

NUR 4010 COMMUNITY HEALTH NURSING

Formal Group Service Learning Project
Zip Code 11220 (Sunset Park) &
Zip Code 11209 (Bay Ridge)



Our Photographer



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- Sources of information: nyc.gov, webmd.com, mayoclinic.org, choosemyplate.org, ghc.org, healthguide.org, nih.org

COMMUNITY ASSESSMENT

SUNSET PARK 11220





SUNSET PARK DEMOGRAPHIC INFORMATION

- As of the year 2000 there were 120,441 persons living in Sunset Park.

Adults 18-65 comprised 65%, children up to 17 years of age 27% and older adults over 65 years 9%. Race/Ethnicity was a combination of Hispanic 50%, Asian 25%, White 19% and others 6%.

- Of the total population 26% have an education up to the 8th grade while 21% had some high school. A high school diploma was earned by 25% while only 15% had some college and 13% graduated college. According to the community health profile 49% of the Sunset Park residents are foreign born.

COMMUNITY HEALTH NEEDS OF SUNSET PARK

Cancer

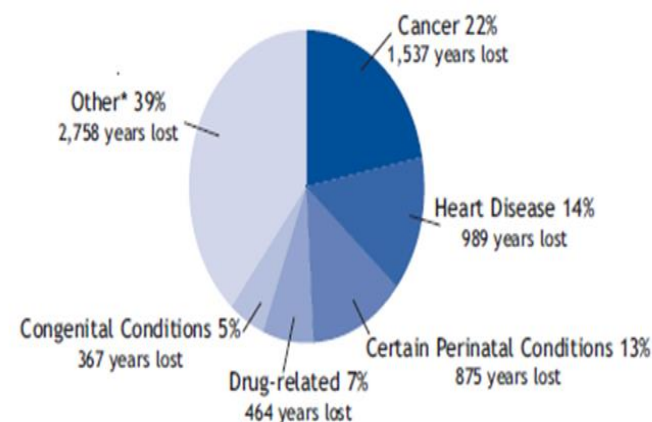
- Men: Lungs, Colon, & Pancreas
- Women: Breast, Colon, & Lungs

Heart Disease

- 1 in 5 adults in Sunset Park are obese
- 24% adults have high blood pressure
- 21% adults have high cholesterol

Top 5 causes of years of potential life lost

Cancer causes the most years of potential life lost in Sunset Park



*Other includes HIV-related (4%), Homicide (4%), Accidents (3%), Pneumonia and Influenza (2%), Suicide (2%), and Other (24%).

Data Source: Bureau of Vital Statistics, NYC DOHMH, 2002-04

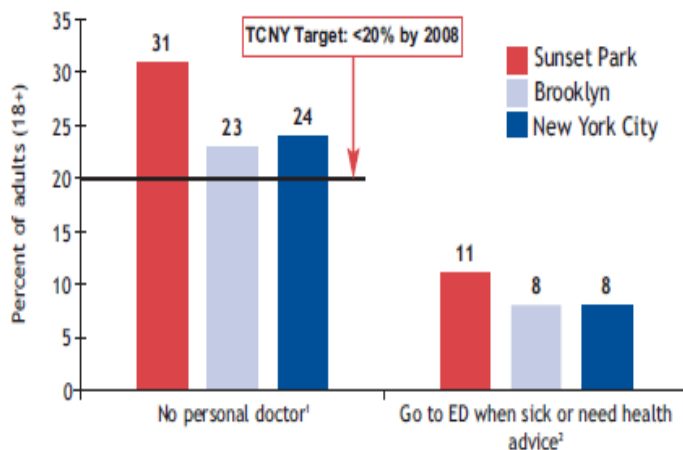
☉ Access to Health Care

> No regular health care provider

> Uninsured 26%

Access to care

Without a primary provider, people may seek routine health care in the emergency department (ED)

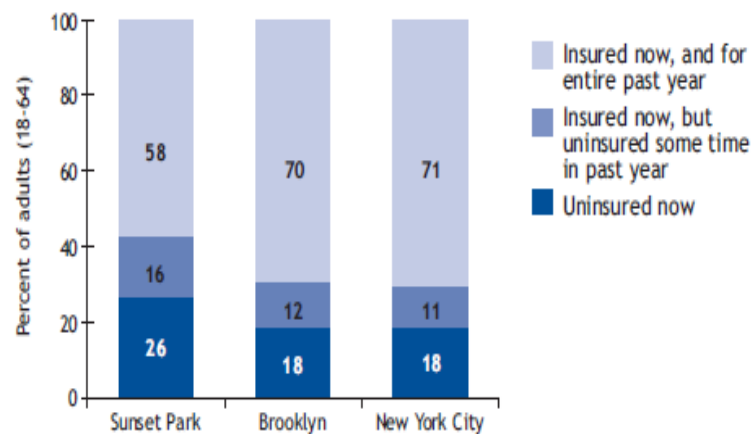


Percents are age-adjusted.

Data Sources: ¹NYC Community Health Survey 2002-03-04, ²NYC Community Health Survey 2003-04

Health insurance

More than 4 in 10 adults in Sunset Park are uninsured or went without health insurance during the past year



Insurance rates are calculated for adults aged 18-64 and age-adjusted.

Data Source: NYC Community Health Survey 2002-03-04

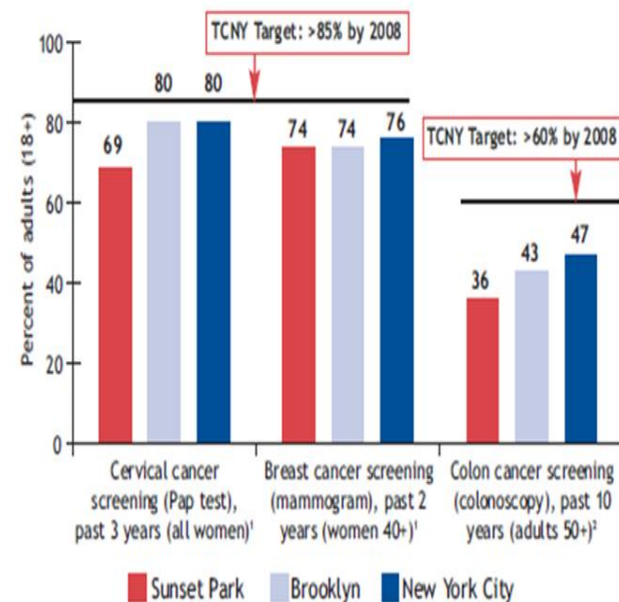
SOLUTIONS

Overall cancer screening in sunset park is lower Cancer Screening

- Pap Test
 - ✓ Every 3 years over age 21 or since sexually active
- Mammogram
 - ✓ Annually over age of 40
- Colonoscopy
 - ✓ Every 5 years over age of 50

Cancer screenings

In Sunset Park, cancer screening is much lower than TCNY targets



Percents are age-adjusted.

Data Sources: ¹NYC Community Health Survey 2002 & 2004, ²NYC Community Health Survey 2003-04

- ◎ Healthier blood pressure and cholesterol levels are associated with reduced risks of heart attacks and strokes
- ◎ Eating a healthy diet, exercising regularly, and maintaining a healthy weight are all help to keep blood pressure and cholesterol at healthy levels
 - 20 minutes of vigorous exercise 3 times per week
 - 30 minutes of moderate exercise 5 times per week

ACCESS HEALTH CARE

- ⦿ Encourage people with insurance to select a primary care provider (PCP)
- ⦿ Encourage community to have regular or annual check up with PCP for early detection and prevention of diseases
- ⦿ Inform uninsured personnel that there are free and low cost health insurance through Medicaid and Family Health Plus

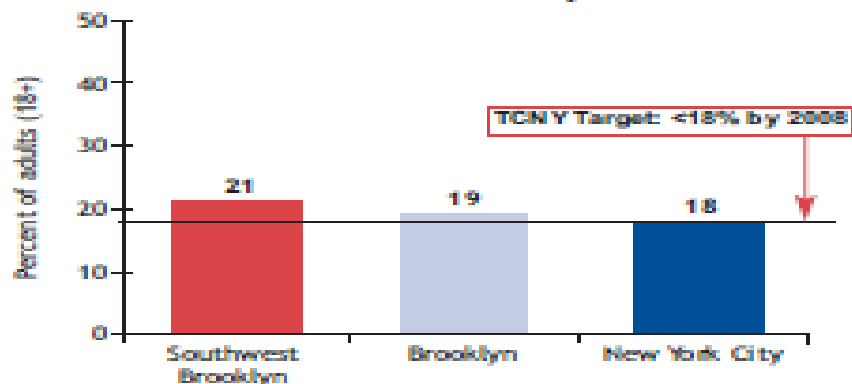
COMMUNITY ASSESSMENT: BAY RIDGE

- Brooklyn Community District 10
- 11209, Southwest Brooklyn
- 194,600 people → largest age groups being 32% ages 25-44, and 23% ages 45-64
- 75% have a high school diploma or beyond
- Poverty is at 16%, lower than Brooklyn (25%) and NYC (21%)
- 40% foreign born
- 71% White, 15% Asian, 9% Hispanic, 4% other, 1% Black
- 4th Avenue subway line built in 1915 → Bay Ridge begins to transform from rural/suburban to urban
 - High rise apartment buildings with interior courtyards
 - 1-2 family homes with bay fronts, garages, basements, and lawns

HEALTH CONCERNS FOR A PART OF SOUTHWEST BROOKLYN

Residents who smoke

One in 5 adults in Southwest Brooklyn smokes . . .

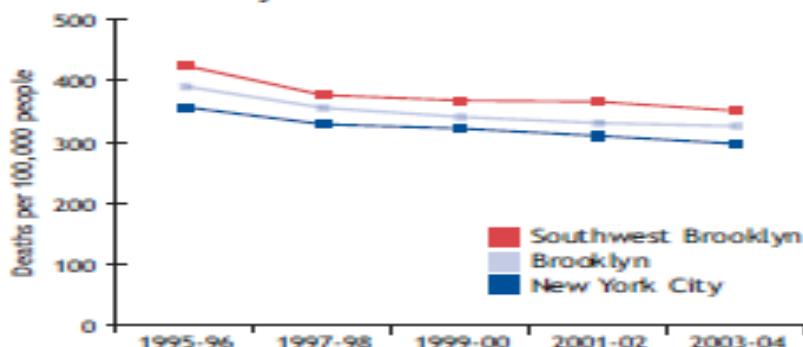


Percents are age-adjusted.

Data Source: NYC Community Health Survey 2004

Deaths due to heart disease

The heart disease death rate is higher in Southwest Brooklyn

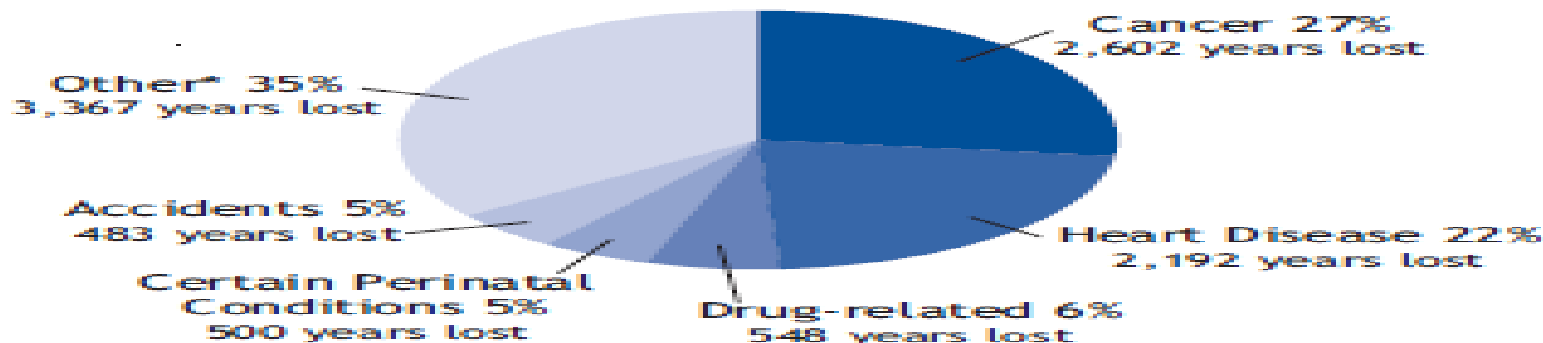


Rates are age-adjusted.

Data Sources: Bureau of Vital Statistics, NYC DOHMH, 1995-2004; U.S. Census 1990 and 2000/ NYC Department of City Planning

Top 5 causes of years of potential life lost

Cancer causes the most years of potential life lost in Southwest Brooklyn



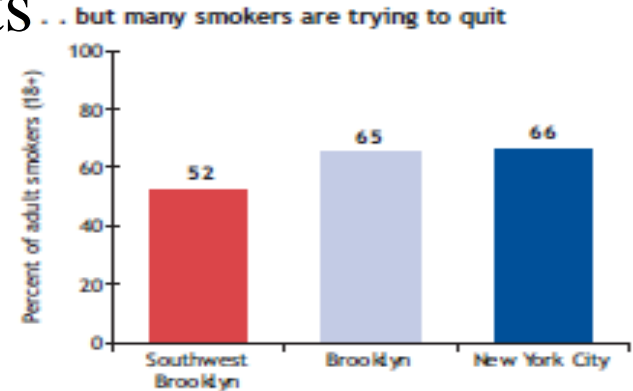
*Other includes Suicide (5%), Chronic Lower Respiratory Disease (2%), Congenital Conditions (2%), Diabetes (2%), Pneumonia and Influenza (2%), and Other (22%).

Data Source: Bureau of Vital Statistics, NYC DOHMH, 2002-04

SOLUTION

- From the graph there has been attempts to quit smoking in 2005.
- Many methods to quit smoking are available, and just over half of smokers in Southwest Brooklyn (52%) are trying to kick the habit
- Controlling diabetes, obesity, hypertension and high cholesterol; physical activities help people to maintain healthy weight and strengthen the cardiovascular system

Attempts to quit smoking in the past year

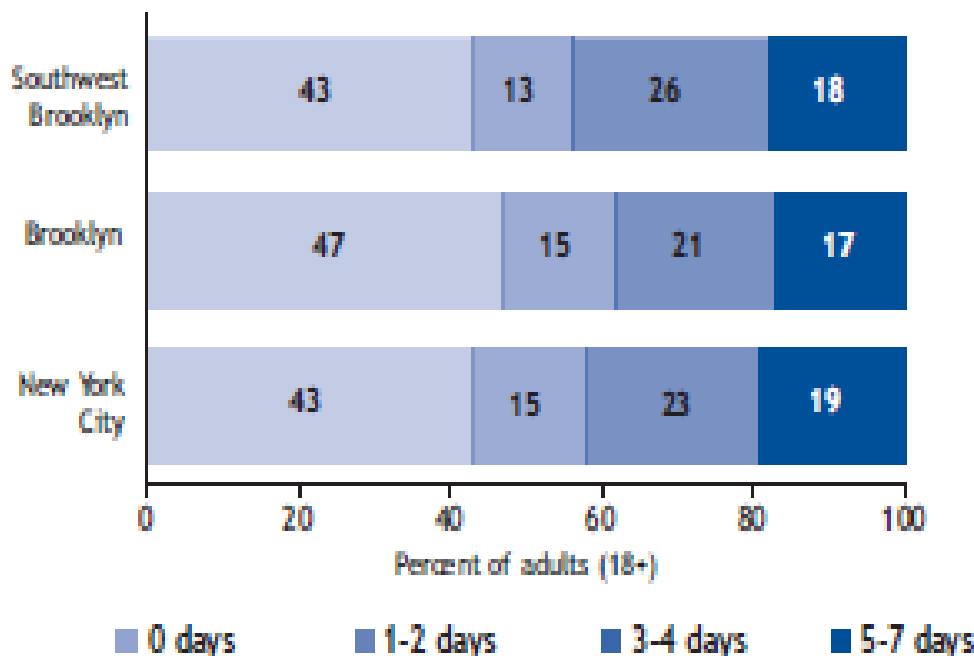


Percents are age-adjusted.
Data Source: NYC Community Health Survey 2004

The cancer solutions are the same as from Sunset Park.

Days per week of recreational exercise

Less than half of Southwest Brooklyn are meeting physical activity recommendations



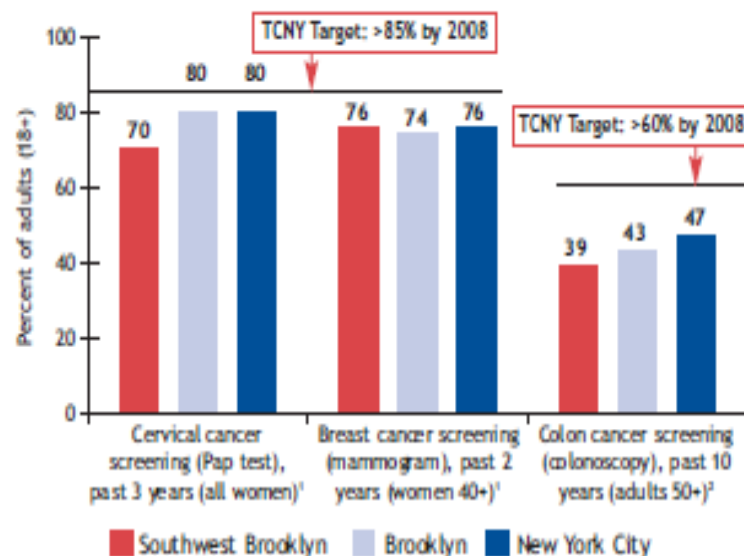
Survey Question: On average, how many days per week do you exercise for at least 30 minutes?
Percents are age-adjusted.
Data Source: NYC Community Health Survey 2003



GOAL 7 Get Checked for Cancer

Cancer screenings

In Southwest Brooklyn, cancer screening is lower than TCNY targets



Percents are age-adjusted.

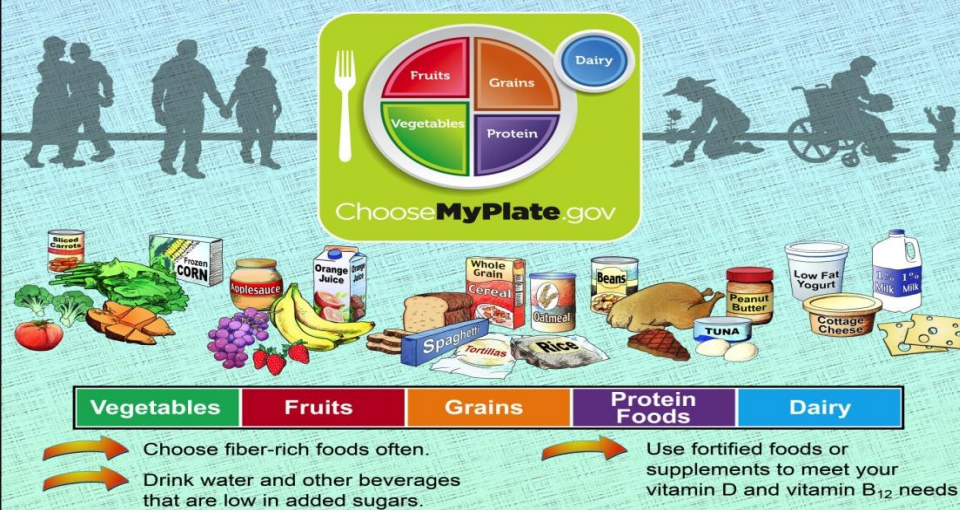
Data Sources: ¹NYC Community Health Survey 2002 & 2004, ²NYC Community Health Survey 2003-04

STRESS PRESENTATION



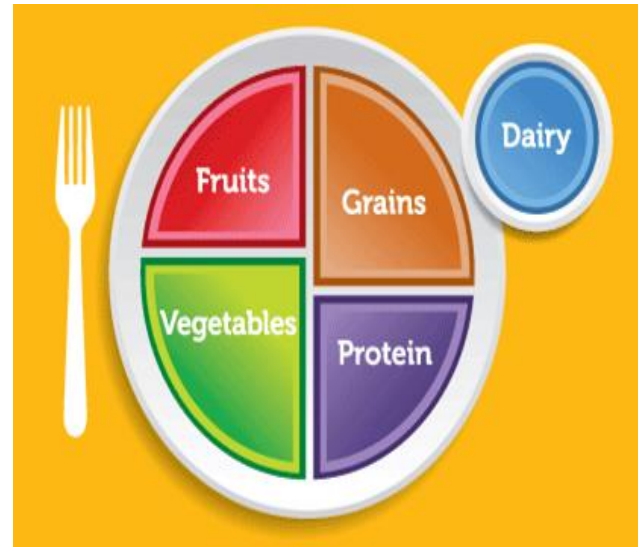
NUTRITION FOR A HEALTHIER YOU

MyPlate for Older Adults



PREVENTION AND CONTROL OF HYPERTENTION

- **Dietary**
- **Approach to**
- **Stop**
- **Hypertension**



EVALUATION OF SERVICE LEARNING PROJECT

- ◎ The project contributed to our growth as professionals
- ◎ Allowed us to get an in-depth look in to the individuals to whom we serve by looking at the community
- ◎ Helped in development and maturing of our collaborative skills
- ◎ Emphasized the importance of advocacy especially in regards to meeting the needs of the community