Health among Russian-Speaking Adults in New York City

New York City Community Health Survey, 2007

New York City Department of Health and Mental Hygiene
Bureau of Epidemiology Services

ABOUT THIS REPORT

This report summarizes data from a special analysis of the 2007 New York City Community Health Survey (NYC CHS), conducted by the NYC Department of Health and Mental Hygiene, Bureau of Epidemiology Services. The CHS is an annual telephone health survey of approximately 10,000 adults age 18 and older. Topics covered include health care access (e.g., primary care provider), health behaviors (e.g., smoking), and health outcomes (e.g., general health status).

METHODOLOGY

The CHS uses a stratified random sample of non-institutionalized adults age 18 or older in order to produce representative citywide estimates. It is important to note that the survey does not capture individuals without any telephone service and those who have only a cellular phone. For more information on the CHS sampling design and methodology, questionnaires, and public datasets, visit "Community Health Survey" at nyc.gov/health/survey.

This analysis primarily uses survey data for the year 2007. In some instances, data from 2006 and 2007 were combined to increase sample size. The Russian-speaking population was defined as respondents who answered 'Russian' to the following question: "What language do you speak most often at home?" This group may include persons born in any country (more than 99% were born outside the U.S.), and may exclude some adults born in Russia who primarily speak a language other than Russian at home (about 1 in 5 Russian-born adults). The sample n of Russian-speaking adults was 298 in CHS 2006, and 334 in CHS 2007.

UNDERSTANDING THE DATA

Prevalence estimates and 95% confidence intervals are presented for all health indicators in this report. Prevalence is defined as the percent of persons with the disease or outcome within a population. All prevalence estimates of health-related variables are age adjusted to the US 2000 Standard Population. Estimates for specific age groups, gender, borough and income are not age adjusted. Confidence intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate. CIs tend to be larger when the sample size is small and narrower when the sample size is large.

Bar graphs are used to compare the prevalence of various demographics and health topics between Russian-speaking and other NYC adults. The vertical (y) axis represents the prevalence (or percent), and the horizontal (x) axis labels each group.

MORE DATA

- For other New York City Health data and publications, visit My Community's Health at nyc.gov/health/mycommunityshealth.
- For an interactive, online system to access CHS and other data by geographic and demographic characteristics, visit Epiquery at nyc.gov/health/EpiQuery.

Suggested citation: Jasek J, Raufman J, Corey C, Gupta L, Olson C. Health among Russian-Speaking Adults in New York City, Community Health Survey 2007, NYC DOHMH.

Russian as primary language

Russian-speaking adults in this report are defined as New Yorkers who report speaking Russian as their primary language at home.

Russian-speaking NYC adults differ from other NYC adults in several key demographic and health-related respects. Russian-speaking NYC adults are older than other NYC adults: about 35% are older than 65 years, compared with only 15% of other NYC adults. They are also more likely to live in households with incomes below the Federal Poverty Level (32% vs. 20%). In addition, Russian-speaking adults are heavily concentrated in Brooklyn (76%), whereas only about 30% of the total NYC adult population lives in that borough.

Smoking is much more prevalent among Russian-speaking adults than among other NYC adults (29% vs. 17%), particularly among men (35% vs. 20%) and adults ages 18 to 44 years (42% vs. 18%). Russian-speaking NYC adults are also more likely to have high blood pressure than other NYC adults (39% vs. 27%).

Russian-speaking adults are also less likely than other NYC adults to have received several preventive health measures. Russian-speaking females are less likely to have gotten a Pap test for cervical cancer in the past three years (64% vs. 80%). In addition, Russian-speaking NYC adults ages 50 years and older are less likely to have received a flu shot than other NYC adults in the past year (30% vs. 42%).

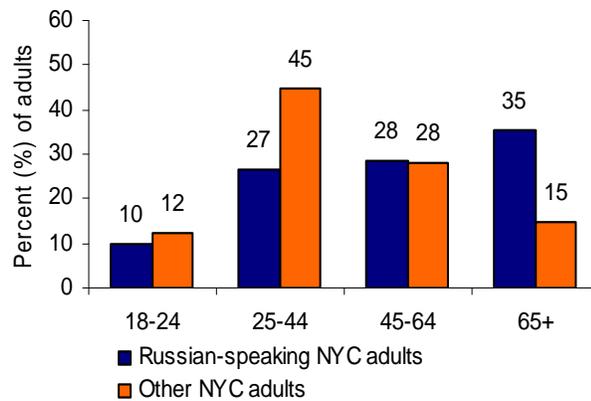# RUSSIAN-SPEAKING ADULTS DEMOGRAPHICS

NYC Russian-speaking adults compared with adults speaking any other language at home by:
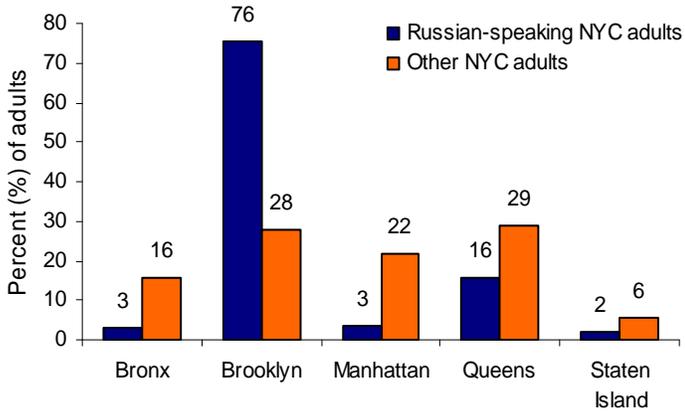
SEX
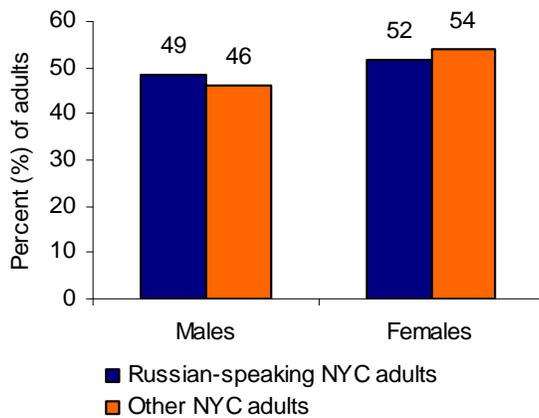
Source: Community Health Survey, 2007

AGE

Source: Community Health Survey, 2007

	Russian-speaking NYC adults		Other NYC adults	
	%	95% CI	%	95% CI
Sex				
Males	48.5	(41.8, 55.2)	46.0	(44.6, 47.4)
Females	51.5	(44.8, 58.2)	54.0	(52.6, 55.4)
Age				
18-24	9.6	(5.3, 16.7)	12.4	(11.3, 13.6)
25-44	26.7	(20.7, 33.8)	44.8	(43.4, 46.2)
45-64	28.3	(23.1, 34.2)	28.0	(27.0, 29.1)
65+	35.4	(29.8, 41.4)	14.8	(14.0, 15.6)

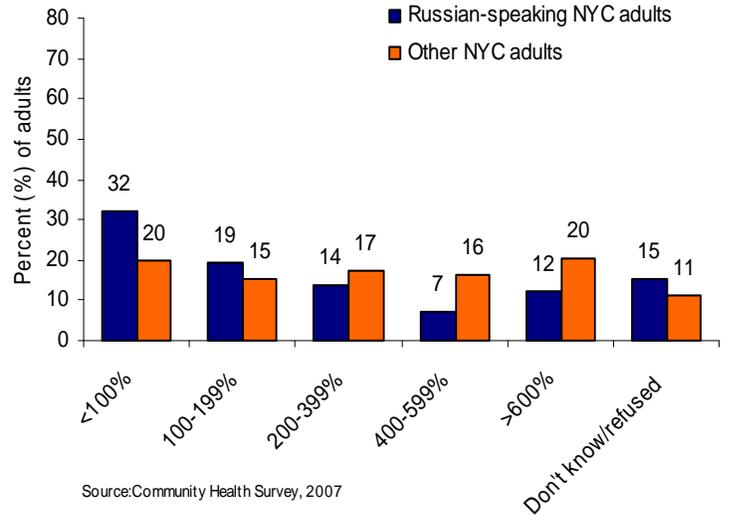## NYC Russian-speaking adults compared with adults speaking any other language at home by:

| BOROUGH | INCOME (% of Federal Poverty Level) |

Source:Community Health Survey, 2007

Source:Community Health Survey, 2007

	Russian-speaking NYC adults		Other NYC adults	
	%	95% CI	%	95% CI
Borough				
Bronx	3.1*	(1.5, 6.6)	15.7	(15.1, 16.4)
Brooklyn	75.6	(69.3, 80.9)	28.1	(27.4, 28.9)
Manhattan	3.4*	(1.6, 7.1)	21.6	(20.8, 22.5)
Queens	15.7	(11.3, 21.5)	28.9	(28.1, 29.8)
Staten Island	2.2*	(0.8, 5.7)	5.6	(5.3, 5.9)
Income (% FPL)**				
<100	32.2	(26.7, 38.2)	19.7	(18.5, 20.8)
100-199	19.2	(14.0, 25.7)	15.3	(14.3, 16.4)
200-399	14.0	(9.5, 20.1)	17.3	(16.2, 18.4)
400-599	7.2	(4.5, 11.3)	16.3	(15.3, 17.4)
>600	12.2	(8.5, 17.3)	20.4	(19.3, 21.6)
Don't know/refused	15.2	(10.8, 20.9)	11.1	(10.2, 12.1)

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.
**Federal Poverty Level

HEALTH CARE ACCESS AMONG RUSSIAN-SPEAKING ADULTS

Three quarters of Russian-speaking adults (75%) have a primary care doctor.

NYC Russian-speaking adults compared with adults speaking any other language at home by:

Primary Care Doctor: "Do you have one person or more than one person you think of as your personal doctor or health care provider?"
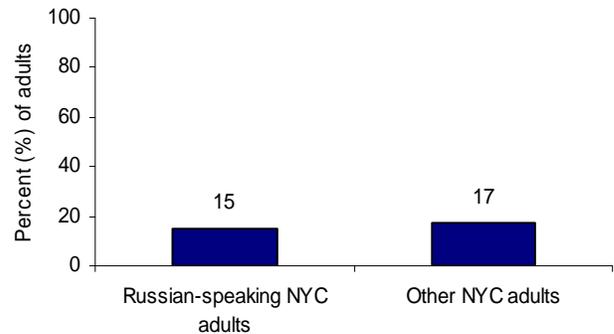
Uninsured: "What type of health insurance do you use to pay for your doctor or hospital bills?"

HAS PRIMARY CARE DOCTOR
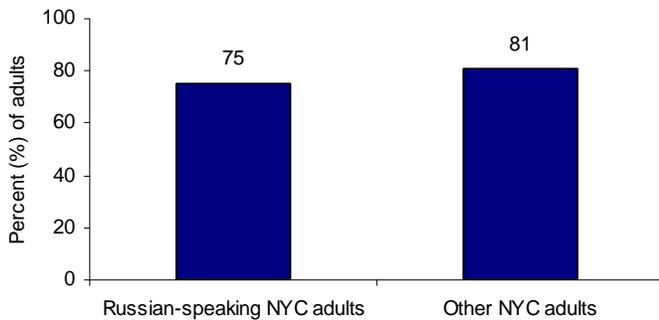
Source: Community Health Survey, 2007. Percents are age adjusted.

UNINSURED

Source: Community Health Survey, 2007. Percents are age adjusted.

	Russian-speaking NYC adults		Other NYC adults	
	%	**95% CI**	%	**95% CI**
Has Primary Care Doctor	74.9	(66.6, 81.6)	80.9	(79.7, 82.0)
Uninsured	14.6	(9.4, 22.0)	17.4	(16.3, 18.5)

PHYSICAL AND MENTAL HEALTH AMONG RUSSIAN-SPEAKING ADULTS

Russian-speaking adults are almost twice as likely to report being in fair/poor health (37%) as other NYC adults (21%).

NYC Russian-speaking adults compared with adults speaking any other language at home by:

General Health Status: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Social Isolation: determined by a modified version of the Lubben Social Network Scale, which asks questions about social contact with family and friends.
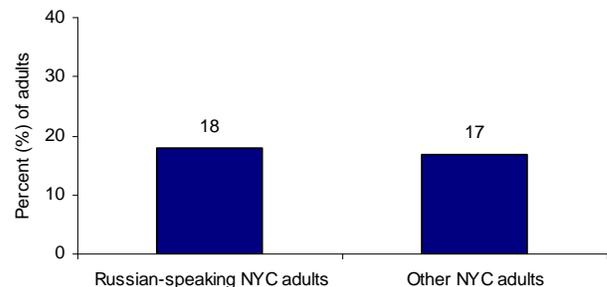
History of depression: "Have you ever been told by a doctor, nurse or other health professional that you have depression?

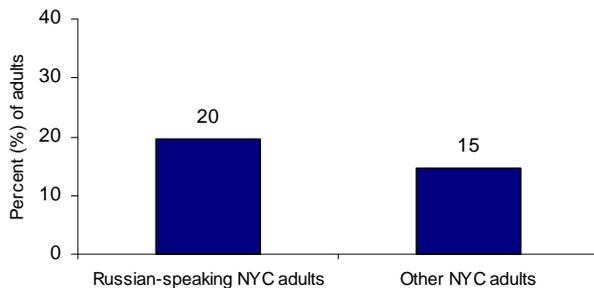### FAIR OR POOR SELF REPORTED HEALTH
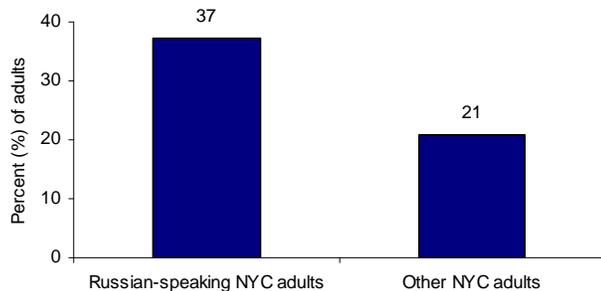
Source: Community Health Survey, 2007. Percents are age adjusted.

AT RISK FOR SOCIAL ISOLATION

Source: Community Health Survey, 2007. Percents are age adjusted.

HISTORY OF DEPRESSION

Source: Community Health Survey, 2007. Percents are age adjusted.

|	Russian-speaking NYC adults		Other NYC adults	
	%	**95% CI**	**%**	**95% CI**
Fair/poor self-reported health	37.2	(32.0, 42.8)	20.9	(20.0, 22.0)
At risk for social isolation	18.0	(12.3, 25.5)	16.7	(14.6, 19.0)
History of depression	19.5	(13.9, 26.6)	14.7	(13.8, 15.7)

HEALTH BEHAVIORS AMONG RUSSIAN-SPEAKING ADULTS

Russian-speaking adults are almost two times as likely to be current smokers as other NYC adults (29% vs. 17%).

## NYC Russian-speaking adults compared with adults speaking any other language at home by:

Smoking status: *"Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes everyday, some days, or not at all? Answers combined to estimate prevalence of current smokers."*
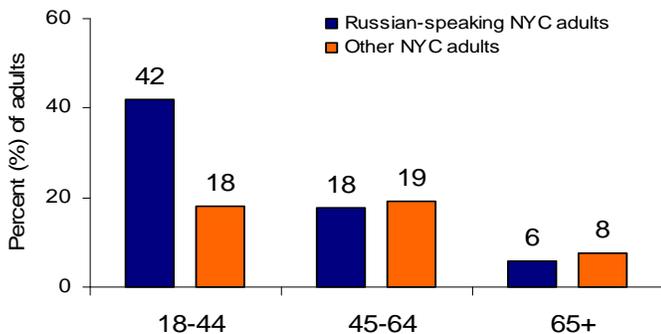
CURRENT SMOKERS
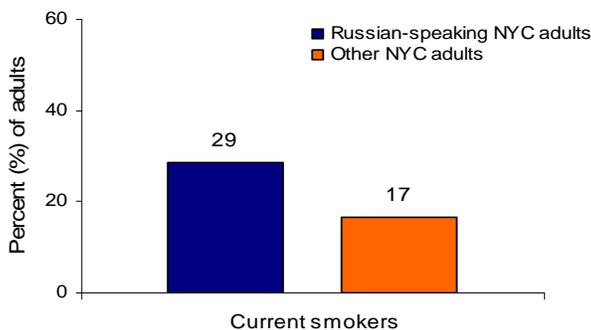
Source:Community Health Survey, 2007. Percents are age adjusted

CURRENT SMOKERS BY SEX
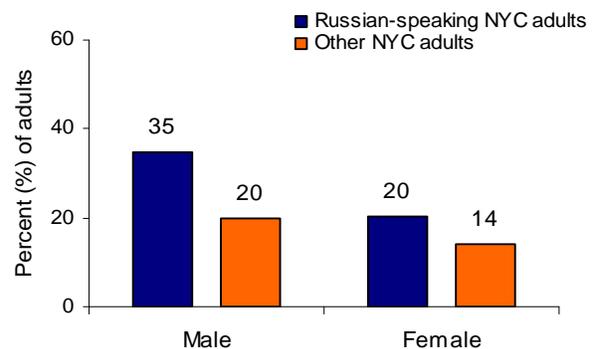
Source:Community Health Survey, 2006-07. Percents are age adjusted

CURRENT SMOKERS BY AGE

Source:Community Health Survey, 2006-07. Percents are age adjusted

CURRENT SMOKING AMONG RUSSIAN-SPEAKING ADULTS IN NYC

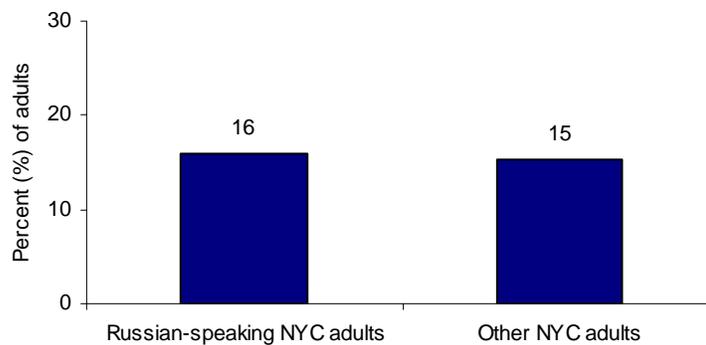|	Russian-speaking NYC adults		Other NYC adults	
	%	**95% CI**	**%**	**95% CI**
Overall	28.5	(21.4, 36.8)	16.6	(15.6, 17.7)
Sex				
Men	34.6	(24.4, 46.4)	19.7	(18.1, 21.4)
Women	20.3	(13.3, 29.7)	13.9	(12.7, 15.2)
Age				
18-44	41.8	(28.7, 56.2)	18.1	(16.5, 19.8)
45-64	17.7	(11.3, 26.7)	19.3	(17.7, 21.1)
65+	5.7	(2.9, 10.9)	7.6	(6.4, 9.1)

HEALTH BEHAVIORS AMONG RUSSIAN-SPEAKING ADULTS

Nearly one in six Russian-speaking adults reports binge drinking in the past month (16%).

NYC Russian-speaking adults compared with adults speaking any other language at home by:

Binge drinking: *"Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?"*

BINGE DRINKING

Source: Community Health Survey, 2007. Percents are age adjusted.

	Russian-speaking NYC adults		Other NYC adults	
	%	95% CI	%	95% CI
Binge drinker	15.9	(9.8, 24.7)	15.3	(14.2, 16.4)

HEALTH OUTCOMES AMONG RUSSIAN-SPEAKING ADULTS

Russian-speaking adults are more likely to have been told by a health professional that they have high blood pressure than other NYC adults (39% vs 27%).

NYC Russian-speaking adults compared with adults speaking any other language at home by:

Obesity: *Body Mass Index (BMI) is calculated based on respondents' self-reported weight and height. A person with a BMI of 30 or greater is classified as obese.*

High Blood Pressure: *"Have you ever been told by a doctor or other health care professional that you have hypertension, also called high blood pressure?"*
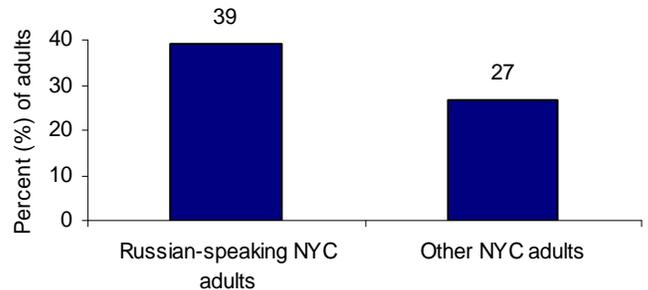
Diabetes: *"Have you eve been told by a doctor, nurse, or other health professional that you have diabetes?"*
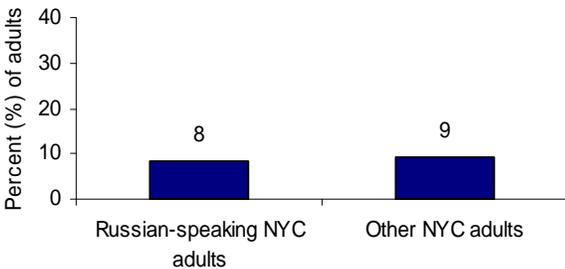
OBESITY
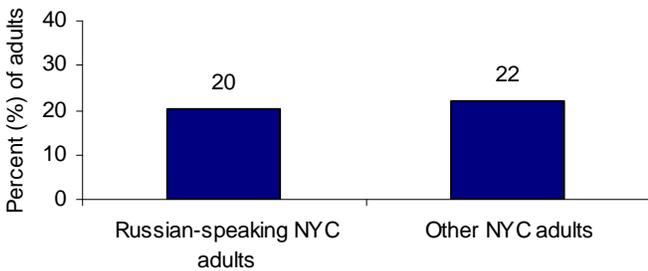
Source: Community Health Survey, 2007. Percents are age adjusted.

HIGH BLOOD PRESSURE

Source: Community Health Survey, 2007. Percents are age adjusted.

DIABETES

Source: Community Health Survey, 2007. Percents are age adjusted.

	Russian–speaking NYC adults		Other NYC adults	
	%	**95% CI**	**%**	**95% CI**
High BP	39.0	(32.0, 46.5)	26.8	(25.9, 27.9)
Obese	20.3	(15.1, 26.6)	22.1	(21.0, 23.2)
Diabetes	8.2	(6.0, 11.0)	9.2	(8.6, 9.9)

# HEALTH SCREENINGS AMONG RUSSIAN-SPEAKING ADULTS

Russian-speaking women are less likely to have had a pap test within the past three years than other women in New York City (64% vs 80%).

NYC Russian-speaking adults compared with adults speaking any other language at home by:

HIV testing: "Have you had an HIV test in the last 12 months?"
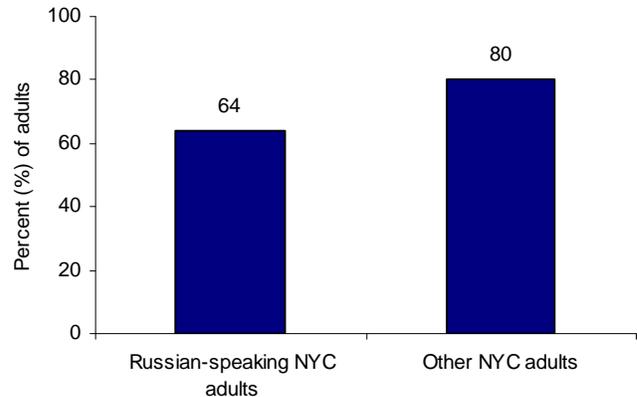
Cervical cancer screening: "A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear? If so, how long has it been since your last Pap smear?"

HIV TEST (in past 12 months)
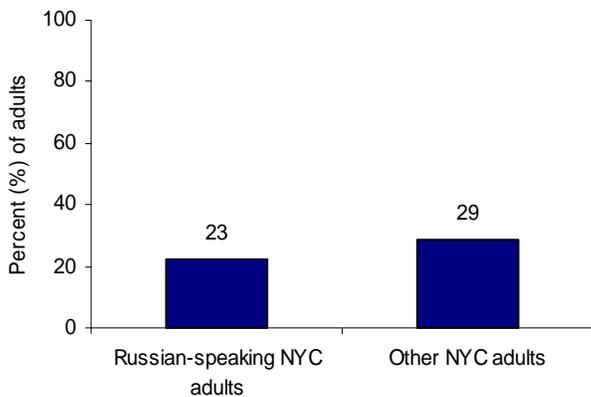
Source: Community Health Survey, 2007. Percents are age adjusted

PAP TEST (in past 3 years)

Source: Community Health Survey, 2007. Percents are age adjusetd.

	Russian-speaking NYC adults		Other NYC adults	
	%	**95% CI**	**%**	**95% CI**
HIV test (past 12 months)	22.6	(15.8, 31.2)	28.8	(27.6, 30.1)
Pap test (past 3 years)	63.9	(51.8, 74.5)	80.3	(78.7, 81.8)

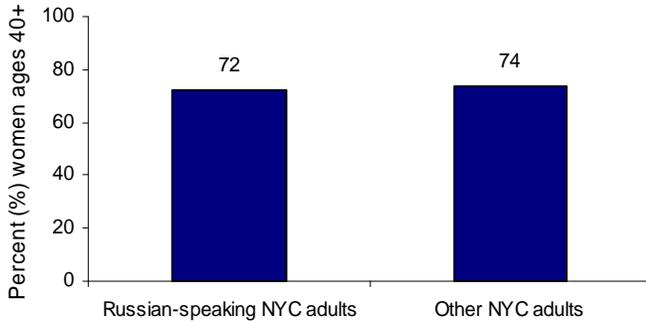# HEALTH SCREENINGS AMONG RUSSIAN-SPEAKING ADULTS

Only about half (56%) of Russian-speaking adults ages 50 years and older have had a colonoscopy within the past ten years.

NYC Russian-speaking adults compared with adults speaking any other language at home by:

Breast cancer screening (among women ages 40 and older): "Have you ever had a mammogram? How long has it been since your last mammogram?"
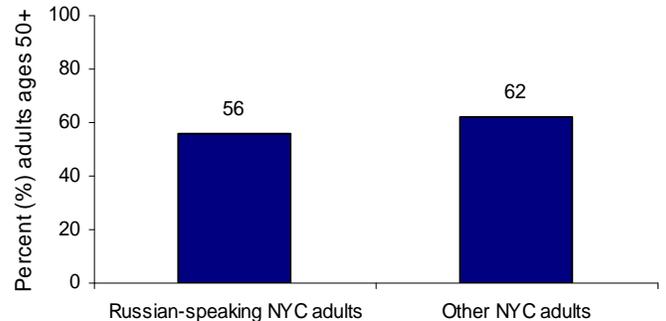
Colon cancer screening (among adults ages 50 and older): "Colonoscopy is an exam in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had a colonoscopy? When was your most recent colonoscopy performed?"

MAMMOGRAM (in past 2 years)   COLONOSCOPY (in past 10 years)

Source: Community Health Survey, 2007. Percents are age adjusted.

Source: Community Health Survey, 2007. Percents are age adjusted.

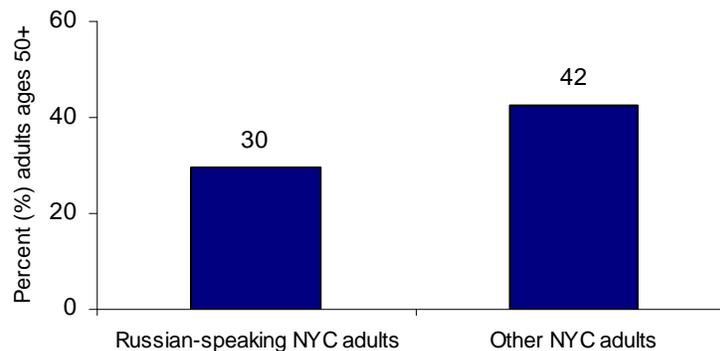|	Russian-speaking NYC adults		Other NYC adults	
	%	**95% CI**	%	**95% CI**
Mammogram (past 2 years)	72.2	(61.6, 80.8)	73.8	(71.9, 75.5)
Colonoscopy (past 10 years)	55.8	(47.6, 63.6)	62.0	(60.2, 63.8)

HEALTH PREVENTION AMONG RUSSIAN-SPEAKING ADULTS

> **Russian-speaking adults ages 50 years and older in NYC are less likely to have had a flu shot within the past year than other adults in NYC (30% vs 42%).**

NYC Russian-speaking adults compared with adults speaking any other language at home by:

Flu vaccination: *"During the past 12 months, have you had a flu shot in your arm or a flu vaccine that was sprayed in your nose?"*

FLU SHOT (in past 12 months)

Source: Community Health Survey, 2007. Percents are age adjusted.

	Russian-speaking NYC adults		Other NYC adults	
	%	**95% CI**	%	**95% CI**
Flu shot (past 12 months)	29.5	(23.9, 35.9)	42.3	(40.5, 44.1)