

**“Women at Risk” Report:
Key Findings Related to the Take Care New York Policy Initiative**

The “Women at Risk” report uses the City’s *Take Care New York* health policy as a framework for addressing women’s health issues.



1. Have a Regular Doctor or Other Health Care Provider

- Approximately 69% of Hispanic women, 76% of Asian women, 84% of black women and 87% of white women have a regular doctor.
- Women without health care coverage are 4 times more likely to report being unable to obtain needed medical care.

2. Be Tobacco-Free

- Overall, fewer women smoke than men (18% vs. 22%). Approximately 1 in 3 white women ages 18-24 smokes, compared to about 1 in 10 black women of this age.
- An estimated 1 in 5 women of reproductive age (18-44 years) smokes. Smoking during pregnancy is harmful for mothers and puts babies at risk for harmful outcomes such as low birthweight.

3. Keep Your Heart Healthy

- Women are less likely than men to exercise regularly (24% versus 29%). Women with the highest incomes are almost twice as likely as women with the lowest incomes to exercise regularly.
- Diabetes during pregnancy, which can harm both mother and baby, has been highest among Asian women in the past decade.

4. Know Your HIV Status

- Of women with more than one male sexual partner in the past year, 48% of Hispanic women, 44% of black women, and 24% of white women have been tested for HIV.

5. Get Help for Depression

- Approximately 10% of low-income women report emotional distress; among low-income women, it is particularly common among Hispanics (15%). Approximately 9% of low-income black women, and 7% of low-income white women report emotional distress.
- Almost one-third of black women with emotional distress do not get needed mental health care.

6. Live Free of Dependence on Alcohol and Drugs

- The rate of drug-related hospitalizations is twice as high among black women as white women. Though the rate of drug-related hospitalizations is declining among women living in very low-income neighborhoods, it remains higher in this group than among women living in higher-income neighborhoods.

7. Get Checked for Cancer

- Women under age 65 with health care coverage are more likely than those without coverage to get mammograms (79% vs. 49%) and Pap tests (84% vs. 67%).
- Asian women are least likely to get checked for many cancers. An estimated 21% of Asian women have ever been screened for colon cancer, 73% have received a mammogram in the past 2 years, and 69% have received a Pap test in the past 3 years.

8. Get the Immunizations You Need

- In 2003, only 63% of women age 65 and older in New York City had received a flu shot in the past year, and 46% of women age 65 and older had ever received a pneumonia shot.

9. Make Your Home Safe and Healthy

- Black and Hispanic women living in very low-income neighborhoods are most likely to perceive their neighborhood as unsafe; in high-income neighborhoods, black women are twice as likely as white women to feel unsafe in their neighborhoods.
- Visits to emergency departments related to domestic violence are highest among women age 18-24, with at least 175 cases per 100,000 women in this age group each year.

10. Have a Healthy Baby

- Disparities persist in the rate of infant mortality and deaths caused by Sudden Infant Death Syndrome (SIDS), both of which are higher among blacks than other groups.
- Though the rate of low birthweight babies is declining in the black community, as well as in very low-income neighborhoods, it remains highest among these groups.