

TCNY/2020
2ND ANNUAL UPDATE
2017



TAKECARE
NEW YORK





“ The choices New Yorkers make are influenced by the options they have. ”

December 2017

Dear Partner,

We are excited to share with you the second annual update to Take Care New York 2020 (TCNY 2020), the New York City Health Department’s blueprint for improving the health of all New Yorkers and advancing health equity.

Our health is affected by the homes in which we live, the streets on which we walk, the stores where we buy our food, the playgrounds where our children play and the places where we work. The choices New Yorkers make are influenced by the options they have, and many people live in neighborhoods where their opportunities for being healthy are limited by factors outside of their control. This report shines a light on how organizations and businesses can make it easier for everyone in New York City to lead a healthy life, no matter what neighborhood they live in.

In these pages, you will learn about the progress we have made in improving the health of all New Yorkers, and we hope you will find inspiration and solutions for improving health within your own community.

Sincerely,



Mary T. Bassett, MD, MPH
Commissioner, New York City Department
of Health and Mental Hygiene



Oxiris Barbot, MD
First Deputy Commissioner, New York City
Department of Health and Mental Hygiene



INTRODUCTION

Launched in 2015, TCNY 2020 celebrates that we live in a city of unique and diverse neighborhoods. However, TCNY 2020 also acknowledges that some neighborhoods are shaped by historical and contemporary injustices, such as structural racism and income inequality. New Yorkers who live in these neighborhoods face persistently poor health outcomes.

Health is determined not only by clinical services and individual behavior but also by community conditions. As a result, the TCNY 2020 goals are organized across four themes – **promoting healthy childhoods**, **creating healthier neighborhoods**, **supporting healthy living** and **increasing access to quality care** – with a total of 26 indicators for improving health and reducing inequities in New York City.

For a list of all 26 indicators, see Appendix 1.

We published the “[TCNY 2020 1st Annual Update](#)” in 2016 and highlighted examples of how our partners across the city are working to improve health. This second annual

update shares the progress made in reaching the TCNY 2020 goals, highlights innovative ways our partners are mobilizing to advance health equity and provides more opportunities for New Yorkers to create healthier communities.

To achieve the TCNY 2020 goals and to protect and promote the health of New Yorkers, the Health Department works with more than 9,000 nonprofit organizations, local businesses, schools, health care providers, faith-based institutions, community leaders and residents on a variety of programs, policies and initiatives. This update is written for our current partners and those we hope to work with in the future.

The partnerships highlighted in this report are just a sample of the exciting work happening across the city. New Yorkers are living longer, healthier lives, but there is still much more to be done. Creating a healthier New York City takes all of us, and at the end of this report we offer ideas for how you and your organization can inform, support and transform your community as outlined in the table below. Each requires a different level of commitment, but all are critical to improving health in our neighborhoods.

	WHAT IT MEANS	WHY IS IMPORTANT
 Inform	Share messages and data.	Knowledge is power. You can make sure people know about important resources that affect their health.
 Support	Make it easier for others to lead healthier lives.	The choices people make are limited by the options they have. By making healthy choices the default, you can make it easier for those around you to lead healthier lives.
 Transform	Integrate TCNY 2020 goals into your organizational practices, policies and actions.	Creating policies and systems that support health can help you transform your organization into a community health champion.



PROGRESS HIGHLIGHTS

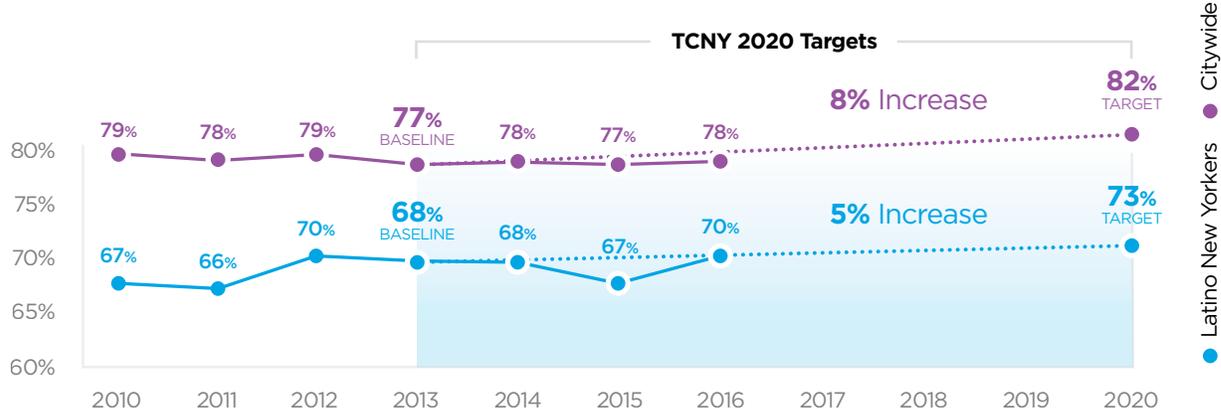
The Health Department works with partners to improve the health of New Yorkers across 26 indicators. Indicators are measures of how well a city is helping people lead healthier lives. These indicators include citywide and equity targets that were selected because of their importance to community health and social justice. We were bold in setting these goals and are excited to see the progress that we and our partners have made. However, success is about more than raising the citywide rates; success is about closing the gaps in health outcomes between communities. Together our performance on these indicators reflects the achievements and challenges in realizing the goal of health equity across the city.

There are three overarching indicators (see page 7) that describe the overall health of our city. What we see is mostly good news – New York City is getting healthier. Since 2013, we have made improvements in the three TCNY 2020 overarching indicators for the entire city and for groups who had the worst health outcomes. The groups with the worst health outcomes, however, are improving at a slower rate than the rest of the city. This means that in some areas the gaps between the healthiest groups and the least healthy groups are growing. We all must redouble our efforts to close those gaps and ensure that everyone has an equal chance to live a healthy life.

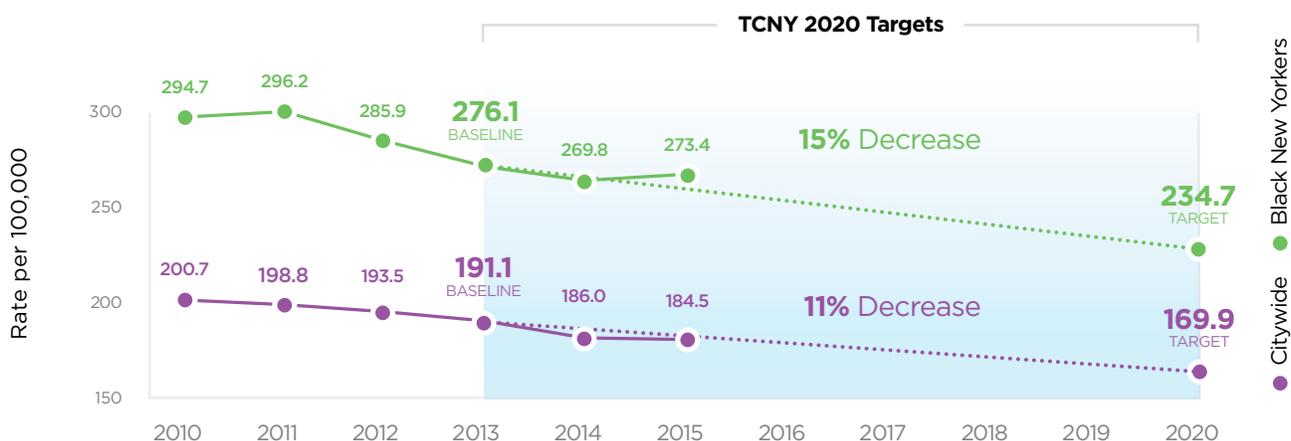
When we look at the rest of the TCNY indicators, we see a similar story. There are clear examples of progress while other areas require more collaboration to meet our goals. Eight of the indicators are highlighted on pages 8-9, and a full list of the indicators can be found in Appendix 1.



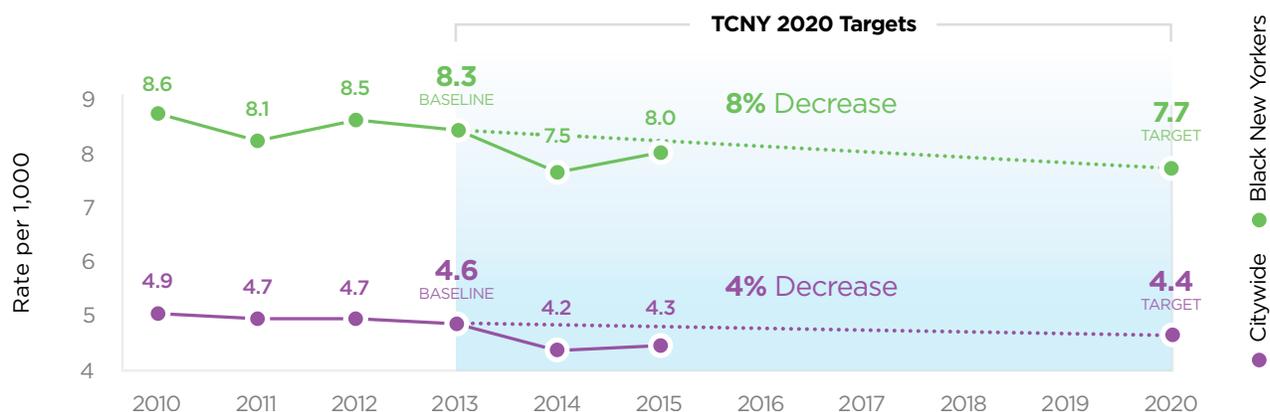
SELF-REPORTED HEALTH STATUS



PREMATURE MORTALITY



INFANT MORTALITY



Progress Highlights

The eight indicators highlighted here represent both successes and challenges in achieving the TCNY 2020 goals. The tables on these pages and in the full list in Appendix 1 represent the most recent data for these indicators. Updates from last year's report are highlighted in a different color.

PROMOTE HEALTHY CHILDHOODS

INDICATOR	CITYWIDE/PRIORITY POPULATION	2010	2011	2012	2013	2014	2015	2016	2020 TARGET
Babies Born In "Baby-Friendly" Facilities	Citywide		4%	4%	5%	7%	9%		35%
	Very High-Poverty Neighborhoods	101.1	94.1	83.4	75.0	67.2	55.3		44.2
Teenage Pregnancy (rate per 1,000)	Citywide	72.1	68.7	60.0	52.9	47.4	40.6		40.0
	Very High-Poverty Neighborhoods	101.1	94.1	83.4	75.0	67.2	55.3		44.2

We have seen improvements in every TCNY indicator regarding healthy childhoods, especially in very high-poverty neighborhoods. The percent of babies born in Baby-Friendly facilities has almost doubled since 2013, and we expect that number to greatly increase in the coming years. Additionally, the teenage pregnancy rate is at an all-time low.

CREATE HEALTHIER NEIGHBORHOODS

INDICATOR	CITYWIDE/PRIORITY POPULATION	2010	2011	2012	2013	2014	2015	2016	2020 TARGET
Air Quality ($\mu\text{g}/\text{m}^3$)	Citywide	7.52	6.36	6.88	6.65	6.50	5.10		6.10
Fall-Related Hospitalizations (rate per 100,000)	Seniors, Citywide	1,664	1,629	1,638	1,581	1,595			1,410
	Seniors in Staten Island	1,969	2,009	2,192	2,232	2,291			1,969

In creating healthier neighborhoods, we have already met the initial TCNY 2020 goal for improving air quality and expect further improvements. But the news is not as promising on fall-related hospitalizations, which remained unchanged between 2013 and 2014.

SUPPORT HEALTHY LIVING

INDICATOR	CITYWIDE/PRIORITY POPULATION	2010	2011	2012	2013	2014	2015	2016	2020 TARGET
Physical Activity	High School Students, Citywide		20%		19%		21%		22%
	Asian-Pacific Islander High School Students		16%		14%		20%		18%
Overdose Deaths (rate per 100,000)	Citywide	8.2	9.4	10.9	11.6	11.7	13.6	19.9	11.0
	Very High-Poverty Neighborhoods	11.8	13.9	16.2	15.8	13.3	20.1	25.9	14.3

Since 2013, we have seen improvements in healthy living, specifically in the number of New York City high school students who are physically active. The gap between Asian-Pacific Islander high school students and the citywide rate for physical activity is almost closed. However, as it has across the country, the national opioid epidemic is affecting New York City. The rate of overdose deaths has more than doubled since 2010. In response, the City has launched a new comprehensive effort, [HealingNYC](#), to prevent opioid overdose deaths.

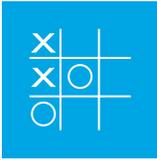
INCREASE ACCESS TO QUALITY CARE

INDICATOR	CITYWIDE/PRIORITY POPULATION	2010	2011	2012	2013	2014	2015	2016	2020 TARGET
New HIV Diagnoses	Citywide	3,353	3,225	2,990	2,832	2,754	2,493		1,350
	Black & Latino MSM	1,153	1,173	1,164	1,148	1,124	1,036		486
Unmet Mental Health Need	Citywide				22%		23%		20%
	Very High & High-Poverty Neighborhoods				30%		22%		22%

There was a nearly 12 percent reduction in the number of new HIV diagnoses between 2013 and 2015 in New York City, and a 10 percent reduction among Black and Latino men who have sex with men (MSM). And although the rate of unmet mental health needs has remained flat, we have seen an improvement in the rates in very high and high-poverty neighborhoods, which has nearly closed the gap in this equity indicator.

For a full list of indicators, please see Appendix 1.

*Indicates new data.



PROMOTE HEALTHY CHILDHOODS

Investing in our littlest New Yorkers is one way to ensure the health of our city for generations. The Health Department and our partners are working together to give every child in New York City the best possible start to life. For infants, this includes increasing support for mothers who choose to breastfeed. Breastfeeding provides many health benefits to mothers and babies. Breastfed babies are less likely to have ear infections, diarrhea and respiratory problems. Additionally, mothers who breastfeed for 12 months or more have a lower risk of developing breast or ovarian cancer and cardiovascular disease.

In New York City, local law gives women the right to breastfeed anywhere in public. Federal law mandates that employers with more than 50 hourly employees provide a safe, secure space (not a bathroom) for women to pump breastmilk during the day. Many mothers, however, may not have the opportunity to breastfeed because their worksites and communities do not provide adequate breastfeeding support or breastfeeding-friendly spaces.

In summer 2017, to help address this issue, the Health Department placed lactation pods, or nursing suites, in family-friendly locations across each of the five boroughs, including at Health + Hospitals' Queens Hospital Center, Health + Hospitals' Harlem

Hospital Center, the Bronx Zoo, the Staten Island Children’s Museum and the Brooklyn Children’s Museum. These lactation pods provide communities that have low breastfeeding rates with a safe space to nurse and will help to reduce the racial disparities in breastfeeding rates between White mothers and mothers of color in New York City.



“ We are proud to support breastfeeding in any area throughout the Brooklyn Children’s Museum, and are pleased to host this new lactation pod. ”

- **Stephanie Hill Wilchfort**, President and CEO
Brooklyn Children’s Museum



CREATE HEALTHIER NEIGHBORHOODS

A person's ZIP code has a greater effect on their health than their genetic code or even the health care that they receive.¹

Local businesses, schools, service providers, property owners and cultural institutions are key partners in creating healthier neighborhoods. The choices organizations make about whom to hire, what services or goods to offer, how to dispose of garbage or the placement of outdoor lights affect the health of their neighborhood. For example, certain neighborhoods with high asthma rates also have some of the worst air quality in the city. Coordinated efforts among businesses to reduce vehicle and building emissions in the affected neighborhoods can reduce air pollution and make it easier for everyone to breathe.

The South Bronx has the highest rates of childhood asthma hospitalizations in the city and the high amount of commercial truck traffic in the area makes this problem even worse.² The New York City Department of Transportation (DOT) estimates that there are more than 15,000 truck trips every day in the Bronx's Hunts Point neighborhood.³

¹ Health Affairs. October 2011 vol. 30 no. 10 1852-1859. doi: 10.1377/hlthaff.2011.0685.

² New York City Department of Health, Environment and Health Data Portal: Asthma Hospitalizations (Children 5 to 14 Yrs Old). <http://a816-dohbexp.nyc.gov/IndicatorPublic/VisualizationData.aspx?id=85,4466a0,11,Map,Rate,2014>.

³ New York City Department of Transportation. NYC DOT Hunts Point Clean Trucks Program Announces Its 500 Truck Milestone. <http://www.nyc.gov/html/dot/html/pr2015/pr15-124.shtml>. December 3, 2015.

To help alleviate air pollution caused by truck exhaust, DOT funds the Hunts Point Clean Trucks Program. As part of the program, DOT partners with TetchTech and local trucking companies, including Adam's Apple Produce, to upgrade their trucks to reduce harmful emissions. Truck drivers received a series of incentives and rebates to switch to lower emission vehicles. As of July 2017, more than 500 older diesel trucks have been replaced with new diesel or alternative-fueled vehicles, or retrofit technologies. These efforts have reduced nitric oxide (NO) emissions by 89.3 percent and air particulate matter (PM_{2.5}) emissions by 96.5 percent in New York City. NO and PM_{2.5} are precursors to acid rain and smog and increase the risk of respiratory problems and asthma attacks.

“ I’ve been driving to the Hunts Point vegetable market since I was 12, alongside my father. As part of the Hunts Point Clean Trucks program, I was able to switch out my old truck for a new one that doesn’t put out black smoke. Now that my customers see me come in with a cleaner and greener truck, they appreciate what the program is doing for the community. ”

– **Avi Sharon**, of Adam’s Apple Produce





SUPPORT HEALTHY LIVING

New Yorkers want to be healthy. However, not everyone in New York City has equal access to healthy living spaces or the resources to support healthy choices, such as eating healthy food or getting enough exercise. People in low-income communities are more likely to see advertisements for cigarettes, alcohol, sugary beverages and other unhealthy products.⁴ In those same neighborhoods, healthy foods can be hard to find or afford, and safe places to exercise can be less accessible.⁵

Physical activity is a critical component to living a healthy life for both children and adults, and is key to preventing and reducing obesity. The TCNY 2020 goal is to reduce adult obesity rates by 7 percent across the city, and by 20 percent in very high-poverty neighborhoods. Physical activity also has positive benefits for the emotional, physical and mental well-being of children, all of which can impact academic performance.

In Staten Island, the Staten Island Partnership for Community Wellness (SIPCW), the New York City Department of Education, and other key partners have come together to launch the Staten Island Child Wellness Initiative (CWI) which aims to help 80 percent of Staten Island elementary and middle school children reach a healthy weight by 2026. CWI will

⁴ American Journal of Health Promotion. July-August 2010; 24(6): e26-e31. doi: 10.4278/ajhp.090618-QUAN-196.

⁵ American Journal of Public Health. September 2012 ; 102(9): 1644-1654. Published online September 2012. doi: 10.2105/AJPH.2012.300865.

build on previous wellness efforts by expanding the number of school gardens, bringing nutrition education into classrooms and making sure kids are connected to pediatricians. CWI will also work with bodegas and convenience stores to increase the availability of healthy foods and will study barriers to active transportation on Staten Island.



“ SIPCW understands the importance of aligning cross-sector partners to address complex issues like childhood obesity. CWI is striving to make the healthy choice the easy choice for all Staten Islanders. ”

- **Adrienne Abbate**, Executive Director of the Staten Island Partnership for Community Wellness



INCREASE ACCESS TO QUALITY CARE

Access to quality health care plays an essential role in disease prevention and management. During the AIDS epidemic we learned what can be achieved when advocacy organizations, clinical partners and government agencies band together to improve community health by increasing access to care. While NYC continues to reach record lows in HIV transmission, racial disparities persist. Young Black and Latino men who have sex with men face disproportionate risk for HIV transmission. Additionally, in NYC, 90 percent of women newly diagnosed with HIV are Black or Latina.

Community and clinical partners continue to use innovative ways to increase HIV prevention, screening and care. In a model that links communities, pharmacists and medical providers, Mount Sinai's 24/7 PEP hotline (844-3-PEPNYC) provides free HIV post-exposure prophylaxis (PEP) starter doses to New Yorkers at 24-hour pharmacies. The hotline, staffed by Mount Sinai clinicians, provides callers with an immediate medical appointment or free emergency PEP starter pack without requiring a visit to an emergency room. The hotline coordinator also links patients to a clinic for a full medical assessment and continuation of PEP medication and health care.

NYC's PEP hotline represents a bridge between community health care providers, other Health Department-funded clinical and social service sites and Health Department Sexual Health Clinics, which now offer a full 28-day course of PEP.

“ We are thrilled to partner with the Health Department and local pharmacies on NYC’s innovative PEP hotline. Increasing access to PEP will play a critical role in helping end the HIV epidemic in New York City. Anyone in NYC with a potential HIV exposure can make a quick phone call – day or night – and access immediate medical care, and PEP medication regardless of their insurance or immigration status. ”



– **Diane Tider** and **Joaquin Arcena** of
Mount Sinai Institute for Advanced Medicine

The ideas on the next four pages can help you and your organization advance the TCNY 2020 goals. The ideas fall into three categories: how to inform your communities about data and resources, how to support others in making healthier choices and how to transform practices and policies in your organization to advance health equity.

HOW YOU CAN PROMOTE HEALTHY CHILDHOODS



INFORM

- Share materials with employees and stakeholders about breastfeeding and infant safe sleep practices.
- Encourage families of children with asthma to have an asthma action plan and Medication Administration Form (MAF) on file with their school.
- Learn more about services and resources for children by calling 311; ask for information about “Our Littlest New Yorkers.”



SUPPORT

- Create space for women (employees, customers, constituents, congregation members, etc.) to breastfeed.
- Implement CenteringPregnancy group prenatal care classes in your health care setting.
- Refer families to services such as Early Intervention or Nurse Family Partnership that support and provide resources to families with children.
- If you are a birthing facility, become Baby-Friendly.



TRANSFORM

- Promote New York City’s paid sick leave policy and New York State’s new paid family leave policy (in effect January 1, 2018) so workers are aware of their rights to care for themselves and their family members.
- Include coverage for lactation consultants, breastfeeding supplies and doulas as part of employees’ medical benefits package.
- Screen for maternal depression, as well as food and housing insecurity, and refer patients to relevant resources.
- Extend employment opportunities to individuals regardless of any prior criminal justice involvement; there may be a child who benefits.



The clinical icon  means the recommendation is specifically for health care providers. The electronic version of this report contains links to resources for the underlined text. For more information on these resources, see Appendix 2 or visit nyc.gov/tcny2020.

HOW YOU CAN CREATE HEALTHIER NEIGHBORHOODS



INFORM

- Sign up for [air quality alerts](#) and encourage older adults and children to spend time in an air-conditioned space or a [local City cooling center](#) during hot weather. Poor air quality and excess heat can lead to medical emergencies that can be avoided with air conditioning.



SUPPORT

- Provide employee incentives to bike to work so there are fewer cars on the roads. This will help [reduce air pollution](#) and increase physical activity.
- [Prevent falls](#) by [assessing risks in the home](#) for older adults. Adopt universal design elements in your buildings, such as grab bars, hand rails, slip-resistant floors and lighting. Simple changes in the home can prevent someone from requiring a trip to the hospital.
- Check in on at-risk neighbors, friends and family during extreme weather or other emergencies to see if they are safe, and encourage others to do the same. Some neighbors may need assistance, especially those who are homebound or unable to get up or down stairs.
- Adopt [green cleaning practices](#), such as avoiding products with harsh chemicals or smells, in your organization to reduce asthma triggers.



TRANSFORM

- Adopt [Integrated Pest Management](#) in your buildings to reduce asthma triggers and create more hygienic environments.
- Advocate for dedicated funding within your health care organization to provide air conditioners or fans to people with underlying chronic illnesses who don't have them. 
- Switch to [cleaner heating oils](#) for your buildings and perform other energy efficiency upgrades. Check out the [NYC Retrofit Accelerator](#) for more information.





HOW YOU CAN SUPPORT HEALTHY LIVING



INFORM

- Promote resources to help employees, clients and community members quit smoking, which is the leading cause of preventable death.
- Educate employees, patients and community members about the harms of sugary drinks and the benefits of consuming healthy alternatives like water. Sugary drinks are a major contributor to the high rates of obesity and diabetes.
- Educate employees, patients and community members about the risks of opioid and alcohol use.



SUPPORT

- Create walking groups during lunch and after work to promote physical activity, which has positive benefits for physical and mental health.
- Learn about naloxone, an opioid overdose medication. Host a training and keep naloxone kits in your spaces. Opioid overdoses can happen anywhere, and naloxone can reverse the impact of the overdose and save lives. Visit the ThriveNYC website to find more substance use resources.
- Open stairwells in your building and promote their use to encourage physical activity.
- Support or host National Diabetes Prevention Program classes. Helping people eat healthy foods and exercise more can help prevent diabetes.



TRANSFORM

- Adopt the NYC Food Standards for all of your meetings and events.
- Implement smoke-free policies in and around your building. Secondhand smoke is a serious health hazard and can cause a wide range of illnesses in children and adults, including lung cancer, respiratory infections and asthma.
- Learn how to prescribe buprenorphine to treat opioid use. 

HOW YOU CAN INCREASE ACCESS TO QUALITY CARE



INFORM

- Make New York City's [LGBTQ Health Care Bill of Rights](#) available to your clients or patients. 
- Promote [self-measured blood pressure monitoring](#) in community pharmacies. 
- Promote [PEP and PrEP](#) as a way to prevent HIV.



SUPPORT

- Refer your clients to [NYC Sexual Health Clinics](#) for a full range of HIV and STI prevention, diagnosis, counseling and treatment services.
- Screen pregnant women and new mothers for [maternal depression](#) and refer women who screen positive for treatment. 
- Offer the Health Department's free [NYC Condoms](#) at your organization.
- Encourage clients to use the Health Department's [Health Map](#) to find free safer sex products.
- Share GetCoveredNYC information to connect your clients and customers to in-person health insurance enrollment assistance.
- Provide your employees with access to employee assistance programs that support physical and mental health.



TRANSFORM

- Adopt policies to [make your facility more LGBTQ friendly](#).
- Hire peer specialists to work in the community and support the health and well-being of patients with substance use disorders or mental health needs. 
- Use electronic health records to improve the delivery and quality of clinical preventive services. 



LOOKING FORWARD

The partnerships highlighted in this report are just a few of those throughout the city that are improving community health. We hope this report generates additional ideas on how you and your organization can become more involved, whether through informing those around you, supporting health for others or transforming organizational practices and policies to advance health equity.

Achieving TCNY 2020's ambitious goals will require all of us to do our part in promoting healthy childhoods, creating healthier neighborhoods, supporting healthy living and increasing access to quality care for all New Yorkers. While we are excited about the progress that has been made, more work lies ahead to support every neighborhood to reach its full health potential. Join us as we work with communities and partners across New York City to ensure that health and well-being is within reach for every New Yorker.

You can learn more about TCNY 2020 by visiting our website at nyc.gov/health/tcny2020



ACKNOWLEDGMENTS:

Bisrat Abraham, Adriana Andaluz, Shaina Campbell, Joanne Casarella, Jenifer Clapp, Demetre Daskalakis, Paloma de la Cruz, Erica Eliason, Alison Frazzini, Victoria Gander, Yianice Hernandez, Jeffrey Hunter, Giselle Jabalera, Michelle Kaucic (DOT), Iyad Kheirbek, Hillary Kunins, Erika Larson (SIPCW), Veronica Lewin, Aaron Mettey, Susan McSherry (DOT), Ericka Moore, Carolyn Olson, Yoshi Pinnaduwa, Tom Rauls (Tetrattech), Laura Rivera, Katherine Sutkowi, Cassie Toner, Abigail Velikov, Margaret Walton (Brooklyn Children's Museum), Licia Wang, Jeannette Williams, Ival Grant-Williams

SUGGESTED CITATION:

Germain P, Davis K, Barbot O, Bassett MT. **Take Care New York 2020: Second Annual Update.** New York City Department of Health and Mental Hygiene. December 2017.

APPENDIX 1:

TCNY 2020 INDICATORS AND HISTORICAL TREND DATA

The table below lists all of the TCNY 2020 indicators and goals, along with the available historical data from 2010-2014, and the most recent available data, which is highlighted in a different color. Some of the target numbers have been updated to reflect changes in historical population estimates or to incorporate information that became available after publication of the original indicators. For definitions of these indicators and information on data sources, please see the original TCNY 2020 document at nyc.gov/health/tcny2020.

DOMAIN	INDICATOR	CITYWIDE/ PRIORITY POPULATION	2010	2011	2012	2013	2014	2015	2016	2017	2020 Target	
OVERARCHING	Self-Reported Health Status	Citywide	79%	78%	79%	77%	78%	77%	78%		82%	
		Latinos	67%	66%	70%	68%	68%	67%	70%		73%	
	Premature Mortality (rate per 100,000)	Citywide	200.7	198.8	193.5	191.1	186.0	184.5				169.9
		Blacks	294.7	296.2	285.9	276.1	269.8	273.4				234.7
	Infant Mortality (rate per 1,000)	Citywide	4.9	4.7	4.7	4.6	4.2	4.3				4.4
		Blacks	8.6	8.1	8.5	8.3	7.5	8.0				7.7
PROMOTE HEALTHY CHILDHOODS	Babies Born in “Baby-Friendly” Facilities	Citywide		4%	4%	5%	7%	9%				35%
	Child Care	Citywide						65%	66%	66%		70%
		Very High-Poverty Neighborhoods						54%	55%	55%		66%
	Teenage Pregnancy (rate per 1,000)	Citywide	72.1	68.7	60.0	52.9	47.4	40.6				40.0
		Very High-Poverty Neighborhoods	101.1	94.1	83.4	75.0	67.2	55.3				54.0
High School Graduation	Citywide	63%	65%	66%	65%	66%	68%	71%	73%	↑		
CREATE HEALTHIER NEIGHBORHOODS	Assault Hospitalizations (rate per 100,000)	Citywide	189	167	149	117	118					70
		Very High-Poverty Neighborhoods	319	276	242	180	191					91
	Fall-Related Hospitalizations (rate per 100,000)	Citywide	1,664	1,629	1,638	1,581	1,595					1,410
		Staten Island	1,969	2,009	2,192	2,232	2,291					1,969
	Air Quality (µg/m ³)	Citywide	7.52	6.36	6.88	6.65	6.50	5.10				6.10
	Homes With No Maintenance Defects	Citywide		41%			44%					47%
		Very High-Poverty Neighborhoods		27%			32%					36%
	Children’s Visits To ED For Asthma (rate per 10,000)	Citywide	201	219	232	232	232					210
		Very High-Poverty Neighborhoods	302	331	356	370	391					318
Jail Population	Citywide	13,049	12,790	12,287	11,827	11,408	10,240	9,790	9,500		↓	

DOMAIN	INDICATOR	CITYWIDE/ PRIORITY POPULATION	2010	2011	2012	2013	2014	2015	2016	2017	2020 Target	
SUPPORT HEALTHY LIVING	Obesity	Citywide	23%	24%	24%	23%	25%	24%	24%		23%	
		Very High-Poverty Neighborhoods	32%	29%	31%	29%	31%	31%	32%		25%	
	Sugary Drinks	Citywide	30%	30%	28%	23%	23%	24%	23%		19%	
		Blacks & Latinos	41%	37%	38%	32%	29%	32%	30%		23%	
	Physical Activity	Citywide		20%		19%		21%			22%	
		Asian-Pacific Islander		16%		14%		20%			18%	
	Sodium Intake (mg/day)	Citywide	3,239									3,019
		Blacks	3,477									3,129
	Smoking	Citywide	14%	15%	16%	16%	14%	14%	13%		12%	
		High School Graduates	16%	15%	21%	20%	18%	17%	17%		14%	
	Binge Drinking	Citywide		18%	20%	18%	17%	17%	17%		17%	
		18- to 24-Year-Olds		25%	33%	25%	24%	27%	26%		23%	
Overdose Deaths (rate per 100,000)	Citywide	8.2	9.4	10.9	11.6	11.7	13.6	19.9		11.0		
	Very High-Poverty Neighborhoods	11.8	13.9	16.2	15.8	13.3	20.1	25.9		14.3		
INCREASE ACCESS TO QUALITY CARE	Unmet Mental Health Need	Citywide				22%		23%			20%	
		Very High & High-Poverty Neighborhoods				30%		22%			22%	
	Unmet Medical Need	Citywide	10%	11%	11%	11%	10%	10%	11%		9%	
		Latinos	13%	14%	14%	15%	14%	12%	12%		10%	
	Controlled High Blood Pressure	Citywide		66%	67%	67%	67%	67%	67%		76%	
		Blacks		60%	61%	62%	61%	62%	61%		74%	
	New HIV Diagnoses	Citywide	3,353	3,225	2,990	2,832	2,754	2,493			1,350	
		Black & Latino MSM	1,153	1,173	1,164	1,148	1,124	1,036			486	
	HIV Viral Suppression	Citywide	69%	71%	76%	79%	81%	83%			95%	
		Blacks	64%	66%	70%	75%	77%	79%			95%	

APPENDIX 2:

RESOURCES

PROMOTE HEALTHY CHILDHOODS

Breastfeeding	Go to nyc.gov/health and search for “breastfeeding”
Safe sleep	Go to nyc.gov/health and search for “safe sleep”
Asthma action plans and Medication Administration Form (MAF)	Go to nyc.gov/health and search for “asthma”
Our Littlest New Yorkers	Call 311 and ask for “Our Littlest New Yorkers”
Prenatal care	Go to nyc.gov/health and search for “prenatal care” or go to centeringhealthcare.org
Early Intervention and the Nurse Family Partnership	Go to nyc.gov/health and search for “Early Intervention” or “Nurse Family Partnership”
Baby-Friendly hospitals	Go to www.Babyfriendlyusa.org
Paid Sick and Family Leave	Go to nyc.gov and search for “paid sick leave” Go to ny.gov and search for “paid family leave”
Maternal Depression	Visit thrivenyc.cityofnewyork.us

CREATE HEALTHIER NEIGHBORHOODS

Air quality alert	Go to airnow.gov
Cooling centers	Go to nyc.gov/health and search for “cooling centers”
Asthma action plans and Medication Administration Form (MAF)	Go to nyc.gov/health and search for “asthma”
Be a buddy to at-risk neighbors	Go to nyc.gov/health and search for “Be a Buddy”
Air pollution	Go to nyc.gov/health and search for “air pollution”
Falls checklist	Go to nyc.gov/health and search for “falls”
Green Cleaning Tools	http://programs.lisc.org/NYC/Images/Two_Shades_of_Green_-_Green_Cleaning_Toolkit.pdf
Integrated Pest Management	Go to nyc.gov/health and search for “IPM”
Cleaner heating oils	Go to retrofitaccelerator.cityofnewyork.us/

SUPPORT HEALTHY LIVING

Quit smoking	Go to nyc.gov/health and search for “smoking”
Sugary drinks	Go to nyc.gov/health and search for “sugary drinks”
Alcohol and opioid use	Go to nyc.gov/health and search for “alcohol” or “opioids”
Walking groups	Go to nyc.gov/health and search for “walking”
Naloxone	Go to nyc.gov/health and search for “naloxone”
Open stairwells	Go to nyc.gov/health and search for “active design”
National Diabetes Prevention Program	Go to cdc.gov and search for “NDPP”
NYC Food Standards	Go to nyc.gov/health and search for “food standards”
Smoke-free policies	Go to nyc.gov/health and search for “smoke-free”
Buprenorphine	Go to nyc.gov/health and search for “opioids”

INCREASE ACCESS TO QUALITY CARE

LGBTQ Bill of Rights	Go to nyc.gov/health and search for “LGBTQ”
Blood pressure monitoring	Go to nyc.gov/health and search for “hypertension”
PEP and PREP	Go to nyc.gov/health and search for “PREP”
Sexual Health Clinics	Go to nyc.gov/health and search for “Sexual Health Clinics”
Maternal depression	Go to nyc.gov/health and search for “maternal depression”
NYC Condoms	Go to nyc.gov/health and search for “condoms”
Health Map	Go to nyc.gov/health and search for “Health Map”
Get Covered NYC	Go to nyc.gov/health and search for “health insurance”



As our partners in this effort, your feedback is essential to the success of TCNY/2020. So please stay in touch with us. You can reach us at takecarenewyork@health.nyc.gov. We look forward to working with you to improve the lives of all New Yorkers.

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