34% of Puerto Ricans in Humboldt Park—both adults and children—have or are at risk of having asthma. Asthma rates among Puerto Ricans are the highest of any group.\textsuperscript{1}

The diagnosed rate of diabetes among Humboldt Park Puerto Ricans is 20%, compared to 12% for all mainland Puerto Ricans—the highest for all Latino adults.\textsuperscript{2}

72% of Humboldt Park Puerto Rican adults are overweight or obese, as are 67% of their children. 85% of the caretakers of overweight or obese children thought those children were a healthy weight.\textsuperscript{3}

In Humboldt Park, 56% of Puerto Rican adults do not meet physical activity guidelines. 89% stated they would be embarrassed to be seen exercising.

3% - 10% of Humboldt Park children participate in a daily physical education activity. 62% spend more than 2 hours watching television every day.\textsuperscript{1,3}

A third of all Humboldt Park residents eat fast food at least four times a week. A third of them also have high blood pressure.\textsuperscript{1,3}

19% of all Puerto Ricans in the City of Chicago have no health insurance of any kind.\textsuperscript{4}

4. 2010 AMERICAN COMMUNITY SURVEY (1 YEAR)  
5. CDC NATIONAL HEALTH STATISTICS LATINO SNAPSHOT (2002)  
6. THE REINVESTMENT FUND STUDY OF LIMITED SUPERMARKET ACCESS (2011)
The current health profile of Puerto Ricans can be distinguished from that of other Latinos in Chicago thanks to research that disaggregates data by Latino identity. The resulting profile is consistent with the profile of island Puerto Ricans, suggesting that serious health problems arise from common roots and also Puerto Rican circular migration. Pediatric and adult asthma and diabetes, obesity, lack of physical activity and good nutrition, and consistently high blood pressure, outline the health condition of Puerto Ricans in Chicago and Humboldt Park. As on the island, the majority of Humboldt Park Puerto Ricans are covered by some medical insurance. To overcome the health disparities that afflict them, Puerto Ricans not only need to take individual responsibility and advantage of available medical services, but also rely on the collective social wellness efforts developed by their community.

**asthma**

*ADULTS* In Humboldt Park the adult rate of diagnosed asthma is 18%; the potential rate is 34%. By contrast, the Chicago adult rate is 11%.¹

*CHILDREN* The combined rate of asthma, diagnosed and indicated, for all children in Humboldt Park reaches 28% versus the US’ 12%; more importantly, Humboldt Park Puerto Rican children have been diagnosed at a rate of 21%; another 13% have asthma indicators, so that a total of 34% of Puerto Rican children suffer from this chronic disease.

---

**diabetes**

The rate of diagnosed diabetes is just over 20% for Humboldt Park Puerto Ricans, and for mainland Puerto Ricans it is 12%, the highest for any Latino adults. Chicago adults have a 5% rate.²

**Puerto Ricans have the highest adult mortality rate resulting from this disease and its complications, comparable to African Americans. It is closely related to attendant conditions of obesity, lack of exercise and good nutrition.**

---

**obesity**

*ADULTS* 41% of Humboldt Park Puerto Rican adults are obese and 31% overweight, or a combined 72%; 25% of the obese see themselves as the right or under weight; Chicago’s overall obesity rate for adults is 25%.³

*CHILDREN* 51% of Puerto Rican children in one study proved obese and 16% overweight, for a combined 67% overweight/obese. Eighty-five percent of their caretakers thought their obese/overweight children were the right weight or underweight.³

---

**exercise**

*ADULTS* 56% of Humboldt Park Puerto Rican adults do not meet physical activity recommendations even though 99% understand its value. Moreover, 89% would feel embarrassed to be seen exercising. On the island of Puerto Rico, only 28% of the population meets physical activity guidelines.

*CHILDREN* 3% - 10% of Humboldt children participate in daily physical education activity; 25% participated in team sports activity in the last 12 months and 62% watch more than 2 hours daily of television.

---

**nutrition**

While knowledge of general nutritional indicators is high (over 90% understand that water is considered the best beverage, for example), few understand the details of healthy amounts of sodium or sugar.

33% of Humboldt Park residents eat fast or fried food at least 4 times a week; only 15.3% of island adults claim they eat the recommended 5 servings of fruit and vegetables each day, 54th out of 55 states and territories ranked.¹³

---

**blood pressure**

The high blood pressure rate for Humboldt Park is 33% vs. 48% for Puerto Ricans nationally, 23% for US whites and 41% Lawndale Blacks. 27% of island Puerto Ricans have been diagnosed with high blood pressure. In the US, 154 deaths per 1000 among Puerto Rican-Americans are attributed to high blood pressure.¹³

*Combined with obesity, lack of exercise and good nutrition, and a history of diabetes, the rate of high blood pressure puts Puerto Ricans at greater risk for catastrophic illnesses.*

---

**insurance**

85% of Chicago Puerto Ricans have either (or both) private or public health insurance—44% and 41% respectively; however, 19% have no access to health insurance. This access level tracks all mainland Puerto Ricans.³, ³, ²

Despite citizenship status, many Puerto Ricans still do not benefit from health insurance, and thus rely on emergency room services or going without regular care. Even when health insurance is available, Puerto Ricans may not take advantage of programs to improve their health.

---

**disability**

11% of Chicago Puerto Ricans live with significant difficulties in hearing, vision, cognition or ambulation—3% of children, 11% of adults and 41% of seniors. This level of disability is similar to that of all groups in the City of Chicago as a whole, but substantially higher than for adult-white Chicagoans, 5% of whom experience disability.⁴
CoW was formed from three converging community initiatives between 2004-2005: 1) the Puerto Rican Agenda 2004 Planning Retreat; 2) published reports of the Sinai Urban Health Institute (SUHI); 3) community organizing funded through the New Communities Program of the Local Initiatives Support Corporation.

Community-based participatory research: Sinai Urban Health Institute’s *Urban Health: Combating Disparities with Local Data* (Whitman, 2011) encapsulates the community-based research that informed the seminal community health surveys and follow up studies in Humboldt Park; Molly Martin’s school-based asthma studies target Puerto Rican and other Humboldt Park children.

Program development: the Diabetes Task Force established an independent Diabetes Empowerment Center to provide education, screening, and self-management training as part of a community outreach and education center; CoW commissioned a study on health careers in Humboldt Park and contributes to the development of health career bridges for high school youth and adults.

Education and outreach initiatives: HIV/AIDS (social marketing), physical activity and nutrition, and mental health inclusion.

Health as community development: Humboldt Park prioritizes obesity prevention and reduction as a community development initiative to demonstrate measurable impact for the New Communities Program’s Testing the Model initiative for 2012–2014.

Economic Development: since 2005, CoW related efforts have resulted in nearly $10 million in funds entering greater Humboldt Park through public and private grants; approximately 60 jobs directly and 300 indirectly were supported, established, and saved; Norwegian American Hospital has been recognized as the only safety-net hospital with vocal community support.

Sustainability: despite influx of resources, there’s a continued need to raise dollars for the programs and initiatives, including funds to run the CoW.

West Town has more health facilities, services and capacity than does Humboldt Park, large portions of which comprise greater Humboldt Park. Together these Chicago community areas have five hospitals, 8 community based health centers, 3 school-based health centers, 1 free health center, and 1 public health center.

| 1,100 beds |
| 43,808 admissions |
| 100,245 outpatient visits |
| 95,463 emergency visits |
| clinic capacity: 178,356 utilization: 142,388 |

These facilities represent:

- hospital
- community-based health centers
- school-based health centers
- hospital-affiliated health centers
- publically-operated health centers
- free health centers
UNMET DEMAND FOR GROCERY RETAIL

Grocery retail demand is determined by income as defined by Nielsen and percent of income spent on food prepared at home as defined by the U.S. Bureau of Labor Statistics. The Reinvestment Fund estimates food retail demand in dollars for an area and then deducts the retail sales captured by existing stores. The difference in dollars represents the amount “leaked” or lost. The leakage estimate is an indicator of store viability for an area.

The total grocery retail demand in the Puerto Rican Influence Area for 2011 was $203,800,000 of which $44,700,000 was being leaked out of the study area. The total grocery square footage demand for the Puerto Rican Influence Area in 2011 was 358,000 sq. ft. of which 77,000 were leaked. This means that grocery stores in the Puerto Rican Influence Area are capturing $159,100,000 (78%) of the total grocery retail demand. Based on this leakage the Puerto Rican Influence Area could support 279,613 sq feet of grocery stores which would be approximately the same size as three Jewel-Osco’s (at 50,000 sq. feet each) or about twenty Trader Joe’s (at approximately 14,000 sq. feet each).

LA COSECHA + PEDRO ALBIZU CAMPOS GREENHOUSE

Pedro Albizu Campos High School students, teachers and administrators, in collaboration with the Puerto Rican Cultural Center, have responded to the food security problem by growing their own food through various initiatives. These initiatives include an 800 square foot greenhouse on the rooftop of their school and a community garden at the Institute of Puerto Rican Arts and Culture, as well as plans to develop 20,000 square feet of additional rooftop gardens along Division Street. The organic food that is grown through this initiative is then sold at La Cosecha, a small grocer located on Paseo Boricua, for a fraction of retail market prices. There are also plans to set up tables of organic produce at convenience stores across the Humboldt Park Area.

In the Puerto Rican Influence Area,

there is $45 MILLION of unmet grocery demand,

equal to 279,613 SQ FT of grocery retail

or 20 TRADER JOE’S.