



BACKGROUND Characteristics of neighborhoods have direct impact on the health of residents. In addition, because residential environment is highly associated with ethnicity and social positions, neighborhood features can contribute to health inequalities. Given that older adults' geographic world may shrink with decreased physical mobility, the role of community and its support is even more critical. Among U.S. older adults, "aging in place" is a common residential pattern. Only 5% of elderly move each year.

STUDY RESULTS

SENSE OF COMMUNITY The term "sense of community" helps evaluate the nature and quality of older adults' social relationships in the community. Participants were asked about their perceived sense of membership or shared emotional connection with their neighborhood. Our data show Chinese older adults had a high sense of belonging in the community; 87% of participants felt that their community is a good place to live.

NEIGHBORHOOD PROBLEMS AND UNSAFE CONDITIONS Unsafe conditions and community problems are critical indicators of the quality of life of older adults. With respect to perceived neighborhood problems, about half of the older adults (45%) heard loud noises and 38% elderly saw trash and litter. Safety issues were also reported.

背景 社區特點直接影響居民的健康。同時，社區環境與種族和社會地位也有重要關係。由於老人身體狀況，移動空間相對局限，因此社區環境以及支持對老人顯得更重要。每年只有5%的美國老人會搬家。

研究結果

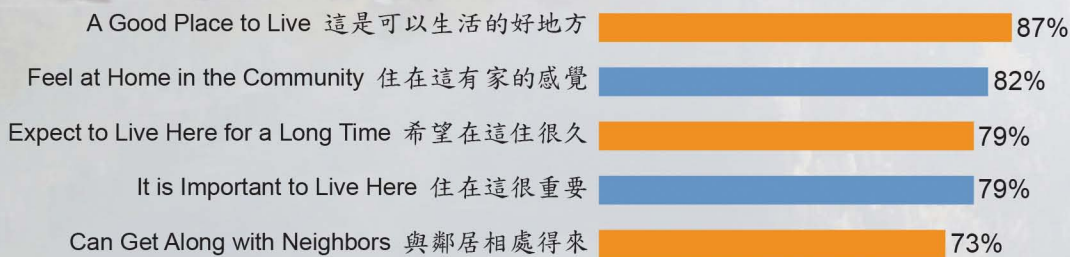
社區意識 社區意識用以衡量老人對於社區性質的想法。我們詢問受訪者的社區成員意識，與鄰居共享和互助的程度。我們的結果顯示華人老人對自己的社區有很高的歸屬感。

社區問題以及不安全情況 不安全的狀況或者社區問題對老人的生活質量有重要的影響。45%的老人聽到噪音污染，38%的老人看到垃圾。不安全的狀況也常見。

Neighborhood Problems 社區問題



Sense of Community 社區意識



CONCLUSION Understanding the dynamics of older adults in their residential contexts has important implications for public health policy. The high sense of community reported from the seniors may help promote well-being and quality of life, and reduce acculturation stress. However, neighborhood problems warrant equal attention. One in three older adults felt unsafe walking around in their own community. When Chinese elderly are aging in their newly found home, more policy efforts should be made to further improve the neighborhood context in which they live.

結論 瞭解老人居住環境的變化對公共衛生政策有重要的啟示。較高的社區意識有助於減少文化適應的壓力，改善老人的健康以及生活質量。但社區問題也值得重視。三分之一的華人老人感覺走在社區路上不安全。危險的社區可能增加老人的壓力，導致其他健康問題。公衛政策須加強改善華人的居住環境。