The Healthy Communities Foundation’s mission is to improve the health and well-being of individuals in our service area by promoting health equity, quality and access. To measurably impact the health outcomes of our region, we believe it is imperative to address both the medical and non-medical factors that influence an individual’s life expectancy and quality of life. We commissioned local research of our region to generate a community- and data-informed strategic plan that would advance our priority grantmaking areas. While we knew that health disparities existed in our service area, the results of this research were still striking and confirmed that an individual’s health outcomes were influenced by where they lived.

**WHAT IMPACTS HEALTH? 1**

<table>
<thead>
<tr>
<th>EXAMPLES</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SOCIO-ECONOMIC FACTORS</strong></td>
<td>40%</td>
</tr>
<tr>
<td>Employment</td>
<td>Income</td>
</tr>
<tr>
<td>Education</td>
<td>Family/Social Support</td>
</tr>
<tr>
<td><strong>HEALTH BEHAVIORS</strong></td>
<td>30%</td>
</tr>
<tr>
<td>Diet &amp; Exercise</td>
<td>Alcohol Use</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>Sexual Activity</td>
</tr>
<tr>
<td><strong>CLINICAL CARE</strong></td>
<td>20%</td>
</tr>
<tr>
<td>Access to Care</td>
<td>Quality of Care</td>
</tr>
<tr>
<td><strong>PHYSICAL ENVIRONMENT</strong></td>
<td>10%</td>
</tr>
<tr>
<td>Air &amp; Water Quality</td>
<td>Housing &amp; Transit</td>
</tr>
</tbody>
</table>


**OUR SERVICE AREA 2**

"FROM WESTERN SPRINGS TO WESTERN AVENUE, FROM RIVER FOREST TO HICKORY HILLS"

- ~900K residents (1/3 size of Chicago)
- 71% reside in Legacy & Equity zip codes, which have the greatest health disparities
- Health Disparities concentrated south of I-55
- 27 zip codes in Chicago & western Cook County suburbs

**POPULATION 2 (as of 2016)**

- 2% Asian
- 48% Latinx
- 30% White
- Other 1%

*Percentage change since 2000

**RACIAL/ETHNIC CHANGES IN OUR SERVICE AREA 2**

- White residents **4X** likely to be >65yrs old than Latinx residents
- Latinx residents **2X** likely to be <18 yrs old than White residents
- Arab population increased **68%** from 2000 to 2016
- 25% of residents are immigrants
- African-American population is **growing** in Cicero/Berwyn
- Increasing younger population in EAST
- Deaths exceed births in WEST

(2) A Profile of Communities and Change: The Service Area of the Healthy Communities Foundation; Rob Paral and Associates, Sept 2018
African-American residents have highest poverty rate at 29% (>3X than White residents)

40% of Latinx residents lack a HS degree

1/5 of African-American residents are unemployed

Residents with incomes below poverty level

Residents with no HS degree

Residents who are unemployed

SOCIOECONOMIC NEED IN "LEGACY & EQUITY" AREA VS HCF GENERAL AND IL

ZIP CODE HEALTH RANKINGS

60558 Western Springs
60304 Oak Park
60305 River Forest
60526 LaGrange Park
60525 LaGrange
60301 Oak Park
60513 Brookfield
60458 Justice
60632 Elsdon
60629 Chicago Lawn
60155 Broadview
60153 Maywood
60623 Lawndale
60644 Austin

RANKINGS BY CATEGORY

HEALTH OUTCOMES

- Adults w/diabetes
- Adults w/high blood pressure
- Low birth weight/premature births

HEALTH FACTORS

- Adult obesity
- High risk for pediatric blood poisoning
- Vacant housing units in area

Sources:
(3) https://statisticalatlas.com/state/Illinois/Education
(5) (6) Sinai Urban Health Institute HCF Zip Code Health Rankings Report
(7) Profile of Communities and Change The Service Area of the Healthy Communities Foundation; Rob Paral & Associates, Sept 2018

HEALTH CARE IN OUR SERVICE AREA

1 in 6 residents lack health insurance, even with ACA

25% of residents get healthcare through Medicaid

Medicaid covers >60% of African-American & Latinx children

50% of Latinx noncitizens lack health insurance

Access to healthcare institutions are concentrated in the western & northern parts of our service area.

Health equity means that every individual has the opportunity to live a healthy, full life regardless of where they live or other circumstances linked with social, economic or environmental factors. It is important to understand the demographic and socioeconomic shifts taking place in our communities in order to devise solutions that can improve quality of life and achieve health equity.

Individuals can travel across region to see a doctor, but no access to transportation means limited access to healthcare.