The Health of West Queens

(Including Corona, Elmhurst, Jackson Heights, Maspeth, and Woodside)
This community health profile highlights important health issues facing the residents of West Queens, with a special focus on preventable causes of illness and death. Preventing illness requires people making healthy life choices, neighborhood resources that promote healthy living, and high-quality, accessible medical care.

New York City is the most diverse city in the U.S. This is reflected in the unique character of each neighborhood. Strategies to improve New Yorkers’ health should take local concerns into account and be based on an understanding of how decisions at the city level affect local residents. The burden of illness and death does not fall equally across New York City’s neighborhoods. One of the primary goals of the Department of Health and Mental Hygiene is to reduce and eliminate these disparities by improving health in communities with the greatest need.

Improving the health of all New Yorkers requires the involvement and cooperation of individual residents, community-based organizations, and the public health community. We hope that this health profile will support this effort in West Queens and across New York City.

Thomas R. Frieden, MD, MPH
Commissioner

Snapshots From the Census

Age

More than one fifth of West Queens residents are children and 1 in 10 is over 65
Children (0-17 years) 22% 24%
Adults (18-64 years) 68% 64%
Adults (65 years and above) 10% 12%

Race/Ethnicity

Compared to New York City as a whole, more people in West Queens are of Hispanic and Asian race/ethnicity

Country of Origin

Almost 6 in 10 residents of West Queens were born outside the U.S. (Top 3 countries of origin: Ecuador, Colombia, Dominican Republic)
West Queens 59% foreign-born
New York City 36% foreign-born
This summary shows how the health of residents of West Queens compares to 41 other neighborhoods in New York City. In general, people living in West Queens have a moderate burden of illness and mortality. The challenge of improving these indicators does not fall only on neighborhood residents but is a shared responsibility between all sectors of society.

### West Queens compared to 41 other NYC neighborhoods

<table>
<thead>
<tr>
<th>Category</th>
<th>Below Average (bottom 10)</th>
<th>Average (middle 22)</th>
<th>Above Average (top 10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>General health</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maternal and child health</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Infectious diseases</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>(including pneumonia, influenza, HIV/AIDS)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chronic diseases</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>(including heart disease, diabetes, lung diseases)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prevention in doctors’ offices</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>(including cancer screening and immunizations)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access to medical care</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

*Please see the technical notes on page 11 for details on how these measures were calculated.*

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### How Residents Rate Their Own Health

In a recent survey, adults in West Queens and across New York City were asked to rate their own health. The options were "Excellent," "Very Good," "Good," "Fair," and "Poor." In West Queens, 20% said their health is "Poor" or "Fair." How people rate their own health is a good indication of the overall health of a community.
Heart disease and cancer caused the most deaths in 2001 among West Queens residents. The death rates for most causes were generally slightly lower in West Queens than in New York City as a whole.

Leading Causes of Death in West Queens, 2001

<table>
<thead>
<tr>
<th>Leading Cause of Death</th>
<th>No. of deaths</th>
<th>Death rate (per 100,000 people)*</th>
<th>Death rate (per 100,000 people)*</th>
<th>Higher by</th>
<th>Lower by</th>
</tr>
</thead>
<tbody>
<tr>
<td>All causes</td>
<td>2,412</td>
<td>618</td>
<td>736</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Heart disease</td>
<td>1,049</td>
<td>279</td>
<td>304</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td>568</td>
<td>144</td>
<td>167</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Pneumonia and influenza</td>
<td>95</td>
<td>25</td>
<td>32</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Stroke</td>
<td>78</td>
<td>20</td>
<td>24</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Accidents and injuries</td>
<td>72</td>
<td>16</td>
<td>15</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Chronic lung disease</td>
<td>66</td>
<td>18</td>
<td>21</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td>56</td>
<td>14</td>
<td>22</td>
<td>35%</td>
<td></td>
</tr>
<tr>
<td>AIDS</td>
<td>39</td>
<td>8</td>
<td>22</td>
<td>65%</td>
<td></td>
</tr>
<tr>
<td>Neurologic disease and dementia</td>
<td>28</td>
<td>7</td>
<td>8</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Liver disease</td>
<td>28</td>
<td>7</td>
<td>7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Age-adjusted

Premature death

People who die before age 75 can be thought of as dying prematurely. The difference between 75 years and the age of a person who dies before that is called the “years of potential life lost.” Almost half the years of potential life lost in West Queens were due to 2 causes: cancer and heart disease/stroke. Smoking is, by far, the leading preventable cause of these illnesses.
Causes of hospitalization

Heart disease is the leading cause of adult hospitalization in West Queens. The hospitalization data also reveal the burden of illness due to injuries, mental illness, and alcohol abuse. Hospitalization rates in West Queens are lower than in New York City as a whole.

<table>
<thead>
<tr>
<th>Leading Causes of Hospitalization in Adults in West Queens, 2001</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>West Queens</strong></td>
</tr>
<tr>
<td><strong>No. of admissions</strong></td>
</tr>
<tr>
<td>All causes</td>
</tr>
<tr>
<td>Heart disease</td>
</tr>
<tr>
<td>Accidents and injuries</td>
</tr>
<tr>
<td>Mental illness</td>
</tr>
<tr>
<td>Cancer</td>
</tr>
<tr>
<td>Pneumonia and influenza</td>
</tr>
<tr>
<td>Stroke</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>Alcohol-related</td>
</tr>
<tr>
<td>Chronic lung disease</td>
</tr>
<tr>
<td>Asthma</td>
</tr>
</tbody>
</table>

*Age-adjusted

Mental illness

Depression is a common and serious health problem that often goes undiagnosed but is treatable. Other treatable mental health problems, such as anxiety, affect many New Yorkers. The high number of hospitalizations for mental illness among West Queens residents is one indication of the burden of mental illness there. In addition, in a recent telephone survey, 8% of adults in West Queens — corresponding to about 30,000 people — reported experiencing serious emotional distress.
HIV/AIDS

While the number of AIDS deaths has dropped dramatically across New York City over the past decade, HIV/AIDS remains a very serious public health problem. More than 200 people are diagnosed with HIV each year in West Queens, and thousands of people are living with HIV/AIDS.

<table>
<thead>
<tr>
<th>HIV/AIDS in West Queens, 2001</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of people newly diagnosed with HIV</td>
</tr>
<tr>
<td>Number of people living with HIV/AIDS</td>
</tr>
</tbody>
</table>

The health of mothers and children is an important measure of the overall health of a community. Ensuring that children get a healthy start and learn healthy behaviors has many long-term benefits.

Maternal and infant health

Three important measures of maternal and infant health are:

1. Early prenatal care (care initiated in the first trimester)
2. Low birthweight, which increases the risk for many health problems
3. Infant mortality (deaths of babies under one year of age)

Many pregnant women in West Queens do not receive timely prenatal care.
Children’s health

**Asthma**
Asthma affects a large number of New York City’s children and is a leading cause of missed school days and hospitalizations. There were 285 asthma hospitalizations among children in West Queens in 2001.

**Injuries**
Injury is a preventable threat to children’s health. In 2001, 335 children in West Queens were hospitalized with injuries, including those from falls, burns, and motor-vehicle crashes.

**Lead poisoning**
Lead can cause neurologic, learning, and behavioral problems, and lowered intelligence. While the number of lead-poisoned children in New York City has decreased over the past decade, the goal is to eliminate lead poisoning by preventing children’s exposure to lead paint and other sources of lead. There were 329 children newly diagnosed with lead poisoning in West Queens in 2001 (defined as blood levels over 10 µg/dL).

All children in New York City must have a blood lead test at 1 and 2 years of age.
Promoting healthy behaviors and reducing risks

Smoking
Smoking causes heart disease, stroke, emphysema, lung cancer, and many other illnesses. Currently, about one quarter of adults in West Queens smoke. Most, however, want to quit, and more than half tried last year. There are a number of highly effective strategies, including medication (such as the nicotine patch) and counseling, to help smokers quit.

Stopping smoking is the most important thing smokers can do to improve their health.

Exercise, obesity, and diabetes
As New Yorkers exercise less and eat more, we are becoming more overweight. Being overweight puts people at risk for heart disease and many other health problems, especially diabetes. Diabetes is a chronic illness that can lead to heart attack, blindness, kidney failure, and amputations. Many New Yorkers are not getting enough exercise and are obese.* Even modest increases in exercise and reductions in weight can reduce the risk of diabetes by more than half.

* The Centers for Disease Control and Prevention recommends that adults get either moderate exercise for at least 30 minutes, 5 or more times per week, or vigorous exercise for at least 20 minutes, 3 or more times per week. Obesity is defined by someone’s “weight for height” — otherwise known as the “body mass index” or BMI — being over 30. “Overweight” is defined by a BMI over 25. Everyone should aim for a BMI less than 25. For example, a 5’10” man who weighs less than 175 lbs and a 5’4” woman who weighs less than 145 lbs have BMIs less than 25. To calculate BMI, visit www.cdc.gov/nccdphp/dnpa/bmi/bmi-adult.htm.
Alcohol
Heavy drinking is responsible for many preventable illnesses, injuries, and deaths, including those caused by motor-vehicle crashes and other accidents, liver disease, and cancer. One pattern of alcohol misuse that can lead to violence and health problems is “binge” drinking (consuming 5 or more drinks on one occasion).

![Bar chart showing thousands of adults in West Queens binge drink at least once a month.](chart1)

Risk behaviors for HIV
Many adults in West Queens — nearly 1 in 12 — report at least one of the following behaviors that put them at risk for HIV: using injection drugs, having unprotected anal intercourse, exchanging sex or drugs for money, or having a sexually transmitted disease.

![Bar chart showing many adults in West Queens are at high risk for HIV infection.](chart2)
Opportunities for prevention
The medical community — doctors, nurses, counselors, and others — can help prevent illness. Screening and treatment for high blood pressure, high cholesterol, and cancer can prolong life. Flu and pneumonia vaccinations prevent many hospitalizations and deaths. Counseling to quit smoking or control drinking is highly effective and helps people who want to improve their health.

Access to care
Preventing and treating illness depends on people’s ability to access high-quality medical care. This means having health insurance and a “medical home” — a personal doctor or nurse practitioner. Many West Queens residents have poor access to medical care: about 69,000 people report no current health care coverage; 55,000 people did not get needed medical care in the past year; and 108,000 people do not have a personal doctor.

Cancer screening and other preventive services
Cancer screening and other clinical services can prevent or reduce the severity of many illnesses. This graph shows how rates in West Queens compare to New York City as a whole and to some national goals.
People’s ability to increase healthy behaviors and improve their health is influenced by the conditions in which they live. A healthy environment that includes adequate housing, neighborhood resources such as supermarkets and parks, community services such as daycare, and safety, is essential in preventing disease and promoting health. The graph below gives an indication of the vulnerability of many West Queens residents, reflected in high rates of not graduating from high school, living in poverty, and feeling unsafe in their neighborhood.

![Vulnerability of the neighborhood — education, poverty, and safety](image)

**Technical notes**

**Data sources**

**How the report card was calculated**
Ranks in each category were computed by combining several standardized (z-scores) measures within the following categories: General health: Self-reported health status and all-cause mortality rate; Maternal and child health: All “Health of Mothers and Children” indices; Infectious disease: People living with HIV, pneumonia and influenza mortality, tuberculosis incidence, and gonorrhea incidence; Chronic diseases: Mortality and hospital admissions for heart disease, cancer, diabetes, and lung disease; Prevention in doctors’ offices: All listed indices; Access to medical care: All listed indices.

All rates are age-standardized to the NCHS Year 2000 standard. Mortality rates do not include residents of NYC who died outside the city. Infant mortality rates are 3-year averages, 1999-2001. Death rates are rounded to the nearest whole number; however, percentage differences between neighborhood and NYC rates are calculated based on more precise values.

Geographic definitions of neighborhoods are based on zip code aggregations (from the United Hospital Fund, New York, NY).

For more information on data collection and analysis, including detailed tables, please visit [www.nyc.gov/health](http://www.nyc.gov/health).
Community Health Profile for West Queens

Reports on 41 other New York City neighborhoods are available from the New York City Department of Health and Mental Hygiene by visiting: nyc.gov/health

by e-mailing: profiles@health.nyc.gov

or by writing to:
Community Health Profiles
New York City Department of Health and Mental Hygiene Division of Epidemiology
125 Worth Street, Room 315, CN-6
New York, NY 10013

For more information about the health issues covered in this report, please call 311.

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NYC Community Health Profiles

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NYC Community Health Profiles feature information about 42 neighborhoods in New York City.
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