For more information about this research please contact:

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For more information or to become involved in efforts to create a healthier Delavan-Grider Community please contact:

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Community Health Education and Outreach Director
Erie County Medical Center
462 Grider Street
Buffalo, New York 14215
(716) 898-3509
rhobins@ecmc.edu

Or
Kelly Showard
KMS Consulting
(716) 903-9462
kellymshoward@gmail.com

Or
Leave a message to become involved or request information:
(716) 829-6680
10 Tips for Healthy Living

1. Eat a variety of fruits, vegetables, and whole grains every day.

2. Limit foods and drinks that are high in calories, sugar, salt, fat, and alcohol.

3. Eat a balanced diet to help keep a healthy weight.

4. Be active for at least 2 ½ hours per week, or for 30 minutes a day for five days. Include activities that raise your breathing and heart rate, and ones that strengthen your muscles.

5. Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and help strengthen their muscles and bones.

6. Avoid smoking and breathing other people’s smoke (second hand smoke).

7. See your doctor or nurse for regular check-ups and as directed. Get seen if you feel sick, have pain, notice changes, or have problems with your medicines.

8. Ask your doctor or nurse how you can lower your risk for health problems.

9. Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.

10. Build safe, healthy and supportive relationships with family and friends.

Source: CDC - http://www.cdc.gov/family/tips/

Wheelchair Lift Transportation:*
Independent Living Center (disability required; fee for service): 836-0822
NFTA Paratransit Access Line: 855-7239
Medicaid recipients for medical appointments: 858-4877
*Private pay wheelchair vans are listed under “Wheelchair Transportation Services” or “Ambulette Service” in the Yellow Pages of the phone book; you may also call your local town hall or senior center.

Driver Safety Programs:
AARP Driver Safety Program (Completion of course may result in reduction of auto insurance cost.): 1-888-227-7669
Driver Evaluation Program at ECMC: 898-3225

Handicapped Parking Permits:*
Erie County Office for the Disabled 858-6215

Employment and Education Services:
Buffalo Employment & Training Center: 856-5627 — www.workforcebuffalo.org/
Everywoman Opportunity Center, Inc.: 847-1120 — www.everywoman.org/
NYS Dept. of Labor Community Service Centers: 851-2600

Other Categories:
Neighborhood Legal Services (free legal services): 847-0650 — www.nls.org
Legal Aid Bureau (for information & referrals): 853-9555 — www.legalaidbuffalo.org
Volunteer Lawyer Project (referrals) 847-0662 — www.vlpnet.org
Voter Registration / Erie County Board of Elections: 858-8891

For a full listing of services please call 211 or go to: www.211wny.org/Erie-County/Service-Category-List/
Meal and Grocery Services:
- **The Farmer’s Market at Grider** (351 Grider Street, across from ECMC) Open Fridays from 10:00am – 3:00pm
- **Food Bank of WNY**: 852-1305 — www.foodbankwny.org
- **Meals on Wheels for WNY, Inc.**: 822-2002
  - www.mowbuffalo.com
- **Erie County Department of Senior Services Stay Fit Dining**: 858-7639

*Grocery Delivery (there is a $5 fee for each of these services):
  - **PriceRite**: 885-2887 — www.priceritesupermarkets.com
  - **Steve’s Meats**: 897-0272 — stevesmeats.com/index.html

Utility and Energy Information — for help with the costs of utilities:
- **Home Energy Assistance Program** (Gas & Electric) Hot Line: 858-7644
- **American Red Cross** (Nat'l Grid: Care & Share; NYSEG: Project Share): 878-2353

Senior Services:
- **City of Buffalo Division for Senior Services** 851-4141
- **Erie County Department of Senior Services**: 858-8526
  - www2.erie.gov/seniorservices/

Chore Services:
Neighborhood agencies may be able to offer help with household tasks (donations requested by some agencies).
- **Concerned Ecumenical Ministry (CEM)** 286 Lafayette Ave., Buffalo 14213, 882-2442
- **North Buffalo Community Center** 874-6133 Ext. 11

Friendly Visitors and Telephone Calls:
For homebound seniors who would like someone to visit on a regular basis, call:
- **Senior Companion Program** 335-7200
Also, contact local churches or community centers.
For regular phone calls to check on a person’s welfare or offer a friendly chat, call:
- **Telephone Assurance Program** (TAP) 218-1400 ext. 206

Transportation:
- **NFTA-Metro Reduced Fare Pass for the Disabled** (all ages): 855-7360 or 855-7650
- **Erie County Department of Senior Services** (Going Places van): 858-RIDE (7433)
Growing Healthy Together: Delavan-Grider Community Health Assessment

The Erie County Medical Center (ECMC) Office of Community Health Education and Outreach partnered with the University at Buffalo School of Public Health and Health Professions to conduct a door-to-door survey in the Delavan-Grider neighborhood asking residents about their health. One hundred and two residents were surveyed between October, 2011 and August, 2012, receiving a $10 gift card for their help.

We hope that you will find the information in this booklet useful for growing healthy together.

General Services and Information:

**United Way 211—Call 211 from any phone** (a service that links community members to resources in their area): 211 or 1-888-696-9211 — www.211wny.org

**Community Action Organization** (linking service): 881-5150 — http://www.caoec.org/

Primary Health Care Clinics:

**ECMC**: 898-3000 — www.ecmc.edu — Dental health; Breast, Cervical, & Prostate Cancer Screening; Mobile Screening

**Neighborhood Health Center**: Offers adult medicine, dental, nutritional services, women’s health & pediatric care.

Services available regardless of ability to pay.

875-2904 (North West), 242-8600 (Mattina) — www.neighborhoodhealthcenter.org

**Cleve-Hill Family Health Center**: Family care, pediatrics & women’s health care; Urgent care within 24 hours; doctor always on call & nurses accessible by phone to address your health care questions. 831-8612 — www.ecmc.edu

**Community Health Center of Buffalo**: Services include a pharmacy, psychotherapy, social work, family planning and rapid HIV testing. Care available regardless of ability to pay. 986-9199 — www.chcb.net

**Grider Family Health Center**: 898-4449

**Jefferson Family Medicine**: Family care, pediatrics and women’s health; Provides preventative care, emergency treatment and chronic disease management for individuals of all ages. 332-3797 — fammed.buffalo.edu/jefferson.html

**Women’s Health Center**: 878-7737 — www.wchob.org

Mental Health Services:

**Crisis Services 24-hour** (Hot Line for crisis counseling, emergency mental health services, information and referral): 834-3131 — www.crisisservices.org

**Lakeshore Behavioral Health Services**: 856-9711

Housing Services:

**Belmont Housing Services** (resources for home owners, renters, or landlords): 884-7791
www.belmonthousingwny.org

**HUD, Housing and Urban Development** (Renters/Tenant Help): 551-5755
www.hud.gov/local/index.cfm?state=ny&topic=renting
Community Resources and Services

Local Resources:

Delavan-Grider Community Center: Community meeting space, activities, and fitness space 877 E. Delavan Ave. 716-896-7021

Buffalo & Erie County Public Library
East Delavan Branch
1187 E. Delavan Ave. 716-896-4433

NY State Assemblymember Crystal D. Peoples-Stokes
729 E. Delavan Ave. 716-897-9714

Erie County Legislator Betty Jean Grant
790 East Delavan Ave. 716-894-0914

Local places of worship:

Abundant Life Church of God In Christ
629 E. Delavan Ave. 14215

Bethany United Methodist Church
177 Cornwall Ave. 14215 716-836-8722

Grace United Church of Christ
875 E. Delavan Ave. 14215

Holy Ghost Temple
159 Grider St. 14215 716-894-2971

Mount Olive Baptist Church
701 E. Delavan Ave., 14215 716-895-7494

Mount Sinai Temple of Deliverance
235 Grider St. 14215

Second Temple Baptist Church
812 E. Delavan Ave. 14215 (716) 897-1271

St. Philips Episcopal Church and Community Center
15 Fernhill Ave. 14215 Community Center:716 834-0334 Church: 716-833-0442

Tabernacle of Jesus
587 E. Delavan Ave. 14215

Temple of Light Spiritual Church
48 Cambridge Ave. 14215 716-893-1563

Health Status of the Community

We asked residents if they had ever been told by a doctor, nurse or other health professional that they have a variety of chronic conditions.

High Blood Pressure

Of the people we surveyed, 57% had high blood pressure. In comparison, Erie County and New York State rates are below 30%.

Lower your blood pressure by following these tips:

- Maintain a healthy weight
- Be physically active: aim for 30 minutes a day
- Eat a healthy diet that is high in fruits and vegetables and low in fat
- Use less salt and avoid processed and restaurant food
- Don’t smoke
- Limit alcohol use

Ask your doctor about high blood pressure.

Source: CDC, http://www.cdc.gov/bloodpressure/what_you_can_do.htm
Coronary Heart Disease

Of the people we surveyed, 8% had coronary heart disease. Erie County and New York State rates are 5% and 6%.

Lowering cholesterol and blood pressure can lower the risk of:

♦ dying from a heart disease
♦ having a nonfatal heart attack
♦ needing heart bypass surgery

Did you know that lowering cholesterol and blood pressure levels can help prevent heart disease?

How can we grow healthy together?

We can make some changes on our own or as families. **We can eat more fruits and vegetables, get more physical activity, and stop smoking.** This will help us stay healthy and prevent illnesses such as high blood pressure, diabetes, heart disease, cancer, and stroke.

**However, some changes need to be made together as a community**

Health begins before we step foot inside a doctor’s office. To be healthy we need a healthy neighborhood. We need:

♦ A convenient place to buy reasonably priced healthy foods, including fruit and vegetables
♦ Well maintained properties and business
♦ Safe places to walk
♦ Safe parks in which to play and exercise

Many Delavan-Grider residents would like to see a grocery store in their neighborhood.

Residents of the Upper Falls neighborhood in Rochester felt the same way so they organized, did research, and convinced a major grocery store chain to open a store in their neighborhood.

They…

♦ Interviewed local residents to find out where they wanted a store opened
♦ Conducted a study of where residents were buying their groceries and found that most travelled many miles to grocery shop by partnering with the City to determine where food stamp benefits were being used
♦ They presented this information to a supermarket chain which saw the potential for opening a profitable store in Upper Falls
♦ The store remains in operation today

Get concerned! Get active! Join the Delavan-Grider Community Action Team: (716) 829-6680
Meet Jackie, a Member of the Delavan-Grider Community

Jackie (not her real name) participated in the community health assessment by completing one of our interviews. Here is Jackie’s story of how she makes healthy choices a part of her daily life:

“It’s weird you guys came here today...all those things that you said, it applied to my family.” Jackie has diabetes and high blood pressure. She told us that she really knows what it means when people say that “life is short” because her mother passed away from diabetes complications at the age of 54.

Today, Jackie is 32 and has two kids to look after. She is concerned that her kids could get diabetes, too, so she makes sure she teaches them about a healthy diet by preparing meals that always include a vegetable, some protein, and a carb, like rice. Her family doesn’t drink a lot of fruit juice, because it’s high in sugar which makes her blood sugar spike up. But they do love to eat fruit—especially apples, and vegetables like broccoli and carrots.

Jackie sometimes finds it hard to get to get to a grocery store since she doesn’t own a car. That’s why she fully supports the Farmers’ Market, which she thinks is a great resource for people to have convenient and affordable access to fruits and vegetables.

In addition to watching her diet, Jackie tries to get regular exercise because it helps her keep her blood sugar in check. She goes over to Delaware Park and walks the golf course loop three times a week. She is building up her stamina for running by walking the length of two light posts, then jogging the length of one.

Jackie often has aches and pains in her knees, which only get worse when she’s having trouble keeping her blood sugar stable. She tries to be disciplined about her exercise and her diet because she knows that both will help her manage her disease and, if she can do that, she can live a long and fulfilling life.

A stroke happens when a clot blocks the blood supply to part of the brain or when a blood vessel in or near the brain bursts. Parts of the brain become damaged or die.

Stroke is a leading cause of death in the United States and recovery can take months or years for those who survive a stroke. Many people who have a stroke never fully recover.

The good news is that strokes can be prevented!
- Control high blood pressure
- Don’t smoke
- Maintain a healthy weight
- Be physically active: aim for 30 minutes a day
- Eat a healthy diet that is high in fruits and vegetables and low in fat
- Limit alcohol use

You and your doctor can work together to prevent or treat the medical conditions that lead to stroke!
Diabetes

Of the people we surveyed, 16% had diabetes. In comparison, Erie County and New York State rates are both around 10%.

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<thead>
<tr>
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<th>Delavan-Grider Community</th>
<th>Erie County</th>
<th>New York State</th>
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<tr>
<td>Diabetes Rate</td>
<td>16%</td>
<td>11%</td>
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Diabetes can damage your nerves and blood vessels causing health problems such as:

- Heart disease
- Stroke
- Blindness
- Gum infections
- Nerve problems
- Amputations
- Kidney disease

Basic treatments for diabetes include healthy eating, physical activity, blood sugar testing and insulin injections.

People with diabetes should see a health care professional who will monitor their diabetes and teach them how they can manage their diabetes.

Did you know that diabetes can be prevented or delayed by losing a small amount of weight (5% to 7% of total body weight)?

Source: CDC - http://www.cdc.gov/diabetes/consumer/learn.htm#5
       CDC - http://www.cdc.gov/diabetes/consumer/prevent.htm#1

Here’s what a Delavan-Grider community member had to say:

“Get us some jobs so we can go on and get some good, healthy food.”
Community Concerns

We asked community members to rank different life concerns in the order of the most likely to affect them personally to least likely to affect them personally.

Top 3 Concerns:
1. Not being able to pay bills
2. Cancer
3. Heart Disease

Here’s what a Delavan-Grider community member had to say:

“If I eat spaghetti my sugar’s high, the carbs, it raises them. Sometimes if it gets to like 400, I take my insulin to bring it down and sometimes that wipes me out. From the high to the low, it takes your body through a, you know, a physical change that’s indescribable.

From coming off that sugar, from your sugar being high then bringing it down at such a rapid pace. I don’t know if you ever had a charlie horse in your body, that’s how it feels. It hurts; diabetes is an unforgiving disease. So that’s why I really try to take care of it.

And exercise is good, the doctor said, for diabetes, so I have to listen to that. And then I know the consequences. So, knowing is half the battle. You can attack it better.”
Cancer

Of the people we surveyed, 7% had been diagnosed with cancer. Erie County and New York State rates are 5% and 4%.

Most people we surveyed said they get information about cancer from television or a doctor.

Here’s what members of the Delavan-Grider community had to say:

“The Delavan-Grider area, this is one of the top areas in the city.”

What do you like about the area?

“The people, the atmosphere, everything.”

Shown above: Percentage of respondents reporting getting information about cancer screening and prevention from a given source.
Community Assets

We asked community members what they felt are the best things about their neighborhood.

Here are the things that people mentioned:

- Their neighbors are respectful people who look after one another and help out when needed
- People work together
- Block clubs and neighborhood watch
- It’s a quiet, peaceful neighborhood
- It’s close to ECMC
- Farmers’ Market
- Delavan-Grider Community Center
- Churches
- Local stores nearby, such as the drugstore
- Convenience to other places in the city
- Low violence
- High number of homeowners
- The food bank at the church

Cancer

Many cancer deaths can be prevented through screening. Generally, the earlier cancer is found, the easier it is to treat.

Did you know that there are guidelines for cancer screening? They depend on the cancer type, age, and personal and family health history.

For more information about when to get screened talk with your doctor or visit:
http://www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/

You can lower your chance of developing cancer by using these tips:

- Avoid smoking and other tobacco products
- Avoid drinking too much alcohol
- Avoid too much exposure to the sun and tanning beds
- Eat a diet high in fruits and vegetables
- Maintain a healthy weight
- Be physically active

Asthma

Of the people we surveyed, 23% had asthma. In comparison, Erie County and New York State rates are about 15%.

An asthma attack may include: coughing, chest tightness, wheezing, and trouble breathing.

Attacks are triggered by tobacco smoke, outdoor air pollution, mold, dust mites and cockroach allergens.

Did you know you CAN control your asthma?

Prevent attacks by taking your medicine exactly as your healthcare provider tells you to and by avoiding things that can cause an attack.

Barriers to Being Physically Active

We also asked people about the things that made it harder for them to build exercise into their usual routine.

The graph below shows the percentage of respondents in the survey faced each barrier.

There was one that wasn’t on our list than many community members mentioned—the weather!

Walking Partners

We asked community members if they would be interested in joining a walking club if one was started in the Neighborhood; over two-thirds said they would be interested.

Having a partner might make it easier to be physically active. It can help you set a routine, make it more fun to be active, and give you a boost of motivation on days where you’re tired or don’t feel like doing it.
Barriers to Healthy Eating

We asked about the things that made it harder for people to eat fruits and vegetables.

The graph below shows the percentage of respondents who faced each barrier. Cost was the biggest barrier, but there were other ones too:

- Cost: 83%
- Prefer other food: 66%
- Already eat enough f&v: 60%
- Children/family don’t like f&v: 41%
- Don’t know many ways to prepare f&v: 27%
- No convenient place to buy f&v: 25%
- Not enough time to prepare f&v: 24%
- Not enough time to buy f&v: 21%
- Not liking f&v: 8%

When we told community members about the Farmers’ Market at Grider they had many good things to say.

- They said that you could get more at the market for a better cost than at regular grocery stores.
- They also said that they liked the freshness and quality of foods you can buy at the market, and liked that it’s right here in the neighborhood.

Weight Status

Body Mass Index (BMI) is used to determine if a person is underweight, normal weight, overweight, or obese.

Of the people we surveyed, 72% were either overweight or obese. Erie County and New York State rates are about 60%.

Being overweight or obese increases you chances of developing:

- High blood pressure
- Heart disease
- Stroke
- Cancer
- Diabetes
- Liver disease
- Breathing problems

If you’re not sure if you need to lose weight, you can ask your doctor.

If you need to lose weight, you can start slowly by eating healthy foods and exercising more.
Behaviors that Influence Health

Smoking

Of the people we surveyed, 31% were smokers. As a comparison, rates of tobacco smoking for Erie County and New York State are 27% and 17%.

Smoking is the number one cause of lung cancer as well as several other cancers and a major cause of heart disease.

It also increases your risk of developing heart disease, high blood pressure, asthma, and emphysema.

Trying to quit? Call the New York State Smokers’ Quitline:

1-866-NY-QUITS (1-866-697-8487)

You can also speak to your doctor about programs that can help you quit smoking.

Here’s what a Delavan-Grider community member had to say:

“Three times a week I do Delaware [Park]. I walk and then I do a little running; I run four light fixtures. So you know, to build yourself up.”
Physical Activity

As part of a healthy lifestyle, national guidelines recommend that adults exercise for 2 ½ hours each week.

Less than half of the people we surveyed were not getting enough physical activity.

We know 2 ½ hours each week sounds like a lot of time, but you don’t have to do it all at once! You can spread out your activity during the week and even during the day.

As long as you’re using moderate or vigorous effort, you can exercise 10 minutes at a time!

Physical activity helps:

- Maintain a healthy weight
- Reduce high blood pressure
- Reduce risk for type 2 diabetes, heart attack, stroke, and cancer
- Reduce arthritis pain and associated disability
- Reduce risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety

Source: http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html

Here’s what a Delavan-Grider community member had to say:

“I really want to stop smoking. It’s hard, you know, a hard habit to quit. It really is. It’s not easy. I have quit, and went back. It’s just, I don’t make excuses for myself because I’m an adult, but I know it’s not good for me. And my kids say you know its not good, and I see the lung commercials. I think it’s a mind thing.”

Tips to Make Your Quit Attempt Successful:

1. Believe you CAN quit smoking
2. Create a quit plan
3. Take action
4. Prepare yourself mentally
5. Get help and support from family and friends
6. Get help from your doctor
7. Know your triggers
8. Exercise
9. Find a quit buddy
10. Don’t give up!

If you believe you will quit, you will! It may take several attempts before quitting “sticks.” If you quit for a short time then resume smoking, you are one step closer to quitting for good. Just quit again. Keep doing it until you quit for life.
Eating Fruits and Vegetables

Try to eat at least 5 servings of fruits and vegetables each day as part of a healthy diet. Most people we surveyed ate less than 5 servings a day. People who eat many fruits and vegetables have a lower chance of developing chronic diseases like stroke, heart disease and certain types of cancer.

Did you know that most fruits and vegetables are naturally low in fat and calories and are filling?

Here’s what a Delavan-Grider community member had to say about the **GRIDER FARMERS’ MARKET**:

“I like to bargain shop, and if you bargain shop with the Farmers’ Market and the grocery store, you can’t beat the farmers market. I guess because they grow it. It’s awesome! It is! They’re so cheap. They have potatoes, and they have their little snacks and goodies, but the fruits and vegetables are very cheap. We got apples from there cheap and my kids love apples. One of their favorite fruits…I can spend ten dollars and have a whole heap of fruit and vegetables for the kids, a whole lot of it, so it’s convenient, and it saves me some money.”