

# CREATING HEALTHY COMMUNITIES

The Greenville Healthy Neighborhoods Project, 2014-2015



UNIVERSITY OF  
**SOUTH CAROLINA**



*Greenville Dreams*

**LiveWell!**  
greenville

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## ACKNOWLEDGEMENTS

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- Sandra Canty, Green Avenue
- Sloan Sitton, West End
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## OVERVIEW

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**“Most of the communities where Americans live are important contributors to current public health problems. Simultaneously, they can also be the source of important solutions to these problems.”**

- Frank et al., 2003, *Health and Community Design*

The way our neighborhoods are designed plays a significant role in promoting individual and community health by influencing health behaviors such as physical activity and healthy eating. The social environments of neighborhoods, such as safety and the strength of relationships and trust between neighbors, also influence physical and mental health. However, there is still much to learn about the diverse factors within specific neighborhoods that affect health behaviors and outcomes in order to create healthier neighborhoods and communities for current and future generations.

The Greenville Healthy Neighborhoods Project (GNHP) is a partnership between three organizations, all with a strong interest in the health and well-being of Greenville residents: LiveWell Greenville, the University of South Carolina Arnold School of Public Health, and Greenville Dreams. The Project occurred in eight historically-disadvantaged neighborhoods that were part of the Greenville Dreams coalition and were selected to sample across varying neighborhood attributes (i.e., number of public parks) and demographics (i.e., median household income). The goals of this initial phase of the GNHP were to i) objectively and subjectively assess various aspects of both the physical and social environments of these neighborhoods, and ii) examine how these elements impact health behaviors and outcomes among residents. Future phases of the GNHP, pending consultation with the current eight neighborhoods and additional interested communities, will seek funding to develop and implement multi-level interventions to address factors that influence health and well-being among children and adults.

To accomplish the goals outlined above, the GNHP involved two complementary methods of data collection. Initially, focus groups in February through May 2014 involved in-depth discussions with residents of all eight neighborhoods to explore their perceptions of how neighborhood attributes are associated with health behaviors and outcomes (see Appendix A for the GNHP focus group guide). A total of 76 adult residents (95% African American, 72% female, mean age=61.5 years) participated in the eight focus groups and all eight groups were transcribed and analyzed using established procedures to identify salient themes and comments. Subsequently, a neighborhood resident survey was developed to further explore key topics that arose during the focus groups and other issues related to resident and community health. During Fall 2014, data were collected in each of the eight neighborhoods using a snowball sampling approach in which residents completed the survey themselves and then recruited additional neighbors to participate. The survey captured information about the physical characteristics of the neighborhood, such as the quality of sidewalks and parks, as well as social attributes, such as the strength of relationships between neighbors. Residents that completed the surveys also provided information about their health status and health behaviors (see Appendix B for the GNHP neighborhood survey). In total, 430 completed surveys were gathered across the eight neighborhoods.

This report provides summaries of the findings from each of the eight neighborhoods participating in the Project followed by a conclusion which aggregates and compares the data from all eight neighborhoods and provides recommendations for future phases of the GNHP. This information, combined with the immense institutional and contextual knowledge present within each neighborhood, can aid in better understanding how to improve the health of all Greenville residents.

## GREEN AVENUE

Green Avenue historic district in the City of Greenville, SC is one of the oldest neighborhoods in Greenville. Residents of Green Avenue completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=11 participants) and household surveys (n=22 respondents). This report is intended to summarize some of the most interesting and important findings.

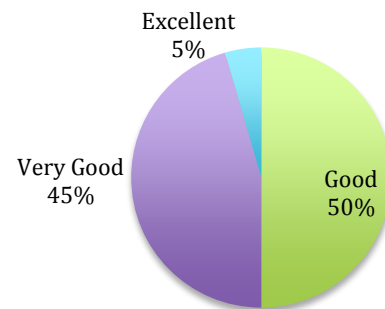
Table 1.

*Survey participant demographics (n=22)*

	% or Mean
Age	41.4 years
Gender	
Female	81.8%
Male	13.6%
Race/Ethnicity	
Black/African American	59.1%
White	36.4%
Average length of residency	9.7 years
Education	
High School or GED	22.7%
Some college	9.1%
Two year college degree	13.6%
Four year college degree	31.8%
Advanced degree	18.2%
Employment status	
Employed full/part-time	68.1%
Student	9.1%
Retired	4.5%
Other	9.0%
Households with Annual Income Less than \$45,000	59.0%
Home ownership status	
Own	63.6%
Rent	22.7%
Other Arrangement	9.1%

### NEIGHBORHOOD CHARACTERISTICS

"Overall, how would you rate your neighborhood as a place to live?"



### 3.8 Green Avenue Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"I think initially I would say I moved here because of the convenience, however I chose to stay here... because of the kindness of my neighbors."*

*-Green Avenue Resident*



Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=22)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	3.33	0.96
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.67	0.86
It is easy to walk to a bus stop from my home	4.45	0.51
There are many places to buy things I need within easy walking distance of my home	3.05	1.33
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.05	0.50
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.60	0.82
Crime in my neighborhood makes it unsafe to walk the streets at night	3.00	1.10
Children are safe walking around the neighborhood during the day	3.33	0.97
There are unleashed/stray dogs in my neighborhood	3.05	1.12
There is a lot of crime in my neighborhood	3.10	0.91
There is a safe park in my neighborhood	3.20	1.15
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.55	0.96
There is lots of greenery around my neighborhood (trees, gardens)	3.59	0.91
There are well-maintained sidewalks along most of the streets in my neighborhood	3.75	0.64
There is shade along many of the sidewalks in my neighborhood	3.48	0.93
There are pleasant natural features in my neighborhood	3.19	0.87
There are attractive buildings and homes in my neighborhood	3.86	0.57
My neighborhood is generally free from unattractive graffiti	4.32	0.57
There are many interesting things to look at in my neighborhood	2.81	0.87

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“I mean we do have sidewalks, but some of them aren’t always maintained, and cars are parked on them... I’d like to see more bike paths on some streets.”*

*“This neighborhood is really beautiful. You have to look at it from a certain angle, but [the scenery] is so gorgeous here.”*

*-Green Avenue Residents*



## HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported good to very good overall health.

*"I've heard of a program that's called walking buddies, where you get a couple of your neighbors... together and you go out two or three times a week... That would be a way of getting neighbors out exercising and getting to meet other people in the neighborhood ... I think that's a pretty good idea."*

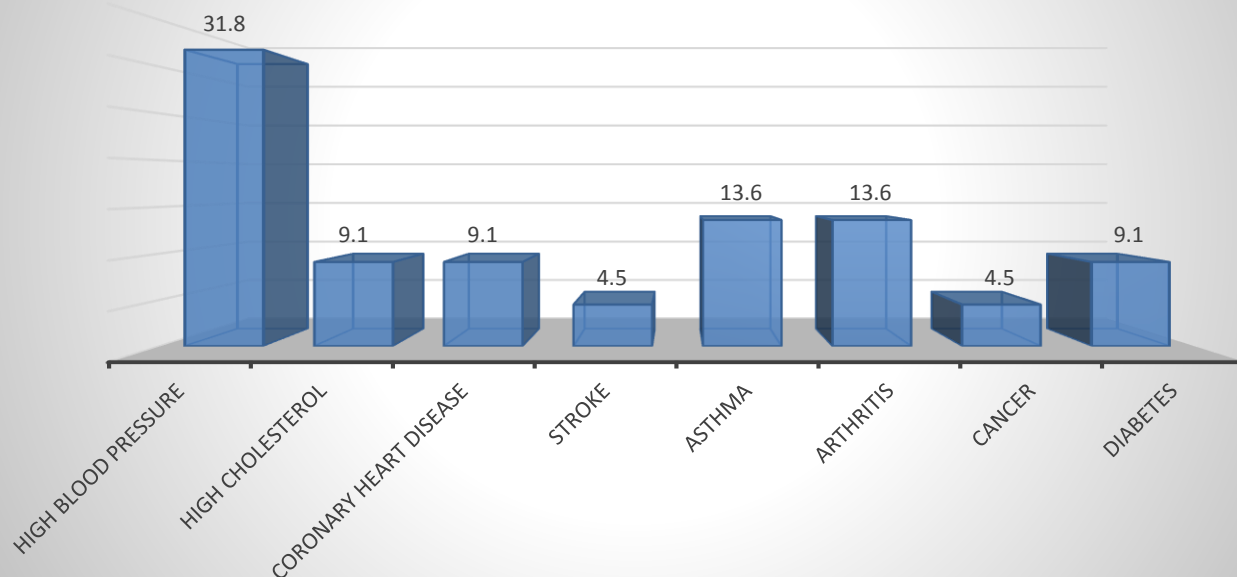
*-Green Avenue Resident*

**Figure 1. Perceived Health**



Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of Green Avenue were affected by the following chronic diseases.

**Figure 2. Percentage of Residents with Chronic Disease**



## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

65%

**The percentage of Green Avenue residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

88%

**The percentage of Green Avenue residents who reported walking within the past week.**

Top places listed by Green Avenue residents to go for a walk:

- Around the neighborhood
- To and from work
- Downtown Greenville

2.82  
cups

**The average amount of fruits and vegetables consumed by Green Avenue residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by Green Avenue residents to purchase fresh fruits and vegetables:

- BI-LO
- Publix
- Farmers Market



*“One thing that we’ve just started is our garden, community garden, and I think that’ll contribute to like a healthier eating lifestyle, perhaps. Nothings produced yet, but... It’ll get there!”*

*“Having a community garden allows everyone in the neighborhood there to participate... and helps them eat healthier, and allows their children there to be able to have an idea of how to grow food themselves as they enter adulthood.”*

*-Green Avenue Residents*



## GREENLINE-SPARTANBURG

Greenline-Spartanburg historic district in the City of Greenville, SC is one of the oldest neighborhoods in Greenville. Residents of Greenline-Spartanburg completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=10 participants) and household surveys (n=62 respondents). This report is intended to summarize some of the most interesting and important findings.

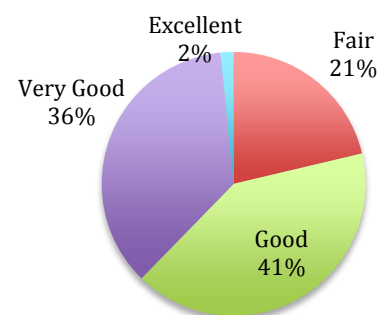
Table 1.

*Survey participant demographics (n=62)*

	% or Mean
Age	53.3 years
Gender	
Female	66.1%
Male	30.6%
Race/Ethnicity	
Black/African American	87.1%
White	8.1%
Average length of residency	13.4 years
Education	
Less than high school	21.0%
High school or GED	51.6%
Some college	8.1%
2 or 4 year degree & advanced degree	14.5%
Employment status	
Employed part-time	16.1%
Employed full-time	30.6%
Retired	19.4%
Disability or unemployed	19.3%
Other	9.6%
Households with Annual Income Less than \$45,000	72.6%
Home ownership status	
Own	17.7%
Rent	66.1%
Other Arrangement	11.3%

### NEIGHBORHOOD CHARACTERISTICS

"Overall, how would you rate your neighborhood as a place to live?"



### 3.3 Greenline-Spartanburg Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"You can describe it as family, you know. My neighbors... I mean we have problems, but it's more like a family thing overall. I think that's what makes it really special, that everybody really knows each other."*

*-Greenline Spartanburg resident*

Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=62)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	2.48	1.19
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.47	1.21
It is easy to walk to a bus stop from my home	3.80	1.07
There are many places to buy things I need within easy walking distance of my home	2.38	1.07
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.08	0.98
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.56	1.18
Crime in my neighborhood makes it unsafe to walk the streets at night	2.77	1.24
Children are safe walking around the neighborhood during the day	3.85	0.97
There are unleashed/stray dogs in my neighborhood	3.15	1.24
There is a lot of crime in my neighborhood	2.63	1.00
There is a safe park in my neighborhood	3.66	1.20
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.20	1.26
There is lots of greenery around my neighborhood (trees, gardens)	4.07	1.06
There are well-maintained sidewalks along most of the streets in my neighborhood	3.08	1.37
There is shade along many of the sidewalks in my neighborhood	3.18	1.26
There are pleasant natural features in my neighborhood	2.52	1.30
There are attractive buildings and homes in my neighborhood	3.19	1.19
My neighborhood is generally free from unattractive graffiti	3.69	1.22
There are many interesting things to look at in my neighborhood	2.20	1.01

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“Sometimes I feel a little uncomfortable for our kids because I do see some undesirables walking up and down the street.... I get a little weary about that.”*

*“Yeah we used to have a grocery store that was right there, it was walking distance for everybody. But over the years I guess... the money wasn’t coming in. There wasn’t too much money to keep it open, so they just closed it.”*

*-Greenline-Spartanburg residents*



HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported fair to good overall health.

*“I think healthy is just getting along with everyone... A healthy mind, healthy home, healthy neighborhood.”*

*“Pick one [health behavior] and say ok this is what I’m going to work on, and just work on that gradually. We’re so used to the instant way... but it takes time! It takes work and practice.”*

*-Greenline Spartanburg residents*

Figure 1. Perceived Health

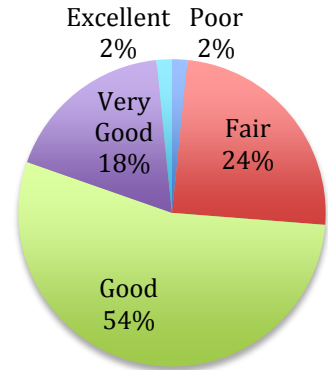
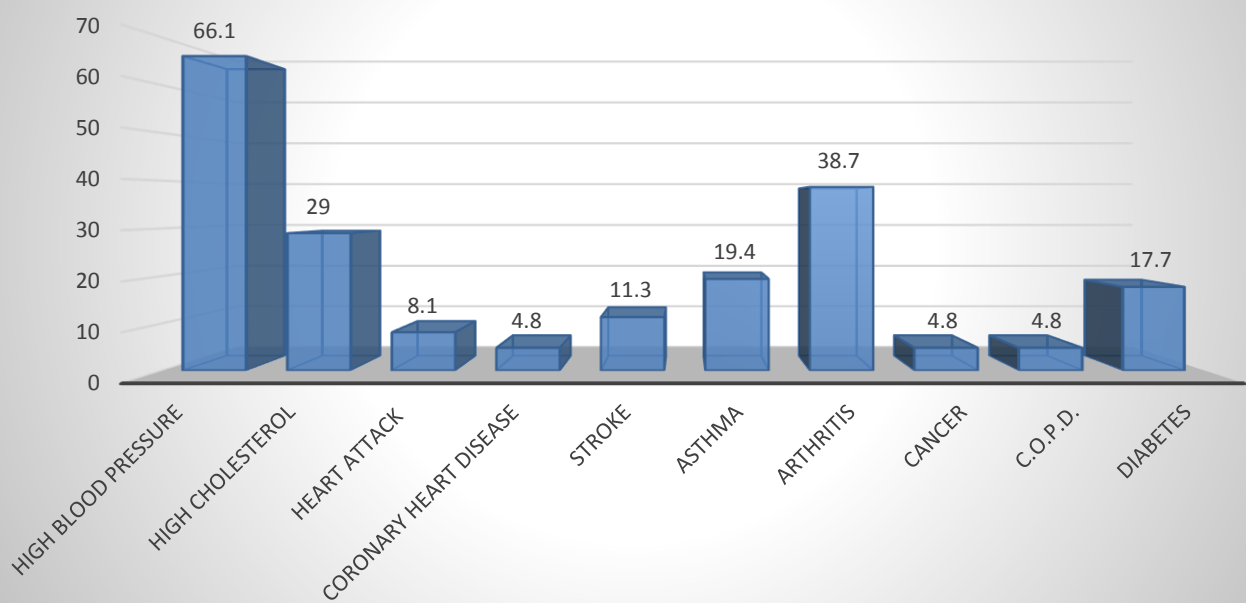


Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of Greenline-Spartanburg were affected by the following chronic diseases.

Figure 2. Percentage of Residents with Chronic Disease



## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

35%

**The percentage of Greenline-Spartanburg residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

73%

**The percentage of Greenline-Spartanburg residents who reported walking within the past week.**

Top places listed by Greenline-Spartanburg residents to go for a walk:

- Around the neighborhood
- To a nearby store
- To and from work

2.75  
cups

**The average amount of fruits and vegetables consumed by Greenline-Spartanburg residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by Greenline Spartanburg residents to purchase fresh fruits and vegetables:

- BI-LO
- Wal-Mart
- Farmers Market



*“Well I just like to see [the garden] grow and know that I’m a part of it. I really enjoy that. My hands helped to start up a plant and it keeps on growing and you see vegetables and eat them. That’s a good feeling, you know, I did this!”*

*-Greenline Spartanburg Resident*



## HAYNIE-SIRRINE

Haynie-Sirrine historic district in the City of Greenville, SC was founded in the late 1800's. Haynie-Sirrine residents completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=8 participants) and household surveys (n=34 respondents). This report is intended to summarize some of the most interesting and important findings.

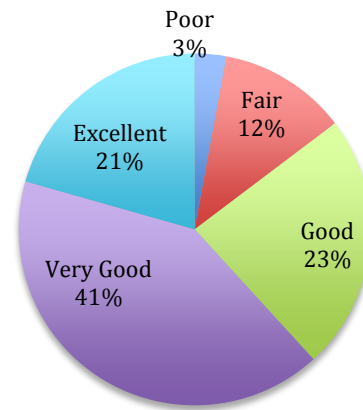
Table 1.

*Survey participant demographics (n=34)*

	% or Mean
Age	61.5 years
Gender	
Female	50.0%
Male	44.1%
Race/Ethnicity	
Black/African American	64.7%
White	29.4%
Average length of residency	5.7 years
Education	
Less than high school	14.7%
High school or GED	35.3%
Some college and 2 year degree	17.7%
Four year or advanced degree	26.5%
Employment status	
Employed full-time	17.6%
Retired	50.0%
Unemployed	5.9%
Full time student	5.9%
Other	14.7%
Households with Annual Income Less than \$45,000	61.7%
Home ownership status	
Own	29.4%
Rent	61.8%
Other Arrangement	2.9%

### NEIGHBORHOOD CHARACTERISTICS

**"Overall, how would you rate your neighborhood as a place to live?"**



### 3.4 Haynie-Sirrine Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"Haynie-Sirrine has an identity, it's an old established community. I mean, everybody who's anybody knows about Haynie-Sirrine."*  
*-Haynie-Sirrine resident*



Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=34)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	2.80	1.03
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.55	1.20
It is easy to walk to a bus stop from my home	4.00	1.00
There are many places to buy things I need within easy walking distance of my home	3.12	1.32
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.22	1.13
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.52	1.09
Crime in my neighborhood makes it unsafe to walk the streets at night	2.39	0.99
Children are safe walking around the neighborhood during the day	3.61	1.05
There are unleashed/stray dogs in my neighborhood	3.03	1.28
There is a lot of crime in my neighborhood	2.70	1.09
There is a safe park in my neighborhood	3.97	0.85
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.52	1.09
There is lots of greenery around my neighborhood (trees, gardens)	3.76	1.02
There are well-maintained sidewalks along most of the streets in my neighborhood	3.65	1.15
There is shade along many of the sidewalks in my neighborhood	3.32	1.09
There are pleasant natural features in my neighborhood	3.42	1.20
There are attractive buildings and homes in my neighborhood	3.82	0.90
My neighborhood is generally free from unattractive graffiti	3.88	1.01
There are many interesting things to look at in my neighborhood	3.06	1.06

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“One of the problems you have in this neighborhood, we need a community center... In the community that we could build, that the city should build in the community, so we could have a gathering center, someplace.”*

*“We need a larger place. Logan Park is good, but we need a little larger place where we can be with each other.”*

*-Haynie-Sirriner residents*



HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported good to very good health.

*“Well there’s the thing now, everybody seems to be more health conscious about what they eat now. We all know we can’t eat like we did when we were children, all of that fat and cholesterol and all of that kind of stuff.”*

*-Haynie-Sirrine resident*

Figure 1. Perceived Health

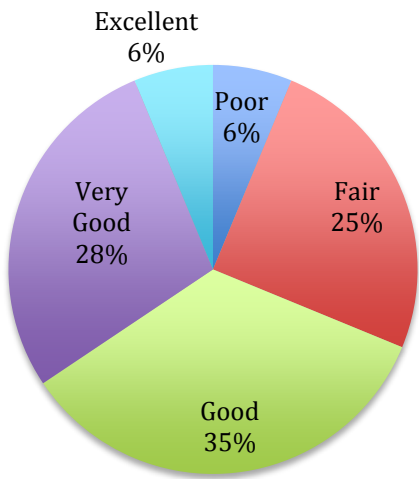
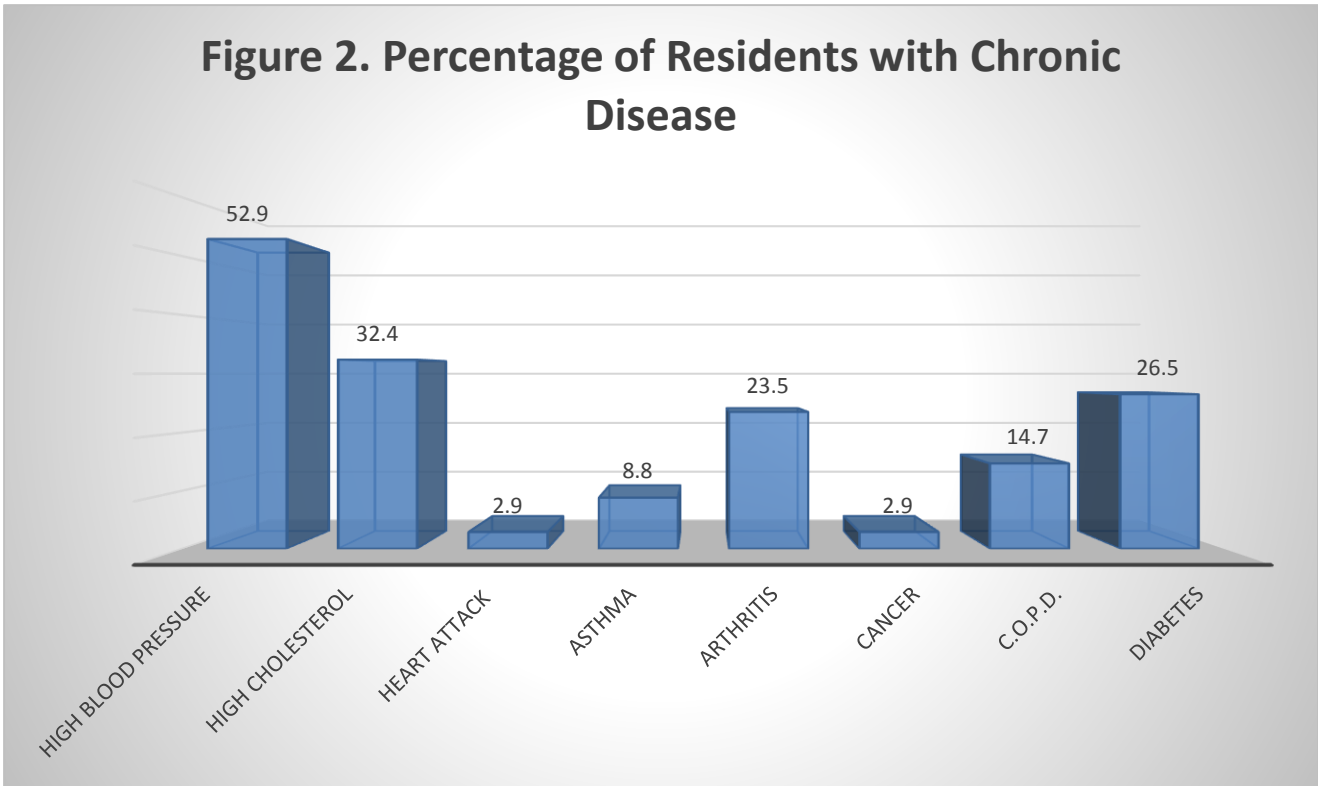


Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of Haynie-Sirrine were affected by the following chronic diseases.



## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

# 31%

**The percentage of Haynie-Sirrine residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

# 82%

**The percentage of Haynie-Sirrine residents who reported walking within the past week.**

Top places listed by Haynie-Sirrine residents to go for a walk:

- Around the neighborhood
- Downtown Greenville
- Swamp Rabbit Trail

# 2.84 cups

**The average amount of fruits and vegetables consumed by Haynie-Sirrine residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by Haynie-Sirrine residents to purchase fresh fruits and vegetables:

- BI-LO
- Publix
- Wal-Mart

*“It would be nice for everybody to have a little group that we go walking in the morning, but a lot of us have arthritis, like me... you know, we can’t walk like that... A lot of people walk around Haynie-Sirrine; it’s a safe neighborhood. A lot of people walk through it from other places.”*

*“The problem is that we are in a nice location, within a mile range where everything will be, but at our age, who can walk a mile with a bag?”*

*Haynie-Sirrine residents*



## NICHOLTOWN

Nicholtown historic district in the City of Greenville, SC was founded in 1901. Residents of Nicholtown completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=10 participants) and household surveys (n=89 respondents). This report is intended to summarize some of the most interesting and important findings.

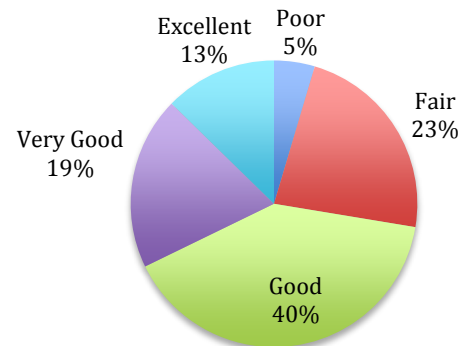
Table 1.

*Survey participant demographics (n=89)*

	% or Mean
Age	56.95 Years
Gender	
Female	67.4%
Male	29.2%
Race/Ethnicity	
Black/African American	93.3%
Other	2.2%
Average length of residency	15.7 years
Education	
Less than high school	30.3%
High school or GED	33.0%
Some College and Beyond	28.1%
Employment status	
Employed Full/Part-Time	23.6%
Retired	28.1%
Unemployed	10.1%
Disability	29.2%
Other	4.4%
Households with Annual Income	
Less than \$45,000	64.0%
Home ownership status	
Own	25.8%
Rent	58.4%
Other Arrangement	9.0%

### NEIGHBORHOOD CHARACTERISTICS

**"Overall, how would you rate your neighborhood as a place to live?"**



### 3.1 Nicholtown Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"Since I've been an adult this is the first neighborhood that I've ever lived in where I felt connected to people... and that's a big [deal] ... because although I lived in 'neighborhoods' I never felt attached to anything or anybody."*

*-Nicholtown Resident*



Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=89)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	3.10	1.27
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.59	1.07
It is easy to walk to a bus stop from my home	3.77	1.23
There are many places to buy things I need within easy walking distance of my home	3.06	1.38
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.60	1.08
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.98	1.23
Crime in my neighborhood makes it unsafe to walk the streets at night	3.14	1.23
Children are safe walking around the neighborhood during the day	3.48	1.08
There are unleashed/stray dogs in my neighborhood	2.70	1.21
There is a lot of crime in my neighborhood	3.01	1.14
There is a safe park in my neighborhood	3.49	1.14
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.11	1.16
There is lots of greenery around my neighborhood (trees, gardens)	3.68	1.17
There are well-maintained sidewalks along most of the streets in my neighborhood	3.09	1.30
There is shade along many of the sidewalks in my neighborhood	3.20	1.24
There are pleasant natural features in my neighborhood	3.36	1.25
There are attractive buildings and homes in my neighborhood	3.51	1.11
My neighborhood is generally free from unattractive graffiti	3.53	1.16
There are many interesting things to look at in my neighborhood	2.84	1.07

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“We have a beautiful area, our parks are beautiful, somebody is always down there doing the grounds improvement with the park... its soothing to the soul to a certain degree, just getting out walking.”*

*“There’s no sidewalks for [the children].. And even one of my neighbors, she has a wheelchair, and she had to ride in the street because there was no sidewalk for her to go out with her wheelchair, so that to me was a big negative.”*

*-Nicholtown residents*





HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported fair to good overall health.

*“When I was in the doctor’s office and heard a man leaving, he said, ‘had I known that I would have lived this long, I’d have taken better care of myself.’ I think about that a lot, I should have taken better care of myself... But we don’t think about that. It’s time.”*

*-Nicholtown resident*

Figure 1. Perceived Health

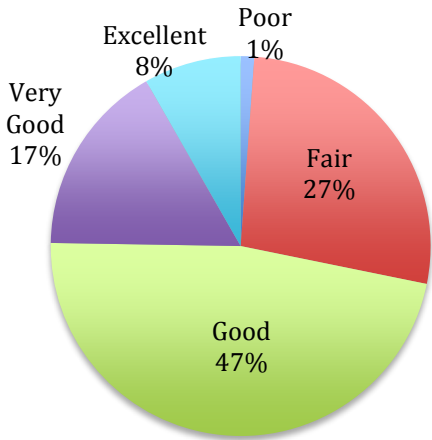
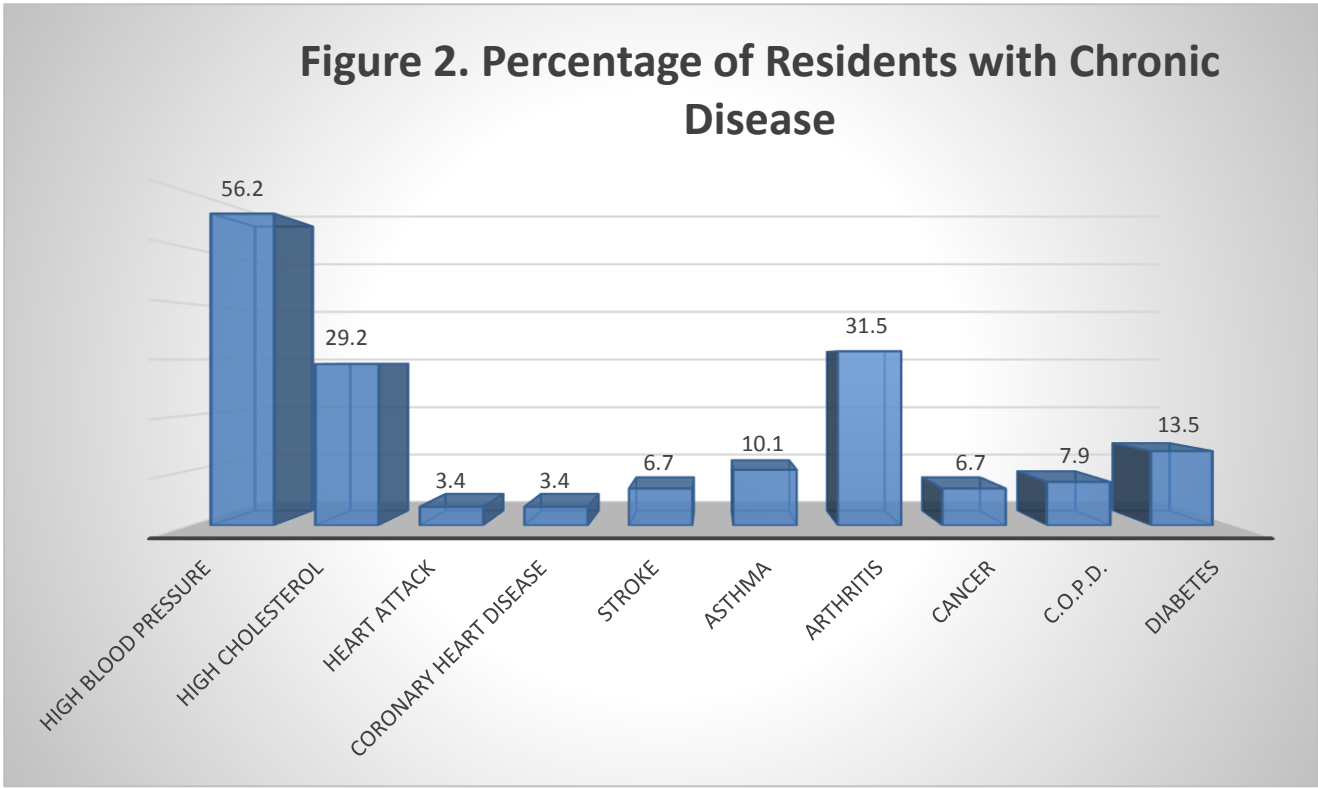


Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of Nicholtown were affected by the following chronic diseases.

Figure 2. Percentage of Residents with Chronic Disease



## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

43%

**The percentage of Nicholtown residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

71%

**The percentage of Nicholtown residents who reported walking within the past week.**

Top places listed by Nicholtown residents to go for a walk:

- Around the neighborhood
- Cleveland Park
- Swamp Rabbit Trail

3.08

**The average amount of fruits and vegetables consumed by Nicholtown residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

cups

Top places listed by Nicholtown residents to purchase fresh fruits and vegetables:

- BI-LO
- Publix
- Wal-Mart



*“That’s how we got our garden; sitting on the land, working on the land, planting seeds. We set up so that if you work in the garden you could eat from the garden, and it was accepted, but [then] we opened it up to the whole community... We don’t sell the veggies, we just give it away.”*

*-Nicholtown resident*

## PLEASANT VALLEY

Pleasant Valley is a historic district in the City of Greenville, SC. Residents of Pleasant Valley completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=9 participants) and household surveys (n=48 respondents). This report is intended to summarize some of the most interesting and important findings.

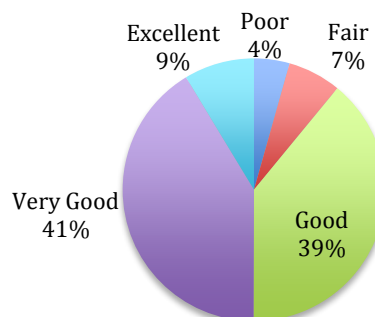
Table 1.

*Survey participant demographics (n=48)*

	% or Mean
Age	62.3years
Gender	
Female	77.1%
Male	16.7%
Race/Ethnicity	
Black/African American	91.7%
Other	2.1%
Average length of residency	31.4 years
Education	
Less than high school	8.3%
High school or GED	25.0%
Some college	20.8%
2 or 4 year college degree	22.9%
Advanced degree	14.6%
Employment status	
Employed full/part-time	20.9%
Retired	56.3%
Unemployed	2.1%
Disability	12.5%
Other	2.1%
Households with Annual Income	
Less than \$45,000	56.2%
Home ownership status	
Own	72.9%
Rent	18.8%
Other Arrangement	4.2%

### NEIGHBORHOOD CHARACTERISTICS

"Overall, how would you rate your neighborhood as a place to live?"



### 3.6 Pleasant Valley Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"I can go outside and I can walk to my neighbor on the left, my neighbor on the right. I know their family issues, you know, I know whose getting married... That [kind of] relationship."*

*-Pleasant Valley resident*

Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=48)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	2.68	1.08
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.40	1.05
It is easy to walk to a bus stop from my home	2.80	1.38
There are many places to buy things I need within easy walking distance of my home	2.69	1.26
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.30	1.13
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.38	1.21
Crime in my neighborhood makes it unsafe to walk the streets at night	2.66	1.07
Children are safe walking around the neighborhood during the day	3.28	1.16
There are unleashed/stray dogs in my neighborhood	2.85	1.12
There is a lot of crime in my neighborhood	2.78	1.15
There is a safe park in my neighborhood	2.20	1.06
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.00	1.35
There is lots of greenery around my neighborhood (trees, gardens)	3.90	1.15
There are well-maintained sidewalks along most of the streets in my neighborhood	2.94	1.48
There is shade along many of the sidewalks in my neighborhood	3.06	1.28
There are pleasant natural features in my neighborhood	2.23	0.96
There are attractive buildings and homes in my neighborhood	3.45	1.06
My neighborhood is generally free from unattractive graffiti	3.38	1.23
There are many interesting things to look at in my neighborhood	2.49	1.04

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“My fear about us having a park in the neighborhood now is safety, I guess because of the incident that happened... last year where there was a shooting at a four way stop. And those things really frighten me; they frighten me so much that I don’t want us to have a park. I mean I want a park, but because of that I can just only imagine the impossible.”*

*-Pleasant Valley resident*



HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported good to very good overall health.

*“I think we’re just going to have to encourage each other. That comes from the community relationship. We’ll have to encourage each other and maybe have a recipe swap or a potluck to show how this is something that could be done to show that you can take the same vegetables, prepare them another way, and that’s really healthy.”*

*-Pleasant Valley resident*

Figure 1. Perceived Health

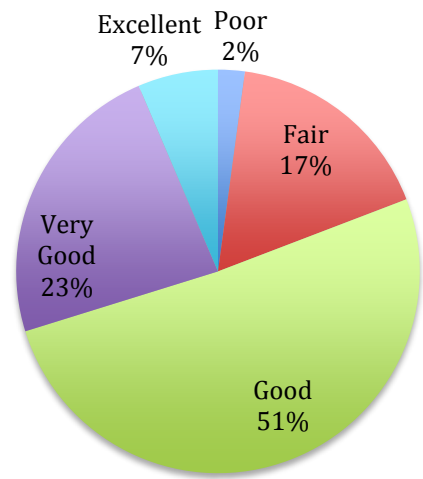
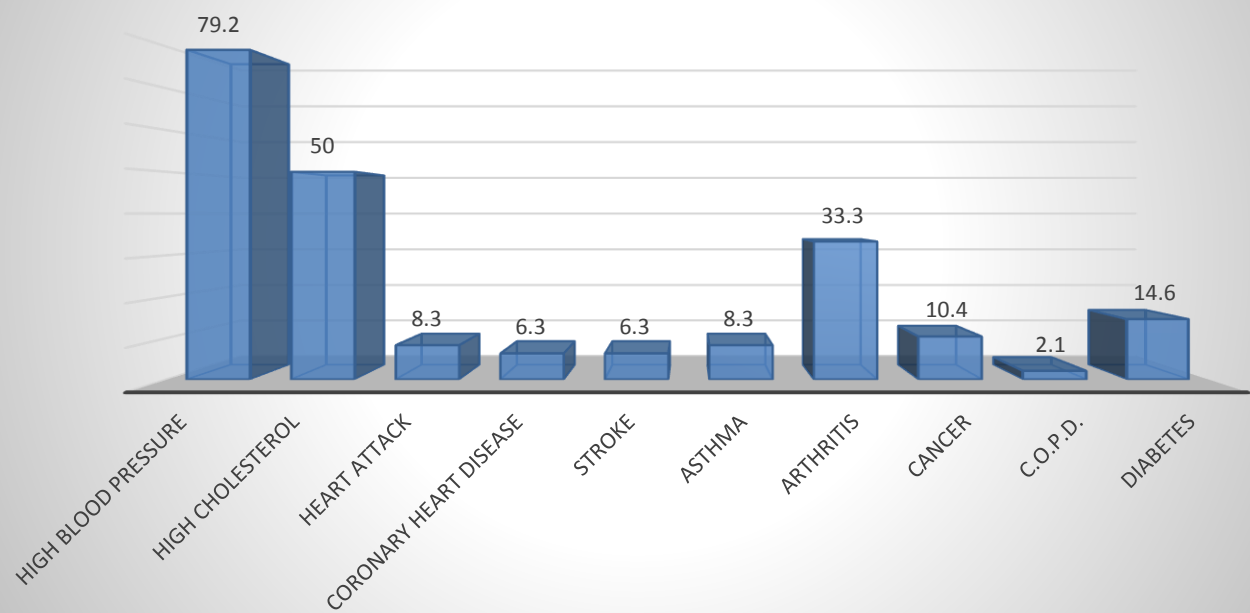


Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of Pleasant Valley were affected by the following chronic diseases.

Figure 2. Percentage of Residents with Chronic Disease





## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

# 52%

**The percentage of Pleasant Valley residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

# 80%

**The percentage of Pleasant Valley residents who reported walking within the past week.**

Top places listed by Pleasant Valley residents to go for a walk:

- Around the neighborhood
- Greenville Health System Life Center
- Augusta Road

# 2.11 cups

**The average amount of fruits and vegetables consumed by Pleasant Valley residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by Pleasant Valley residents to purchase fresh fruits and vegetables:

- BI-LO
- Publix
- Farmers Market



*“I remember we had a walk, we were out there walking and all of the community was excited about it. They had little places to set up water stops and we would look along the ways and the route was clear and everybody was all excited about it and they were like ‘when will they do that again?’”*

*-Pleasant Valley resident*

## SOUTHERNSIDE

Southernside historic district in the City of Greenville, SC is nestled on the boundary of the city's Central Business District. Residents of Southernside completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=10 participants) and household surveys (n=71 respondents). This report is intended to summarize some of the most interesting and important findings.

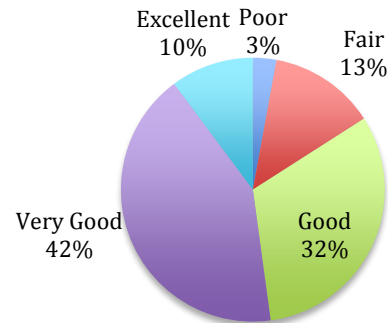
Table 1.

*Survey participant demographics (n=71)*

	% or Mean
Age	55.3 years
Gender	
Female	64.8%
Male	26.8%
Race/Ethnicity	
Black/African American	85.9%
White	5.6%
Average length of residency	11.6 years
Education	
Less than high school	14.1%
High school or GED	36.6%
Some college	16.9%
2 or 4 year degree	11.3%
Advanced degree	11.3%
Employment status	
Employed full/part-time	33.8%
Retired	21.1%
Unemployed	9.9%
Disability	16.9%
Full-time student	4.2%
Households with Annual Income	49.3%
Less than \$45,000	
Home ownership status	
Own	33.8%
Rent	46.5%
Other Arrangement	9.9%

### NEIGHBORHOOD CHARACTERISTICS

"Overall, how would you rate your neighborhood as a place to live?"



### 3.3 Southernside Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"There is a lot of industry out of the neighborhoods. The neighborhood has become conglomerate, you know. Every corner there is some type of business, where there used to be someone living there. It's commercial now."*

*-Southernside resident*

Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=71)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	3.11	1.23
There are many barriers to walking in my neighborhood that make it hard to get from place to place	3.06	1.22
It is easy to walk to a bus stop from my home	3.78	0.92
There are many places to buy things I need within easy walking distance of my home	2.44	1.28
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.35	1.11
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.79	1.25
Crime in my neighborhood makes it unsafe to walk the streets at night	2.76	1.22
Children are safe walking around the neighborhood during the day	3.41	1.08
There are unleashed/stray dogs in my neighborhood	2.89	1.17
There is a lot of crime in my neighborhood	2.82	1.11
There is a safe park in my neighborhood	2.94	3.09
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.09	1.24
There is lots of greenery around my neighborhood (trees, gardens)	3.63	1.05
There are well-maintained sidewalks along most of the streets in my neighborhood	3.33	1.18
There is shade along many of the sidewalks in my neighborhood	3.51	1.11
There are pleasant natural features in my neighborhood	3.29	1.18
There are attractive buildings and homes in my neighborhood	3.49	1.11
My neighborhood is generally free from unattractive graffiti	3.41	1.19
There are many interesting things to look at in my neighborhood	3.00	1.02

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“For this particular neighborhood I think its lack of access. I don’t know where you go to the grocery store around here. Not even counting the Baby Bilo that closed, but even that was kind of far away. Then there is Publix over there, but they’re so expensive.”*

*“You know if you go out to the east side, there are neighborhoods [with] 14 stores all around them, and then you come here and there’s a liquor store.”*

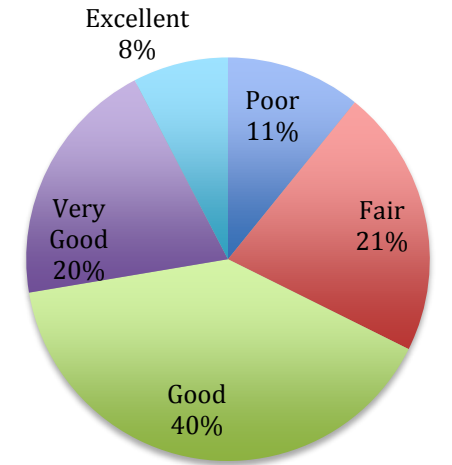
*-Southernside residents*



HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported fair to good overall health.

Figure 1. Perceived Health



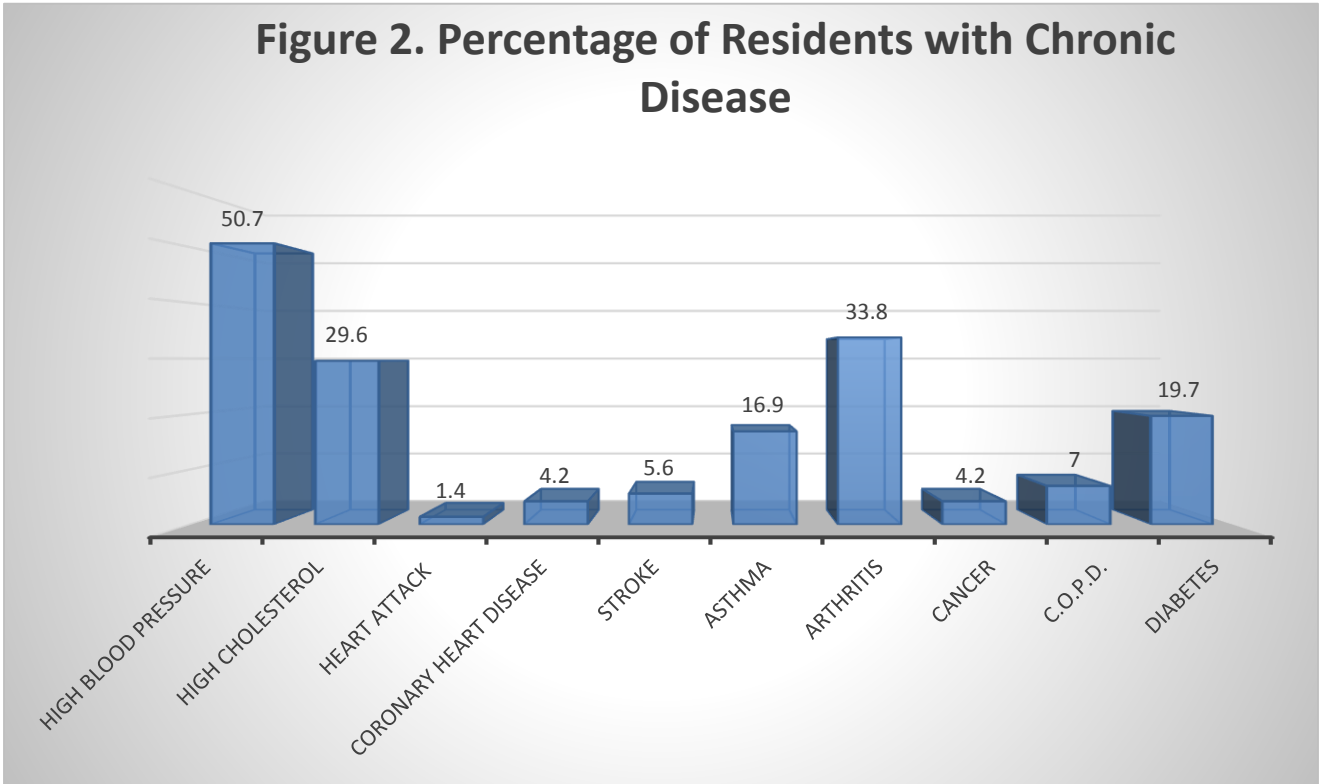
*“We need to look at better medical care in the neighborhoods. I think that’s a key component, the cradle to the crutch.”*

*“One of the factors I find in most of the communities, Southernside included, is the lack of medical care. Often you can ask a dozen, I bet you, and one out of a dozen has a physical every year.”*

*-Southernside residents*

Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of Southernside were affected by the following chronic diseases.

Figure 2. Percentage of Residents with Chronic Disease





## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

43%

**The percentage of Southernside residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

75%

**The percentage of Southernside residents who reported walking within the past week.**

Top places listed by Southernside residents to go for a walk:

- Swamp Rabbit Trail
- Around the neighborhood
- Downtown Greenville

3.01  
cups

**The average amount of fruits and vegetables consumed by Southernside residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by Southernside residents to purchase fresh fruits and vegetables:

- BI-LO
- Tomato Vine
- Publix



*"[I love] the greenery and going to the water area. And even walking down the street in the community is nice."*

*"I'm a Rabbit Trail addict!"  
"Me too!"*

*-Southernside residents*





## WEST END

West End historic district in the City of Greenville, SC was founded in the early 1800's. Residents of West End completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=11 participants) and household surveys (n=35 respondents). This report is intended to summarize some of the most interesting and important findings.

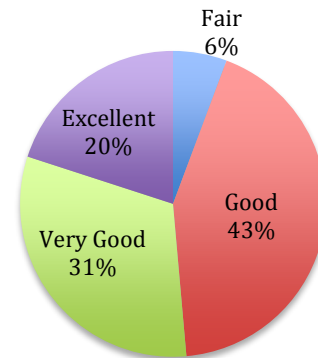
Table 1.

*Survey participant demographics (n=35)*

	% or Mean
Age	49.8 years
Gender	
Female	74.3%
Male	22.9%
Race/Ethnicity	
Black/African American	74.3%
White	17.1%
Other	2.9%
Average length of residency	16.8 years
Education	
High school or GED	40.0%
Some college	11.4%
2 year degree	20.0%
4 year degree	17.1%
Other	5.8%
Employment status	
Employed full-time	31.4%
Employed part-time	20.0%
Retired	14.3%
Unemployed	2.9%
Disability	20.0%
Other	2.9%
Households with Annual Income Less than \$45,000	57.1%
Home ownership status	
Own	40.0%
Rent	48.6%
Other Arrangement	8.6%

### NEIGHBORHOOD CHARACTERISTICS

"Overall, how would you rate your neighborhood as a place to live?"



### 3.6 West End Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"I look at my neighborhood as a family that just lives in different houses. You know, cause I can call my neighbors to do anything for me."*

*-West End resident*

Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=35)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	2.76	1.12
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.06	0.78
It is easy to walk to a bus stop from my home	4.34	0.60
There are many places to buy things I need within easy walking distance of my home	3.26	1.26
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	1.77	0.65
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.12	0.85
Crime in my neighborhood makes it unsafe to walk the streets at night	2.49	1.20
Children are safe walking around the neighborhood during the day	3.85	0.83
There are unleashed/stray dogs in my neighborhood	2.60	1.93
There is a lot of crime in my neighborhood	2.29	0.91
There is a safe park in my neighborhood	2.91	1.21
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.24	1.17
There is lots of greenery around my neighborhood (trees, gardens)	3.77	1.03
There are well-maintained sidewalks along most of the streets in my neighborhood	3.45	0.91
There is shade along many of the sidewalks in my neighborhood	3.23	0.94
There are pleasant natural features in my neighborhood	3.58	1.17
There are attractive buildings and homes in my neighborhood	3.40	0.91
My neighborhood is generally free from unattractive graffiti	3.82	1.17
There are many interesting things to look at in my neighborhood	3.34	1.03

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*"We [have] a lot of scenery in Greenville area, in my neighborhood, [and] in my community around West End... The Swamp River Trail, there's always much to see. Especially going to the bogs for different kind of things. And, it's enjoyable."*

*-West End resident*



HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported good to very good overall health.

*“I’m loving to see the children out, playing in the neighborhood, having a good time, getting that exercise instead of sitting in front of a TV or in front of a computer with a remote. And I guess that’s one thing that we all together as a community work toward is keeping it safe because where there are children, there’s future.”*

-West End resident

Figure 1. Perceived Health

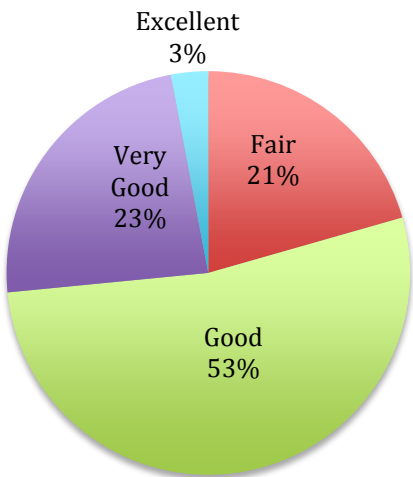
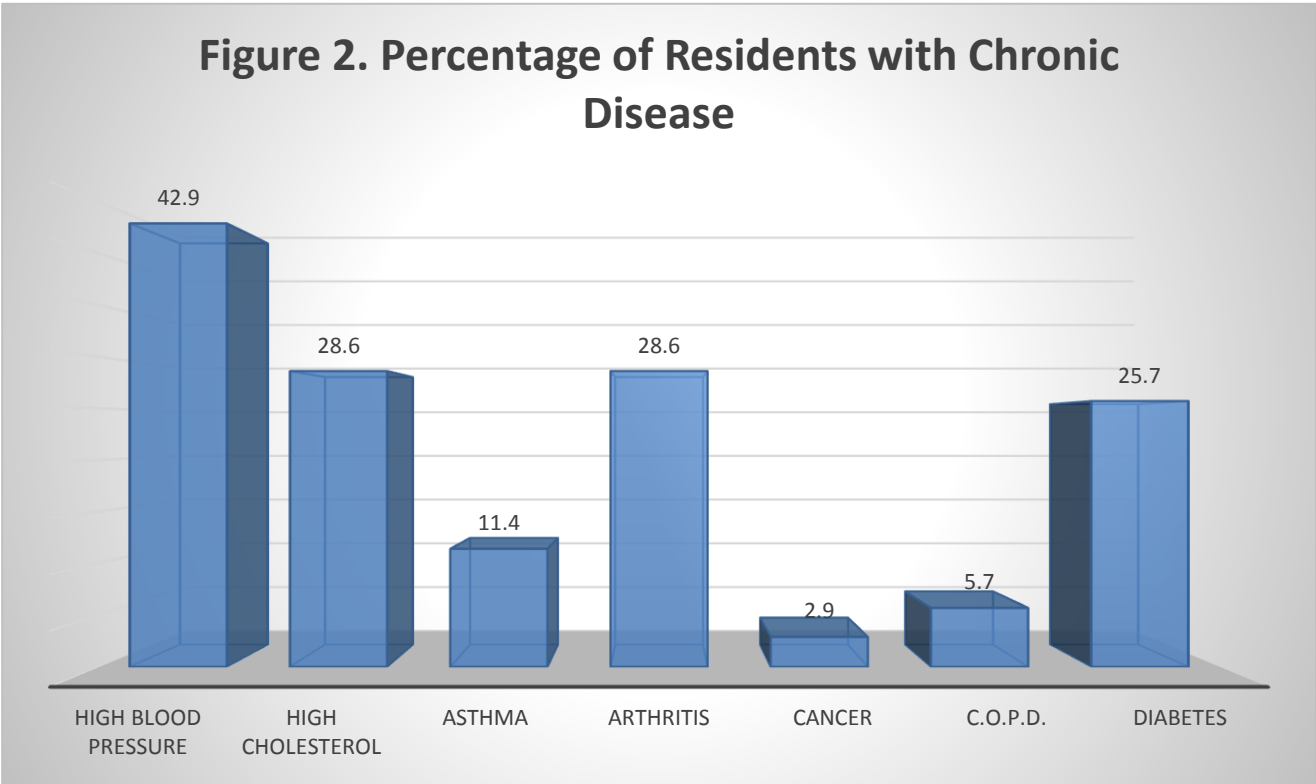


Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of West End were affected by the following chronic diseases.



## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

50%

**The percentage of West End residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

70%

**The percentage of West End residents who reported walking within the past week.**

Top places listed by West End residents to go for a walk:

- Swamp Rabbit Trail
- Downtown Greenville
- Around the neighborhood

2.55  
cups

**The average amount of fruits and vegetables consumed by West End residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by West End residents to purchase fresh fruits and vegetables:

- BI-LO
- Wal-Mart
- Publix



*“Having that garden was a good thing, because you know all the children like to go up and work in the garden, and you’ve got people up early in the morning to come and work it, but gosh, you would have to almost sleep up there to keep the other people from carrying it off.”*

*-West End resident*



## WEST GREENVILLE

West Greenville is a historic district in the City of Greenville, SC. Residents of West Greenville completed a project investigating neighborhood characteristics and health in 2014 using both a community focus group (n=7 participants) and household surveys (n=69 respondents). This report is intended to summarize some of the most interesting and important findings.

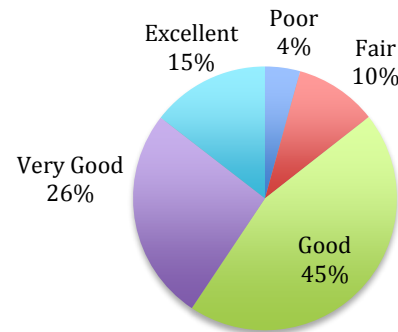
Table 1.

*Survey participant demographics (n=69)*

	% or Mean
Age	55.3 years
Gender	
Female	65.2%
Male	27.5%
Race/Ethnicity	
Black/African American	84.1%
White	10.1%
Average length of residency	10.8 years
Education	
Less than high school	13.0%
High school or GED	40.6%
Some college	18.8%
College or advanced degree	21.7%
Employment status	
Employed full/part-time	18.8%
Retired	23.2%
Unemployed	13.0%
Disability	23.2%
Other	12.9%
Households with Annual Income	
Less than \$45,000	71.0%
Home ownership status	
Own	23.3%
Rent	68.1%
Other Arrangement	2.9%

### NEIGHBORHOOD CHARACTERISTICS

"Overall, how would you rate your neighborhood as a place to live?"



### 3. 3 West Greenville Social Cohesion Score

Social cohesion measures trust, reciprocity, and shared values within a community. Scores range from 1-5 and may be associated with neighborhood design. Higher scores are linked with better physical and mental health outcomes among residents.



*"I think neighborhood is a family. I moved into this community back in 1956. I've lived here for a pretty good while, and, you know when I came over here it was like, we was all one big family. Your neighbor would watch out for the kids... I mean you was always home in somebody else's home."*

*-West Greenville Resident*



Table 2 reports residents perceived ratings of the neighborhood environment. This includes physical and social elements of a neighborhood, both of which have been linked with various health behaviors and outcomes, including physical activity and overall health.

Table 2.

*Resident ratings of neighborhood characteristics (n=69)*

	Mean	SD
<b>Neighborhood Accessibility</b>		
There are many four-way intersections in my neighborhood	2.83	1.20
There are many barriers to walking in my neighborhood that make it hard to get from place to place	2.48	0.99
It is easy to walk to a bus stop from my home	3.94	1.04
There are many places to buy things I need within easy walking distance of my home	2.58	1.35
<b>Neighborhood Safety</b>		
Crime in my neighborhood makes it unsafe to walk on the streets during the day	2.53	1.01
There are rowdy youth on the streets or hanging around parks in my neighborhood	2.90	1.12
Crime in my neighborhood makes it unsafe to walk the streets at night	3.35	1.24
Children are safe walking around the neighborhood during the day	3.54	1.15
There are unleashed/stray dogs in my neighborhood	2.71	1.17
There is a lot of crime in my neighborhood	3.19	1.19
There is a safe park in my neighborhood	3.02	1.28
<b>Neighborhood Quality/Attractiveness</b>		
My neighborhood is generally free from litter and trash	3.14	1.32
There is lots of greenery around my neighborhood (trees, gardens)	3.50	1.13
There are well-maintained sidewalks along most of the streets in my neighborhood	3.45	1.17
There is shade along many of the sidewalks in my neighborhood	3.32	1.18
There are pleasant natural features in my neighborhood	2.79	1.18
There are attractive buildings and homes in my neighborhood	3.68	0.91
My neighborhood is generally free from unattractive graffiti	3.45	1.22
There are many interesting things to look at in my neighborhood	2.45	1.16

Note: Scores ranged from 1=strongly disagree to 5=strongly agree

*“People are sleeping in them [the dilapidated houses].... We have children walking through the neighborhood, they could be grabbed and carried into those homes, there’s drugs, there’s crime that happens in those homes, so that’s why they need to clean them... nobody is taking responsibility to fix them up and rent them. So then they become eye sores in the neighborhood.”*

*-West Greenville resident*



HEALTH OUTCOMES

Figure 1. Participants were asked to rate their own health. The majority of respondents reported fair to good overall health.

*“In addition to a community garden that we do, in the summer time, we’ve got the Good to Go market, from Lowe’s and Fishers.. And they actually come and set up in our church parking lot and sell vegetables all during the summer, so that’s good.”*

*-West Greenville resident*

Figure 1. Perceived Health

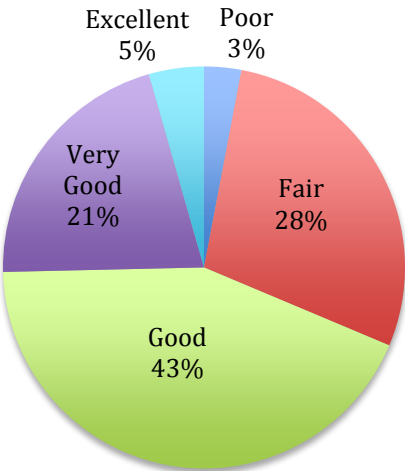
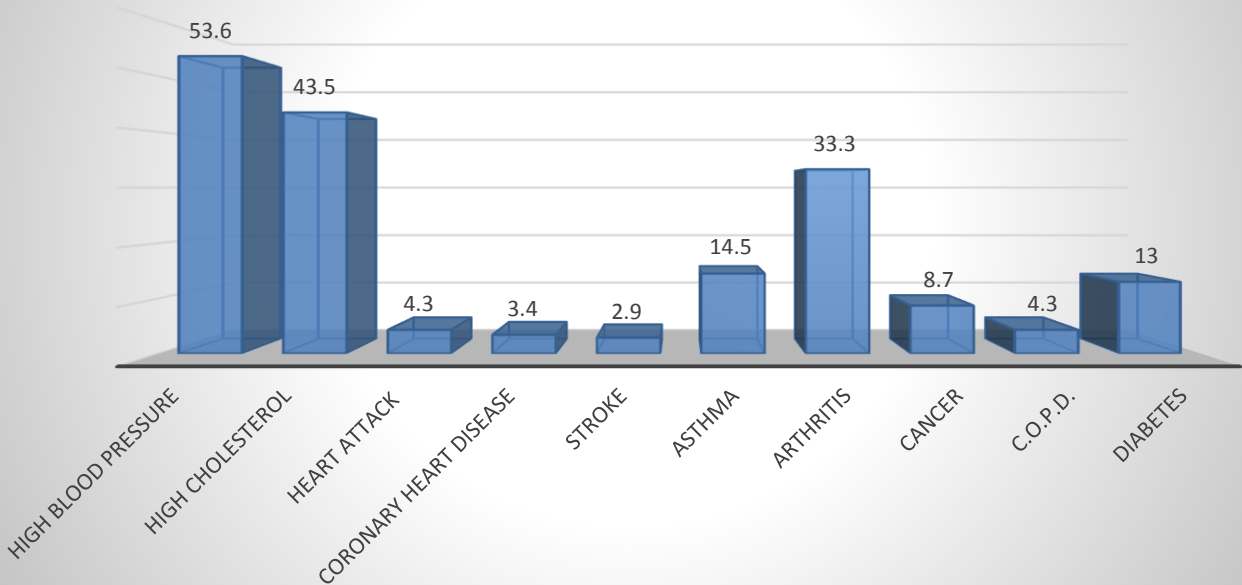


Figure 2. Chronic diseases are the leading cause of death in the United States. African American communities carry a disproportionate burden of chronic disease in the United States. Public health researchers working across multiple fields seek to find the sources of these health disparities. Residents of West Greenville were affected by the following chronic diseases.

Figure 2. Percentage of Residents with Chronic Disease



## HEALTH BEHAVIORS

Health behaviors including diet and physical activity have been linked with neighborhood environments. For example, residents in neighborhoods with well-maintained sidewalks tend to report walking more than residents in neighborhoods that do not have sidewalks.

43%

**The percentage of West Greenville residents who reported engaging in the recommended amount of moderate to vigorous physical activity per week.**

The Centers for Disease Control and Prevention (CDC) recommends that healthy adults engage in:

- 150 minutes of moderate activity per week, such as carrying light loads, bicycling at a regular pace, or doubles tennis
- OR 75 minutes of vigorous activity per week, such as heavy lifting, digging, aerobics, or fast bicycling.

81%

**The percentage of West Greenville residents who reported walking within the past week.**

Top places listed by West Greenville residents to go for a walk:

- Around the neighborhood
- Downtown Greenville
- At a park

2.34  
cups

**The average amount of fruits and vegetables consumed by West End residents per day.**

The Centers for Disease Control and Prevention (CDC) recommends that adults eat 4-5 servings of fruits and vegetables per day.

Top places listed by West Greenville residents to purchase fresh fruits and vegetables:

- BI-LO
- Wal-Mart
- Publix



*“Having a walking track would encourage people to walk. Having a place in their own neighborhood that they don’t have to drive. I mean, I go someplace else to exercise because there’s really nothing in my neighborhood. I can’t afford the Kroc Center. So, I have to go somewhere where I can afford to pay, and then it’s costing me more because I have to drive there, but it gives me a safe place, a safer environment to exercise in.”*

*-West Greenville resident*

## CONCLUSIONS

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Growing evidence suggests that neighborhoods play an important role in the public's health. Some research even suggests that where you live may be more influential on health than other demographic factors, including one's education, race, and income. Consequently, efforts to improve the health of Americans should include a focus on making positive improvements to our neighborhood environments.

The Greenville Healthy Neighborhoods Project (GHNP) was an initiative to collect both qualitative and quantitative data in an attempt to better understand the role of neighborhoods on health, especially among residents who live in neighborhoods facing historical, economic, and social adversity. The GHNP occurred in 2014-2015 in the City of Greenville, SC. The project involved a partnership between LiveWell Greenville, the University of South Carolina, Greenville Dreams, and substantial assistance from neighborhood leaders to help administer and garner support for the study. Snowball sampling was utilized to gather data from 430 residents across the eight neighborhoods who completed a household survey. As well, 76 residents took part in one of eight focus groups to discuss narratives of how neighborhood features influence health.

Table 1 on the following page provides a summary of key health indicators across the eight project neighborhoods captured via the resident survey (as described in more detail in the individual neighborhood reports found earlier in this document). The findings in this report should be considered in light of certain limitations. For example, because the number of participants who completed the survey varies across each neighborhood, we must be cautious when using these numbers to compare scores and percentages across neighborhoods. However, this table does highlight differences in neighborhood characteristics and health outcomes across neighborhoods that should be further investigated. As well, the self-reported nature of the data may cause some bias (e.g., over-reporting of healthy behaviors or under-reporting of unhealthy behaviors). However, all of the survey measures used have good reliability and validity, and have been employed in previous studies to assess neighborhood characteristics and health. As well, gathering residents' *perceptions* of their neighborhood environments may be just as, if not more, salient to health behaviors and outcomes compared to more objective measures (e.g., maps).

Overall, as shown in Table 1, the results suggest that residents of these neighborhoods report fairly positive ratings of their neighborhoods and their own health behaviors and outcomes. However, both variability and considerable room for improvement exist for most indicators across the neighborhoods.

Over 70% of residents in all eight neighborhoods rated their neighborhood as excellent, very good, or good. However, this ranged from 72% in two neighborhoods to 94% and 100% in the two highest neighborhoods. More specifically, social cohesion was one of the neighborhood characteristics rated by residents and average scores ranged from 3.1 to 3.8 (out of 5) across the eight neighborhoods. Neighborhood accessibility captured things like street connectivity and presence of sidewalks, and scores across the eight neighborhoods ranged from 2.7 to 3.3 (out of 5). Neighborhood safety assessed issues such as traffic and crime, and ranged from 2.1 to 2.8 (out of 5). Neighborhood quality assessed aesthetic features and attractiveness, and ranged from 3.1 to 3.6 (out of 5).

With respect to important health behaviors, the percentage of residents who reported enough physical activity to meet national recommendations (at least 150 minutes/week) ranged from 35% to 65%, with only three neighborhoods exceeding 50%. However, a much greater percentage of residents reported engaging in at least some walking in their neighborhood in the past week (70% to 88% across the eight neighborhoods). As a measure of healthy eating, residents reported consuming an average of 2.1 cups per day in the lowest neighborhood up to 3.1 cups per day in the highest neighborhood. National recommendations for fruit and vegetable consumption vary depending on a person's gender, age, and physical activity level (for example, a 60 year old woman who gets 30-60 minutes of physical activity per day should consume 1.5 cups of fruits and 2.5 cups of vegetables per day).



Finally, the percentage of residents who rated their own health as excellent, very good, or good varied dramatically across the eight neighborhoods, from a low of 68% to a high of 86%. Likewise, residents reported a range of chronic diseases and conditions, with high blood pressure being the most common (31.8% to 79.2% across the eight neighborhoods), followed by issues like arthritis (13.6 to 38.7%), high cholesterol (9.1% to 50.0%), and diabetes (9.1% to 26.5%).

Table 1.

*Summary of Health Indicators across Eight Project Neighborhoods*

	<b>GA</b>	<b>GS</b>	<b>HS</b>	<b>NT</b>	<b>PV</b>	<b>SS</b>	<b>WE</b>	<b>WG</b>
<i>n</i> =	22	62	34	89	48	71	35	69
<b>Overall Neighborhood</b>								
<b>Rating</b>								
Excellent, Very Good, Good	100.0	78.7	85.3	72.4	89.2	84.1	94.3	85.6
Fair or Poor	0.0	21.3	14.7	27.6	10.8	15.9	5.7	14.4
<b>Neighborhood</b>								
<b>Characteristics</b>								
Social Cohesion	3.8	3.3	3.4	3.1	3.6	3.3	3.6	3.3
Neighborhood Accessibility	3.3	2.8	3.1	3.1	2.7	2.8	3.3	3.0
Neighborhood Safety	2.5	2.8	2.8	2.5	2.5	2.5	2.1	2.4
Neighborhood Quality	3.6	3.1	3.6	3.3	3.1	3.3	3.5	3.2
<b>Health Behaviors (%)</b>								
Meet PA Recommendations	65.0	35.1	31.0	42.5	52.3	43.3	50.0	43.3
Reported Walking in Past Week	88.2	73.1	82.1	71.1	79.5	75.4	70.0	80.6
Fruit/Vegetable Intake (cups)	2.8	2.8	2.8	3.1	2.1	3.0	2.6	2.3
<b>Self-Rated Health (%)</b>								
Excellent, Very Good, Good	85.7	73.8	68.7	71.7	80.9	67.7	79.4	68.6
Fair or Poor	14.3	26.2	31.3	28.3	19.1	32.3	20.6	31.4
<b>Chronic Disease (%)</b>								
High Blood Pressure	31.8	66.1	52.9	56.2	79.2	50.7	42.9	53.6
High Cholesterol	9.1	29.0	32.4	29.2	50.0	29.6	28.6	43.5
Heart Attack	0.0	8.1	2.9	3.4	83.0	1.4	0.0	4.3
Coronary Heart Disease	9.1	4.8	0.0	3.4	6.3	4.2	0.0	3.4
Stroke	4.5	11.3	0.0	6.7	6.3	5.6	0.0	2.9
Asthma	13.6	19.4	8.8	10.1	8.3	16.9	11.4	14.5
Arthritis	13.6	38.7	23.5	31.5	33.3	33.8	28.6	33.3
Cancer	4.5	4.8	2.9	6.7	10.4	4.2	2.9	8.7
COPD	0.0	4.8	14.7	7.9	2.1	7.0	5.7	4.3
Diabetes	9.1	17.7	26.5	13.5	14.6	19.7	25.7	13.0

Notes: GA=Green Avenue, GS=Greenline-Spartanburg, HS=Haynie-Sirriner, NT=Nicholtown, PV=Pleasant Valley, SS=Southernside, WE=West End, WG=West Greenville; COPD: Chronic Obstructive Pulmonary Disease

In summary, these findings provide a comprehensive picture of key elements of the eight participating neighborhoods and of the health of the residents who live there. The next steps in the GHNP would be to identify the most salient issues in each neighborhood and to work with residents to identify community-based solutions that build on the strengths and address the challenges within each community.

## APPENDIX A: FOCUS GROUP GUIDE

### Questions and Probes

1. What does the word “Neighborhood” mean to you?

How would you describe “a” neighborhood?

What is it about these words that stand out in your mind?

1a. What would you say if someone asked you to talk about “your” neighborhood?

1b. Complete this sentence... I live in this neighborhood because...

If you were not raised in this neighborhood why did you move “here” to live?

Have you been happy or satisfied with your decision?

Share with us why you feel that way, please.

2. What do you think makes a neighborhood healthy?

Share with me the reason you feel that way.

How could “you” make your neighborhood healthier?

What steps would you take? Let’s list them,

Which actions would you do first, second.....

3. How do you think a neighborhood can help people eat healthy?

What could be done to improve the ability to acquire healthy food in your neighborhood?

4. Do you enjoy going for walks in your neighborhood?

Share with us why or why not, please.

What keeps you from being active?

Could you do something to encourage more walking and biking activities?

Do you believe that these things can work?

5. Do you feel safe in your neighborhood, house, and park?

What makes you feel unsafe?

5a. Do you trust the people who live in your neighborhood?

5b. Do you know the people who live in your neighborhood?

5c. How can you get to know them?

APPENDIX B: HOUSEHOLD SURVEY

# **Healthy Neighborhoods Project Greenville, SC**

**A survey about life and recreation for people  
who live in **Greenville****



**We greatly appreciate you completing this survey.  
Your answers are very important!**

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**A survey about life and recreation for people  
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**We greatly appreciate you completing this survey.  
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## Greenville Healthy Neighborhoods Project

Dear Resident of Greenville,

On behalf of the Greenville Neighborhood Association and Greenville Dreams we would like to invite you to participate in the Greenville Healthy Neighborhoods Project. As part of this project, we hope to learn more about Greenville and the health of our residents. We have partnered with LiveWell Greenville and the University of South Carolina to complete the project, which has been funded by the BlueCross BlueShield Foundation of South Carolina. You are being asked to participate in this project because you are a resident of Greenville.

If you decide to participate, you will be asked to complete a survey about your neighborhood and your health. Participation is anonymous, which means that no one (not even the research team) will know what your answers are. So, please do not write your name or other identifying information on any of the study materials. You may feel uncomfortable answering some of the questions. You do not have to answer any questions that you do not wish to.

You will receive a \$10 gift card to reimburse you for your time. Although you probably won't benefit directly from participating in this study, we hope that others in the community will benefit from future projects as we learn more about how to create healthy neighborhoods.

We will be happy to answer any questions you have about the study. You may contact the project coordinator, Stephanie Child at 803-777-1502 or [childst@email.sc.edu](mailto:childst@email.sc.edu) if you have study related questions or problems. If you have any questions about your rights as a research participant, you may contact the Office of Research Compliance at the University of South Carolina at 803-777-7095.

Thank you for your consideration. If you would like to participate, please begin filling out the attached survey. When you are done, please return the completed survey to a project staff member.

Sincerely,

Yvonne Reeder  
President  
Greenville Dreams



# Healthy Neighborhoods Project

Thank you very much for your willingness to complete this survey.

## Please remember:

- There are no right or wrong answers, we just want to know what YOU think
- Provide only one answer for each item
- Many questions are similar, but completing each one will help us greatly
- Your answers will be kept strictly **PRIVATE AND CONFIDENTIAL**



## NEIGHBORHOOD PERCEPTIONS

The next several questions ask about features of your neighborhood. For all questions, please think about your neighborhood as the area within a 10-15 minute walk from your home.

1. How long have you lived at your current address? \_\_\_\_\_ years and \_\_\_\_\_ months

2. Overall, how would you rate your neighborhood as a place to live?

☐ Poor    ☐ Fair    ☐ Good    ☐ Very Good    ☐ Excellent

3. Please tell us how much you agree or disagree with each of these statements about your neighborhood surroundings.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. There is lots of greenery around my neighborhood (trees, bushes, household gardens).	1	2	3	4	5
b. There are well-maintained sidewalks along most of the streets in my neighborhood.	1	2	3	4	5
c. There is shade along many of the sidewalks in my neighborhood.	1	2	3	4	5
d. My neighborhood is generally free from litter and trash.	1	2	3	4	5
e. There are attractive buildings and homes in my neighborhood.	1	2	3	4	5
f. There are pleasant natural features in my neighborhood (ex: parks, walking trails, riverfront).	1	2	3	4	5
g. My neighborhood is generally free from unattractive graffiti.	1	2	3	4	5
h. There are many shops, stores, markets, or other places to buy things I need within easy walking distance of my home.	1	2	3	4	5
i. A large selection of fresh fruits and vegetable is available in my neighborhood.	1	2	3	4	5

		Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
j.	The fresh fruits and vegetables in my neighborhood are of high quality.	1	2	3	4	5
k.	There is a safe park in my neighborhood.	1	2	3	4	5
l.	It is easy to walk to a bus stop from my home.	1	2	3	4	5
m.	There are many interesting things to look at in my neighborhood.	1	2	3	4	5
n.	There are major barriers to walking in my neighborhood that make it hard to get from place to place (ex: busy streets, rivers, train tracks).	1	2	3	4	5
o.	There are many four-way intersections in my neighborhood.	1	2	3	4	5
p.	There is a lot of crime in my neighborhood.	1	2	3	4	5
q.	There are unleashed/stray dogs in my neighborhood.	1	2	3	4	5
r.	Children are safe walking around the neighborhood during the day.	1	2	3	4	5
s.	Crime in my neighborhood makes it unsafe to walk the streets at <u>night</u> .	1	2	3	4	5
t.	There are rowdy youth on the streets or hanging around in parks in my neighborhood.	1	2	3	4	5
u.	Crime in my neighborhood makes it unsafe to walk on the streets during the <u>day</u> .	1	2	3	4	5

4. Approximately how many people do you know who live in your neighborhood? \_\_\_\_\_

5. How many family members do you have in your neighborhood who you feel at ease with, can talk to about what is on your mind, and call on for help?

☐ None      ☐ 1-5      ☐ 6-10      ☐ Over 10

6. How many friends do you have in your neighborhood who you feel at ease with, can talk to about what is on your mind, and call on for help?

☐ None      ☐ 1-5      ☐ 6-10      ☐ Over 10

7. How many people in your neighborhood do you know well enough to ask for a favor?

☐ None      ☐ 1-5      ☐ 6-10      ☐ Over 10

**8. These questions are about the people you know well (on a first-name basis) and the type of work they do. If you know more than one person in an occupation, answer for the person you know the best.**

**Do you know someone who is a...**

<b>a. High school teacher?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>b. Carpenter?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>c. Musician/artist?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>d. Mechanic?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>e. Physician?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>f. Janitor?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>g. Registered nurse?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>h. Welder?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>i. Accountant?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>j. Receptionist</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>k. Store cashier?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other
<b>l. Plant machine operator?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes: Is this person a...	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
If Yes: Does this person live in your...	<input type="checkbox"/> Household	<input type="checkbox"/> Neighborhood <input type="checkbox"/> Other



The following questions ask about people with whom you discuss important personal matters such as health, family, work, and money issues. These people may live in your household, may be relatives, friends, work colleagues, neighbours or other persons living outside your household. You can give a fake name rather than the real name if you prefer. Remember, all information in this survey will be kept confidential.

9. Please list up to three people with whom you have discussed important matters in the last six months.

Person 1 \_\_\_\_\_  
 Person 2 \_\_\_\_\_  
 Person 3 \_\_\_\_\_

Do Person 1 and Person 2 know each other? ☐ Yes ☐ No ☐ Don't know

Do Person 1 and Person 3 know each other? ☐ Yes ☐ No ☐ Don't know

Do Person 2 and Person 3 know each other? ☐ Yes ☐ No ☐ Don't know

The next set of questions asks you about these people that you have discussed important matters with in the last six months:

	Person 1	Person 2	Person 3
How old is this person?	_____ yrs.	_____ yrs.	_____ yrs.
Is this person:	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female
How much formal education has this person had?	<input type="checkbox"/> Less than High School <input type="checkbox"/> High School <input type="checkbox"/> More than High School <input type="checkbox"/> Don't know	<input type="checkbox"/> Less than High School <input type="checkbox"/> High School <input type="checkbox"/> More than High School <input type="checkbox"/> Don't know	<input type="checkbox"/> Less than High School <input type="checkbox"/> High School <input type="checkbox"/> More than High School <input type="checkbox"/> Don't know
Is this person a....	<input type="checkbox"/> Relative <input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance	<input type="checkbox"/> Relative <input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance	<input type="checkbox"/> Relative <input type="checkbox"/> Friend <input type="checkbox"/> Acquaintance
Where does this person live?	<input type="checkbox"/> In your household <input type="checkbox"/> In your neighborhood <input type="checkbox"/> Outside of Greenville <input type="checkbox"/> Other part of Greenville: _____	<input type="checkbox"/> In your household <input type="checkbox"/> In your neighborhood <input type="checkbox"/> Outside of Greenville <input type="checkbox"/> Other part of Greenville: _____	<input type="checkbox"/> In your household <input type="checkbox"/> In your neighborhood <input type="checkbox"/> Outside of Greenville <input type="checkbox"/> Other part of Greenville: _____
Does this person walk/exercise regularly?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know
What occupation does this person have?	_____	_____	_____

These questions are about interactions with your neighbors. Neighbors are people who live nearby. They do not have to live on your same street, but they should live within a short (10-15 minutes) walking distance.

**10. The following questions ask about the relationships among the people that live in your neighborhood. Please indicate how much you agree or disagree with each statement.**

		Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
a.	People around my neighborhood are willing to help their neighbors.	1	2	3	4	5
b.	This is a close knit neighborhood.	1	2	3	4	5
c.	People in this neighborhood can be trusted.	1	2	3	4	5
d.	People in this neighborhood generally don't get along with each other.	1	2	3	4	5
e.	People in this neighborhood do not share the same values.	1	2	3	4	5
f.	You have someone in your neighborhood who you can talk to about important things.	1	2	3	4	5
g.	You have someone in your neighborhood who could help you out with things like give you a ride, watch the house or kids, or fix something.	1	2	3	4	5
h.	I receive helpful information and advice (about child rearing, job opportunities, etc.) from my neighbors.	1	2	3	4	5
i.	I receive information and advice about <u>health</u> (healthy recipes, reminders about flu shots) from my neighbors.	1	2	3	4	5

**11. For the following questions, how likely is it that your neighbors could be counted on to intervene if:**

		Very Unlikely	Unlikely	Neither Likely or Unlikely	Likely	Very Likely
a.	People were spray-painting graffiti on a local building or were vandalizing the local park or park equipment.	1	2	3	4	5
b.	A fight or domestic dispute broke out in front of their house.	1	2	3	4	5
c.	A local service in your neighborhood, such as a library, community center or a health clinic was in danger of closing down.	1	2	3	4	5
d.	Children were hanging out in the neighborhood or around a school at night.	1	2	3	4	5
e.	A neighbor was acting unfairly toward another neighbor.	1	2	3	4	5

**12. Have you ever used any of the following facilities in your neighborhood for social gatherings or recreation with others? If no, please check 'never'. If yes, circle the number showing how recently AND give the name of the facility you used most often.**

	Never	Yes, in the last month	Yes, 1-12 months ago	Yes, more than a year ago	Name of Facility
Community Park	<input type="checkbox"/>	1	2	3	
Indoor facility (community center, local meeting room)	<input type="checkbox"/>	1	2	3	
Outdoor facility (sports field, walking trail)	<input type="checkbox"/>	1	2	3	
Coffee shop, café, restaurant	<input type="checkbox"/>	1	2	3	
Neighborhood church	<input type="checkbox"/>	1	2	3	
Other location	<input type="checkbox"/>	1	2	3	

### PHYSICAL ACTIVITY, DIET, AND HEALTH

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

**13. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?**

\_\_\_\_\_ **days per week**

☐ No vigorous physical activities      ➡ **Skip to question 14**

**13a. How much time did you usually spend doing vigorous physical activities on one of those days?**

\_\_\_\_\_ **hours per day**  
 \_\_\_\_\_ **minutes per day**

☐ Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

**14.** During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

\_\_\_\_\_ **days per week**

☐ No moderate physical activities → **Skip to question 15**

14a. How much time did you usually spend doing **moderate** physical activities on one of those days?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

☐ Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

**15.** During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

\_\_\_\_\_ **days per week**

☐ No walking → **Skip to question 16**

15a. How much time did you usually spend **walking** on one of those days?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

☐ Don't know/Not sure

15b. Where do you normally go for a walk? \_\_\_\_\_

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

**16.** During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

☐ Don't know/Not sure

**17. During the past month, how often did you drink 100% fruit juice such as orange, apple, grape?**

**Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**18. During the past month, how often did you eat fruit? Count fresh, frozen, and canned fruit.**

**Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**19. During the past month, how often did you eat a green leafy or lettuce SALAD, with or without other vegetables? Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**20. During the past month, how often did you eat FRENCH FRIES, home fries, or hash brown potatoes?**

**Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**21. During the past month, how often did you eat other WHITE POTATOES? COUNT baked potatoes, boiled potatoes, mashed potatoes and potato salad? Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**22. During the past month, how often did you eat COOKED DRIED BEANS, such as refried beans, baked beans, bean soup, and pork and beans? Do NOT include green beans. Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**23. During the past month, how often did you eat vegetables? Count fresh, frozen, and canned vegetables.**

**Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |



**24. During the past month, how often did you have TOMATO SAUCES such as spaghetti sauce or pizza with tomato sauce? Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**25. During the past month, how often did you have SALSA? Please check only one answer.**

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Never                | <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 1 time per day  | <input type="checkbox"/> 4 times per day         |
| <input type="checkbox"/> 1-3 times last month | <input type="checkbox"/> 5-6 times per week | <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 5 or more times per day |
| <input type="checkbox"/> 1-2 times per week   |   | <input type="checkbox"/> 3 times per day |  |

**26. Where do you typically shop for groceries? (Please give name and approximate address)**

---

**27. Where do you typically purchase *fresh fruit and vegetables*? (Please give name and approximate address)**

---

**28. Has a doctor, nurse, or other health professional EVER told that you had any of the following?**

High blood pressure?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
If 'YES' and you are <u>female</u> , was this <i>only</i> during pregnancy?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
High cholesterol?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Heart attack (myocardial infarction)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Coronary heart disease (angina)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Stroke?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Asthma?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Arthritis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Cancer?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Chronic Obstructive Pulmonary Disease (COPD), emphysema or chronic bronchitis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Diabetes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
If 'YES' and you are <u>female</u> , was this <i>only</i> during pregnancy?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure

**29. Overall, would you say your general health is:**

- ☐ Poor
 ☐ Fair
 ☐ Good
 ☐ Very Good
 ☐ Excellent

**30. These questions are about how you feel and how things have been with you during the past month. For each question, please indicate the one answer that comes closest to the way you have been feeling.**

<b><u>During the past month, how often:</u></b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Fairly Often</b>	<b>Very Often</b>
a.	Has your health limited your social activities (like visiting friends or close relatives)?	1	2	3	4	5
b.	Have you felt that you were unable to control the important things in your life?	1	2	3	4	5
c.	Have you felt confident about your ability to handle your personal problems?	1	2	3	4	5
d.	Have you felt that things were going your way?	1	2	3	4	5
e.	Have you felt difficulties were piling up so high that you could not overcome them?	1	2	3	4	5
f.	Have you felt lonely or isolated?	1	2	3	4	5

#### **DEMOGRAPHIC INFORMATION**

Finally, please tell us a bit more about you and your household. All information will be kept confidential. Once you have returned your survey, all specific address information will be kept separate from the answers you provide.

**31. What is your gender?**

☐ Male ☐ Female

**32. What is your current age?**

\_\_\_\_\_ years

**33. About how tall are you without shoes?**

\_\_\_\_\_ feet \_\_\_\_\_ inches

**34. About how much do you weigh without shoes?**

\_\_\_\_\_ lbs

**35. Are you of Hispanic, Latino/a, or Spanish origin?**

☐ Yes ☐ No

**36. Which one or more of the following would you say is your race?**

☐ Black or African American

☐ White

☐ American Indian or Alaska Native

☐ Asian

☐ Pacific Islander

**37. What is your current marital status? (*check only one*)**

☐ Single, never married

☐ Divorced

☐ Married

☐ Separated

☐ Widowed

☐ Unmarried couple/Cohabiting

**38. What is the highest level of education you have completed? (*check only one*)**

☐ Less than high school

☐ High school/GED

☐ Some college

☐ Two-year college degree

☐ Four-year college degree

☐ Advanced degree

**39. What is your current work status? (check only one option that indicates your primary role)**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Employed full-time | <input type="checkbox"/> Retired                     | <input type="checkbox"/> Full-time student |
| <input type="checkbox"/> Employed part-time | <input type="checkbox"/> Unemployed                  | <input type="checkbox"/> Part-time student |
| <input type="checkbox"/> Homemaker          | <input type="checkbox"/> On disability or other work | <input type="checkbox"/> Other _____       |

**40. What is your annual household income before taxes? (check only one)**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> less than \$15,000 | <input type="checkbox"/> \$15,000-29,999 | <input type="checkbox"/> \$30,000-44,999  |
| <input type="checkbox"/> \$45,000-59,999    | <input type="checkbox"/> \$60,000-75,999 | <input type="checkbox"/> \$75,000 or more |

**41. How many adults (including yourself) live in your household?** \_\_\_\_\_ # of adults

**42. How many children under the age of 18 live in your household?** \_\_\_\_\_ # of children

**43. Do you own or rent your home?** ☐ Own ☐ Rent ☐ Other arrangement

**44. How many total motor vehicles are owned by the members of your household? (that are driven at least once per week)** \_\_\_\_\_ # of vehicles

In order to help us identify local resources near you, **please provide your home address:**

\_\_\_\_\_

We would like to remind you that all information is **confidential**. However, if you would prefer not to list your exact address, please provide us with your street name and block number (ex: 600 block of Beck Avenue) and place a small dot on the map on the next page to indicate where you live.

Block number and street name: \_\_\_\_\_

Thank you for completing this survey.