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

Adult obesity is highest in USA compared to other OECD countries

Children defined as those aged 5-17 years of age.
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.

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.

Data source: New York City Youth Risk Behavior Survey, 2015 (Grades 9-12).
Age group data is not age-adjusted.
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

Data captured biennially and not available before 2007.
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.


Age group data is not age-adjusted.
The Bronx has the highest percent of youth reporting consumption of 1 or more sugary drinks in the past 7 days.


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.
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?

Data source: New York City Youth Risk Behavior Survey, 2005-2015 (Grades 9-12).

Data captured biennially.
Male Bronx youth have a higher percent reporting consumption of 1 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?

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

Data source: Community Health Survey, 2002-2016.

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)

Percent of Adults Eating 5 or More Servings of Fruit and/or Vegetables Yesterday

Bronx Brooklyn Manhattan Queens Staten Island

Bronx

Brooklyn

Manhattan

Queens

Staten Island

Distribution of Fruit & Vegetable Consumption in the Bronx (2016)
Individuals of higher socioeconomic status are more likely to consume ≥5 servings of fruits and vegetables.

Data source: Community Health Survey, 2016.
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.

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.

Data source: Community Health Survey, 2016.
Age group data is not age-adjusted.
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.

![Graph showing percent of youth physically active for 60 minutes per day on 7 of last 7 days across different boroughs in New York City.](Image)


Data captured biennially and not available before 2007.
A greater percent of Bronx male youth report being physically active for 60 minutes each day in the last 7 days.

<table>
<thead>
<tr>
<th>Year</th>
<th>Male</th>
<th>Female</th>
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<td>15.1</td>
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<td>2015</td>
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</table>


Data captured biennially and not available before 2007.
Bronx males, aged 16, and non-Hispanic black youth are most likely to have exercised for 60 minutes each day of the last week.

Data source: New York City Youth Risk Behavior Survey, 2015 (Grades 9-12).

Age group data is not age-adjusted.
Adult Exercise
The Bronx has the lowest percentage of adults that report exercising in the previous 30 days amongst all NYC boroughs.

During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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

Data source: Community Health Survey, 2016.

Age group data is not age-adjusted.
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 ≥85th percentile but <95th percentile. Childhood obesity is defined as those with a BMI ≥95th 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

Obese is >=95th percentile for BMI, by age and sex


Data captured biennially and not available before 2003.
Bronx Males are more likely to be obese than Bronx females

Data captured biennially and not available before 2003.
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.

Overweight is \( \geq 85\text{th} \) percentile to \(<95\text{th} \) percentile for BMI, by age and sex.

Data captured biennially and not available before 2003.
More female youth are overweight than male youth in the Bronx

Data captured biennially and not available before 2003.
Females, those 18 and older, and non-Hispanic black youth are the most likely to be overweight

<table>
<thead>
<tr>
<th>Age</th>
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<td>18.7</td>
<td>18.5</td>
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<td>25.3</td>
</tr>
</tbody>
</table>

Data captured biennially and not available before 2007.
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.

Data source: Community Health Survey, 2016.

Age group data is not age-adjusted.
Bronx females are more likely to be obese than Bronx males and obesity has increased in both groups.

Data source: Community Health Survey, 2002-2016.

Body Mass Index (BMI) is calculated based on respondents self-reported weight and height.
Obesity is highest for Bronx adults aged 45-64, but the increase has been particularly dramatic for those 18-24 years old.

Data source: Community Health Survey, 2002-2016.

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

A BMI between 25.0 and 29.9 is classified as overweight.

* While the prevalence of overweight has decreased modestly, the prevalence of obesity has increased.

Data source: Community Health Survey, 2002-2016.

Body Mass Index (BMI) is calculated based on respondents self-reported weight and height.
Bronx males are more likely to be overweight than females, and the prevalence of overweight has decreased modestly*

* While the prevalence of overweight has decreased modestly, the prevalence of obesity has increased.

Data source: Community Health Survey, 2002-2016.

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