

Summary of Burton Heights Health Survey August, 2024

Report prepared by:
Gail Zandee (Associate Professor of Nursing, Community Partnership Coordinator)
Keagan Johnson (Assistant Professor of Nursing)
Calvin University Nursing Program

Introduction

In 2002, a community campus partnership was formed between the Calvin University Nursing Program and Burton Heights neighborhood. This community partnership is grounded in Community-Based Participatory Research (CBPR). CBPR is a collaborative approach to inquiry where neighborhood residents are involved in each step of the research process to identify their top health concerns along with the solutions. The goal of CBPR is to find resident driven solutions to promote community health and eliminate health disparities.

Community-Based Participatory Research Process

Burton Heights is an urban neighborhood located on the southeast side of Grand Rapids. The streets that border Burton Heights are: US 131 to the west, Cottage Grove to the north, Division to the east, and Alger to the south. This area is also known as census tract 38 and 40. Every seven-eight years, the Calvin nursing program conducts a large-scale community assessment consisting of focus groups and surveys as one step of the CBPR process of involving residents as leaders in addressing health disparities.

A door-to-door health survey was conducted between March– April 2024 as part of a nursing clinical course (Nursing 379). Thirty senior nursing students, 2 nursing student research assistants, 5 public health students, 1 CHW from Exalta Health, 7 Calvin CHWs and two Calvin nursing faculty worked together to complete this survey. The purpose of the survey was to encourage residents to share their ideas and opinions about their health and the health care system. Survey questions were similar to the ones used in the 2016, 2009 and 2002 Calvin Nursing neighborhood survey. Most questions were taken from national survey tools such as the National Health Interview Survey and the Behavioral Risk Factor Surveillance System. Others were developed based on themes identified by residents in the January/February focus groups on health. Results of the survey will be used to work with the neighborhood in updating a community strategic plan for health.

Institutional Review Board approval at Calvin University was received prior to conducting the survey. Every other street in Burton Heights was included in the survey plan. A systematic random sample was drawn from these streets by following two procedures. We consistently selected homes on each street by beginning on the north end (on north-south streets) and on the east end (on east-west streets). The first house surveyed on each street was selected by the random method of flipping a coin (heads meant you started with the first house and tails meant you started with the second house). Once the first house was randomly selected, every other house on that block was chosen to be included in the survey. The survey was read to each participant and all data obtained were via verbal report from the participant. Those eligible to complete the survey needed to identify themselves as presently living in Burton Heights neighborhood and being 18 years of age or older.

During the summer, Data Wise used Tableau to compile the data, and the results were sent to the Calvin University Nursing Department for analysis.

Summary of Survey Results

A summary of the survey results is shared in this report. Of the 409 homes that were approached to complete a survey, 105 (25.7%) of the occupants completed the survey; 202 (49.4%) were not home (almost all of these homes were visited at least 2 times before being designated “not home”); 78 (19.1%) refused to complete the survey; and 24 (5.9%) of the homes were considered ineligible. Of the homes that were ineligible, 33% did not have a person home who was 18 years of age or older to take the survey, 25% had a no trespassing sign, 21% had a threatening dog in the yard, and 21% had various other reasons (house was vacant, person who answered the door did not live there, occupant did not speak English or Spanish).

1. Demographic Data: (Note: N= 105 for 2024 survey; N=135 for 2016 survey; N= 128 for 2009 survey; N=150 for 2002 survey)

- Gender

- 2024 Neighborhood survey**

- 65.7% Female
 - 32.4% Male
 - 1.9% Prefer not to say

- 2016 Neighborhood survey**

- 68.2% Female
 - 31.9% Male

- 2009 Neighborhood survey**

- 66% Female
 - 34% Male

- 2002 Neighborhood survey**

- 58% Female
 - 41% Male

- Race/Ethnicity

- 2024 Neighborhood survey**

- 72.4% Hispanic / Latino / Spanish origin
 - 13.3% Black/ African American
 - 10.5% White / Caucasian
 - 2.9% Other
 - 1.0% Asian

- 2016 Neighborhood survey**

- 74.1% Hispanic / Latino / Spanish origin
 - 10.4% White / Caucasian
 - 10.4% Black/ African American
 - 4.4% More than one race / origin
 - .7% No response

- 2009 Neighborhood survey**

- 77% Hispanic/Latino/Spanish
 - 9% White / Caucasian
 - 10% Black / African American
 - 4% Other

- Primary Language

- 2024 Neighborhood survey**

- 62.9% Spanish
 - 34.3% English
 - 2.9% Other (both Spanish and English or other)

- 2016 Neighborhood survey**

- 63.0% Spanish
 - 34.8% English
 - 2.2% Other

2009 Neighborhood survey

- 65% Spanish
- 29% English
- 6% Other (both Spanish and English or other)

2002 Neighborhood survey

- 58% Spanish
- 36% English
- 6% Other

• Age of Survey Participants

2024 Neighborhood survey

- 19.0% were between the ages 18-29
- 24.8% were between the ages 30-39
- 20.0% were between the ages 40-49
- 16.2% were between the ages 50-59
- 16.2% were between the ages 60-69
- 3.8% were 70 years old and over

2016 Neighborhood survey

- 20.7% were between the ages 18-29
- 23.0% were between the ages 30-39
- 24.4% were between the ages 40-49
- 14.1% were between the ages 50-59
- 14.1% were between the ages 60-69
- 3.7% were 70 years old and over

2009 Neighborhood survey

- 26% were ages 18-29
- 29% were ages 30-39
- 15% were ages 40-49
- 18% were ages 50-59
- 7% were ages 60-69
- 5% were ages 70 or older

• Highest Level of Education

2024 Neighborhood survey

- 21.0% Less than 6th grade
- 13.3% 6th-8th grade
- 16.2% 9th-11th grade
- 20% High school diploma / GED
- 14.3% Some college
- 8.6% Associate or technical degree
- 4.8% Bachelor's degree
- 1.9% Master's degree or higher

2016 Neighborhood survey

- 47.4% Less than high school diploma
- 23.0% High school diploma / GED
- 19.3% Some college
- 5.2% Associate or technical degree
- 3.7% Bachelor's degree
- 1.5% Master's degree or higher

• Home Ownership

2024 Neighborhood survey

- 54.2% Own
- 42.9% Rent
- 1.9% Don't know / not sure
- 1.0% Refused

2016 Neighborhood survey

- 60.0% Own
- 40.0% Rent

2009 Neighborhood survey

- 57% Own
- 43% Rent

2002 Neighborhood survey

- 63% Own
- 37% Rent

- Income
 - 2024 Neighborhood survey**
 - 12.4% Less than \$10,000
 - 6.7% \$10,000-14,999
 - 6.7% \$15,000-19,999
 - 19.0% \$20,000-24,999
 - 0% \$25,000-34,999
 - 14.3% \$35,000-49,999
 - 11.4% \$50,000-\$74,999
 - 5.7% \$75,000 or above
 - 21.0% Don't know / not sure
 - 2.9% Refused

2. Health Care Access and Delivery:

a. Health Care Delivery:

- How long has it been since you last visited a doctor or clinic for a routine checkup?

2024 Neighborhood survey

- 76.2% within past year
- 8.6% between 1-2 years
- 7.6% between 2-5 years
- 3.8% five or more years ago
- 3.8% never

2016 Neighborhood survey

- 72.6% within past year
- 14.1% between 1-2 years
- 5.9% between 2-5 years
- 4.4% five or more years ago
- 2.2% never
- .7% don't know / not sure

2009 Neighborhood survey

- 69% within past year
- 12% between 1-2 years
- 9% between 2-5 years
- 5% five or more years
- 5% never

- How long has it been since you visited a dentist or dental clinic for any reason?

2024 Neighborhood survey

- 1% never
- 59.0% within the past year
- 13.3% between 1-2 years
- 11.4% between 2-5 years
- 14.3% five or more years
- 1% refused

2016 Neighborhood survey

- 5.9% never
- 57.8% within the past year
- 14.1% between 1-2 years
- 9.6% between 2-5 years
- 11.9% five or more years
- 7.0% no answer

2009 Neighborhood survey

- 9% never
- 45% within past year
- 15% between 1-2 years
- 13% between 2-5 years
- 17% five or more years ago

2002 Neighborhood survey

- 21% never

- Is there a place you usually go when you are sick or need advice about your health?

2024 Neighborhood survey

- 86.7% of participants have one place they regularly go for health care
- 9.5% have no place they regularly go
- 1.9% have more than one place
- 1.9% said don't know / not sure

If there is one place, what kind of place is it? N=91

- 60.4% go to a clinic or health center
- 25.3% go to a Dr's office or HMO
- 8.8% go to the hospital ER
- 4.4% go to an urgent care / walk-in clinic
- 1.1% go to some other place

2016 Neighborhood survey

- 90.4% of participants have one place they regularly go for health care
- 7.4% have no place they regularly go
- 2.2% have more than one place

2009 Neighborhood survey

- 79% have one place they regularly go for health care
- 15% have no place they go
- 5% have more than one place
- 1% was not sure

If there is one place, what kind of place is it?

- | | |
|--|-------------------------------------|
| ○ 61.2% go to a clinics or health center | 62% go to a clinic or health center |
| ○ 23.3% go to a Dr's office or HMOs | 17% go to a Dr's office or HMOs |
| ○ 13.2% go to the hospital ER | 18% go to the hospital ER |
| ○ 1.6% go other places | 3% go other places |
| ○ .8% refused | |

- Which of the following clinics are you aware of?

Note: Respondents selected all that applied

2024 Neighborhood survey

- 73.3% Cherry Street Clinic
- 63.8% Clinica Santa Maria
- 34.3% Burton School Health Center
- 28.6% Exalta Health
- 11.4% Catherine's Health Center
- 7.6% None of the above

(please note Catherine's Health Center was asked about on the 2024 survey and Browning Claytor was asked about on the 2016 survey)

2016 Neighborhood survey

- 95.6% Cherry Street Clinic
- 71.9% Clinica Santa Maria
- 48.9% Burton School Health Center
- 28.1% Exalta Health (HIS)
- 14.8% Browning Claytor

2009 Neighborhood survey

- 86% Cherry Street Clinic
- 70% Clínica Santa Maria
- 46% Burton School Health Center
- 18% Exalta Health (HIS)
- 9% Browning Claytor

2002 Neighborhood survey

- 67% Cherry Street Clinic
- 71% Clínica Santa Maria
- 46% Burton School Clinic
- 18% Exalta Health (HIS)

- During the past 12 months, how many times have you gone to a hospital emergency room about your own health?

2024 Neighborhood survey

- 41.9% of those surveyed have visited the ER at least once in the past yr.
- 3.8% have visited ER 4 or more times

Of the 41.9% (44 people)

- 20 (19.0%) went to the ER once
- 10 (9.5%) went twice
- 10 (9.5%) went 3 times
- 2 (1.9%) went 4-5 times
- 1 (1%) went 6-10 times
- 1 (1%) went over 50 times

2016 Neighborhood survey

- 37% of those surveyed have visited the ER at least once in the past yr.
- 5.2% have visited ER 4+ times

Of the 37% (50 people)

- 28 (20.7%) went to the ER once
- 9 (6.7%) went twice
- 1 (.7%) went 2-3 times
- 5 (3.7%) went 3 times
- 1 (.7%) went 4 times
- 5 (3.7%) went 6-12 times
- 1 (.7%) went 20 times

2009 Neighborhood survey

- 40% of those surveyed have visited the ER at least once in the past year
- 9% visited the ER 4 or more times

Of that 40% from 2009 (51 people)

- 19 people (15%) went to the ER once
- 14 people (11%) went twice
- 6 people (5%) went 3 times
- 5 people (4%) went 4 times
- 4 people (3%) went 5 – 6 times
- 3 people (2%) went 20 or more times

2002 Neighborhood survey

- 61% have visited the ER at least once in the past year
- 13% visited the ER four+ times

Implications:

- The percentage of residents of Burton Heights neighborhood that reported visiting the doctor in the last year for a routine check-up was 76.2%. This is a slight increase from 2016 when it was 72.6% and 2009 when it was 69%.

- Those in Burton Heights neighborhood who reported visiting the doctor for a routine check-up in the last year, 76.2%, was slightly lower than the Michigan average of 79.2% and slightly higher than the median percent for states nationwide of 75.0% (BRFSS, 2023; MDHHS, 2024).

[LLCP 2022: Codebook Report](#)

[2022 MiBRFS Annual Report \(michigan.gov\)](#)

- Those in Burton Heights who reported having never visited the doctor for a routine checkup, 3.8%, is higher than the median percent for states nationwide of .8% (BRFSS, 2023).

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- The percentage of those having visited a dentist or dental clinic in the past year, 59%, is slightly higher than 2016 when it was 57.8%. These numbers were lower than the

Michigan rate of 69.4%, the national rate of 65.9%, and the median rate for states nationwide of 62.9% (BRFSS, 2023; MDHHS, 2024; NHIS, 2024).

[LLCP 2022: Codebook Report](#)

[2022 MiBRFS Annual Report \(michigan.gov\)](#)

[NHIS Frequency Codebook \(cdc.gov\)](#)

- The percentage of those having never visited a dentist or dental clinic has decreased significantly over the past 22 years. It went from 21% stating they had never visited a dentist in 2002, to 9% in 2009, to 5.9% in 2016, to 1% in 2024. Presently this rate is almost identical to the median percent for states nationwide which is 1.4% and the national average of .6% (BRFSS, 2023; NHIS, 2024).

[LLCP 2022: Codebook Report](#)

[NHIS Frequency Codebook \(cdc.gov\)](#)

- In Burton Heights, 86.7% of respondents ages 18 and over reported having one place they usually go when sick or in need of health advice. This is similar to the national rate of 87.9% (NHIS, 2024). The 2024 neighborhood rate of 86.7% is a decrease from 2016 when it was 90.4%, but an increase from 2009 when it was 79%.

[NHIS Frequency Codebook \(cdc.gov\)](#)

- Awareness of local health clinics showed a notable drop between 2016 and 2024. Awareness of Cherry Street Clinic dropped by 22%, awareness of Clinica Santa Maria dropped 8% and awareness of Burton Health Center dropped 14%. Awareness of Exalta Health remained essentially unchanged at 28%.
- In 2002, 61% of residents in Burton Heights visited the ER at least once in the last year. This percent dropped to 40% in 2009 and 37% in 2016 which was encouraging. However, those who visited the ER at least once rose again in 2024 to 41.9%. ER use in Burton Heights is notably higher than national data which found that an average of 21% of people have visited the ER at least once in the last year (NHIS, 2024).

[NHIS Frequency Codebook \(cdc.gov\)](#)

- There has been a steady decrease over time in those who have visited the ER 4 or more times over the past 12 months. In 2002, 13% reported having visited the ER 4 or more times in the past year; this dropped to 9% in 2009, 5.2% in 2016 and 3.8% in 2024. Although the national average is lower at 1.3%, the gap in this disparity is closing (NHIS, 2024).

[NHIS Frequency Codebook \(cdc.gov\)](#)

Number of visits to ER in the past year	National 2024	Burton Heights 2024	Burton Heights 2016
0 times	78.4%	58.1%	63%
1 time	13.4%	19.0%	20.7%
2 times	4.7%	9.5%	6.7%
3 times	1.3%	9.5%	4.4%
4 or more times	1.3%	3.8%	5.2%
Don't know/Refused	0.9%		

b. Assets and Barriers to Obtaining Health Care:

	2024 Neighborhood Survey	2016 Neighborhood Survey	2009 Neighborhood Survey	2002 Neighborhood Survey
Lack of health insurance prevents me from receiving the health care that I need	32.4% agree 57.1% disagree 10.4% not sure	32.6% agree 60.7% disagree 6.7% not sure	45% agree 45% disagree 10% not sure	52% agree 40% disagree 8% not sure
Language barriers prevent me from getting the health care that I need	12.4% agree 78.1% disagree 9.5% not sure	12.6% agree 86.7% disagree .7% not sure	27% agree 69% disagree 4% unsure	31% agree 47% disagree 22% unsure
I have transportation to get needed health care	83.8% agree 13.3% disagree 2.9% not sure	89.6% agree 8.1% disagree 2.2% not sure	80% agree 17% disagree 3% unsure	88% agree 10% disagree 2% unsure
Doctors or nurses are available during hours that work for me	90.5% agree 6.7% disagree 2.9% not sure	85.9% agree 11.1% disagree 3.0% not sure	80% agree 10% disagree 10% unsure	82% agree 12% disagree 6% unsure
I have not received health care because it takes too long to get an appointment	17.1% agree 73.3% disagree 9.5% not sure	N/A	N/A	N/A

Implications:

- Between 2016-2024, lack of health insurance and language barriers have remained essentially unchanged as a barrier to care.
- Residents who reported having transportation to get needed health care dropped from 89.6% to 83.8%.
- Residents stating that doctors and nurses were available during hours that work increased from 85.9% to 90.5%.

c. Health and Dental Insurance:

- Do you have any kind of health care coverage including health insurance, prepaid plans such as HMOs or government plans such as Medicare?

2024 Neighborhood survey

- 61% have health care coverage
- 37.1% do not have health care coverage
- 1.9% are unsure

2016 Neighborhood survey

- 78.5% have health care coverage
- 20.0% do not have health care coverage
- 1.5% are unsure

2009 Neighborhood survey

- 67% have health care coverage
- 31% do not have health care coverage
- 2% are unsure

2002 Neighborhood survey

34% do not have health care coverage

- Do you personally have Medicaid or Medicare insurance?

2024 Neighborhood survey

- 29.5% have Medicaid only
- 6.7% have Medicare only
- 6.7% have both Medicaid & Medicare
- 54.3% have neither
- 2.9% don't know / not sure

2016 Neighborhood survey

- 36.3% have Medicaid only
- 6.7% have Medicare only
- 6.7% have both Medicaid & Medicare
- 49.6% have neither
- .7% did not answer

2009 Neighborhood survey

- 34% have Medicaid only
- 12% have Medicare only
- 2% have both Medicaid & Medicare
- 52% have neither

- Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMO's, or government plans such as Medicaid?

2024 Neighborhood survey

- 45.7% stated yes
- 51.4% stated no
- 2.9% were unsure / no answer

2016 Neighborhood survey

- 47.4% stated yes
- 50.4% stated no
- 2.2% were unsure / no answer

2009 Neighborhood survey

- 35% stated yes
- 61% stated no
- 4% were unsure

Implications:

- In 2024, 37.1% of those surveyed in Burton Heights neighborhood reported a lack of health care coverage. This is a notable increase from 2016 where 20% of residents reported a lack of health care coverage. This is the highest uninsurance rate since the survey was first offered in 2002. The neighborhood uninsurance rate of 37.1% is dramatically higher than the Michigan rate of 5.6%, the national rate of 6.1% and the median rate for states nationwide where 8.1% lack health insurance (BRFSS, 2023; MDHHS, 2024; NHIS, 2024).
[LLCP 2022: Codebook Report](#)
[2022 MiBRFS Annual Report \(michigan.gov\)](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- For type of health insurance coverage, 29.5% of those surveyed in Burton Heights have Medicaid only in comparison to 12.0% in Michigan and the median rate for

states nationwide of 8.5% (BRFSS, 2023, MDHHS, 2023). The number of Burton Heights residents with Medicaid dropped from 36.3% in 2016 to 29.5% in 2024, and as noted in the previous bullet, the uninsurance rate increased.

[LLCP 2022: Codebook Report](#)

[2021 MiBRFS Annual Report.pdf \(michigan.gov\)](#)

- In 2024, 45.7% of respondents reported insurance coverage for dental care. This is a slight drop from 2016 where 47.4% of those surveyed in Burton Heights neighborhood had dental insurance. This is notably lower than the Michigan rate of 73.2% (MDHHS, 2018).

[2016 MiBRFS Annual Report_72518.pdf \(michigan.gov\)](#)

d. Economic Barriers to Health Care:

- In 2024, 12.4% of participants stated there was a time in the past 12 months when they needed to see a doctor but could not because of cost. This was an improvement from 2016 which was 21.5% and 2009 which was 25%. However, this rate is still higher than the state of Michigan rate of 7.9% and median rate for states nationwide of 11.1% (BRFSS, 2023; MDHHS, 2024).

[LLCP 2022: Codebook Report](#)

[2022 MiBRFS Annual Report \(michigan.gov\)](#)

- In 2024, 15.2% stated there was a time in the past 12 months when they needed prescription medications but did not get it because of cost. This was an improvement from 2016 which was 20% and 2009 which was 25%, but still higher than the national rate of 5.7% (NHIS, 2024).

[NHIS Frequency Codebook \(cdc.gov\)](#)

- In 2024, 24.8% stated there was a time in the past 12 months when they needed dental care but did not get it because they couldn't afford it. This was an improvement from 2016 which was 34.8% and 2009 which was 39%. In comparison, nationally 14.5% of people stated there was a time in the past 12 months where they needed dental care but did not get it due to cost (NHIS, 2024).

[NHIS Frequency Codebook \(cdc.gov\)](#)

3. Other Social Determinants of Health:

a. Housing

- During the past 12 months, was there a time when you were not able to pay your mortgage, rent, or utility bills?

2024 Neighborhood survey

- 14.3% stated yes
- 84.8% stated no
- 1.0% stated don't know / not sure

Implications:

- In Burton Heights 14.3% of people stated there was a time in the past 12 months when they were not able to pay their mortgage, rent or utility bills. This is notably higher than the national rate of 6.7% (NHIS, 2024).

[NHIS Frequency Codebook \(cdc.gov\)](#)

b. Trust in the health care system

- In general, how much do you trust the health care system?

2024 Neighborhood survey

- 54.3% Completely trust
- 24.8% Slightly trust
- 9.5% Neither trust nor distrust
- 5.7% Slightly distrust
- 3.8% Completely distrust
- 1.9% Don't know / Not sure / Refused

c. Health literacy

- How often do you have problems learning about your medical condition because of difficulty understanding written information (given by a health care provider)?

2024 Neighborhood survey

- 8.6% stated always
- 4.8% stated often
- 14.3% stated sometimes
- 5.7% stated occasionally
- 63.8% stated never
- 2.9% stated don't know / not sure / refused

- How often do you have a problem understanding what is told to you about your medical condition (by a health care provider)?

2024 Neighborhood survey

- 5.7% stated always
- 3.8% stated often
- 13.3% stated sometimes
- 8.6% stated occasionally
- 68.6% stated never

4. Current state of health:

- a. Percentage of people who have been told by a doctor, nurse or other health professional that they have the following health disease or condition:**

- Asthma

2024 Neighborhood survey

- 9.5% of those surveyed have asthma
- 17.1% have at least one person in the household with asthma

2016 Neighborhood survey

- 9.6% of those surveyed have asthma
- 24.4% have at least one person in the household with asthma

2009 Neighborhood survey

- 13% of those surveyed have asthma
- 26% have at least one person in the household with asthma

2002 Neighborhood survey

- 21% have at least one person in the household with asthma

- High Blood Pressure (BP)

2024 Neighborhood survey ○ 26.7% of those surveyed have high BP ○ 38.1% have at least one person in the household with high BP	2016 Neighborhood survey 28.1% have high BP 43.7% have at least one person in the household with high BP
2009 Neighborhood survey ○ 24% of those surveyed have high BP ○ 41% have at least one person in the household with high BP	2002 Neighborhood survey 25% have at least one person in the household with high BP
- Overweight

2024 Neighborhood survey ○ 21.9% of those surveyed are overweight ○ 35.2% have at least one person in the household who is overweight	
2016 Neighborhood survey ○ 42.2% of those surveyed are overweight ○ 49.6% have at least one person in the household who is overweight	2009 Neighborhood survey 28% are overweight 38% have at least one person in the household who is overweight
- Depression

2024 Neighborhood survey ○ 15.2% of those surveyed have depression ○ 25.7% of those surveyed have at least one person in the household with depression	2016 Neighborhood survey 21.5% have depression 23.7% have at least one person in the household with depression
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- Anxiety Disorder

2024 Neighborhood survey ○ 19.0% of those surveyed have been told they have an anxiety disorder ○ 28.6% have at least one person in the household with an anxiety disorder	
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- Diabetes

2024 Neighborhood survey ○ 16.2% of those surveyed have been told they have diabetes ○ 34.3% have at least one person in the household with diabetes	2016 Neighborhood survey 20.0% of those surveyed have been told they have diabetes 29.6% have at least one person in the household with diabetes
2009 Neighborhood survey ○ 12.5% of those surveyed have been told they have diabetes ○ 34% have at least one person in the household who has diabetes	2002 Neighborhood survey 15% have at least one person in the household with diabetes

- Stroke or brain injury
 - **2024 Neighborhood survey**
 - 3.8% of those surveyed have been told they had a stroke or brain injury
 - 10.1% have at least one person in the household with a stroke or brain injury

Implications:

- In 2024, 9.5% of those surveyed in Burton Heights neighborhood reported having been told they have asthma, which is nearly identical to the 2016 neighborhood rate of 9.6%. This is notably lower than the Michigan rate of 16.8%, the median rate of 15.2% for states nationwide, and the national rate of 14.7% (BRFSS, 2023; MDHHS, 2023; NHIS, 2024).
[LLCP 2022: Codebook Report](#)
[2022 BRFSS Tables \(michigan.gov\)](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In Burton Heights, 17.1% of households had at least 1 person with asthma. This is an improvement from 2016 when 24.4% of households had at least one person with asthma.
- In 2024, 26.7% of those surveyed in Burton Heights reported having been told they have high blood pressure, which was slightly less than the rate in 2016 of 28.1%. This is notably lower than the Michigan rate of 35.3% and the national rate of 37.6% (MDHHS, 2023; NHIS, 2024).
[2021 MiBRFS Annual Report.pdf \(michigan.gov\)](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In Burton Heights, 38.1% of households had at least 1 person with high blood pressure. This is lower than 2016 when it was 43.7%.
- In 2024, 21.9% of those surveyed in Burton Heights reported that they have been told by a health care provider that they are overweight. This number has improved dramatically since 2016 when the rate was 42.2%.
- In Burton Heights, 35.2% of households had at least 1 person who was overweight. This is an improvement from 2016 when 49.6% of households had at least one person who was overweight.
- In 2024, 15.2% of those surveyed reported they have been told by a health care provider that they have depression. This is less than 2016 when 21.5% of residents reported being told they have depression. This is also lower than the Michigan rate of 23.0%, the median rate of 20.5% for states nationwide and the national rate of 19.5% (BRFSS, 2023; MDHHS, 2023; NHIS, 2024).
[LLCP 2022: Codebook Report](#)
[2022 BRFSS Tables \(michigan.gov\)](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In Burton Heights, 25.7% of households have at least 1 person with depression. This is slightly higher than 2016 when it was 23.7%.
- In 2024, 19.0% of those surveyed reported they have been told by a health care provider that they have an anxiety disorder. This is similar to the national rate of 18.4% (NHIS, 2024).
[NHIS Frequency Codebook \(cdc.gov\)](#)

- In 2024, 16.2% of those surveyed reported they have been told by a health care provider that they have diabetes. This is less than 2016 when 20% of residents reported being told they have diabetes. This rate is still higher than the Michigan rate of 11.6%, the median rate of 12.0% for states nationwide and the national rate of 11.2% (BRFSS, 2023; MDHHS, 2023; NHIS, 2024).

[LLCP 2022: Codebook Report](#)

[2022 BRFSS Tables \(michigan.gov\)](#)

[NHIS Frequency Codebook \(cdc.gov\)](#)

- In Burton Heights, 34.3% of households have at least 1 person with diabetes. This is slightly higher than 2016 when it was 29.6%.
- In 2024, 3.8% of those surveyed reported they have been told by a health care provider that they had a stroke or brain injury. This rate is similar to the Michigan rate of 3.4%, the median rate of 3.6% for states nationwide and the national rate of 3.8% (BRFSS, 2023; MDHHS, 2023; NHIS, 2024).

[LLCP 2022: Codebook Report; 2022 BRFSS Tables \(michigan.gov\)](#)

[NHIS Frequency Codebook \(cdc.gov\)](#)

b. Hearing:

- Do you or anyone in your household have any difficulty hearing?
2024 Neighborhood survey
 - 10.5% stated yes
 - 88.6% stated no
 - 1.0% stated don't know / not sure

c. Caregiving

- During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?
2024 Neighborhood survey
 - 27.6% stated yes
 - 72.4% stated no

Of the 29 people who served as a caregiver, they were asked in an average week, how many hours do you provide care or assistance.

- 34.5% stated up to 8 hours a week
- 13.8% stated 9-19 hours a week
- 6.9% stated 20-39 hours a week
- 37.9% stated 40 or more hours a week
- 6.9% stated don't know / not sure

Of the 29 people who served as a caregiver, they were asked over the past two weeks, how often did you feel stressed due to serving as a caregiver.

- 13.8% stated nearly every day
- 3.4% stated more than half the days
- 24.1% stated several days
- 55.2% stated not at all
- 3.4% stated don't know / not sure

Implications:

- In 2024, 27.6% of those surveyed in Burton Heights neighborhood reported providing regular care or assistance to a friend or family member who has a health problem or disability. This percent is notably higher than the median rate of 19.7% for states nationwide (BRFSS, 2023). [LLCP 2022: Codebook Report](#)
- Caregivers in Burton Heights neighborhood are providing more hours of care a week than those on a national level (see table below) (BRFSS, 2023)
[LLCP 2022: Codebook Report](#)

In an average week, how many hours do you provide care or assistance	National Data (BRFSS) 2023	Burton Heights 2024
40 hours or more	20.8%	37.9%
20-39 hours	11.4%	6.9%
9-19 hours	13.8%	13.8%
Up to 8 hours	45.3%	34.5%
Don't know / not sure / refused	8.8%	6.9%

d. Mental Health – please note: the questions assessing mental health were changed in 2024. The results from previous surveys are found in the 2016 and 2009 report.

- Over the past 2 weeks, how often have you felt nervous, anxious or on edge?
2024 Neighborhood survey
 - 8.6% stated nearly every day
 - 2.9% stated more than half the days
 - 32.4% stated several days
 - 52.4% stated not at all
 - 3.8% stated don't know / not sure or refused
- Over the past 2 weeks, how often have you not been able to stop or control worrying?
2024 Neighborhood survey
 - 10.5% stated nearly every day
 - 1.9% stated more than half the days
 - 19.0% stated several days
 - 64.8% stated not at all
 - 3.8% stated don't know / not sure or refused
- Over the past 2 weeks, how often have you had little interest or pleasure in doing things?
2024 Neighborhood survey
 - 7.6% stated nearly every day
 - 4.8% stated more than half the days
 - 23.8% stated several days
 - 62.9% stated not at all
 - 1% stated don't know / not sure or refused

- Over the past 2 weeks, how often have you felt down, depressed or hopeless?
2024 Neighborhood survey
 - 1% stated nearly every day
 - 4.8% stated more than half the days
 - 26.7% stated several days
 - 67.6% stated not at all

Implications:

- In 2024, questions from the PHQ-4 were used to assess community levels of anxiety and depression. More people self-reported symptoms of anxiety and depression in Burton Heights neighborhood than the national level (see table below) (NHIS, 2024).

[NHIS Frequency Codebook \(cdc.gov\)](https://www.cdc.gov/nchs/nhis/data-and-statistics/nhis-frequency-codebook)

Over the past 2 weeks, how often have you felt nervous anxious or on edge	National Data (NHIS) 2024	Burton Heights 2024
Nealy every day	4.5%	8.6%
More than half the days	3.5%	2.9%
Several days	22.1%	32.4%
Not at all	67.1%	52.4%
Don't know / not sure / refused	2.9%	3.8%
Over the past 2 weeks, how often have you not been able to stop or control worrying		
Nealy every day	3.8%	10.5%
More than half the days	2.6%	1.9%
Several days	12.7%	19.0%
Not at all	78.0%	64.8%
Don't know / not sure / refused	2.9%	3.8%
Over the past 2 weeks, how often have you had little interest or pleasure in doing things?		
Nealy every day	3.2%	7.6%
More than half the days	2.8%	4.8%
Several days	13.4%	23.8%
Not at all	77.7%	62.9%
Don't know / not sure / refused	2.9%	1.0%
Over the past 2 weeks, how often have you felt down, depressed or hopeless?		
Nealy every day	2.6%	1.0%
More than half the days	2.5%	4.8%
Several days	13.8%	26.7%
Not at all	78.3%	67.6%
Don't know / not sure / refused	2.9%	

e. Pregnancy

- Have you ever been pregnant? (asked of those who identified their gender as female)
2024 Neighborhood survey (N=69)
 - 88.4% stated yes
 - 11.6% stated no
- Were your pregnancies planned? That is, did you want to be pregnant at the time you got pregnant? (asked of those who have ever been pregnant)
2024 Neighborhood survey (N=61)
 - 67.2% stated yes
 - 16.4% stated no
 - 16.4% stated some were planned, some were not planned

f. Exercise

- How many days per week do you participate in planned physical activity for at least 20 minutes that increases your heart rate and makes you breathe hard?
2024 Neighborhood survey
 - 17.1% stated 7 days
 - 2.9% stated 6 days
 - 5.7% stated 5 days
 - 5.7% stated 4 days
 - 12.4% stated 3 days
 - 18.1% stated 2 days
 - 11.4% stated 1 day
 - 21.9% stated 0 days
 - 4.8% stated don't know / not sure / Refused

5. Afterschool support

- Do you feel like children in this neighborhood have access to safe spaces to play and be physically active after school (3-6pm)?
2024 Neighborhood survey
 - 49.5% stated yes
 - 40% stated no
 - 10.5% stated don't know / not sure / refused

6. Interest in being involved in strategic planning:

- In 2024, 66.7% stated they would be interested in coming to a meeting to hear the results of the survey.

Implications:

- There was a notable decrease in residents interested in coming to meetings to hear the results. In 2024, 66.7% of participants were interested in hearing the results compared to 83% in 2016 and 78% in 2009. However, the 2024 rate was higher than 2002 when only 51% of residents stated they would like to hear the results of the survey. It is still encouraging overall, that a majority of residents who took the survey desired to be involved in promoting the health and well-being of their neighborhood.

References

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- Michigan Department of Health and Human Services. (2018). *2016 Behavioral Risk Factor Survey (MI BRFSS)* [Data File]. Retrieved August 21, 2024 from [2016_MiBRFS_Annual_Report_72518.pdf \(michigan.gov\)](#)

Please note: The MI BRFSS and national BRFSS data were from weighted reports. The MI BRFSS data set was reported in averages or means. The national BRFSS data set was reported in median results for all US states, DC and territories. The NHIS survey data was in unweighted report form. The CDC was contacted to see if results were available for all the questions in weighted form and the CDC stated that there is not a report with all of the weighted results available.