P·H·R·E·S·H NEWSLETTER

We want to share important information with the Hill District community about our study on neighborhood change and health and the results we have found.

A Message from Our Field Coordinator, La'Vette Wagner

I want to extend a big thank you for letting us learn from you! This newsletter is delayed, and we apologize! We were preparing to send this out before the coronavirus (COVID) hit. We now have information for you about what we learned during our last data collection in the spring of 2018, as well as what we've learned about the impact of COVID in the community. We are excited to share this information with you, and we welcome your reactions and feedback.

In 2011, we randomly selected addresses that represented the full neighborhoods of the Hill District and Homewood and went door to door to offer these households an opportunity to participate in our study. The original study looked at what happened after the supermarket opened in the Hill District. Since then, PHRESH has grown to consider other neighborhood-level changes (housing improvements, business openings, and other improvements) in both the Hill District and Homewood. We collected data from households in 2013, 2014, 2016, and 2018. In 2019, we did a survey on thinking and memory among residents over the age of 50. We are collecting information now about COVID-19 and its impact on the community.

The goal of PHRESH is to capture residents' health and well-being over time. We hire residents from the community to help with data collection and welcome your feedback.

This newsletter has updates on sleep, access to food, diet, heart disease and diabetes risk factors, and neighborhood factors. In addition, we have included information on how the community has been affected by COVID.

P·H·R·E·S·H (Pittsburgh Hill/Homewood Research on Neighborhood Change and Health) is a research project conducted by the RAND Corporation.

P·H·R·E·S·H partners with the Hill District CDC, Hill District Consensus Group, Operation Better Block, Homewood Children's Village, the University of Pittsburgh, and residents of the Hill District and Homewood and is funded by the National Institutes of Health.

IN THIS ISSUE

Highlights from 2018
Household Survey Responses: Sleep, Food Shopping, Diet, Health, Neighborhood Safety Perceptions, Neighborhood Characteristics

Special insert on how the community is faring during the COVID-19 pandemic

Back page
Research Importance
What's Next for PHRESH?
Protecting Your Privacy

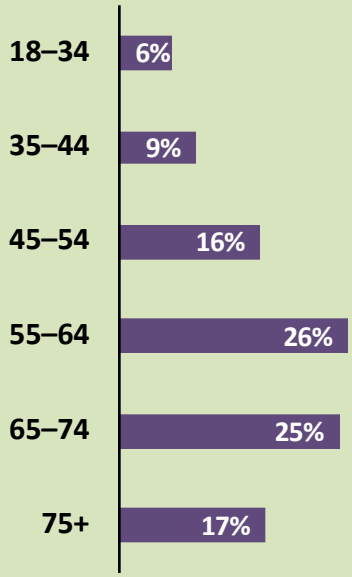
A quick look at Hill District PHRESH participants…

Hill District PHRESH Participants	%
Female	81%
55 years or older	69%
Black/African American	94%
Married/living with a partner	15%
At least high school education	89%
Lived in Hill District for more than 20 years	68%

Additional information:

- 42% are 65 years of age or older.
- 48% have at least some college or technical college education.
- 94% have lived in the Hill District for more than 5 years.

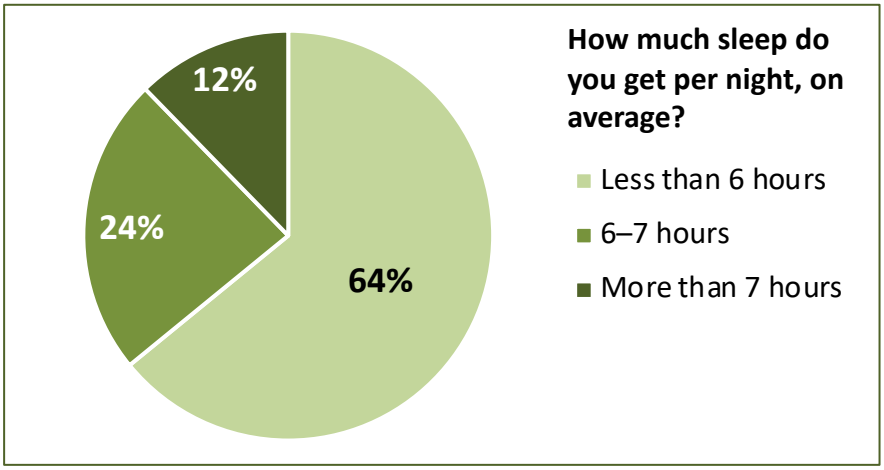
Participants by age in 2018



Highlights from Our 2018 Survey Results

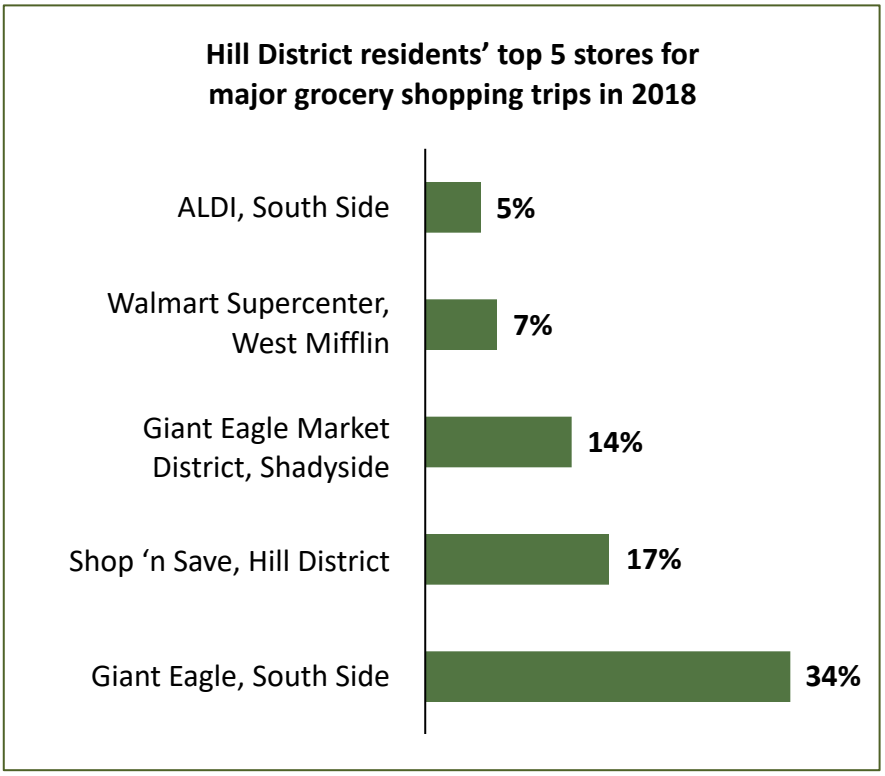
Hill District residents are not getting enough sleep

Almost 88% of Hill District residents get less than 7 hours of sleep. Just 12% of Hill District residents were getting at least 7 hours. **The recommended sleep duration for adults is 7–9 hours.**



Where do residents do their major food shopping?

In 2018, before the Shop 'n Save closed, we asked Hill District residents where they did their major grocery shopping. In our next large data collection (delayed until spring of 2021), we will look at how these numbers have changed since the Shop 'n Save closed.



A quick look at Hill District PHRESH participants…

Healthy Eating

Half of participants are meeting guidelines for a healthy diet, such as eating enough fruit and vegetables and keeping sodium and saturated fat intake low.

- **28%** ate 5 or more servings of fruit and vegetables per day.
- **63%** met the guidelines for low sodium intake, and **68%** kept their saturated fat intake low.

Heart Health and Diabetes

We measured important heart health and diabetes measures, including blood pressure and blood sugar.

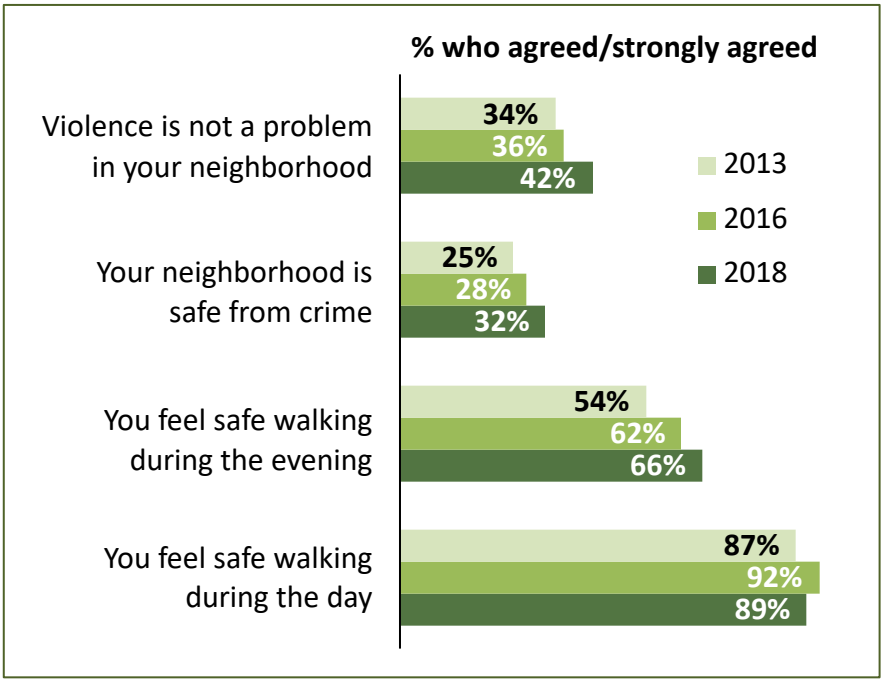
High blood pressure is a risk factor for heart disease, and high blood sugar is a risk factor for diabetes.

- **75%** had high blood pressure or were taking blood pressure medication.
- **35%** had high blood sugar or were taking diabetes medication.

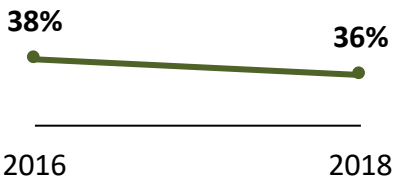
Highlights from Our 2018 Survey Results

How do residents feel about their neighborhood?

76% of Hill District PHRESH participants reported that they were satisfied with their neighborhood as a place to live. We also asked about their sense of neighborhood safety, which has mostly increased since our first data collection in 2013.

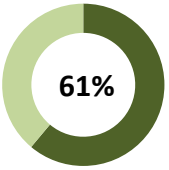


Hill District residents reported slightly fewer housing maintenance problems in 2018

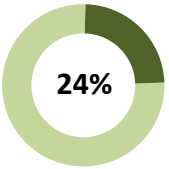


The types of problems residents reported included peeling paint or broken plaster; problems with plumbing, heating, windows, or door locks; and rats, mice, or cockroaches.

The Hill District still had many vacant buildings and lots in 2017, and some sidewalks needed repair



of Hill District blocks had at least one vacant property or empty lot, about the same as in 2012.



of the Hill District's sidewalks were in poor condition, compared to 20% in 2012.

Moving?

If you are a PHRESH participant and have moved since our data collection last year or are planning to move, please contact our Field Coordinator, La'Vette, to update your information. You can email lmwagner@rand.org or call 412-586-5695.

What's Next for PHRESH?

PHRESH delayed our Spring 2020 data collection until Spring 2021, but someone from our team may be contacting you or may already have contacted you to ask questions about your experiences during the COVID-19 pandemic. If you are a resident of the Hill District or Homewood and are interested in becoming a data collector (and administer the PHRESH survey to PHRESH participants), please contact La'Vette and tell her you are interested!

If there are other pieces of information you would like to learn, please feel free to contact La'Vette, or take a look at our website

www.rand.org/phresh

THANK YOU to all of our participants who gave their time to participate in our study!

RAND CORPORATION

HILL CDC

HILL DISTRICT CONSENSUS GROUP

THE COMMUNITY TABLE

OPERATION BETTER BLOCK

Reweaving The Fabric of Community Life

HOMEWOOD CHILDREN'S VILLAGE

Hill District Perspective

"The Hill Community Development Corporation is focused on comprehensive community development informed by data, having such a critical research effort focused on neighborhood change and health can be incredibly useful and impactful for many neighborhood initiatives."

Marimba Milliones, President and CEO, Hill Community Development Corporation

PHRESH Field Office
Hill CDC Building
2017 Centre Ave.
3rd Floor
Pittsburgh, PA 15219

Phone: 412-586-5695

Protecting your Privacy

Protecting your privacy is one of the PHRESH study's top concerns. There are many processes in place to protect the information you provide our study. If you'd like to learn more, please visit our website: www.rand.org/phresh