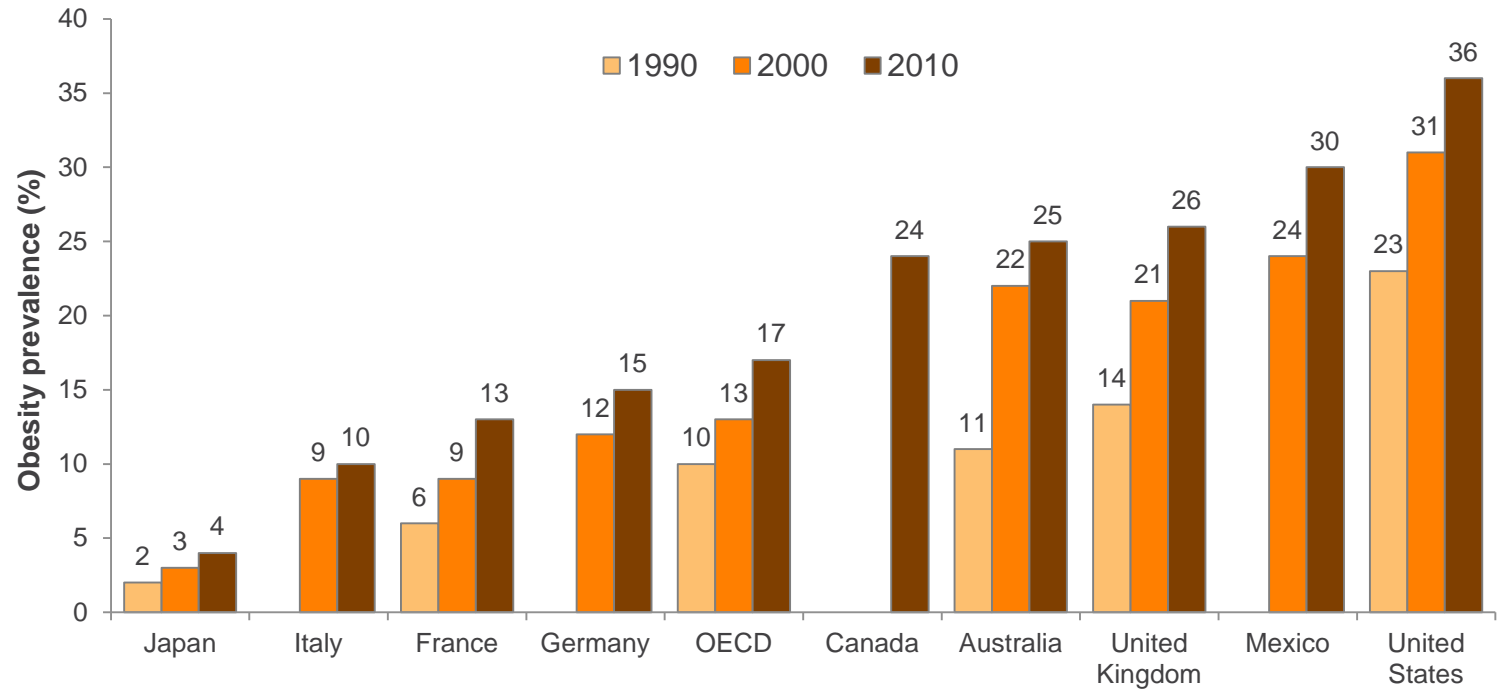


Bronx Community Health Dashboard: *Nutrition, Physical Activity and Obesity*

Last Updated: 1/16/2018

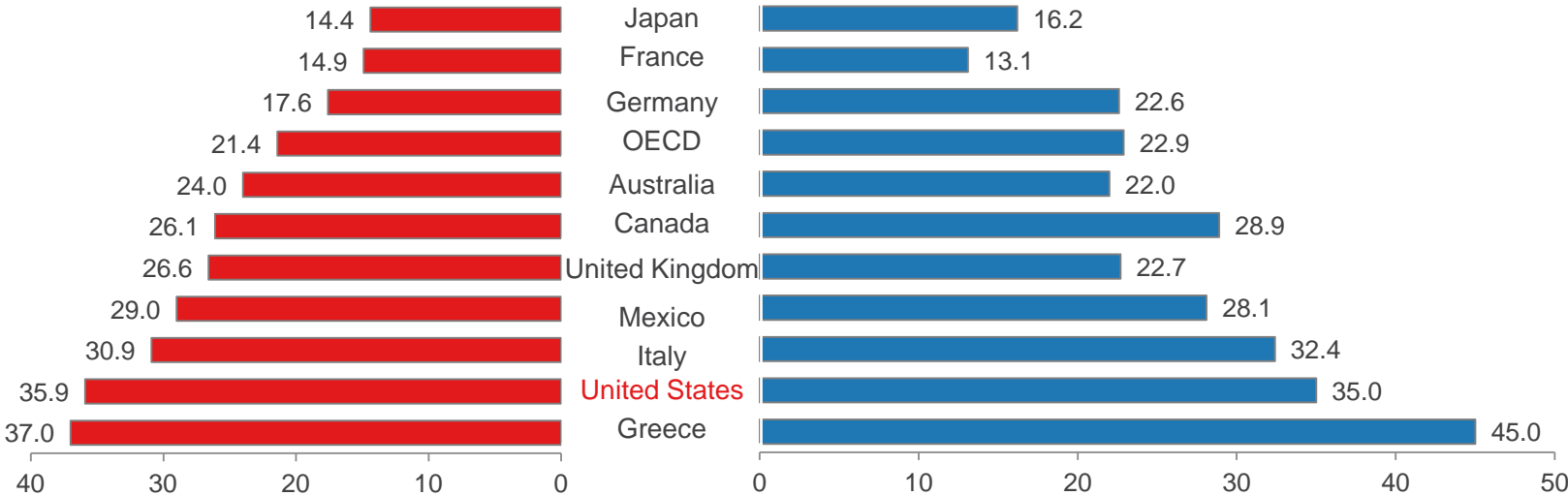
See last [slide](#) for more information about this project.

More than one-third of children in the USA are overweight or obese



Girls

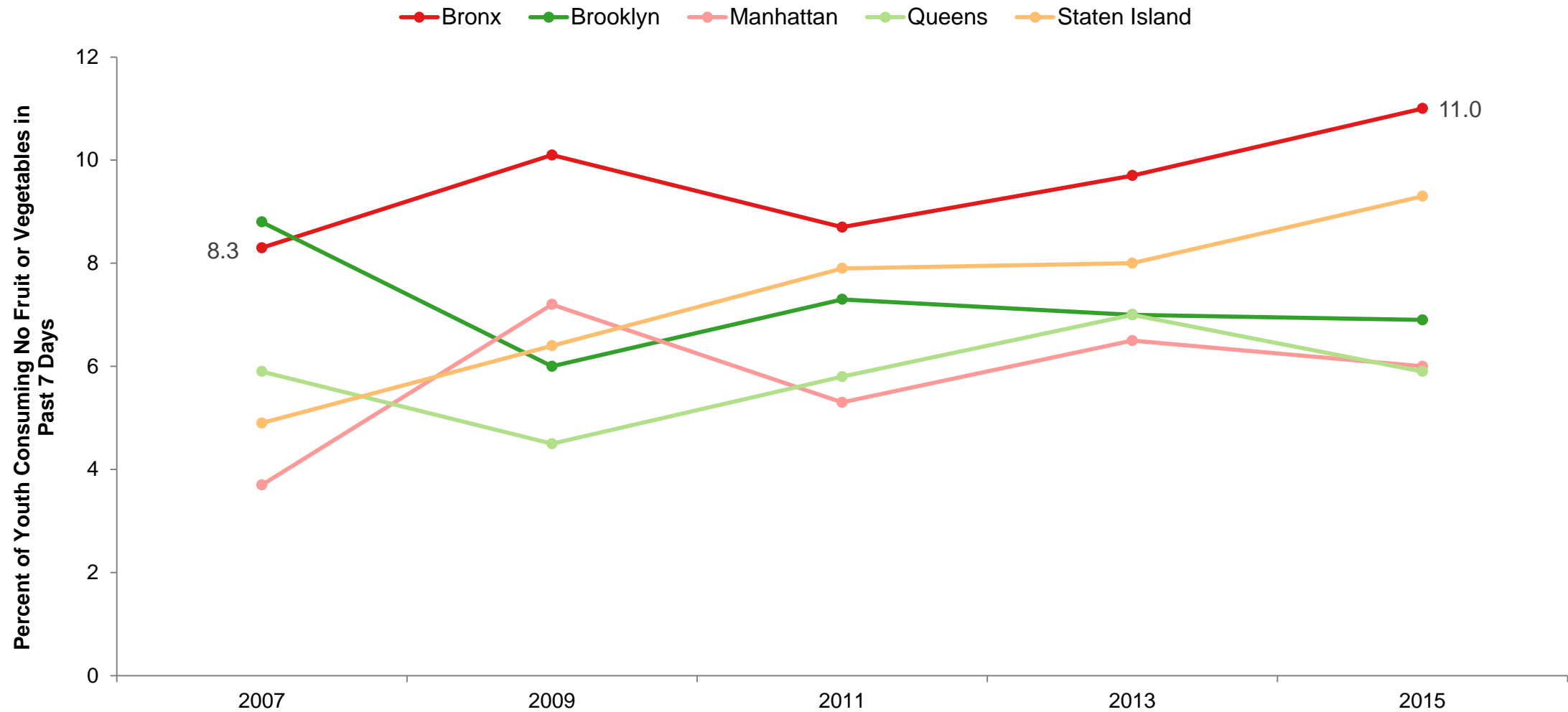
Boys



Adult obesity is highest in USA compared to other OECD countries

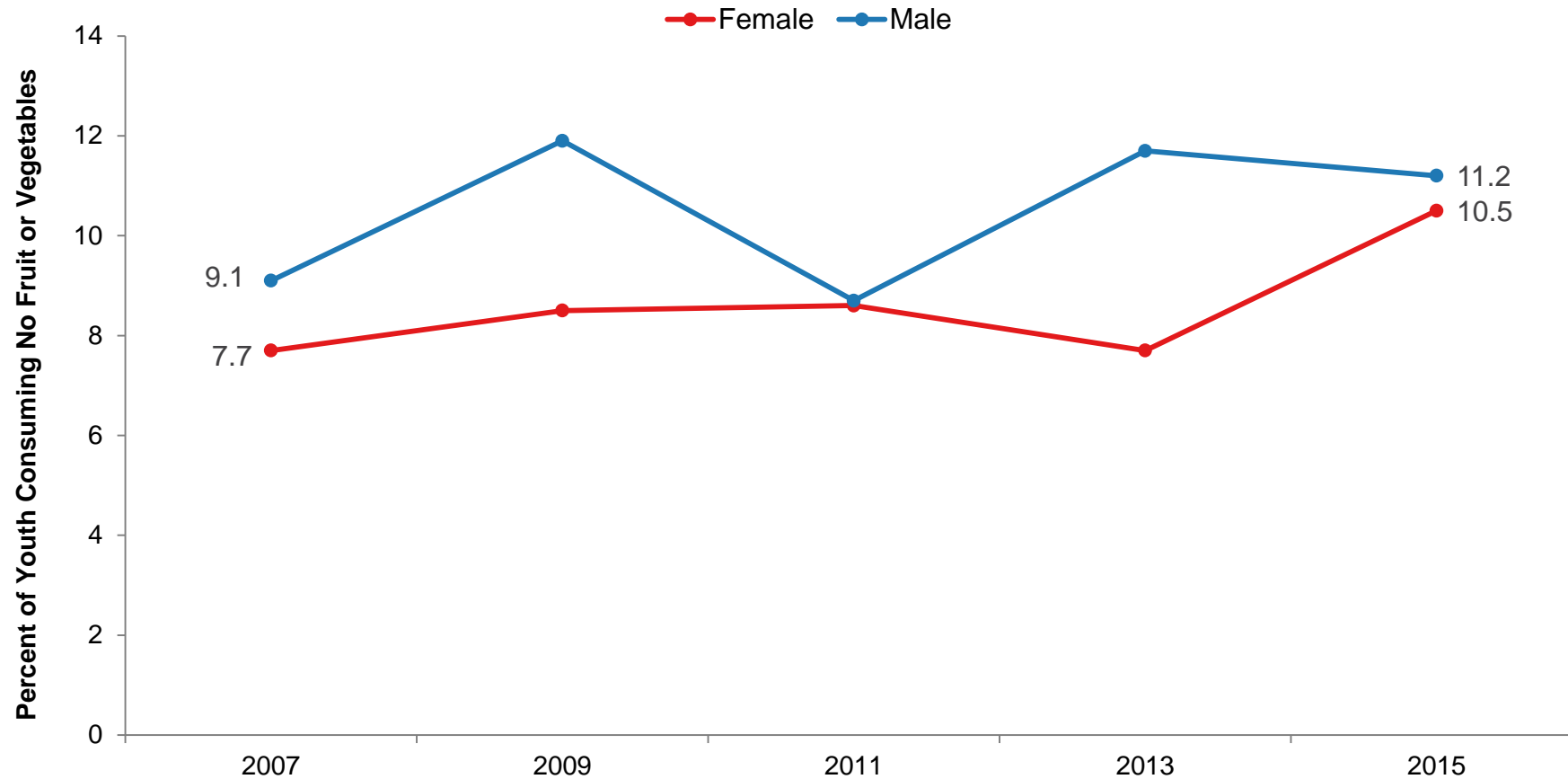
Youth (Grades 9-12) Nutrition

The Bronx has the highest percent of youth that report not consuming any fruit or vegetables in the past 7 days

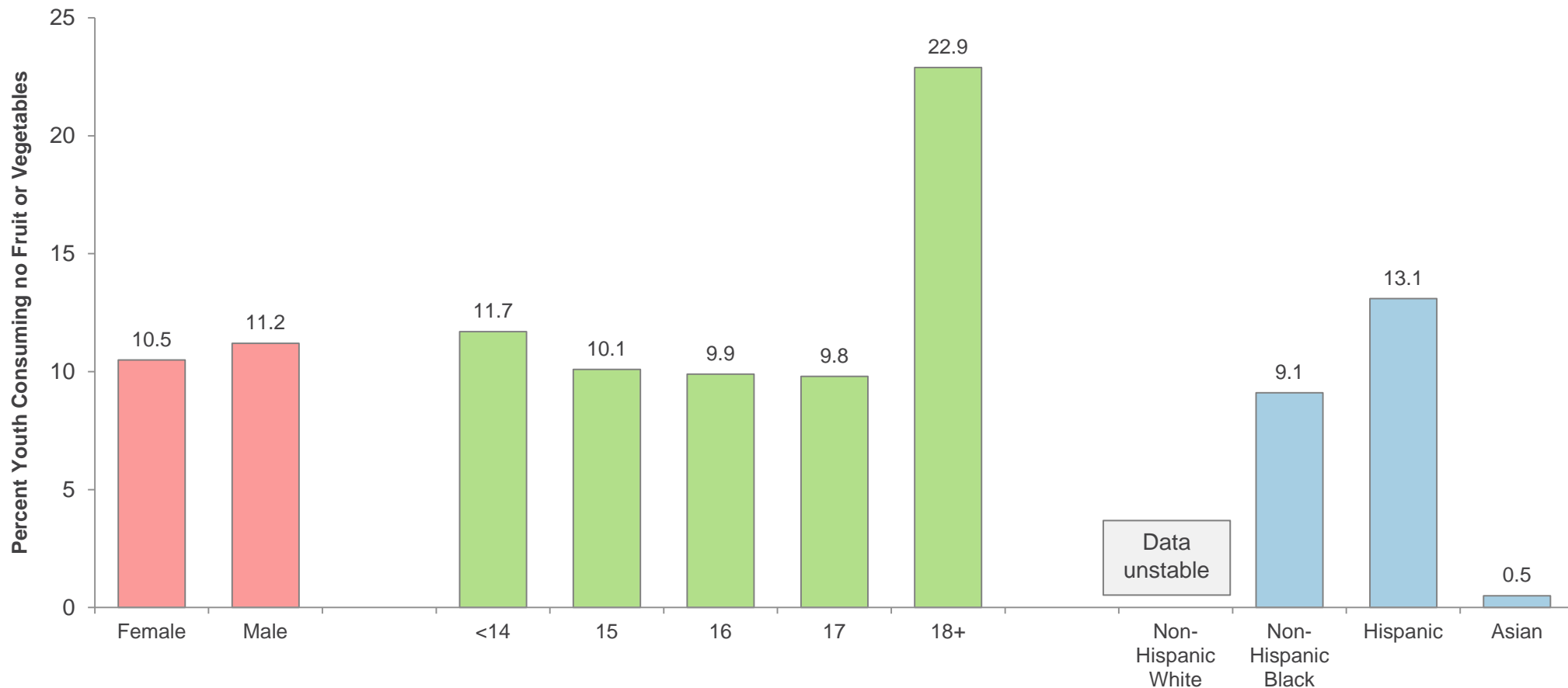


Data source: New York City Youth Risk Behavior Survey, 2007-2015 (Grades 9-12).
Data captured biennially and not available before 2007.

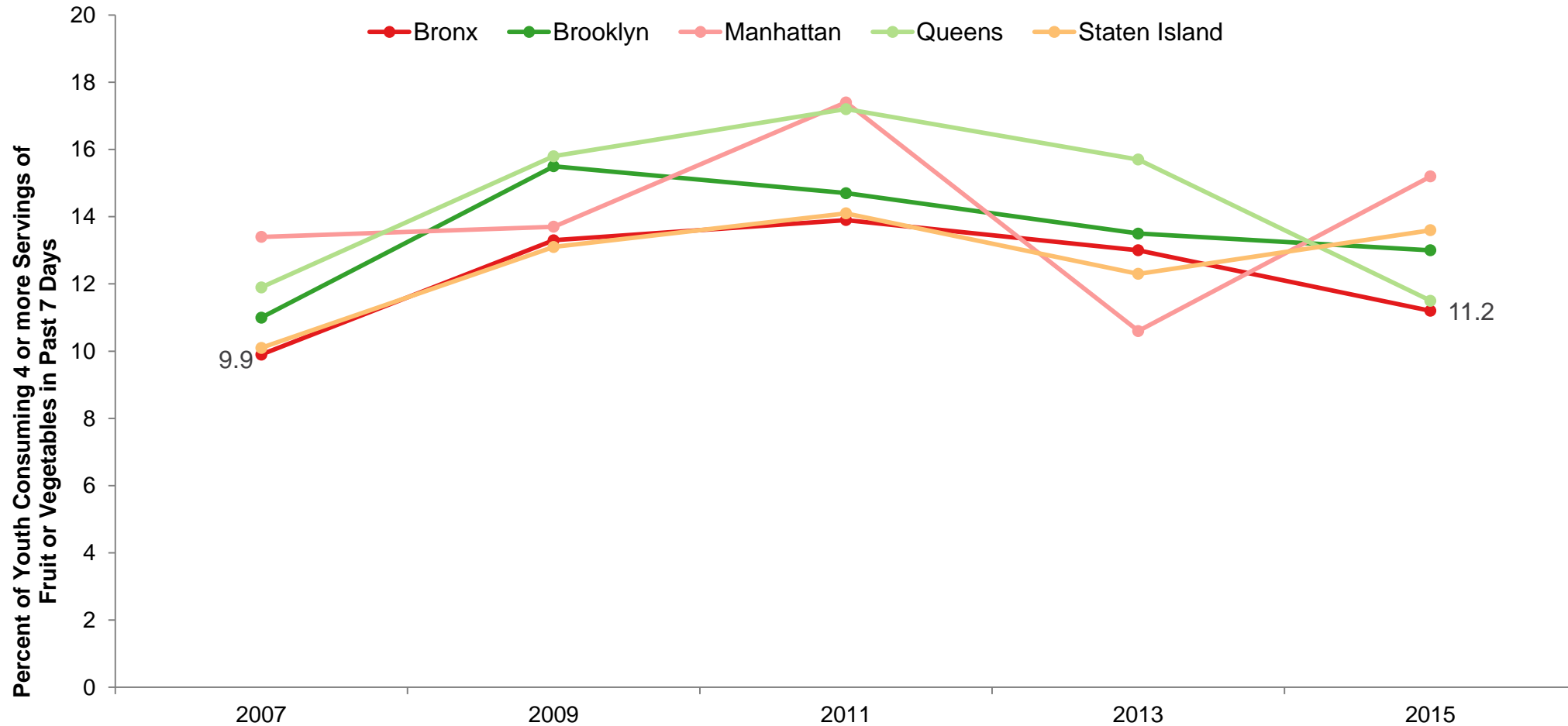
Male Bronx youth have a higher percent reporting no consumption of fruit or vegetables in the last 7 days



Bronx males, 18 years and older, and Hispanic youth are most likely to report not consuming any fruit or vegetables in the past 7 days

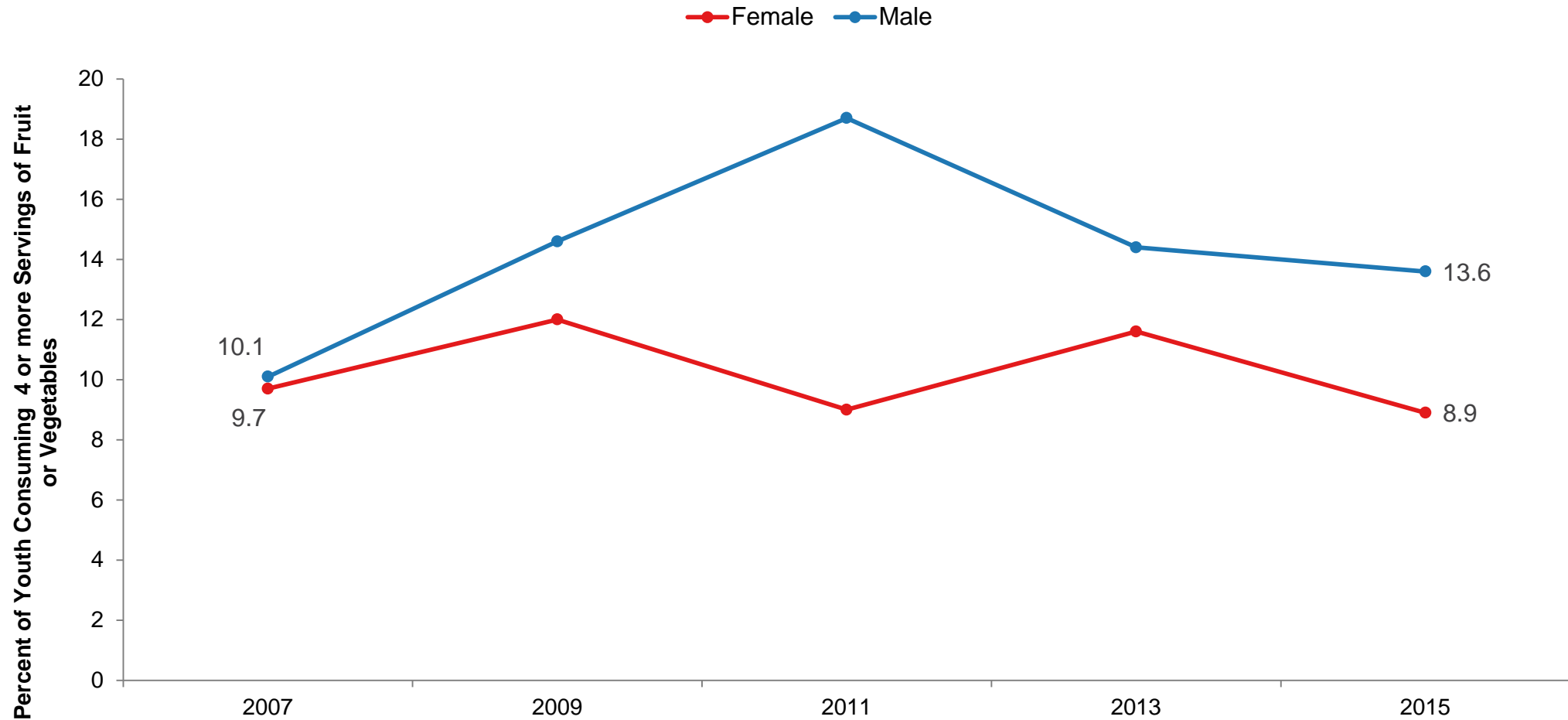


The Bronx has the lowest percent of youth reporting consuming 4 or more servings of fruit and/or vegetables in the past 7 days

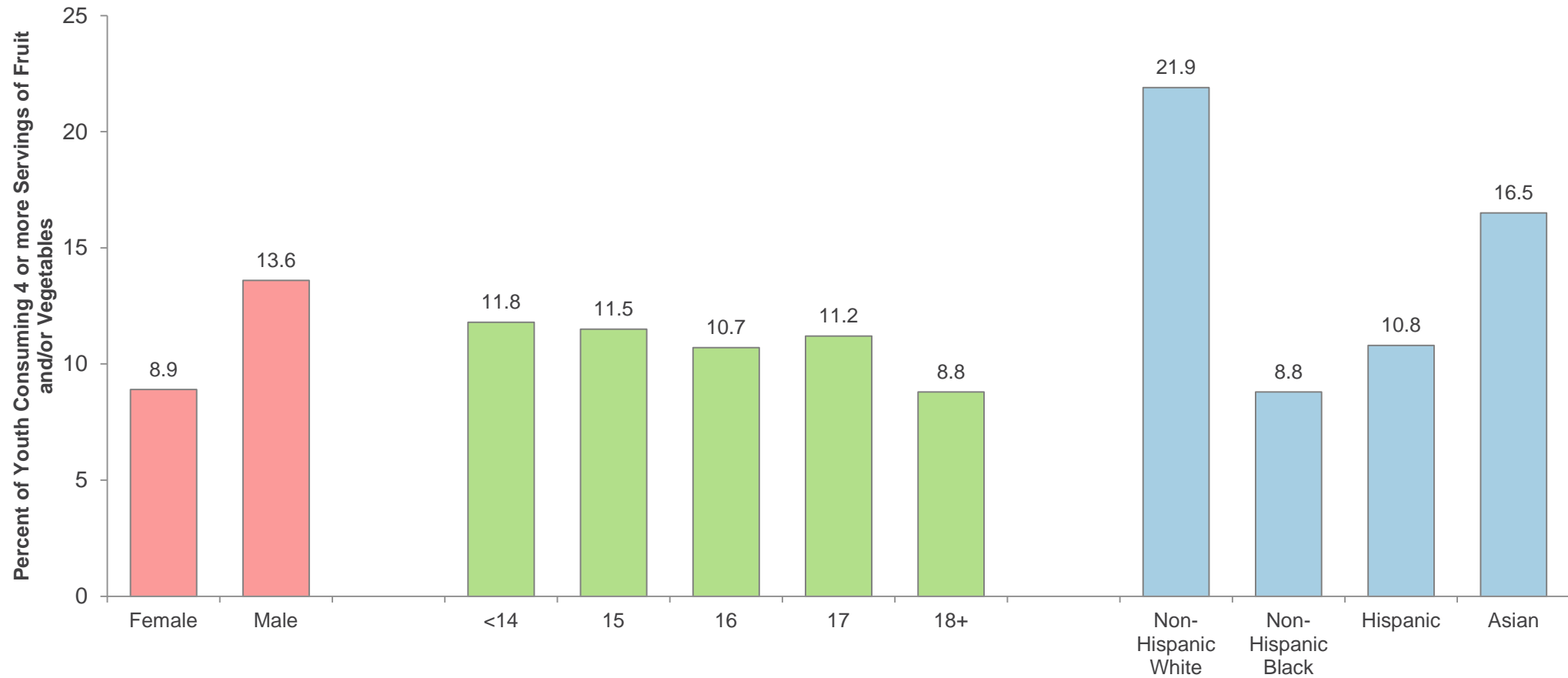


Data source: New York City Youth Risk Behavior Survey, 2007-2015 (Grades 9-12). Analysis by Montefiore OCPH.
Data captured biennially and not available before 2007.

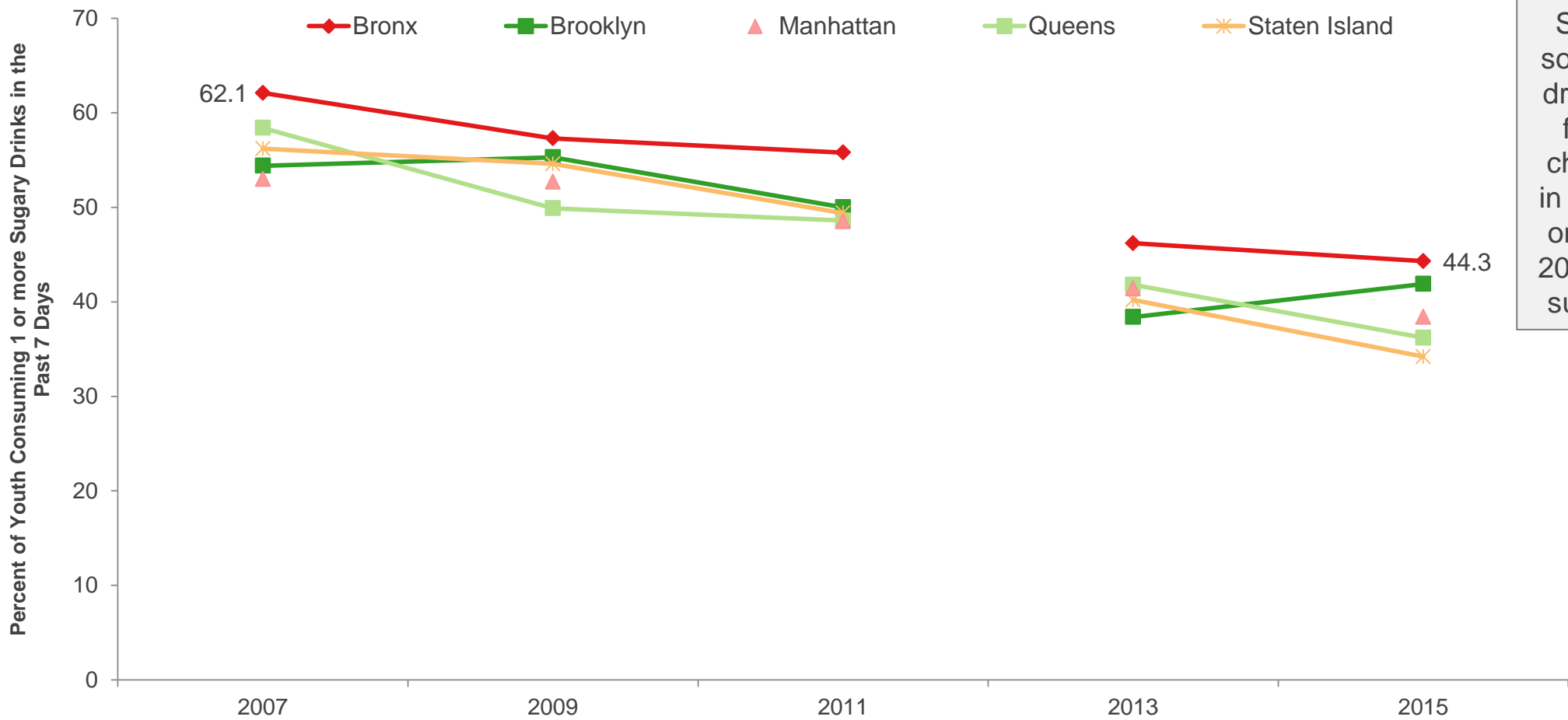
Male Bronx youth have a higher percent reporting consumption of 4 or more servings of fruit or vegetables in the last 7 days



Bronx males, 14 years and younger, and non-Hispanic white youth are most likely to report consuming 4 or more servings of fruit and/or vegetables in the past 7 days



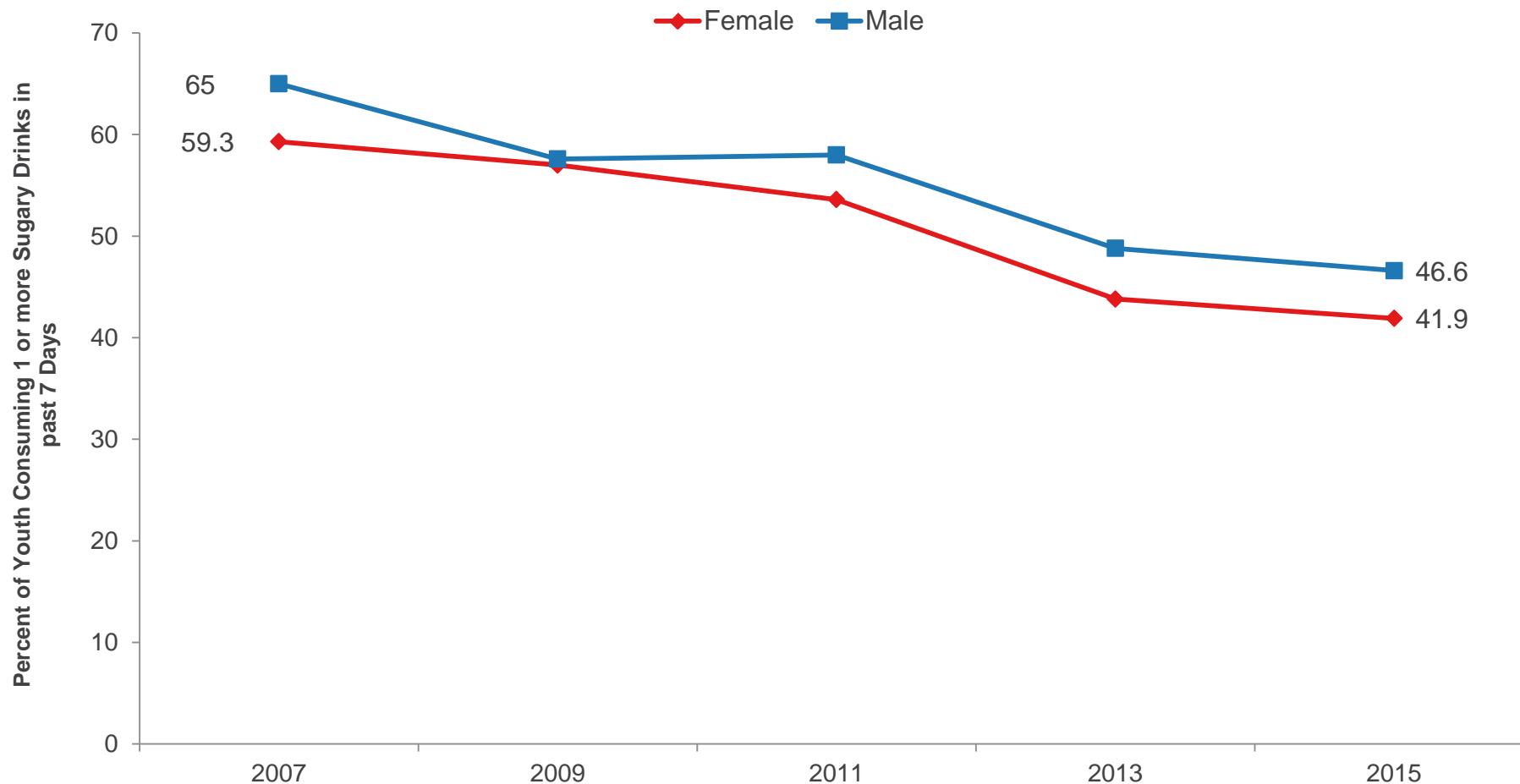
The Bronx has the highest percent of youth reporting consumption of 1 or more sugary drinks in the past 7 days



Sugary drinks include soda, sweetened sports drinks, fruit punch, fruit-flavored drinks, (and chocolate/flavored milk in 2007, 2009, and 2011 only) and (beginning in 2013) energy drinks and sugar-sweetened teas.

Data source: New York City Youth Risk Behavior Survey, 2007-2015.
Data from 2007-2011 not comparable to data from 2013 and later years.

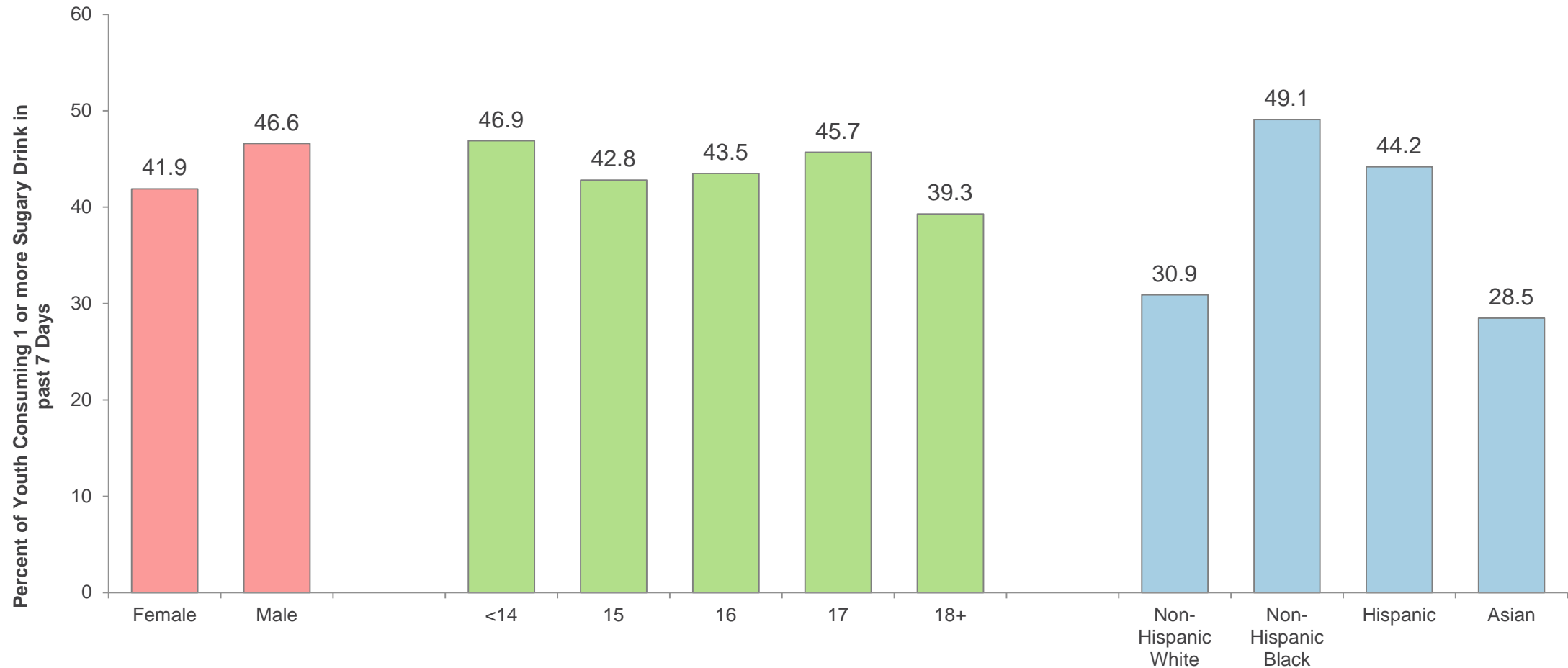
Male Bronx youth have a higher percent reporting consumption of 1 or more servings of sugary drinks in the last 7 days



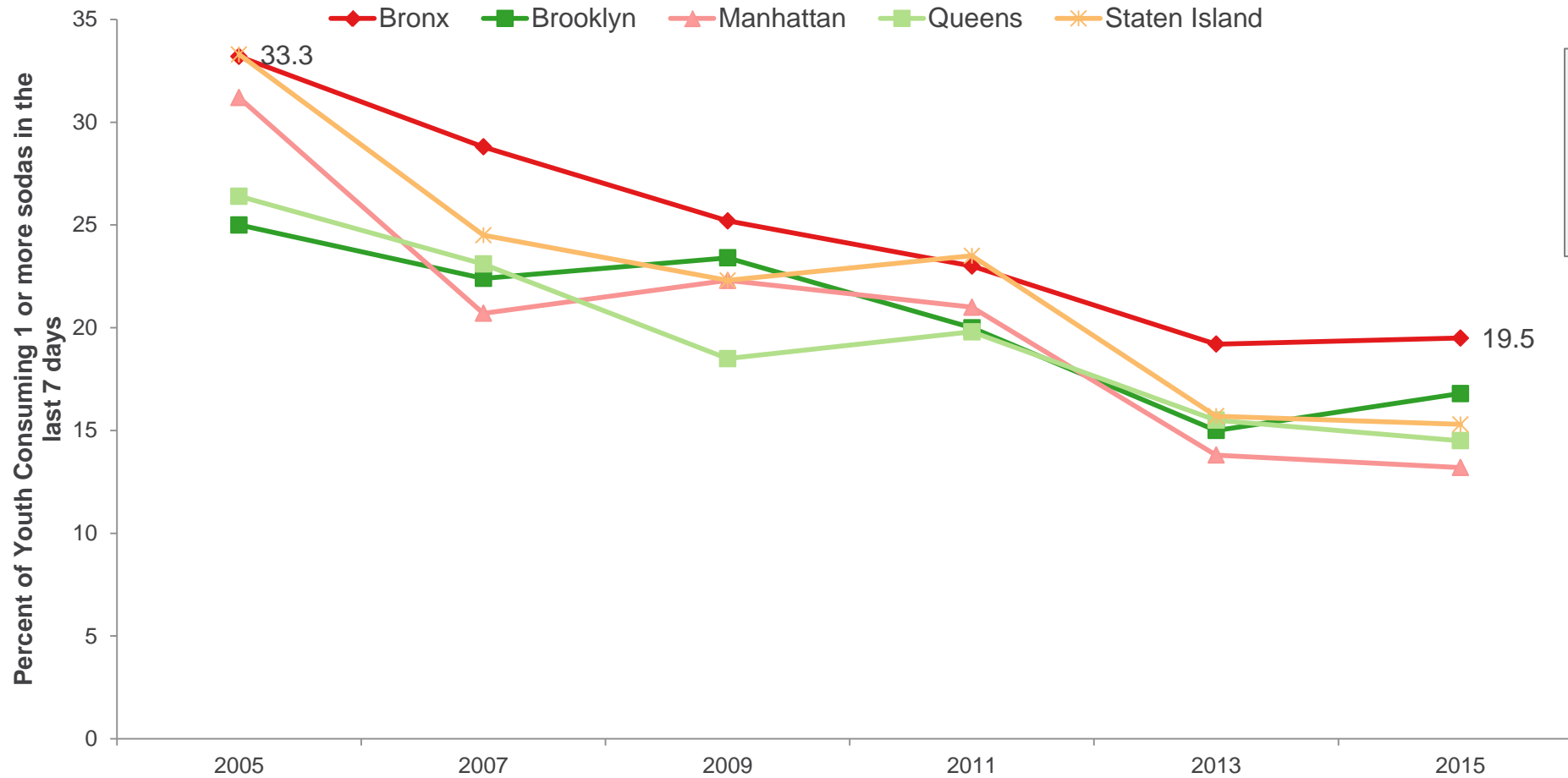
Sugary drinks include soda, sweetened sports drinks, fruit punch, fruit-flavored drinks, (and chocolate/flavored milk in 2007, 2009, and 2011 only) and (beginning in 2013) energy drinks and sugar-sweetened teas.

Data source: New York City Youth Risk Behavior Survey, 2007-2015.
Data captured biennially and not available before 2007.

Bronx males, 14 years and younger, and non-Hispanic black youth are most likely to report consuming 1 or more sugary drinks in the past 7 days

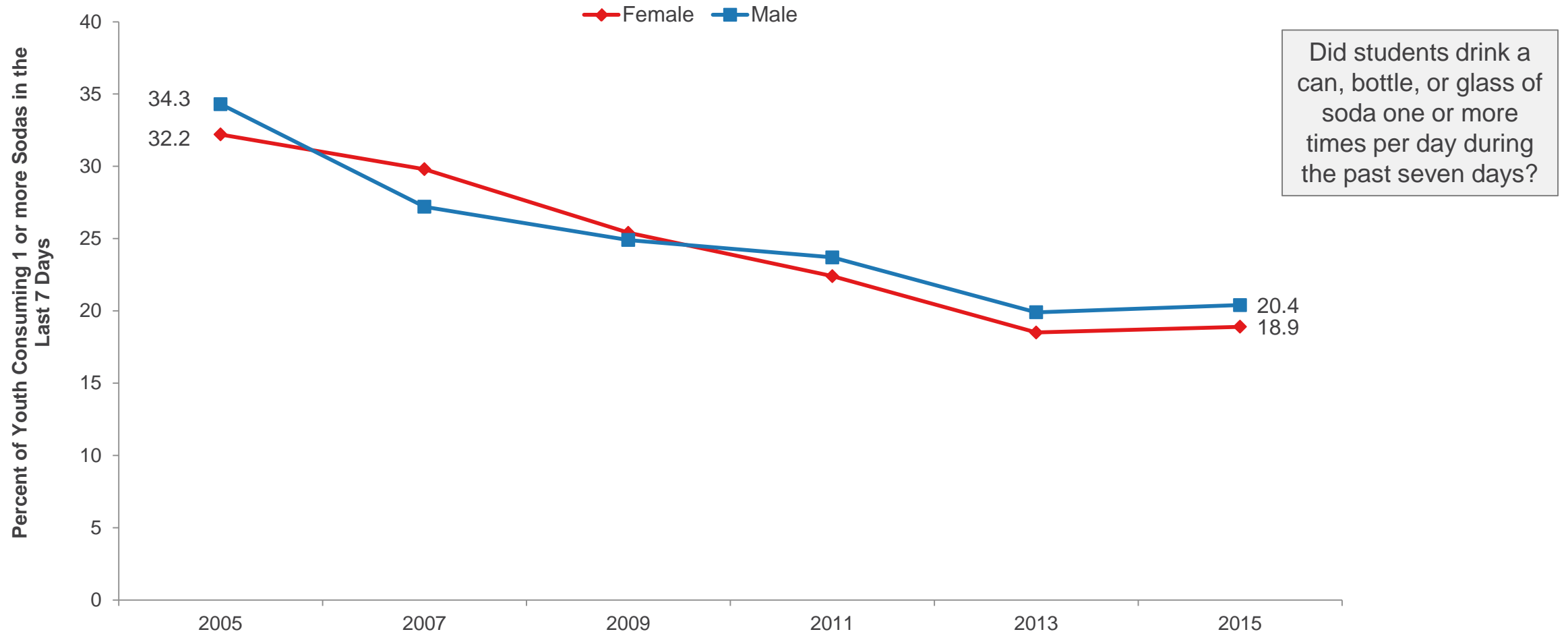


The Bronx has the highest percentage of youth consuming one or more sodas in the last 7 days

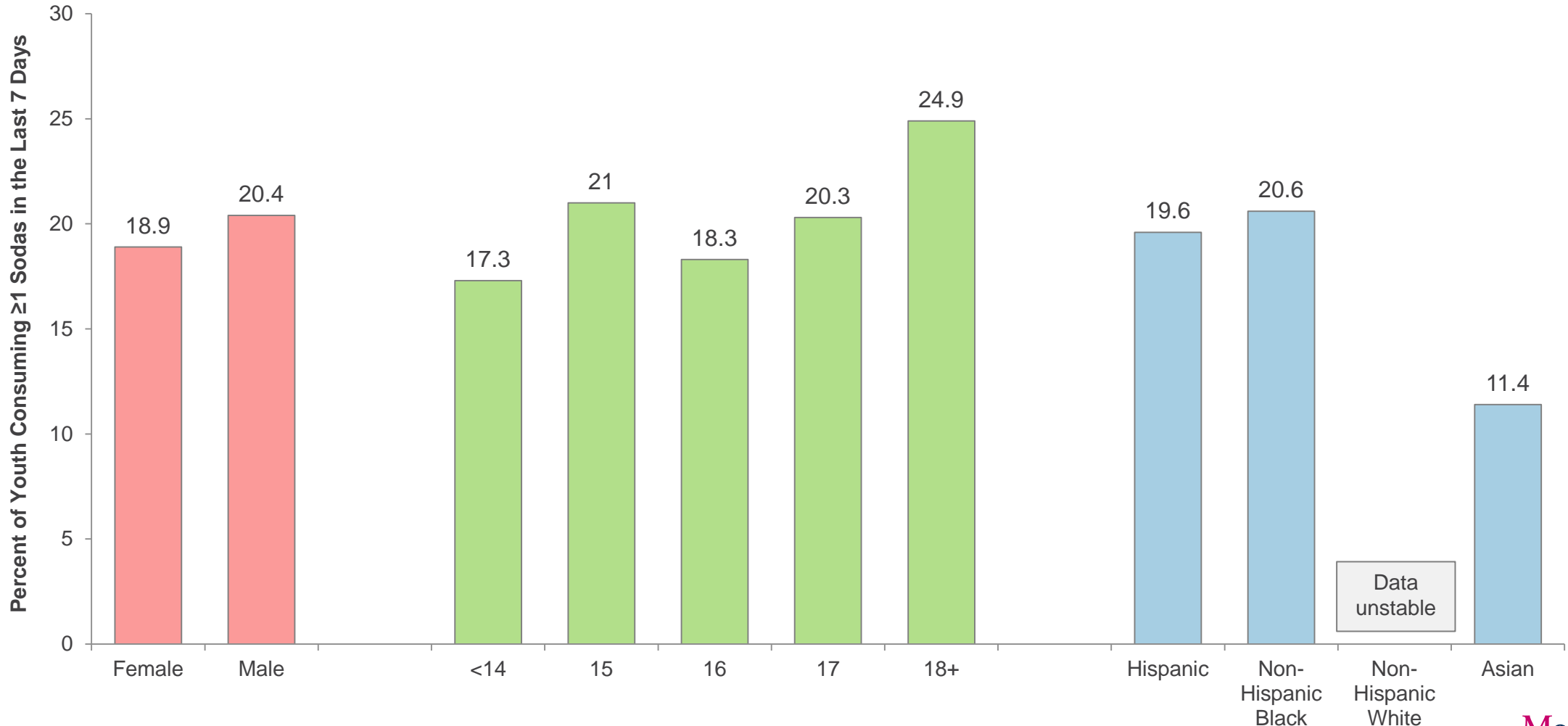


Did students drink a can, bottle, or glass of soda one or more times per day during the past seven days?

Male Bronx youth have a higher percent reporting consumption of 1 or more sodas in the last 7 days



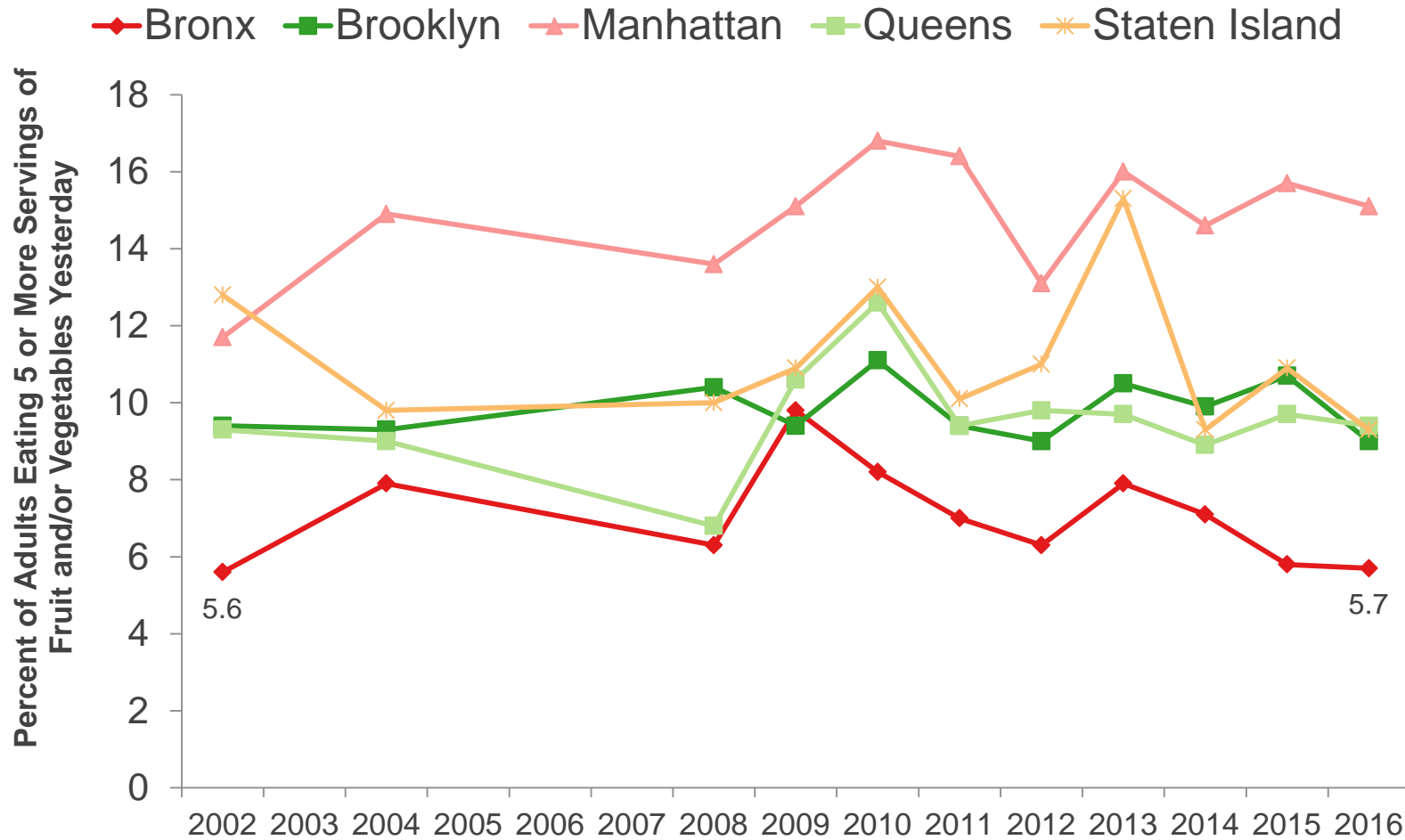
Bronx males, 18 years and older, and non-Hispanic black youth are most likely to report consuming 1 or more sodas in the past 7 days



Adult Nutrition:

Fruits/vegetables & sugar-sweetened beverages

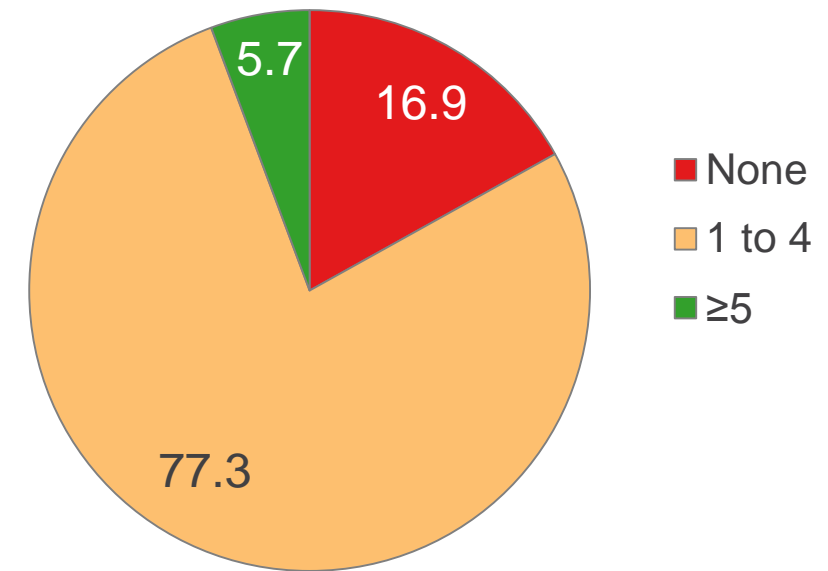
The Bronx has the lowest percentage of adults that report eating 5 or more servings of fruit and/or vegetables in a day



How many total servings of fruit and/or vegetables did you eat yesterday?

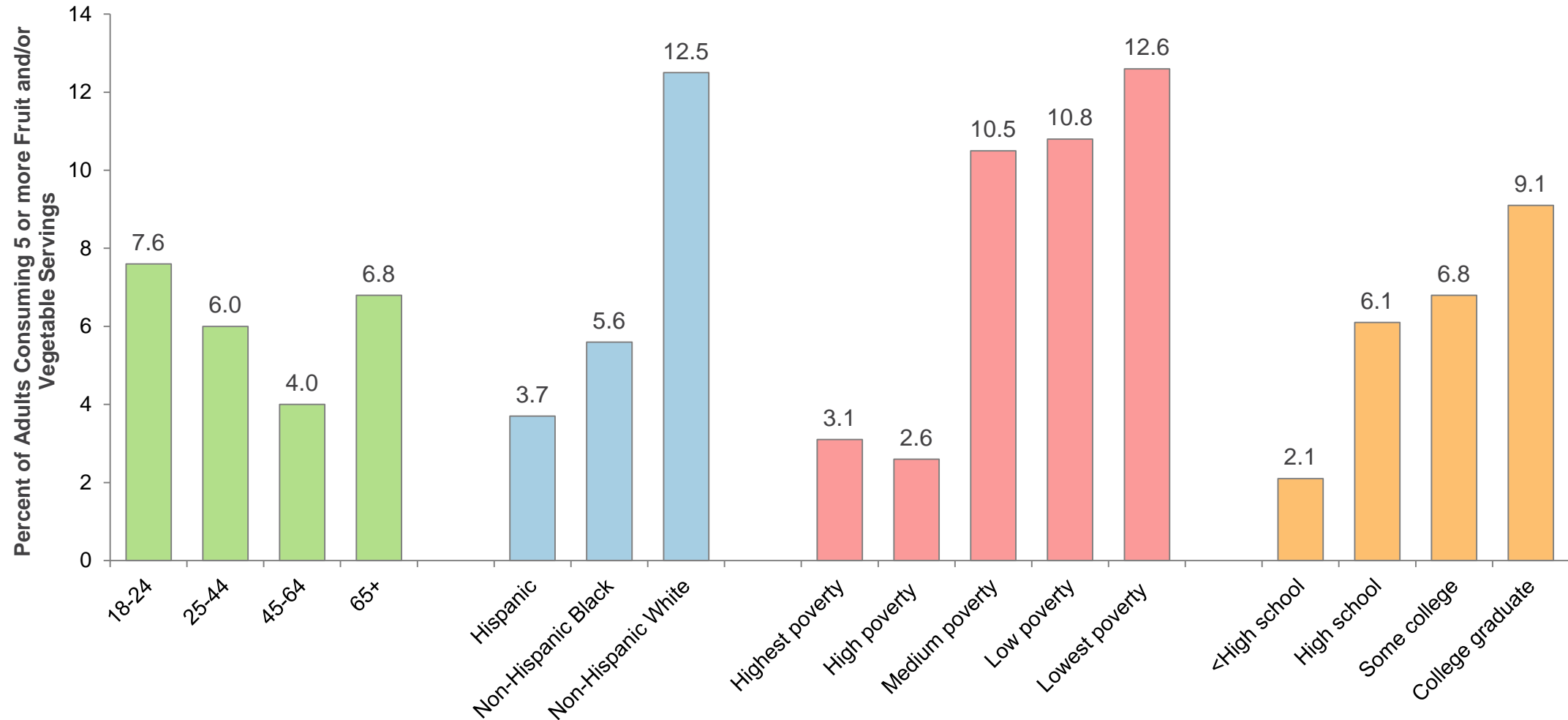
A serving equals one medium apple, a handful of broccoli, or a cup of carrots.

Distribution of Fruit & Vegetable Consumption in the Bronx (2016)

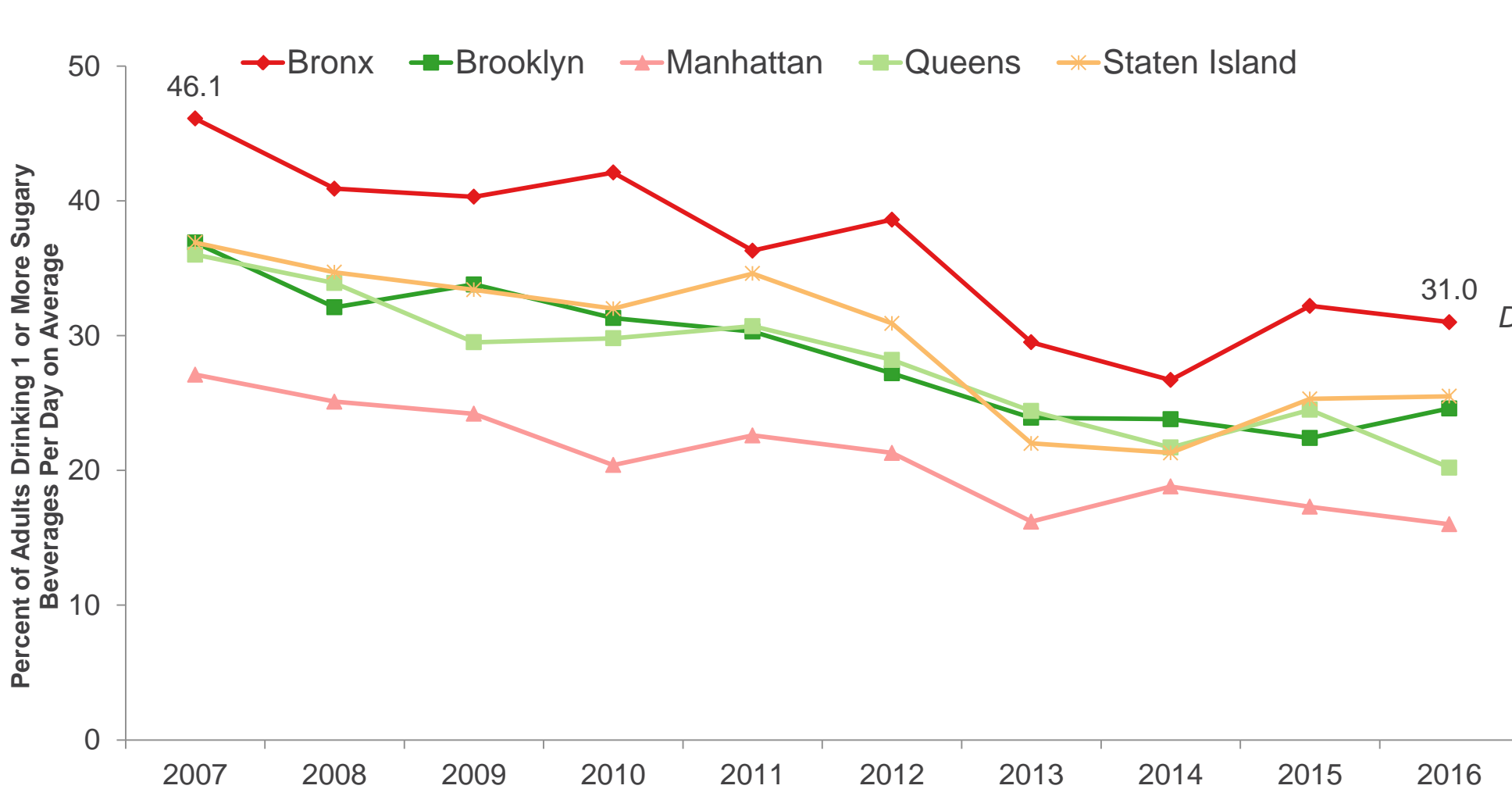


Data source: Community Health Survey, 2002-2016.
Data not collected and available in 2003 and 2005-2007.

Individuals of higher socioeconomic status are more likely to consume ≥ 5 servings of fruits and vegetables

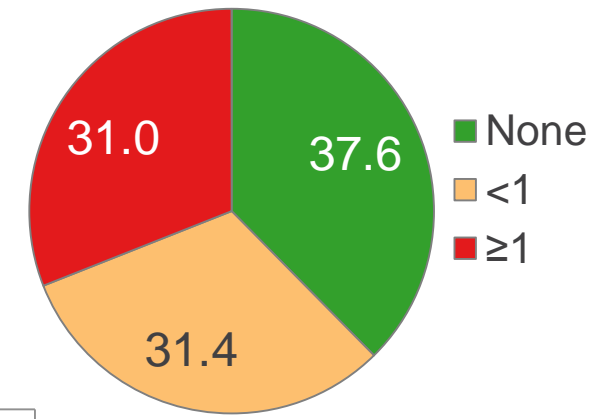


Sugar-sweetened beverage consumption has declined throughout New York City, but remains highest in the Bronx



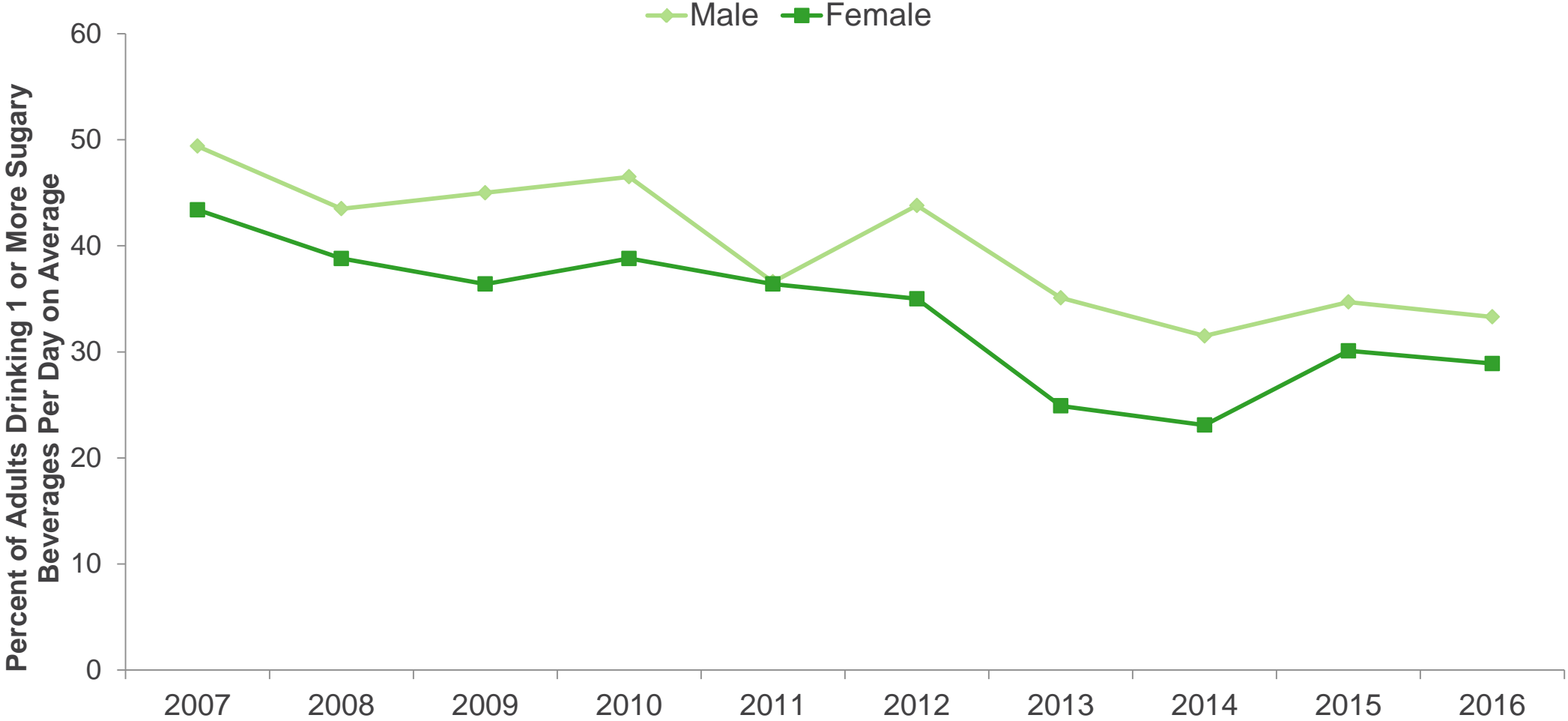
Respondents were asked how many 12 oz. sugar-sweetened beverages (sodas, iced tea, sports drinks, etc.) they drink per day on average

Distribution of Sugar-Sweetened Beverage Consumption in the Bronx (2016)



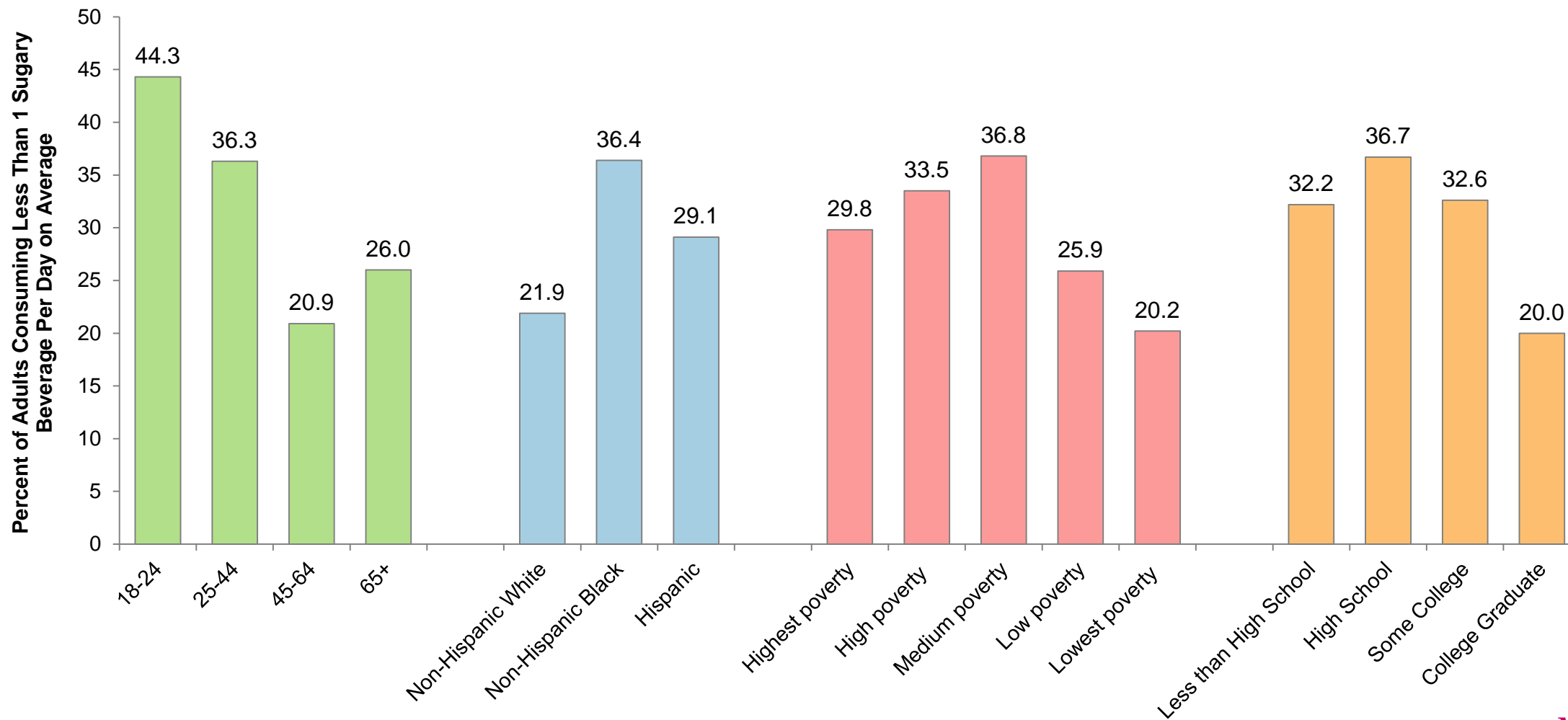
Data source: Community Health Survey, 2007-2016.
Data not collected or available before 2007.

Bronx males are more likely to drink one or more sugary beverages per day, but consumption has declined among both sexes



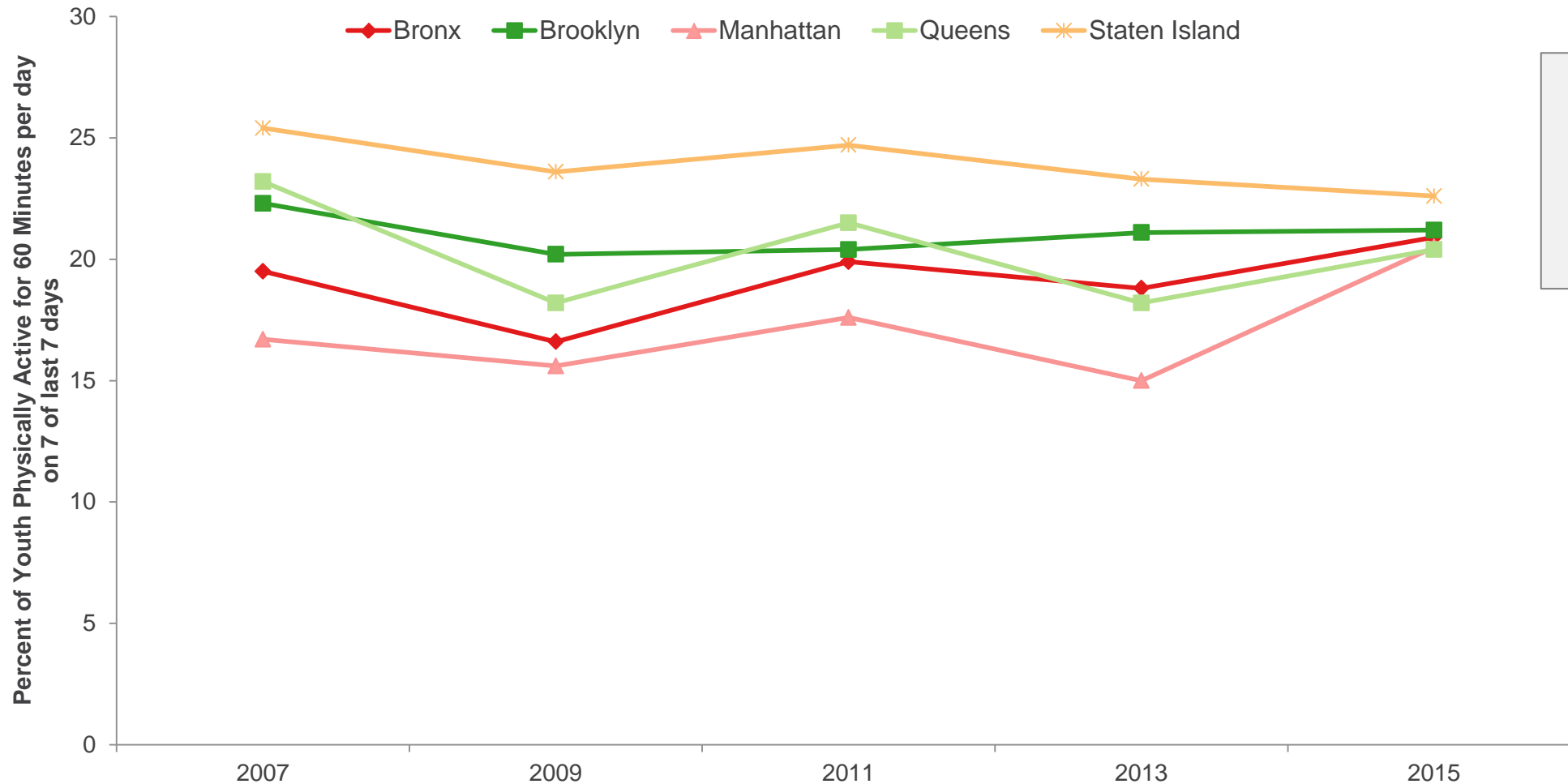
Data source: Community Health Survey, 2007-2016.
Data not collected or available before 2007.

Younger adults, non-Hispanic black adults and those with less education are more likely to consume sugar-sweetened beverages



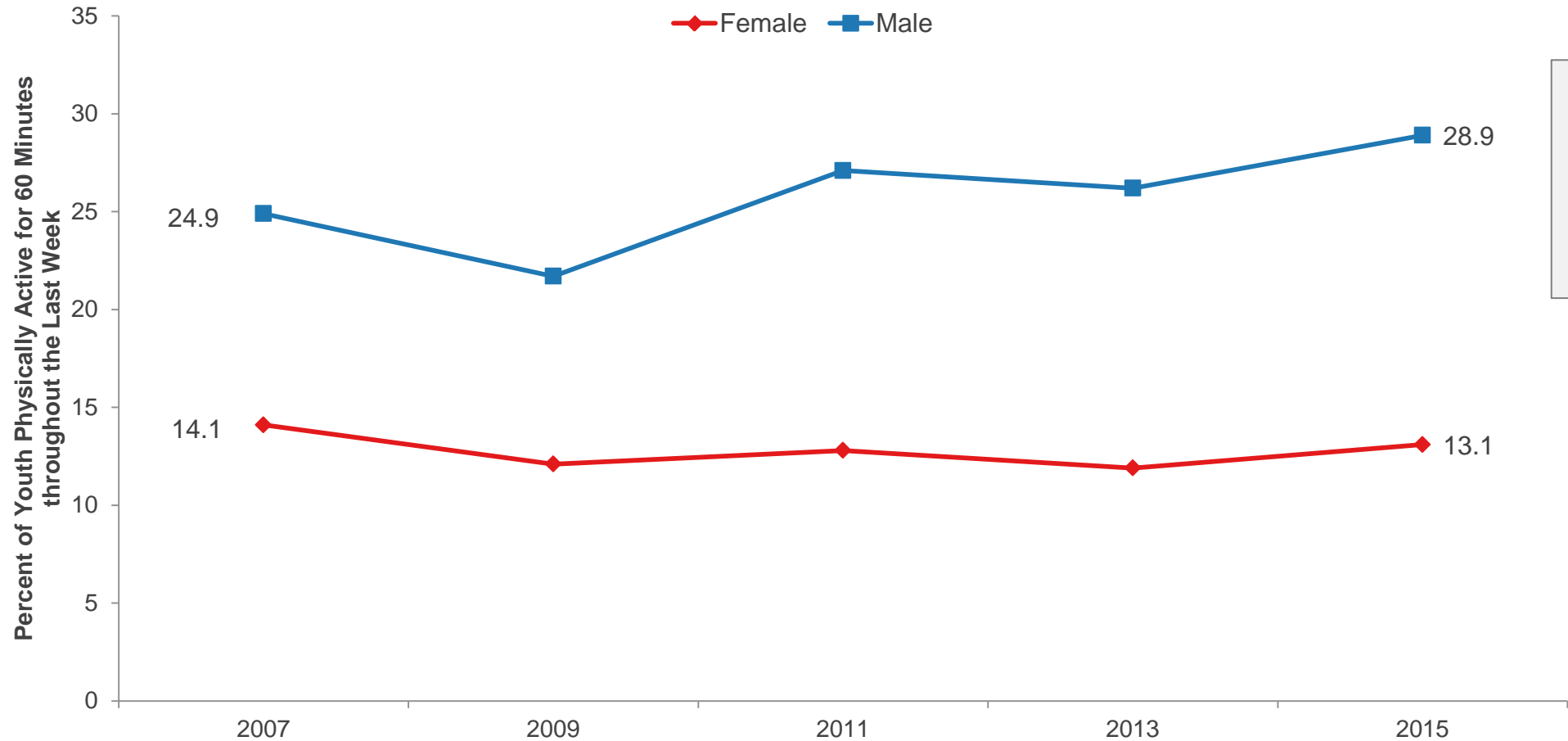
Youth (Grades 9-12) Exercise

The Bronx has the third highest percent of youth reporting being physically active for 60 minutes throughout the last week



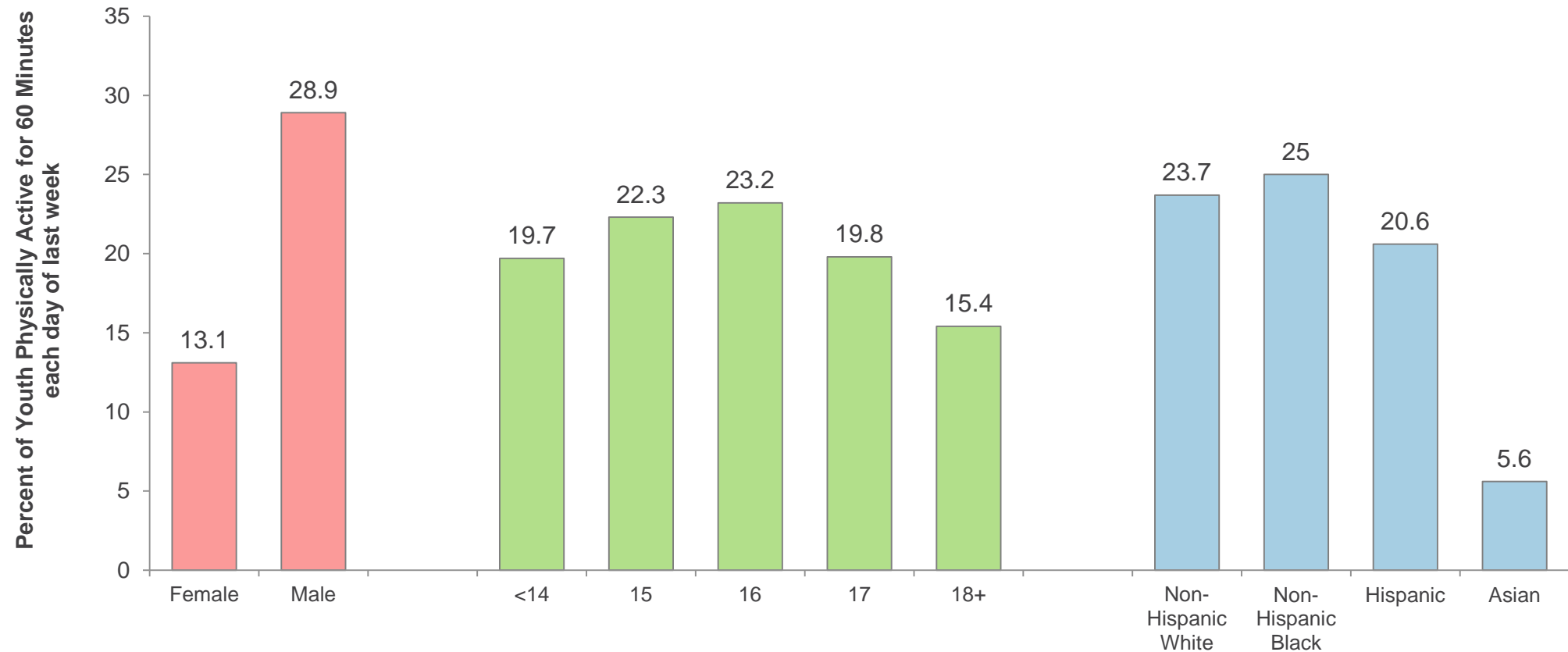
Were students physically active for a total of at least 60 minutes per day on 7 of past 7 days?

A greater percent of Bronx male youth report being physically active for 60 minutes each day in the last 7 days



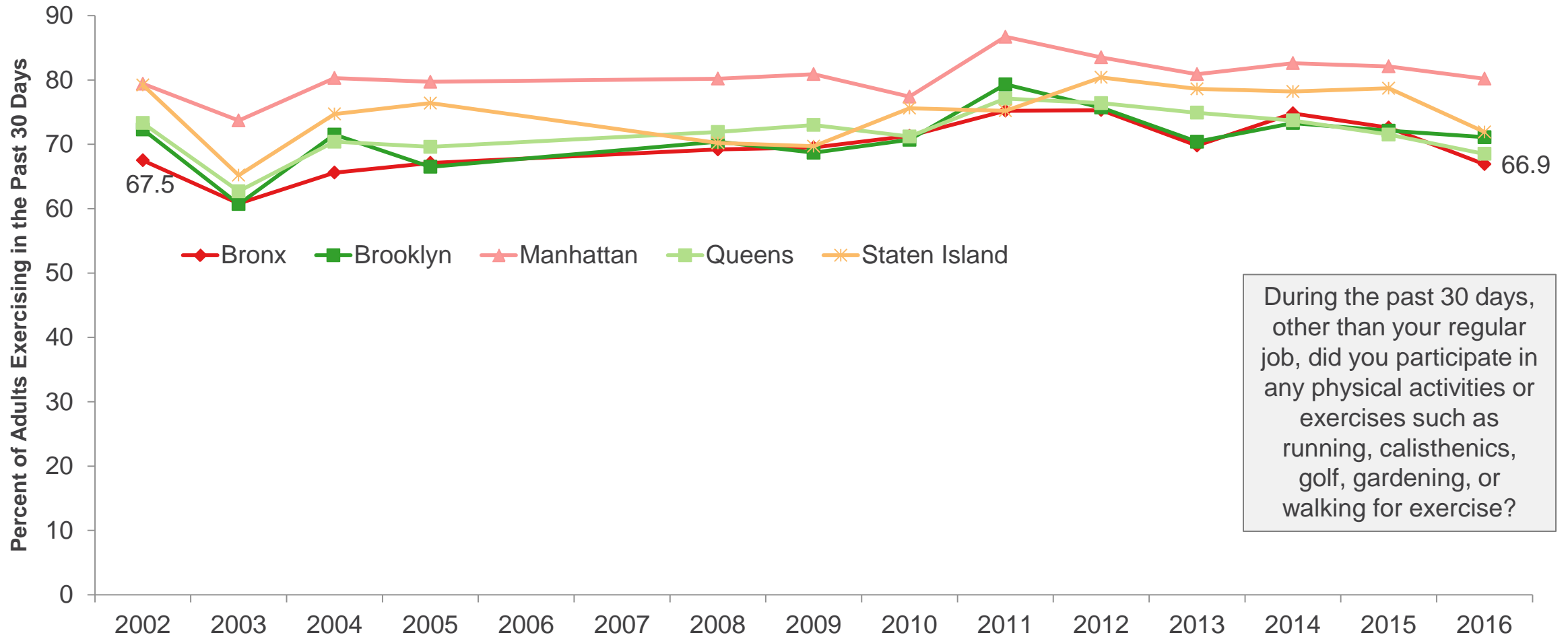
Were students physically active for a total of at least 60 minutes per day on 7 of past 7 days?

Bronx males, aged 16, and non-Hispanic black youth are most likely to have exercised for 60 minutes each day of the last week



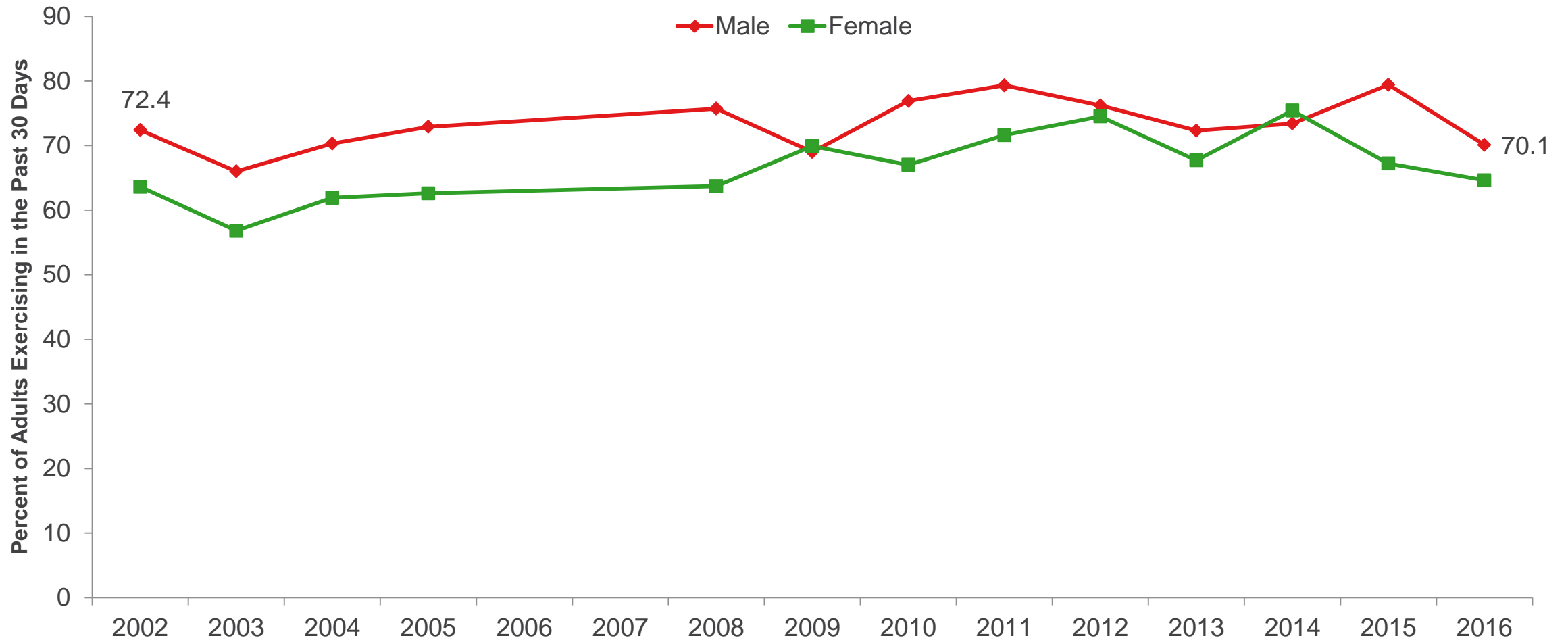
Adult Exercise

The Bronx has the lowest percentage of adults that report exercising in the previous 30 days amongst all NYC boroughs



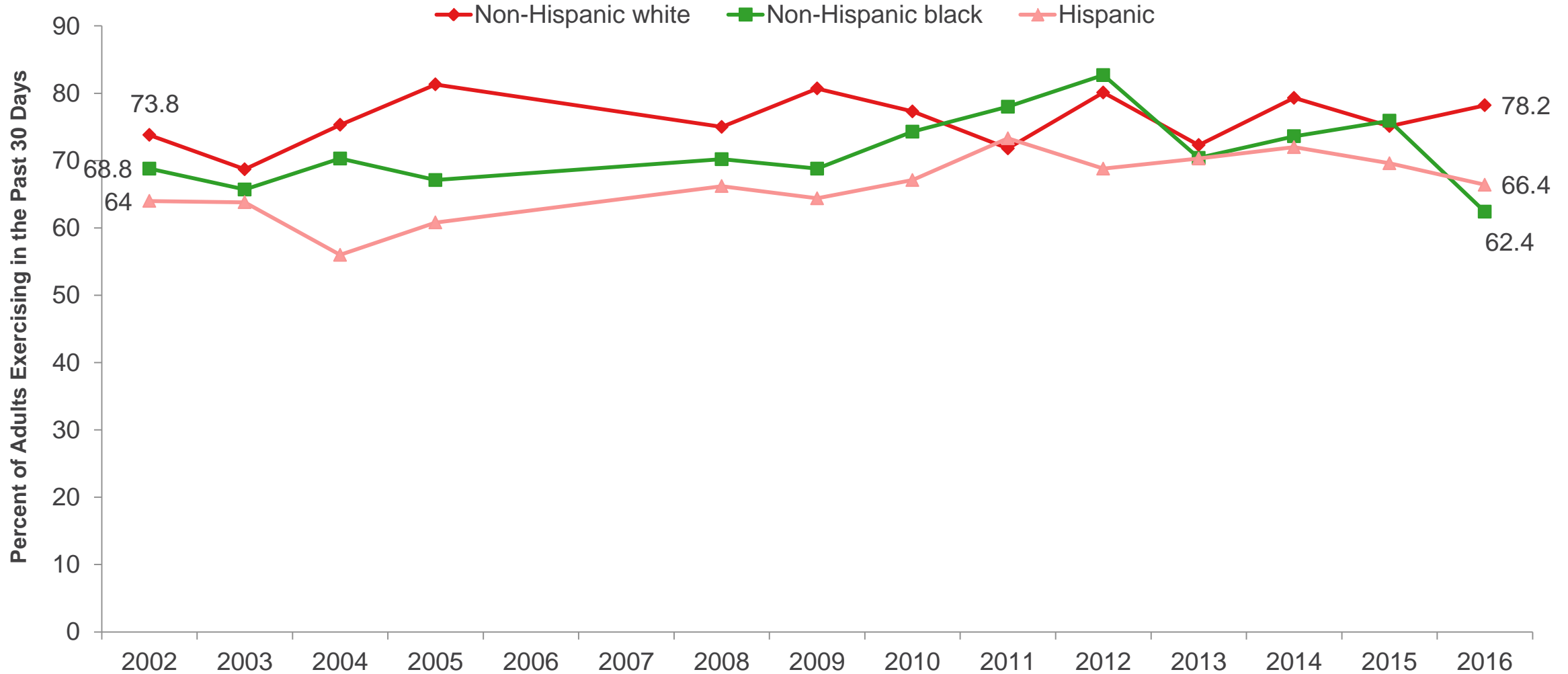
Data source: Community Health Survey, 2002-2016.
 Data not collected or available for 2006 or 2007.

More Bronx males report exercising in the past 30 days than Bronx females



Data source: Community Health Survey, 2002-2016.
Data not collected or available for 2006 or 2007.

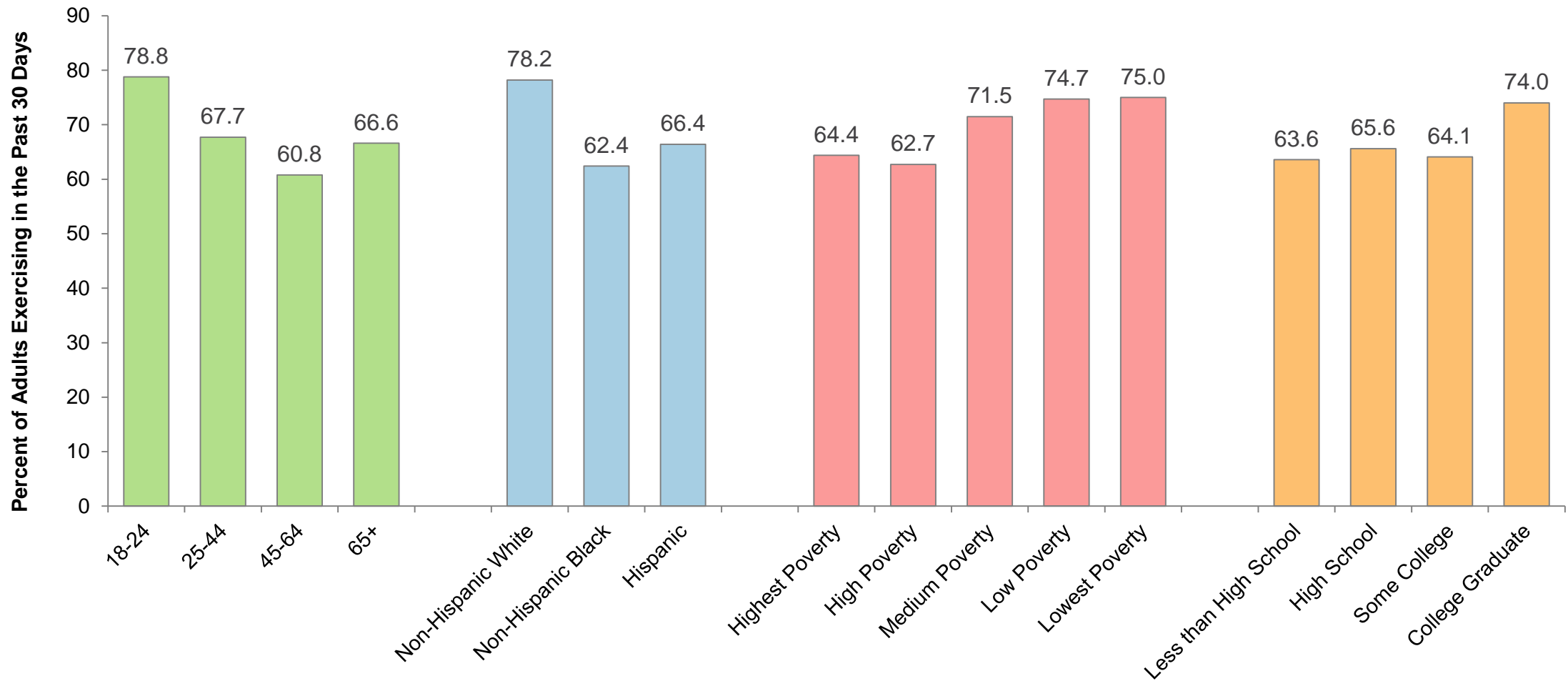
Racial/ethnic disparities in physical activity have persisted



Data source: Community Health Survey, 2002-2016.

Data not collected or available for 2006 or 2007. Non-Hispanic White 2011 and 2012 data points are unstable.

Bronx adults 18-24, non-Hispanic white, in lowest poverty, and with college degrees are most likely to have exercised in the past 30 days



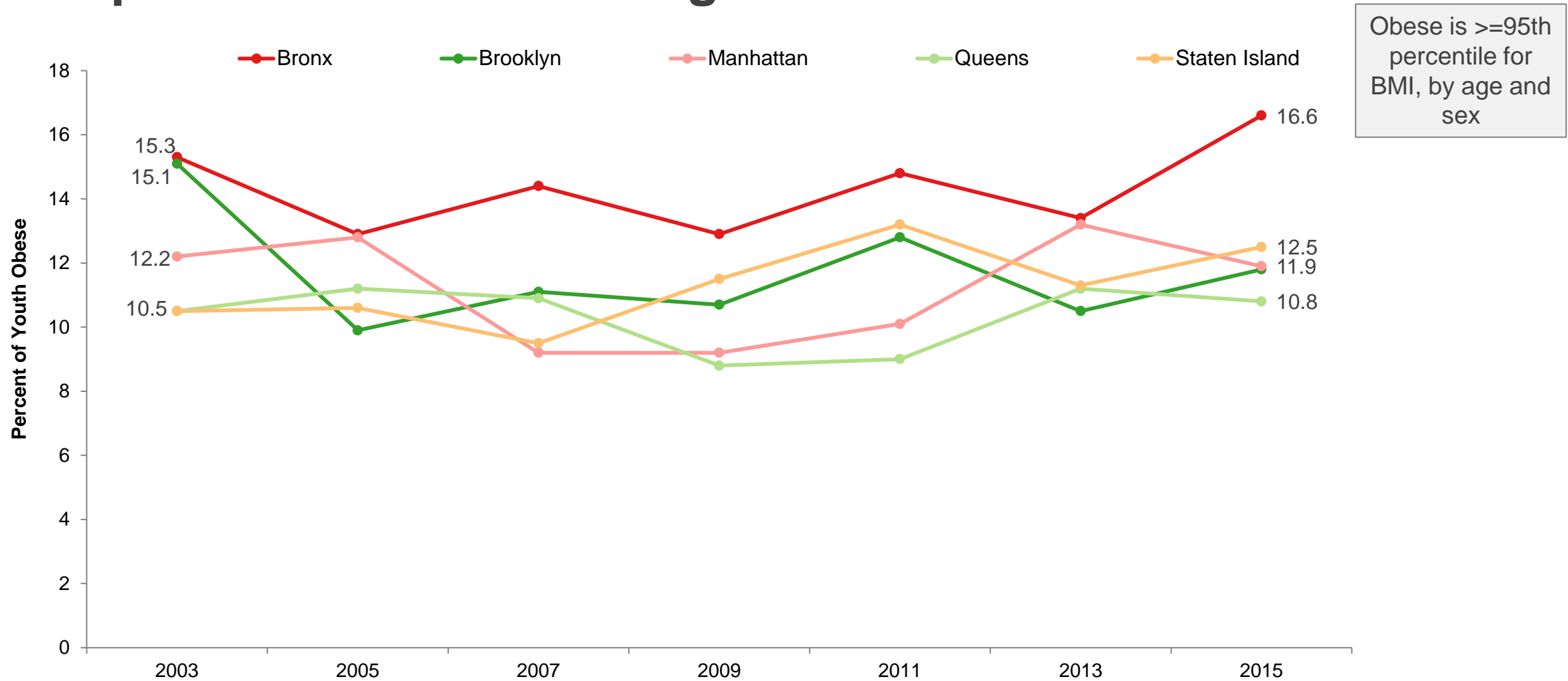
Youth (Grades 9-12) Overweight and Obesity

A note on defining overweight and obesity among youth

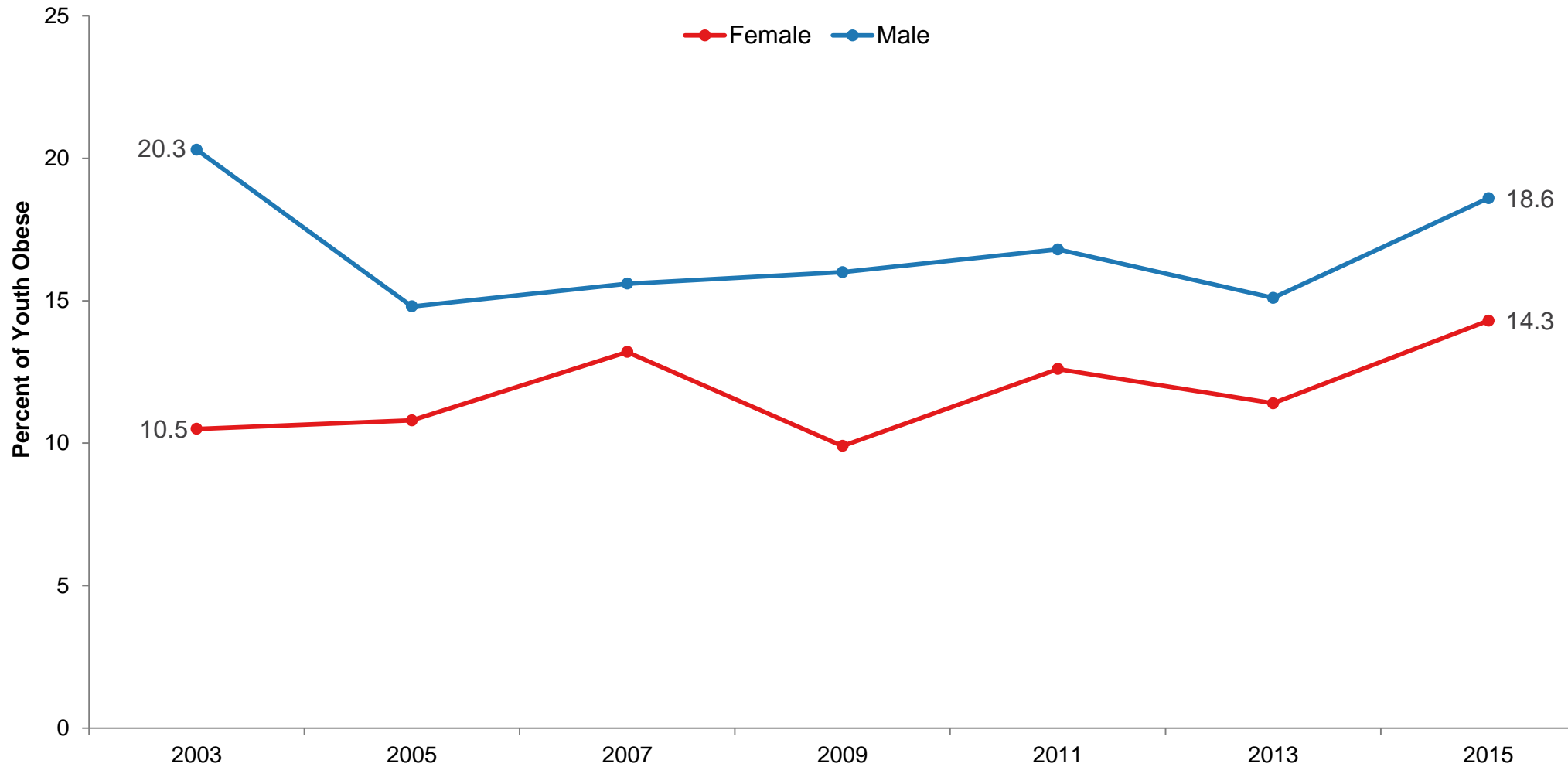
As opposed to constant BMI cutoffs like those used for adults (e.g., BMI ≥ 30 = obese), child overweight and obesity is based on growth charts that depend on a child's age and sex using historical growth charts.

Childhood overweight is defined as having a BMI $\geq 85^{\text{th}}$ percentile but $< 95^{\text{th}}$ percentile. Childhood obesity is defined as those with a BMI $\geq 95^{\text{th}}$ percentile. Similar to adults, obesity refers to the highest risk state and overweight refers to an elevated risk state, but not as high-risk as obesity.

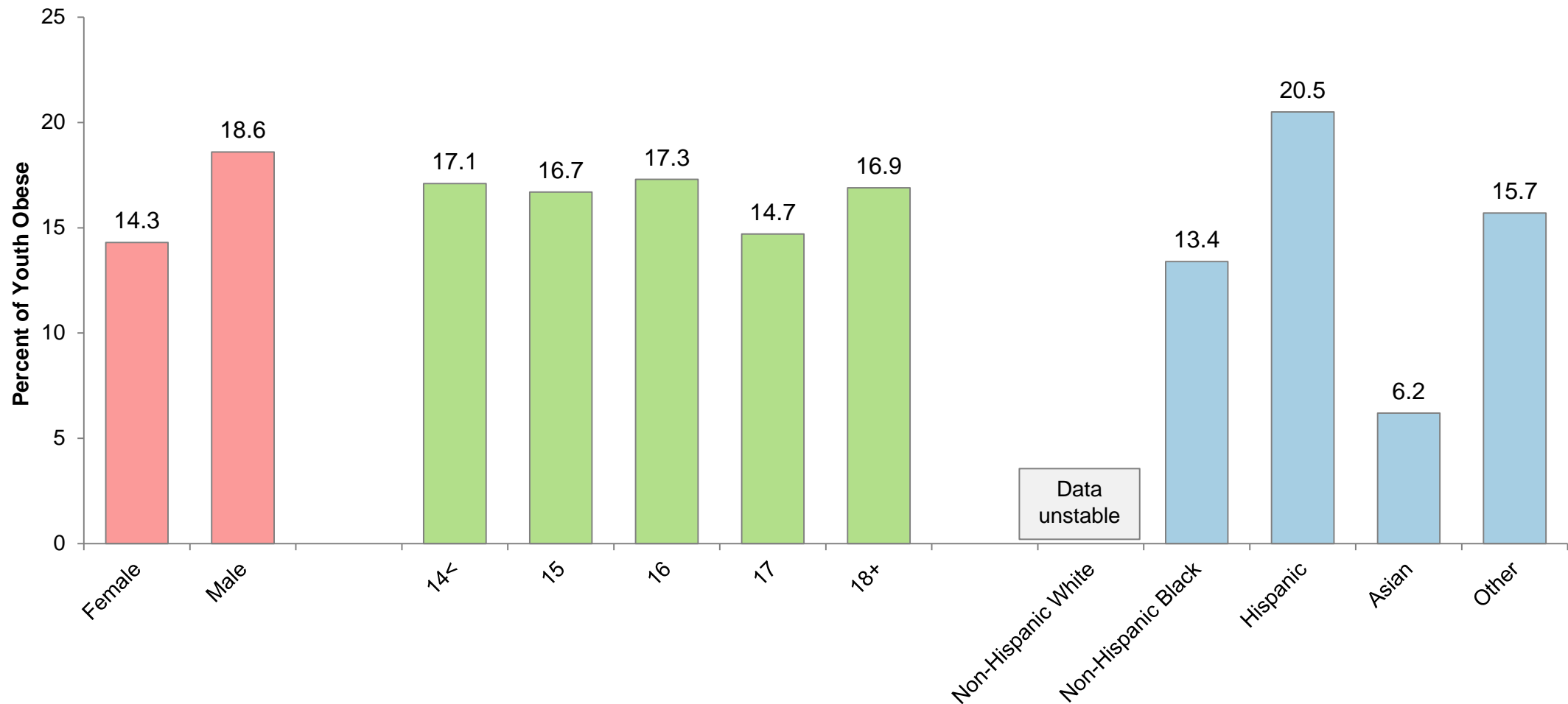
The Bronx has the highest percent of obese youth compared to all NYC boroughs



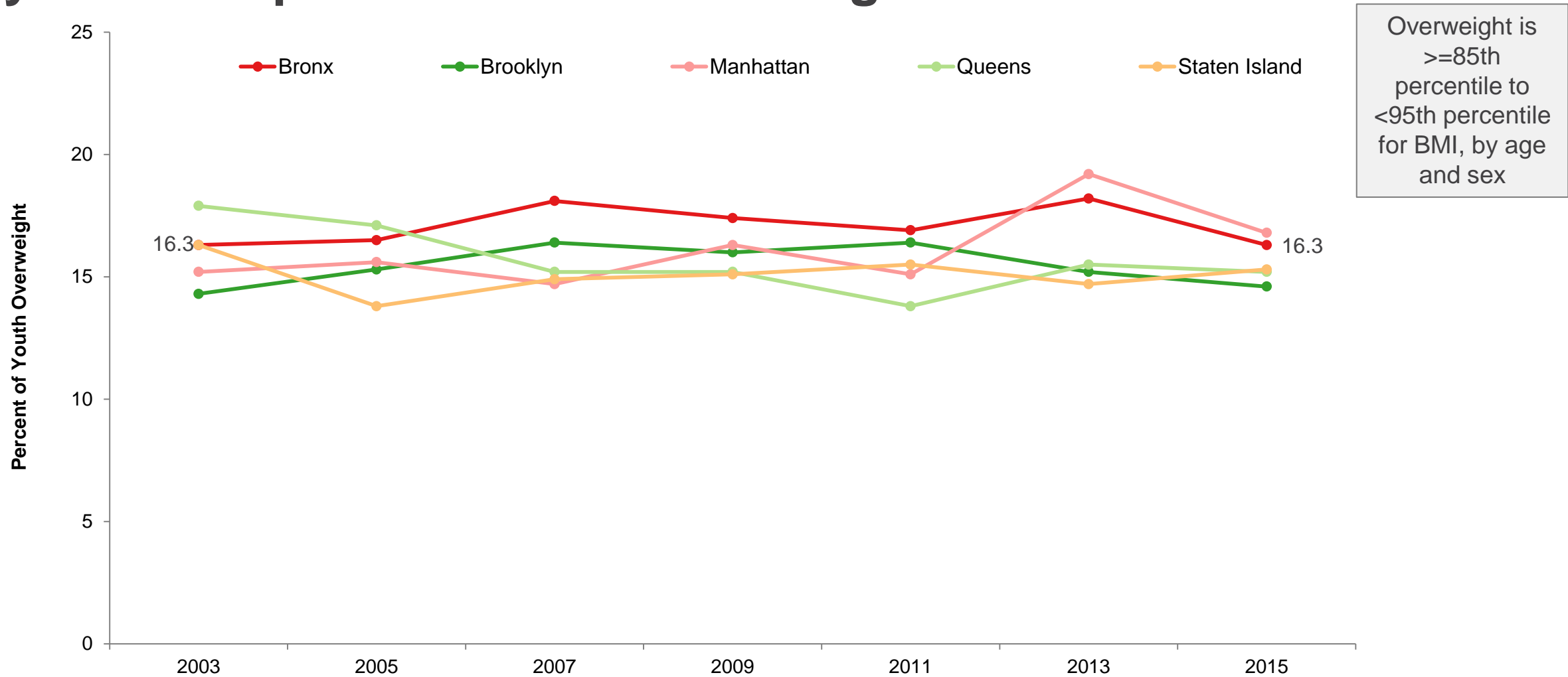
Bronx Males are more likely to be obese than Bronx females



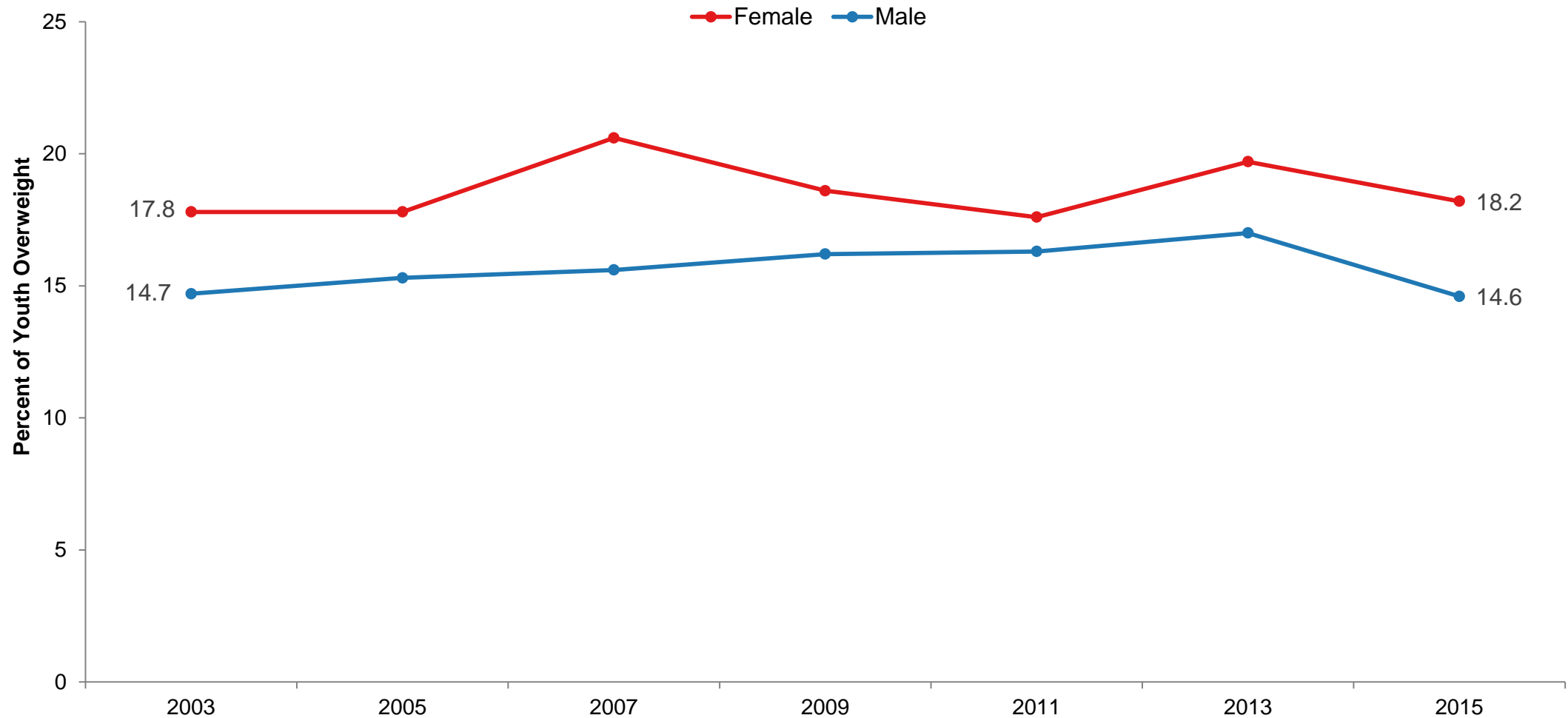
Bronx males, 16 year olds, and Hispanic youth are the most likely to be obese



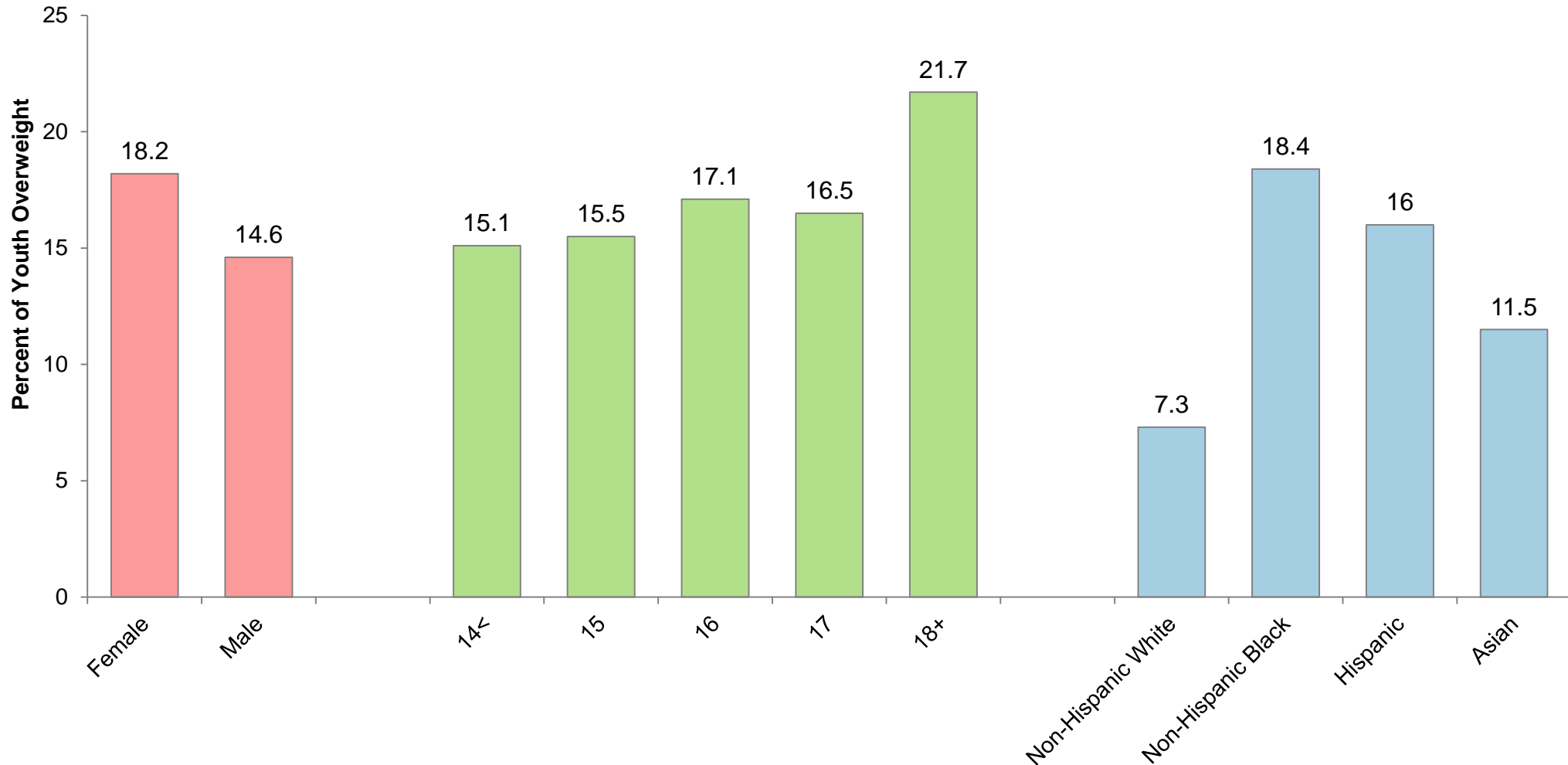
The Bronx has the second highest percent of overweight youth compared to all NYC boroughs



More female youth are overweight than male youth in the Bronx

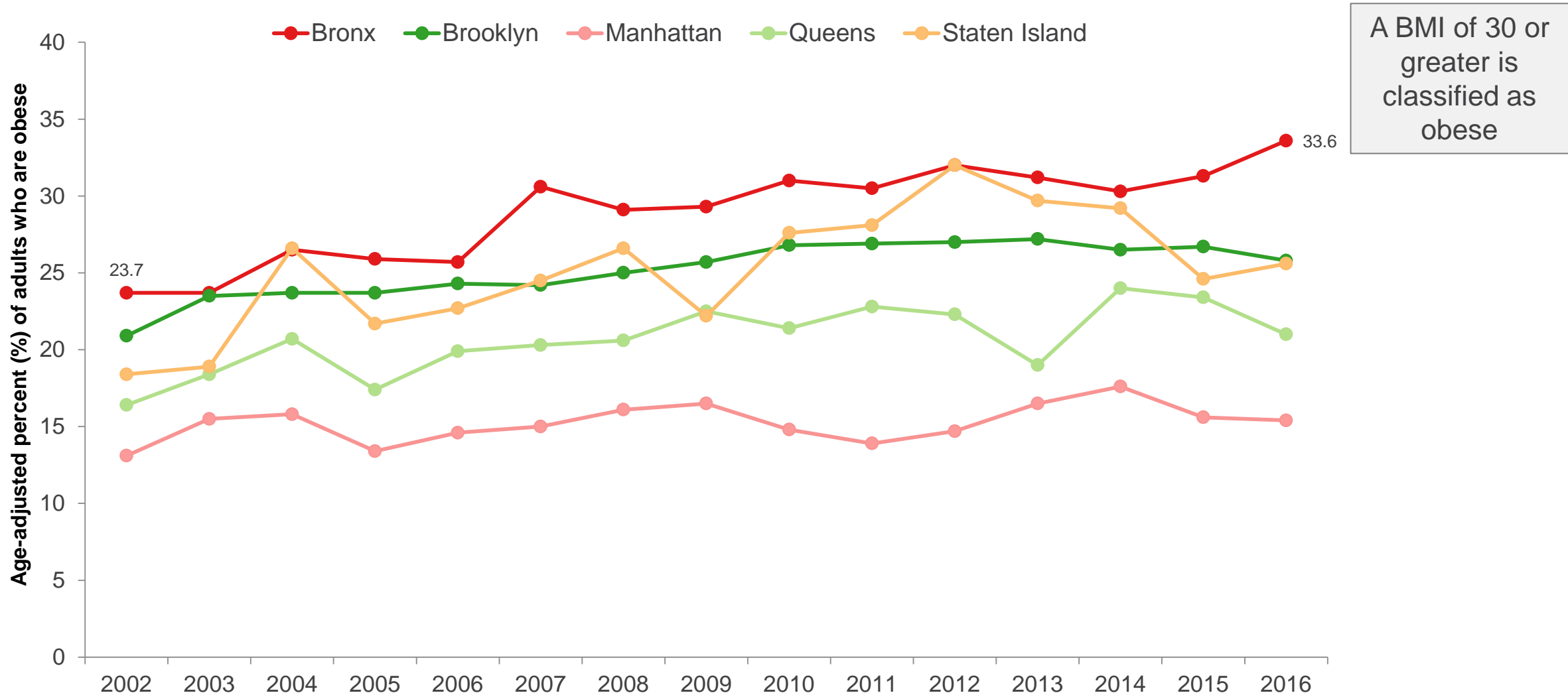


Females, those 18 and older, and non-Hispanic black youth are the most likely to be overweight



Adult Overweight and Obesity

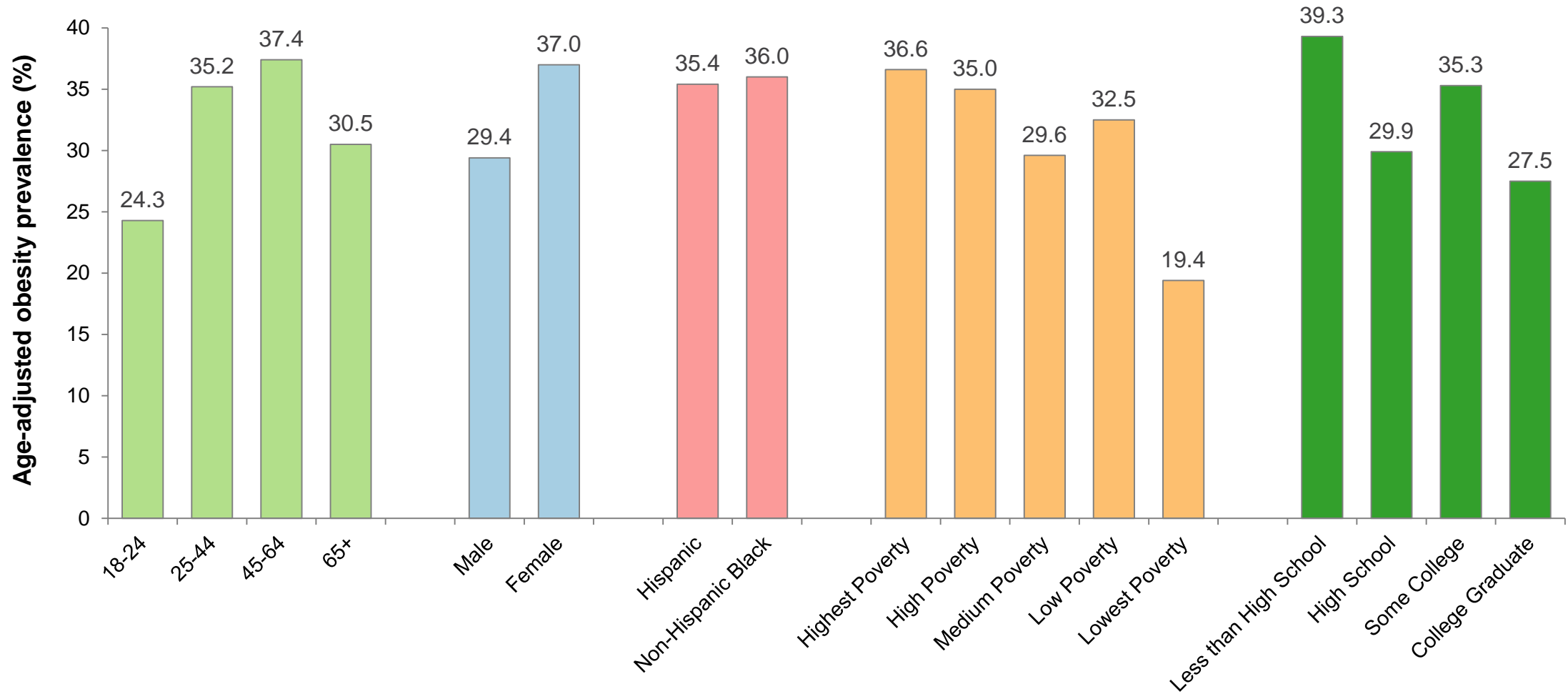
The Bronx has the highest percent of obese adults of all NYC boroughs



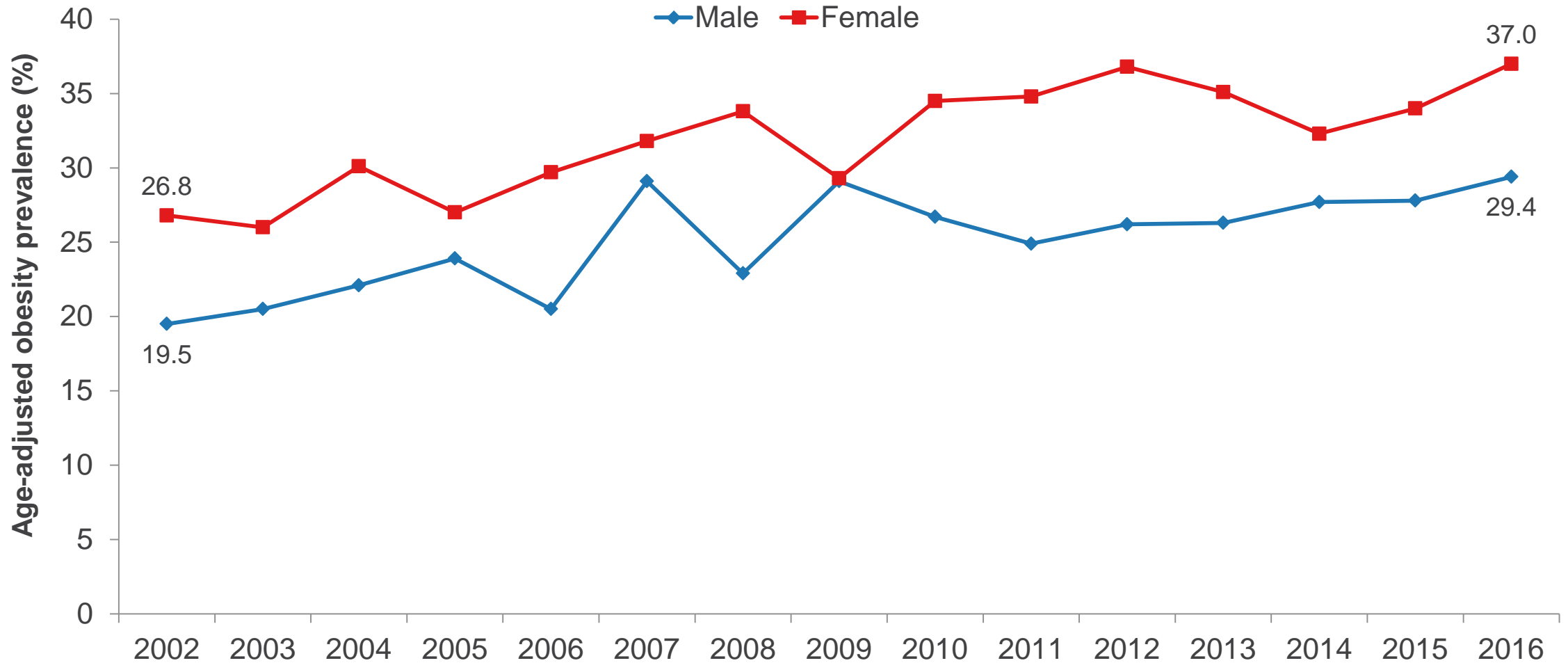
Data source: Community Health Survey, 2002-2016.

Body Mass Index (BMI) is calculated based on respondents self-reported weight and height.

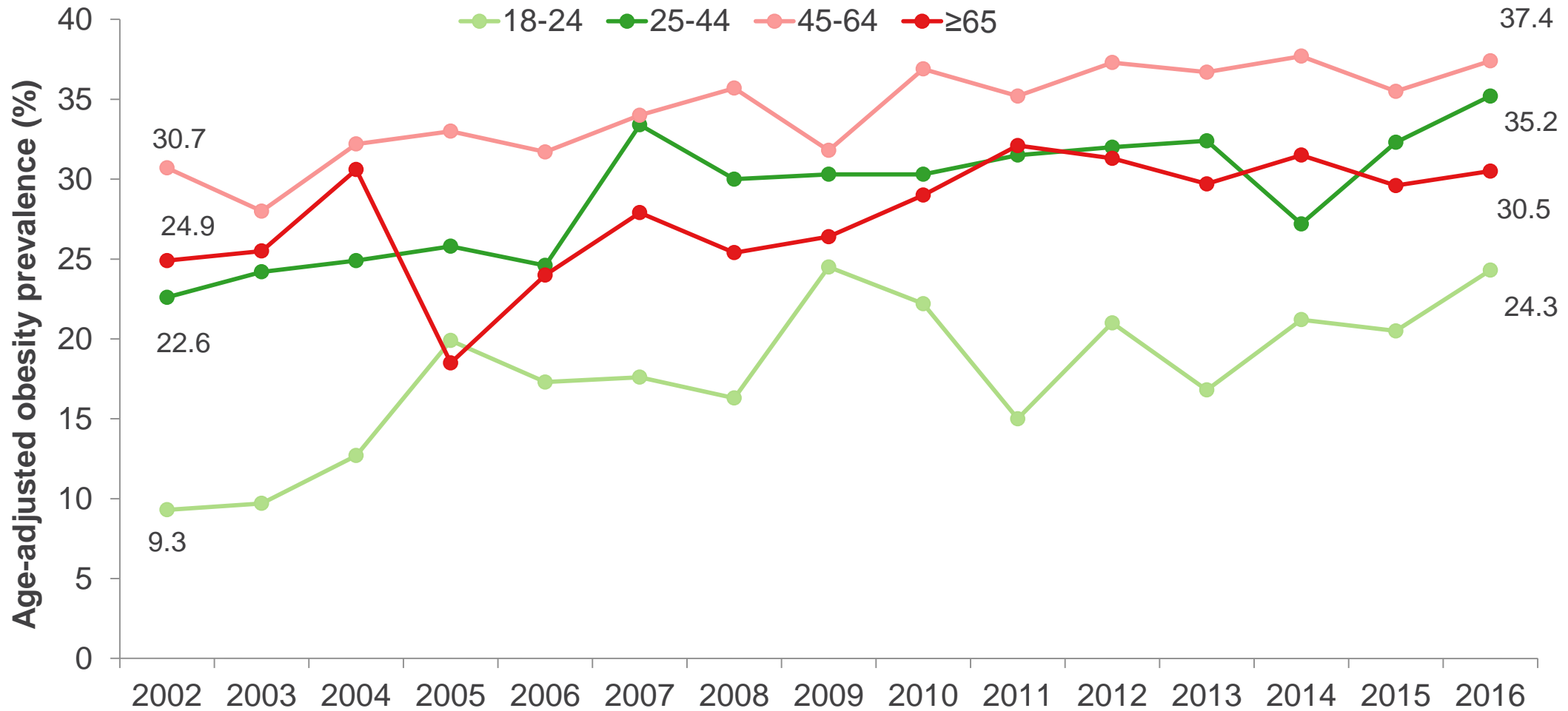
Obesity is more common among women and individuals of lower socioeconomic status



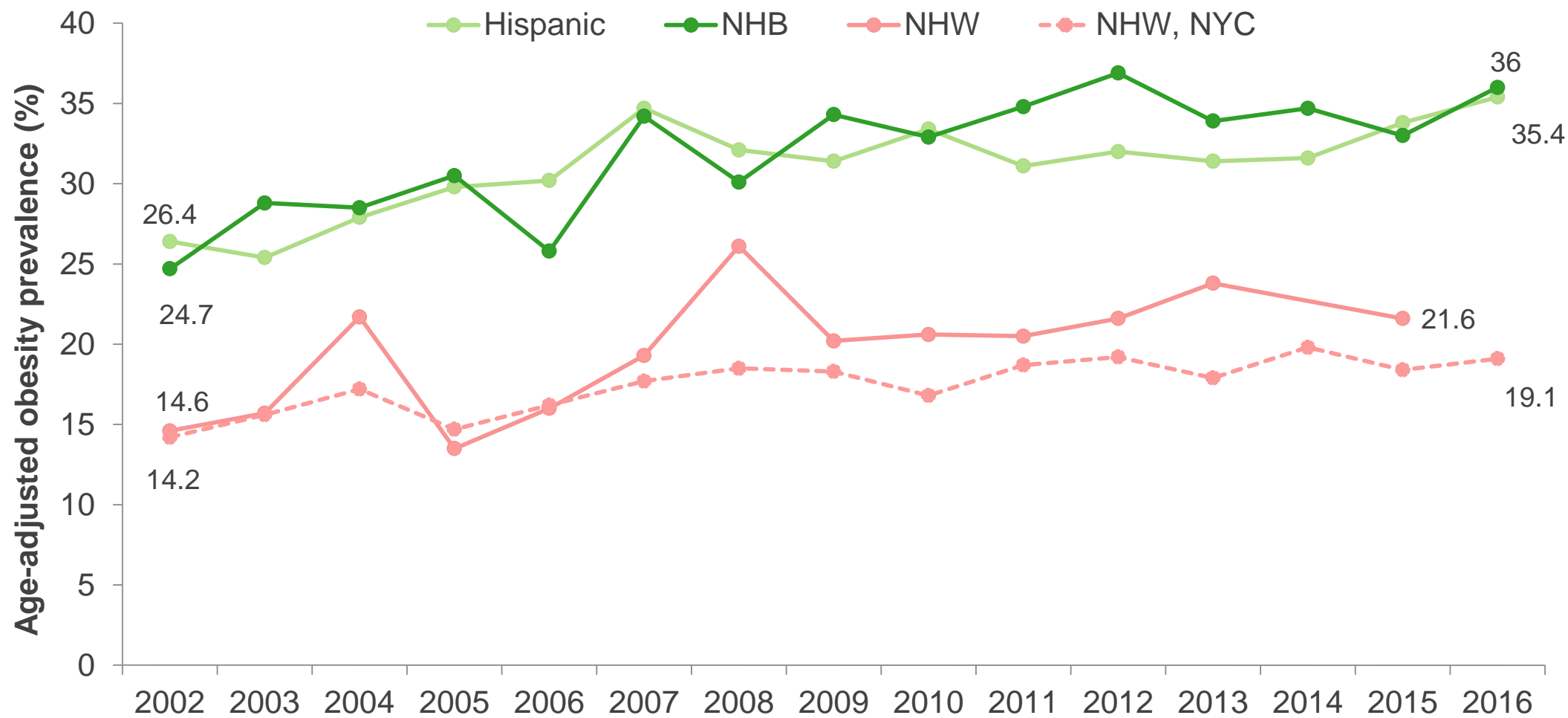
Bronx females are more likely to be obese than Bronx males and obesity has increased in both groups



Obesity is highest for Bronx adults aged 45-64, but the increase has been particularly dramatic for those 18-24y



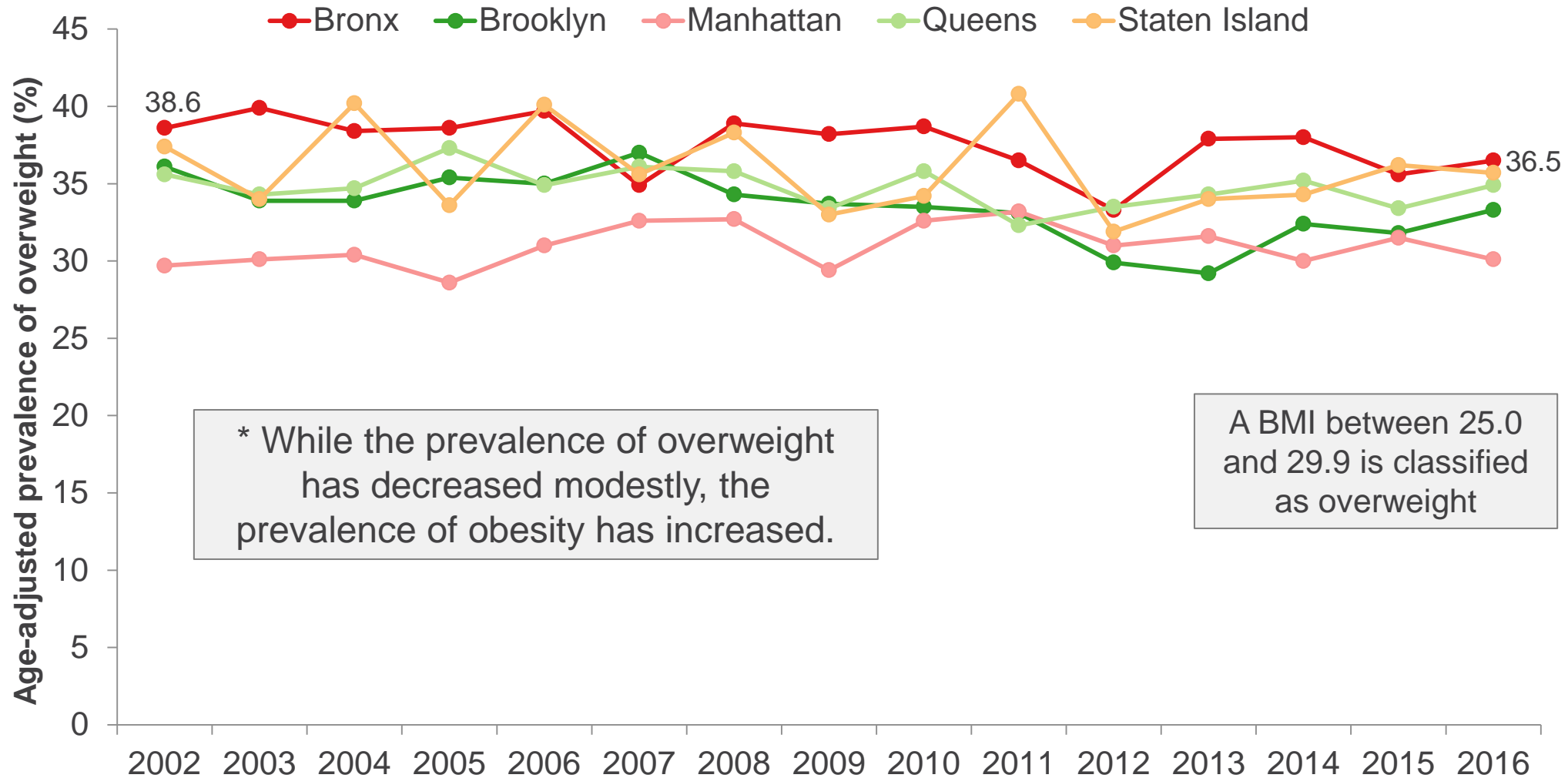
Trends in adult obesity have increased for all race/ethnicity groups in the Bronx and disparities have remained constant



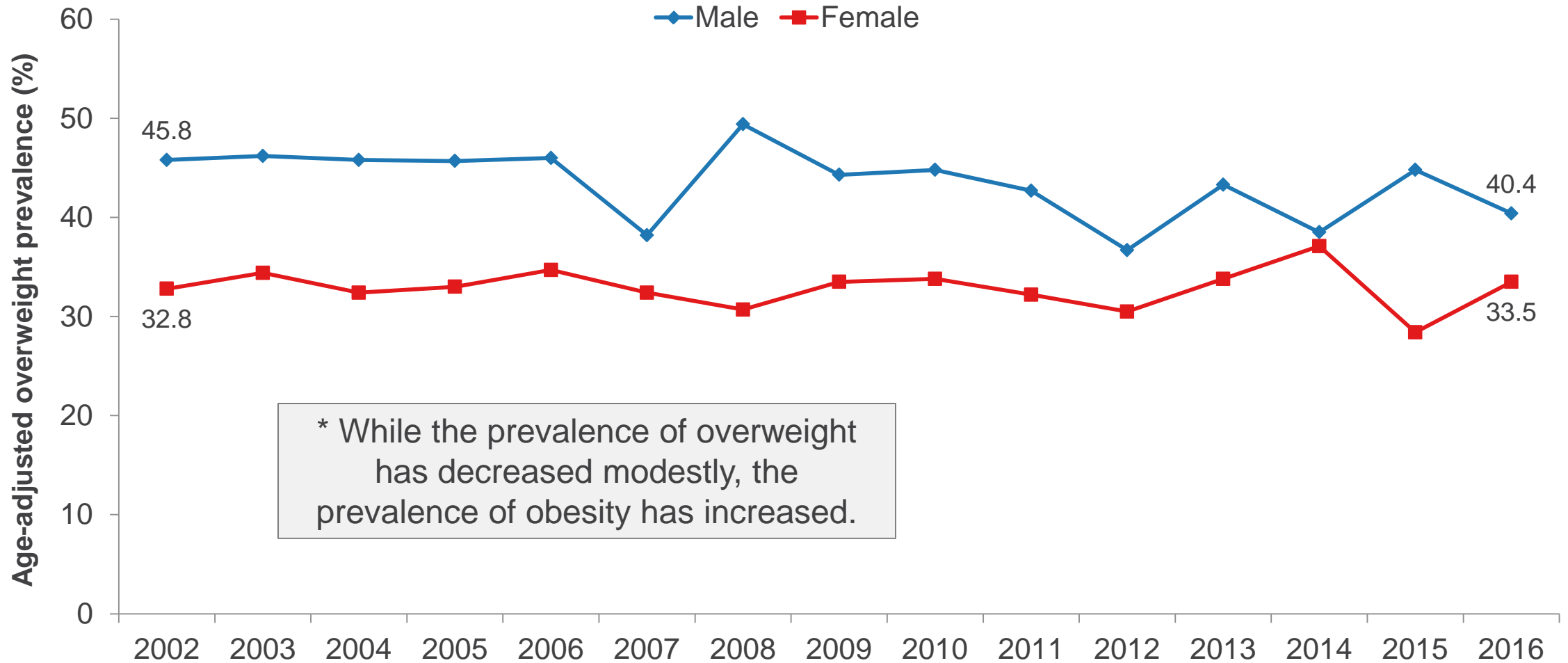
Data source: Community Health Survey, 2002-2016.

Data for non-Hispanic whites living in the Bronx is not presented in years that the estimate is statistically imprecise. Body Mass Index (BMI) is calculated based on respondents self-reported weight and height.

The Bronx has the second highest percent of overweight adults of all NYC boroughs



Bronx males are more likely to be overweight than females, and the prevalence of overweight has decreased modestly*



About the Community Health Dashboard Project

- The goal of the project is to provide Bronx-specific data on risk factors and health outcomes with an emphasis on presenting data on trends, socio-demographic differences (e.g., by age, sex, race/ethnicity, etc.) and sub-county/neighborhood level data
- Data will be periodically updated as new data becomes available.
- Produced by Montefiore's Office of Community & Population Health using publicly-available data sources
- For more information please contact Colin Rehm, PhD, Manager of Research & Evaluation (crehm@montefiore.org).