

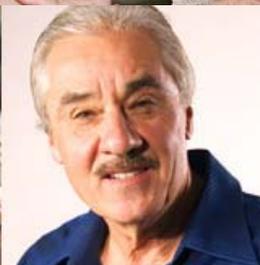
# NEW YORK CITY SENIOR CENTER HEALTH INDICATORS PROJECT

REPORT TO:  
THE COMMISSIONER  
NEW YORK CITY  
DEPARTMENT FOR  
THE AGING  
*LILLIAM BARRIOS-PAOLI*  
COMMISSIONER

APRIL 2009

FUNDING PROVIDED BY:  
OFFICE OF THE MAYOR  
CITY OF NEW YORK  
*MICHAEL R. BLOOMBERG*  
MAYOR

CONDUCTED BY:  
THE BROOKDALE  
CENTER FOR HEALTHY  
AGING & LONGEVITY  
OF HUNTER COLLEGE/  
CUNY



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## INTRODUCTION

There are currently 1.3 million older adults over the age of 60 in New York City, and future predictions indicate that the City will face a 44% increase in the 65 and over population within the next 25 years, representing one-fifth of the City's overall population and outnumbering school-aged children. New York City is one of the most racially/ethnically, culturally, and economically diverse cities in the world, requiring our institutions and policy leaders to have reliable information to predict and prioritize the type and quantity of health and social services most needed by older adults. Moreover, chronic conditions among older adults impose a serious toll on the health of older New Yorkers – diminished quality of life due to pain, disability and loss of function – and a tremendous financial burden on NYC as a whole.

To meet the demands of the burgeoning older adult population and manage the chronic diseases associated with older adulthood, the New York City Department for the Aging (NYC DFTA) must be able to design, deliver, and evaluate the types of service programs that most effectively assist New York's senior citizens to age in their communities with the greatest degree of personal choice and support for communal interdependence. To that end, the Healthy Indicators Project (HIP), a 3-year study to collect health-related and social well-being data, design and implement evidence-based practices, and evaluate effectiveness and cost-effectiveness was funded by the Mayor's Office to extend our initial efforts based on a successful pilot project to its logical next step: to determine how NYC can transform senior centers to become viable alternatives to traditional health care settings for the delivery of evidence-based health promotion, disease prevention, and chronic disease self-management programs.

In the first year of the HIP, a comprehensive structured survey instrument was adapted from the pilot study, and consisted of standardized questionnaire items from validated national and local surveys including measures of functional status, mental and physical health status, co-morbidities, social networks, perceptions about neighborhoods, cancer screenings, as well as several demographic and socioeconomic items. The face-to-face interviews with older adults attending senior centers were conducted during late-April to late-November 2008. The survey was translated into several languages, including Spanish, Chinese, Italian, and Russian. Over 1800 older adults attending a representative sample of 56 randomly selected senior centers – 10 in the Bronx, 16 in Brooklyn, 13 in Manhattan, 14 in Queens, and 3 in Staten Island were interviewed. The response rate was 76.7.

The following pages show preliminary results from the baseline HIP survey, and make comparisons to several local and national surveys.

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## ABOUT THIS REPORT

Reference is made throughout this report to various data sources. Those sources are:

**HIP** - The NYC Senior Center Health Indicators Project - 2008;

**ACS** - American Community Survey - 2005-2007;

**CHS** - New York City Community Health Survey - 2007;

**HVS** - New York City Housing and Vacancy Survey - 2005.

For ACS, CHS and HVS data at the borough-level, the racial/ethnicity category “*OTHER*” has been excluded from the analysis due to its small size (<0.5%).

All data in this report refers to individuals  $\geq 60$  years of age, with the exception of the New York City Community Health Survey (CHS) which reports data for those  $\geq 65$  years of age.

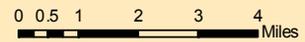
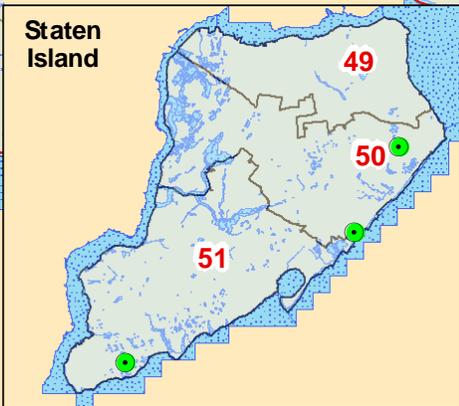
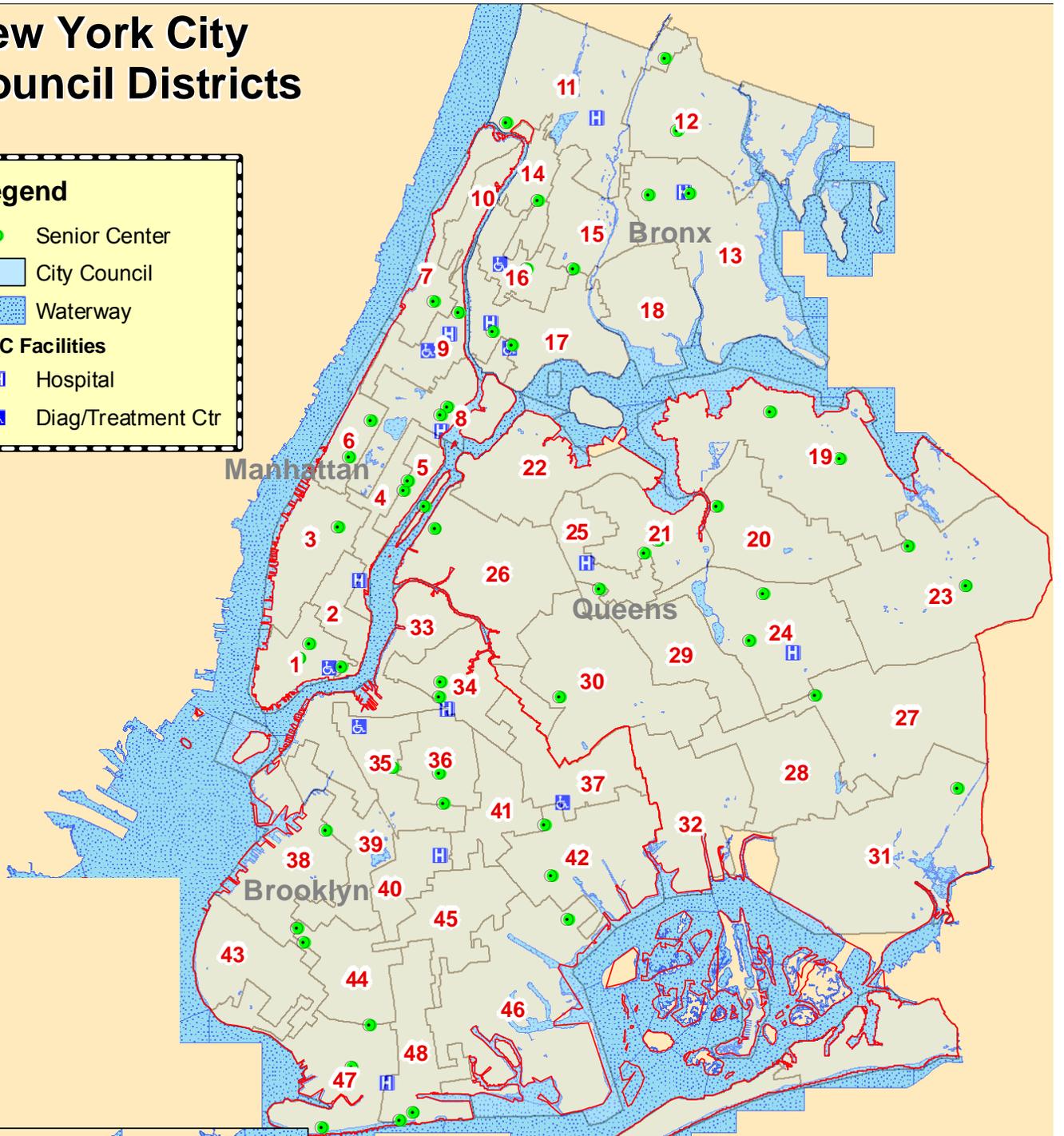
# NEW YORK CITY

CENTERS SURVEYED	ADDRESS	CITY	ZIP CODE	COMM DIST	CITY COUNCIL
Aging In America Community Services M.O.W.	1500 Pelham Parkway	Bronx	10461	211	13
IPH/RE Betances Senior Center	401 St. Anns Avenue	Bronx	10454	201	8
Morris Senior Center	80 East 181st Street	Bronx	10453	205	14
Neighborhood Shopp Casa Boricua Sr. Ctr	910 East 172 Street	Bronx	10460	203	16
Patterson Houses	308 East 145th Street	Bronx	10451	201	17
Pelham Parkway North Lunch Program	990 Pelham Parkway South	Bronx	10461	211	13
RAIN/Boston East Senior Center	3450 Boston Road, 2nd Flr	Bronx	10469	212	12
RAIN/Nereid Senior Center	720 Nereid Avenue	Bronx	10466	212	11
Riverdale Senior Center	2600 Netherland Avenue	Bronx	10463	208	11
William Hodson Senior Center	1320 Webster Avenue	Bronx	10456	203	16
Abe Stark Senior Center	10315 Farragut Road	Brooklyn	11236	318	42
Amico 59th Street Senior Center	5901 13th Avenue	Brooklyn	11219	312	44
BFFY St Louis Senior Center	230 Kingston Avenue	Brooklyn	11213	308	36
Borinquen Plaza Nutrition Program	80 Seigel Street	Brooklyn	11206	301	34
Boro Park Senior Center	5602 11th Avenue	Brooklyn	11219	312	44
Christopher C. Blenman Senior Center	69 McDonough Street	Brooklyn	11216	303	36
Grace Agard Harewood Senior Center	966 Fulton Street	Brooklyn	11238	302	35
Haber Houses Senior Center	3024 West 24th Street	Brooklyn	11224	313	47
JASA Canarsie Senior Center	1880 Rockaway Parkway	Brooklyn	11236	318	46
JASA Senior Alliance Senior Center	161 Corbin Place	Brooklyn	11235	315	48
JASA Shorefront Senior Center	3300 Coney Island Avenue	Brooklyn	11235	313	48
JASA Williamsburg Senior Center (NYCHA)	202 Graham Ave	Brooklyn	11206	301	34
Marlboro Senior Center	2298 West 8th Street	Brooklyn	11223	313	47
Prospect Hill Senior Services Center	283 Prospect Avenue	Brooklyn	11215	307	39
Rosetta Gaston Senior Center	460 Dumont Avenue	Brooklyn	11212	305	42
Sephardic Multi Service Senior Center	485 Kings Highway	Brooklyn	11223	315	44
A Philip Randolph Senior Center	108 West 146th Street	New York	10039	110	9
Carter Burden Luncheon Club	351 East 74th Street	New York	10021	108	5
Gaylord White Senior Center	2029 Second Avenue	New York	10029	111	8
Goddard Riverside Senior Center	593 Columbus Avenue	New York	10024	107	6
Good Companions Nutrition	334 Madison Street	New York	10002	103	2
Hamilton Grange Senior Center	420 West 145th Street	New York	10031	109	7
Hargrave Senior Center	111 West 71st Street	New York	10023	107	6
Lenox Hill Senior Center	343 East 70th Street	New York	10021	108	5
Leonard Covello Senior Center	312 East 109th Street	New York	10029	111	8
Mott Street Senior Center	180 Mott Street	New York	10012	102	1
New York Chinatown Senior Center	70 Mulberry Street	New York	10013	103	1
Project FIND Woodstock Senior Center	127 West 43rd Street	New York	10036	105	3
Roosevelt Island Senior Center	546 Main Street	New York	10044	108	5
BFFY Bayside Senior Center	221-15 Horace Harding Expressway	Queens	11364	411	23
IPRHE Corona Senior Center	108-74 Roosevelt Avenue	Queens	11368	404	21
JASA Whitestone Senior Center	12-45 Clintonville Street	Queens	11357	407	19
JSPOA Theodora Jackson Senior Center	92-47 165th Street	Queens	11433	412	27
Laurelton-Rosedale Senior Center	133-21 232nd Street	Queens	11413	413	31
Newtown Italian Senior Center	83-20 Queens Boulevard	Queens	11373	404	29
Peter Cardella Senior Citizen Center	68-52 Fresh Pond Road	Queens	11385	405	30
Pomonok Senior Center	67-09 Kissena Boulevard	Queens	11367	408	24
Queensbridge/Riis Senior Center (NYCHA)	10-25 41st Avenue	Queens	11101	401	26
RAICES Corona Senior Center	102-47 43rd Avenue	Queens	11368	404	21
Selfhelp Clearview Senior Center	208-11 26th Avenue	Queens	11360	407	19
Selfhelp Prince Street Senior Center	36-12 Prince Street	Queens	11354	407	20
SNAP of Eastern Queens Senior Center	80-45 Winchester Blvd Bldg 4/CBU #29	Queens	11427	413	23
Young Israel Queens Valley	141-55 77th Avenue	Queens	11367	408	24
Arrochar Friendship Club Senior Center	85 Jerome Avenue	Staten Island	10305	502	50
Mt. Loretto Friendship Club Senior Center	6581 Hylan Boulevard	Staten Island	10309	503	51
New Dorp Beach Friendship Club Senior Center	128 Cedar Grove Avenue	Staten Island	10306	502	50

# New York City Council Districts

**Legend**

- Senior Center
- City Council
- Waterway
- HHC Facilities**
- H Hospital
- ♿ Diag/Treatment Ctr



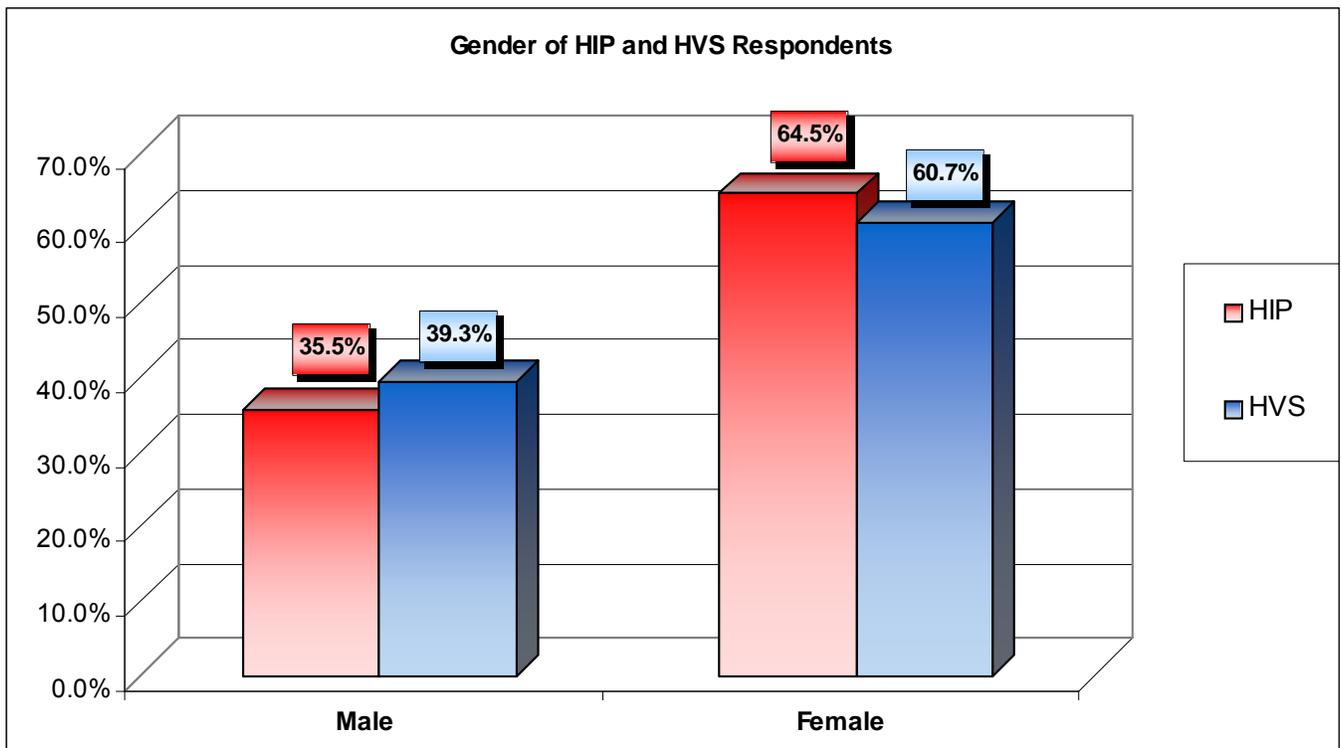
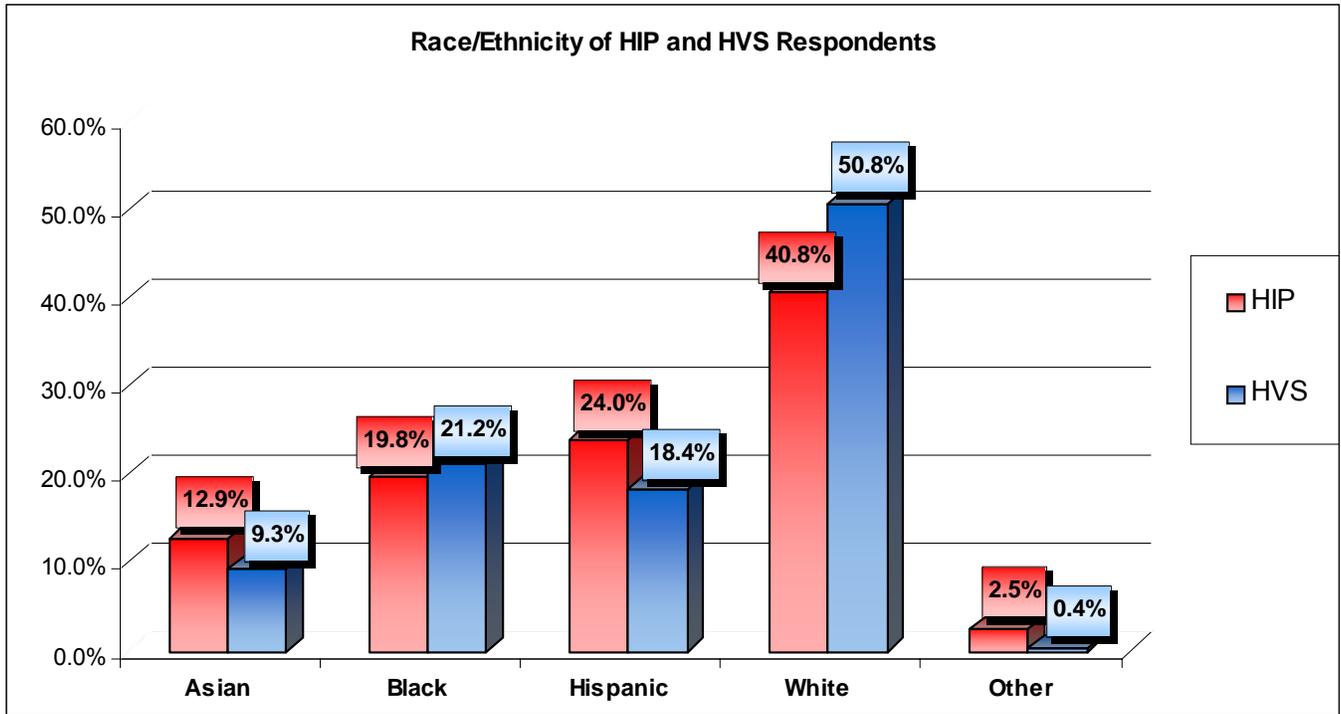
# New York City Community Districts

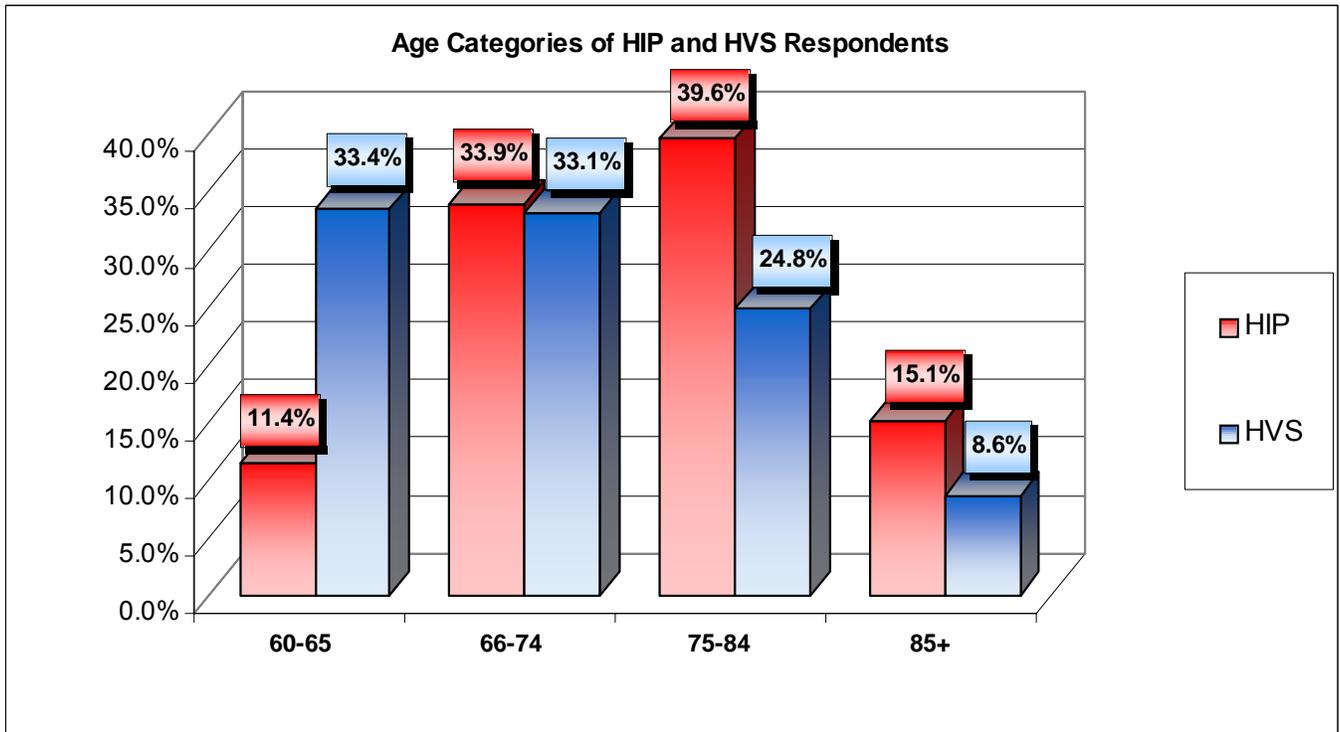
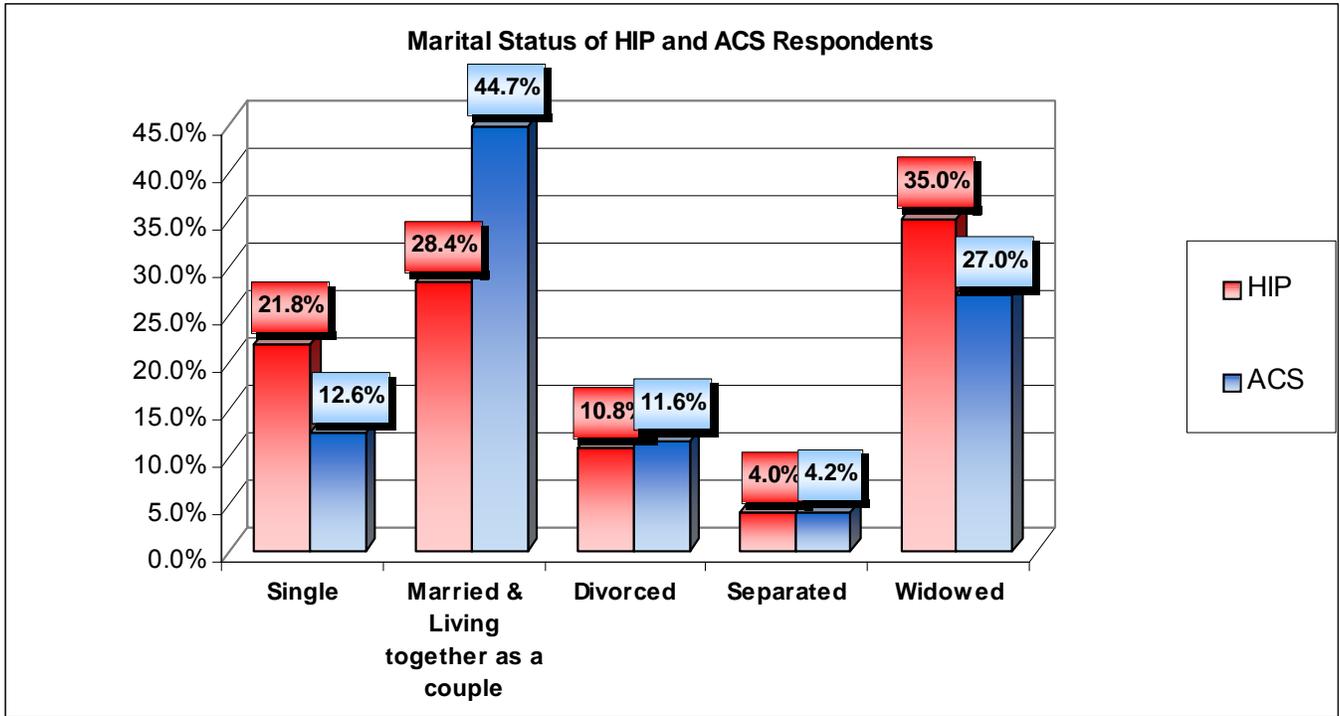
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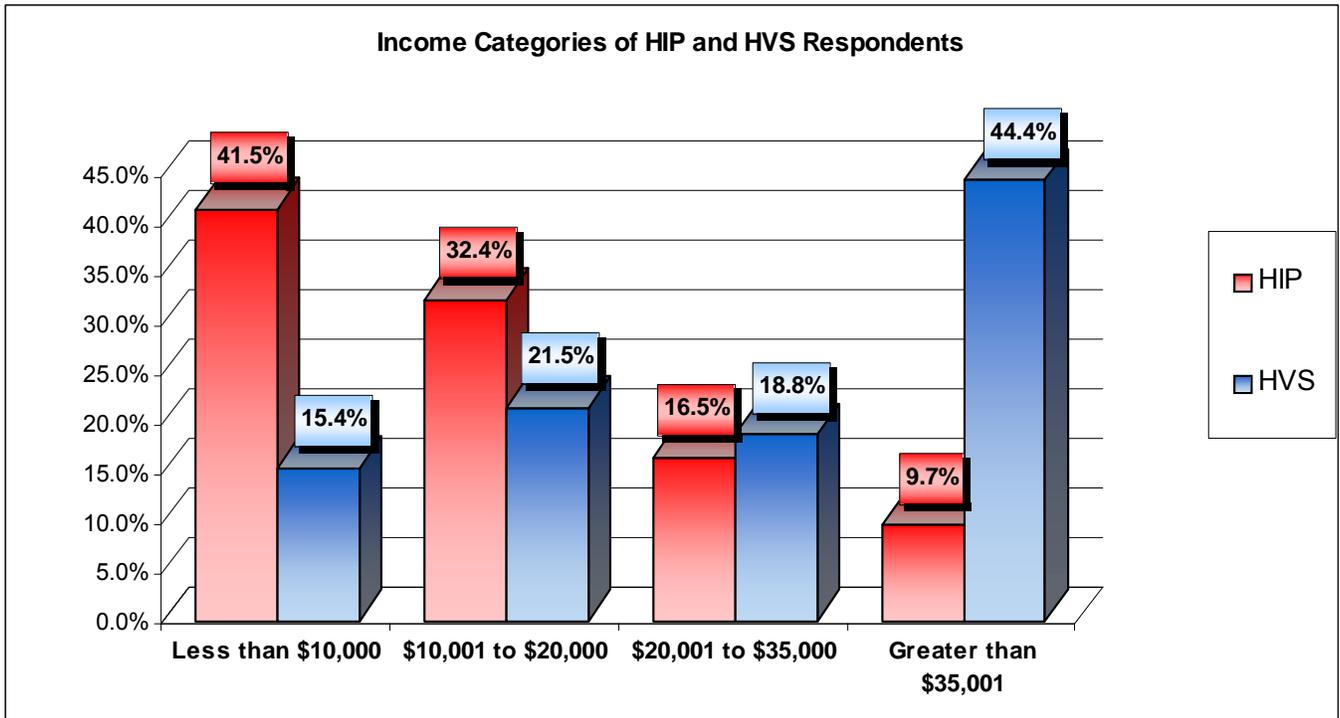
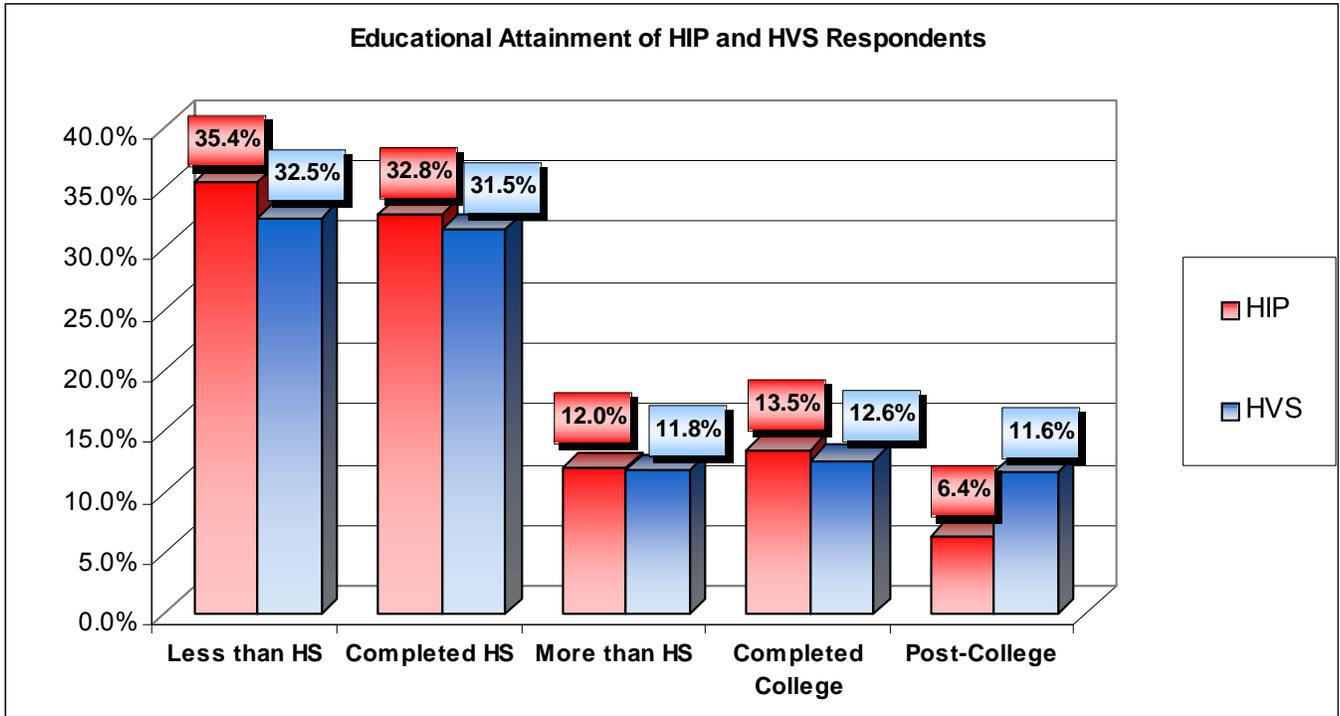
- Senior Center
- Waterway
- HHC Facilities**
- H Hospital
- ♿ Diag/Treatment Ctr

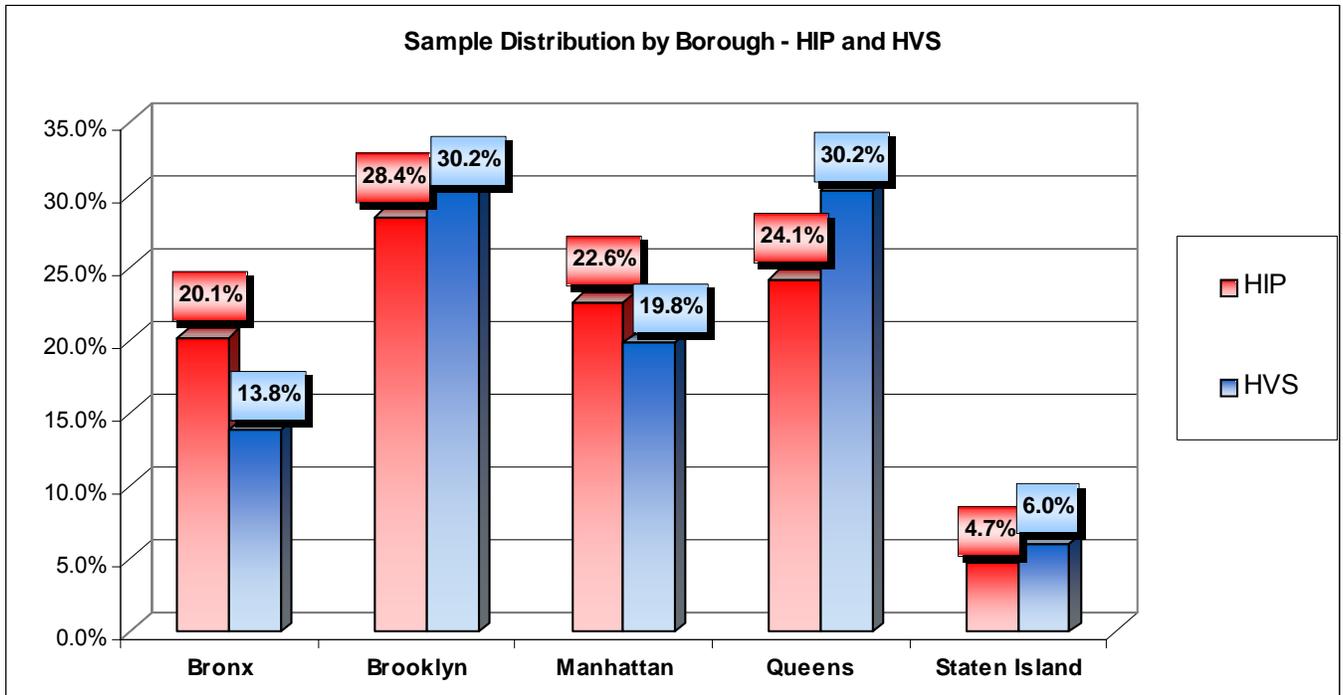


# NEW YORK CITY - DEMOGRAPHICS

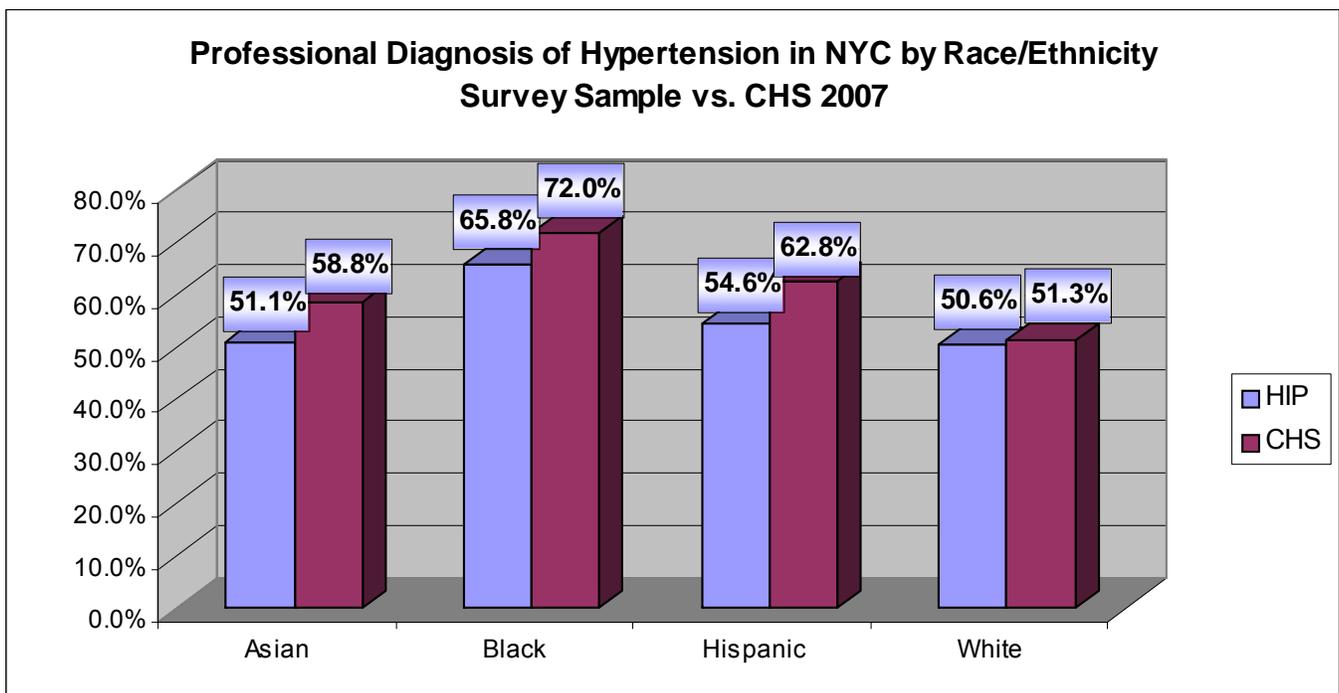
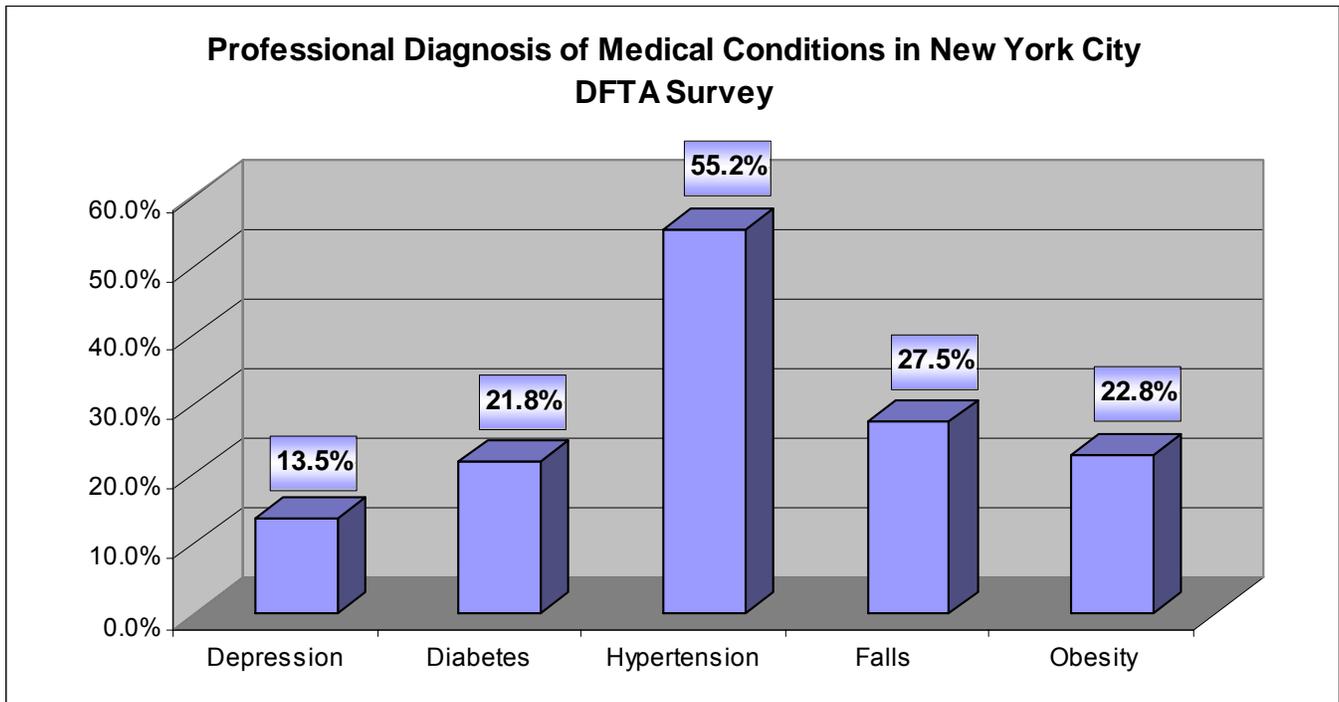




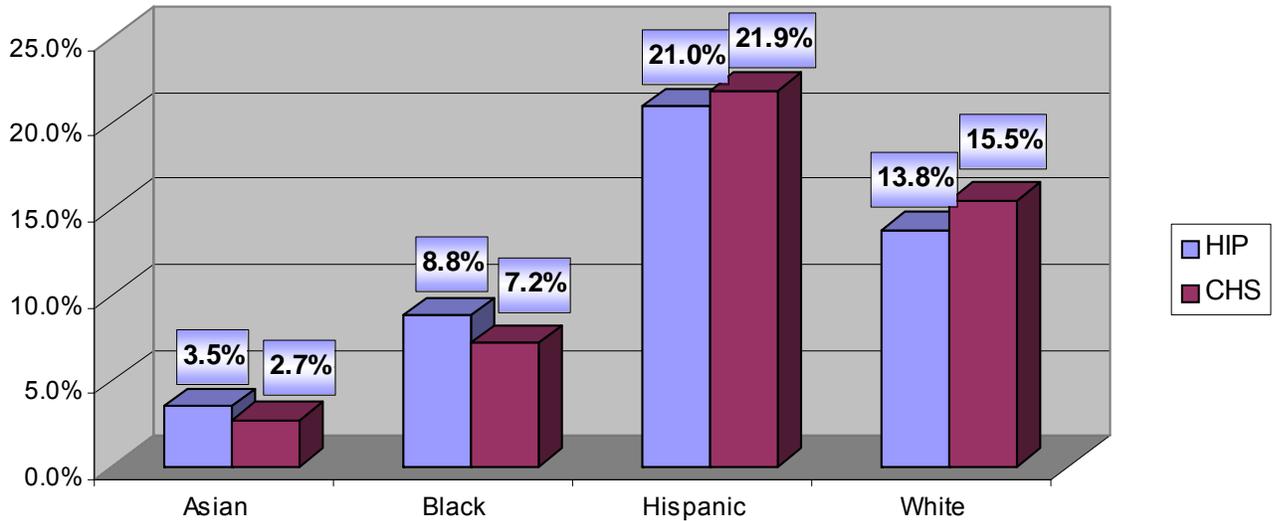




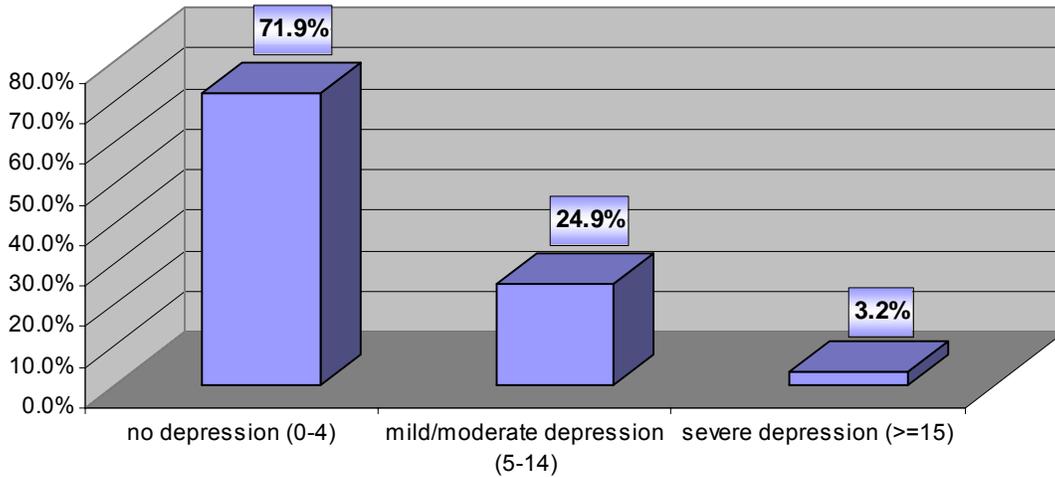
# NEW YORK CITY - PREVENTABLE MEDICAL CONDITIONS



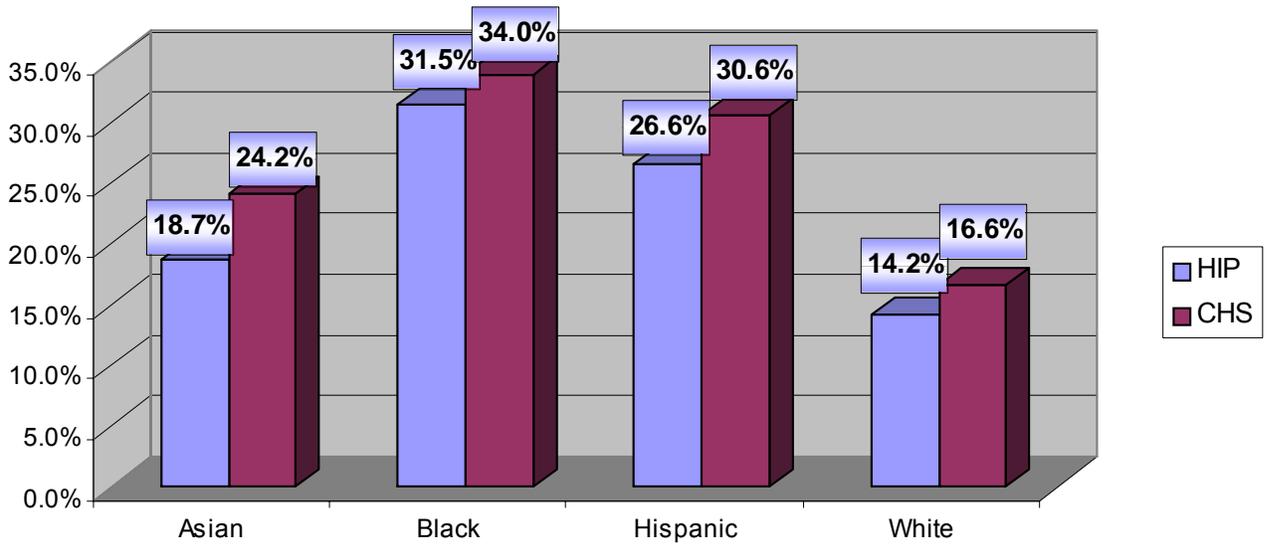
**Professional Diagnosis of Depression in NYC by Race/Ethnicity  
Survey Sample vs. CHS 2007**



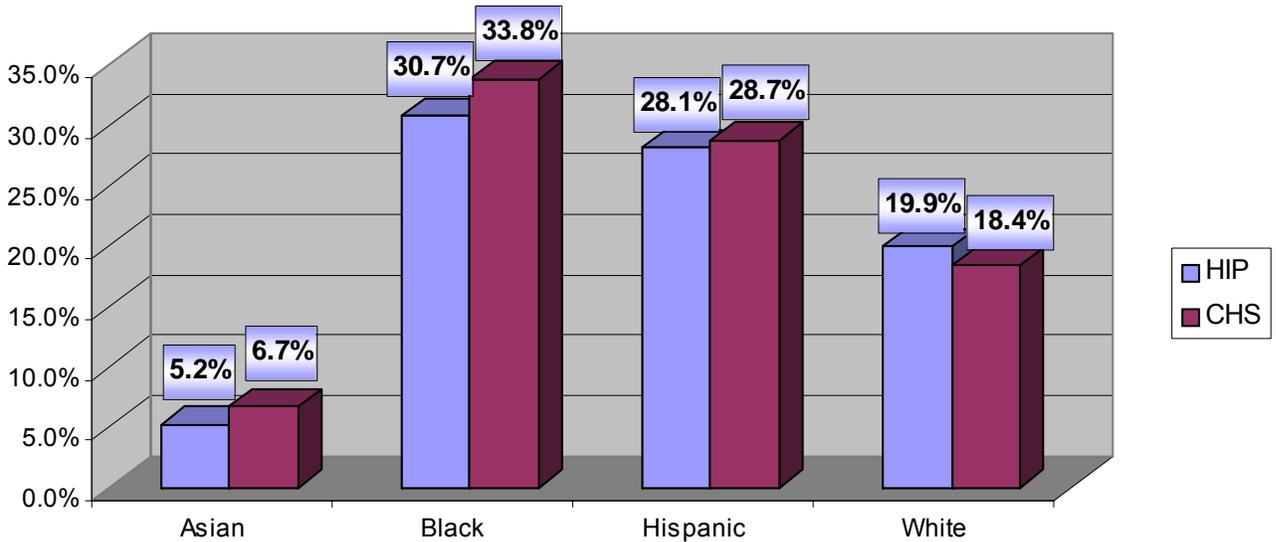
**Depression Severity (per PHQ-9)  
Among Older Adults Attending NYC Senior Centers**



**Professional Diagnosis of Diabetes in NYC by Race/Ethnicity  
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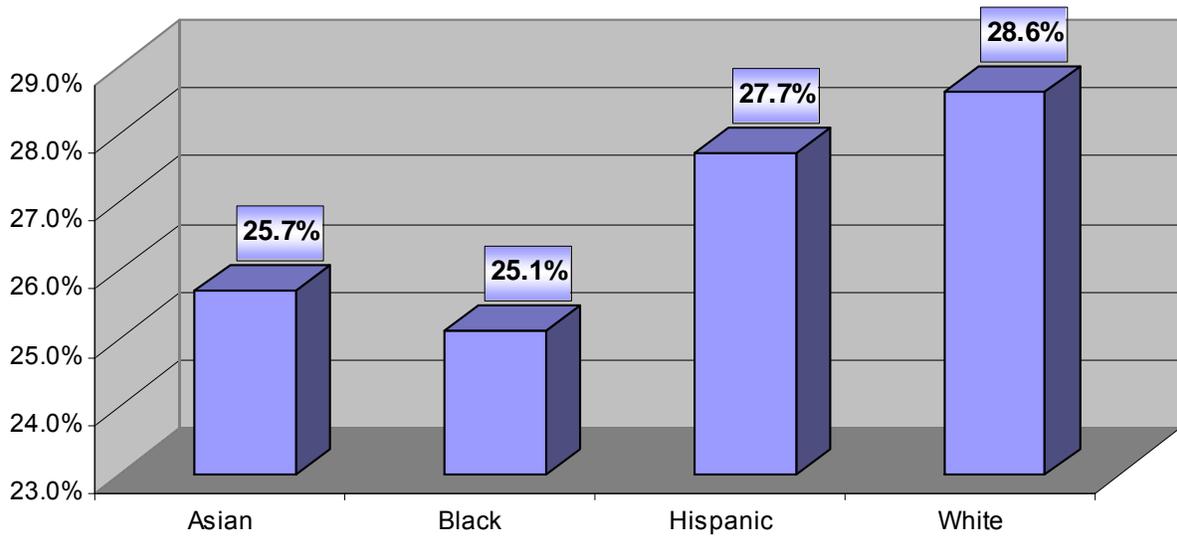


**Obesity in NYC by Race/Ethnicity  
Survey Sample vs. CHS 2007**

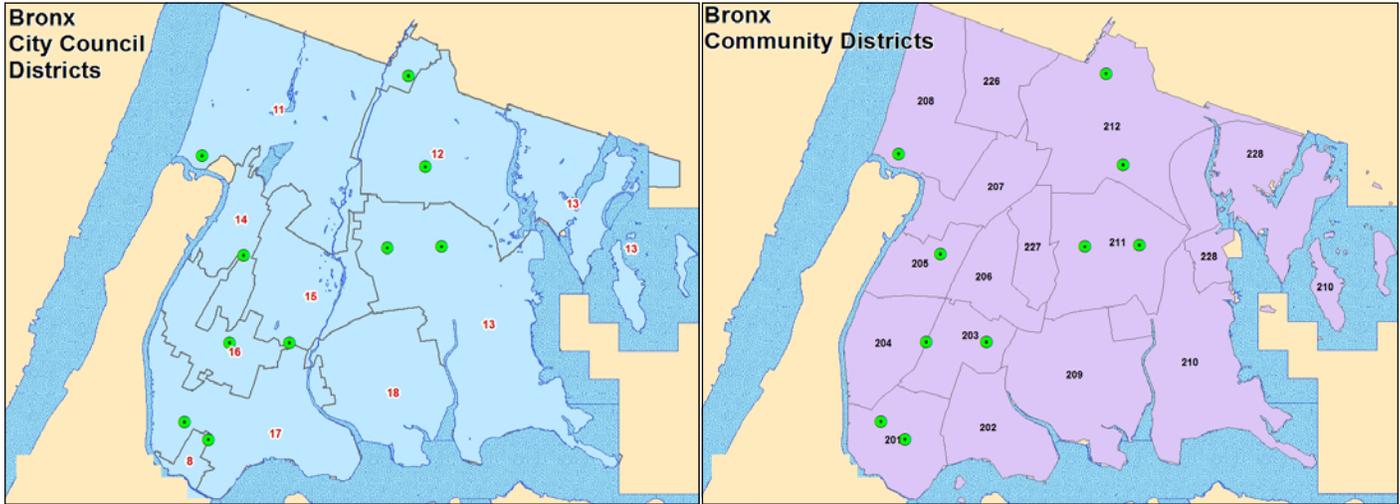


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**Falls Among Older Adults  
Attending NYC Senior Centers by Race/Ethnicity**



# BRONX



CENTERS SURVEYED	ADDRESS	ZIP CODE	COMM DIST	CITY COUNCIL
Aging In America Community Services M.O.W.	1500 Pelham Parkway	10461	211	13
IPH/RE Betances Senior Center	401 St. Anns Avenue	10454	201	8
Morris Senior Center	80 East 181st Street	10453	205	14
Neighborhood Shopp Casa Boricua Sr. Ctr	910 East 172 Street	10460	203	16
Patterson Houses	308 East 145th Street	10451	201	17
Pelham Parkway North Lunch Program	990 Pelham Parkway South	10461	211	13
RAIN/Boston East Senior Center	3450 Boston Road, 2nd Flr	10469	212	12
RAIN/Nereid Senior Center	720 Nereid Avenue	10466	212	11
Riverdale Senior Center	2600 Netherland Avenue	10463	208	11
William Hodson Senior Center	1320 Webster Avenue	10456	203	16

**SENIOR CENTER HEALTH INDICATORS PROJECT HIGHLIGHTS: THE BRONX**

- ☑ Those participants reporting an age of 75 or more accounted for over half of the study population.
- ☑ More than half of the respondents have been diagnosed with hypertension.
- ☑ Nearly thirty percent of the respondents have been diagnosed with diabetes.
- ☑ Over twenty percent of the Hispanic population surveyed have been diagnosed with depression.

Whenever possible, data from the Senior Center Health Indicators Project is compared to other existing datasets. Those datasets include:

- The 2005 New York City Housing Vacancy Survey (HVS)
- The 2005-2007 American Community Survey (ACS)
- The 2007 New York City Community Health Survey (CHS)

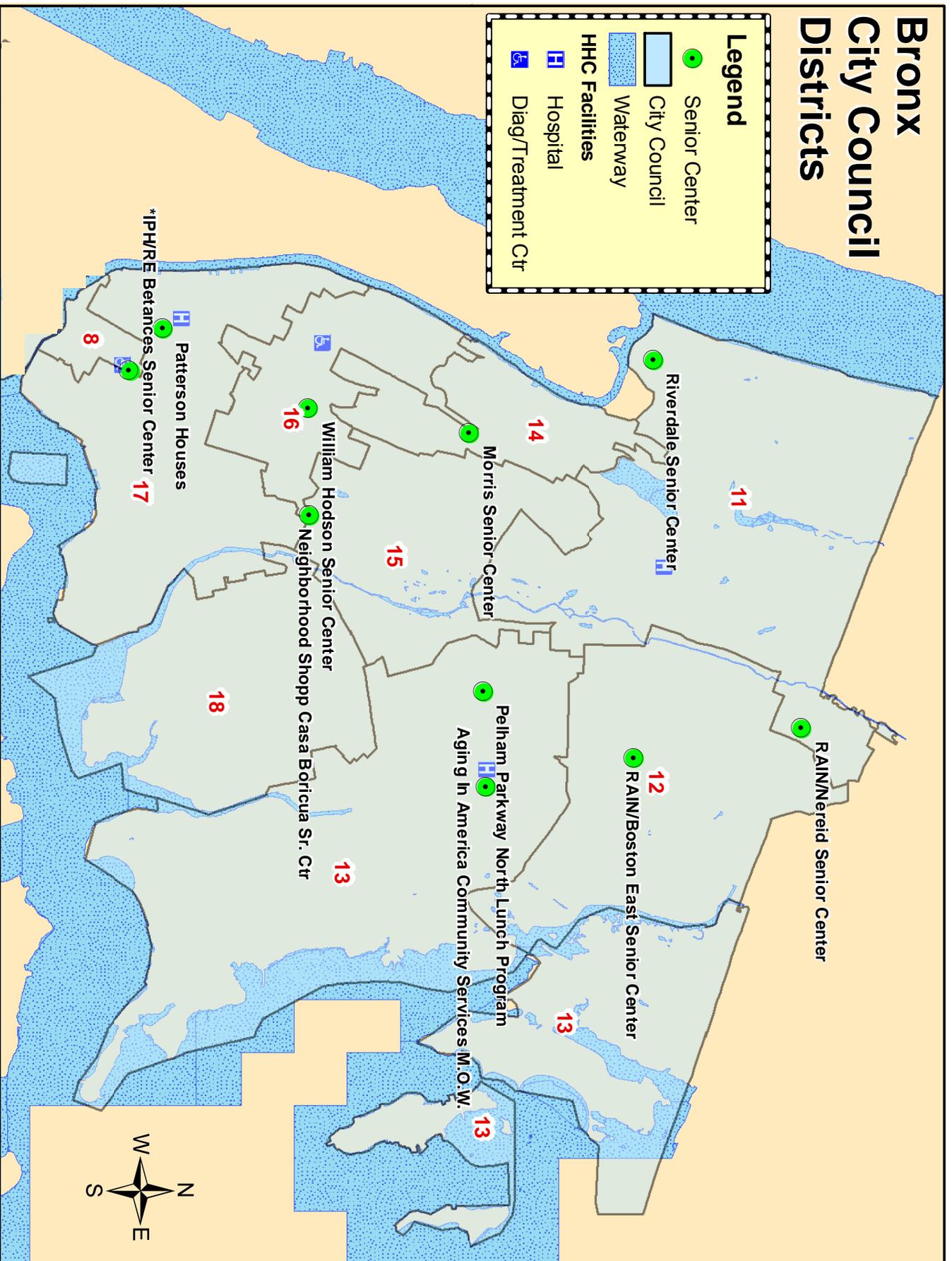
The racial/ethnic group “Asian” has been omitted from all Bronx tables due to the small number of Asian respondents in that Borough.

All data in this report refers to individuals ≥ 60 years of age, with the exception of the New York City Community Health Survey (CHS) which reports data for those ≥ 65 years of age.

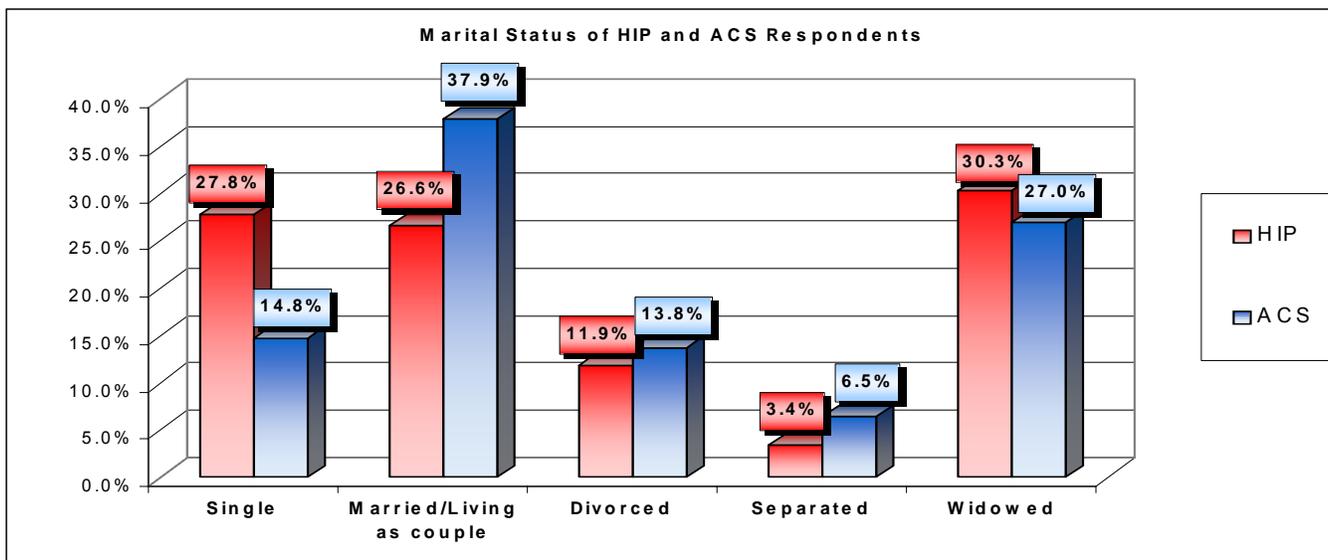
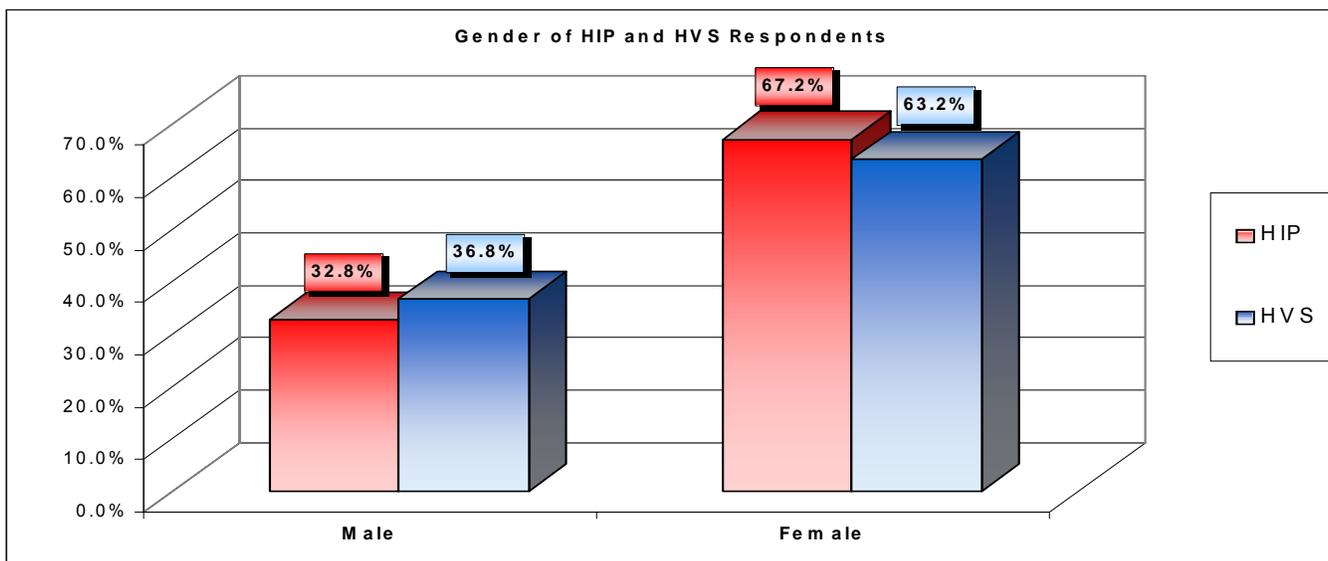
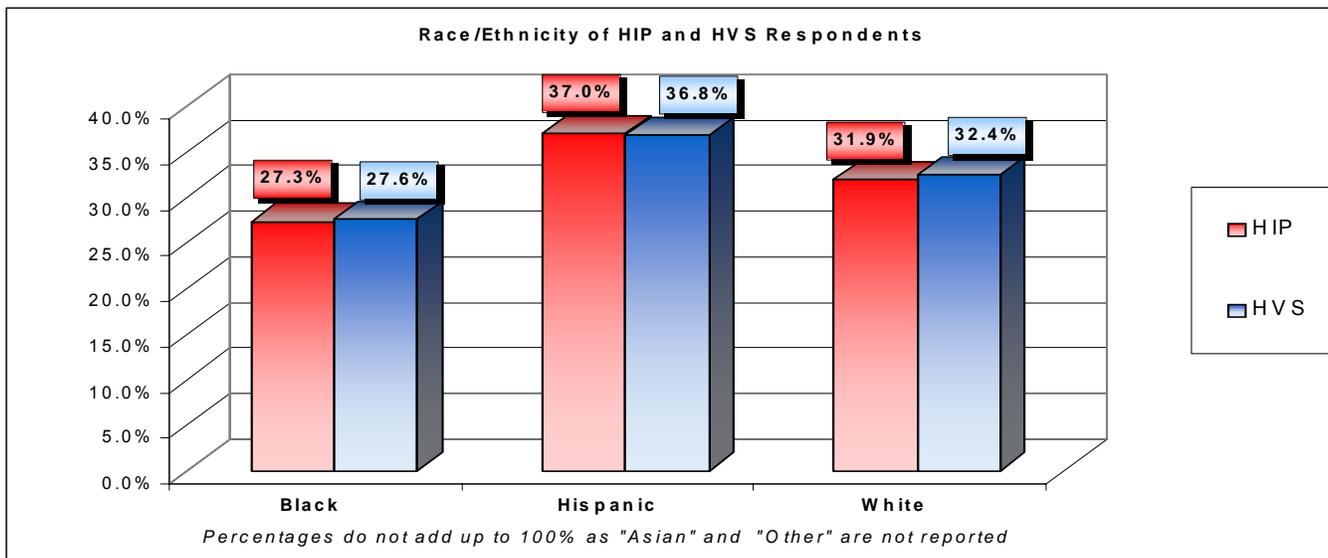
# Bronx City Council Districts

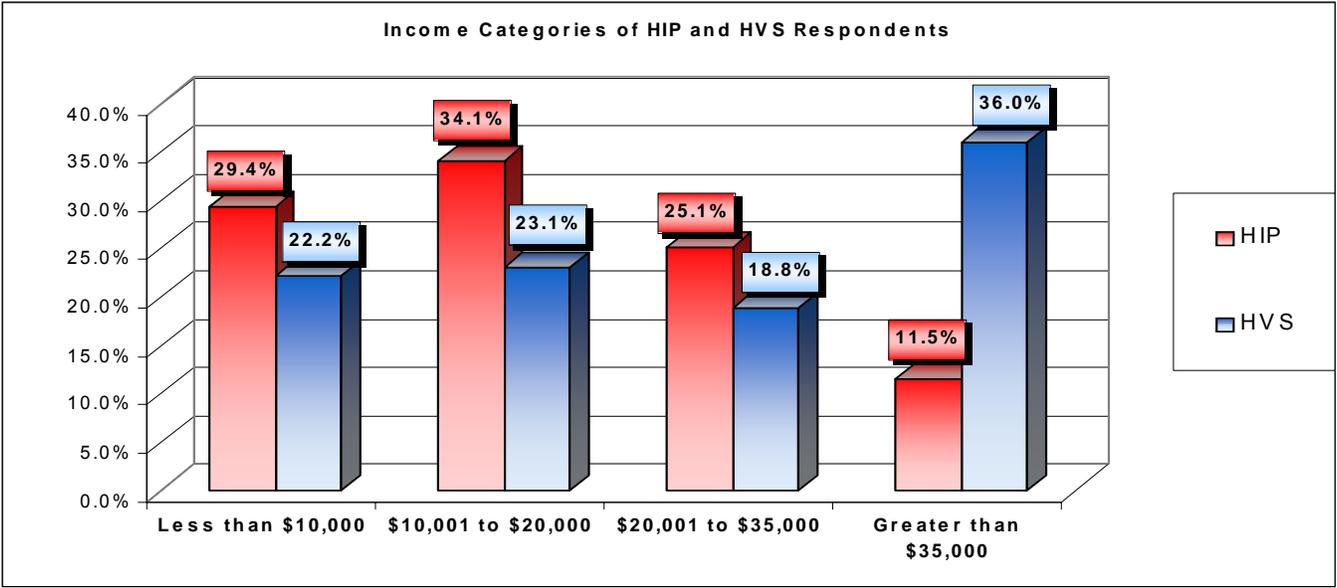
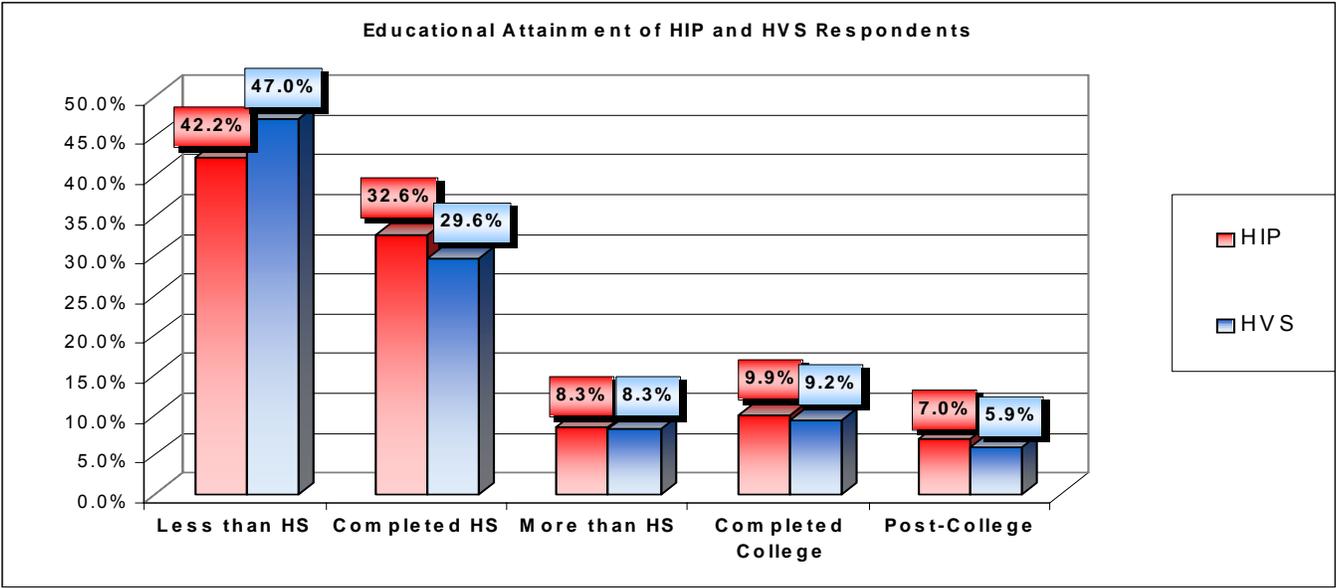
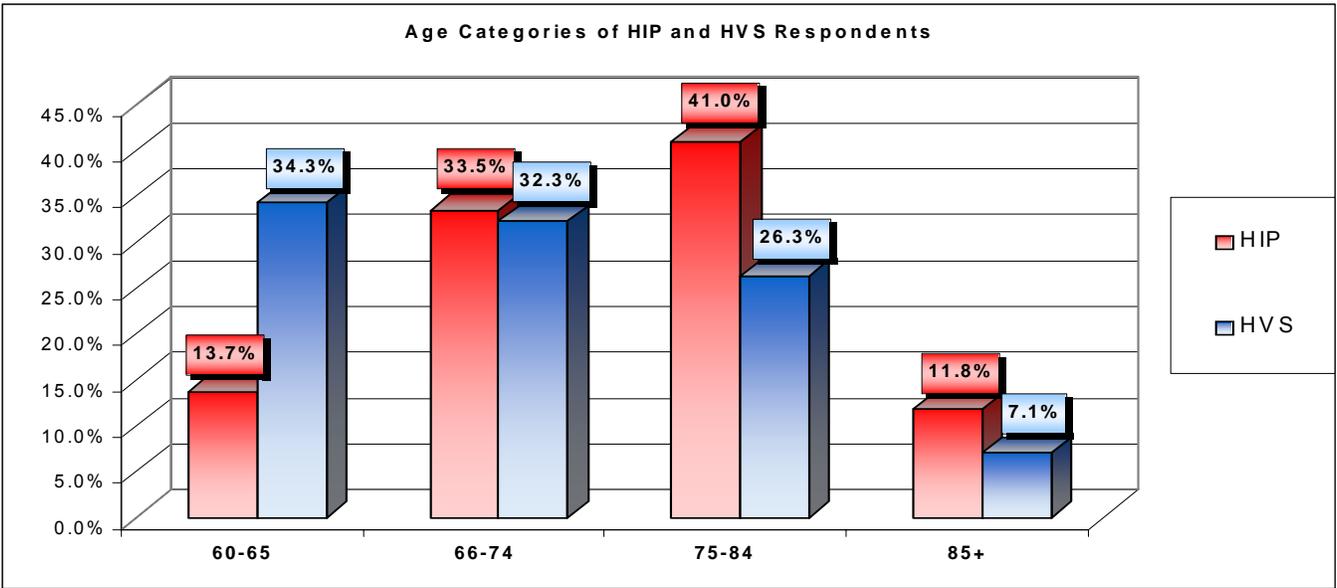
**Legend**

- Senior Center
- City Council
- Waterway
- H HHC Facilities
- H Hospital
- ♿ Diag/Treatment Ctr

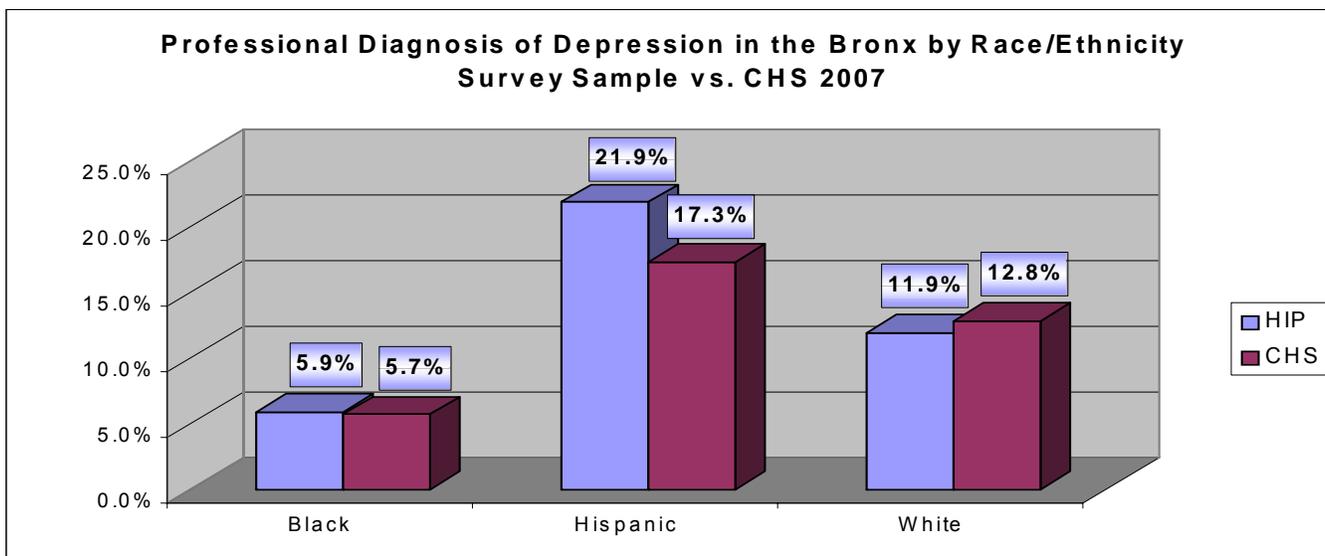
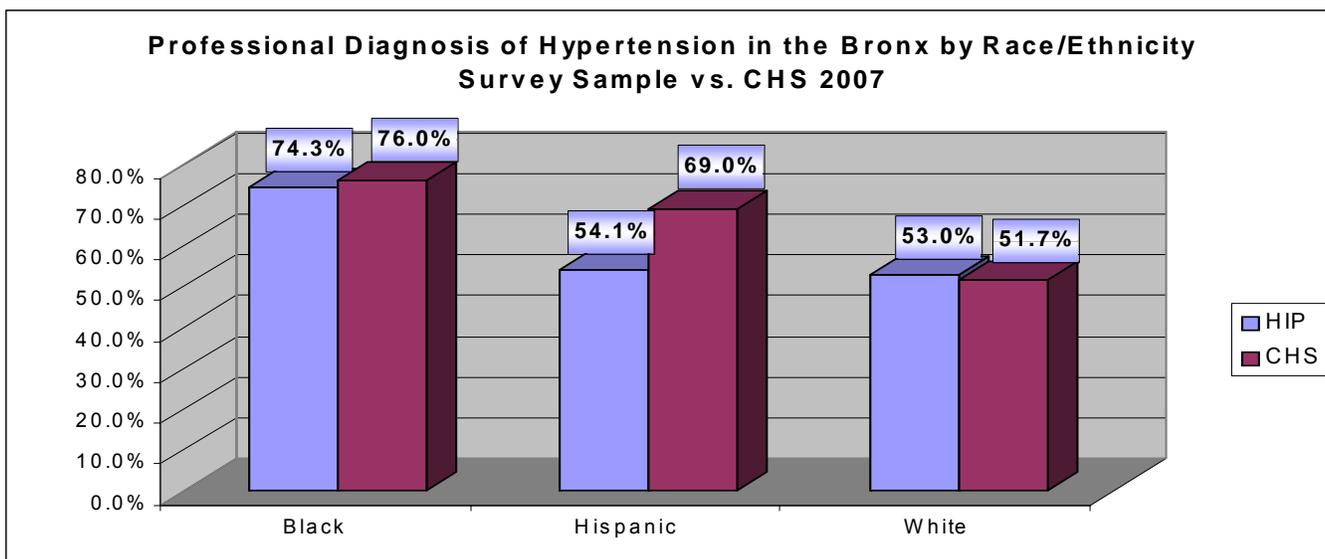
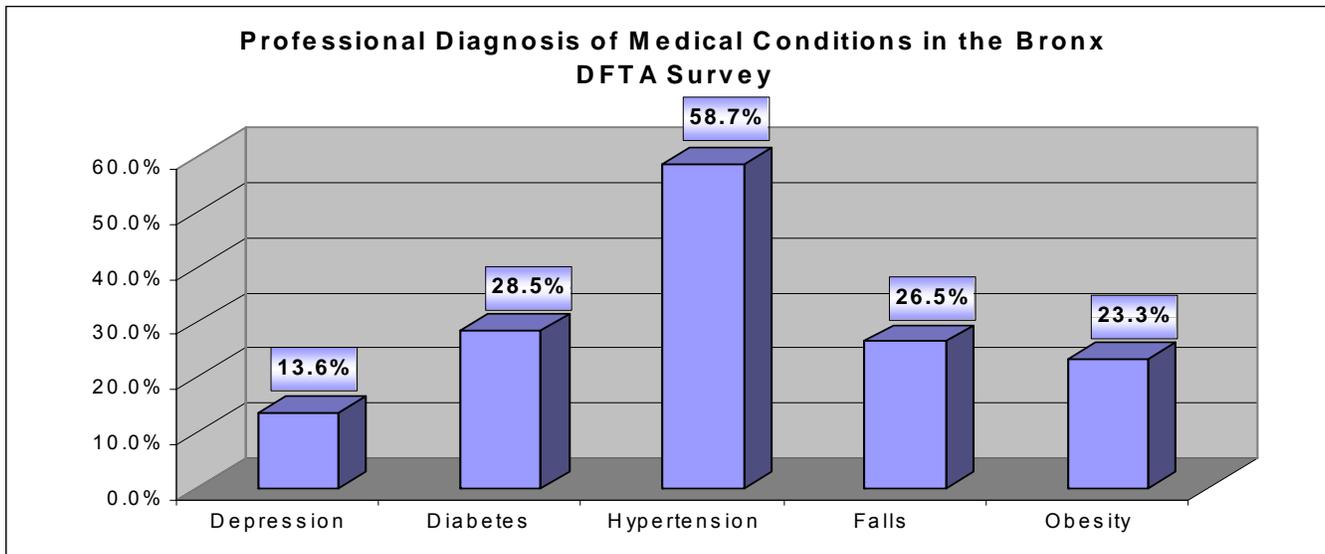


# BRONX - DEMOGRAPHICS

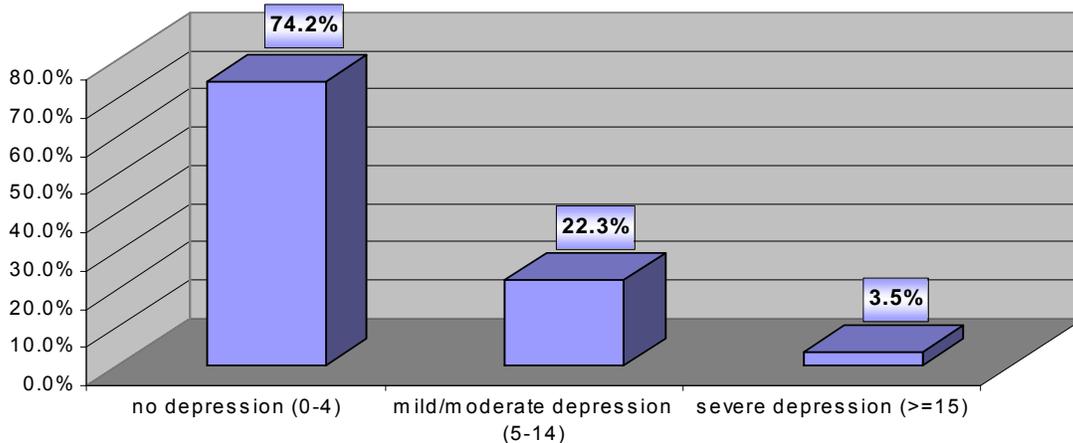




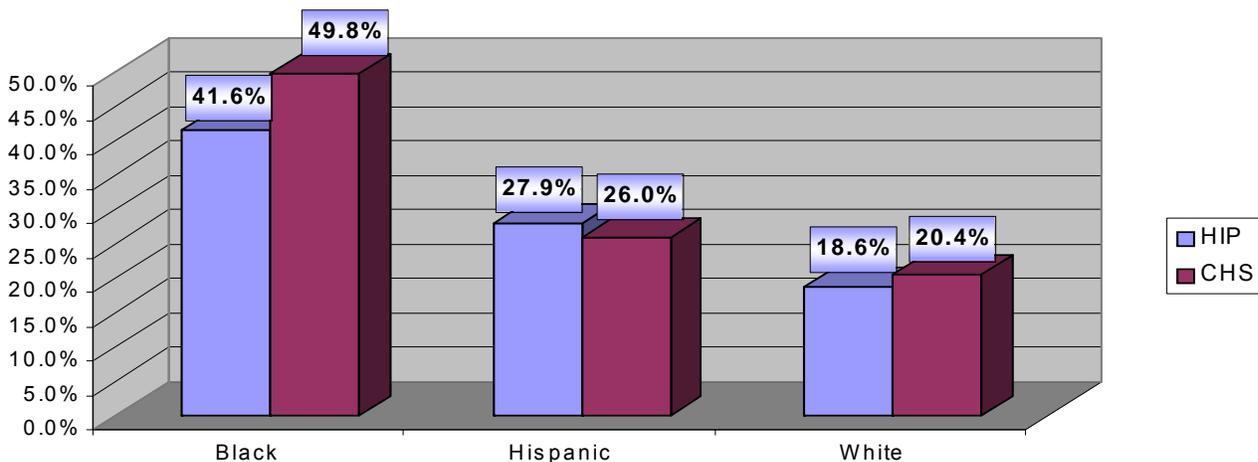
# BRONX - PREVENTABLE MEDICAL CONDITIONS



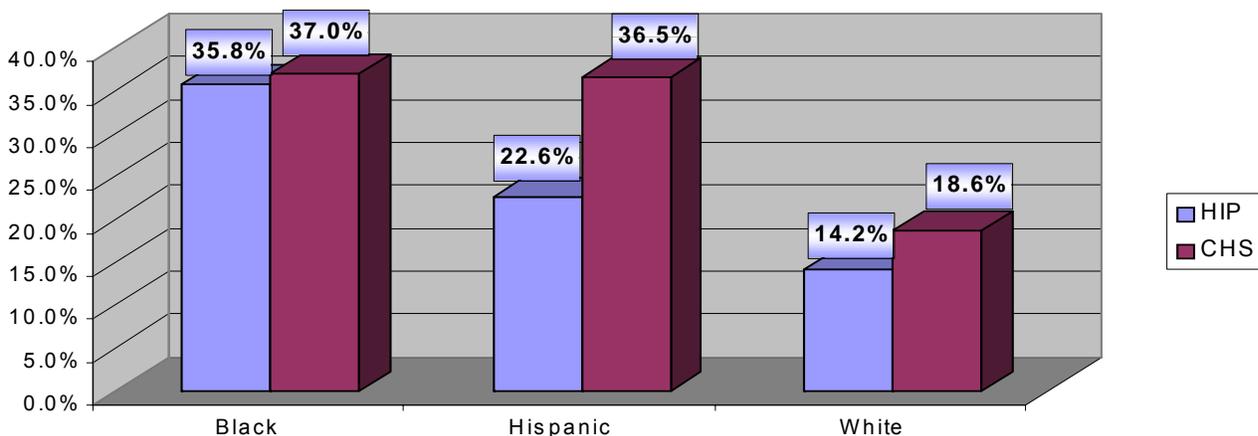
**Depression Severity (per PHQ-9)  
Among Older Adults Attending Bronx Senior Centers**

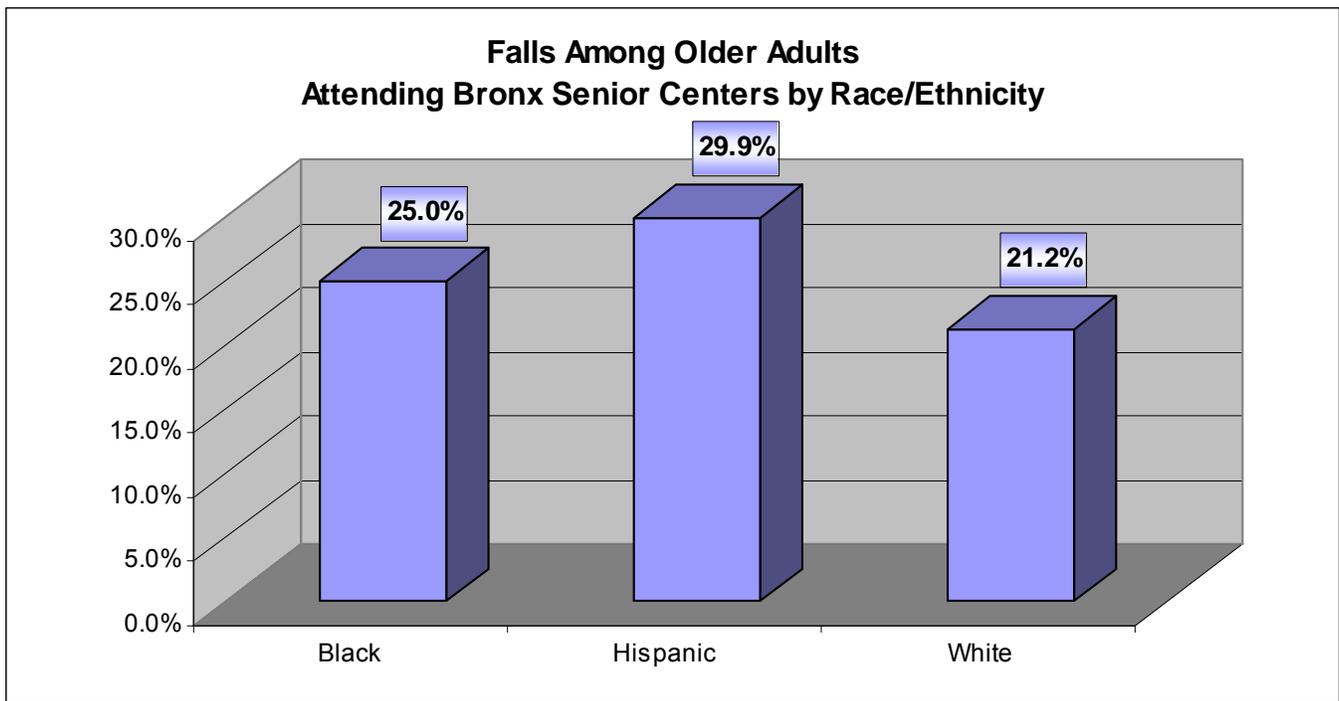


**Professional Diagnosis of Diabetes in the Bronx by Race/Ethnicity  
Survey Sample vs. CHS 2007**



**Obesity in the Bronx by Race/Ethnicity  
Survey Sample vs. CHS 2007**





**Please note:** Due to the small number of Asian respondents in the Bronx only the above racial/ethnic groups are presented.

**Notes:** Obesity as defined herein is based on BMI, calculated in the following manner and having a BMI > 30.

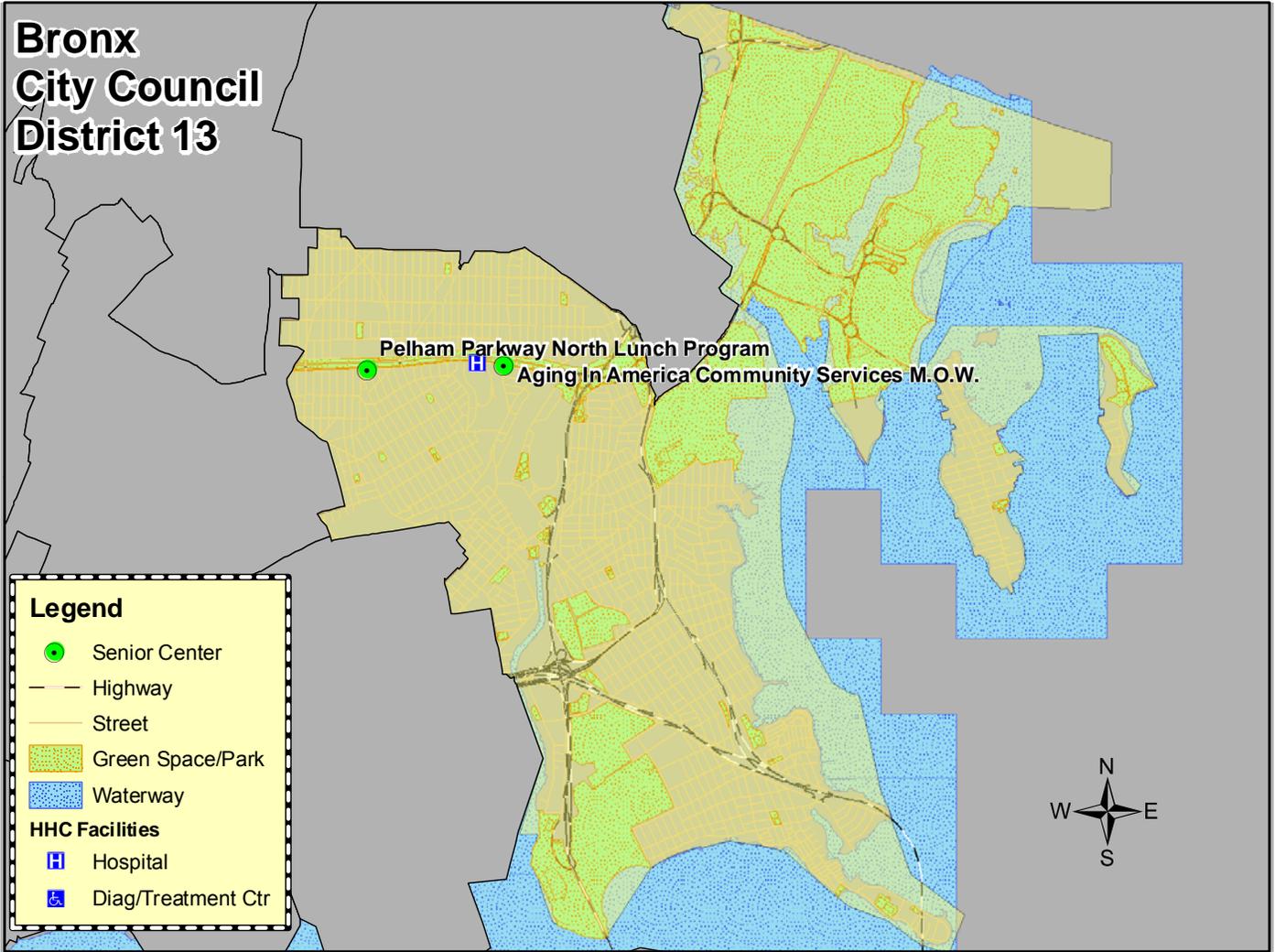
$$\frac{\text{Weight (lbs)}}{\text{Height (in)}^2} \times 703$$

**Notes:** No comparable Community Health Survey data exist for the **Falls Among Older Adults** or **PHQ-9** results found in the DFTA-HIP survey.

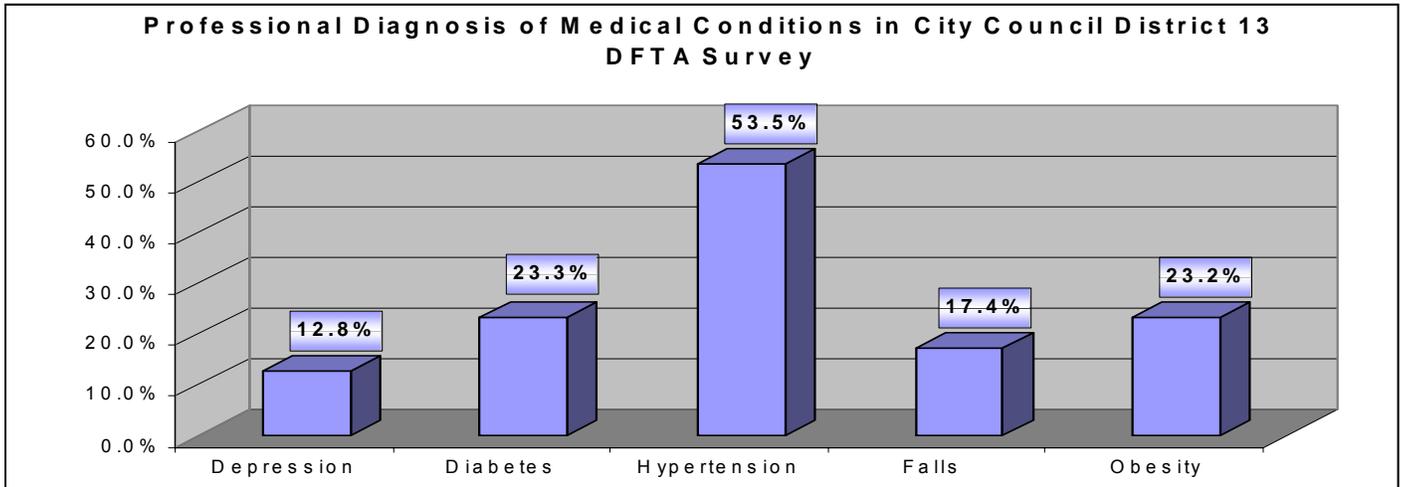
The scoring methodology for the PHQ-9 is one based on severity and uses the following intervals based on total score:

- ≤4 No depression
- 5 - 14 Mild depression
- ≥15 Severe depression

# BRONX SNAPSHOT - CITY COUNCIL DISTRICT 13

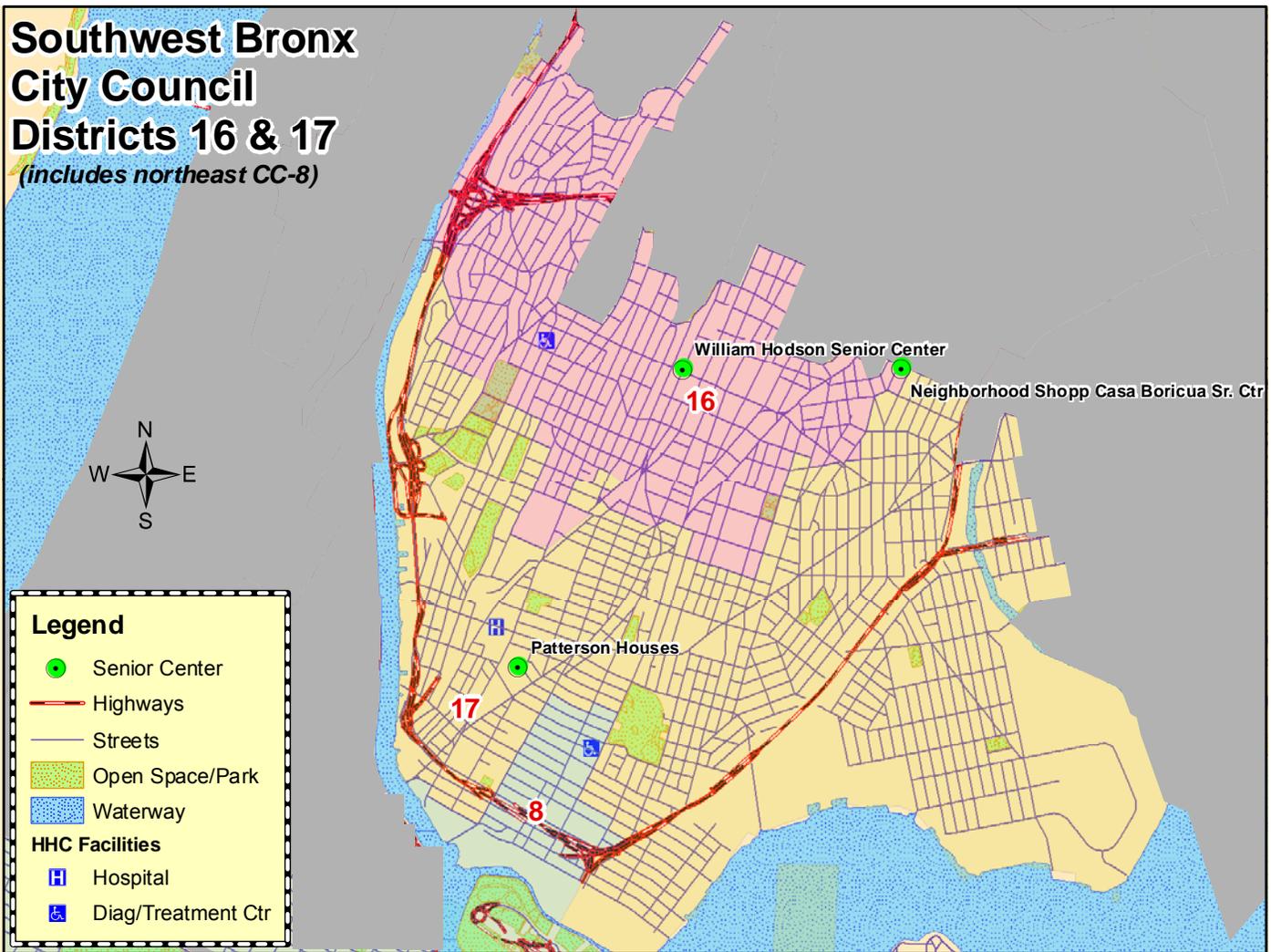


NAME	ADDRESS	ZIP CODE	COMM. DIST	SURVEYS CONDUCTED	CENTER POPULATION
Aging In America Community Services M.O.W.	1500 Pelham Parkway	10461	211	43	160
Pelham Parkway North Lunch Program	990 Pelham Parkway South	10461	211	43	184
				<b>86</b>	<b>344</b>

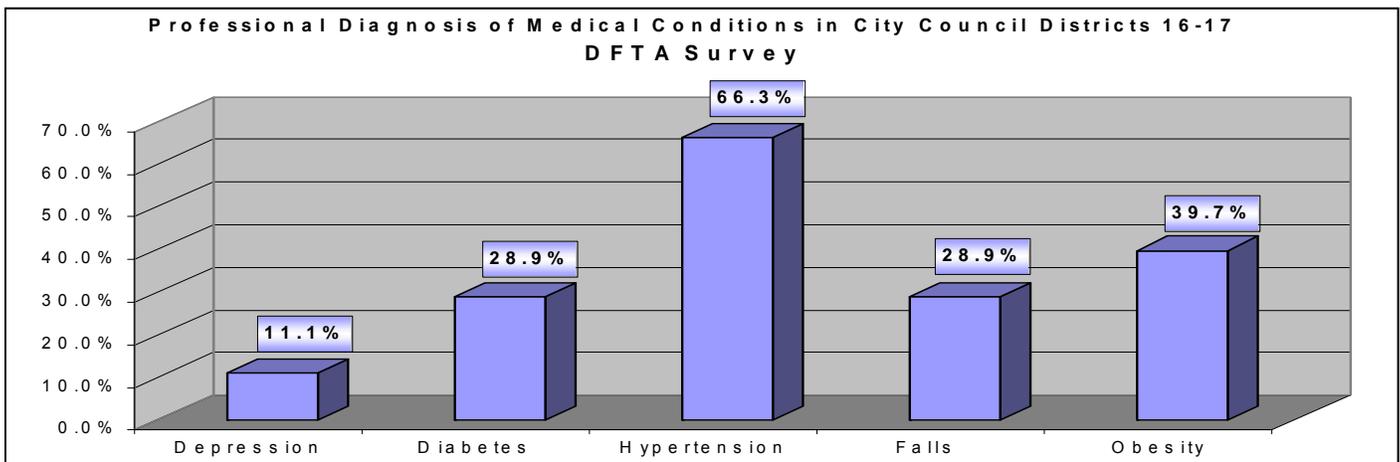


# BRONX SNAPSHOT - CITY COUNCIL DISTRICTS 16 & 17

## Southwest Bronx City Council Districts 16 & 17 *(includes northeast CC-8)*

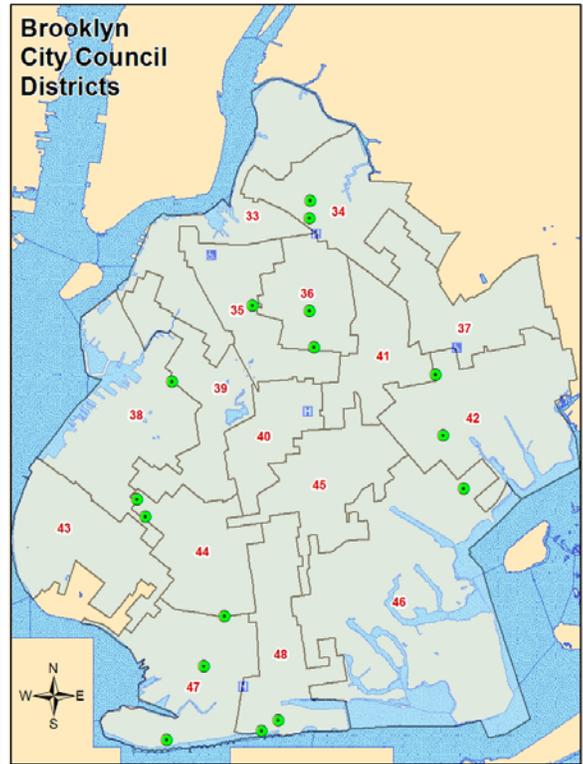


NAME	ADDRESS	ZIP CODE	COMM. DIST	SURVEYS CONDUCTED	CENTER POPULATION
William Hodson Senior Center	1320 Webster Avenue	10456	203	31	91
Patterson Houses	308 East 145th Street	10451	201	15	37
Neighborhood Shopp Casa Boricua Sr. Ctr	910 East 172 Street	10460	203	44	150
				<b>90</b>	<b>278</b>



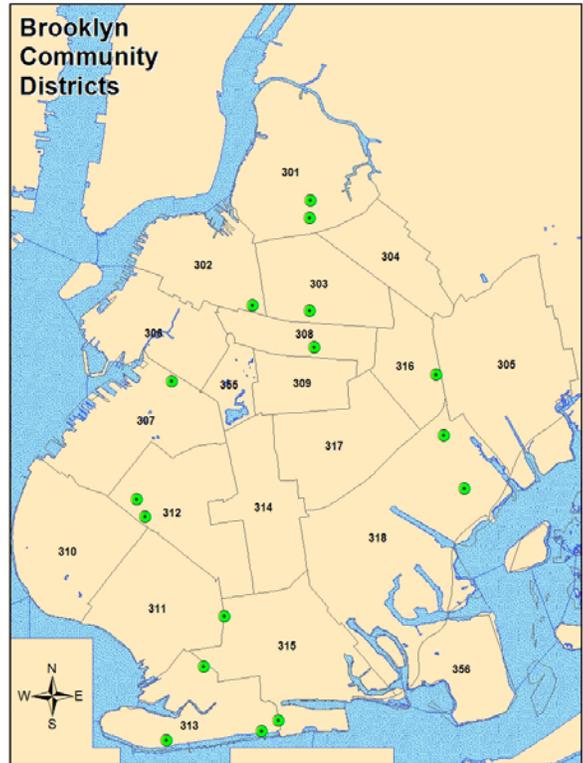
# BROOKLYN

Senior Centers Surveyed	Comm. District	City Council
Abe Stark Senior Center	318	42
Amico 59th Street Senior Center	312	44
BFFY St Louis Senior Center	308	36
Borinquen Plaza Nutrition Program	301	34
Boro Park Senior Center	312	44
Christopher C. Blenman Senior Center	303	36
Grace Agard Harewood Senior Center	302	35
Haber Houses Senior Center	313	47
JASA Canarsie Senior Center	318	46
JASA Senior Alliance Senior Center	315	48
JASA Shorefront Senior Center	313	48
JASA Williamsburg Senior Center (NYCHA)	301	34
Marlboro Senior Center	313	47
Prospect Hill Senior Services Center	307	39
Rosetta Gaston Senior Center	305	42
Sephardic Multi Service Senior Center	315	44



**SENIOR CENTER HEALTH INDICATORS PROJECT HIGHLIGHTS: BROOKLYN**

- ☑ The majority of respondents are at or below high school grade level.
- ☑ Over a quarter of the respondents in this borough are obese.
- ☑ Nearly two-thirds of Black respondents have been diagnosed with hypertension.
- ☑ Over thirty percent of those surveyed displayed symptoms of mild to moderate depression.



Whenever possible, data from the Senior Center Health Indicators Project is compared to other existing datasets. Those datasets include:

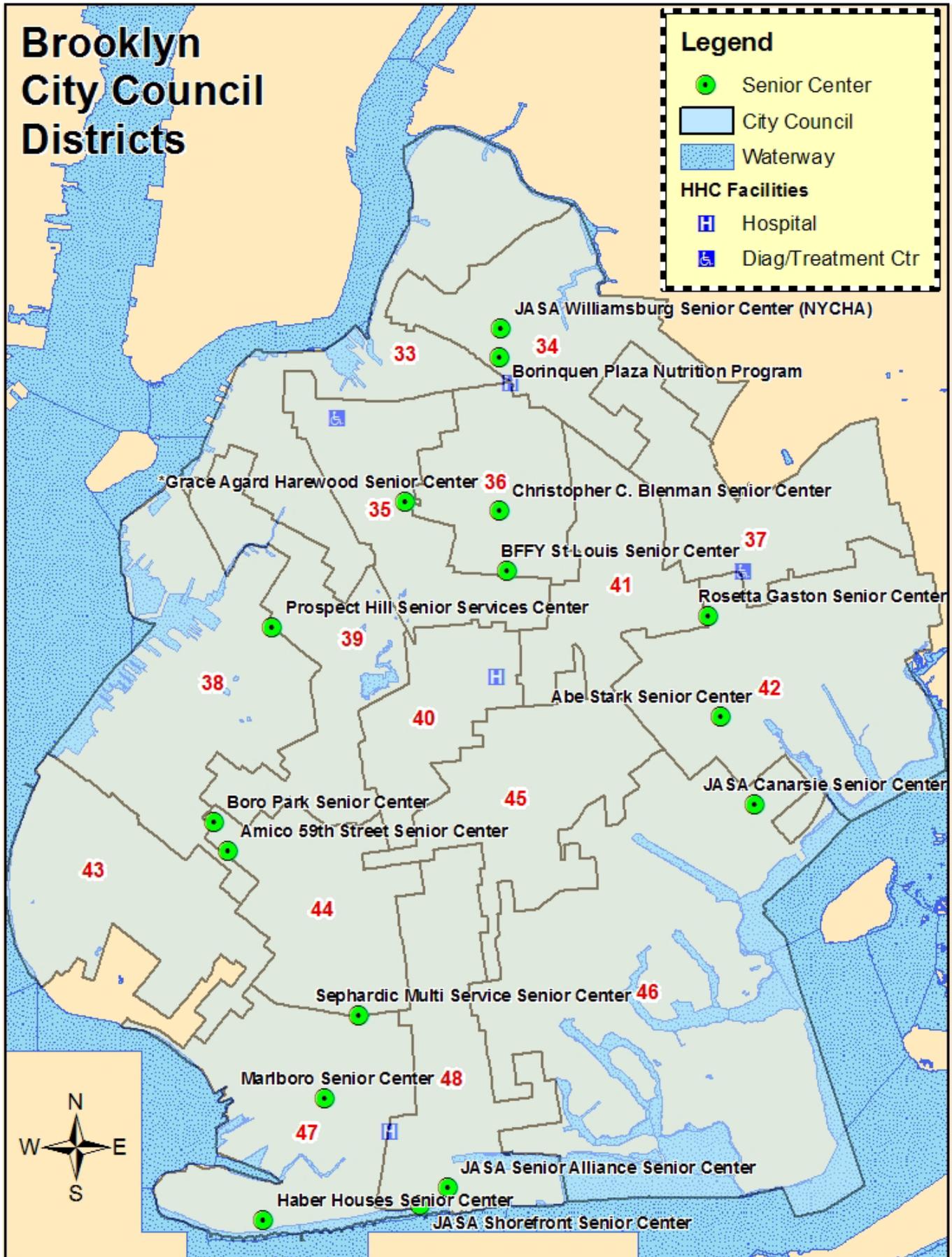
- The 2005 New York City Housing Vacancy Survey (HVS)
- The 2005-2007 American Community Survey (ACS)
- The 2007 New York City Community Health Survey (CHS)

All data in this report refers to individuals ≥ 60 years of age, with the exception of the New York City Community Health Survey (CHS) which reports data for those ≥ 65 years of age.

# Brooklyn City Council Districts

## Legend

-  Senior Center
-  City Council
-  Waterway
- HHC Facilities**
-  Hospital
-  Diag/Treatment Ctr



# BROOKLYN - DEMOGRAPHICS

