

## Healthy Community Assessment Tool “Roadmap”

### Where can I access this tool?

→ Link to *Healthy Community Assessment Tool (HCAT)* - \*hosted by Bernalillo County Place Matters

◆ <http://hcat.healthyplaces4nm.org/>

- This is the link to the homepage, where you can start sorting data by neighborhood, indicator, primary domain (topic area)

### La Montanita’s Neighborhood

→ Lomas/Girard NE (includes Nob Hill)

◆ Overall Ranking: 10 of 33 neighborhoods in Albuquerque

- Link to Lomas/Girard NE Neighborhood Data
  - <http://hcat.bcplacematters.com/indicator-breakdown/292384>

### 3 Examples of Indicators Relevant to La Montanita’s Work

**1. Food Desert (Introduction):** USDA defines a "food desert" as urban neighborhoods and rural towns without ready access to fresh, healthy, and affordable food. The HCI Food Desert indicator measures the proportion of urban neighborhoods more than a mile away from affordable, healthy foods (rural neighborhoods are measured at a 10 miles mark). Instead of supermarkets and grocery stores, these communities may have no food access or are served only by fast food restaurants and convenience stores that offer few healthy, affordable food options. Food deserts tend to exist in areas that are lower-income, inner-city, or rural, where there are few supermarkets, and access to healthy food is a challenge. Lack of access to healthy foods is a risk factor for health outcomes such as obesity, diabetes, and cardiovascular disease. There is an interconnected relationship between food deserts and limited access to supermarkets in lower-income, minority communities, and one in five food stamps recipients lives in a neighborhood without a grocery store. Access to supermarkets is among the strongest behavioral correlates related to health and the built environment. Found under the Neighborhood Characteristics domain, the prevalence of food deserts is also connected to economic health, education, health systems and public safety, and social cohesion. Data are available at the Census tract level from the U.S. Department of Agriculture (USDA) and is provided in a dichotomous fashion, i.e., 0=no food desert, 1=food desert. This indicator is an “inverse” measure as the higher the number, the higher the proportion of the neighborhood considered a food desert, and the higher the negative impact on community health.

**Indicator:** Food Desert

**Primary Domain:** Neighborhood Characteristics

**Indicator Value:** 13% (0=no food desert, 1=food desert)

**Rank:** 8th

**Tier:** Lowest

\*Link: <http://hcat.healthyplaces4nm.org/indicator/184>

**2. Local Business Vitality:** The HCI uses the proportion of small, locally-owned businesses (i.e., 0-4 employees) within a neighborhood to determine local business vitality. This measure is an indication of

the strength of a community's entrepreneurial culture. It has been linked to healthier residents as indicated by lower rates of mortality, obesity and diabetes. In small communities, "local capitalism" or the proportion of small businesses owned by local residents appears to promote greater economic stability and a high level of resident socio-economic well-being. Local business vitality is found under the economic health domain, but it is also relevant to employment, social cohesion, and neighborhood characteristics.

**Indicator:** Local Business Vitality

**Primary Domain:** Economic Health

**Indicator Value:** 35.2% (100% = highest vitality, 0% = lowest vitality)

**Rank:** 2nd

**Tier:** Lowest

*\*Link: <http://www.hcat.healthylives4nm.org/indicator/18063>*

**3. Voter Participation (Introduction):** Voter participation measures the proportion of voting eligible residents (i.e., over 18 years old, citizens, and, depending on the state, non-felons) who voted in the last election. Exercising the right to vote is a proxy for ties to and engagement with the larger community. Community engagement is linked to factors such as social support systems, which impact health outcomes. People involved in electoral participation have been found 22 percent less likely to report poor/fair health; conversely, where political engagement is low, studies show that people had 52 percent higher odds of reporting poor health. Posted as a Social Cohesion measure, voter participation is also tied to economic health, education, and health systems and public safety. Voter participation figures are commonly available through City or State election offices.

**Indicator:** Voter Participation

**Primary Domain:** Social Cohesion

**Indicator Value:** 20.5%

**Rank:** 33rd

**Tier:** Highest

*\*Link: <http://hcat.healthylives4nm.org/indicator/18076>*