**East Side** is surrounded by water and is located on the Calumet River’s eastern bank. Due to its location and access to water, steel mills were able to thrive in this neighborhood. It is home to thriving Calumet Beach, a United States Coast Guard station, and Calumet Yacht Club.

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**Who lives here?**

<table>
<thead>
<tr>
<th>Race and Ethnicity</th>
<th>Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>80% Hispanic/Latinx</td>
<td>51% Female</td>
</tr>
<tr>
<td>2% Black</td>
<td></td>
</tr>
<tr>
<td>&lt;1% Asian or Pacific Islander</td>
<td>49% Male</td>
</tr>
<tr>
<td>17% White</td>
<td></td>
</tr>
</tbody>
</table>

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Population: **23,013**

Population change: **↓ 0.1%**

Chicago: **↑ 6%**
Social Determinants of Health

Social determinants of health are social, economic, and physical conditions in which people are born, live, and work that affect health and well-being. For example, where you live can limit access to healthy foods, this can in turn increase one’s risk for obesity and other chronic conditions related to diet.

### Economic Factors

**Median household income**

<table>
<thead>
<tr>
<th></th>
<th>East Side</th>
<th>Chicago</th>
</tr>
</thead>
<tbody>
<tr>
<td>$44,079</td>
<td>$53,006</td>
<td></td>
</tr>
</tbody>
</table>

### Education

- **5%** Associates degree
- **34%** High school or equivalent
- **30%** Less than high school
- **18%** Some college—no degree
- **13%** Bachelor’s degree or higher

### Population living in poverty

- **20%** East Side
- **19%** Chicago

### Unemployment

- **18%** East Side
- **8%** Chicago

### Physical Factors

- **12%** of housing units are vacant
- **69%** of adults report that they feel safe in their neighborhood “most or all of the time”
- **69%** Violent crime incidents per 100,000 Population
  - **4,491** Chicago
  - **2,851** East Side

- **1 in 3** children are living in poverty
- **21%** of households are receiving food stamps
- **47%** of households are at risk for food insecurity
Access to Care

Access to quality health care services is important for preventing and managing diseases and achieving health equity. High cost of care, inadequate insurance coverage, and lack of availability of quality services generally lead to barriers in clinical care.

Health Behaviors

Health behaviors are individual actions we take to prevent illnesses or maintain good health such as exercising and eating a balanced diet. Health behavior is greatly influenced by the social and economic conditions in which people live. For example, it is difficult to walk in the neighborhood to get exercise when you do not feel safe.

- **29%** report not participating in any physical activity or exercise in the past month
- **43%** report drinking soda or sweetened drinks everyday
- **28%** report being a smoker
- **38%** report eating five or more servings of fruits and vegetables daily
Health Outcomes

Health outcomes are the measures that define the health and wellbeing of the community. Health outcomes are a result of social determinants of health, access to clinical care, and health behaviors.

Top Causes of Death
1. Cancer
2. Heart Disease
3. Diabetes-related Injury
4. Stroke

Disease Burden Among Adults
- 18% have high blood pressure
- 36% are obese
- 10% are diabetic

Community Resources
Community resources are necessary to achieve good health outcomes. A sample of the community resources necessary for optimal health outcomes and available in East Side are listed below. For a full list of all resources and their location, visit the Chicago Health Atlas at https://www.chicagohealthatlas.org/resources

- 7 Schools
- 4 Fitness Facilities
- 8 Hospital and Health Services
- 0 Community Gardens
- 15 Faith Based Organizations
- 1 Social Service Organizations
- 9 Grocery Stores
- 1 Pharmacies
- 5 Public Parks