PHRESH 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.

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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

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A quick look at Hill District PHRESH participants...

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

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

<table>
<thead>
<tr>
<th>Age Range</th>
<th>%</th>
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<tbody>
<tr>
<td>18–34</td>
<td>6%</td>
</tr>
<tr>
<td>35–44</td>
<td>9%</td>
</tr>
<tr>
<td>45–54</td>
<td>16%</td>
</tr>
<tr>
<td>55–64</td>
<td>26%</td>
</tr>
<tr>
<td>65–74</td>
<td>25%</td>
</tr>
<tr>
<td>75+</td>
<td>17%</td>
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</tbody>
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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.

How much sleep do you get per night, on average?

- Less than 6 hours
- 6–7 hours
- More than 7 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.

Hill District residents’ top 5 stores for major grocery shopping trips in 2018

- ALDI, South Side: 5%
- Walmart Supercenter, West Mifflin: 7%
- Giant Eagle Market District, Shadyside: 14%
- Shop ‘n Save, Hill District: 17%
- Giant Eagle, South Side: 34%
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

61% of Hill District blocks had at least one vacant property or empty lot, about the same as in 2012.

24% 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!