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FINDINGS FROM A SURVEY OF INGLEWOOD RESIDENTS ON CARDIOVASCULAR  
HEALTH ISSUES, PHYSICAL ACTIVITY, AND SOCIAL DETERMINANTS OF HEALTH

Prepared for

The American Heart Association

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By



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## **BACKGROUND**

Sentient Research was contracted by The American Heart Association to conduct a brief survey on cardiovascular health issues and physical activity among residents of Inglewood, California. The objective of this survey was to better understand awareness and concern for cardiovascular disease and related health issues, levels of physical activity among Inglewood residents, and potential barriers and facilitators for physical activity. This report describes the main findings from this survey.

## **METHODS**

From December 15, 2018 to January 9, 2019, Sentient Research conducted a 24-question survey among residents in five Inglewood, CA zip codes (90301, 90302, 90303, 90304, and 90305) . Using address-based sampling, residents from these zip codes were selected at random from a sample frame built using the US Postal Service Computerized Delivery Sequence File. This frame contains nearly 100% of all households within the city limits. Respondents were mailed a business letter which asked them to complete a survey either online or with a live operator by telephone. Those who did not respond to the initial letter (which was sent in both Spanish and English) within three weeks were sent a reminder postcard with similar instructions. Both letters were addressed to the resident at that address, and the adult with the most recent birthday in the household was asked to complete the survey. The survey included questions about cardiovascular health issues, physical activity, and problems in the community that might impact levels of physical activity. Respondents were offered a \$5 gift card for completing the survey.

## **RESULTS**

### Demographics

A final sample of 302 adult residents were surveyed online (79%) and by telephone (21%). The sample is demographically representative of the five zip codes (Table 1). Slightly more than half of the sample were female. Eighty-percent of the sample identified as either Latina/o or Black. One-third of the sample had children under 18 in the household (Table 2), with 70% of them attending public schools.

Table 1. Demographic variables, n=302

Zip code of residence	Frequency	Percent
90301	107	35.4
90302	65	21.5
90305	57	18.9
90303	53	17.5
90304	20	6.6

Language of questionnaire	Frequency	Percent
English	275	91.1
Spanish	27	8.9

Gender	Frequency	Percent
Male	138	45.7
Female	158	52.3
Transgender	2	0.7
Other	1	0.3
Prefer not to answer	3	1.0

Age	Frequency	Percent
18-29	63	20.8
30-39	74	24.6
40-49	50	16.5
50-59	54	17.9
60-69	38	7.2
70 and over	19	6.3
Prefer not to answer	4	1.3

Race	Frequency	Percent
Black	115	35.1
Latina/o/Hispanic	135	44.7
Other (includes White, Asian, Other, and Refused)	61	20.2

Highest level of education completed	Frequency	Percent
Grade school	10	3.3
High school graduate	63	20.9
Some college or vocational training/2-year college	103	34.1
4-year college/bachelor's degree	69	22.8
Some postgraduate work/master's degree	40	13.2
Doctoral/law degree	7	2.3
Not sure/Prefer not to answer	10	3.3

Annual household income	Frequency	Percent
Less than \$20,000	38	12.6
\$20,000 to \$29,999	34	11.3
\$30,000 to \$39,999	37	12.3
\$40,000 to \$49,999	31	10.3
\$50,000 to \$74,999	55	18.2
\$75,000 to \$99,999	22	7.3
\$100,000 to \$149,999	28	9.3
\$150,000 or more	15	5.0
Not sure/Prefer not to answer	42	13.9
<b>Total</b>	<b>302</b>	<b>100</b>

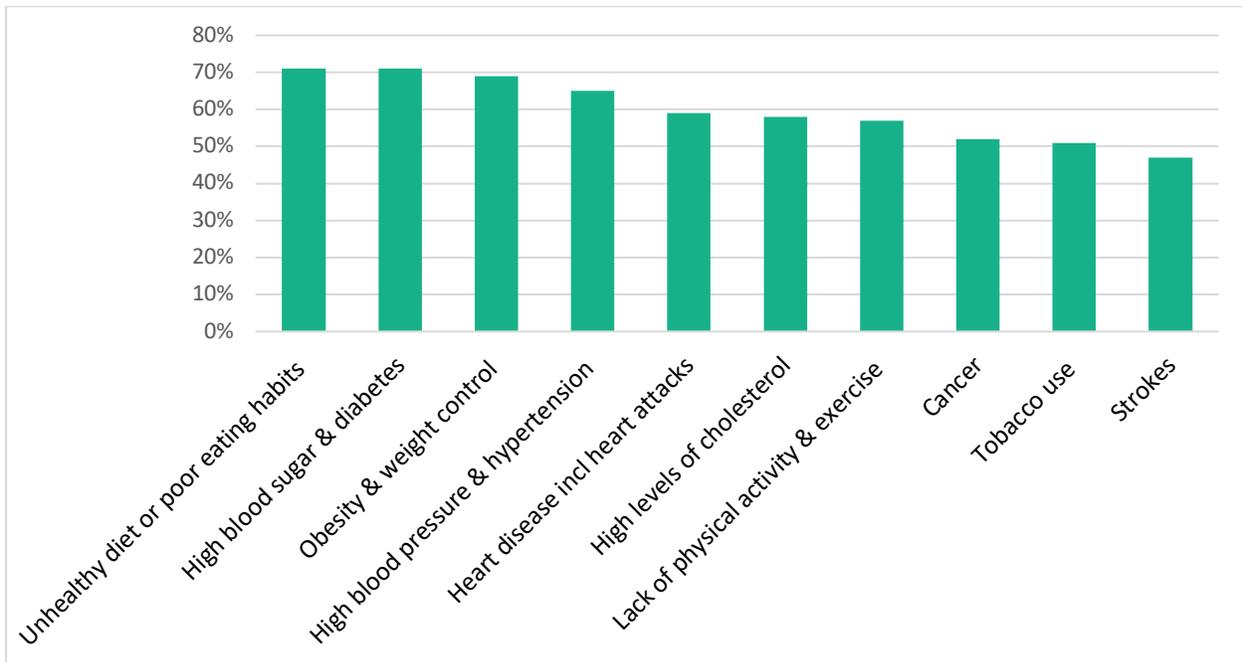
*Table 2. Proportion of the sample with children under 18 in the home, n=302*

Has children under 18 at home	Frequency	Percent
Yes	101	33.4
No	195	64.6
Not sure	6	2.0
Has children under 18 at home who attend public schools (n=101)	Frequency	Percent
Yes	71	70.2
No	29	28.7
Not sure	1	.99
<b>Total</b>	<b>302</b>	<b>100</b>

### Health problems & concerns

Most participants felt that poor nutrition, lack of physical activity, and various health issues and diseases related to cardiovascular health were major problems in their community (Figure 1). Unhealthy eating, high blood sugar and diabetes, and obesity were the top problems, with about 70% of all participants reporting that these are major problems.

Figure 1. Percent of sample that reported that the issue was a “major problem,” n=302



Physical activity – general

Three-quarters of the sample felt that they and their families should get somewhat more or a lot more physical activity. Over half (55%) felt that there were not enough opportunities for young people to be physically active in Inglewood. Just under half of the sample (41%) did not know if there were local efforts to address the lack of physical activity in Inglewood. Over one-third of participants reported that from what they knew, there were **no** current efforts to address the lack of physical activity in the area.

*79% of the sample felt that **physical education classes in schools** were very important*

The great majority of the sample (91%) felt that physical education classes in Inglewood schools were important, with 79% saying that they were **very** important and 13% saying that they were **fairly** important.

Physical activity and alternative transportation

About 40% of participants reported that they and their families **rarely or never** walk, bike, skateboard, or participate in other physical activities in their community. Sixty-percent reported

that the lack of convenient places to be active is a big problem or somewhat of a problem in Inglewood. Similarly, 71% reported that these activities not being safe due to crime or violence is also a big problem (38%) or somewhat of a problem (33%).

*71% of the sample reported that walking, biking, and skating are not safe due to crime or violence*

The majority of the sample (67%) also reported that the sidewalks, grounds, and/or facilities are poorly maintained and that this is a big problem or somewhat of a problem. Approximately half (46%) reported that the lack of sidewalks or other safe routes for walking, biking, and skating are a big issue or somewhat of an issue. About one-third (31%) felt that crowdedness of sidewalks, trails, or skateparks was an issue. Ninety-one percent of the sample said that they would have **at least some interest** in taking advantage of opportunities to be physically active in Inglewood, if they were safe and available.

#### Public parks, pools, and recreation areas

Half of the sample reported that they are not aware of any schools in their area which allow community members to use their athletic or recreational facilities before or after hours, 20% reported that they **were** aware of schools which allow this, and one-third reported that they were “not sure.” The majority of the sample (83%) reported that they would have **at least some interest** in using facilities at schools, if they allowed community members to use them. Over one-third expressed that they would have a “great deal of interest” (36%).

Just under half of the sample (43%) reported using public parks, swimming pools, and recreation areas “often” or “sometimes,” 32% using them “rarely,” and 24% never using them. Just under half of the sample (48%) felt that the inconvenience of hours or lack of open hours for public recreation spaces was a significant problem. However, the majority (71%) felt that lack of safety in these public spaces was either a big problem, or somewhat of a problem. Similarly, 61% felt that these spaces being poorly maintained was also a big problem, or somewhat of a problem.

*71% of respondents felt that lack of safety in public parks and areas was either a big problem, or somewhat of a problem*

Over half the sample (58%) felt that public recreation spaces being far from their home was a big problem or somewhat of a problem. One-third of the sample felt that crowdedness was a problem for these spaces, while the rest of the sample did not think this was a problem or was

*91% of participants would have at least some interest in using public spaces if their safety and availability were improved*

not sure. Just over half (54%) reported that lack of interesting activities for their families in public spaces was a significant problem. The great majority of participants (91%) reported that they would have at least some interest in using public spaces if their safety and availability were improved, with 54% reporting that they would have a “great deal of interest.”

Improving and increasing access to physical activity spaces

The vast majority of the sample felt that increasing access, increasing opportunities, and improving public spaces in Inglewood would help youth and their families be more physically active or exercise more (Figure 2). Most participants (90%) also felt that it was pretty or very important that residents of their community work together to make significant improvements to their community and make it a better place.

Figure 2. Percent of the sample that felt that improvement in these areas would help some, a fair amount, or great amount in regard to increasing physical activity, n=302



Social determinants of health

The survey revealed several social determinants of health that the sample of residents felt needed a lot or fair amount of improvement. For example, over half of the sample felt that the quality of public schools, availability of affordable housing, safety of the community, and the availability of good-paying jobs needed a lot of improvement (Tables 3 and 4).

For all the social determinants in the survey, most participants reported that at least a little improvement was needed. Even for public transportation, which had that highest proportion of participants who reported that it is “good as is” (10%), 59% of the sample expressed that it needs a fair amount, or a lot, of improvement (Table 3).

**Over 50% of the sample felt that the areas of public education, housing, safety, and availability of good-paying jobs needed a lot of improvement**

*Table 3. Percent of the sample who expressed that specified social determinants of health need a lot of improvement, n=302*

		The quality of public schools	The quality & availability of child care	The quality & availability of public spaces	The availability of public transportation
<b>Needs a lot of improvement (Percent)</b>	<b>Black</b>	70.8%	35.8%	36.8%	33%
	<b>Latina/o</b>	61.5%	45.9%	54.8%	34.8%
	<b>Other</b>	49.2%	26.2%	23%	31.1%
	<b>Total</b>	62.3%	38.4%	42.1%	33.4%
Red/pink=over 50%					

*Table 4. Percent of the sample who expressed that each of the social determinants needs a lot of improvement, n=302*

		The availability of affordable housing	Safety of the community	The cleanliness of the air & water	The availability of good-paying jobs
<b>Needs a lot of improvement (percent)</b>	<b>Black</b>	73.6%	49.1%	45.3%	67.9%
	<b>Latina/o</b>	72.6%	60%	46.7%	62.2%
	<b>Other</b>	45.9%	50.8%	36.1%	44.3%
	<b>Total</b>	67.5%	54.3%	44.0%	60.6%
Red/pink=over 50%					

## CONCLUSIONS

This survey of 302 Inglewood residents revealed significant concerns about various health issues and low levels of physical activity. Overall, residents felt that unhealthy eating, high blood sugar and diabetes, and obesity were top local health problems, and just under half (40%) reported that they rarely or never engage in physical activity. Residents reported that lack of safety due to crime or violence and poor maintenance of public spaces/facilities are big problems in relation to exercising in public spaces or taking alternative modes of transportation such as walking, biking, or skating. Despite these issues, 91% of residents in the sample reported that they would have interest in using public spaces if their safety and availability were improved, and that this would help youth and their families be more physically active.

Most of the sample reported major need for improvement in regard to the social determinants of health in Inglewood, and that it was important for community members to work together to make Inglewood a better place. The quality of public schools, the availability of affordable housing, and the availability of good-paying jobs were the determinants that residents felt needed the most improvement.