



Manhattan Community District 7: **UPPER WEST SIDE**

(Including Lincoln Square, Manhattan Valley
and Upper West Side)



Health is rooted in the circumstances of our daily lives and the environments in which we are born, grow, play, work, love and age. Understanding how **community conditions affect our physical and mental health** is the first step toward building a healthier New York City.

WHO WE
ARE

UPPER WEST SIDE TOTAL POPULATION

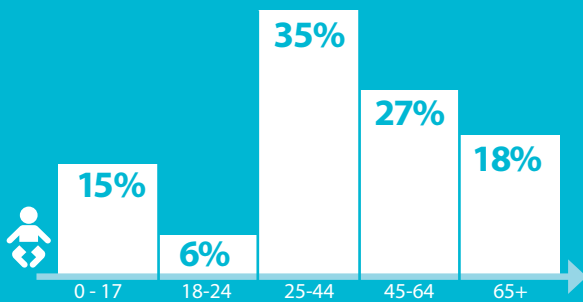
215,329

POPULATION BY RACE AND ETHNICITY

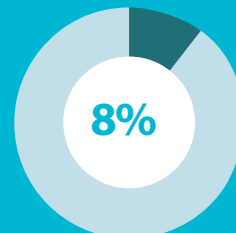
67% White*

15% Hispanic
8% Asian*
7% Black*
2% Other*

POPULATION BY AGE



HAVE LIMITED
ENGLISH
PROFICIENCY



PERCENT WHO REPORTED
THEIR OWN HEALTH
AS "EXCELLENT,"
"VERY GOOD" OR "GOOD"

89%

LIFE EXPECTANCY

83.8
YEARS

* Non-Hispanic

Note: Percentages may not sum to 100% due to rounding

Sources: Overall population, race and age: U.S. Census Bureau Population Estimates, 2013; Foreign born and English proficiency: U.S. Census Bureau, American Community Survey, 2011-2013; Self-reported health: NYC DOHMH Community Health Survey, 2011-2013; Life Expectancy: NYC DOHMH Bureau of Vital Statistics, 2003-2012



Note from Dr. Mary Bassett, Commissioner, New York City Department of Health and Mental Hygiene

New York City is a city of neighborhoods. Their diversity, rich history and people are what make this city so special.

But longstanding and rising income inequality, combined with a history of racial residential segregation, has led to startling health inequities between neighborhoods. Poor health outcomes tend to cluster in places that people of color call home and where many residents live in poverty. Life expectancy in Brownsville, for example, is 11 years shorter than in the Financial District. And this is not because residents of Brownsville are dying of unusual diseases, but because they are dying of the same diseases – mostly heart disease and cancer – at younger ages and at higher rates.

This is unfair and avoidable. A person's health should not be determined by his or her ZIP code.

Reducing health inequities requires policymakers, health professionals, researchers and community groups to advocate and work together for systemic change. In *One New York: The Plan for a Strong and Just City (OneNYC)*, Mayor Bill de Blasio has outlined a vision to transform this city, and every neighborhood, guided by the principles of growth, equity, sustainability and resiliency.

Our communities are not simply made up of individual behaviors, but are dynamic places where individuals interact with each other, with their immediate environments and with the policies that shape those environments. The Community Health Profiles include indicators that reflect a broad set of conditions that impact health.

Our hope is that you will use the data and information in these Community Health Profiles to advocate for your neighborhoods.

A handwritten signature in black ink that reads "Mary T. Bassett". The signature is fluid and cursive.

MARY T. BASSETT, MD, MPH

Navigating this document

This profile covers all of Manhattan Community District 7, which includes Lincoln Square, Manhattan Valley and Upper West Side, but the name is shortened to just **Upper West Side**. This is one of 59 community districts in New York City (NYC).

Community districts are ranked on each indicator. The highest rank (#1) corresponds to the largest value for a given measure. Sometimes a high rank indicates a positive measure of health (e.g., ranking first in flu vaccination). Other times, it indicates a negative measure of health (e.g., ranking first in the premature death rate).

The following color coding system is used throughout this document:

UPPER WEST SIDE
BEST-PERFORMING COMMUNITY DISTRICT
MANHATTAN
NEW YORK CITY

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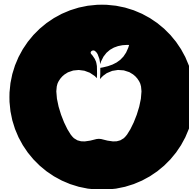
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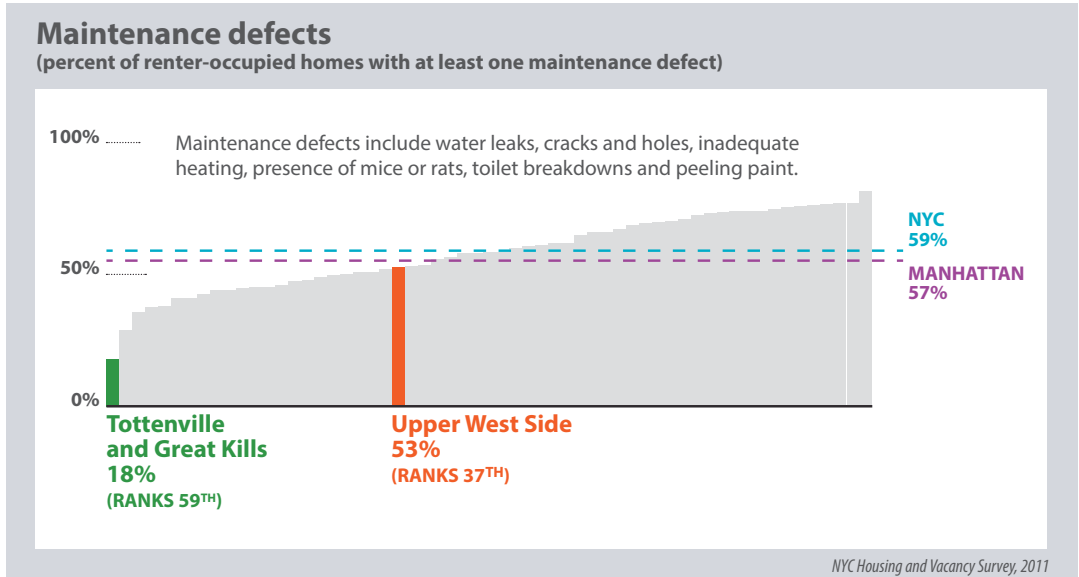
NEIGHBORHOOD CONDITIONS

Where we live determines the quality of the air we breathe, the homes we live in, how safe we feel, what kinds of food we can easily access and more.

When healthy foods are readily available, it is easier to make healthy choices.

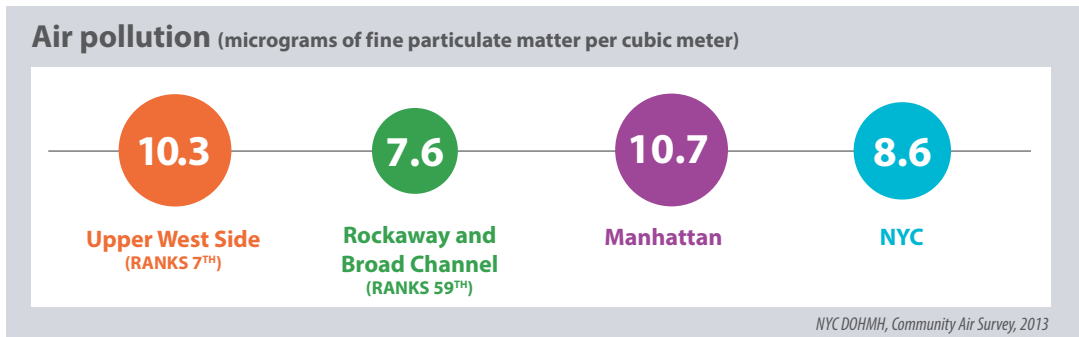
Housing quality

Poorly maintained housing is associated with negative health outcomes, including asthma and other respiratory illnesses, injuries and poor mental health. The percentage of **Upper West Side** homes with maintenance defects is similar to the city average.



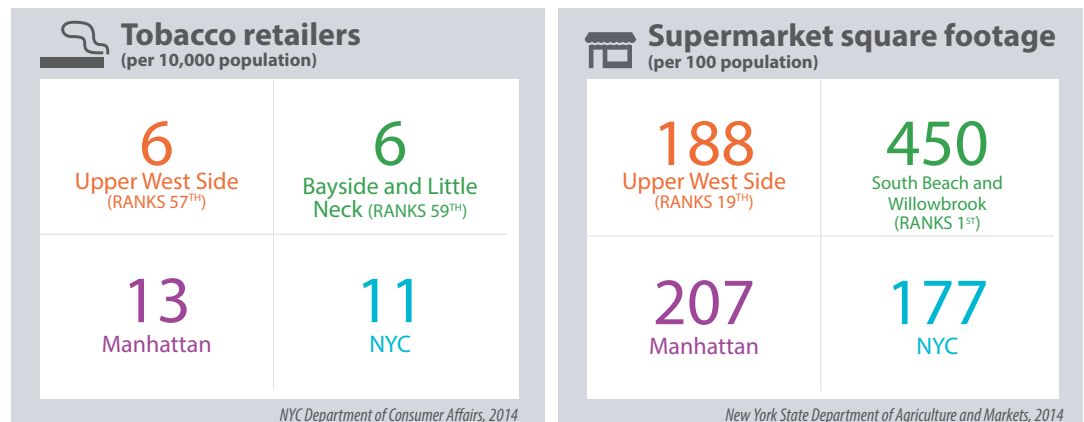
Air pollution

Although NYC air quality is improving, air pollution, such as fine particles (PM_{2.5}), can cause health problems, particularly among the very young, seniors and those with preexisting health conditions. In the **Upper West Side**, levels of PM_{2.5}, the most harmful air pollutant, are 10.3 micrograms per cubic meter, compared with 10.7 in Manhattan and 8.6 citywide.



Retail environment

Tobacco retailers are less prevalent in the **Upper West Side** than in the city overall. There are 188 square feet of supermarket space per 100 people, similar to the city average.





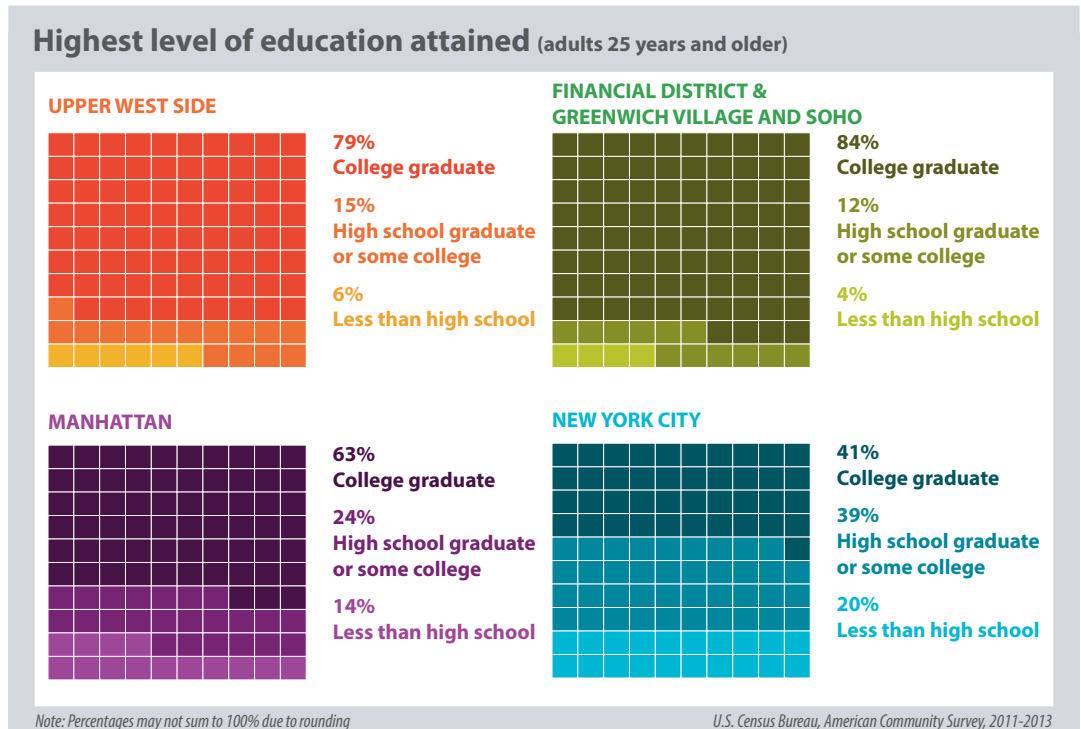
SOCIAL AND ECONOMIC CONDITIONS

Higher education levels are associated with better health outcomes.

11% of residents of the **Upper West Side** live below the Federal Poverty Level; 48 districts have higher poverty rates.

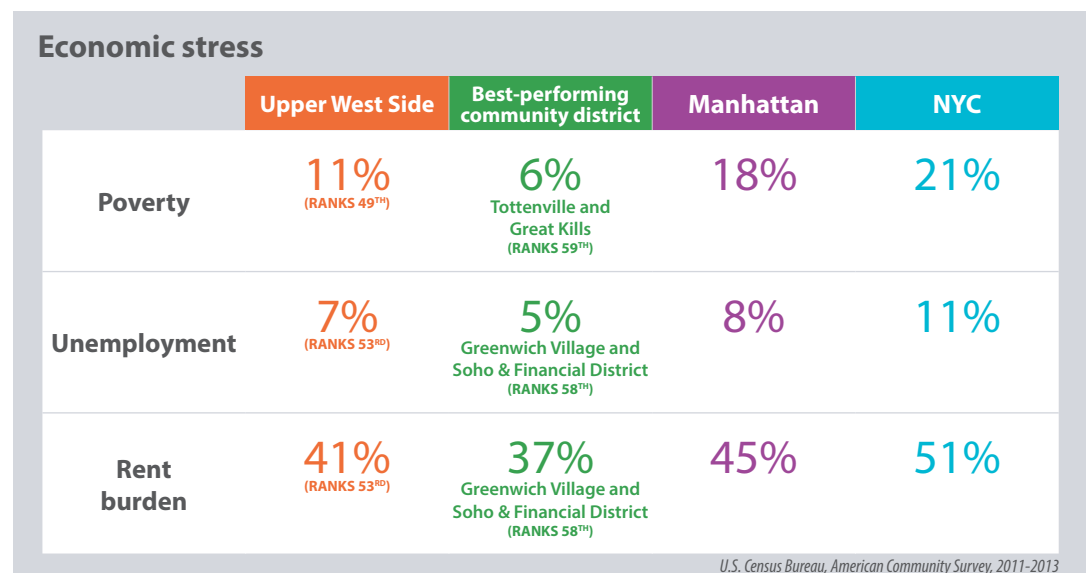
Adult educational attainment

In the **Upper West Side**, 79% of adults have college degrees, and only 6% of adults have not completed high school.



Income

Living in poverty limits healthy lifestyle choices and makes it difficult to access health care and resources that can promote health and prevent illness. Unemployment and unaffordable housing are also closely associated with poverty and poor health. About one in fourteen **Upper West Side** adults ages 16 and older is unemployed, and two-fifths of residents spend more than 30% of their monthly gross income on rent.





SOCIAL AND ECONOMIC CONDITIONS

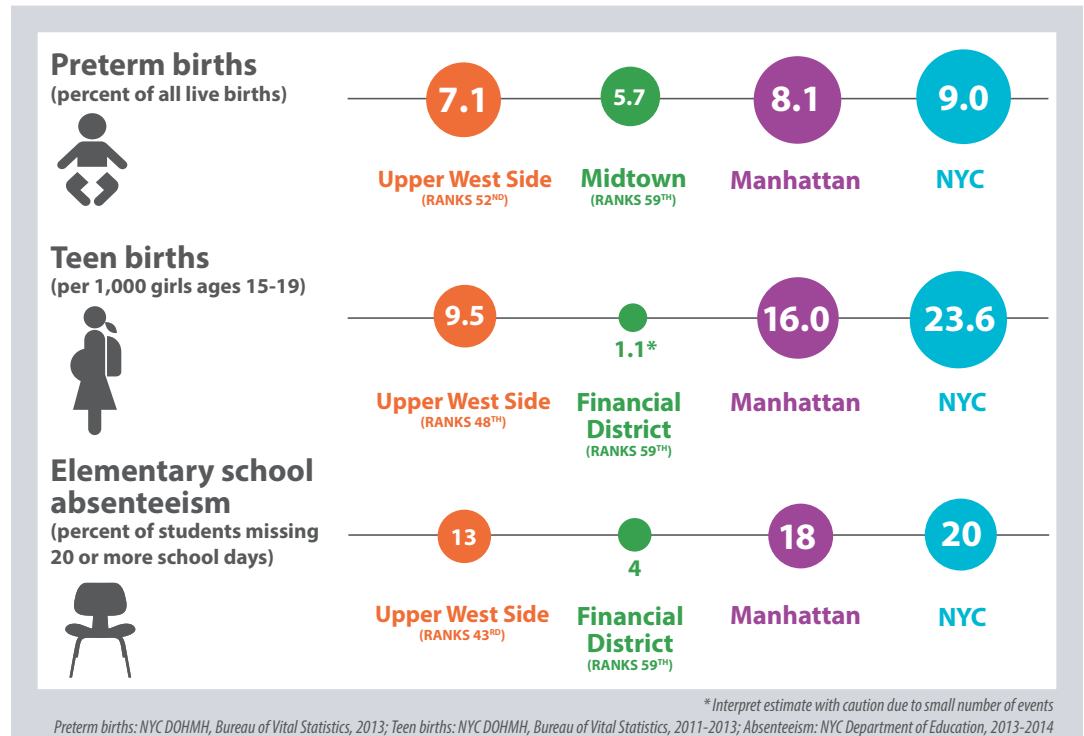
Child and adolescent health are a signal of a community's current well-being and potential.

People who are incarcerated have higher rates of mental illness, drug and alcohol addiction and other health conditions.

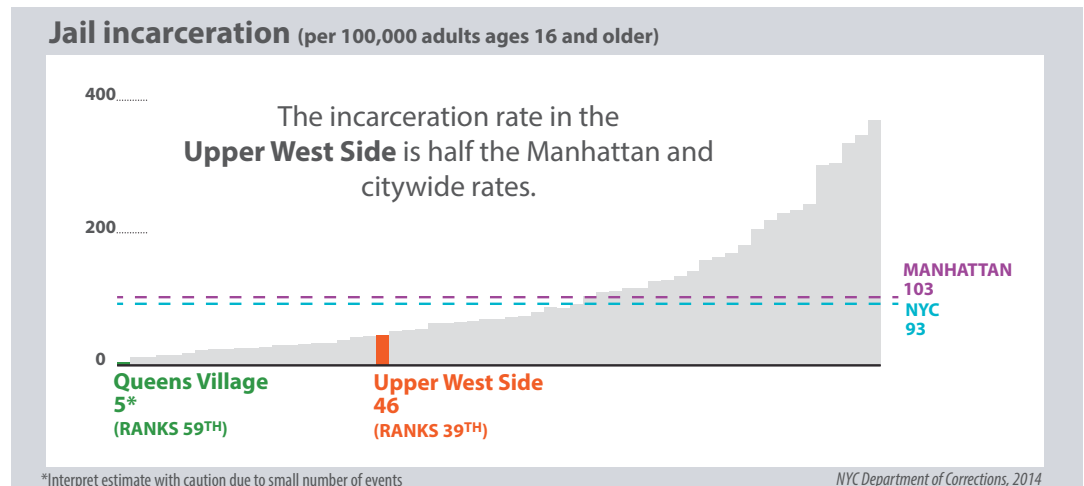
Non-fatal assault hospitalizations capture the consequences of community violence.

Children and adolescents

The littlest New Yorkers all deserve the same opportunities for health. In the **Upper West Side**, the rate of preterm births, a key driver of infant death, is lower than the city rate, and the teen birth rate is less than half the city average.

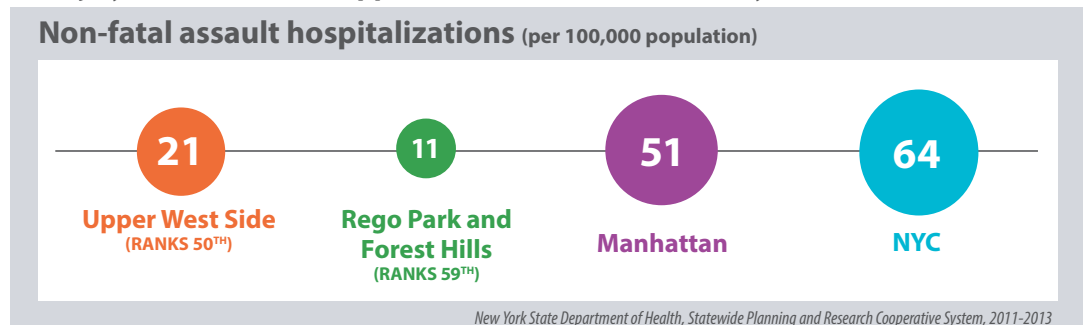


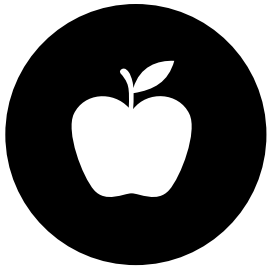
Incarceration



Violence

The injury assault rate in the **Upper West Side** is one-third the city rate.

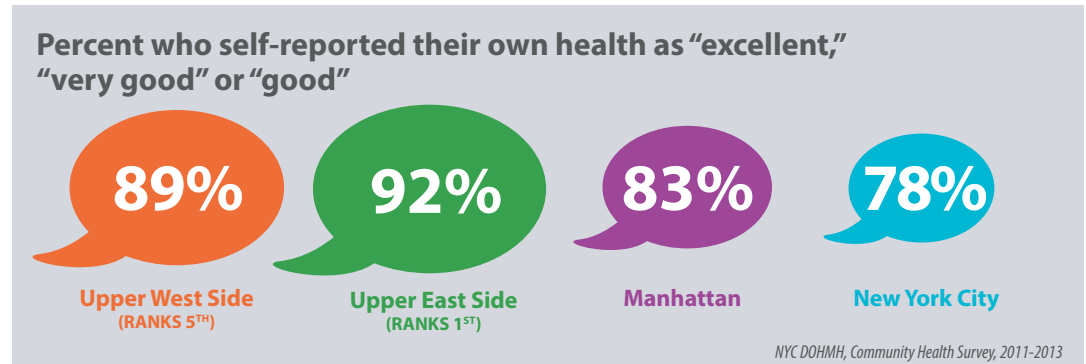




HEALTHY LIVING

Self-reported health





People are good at rating their own health. When asked to rate their overall health on a scale of one to five (excellent, very good, good, fair or poor), 89% of **Upper West Side** residents rate their health as “excellent,” “very good” or “good.”



Smoking, diet and physical activity

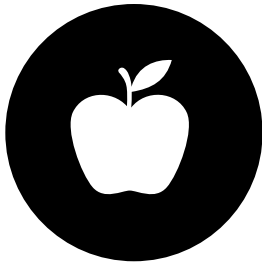
Smoking, poor quality diet and physical inactivity are risk factors for high blood pressure, diabetes and other problems. Adults in the **Upper West Side** smoke and eat fruits and vegetables at rates similar to those of residents of Manhattan and the city as a whole. However, adults in the **Upper West Side** are less likely to consume sugary drinks and are more likely to get physical activity than adults citywide.

One in eight **Upper West Side** adults consumes at least one sugary beverage per day, the second-lowest percentage in the city.

	Upper West Side	Best-performing community district	Manhattan	NYC
 Current smokers	11% (RANKS 57 TH)	10% East Flatbush (RANKS 59 TH)	15%	15%
 1 or more 12 oz sugary drink per day	12% (RANKS 58 TH)	12% Stuyvesant Town and Turtle Bay (RANKS 59 TH)	20%	27%
 At least one serving of fruits or vegetables per day	91% (RANKS 15 TH)	95%* Bayside and Little Neck (RANKS 1 ST)	91%	88%
 Any physical activity in the last 30 days	87% (RANKS 4 TH)	90% Clinton and Chelsea & Midtown (RANKS 1 ST)	84%	77%

*Interpret estimate with caution due to small sample size

All: NYC DOHMH, Community Health Survey, 2011-2013

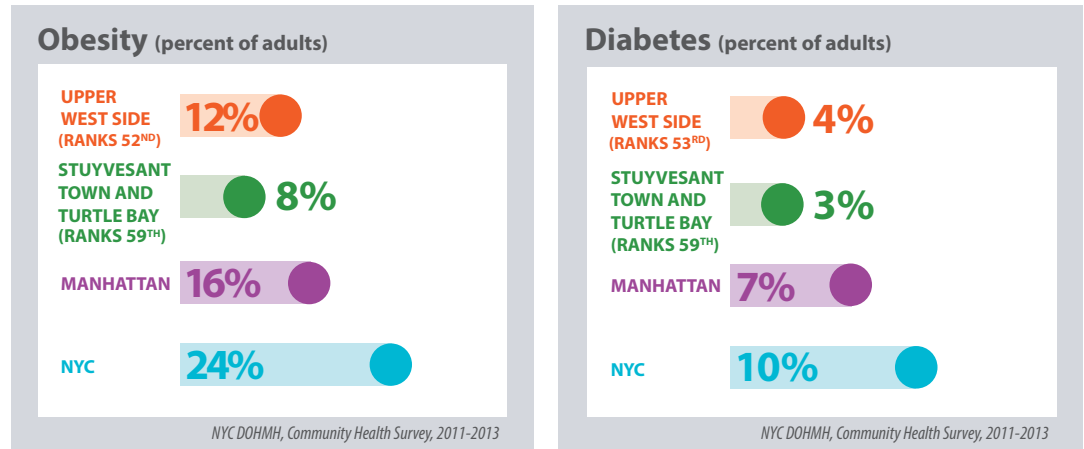


HEALTHY LIVING

Exercise is one way to maintain a healthy weight. Federal guidelines say that children should get 60 minutes of exercise per day, adults should get 150 minutes per week, and older adults should get 150 minutes per week as their physical abilities allow, with a focus on exercises to improve balance.

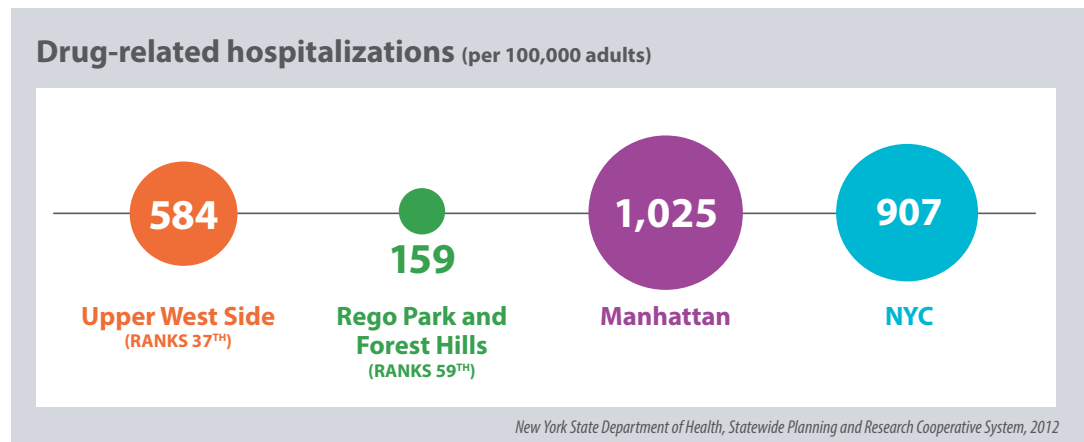
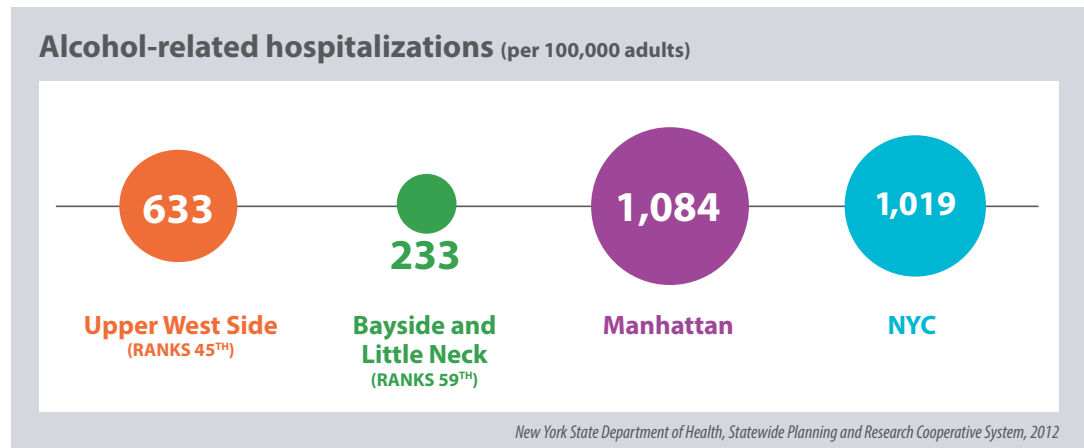
Obesity and diabetes

Obesity can lead to serious health problems such as diabetes and heart disease. At 12%, the rate of obesity in the **Upper West Side** is similar to the rate in Stuyvesant Town and Turtle Bay. The diabetes rate in the **Upper West Side** is 4%, compared with 10% in NYC overall.



Substance use

Drug- and/or alcohol-related hospitalizations reflect acute and chronic consequences of substance misuse. In the **Upper West Side**, such hospitalization rates are lower than the rates in Manhattan and NYC.



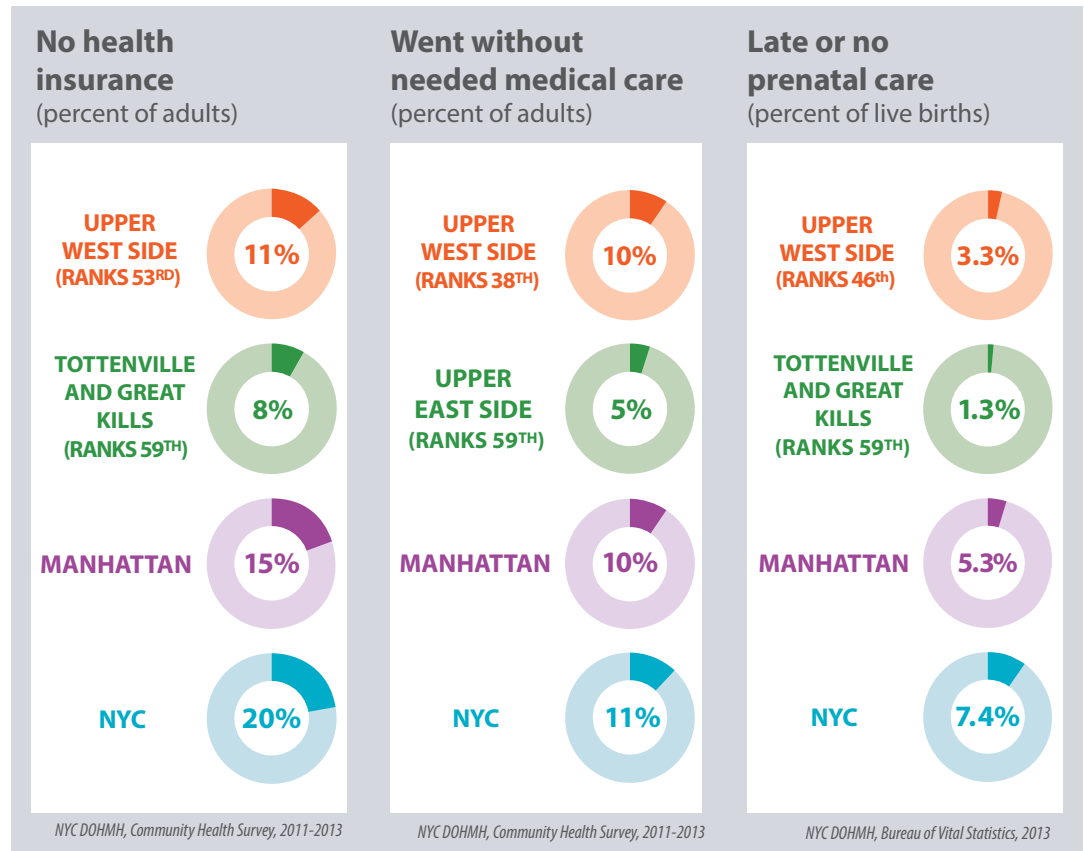


HEALTH CARE

Prior to 2014, 20% of adults in NYC had no health insurance; however, with implementation of the Affordable Care Act, this percentage decreased to 14% citywide in 2014. A similar decrease is expected in the **Upper West Side**.

Access to health care

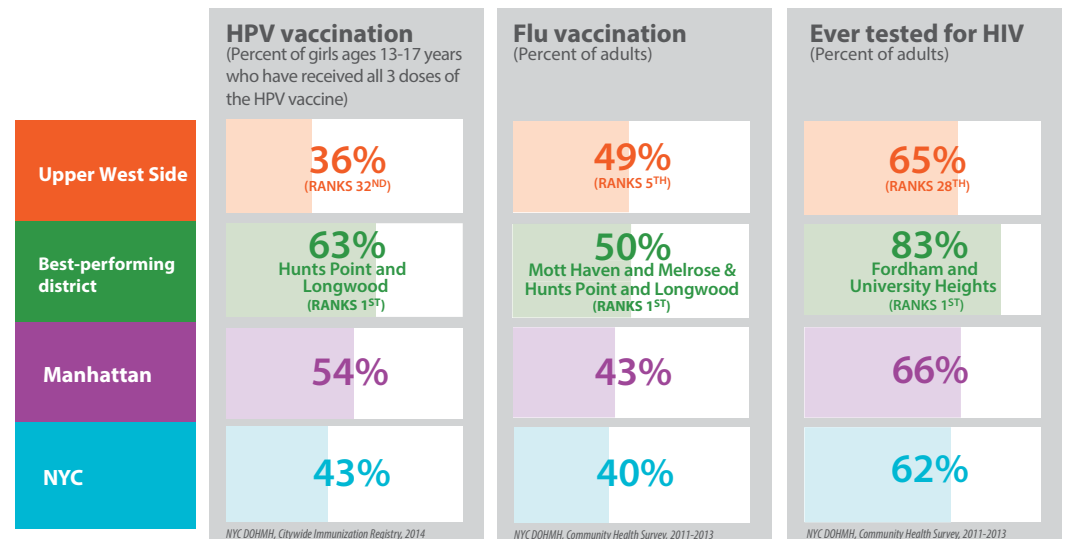
A lack of quality health care can lead to negative health outcomes and more intensive treatment, such as avoidable hospitalizations. Fewer adults in the **Upper West Side** have no health insurance or go without prenatal care than adults citywide.



HPV infection causes cancers that can be prevented by the HPV vaccine. Boys and girls should receive the vaccine at 11 to 12 years of age, prior to HPV exposure and when the vaccine is most effective.

Prevention and screening

Teenaged girls from the **Upper West Side** are less likely to receive the full human papillomavirus (HPV) vaccine series than girls from the city as a whole. **Upper West Side** adults are as likely to get tested for HIV as other NYC adults and rank fifth-highest in getting flu vaccinations.



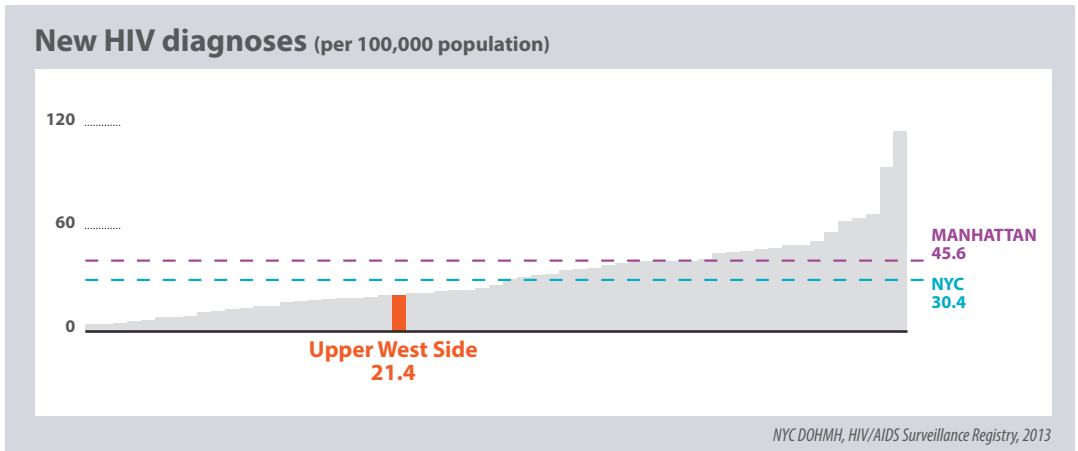


HEALTH OUTCOMES

People diagnosed with HIV who enter care and start antiviral medications live longer, healthier lives and are less likely to transmit HIV.

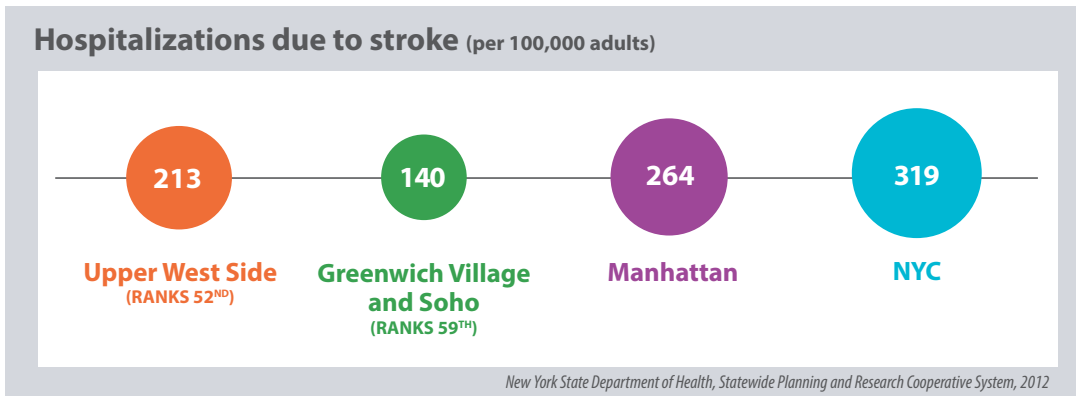
New HIV diagnoses

Some people with HIV do not know that they are infected. Getting diagnosed is the first step in the treatment and care of HIV. The **Upper West Side** ranks thirty-seventh in the rate of new HIV diagnoses.



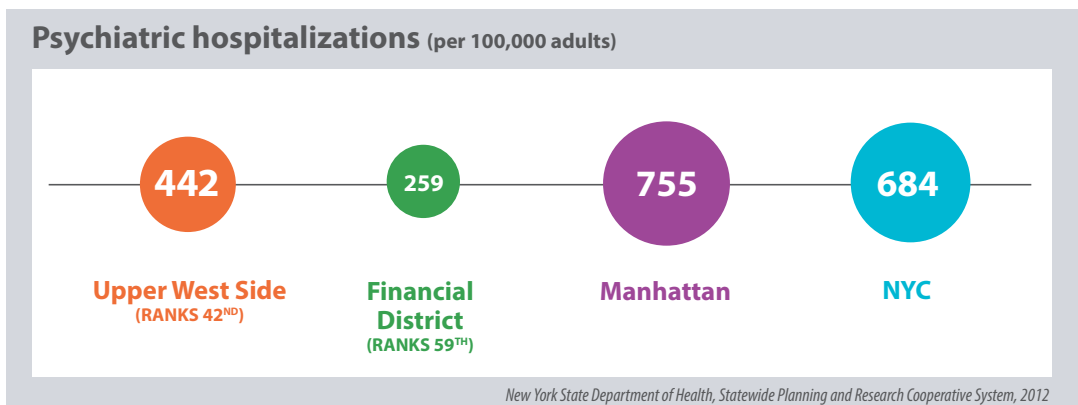
Stroke

High blood pressure is the leading risk factor for stroke and the most important to control. The **Upper West Side** rate of stroke hospitalizations is one of the lowest in the city.



Mental health

Variations in hospitalization rates may reflect differences in rates of illness, access to health care and other social and cultural factors. The rate of adult psychiatric hospitalizations in the **Upper West Side** is lower than the Manhattan and NYC rates.



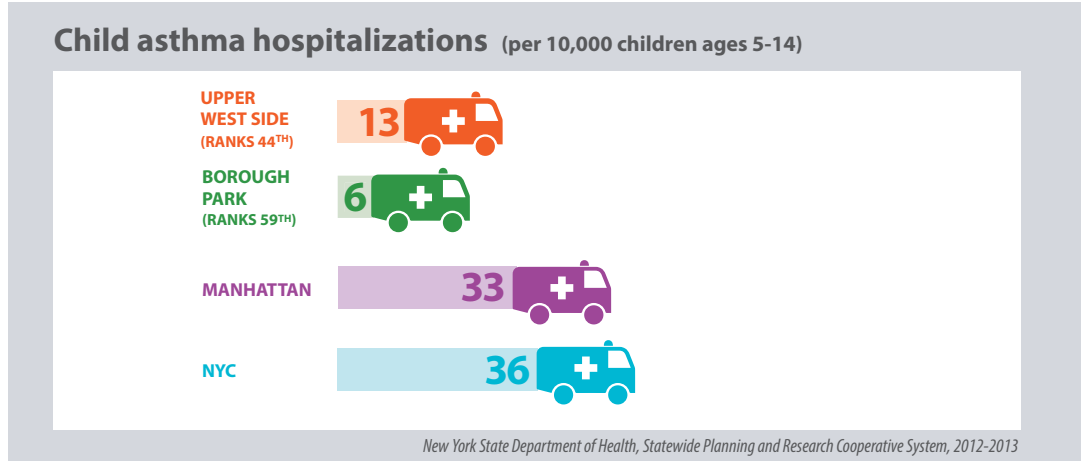


HEALTH OUTCOMES

Certain hospitalizations for asthma and diabetes can be prevented by high-quality outpatient care and are known as “avoidable hospitalizations.”

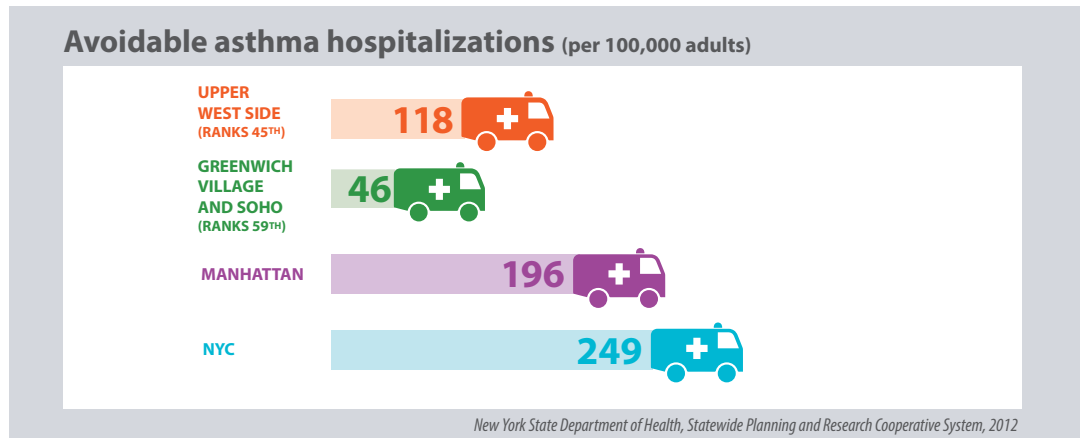
Child asthma

Many hospitalizations for asthma among children could be prevented by addressing housing-related exposures to asthma triggers, including cockroaches, mice and secondhand smoke. Good medical management can prevent asthma symptoms. The rate of asthma hospitalizations among children ages 5 to 14 in the **Upper West Side** is lower than the Manhattan and citywide rates.



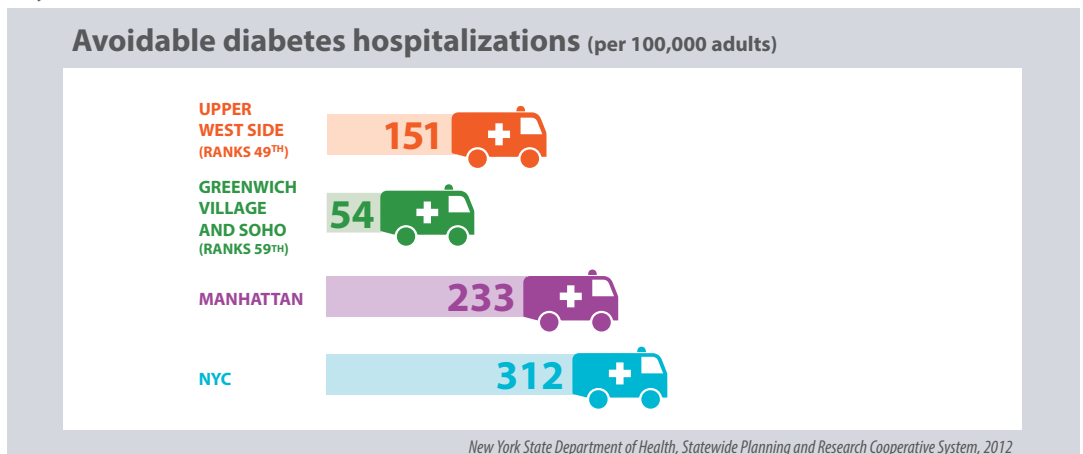
Adult hospitalizations for asthma

The rate of avoidable adult asthma hospitalizations in the **Upper West Side** is lower than the Manhattan and NYC rates.



Adult hospitalizations for diabetes

The rate of avoidable adult diabetes hospitalizations in the **Upper West Side** is half the city rate.





HEALTH OUTCOMES

Alzheimer's disease is the sixth most common cause of death in the **Upper West Side**, but it is only the eleventh leading cause citywide.

Leading causes of death

The top causes of death for residents of the **Upper West Side**, as for most New Yorkers, are heart disease and cancer. The death rate due to diabetes is half the citywide rate.

Top causes of death and rates (per 100,000 population)

Upper West Side			New York City	
RANK	CAUSE: NUMBER OF DEATHS	DEATH RATE	RANK	DEATH RATE
1	Heart disease: 2,146	143.5	1	202.6
2	Cancer: 1,802	127.9	2	156.7
3	Flu/pneumonia: 301	20.0	3	27.4
4	Stroke: 248	16.6	6	18.8
5	Lower respiratory diseases: 217	14.7	5	19.8
6	Alzheimer's disease: 177	11.2	11	7.1
7	Diabetes mellitus: 155	10.9	4	20.6
8	Hypertension: 124	8.2	8	11.4
9	Accidents (excluding drug poisoning): 107	8.3	7	11.8
10	HIV: 80	6.1	10	8.4

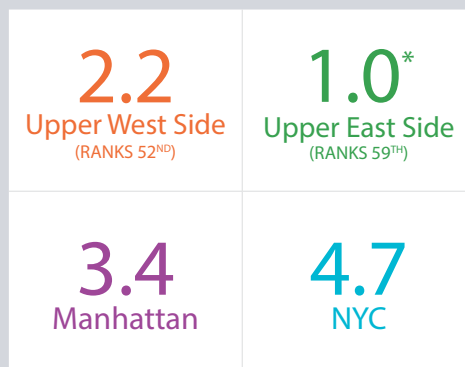
NYC DOHMH, Bureau of Vital Statistics, 2009-2013

Infant mortality and premature death

The rate of infant mortality in the **Upper West Side** is less than half the NYC rate.

Disparities in premature death (death before the age of 65) persist among neighborhoods. The rate of premature death in the **Upper West Side** is greater than in the Financial District.

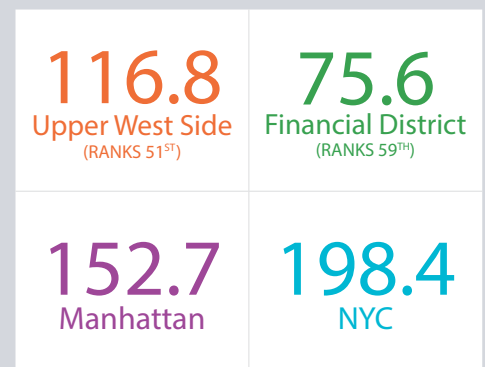
Infant mortality rate (per 1,000 live births)



NYC DOHMH, Bureau of Vital Statistics, 2011-2013

*Interpret estimate with caution due to small number of events

Premature mortality rate (per 100,000 population)



NYC DOHMH, Bureau of Vital Statistics, 2009-2013



NOTES

A complete dataset including numbers, rates, rankings and confidence intervals, as well as definitions and complete citations, can be found online by going to nyc.gov and searching "Community Health Profiles".

Technical notes

Neighborhood Definitions and Rankings

The 59 Community Districts (CDs) were established citywide by local law in 1975. For a complete listing of all CDs and their boundaries, go to nyc.gov/html/dcp/html/neigh_info/nhmap.shtml. The CDs correspond to New York City (NYC) Community Boards, which are local representative bodies. The names of neighborhoods within CDs are not officially designated. The names used in this document are not an exhaustive list of all known neighborhood names within this area. CDs were ranked on every indicator. If two CDs had the same value, they were considered to be tied and were given the same rank.

For American Community Survey (ACS) indicators, data were available by Public Use Microdata Areas (PUMAs), which are aggregated Census tracts designed to approximate CDs. For Housing and Vacancy Survey (HVS), data were available by sub-borough areas. The U.S. Census Bureau combined four pairs of CDs in creating these PUMA or sub-borough areas to improve sampling and protect the confidentiality of respondents. These pairs are Mott Haven/Melrose (BX 01) and Hunts Point/Longwood (BX 02) in the Bronx, Morrisania/Crotona (BX 03) and Belmont/East Tremont (BX 06) in the Bronx, the Financial District (MN 01) and Greenwich Village/Soho (MN 02) in Manhattan and Clinton/Chelsea (MN 04) and Midtown (MN 05) in Manhattan. For these four areas, the same estimate was applied to both CDs that comprised the PUMA or sub-borough area for data from ACS and HVS. For NYC Department of Health and Mental Hygiene (DOHMH) Community Health Survey (CHS) data, these same pairs of CDs were combined and the same estimate applied to both CDs in the pair.

Analyses

For most 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. Only robust findings found to be statistically significant are discussed in the text. In addition, most estimates were evaluated for statistical stability using the relative standard error (RSE). Those estimates with an RSE greater than 30% are flagged as follows: "Interpret estimate with caution due to small number of events or small sample size."

Where noted, estimates in this report were age standardized to the Year 2000 Standard Population.

Data Sources

U.S. Census/American Community Survey (ACS): The U.S. Census calculates intercensal population estimates which were used for overall population, age, race and ethnicity indicators. The ACS is an ongoing national survey conducted by the U.S. Census Bureau. Indicators include limited English proficiency, foreign born percentage, adult educational attainment, poverty, unemployment and rent burden. Three-year estimates (2011-2013) are used to improve reliability of the data.

NYC DOHMH Community Health Survey (CHS): The CHS is an annual random-digit-dial telephone survey of approximately 9,000 adults in NYC. Indicators include self-reported health, smoking, average daily sugary drink consumption, fruit and vegetable consumption, physical activity, obesity, diabetes, insurance coverage, went without needed care, flu vaccination and HIV testing. A combined-year dataset (2011-2013) was used to increase statistical power, allowing for more stable analyses at the Community District level. Community District level estimates were imputed based on participant's ZIP code, age, race and ethnicity, sex and borough of residence. All indicators are age-adjusted; however crude estimates and rankings are available online in the complete dataset.

NYC DOHMH Vital Statistics: The Bureau of Vital Statistics analyzes data that it collects from hundreds of thousands of birth and death certificates issued in NYC each year by the Bureau of Vital Records. Indicators include preterm births, teen births, prenatal care, leading causes of death, infant mortality, premature mortality, avertable deaths and life expectancy. For some indicators, data sources were combined across three, five or ten years to increase statistical stability and average annual rates are presented. For this reason, these statistics may differ from the presentation in the "Summary of Vital Statistics" reports from the Bureau of Vital Statistics, NYC DOHMH. All rates are shown as crude rates, except leading causes of death and premature mortality rates, which are age-adjusted.

New York State (NYS) Department of Health Statewide Planning and Research Cooperative System (SPARCS): SPARCS is a statewide comprehensive all payer data reporting system established in 1979 currently collecting patient level detail on patient characteristics, diagnoses and treatments, services and charges for each hospital inpatient stay and outpatient visit (ambulatory surgery, emergency department and outpatient services); and each ambulatory



NOTES

surgery and outpatient services visit to a hospital extension clinic and diagnostic and treatment center licensed to provide ambulatory surgery services. Indicators include non-fatal assault hospitalizations, alcohol-related hospitalizations, drug-related hospitalizations, child asthma hospitalizations, avoidable adult asthma hospitalizations, avoidable adult diabetes hospitalizations, psychiatric hospitalizations and stroke hospitalizations. Hospitalization data are defined according to International Classification of Disease Clinical Modification, Version 9 (ICD-9-CM) codes. Most of these hospitalization indicators show 2012 data, updated in December 2014. For child asthma hospitalizations and non-fatal assault hospitalizations, data sources were combined across two and three years respectively to increase statistical stability and average annual rates are presented.

All indicators are age-adjusted, except child asthma hospitalizations, which is age-specific.

NYC Housing and Vacancy Survey (HVS): HVS data from 2011 were used to estimate the percent of renter-occupied homes with at least one maintenance issue (defect). Data were obtained from the NYC Housing Preservation and Development Report: Housing New York City 2011.

NYC Community Air Survey (NYCCAS): 2013 annual averages of micrograms of fine particulate matter per cubic meter were calculated from air samples collected at specific NYCCAS monitoring sites and were incorporated into a statistical model that predicted pollutant concentrations.

NYC Department of Consumer Affairs: 2014 tobacco retail density data were analyzed by the NYC DOHMH Bureau of Chronic Disease Prevention and Tobacco Control.

NYS Department of Agriculture and Markets: Based on data from 2014, the supermarket square footage rate was analyzed by the NYC Department of City Planning and the NYC DOHMH Bureau of Epidemiology Services.

NYC Department of Education: Elementary school absenteeism data for the 2013-14 school year were analyzed from FITNESSGRAM data by the NYC DOHMH Bureau of Epidemiology Services.

NYC Department of Corrections: The average daily population of incarcerated persons in NYC jails ages 16 and older by CD of last known residence. Based on NYC Department of Corrections (DOC) bi-weekly in-custody files from July 1 to Oct 9, 2014.

NYC DOHMH Citywide Immunization Registry: 2014 HPV vaccination data were analyzed by the NYC DOHMH Bureau of Immunization.

NYC DOHMH HIV/AIDS Surveillance Registry: New HIV diagnosis data for 2013 were analyzed by the NYC DOHMH Bureau of HIV/AIDS Prevention and Control.

Acknowledgements

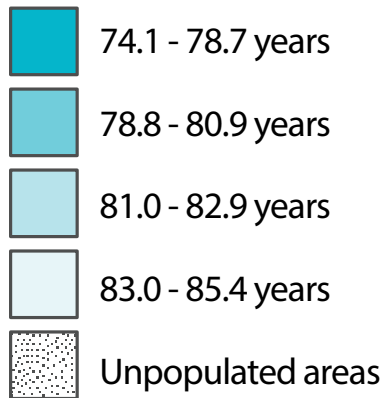
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In collaboration with:

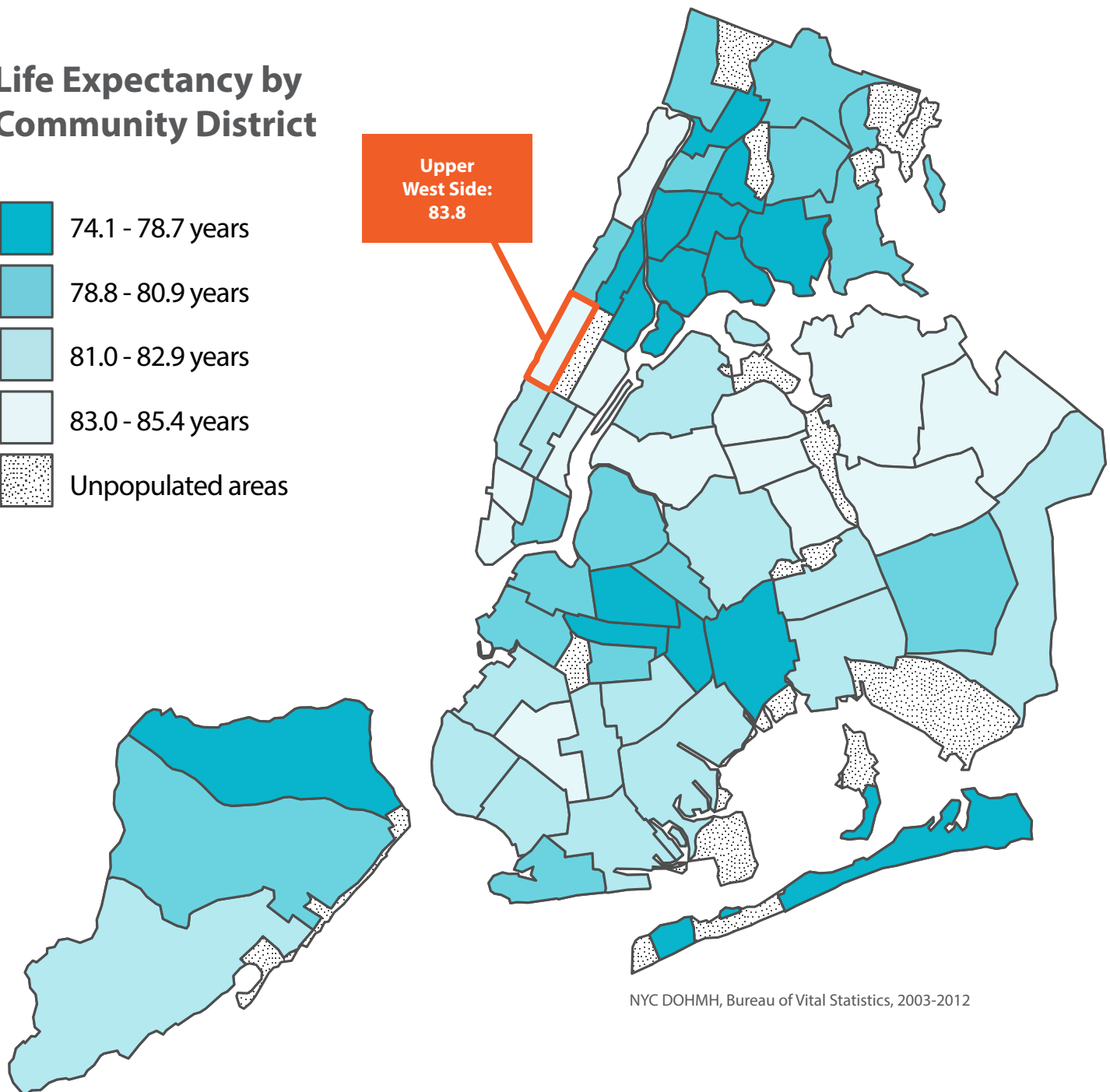


SARAH TAY CREATIVE

Life Expectancy by Community District



Upper West Side:
83.8



NYC DOHMH, Bureau of Vital Statistics, 2003-2012

Contact Information:

For reports on the other 58 Community Districts, please visit nyc.gov and search "Community Health Profiles" or email: profiles@health.nyc.gov

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NYC Community Health Profiles feature information about 59 neighborhoods in New York City.

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Community Health Profiles 2015, Manhattan Community District 7: Upper West Side; 2015; 7(59):1-16.