



WESCO PARTNERS

- Bank One
- Christamore House
- City of Indianapolis
- Hawthorne Community Center
- Hispanic Informational Neighborhood Taskforce on Sensitivity
- Indianapolis Police Department
- IUPUI Office of Neighborhood Partnerships
- George Washington Community School
- Kroger
- Lifeline Community Center
- Marion County Health Department
- Minority Health Coalition of Marion County
- Municipal Gardens Family Center
- National City Bank
- Neighborhood Alliance on Child Safety
- Prosecutor's Office
- Westside Community Development Corp.
- Westside Community Ministries, Inc.
- Westside Health Center

# WESCO Neighborhood Health: A report to the community



## Heading



Place  
your

message  
here. For  
maximum

impact, use two or three sentences.



Presented by: The IUPUI Office  
of Neighborhood Partnerships  
and WESCO

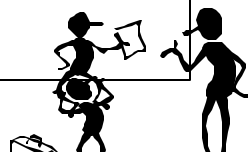
# History of the IUPUI- WESCO Partnership

In 1997 the leadership of Indiana University Purdue University Indianapolis (IUPUI) and the Westside Cooperative Organization (WESCO) established a long-term partnership. This partnership was created to bring together the resources and talents of the IUPUI campus, WESCO, and WESCO's many businesses, social service organizations, schools, and municipalities to build a stronger Near Westside community.

*The WESCO Neighborhood Health: a Report to the Community* was developed out of the IUPUI-WESCO Partnership and has been funded by a grant from the U.S. Department of Housing and Urban Development's Office of University Partnerships' Community Outreach Partnership Center (COPC) program.

WESCO is the umbrella community association comprised of three Indianapolis Near Westside neighborhoods: Stringtown, Haughville, and Hawthorne.

**WESCO Motto: "Working together works."**



# Community Resources

- **Municipal Gardens**  
1831 Lafayette Rd. 327-7190  
Serves youth 5-18, adults with disabilities, and senior citizens. Open Mon.-Sat. 1 pm-9pm
- **George Washington Community Swimming Pool**  
2215 W. Washington St. 693-5540  
Open swim, Saturday noon-4pm;  
Water aerobics, Monday & Wednesday, 6-7pm, Tuesday & Thursday, 5:30-6:30pm;  
Learn to swim, preschool Saturday, 9:30-10am;  
Youth Saturday, 10:15-11am, Monday & Wednesday 5:15-6pm;  
Adults Saturday, 11:15am-noon.
- **Thatcher Park Family Center**  
4649 W. Vermont 327-0128  
Junior League Basketball, indoor pool, walking trail, and many other recreational programs and activities. Call for more information
- **Ruth Lilly Health Education Center**  
2055 N. Senate 924-0904  
35 Health Education Programs for ages 3 to adult on general health, drug education, human growth and development, nutrition, violence, disease prevention, and mental health. Call for more information
- **Westside Community Health Center**  
2732 W. Michigan 54-4654  
Offers classes on breastfeeding and diabetes. Call for more information
- **Hawthorne Community Center**  
2440 W. Ohio St. 637-4312  
Programs include organized sports, open gym, and senior citizen nutrition and wellness activities. Call for more information
- **Christamore House**  
502 N. Tremont 635-7211  
Programs include after school youth programs, senior citizen lunch program, and open gym Call for more information

## Public Assistance: Food Stamps and Temporary Assistance for Needy Families (TANF)

Table 1: % of population receiving Food Stamps by neighborhood and race

Neighborhood	African American	Caucasian	Hispanic
Haughville	86.088	11.478	*
Hawthorne	17.617	70.849	*
Stringtown	26.961	63.725	*

\*data was unavailable

Table 2: % of population receiving TANF by neighborhood and race

Neighborhood	African American	Caucasian	Hispanic
Haughville	88.902	7.927	2.805
Hawthorne	16.443	69.128	12.081
Stringtown	18.779	61.033	18.31

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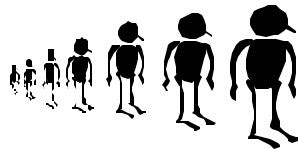
- 2000 Census
- SAVI database
- Marion Co. Health Dept. DataMart
- WESCO community health assessment, conducted by: the IU School of Nursing, IU School of Medicine Department of Public Health, and WESCO.

### Sections of the Report

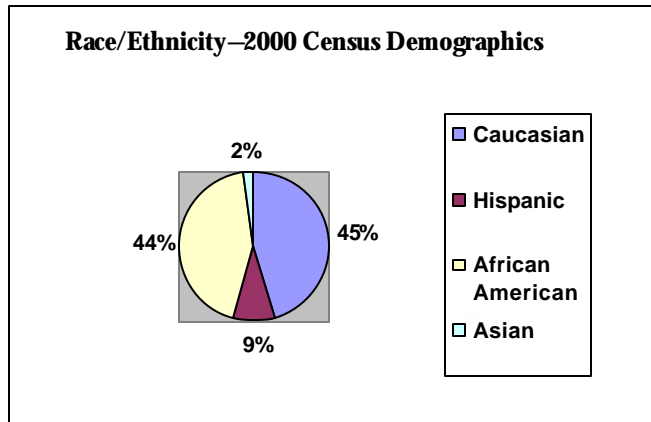
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The WESCO community health assessment data represents only a sample of the WESCO community and is drawn from 313 surveys completed by community residents.

# Population

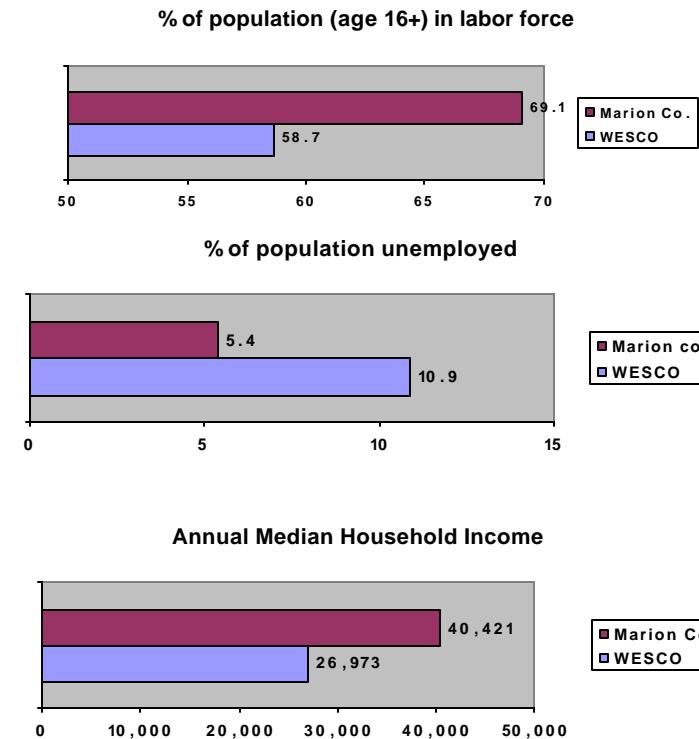


According to 2000 census data, the WESCO population is 12,848. WESCO has twice as many African Americans and three times as many Hispanics as the percentage of Marion County (U.S. Census Bureau, 2000). Haughville contains the largest numbers of African American residents, while the Hispanic population resides mostly in Hawthorne, and Stringtown is primarily composed of Caucasian residents.



Gender	Number	Percent
Males	6,458	50.3%
Females	6,390	49.7%

# Employment & Income



About 24% of the Near Westside Neighborhood lives below poverty level, which is double the roughly 11% of the Marion County population living below poverty.

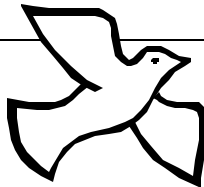
One in three WESCO children lives in poverty, compared to one in six in Marion County.

# Prenatal Outreach Program

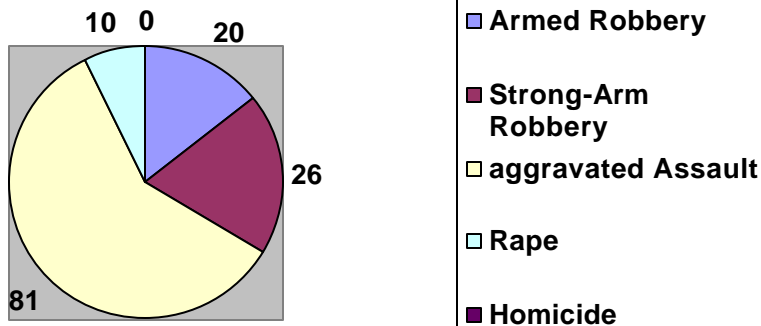


The Westside Family Investment Collaborative, initiated under the umbrella of the Christamore House, formed the Prenatal Outreach Program in order to address issues of smoking during pregnancy and accessing proper prenatal care. The program offers assessment, referrals and follow-up services to pregnant women. Contact 637-0992

# Crime and Violence Prevention

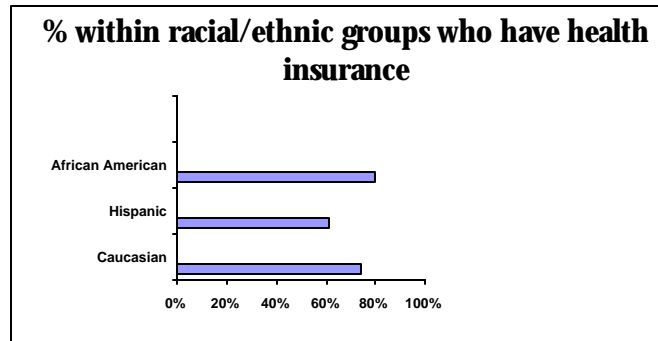


A total of 728 crimes classified as Part 1 (the most serious level of crime) occurred in the WESCO neighborhood between January 1- June 30, 2004. Some of the most violent Part 1 crimes include:



# Health Care Coverage & Services

According to the WESCO community health assessment, a large portion of those surveyed, almost 75%, indicated that they had health insurance coverage.



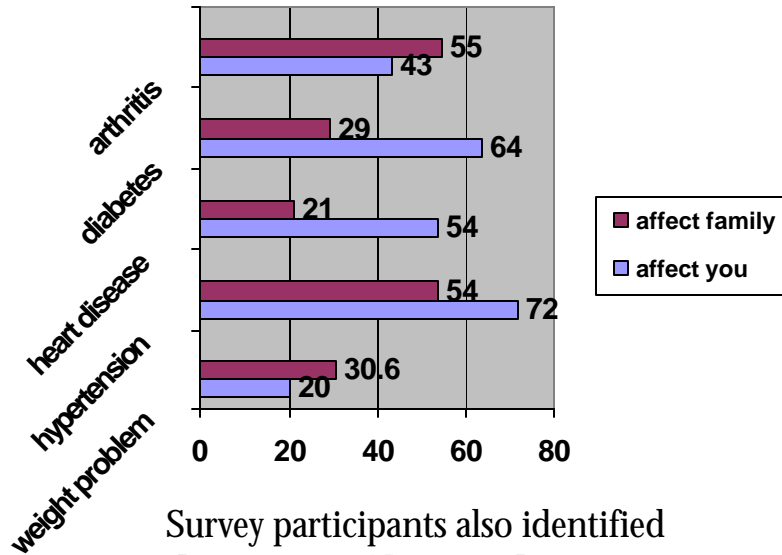
For those who are insured, the most common forms of insurance were:

	Coverage Under Medicare	Coverage Under Spouse/Parent	Wishard Advantage
<b>Caucasian</b>	20.3%	13.8%	19.5%
<b>Hispanic</b>	5.4%	1.8%	39.3%
<b>African American</b>	25.6%	12%	19.2%

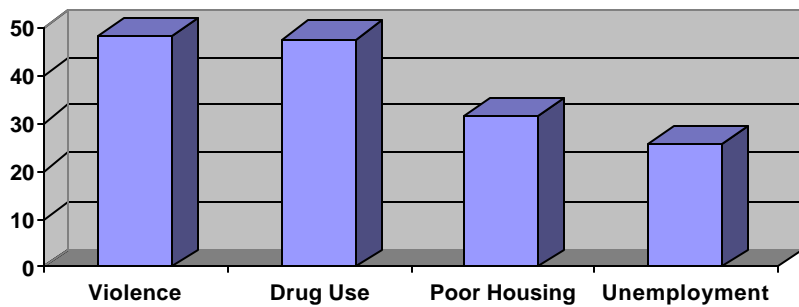
# Health Issues



According to the WESCO health assessment the following health issues were most commonly affecting survey participants or their families:



Survey participants also identified the top 3 problems in the community. The most common answers were:

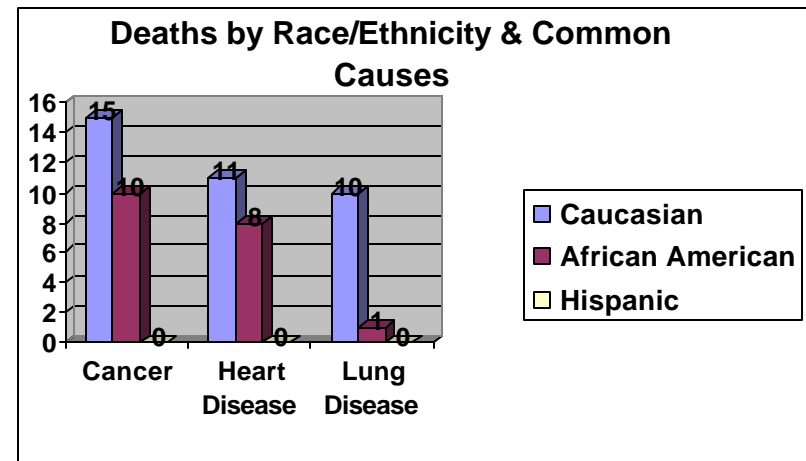
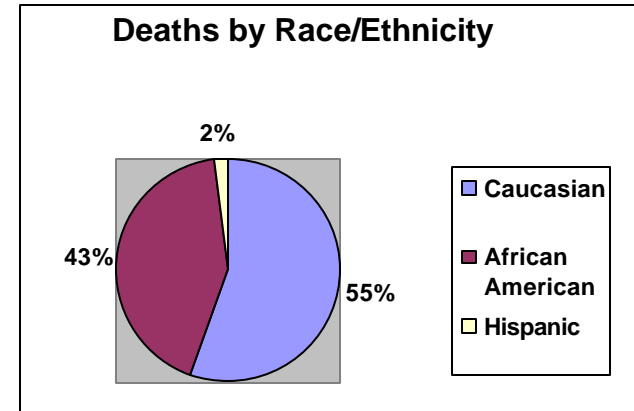


Problems Identified by Percentage of Residents Surveyed

# Deaths

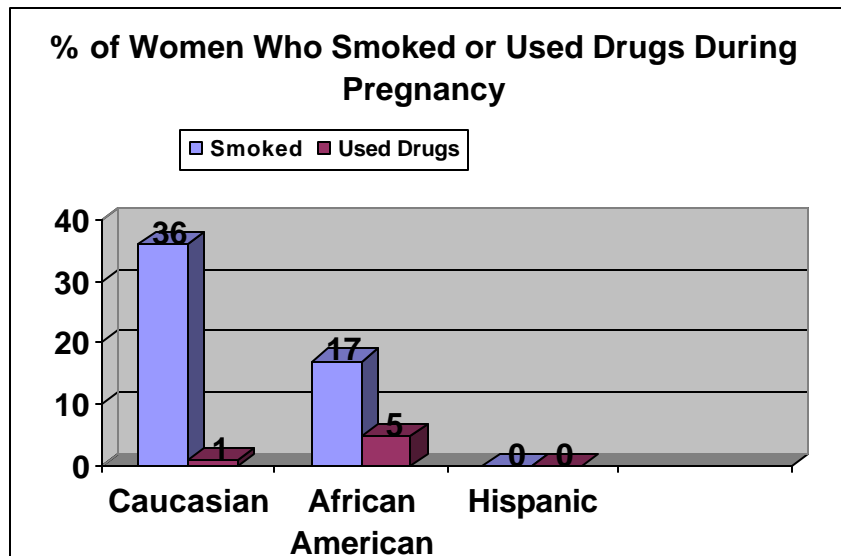
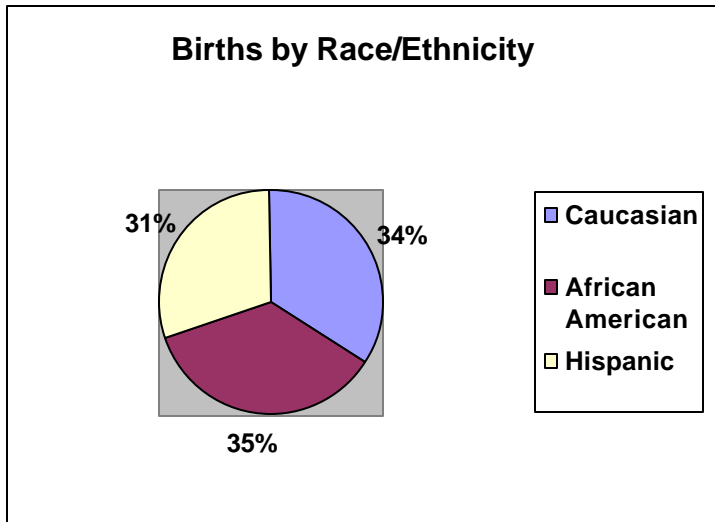


There were 108 deaths in the WESCO community in 2003.



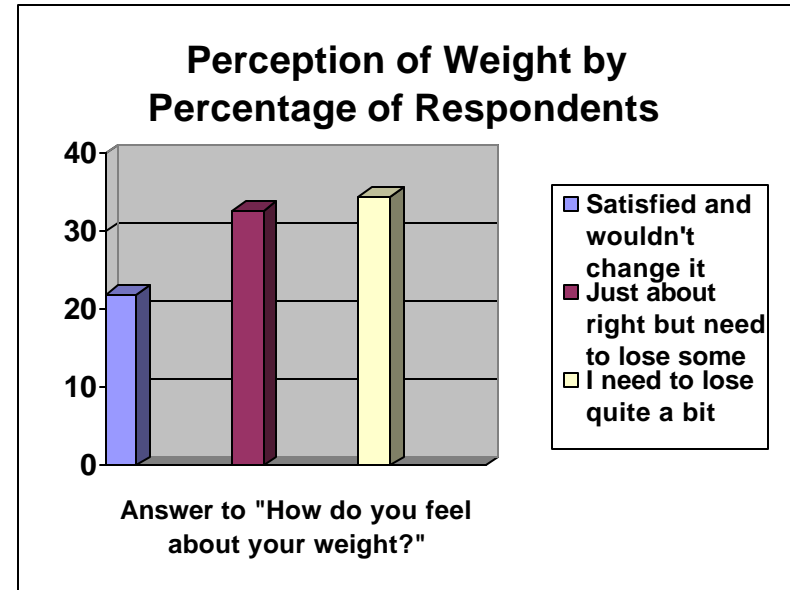
# Births

In the year 2003, 243 babies were born in the WESCO community.



# Weight Issues

When asked about their weight, most survey participants indicated that they would like to lose at least some weight.



# Physical Activity

Most people who participated in the survey get at least some physical exercise. 35.1% exercise 1 or 2 times a week, and 34.2% exercise 3 or more times a week.

Over 70 % of people surveyed identified **walking** as their favorite physical activity.



# Overweight & Obesity



**Overweight and obesity are caused by an imbalance of high intake of calories and fats and a low output of physical activity.**

- 61% of adults in the United States were overweight or obese in 1999
- 40% of adults in the United States do not participate in any leisure-time physical activity

**Obesity in children is now at a record high.**

- The number of children who are overweight has doubled in the last 20-30 years
- Currently 1 child in 5 is overweight
- The increase is in both children and adolescents, and in all age, race, and gender groups.

**Obesity increases the risk of:**

- **Heart Disease:** high blood pressure, heart attack, high cholesterol
- **Diabetes:** gaining 11-18 pounds doubles the risk of developing type 2 diabetes
- **Cancer**
- **Asthma**
- **Arthritis**

**Overweight children have a 70% chance of becoming overweight adults**

# Weight Loss & Weight Control



**Get Active!**

- Children need at least 60 minutes of physical activity most days of the week and adults need at least 30 minutes,
- Make time for the entire family to be active together. Try biking, walking, or playing games together (tag, basketball, hide and seek)
- Plan special active family outings. See the resource page for ideas.
- Limit tv time ( for kids and adults) to less than 2 hours a day.



**Eat Healthy Foods in a Healthy Way**

- Choose a diet that is rich in fresh vegetables, fruits, and whole grains.
- Eat meals together at regular times.
- Eat slowly so that you have time to digest and know how full you really are.
- Limit serving sizes and allow children to ask for more.
- Limit fast food eating to less than once a week. Limit foods like candy, soda, sweets, and potato chips.

**Did you know?**

Pre-packaged and processed foods usually cost more and are higher in fats and calories. For the price of a large bag of chips or cookies you can buy:

- 2 lbs. apples, 1 lb. banana, 1 lb. carrots,
- 3 lbs. potatoes, 1 lb peppers