Central Bronx

(Including Bathgate, Bronx Park South, Crotona, Morris Heights, Mt. Hope, and Tremont)
Community Health Profile, Second Edition: The Central Bronx

New York City is the most diverse city in the U.S. — a fact reflected in the distinct character of each neighborhood. The second edition of the Community Health Profiles uses Take Care New York (TCNY), the city’s health policy, to examine preventable causes of illness and death in all of NYC’s 42 neighborhoods. This report updates the 2002 profile (available at nyc.gov/health) by providing more recent and time-trend data, and a greater variety of health statistics. Key health issues in the Central Bronx include:

- Central Bronx residents experience more barriers to health care access than those in NYC overall, with more than one third without a regular doctor (36%) and a high proportion of residents (16%) visiting the emergency department for routine health care (page 5).
- Although death rates due to HIV disease have decreased during the past decade in the Central Bronx, they remain among the highest rates in the city (page 8).
- More than 6 in 10 adults in the Central Bronx are overweight or obese, increasing their risk of diabetes (pages 14).

Methods: While this report provides important information, it is not intended to be an exhaustive examination of the health of Central Bronx residents, as not all health problems and their causes could be covered. Only statistically significant findings are discussed in the text. For complete information on methods, see Technical Notes (page 15).

The Central Bronx at a Glance

### Population

<table>
<thead>
<tr>
<th>Total number of people living in the Central Bronx in 2000:</th>
</tr>
</thead>
<tbody>
<tr>
<td>199,500</td>
</tr>
</tbody>
</table>

### Age

<table>
<thead>
<tr>
<th>People in the Central Bronx are younger than in the Bronx and New York City overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx</td>
</tr>
<tr>
<td>0-17 years</td>
</tr>
<tr>
<td>18-24 years</td>
</tr>
<tr>
<td>25-44 years</td>
</tr>
<tr>
<td>45-64 years</td>
</tr>
<tr>
<td>65+ years</td>
</tr>
</tbody>
</table>

### Education

Central Bronx residents aged 25 and older have completed fewer years of education than those in the Bronx and NYC overall

<table>
<thead>
<tr>
<th>Central Bronx</th>
<th>Bronx</th>
<th>NYC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 8th grade</td>
<td>21%</td>
<td>16%</td>
</tr>
<tr>
<td>Some high school, no diploma</td>
<td>27%</td>
<td>22%</td>
</tr>
<tr>
<td>High school diploma</td>
<td>24%</td>
<td>26%</td>
</tr>
<tr>
<td>Some college, no degree</td>
<td>20%</td>
<td>22%</td>
</tr>
<tr>
<td>College graduate</td>
<td>8%</td>
<td>14%</td>
</tr>
</tbody>
</table>

### Poverty

In the Central Bronx, the percent of residents living below the poverty level is higher than in the Bronx and NYC overall

<table>
<thead>
<tr>
<th>Percent of residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx</td>
</tr>
<tr>
<td>41%</td>
</tr>
</tbody>
</table>

### Foreign-born

The percent of Central Bronx residents born outside the U.S. is lower than in NYC overall

<table>
<thead>
<tr>
<th>Central Bronx</th>
<th>Bronx</th>
<th>NYC</th>
</tr>
</thead>
<tbody>
<tr>
<td>30%</td>
<td>29%</td>
<td>36%</td>
</tr>
</tbody>
</table>

### Race / Ethnicity

The Central Bronx has a higher proportion of Hispanic and a lower proportion of white residents than the Bronx and NYC overall

- Central Bronx
  - Black: 32%
  - White: 2%
  - Hispanic: 62%

- Bronx
  - Black: 24%
  - White: 15%
  - Hispanic: 48%

- NYC
  - Black: 10%
  - White: 35%
  - Hispanic: 27%

Data Source: U.S. Census 2000/NYC Department of City Planning
Take Care Central Bronx

In 2004, the Health Department created a citywide health policy called Take Care New York (TCNY) to help improve the health of New Yorkers. TCNY identifies 10 key areas that cause significant illness and death but can be improved through intervention by individuals, health care providers, government agencies, and other organizations.

This report examines how well Central Bronx residents are doing on health indicators for each of the 10 TCNY goals. It examines areas in which the community is a health leader, as well as areas that need improvement. The TCNY report card below shows where the Central Bronx ranks among all 42 New York City neighborhoods. (See Technical Notes for information about how neighborhoods were defined and ranked.)

Take Care New York report card

The Central Bronx ranks below average on most indicators when compared to the 41 other NYC neighborhoods

<table>
<thead>
<tr>
<th>Take Care New York Goals</th>
<th>Below Average (bottom 10)</th>
<th>Average (middle 22)</th>
<th>Above Average (top 10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Have a regular doctor</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Be tobacco-free</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>3 Keep your heart healthy</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Know your HIV status</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>5 Get help for depression</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>6 Live free of alcohol and drugs</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>7 Get checked for cancer</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>8 Get the immunizations you need</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>9 Make your home safe and healthy</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>10 Have a healthy baby</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

How Residents Rate Their Own Health

Overall health

More than 1 in 3 adults in the Central Bronx consider themselves to be in fair or poor health

People are good at rating their own health. In general, when asked to rate their general health as excellent, very good, good, fair, or poor, those who say “fair” or “poor” are more likely to have health problems than those who report better health.

In the Central Bronx, residents are more likely to report being in fair or poor health (35%) than those in New York City overall (21%).

Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002-03-04
The death rate in the Central Bronx has decreased by more than 10% in the past decade, mirroring the decline in the death rate in NYC overall. However, the Central Bronx rate has remained consistently higher than the New York City overall rate.

In 2003-2004, the average annual death rate in the Central Bronx was similar to the Bronx rate but more than 15% higher than the rate in New York City overall (837/100,000 vs. 852/100,000 in the Bronx and 718/100,000 in NYC). Throughout this profile, cause-specific death rates are provided for TCNY goals.

### Premature death

People who die before age 75 can be thought of as dying early, or prematurely. If a person dies early, their years of potential life lost (YPLLs) can be calculated by subtracting their age at death from 75 years to get a measure of premature death.

The causes of premature death differ across communities. The primary cause of premature death in the Central Bronx is HIV-related disease, while in both the Bronx and New York City overall, the primary cause is cancer.

### Top 5 causes of years of potential life lost

Death related to HIV causes the most years of potential life lost in the Central Bronx.

- **HIV-related** 17% 2,950 years lost
- **Cancer** 14% 2,487 years lost
- **Heart Disease** 13% 2,290 years lost
- **Drug-related** 7% 1,235 years lost
- **Certain Perinatal Conditions** 8% 1,375 years lost
- **Other** 41% 7,006 years lost

*Other includes Homicide (6%), Accidents (4%), Congenital Conditions (3%), Suicide (3%), Chronic Lower Respiratory Disease (2%), and Other (2%).

Data Source: Bureau of Vital Statistics, NYC DOHMH, 2002-04
Access to good medical care helps people prevent illnesses, identify health conditions early, and treat health problems. Some conditions can and should be managed regularly outside the hospital. Higher rates of these avoidable hospitalizations can indicate reduced access to health care in a community.

Having a “medical home”—a personal doctor or other health care provider and a regular place of care other than the emergency department (ED)—is a critical component of good health care access. Central Bronx residents are more likely to be without a regular doctor (36%) than those in both the Bronx (26%) and NYC overall (24%). Central Bronx residents are also twice as likely to go to the ED when they are sick or need health advice (16%) as those in NYC overall (8%).

**Access to care**

Without a primary provider, people may seek routine health care in the emergency department (ED)

![Bar chart showing access to care in Central Bronx, Bronx, and NYC.](image)

Percents are age-adjusted.

Data Sources: NYC Community Health Survey 2002-03-04, NYC Community Health Survey 2003-04

**Health insurance**

Nearly 1 in 3 adults in the Central Bronx is uninsured or went without health insurance during the past year

![Bar chart showing health insurance status in Central Bronx, Bronx, and NYC.](image)

Percents are calculated for adults aged 18-64 and age-adjusted.

Data Source: NYC Community Health Survey 2003-04

Health insurance is important for access to health care. A similar proportion of residents in the Central Bronx (21%) and in New York City overall (18%) are currently uninsured. In addition, another 9% of residents in this community went without health insurance at some time during the past year.
GOAL 2  Be Tobacco-Free

Smoking is the leading cause of preventable death in New York City and the cause of many illnesses, including heart disease, stroke, emphysema, and lung cancer. One fifth of Central Bronx residents (20%) currently smoke. Many methods to quit smoking are available, and nearly 7 in 10 smokers in the Central Bronx (67%) are trying to kick the habit.

Resident who smoke
One in 5 adults in the Central Bronx smokes . . .

Attempts to quit smoking in the past year
. . . but most smokers are trying to quit

GOAL 3  Keep Your Heart Healthy

Heart disease can cause severe illness and death. Central Bronx residents had an average annual heart disease hospitalization rate in 2003-2004 that was 25% higher than the Bronx rate and nearly 50% higher than the rate in NYC overall (2,734/100,000 vs. 2,201/100,000 in the Bronx and 1,856/100,000 in NYC). Also, the heart disease hospitalization rate in this community has increased by more than 10% in the past decade. In contrast, the heart disease death rate in 2003-2004 (240/100,000) was lower than the rates in the Bronx (313/100,000) and NYC overall (297/100,000).

High blood pressure and high cholesterol. Both of these conditions contribute to heart disease. In the Central Bronx, 28% of adults were told by a health care professional that they have high blood pressure (similar to 29% in the Bronx and 26% in NYC overall), and one quarter (25%) were told that they have high cholesterol (similar to 24% in the Bronx and 26% in NYC overall).

Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002
In addition to smoking, high blood cholesterol and high blood pressure, other factors that put people at risk for heart disease — lack of physical activity and obesity — can be prevented or controlled.

Obesity can lead to a variety of health problems, including heart disease and diabetes. Rates of obesity are increasing rapidly in New York City and across the U.S., making it a major public health concern. In the Central Bronx, more than 1 in 4 adults (28%) are obese, which is 40% higher than in New York City overall (20%).

The increasing prevalence of obesity in the U.S. has contributed to an epidemic of diabetes. About 95% of diabetes cases are type 2 diabetes, which is strongly associated with obesity. Uncontrolled diabetes can worsen the harmful effects of high blood pressure, high cholesterol, and other risk factors for heart disease.

In the Central Bronx, more than 1 in 10 adults have diabetes (11%).

Physical activity helps people maintain a healthy weight and strengthens the cardiovascular system. More than half of Central Bronx residents (54%) report not exercising at all, compared to 43% of New York City residents. Only one third of residents in this community (36%) report exercising at least 3 days a week.

Centers for Disease Control and Prevention Recommendations

Adults should do either 20 minutes of vigorous exercise 3 times per week or 30 minutes of moderate exercise 5 times per week.
GOAL 4  Know Your HIV Status

Wide disparities exist in HIV across New York City communities. This is particularly apparent in the Central Bronx, where the rate of HIV diagnoses is twice the NYC overall rate, and the rate of people living with HIV/AIDS in the community is also twice the rate in NYC overall.

The death rate due to HIV disease has dropped by more than half during the past decade in this community. However, in 2003-2004, the average annual HIV-related death rate in the Central Bronx was still 35% higher than the Bronx rate and more than 3 times the NYC overall rate (60/100,000 vs. 39/100,000 in the Bronx and 18/100,000 in NYC).

**Death rate due to HIV**

HIV-related death rates in the Central Bronx are much higher than in NYC overall but have dropped dramatically in the past decade.

![Graph showing death rate due to HIV](image)

Rates are age-adjusted.


**HIV/AIDS in 2004**

<table>
<thead>
<tr>
<th>Total HIV diagnoses per 100,000 people* (13+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx: 112</td>
</tr>
<tr>
<td>Bronx: 86</td>
</tr>
<tr>
<td>New York City: 55</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% HIV diagnosed concurrently with AIDS** (13+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx: 33%</td>
</tr>
<tr>
<td>Bronx: 30%</td>
</tr>
<tr>
<td>New York City: 29%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>People living with HIV/AIDS per 100,000 people* (13+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx: 2,882</td>
</tr>
<tr>
<td>Bronx: 2,017</td>
</tr>
<tr>
<td>New York City: 1,419</td>
</tr>
</tbody>
</table>

*Rates are age-adjusted.

**Within 31 days of HIV diagnosis — crude percents

Data Source and Analysis: HIV Epidemiology Program, NYC DOHMH, 2004

HIV/AIDS testing and prevention

Everyone should know their HIV status. However, an estimated one quarter of New Yorkers living with HIV do not know they are infected, delaying treatment and increasing the risk that they will transmit the disease to others. Central Bronx residents are more likely to be tested for HIV than those in New York City overall (42% vs. 23%). However, one third of HIV positive test results (33%) are “late” diagnoses (HIV has already progressed to AIDS) in this community.

The most common way people get HIV is through sexual contact, and having multiple sex partners increases the risk of HIV. Condoms offer protection from HIV when engaging in sexual activities. Only 4 in 10 (41%) Central Bronx adults who had more than 1 sex partner in the past year reported using a condom at their last sexual encounter.

**HIV testing**

Central Bronx adults are more likely to have had an HIV test in the past year than those in NYC overall.

![Graph showing HIV testing](image)

Percents are age-adjusted.

Data Source: NYC Community Health Survey 2003

**Condom use at last sexual encounter**

Less than half of Central Bronx adults with multiple sex partners used a condom.

![Graph showing condom use](image)

Analysis limited to adults aged 18-64 who reported having >1 sex partner in the past year, excluding women who reported having sex only with women.

Percents are age-adjusted.

Data Source: NYC Community Health Survey 2002-03-04
GOAL 5  Get Help for Depression

Psychological distress
One in 10 adults in the Central Bronx suffers from serious psychological distress

Depression is a serious but treatable health condition that frequently goes undiagnosed. Serious psychological distress is associated with depression and other mental illnesses. Central Bronx residents are more likely to experience serious psychological distress than those in NYC overall (10% vs. 6%).

Mental illness
Hospitalizations for mental illness are higher in the Central Bronx

Hospitalization rates are one way to look at serious mental illness in a neighborhood. Residents in the Central Bronx have had a higher rate of mental illness hospitalizations over the past 10 years (excluding alcohol- or drug-related illness) than those in the Bronx and New York City overall. In 2003-2004, the community’s average annual rate of mental illness hospitalizations (1,096/100,000) was higher than both the Bronx rate (949/100,000) and the rate in New York City overall (813/100,000).

Understanding hospitalizations and access to health care. Hospitalization data are useful in understanding the burden that certain conditions place on the health care system, but not necessarily in measuring the exact extent of illness in a community. Variations in hospitalization rates may reflect not only differences in rates of illness, but also differences in access to health care. For example, the kinds of health institutions available to residents differ by community, as might the ability of residents to pay for those resources. If a community has a specialized residential institution for a certain type of disease, such as mental illness or stroke, people from outside that neighborhood may come to reside at this institution for care, resulting in an increase in reported hospitalizations for that disease in the community.
GOAL 6 Live Free of Dependence on Alcohol and Drugs

**Binge drinking**

More than 1 in 7 adults in the Central Bronx engaged in binge drinking in the past month

<table>
<thead>
<tr>
<th></th>
<th>Percent of adults (18+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx</td>
<td>15</td>
</tr>
<tr>
<td>Bronx</td>
<td>12</td>
</tr>
<tr>
<td>New York City</td>
<td>14</td>
</tr>
</tbody>
</table>

Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002-03-04

**Alcohol-related hospitalizations**

The alcohol-related hospitalization rate in the Central Bronx is double the NYC rate

The death rate due to drugs in 2003-2004 was more than twice as high in the Central Bronx as in NYC overall (25/100,000 vs. 10/100,000).

The drug-related hospitalization rate in the Central Bronx was higher (2,006/100,000) than in the Bronx (1,258/100,000) and nearly twice the rate in NYC overall (595/100,000).

The death rate due to drugs in 2003-2004 was also twice as high (2,006/100,000) than in the Bronx (1,258/100,000) and nearly twice the rate in NYC overall (595/100,000).

The abuse of alcohol and drugs can lead to many preventable injuries, illnesses, and deaths, including injury in motor-vehicle crashes, liver disease, and violence.

Estimates of binge drinking represent the risk of immediate alcohol-related problems, such as alcohol-poisoning, injury and violence. In the Central Bronx, 15% of adults report engaging in at least one episode of binge drinking (defined as consuming 5 or more drinks on one occasion) in the past month.

Alcohol-related hospitalizations reflect both acute and chronic (e.g., liver disease) consequences of alcohol abuse. The alcohol-related hospitalization rate in the Central Bronx has increased by more than 40% in the last decade. In 2003-2004, the average annual alcohol-related hospitalization rate in this community was higher than in the Bronx and double the New York City overall rate (955/100,000 vs. 569/100,000 in the Bronx and 439/100,000 in NYC).

Drug-related hospitalizations reflect both acute and chronic (e.g., liver disease) consequences of alcohol abuse. The alcohol-related hospitalization rate in the Central Bronx has increased by more than 40% in the last decade. In 2003-2004, the average annual alcohol-related hospitalization rate in this community was higher than in the Bronx and double the New York City overall rate (955/100,000 vs. 569/100,000 in the Bronx and 439/100,000 in NYC).

The drug-related hospitalization rate in 2003-2004 was also higher (2,006/100,000) than in the Bronx (1,258/100,000) and nearly twice the rate in NYC overall (595/100,000).

The death rate due to drugs in 2003-2004 was more than twice as high in the Central Bronx as in NYC overall (25/100,000 vs. 10/100,000).

Drug-related deaths

The drug-related death rate is twice as high in the Central Bronx as in NYC overall

Rates are age-adjusted.

Rates are age-adjusted.
Cancer screening can save lives by preventing disease, catching cancer in its early stages and providing opportunities for treatment. TCNY has set specific screening targets for cervical, breast, and colon cancers. Women in the Central Bronx are more likely to be getting Pap tests for cervical cancer than women in NYC overall, but their rate of mammograms for breast cancer is lower than the TCNY target of more than 85%. In addition, only about one third of adults aged 50 and older in the Central Bronx have had a colonoscopy in the past 10 years.

The death rate due to cancer has remained fairly steady in the Central Bronx during the past decade. The 2003-2004 average annual cancer death rate was the same as the Bronx rate but 15% higher than the rate in NYC overall (185/100,000 vs. 185/100,000 in the Bronx and 161/100,000 in NYC).

Preventing cancer and related deaths. Individuals can reduce their risk of the most common cancers. Never smoking or quitting the habit greatly reduces the risk of lung and other cancers. High colon and breast cancer death rates highlight the importance of getting recommended screenings so treatment can begin early.

The highest cancer-related death rates among men in the Central Bronx are due to lung, prostate, and colon cancers. Among women, colon, breast, and lung cancers are the top 3 causes of cancer-related death.
GOAL 8  Get the Immunizations You Need

Immunizations
Flu shot rates among older adults fall below the TCNY target and pneumococcal (pneumonia) immunizations are even lower

<table>
<thead>
<tr>
<th></th>
<th>Flu immunization in past year (adults aged 65+)</th>
<th>Pneumococcal immunization ever (adults aged 65+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx</td>
<td>53</td>
<td>37</td>
</tr>
<tr>
<td>Bronx</td>
<td>62</td>
<td>51</td>
</tr>
<tr>
<td>New York City</td>
<td>60</td>
<td>48</td>
</tr>
</tbody>
</table>

Data Source: NYC Community Health Survey 2002-03-04

Immunizations are not just for kids. Of all the deaths that could have been prevented by vaccination, 99% occur in adults. Take Care New York has set a target that more than 80% of adults aged 65 and older will get an annual flu (influenza) shot by 2008. The Central Bronx flu immunization rate among older adults falls short of the TCNY target by more than 50%.

Immunization rates for pneumonia are lower than those for flu across NYC. Only about one third of older adults in the Central Bronx (37%) have ever received the pneumococcal vaccine, which protects against one common cause of pneumonia.

GOAL 9  Make Your Home Safe and Healthy

Childhood lead poisoning
Lead poisoning among young children continues to be a problem

<table>
<thead>
<tr>
<th></th>
<th>Rate per 1,000 children tested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx</td>
<td>9</td>
</tr>
<tr>
<td>The Bronx</td>
<td>8</td>
</tr>
<tr>
<td>New York City</td>
<td>10</td>
</tr>
</tbody>
</table>

Data Source and Analysis: Lead Poisoning Prevention Program, NYC DOHMH, 2004

Childhood lead poisoning is a health problem that may be associated with decreased intelligence, learning and behavioral problems, and delayed growth and development. While the number of lead-poisoned children (0-17 years old) in New York City has declined dramatically over the past decade, the Health Department aims to eliminate lead poisoning by preventing children’s exposure to lead-based paint and other sources of lead.

In 2004, 140 children in the Central Bronx (9/1,000) were newly identified with lead poisoning (defined as a blood lead level greater than or equal to 10 µg/dL).

Asthma in Adults and Children

Asthma
Asthma is more common in the Central Bronx than in NYC overall

<table>
<thead>
<tr>
<th></th>
<th>Percent of adults (18+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Bronx</td>
<td>10</td>
</tr>
<tr>
<td>Bronx</td>
<td>7</td>
</tr>
<tr>
<td>New York City</td>
<td>5</td>
</tr>
</tbody>
</table>

Data Source: NYC Community Health Survey 2002-03-04

Conditions, or “triggers,” in the home environment, such as the presence of second-hand smoke or dust, can cause asthma attacks. Some housing conditions associated with asthma triggers, such as rodent or roach infestation, are more common in some neighborhoods than others.

The self-reported asthma rate among adults in the Central Bronx (10%) is double the rate in New York City overall (5%).
Neighborhood asthma hospitalization rates depend in part on the percent of residents who have asthma. However, good medical management of asthma can prevent many asthma-related hospitalizations, and patients can work with health care providers to better control their asthma. Thus, the asthma hospitalization rate can also indicate poor access to health care.

Asthma hospitalization rates for adults and children (0-17 years old) in the Central Bronx are higher than in NYC overall. The average annual hospitalization rate due to adult asthma in 2003-2004 is three times the NYC overall rate (10/1,000 vs. 3/1,000). The rate among children has declined 35% in the past decade, but remains nearly double the NYC overall rate.

**Goal 10 Have a Healthy Baby**

The health of babies depends on the health of mothers. Good health care for pregnant women includes high quality prenatal care beginning in the first trimester of pregnancy. The average annual percent of women who received late or no prenatal care has declined in the Central Bronx from 43% in 1995-1996 to 27% in 2003-2004, meeting the NYC overall rate.

Teenage mothers and their babies face a number of risks. Pregnant teens are more likely to be poor and not complete high school than other teens, and they are more likely to have babies born with low birthweight than older women. The birth rate to teenage mothers has decreased over the past 10 years by more than 15% in the Central Bronx. However, the average teen birth rate in 2003-2004 in this community (137/1,000) was still 80% higher than in NYC overall (75/1,000).
Babies born with low birthweight tend to have more health problems than others. In 2003-2004, the average percent of babies with low birthweight in the Central Bronx (9%) mirrors the NYC overall percent.

Infant mortality (the death of babies in the first year of life) has declined over the past 10 years in NYC. The 2002-2004 rate in the Central Bronx (8/1,000) was higher than the rate in NYC overall (6/1,000).

**Low birthweight**

Fewer than 1 in 10 of babies in the Central Bronx is born with low birthweight.

Low birthweight is defined as <2,500 grams (5.5 pounds).  
*Data Source: Bureau of Vital Statistics, NYC DOHMH, 1995-2004*

**Infant mortality rate (IMR)**

The IMR in the Central Bronx is higher than the NYC overall rate.

*Data Source: Bureau of Vital Statistics, NYC DOHMH, 1993-2004*

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**Neighborhood Health Highlight: Overweight and Obesity**

Every New York City neighborhood has different health concerns. Here we highlight overweight and obesity in the Central Bronx.

One third of Central Bronx adults (34%) are overweight and more than a quarter (28%) are obese.

Obesity can contribute to a number of other serious health problems, including diabetes and heart disease. In the Central Bronx, obese adults are almost 6 times more likely to have diabetes than adults of normal or lower weight (18% vs. 4%).

Obesity is more common among adults born in the U.S. compared to those born elsewhere. In the Central Bronx, U.S.-born adults are more than twice as likely to be obese as foreign-born adults (36% vs. 15%).

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**TAKING ACTION**

Although body weight is basically a result of the balance between "calories in" and "calories out," many factors affect this balance. These factors include the availability of healthy foods and opportunities for physical activity in a neighborhood. Neighborhoods can support healthy lifestyles by making healthy, affordable food and opportunities for physical activity available to residents. In addition, individuals can work toward allotting time for physical activity in their schedules and having more healthy, balanced diets.

For information on healthy lifestyle resources, call 311.
The NYC Community Health Survey (CHS) is an annual random-digit-dial telephone survey of approximately 10,000 adults in New York City. This profile uses the following datasets from this survey: NYC CHS 2002, NYC CHS 2003, NYC CHS 2004, NYC CHS 2002-03-04, NYC CHS 2002-03, NYC CHS 2002 & 2004 and NYC CHS 2003-04. The combined-year datasets increase statistical power, allowing for more stable analyses at the neighborhood level.

Neighborhood Definitions

The 42 NYC neighborhoods are based on the United Hospital Fund definitions of neighborhood, which are specified by zip code. For a complete listing of all 42 neighborhoods and their zip codes, go to nyc.gov/health. The zip codes included in analyses of the Central Bronx are 10453, 10457, and 10460. Please note that some neighborhoods were combined for statistical purposes in the CHS 2002, CHS 2003 and CHS 2004 datasets to make a total of 33 (2002) or 34 (2003, 2004) neighborhoods. Central Bronx statistics from these individual-year datasets include data from the neighboring communities of Highbridge, Morrisania, Hunts Point, and Mott Haven.

Available Hospitalizations

Data based on Ambulatory Care Sensitive Conditions (called “avoidable hospitalizations” in this report) were calculated using the Agency for Healthcare Research and Quality (AHRQ) classification of inpatient hospitalization data. Conditions in the overall measure include: Diabetes Short-term Complications Admission Rate, Diabetes Long-term Complications Admission Rate, Pediatric Asthma Admission Rate, Chronic Obstructive Pulmonary Disease Admission Rate, Pediatric Gastroenteritis Admission Rate, Hypertension Admission Rate, Congestive Heart Failure Admission Rate, Dehydration Admission Rate, Bacterial Pneumonia Admission Rate, Urinary Tract Infection Admission Rate, Angina without Procedure Admission Rate, Uncontrolled Diabetes Admission Rate, Adult Asthma Admission Rate, and Rate of Lower-extremity Amputation among Patients with Diabetes.

Significance Testing

For all data, 95% confidence limits were calculated for neighborhood, borough, and NYC estimates. If these ranges did not overlap, a significant difference was inferred. This is a conservative measure of statistical difference. This methodology also was used to examine differences between years in neighborhood trend data. Only robust findings found to be statistically significant are discussed in the text. In addition, all NYC CHS estimates were evaluated for statistical stability using the relative standard error (RSE). Those estimates with an RSE > .30 are flagged in graphs, “Estimate is unstable due to small sample size and should be interpreted with caution.”

TCNY report card

The neighborhood was classified according to where it ranked in comparison to the other 41 NYC neighborhoods with Above Average = rankings 1-10, Average = rankings 11-32, and Below Average = rankings 33-42 where 1 = the best neighborhood score. Rankings were computed by combining (or in some cases, using only one indicator) standardized measures (z-scores) of the following health indicators for each TCNY goal: TCNY#1 - primary care provider, insurance, ED visits; TCNY#2 - current smokers; TCNY#3 - diabetes, obesity, exercise, heart disease hospitalizations, heart disease mortality; TCNY#4 - HIV testing, AIDS mortality; TCNY#5 - serious psychological distress, mental illness hospitalizations; TCNY#6 - binge drinking, alcohol-related hospitalizations, drug-related hospitalizations, drug-related mortality; TCNY#7 - cervical cancer screening, breast cancer screening, colon cancer screening, cancer mortality; TCNY#8 - flu immunization; TCNY#9 - child lead poisoning, adult asthma rates; TCNY#10 - prenatal care, teenage mothers, low birthweight, infant mortality.


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Community Health Profile for the Central Bronx

This report is an updated, expanded second edition of the 2002 Community Health Profile for the Central Bronx.

NEW IN THE SECOND EDITION:
- Take Care New York report card
- Time-trend data on births, hospitalizations, and deaths
- More neighborhood-specific health statistics
- Robust estimates from data through 2004

First and second edition reports on all 42 New York City neighborhoods are available from the New York City Department of Health and Mental Hygiene online or by mail.

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NYC Community Health Profiles

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