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Jewish Community Health Survey: West Rogers Park and Peterson Park

Overview of Findings
May 2006

Teamwork

- The Jewish Federation and the Sinai Urban Health Institute have worked closely to analyze and present these data
- **Acknowledgements:**
 - SUHI:* Maureen Benjamins, Steve Whitman, Kristi Allgood, Abigail Silva, and Ami Shah
 - Jewish Federation:* Joel Carp and Dana Rhodes
- For further information, please contact Maureen Benjamins at suhi@sinai.org or 773-257-2324

Partners

- Survey initiated by the **Jewish Federation of Metropolitan Chicago**
- Data collection implemented by the **UIC Survey Research Laboratory**
- Project managed by the **Sinai Urban Health Institute**
- Funded by the **Jewish Federation's Fund for Innovation in Health, Polk Bros., Michael Reese Health Trust, Irvin and Ruth Swartzberg Foundation, and the Fel-Pro/Mecklenburger Supporting Fund**

Background

- West Rogers Park and Peterson Park (WRP/PP) are among the most heavily concentrated Jewish areas in Chicago, with as many as 23,000 Jewish individuals living in these far north side communities
- Existing data is available from the National Jewish Population Surveys and the Metropolitan Chicago Jewish Population Survey, which are conducted every 10 years
- However, little health information is available about the Jewish community at the local level

Need for Local Health Data

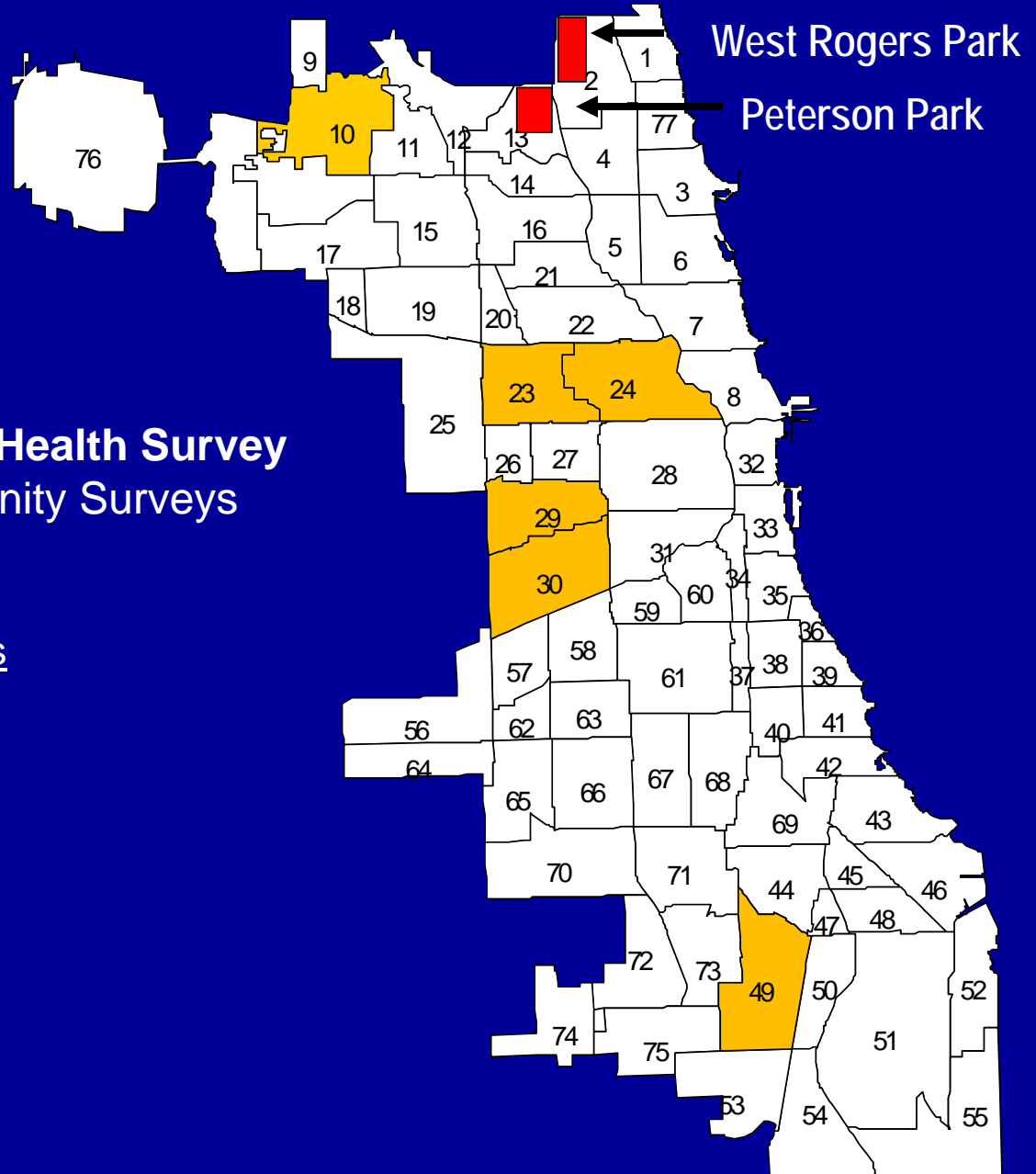
- Specifically, no other data set can provide detailed information about the level of access to health care and the health care needs of Jewish people within this area
- Data on risk factors and health behaviors in the Jewish community is needed to plan interventions and guide policies
- Such data can also form the foundation for additional grant applications

Chicago Community Areas

- Jewish Community Health Survey
- Sinai's Other Community Surveys

Official Community Areas

- 1 Rogers Park
- 2 West Ridge
- 13 North Park
- 10 Norwood Park
- 23 Humboldt Park
- 24 West Town
- 29 North Lawndale
- 30 South Lawndale
- 49 Roseland



Sampling Details

- Three-stage sampling design employed to get a representative sample of the Jewish population in these two neighborhoods
- Eligible respondents were Jewish adults (18 yrs+) and caregivers of children (0-12 yrs)
- Interviews attempted at 1,124 households. Of these households, 286 were non-residential, unable to be contacted, or refused to participate
- An additional 529 were ineligible. Among those eligible and contacted, the cooperation rate was 75%

Methodology

- Conducted face-to-face interviews with 201 Jewish adults and 57 with caretakers of Jewish children
- Data collected between Aug 2003-Jan 2004
- Adult interview took about 1 hour and child interview about 15 minutes
- Incentives: \$20 per adult, \$10 per child interview

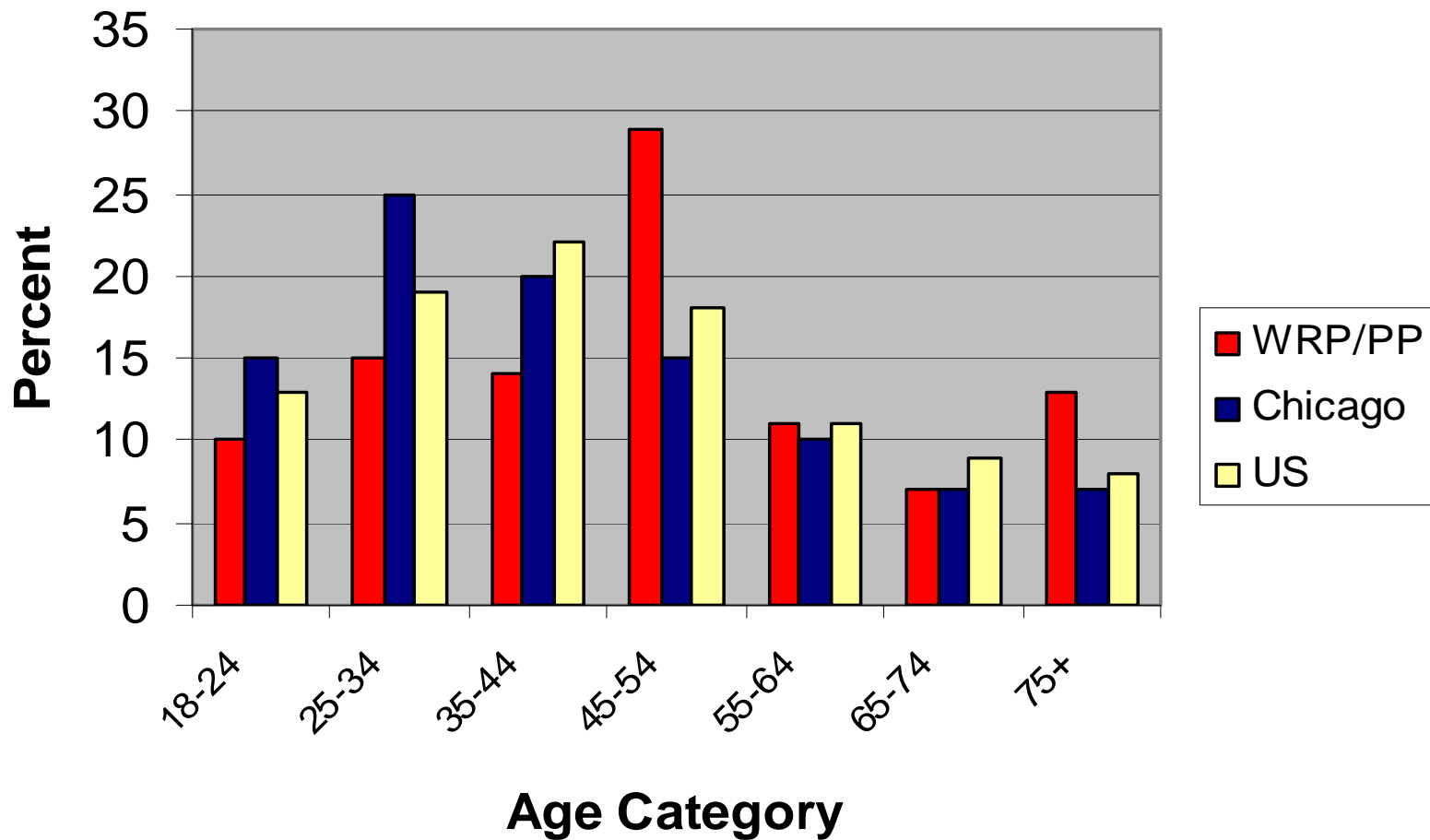
Survey Design

- Questionnaire adapted from *Sinai's Improving Community Health Survey* conducted in six Chicago community areas
- Many questions taken word-for-word from national and state surveys so that comparison data would be available
- Approximately 50 new questions were added
- The Jewish survey includes 475 adult and 100 child questions

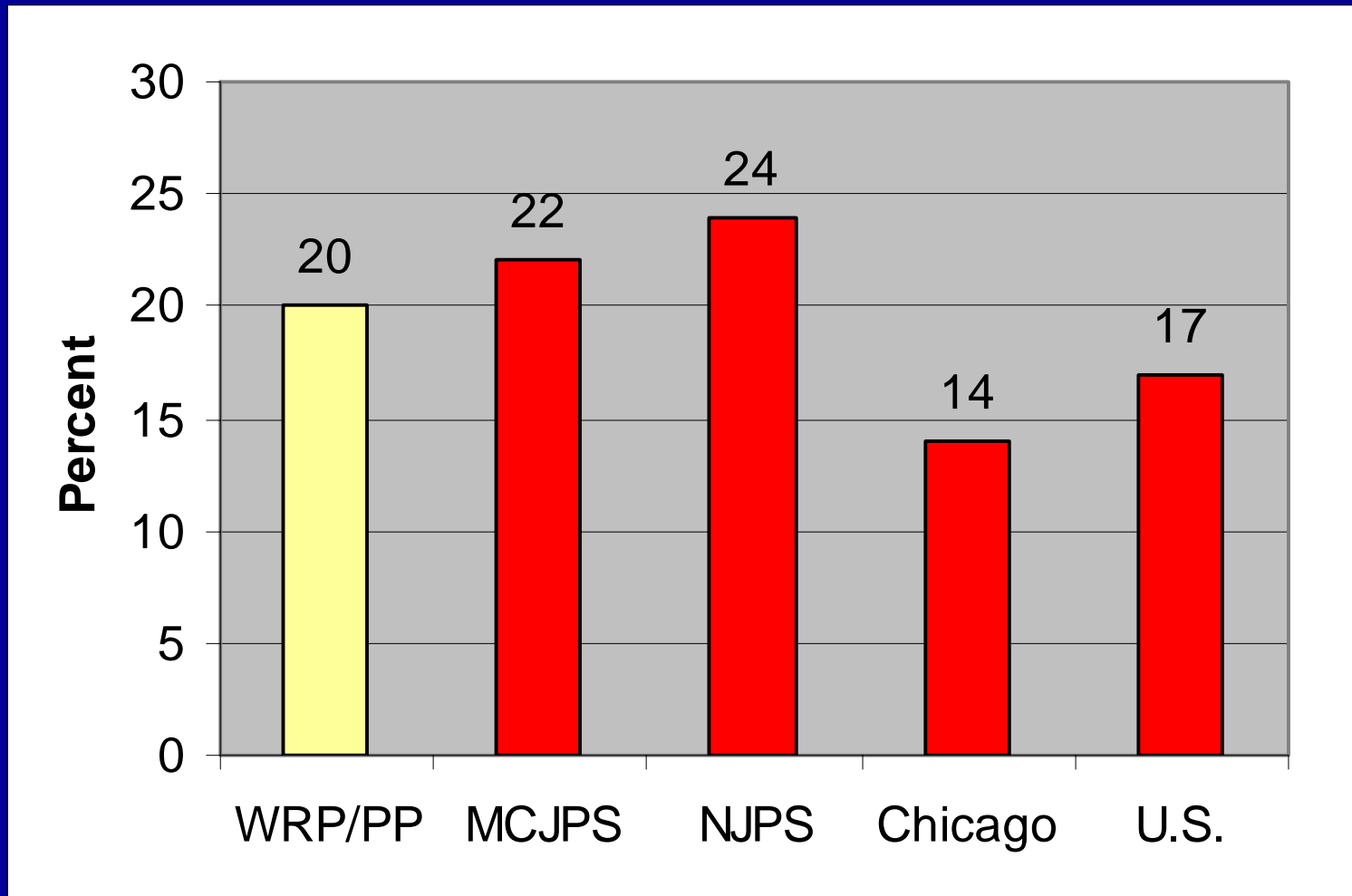
**West Rogers Park and Peterson Park
(WRP/PP) Community:**

Demographics

Age Distributions of Jewish, Chicago, and U.S. Adult Populations



Percent of Elderly



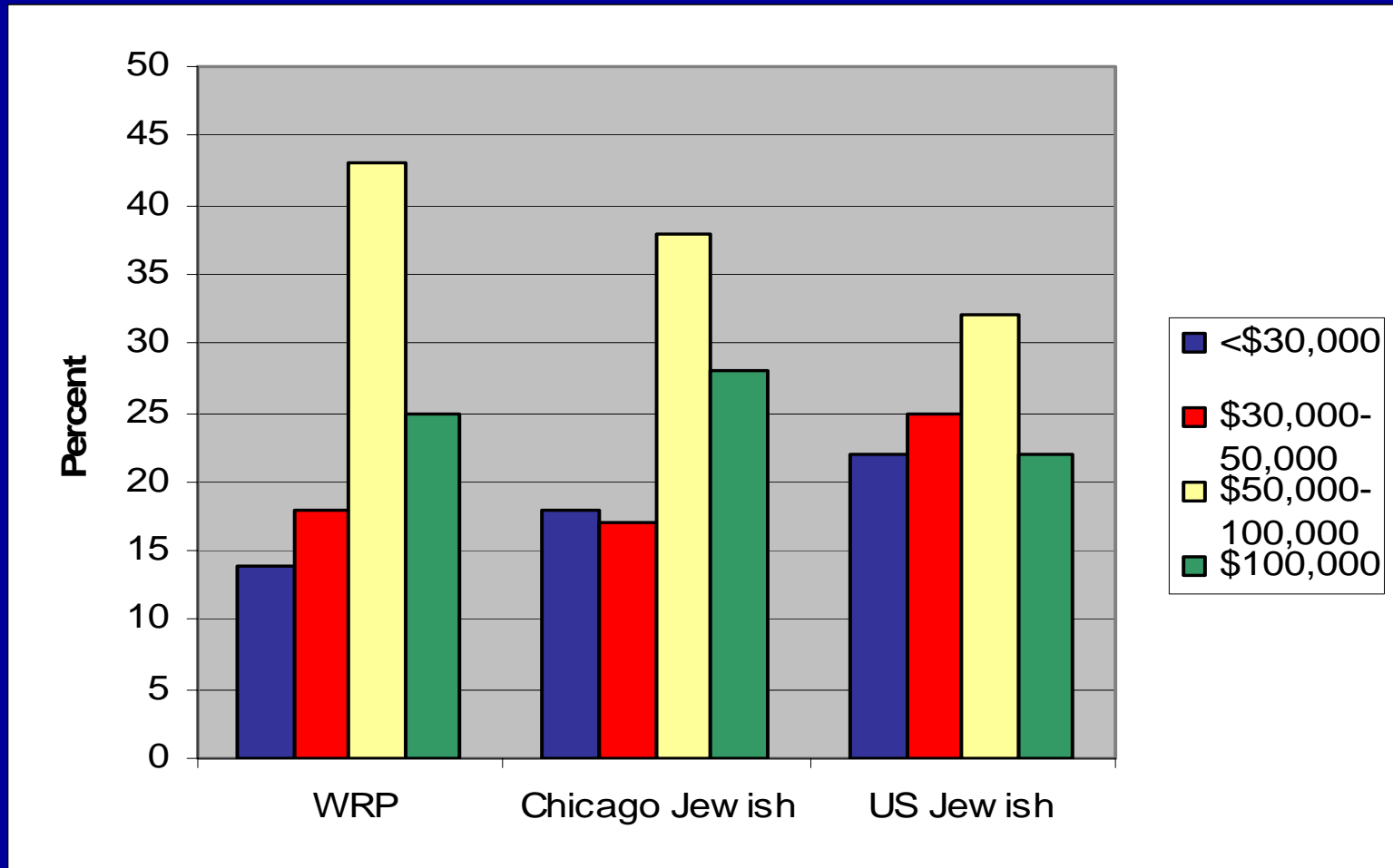
* Percent of individuals over 65 years of age among adults over 18; Chicago and U.S. estimates from the Census

Other Socioeconomic Characteristics

	WRP	Chicago Jewish	US Jewish
Below Poverty Line	10%	--	5%
Education Level			
Less than college degree	36%	30%	45%
Bachelors degree	38%	42%	30%
Graduate degree	27%	29%	25%
Employment Status			
Currently employed	60%	64%	61%

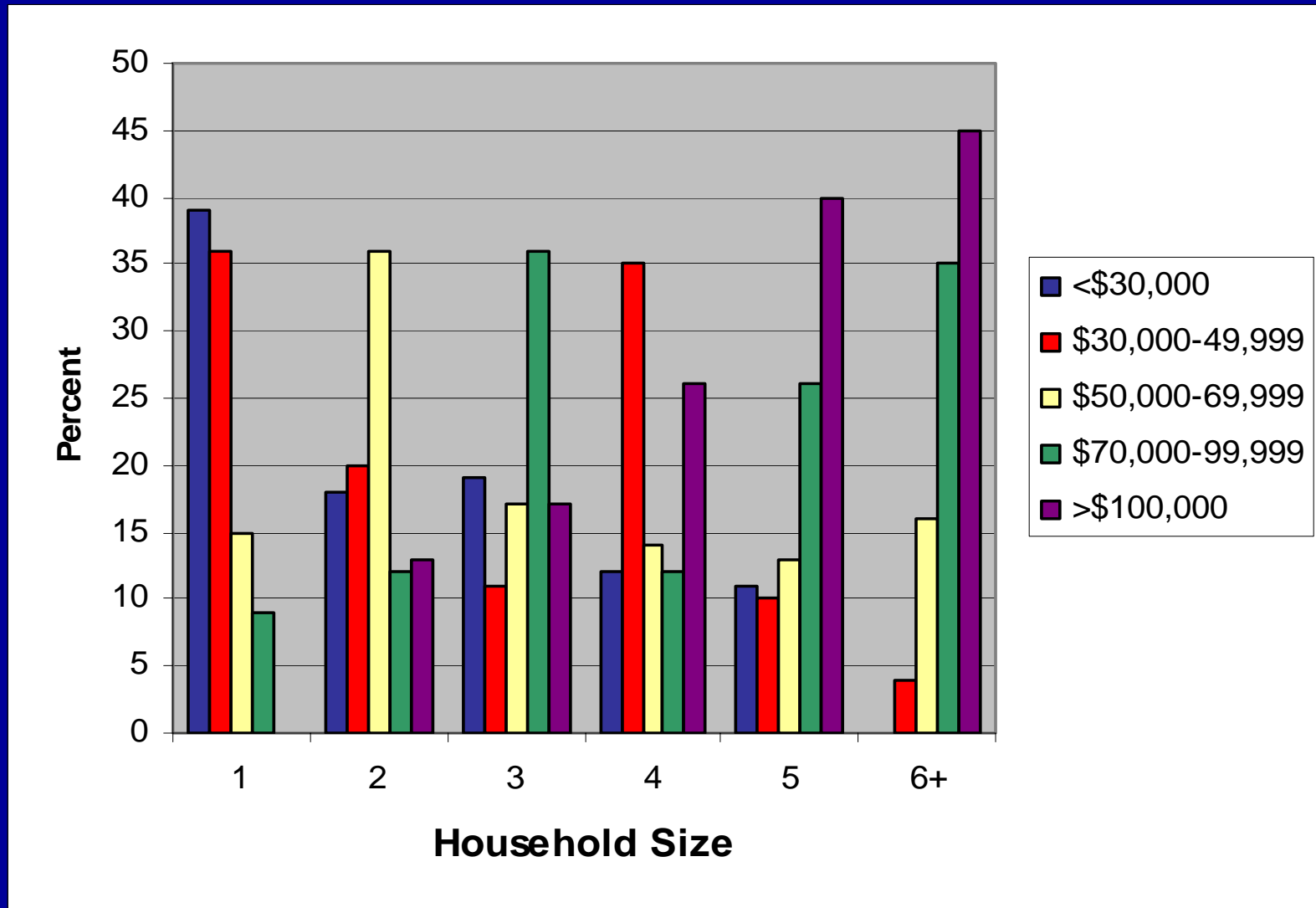
* Jewish data come from the MCJPS, 2000 and the NJPS, 2000

Annual Household Income

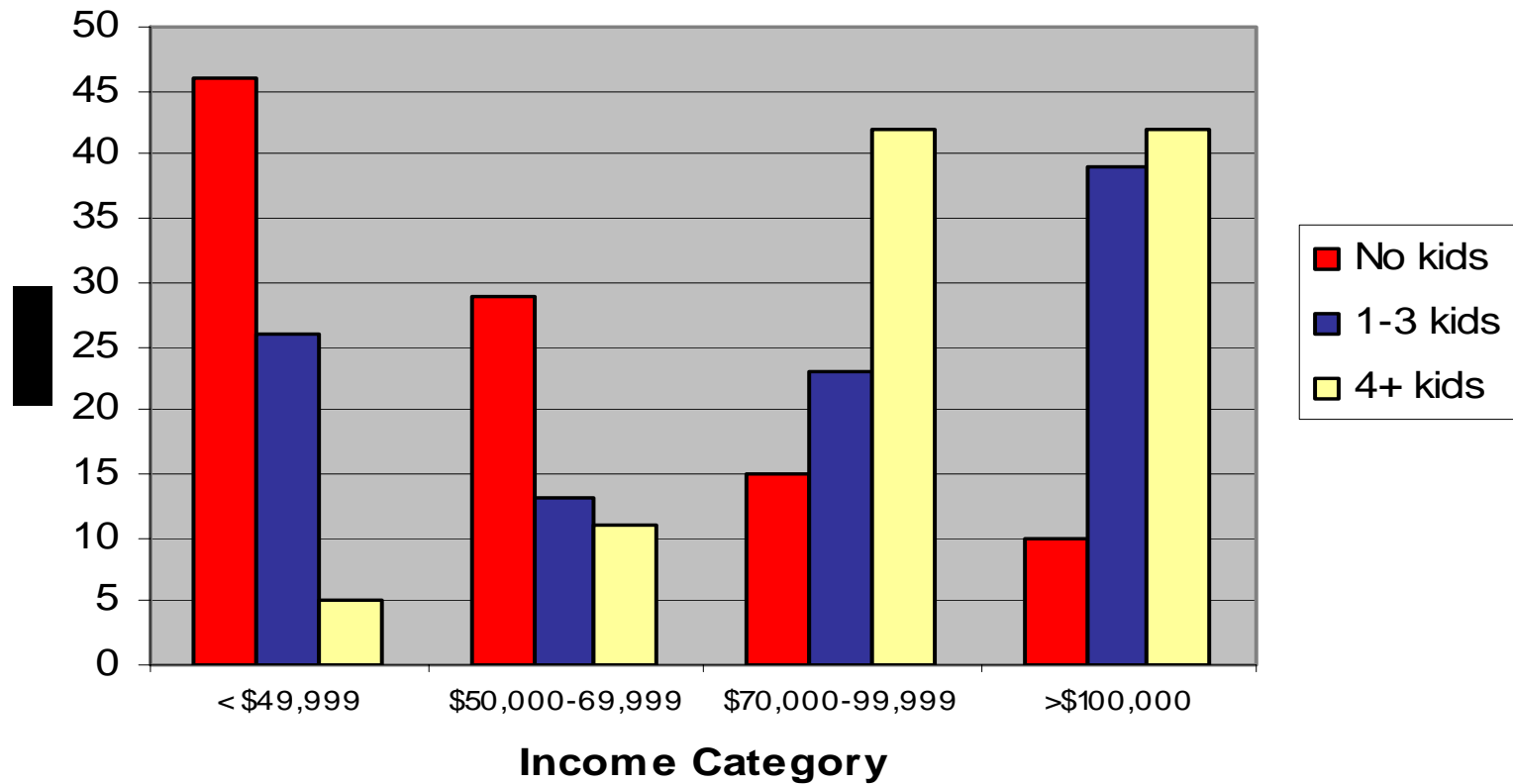


* Note: Categories for the US Jewish populations (from MCJPS and NJPS) are slightly different: <\$25,000 and \$25,000-\$50,000

Income by Household Size in WRP



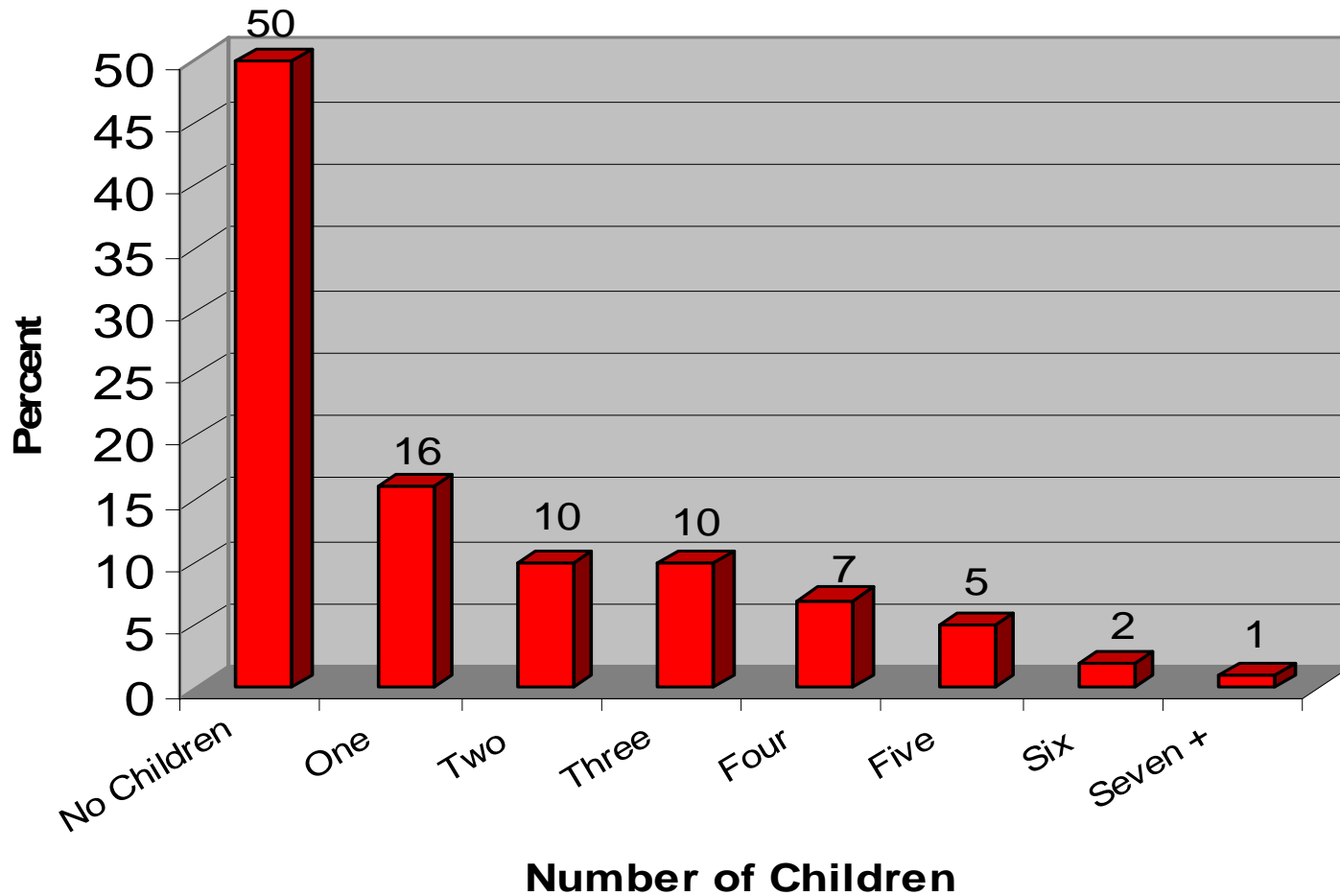
Income Distribution by Number of Children



Family Structure

Demographic Variable	Percent
<i>Marital status</i>	
Married	73
Widowed	7
Divorced/separated	7
Never married	13
Lives alone	10
Live with parents or in-laws	12
Family living within 25 miles	83

Number of Children in Household



Jewish Ethnicity

What do you consider to be your ethnic origin?

• Ashkenazi	164 (82%)
• Sephardi	7 (3%)
• Mixed origin*	14 (7%)
• Other	8 (4%)
• Don't know	8 (4%)

*Mixed origin refers to someone who considers themselves Jewish and mixed Ashkenazi and/or Sephardi

Religious Observances

	WRP (%)	Chicago Jewish (%)	U.S. Jewish (%)
Synagogue membership	81	73	46
<i>Denomination*</i>			
Orthodox	82	12**	22
Traditional	7	-	-
Conservative	6	31	33
Reform	4	45	38
Other	1	12	7
Keeps a Kosher home	79	20	21
Jewish spouse (if married)	96	82	69

* Of individuals who belong to a synagogue

** Traditional is included in Orthodox in the MCJPS and NJPS data

Other Cultural Factors

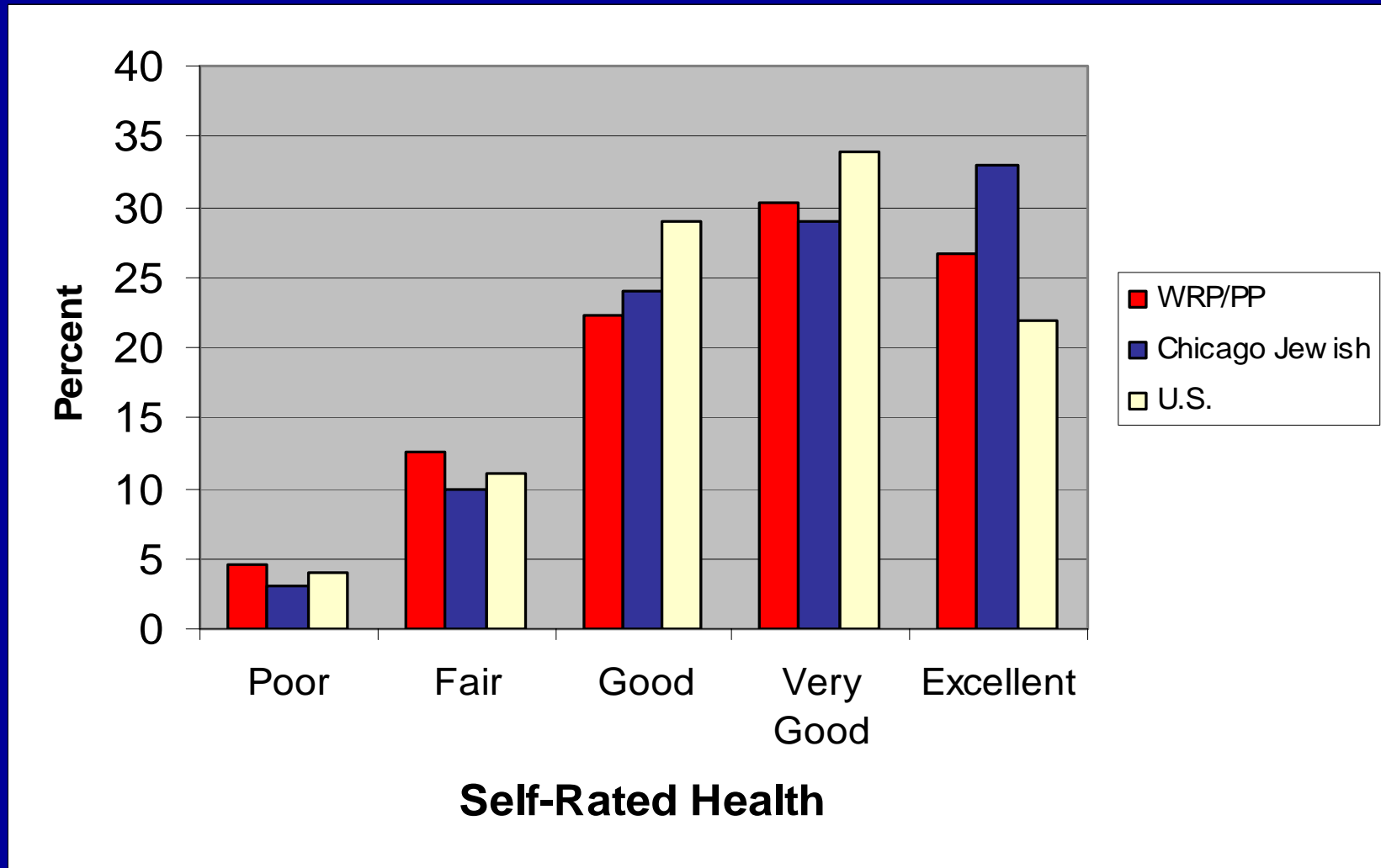
Country of Birth	Percent
United States	80
Former Soviet Union	6
Israel	4
Other	10

Primary Language Spoken at Home	Percent
English	91
Russian	5
Other (Yiddish, Farsi, Hebrew)	4

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

**Selected Health
Outcomes**

Self-Rated Health



*WRP data age-adjusted; Chicago data from MCJPS 2000; US data from BRFSS 2003

Chronic Conditions

	WRP (%)	Chicago* (%)	U.S.** (%)
High blood pressure	28	25	21
Diabetes	5	8	7
Cancer	5	--	7
Heart problems	9	--	11
Arthritis	21	--	21
Asthma	10	11	11

Note: WRP data is age-adjusted

* BRFSS, 2001 and 2002; ** NHIS, 2002

Disabilities

	Percent
Households with someone with a disability?	
WRP	23%
Chicago Jewish population	15%
<i>Type of disability in WRP*</i>	
Learning Disability	49%
Physical Disability	20%
Blindness or Deafness	9%
Other (e.g. autism, ADD, Down's syndrome, developmental delays)	31%

* Includes second and third mentions, so total does not add up to 100%

Disabilities

	N (%)
Percent of disabled who need special care	21 (45%)
Type of care needed*	
Occupational therapist	7 (33%)
Speech pathologist	5 (24%)
Full- or part-time caregiver	5 (24%)
Tutoring	5 (24%)
Physical therapist	4 (19%)
Other (wheelchair, respite care, psychologist, a brace, etc.)	13 (62%)

* Includes multiple responses

Disabilities

	N (%)
Characteristics of individuals living in a household with someone with a disability*	
Under 65 years of age	42 (90%)
Have children	30 (66%)
Self-rated health fair or poor	18 (39%)
Currently depressed	17 (38%)
Insufficient funds to meet needs**	27 (58%)
Has used Jewish services	21 (44%)

*Only significant differences shown

** Includes health care, food, religious obligations, and children's education

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

**Mental Health
Outcomes**

Depression

Center for Epidemiological Studies Depression (CES-D) Scale

Did you feel this way much of time this past week?

- I felt depressed
- I felt that everything I did was an effort
- My sleep was restless
- I was happy
- I felt lonely
- People were unfriendly
- I enjoyed life
- I felt sad
- I felt that people disliked me
- I could not get going

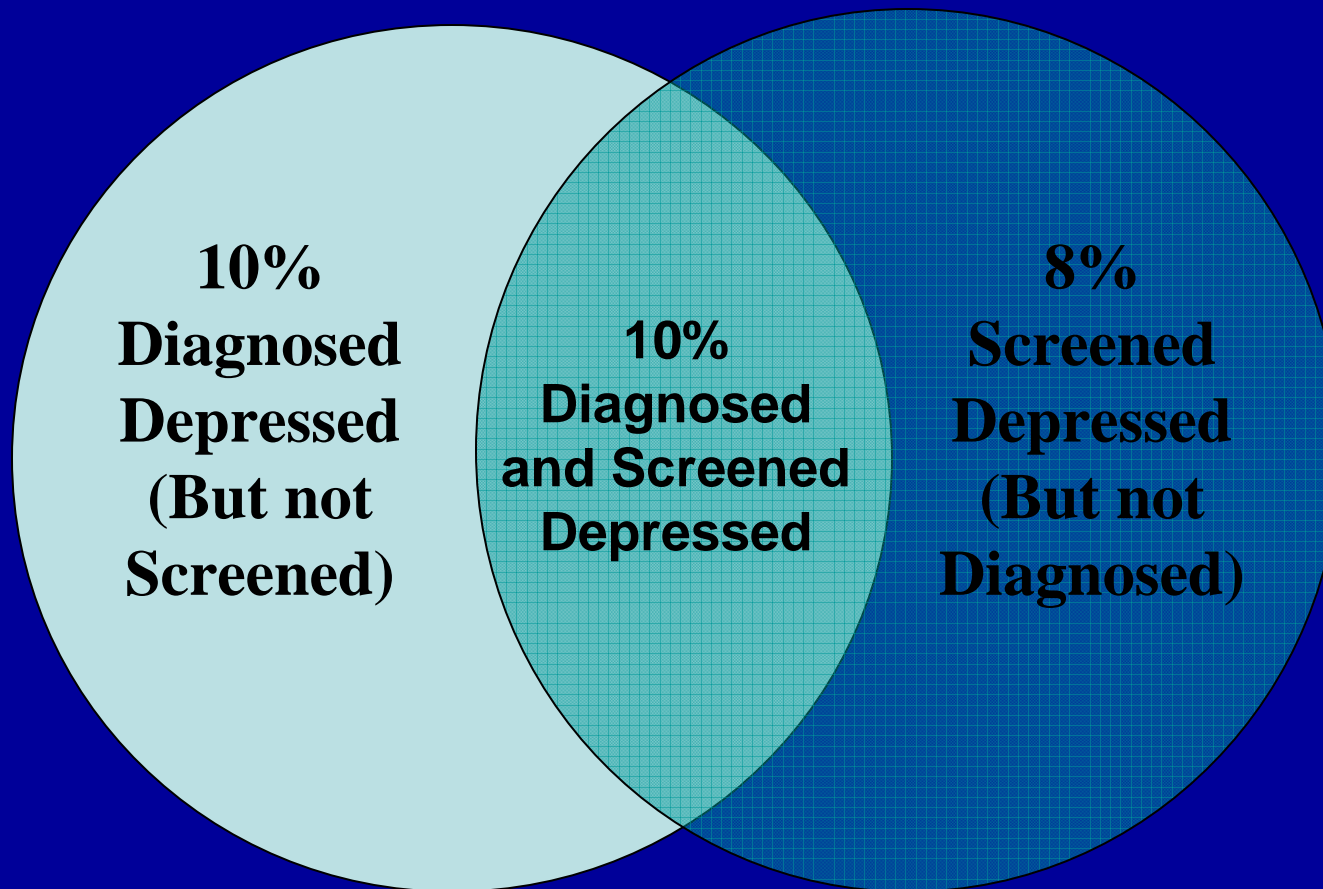
Depression

	WRP (%)	U.S. (%)
Ever diagnosed with depression	21	16*
Screened depressed	17	19**
Depressed in the past month	32	--
Depressed in past 12 months	--	7*

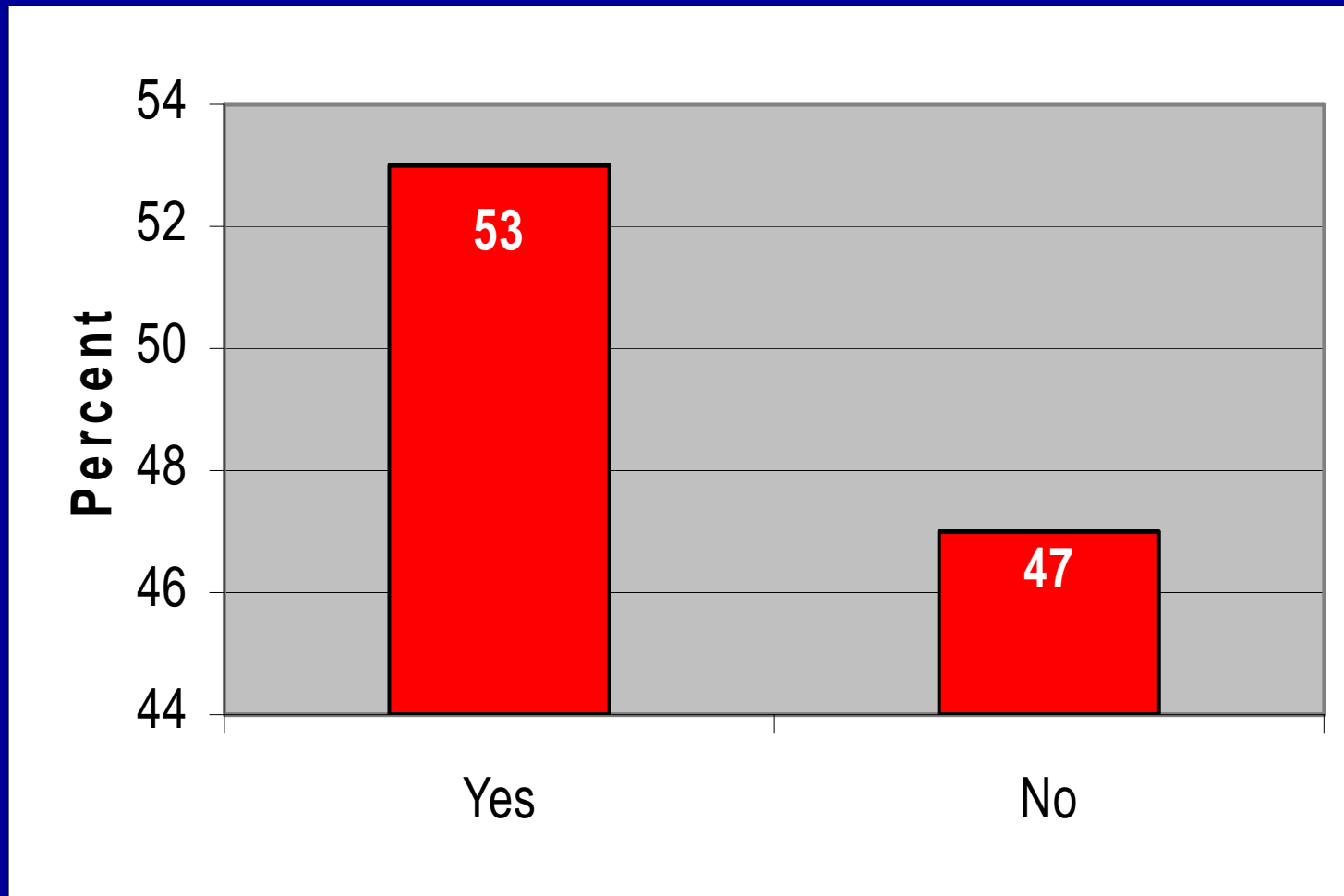
* Lifetime and 12 month depression rates from Kessler, et al, JAMA 2003;
Uses DSM IV instead of CESD

** NHANES 1975, latest data available at the national level

Percent of Adults with Diagnosed and Screened Depression



Ever had problems with your emotions?



Emotional Health

	Percent
Days in past month when emotional health was not good	
1-7 days	22%
8 or more days	14%
Accomplished less because of emotional problems	
Some of the time	20%
All or most of the time	7%
Did not work because of emotional problems	
Some of the time	16%
All or most of the time	3%

Which professional did you see for your emotional problems?

Type of Provider	Percent
Psychologist	22
Psychiatrist	21
General health care provider	10
Counselor	10
Social worker	10
Religious leader	3
Other	24

*Asked of only of those who reported having emotional problems at some point and have talked to a professional (n=70). Refers to last professional seen.

Reasons for Not Seeking Professional Help

	Percent
Problem went away by itself	80
Did not think had problem	45
→ Concerned about cost	32
→ Unsure who to see	32
Did not think treatment would work	30
Concerned about others knowing	17

* Asked of only of those who reported having emotional problems at some point but did not talk to a professional (n=32). Could choose multiple reasons.

Who would you see IF you had emotional problems?

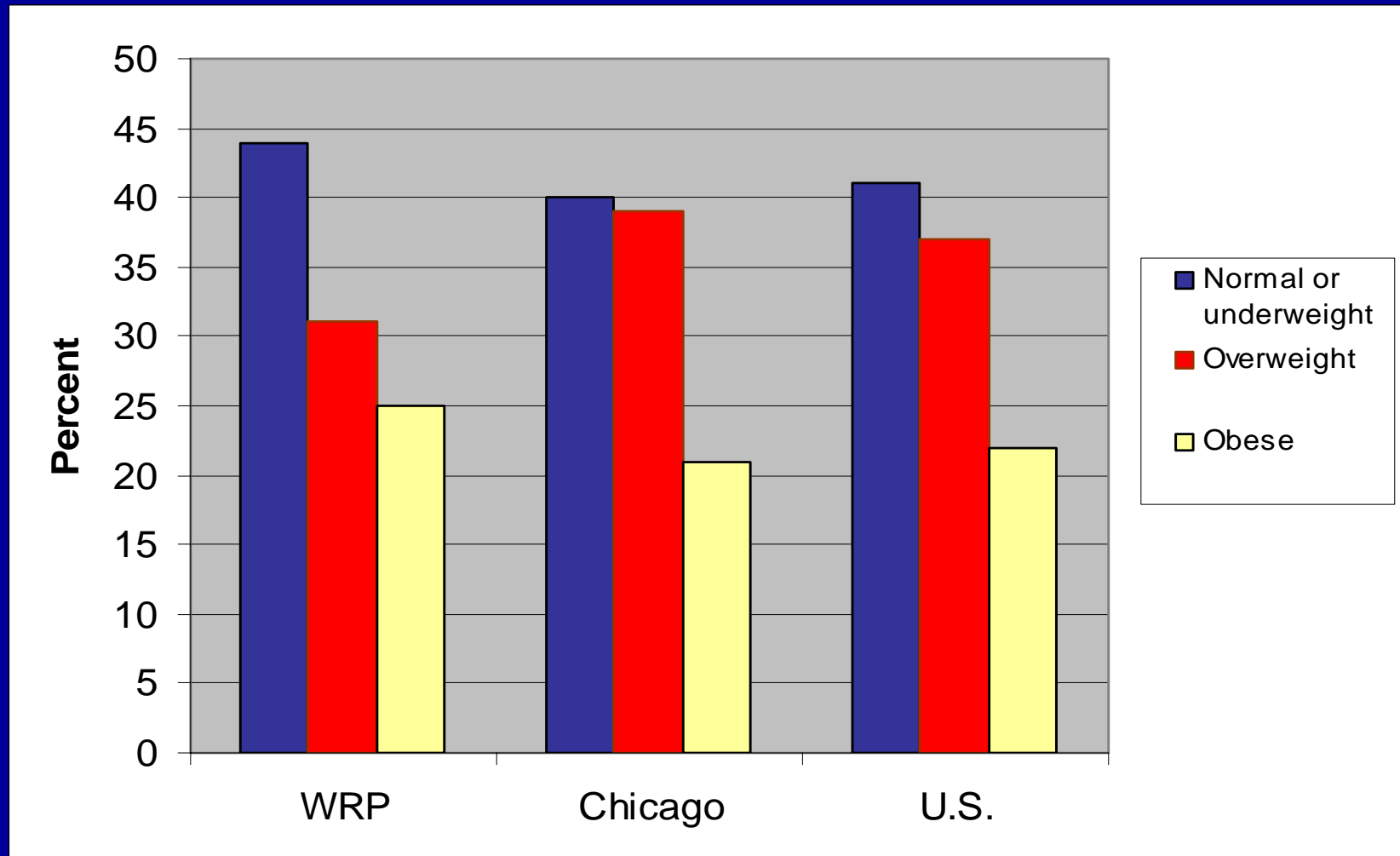
Type of Provider	Percent
Religious leader	25
General health care provider	21
Psychiatrist	17
Counselor	12
Psychologist	10
Social worker	5
Other	10

* Asked only of those who reported never having emotional problems, but who would talk to a professional if they did (n=75)

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

Adult Obesity

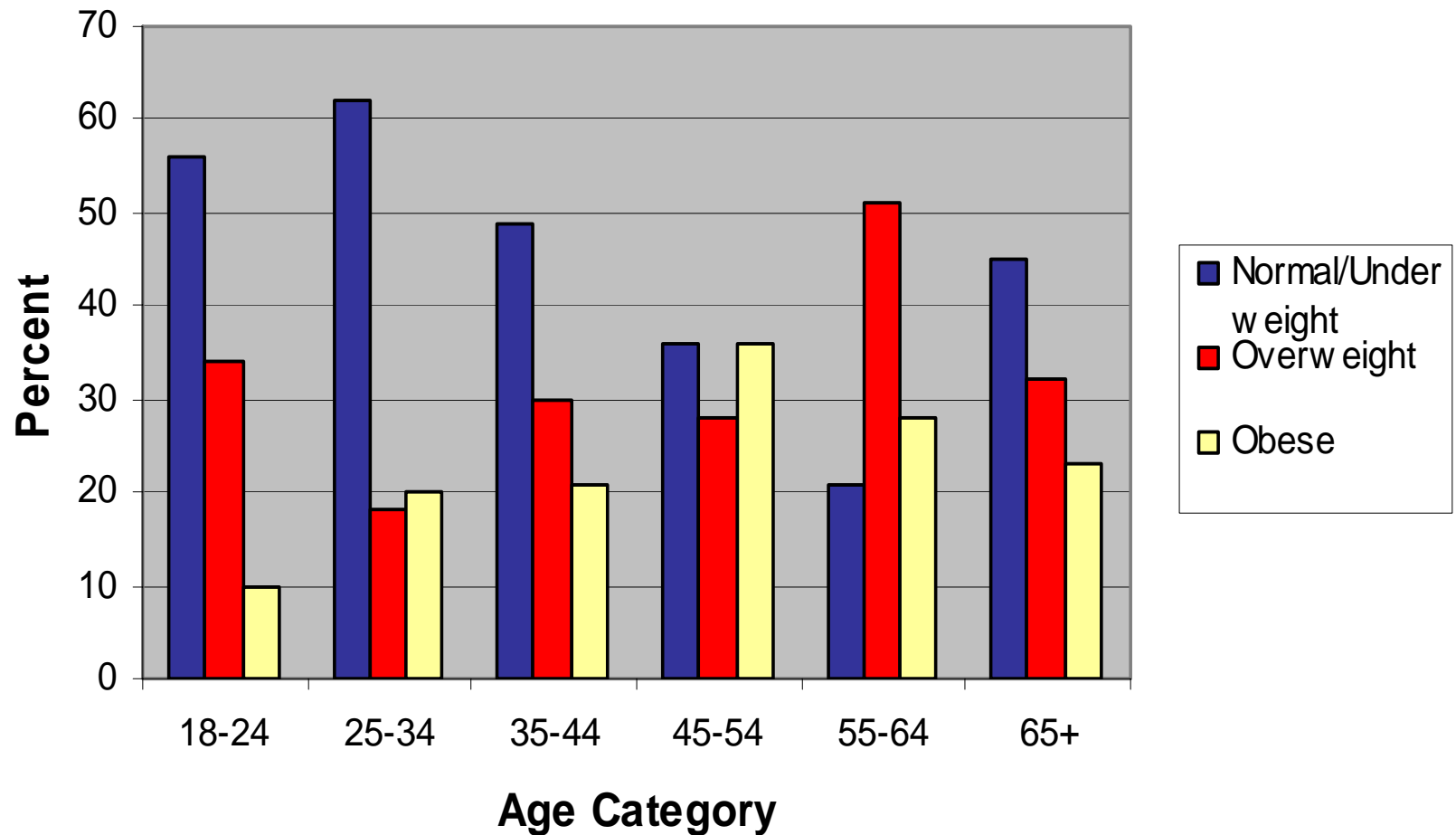
Adult Weight Status



* Body Mass Index (BMI) = kg/m^2 ; Normal or underweight: $\text{BMI} < 25$, Overweight: $25 < \text{BMI} < 30$, and Obese: $\text{BMI} \geq 30$

** Chicago and U.S. data come from BRFSS 2002

Adult Weight Status by Age



Weight Status Perceptions

	<i>Actual Weight Status</i>		
	Normal or Underweight (%)	Overweight (%)	Obese (%)
<i>Perceived Weight Status</i>			
Normal or under	69	19	0
Overweight	31	70	30
Obese	0	11	70

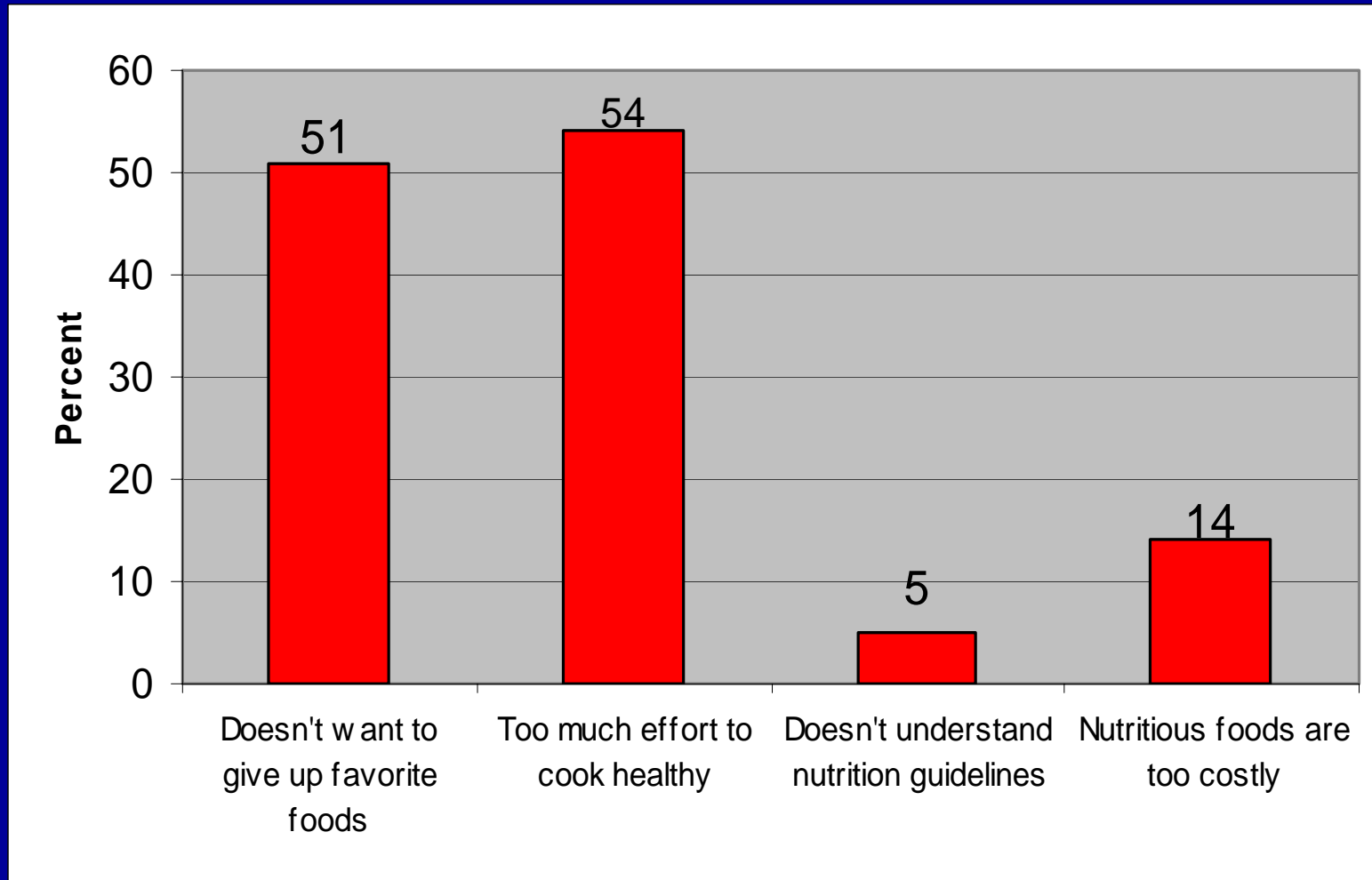
* Normal or underweight: BMI < 25, Overweight: 25 < BMI < 30, and Obese: BMI ≥ 30

** Inaccurate perceptions are in bold; underestimates are yellow

Weight Loss and Eating Habits

	Normal or Under (%)	Overweight (%)	Obese (%)
Advised by doctor to lose weight	3	26	51
Currently trying to lose weight	20	66	85
Satisfied with eating habits	80	62	34
Overeats at meals most or all of time	4	9	16
Eats fast food once/week or more	23	23	50

Reasons for Not Eating Healthier among Individuals Dissatisfied with their Current Eating Habits*



* N=74

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

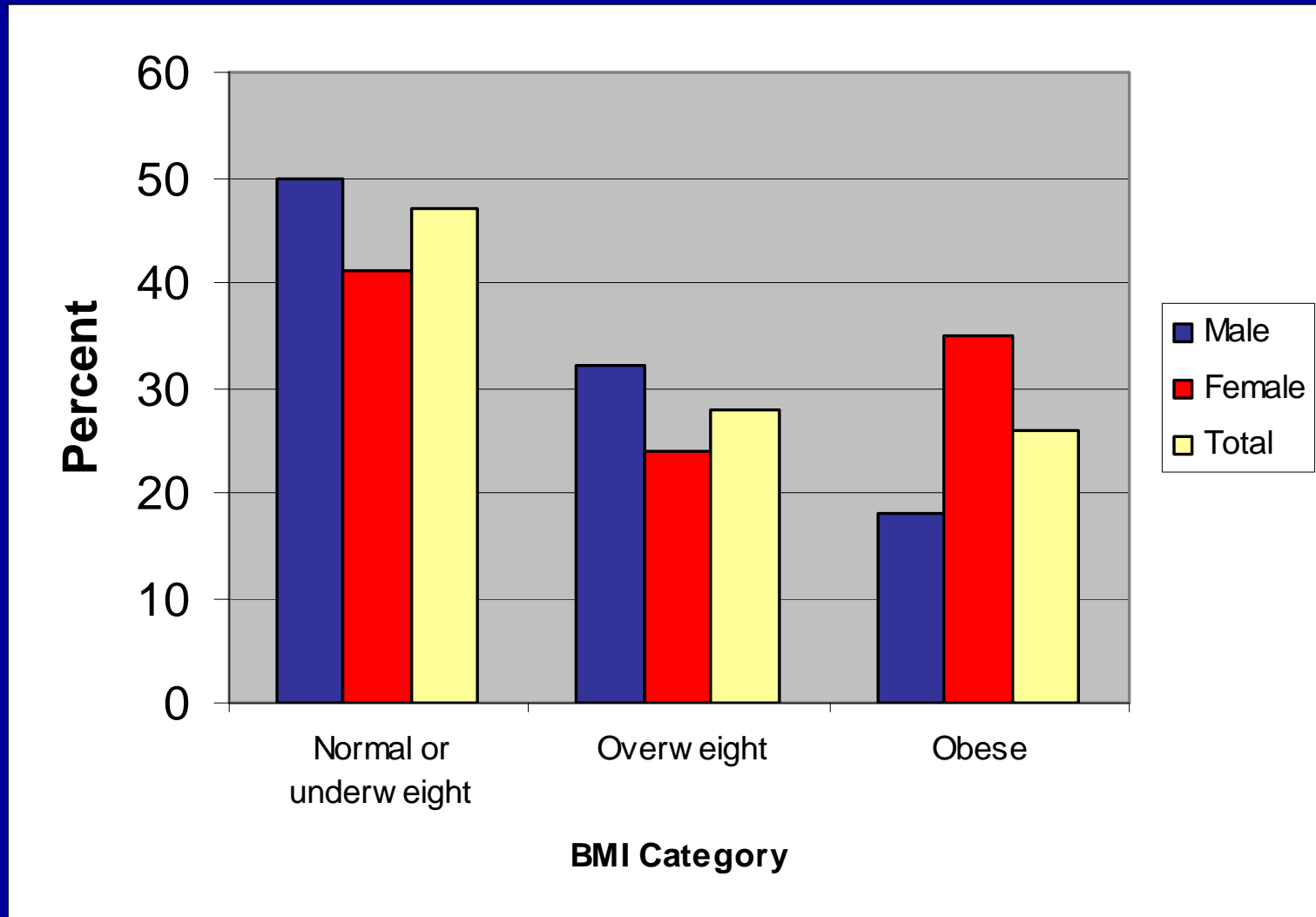
Children's Health

Childhood Obesity

Calculated BMI according CDC's "BMI-for-age" gender specific charts using the following definitions:

- Underweight = BMI for age $< 5^{\text{th}}$ %
- Normal = 5^{th} % \leq BMI for age $< 85^{\text{th}}$ %
- Overweight = 85^{th} % \leq BMI for age $< 95^{\text{th}}$ %
- Obese = BMI for age $\geq 95^{\text{th}}$ %

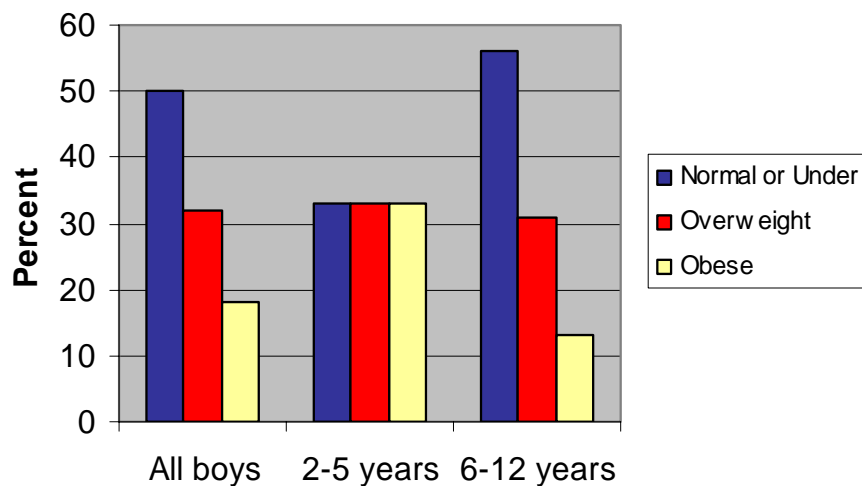
Children's Weight Status



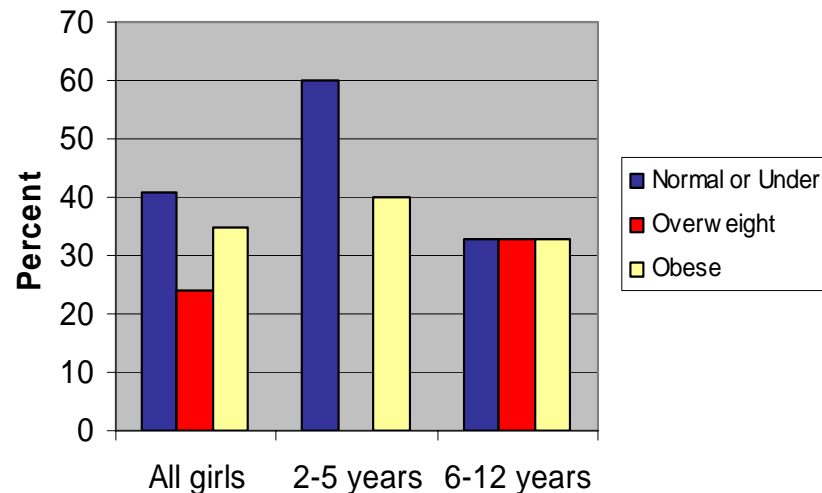
* BMI category by gender for children ages 2-12 years

Children's Weight Status by Gender and Age

Weight Status for Boys

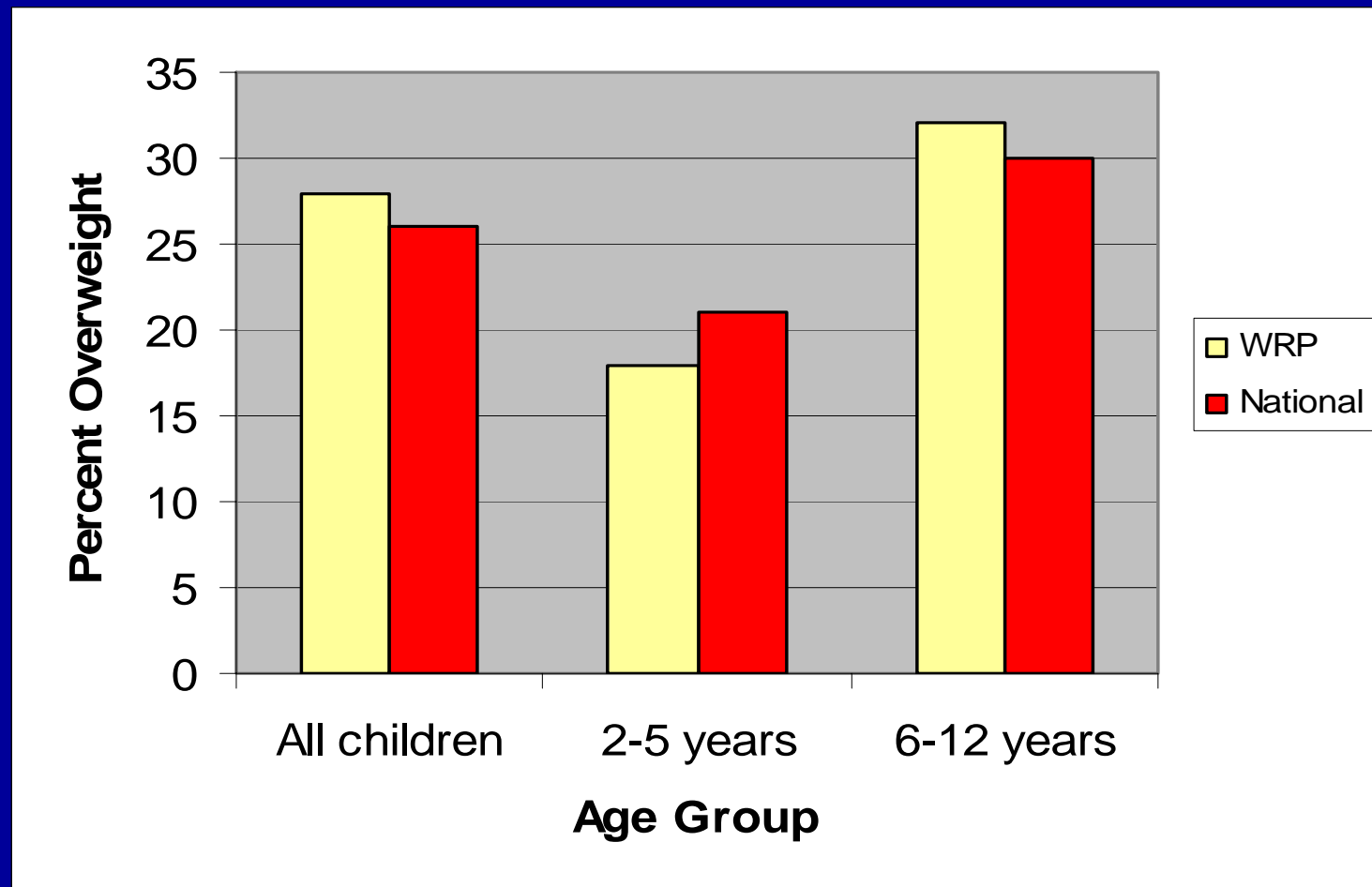


Weight Status for Girls



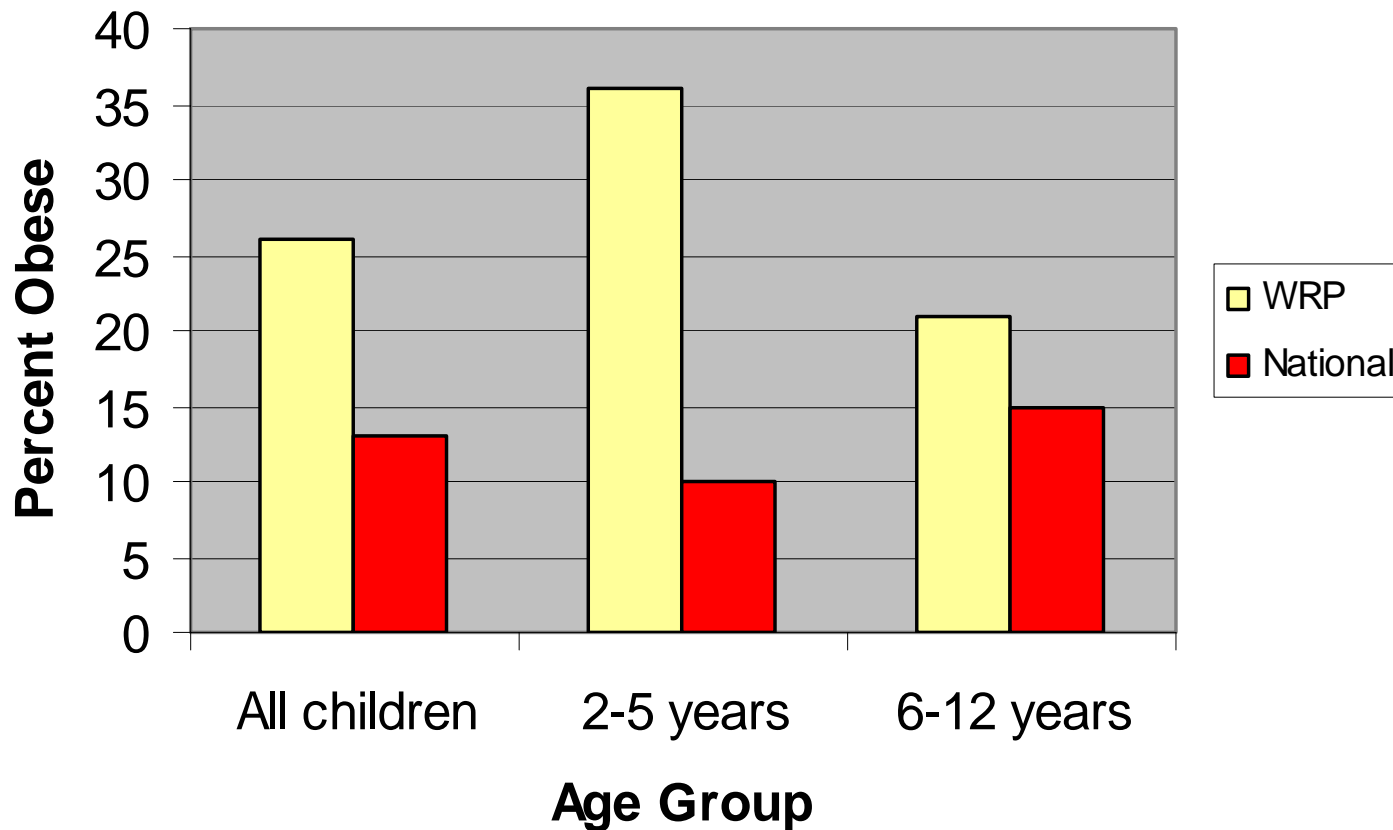
* Note extremely small cell sizes

Overweight Children in WRP/PP and the U.S.



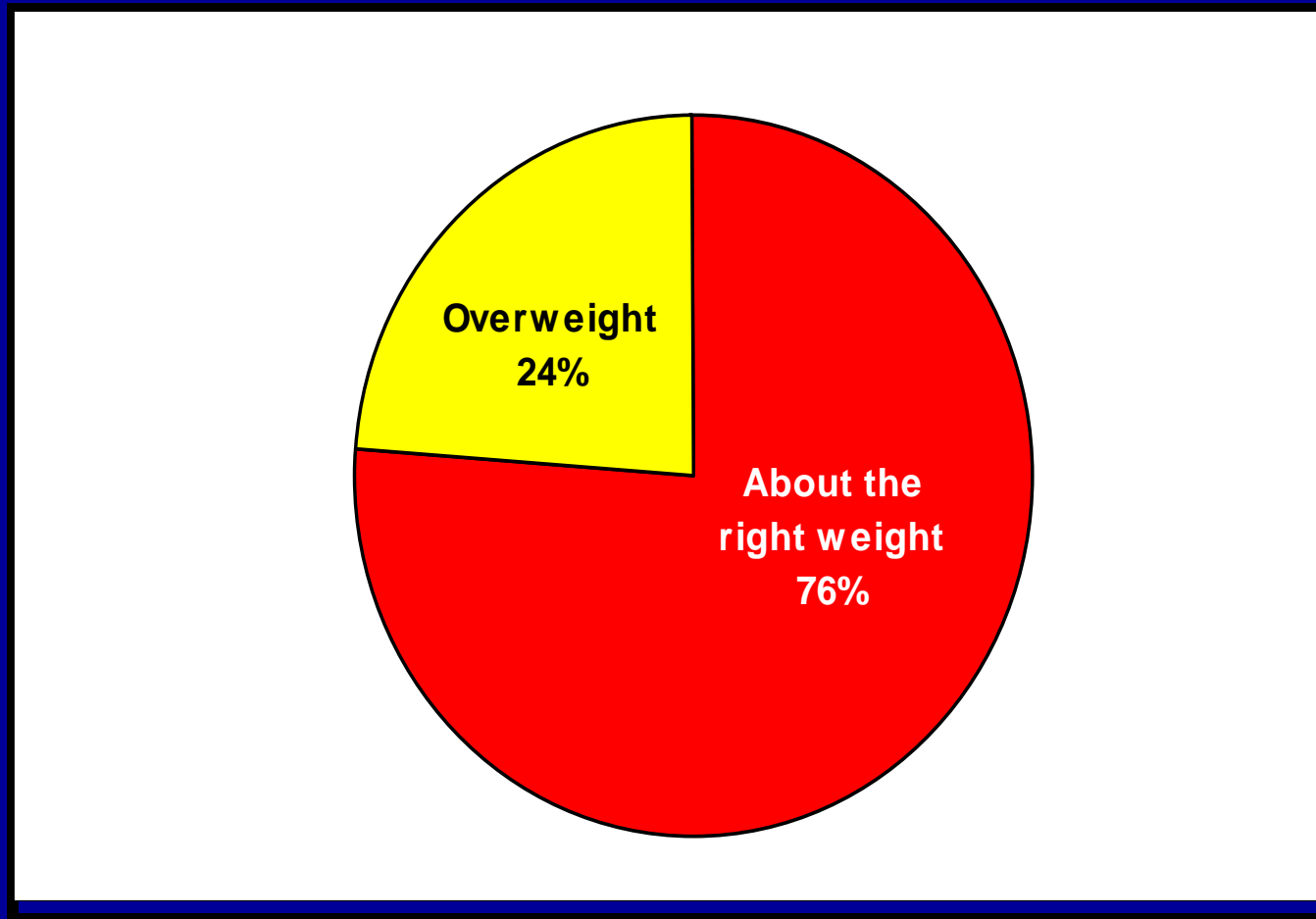
Note: National data come from the NHANES, 1999-2000. The second age category in this data set is 6-11 years.

Obese Children in WRP/PP and the U.S.



Note: National data come from the NHANES, 1999-2000. The second age category in this data set is 6-11 years.

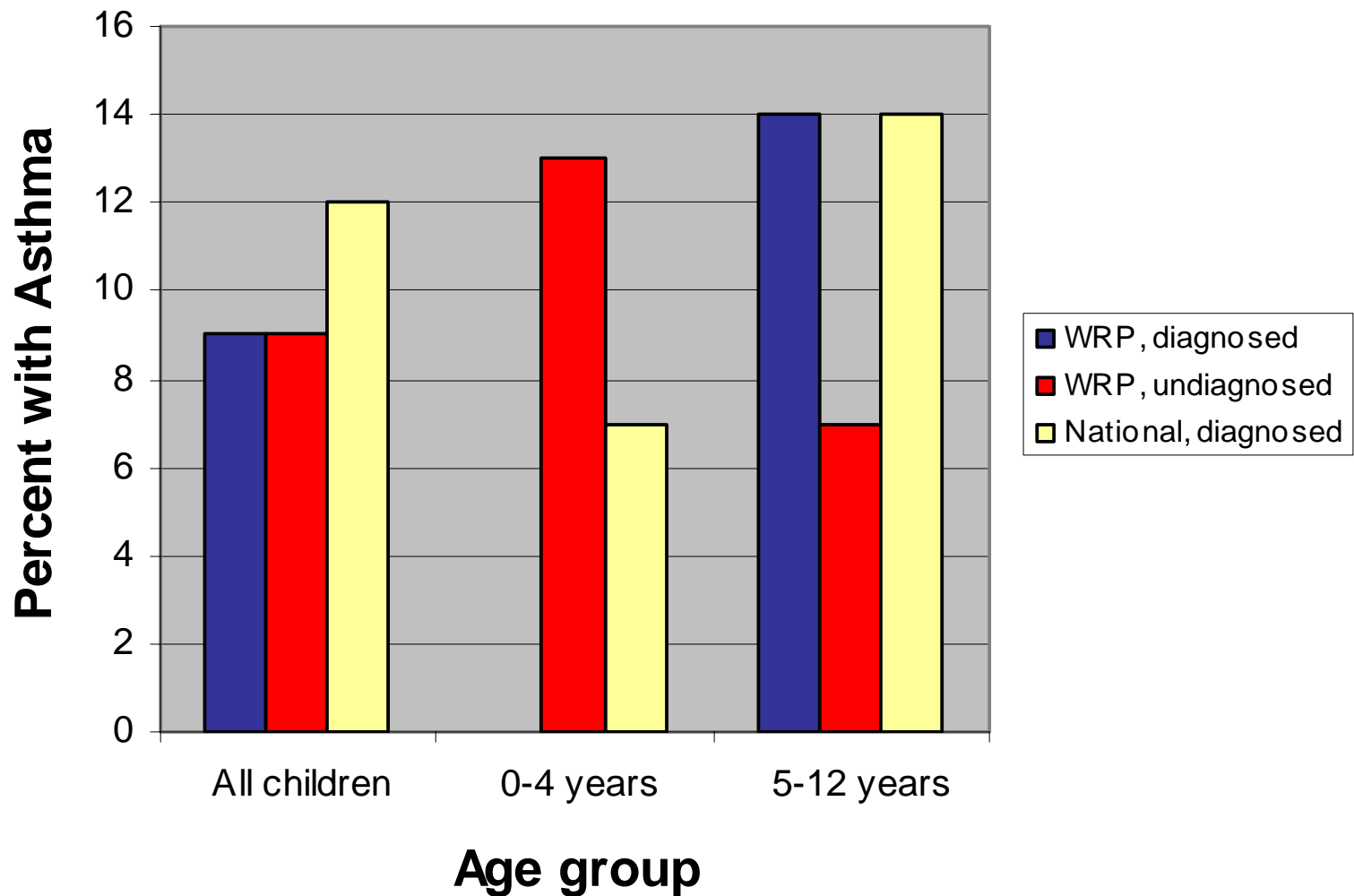
How Parents of Overweight or Obese Children Perceive their Child's Weight Status



Factors in Childhood Obesity

	Normal or Underweight (%)	Overweight or Obese (%)
Advised by doctor to lose weight	6	24
Eats fast food once a week or more	28	38
Eats cookies/cakes/donuts 4-6 times a week or more	33	33
Watches TV 1 hour or more a day	50	52
Active play 2 hour or more a day	53	48

Pediatric Asthma



**West Rogers Park and Peterson
Park (WRP/PP) Community:**

**Health Care:
Access**

Access to Health Care

	WRP (%)	U.S.* (%)
Have health insurance		
Under 65 years	95	84
65 and older	99	98
Have private health insurance		
Under 65 years	91	70
65 and older	48	61
Ever pay cash for health care**	58	--
Have a personal doctor (ages 18-64)	85	83

* BRFSS 2003, CPS, 2001, and NHIS, 1999, 2002

** While uninsured, of those who have been uninsured at some point (n=123)

Unable to Get Health Care

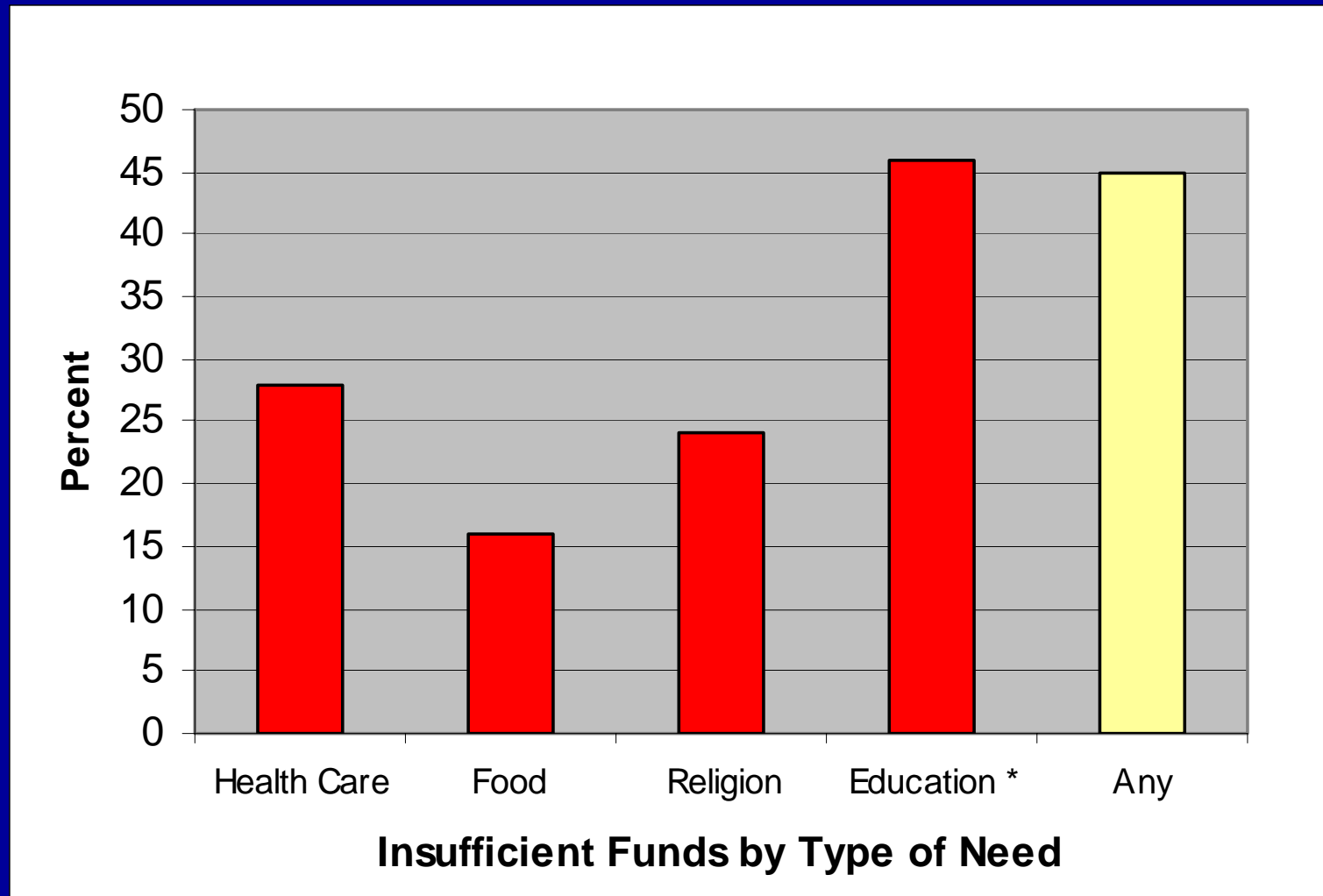
	WRP (%)	U.S. (%)
Needed, but did not get...		
Medical care or surgery	9	10*
Prescription medication	7	7***
Mental health care	10	--
Dental Care	11	10**
Eyeglasses	7	--
Any of the above	23	--

* BRFSS 2000: Was there a time during the last 12 months when you needed to see a doctor but could not because of the cost? *** Other US data from NHIS 2001

Reasons for not getting medical care...

- 17 people did not get medical care or surgery when needed
- Their reasons:
 - 8 said cost
 - 6 said trouble getting to see a doctor
 - 3 gave other reasons

Insufficient Funds



*Among respondents that are parents of children living in the household at time of survey (n=84)

Insufficient Funds

	Percent with Insufficient Funds*
ALL	45
<i>Sociodemographic Groups</i>	
Under 65 years of age	49
Females	53
Individuals with children	60
Income < \$50,000	56
Uninsured	83

*For any of the following needs: health care, religious obligations, food, or child's education

Insufficient Funds

- Of those reporting insufficient funds for some need, **over one-third** did not use Jewish services in the past year
- These unserved individuals are more likely to:
 - Be female
 - Have income < \$50,000
 - Have children
 - Not have insurance
 - Be foreign-born

Sources of Support

- **Overall, 28% of adults have used Jewish services in the past year**
- **From which organization?**
 - Schools – 27%
 - Jewish Federation – 13%
 - ARK – 13%
 - Council for Jewish Elderly – 10%
 - Other responses: JCB, Chesed, JCC, Shalva, and many others

Sources of Support

- **Help with health needs**
 - While uninsured, individuals have:
 - Been treated at ARK or Touhy: 18% (21/118)
 - Used Chesed funds: 4% (5/118)
 - Used other Jewish sources: 4% (5/118)
- **Help with religious obligations**
 - Most common form of aid is school scholarships

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

**Health Care:
Utilization**

Preventive Service Utilization

	WRP (%)	Chicago (%)**	U.S. (%)**
Blood pressure test*	88	--	95
Colonoscopy/sigmoidoscopy	52	46	37
Blood stool test	51	41	45
Mammogram	80	80	70
Pap smear	89	88	81
PSA	36	--	57

*All estimates are for recommended gender, age group, and time frame

** BRFSS and NHIS data, various years

Alternative Treatments

	N (%)
Ever seen an alternative provider?	90 (45%)
<i>Type of Provider</i>	
Chiropractor	68 (34%)
Acupuncturist	29 (14%)
Herbalist	17 (8%)
Holistic Healer	13 (7%)
Midwife*	8 (8%)
<i>Herbal medications</i>	
Currently taking	27 (13%)

* Women only

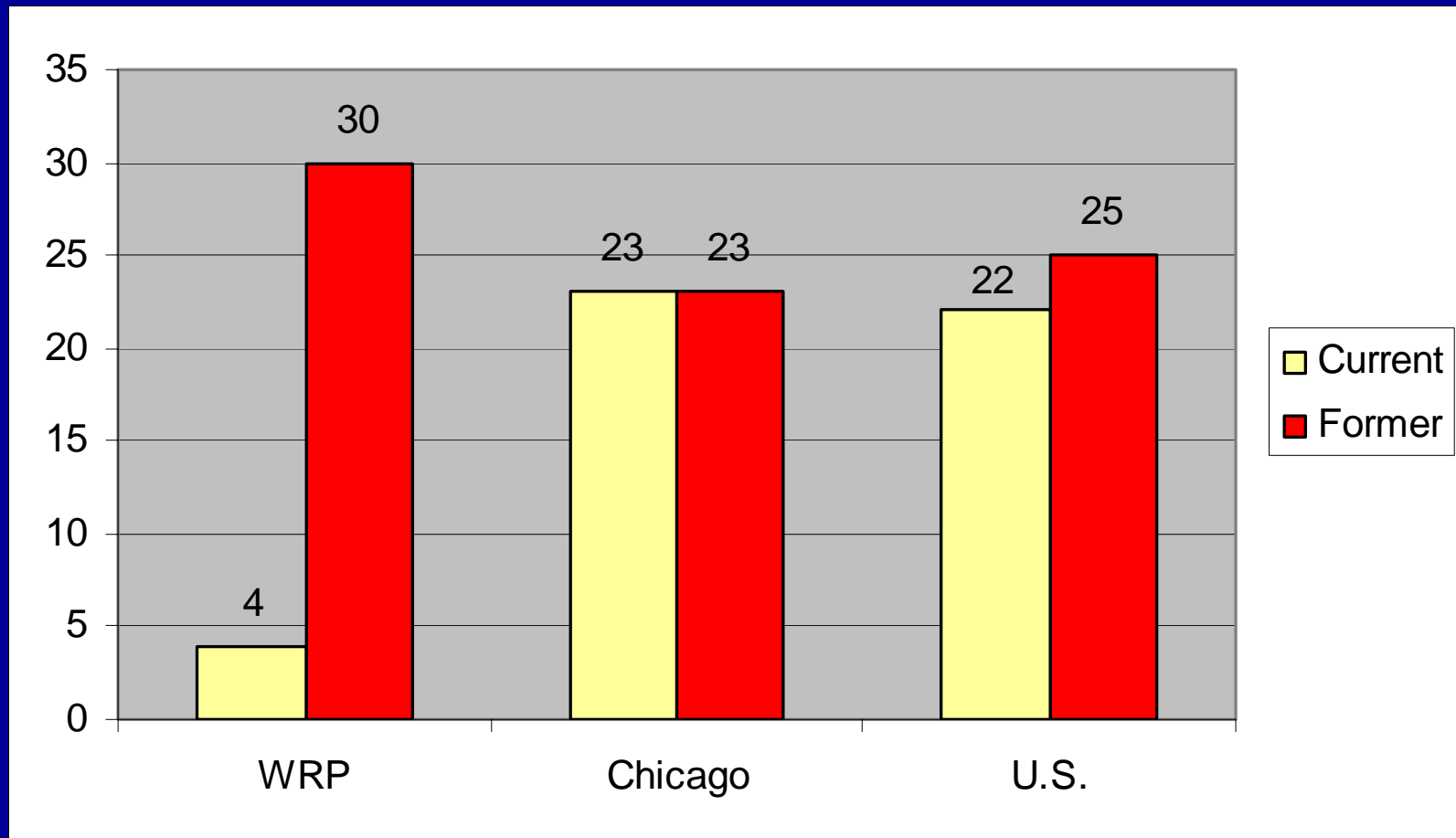
**West Rogers Park and Peterson
Park (WRP/PP) Community:**

**Selected Health
Risk Behaviors**

Substance Abuse

- **Virtually no problems with drinking, drugs, or smoking**
- **Drinking**
 - 48% have had at least one drink in the past month
 - Of these, 75% drink 1 drink or less per week
 - 0 respondents drink 1 drink or more per day
- **Drugs**
 - 4% have used marijuana in the past month

Smoking



* Current Smoker defined as someone who smokes now and smoked at least 100 cigarettes in his/her lifetime. Chicago and US data from BRFSS 2003

Physical Activity

	WRP (%)	Chicago (%)*	U.S. (%)*
Moderate regular activity	50	43	47
Vigorous regular activity	27	22	26
<i>Importance of exercise</i>			
Very	62	--	--
Somewhat	25	--	--
Not very or not at all	13	--	--

* BRFSS 2003

Exercise Excuses

	Percent
Gets as much exercise as needed	28%
Of those who don't get as much exercise as needed, reasons for not getting more:	
- Time constraints/ family obligations	56%
- No motivation/ too lazy	19%
- Poor health	14%
- Other	11%

HIV/AIDS

	WRP (%)	Illinois (%)	U.S. (%)
Ever tested for HIV*	42	42	46
Tested for HIV within last year*	18	36	32
Favor distributing info about HIV in elementary schools	58	--	--
Favor distributing info about HIV in high schools	82	--	--

* Among those 18-64 years of age

** Illinois and U.S. data from BRFSS 2000

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

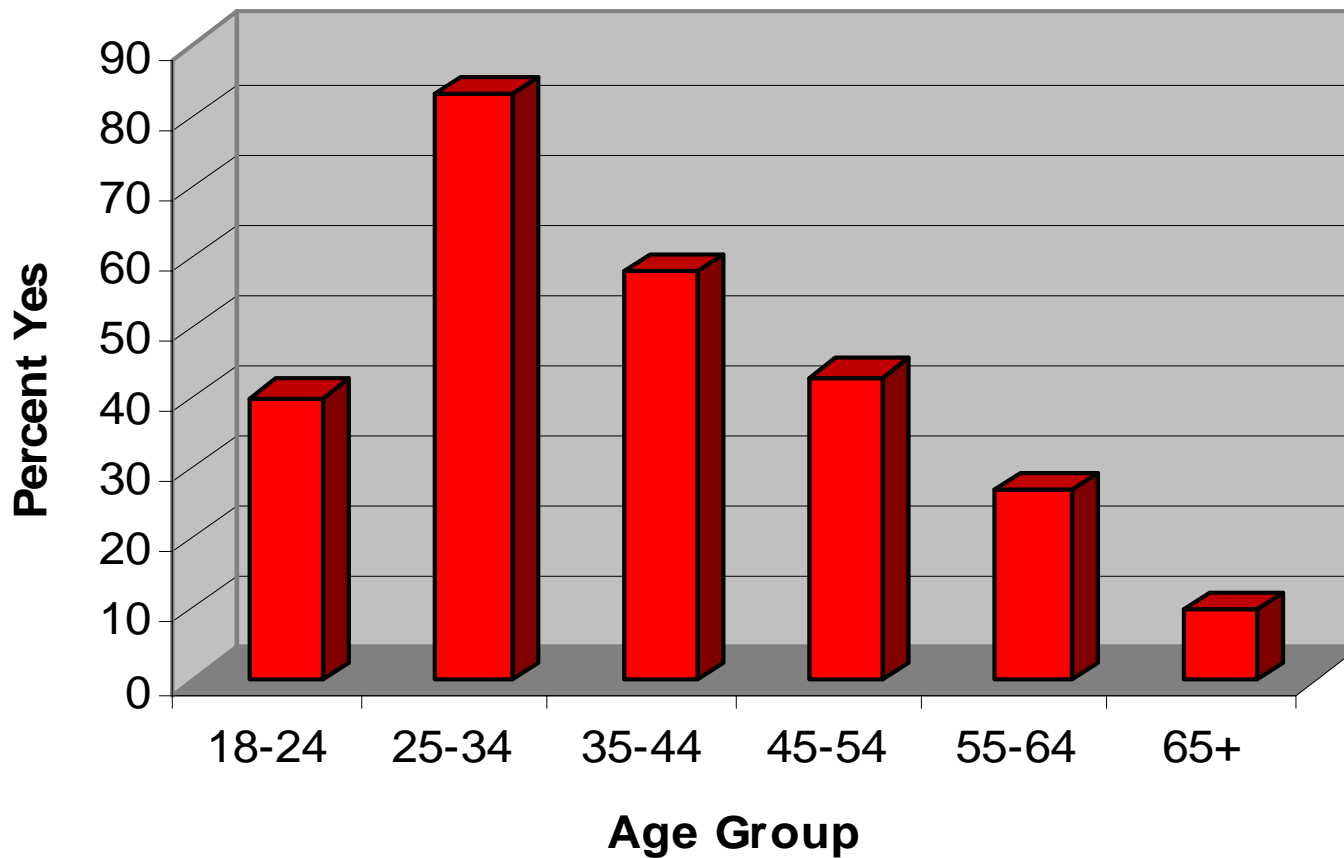
Genetic Screening

Genetic Disorder Screening

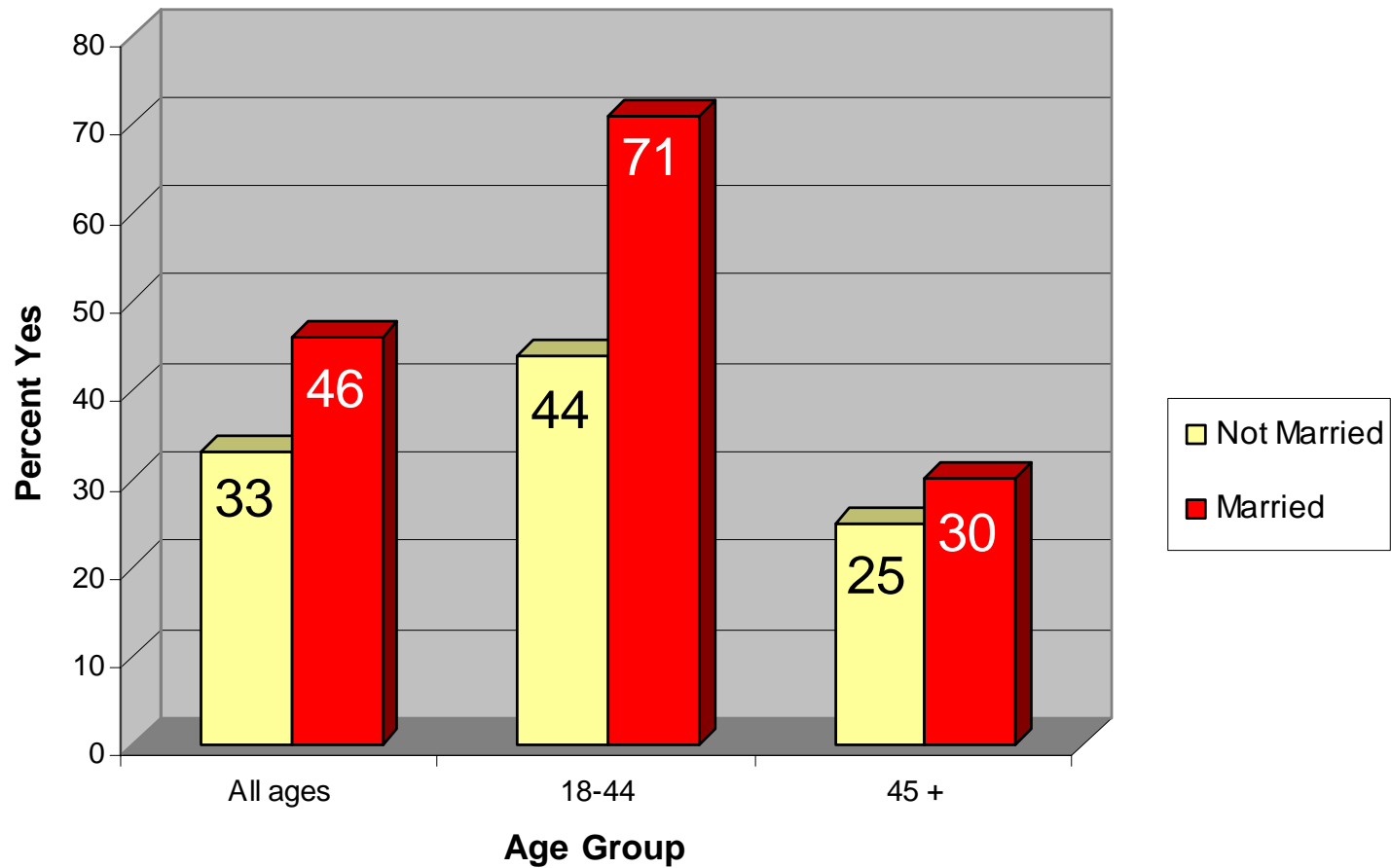
	N (%)
Ever screened for genetic disorders?	
Yes	85 (42%)
No	116 (58%)
Do you have a genetic disorder?	11 (13%)*
Which disorder?	
Tay-Sachs	4 (5%)
Others	7 (8%)
Heard of the Center for Jewish Genetic Disorders?	82 (41%)

* Of those screened (n=85)

Percent of Individuals Ever Screened for Genetic Disorders



Genetic Screening by Age and Marital Status



Main Reason for Being Screened*

• Told by rabbi or doctor about Dor Yeshorim	41 (48%)
• To ensure a healthy family, good idea before marriage and pregnancy	21 (24%)
• Family history	13 (15%)
• Other reasons	10 (12%)

* Among those screened (n=85)

Main Reason for NOT Being Screened*

• Considered testing but felt no need	51 (44%)
• Never considered testing	33 (28%)
• Did not know such tests existed or where to take them	11 (11%)
• Other reasons	21 (17%)

* Among those who have not been screened (n=116)

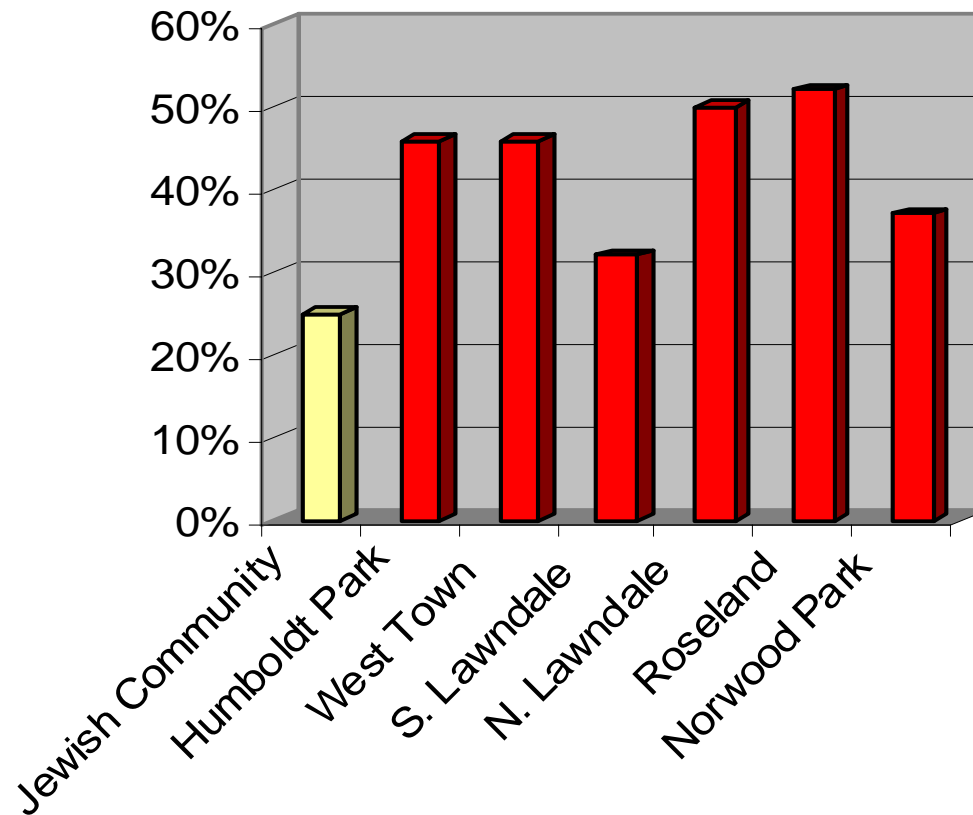
**West Rogers Park and Peterson Park
(WRP/PP) Community:**

Violence

Experience with Violence

	N (%)
Ever witnessed domestic violence?	50 (25%)
Did you report it?	24 (39%)
Member of household ever been victim of physical, verbal, or sexual violence?	65 (32%)
Was it violence from:	
A stranger?	45 (69%)
A friend?	8 (13%)
A family member?	23 (36%)

Ever Witnessed Domestic Violence



**Surveyed Chicago
Community Areas**

**West Rogers Park and Peterson
Park (WRP/PP) Community:**

Special Populations

Profile of Respondents with Large Families

	N (%)
<i>Sociodemographic Characteristics</i>	
Married	27 (92%)
Foreign born	4 (13%)
Less than college degree	12 (40%)
<i>Religious Characteristics</i>	
Synagogue member	27 (94%)
Orthodox	27 (94%)
Kosher	29 (100%)
Jewish spouse	29 (100%)

* Respondents with four or more children; N=29

Challenges Facing Large Families

	Percent
<i>Health Problems</i>	
Household member is disabled	39%
<i>Insufficient funds</i>	
For health care needs	39%
For desired food	19%
For education	74%
For religious obligations	56%
For ANY of these needs	76%
<i>Received help</i>	
From Jewish organization in past year	40%

* N=29, use caution when interpreting estimates

Profile of Older Adults

	N (%)
<i>Demographic Characteristics</i>	
Female	25 (61%)
Widowed	12 (30%)
Lives alone	11 (27%)
Foreign born	12 (30%)
<i>Socioeconomic Characteristics</i>	
High school degree or less	11 (28%)
Income less than \$30,000	10 (25%)
Not employed	32 (79%)

* Adults 65 years of age and older; N=41

Health Problems in Older Adults

	N (%)
<i>Self-Rated Health</i>	
Fair or poor	16 (38%)
<i>Chronic Conditions</i>	
High blood pressure	26 (63%)
Diabetes	5 (13%)
Cancer	8 (20%)
Heart problems	14 (35%)
Arthritis	27 (65%)
<i>Other Problems</i>	
Overweight or obese	22 (53%)
Any activity limitations	15 (37%)

* Adults 65 years of age and older N=41

Profile of Single or Unmarried Parents*

	N (%)
<i>Demographic Characteristics</i>	
Age (mean)	30 years
Divorced or separated	3 (21%)
Never married	10 (76%)
<i>Socioeconomic Characteristics</i>	
College educated	10 (88%)
Income < \$30,000	1 (6%)
<i>Religious Involvement</i>	
Member of a synagogue	8 (59%)

• Respondents who are not married and who have children in the household (n=14).

Use caution when interpreting results.

Challenges Facing Single Parents

	Percent
<i>Health Problems</i>	
Household member is disabled	52%
Currently depressed (CES-D)	24%
Has been depressed in past month	38%
<i>Health Access Problems</i>	
Has gone without needed health care	38%

* N=14, use caution when interpreting estimates

Key Findings

- The survey reveals the health concerns of a Jewish community in Chicago
- The prevalence rates for most health conditions and behaviors are similar to, or better than, rates for other groups
- However, some major areas for concern are still found
- Moreover, certain groups within the WRP/PP community may be especially vulnerable

Areas of Concern

- Over half of both adults and children are **overweight or obese**
- 1 in 5 individuals has been diagnosed with **depression** and almost as many screen positive for current depression
- **Insufficient funds** limit individuals access to health care (as well as other related needs such as food)
- One-quarter of individuals have witnessed **domestic violence**, and nearly one-third have a victim of violence in their household

Action Strategies

- Present survey findings to Federation agencies and community groups
- Get feedback to determine areas of further study and to choose areas for intervention
- Publish community report and journal articles
- Develop targeted interventions to address key findings
- Pursue grants to implement interventions