



Healthy Belvedere

Making the Healthy Choice the Easy Choice

PRELIMINARY REPORT

**Belvedere Park – White Oak Hills Neighborhood Summit | Saturday, April 4, 2009
Saint Philip AME Church | Decatur, Georgia**

More than 100 residents gathered on April 4th for the Healthy Belvedere Neighborhood Summit! Dekalb County Commissioner Larry Johnson (District 3) offered remarks during lunch and expressed his passion for continuing to work with the community towards better health. Bettye Davis, Deputy Chief of Staff for Dekalb County CEO Burrell Ellis also greeted participants and expressed her support for the initiative.

State of the art technology was used to give participants a chance to “vote” on important topics using a wireless keypad. Residents weighed in on topics ranging from healthcare and health status to neighborhood safety, cohesion and organizing. Questions were projected on a large screen, participants registered their responses with the keypad, and the results were displayed instantly. The questions and the results are included in this report. A full report will be available in May.

At the conclusion of the Summit, nearly 90 participants made personal and neighborhood commitments to Healthy Eating and Active Living using the provided commitment form.



The Healthy Belvedere Community Health Initiative is a neighborhood effort to reduce health disparities associated with chronic illnesses through environmental and policy changes that support Healthy Eating and Active Living (HEAL). The initiative is a partnership between Kaiser Foundation Health Plan of Georgia, The Community Foundation for Greater Atlanta, and Belvedere community stakeholders. Kaiser is investing over \$1 million in Belvedere during a 5-7 year period.

Practice Questions

1.) Have you ever lied to your mother?

	Responses (percent)
Never	8.43%
Maybe a few white lies	26.51%
Yes, but I never got caught	20.48%
Too many times to count	25.30%
No comment	19.28%
Totals	100%

2.) Before being established as a neighborhood, Belvedere Park was a:

	Responses (percent)
Transportation depot	5.26%
Industrial area	7.89%
Dairy farm	28.95%
Horse farm	57.89%
Totals	100%

Demographics

3.) What is your gender?

	Responses (percent)
Male	27.78%
Female	72.22%
Totals	100%

4.) What is your age?

	Responses (percent)
Under 15 yrs	2.25%
15-17 yrs	1.12%
18-24 yrs	3.37%
25-34 yrs	17.98%
35-44 yrs	17.98%
45-54 yrs	24.72%
55-64 yrs	15.73%
65+yrs	16.85%
Totals	100%

5.) What is your racial/ethnic background? (Please check all that apply)

	Responses (percent)
Latino/Hispanic	2%
White	24%
Black/African American	65%
Asian/Pacific Islander	1%
American Indian/ Alaskan Native	1%
Multiracial	2%
Other	5%
Totals	100%

6.) What is your marital status?

	Responses (percent)
Single, never married	19.79%
A member of an unmarried couple	8.33%
Married	36.46%
Divorced or separated	21.88%
Widowed	13.54%
Totals	100%

7.) How many people live in your household?

	Responses (percent)
1-2	51.04%
3-4	35.42%
5-6	11.46%
7-8	2.08%
9+	0%
Totals	100%

8.) How many children less than 18 years of age live in your household?

	Responses (percent)
1	11.83%
2	15.05%
3	2.15%
4	2.15%
5+	1.08%
Zero	67.74%
Totals	100%

9.) Is your primary place of residence located within the boundaries of Memorial Drive, Columbia Drive, Glenwood Road, and Candler Road as shown on the map?

	Responses (percent)
Yes	69.32%
No	30.68%
Totals	100%

10.) Do you own, rent, or board your primary place of residence?

	Responses (percent)
Own	74.19%
Rent	18.28%
Board	2.15%
Other	5.38%
Totals	100%

12.) What is your highest level of education?

	Responses (percent)
No formal education	0%
Elementary	1.06%
Middle school	2.13%
High school or GED	17.02%
Some college	35.11%
College degree and/or higher	44.68%
Totals	100%

11.) What is the range of your yearly household income from all sources?

	Responses (percent)
Under \$10,000	6.67%
\$10,001-15,000	8.89%
\$15,001-20,000	6.67%
\$20,001-25,000	3.33%
\$25,001-35,000	20%
\$35,001-50,000	17.78%
\$50,001-75,000	13.33%
Over \$75,000	23.33%
Totals	100%



Healthcare and Health Status

13.) What kind of health care coverage do you have?

	Responses (percent)
None .	14.43%
Private insurance (e.g. HMO, PPO, etc.) .	65.98%
Public or government insurance (Medicare/Medicaid)	17.53%
Don't know	2.06%
Totals	100%

14.) If privately insured, who is your health insurance provider?

	Responses (percent)
Aetna	19.32%
Blue Cross Blue Shield	15.91%
Cigna	7.95%
Humana	2.27%
Kaiser Permanente	10.23%
United HealthCare	7.95%
Other	18.18%
Not applicable	18.18%
Totals	100%

15.) Where do you normally go to see a doctor?

	Responses (percent)
Private physician's office .	71.91%
Community clinic (e.g., Kirkwood Health Center)	12.36%
Emergency Room (e.g., Grady Hospital) .	10.11%
Other	5.62%
Totals	100%

16.) Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

	Responses (percent)
Yes	31.46%
No	68.54%
Totals	100%

17.) Would you say in general your health is:

	Responses (percent)
Excellent	14.89%
Very good	37.23%
Good	34.04%
Fair	10.64%
Poor	3.19%
Totals	100%

18.) Have you ever been told by a doctor, nurse, or other health professional that you have any of the following? (If so, please check all that apply.)

	Responses (percent)
Diabetes	9.68%
High blood pressure	25.81%
High cholesterol	21.77%
Heart disease	4.84%
Stroke	0.81%
I've never been told I had any of the above	37.10%
Totals	100%

Community Action Plan: Faith-based

19.) Are you a member of a local church, mosque, synagogue, or other religious or faith organization?

	Responses (percent)
Yes	61.22%
No	38.78%
Totals	100%

20.) Not including weddings or funerals, how often do you attend religious services?

	Responses (percent)
Less than once a year	17.53%
A few times per year	21.65%
1-2 times per month	15.46%
Weekly	24.74%
More than once a week	20.62%
Totals	100%

21.) In the past 12 months, have you taken part in activities with people at your place of worship other than attending services? This might include but is not limited to activities such as serving on a committee, choir rehearsal, retreats, etc.

	Responses (percent)
Yes	52.58%
No	47.42%
Totals	100%

Community Action Plan: HEAL Summer Camp

25.) Would you be interested in sending your child(ren) between the ages of 6 and 15 to a day camp in the summer?

	Responses (percent)
Yes	51.69%
No	3.37%
Not applicable	44.94%
Totals	100%

Community Action Plan: Safe Routes to School

22.) Do you have children that currently attend Knollwood Elementary School?

	Responses (percent)
Yes	6.45%
No	93.55%
Totals	100%

23.) What concerns do you have when deciding whether to allow your child to walk or bike to school? Please select all that apply.

	Responses (percent)
Distance	10.70%
Age	8.12%
Crime	19.93%
Traffic	12.92%
Stray Dogs	15.13%
Supervision	11.07%
Time	4.43%
Other reason(s)	4.43%
Don't have concerns	4.80%
Not applicable	8.49%
Totals	100%

24.) Would you allow your child(ren) to walk to school with adult volunteers?

	Responses (percent)
Yes	44.57%
No	13.04%
Not applicable	42.39%
Totals	100%

26.) How much would you be willing to pay for a quality summer day camp for your child(ren)?

	Responses (percent)
Less than \$20/week	11.83%
\$20-40/week	15.05%
\$40-60/week	13.98%
\$60-80/week	2.15%
More than \$80/week	5.38%
Not applicable	51.61%
Totals	100%

Community Action Plan: Community Garden & Micro Farm

27.) After watching the video, how important is it to have a micro-farm or community garden like this in your neighborhood?

	Responses (percent)
Very important	60.42%
Somewhat important	23.96%
Mildly important	9.38%
Not important at all	6.25%
Totals	100%

28.) How interested are you in participating in a community garden like this?

	Responses (percent)
Very interested	59.60%
Somewhat interested	22.22%
Mildly interested	8.08%
Not interested at all	10.10%
Totals	100%

29.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh fruits and vegetables

	Responses (percent)
Yes	93%
No	2%
Don't care	5%
Totals	100%

30.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh herbs.

	Responses (percent)
Yes	90.72%
No	3.09%
Don't care	6.19%
Totals	100%

31.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh flowers.

	Responses (percent)
Yes	77.53%
No	7.87%
Don't care	14.61%
Totals	100%

32.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh eggs.

	Responses (percent)
Yes	56.70%
No	25.77%
Don't care	17.53%
Totals	100%

33.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh honey.

	Responses (percent)
Yes	41.05%
No	35.79%
Don't care	23.16%
Totals	100%

34.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh milk and dairy products.

	Responses (percent)
Yes	37.08%
No	49.44%
Don't care	13.48%
Totals	100%

35.) Please indicate your interest in the following features and services that you would like to see offered in a neighborhood micro-farm or community garden. At the garden, I would like to have fresh fish.

	Responses (percent)
Yes	58.33%
No	31.25%
Don't care	10.42%
Totals	100%

36.) Please mark your best answer for the following statements. If properly maintained, I would not be bothered by having live chickens in my neighborhood.

	Responses (percent)
I would be bothered	50%
I would not be bothered	50%
Totals	100%

37.) Please mark your best answer for the following statements. If properly maintained, I would not be bothered by having live bee hive boxes in my neighborhood.

	Responses (percent)
I would be bothered	47.87%
I would not be bothered	52.13%
Totals	100%

38.) Please mark your best answer for the following statements. If properly maintained, I would not be bothered by having live cows or goats in my neighborhood.

	Responses (percent)
I would be bothered	56%
I would not be bothered	44%
Totals	100%

Physical Activity and Nutrition



One highlight of the Summit was a physical activity break led by personal trainer Brenda Roberts.

39.) In your opinion, are you currently getting enough exercise?

	Responses (percent)
Yes	29.67%
No	70.33%
Totals	100%

40.) In a usual week, do you exercise at least moderately for a minimum of 10 minutes at a time? Examples of moderate exercise are brisk walking, bicycling, vacuuming, gardening or anything else that causes some increase in your breathing or heart rate.

	Responses (percent)
Yes	75.28%
No	24.72%
Totals	100%

41.) How many days per week do you do these moderate activities for at least 10 minutes at a time?

	Responses (percent)
1	8.79%
2	13.19%
3	16.48%
4	9.89%
5	21.98%
6	7.69%
7	10.99%
Zero	10.99%
Totals	100%

42.) On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

	Responses (percent)
10 minutes	17.65%
10-15 minutes	9.41%
15-20 minutes	15.29%
20-30 minutes	16.47%
Over 30 minutes	41.18%
Totals	100%

43.) Which of these statements best describes what you eat?

	Responses (percent)
I just eat whatever food is available and tastes good	6.38%
I try to eat healthy food once in a while	20.21%
I try to eat healthy food, but don't go out of my way to buy or prepare it	25.53%
I am very concerned about what I eat and will go out of my way to buy or prepare healthy food	47.87%
Totals	100%

44.) How often do you normally eat fast food from a restaurant like McDonald's, Pizza Hut, KFC, Taco Bell, etc.?

	Responses (percent)
Never	12.22%
Less than once a week	57.78%
1-2 times a week	21.11%
3-6 times a week	7.78%
7 or more times a week	1.11%
Totals	100%

45.) How often do you normally eat breakfast?

	Responses (percent)
Never	6.74%
Less than once a week	10.11%
1-2 times a week	13.48%
3-6 times a week	32.58%
7 or more times a week	37.08%

Totals	100%
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46.) Not counting juice, how often do you eat fruit?

	Responses (percent)
Less than once a week	11.76%
1-2 times a week	14.12%
3-6 times a week	34.12%
7 times a week	20%
2-3 times daily	14.12%
At least 4-5 times daily	5.88%
Totals	100%

47.) Not counting potatoes or carrots, how often do you eat vegetables?

	Responses (percent)
Less than once a week	1.05%
1-2 times a week	7.37%
3-6 times a week	37.89%
7 times a week	28.42%
2-3 times daily	16.84%
At least 4-5 times daily	8.42%
Totals	100%

48.) How safe do you feel walking alone in your neighborhood?

	Responses (percent)
Very safe	7.95%
Safe	21.59%
A little unsafe	35.23%
Unsafe	35.23%
Totals	100%

49.) If you feel unsafe walking alone in your neighborhood, what are the reasons? (Please check all that apply.)

	Responses (percent)
Stray dogs	15.72%
Crime	22.01%
Traffic	11.01%
Not enough sidewalks	19.18%
Not enough crosswalks	10.06%
Not enough streetlights	14.15%
Other reason(s)	5.97%
Not applicable	1.89%
Totals	100%

Neighborhood Safety, Cohesion and Organizing

50.) How much do you agree with the following statement? People in this neighborhood help each other out.

	Responses (percent)
Strongly agree	24.18%
Agree	40.66%
Disagree	26.37%
Strongly Disagree	8.79%
Totals	100%

51.) In the past 12 months, I have participated in a block group, neighborhood association and or community action group.

	Responses (percent)
Yes	56.52%
No	43.48%
Totals	100%

52.) I would be willing to work together with others on something to improve my neighborhood.

	Responses (percent)
Strongly agree	75.28%
Agree	24.72%
Disagree	0%
Strongly Disagree	0%
Totals	100%

53.) Overall, how much impact do you think people like you can have in making your community a better place to live?

	Responses (percent)
No impact at all	0%
A small impact	8.70%
Moderate impact	13.04%
Large Impact	78.26%
Totals	100%

54.) What do you think is the most effective way people can have an impact?

	Responses (percent)
Get others involved	38.46%
Volunteer time	41.76%
Give money	1.10%
Talk to public officials	17.58%
Other	1.10%
Totals	100%

Summit Evaluation

55.) Overall, how do you rate the quality of today's Summit?

	Responses (percent)
Excellent	82.11%
Very Good	14.74%
Good	0%
Fair	2.11%
Poor	1.05%
Totals	100%

56.) Had you heard of Healthy Belvedere before this neighborhood summit?

	Responses (percent)
Yes	58.24%
No	41.76%
Totals	100%

57.) Do you feel like you have a good understanding of what Healthy Belvedere is about?

	Responses (percent)
Yes	100%
No	0%
Totals	100%

58.) Do you feel like you received adequate information on how you can get involved with Healthy Belvedere?

	Responses (percent)
Yes	95.51%
No	4.49%
Totals	100%

59.) How confident are you that the proposed activities will be effective in Belvedere?

	Responses (percent)
Very confident	69.89%
Somewhat confident	29.03%
Not very confident	1.08%
Totals	100%

60.) How much do you agree or disagree with the following statements? The use of keypad technology was a good way to share my views.

	Responses (percent)
Strongly Agree	92.55%
Agree	5.32%
Disagree	1.06%
Strongly Disagree	1.06%
Totals	100%

61.) How much to do you agree or disagree with the following statements? The use of keypad technology was a good way to learn about my neighbors.

	Responses (percent)
Strongly Agree	63.41%
Agree	30.49%
Disagree	3.66%
Strongly Disagree	2.44%
Totals	100%

62.) How much to do you agree or disagree with the following statements? As a result of today, I feel more connected with my neighbors.

	Responses (percent)
Strongly Agree	47.73%
Agree	44.32%
Disagree	6.82%
Strongly Disagree	1.14%
Totals	100%

Additional Information

- 57 of 109 (52%) participants indicated pre-registration
- 96 of 109 (88%) participants were located in the 30032 zip code
- 96 participants completed a commitment form

<p>Personal Commitments</p> <ul style="list-style-type: none"> • 81 participants committed to increasing their own physical activity • 66 participants committed to increasing their own fruit and vegetable consumption • 53 participants committed to decreasing their fast food consumption • 41 participants committed to beginning a garden in their own yard or setting up a container garden • 59 participants committed to becoming more involved in the community 	<p>Neighborhood Commitments</p> <ul style="list-style-type: none"> • 28 participants committed to serving on the Active Living implementation team • 19 participants committed to sending their children or grandchildren to the HEAL summer camp • 12 participants committed to serving on the HEAL Education implementation team • 47 participants committed to getting involved with the Walking Club • 19 participants committed to assisting with door to door outreach and data collection • 26 participants committed to working with faith-based groups to promote HEAL • 21 participants committed to serving on the Environmental Changes implementation team • 17 participants committed to serve as volunteers for Safe Routes to School • 38 participants committed to helping establish a community garden in the neighborhood • 22 participants expressed interest in applying for a Small Grant • 34 participants expressed interest in serving on a Leadership Team for Healthy Belvedere
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Other Ideas and Commitments

- Community Festival
- Coordinate with Healthy Belvedere conducting community kitchen. Support HB Initiative.
- Enhancements to built environment. Make community safe for active living. Establish and participate in neighborhood running club.

- Enhancements to the built environment. Promote overall community aesthetic and atmosphere of safety to encourage outdoor physical activity and recreation.
- Get more active. Join Groups. Show up!
- Get more community involvement for education. Present examples. Get more young people involved.
- Help start a community farm.
- Help with education about health eating and food choices.
- I am most interested in getting sidewalks in our neighborhood and getting walking and exercise groups together as well as a community garden.
- I own a weight loss and nutrition website. I am happy to give seminars on smarter grocery shopping. www.calorista.com
- I would like to get involved in some sort of summer athletics with kids.
- I'm on the Glenwood Pedestrian Safety Initiative team and we help get more sidewalks on Glenwood Rd for walking safety.
- Networking
- Owner, Body by Ford & co. Taught fitness for 15 years. MS in executive science and health promotion. Willing to serve on physical activity, obesity and health promotion projects/initiatives.
- The program was very informative; however, it should reach other communities, not only belvedere community.
- Volunteer at local schools.

“Call Outs” on Commitments and Advice

Commitments

- A teacher at Knollwood is committing to get more HEAL education into the school. She sees it as important to get the school motivated and more involved.
- Another commitment came from someone who wants to get involved with the Environmental Changes Team because of the lack of sidewalks
- A woman from the Glenwood Pedestrian Safety Initiative also voiced her commitment to seeing more sidewalks and traffic calming in the neighborhood
- To get involved with the different groups to be a supporter of what is going on in the community
- Get involved with the community; environmental changes group; if you build it they will come
- Get more active; join the groups and show up for meetings

Advice

- Commitment to take information learned at events back to community
- More youth involvement
- More young men involved
- More police involvement; drugs and prostitution is not healthy
- Speed bumps & stop signs; traffic is too fast
- Finish park at Line & Alston Streets
- Sidewalk development
- Implement community gardens
- Focus on garden: learning & classes
- Get more people involved in neighborhood organizations
- Use diverse recruitment options to reach different audiences (e.g., not everyone has email)
- Get Knollwood Elementary more involved to reach children early
- Get kids involved with community gardens
- Have a community garden at Knollwood
- Walking groups for seniors
- Have a senior's center in the neighborhood
- Eliminate crime
- Get more involved
- Believe it is possible
- Whether you live, work, or worship in Belvedere, we can be partners
- Belvedere has great assets
- Great communities are nearby (e.g. East Lake)
- Tear down vacant shopping center

- Build a free clinic
- Children need things to do in the summer
- Gardening establishes or promotes healthy eating and living
- Very important to get people to simply join these neighborhood activities
- Community events, party, celebrate strengths of the community
- Focus on safety, dogs, crime, lights
- Commitment to volunteering
- Plan projects at convenient hours to encourage participation
- Partners follow through on promises
- Transportation
- More handicap accessible
- Get more businesses involved
- Need end results; what will happen?
- Says it was so much info, need to narrow down the show what we are doing
- Good initiative to get people to be healthier. The community feel of getting on the chain of getting healthier. Coming together to get to know your neighbors.
- Get others involved and unite together to make the projects a reality
- More youth geared groups for ages 12-18 years
- The farm/garden can be used to draw the youth off the streets
- Feedback
- Brighter lighting

Neighborhood Summit Participants

This is a map of the plotted addresses for participants in the Belvedere Neighborhood Summit held on 4-4-09.

