

# CHAPTER 4:

## Quality of Life

*Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.*

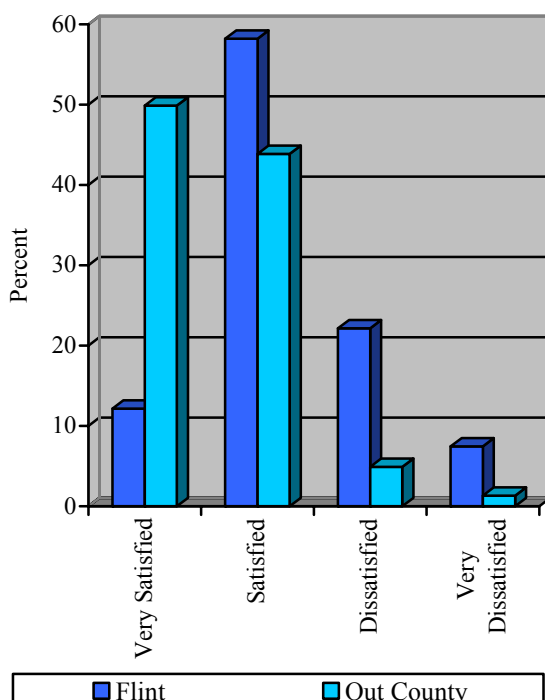
**-World Health Organization**

When we are concerned with promoting good health, we must also be concerned with those other facets of life that contribute to health and overall well-being. This chapter presents data on neighborhood conditions, such as fear of crime and neighborhood participation as well as data on sleep behaviors, including reported problems sleeping and quality of sleep. Data on access to fresh fruits and vegetables, civic participation, and satisfaction with health care in Flint and Genesee County, which all affect quality of life, are presented.

### NEIGHBORHOOD CONDITIONS

#### Neighborhood Satisfaction

**Fig. 4.1 Neighborhood Satisfaction, Genesee County, 2007**

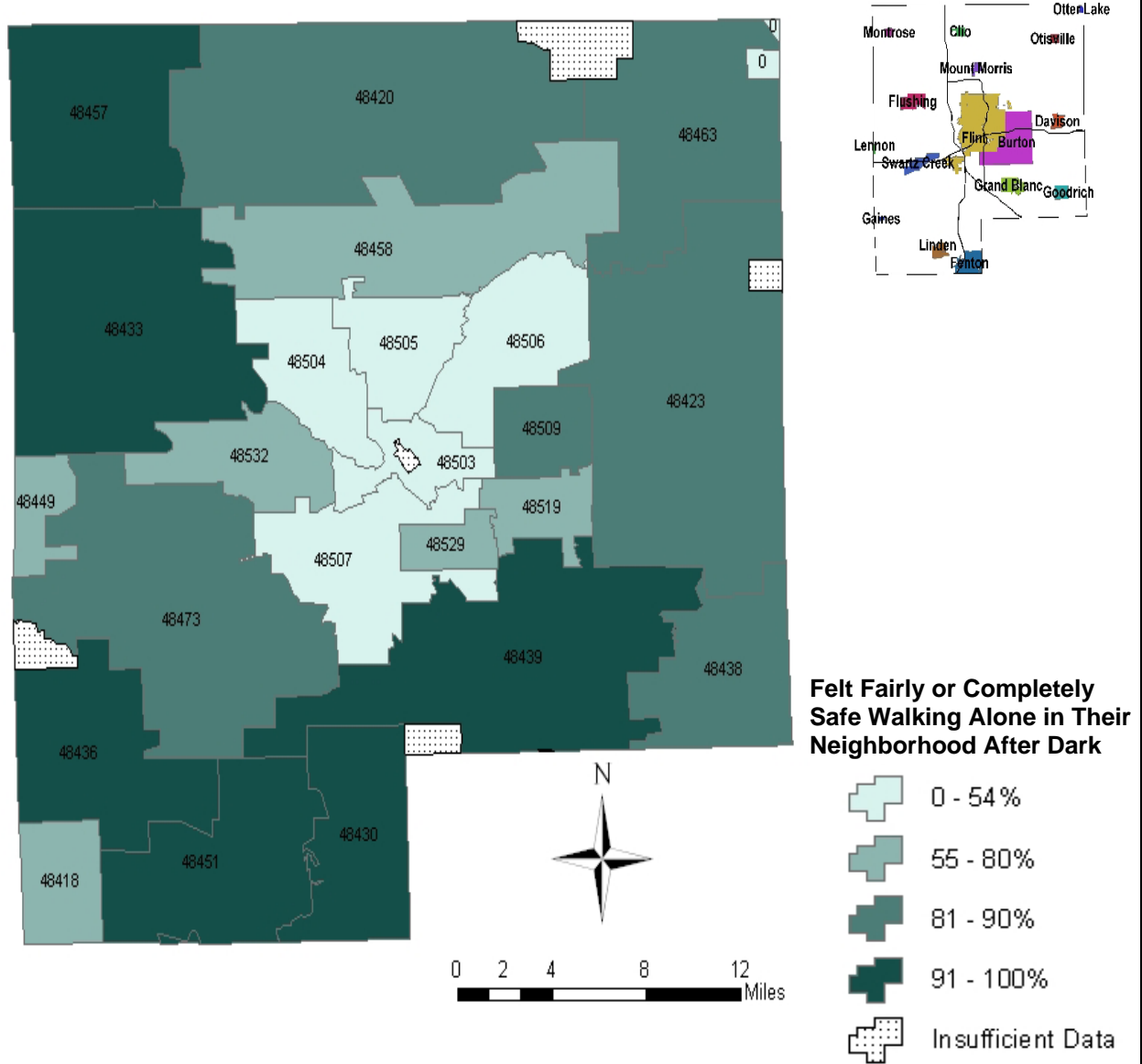


- ◆ Over 70% (70.4) of Flint residents and 93.7% of Out County Residents said they were *very satisfied* or *satisfied* with the quality of life in their neighborhood.
- ◆ Over three-quarters (78.2%) of Flint and 91.6% of Out County residents *strongly agreed* or *agreed* that people in their neighborhood are willing to help their neighbors.
- ◆ In Flint, 58.5% of residents and 88.6% of Out County residents *strongly agreed* or *agreed* that people in their neighborhood can be trusted.

Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

**Neighborhood Safety**

**Fig. 4.2 Percent of Residents Who Felt Fairly or Completely Safe Walking Alone in Their Neighborhood After Dark by ZIP Code, Genesee County, 2007**



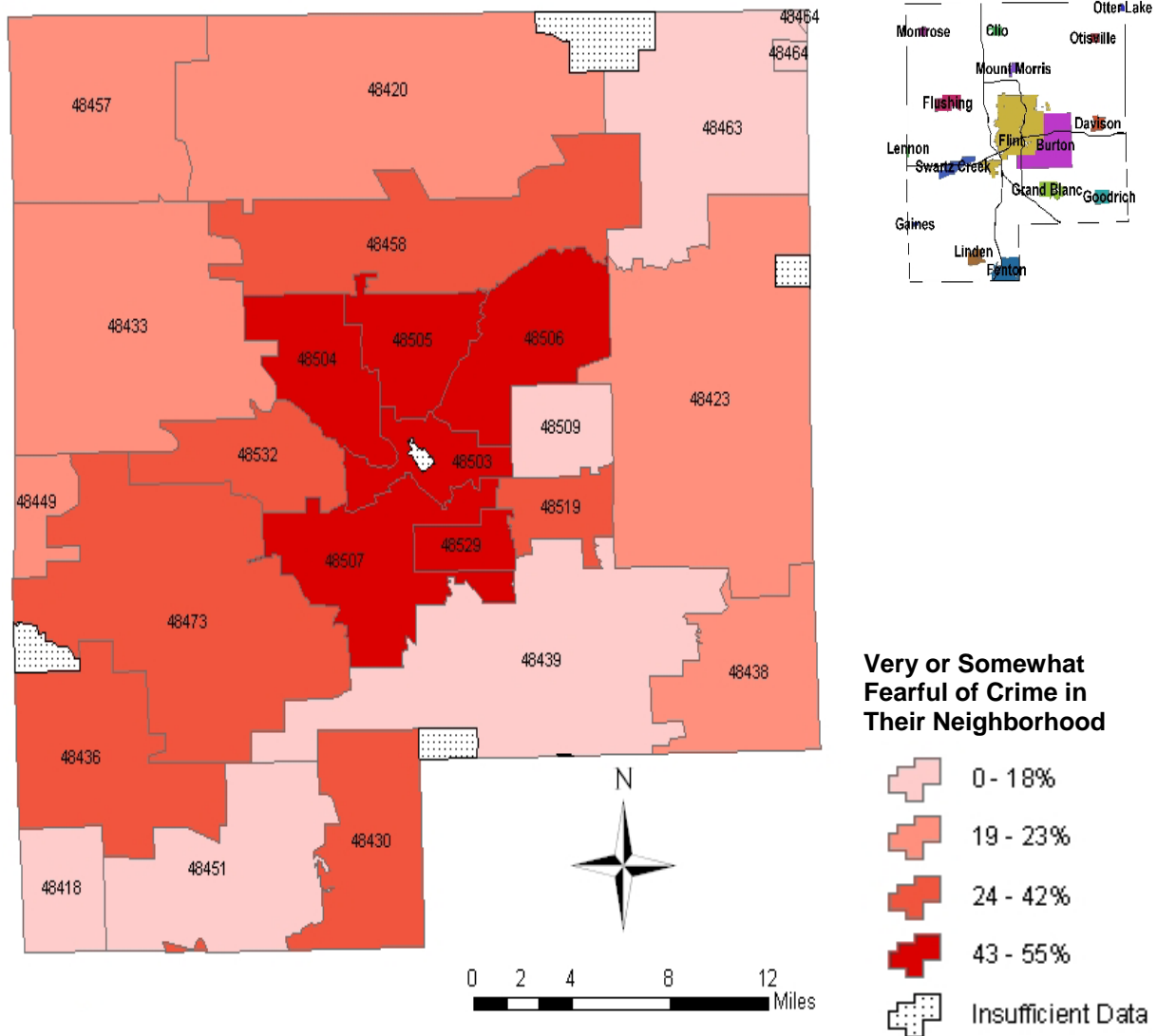
Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

- ◆ Less than half of Flint residents, 39.8%, said that it was *fairly* or *completely safe* walking around alone in their neighborhood after dark.
- ◆ The percentage of Out County residents who reported this was substantially higher (86.8%).

## Fear of Crime

- ◆ 55.1% of City of Flint residents said that they were *very* or *somewhat fearful* of crime in their neighborhood. Only 21.8% of Out County residents reported this.
- ◆ In Flint, 52.9% of Whites and 58% of African Americans compared to only 21.4% of African Americans and 21.1% of Whites in Out County areas said they were very or somewhat fearful of crime in their neighborhood.

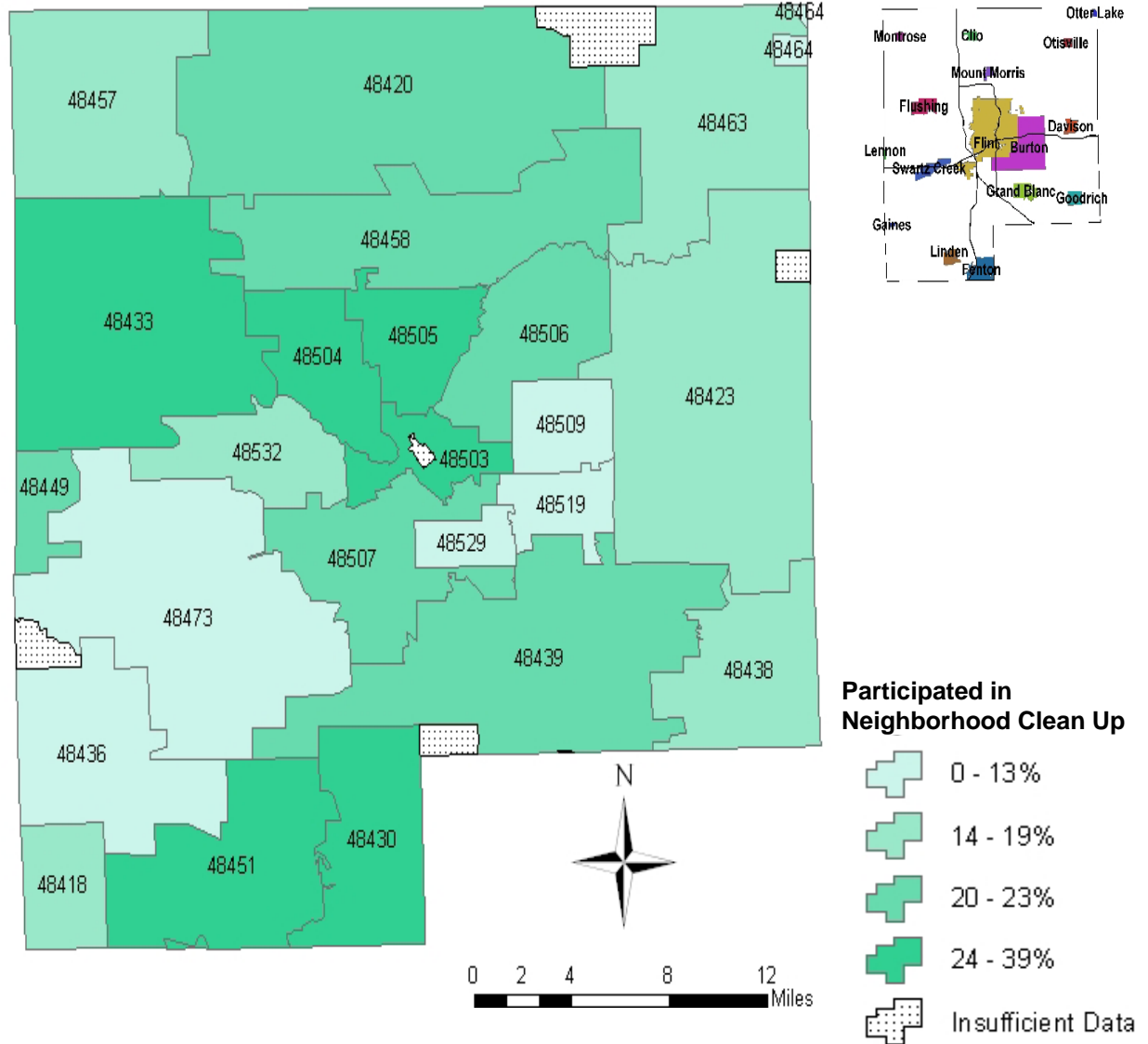
**Fig. 4.3 Percent of Residents Who Are Very or Somewhat Fearful of Crime in Their Neighborhood by ZIP Code, Genesee County, 2007**



Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

**Neighborhood Participation**

**Fig. 4.4 Percent of Residents with a Household Member Who Participated in Neighborhood Clean Up by ZIP Code, Genesee County, 2007**

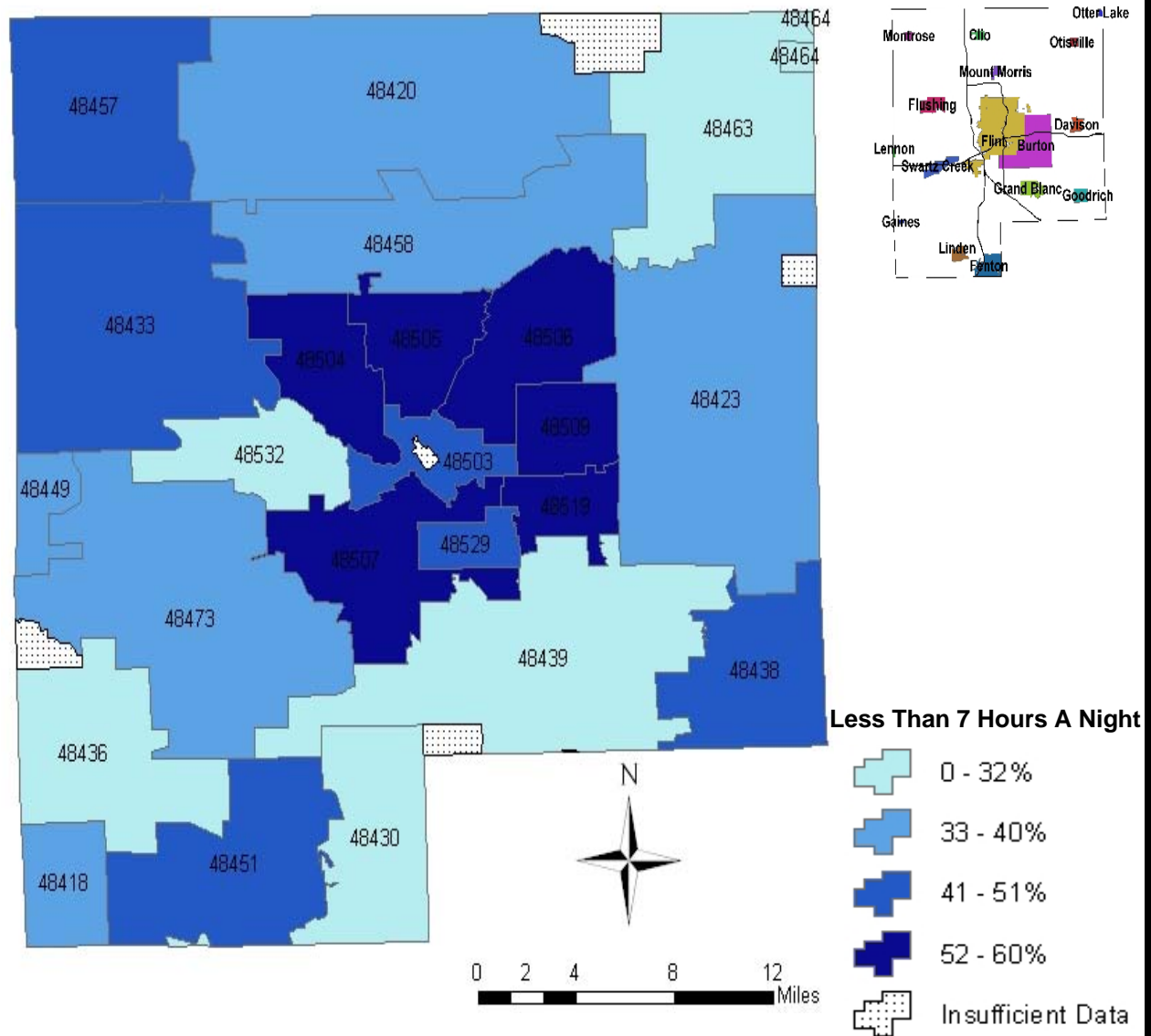


Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

- ◆ In a 2007 Genesee County survey, 30.9% of residents in Flint and 20% of Out County residents reported that at least one member of their household had participated in one or more neighborhood activities, such as a community garden, neighborhood crime watch, beautification project, or neighborhood clean-up.
- ◆ The survey also showed that households where the respondents identified themselves as African American were more likely to participate in a neighborhood activity and participated in more activities, on average, than households where the respondents identified as White.

**SLEEP**  
**Adequate Sleep**

**Fig. 4.5 Percent of Residents Who Slept Less Than The Recommended 7 Hours a Night by ZIP Code, Genesee County, 2007**



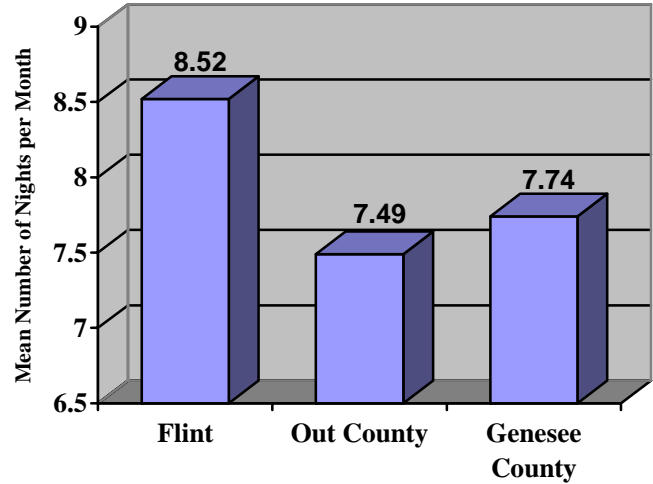
Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

- ◆ In a 2007, Genesee County residents reported sleeping less than the recommended 7 hours a night, with a mean of 6.73 hours of sleep per night. The mean for Flint residents was 6.45 hours of sleep per night which was less than the County mean and the mean for Out County residents, 6.82 hours of sleep per night.

### Problem Sleeping

- ◆ In 2007, the mean number of nights Flint residents reported having trouble sleeping was higher than that for Out County residents and higher than the mean for the County as a whole.

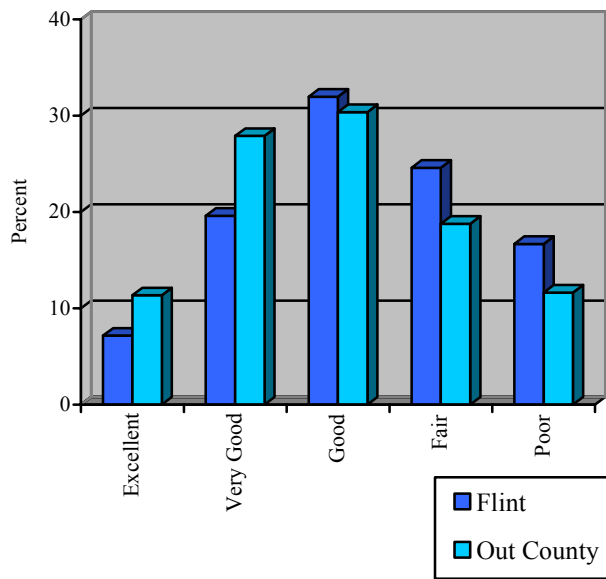
**Figure 4.6 Mean Number of Nights Per Month Residents Reported Having Trouble Sleeping by Location, Genesee County, 2007**



Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

### Quality of Sleep

**Fig. 4.7 Rate of Quality of Sleep During the Past Month, Genesee County, 2007**



- ◆ In 2007, 67.0% of Genesee County residents rated their quality of sleep as *excellent*, *very good* or *good*. This was higher than residents of the City of Flint who rated their quality of sleep similarly and slightly lower than Out County residents, 58.7% and 69.6%, respectively.

Source: Speak to Your Health! Community Survey 2007, Prevention Research Center of Michigan

## ACCESS TO FRESH PRODUCE

<b>Fig. 4.9 Percent Of Respondent's Level Of Difficulty Of Getting To A Grocery Store Or Supermarket That Has A Good Variety Of Fresh Fruits And Vegetables</b>			
	<b>Flint 2007</b>	<b>Out County 2007</b>	<b>Genesee County 2007</b>
<b>No Difficulty</b>	74%	86%	83.1%
<b>Not Much Difficulty</b>	12.2%	9.4%	10%
<b>Some Difficulty</b>	10.6%	3.6%	5.3%
<b>A lot of Difficulty</b>	3.2%	1%	1.5%

Source: Speak to Your Health! Community Survey 2007, Prevention Research Center of Michigan

- ◆ Overall about 6.8% of Genesee County residents say that they have *some* or *a lot* of difficulty getting to a grocery store or supermarket that has a good variety of fresh fruits and vegetables. Flint has a higher proportion of residents (13.8%) who say they have some or a lot of difficulty getting to grocery stores or supermarkets that carry a good variety of fresh fruits and vegetables than Out County residents (4.6%).

## CIVIC PARTICIPATION

### Percent of Registered Voters in Genesee County Who Vote

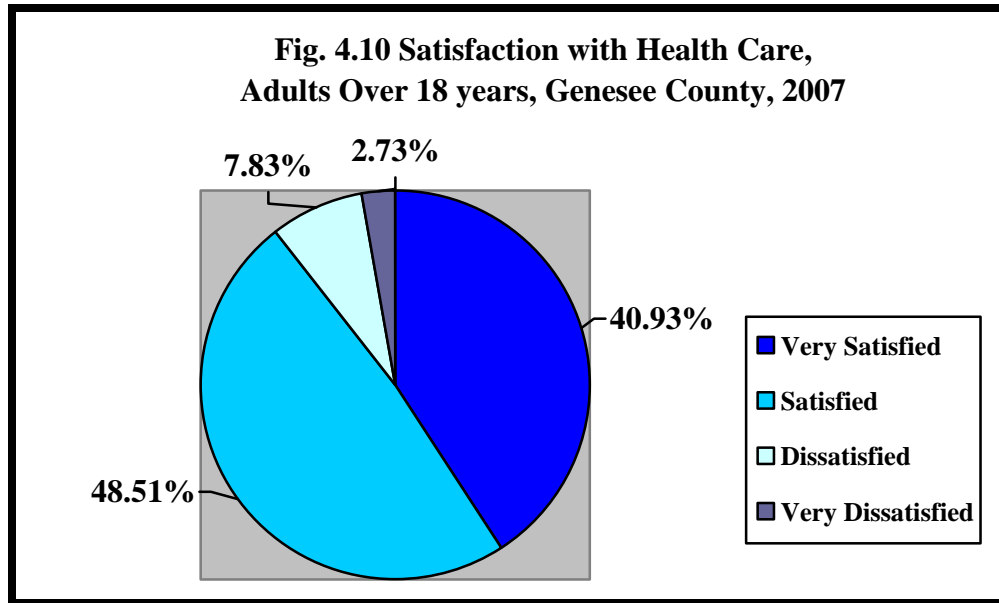
<b>Fig. 4.9 Percent of Registered Voters in Genesee County Who Vote, 2008</b>		
	<b>Percent</b>	<b>Number of Total Registered Voters</b>
<b>August 5, 2008 Election*</b>	13.6%	340,258
<b>November 4, 2008 Election**</b>	63.8%	347,432

\*Current as of 8/8/08. \*\* Current as of 11/17/08. Source: Genesee County Clerk's Office

- ◆ In 2004, 64.0% of the 335,361 total registered voters in Genesee County voted in the November 2<sup>nd</sup> election.
- ◆ In 2000, 60.9% of the 319,719 total registered voters in Genesee County voted in the November 7<sup>th</sup> election.

## SATISFACTION WITH HEALTH CARE

- ◆ Nearly 90% (89.4%) of Genesee County residents reported they were *very satisfied* or *satisfied* with the health care they received.



Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan