

Summary of Heartside Neighborhood Health Survey November 2022

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Introduction

In 2014, a community campus partnership was formed between the Calvin University Nursing Program and Heartside neighborhood. This community partnership is grounded in Community-Based Participatory Research (CBPR). Traditional research has been done **on** communities; community-based research is done **with** communities. Community-Based Participatory Research 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

Heartside is an urban neighborhood located near the center of downtown Grand Rapids. The streets / boundaries that border Heartside are: Lyon to the north, Lafayette to the east, Wealthy to the south, and the Grand River to the west. 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 health survey was conducted between March– April 2022 as part of a nursing clinical course (Nursing 379). Nineteen nursing students 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 nearly identical to the ones used in the 2014 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 focus groups on health. Results of the survey will be used to work with the neighborhood in updating a community strategic plan for health.

A convenience sample of participants was recruited by locating at various neighborhood sites within Heartside Neighborhood. Foot spa (located at LaGrave CRC) and Senior Neighbors were selected to gather the voice of those who have permanent housing in the neighborhood. Degage, Mel Trotter Mission, and Heartside Ministries were selected to capture the voice of those without permanent housing. Institutional Review Board approval at Calvin University was received prior to conducting the survey. Those eligible to complete the survey needed to identify themselves as presently living / staying in Heartside neighborhood, be 18 year of age or older, and confirm that they had not completed the survey before. The survey was read to each participant, and all data obtained were via verbal report from the participant. Participants were given a \$2 Degage voucher as a thank-you for their time in completing the survey.

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. The full survey results are more extensive and are available upon request.

The final sample consisted of 112 participants. Of the 112 participants, 36 (32.1%) were recruited from Mel Trotter, 25 (22.3%) were recruited from Heartside Ministries, 22 (19.6%) were recruited from Foot Spa, 16 (14.3%) were recruited from Degage, and 13 (11.6%) were recruited from Senior Neighbors.

The following report contains the results from both the survey completed in 2022 (N=112) and the survey completed in 2014 (N=122). In comparing these two data points, it is important to note some differences in survey locations and survey participants. Of the 122 participants who completed the survey in 2014, 54 (44%) were recruited from Degage, 26 (21%) were recruited from the Foot Spa at LaGrave CRC, 17 (14%) were recruited from Verne Barry Place, 16 (13%) were recruited from Mel Trotter's Day Program, and 9 (7%) were recruited from Ferguson. Due to COVID restrictions, we were unable to survey at Dwelling Place locations in 2022 (Verne Barry Place and Ferguson). The result of this barrier led to a larger number of participants who completed the survey in 2022 who were unhoused (86.6%) compared to 2014 (which was 65%). Due to this limitation, the reader is encouraged to be cautious in the conclusions made when comparing the two data points.

1. Demographic Data: (Note: N= 112 for the 2022 survey and N=122 for the 2014 survey)

- Gender

- 2022 Neighborhood Survey**

- 75% Male
 - 24% Female
 - 1% Non-binary

- 2014 Neighborhood Survey**

- 75% Male
 - 25% Female

- Race (note: in 2014, participants were able to check more than one box)

- 2022 Neighborhood Survey**

- 41.1% Black / AA
 - 41.1% White / Caucasian
 - 9.8% Hispanic / Latino or Spanish origin
 - 3.6% American Indian / Alaska Native
 - 2.7% Asian
 - 1.7% Other

- 2014 Neighborhood Survey**

- 56% White
 - 43% African American
 - 5% American Indian / Alaska Native
 - 3% Other
 - 2% Hispanic/Latino/Spanish origin

- Age of Survey Participants

- 2022 Neighborhood Survey**

- 6.3% were between the ages 18-29
 - 15.2% were between the ages 30-39
 - 15.2% were between the ages 40-49
 - 27.7% were between the ages 50-59
 - 30.4% were between the ages 60-69
 - 5.4% were 70 years old and over

- 2014 Neighborhood Survey**

- 11% were ages 18-29
 - 7% were ages 30-39
 - 31% were ages 40-49
 - 39% were ages 50-59
 - 9% were ages 60-69
 - 2% were 70 years plus
 - 1% no answer

- Length of time survey respondent has lived in the neighborhood

2022 Neighborhood Survey	2014 Neighborhood Survey
○ 51.8% Less than one year	50% Less than one year
○ 21.4% Between 1-5 years	26% Between 1-5 years
○ 26.8% Over 5 years	24% Over 5 years
- Housing situation (Do you have permanent housing, or do you stay in another place such as a drop-in center, shelter, mission, or on the street?)

2022 Neighborhood Survey	2014 Neighborhood Survey
○ 13.4% Permanent Housing	33% Permanent Housing
○ 83% Drop-in center / shelter / mission	63% Drop-in center / shelter / mission
○ 3.6% Live on street / under the bridge	2% Live on street or under the bridge
	2% Did not answer
- Of those presently with permanent housing

2022 Neighborhood Survey	2014 Neighborhood Survey
○ 20% have spent one day without housing in the past year (for example – they have been in a shelter, needed to sleep at someone else’s residence, or slept on the street)	42.5% have spent one day without housing in past year
○ 80% have not had one day without housing in the past year	57.5% have not
- Income (question was not asked on the 2014 survey)

2022 Neighborhood survey	
○ 54.5%	Less than \$10,000
○ 15.2%	\$10,000-14,999
○ 10.7%	\$15,000-19,999
○ 3.6%	\$20,000-24,999
○ 3.6%	\$25,000-34,999
○ 3.6%	\$35,000-49,999
○ 3.6%	Don’t know / not sure
○ 5.4%	Refused
- Highest Level of Education (question was not asked on the 2014 survey)

2022 Neighborhood survey	
○ 2.7%	Less than 9 th grade
○ 12.5%	9 th -11 th grade
○ 42%	High school diploma/GED
○ 27.7%	Some college
○ 7.1%	Associate or technical degree
○ 4.5%	Bachelor’s degree
○ 2.7%	Master’s degree or higher
○ 0.9%	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?

2022 Neighborhood Survey

- 58% within past year
- 9.8% between 1-2 years
- 11.6% between 2-5 years
- 13.4% five or more years ago
- 6.3% never
- 0.9% don't know/not sure

2014 Neighborhood Survey

- 73% within past year
- 10% between 1-2 years
- 8% between 2-5 years
- 7% five or more years ago
- 2% never
- 1.6% don't know

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

2022 Neighborhood Survey

- 2.7% never
- 25.9% within past year
- 21.4% between 1-2 years
- 23.2% between 2-5 years
- 25.9% five or more years ago
- 0.9% don't know / not sure

2014 Neighborhood Survey

- 2% never
- 33% within past year
- 14% between 1-2 years.
- 20% between 2-5 years
- 32% five or more years ago

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

2022 Neighborhood Survey

- 89.3% of participants have one place they regularly go for health care
- 8.9% have no place they regularly go
- 1.8% don't know / not sure

2014 Neighborhood Survey

- 76% have one place
- 11% have no place
- 13% have more than one

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

- 23.2% go to clinics or health centers
- 19.6% go to Dr's office or HMOs
- 42.9% go to the hospital ER
- 2.7% go to urgent care / walk-in clinics
- 1% go other places
- 10.7% no answer

- 62% clinic/health center
- 20% Dr's office/HMO
- 26% ER
- 3% urgent care/walk in
- 1% other
- 2% no answer

Please note: in 2014 some selected more than one answer

- Which of the following clinics or resources are you aware of?

Note: Respondents selected all that applied

2022 Neighborhood Survey

- 81.3% Cherry Street Clinic
- 58.9% Heart of the City
- 29.5% Grand Valley Health Center
- 29.5% Health Depot at Degage
- 11.6 % None of the above

2014 Neighborhood Survey

- 92% Heartside Clinic
- 81% Cherry Street
- 75% Heart of the City
- 48% Health Depot
- 39% Sheldon Clinic

Please note: Both Heartside Clinic and Health Depot have closed since 2014

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

2022 Neighborhood Survey

- 22.3% never visited the ER in the last year
- 77.7% of those surveyed have visited the ER at least once in the past year
- 31.3% visited the ER 4 or more times

Of that 77.7% (87 people)

- 20 people (23%) went to the ER once
- 20 people (23%) went twice
- 12 people (13.8%) went 3 times
- 15 people (17.2%) went 4-5 times
- 14 people (16.1%) went 6-10 times
- 5 people (5.7%) went 11-20 times
- 1 person (1.1%) went 21-50 times

2014 Neighborhood survey

- 27.3% never visited ER
- 72.7% visited the ER at least once in past year
- 27% visited ER 4 or more times

Of that 72.7% (88 people)

- 26 (29.5%) went to ER once
- 18 (20.5%) went twice
- 11 (12.5%) went 3 times
- 16 (18.2%) went 4-5 times
- 12 (13.6%) went 6-10 times
- 4 (4.5%) went 11-20 times
- 1 (1.1%) went 21-50 times

Implications:

- The percentage of residents of Heartside Neighborhood that reported visiting the doctor in the last year for a routine check-up was 58%. This is a notable drop from 2014 when it was 73%. In 2022, 6.3% stated they have never visited the doctor for a routine check-up and 13.4% stated it had been 5 or more years since a routine check-up. This percent is higher than 2014 where 2% had never visited the doctor for a routine check-up and 7% stated it had been 5 or more years.
- Those in Heartside neighborhood who reported visiting the doctor for a routine check-up in the last year, 58%, was lower than the Michigan average of 76.6% and lower than the median percent for states nationwide of 72.5% (BRFSS, 2022; MDHHS, 2021b).
[BRFSS Codebook 2021 \(cdc.gov\)](#)
[Michigan 2020 Behavioral Risk Factor, Annual Report](#)
- The percentage of those having visited a dentist or dental clinic in the past year, 25.9%, has decreased since 2014 when it was 33%. These numbers are dramatically lower than the Michigan rate of 69.2%, the national rate of 65.8% per NHIS and the median rate per states of 64% per BRFSS (BRFSS, 2021; MDHHS, 2021b; NHIS, 2020). Although there has been some improvement noted in the percentage of those stating they visited a dentist or dental clinic 5 or more years ago - as noted by 32% reported seeing a dentist 5 or more years ago in 2014 compared to 25.9% in 2022. It is still higher than the median percent for states nationwide of 10.1% (BRFSS, 2021).
[Codebook LLCP 2020 \(cdc.gov\)](#)
[Michigan 2020 Behavioral Risk Factor, Annual Report](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In Heartside Neighborhood, 89.3% of respondents ages 18 and over reported having one place they usually go when sick or in need of health advice. This is an improvement from 2014 which was 76% and is higher than the national average in 2021 of 88.8% for ages 18 and over (NHIS, 2021).
[NHIS Frequency Codebook \(cdc.gov\)](#)

- However, 42.9% of persons cite the ER as their primary source of care in Heartside Neighborhood. This has increased since 2014 when it was 26% and is much higher than the national average of 1.6% (NHIS, 2019).

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

Place Normally Visited	Heartside, 2022	Heartside, 2014
Clinic or Health Center	23.2%	62%
Dr's Office or HMO	19.6%	20%
Hospital Emergency Room	42.9%	26%
Urgent Care/Walk-in Clinic	2.7%	3%
Other	1%	1%
No answer	10.7%	2%

- Availability and awareness of local clinics has dropped over the past 8 years. Heartside Clinic was known by 92% of the population surveyed in 2014. This clinic closed in 2019. Health Depot was known by 48% of those surveyed in 2014, but this resource was not available in 2022 due to COVID. Awareness of Chery Street Clinic remained the same at 81%, but awareness of Heart of the City dropped from 75% to 58.9%. In 2022, 11.6% of those surveyed stated that had not heard of any of the named clinics.
- In 2022, 77.7% of residents visited the ER at least once in the last year. This percent increased slightly from 2014 where 72.7% had visited the ER at least once in the last year. ER use in Heartside Neighborhood is dramatically higher than national data which found that an average of 19.0% of people have visited the ER at least once in the last year (NHIS, 2021). It is also worthy to note that ER visits in Heartside neighborhood are markedly higher than other local neighborhoods: 77.7% have visited the ER at least once in the last year in Heartside neighborhood compared to 34.4% for Creston / Belknap (2018), 44.1% for Baxter / Madison (2017) and 37% for Burton Heights (2016). Another interesting result is 31.3% of people surveyed in Heartside neighborhood have been to the ER 4 or more times in the last year compared to 1.2% nationally (NHIS, 2021), 5.6% in Creston / Belknap (2018), 9.1% in Baxter / Madison (2017) and 5.1% in Burton Heights (2016).

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

Number of visits to ER in the past year	National 2021	Heartside 2022	Heartside 2014
0	81%	22.3%	27.3%
1	11.8%	17.9%	21.3%
2	4.1%	17.9%	14.8%
3	1.1%	10.7%	9.0%
4 or more times	1.2%	31.3%	27.1%
Refused/don't know	0.8%		

Number of visits to ER in the past year	National 2021	Heartside 2022	Creston Belknap 2018	Baxter Madison 2017	Burton Heights 2016
0 times	81%	22.3%	65.6%	55.9%	63%
1 time	11.8%	17.9%	15.2%	23.4%	20.7%
2-3 times	5.2%	28.6%	13.6%	11.8%	11.1%
4 or more times	1.2%	31.3%	5.6%	9.1%	5.1%
Refused/don't know	0.8%				

b. Assets and Barriers to Obtaining Health Care:

	2022 Neighborhood Survey N=112	2014 Neighborhood Survey N=122
Lack of health insurance prevents me from receiving the health care that I need	27.7% agree 65.2% disagree 7.1% not sure	43% agree 45% disagree 12% not sure
I have not received health care because it costs too much	19.6% agree 73.2% disagree 7.1% not sure	26% agree 63% disagree 11% not sure
I know where to go to find health care when I need it	87.5% agree 8.9% disagree 3.6% not sure	94% agree 3% disagree 2% not sure
I have not received health care because it takes too long to get an appointment	16.1% agree 77.7% disagree 6.2% not sure	13% agree 75% disagree 11% not sure
I avoid going to the doctor because I am afraid I will be turned away	7.1% agree 88.4% disagree 4.5% not sure	2% agree 95% disagree 2% not sure
I have transportation to get to needed health care	57.1% agree 33.0% disagree 9.8% not sure	55% agree 33% disagree 12% not sure
Doctors or nurses are available during hours that work for me	89.3% agree 2.7% disagree 8.0% not sure	88% agree 7% disagree 6% not sure
The doctors and nurses treat me with respect	81.3% agree 6.2% disagree 12.5% not sure	95% agree 2% disagree 3% not sure

Implications:

- There were notable drops between 2022 and 2014 in residents identifying lack of health insurance and cost of health care as barriers to care. This is encouraging news.
- However, the following barriers to care increased between 2014-2022.
 - Those who reported avoiding the doctor because they were afraid they would be turned away rose from 2% in 2014 to 7.1% in 2022.
 - There was a drop in awareness of where to go to get needed health care from 94% in 2014 to 87.5% in 2022.
 - Those who reported that doctors and nurses treat them with respect dropped from 95% in 2014 to 81.3% in 2022.

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?

2022 Neighborhood Survey

- 85.7% have health care coverage
- 14.3% do not have health care coverage

2014 Neighborhood Survey

- 63% have health coverage
- 31% do not have health coverage
- 6% are unsure

- Do you personally have Medicaid or Medicare insurance?

2022 Neighborhood Survey

- 39.3% have Medicaid only
- 12.5% have Medicare only
- 25.9% have both Medicaid and Medicare
- 21.4% have neither
- .9% don't know / not sure

2014 Neighborhood Survey

- 28% Medicaid only
- 13% Medicare only
- 13% Medicaid and Medicare
- 44% Neither
- 2% don't know

- 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?

2022 Neighborhood Survey

- 65.2% stated yes
- 20.5% stated no
- 14.3% were unsure

2014 Neighborhood Survey

- 28% stated yes
- 63% stated no
- 9% were unsure

Implications:

- In 2022, 14.3% of those surveyed in Heartside Neighborhood reported a lack of health care coverage. This is a significant improvement from 2014, where 31% did not have health care coverage. However, the neighborhood uninsured rate of 14.3% is still higher than the Michigan rate of 9.6% and the national median rate for states where 12.3% lack health insurance (BRFSS, 2021; MDHHS, 2021a).

[Codebook LLCP 2020 \(cdc.gov\)](#)

[Michigan 2019 Behavioral Risk Factor, Annual Report](#)

- For type of health insurance coverage, 39.3% of those surveyed in Heartside have Medicaid only in comparison to 9.4% in Michigan (MDHHS, 2021b). The number of Heartside residents with Medicaid rose from 28% in 2014 to 39.3% in 2022. Conversely, 12.5% of those surveyed have Medicare only in Heartside in comparison to 22.4% in Michigan (MDHHS, 2021a).
[Michigan 2019 Behavioral Risk Factor, Annual Report](#)
- In 2022, 65.2% of respondents reported insurance coverage for dental care. This is a dramatic increase from 2014 where only 28% of those surveyed in Heartside Neighborhood had dental insurance. However, this is still lower than the Michigan rate of 73.2% (MDHHS, 2016)
https://www.michigan.gov/documents/mdhhs/2016_MiBRFS_Annual_Report_7.25.18_635618_7.pdf

d. Economic Barriers to Health Care:

- In 2022, 13.4% 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 the 2014 neighborhood survey, which was 23%.
- In 2022, 31.3% stated they have had to choose between paying for items such as food and rent or accessing medical care. This was a slight improvement from the 2014 neighborhood survey, which was 34%.
- In 2022, 32.1% stated they have needed prescription medication during the past 12 months but did not get it because they couldn't afford it. This was an improvement from the 2014 neighborhood survey, which was 48%.
- In 2022, 26.8% stated they have needed dental care during the past 12 months but did not get it because they couldn't afford it. This was an improvement from the 2014 neighborhood survey, which was 54%.
- In the last 12 months, how often were you worried or stressed about having enough money to buy nutritious meals?

2022 Neighborhood Survey

- 20.7% stated always
- 7.2% stated usually
- 17.1% stated sometimes
- 14.4% stated rarely
- 40.5% stated never

2014 Neighborhood Survey

- 15% stated always
- 13% stated usually
- 24% stated sometimes
- 19% stated rarely
- 30% stated never

Implications:

- In 2022, 13.4% of Heartside residents responded that they have had a time in the past 12 months where they needed to see a doctor but could not because of cost. This was an improvement from 2014 which was 23%, but still higher than the state of Michigan rate of 7.9% and national median rate for states of 9.8% (BRFSS, 2022; MDHHS, 2021b).
[BRFSS Codebook 2021 \(cdc.gov\)](#)
[Michigan 2020 Behavioral Risk Factor, Annual Report](#)
- In 2022, 31.3% stated they have had to choose between paying for items such as food and rent or accessing medical care. This improved slightly from the 2014 rate of 34%. This is notably higher than Creston neighborhood which was 18% in 2018 and Baxter

- neighborhood which was 13% in 2017. It was slightly higher than Burton Heights neighborhood which was 27% in 2016.
- In Heartside, 32.1% responded that they have had a time where they needed prescription medications during the past 12 months but did not get it because they couldn't afford it. This was an improvement from 2014 which was 48%, but higher than the national median rate for states of 9.6% (BRFSS, 2019).
[LLCP 2018 Codebook Report \(cdc.gov\)](#)
 - In Heartside, 26.8% stated they have needed dental care in the past 12 months but did not get it because they couldn't afford it. This was an improvement in Heartside from 2014 which was 54%. In comparison, nationally 16.2% 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, 2019)
[NHIS Frequency Codebook \(cdc.gov\)](#)
 - Of those surveyed in Heartside neighborhood, 27.6% have been always or usually worried or stressed in the past 12 months about having enough money to buy nutritious meals. This is nearly identical to 2014 which was at 28%.

3. 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

2022 Neighborhood survey	2014 Neighborhood survey
○ 23.2% of those surveyed have asthma	22% of those surveyed have asthma
- High Blood Pressure (BP)

2022 Neighborhood survey	2014 Neighborhood survey
○ 53.6% of those surveyed have high BP	53% of those surveyed have high BP
- Overweight

2022 Neighborhood survey	2014 Neighborhood survey
○ 25% of those surveyed are overweight	32% of those surveyed are overweight
- Heart Disease

2022 Neighborhood survey	2014 Neighborhood survey
○ 17% of those surveyed have heart disease	11% of those surveyed have heart disease
- Mental Illness

2022 Neighborhood survey	2014 Neighborhood survey
○ 50.9% of those surveyed have a mental illness	48% of those surveyed have a mental illness
- Hepatitis

2022 Neighborhood survey	2014 Neighborhood survey
○ 7.1% of those surveyed have hepatitis	8% of those surveyed have hepatitis

- Diabetes

2022 Neighborhood survey	2014 Neighborhood survey
○ 20.5% of those surveyed have diabetes	15% of those surveyed have diabetes

Of those with diabetes:

- In 2022, 61% have taken a course/class on how to manage diabetes. This is higher than 2014 where 50% had taken a course.
- In 2022, 70% have had a doctor, nurse or other health care professional check for A-one-C in the last 12 months, 22% stated they had not been checked for A-one-C, 4% never heard of A-one-C, and 4% were unsure. In 2014, 83% have had a doctor, nurse or other health care professional check for A-one-C in the last 12 months, 11% never heard of A-one-C, and 6% were unsure

Implications:

- In 2022, 23.2% of those surveyed in Heartside neighborhood reported having been told they have asthma, which is similar to the 2014 neighborhood percentage of 22%. It is higher than the national percentage of 13.8% and Michigan percentage of 16.3% (MDHHS, 2022; NHIS, 2021).
[Table 1: Health Status \(michigan.gov\)](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In 2022, 53.5% of those surveyed in Heartside reported having been told they have high blood pressure, which was nearly identical to the rate in 2014 of 53%. This is notably higher than the Michigan rate of 35.3%, the median rate of 32.7% for states nationwide, and the national rate of 36.2% (BRFSS, 2022; MDHHS, 2022; NHIS, 2021).
[NHIS Frequency Codebook \(cdc.gov\)](#)
[Table 1: Health Status \(michigan.gov\)](#)
[BRFSS Codebook 2021 \(cdc.gov\)](#)
- In 2022, 17% of those surveyed in Heartside reported having been told that they have heart disease, which is higher than the 2014 neighborhood percentage of 11%. This is also notably higher than the national rate of 6.1% (NHIS, 2021).
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In 2022, 25% of those surveyed in Heartside reported that they have been told by a health care provider that they are overweight. This number has improved since 2014 when the rate was 32%.
- In 2022, 50.9% of those surveyed reported they have been told by a health care provider that they have a mental illness. This is slightly higher than 2014 where 48% reported being told they have a mental illness.
- Diabetes rates have increased since 2014; 20.5% of those surveyed in Heartside in 2022 have been told they have diabetes compared to 15% in 2014. The 2022 diabetes rate in Heartside is notably higher than the national average of 10.6%, the median rate of 11.4% for states nationwide, and the Michigan rate of 12.3% (BRFSS, 2022; MDHHS, 2021b; NHIS, 2021).
[NHIS Frequency Codebook \(cdc.gov\)](#)
[Michigan 2020 Behavioral Risk Factor, Annual Report](#)
[BRFSS Codebook 2021 \(cdc.gov\)](#)

- In 2022, 70% of respondents with diabetes reported having been checked for A-one-C in the past year. This has decreased from 2014 which was 83% and is lower than the median rate of 85.6% for states nationwide and the national rate of 92.5% (BRFSS, 2022; NHIS, 2021).

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

[BRFSS Codebook 2021 \(cdc.gov\)](#)

- Heartside has improved in the area of diabetes management education where 61% have taken a class/course on how to manage diabetes in 2022 compared to 50% in 2014. This 2022 rate is also higher than the median rate of 50.8% for states nationwide (BRFSS, 2022).

[BRFSS Codebook 2021 \(cdc.gov\)](#)

b. Dental health:

- Do you currently have tooth pain or oral care concerns?

2022 Neighborhood Survey

- 37.5% stated they currently have tooth pain or oral care concerns

2014 Neighborhood Survey

- 45% have tooth pain...

Implications:

- Although 37.5% of those surveyed in 2022 reported having current tooth pain or oral care concerns, there has been improvement in this area since 2014 when 45% reported these conditions.

c. Blood Pressure

- About how long has it been since you had your blood pressure checked by a doctor, nurse, or health professional?

2022 Neighborhood survey

- 90.2% had their BP checked in the past year
- 4.5% had their BP checked 1-2 years ago
- 1.8% had their BP checked 2-5 years ago
- 3.6% had their BP checked 5 or more years ago

2014 Neighborhood survey

- 94% had their blood pressure checked in the past year
- 2% had their blood pressure checked 1-2 years ago
- 1% had their blood pressure checked 2-5 years ago
- 1% had their blood pressure checked 5 or more years ago
- 1% never have had their blood pressure checked
- 1% were not sure

Implications:

- In 2022, 94.7% of Heartside residents stated they have had their blood pressure checked within the past two years. This is slightly less than the 2014 rate of 96% and identical to the national rate of 94% (NHIS, 2019).

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

d. Mental Health:

- During the past 30 days, how often did you feel so sad that nothing could cheer you up?

2022 Neighborhood Survey

- 13.4% stated all the time
- 12.5% stated most the time
- 17.0% stated some of the time
- 20.5% stated a little of the time
- 34.8% stated none of the time
- 1.8% refused / don't know

2014 Neighborhood Survey

- 11.4% all the time
- 9.8% most the time
- 36% some of the time
- 21.3% a little of the time
- 21.3% none of the time

- During the past 30 days, how often did you feel nervous?

2022 Neighborhood Survey

- 16.2% stated all the time
- 13.5% stated most the time
- 19.6% stated some of the time
- 16.1% stated a little of the time
- 33.9% stated none of the time
- 0.9% stated refused / don't know

2014 Neighborhood Survey

- 14.7% all the time
- 11.4% most the time
- 32.7% some of the time
- 13.9% a little of the time
- 27% none of the time

- During the past 30 days, how often did you feel hopeless?

2022 Neighborhood Survey

- 16.1% stated all the time
- 3.6% stated most the time
- 19.6% stated some of the time
- 15.2% stated a little of the time
- 42.9% stated none of the time
- 2.7% stated refused / don't know

2014 Neighborhood Survey

- 9% all the time
- 8.1% most the time
- 29.5% some of the time
- 16.3% a little of the time
- 36.8% none of the time

Implications:

- More people report feeling sadness, nervousness and hopelessness in Heartside (see tables below) than those on a national level (NHIS, 2021).

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

Feel so sad nothing cheers you up ...	National 2021	Heartside 2022	Heartside 2014
All of the time	0.7%	13.4%	11.4%
Most of the time	1.7%	12.5%	9.8%
Some of the time	6.5%	17.0%	36%
A little of the time	11.9%	20.5%	21.3%
None of the time	76.7%	34.8%	21.3%
Refused / don't know	2.5%	1.8%	

Feel nervous	National 2021	Heartside 2022	Heartside 2014
All of the time	1.8%	16.2%	14.7%
Most of the time	3%	13.5%	11.4%
Some of the time	13.8%	19.6%	32.7%
A little of the time	22.7%	16.1%	13.9%
None of the time	56.2%	33.9%	27%
Refused / don't know	2.5%	0.9%	
Feel Hopeless			
All of the time	0.8%	16.1%	9%
Most of the time	1.1%	3.6%	8.1%
Some of the time	4.5%	19.6%	29.5%
A little of the time	6.3%	15.2%	16.3%
None of the time	84.8%	42.9%	36.8%
Refused / don't know	2.6%	2.7%	

Feels so sad nothing cheers you up ...	National 2021	Heartside 2022	Heartside 2014
All or most of the time	2.4%	25.9%	21.2%
Some of the time	6.5%	17.0%	36%
Feels nervous			
All or most of the time	4.8%	29.7%	26.1%
Some of the time	13.8%	19.6%	32.7%
Feels Hopeless			
All or most of the time	1.9%	19.7%	17.1%
Some of the time	4.5%	19.6%	29.5%

e. Smoking:

2022 Neighborhood Survey (N=112)

- 71.4% of participants have smoked at least 100 cigarettes in their life.
Of those who have smoked at least 100 cigarettes N=80
 - 16.3% don't smoke at all anymore
 - 35.0% smoke some days
 - 48.8% smoke everyday
- Of those who are presently smoking N=67
 - 64.2% have stopped smoking for 1 day or longer during the last 12 months because they were trying to quit, while 34.3% have not, and 1.5% did not know or did not answer.
 - 46.3% are aware of local programs or services that are available to help you quit smoking, while 49.3% are not, 3% stated they were unsure and 1.5% did not answer.

2014 Neighborhood Survey (N=122)

- 84% of participants have smoked at least 100 cigarettes in their life.
Of those who have smoked at least 100 cigarettes (N=102)
 - 13% don't smoke at all anymore
 - 16% smoke some days
 - 72% smoke everyday
- Of those who are presently smoking N=89
 - 58.4% have stopped smoking for 1 day or longer during the last 12 months because they were trying to quit, while 39.3% have not, and 2.2% did not know or did not answer.
 - 60% are aware of local programs or services that are available to help you quit smoking, while 37% are not, 1% stated they were unsure and 2% did not answer.

Implications:

- Those surveyed in Heartside who have smoked at least 100 cigarettes in their life dropped from 84% in 2014 to 71.4% in 2022. Although smoking has decreased in the neighborhood, it is still higher than the national percentage of 35.7%, the median rate of 36.9% for states nationwide and the Michigan rate of 42.8% (BRFSS, 2022; MDHHS, 2022; NHIS, 2021).
[NHIS Frequency Codebook \(cdc.gov\)](#)
[Table 1: Health Status \(michigan.gov\)](#)
[BRFSS Codebook 2021 \(cdc.gov\)](#)
- Of those in Heartside who have smoked 100 cigarettes in their life, a higher percent (83.8%) still smoke every day or some days compared with 31.5% nationally, and a median rate of 36.2% for states nationwide (BRFSS, 2022; NHIS, 2021).
[BRFSS Codebook 2021 \(cdc.gov\)](#)
[NHIS Frequency Codebook \(cdc.gov\)](#)
- In Heartside, 64.2% of smokers have stopped for 1 day or longer in the past 12 months because they were trying to quit. This was a slight increase in smoking cessation attempts compared to 2014 where 58.4% of smokers had reported stopping for a day or longer because they were trying to quit. In addition, it is higher than the median rate of 51.6% for states nationwide and the Michigan rate of 57.1% (BRFSS, 2022; MDHHS, 2022).
[Table 1: Health Status \(michigan.gov\)](#)
[BRFSS Codebook 2021 \(cdc.gov\)](#)
- Those who are aware of local programs/services to help quit smoking decreased from 60% in 2014 to 46% in 2022

f. Exercise

- During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breath hard some of the time.

2022 Neighborhood survey

- 50.9% stated every day (7 out of 7)
- 4.5% stated six days (6 out of 7)
- 2.7% stated five days (5 out of 7)
- 5.4% stated four days (4 out of 7)
- 8.9% stated three days (3 out of 7)
- 8.0% stated two days (2 out of 7)
- 5.4% stated one day (1 out of 7)
- 14.3% stated zero days (0 out of 7)

2014 Neighborhood survey

- 51.2% stated every day (7 out of 7)
- 1.7% stated six days (6 out of 7)
- 3.3% stated five days (5 out of 7)
- 7.4% stated four days (4 out of 7)
- 12.4% stated three days (3 out of 7)
- 9.9% stated two days (2 out of 7)
- 5.8% stated one day (1 out of 7)
- 6.6% stated zero days (0 out of 7)
- 1.7% were unsure

Implications:

- 72.4% of those surveyed stated that they were physically active for 60 minutes a day at least 3 days per week. This is similar to the rate in 2014 which was 76%. This is noted as a strength for the neighborhood.

4. Interest in being involved in strategic planning:

- Would you be interested in coming to neighborhood planning meetings to help us plan ways to improve the health of Heartside neighborhood?

2022 Neighborhood Survey

- 59.8% stated yes
- 38.4% stated no
- 1.8% stated unsure or did not answer

2014 Neighborhood Survey

- 75% stated yes
- 25% stated no

Implications:

- Although approximately 60% of those surveyed were interested in being involved in planning how to improve the health of Heartside neighborhood, there was a notable drop in community engagement since 2014 which was 75%.

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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.