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**Lynn Lifestyle Summary® - Northeast Oklahoma City** is a product of the Lynn Institute.

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#### Contributions & Support

Support of all kinds is welcomed and greatly appreciated. Lynn is a 501 (c)(3) nonprofit organization and all financial contributions and in-kind gifts are tax deductible.

#### Other Communities Needing Lynn Lifestyle Summaries Developed

The Lynn Institute seeks to improve the health of geographic communities, communities of individuals aligned by disease entity, communities by age groups, ethnicities, etc. All inquiries are welcomed regarding Lynn's assistance/capacity in developing other Lifestyle Summaries. For more information, please contact the Lynn Institute.

## SECTION 1

### EXECUTIVE SUMMARY

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In March 2014, the Lynn Institute for Healthcare Research, Inc., undertook a comprehensive assessment of Northeast Oklahoma City as the first step of a multi-year program to measurably improve the health of the community.

Northeast Oklahoma City is defined as zip codes 73105, 73111 and 73117. These zip codes comprise a 20-square mile area and include some 22,000 of Northeast Oklahoma City's 33,000 residents. This report summarizes both assets and challenges of the subject area, as reflected in available statistical data and interviews with community leaders and residents. The Lynn Lifestyle Summary® – Northeast Oklahoma City is the most comprehensive overview of Northeast Oklahoma City ever developed or published.



The Lynn Healthy Community Team selected Northeast Oklahoma City because of generations of high risk health conditions including diabetes, obesity, hypertension, and a high infant mortality rate. The community leads Oklahoma and in some cases, the nation, in morbidity from preventable disease, infant mortality, inadequate access to fresh food and health services, and suicide rates.

Northeast Oklahoma City also is one of the most impoverished areas within the state with a shockingly high number of residents living in poverty. It is marked by blight, high crime and other environmental factors that contribute to the poor health statistics of the area.

Alternately, Northeast Oklahoma City has many assets and resources that can aid in improving the health of the area. These include proximity to the State Capitol Complex, Oklahoma Health Center, and major cultural and recreational attractions. The tri-zip area enjoys a lush landscape and more than 1,500 businesses, churches, and civic organizations.

The biggest assets are Northeast Oklahoma City residents themselves. Despite multiple adversities and a long history of institutionalized racism, the people of Northeast Oklahoma City exhibit cohesiveness and pride in their community. The area now and in the past has been home to the largest concentration of African Americans in Oklahoma, giving rise to a unique history and shared cultural heritage prized by residents.

This assessment includes the most current statistics available (as of this publishing) from more than 340 government and private sources; 12 focus groups, 61 informal interviews, and structured interviews with 56 community leaders. In this report, the terms tri-zip area and Northeast Oklahoma City are used to describe the area defined by zip codes 73105, 73111, and 73117, except where noted. The zip codes were selected for data comparison purposes.

## ASSETS AND CHALLENGES OF NORTHEAST OKLAHOMA CITY

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The Lynn team inventoried and confirmed Northeast Oklahoma City assets and challenges through a process known as asset mapping. Below are summaries of mapping results.

### Summary of Northeast Oklahoma City Assets:

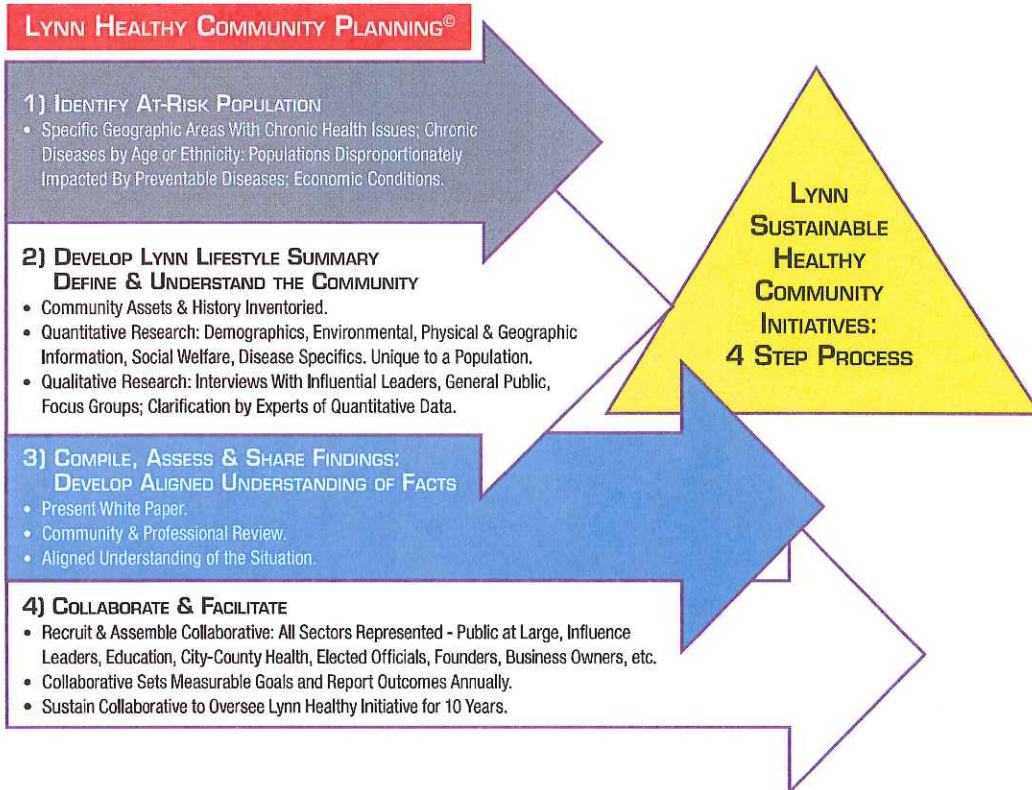
- The community lies adjacent to the State Capitol Complex, Oklahoma Health Center and major cultural and recreational attractions, all major economic engines for the city and state.
- The community's physical landscape is desirable, featuring taller than usual trees.
- The area is home to the largest concentration of African Americans in Oklahoma, providing community cohesion in terms of pride in its history and culture.
- The area boasts some 95 churches and more than 1,500 businesses and organizations.
- The area has 16 parks, eight walking trails, and six recreational or fitness centers.

### Summary of Northeast Oklahoma City Health and other Challenges:

- With only minor exceptions, the citizens of Northeast Oklahoma City have a higher morbidity rate in every major disease, as compared to other Oklahomans.
- The area suffers from a lack of access to primary healthcare.
- Infant mortality rate in one zip code is three times higher than in Oklahoma or the US.
- Obesity and smoking rates are higher than Oklahoma and the nation.
- The area has only two grocery stores, limiting access to healthy foods.
- Mental health visits are eight times higher than in Oklahoma County, and drug treatment visits are approximately five times higher.
- Suicide rate is more than double the rest of Oklahoma and the nation.
- Poverty rates for children and families are almost double those of Oklahoma County, and 65% of children under the age of five are living in poverty.
- It is among Oklahoma's most blighted areas, dominated by houses built before 1959, and pocked by abandoned buildings.
- It has low marriage rate, low school graduation rate, and significantly higher single head of household rate.
- Crime is disproportionately high with gun related violence five times the rate of Oklahoma County.

## NEXT STEPS

The mission of the Lynn Institute for Healthcare Research, Inc., a nonprofit organization, is to measurably improve the health of the communities it serves. We fulfill our mission by adhering to a structured four point plan to build a healthy community:



With the publication of this report, we are ready to begin the fourth and final step in the process: establishment and facilitation of a collaborative effort to develop and adopt a sustainable 10 year plan. The Lynn Healthy Community Team will next build and facilitate a Collaborative of community leaders with diverse expertise and backgrounds. Influence leaders selected for the Collaborative will represent areas such as local business, funding, health, and social services. This report will be a guide for the Collaborative to plan and prioritize the long-term changes needed to improve the overall health of this vivacious community.

Collaborative members will set two year measurable objectives and ten year measurable goals for community health improvement. The over-arching goal of the Collaborative will be creating sustainable changes in health for Northeast residents ultimately resulting in positive shifts of the statistics and opinions on health presented within the Lynn Lifestyle Summary® - Northeast Oklahoma City.