2009

THE PREVALENCE OF NUTRITIONAL ISSUES IN AFRICAN AMERICAN WOMEN LIVING IN LOW-INCOME HOUSING

Jessica Renee Coffie
University of Kentucky, jessica.coffie@uky.edu

Right click to open a feedback form in a new tab to let us know how this document benefits you.

Recommended Citation

Coffie, Jessica Renee, "THE PREVALENCE OF NUTRITIONAL ISSUES IN AFRICAN AMERICAN WOMEN LIVING IN LOW-INCOME HOUSING" (2009). University of Kentucky Master's Theses. 644.
https://uknowledge.uky.edu/gradschool_theses/644

This Thesis is brought to you for free and open access by the Graduate School at UKnowledge. It has been accepted for inclusion in University of Kentucky Master’s Theses by an authorized administrator of UKnowledge. For more information, please contact UKnowledge@lsv.uky.edu.
ABSTRACT OF THESIS

THE PREVALENCE OF NUTRITIONAL ISSUES IN AFRICAN AMERICAN WOMEN LIVING IN LOW-INCOME HOUSING

African Americans have more disease, disability, and early death than whites. The leading causes of death for African American women are heart disease, cancer, stroke, diabetes, and kidney disease. Several reasons for these differences, including racism, poverty, cultural differences, lack of knowledge about the importance of screening or testing to prevent health problems, inability to get to the doctor, or lack of trust in the medical system. Healthy eating habits are less evident among lower class neighborhoods because of the lack of availability and education about healthy foods. Although African Americans have a healthy acceptance of a wider range of body sizes, their tolerance may lead to more obesity and serious nutrition-related health problems. This study analyzed the risk of nutrition related deficits in African American women living in low income housing. The majority of respondents had been diagnosed with nutrition related medical conditions. Significant relationships were found between medical conditions and income. The behavioral changes within low-income families might be most difficult because of many barriers, but by further educating this population, they can learn to live with these disadvantages and create healthier diets for themselves and family.

KEY WORDS: African American women, health, physical activity, low-income housing, nutrition

Jessica Renee Coffie
December 3, 2009
THE PREVALENCE OF NUTRITIONAL ISSUES IN AFRICAN AMERICAN WOMEN LIVING IN LOW-INCOME HOUSING

By

Jessica Renee Coffie

Hazel Forsythe, PhD, RD, LD

Director of Thesis

Sunny Ham, PhD, RD, LD

Director of Graduate Studies

December 3, 2009

Date
RULES FOR THE USE OF THESIS

Unpublished theses submitted for the Master’s degree and deposited in the University of Kentucky Library are as a rule open for inspection, but are to be used only with due regard to the rights of the authors. Bibliographical references may be noted, but quotations or summaries of parts may be published only with the permission of the author, and with the usual scholarly acknowledgments.

Extensive copying or publication of the thesis in whole or in part also requires the consent of the Dean of the Graduate School of the University of Kentucky.

A library that borrows this thesis for use by its patrons is expected to secure the signature of each user.
THE PREVALENCE OF NUTRITIONAL ISSUES IN AFRICAN AMERICAN WOMEN LIVING IN LOW-INCOME HOUSING

THESIS

A thesis submitted in partial fulfillment of the requirements for the degree of Master of Sciences
College of Agriculture
at the University of Kentucky

By
Jessica Renee Coffie
Lexington, KY

Director: Dr. Hazel Forsythe RD, LD, Professor
Lexington, Kentucky

2009 Copyright © Jessica Renee Coffie 2009
# TABLE OF CONTENTS

List of Tables........................................................................................................... iv

List of Figures........................................................................................................... v

List of Files............................................................................................................... vi

Chapter 1: Introduction.............................................................................................. 1

Chapter 2: Literature Review..................................................................................... 3
  Overweight and Obesity......................................................................................... 3
  Economics............................................................................................................. 4
  Education.............................................................................................................. 6
  Health History....................................................................................................... 7
  Diabetes............................................................................................................... 7
  Cardiovascular Disease......................................................................................... 8
  Physical Activity................................................................................................... 9
  HOPE VI Project.................................................................................................. 9
  Built Environment and Health.......................................................................... 11
  Diet Quality......................................................................................................... 12

Chapter 3: Research Purpose.................................................................................... 14
  Research Questions............................................................................................. 15

Chapter 4: Methodology.......................................................................................... 16
  Sample Selection................................................................................................. 16
  Data Collection.................................................................................................... 17
  Data Analysis....................................................................................................... 17

Chapter 5: Results.................................................................................................... 18

Chapter 6: Discussion............................................................................................... 34
  Changes in Income............................................................................................. 34
  Food Choices....................................................................................................... 36
  Physical Activity.................................................................................................. 37
  Limitations........................................................................................................... 38

Chapter 7: Conclusions and Recommendations...................................................... 40

Appendices.............................................................................................................. 42
  Appendix A: HOPE VI Survey 1........................................................................ 42
  Appendix B: HOPE VI Survey 2......................................................................... 82

References............................................................................................................... 108

Vita........................................................................................................................... 113
LIST OF TABLES

Table 5.1: Frequency by Type of Foods Purchased ............................................. 20
Table 5.2: Frequency by Meals Eaten Per Day ..................................................... 21
Table 5.3: Frequency by Physical Activity .......................................................... 21
Table 5.4: Frequency by Feelings about Health ................................................... 22
Table 5.5: Frequency of Diagnosed Medical Conditions ................................. 22
Table 5.6: Frequency of Diagnosed Diabetes ..................................................... 23
Table 5.7: Frequency of Family History of Diabetes ......................................... 23
Table 5.8: Frequency of Family History of High Cholesterol .......................... 24
Table 5.9: Frequency of Family History of Heart Disease ............................... 24
Table 5.10: Percentage of Residents with Medical Conditions
Based on Income Change .................................................................................. 25
Table 5.11: Percentage of Residents with Medical Conditions
Based on Food Choices .................................................................................. 27
Table 5.12: Percentage of Residents with Medical Conditions
Based on the Number of Meals Eaten Per Day .............................................. 30
Table 5.13: Percentage of Residents Getting Physical Activity
Based on Feelings about Health ....................................................................... 33
LIST OF FIGURES

Figure 5.1: Age of Respondents ..................................................................................18

Figure 5.2: Level of Education of Respondents .........................................................19

Figure 5.3: Income of Respondents ............................................................................19

Figure 5.4: Change in Income ....................................................................................20

Figure 5.5: Percentage of Residents Medical Conditions Based on Income Change .................................................................27

Figure 5.6: Residents with Medical Conditions Based on Food Choices ..................29

Figure 5.7: Residents with Medical Conditions Based on the Number of Meals Eaten Per Day .............................................32
LIST OF FILES

1. JC Coffiethesis.pdf09
Chapter 1: Introduction

According to the National Center for Minority Health and Health Disparities, over the last twenty years, the overall health of our nation has improved significantly, however there are persistently higher rates of disease and death in African Americans as well as other minority populations (1). Some of the reasons why health disparities exist are lack of access to health care, poverty, discrimination and cultural barriers (2). According to the National Center for Minority Health and Health Disparities a division of the National Institutes of Health, the concept of health disparities is defined as differences in the occurrence, death rate, and burden of health conditions that exist among specific population groups in the United States (1). African Americans have more disease, disability, and early death than whites. The leading causes of death for African American women are heart disease, cancer, stroke, diabetes, and kidney disease (3). African Americans are about twice as likely to have diabetes as whites of the same age and they are more likely to have other serious health problems caused by diabetes. African American women are less likely to receive health care; when they do receive care, they are more likely to receive it late. For example, African American mothers were twice as likely to have late or no prenatal care compared to white mothers in 2004 (4).

There are many possible reasons for these differences, including racism, poverty, cultural differences, lack of knowledge about the importance of screening or testing to prevent health problems, inability to get to the doctor, or lack of trust in the medical system. Although the statistics are high regarding the state of African American health, there is still good news! Many of the conditions that impact the health of African Americans can be reduced today by making changes in lifestyle.
This study analyzes the barriers to health for African American women living in subsidized housing. Findings of this study may help or contribute to the profession’s understanding of issues facing how nutritional health status influences the health of African American women living in public housing. The HOPE VI revitalization project has awarded 106 housing authorities across the country with grants assessing the impact of the revitalization as they related to issues in the residents lives. The evaluation for HOPE VI Lexington measures the Bluegrass-Aspendale’s progress across several variables, including employment, education, training, childcare, healthcare, counseling, and supportive services. Baseline data were periodically compared to performance statistics on specific benchmarks to provide continuous feedback on progress toward the achievement of HOPE VI program goals. Implementation was measured by a four year interviewing process of relocated residents to determine what changes have impacted their lives. This study concentrates on how the revitalization project made a difference to the health conditions of the female residents of the subsidized housing.
Chapter 2: Literature Review

Overweight and Obesity

One of the common problems related to lifestyle today is being overweight. Severe overweight or obesity is a key risk factor in the development of many chronic diseases such as heart and respiratory diseases, non-insulin-dependent diabetes mellitus or Type 2 diabetes, hypertension and some cancers, as well as early death (5). Data have been presented from life insurance companies that have shown the health risks of excessive body fat are associated with relatively small increases in body weight, not just with marked obesity (6). Overweight and obesity are serious problems that pose a growing financial burden on national resources. However, the conditions are largely preventable through sensible lifestyle changes.

An increased consumption of snacks, caloric beverages, and fast foods (7) by children and adults are associated with obesity and excess weight gain. In connection, contributions to the obesity epidemic relate to overconsumption of dietary sugars and fats (8), larger portion sizes (9), and the lower nutrient density foods eaten away from home (10). O’Beirne and colleagues concluded that food–assistance programs have come under attack for their alleged role in “fattening the poor” (11, 12) and similarly, Chapman and colleagues have shown that the content of school lunches have been scrutinized (13) for its contribution to some nutrient excesses in childhood.

The health consequences of overweight and obesity range from an increased risk of premature death to several non-fatal but debilitating and psychological complaints that can have an adverse effect on quality of life (14). Mokdad and colleagues have made
known that the degree of risk is influenced by the relative amount of excess body weight, the location of the body fat, the extent of weight gain during adulthood and amount of physical activity (14).

Over the last 25 years, obesity rates doubled among U.S. adults and children and tripled in teens (15). Overweight and obesity affect the majority of American adults according to Odgen and colleagues, and is more common in African Americans than other ethnic groups according to Paerarakul (15, 16). The Center for Disease Control of Vital Health Statistics has analyzed that 60.1% of African-American males are overweight and 78% of African American women lead the population in obesity and being moderately overweight (17).

Economics

African Americans face challenges in every measure of economic status. While African Americans make up about 13% of the U.S. population, they own just 3% of the assets (18). Research has shown, the average total net worth of white families is $70,000 compared to just $6,000 for African American families (19). One part of this gap is identified by Massey, in which, African Americans are twice as likely to be unemployed as the average American. In 2006, researchers found that the unemployment rate was 10.6% for blacks compared to 5.3% nationally (20). Concurrently, Surgrue found that those African Americans who were employed earn about $13,000 a year less than whites (20).

Another source of the tremendous racial disparity is the racial gap in homeownership, the size of which has doubled in recent decades (21). When African-
Americans do buy homes, they receive the highest interest mortgage loans, 30% more often than whites, even when their income and credit scores are the same (21). This differential in lending terms cumulatively costs African American homeowners more than $6 billion dollars each year.

A predictable result, found by HUD (Housing and Urban Development), of the disparity in wealth, home ownership and employment is that 24.5% of black families live below the poverty line, compared to 8.2% of white families (22). Poverty statistics are even worse for black children, according to the US Census Bureau, where one in three black children lives in poverty (23). This number has improved from 1991 when 1 in 2 black children lived in households under the poverty line but, if the rate of change simply holds steady, it will take more than 20 years for the percentage of black youth living in poverty to match the national average (23).

The nation's overall poverty rate declined for the first time since 2000, from 12.6 percent in 2005 to 12.3 percent in 2006 (24). There were 36.5 million people in poverty in 2006. About 9.8 percent (7.7 million) of the nation's families were in poverty in 2006. Female-householder (no-husband-present families) had a poverty rate of 28.3 percent (4.1 million) compared to 4.9 percent (2.9 million) for married-couple families and 13.2 percent (671,000) for those with a male householder with no wife present. African Americans were less likely to be married than whites, and fewer African Americans were married-couple families; for example in McKinnon’s research, while 48% of African American families were married couple families, the corresponding number for non-Hispanic whites was 82% (24). Black people in America remained at the economic rock bottom of Americans in poverty, also below Hispanic-Americans.
Education

A recent analysis published in *The New York Times* finds that the best predictor of a school’s score on standardized tests is the race and class of the student body (25). Schools with predominantly white and wealthy students have a 1 in 4 chance of earning high test scores for multiple years, in contrast, only 1 in 300 schools attended by poor children of color will do the same (26). In 2005, just 12% of the nation’s black eight graders tested proficient in reading; three times fewer than the number of white students taking the test (26). The number of black students proficient in math tripled and grew from 5% to 15% between 2002 and 2005 (27). Unfortunately, this did not bring black students to parity with their white counterparts who were, again, three times more likely to achieve proficiency (26).

High-risk health behaviors in Kentucky abound among those with less education and lower incomes. Kentuckians are, for example, on average more likely to be overweight and obese, to lead sedentary lifestyles, to have hypertension, to drink heavily, and to smoke. Rates of nutritionally unhealthy behaviors among the poor and undereducated in Kentucky are significantly higher than among more educated, higher income cohorts (28).

There is also tremendous racial disparity in educational attainment. The percentage of African-Americans graduating from high school decreased between 1991 and 2004 while it increased for white students (29). The percentage of blacks completing college went up, but it simply kept pace with improvement in white college graduation rates (30). The disparity remains.
Health History

Poor outcomes in education and economics are closely tied to poor outcomes in health. Like the disparities in education, disparities in health persist from the beginning of life onwards. The black infant mortality rate is more than twice as high as that for white infants (31).

African Americans are 25% more likely to die of cancer in comparison to white Americans. The mortality rate from cancer among African American females is 1.2 times higher than white females. Between 1997 and 2001, the mortality rate for colon/rectum cancer for African American females was 24.5 per 100,000 compared to 17.1 per 100,000 for White females, 10.8 per 100,000 for Asians and Pacific Islanders, 11.6 per 1000,000 for Hispanics/Latinos, and 11.7 per 100,000 for American Indians/Alaska Natives (32).

The prevalence of diabetes is 70% higher in African Americans than Whites, and the age-adjusted diabetes death rate for African Americans was more than twice that for Whites in the year 2001 (33). African Americans develop hypertension at an earlier age and, tend to have more severe high blood pressure, and are less likely to receive treatment (34). In nearly every key indicator of well-being, African Americans continue to fare worse than the national average and far worse than white Americans.

Diabetes

Many researchers have found a correlation between obesity and diabetes among women. Studies have shown that diabetes is 33% more common among African Americans than Whites, and that the highest rates are among African American women.
Amongst African American women, Type II diabetes has reached epidemic proportions; for women age 20 years or older, the rate is 11.8% (14). About 1 in 4 black women over the age of 55 years of age has diabetes, nearly twice the rate of white women (36). Reports indicate that the socioeconomic status of women with diabetes is lower than that of women without diabetes. In 2000, at least one in four women with diabetes aged >25 years had a low level of formal education, and 40% lived in low-income households (37). Women with diabetes are more likely to have a low socioeconomic status independent of living arrangements, such as, marital status, size of household, and employment status (37). Estimates of many researchers suggest that the low socioeconomic status of many women with diabetes might compromise their ability to benefit from treatments that might reduce their risks for complications and premature death (36). Programs designed to meet the needs of women with diabetes should take socioeconomic status into account to assure that women benefit from the interventions.

Cardiovascular Disease

African Americans are at greater risk for cardiovascular disease than any other population group, according to the American Heart Association (38). Black women are 69.1% more likely than white women to die from cardiovascular disease (39). Certain food preferences and traditional food preparation practices that may persist among African Americans may contribute to the development of these chronic diseases. White women consumed significantly less cholesterol and more potassium than African American women according to Getz and colleagues (40).

Several researchers have hypothesized that the excess disease morbidity and mortality observed in African American women may be due in part to chronic stressors
associated with being black and female in the United States. Although there have been few studies on the role of chronic stress in African American women, various forms of chronic stress have been linked to cardiovascular disease morbidity and mortality in samples of Caucasian men, and more recently Caucasian women (41). Based on the data from the United States Census Bureau and the Centers for Disease Control, estimates that 750,000 African Americans have been diagnosed with heart failure, and expect this number to grow to approximately 900,000 persons by 2010 (42).

Physical Activity

Regular physical activity participation can reduce the risk of chronic diseases and can result in many positive physical and mental health benefits (43). The U.S. Department of Health and Human Services recommends the average healthy adult to maintain health and reduce the risk for chronic disease exercise 30 minutes a day, five days per (44). Nationally, only 48% percent of American adults meet these recommendations and 45% of Kentuckians (45). In the government’s NHANES III survey, 67% of black women reported that they participated in little or no leisure time physical activity (44). Griffin and colleagues found that safety issues are an important factor in explaining why African Americans living in low-income neighborhoods do not participate in daily physical activity (46).

HOPE VI Project

While the current image of public housing is of large, deteriorated developments with extremely poor and distressed residents, early public housing was intended to replace such conditions in slum communities. In dozens of cities across the United States, public housing project characterized by intense concentrations of poverty, high
crime rates, and extensive corrosion were being revitalized through the U.S. Department of Housing and Urban Development program called HOPE VI. In 1989, the U.S. Congress, in the Department of Housing and Urban Development Reform Act, established the National Commission of Severely Distressed Public Housing to study distressed public housing and make recommendations on how to better the situation by the year 2000 (47). Congress established the National Commission on Severely Distressed Public Housing in 1989 to study the issue of dilapidated public housing. After submitting the report to Congress in 1992, legislation creating the HOPE VI grants was written (47).

HOPE VI makes use of new urbanism, meaning that communities must be dense, pedestrian-friendly, and transit-accessible (48). Housing rarely comes in the form of apartments instead private houses, duplexes, and row-houses are preferred, because these buildings directly interact with the street. It is common to see porches on the buildings, as well as small apartments for single residents built over garages or on the ground floor. With the addition of defensible space, most communities are specifically designed or remodeled with private property, emphasizing security and a wholesome community that engages residents in community life (49).

Restricted guardianship, with individuals taking care of their allocated part of the development, is a critical element (49). Similarly, providing residents with high-quality materials and houses is believed to encourage satisfaction in the space and an interest in keeping things in good condition (48). This concept theoretically, mitigates vandalism and promotes safer environments.
Today brings about renewed interest in determining the multifaceted pathways linking housing factors, neighborhood factors, social factors, adverse health outcomes, and disproportionate disease burden in poor and ethnic minority communities, particularly with respect to astonishing rates of chronic diseases such as asthma, obesity, and diabetes. Growing research suggests that the built environment, the man-made physical structures and infrastructure of communities, has an impact on health (50). Through a series of findings, many researchers highlight examples of neighborhood-level successes in altering elements of the built environment to improve health behaviors and outcomes (51). Since low-income communities are more likely to be sites of hazards and less likely to be conducive to physical activity and healthy eating, researchers focus on interventions that have occurred in low-income communities and are most likely to contribute to reducing health disparities in the United States (50).

Chronic diseases such as diabetes and asthma are leading health concerns that are influenced by environmental conditions. Assessments about zoning, transportation, land use and community design influence the distances people travel to work, the convenience of purchasing healthy foods, and the safety and attractiveness of neighborhoods for walking (52). It is clear that public health authorities can and should be a strong collaborator to ensure that decisions about disadvantaged neighborhoods are made with the health of community members in mind. Developing more detailed measures of walking capability that are tailored for an urban environment may help solve an identifiable dilemma (53), for example, low-income populations live in highly walk-able environments, but they have high rates of obesity and related health problems. In one
development where a series of murders had taken place during the study period, 60% of the children were never allowed outside to play (54). Add those factors to substandard housing and other negative facets of neighborhood built environments, and it starts to become clear why the prevalence and incidence of health disparities has risen so abruptly and disproportionately among low-income minorities. If low-income neighborhoods have features that discourage pedestrian activity, this may help explain disparities in physical activity, weight, and health outcomes.

*Diet Quality*

In 1998, over 3.9 million Californians, including children, lived in food insecure households, meaning that their concern over inadequate income for purchasing food resulted in lower quality diets for their families (55). Food security is a constant problem among people in the United States, which is determined by the access to food resources that one individual or family might experience in a given community. Food security is the ability of individuals to prepare foods, have a certain level of economic resources to purchase goods among supermarkets, and also have the ability to access education and support through community organizations (56). Healthy eating habits are less abundant among lower class neighborhoods because of their lack of availability and education for healthy foods.

Over 35% of homes below the poverty line in the United States experience food insecurity (57). Among lower income neighborhoods there is an overall lack of income, which leads to many reasons why they are unable to create a healthy diet. Low income may affect the transportation and in return affect where a person will shop and what they
will buy. Although cars are highly abundant among the American society, within low income neighborhoods transportation is more likely to be unreliable. By using public transportation there is a less amount of spontaneity due to the transportation only being operational during certain times and only accessible through certain routes.

Convenience becomes a huge issue among disadvantaged communities, which leads to a consumption of goods that are low in quality and nutrition. One study reported that many low-income families insisted that prepackaged and pre-made foods are more advantageous due to the lack of preparation time needed and the great amount of appeal to other family members (58). If the general knowledge about health food consumption among low income populations keeps re-circulating, then the awareness of education and support programs needs to be increased within these neighborhoods. Women, Infants, and Children (WIC) is a common resource for food, nutrition counseling, and health services. In 1999, just over 7 million people used these services each month (59). Research through the USDA shows that federal nutrition programs can help protect the health and nutritional status of low-income families (60).

The healthy eating habits among low-income families are created through the availability and education that is received. Whether or not low-income families are able to create their own fate, options are available for their families among various communities. The behavioral changes within a low-income family might be most difficult because of the lack of access to money, transportation, and time, but by further educating this population, they can learn to live with these disadvantages and create a healthier diet for themselves and family.
Chapter 3: Research Purpose

It was hypothesized that African American women living in low income housing were at greater risk of developing nutrition related disease based on their economic status, food and physical activity choices, and family health history. If this hypothesis is proven, then good health should not be elusive for many different racial and ethnic minorities in the United States, since appropriate preventative care can be provided. Due to the potential risk of developing a negative food related condition, this study is designed to examine the risk of nutrition related deficits in African American women living in low income housing.

Baseline data were compared to performance statistics on specific variables identified to provide continuous feedback on progress based on a series of goals set for improving the quality of life housing and social environment for families living in a housing project in a mid size urban setting. The purpose of the broad project is to evaluate the impact of revitalizing a community around renovated housing, social services and other quality of life needs. Nutrition/health status is considered as a quality of life need. The process tracks several variables including the impact of HOPE VI on residents’ lives in areas such as employment, education, training, childcare, health, counseling, and housing self-sufficiency; the nature and extent of economic development generated in the community through increased homeownership opportunities and new retail/commercial amenities; the grant’s spillover effects on area property values; and the achievement of HOPE VI goals and the integration of physical and social aspects. The following research questions will guide the examination of these variables:
Research Questions:

1) Is living in subsidized housing predictive of nutritional health status of African American women?

2) Is income correlated with or predictive of the health of African American women and families currently living in the Bluegrass-Aspendale HOPE VI Project?

3) Are the food, nutrition and physical activity habits of African American women living in Bluegrass-Aspendale housing related to the development of nutrition related disease?

Objectives

- Determine the relationship between culture, economics, food choices, health, and physical activity among African American women living in low income housing.

- Accumulate data on employment, education, training, childcare, healthcare, counseling, and supportive services from Bluegrass/Aspendale residents.

- Explore the impact of the demolition and resident relocation on residents’ economic and social networks, especially with regard to employment, school, church, shopping, and other aspects of residents’ day-to-day lives.
Chapter 4: Methodology

This study used a descriptive design to assess the health impact of the HOPE VI revitalization project on residents’ lives. This study utilizes data collected during two separate HOPE VI Revitalization Surveys in 2006 and 2007. The 2006 HOPE VI Revitalization Survey provides baseline data for tracking several variables including the impact of HOPE VI on residents’ lives in areas such as employment, education, training, childcare, healthcare, counseling, and housing self-sufficiency. The 2007 HOPE VI Revitalization Survey assessed the follow-up on variables analyzed in the 2007 survey including health concerns and health history. This survey included questions addressing health conditions, family history of health conditions, and personal views on current health. Each survey was distributed to the evaluation team in August 2007, who traveled to residents’ homes to collect responses. All surveys were completed and returned by August 2008 for analysis.

Sample Selection

The sample was randomly selected from 220 original residents of Bluegrass-Aspendale in the state of Kentucky who agreed to participate in the evaluation study. A final follow up survey was completed with 33 in the second year of the evaluation process. In this study, data from the baseline survey and the first follow up survey were be examined. The study population demographics include the African American women component only for this study. African American women were chosen for the sample because of the researcher’s interest in this subgroup of the population.
Data Collection

The HOPE VI evaluation team contacted residents, scheduled visits, explained consent procedures and recruited residents/families into the study. On receipt of a signed consent form, the evaluation team made appointments with the study participants to execute a series of interviews—at baseline and follow-up. Baseline and follow-up data were collected on the residents as they relocated, received supportive services and planned to return if they so desired, to the revitalized Bluegrass-Aspendale property.

Data Analysis

Data were entered, managed, and analyzed using SPSS (Version 16.0). Frequency distributions were obtained to measure demographic information in survey one. From survey one, respondents were randomly selected to participate in survey two. Fischer’s Exact Test and Pearson Chi-Square were used to derive correlation statistics.

To compare income changes and health, the Fisher’s Exact Test was used in the analysis of contingency tables where sample sizes were too small. To compare food and physical activity choices and health, Pearson Chi-Square was performed. Pearson chi-square tests the hypothesis where the row and column variables are independent. An alpha level of 0.05 or less was considered significant.
Chapter 5: Results

Surveys were first collected from residents of the Bluegrass Aspendale site before relocation. Of the 85 respondents in the baseline survey, 40 respondents were randomly selected to take part in the second survey, however, 33 respondents chose to participate. All of the respondents were African American women as required by the sampling. Of the residents surveyed at baseline, 84.7% (n=72) were African American and 98.8% were female (n=84) and 1.2% were male (n=1) were male.

Figure 5.1: Age of Respondents

![Bar chart showing age distribution of respondents]

Approximately 35% of the respondents, (35.3%, n=30) were between the ages of 35-49, followed by 24.7% (n=21) between the ages of 50-64. Thus, making the majority of the sample a fairly young group.
Of the respondents, 38.8% (n=33) reported having graduated from high school and 34.1% (n=29) reported some high school, but did not graduate. The remainder of the population had some college or trade and some grade school.

Figure 5.3: Income of Respondents
Of the respondents, 38.8% (n=26) reported an annual income of less than $5,000 per year and 23.9% (n=16) reported an annual income between $5,000 and $9,999 per year, which matches the level of education reported previously.

**Figure 5.4: Change in Income**

Of the respondents who participated in the second survey, 51.5% (n=17) did not have a change in income from the baseline survey while 48.5% (n=16) had a change in income. Income remained stable across the timeline when the surveys were administered.

**Table 5.1: Frequency by Type of Foods Purchased**

<table>
<thead>
<tr>
<th>Food Purchase</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-package/Frozen/Canned</td>
<td>19</td>
<td>57.6%</td>
</tr>
<tr>
<td>Fresh/Raw</td>
<td>10</td>
<td>30.3%</td>
</tr>
<tr>
<td>Ready</td>
<td>3</td>
<td>9.1%</td>
</tr>
</tbody>
</table>
One survey question asked about the type of food purchased as an indicator of food quality regarding nutrition status. Of the respondents, 57.6% (n=19) bought pre-packaged, frozen, and canned food items, which are known for their high fat, high sodium content.

Table 5.2: Frequency by Meals Eaten Per Day

<table>
<thead>
<tr>
<th>Meals per day</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>4</td>
<td>12.1%</td>
</tr>
<tr>
<td>Two</td>
<td>15</td>
<td>45.5%</td>
</tr>
<tr>
<td>Three</td>
<td>9</td>
<td>27.3%</td>
</tr>
<tr>
<td>Four or more</td>
<td>4</td>
<td>12.1%</td>
</tr>
</tbody>
</table>

In regard to meals eaten per day 45.5% (n=15) of respondents only ate 2 meals per day. Approximately twelve (12.1%) percent of respondents ate only one meal daily. This indicates the nutrient intake at a level that is not typical of the general population.

Table 5.3: Frequency of Physical Activity

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>I get 30 minutes of physical activity 5-7 day week</td>
<td>12</td>
<td>36.4%</td>
</tr>
<tr>
<td>I get 30 minutes of physical activity 3-4 days a week</td>
<td>3</td>
<td>9.1%</td>
</tr>
<tr>
<td>I get 30 minutes of physical activity 1-2 days a week</td>
<td>5</td>
<td>15.2%</td>
</tr>
<tr>
<td>I don’t get any physical activity outside of my normal daily activity</td>
<td>13</td>
<td>39.4%</td>
</tr>
</tbody>
</table>

21
In regard to physical activity, 39.4% (n=13) did not get any physical activity outside of daily activity, but 36.4% (n=12) reported getting 30 minutes of physical activity 5-7 days per week, and 9.1% reported physical activity 1-2 days per week.

**Table 5.4: Frequency of Feelings about Health**

<table>
<thead>
<tr>
<th>Feel about health</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t want to talk about it</td>
<td>2</td>
<td>6.1%</td>
</tr>
<tr>
<td>I am ready to learn about how to take care of myself</td>
<td>4</td>
<td>12.1%</td>
</tr>
<tr>
<td>I am stuck and not doing as well as I was</td>
<td>1</td>
<td>3.0%</td>
</tr>
<tr>
<td>I am ready to take control of my health</td>
<td>10</td>
<td>30.3%</td>
</tr>
<tr>
<td>I am satisfied with the control I have of my health conditions</td>
<td>16</td>
<td>48.5%</td>
</tr>
</tbody>
</table>

Of the respondents, 48.5% (n=16) felt satisfied with the control they have on their health, whereas 30.3% (n=10) were ready to take control of their health, compared to 3% who were stuck and not doing as well as they wanted to and 6.1% who did not want to talk about their health.

**Table 5.5: Frequency of Diagnosed Medical Conditions**

<table>
<thead>
<tr>
<th>Medical Conditions</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>11</td>
<td>33.3%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>2</td>
<td>6.1%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>8</td>
<td>24.2%</td>
</tr>
<tr>
<td>Gastric Reflux/Heartburn</td>
<td>3</td>
<td>9.1%</td>
</tr>
<tr>
<td>None</td>
<td>7</td>
<td>21.2%</td>
</tr>
</tbody>
</table>
In regard to having a medical condition, 35.5% (n=11) reported having diabetes and 25.8% (n=8) reported having high blood pressure. Of the respondents, 21.2% reported that they did not have any medical conditions, showing that the majority of the sample had a chronic medical condition.

**Table 5.6: Frequency of Diagnosed Diabetes**

<table>
<thead>
<tr>
<th>Diagnosed Diabetes</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>21</td>
<td>63.6%</td>
</tr>
<tr>
<td>Yes</td>
<td>12</td>
<td>36.4%</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td>100%</td>
</tr>
</tbody>
</table>

Of the respondents, 63.6% (n=21) reported being diagnosed by a doctor with diabetes and 36.4% (n=12) were not diagnosed with diabetes.

**Table 5.7: Frequency of Family History of Diabetes**

<table>
<thead>
<tr>
<th>Family History of Diabetes</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>9</td>
<td>27.3%</td>
</tr>
<tr>
<td>Yes</td>
<td>24</td>
<td>72.7%</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td>100%</td>
</tr>
</tbody>
</table>

Observations of family history revealed, 72.7% (n=24) of respondents had a family history of diabetes, as opposed to 27.3% (n=9) did not have a family history of diabetes, showing a pattern across generations of chronic disease positions.
Table 5.8: Frequency of Family History of High Cholesterol

<table>
<thead>
<tr>
<th>Family History of High Cholesterol</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>16</td>
<td>67%</td>
</tr>
<tr>
<td>Yes</td>
<td>8</td>
<td>33%</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td>100%</td>
</tr>
</tbody>
</table>

Sixty-six percent (n=16) had no family history of high cholesterol and 33.3% (n=8) acknowledged a family history of high cholesterol. The majority of respondents denied a family history of cholesterol.

Table 5.9: Frequency of Family History of Heart Disease

<table>
<thead>
<tr>
<th>Family History of Heart Disease</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>19</td>
<td>57.6%</td>
</tr>
<tr>
<td>Yes</td>
<td>13</td>
<td>39.4%</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td>97%</td>
</tr>
</tbody>
</table>

Fifty-seven percent (n=19) had no family history of heart disease opposed to 39.4% (n=13) reporting a family history of heart disease. The majority of respondents claimed no family history of heart disease.

In order to test for a significant difference between change in income and being diagnosed or having a medical condition, a Fisher’s Exact Test and Pearson Chi-Square were performed.
Significant differences at the p-value of 0.01 were found among income change and diabetes diagnosis by a doctor. Results indicate that 30% of respondents diagnosed with diabetes did not have an income change and 6% of respondents that were diagnosed with diabetes had a change in income. Sixty-four percent of respondents were not diagnosed with diabetes.

Results indicate that of the respondents that were diagnosed with hypertension 21% had a change in income and 46% did not have a change in income (p=0.01). Thirty-three percent of respondents were not diagnosed with having hypertension. In the category of no medical condition fewer respondents were diagnosed with hypertension. Within categories of diagnosed with hypertension and no medical condition and diagnosed with diabetes and no medical condition the significance level was recorded for both categories at the p-value of 0.01.
Results indicate that of the respondents that had a family history of diabetes 27% had a change in income and 46% did not have a change in income (p=0.039). Twenty-seven percent of respondents did not have a family history of diabetes.

Results indicate that of the respondents that had a family history of high cholesterol, 17% had a change in income and 17% did not have a change in income (p=1.0). Sixty-six percent of respondents did not have a family history of high cholesterol.

Results indicate that of the respondents that had a family history of hypertension, 40% had a change in income and 48% did not have a change in income (p=0.258). Twelve percent of respondents did not have a family history of hypertension.

Results indicate that of the respondents that had a family history of heart disease, 19% had a change in income and 22% did not have a change in income (p=0.719). Fifty-nine percent of respondents did not have a family history of heart disease.

Results indicate that of the respondents that had a medical condition, 29% had a change in income and 48% did not have a change in income (p=0.021). Twenty-three percent of respondents did not have any medical conditions.

Results show that across family history for high cholesterol, hypertension, heart disease and diabetes, only diabetes showed a significant difference across income change with a p level of 0.039.
In order to test for significant difference between food choices and their influence on family history of medical conditions, a Pearson Chi-Square test was performed.

**Table 5.11: Percentage of Residents with Medical Conditions Based on Food Choices**

<table>
<thead>
<tr>
<th>Food Purchases</th>
<th>Diagnosed Diabetes</th>
<th>Diagnosed w/ HTN</th>
<th>Family History of Diabetes</th>
<th>Family History of High Cholest.</th>
<th>Family History of HTN</th>
<th>Family History of CHD</th>
<th>Medical Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepackaged</td>
<td>15% (n=5)</td>
<td>34% (n=11)</td>
<td>41% (n=13)</td>
<td>17% (n=4)</td>
<td>50% (n=16)</td>
<td>16% (n=5)</td>
<td>37% (n=11)</td>
</tr>
<tr>
<td>Fresh/Raw</td>
<td>13% (n=4)</td>
<td>25% (n=8)</td>
<td>22% (n=7)</td>
<td>5% (n=1)</td>
<td>28% (n=9)</td>
<td>16% (n=5)</td>
<td>30% (n=9)</td>
</tr>
<tr>
<td>Ready to Cook</td>
<td>6% (n=2)</td>
<td>7% (n=2)</td>
<td>9% (n=3)</td>
<td>8% (n=2)</td>
<td>9% (n=3)</td>
<td>10% (n=3)</td>
<td>10% (n=3)</td>
</tr>
<tr>
<td>No Med. Condition</td>
<td>67% (n=21)</td>
<td>34% (n=11)</td>
<td>28% (n=9)</td>
<td>70% (n=16)</td>
<td>13% (n=4)</td>
<td>58% (n=18)</td>
<td>23% (n=7)</td>
</tr>
<tr>
<td>P-Value</td>
<td>0.355</td>
<td>0.49</td>
<td>0.521</td>
<td>0.05*</td>
<td>0.712</td>
<td>0.05*</td>
<td>0.5</td>
</tr>
</tbody>
</table>
*Significance if $p < 0.05$

Results indicate that 15% of respondents diagnosed with diabetes purchased prepackaged foods, 13% purchased fresh/raw foods, and 6% purchased ready to cook foods (0.335). Sixty-seven percent of respondents were not diagnosed with diabetes.

Results indicate that 34% of respondents diagnosed with hypertension purchased prepackaged foods, 25% purchased fresh/raw foods, and 7% purchased ready to cook foods (0.49). Thirty-four percent of respondents were not diagnosed with hypertension. Within the category of diabetes, there were more respondents that reported no diagnosis for diabetes and within the category of hypertension there were more respondents that reported hypertension, resulting in no significance.

Results indicate that 41% of respondents that had a family history of diabetes purchased prepackaged foods, 22% purchased fresh/raw foods, and 9% purchased ready to cook foods (0.521). Twenty-eight percent of respondents did not report a family history of diabetes.

Results indicate that 17% of respondents that had a family history of high cholesterol purchased prepackaged foods, 5% purchased fresh/raw foods, and 8% purchased ready to cook foods (0.05). Seventy percent of respondents did not report a family history of high cholesterol.

Results indicate that 50% of respondents that had a family history of hypertension purchased prepackaged foods, 28% purchased fresh/raw foods, and 9% purchased ready to cook foods (0.712). Thirteen percent of respondents did not report a family history of hypertension.
Results indicate that 16% of respondents that had a family history of heart disease purchased prepackaged foods, 16% purchased fresh/raw foods, and 10% purchased ready to cook foods (0.05). Fifty-eight percent of respondents did not report a family history of heart disease.

Within the category of family history heart disease and high cholesterol, there were more respondents who denied a family history of the conditions. Significance was found for family history of diabetes and hypertension.

Results indicate that 37% of respondents that had been diagnosed with a medical condition purchased prepackaged foods, 30% purchased fresh/raw foods, and 10% purchased ready to cook foods (0.5). Twenty-three percent of respondents were not diagnosed with a medical condition.

**Figure 5.6: Residents with Medical Conditions Based on Food Choices**

In order to test for a significant difference between the amount of meals residents eat per day and its influence on family history, a Pearson Chi-Square test was performed.
Table 5.12: Percentage of Residents with Medical Conditions Based on the Number of Meals Eaten Per Day

<table>
<thead>
<tr>
<th>Meal/day</th>
<th>Diagnose Diabetes</th>
<th>Diagnosed HTN</th>
<th>Family History of Diabetes</th>
<th>Family History of High Cholest.</th>
<th>Family History of HTN</th>
<th>Family History of CHD</th>
<th>Medical Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>6% (n=2)</td>
<td>10% (n=3)</td>
<td>13% (n=4)</td>
<td>4% (n=1)</td>
<td>13% (n=4)</td>
<td>6% (n=2)</td>
<td>10% (n=3)</td>
</tr>
<tr>
<td>Two</td>
<td>13% (n=4)</td>
<td>31% (n=10)</td>
<td>41% (n=13)</td>
<td>9% (n=2)</td>
<td>43% (n=14)</td>
<td>17% (n=5)</td>
<td>37% (n=11)</td>
</tr>
<tr>
<td>Three</td>
<td>13% (n=4)</td>
<td>19% (n=6)</td>
<td>9% (n=3)</td>
<td>4% (n=1)</td>
<td>18% (n=6)</td>
<td>10% (n=3)</td>
<td>20% (n=6)</td>
</tr>
<tr>
<td>Four or more</td>
<td>6% (n=2)</td>
<td>6% (n=2)</td>
<td>9% (n=3)</td>
<td>13% (n=3)</td>
<td>13% (n=4)</td>
<td>6% (n=2)</td>
<td>10% (n=3)</td>
</tr>
<tr>
<td>No Med. Condition</td>
<td>62% (n=20)</td>
<td>34% (n=11)</td>
<td>28% (n=9)</td>
<td>70% (n=16)</td>
<td>13% (n=4)</td>
<td>61% (n=19)</td>
<td>23% (n=7)</td>
</tr>
<tr>
<td>P-Value</td>
<td>0.689</td>
<td>0.896</td>
<td>0.02*</td>
<td>0.186</td>
<td>0.159</td>
<td>0.892</td>
<td>0.702</td>
</tr>
</tbody>
</table>

*Significance if p < 0.05

Results indicate that 6% of respondents that were diagnosed with diabetes ate one meal per day, 13% ate two meals per day, 13% ate three meals per day, and 6% ate four meals per day (p=0.689). Sixty-two percent of respondents were not diagnosed with diabetes.

Results indicate that 10% of respondents that were diagnosed with hypertension ate one meal per day, 31% ate two meals per day, 19% ate three meals per day, and 6% ate four meals per day (p=0.896). Thirty-four percent of respondents were not diagnosed with hypertension.

Results indicate that 13% of respondents that had a family history of diabetes ate one meal per day, 41% ate two meals per day, 9% ate three meals per day, and 9% ate
four meals per day (p=0.02). Twenty-eight percent of respondents did not have a family history of diabetes. Significance was found within the category of family history of diabetes.

Results indicate that 4% of respondents that had a family history of high cholesterol ate one meal per day, 9% ate two meals per day, 4% ate three meals per day, and 13% ate four meals per day (p=0.186). Seventy percent of respondents did not have a family history of cholesterol.

Results indicate that 13% of respondents that had a family history of hypertension ate one meal per day, 43% ate two meals per day, 18% ate three meals per day, and 13% ate four meals per day (p=0.159). Thirty percent of respondents did not have a family history of hypertension.

Results indicate that 6% of respondents that had a family history of heart disease ate one meal per day, 17% ate two meals per day, 10% ate three meals per day, and 6% ate four meals per day (p=0.892). Sixty-one percent of respondents did not have a family history of heart disease.

Results indicate that 10% of respondents that had been diagnosed with a medical condition ate one meal per day, 37% ate two meals per day, 20% ate three meals per day, and 10% ate four meals per day (p=0.702). Twenty-three percent of respondents were not diagnosed with medical conditions.

No significance was determined for the category of high cholesterol, hypertension, and heart disease because the majority of respondents had no family history of these conditions.
Figure 5.7: Residents with Medical Conditions Based on the Number of Meals Eaten Per Day
Table 5.13: Percentage of Residents By Physical Activity and Feeling About Health

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>I don’t want to talk about it</th>
<th>I am ready to learn about how to take care of myself</th>
<th>I am stuck and not doing as I was</th>
<th>I am ready to take control of my health</th>
<th>I am satisfied with the control of my health conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min. 5-7 days/wk</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>30 min. 3-4 days/wk</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>30 min. 1-2 days/wk</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>None</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>P-Value</td>
<td>0.05*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In order to test for a significant difference between physical activity and health, a Pearson Chi-Square test was performed. Significant differences were found between physical activity and how residents felt about their health (0.05). The results indicate the less the daily exercise, the more satisfied respondents were with their current health status. There was no significance in the amount of physical activity and current medical condition.
Chapter 6: Discussion

Changes in Income

Hypothesis I: Economic status will have an influence on nutritional status of African American women living in the Bluegrass-Aspendale housing development.

Changes in income were significantly associated with diabetes. The results indicate that changes in income were less likely in respondents who did not have diabetes. Of the respondents who were diagnosed with having diabetes, 83% did not have any income change and only 16% of respondents with diabetes had a change in income. Sixty-two percent of respondents who reported having a family history of diabetes did not have a change in income, in contrast, 38% of respondents who reported having a family history of diabetes did have a change in income. Results indicate that although 73% of all respondents had a family history of diabetes, those who had a change in income were less likely to have diabetes than persons with a family history of diabetes. The findings suggest that residents are more likely to have diabetes if they do not have any change in income. Diabetes prevalence rates tend to be higher among lower income persons (61). Previous studies show that while 13.3% of adults with household incomes of less than $15,000 reported being diagnosed with diabetes, only 3.5% of adults with household incomes over $50,000 were told they had diabetes (62). In this study, results are consistent with national data, which shows that low socioeconomic status is linked to higher rates of type 2 diabetes.

Sixty-six percent of respondents have been diagnosed with hypertension. Of the respondents who have been diagnosed with hypertension, 68% had no change in income
and 41% of respondents had a change in income. These results indicate that the likelihood of hypertension was lower in the women who had a change in income compared to women who did not have a change in income. Research by Grotto et al agreed with results of this current study that there is an association between lower socioeconomic status and hypertension. However, Grotto also indicated an association with higher socioeconomic populations (63).

These results indicate that those who had a change in income were less likely to have a medical condition than those who had medical conditions. Seventy-seven percent of all respondents in this study had been diagnosed with some kind of medical condition. Of the respondents who had a medical condition, 63% did not have a change in income and 37% of respondents reported a change in income. With unemployment on the rise, as reflected by the income change in respondents, the disparities that are already apparent among low income Americans are supported by this study.

Significance in the data results show that income impacts the likelihood of being at risk of a nutrition related disease, such as, diabetes or hypertension. Approximately one-third of women living in the United States between the ages of 18 to 64 are in low-income families, with incomes below 200% of poverty (64). Compared to women with incomes not in the poverty level, low income women are younger, more educationally disadvantaged, and more likely to be in family situations with fewer options to generate resources, all of which are factors that affect health. The hypothesis that economic status will have an influence an influence on nutritional status of African American women living in the Bluegrass-Aspendale housing development was accepted.
Food Choices

Hypothesis II: Food choices will have an influence on nutritional health status of African American women living in subsidized housing.

In general, research suggests that African Americans tend to have dietary behaviors that may predispose them to chronic disease: diets high in fat, particularly saturated fat; low in fruits, vegetables, and whole grains; and high in salt (65). In this study, the majority of respondents did not have a family history of high cholesterol. Out of the respondents who did have a history of high cholesterol 57% purchased mostly prepackaged foods, which are noted for their high fat, high sodium content. These results indicate a greater likelihood of having a family history of high cholesterol if purchasing prepackaged foods. Fifty-five percent of all respondents did not have a history of heart disease. Of the 45% of respondents who had a family history of heart disease, 39% purchased prepackaged foods and an equal 39% purchased raw and fresh foods. The study results indicated significance with prepackaged foods and family history of disease conditions. The majority of respondents purchased prepackaged foods. Given that poor diets exert heavy costs in increased medical expenses and lost productivity, unhealthful food choices of prepackaged foods among low income Americans compound health disparities reported in this study and by House et al (54). Of the respondents who had a family history of diabetes, 57% ate two meals per day. The results indicate that respondents were less likely to have a family history of diabetes if three or more meals were eaten per day.
The environment in which we live can have an appreciable effect on diet. Environmental influences on what and how African Americans eat include the availability of healthy food choices, convenience of purchasing healthy foods, cost of healthy foods, history, religion, culture, family and environment (66). In low-income neighborhoods, there are fast food restaurants on nearly every corner that offer fried foods laden with sodium. One of the most important indicators in poor dietary patterns is family and upbringing. This study confirms that low-income African American women in this sample maintain those dietary patterns and based on family history these unhealthy choices get passed down through generations. All of these factors continue to influence the well-being of African Americans. The hypothesis that food choices will have an influence on nutritional health status of African American women living in subsidized housing was accepted.

Physical Activity

Hypothesis II: Health History will have an influence on nutritional health status of African American women living in subsidized housing.

The majority of respondents stated “I am satisfied with the control of my health conditions” despite the fact they did not get any physical activity outside of their daily activities. Studies show culturally that African Americans tend to accept large body sizes and feel less guilty about overeating (67). Although it is great to have a positive self image, this acceptance ends up hurting more because tolerance of larger sizes has led to more obesity and subsequently left African Americans with more health related illnesses. A continuous acceptance of unhealthy habits and inadequate exercise has contributed to
the health disparities. The impact of limited access to work out facilities or safety in neighborhoods can be especially troublesome for low-income women who typically experience more health problems. The hypothesis that health history will have an influence on nutritional health status of African American women living in subsidized housing was accepted.

Limitations

There were several limitations to this study including the demographic questions in the second survey. The questions in the demographic section asked if there were changes from the last survey and did not ask what the actual changes were. The actual amount of the change in income was not analyzed, therefore no income amount could be recorded for the second survey, thus, hindering possible conclusion of positive or negative changes in income. Many of these families were on disability or SSI income, which had no change in income status from year one to year two. Also, families who had a change for whatever reason would not be willing to disclose answers that could affect their benefits or supplemental income.

When contacting residents to set up interviews, many residents had disconnected telephone numbers limiting the number of interviews, which posed another limitation. Several families used cell phones over land-lines, which complicated the problem because phone numbers often got changed with cell phones, residents found cheaper phone plans and did not notify the researcher of the number change, or residents ran out of minutes on pre-paid cell phones.
Besides interviewers going to residents homes, the only other venue to interview participants was at the University of Kentucky. A third location (Teen Center) within the Bluegrass-Aspendale neighborhood was closed during collection of baseline data due to the revitalization construction.
Chapter 7: Conclusion and Recommendations

The importance of health coverage and access to care for low-income women is reinforced by their poorer health status. One of the greatest challenges facing low-income women is the affordability of care. Four in 10 low-income women delayed or went without care due to cost. Because low-income women rely so heavily on public programs, reductions to eligibility, benefit, and payment levels to providers in state Medicaid programs disproportionately affect low-income women. Low-income women’s poor access to health care affects multiple dimensions of their lives, jeopardizing their ability to care for their families and meet their work responsibilities and thus their chances for financial advancement. Because low-income women face barriers to access on virtually every level of contact with the health system, policymakers must contend with complex questions when considering how to meet their health care needs.

Strategies to improve dietary intake can be targeted at the individual level and at the social level. At the individual level, it is imperative that nutrition education and intervention programs to improve diets among African Americans be targeted specifically to the populations or population sub-groups of interest, taking into account factors such as demographic characteristics, psychosocial factors, environmental attributes, and literacy. In addition, programs need to address cultural and other factors that affect food preferences among African Americans, such as knowledge and discussion of body image issues.

A number of changes at the societal or policy level can be helpful in improving the diets and health of African Americans, as well as other racial/ethnic groups. These
include increasing healthy food options in low-income neighborhoods, encouraging business and industry to increase availability of good grocery stores, increasing healthy options in schools, and addressing other barriers to healthy behavior change, such as poverty, lack of health insurance, and lack of access to medical care.

African Americans have high incidence, prevalence, and mortality from diet-related chronic diseases, often much higher than rates seen in other U.S. racial/ethnic groups. To effectively address these disparities, it is important to note that blacks living in the U.S. are a diverse group and a myriad of factors, including demographic, environmental, lifestyle, cultural, and social attributes affect the food preferences and dietary behaviors of African Americans. Therefore, research efforts aimed at reducing health disparities among African Americans should be versatile, multi-component, and multi-faceted, and must include adequate and representative numbers of the population of interest.
I would like to begin by asking you some general questions about yourself and household. [Interviewer: circle one]

1. **Gender**
   - Female………………………………………………………………………….1
   - Male…………………………………………………………………………..2

2. **Age: In what year were you born?** __________
   Interviewer: fill in the correct blank below:
   - 18-24………………………………………………………………………….1
   - 25-34………………………………………………………………………….2
   - 35-49………………………………………………………………………….3
   - 50-64………………………………………………………………………….4
   - 65 or older ……………………………………………………………………5

3. **Race and Ethnicity**
   How would you describe your race and/or ethnicity?
   - White………………………………………………………………………….1
   - Black or African American………………………………………………2
   - American Indian or Alaskan Native……………………………………3
   - Asian…………………………………………………………………………4
   - Hispanic or Latino…………………………………………………………5
   - Native Hawaiian or Pacific Islander……………………………………6
   - Bi-racial ………………………………………………………………………7
4. **How would you describe your marital status?**
   - Single.................................................................1
   - Married..............................................................2
   - Divorced or separated.............................................3
   - Widowed............................................................4
   - Refused.............................................................97

5. **Education**
   What is the highest grade or year in school you have completed?
   - None........................................................................1
   - Some grade school (grades 1-8).................................2
   - Some high school (grades 9-11).................................3
   - High School Graduate/GED......................................4
   - Some college or trade school.....................................5
   - Completed college or trade school............................6
   - Some graduate school.............................................7
   - Graduate or Professional Degree...............................8
   - Refused...............................................................97
   - Don’t Know................................................................98

6. **What is your relationship to the head of the household?**
   - Head of Household ..................................................1… **Skip to 6a.**
   - Spouse/partner/boyfriend/girlfriend...........................2
   - Parent........................................................................3
Adult child (over 18)…………………………………………………………..4
Brother or Sister……………………………………………………………….5
Other Relatives………………………………………………………………...6
Non-Relatives………………………………………………………………….7
Other (specify;…………………………..) ……………………..……………..8
Refused…………………………………………………………………………97
Don’t know…………………………………………………………………….98

6a. How many children are there in the household? _________

If zero, skip to 7

6b. Gender and age

Boy…………Number___________________________ 1 Age(s)

Girl ..........Number___________________________ 2 Age(s)

Relationship

My birth child …………………………………………………………………1
Adopted or foster ……………………………………………………………2
Relative ………………………………………………………………………3
Other…………………………………………………………………………4

6c. What is the main reason you are living in someone else’s housing unit?

  Couldn’t pay rent on unit........................................................1
  Lost job or ended job.............................................................2
  Was doing drugs.................................................................3
  Didn’t get along with people where I lived before..............5
  Respondent or child abuse/violence in the household.......6
  Change in family status.........................................................7
  Moved in with partner/boyfriend/girlfriend...............8
  Released from jail/prison
  Criminal record.................................................................9
  Other (SPECIFY________________)........................................95
6d. Does your (spouse/partner/boyfriend/girlfriend) rent this apartment?

Yes.................................................................1
No.................................................................2
REFUSED.........................................................97
DON`T KNOW..................................................98

7.  Is there anyone else not listed on your household roster who stays here regularly?

Yes.................................................................1
No.................................................................2
Refused...........................................................97

8.  Do you own or have access to a car?

Yes.................................................................1
No.................................................................2
Refused...........................................................97
Don`t Know......................................................98

9.  Do you have a valid driver’s license?

Yes.................................................................1
No.................................................................2
Refused...........................................................97
Don`t Know......................................................98
10. Is public transportation convenient to where you live?
   Yes……………………………………………………………………………..1
   No……………………………………………………………………………...2
   Refused………………………………………………………………………...97
   Don’t Know……………………………………………………………………98

11. Are you in a homeownership program?
   Yes……………………………………………………………………………..1
   No……………………………………………………………………………...2
   Refused………………………………………………………………………...97
   Don’t Know……………………………………………………………………98

12. Do you receive any rental assistance?
   Yes……………………………………………………………………………..1
   No……………………………………………………………………………...2
   Refused………………………………………………………………………...97
   Don’t Know……………………………………………………………………98

13. Do you currently work for pay?
   Yes……………………………………………………………………………..1
   No……………………………………………………………………………...2
   Refused………………………………………………………………………...97

13a. Does anyone else in your household currently working for pay?
   Yes……………………………………………………………………………..1
   No……………………………………………………………………………...2
   Does not apply ………………………………………………………………...99
14. What is your estimated household income before taxes or any deductions? Please include all incomes of your family and give the amount on a monthly or annual basis? Include all income including money earned from jobs, public assistances, or social security.

$ ________________________ per week/per month

Less than 5,000........................................................................................................1
Between $5,000 and $9,999................................................................................2
Between $10,000 and $14,999.............................................................................3
Between $15,000 and $19,999.............................................................................4
Between $20,000 and $29,999.............................................................................5
Between $30,000 and $39,999.............................................................................6
Over $40,000.........................................................................................................7
REFUSED.............................................................................................................97
DON’T KNOW.....................................................................................................98

15. How many people currently live in your apartment/house, including yourself?

__________ people

16. Describe the ages and relationships of adults who live in your household.
II. HOUSING CONDITION AND SATISFACTION

1. What was the most important reason for your moving to Bluegrass-Aspendale (B-A)? (CIRCLE ONE)

   To be near your family or friends.........................................................1
   This is what the Housing Authority gave you...................................2
   Availability of rent subsidy or lower rent........................................3
   Availability of on-site support services..........................................4
   More convenient location.................................................................5
   Safer than your previous house or apartment..................................6
   Better or larger apartment ...............................................................7
   No choice; no where else to go.......................................................8
   Some other reason (SPECIFY).........................................................9
   REFUSED.....................................................................................97
   DON’T KNOW.............................................................................98

2. On the whole, how satisfied are (were) you with your apartment as a place to live? Are (were) you . .

   Very satisfied..................................................................................1
   Somewhat satisfied..........................................................................2
   Somewhat dissatisfied, or...............................................................3
   Very dissatisfied..............................................................................4
   REFUSED.....................................................................................97
3. Thinking about your *apartment*, tell me whether the following things are (were) a big problem, some problem, or not a problem at all.

<table>
<thead>
<tr>
<th></th>
<th>Big (DK)</th>
<th>Some</th>
<th>Not a</th>
<th>REF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rats or mice</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Broken locks or no locks</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>on the door to your unit</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Broken windows or windows</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>without screens</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>A heating system that doesn’t work</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>A stove or refrigerator that doesn’t work</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Too little living space</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Adequacy of storage space</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Too much noise</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>

4. Overall, how satisfied are (were) you with the maintenance of your apartment? Are (were) you?

- Very satisfied, ................................................................. 1
- Somewhat satisfied, ........................................................... 2
- Somewhat dissatisfied, or .................................................. 3
- Very dissatisfied? ............................................................ 4
5. Overall, how satisfied are (were) you with the way B-A was managed and maintained?

Very satisfied, ................................................................. 1
Somewhat satisfied, ........................................................... 2
Somewhat dissatisfied, or ................................................... 3
Very dissatisfied ............................................................... 4
REFUSED .............................................................................. 97
DON’T KNOW .................................................................... 98

6. How many years have you lived at B-A?

Number of years ................................................................. 1
Less than one year ............................................................ 0
DON’T KNOW .................................................................. -1
REFUSED ......................................................................... -2

7. During winter, was there any time when the apartment was so cold for 24 hours or more that it caused anyone in your household discomfort?

Yes ...................................................................................... 1
No ......................................................................................... 2 SKIP TO Q9
Did not live here last winter .............................................. 3 SKIP TO Q9
REFUSED .................................................................................. 7 SKIP TO Q9
DON’T KNOW ....................................................................... 8 SKIP TO Q9

8. Was that because the heating system broke down, you could not pay your utility bill, or some other reason?

Heating system broke down .............................................. 1
Could not pay utility bills ................................................... 2
Keep costs down some other reason ............................... 3
9. In the last 6 months, was there any time when all the toilets in the home were not working?
   - Yes...........................................................................................................1
   - No............................................................................................................2
   - REFUSED...............................................................................................7
   - DON’T KNOW.......................................................................................8

10. Have there been water leaks in the apartment?
    - Yes...........................................................................................................1
    - No..........................................................................................................2
    - REFUSED.............................................................................................97
    - DON’T KNOW.....................................................................................98

11. Does the apartment have any area of peeling paint or broken plaster bigger than 8 inches by 11 inches (the size of a standard letter)?
    - Yes.........................................................................................................1
    - No..........................................................................................................2
    - REFUSED.............................................................................................97
    - DON’T KNOW.....................................................................................98

12. Does your apartment have significant problems with mold on walls or ceilings, for example in your bathroom?
    - Yes.........................................................................................................1
    - No..........................................................................................................2
    - REFUSED.............................................................................................97
    - DON’T KNOW.....................................................................................98
III. SATISFACTION WITH NEIGHBORHOOD

1. Now I’d like to ask you about Bluegrass-Aspendale. When you think about this neighborhood, are you thinking about . . .

This building only........................................................................1
This building and the block or street you live on.........................2
The block you live on and several blocks in each direction.................3
This development only, or............................................................4
This development and several blocks around it............................5
Something else (SPECIFY): ________________________________ 6
REFUSED......................................................................................97
DON’T KNOW..............................................................................98

2. How satisfied are (were) you with the Bluegrass-Aspendale neighborhood, as a place to live? Are (were) you...

Very satisfied.............................................................................1
Somewhat satisfied......................................................................2
Somewhat dissatisfied, or..........................................................3
Very dissatisfied? .......................................................................4
REFUSED....................................................................................97
DON’T KNOW............................................................................98

3. Do (did) you regularly socialize with anyone who lives outside Bluegrass Aspendale, but within several blocks or less than half a mile from where you live (lived)?
Yes.................................................................................................1
No ..................................................................................................2
REFUSED......................................................................................97
DON’T KNOW..............................................................................98

4. Please tell me how much you strongly agree, somewhat agree, somewhat disagree or strongly disagree with the following statements about Bluegrass-Aspendale neighborhood.

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Somewhat Agree</th>
<th>Somewhat Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
</table>
| People around here are willing to help their neighbors. Do you ................1.................2..................3..................4
| This is a close-knit neighborhood. Do you ..................1..................2..................3..................4
| People in this neighborhood generally get along with each other. Do you........................1..................2..................3..................4

5. How safe do (did) you feel being alone at night inside your apartment? Do (did) you feel . . .

| Very safe,...............................................................1
| Somewhat safe,........................................................2

53
6. How safe do (did) you feel being alone at night in the area right outside your building —that is, in the parking lots, the lawns, the street or sidewalks right outside your building? Do (did) you feel . . .

Very safe, .................................................................1
Somewhat safe, ............................................................2
Somewhat unsafe, or....................................................3
Very unsafe.................................................................4
REFUSED.......................................................................97
DON’T KNOW...................................................................98

7. How often do (did) you attend resident meetings in the B-A development?

Always............................................................................1
Sometimes, or.................................................................2
Never.............................................................................3
No resident meetings....................................................4
REFUSED.......................................................................97
DON’T KNOW...................................................................98

8. How would you rate the B-A neighborhood as a place to raise children? Is it . . .

An excellent place..........................................................1
9. Please tell me how you would rate the B-A neighborhood in the following areas. Would you say it is excellent, good, fair, or poor in terms of . . .

<table>
<thead>
<tr>
<th>Service</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>REF</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having access to good schools</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Having access to public transportation</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Having access to grocery stores</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Having access to health care services</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Having access to child care</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Having access to parks and recreational facilities</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Being close to friends and relatives</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Being close to job opportunities</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Being close to job training or job placement programs</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Police response time</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>97</td>
<td>98</td>
<td></td>
</tr>
</tbody>
</table>
10. Tell me about the type of housing in which you lived prior to B-A?

In a private market rate unit for which you paid the rent.............1
(IF YES, DO NOT READ OTHER RESPONSES)
In a private unit with Section 8 assistance,.................................2
In a public housing development,..............................................3
In scattered site public housing,.................................................4
Other? (SPECIFY) _______________________________________ 95
REFUSED.................................................................................97
DON’T KNOW.........................................................................98


In B-A neighborhood,.............................................................1
Outside B-A neighborhood but in this city,..............................2
In a different city in this state, ...............................................3
In a different state..................................................................4
Other? (SPECIFY) _______________________________________ 95
REFUSED.................................................................................97
DON’T KNOW.........................................................................98

12. Please tell me if any of the following things have happened to you or to anyone in your household at The Bluegrass Aspendale Apartments in the past 12 months. In the past 12 months...

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>REF</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Was anyone in your household’s wallet, purse, or jewelry snatched from them.................................1...2...3......4

56
Did anyone try to break into your home to steal something........................................................................1…2…3……4

Was anyone beaten or assaulted..................................................................................................................1…2…3……4

Was anyone stabbed or shot..........................................................................................................................1…2…3……4

13. How many of your friends live in the B-A neighborhood? Would you say none, a few or many?
   None.................................................................................................................................1
   A Few...............................................................................................................................2
   Many.................................................................................................................................3
   REFUSED.........................................................................................................................97
   DON’T KNOW.................................................................................................................98

14. How many of your family members live in the B-A neighborhood? Would you say none, a few or many?
   None.................................................................................................................................1
   A Few...............................................................................................................................2
   Many.................................................................................................................................3
   REFUSED.........................................................................................................................97
   DON’T KNOW.................................................................................................................98

15. How often do you have coffee or a meal or hang out with a neighbor? Would you say?
   Almost every day.................................................................................................................1
   Once a week......................................................................................................................2
   Once a month....................................................................................................................3
   A few times a year, or.........................................................................................................4
   Never..................................................................................................................................5
   Once ..................................................................................................................................6
   REFUSED.........................................................................................................................97
   DON’T KNOW.................................................................................................................98

16. Please tell me about the B-A neighborhood and if the following items are - a big problem, some problem, or no problem at all.

   16a. Unemployment a…

57
| 16b. Groups of people just hanging out | Big problem, | 1 |
| | Some problem, or, | 2 |
| | No problem at all? | 3 |
| | REFUSED | 97 |
| | DON’T KNOW | 98 |

| 16c. The number of teenage mothers | Big problem, | 1 |
| | Some problem, or, | 2 |
| | No problem at all? | 3 |
| | REFUSED | 97 |
| | DON’T KNOW | 98 |

| 16d. Lack of public transportation | Big problem, | 1 |
| | Some problem, or, | 2 |
| | No problem at all? | 3 |
| | REFUSED | 97 |
| | DON’T KNOW | 98 |

| 16e. Quality of schools | Big problem, | 1 |
| | Some problem, or, | 2 |
| | No problem at all? | 3 |
| | REFUSED | 97 |
| | DON’T KNOW | 98 |

| 16f. Graffiti, that is, writing or painting on the walls of the buildings | Big problem, | 1 |
| | Some problem, or, | 2 |
| | No problem at all? | 3 |
| | REFUSED | 97 |
| | DON’T KNOW | 98 |

| 16g. Trash and junk in the parking lots, streets, lawns, and sidewalks | Big problem, | 1 |
| | Some problem, or, | 2 |
17. Now, still thinking about the B-A neighborhood, please tell me if the following items are - a big problem, some problem, or no problem at all

17a. The police not coming when called a…
   Big problem, ................................................................. 1
   Some problem, or......................................................... 2
   No problem at all?........................................................ 3
   REFUSED ...................................................................... 97
   DON’T KNOW............................................................. 98

17b. People being attacked or robbed
   Big problem, ................................................................. 1
   Some problem, or......................................................... 2
   No problem at all?........................................................ 3
   REFUSED ...................................................................... 97
   DON’T KNOW............................................................. 98

17c. People selling drugs
   Big problem, ................................................................. 1
   Some problem, or......................................................... 2
   No problem at all?........................................................ 3
   REFUSED ...................................................................... 97
   DON’T KNOW............................................................. 98

17d. People using drugs
   Big problem, ................................................................. 1
   Some problem, or......................................................... 2
   No problem at all?........................................................ 3
   REFUSED ...................................................................... 97
   DON’T KNOW............................................................. 98

17e. Gangs
   Big problem, ................................................................. 1
   Some problem, or......................................................... 2
   No problem at all?........................................................ 3
   REFUSED ...................................................................... 97
   DON’T KNOW............................................................. 98
17f. Rape or other sexual attacks
Big problem, ................................................................. 1
Some problem, or .......................................................... 2
No problem at all? ......................................................... 3
REFUSED ........................................................................... 97
DON’T KNOW ..................................................................... 98

17g. Shootings and violence
Big problem, ................................................................. 1
Some problem, or .......................................................... 2
No problem at all? ......................................................... 3
REFUSED ........................................................................... 97
DON’T KNOW ..................................................................... 98

18. Think back to the last six months you lived in B-A and tell me if you saw
people using or selling illegal drugs.
Yes ..................................................................................... 1
No ...................................................................................... 2  SKIP TO Q.19
REFUSED ........................................................................... 97  SKIP TO Q.19
DON’T KNOW ..................................................................... 98  SKIP TO Q.19

18a. How often have you seen this in that time frame? Would you say
almost every day, once a week, or once or twice?
Almost every day (includes 4-7 days a week) ............... 1
Once a week (includes 1-3 days a week) ......................... 2
Once or twice (includes 1-3 times) ................................. 3
REFUSED ........................................................................... 97
DON’T KNOW ..................................................................... 98

19. Think back to the last six months you lived in B-A. Did you hear gunshots?
Yes ..................................................................................... 1
No ...................................................................................... 2  SKIP TO Q.20
REFUSED ........................................................................... 97  SKIP TO
Q.20
DON’T KNOW.................................................................98  SKIP TO Q.20

19a. How often did you hear gunshots? Would you say almost every day, once a week, or once or twice?
   Almost every day  
   (includes 4-7 days a week).................................1
   Once a week  (includes 1-3 days a week)...............2
   Once or twice  (includes 1-3 times)......................3
   REFUSED..................................................................97
   DON’T KNOW..........................................................98

The next questions ask about services in B-A neighborhood.

20. We would like to know how long it takes you to get to certain places.

20a What type of transportation do you use most frequently?
   My own car ...........................................................1
   Bus .........................................................................2
   Taxi .......................................................................3
   Ride with others .....................................................4
   Walk ......................................................................5

20b. How long does (did) it take you to get to the nearest bus stop?
   Would you say...
   Less than 15 minutes.............................................1
   16 to 30 minutes....................................................2
   31 to 45 minutes....................................................3
   46 minutes to one hour, or.................................4
   More than one hour.............................................5
   Not applicable.......................................................99
   REFUSED..................................................................97
   DON’T KNOW..........................................................98

20c. How long does (did) it take you to get to the grocery store you use most of the time?
   Less than 15 minutes.............................................1
   16 to 30 minutes....................................................2
   31 to 45 minutes....................................................3
   46 minutes to one hour, or.................................4
   More than one hour.............................................5
   Not applicable.......................................................99
   REFUSED..................................................................97
   DON’T KNOW..........................................................98
20d. How long does (did) it take you to get to the doctor, health clinic, or hospital you use most of the time?
- Less than 15 minutes.................................................................1
- 16 to 30 minutes.....................................................................2
- 31 to 45 minutes.....................................................................3
- 46 minutes to one hour, or.....................................................4
- More than one hour..................................................................5
- Not applicable.........................................................................99
- REFUSED...............................................................................97
- DON’T KNOW........................................................................98

21. Next, I’d like to ask you about any community activities you may have taken part in during the last year. In the last year, have you ever...

21a ... done volunteer work in any programs in the community, like daycare, youth groups, programs for the elderly, or recreation program?
- Yes.........................................................................................1
- No.........................................................................................2
- REFUSED...............................................................................97
- DON’T KNOW..........................................................................98

21b. ... taken part in any local organizations like clubs, sports teams, ethnic or racial pride groups, or other community groups?
- Yes.........................................................................................1
- No.........................................................................................2
- REFUSED...............................................................................97
- DON’T KNOW..........................................................................98

21c. ... voted in any political election, such as a general election, primary election, or special referendum?
- Yes.........................................................................................1
- No.........................................................................................2
- REFUSED...............................................................................97
- DON’T KNOW..........................................................................98

21d. ... participated in the activities of a church, mosque, temple, or other religious group?
- Yes.........................................................................................1
- No.........................................................................................2
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Refused</th>
<th>Don't Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>21e. Served in a Neighborhood Watch or tenant patrol program?</td>
<td>1</td>
<td>2</td>
<td>97</td>
<td>98</td>
</tr>
<tr>
<td>21f. Taken part in community efforts to make the neighborhood better for children and youth?</td>
<td>1</td>
<td>2</td>
<td>97</td>
<td>98</td>
</tr>
</tbody>
</table>
IV. RELOCATION

The next section asks questions about different information that you might have received from the housing authority, HOPE VI office, or social service agency.

As you know, The Bluegrass Aspendale is being redeveloped and residents will have to relocate either temporarily or permanently. Some housing authorities make rules about who can live in the new development.

1. Have you moved from B-A
   Yes .................................................................1
   No .................................................................2
   Refused ..........................................................97

2. How many years /months has it been since you lived in this apartment/house?
   Number of years .............................................00
   Number of months _________________01
   DON'T KNOW ................................................97
   REFUSED ......................................................98

3. Overall, how would you describe the condition of this apartment/house? Would you say it is in excellent, good, fair, or poor condition?
   Excellent ..........................................................1
   Good .................................................................2
   Fair .................................................................3
   Poor .................................................................4
   REFUSED ........................................................97
   DON'T KNOW ................................................98

4. Do you want to live in the development after it is fixed up or rebuilt?
   Yes .......................................................................1
   No .......................................................................2
   Currently lives in latest LHA development near BGA .......3
   REFUSED ..........................................................97
   DON'T KNOW ......................................................98

5. Do you think you are eligible to move to the new development?
   Yes .......................................................................1
   No .......................................................................2
   REFUSED ..........................................................97
   DON'T KNOW ......................................................98

6. Has the housing authority provided information on screening criteria or
eligibility rules for moving to the new HOPE VI development?

Yes.....................................................................................................1
No......................................................................................................2
REFUSED...........................................................................................97
DON’T KNOW....................................................................................98

6a. Do you feel like the housing authority has made the rules clear?

Yes.................................................................................................1
No....................................................................................................2
REFUSED...........................................................................................97
DON’T KNOW....................................................................................98
V. EMPLOYMENT & HARDSHIP

Next, I have a few questions about work.

E1 Do you currently work for pay?
Yes................................................................................................1
No.................................................................................................2 SKIP TO E11
REFUSED..................................................................................97 SKIP TO E11
DON’T KNOW..........................................................................98 SKIP TO E11

E2 Do you currently have more than one job?
Yes........................................................................................................1
No..........................................................................................................2
REFUSED.............................................................................................97
DON’T KNOW.....................................................................................98

E3 On average, about how many hours a week do you work at your main job? IF NEEDED: (By main job we mean the one at which you work the most hours.)
Less than 20 hours a week.....................................................1
Between 20 and 35 hours a week..........................................2
More than 35 hours a week...................................................3
DON’T KNOW.....................................................................97
REFUSED.............................................................................98

E4 How long have you been working at your main job?
Less than 3 months.................................................................1
From 3 months to just under 6 months.................................2
From 6 months to just under one year....................................3
From one year to just under 3 years.......................................4
Three years or more.................................................................5
REFUSED....................................................................................97
DON’T KNOW.............................................................................98

E5 Generally, how long does it take you to get to work?
Less than 15 minutes.................................................................1
16 to 30 minutes........................................................................2
31 to 45 minutes.......................................................................3
46 minutes to one hour.............................................................4
More than one hour..................................................................5
REFUSED..................................................................................97
DON’T KNOW...........................................................................98

E6 How do you get to work? [INTERVIEWER: IF MORE THAN ONE ANSWER, PROBE FOR THE ONE USED MOST OFTEN]

Bus .........................................................................................1
Car (own car)............................................................................2
Car (borrowed car)....................................................................3
Taxi cab....................................................................................4
Walk...........................................................................................5
Work at home............................................................................6
Ride with a friend (carpool).........................................................7
Other (SPECIFY_____________)..................................................95
REFUSED..................................................................................97
DON’T KNOW...........................................................................98

E7. Please tell me how you found your current job. Did you find it…
[INTERVIEWER: IF MORE THAN ONE, PROBE FOR THE MAIN ONE USED.]

Through a friend or relative who lives in your neighborhood,........................................1
Through a friend or relative who lives someplace else,...........................2
Through the newspaper or radio, .....................................................3
By visiting employers to see if they had openings,...............................4
Through a private employment agency, ..........................................5
Through the welfare office,...........................................................6
Through an unemployment office, .................................................7
Through a neighborhood agency, or..............................................8
OTHER (SPECIFY_____________)..................................................95
REFUSED..................................................................................97
DON’T KNOW...........................................................................98

E8 Through your employer, are you eligible for any of the following benefits? By eligible, we mean that the benefit is available to you now, even if you have decided to not receive it or have not needed it.

E9a. Health insurance?

Yes.........................................................................................1
No...........................................................................................2
REFUSED..................................................................................97
DON’T KNOW.................................................................................................98

E8b. Sick leave?
Yes.................................................................1
No.................................................................2
REFUSED................................................................................97
DON’T KNOW......................................................................................98

DON’T KNOW.................................................................................................98

E8c. Paid vacation?
Yes...........................................................................................1
No.............................................................................................2
REFUSED..............................................................................................97
DON’T KNOW..............................................................................................98

E9 Do you have a disability that has made it difficult for you to keep a job in the last six months?
Yes.........................................................................................................1
No...........................................................................................................2
REFUSED..............................................................................................97
DON’T KNOW..............................................................................................98

E10 Does a child or another member of the household have a disability or health problem that has made it difficult for you to keep a job in the last six months?
Yes........................................................................................................1
No..........................................................................................................2
REFUSED.............................................................................................97
DON’T KNOW.............................................................................................98

FOR THOSE UNEMPLOYED  Q11 TO Q18

E11. How many years has it been since you were last employed full time or part time?
Number of years .................................................................1-96
Less than one year........................................................................0
DON’T KNOW......................................................................................97
REFUSED..............................................................................................98

E12. Have you looked for a job in the last 12 months?
Yes........................................................................................................1
No..........................................................................................................2
REFUSED.............................................................................................97
DON’T KNOW.............................................................................................98
E13. What is the main reason you are not working? (DO NOT READ CHOICES)
Ill........................................................................................................1
Disabled and not able to work.........................................................2
Retired...............................................................................................3
Taking care of home or family.........................................................4
Going to school................................................................................5
Can not find work............................................................................6
Temporarily not working because of sick leave, a strike, bad weather, or temporary layoff.........................................................7
Other (SPECIFY_____________).....................................................95
REFUSED...........................................................................................97
DON’T KNOW..................................................................................98

E14. Do you have a disability that prevents you from accepting any kind of work during the next six months?
YES...................................................................................................1
NO......................................................................................................2
REFUSED..........................................................................................97
DON’T KNOW..................................................................................98

E15. Does a child or another member of the household have a disability or health problem that prevents you from accepting any kind of work during the next six months?
YES...............................................................................................1
NO....................................................................................................2
REFUSED..........................................................................................97
DON’T KNOW..................................................................................98

E16. In the last twelve months, have you completed any job training classes or education programs (GED classes, courses for college credit, apprentice programs, or other classes)?
YES...............................................................................................1
NO....................................................................................................2
REFUSED..........................................................................................97
DON’T KNOW..................................................................................98

E17. Think about your own experience with looking for a job or working during the
last twelve months. Please tell me whether any of the following factors have made it difficult for you to look for a job, get a job, or keep a job.

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>REF</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>E17 A</td>
<td>Not having work experience</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 B</td>
<td>Not having child care</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 C</td>
<td>Lack of transportation</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 D</td>
<td>Not speaking English well</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 E</td>
<td>Having a disability</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 F</td>
<td>Discrimination</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 G</td>
<td>Lack of jobs in the neighborhood</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 H</td>
<td>Having a drug or alcohol problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>E17 I</td>
<td>Having a criminal record</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>

E18. During the past 12 months, was child care or lack of child care ever such a problem that you could not take a job or had to stop working, or could not attend education or training activities?

YES.............................................................................................1
NO...............................................................................................2 SKIP TO E19
REFUSED..................................................................................97 SKIP TO E19
DON’T KNOW.................................................................................98 SKIP TO E19

E18a. What were the problems you had with child care or lack of child care? (CHECK ALL THAT APPLY) PROBE: Any other problems?

- Cost too much..........................................................1
- Couldn’t find child care for Times you needed.........................................................2
- Too far from work or home.................................3
- Caregiver unavailable or Not reliable.................................................4
- Worry about child abuse or
Unsafe environment.................................................5
Child sick or disabled..............................................6
Subsidy payment late, so
Lost provider...........................................................7
Other (SPECIFY ________________).............. ...........95
REFUSED........................................................................97
DON’T KNOW...........................................................98

The next few questions ask about different kinds of public assistance, or welfare.

E19. In the past 6 months, have you or anyone in your household received Supplemental Security Income or SSI?
   Yes..............................................................................................1
   No................................................................................................2 SKIP TO E20
   REFUSED..............................................................................97 SKIP TO E20
   DON’T KNOW........................................................................98 SKIP TO E20

E19a. Is/Was this SSI for you, another adult in the household, or a child in the household? (MARK ALL THAT APPLY)
   Self..............................................................................................1
   Another adult...............................................................................2
   A child in the household...........................................................3
   Both self and child ....................................................................4
   Both self and another adult......................................................5
   REFUSED...............................................................................97
   DON’T KNOW........................................................................98

E20. In the past 6 months, have you or anyone in your household received other disability pay such as SSDI (Social Security Disability Insurance), a veteran’s disability benefit or workers compensation for a work-related injury?
   Yes..............................................................................................1
   No................................................................................................2 SKIP TO E21
   REFUSED..................................................................................97 SKIP TO E21
   DON’T KNOW............................................................................98 SKIP TO E21

E20a. Is/Was this SSDI, veteran’s disability benefit or workers
compensation for you or another adult in the household? (MARK ALL THAT APPLY)

- Self..........................................................1
- Another adult..............................................2
- Both self and another adult..........................3
- Other, specify..............................................4
- REFUSED..................................................97
- DON’T KNOW...........................................98

E21. In the past 6 months, have you or anyone in your household received food stamps or money for food on the EBT card (the Electronic Benefits Transfer card)?

- Yes..........................................................1
- No............................................................2 SKIP TO E22
- REFUSED..................................................97 SKIP TO E22
- DON’T KNOW...........................................98 SKIP TO E22

E21a. What year did you (or, this person) first receive food stamps/EBT?

__________ (year)

- DON’T KNOW...........................................97
- REFUSED..................................................98

E22 In the past 6 months, have you or anyone in your household received cash or vouchers from public assistance like AFDC/TANF? [INTERVIEWER: TANF MEANS TEMPORARY ASSISTANCE TO NEEDY FAMILIES]

- Yes..........................................................1
- No............................................................2 SKIP TO E23
- REFUSED..................................................97 SKIP TO E23
- DON’T KNOW...........................................98 SKIP TO E23

E21a. What year did you (or, this person) first receive AFDC/TANF?

__________ (year)

- DON’T KNOW...........................................97
- REFUSED..................................................98
E22b. How many years in total have you (or this person) received TANF (or AFDC)? (RECORD AND CIRCLE)

Number of years
Less than one year
DON’T KNOW
REFUSED

FINANCES

E23. Do you have a bank account of any kind, such as checking or savings?
Yes
No
REFUSED
DON’T KNOW

E24. Do you have a place that you use for cashing checks, other than a bank?
Yes
No
REFUSED
DON’T KNOW

HARDSHIP

Now I’m going to read you some statements that people have made about their food situation and their housing situation. For these statements, please tell me whether the statement was often true, sometimes true, or never true for your family in the last 12 months, that is, since (name of current month) of last year.

E25. The first statement is:
“I worried whether my food would run out before I got money to buy more.”
Was that often true, sometimes true, or never true for (you/your family) in the last 12 months?
Often true
Sometimes true
Never true
REFUSED
DON’T KNOW

E26. “The food that I bought just didn’t last, and I didn’t have money to get any more.” Was that often, sometimes, or never true for (you/your family) in the last 12 months.
Often true

E27. In the last 12 months, since (name of current month) of last year, did (you/you or other adults in your family) ever cut the size of your meals or skip meals because there wasn’t enough money for food?
Yes................................................................................................1
No.................................................................................................2 SKIP TO E28
REFUSED..................................................................................2 SKIP TO E28
DON’T KNOW.............................................................................2 SKIP TO E28

E27a. How often did this happen? Was it…
Almost every month...............................................................1
Some months but not every month, or.................................2
Only 1 or 2 months.................................................................3
REFUSED.................................................................................97
DON’T KNOW.............................................................................98

E28. Do you currently have a telephone in this household, not including cell phones?
Yes...............................................................................................1 SKIP TO E29
No................................................................................................2
REFUSED...................................................................................2 SKIP TO E29
DON’T KNOW.............................................................................2 SKIP TO E29

E28a. Do you have a cell phone you use as your regular phone?
Yes...............................................................................................1
No.................................................................................................2 SKIP TO E29
REFUSED...................................................................................2 SKIP TO E29
DON’T KNOW.............................................................................2 SKIP TO E29

E29. During the last 12 months, has your household ever been without telephone service for more than 24 hours because you could not afford to pay the telephone bill?
Yes...............................................................................................1
No.................................................................................................2
E30. People sometimes have trouble paying their utility bills on time. During the past 12 months, were you ever more than 15 days late paying your electric, gas or water bill?

Yes.............................................................................................1
No...............................................................................................2 SKIP TO E31
Not applicable.............................................................................3 SKIP TO E31
Utilities included in rent/condo fees...........................................4 SKIP TO E31
REFUSED..................................................................................97 SKIP TO E31
DON’T KNOW..........................................................................98 SKIP TO E31

E30a. When you had trouble paying for utilities, were you ever charged a fee for late payment?

Yes...........................................................................................1
No.............................................................................................2
REFUSED..................................................................................97
DON’T KNOW..........................................................................98

E30b. Did you receive a notice that your gas, water, or electricity would be shut off if you did not pay your bill?

Yes...........................................................................................1
No.............................................................................................2
REFUSED..................................................................................97
DON'T KNOW...........................................................................98

E30c. In the past 12 months, was your gas, water, or electricity ever shut off for nonpayment?

Yes...........................................................................................1
No.............................................................................................2
REFUSED..................................................................................97
DON'T KNOW...........................................................................98

E31. During the past 12 months, were you ever more than 15 days late paying your rent?

Yes..........................................................................................................1
No............................................................................................................2
Not applicable..........................................................................................3
E32. In the last 12 months, has your current or a previous landlord or the housing authority ever threatened to evict you for non-payment of rent?

Yes.........................................................................................................1
No...........................................................................................................2
REFUSED..............................................................................................97
DON'T KNOW..........................................................................................98

E33. During the last 12 months, have you been evicted from a home for any reason?

Yes........................................................................................................1
No.........................................................................................................2 SKIP TO E34
REFUSED..............................................................................................97 SKIP TO E34
DON'T KNOW......................................................................................98 SKIP TO E34

E33a. Why was that?

NON-PAYMENT OF RENT.............................................................1
Landlord wanted unit for
Self or relative.................................................................2
Housekeeping..............................................................3
Damage to unit.............................................................4
Behavior of children......................................................5
Nuisance (loud music, parties, etc.).................................6
Other (SPECIFY______________________________)...............95
REFUSED......................................................................................97
DON'T KNOW..................................................................................98

E34. In the past 12 months, has the owner or manager complained about your housekeeping, visitors, life style, partner’s behavior, damage to the unit, or your children’s behavior?

Yes............................................................................................1
No.................................................................................................2
REFUSED............................................................................................97
DON'T KNOW....................................................................................98
VI SUPPORTIVE SERVICES

The next section asks questions about different information that you might have received from the housing authority, HOPE VI office, or social service agency.

S1. Did the housing authority provide information about moving to other public housing developments in Lexington?
   Yes........................................................................................................1
   No..........................................................................................................2
   REFUSED.............................................................................................97
   DON’T KNOW.....................................................................................98

S2. Did the housing authority provide information about the Section 8/Housing Choice Voucher Program?
   Yes........................................................................................................1
   No..........................................................................................................2
   REFUSED.............................................................................................97
   DON’T KNOW.....................................................................................98

S3. Did the housing authority provide information about homeownership?
   Yes........................................................................................................1
   No.........................................................................................................2
   REFUSED............................................................................................97
   DON’T KNOW....................................................................................98

S4. Did the housing authority provide information about transportation to look at available units?
   Yes........................................................................................................1
   No..........................................................................................................2
   REFUSED.............................................................................................97
   DON’T KNOW.....................................................................................98

S5. Did the housing authority provide information about dealing with a landlord or helping you with a lease?
   Yes........................................................................................................1
   No.........................................................................................................2
   REFUSED............................................................................................97
   DON’T KNOW....................................................................................98

S6. Did the housing authority provide information about help paying a security deposit or down payment?
   Yes.........................................................................................................1
   No..........................................................................................................2
   REFUSED.............................................................................................97
S7. Did the housing authority provide information about help with paying for utility hook-up (such as phone, electric, gas)?
Yes........................................................................................................1
No..........................................................................................................2
REFUSED..............................................................................................97
DON’T KNOW......................................................................................98

S8. The next section asks questions about other types of services that you might have received from the housing authority or a social service agency.

S8a. Are you currently getting help with finding a job?
Yes........................................................................................................1 SKIP TO S9
No..........................................................................................................2
REFUSED..............................................................................................97
DON’T KNOW......................................................................................98

S8b. Do you need help with finding a job?
Yes..........................................................................................................1
No..........................................................................................................2
REFUSED..............................................................................................97
DON’T KNOW......................................................................................98

S9. Are you currently getting involved in any educational training such as GED or college classes?
Yes........................................................................................................1 SKIP TO S10
No..........................................................................................................2
REFUSED..............................................................................................97
DON’T KNOW......................................................................................98

S9a. Do you need help with any educational training such as GED or college classes?
Yes..........................................................................................................1
No..........................................................................................................2
REFUSED..............................................................................................97
DON’T KNOW......................................................................................98

S10. Are you currently getting any job or computer training?
Yes........................................................................................................1 SKIP TO S11
No..........................................................................................................2
S10a. Do you need help with job or computer training?
Yes...........................................................................................1
No.............................................................................................2
REFUSED...................................................................................97
DON’T KNOW............................................................................98

S11. Are you getting help with college counseling or financial aid referrals?
Yes...............................................................................................1  SKIP
TO S12
No.................................................................................................2
REFUSED....................................................................................97
DON’T KNOW............................................................................98

S11a. Do you need help with finding college counseling or financial aid referrals?
Yes...........................................................................................1
No.............................................................................................2
REFUSED...................................................................................97
DON’T KNOW............................................................................98

S12. Are you getting help with budget management or credit counseling?
Yes................................................................................................1  SKIP
TO S13
No.................................................................................................2
REFUSED....................................................................................97
DON’T KNOW............................................................................98

S12a. Do you need help with budget management or credit counseling?
Yes...........................................................................................1
No.............................................................................................2
REFUSED...................................................................................97
DON’T KNOW............................................................................98

S13. Are you receiving any legal assistance?
Yes...............................................................................................1  SKIP
TO S14
No.................................................................................................2
REFUSED....................................................................................97
DON’T KNOW............................................................................98
S13a. Do you need legal assistance?
Yes.................................................................1
No.................................................................................2
REFUSED........................................................................97
DON’T KNOW..............................................................98

S14. Are there any supportive services available to you at the Bluegrass Aspendale, such as adult education classes, day care, youth programs, or home ownership, home assistance programs?

Yes....................................................................................1
No.......................................................................................2
REFUSED..............................................................................97
DON’T KNOW.........................................................................98

S15. I’d like to read you a list of services that may be available to residents of this development. Please tell me whether or not you or anyone in your household has used this service since you moved to the Bluegrass Aspendale. Circle one

LIST OF SERVICES

Adult education like job training services or GED or ESL classes 90/ Yes No Refused Don’t Know
Home ownership, household assistance, or budgeting classes 92/ Yes No Refused Don’t Know
Parenting programs 94/ Yes No Refused Don’t Know
General counseling about the types of support services you may need 96/ Yes No Refused Don’t Know
A drug or alcohol prevention or treatment program 98/ Yes No Refused Don’t Know
Sports, youth or after school programs. 102/ Yes No Refused Don’t Know
S16. How satisfied were you with that service? (Please see the rating scale below)

<table>
<thead>
<tr>
<th>Service Description</th>
<th>VS</th>
<th>SS</th>
<th>NS/DS</th>
<th>N/A</th>
<th>SDS</th>
<th>VDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult education like job training services or GED or ESL classes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Home ownership, household assistance, or budgeting classes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Parenting programs</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>General counseling about the types of support services you may need</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>A drug or alcohol prevention or treatment program</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Sports, youth or after - School programs.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
</tr>
</tbody>
</table>
Appendix B: HOPE VI Survey 2

Residents’ Survey

ID # ___________

Survey Introduction

We are conducting a follow-up study about the HOPE VI program. This program is the result of the housing authorities receiving money to help them fix up or rebuild units in their developments. You may recall that we interviewed you between 1 ½ and two years ago as you were relocating from the Blue Grass Aspendale neighborhood or shortly thereafter. Today, we are interested in what is happening to people’s lives as their housing development starts to be fixed up or rebuilt.

This survey is very similar to the one you completed earlier that included questions about you, your family, your housing, employment status, income and neighborhood.

Taking this survey has no effect on any housing subsidy you might be receiving. You will remember that you signed a consent form agreeing that we could interview you to follow up on the previous survey. Any information you provide me will still remain anonymous; your answers will never be linked with your name or anything that could identify you. Your participation in the survey is voluntary, but very important to our work. Your participation will in no way affect housing benefits you receive or may be applying for. The interview takes about an hour of your time.

First, I would like to make sure that I am speaking to the right person.

1. What is your name? ____________________________________

I would like to confirm your current address and telephone number.

2. What was your address when you lived in Bluegrass Aspendale

   Address: ________________________________________________

   _______________________________________________________

Development Name ____________________________________
Telephone _____________________________________

Demographics Revisited

Before we get started, I confirm additional information and update our records on the following:

1. Age ________________

2. Gender ________________

3. Race or Ethnicity: __________________________________________

4. Has your marital status changed since moving out of Blue Grass Aspendale?
   No ................................................................. 1
   Yes ............................................................. 2
   If yes, how? ________________________________

5. Has your educational status changed since moving out of Blue Grass Aspendale?
   No ................................................................. 1
   Yes ............................................................. 2
   If yes, how? ________________________________

6. Has your employment status changed since moving out of Blue Grass Aspendale?
   No ................................................................. 1
Yes ......................................................................................... 2
If yes, how? ____________________________________________

7. Has your income changed since moving out of Blue Grass Aspendale?

No ............................................................................................. 1
Yes ............................................................................................. 2
If yes, how?
 Increased to $_______________ per week or month
 Decreased to $_______________ per week or month

Sources: (Interviewer: check all that apply)
 Employment ............................................................................. 1
 Social Security/SSI ............................................................... 2
 Veteran or Social Security Disabilities ................................. 3
 AFDC or TANF .................................................................... 4
 Food Stamps/EBT ............................................................... 5
 Other, specify____________________________________________

Relocation

When we talked with you last year you had recently moved or were in the process of relocating. I would like to ask you about the relocation process and the degree of satisfaction with the process.

8. How long ago did you move from [Bluegrass Aspendale]?

1 ½ - 2 years ...........................................................................1
2- 3 years .............................................................................. 2
Don’t know ......................................................................... 3
9. Have you lived anywhere else besides here since you left [Bluegrass Aspendale]?
No………………………………………………………………………………1
Yes………………………………………………………………………………….2
Refused ………………………………………………..……………………97
If Yes, where? ______________________ How long? __________

9b. How did you find this apartment/house?
On my own……………………………………………………………………1
Referred by the Housing Authority………………………………………………2
Other, specify_______________________________…………………………3
Refused ……………………………………………………………….…………97

9c. Did you receive any assistance from the housing authority with finding a place to live?
No ……………………………………………………………………………………1
Yes …………………………………………………………………………………….2
Refused………………………………………………………………………………….97
If yes, explain __________________________________________

10. Did you receive help with the move itself from the housing authority?
No……………………………………………………………………………………………..1
Yes………………………………………………………………………………………………2
Refused………………………………………………………………………………………………97
If yes, explain___________________________________________

10b. Can you tell me about your moving experience?
Did everything go well with your moving experience?
No……………………………………………………………………………………1
Yes…………………………………………………………………………………2
Refused…………………………………………………………………………97
If yes, explain _____________________________ ____________________________

10c. Did anything go badly?
No……………………………………………………………………………………1
Yes…………………………………………………………………………………2
If yes, explain _____________________________ ____________________________

11. Have you had any contact with the housing authority or HOPE VI program since you moved from [Bluegrass Aspendale]?
No……………………………………………………………………………………1
Yes…………………………………………………………………………………2

Housing

12. How would you compare your apartment/house now to the apartment you lived in at [Bluegrass Aspendale]?
Nicer………………………………………………………………………………1
Large……………………………………………………………………………2
About the same……………………………………………………………3
Smaller…………………………………………………………………………4
12b. Do you like your apartment/house?
No. .................................................................................................1
Yes. .................................................................................................2
If yes, list some reasons you like your apartment or house

________________________________________________________________

12c. Do you dislike your apartment or house?
No. .................................................................................................1
Yes. .................................................................................................2
If yes, list some reasons you dislike your apartment or house

________________________________________________________________

12d. Overall, how satisfied are you with the (apartment/house) where you live now?  Would you say that you are:
very satisfied, ....................................................................................1
somewhat satisfied, ...........................................................................2
somewhat dissatisfied, or ..................................................................3
very dissatisfied? ................................................................................4
NEITHER SATISFIED NOR DISSATISFIED ......................................5
REFUSED ..........................................................................................97
DON’T KNOW ..................................................................................98

Household Composition

13. Has the number of people in your household changed in the last two years?
No. .................................................................................................1
Yes. .................................................................................................2
Same people ....................................................................................3
If yes, explain: ___________________________________________________
New people, explain: ____________________________________________
Loss people, explain: ____________________________________________
14. Is there anyone who no longer lives with you?

No…………………………………………………………………………………1

Yes …………………………………………………………………………………2

If no, explain ____________________________________________

Other than personal reasons, why does s/he no longer live with you?

Lease restrictions

Apartment Size

Other, explain:__________________________________

Neighborhood Quality

15. Is this area part of the same neighborhood that the development is in?

No…………………………………………………………………………………1

Yes…………………………………………………………………………………2

Refuse ………………………………………………………………………….97

Don’t Know…………………………………………………………………….98

16. How is this area different from the Bluegrass Aspendale development?

Explain:____________________________________________________________

17. What do you like about living in this neighborhood?

Explain:____________________________________________________________

12b. What do you dislike about living in this neighborhood?

Explain:____________________________________________________________
18. How long does it take you to get to the doctor, health clinic, or hospital you use most of the time?

- Less than 15 minutes, ................................................................. 1
- 16 to 30 minutes, ................................................................. 2
- 31 to 45 minutes, ................................................................. 3
- 46 minutes to one hour, or ............................................. 4
- More than one hour ................................................................. 5
- NOT APPLICABLE ................................................................. 7
- REFUSED ................................................................. 97
- DON’T KNOW ................................................................. 98

13b. Is this different from when you lived in [Bluegrass Aspendale]?

- No .......................................................................................... 1
- Yes .......................................................................................... 2

If yes, explain __________________________________________

19. How long does it take you to get to work?

- Less than 15 minutes, ................................................................. 1
- 16 to 30 minutes, ................................................................. 2
- 31 to 45 minutes, ................................................................. 3
- 46 minutes to one hour, or ............................................. 4
- More than one hour ................................................................. 5
- NOT APPLICABLE ................................................................. 7
- REFUSED ................................................................. 97
- DON’T KNOW ................................................................. 98

19b. Is this different from when you lived in [Bluegrass Aspendale]?

- No .......................................................................................... 1
- Yes .......................................................................................... 2

If yes, explain __________________________________________
20. How long does it take you to get to church or the grocery store you use most of the time?
Less than 15 minutes, ................................................................. 1
16 to 30 minutes, ................................................................. 2
31 to 45 minutes, ................................................................. 3
46 minutes to one hour, or ......................................................... 4
More than one hour ................................................................. 5
NOT APPLICABLE ................................................................. 7
REFUSED ................................................................................ 97
DON’T KNOW ......................................................................... 98

20b. Is this different from when you lived in [Bluegrass Aspendale]?
No ............................................................................................. 1
Yes ............................................................................................. 2
If yes, explain ........................................................................ 2

21. How long does it take you to get to the nearest bus stop? Would you say
Less than 15 minutes, ................................................................. 1
16 to 30 minutes, ................................................................. 2
31 to 45 minutes, ................................................................. 3
46 minutes to one hour, or ......................................................... 4
More than one hour ................................................................. 5
NOT APPLICABLE ................................................................. 7
REFUSED ................................................................................ 97
DON’T KNOW ......................................................................... 98

22. Have you changed where you shop or go to church because of the move?
No ............................................................................................. 1
Yes ............................................................................................. 2
If no, explain ........................................................................ 3

23. Do you think you are safer now than you were when you lived in [Bluegrass Aspendale]?
No ............................................................................................. 1
Neighbors

24. Have your family relations been affected by your move?
   No……………………………………………………………………..1
   Yes…………………………………………………………………2
   If yes, how have these changes affected you? ________________

25. How often do you visit or talk to relatives?
   Daily…………………………………………………………………1
   Weekly………………………………………………………………2
   Monthly……………………………………………………………..3
   Few times each year…………………………………………………4
   Rarely………………………………………………………………5
   No contact……………………………………………………………6

26. Have your friendships been affected by your move?
   No…………………………………………………………………….1
   Yes…………………………………………………………………2
   If yes, how have these changes affected you? ________________

27. How often do you visit or talk to old friends from Bluegrass Aspendale?
   Daily ……………………………………………………………….1
   Weekly …………………………………………………………….2
   Monthly ……………………………………………………………3
28. How have these changes affected you?

Negatively .................................................................1
Positively .................................................................2
Don’t’ know ...............................................................3

In your new neighborhood:

28a. Do you ever talk with any of your neighbors?

No .................................................................1
Yes .................................................................2

If no, explain ___________________________________________

28b. Is this different from when you lived in [Bluegrass Aspendale]?

No .................................................................1
Yes .................................................................2

If yes, explain: __________________________________________

29. Do you ever socialize with new neighbors or help each other out sometimes such as COOKOUTS; VISITS; WATCH CHILDREN; SHARE FOOD?

No .................................................................1
Yes .................................................................2
29b. How often do you socialize with your current neighbors?
Daily…………………………………………………………….1
Weekly .................................................................2
Monthly ...............................................................3
Few times in the year .................................................4
Rarely .................................................................5
No contact ..........................................................6

30. Do you socialize with neighbors or help each other out more or less than you did when you lived in [Bluegrass Aspendale]?
No…………………………………………………………………1
Yes .................................................................2
Why do you think this has changed? _____________________________

31. Have your child/children friends changed since you moved?
No…………………………………………………………….1
Yes .................................................................2
Don't know .........................................................98

32. Does your child spend time with family members or old friends?
No…………………………………………………………….1
Yes .................................................................2
Don’t know .........................................................98

33. Does your child have friends in this neighborhood?
No…………………………………………………………….1
Yes .................................................................2
Don’t know .........................................................98
34. Do you like your child’s friends?
   No………………………………………………………………………..1
   Yes……………………………………………………………………….2

Employment and Hardships

35. Has your employment status changed since we last met?
   No………………………………………………………………………..1
   Yes……………………………………………………………………….2
   Explain______________________________

35a. [EMPLOYED] What is your job?____________________________

35b. How long have you worked on this job?____________________

35c. What do you like about this job?__________________________

35d. What do you dislike about the job?_______________________

35e. Are you: Full-time_______________ Part-time______________

36. How did you find your job?
   Advertisement………………………………………………………….1
   Friend………………………………………………………………………2
   Family……………………………………………………………………...3
   Something else (SPECIFY)……………………………………………….4

[UNEMPLOYED, NON-ELDERLY]

37. What would you say is the main reason you are not employed?
38. Has the move affected your employment in any way?

No..............................................................................1

Yes............................................................................2
If yes, how has the move affected your employment? __________

.................................................................

39. Since you moved from Bluegrass Aspendale has there ever been a time when you didn’t have enough money to pay bills, such as rent, telephone, or utility bills?

No..............................................................................1

Yes............................................................................2

How often has this happened? ______________________________

What did you do? ______________________________________

.................................................................

5a. Is this different from when you lived in [Bluegrass Aspendale]?

No..............................................................................1

Yes............................................................................2

If yes, what are some reasons for the difference?

.................................................................

40. Since you moved, has money ever been so tight that you were unable to buy enough food for you and your family?

No..............................................................................1

Yes............................................................................2

Refused.......................................................................97

40a. How often has this happened?

Once..........................................................................1

Monthly.......................................................................2
3-4 times…………………………………………………………3
What did you do?__________________________________________

40b. Is this different from when you lived in [Bluegrass Aspendale]?
No……………………………………………………………………..1
Yes………………………………………………………………………2
If yes, what are some reasons for the difference?
_________________________________________________________

Health Concerns

41. Has there been any change in your or any of your family members’ health since you moved from [Bluegrass Aspendale]
No……………………………………………………………………..1
Yes………………………………………………………………………2
If yes, describe: ASTHMA; INJURIES; DEPRESSION
_________________________________________________________

42. Has your stress level changed since you moved from Bluegrass Aspendale?
No……………………………………………………………………..1
Yes………………………………………………………………………2
If yes, what do you think caused the change?
_________________________________________________________

43. Have you missed work / school since you moved from Bluegrass Aspendale because of any health concerns?
No……………………………………………………………………..1
Yes………………………………………………………………………2
3b. If yes, did that cause you any problems at work / school?

No……………………………………………………………….1
Yes……………………………………………………………………2
If yes, explain___________________________________________

44. In general, would you say your health is:

Excellent………………………………………………………1
Very good………………………………………………………2
Good……………………………………………………………3
Fair……………………………………………………………..4
Poor……………………………………………………………5
Refused…………………………………………………………6
Don’t Know…………………………………………………..7

45. Do you have any illness or recurring health condition that requires regular, ongoing care?

No……………………………………………………………….1
Yes……………………………………………………………….2
Refused…………………………………………………………3
Don’t Know…………………………………………………..4

46. Has a doctor or other health professional ever told you that you had asthma?

No……………………………………………………………….1
Yes……………………………………………………………….2
Refused…………………………………………………………97
Don’t Know………………………………………………….98

47. Do you still have symptoms? (coughing, wheezing, shortness of breath).

No……………………………………………………………….1
Yes……………………………………………………………….2
Refused…………………………………………………………97
Don’t Know………………………………………………….98

48. During the past 12 months, have you had an episode of asthma or an asthma attack?

No……………………………………………………………….1
49. During the past 12 months, did you have to visit an emergency room or Urgent Care Center because of asthma?

- No.................................................................1
- Yes...............................................................2
- Refused.........................................................97
- Don’t Know....................................................98

50. Have you ever been told by a doctor or other health professional that you had Hypertension, also called high blood pressure?

- No.................................................................1
- Yes...............................................................2
- Refused.........................................................97
- Don’t Know....................................................98

50b. Were you told on more than two or more different visits that you had hypertension, also known as high blood pressure?

- No.................................................................1
- Yes...............................................................2
- Refused.........................................................97
- Don’t Know....................................................98

51. Do you have a family history of high blood pressure?

- No.................................................................1
- Yes...............................................................2
- Refused.........................................................97

52. Do you have a family history of high cholesterol?

- No.................................................................1
- Yes...............................................................2
- Refused.........................................................3
53. Do you have a family history of heart disease?
   No. ................................................................. 1
   Yes ................................................................. 2
   Refused ........................................................... 97

54. Have you ever been told by a doctor or other health professional that you have diabetes or sugar diabetes?
   No. ................................................................. 1
   Yes ................................................................. 2
   Refused ........................................................... 97
   Don’t Know ...................................................... 98

55. How old were you when a doctor first told you that you had diabetes or sugar diabetes?
   Year/age (1-100) ................................................. 1
   Refuse ............................................................ 97
   Don’t Know ...................................................... 98

56. Do you have a family history of diabetes?
   No. ................................................................. 1
   Yes ................................................................. 2
   Refused ........................................................... 97

57. Have you ever been told by a doctor or other health professional that you had arthritis?
   No. ................................................................. 1
   Yes ................................................................. 2
   Refused ........................................................... 97
   Don’t Know ...................................................... 98

58. Which of the following best describes how you are feeling about your health?
   I don’t want to talk about it .................................... 1
   I am ready to learn about how to take care of myself .... 2
   I am confused about what I am supposed to do .......... 3
   I am stuck and not doing as well as I was ............... 4
I am ready to take control of my health……………………5
I am satisfied with the control I have of my health condition……6

59. How much physical activity do you get daily?
- I get 30 minutes of physical activity 5-7 days a week………………1
- I get 30 minutes of physical activity 3-4 days a week…………………2
- I get 30 minutes of physical activity 1-2 days a week…………………3
- I don’t get any physical activity outside of my normal daily activities……4

60. How many times per day do you eat?
- One………………………………………………………………1
- Two………………………………………………………………2
- Three………………………………………………………………3
- Four or more………………………………………………………4

61. Do you ever skip meals?
- No……………………………………………………………………1
- Yes……………………………………………………………………2
- Sometimes ……………………………………………………………3

61b. If yes, how often do you skip meals?
- Daily……………………………………………………………………1
- Weekly…………………………………………………………………2
- Once monthly…………………………………………………………3
- Rarely …………………………………………………………………4

61c. If yes, what meals do you most often skip?
- Breakfast……………………………………………………………1
Lunch…………………………………………………………..2
Dinner……………………………………………………………..3

62. I drink regular soft drinks or non-carbonated: for example Kool-aid
Daily………………………………………………………………1
Weekly……………………………………………………………..2
Once monthly…………………………………………………..3
Rarely……………………………………………………………..4

63. Which of the following best describes the kind of foods you purchase for meals?
Pre-packaged/Frozen…………………………………………1
Fresh/Raw………………………………………………………..2
Ready cooked…………………………………………………..3

64. Do you have any of the following conditions?
Diabetes………………………………………………………..1
High Cholesterol………………………………………………2
High Blood Pressure…………………………………………3
Heart Disease…………………………………………………..4
Gastric Reflux/Heartburn……………………………………5
Other…………………………………………………………….6
None ……………………………………………………………….7

Children, Health, and School

65. Has your child missed any school since your move because of any health concerns?
No……………………………………………………………….1
Yes……………………………………………………………….2
If yes, explain ___________________________________________
66. Has a health problem affected your child’s learning or behavior in school since your move?
   No……………………………………………………………………1
   Yes……………………………………………………………………2
   If yes, explain ______________________________________________

66b. What school does your child attend?
   School _______________________________________________________

66c. Is it located nearby?
   No……………………………………………………………………1
   Yes……………………………………………………………………2

66d. What type of school is it:
   Public…………………………………………………………………1
   Private…………………………………………………………………2
   Magnet ………………………………………………………………3

66e. How did you select this school?
   ____________________________________________________________

67. Is this a different school from the school your child attended two years ago?
   No……………………………………………………………………1
   Yes……………………………………………………………………2
   If yes, explain [regular change of school level or because of relocation]
   ____________________________________________________________

   In what ways is the school different from the old one?
68. How is your child doing in this school? Be specific.

GRADES; GRADE PROMOTION; SPECIAL RECOGNITION/ AWARDS

69. Do you think the move has had any effect on your child’s schooling experience?
   No…………………………………………………………………..1
   Yes…………………………………………………………………..2

   If yes, how? DESCRIBE; POSITIVE; NEGATIVE; PLACED IN/OUT OF
   SPECIAL CLASSES

70. Does your child participate in any type of program during school hours or after
    school, such as music or art programs, sports, etc.?

    List:________________________________________________________

7b. Is this new for your child since the move or in the last year?

   No…………………………………………………………………..1
   Yes…………………………………………………………………..2

71. Since your move [In the last year], has there been any change in your child’s
    behavior in school?

   No…………………………………………………………………..1
   Yes…………………………………………………………………..2

   Had your child(ren) ever been in TROUBLE; SUSPENDED; EXPELLED; had
   problems GETTING ALONG WITH OTHERS

71b. What do you think brought on the change? Explain:
72. Are you involved with the school in any way?

No.................................................................1
Yes.........................................................................2
If yes, how? __________________________________________
If no, why not?________________________________________

72b. Has moving affected your involvement with the school?

No........................................................................1
Yes.........................................................................2
DESCRIPT: MORE INVOLVED; LESS INVOLVED; SAME

72c. Are you:

More involved......................................................1
Less involved.........................................................2
About the same.....................................................3

73. Does your child ever ask you for help with homework?

No........................................................................1
Yes.........................................................................2
Sometimes............................................................3

73b. Do you look over your child’s schoolwork?

No........................................................................1
Yes.........................................................................2
Community and Social Support Services

74. Do you see a Social Worker/Case Worker for counseling and support services?

No .............................................................................................................1
Yes .............................................................................................................2
If no, why not? ______________________________________________________
____________________________________________________________________

74b. If yes, how frequently?

Once per month ......................................................................................1
3-5 times per year ....................................................................................2
6-8 times per year ....................................................................................3

75. Are you currently getting help with job training and placement?

No .............................................................................................................1
Yes .............................................................................................................2
If no, why not? ______________________________________________________
If yes, name the agency ______________________________________________

75b. Type of training _________________________________________________
Expected time for completion __________________________________________

76. Are you currently enrolled in an educational program (GED, ESL, Community College, four year college/university)?

No .............................................................................................................1
Yes .............................................................................................................2
77. Are you currently enrolled in a homeownership counseling program?
   No………………………………………………………………………………………….1
   Yes………………………………………………………………………………………….2
   If yes, where? __________________________________________________________
   Expected date of completion? ________________________________

78. Do you wish to take advantage of the opportunity to purchase a
    home in the Blue Grass Aspendale area?
   No………………………………………………………………………………………….1
   Yes………………………………………………………………………………………….2

79. How satisfied are you with these services?
   Very satisfied………………………………………………………………………….1
   Somewhat satisfied…………………………………………………………………….2
   Satisfied……………………………………………………………………………….3
   Dissatisfied……………………………………………………………………………..4
   Very dissatisfied……………………………………………………………………….5

   Circle One
   Case Workers………………………………1  2  3  4  5
   Job training and Placement ………………1  2  3  4  5
   Educational Programs …………………….1  2  3  4  5
Home ownership Counseling

Outlook for Redevelopment

80. Do you want to return to the development once it is built?
   No…………………………………………………………………………….1
   Yes…………………………………………………………………………..2
   Why or Why not?___________________________________________________

81. Are you planning to become a homeowner? In five years ____ ten or more years ______

82. Where would you like to be in five years? Explain.
   ___________________________________________________________________

83. Is there anything you would like to add about any topic we have talked about?
   ___________________________________________________________________

Thank you for your time and for talking about your experiences with me.
Reference:


12. Besharov, D.J. We’re feeding the poor as if they’re starving. Assessed December 8, 2002 from http://courses.washington.edu/nutr531/Besharor.doc


Vita:

Jessica Renee Coffie

Date and Place of Birth:
August 4, 1982
Paducah, KY

Education:

- Bachelor of Science in Human Nutrition
  University of Kentucky, December 2005

- Dietetic Internship, University of Kentucky, August 2009

Professional Positions:

- Nutrition Specialist, WIC Program, Lexington-Fayette County Health Department
  2009-Present

Scholastic Honors:

- Lyman T. Johnson Fellowship, 2006-2008