✉ mollyma@uic.edu

f IL CEAL

♪ @chi_covid_collab

📷 🐦 @chicovidcollab

NIH **CEAL**
Community Engagement Alliance

CHICAGOLAND
CEAL Program

2024 SURVEY DATA FROM CHICAGOLAND CEAL

JANUARY 2024 - APRIL 2024

DEAR CEAL PARTNERS,

We are pleased to present this comprehensive report that provides an in-depth look into the economic situations, physical and mental health issues, health behaviors, and experiences of trust and discrimination. These data highlight critical areas that demand our attention.

Community health workers and community organization staff collected the surveys early in 2024 by approaching people in public settings such as laundromats, grocery stores, and social service agencies. We focused on areas in Chicago and suburban Cook County that experience some of the worst health outcomes but are not frequently included in health surveys. Our survey delved into sensitive yet crucial topics such as trauma, substance use, and trust. These questions sparked challenging but important conversations, and the candid responses we received granted us profound insights into these pressing issues.

The data compiled in this report can be used to make graphs and tables, but we need to remember it is also a reflection of real lives and stories. We hope this information will be instrumental in shaping and refining programs and policies that address the most urgent needs of communities.

We encourage you to USE this data to design, revise, and obtain funding for your programs. Please reach out to us for details on the data and statistical assistance. Furthermore, we welcome your suggestions on potential questions to include or exclude in future surveys, ensuring we continue to gather relevant and actionable data.

The section "How to Use This Report" provides practical examples of how this data can be applied to both current and future initiatives. Together, let's harness this knowledge to create positive change and enhance the well-being of all!

We specifically would like to acknowledge the Equal Hope team that led data collection and data management. We also would like to thank our Community Advisory Board (https://chiceal.ihrp.uic.edu/about-us/community-advisory-board-2/) who contributed to this report.

Warm regards,

Molly Martin
Contact *Principal Investigator*
Chicagoland CEAL Program

NIH CEAL | CHICAGOLAND
Community Engagement Alliance | CEAL Program

Table of Contents

HOW TO USE THIS REPORT

When reviewing these data, please consider how they could be used by your organization. Here are some practical examples of how these data can be applied to current and future initiatives:

1. **Community Outreach:** Tailor outreach efforts to recognize the specific needs and experiences highlighted in the report, ensuring more effective and relevant engagement strategies.
2. **Strategic Planning:** Incorporate the data into strategic planning sessions to align organizational goals with community needs. This ensures resources are allocated efficiently, and initiatives are relevant and impactful.
3. **Highlight Urgency:** Use data from the report to highlight the urgency of your initiatives. For example, emphasizing the high amount of trauma experiences in your specific community can show the need for immediate mental health services.
4. **Targeted Messaging:** Use the data to craft messages that resonate with specific community concerns. For example, if discrimination is a prominent issue, outreach campaigns can focus on promoting diversity, inclusion, and anti-discrimination policies.
5. **Build Trust:** The survey includes insights into community trust. Use this information to build or rebuild trust by addressing the concerns directly and transparently, fostering stronger community relationships.
6. **Training and Development:** Use the data to train staff on the community's specific issues, ensuring staff are well-equipped to address these challenges.
7. **Share Insights:** Encourage partners, collaborators, and funders to share how they use the data within their organizations. This can foster a collaborative environment where best practices and successful strategies are shared and replicated.
8. **Ongoing Feedback:** Solicit feedback on the survey itself. Understanding which questions were most valuable and identifying gaps can help refine future surveys to gather more actionable data.

Preliminary Nature of the Data

The data in this report are preliminary and not yet published. They are subject to change. The data are being released now solely to support community organizing and planning.

Getting Additional Data and Data Support

If you would like to talk through these data more or if you could use more detailed analyses, please contact Dr. Molly Martin (mollyma@uic.edu). The CEAL team will be glad to break down the data to specific community areas and run other analyses that support community organizations and initiatives.
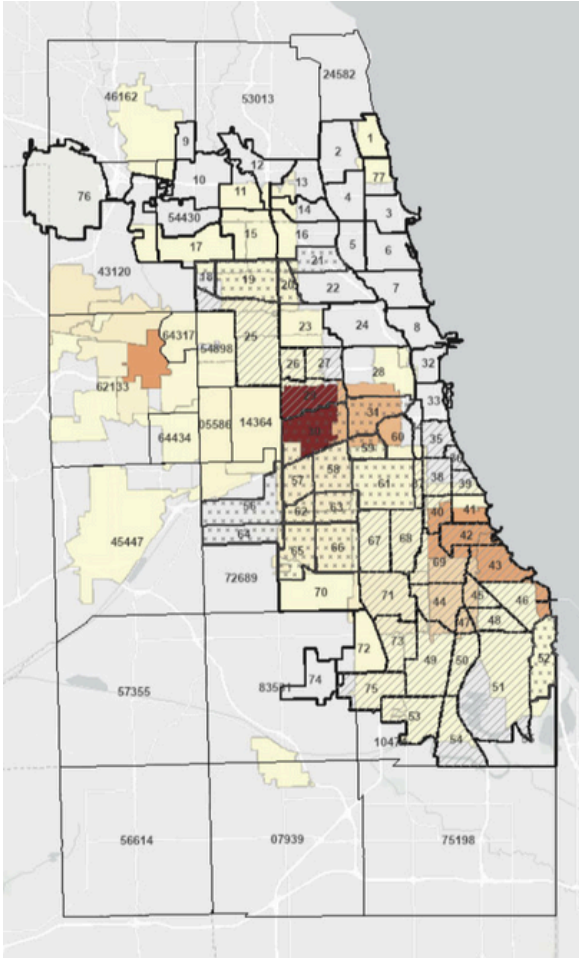
Just ask!

If you wish to use these data for scientific investigation, please contact Dr. Molly Martin (mollyma@uic.edu) for further information and permissions.

Where did the survey happen?

- ▦ Chicago Communities 50%+ Hispanic/Latino
- ▨ Chicago Communities 50%+ African American
- ▢ Chicago Community Areas
- ▢ Cook County Municipal Areas

Survey Response % by ZIP Code
> 28
< 0

Chicago Community Areas:

Name	Number	Name	Number	Name	Number	Name	Number
Rogers Park	1	Hermosa	20	Kenwood	39	Brighton Park	58
West Ridge	2	Avondale	21	Washington Park	40	McKinley Park	59
Uptown	3	Logan Square	22	Hyde Park	41	Bridgeport	60
Lincoln Square	4	Humboldt Park	23	Woodlawn	42	New City	61
North Center	5	West Town	24	South Shore	43	West Elsdon	62
Lake View	6	Austin	25	Chatham	44	Gage Park	63
Lincoln Park	7	West Garfield Park	26	Avalon Park	45	Clearing	64
Near North Side	8	East Garfield Park	27	South Chicago	46	West Lawn	65
Edison Park	9	Near West Side	28	Burnside	47	Chicago Lawn	66
Norwood Park	10	North Lawndale	29	Calumet Heights	48	West Englewood	67
Jefferson Park	11	South Lawndale	30	Roseland	49	Englewood	68
Forest Glen	12	Lower West Side	31	Pullman	50	Greater Grand Crossing	69
North Park	13	Loop	32	South Deering	51	Ashburn	70
Albany Park	14	Near South Side	33	East Side	52	Auburn Gresham	71
Portage Park	15	Armour Square	34	West Pullman	53	Beverly	72
Irving Park	16	Douglas	35	Riverdale	54	Washington Heights	73
Dunning	17	Oakland	36	Hegewisch	55	Mount Greenwood	74
Montclare	18	Fuller Park	37	Garfield Ridge	56	Morgan Park	75
Belmont Cragin	19	Grand Boulevard	38	Archer Heights	57	O'Hare	76
						Edgewater	77

Cook County Municipal Areas:

Berwyn Township	05586	Norwood Park Township	54430
Bremen Township	07939	Orland Township	56614
Calumet Township	10474	Palos Township	57355
Cicero Township	14364	Proviso Township	62133
Evanston	24582	River Forest Township	64317
Leyden Township	43120	Riverside Township	64434
Maine Township	46162	Stickney Township	72689
Lyons Township	45447	Thornton Township	75198
Niles Township	53013	Worth Township	83531

671 total participants

Who collected the surveys?

Equal Hope CHWs collected 501 (75%) of total surveys in Chicago.

Loyola students collected 170 (25%) of total surveys at partner-hosted events in suburban Cook County.

Demographics

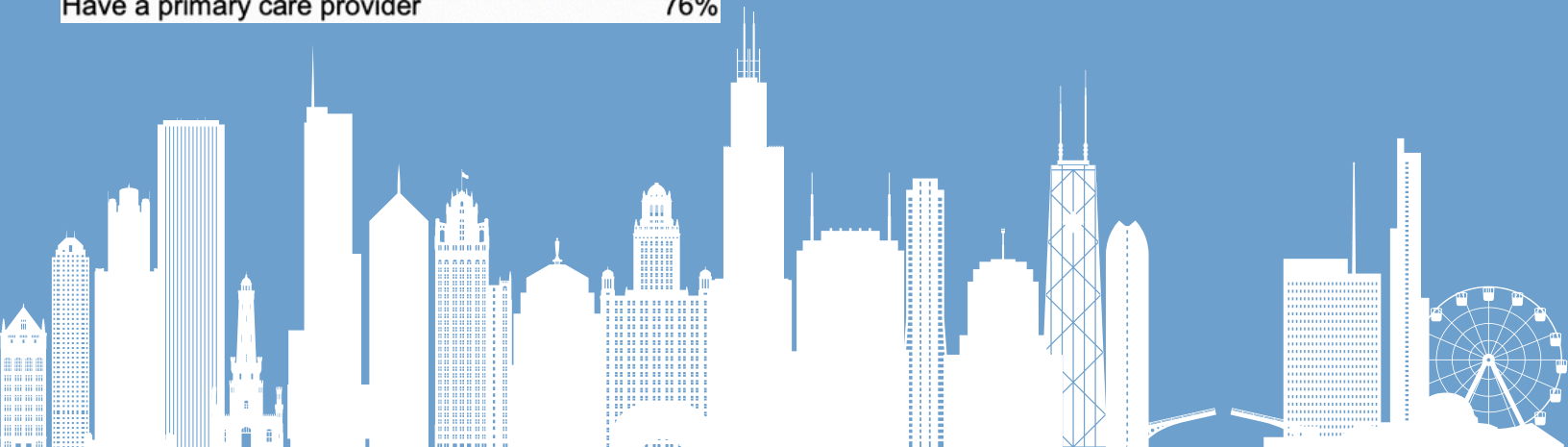| PARTICIPANT DEMOGRAPHICS	
Female	77%
Average age	47 years
Highest degree earned	
Less than high school	19%
High school/GED	34%
Some college, tech, or associate degree	27%
Bachelor's degree	13%
Grad degree	5%
Employment Situation	
Work 40 hr/wk or more	25%
Work < 40 hr/wk	31%
Unemployed, looking	19%
Unemployed, not looking	10%
Household Income	
< $15k	29%
$15k - $25k	21%
$25k - $50k	34%
$50k - $75k	9%
> $75k	7%
Survey Language	
English	68%
Spanish	32%
Ethnicity	
Black	35%
White	4%
Latinx Black	6%
Latinx White	44%
Latinx Other	9%
Born outside of the US	36%
Average number of adults in household	2.5
Average number of children in household	1.4
Health insurance	
Private	23%
Medicare	22%
Medicaid	27%
None	25%
Have a primary care provider	76%

36%

OF PARTICIPANTS REPORTED SOMETIMES, USUALLY, OR ALWAYS WAITING TO GET MEDICAL CARE DUE TO COST
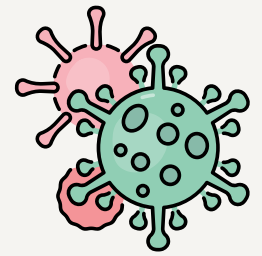
47%
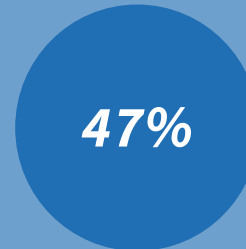
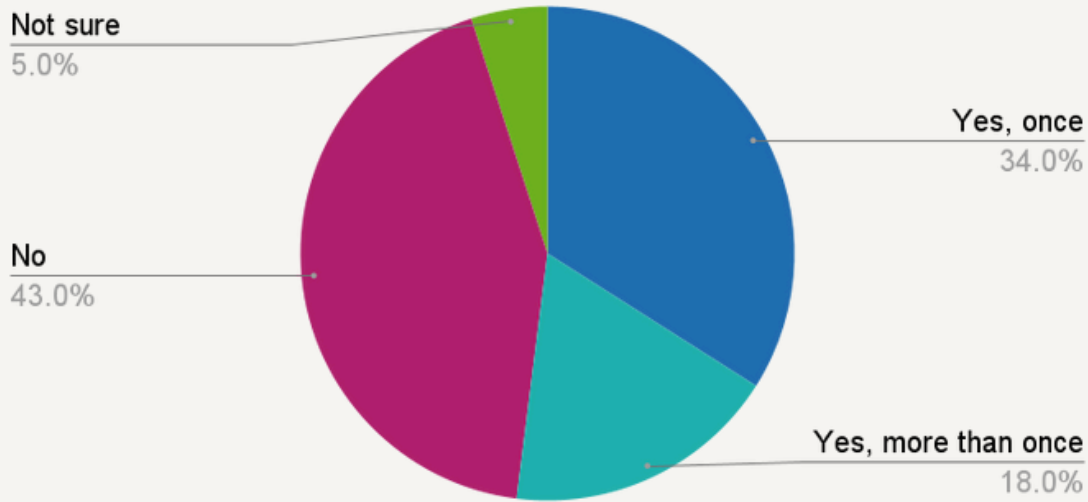OF PARTICIPANTS FREQUENTLY WORRY ABOUT BEING ABLE TO PAY FOR RENT OR MORTGAGE

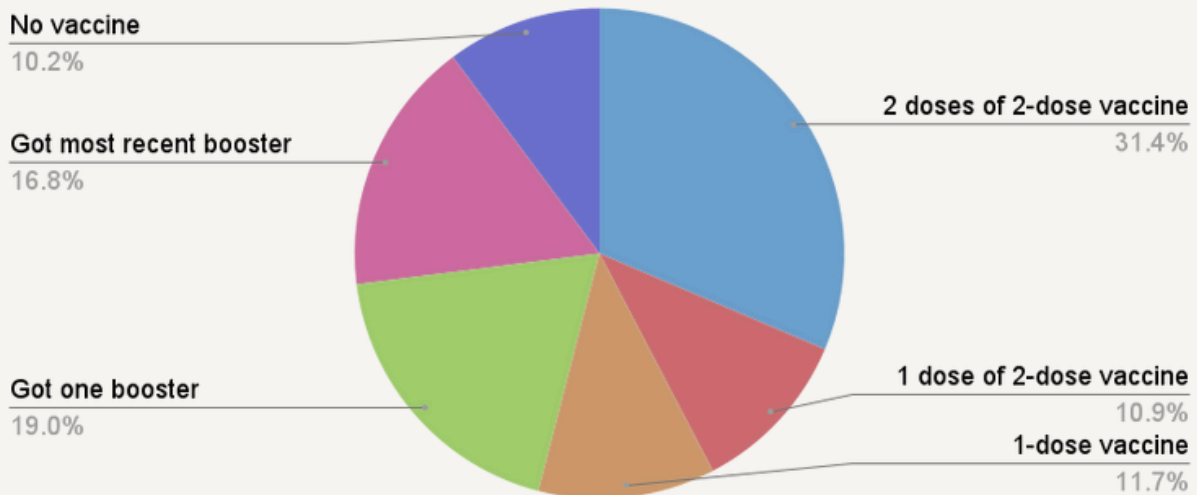**59%**
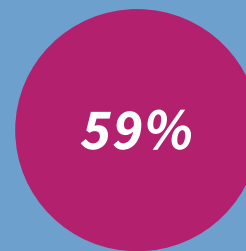
OF PARTICIPANTS RARELY OR NEVER HAVE MONEY LEFT OVER

COVID-19 Experiences

Have you ever had COVID-19?

Not sure
5.0%

No
43.0%

Yes, once
34.0%

Yes, more than once
18.0%

COVID-19 vaccines received:

No vaccine
10.2%

Got most recent booster
16.8%

Got one booster
19.0%

2 doses of 2-dose vaccine
31.4%

1 dose of 2-dose vaccine
10.9%

1-dose vaccine
11.7%

Research Interest

9% of participants have been a part of research

33% of participants would consider being a part of research

29% of participants had symptoms for more than a month

38% of participants had heard of long COVID

Diagnosed Health Conditions*

Asthma	12%
Diabetes	15%
High blood pressure	21%

High cholesterol	14%
Anxiety	12%
Depression	11%

Diet and Exercise

In the past month, how often per week are you typically...[1]

	Never	1-2 times	3-4 times	5-6 times	>6 times
Drinking soda	22%	39%	22%	8%	7%
Eating fruit	4%	24%	32%	22%	16%
Eating green leafy or lettuce salad	6%	33%	31%	18%	11%
Eating other vegetables	4%	26%	35%	19%	14%
Drinking sweetened fruit/ sports drinks	17%	36%	24%	12%	9%

Days per week with moderate to strenuous exercise...[2]
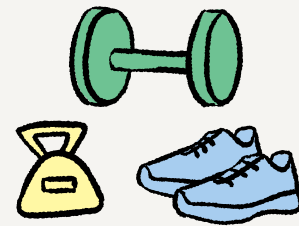
Days	0	1-2	3-4	5	6	7
	19%	24%	32%	13%	4%	9%

40% OF PARTICIPANTS CUT THE SIZE OF MEALS OR SKIP MEALS

*Data on the treatments received and limits on activities due to these diseases can be found in the appendix

Key:
Not at all
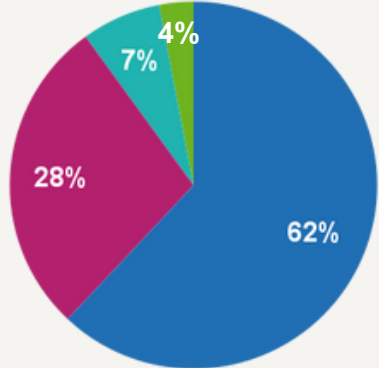**Several days**
More than half the days
Nearly everyday

Mental Health [3, 4]

Key:
Never
Some of the time
Often
All of the time

In the past 14 days, how often have you felt...

Down, depressed or hopeless

3%
7%
24%
66%

How often do you feel...

You lack companionship

4%
7%
32%
58%
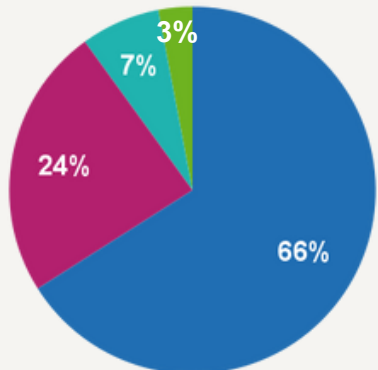
Nervous, anxious, or on edge

4%
7%
28%
62%

Left out

3%
6%
32%
59%

Not able to stop or control worrying

3%
7%
25%
65%
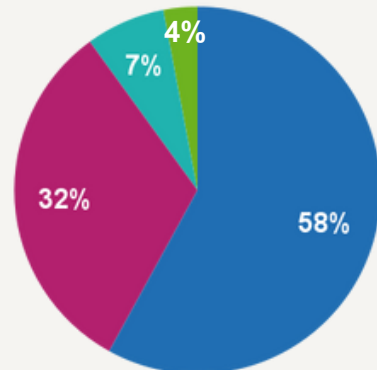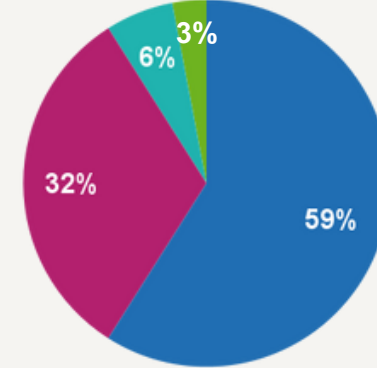
Isolated from others

6%
28%
66%
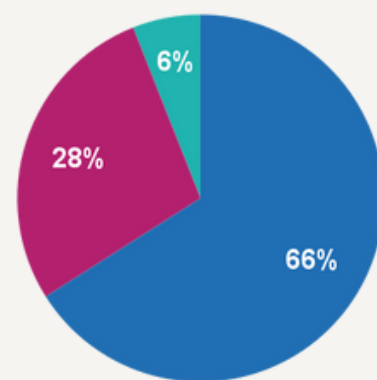
Trauma

29% of respondents have experienced a traumatic event

41% of these respondents likely have PTSD currently [5]

12% of all participants likely have PTSD

Substance Use

In the past 3 months...

13% of participants smoked or vaped **tobacco**

55% of these participants are heavy smokers

17% of participants used **marijuana**

61% of these participants use it at least once per week

2% of participants used **heroin**

40% struggle to control use

4% of participants used **not prescribed pain relievers**

42% struggle to control use

3% of participants used **a different illegal drug**

34% of participants drank **alcohol**

48% of these men drink heavily

48% of these women drink heavily

4% of participants used **cocaine**

75% of these participants use it at least once per week

5% of participants used **not prescribed sleep or anxiety medication**

58% use it at least once per week

2% of participants used **not prescribed ADHD medicine**

Sources of Trust

How much do you trust these sources to provide correct health information?

	Not at all	A little	A great deal
Your faith leader	7%	27%	51%
A local community service organization	6%	38%	48%
Community health workers	6%	40%	46%
Friends and family	6%	31%	57%
People you work or go to class with	8%	45%	36%
Social media	20%	49%	22%
News online	15%	54%	22%
News in the newspaper	16%	51%	18%
News on TV	15%	54%	22%
News on the radio	15%	52%	21%
Your doctor or healthcare provider	4%	27%	63%
Federal government health agencies	10%	41%	42%
State and/or local government	12%	48%	34%

How much do you trust your doctors and healthcare workers to...
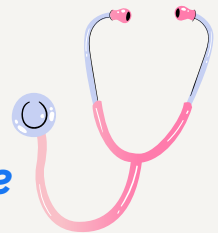
	Not at all	A little bit	Moderately	Very	Extremely
Keep your medical information private	6%	18%	24%	35%	17%
Listen to your health concerns	6%	15%	27%	35%	17%
Provide you with accurate health information	7%	15%	28%	36%	13%
Take good care of you	6%	15%	27%	35%	17%

Discrimination Experiences*

Everyday Discrimination Scale [6, 7]
- 1 = almost everyday and 6 = never
- Scores range from 9 (pervasive discrimination) to 54 (no exposure)

A high score means *LESS* discrimination.

Averages ± SD
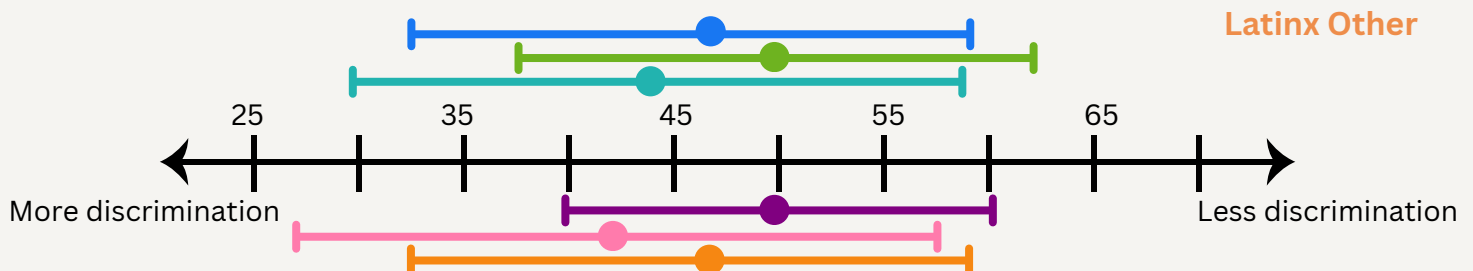**Overall**
Black
White
Latinx Black
Latinx White
**Latinx Other**

More discrimination — Less discrimination

*See appendix for chart of averages and standard deviations

References

1. Centers for Disease Control and Prevention, National Center for Health Statistics. (2005). National Health Interview Survey (NHIS): Diet and nutrition questionnaire.
2. Sallis R, Young DR, Tartof SY, et al. Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients. Br J Sports Med. 2021;55(19):1099-1105. doi:10.1136/bjsports 2021-104080
3. National Center for Health Statistics. U.S. Census Bureau, Household Pulse Survey, 2020–2023. Anxiety and Depression.
4. Hughes, M. E., Waite, L. J., Hawkley, L. C., & Cacioppo, J. T. (2004). A short scale for measuring loneliness in large surveys: Results from two population-based studies. Research on Aging, 26(6), 655–672.
5. Prins A, Bovin MJ, Kimerling R, Kaloupek D G, Marx BP, Pless Kaiser A, Schnurr PP (2015). The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5).
6. Kim G, et al. Race/ethnicity and measurement equivalence of the Everyday Discrimination Scale. Psychol Assess. 2014;26:892–900.
7. Williams, D.R., Yu, Y., Jackson, J.S., and Anderson, N.B. "Racial Differences in Physical and Mental Health: Socioeconomic Status, Stress, and Discrimination." Journal of Health Psychology. 1997; 2(3):335-351.
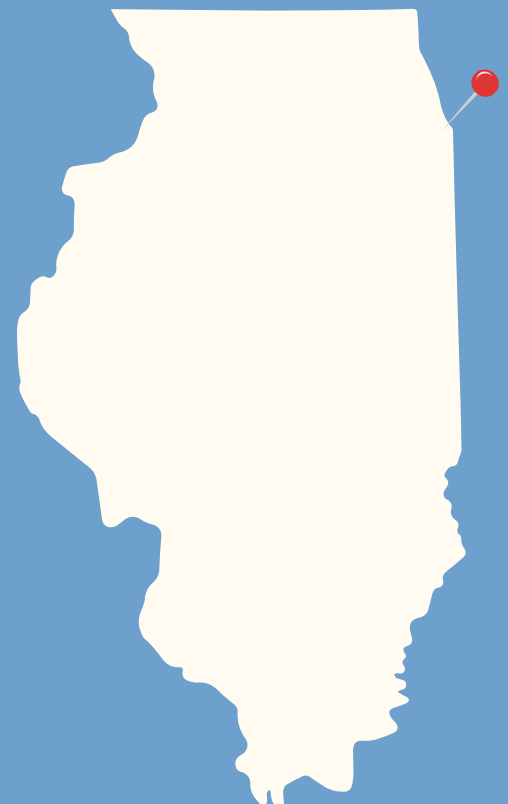
Appendix

Health Diagnoses, Treatments, and Limitations on Activities

	(n=671)				(n=# that have chronic condition)				
	Have Chronic Condition	Treat with medications	Treat with classes/educational sessions	Treat with coaching/ counseling	Frequency that medical condition limits activities				
					Never	Rarely	Some of the time	Often	All of the time
	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
Alzheimer or Dementia	6 (1)	4 (67)			1 (17)	1 (17)		2 (33)	2 (33)
Anxiety	79 (12)	28 (35)	10 (13)	24 (30)	6 (8)	19 (24)	25 (32)	23 (29)	6 (8)
Asthma	81 (12)	60 (74)	8 (10)	10 (12)	19 (23)	22 (27)	31 (38)	7 (9)	2 (2)
Autoimmune/Immunocompromised	12 (2)	8 (67)	1 (8)			5 (42)	3 (25)	3 (25)	1 (8)
Cancer	15 (2)	4 (27)	1 (7)	1 (7)	6 (40)	1 (7)	6 (40)	2 (13)	
Breast Cancer	19 (3)	6 (32)	1 (5)	3 (16)	1 (5)	10 (53)	5 (26)	3 (16)	
Chronic Musculoskeletal Conditions	21 (3)	16 (76)	2 (10)		4 (19)	3 (14)	5 (24)	7 (33)	2 (10)
Other Cardiovsacular Disease*	28 (4)	13 (46)	6 (21)	2 (7)	9 (32)	5 (18)	9 (32)	3 (11)	2 (7)
Depression	72 (11)	22 (31)	10 (14)	27 (38)	6 (8)	17 (24)	28 (39)	16 (22)	5 (7)
Diabetes Type 1 or 2	104 (16)	76 (73)	19 (18)	8 (8)	37 (36)	38 (37)	20 (19)	3 (3)	6 (6)
Neurological condition*	8 (1)	4 (50)		1 (13)		4 (50)	4 (50)		
Chronic GI Condition	11 (2)	6 (55)	2 (18)	1 (9)	6 (55)	3 (27)		1 (9)	1 (9)
High Blood Pressure or Hypertension	140 (21)	108 (77)	10 (7)	8 (6)	56 (40)	50 (36)	27 (19)	3 (2)	4 (3)
High Cholesterol	95 (14)	56 (59)	11 (12)	9 (9)	43 (45)	26 (27)	18 (19)	6 (6)	2 (2)
Long COVID	9 (1)	2 (22)	2 (22)	1 (11)	4 (44)	2 (22)	1 (11)	2 (22)	
Other Medical Conditions	32 (5)	12 (38)	8 (25)	3 (9)	10 (31)	7 (22)	8 (25)	2 (6)	5 (16)
Thyroid	5 (1)	1 (20)	1 (20)	1 (20)	3 (60)			1 (20)	1 (20)
Obesity	91 (14)	14 (15)	20 (22)	17 (19)	30 (33)	28 (31)	24 (26)	9 (10)	
Other Psychological and/or Psychiatric Condition	11 (2)	6 (55)	1 (9)	3 (27)		2 (18)	3 (27)	3 (27)	3 (27)
Rheumatologic Conditions	34 (5)	18 (53)	2 (6)	2 (6)	10 (29)	1 (3)	12 (35)	8 (24)	3 (9)
Sleep Disorders	18 (3)	8 (44)	2 (11)	2 (11)	2 (11)	4 (22)	5 (28)	5 (28)	2 (11)
Substance Use Disorders	10 (1)	4 (40)	2 (20)	4 (40)	1 (10)	3 (30)	1 (10)	2 (20)	3 (30)
None of the above	289 (43)								

Everyday Discrimination Scale Averages and Standard Deviations

	Average	SD
Overall	46	13
Black	42	15
White	50	10
Latinx Black	44	14
Latinx White	50	12
Latinx Other	46	13