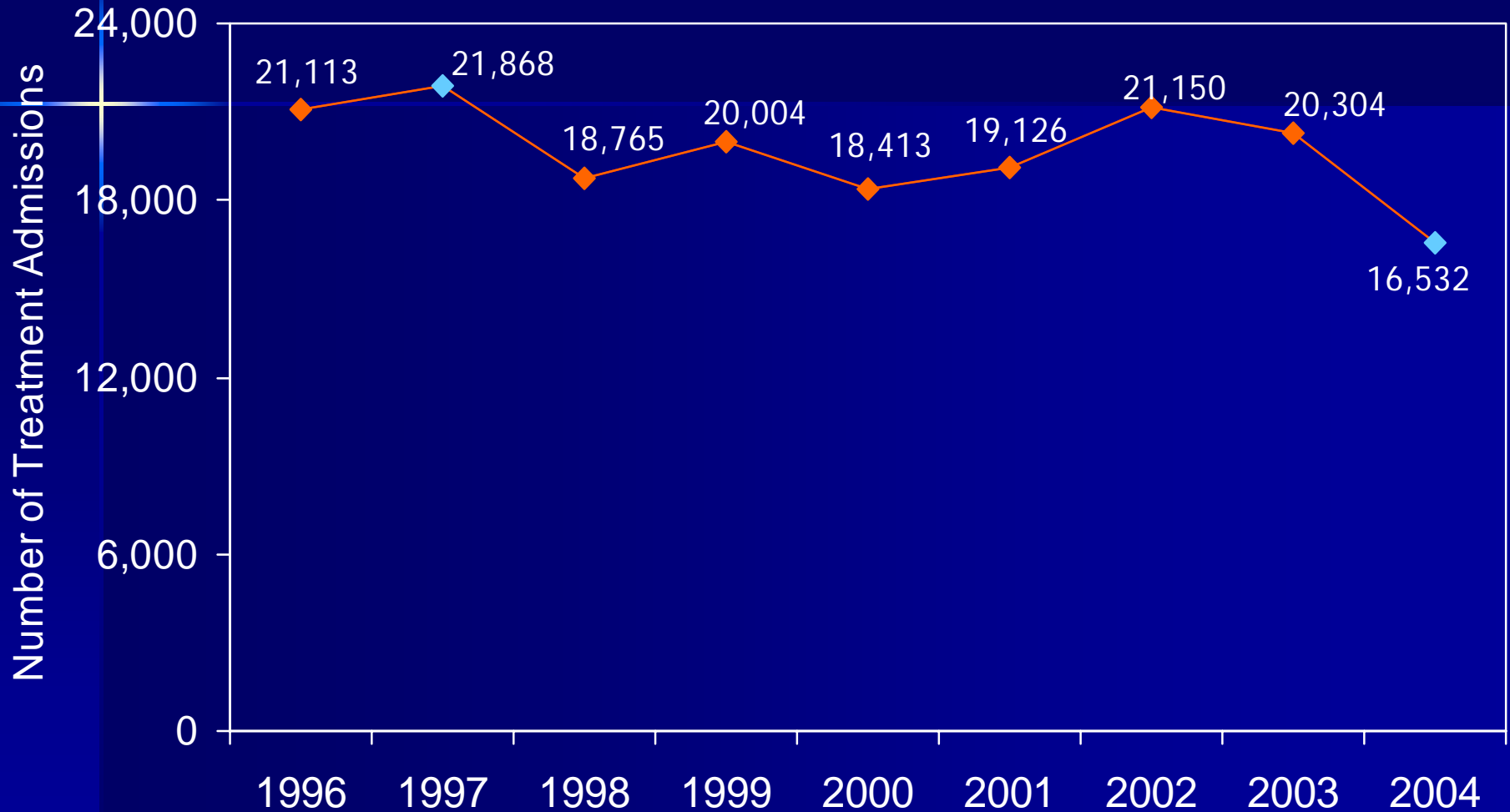
- **Cancer program** – Screening and education about cancer
- **Steps to a Healthy Boston** – Walking groups, smoking cessation
- **Smoke-Out Campaign**
- **Substance Abuse Services** – Treatment for alcohol or substance abuse
- **Health Connection Van** – Screening for skin and prostate cancer, education about all forms of cancer
- **Mammography Van** – Screening for breast cancer



SUBSTANCE ABUSE



Substance Abuse Treatment Admissions by Year: Boston, 1996-2004



NOTES: An individual client may be admitted to more than one program or treatment session. Data shown are for fiscal years July 1996 through June 2004.

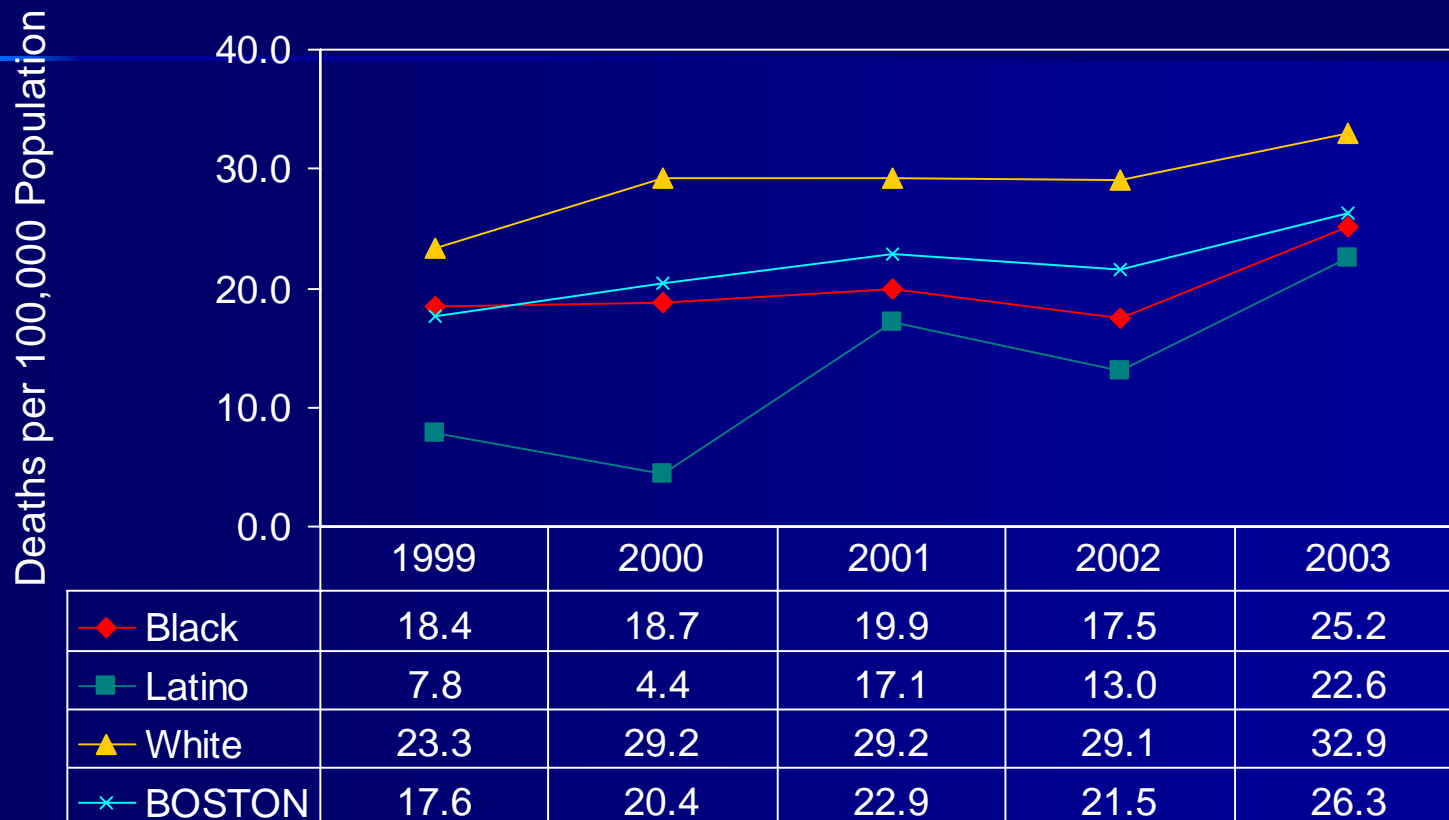
DATA SOURCE: Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Substance Abuse Management Information System (SAMIS)

DATA ANALYSIS: Boston Public Health Commission Research Office

Gaps in access to Boston detoxification centers & follow up care

- Hundreds of people turned away weekly
 - Only 140 community-based beds available; including hospital-based beds, Boston now has 189 left of the original 311 beds.
 - According to a BPHC survey of detox centers, we estimate 250 people a week are unable to find a bed
- Uninsured individuals face extra challenges
 - 78% of failed attempts to access detox centers were by the uninsured
 - Of the 140 community-based beds, only about 38 are available for the uninsured
- Emergency room visits related to substance abuse have increased in last 3 years
 - People unable to go to community detox end up in ERs which are \$2,400 more expensive than hospital inpatient care for a 3 day stay

Substance Abuse Mortality by Race/Ethnicity and Year: Age Adjusted Rates, Boston, 1999-2003

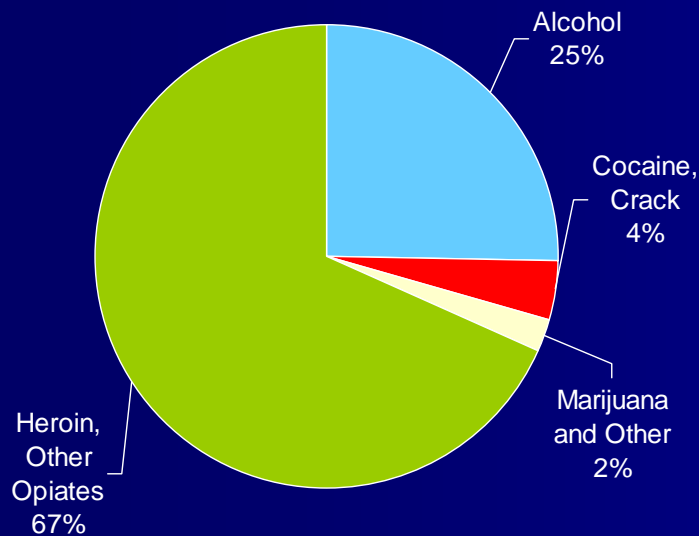


NOTES: The rates for years prior to 2003 have been updated and may differ from those reported in previous publications. These data do not include persons of Asian, Other, or Unknown race/ethnicity except in the Boston overall count and rate. There were too few substance abuse deaths among Asians during each year of 1999-2003 to permit the separate presentation of rates.

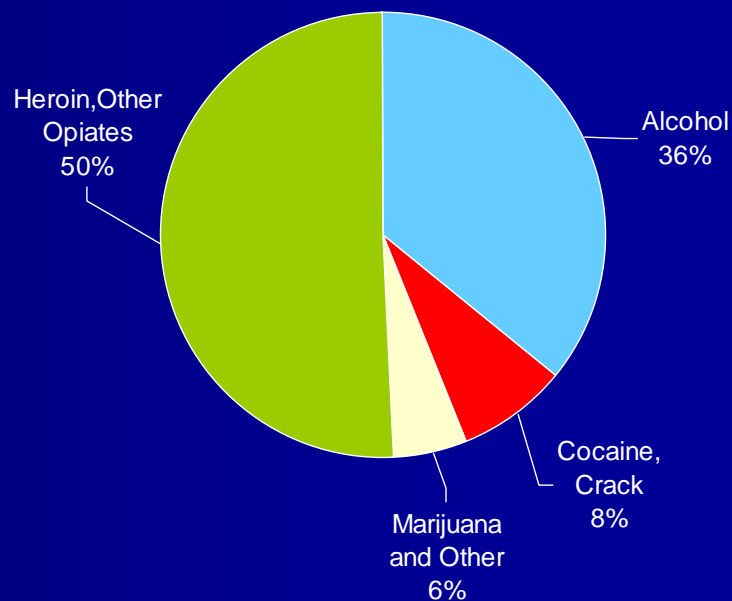
DATA SOURCE: Boston resident deaths, Massachusetts Department of Public Health

DATA ANALYSIS: Boston Public Health Commission Research Office

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



South Boston



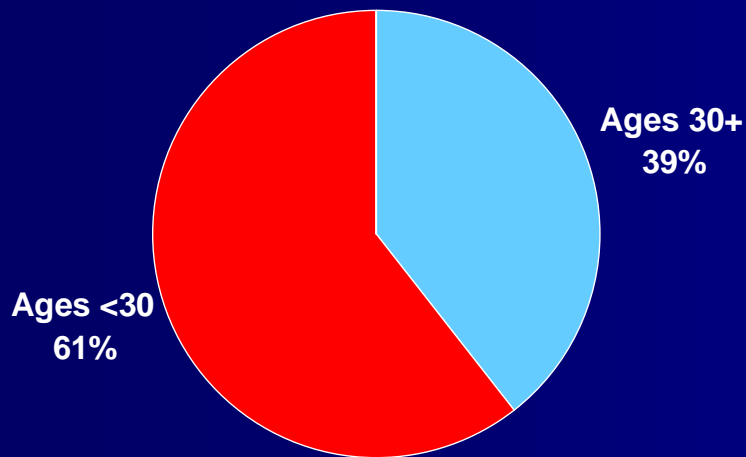
BOSTON

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.

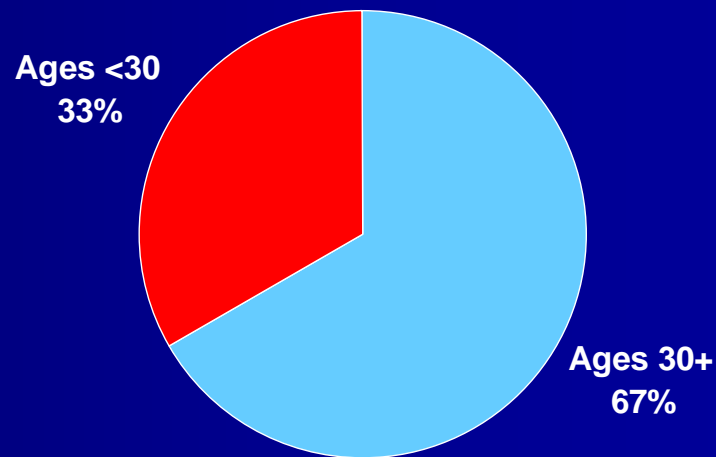
DATA SOURCE: Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Substance Abuse Management Information System (SAMIS)

DATA ANALYSIS: Boston Public Health Commission Research Office

Heroin and Other Opiate Treatment Admissions by Age Group, South Boston and Boston, 2004



South Boston
n=685



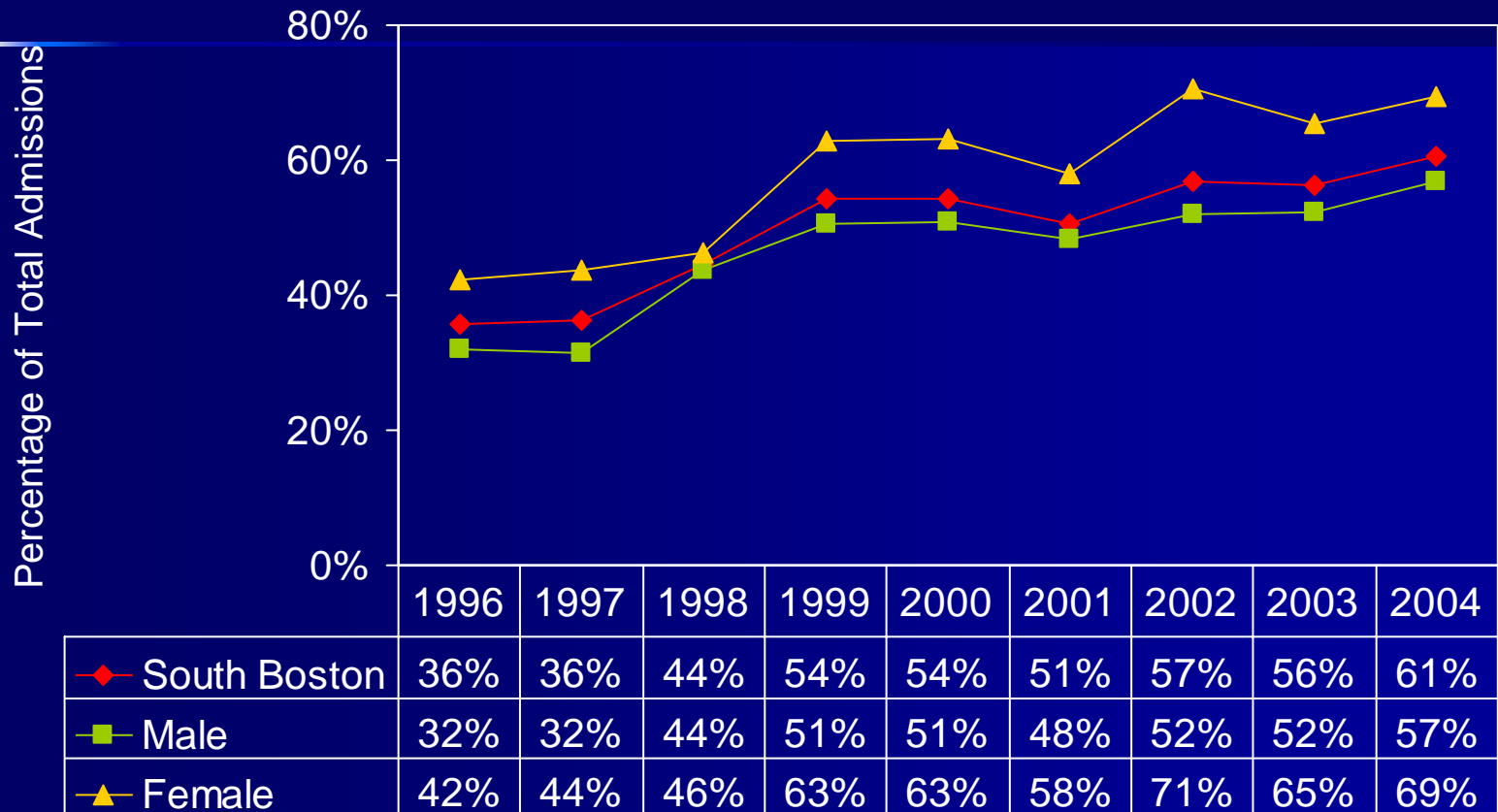
BOSTON
n=8,389

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

Percentage of Heroin and Other Opiates Treatment Admissions Under Age 30 by Sex and Year: South Boston, 1996-2004



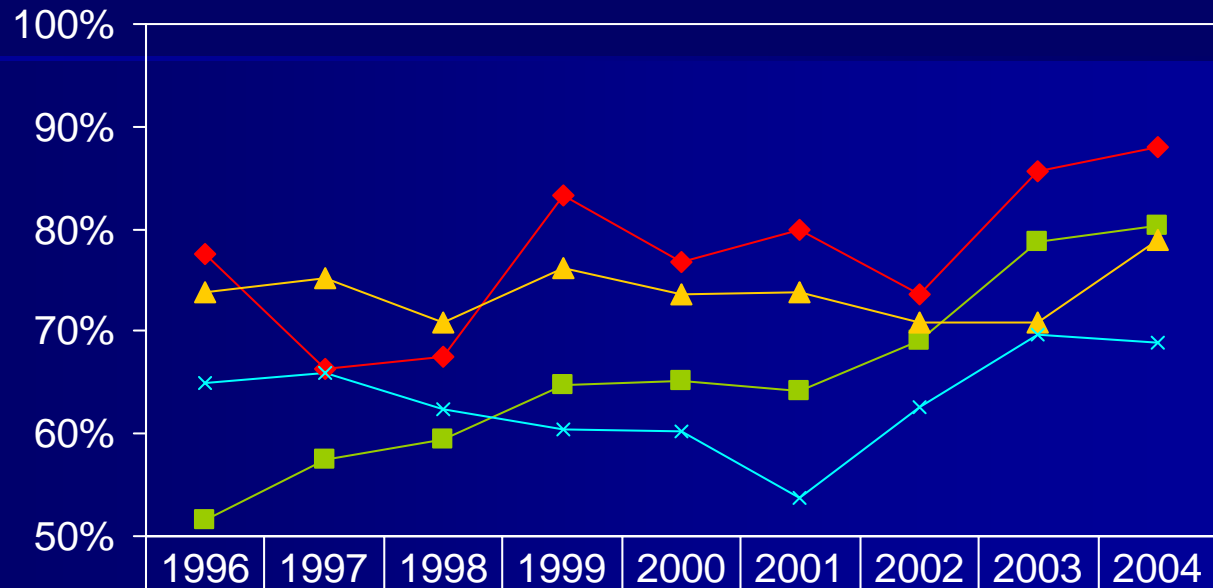
NOTES: An individual client may be admitted to more than one program or treatment session. Data shown are for fiscal years July 1996 through June 2004.

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

Percentage of Heroin Treatment Admissions With Past Year Injection Drug (Needle) Use by Age Group and Year: South Boston and Boston, 1996-2004

Percentage of Total Admissions



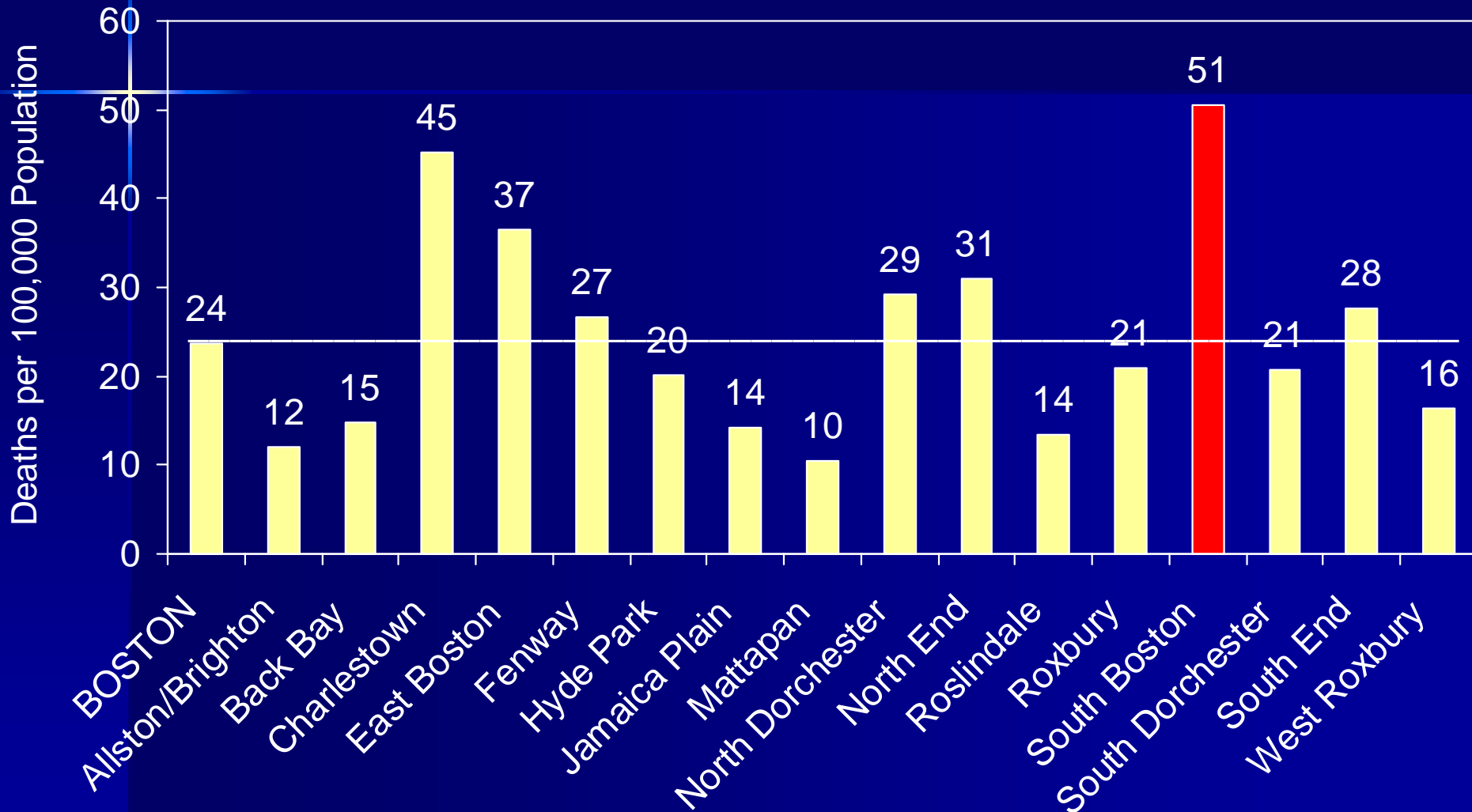
	1996	1997	1998	1999	2000	2001	2002	2003	2004
◆ S Bos Under 30	78%	66%	68%	83%	77%	80%	74%	86%	88%
■ Bos Under 30	52%	58%	59%	65%	65%	64%	69%	79%	80%
▲ S Bos Ages 30+	74%	75%	71%	76%	74%	74%	71%	71%	79%
× Bos Ages 30+	65%	66%	62%	60%	60%	54%	63%	70%	69%

NOTES: An individual client may be admitted to more than one program or treatment session. Data shown are for fiscal years July 1996 through June 2004.

DATA SOURCE: Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Substance Abuse Management Information System (SAMIS)

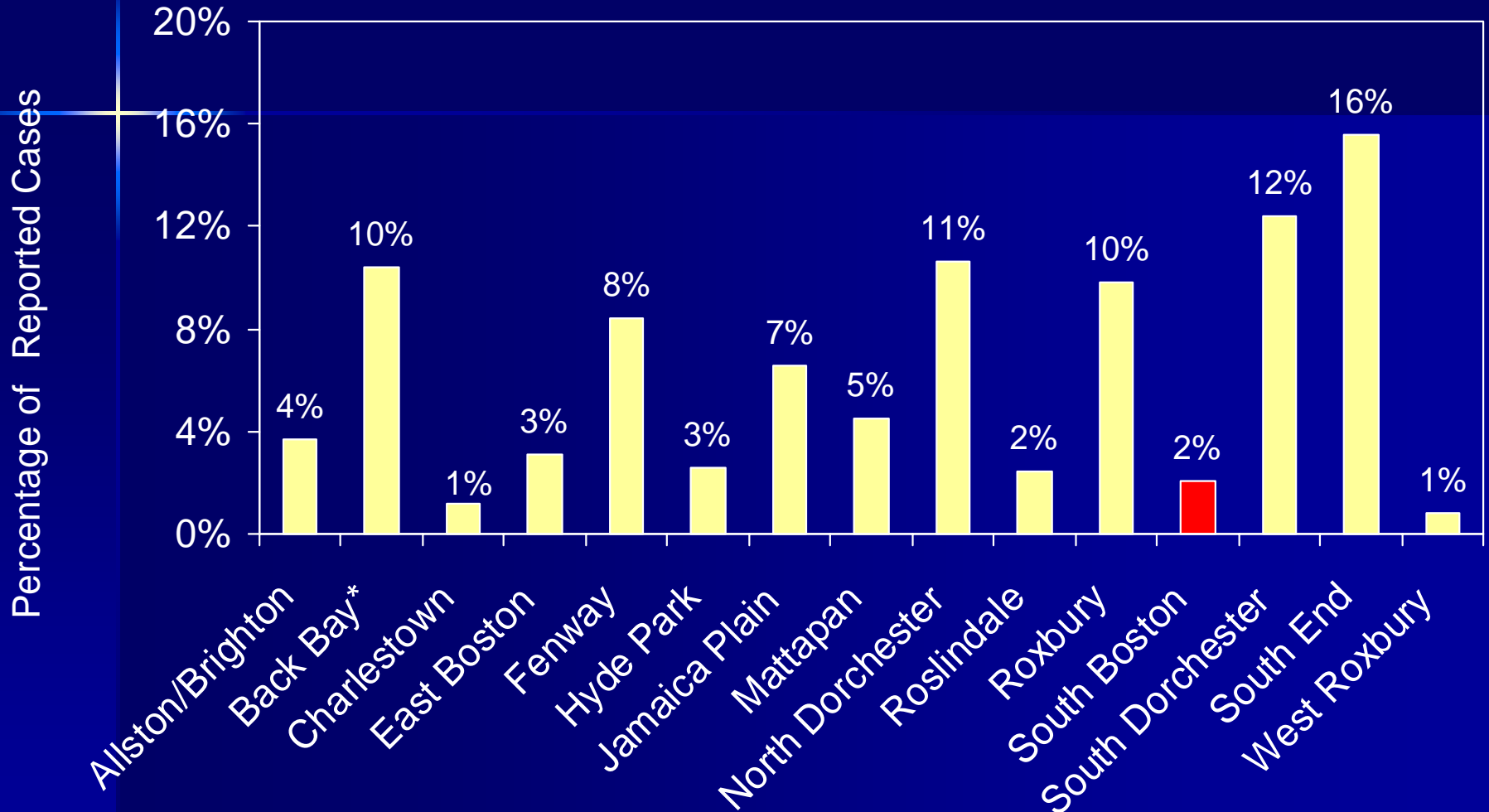
DATA ANALYSIS: Boston Public Health Commission Research Office

Substance Abuse Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



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

HIV/AIDS Cases by Neighborhood: Percentage Distribution, Boston, as of January 1, 2006



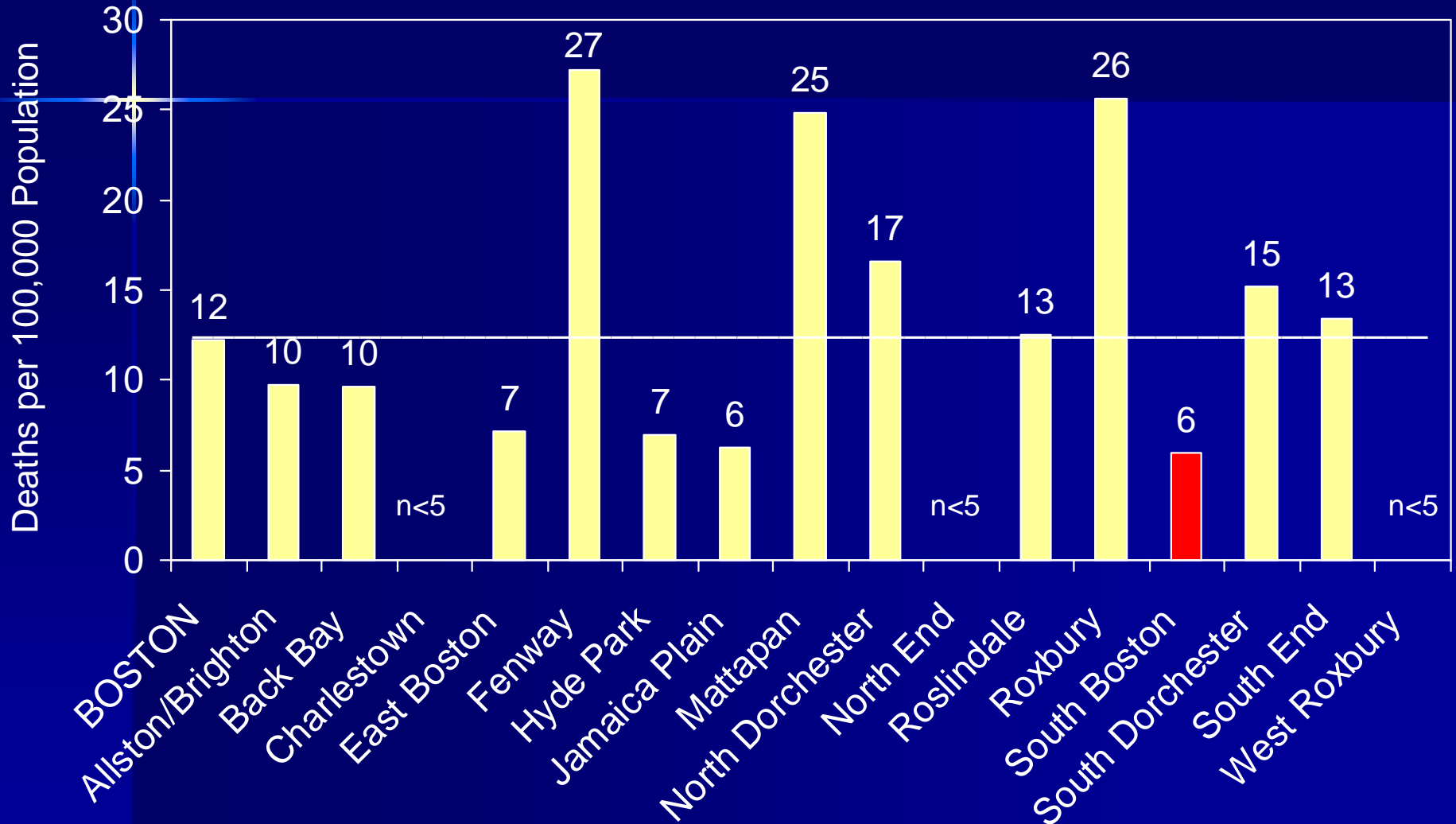
*Includes the North End

NOTES: Data shown in chart do not include those who are homeless or persons whose neighborhood of residence is unknown. Also excluded are inmates of Boston correctional facilities.

DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program

DATA ANALYSIS: Boston Public Health Commission Research Office

HIV/AIDS Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



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

Hepatitis Types A and C Cases by Neighborhood: Incidence Rates, Boston, 2004

	Rates of Hepatitis A	Rates of Hepatitis C
Allston/Brighton	7	99
Back Bay*	n<5	60
Charlestown	40	125
East Boston	47	167
Fenway	n<5	121
Hyde Park	n<5	116
Jamaica Plain	n<5	149
Mattapan	n<5	238
North Dorchester	10	238
South Dorchester	13	117
Roslindale	n<5	97
Roxbury	10	250
South Boston	80	354
South End	n<5	158
West Roxbury	n<5	65
BOSTON	22	219

*Includes the North End

NOTE: The rates shown are new cases per 100,000 population.

DATA SOURCE: Communicable Disease Database, Boston Public Health Commission, Communicable Disease Control Division

DATA ANALYSIS: Boston Public Health Commission Research Office, Communicable Disease Control Division

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

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?

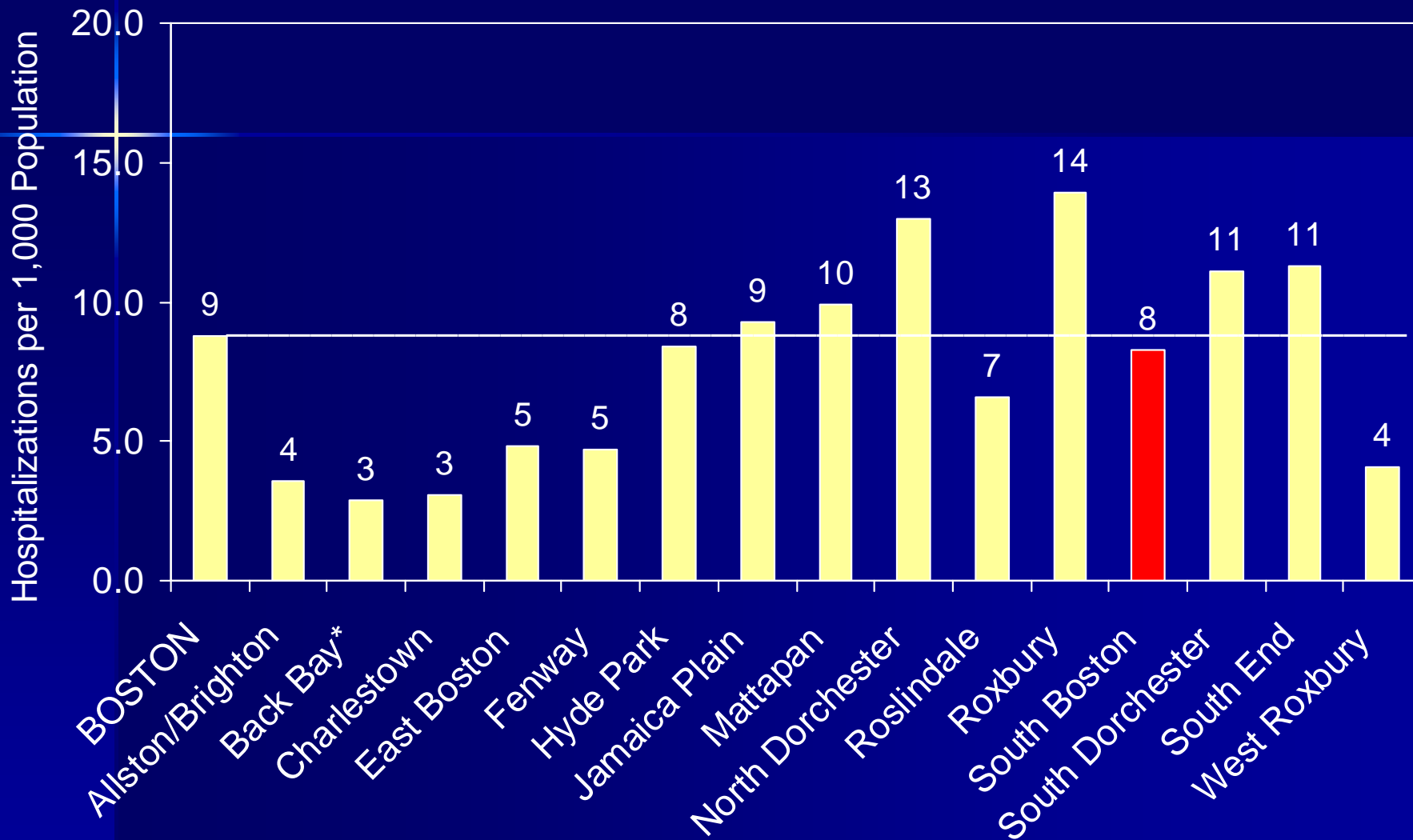
Additional slides for

- Asthma
- HIV/AIDS

ASTHMA



Asthma Hospitalizations Among Children Under Age 5 by Neighborhood, Boston, 2000-2004



*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

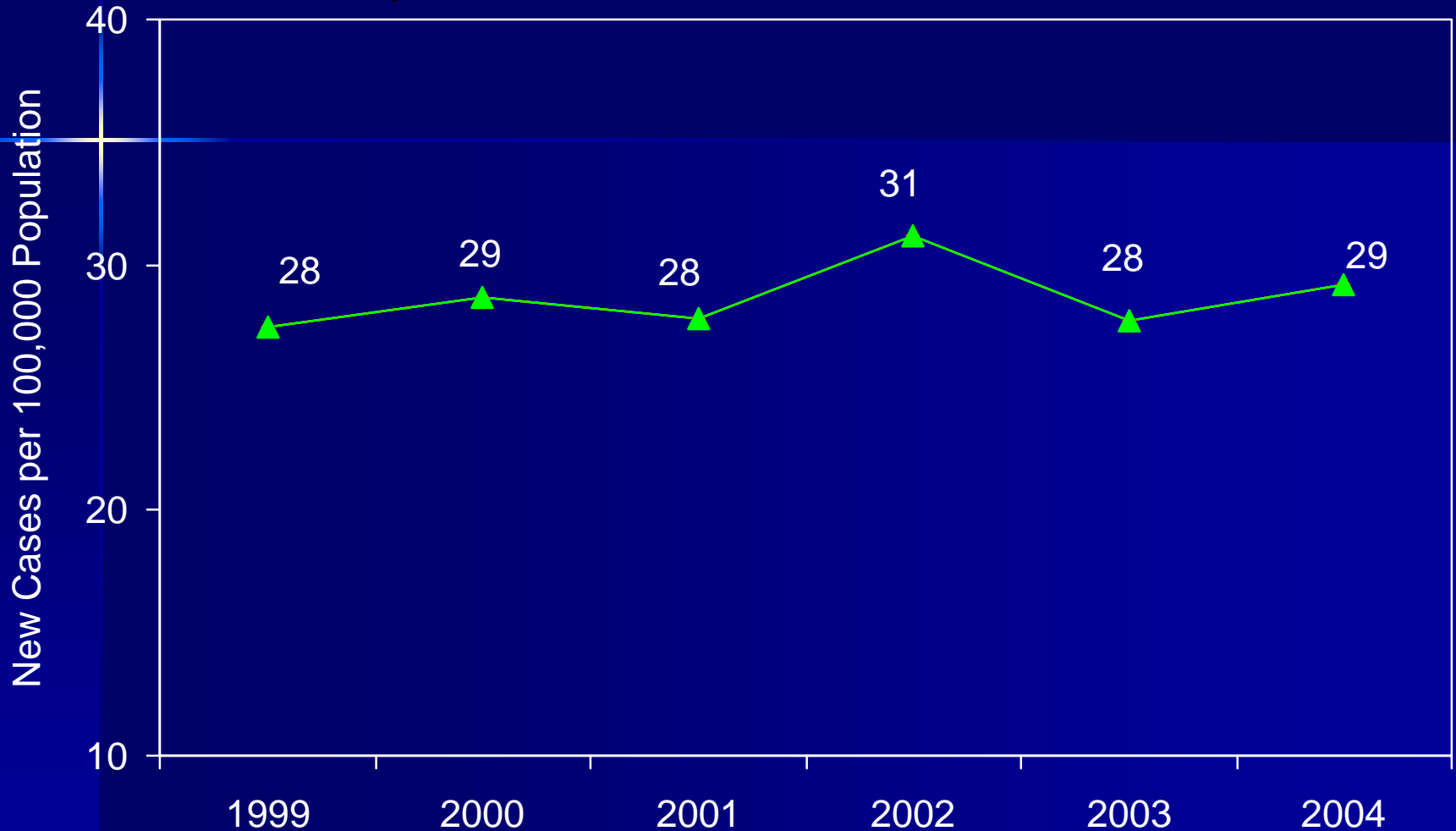
What Can Be Done About Asthma?

- 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



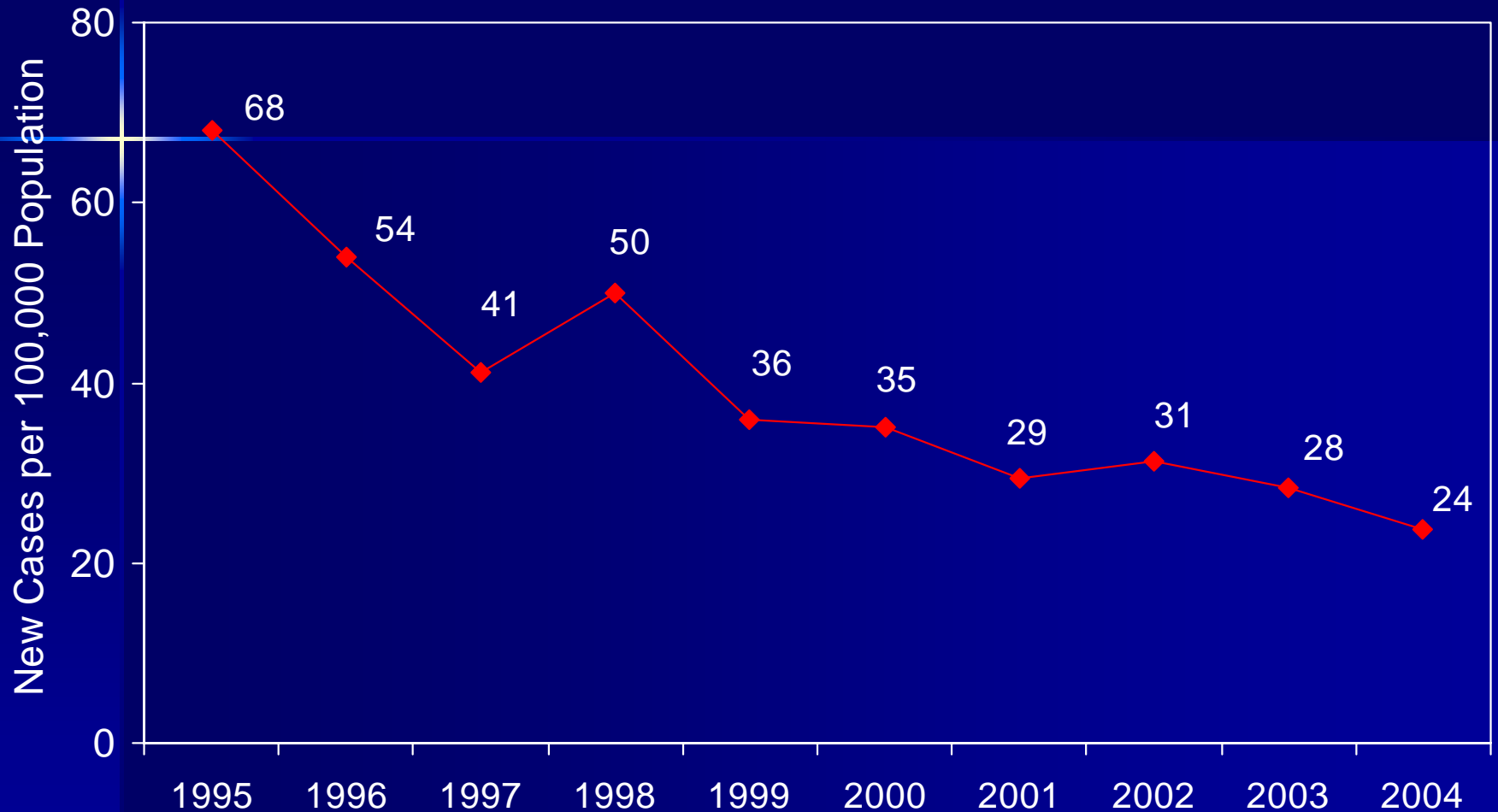
HIV/AIDS

HIV Incidence Rates by Year Boston, 1999-2004



NOTE: These data do not include people with AIDS or inmates of correctional facilities in Boston
DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program
DATA ANALYSIS: Boston Public Health Commission Research Office

AIDS Incidence Rates by Year Boston, 1995-2004

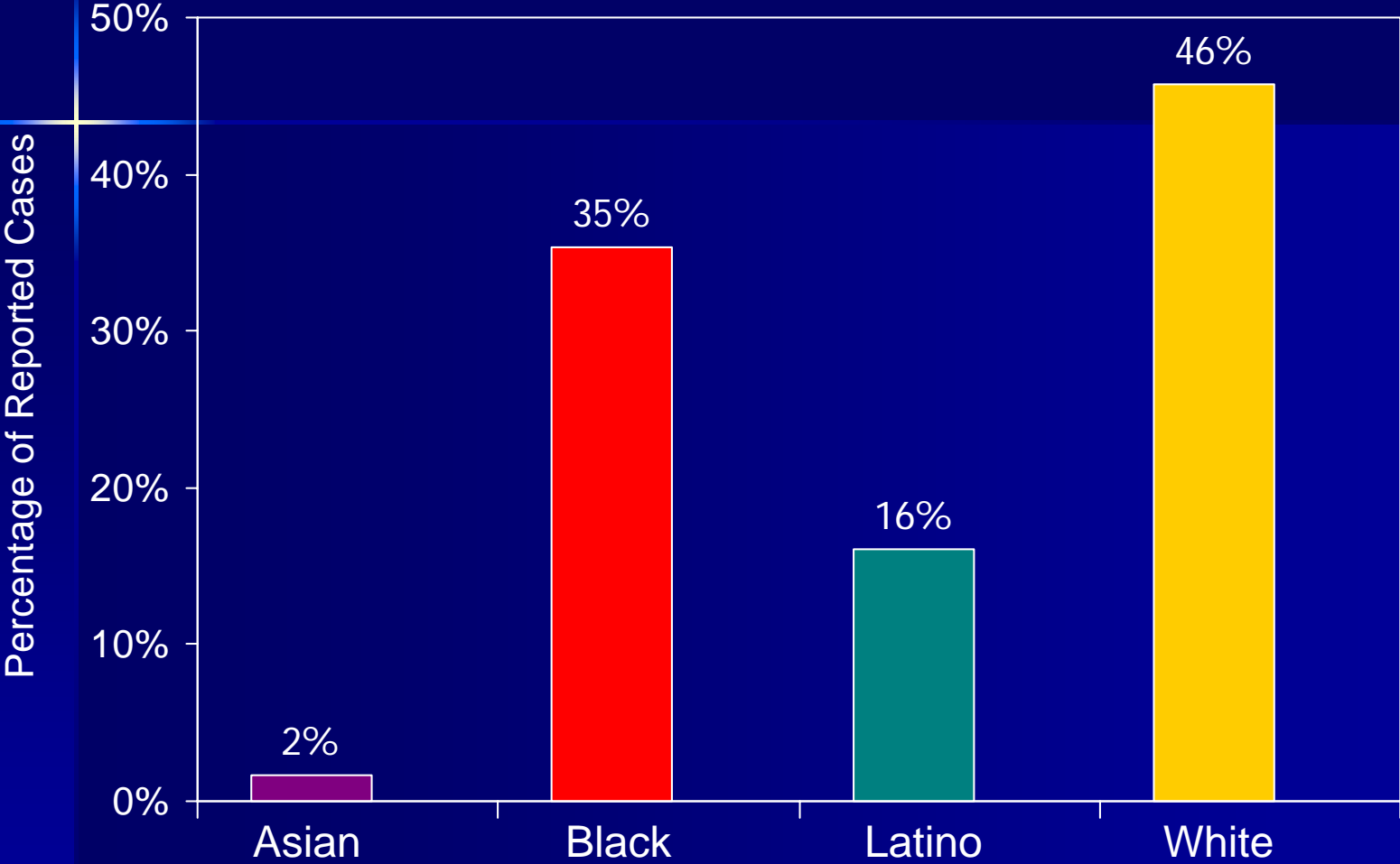


NOTE: Inmates of correctional facilities in Boston are not included in these data.

DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program

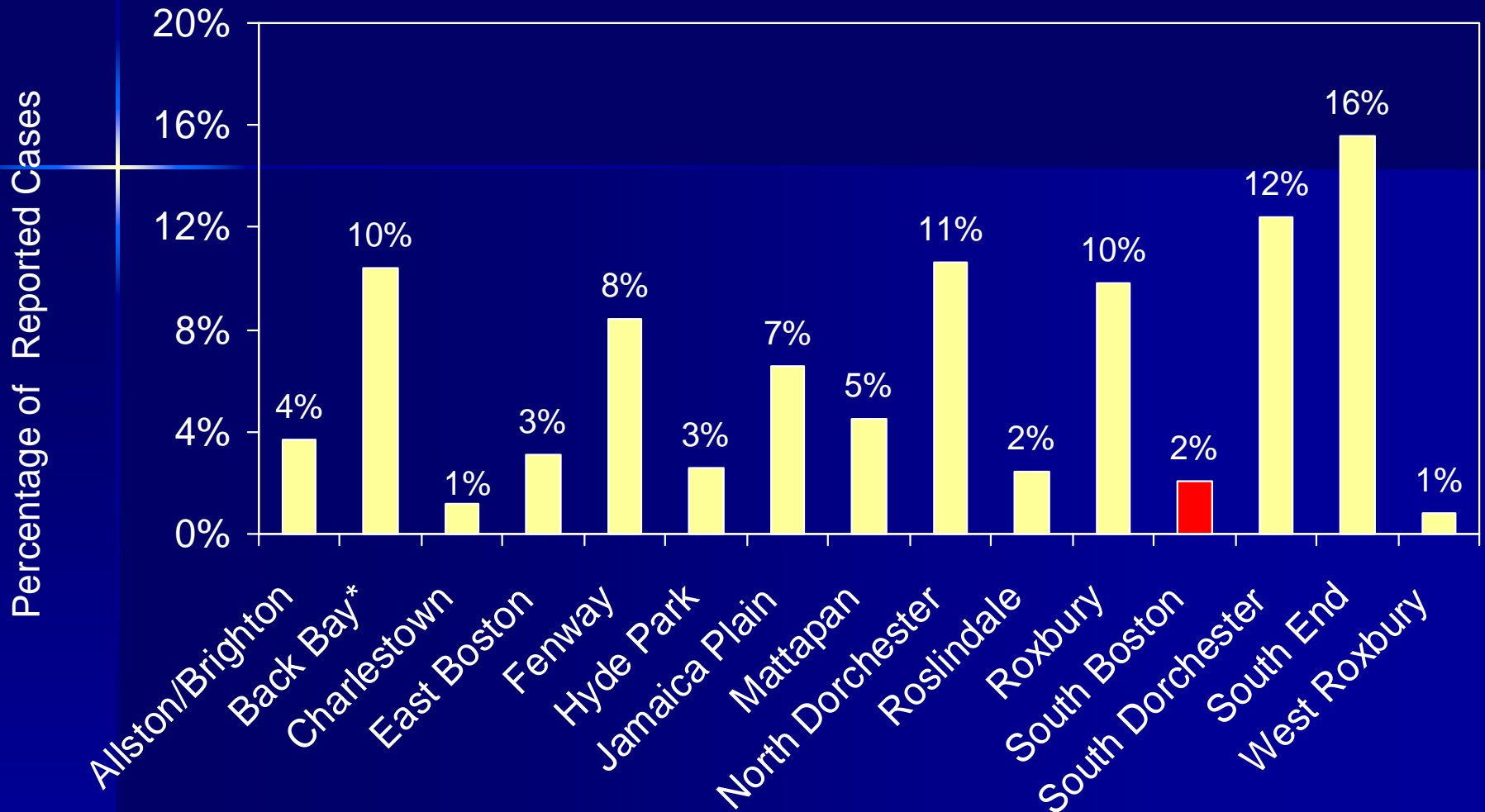
DATA ANALYSIS: Boston Public Health Commission Research Office

HIV Cases by Race/Ethnicity: Percentage Distribution, Boston, as of January 1, 2006



NOTES: The data shown do not include persons of Other or Unknown race/ethnicity. Also excluded are those with HIV who have subsequently progressed to AIDS or inmates of Boston correctional facilities.
DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program
DATA ANALYSIS: Boston Public Health Commission Research Office

HIV/AIDS Cases by Neighborhood: Percentage Distribution, Boston, as of January 1, 2006



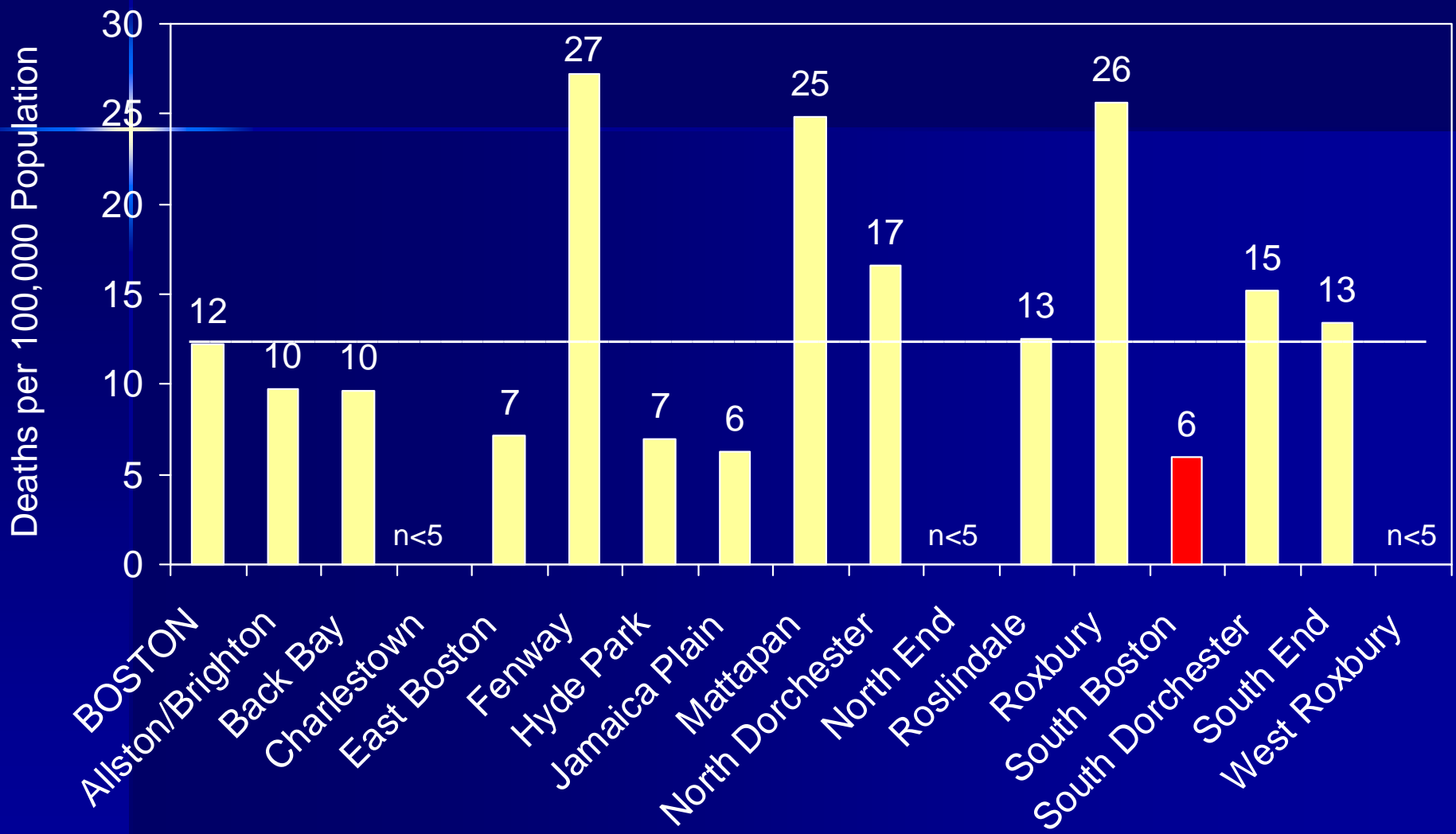
*Includes the North End

NOTES: Data shown in chart do not include those who are homeless or persons whose neighborhood of residence is unknown. Also excluded are inmates of Boston correctional facilities.

DATA SOURCE: Massachusetts Department of Public Health HIV/AIDS Surveillance Program

DATA ANALYSIS: Boston Public Health Commission Research Office

HIV/AIDS Mortality: Age-Adjusted Rates by Neighborhood, Boston, 2001-2003



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

What Can Be Done To Prevent HIV/AIDS?

- Before having sex, educate yourself
- If you do have sex, do it safely:
 - Talk with your partner and know their sexual history
 - Use a latex condom every time you have anal, vaginal, or oral sex
 - Never reuse condoms
- Don't share needles and syringes used for injecting drugs or for body piercing or tattooing
- Talk to your health care provider about the risk of HIV infection and whether you should be tested