**Washington Heights** In the past, railroads in this community were the centerpiece of its economy. This community area has over five city parks.

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**Who lives here?**

**Race and Ethnicity**
- **96%** Black
- **2%** Hispanic/Latinx
- **<1%** White

**Sex**
- **56%** Female
- **44%** Male

**Age**
- **5%** 00-04
- **13%** 05-14
- **14%** 15-24
- **10%** 25-34
- **12%** 35-44
- **14%** 45-54
- **12%** 55-64
- **10%** 65-74
- **7%** 75-84
- **2%** 85-94
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
- **Washington Heights**: $46,848
- **Chicago**: $53,006

#### Population living in poverty
- 19% in Washington Heights
- 19% in Chicago

#### Unemployment
- 19% in Washington Heights
- 8% in Chicago

### Education

- 8% have a **Associate’s degree**
- 10% have a **Less than high school**
- 23% have a **Bachelor’s degree or higher**
- 30% have a **High school or equivalent**
- 29% have a **Some college—no degree**

### Physical Factors

- 9% of housing units are vacant

### Violent crime incidents

- **Per 100,000 Population**
  - **Washington Heights**: 5,711
  - **Chicago**: 4,491
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.

Access to Care

11% of the population are uninsured
78% report having a consistent source of primary care provider
77% report that it is “usually” or “always” easy to get the care, tests or treatment they needed through their health plan
56% of pregnant women received early and adequate prenatal care
65% report receiving colorectal cancer screening

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.

31% report not participating in any physical activity or exercise in the past month
41% report drinking soda or sweetened drinks everyday
19% report being a smoker
16% 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. Heart Disease
2. Cancer
3. Injury
4. Diabetes-related
5. Strokes

Infant Mortality
Deaths per 1,000 live births

Life Expectancy at Birth

74 years
Chicago: 77 years
The Loop: 82 years

Disease Burden Among Adults
29% have high blood pressure
32% are obese
7% are diabetic
8% have asthma

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 Washington Heights are listed below. For a full list of all resources and their location, visit the Chicago Health Atlas at https://www.chicagohealthatlas.org/resources