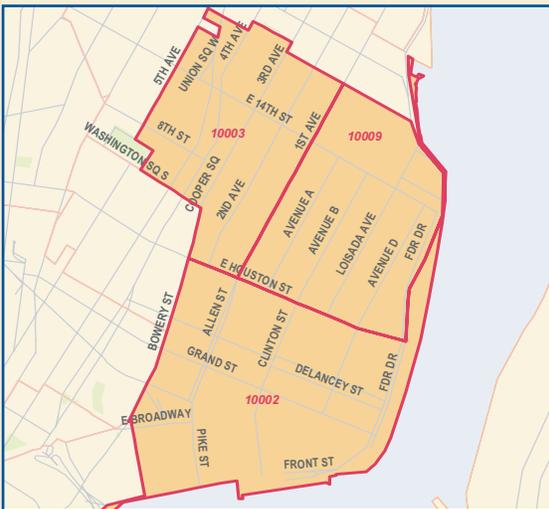


Community Health Profiles

New York City Department of Health and Mental Hygiene

SECOND EDITION — 2006



TAKE CARE Lower East Side

Manhattan

(Including Chinatown and the East Village)

Community Health Profile, Second Edition: The Lower East Side

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 [Lower East Side](#):

- Although the death rate due to HIV disease decreased during the past decade on the Lower East Side, the HIV-related death rate remains more than 50% higher than the NYC overall rate (page 8).
- Binge drinking is more common on the Lower East Side than in NYC overall, and both men and adults with higher household incomes are more likely to binge drink than other residents in this community (pages 10, 14).
- Lower East Side cancer screening rates remain well below TCNY targets, and the community’s cancer-related death rate is higher than the rate in NYC overall (page 11).

Methods: While this report provides important information, it is not intended to be an exhaustive examination of the health of Lower East Side residents, 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 Lower East Side at a Glance

Population

Total number of people living on the Lower East Side in 2000:

197,100

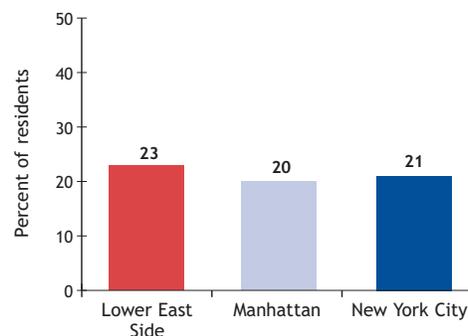
Age

People on the Lower East Side are similar in age to those in Manhattan overall

	Lower East Side	Manhattan	NYC
0-17 years	15%	17%	24%
18-24 years	12%	10%	10%
25-44 years	38%	38%	33%
45-64 years	22%	23%	21%
65+ years	13%	12%	12%

Poverty

Nearly 1 in 4 Lower East Side residents is living below the poverty level



Education

More than half of Lower East Side residents aged 25 and older have completed some college education

	Lower East Side	Manhattan	NYC
Up to 8th grade	18%	10%	12%
Some high school, no diploma	13%	11%	16%
High school diploma	14%	14%	25%
Some college, no degree	15%	16%	20%
College graduate	40%	49%	27%

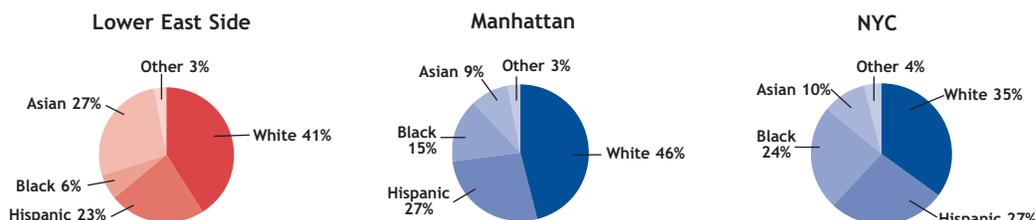
Foreign-born

The percent of Lower East Side residents born outside the U.S. is higher than in Manhattan overall

Area	Percent
Lower East Side	35%
Manhattan	29%
NYC	36%

Race / Ethnicity

The Lower East Side has a higher proportion of Asian residents than Manhattan and NYC overall



Data Source: U.S. Census 2000/NYC Department of City Planning

Take Care Lower East Side



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 Lower East Side 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 Lower East Side 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

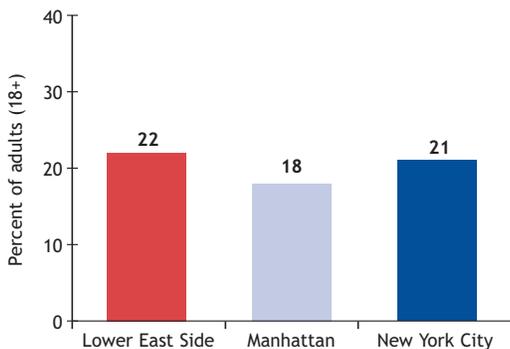
The Lower East Side ranks below average on half of the indicators when compared to the 41 other NYC neighborhoods

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

How Residents Rate Their Own Health

Overall health

More than 1 in 5 adults on the Lower East Side consider themselves to be in fair or poor health



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

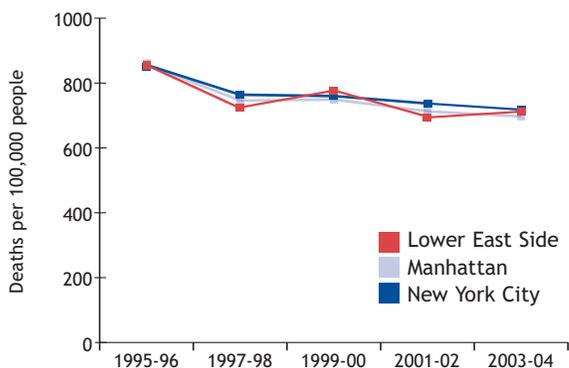
People are good at rating their own health. In general, when asked to rate their general health as excellent, very good, good, fair, or poor, those who say “fair” or “poor” are more likely to have health problems than those who report better health.

On the Lower East Side, residents are more likely to report being in fair or poor health (22%) than those in Manhattan overall (18%).

Overall Death Rates on the Lower East Side

Death rates

On the Lower East Side, death rates have declined in the past 10 years



Rates are age-adjusted.
Data Sources: Bureau of Vital Statistics, NYC DOHMH, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

The death rate on the Lower East Side has decreased by more than 15% in the past decade, mirroring the rate drop in New York City overall.

In 2003-2004, the average annual death rate on the Lower East Side was similar to rates in Manhattan and New York City overall (712/100,000 vs. 697/100,000 in Manhattan and 718/100,000 in NYC). Throughout this profile, cause-specific death rates are provided for TCNY goals.

Line graphs. All time-trend data are presented as annual averages with 2 or 3 years of data combined. For example, in this graph, the first point on each line represents the average annual death rate for 1995 and 1996 combined.

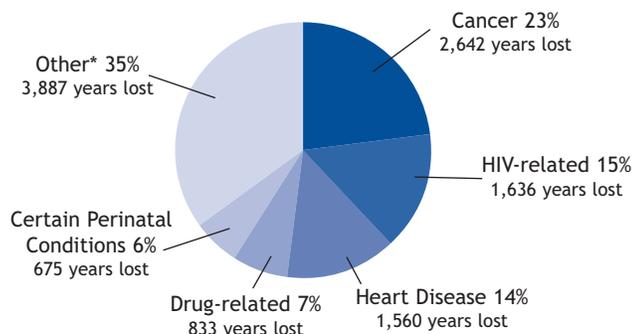
Premature death

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 on the Lower East Side is cancer, as well as in both Manhattan and New York City overall.

Top 5 causes of years of potential life lost

Cancer causes the most years of potential life lost on the Lower East Side

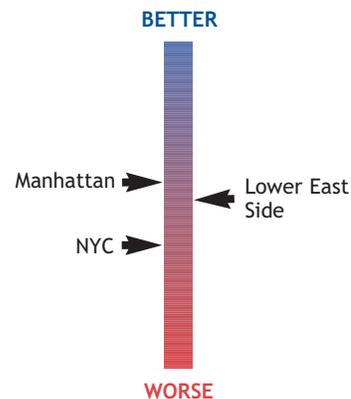


*Other includes Suicide (4%), Accidents (3%), Homicide (2%), Congenital Conditions (2%), Diseases of the Nervous System (2%), and Other (22%).

Data Source: Bureau of Vital Statistics, NYC DOHMH, 2002-04

Death before age 75

The 2003-2004 average annual death rate for people younger than 75 years on the Lower East Side is average, ranking 23rd among 42 NYC neighborhoods



Data Sources: Bureau of Vital Statistics, NYC DOHMH, 2003-04; U.S. Census 2000/NYC Department of City Planning



Take Care New York Goals

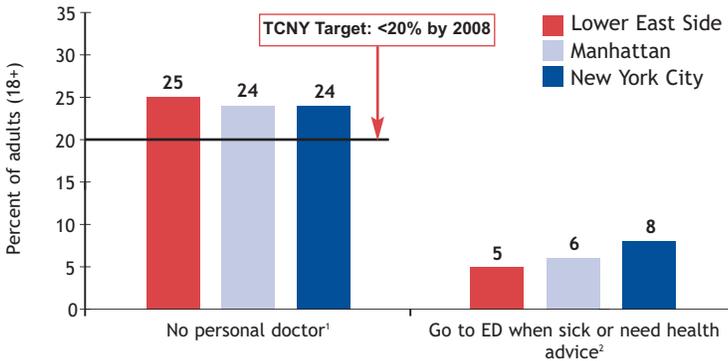
GOAL 1 Have a Regular Doctor or Other Health Care Provider

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. On the Lower East Side, 1 in 4 residents (25%) does not have a regular doctor, compared to the TCNY goal of less than 20%. Lower East Side residents are less likely to go to the ED when they are sick or need health advice than those in NYC overall (5% vs. 8%).

Access to care

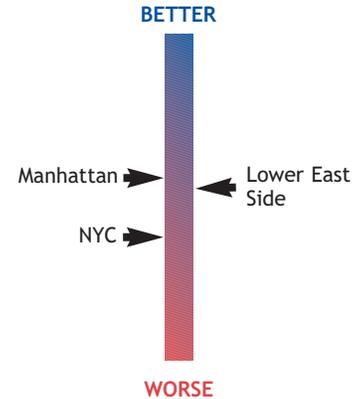
Without a primary provider, people may seek routine health care in the emergency department (ED)



Percents are age-adjusted.
Data Sources: ¹NYC Community Health Survey 2002-03-04, ²NYC Community Health Survey 2003-04

Avoidable hospitalizations

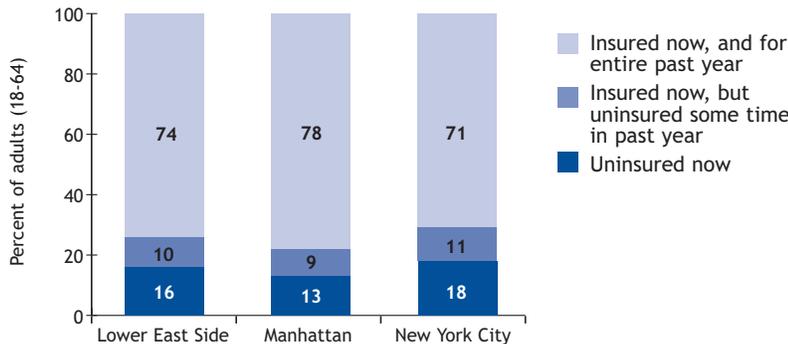
The 2004 avoidable hospitalization rate on the Lower East Side is average (22nd) among 42 NYC neighborhoods



Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 2004; U.S. Census 2000/ NYC Department of City Planning

Health insurance

More than 1 in 4 Lower East Side residents are currently uninsured or went without health insurance at some time in the past year



Insurance rates are calculated for adults aged 18-64 and age-adjusted.
Data Source: NYC Community Health Survey 2002-03-04.

Health insurance is important for access to health care. A similar proportion of residents on the Lower East Side (16%) and in New York City overall (18%) are uninsured. In addition to the currently uninsured, another 10% of residents this community went without health insurance at some time during the past year.

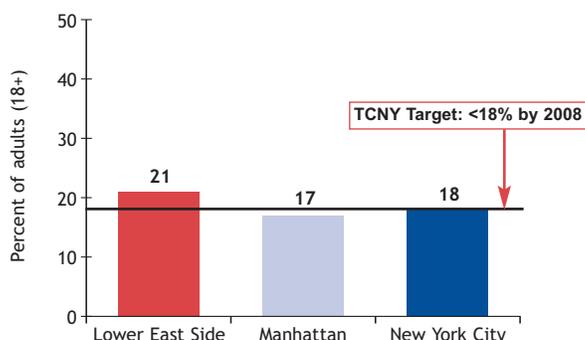


GOAL 2 Be Tobacco Free

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 Lower East Side residents (21%) currently smoke. Many methods to quit smoking are available, and nearly 7 in 10 smokers on the Lower East Side (68%) are trying to kick the habit.

Residents who smoke

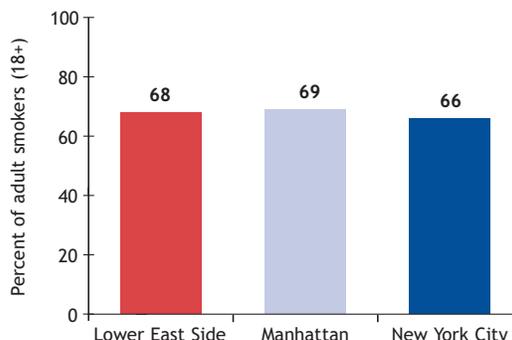
More than 1 in 5 adults on the Lower East Side smoke . . .



Percents are age-adjusted.
Data Source: NYC Community Health Survey 2004

Attempts to quit smoking in the past year

. . . but most smokers are trying to quit



Percents are age-adjusted.
Data Source: NYC Community Health Survey 2004

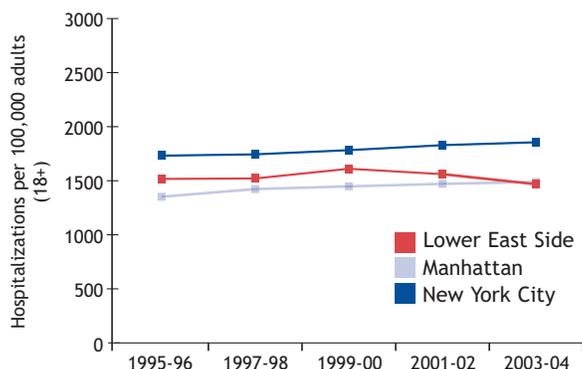


GOAL 3 Keep Your Heart Healthy

Heart disease can cause severe illness and death. Lower East Side residents had an average annual heart disease hospitalization rate in 2003-2004 that was similar to the Manhattan rate and 20% lower than the rate in NYC overall (1,468/100,000 vs. 1,489/100,000 in Manhattan and 1,856/100,000 in NYC). The heart disease death rate has declined by more than 15% in the past decade, and the 2003-2004 rate (219/100,000) was similar to the rate in Manhattan (234/100,000) and lower than the NYC overall rate (297/100,000).

Heart disease hospitalizations

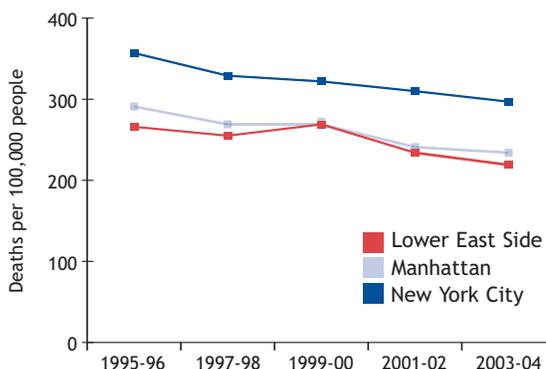
Heart disease causes a lower hospitalization rate on the Lower East Side than in NYC overall



Rates are age-adjusted.
Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

Deaths due to heart disease

The heart disease death rate on the Lower East Side has decreased in the past 10 years



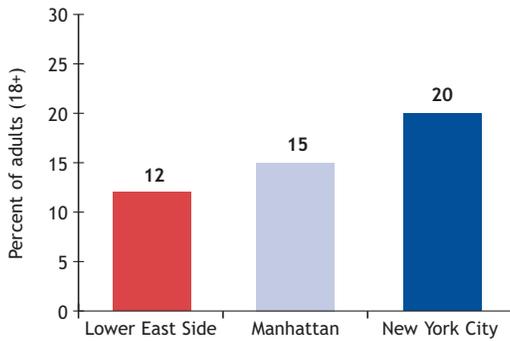
Rates are age-adjusted.
Data Sources: Bureau of Vital Statistics, NYC DOHMH, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

High blood pressure and high cholesterol. Both of these conditions contribute to heart disease. On the Lower East Side, 26% of adults were told by a health care professional that they have high blood pressure (similar to 22% in Manhattan and the same as in NYC overall), and one third (32%) were told that they have high cholesterol (similar to 27% in Manhattan and 26% in NYC overall).

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

Obesity

Lower East Side adults are less likely to be obese than adults in NYC overall



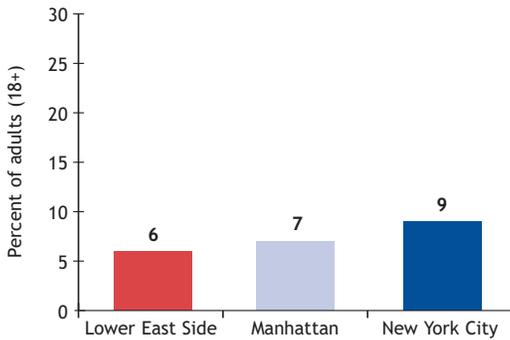
Obesity is defined as a body-mass-index (BMI) of 30 or greater. Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002-03-04

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. Lower East Side residents are 40% less likely to be obese than those in New York City overall.

Diabetes

More than 1 in 20 adults on the Lower East Side have diabetes



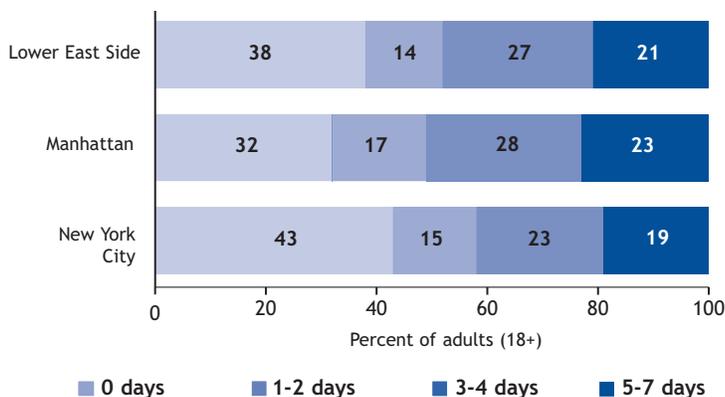
Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002-03-04

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.

On the Lower East Side, 6% of adults have diabetes.

Days per week of recreational exercise

Less than half of Lower East Side adults are meeting physical activity recommendations



Survey Question: On average, how many days per week do you exercise for at least 30 minutes? Percents are age-adjusted.
Data Source: NYC Community Health Survey 2003

Physical activity helps people maintain a healthy weight and strengthens the cardiovascular system. More than one third of Lower East Side residents (38%) report not exercising at all during the week. Only about one half of residents in this community (48%) 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.



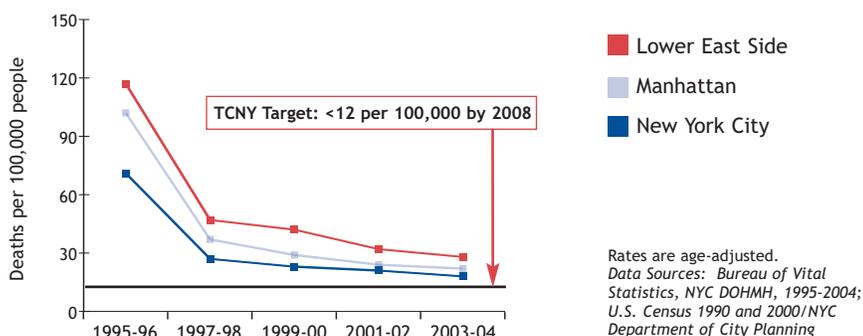
GOAL 4 Know Your HIV Status

Wide disparities exist in HIV across New York City communities. On the Lower East Side, the rate of HIV diagnoses is lower than the Manhattan and NYC overall rates, but the rate of people living with HIV/AIDS in the community is more than 20% higher than the rate in NYC overall.

The death rate due to HIV disease has dropped by 75% during the past decade in this community. However, in 2003-2004, the average annual HIV-related death rate on the Lower East Side was still more than 50% higher than the NYC overall rate (28/100,000 vs. 18/100,000).

Death rate due to HIV

HIV-related death rates on the Lower East Side are higher than in NYC overall but have dropped dramatically in the past decade



HIV/AIDS in 2004

Total HIV diagnoses per 100,000 people* (13+)

Lower East Side	41
Manhattan	69
New York City	55

% HIV diagnosed concurrently with AIDS** (13+)

Lower East Side	23%
Manhattan	23%
New York City	29%

People living with HIV/AIDS per 100,000 people* (13+)

Lower East Side	1,740
Manhattan	2,102
New York City	1,419

*Rates are age-adjusted.
**Within 31 days of HIV diagnosis – crude percents
Data Source and Analysis: HIV Epidemiology Program, NYC DOHMH, 2004

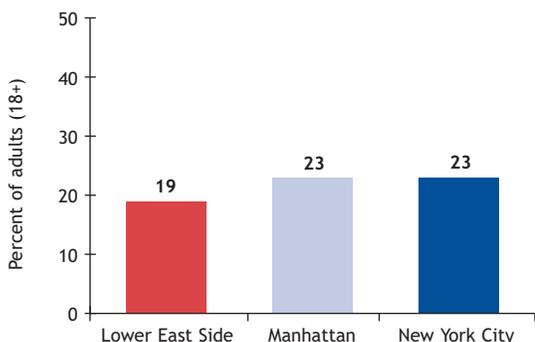
HIV/AIDS testing and prevention

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. Only about one fifth of Lower East Side residents (19%) have been tested for HIV in the past year. Also, nearly one quarter of positive HIV test results (23%) are “late” diagnoses (HIV has already progressed to AIDS) on the Lower East Side.

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. Fewer than 4 in 10 (38%) Lower East Side adults who had more than 1 sex partner in the past year reported using a condom at their last sexual encounter.

HIV testing

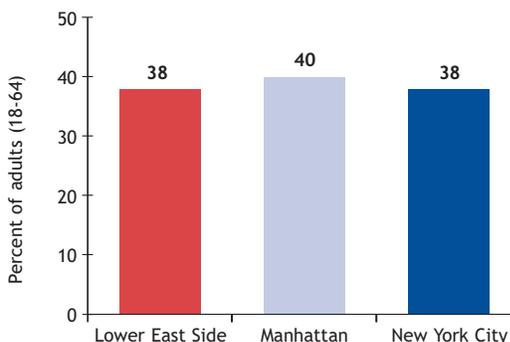
Only 1 in 5 Lower East Side adults has had an HIV test in the past year



Percents are age-adjusted.
Data Source: NYC Community Health Survey 2003

Condom use at last sexual encounter

Less than half of Lower East Side adults with multiple sex partners used a condom



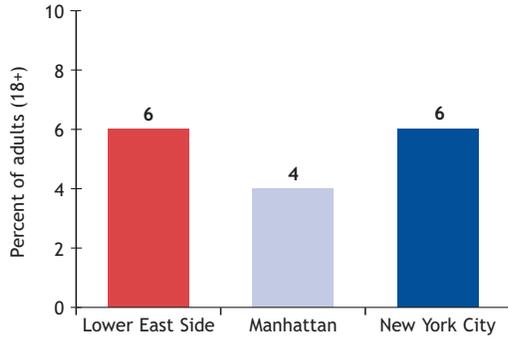
Analysis limited to adults aged 18-64 who reported having >1 sex partner in the past year, excluding women who reported having sex only with women.
Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002-03-04



GOAL 5 Get Help for Depression

Psychological distress

More than 1 in 20 Lower East Side adults suffer from serious psychological distress



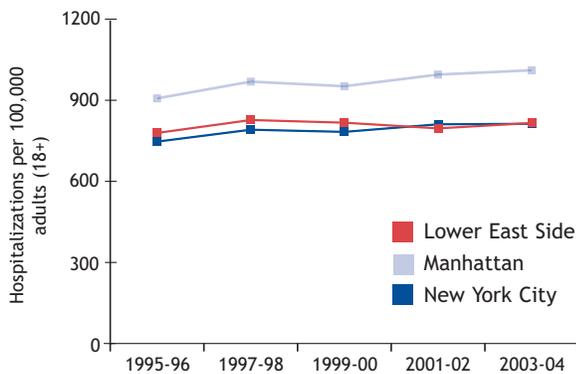
Serious psychological distress can be identified in individuals using Kessler's K6 scale, a validated measure consisting of 6 simple questions about mood. Percents are age-adjusted.
Data Source: NYC Community Health Survey 2002-03

Depression is a serious but treatable health condition that frequently goes undiagnosed. Serious psychological distress is associated with depression and other mental illnesses.

On the Lower East Side, 6% of residents experience serious psychological distress.

Mental illness

Hospitalizations for mental illness are lower on the Lower East Side than in Manhattan overall



Rates are age-adjusted.
Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/ NYC Department of City Planning

Hospitalization rates are one way to look at serious mental illness in a neighborhood. The mental illness hospitalization rate on the Lower East Side (excluding alcohol- or drug-related illness) has remained fairly stable during the past decade.

In 2003-2004, the community's average annual rate of mental illness hospitalizations (816/100,000) was lower than the Manhattan rate (1,011/100,000) and similar to the rate in New York City overall (813/100,000).

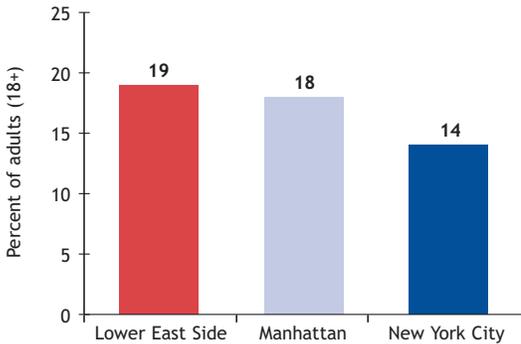
Understanding hospitalizations and access to health care. Hospitalization data are useful in understanding the burden that certain conditions place on the health care system, but not necessarily in measuring the exact extent of illness in a community. Variations in hospitalization rates may reflect not 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

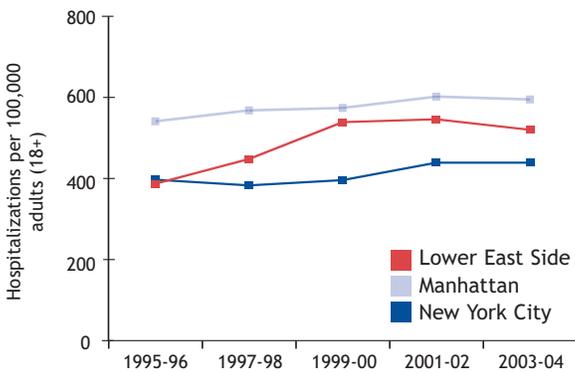
Lower East Side adults are more likely to have engaged in binge drinking in the past month than those in NYC overall



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

Alcohol-related hospitalizations

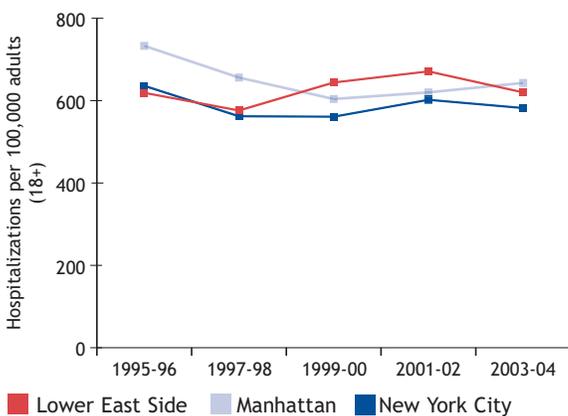
The alcohol-related hospitalization rate on the Lower East Side has increased in the past 10 years



Rates are age-adjusted.
Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

Drug-related hospitalizations

The drug-related hospitalization rate on the Lower East Side is higher than in NYC overall rate



Rates are age-adjusted.
Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

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. Adults on the Lower East Side are more likely than those in NYC overall to report engaging in at least one episode of binge drinking (defined as consuming 5 or more drinks on one occasion) in the past month.

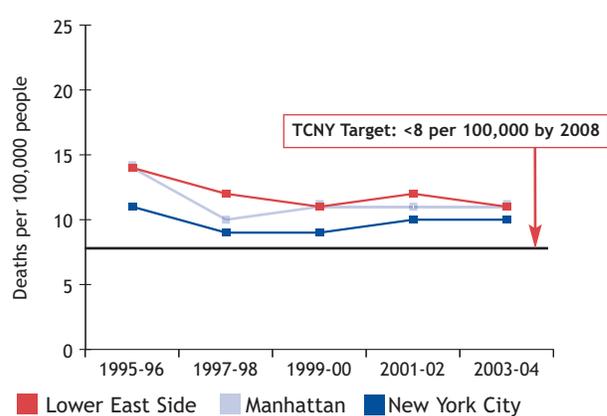
Alcohol-related hospitalizations reflect both acute and chronic (e.g., liver disease) consequences of alcohol abuse. The alcohol-related hospitalization rate on the Lower East Side has increased by 35% in the past decade. In 2003-2004, the average annual alcohol-related hospitalization rate in this community was higher than in New York City overall (520/100,000 vs. 439/100,000).

The drug-related hospitalization rate in 2003-2004 was also higher (620/100,000) than in New York City overall (595/100,000).

In 2003-2004, the death rate due to drugs on the Lower East Side was similar to the Manhattan and NYC overall rates (11/100,000 vs. 11/100,000 in Manhattan and 10/100,000 in NYC).

Drug-related deaths

About 10 deaths per 100,000 residents are related to drugs in New York City



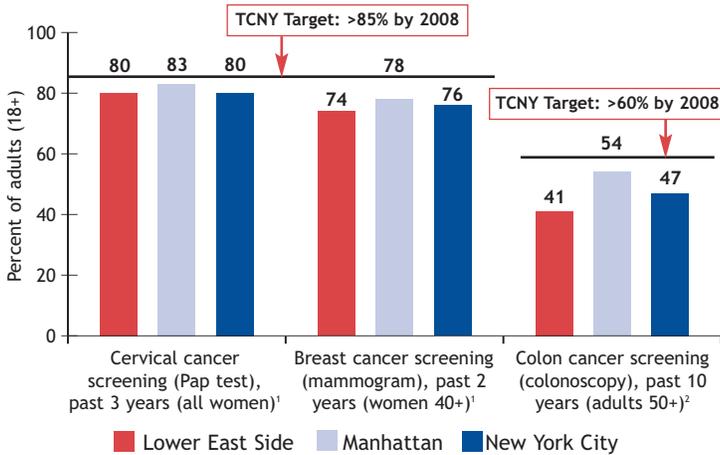
Rates are age-adjusted.
Data Sources: Bureau of Vital Statistics, NYC DOHMH, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning



GOAL 7 Get Checked for Cancer

Cancer screenings

On the Lower East Side, cancer screening is lower than TCNY targets



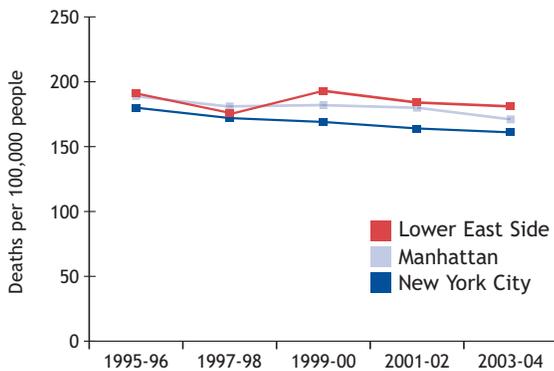
Percentages are age-adjusted. Data Sources: ¹NYC Community Health Survey 2002 & 2004, ²NYC Community Health Survey 2003-04

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 on the Lower East Side are getting Pap tests for cervical cancer and mammograms for breast cancer at rates below the TCNY target of more than 85%. In addition, adults aged 50 and older on the Lower East Side are less likely to have had a colonoscopy in the past 10 years than those in Manhattan overall.

Cancer deaths

The death rate due to cancer is higher on the Lower East Side than in NYC overall



Rates are age-adjusted. Data Sources: Bureau of Vital Statistics, NYC DOHMH, 1995-2004; U.S. Census 1990 and 2000/ NYC Department of City Planning

The death rate due to cancer has remained fairly constant on the Lower East Side during the past decade, but disparities between the community and the rest of the city have increased. The 2003-2004 average annual cancer death rate was similar to the Manhattan rate but more than 10% higher than the rate in NYC overall (181/100,000 vs. 171/100,000 in Manhattan 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 on the Lower East Side are due to lung, prostate, and colon cancers. Among women, lung, breast, and colon cancers are the top 3 causes of cancer-related death.

Highest cancer death rates on the Lower East Side (2003-2004)					
MEN	DEATHS / 100,000 PEOPLE		WOMEN	DEATHS / 100,000 PEOPLE	
	Lower East Side	NYC		Lower East Side	NYC
Lung, trachea, bronchus	62	51	Lung, trachea, bronchus	28	28
Prostate	32	25	Breast	26	26
Colorectal	26	23	Colorectal	17	17
Blood-related	24	18	Blood-related	15	12
Liver	19	10	Pancreas	9	9

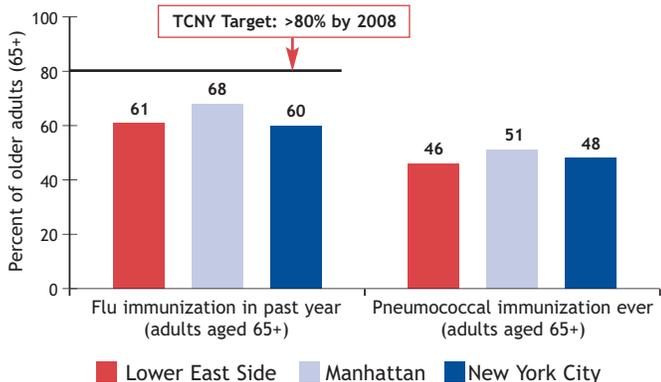
Rates are age-adjusted. Data Sources: Bureau of Vital Statistics, NYC DOHMH, 2003-2004; U.S. Census 2000/ NYC Department of City Planning



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



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 Lower East Side flu immunization rate among older adults falls short of the TCNY target by more than 20%.

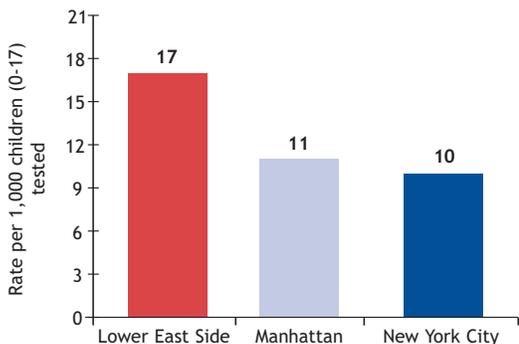
Immunization rates for pneumonia are lower than those for flu across NYC. Less than half of older adults on the Lower East Side have ever received the pneumococcal vaccine, which protects against one common cause of pneumonia.



GOAL 9 Make Your Home Safe and Healthy

Childhood lead poisoning

Lead poisoning among young children continues to be a problem



Lead poisoning is defined as a blood lead level ≥ 10 $\mu\text{g}/\text{dL}$.

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

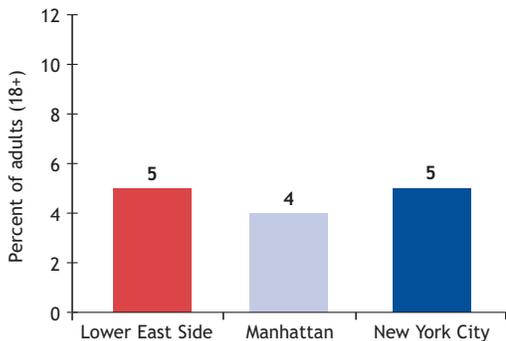
Childhood lead poisoning is a health problem that may be associated with decreased intelligence, learning and behavioral problems, and delayed growth and development. While the number of lead-poisoned children (0-17 years old) in New York City has declined dramatically over the past decade, the Health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

In 2004, 84 children on the Lower East Side (17/1,000) were newly identified with lead poisoning (defined as a blood lead level greater than or equal to 10 $\mu\text{g}/\text{dL}$).

Asthma in Adults and Children

Asthma

One in 20 adults on the Lower East Side suffers from asthma



Percents are age-adjusted.

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

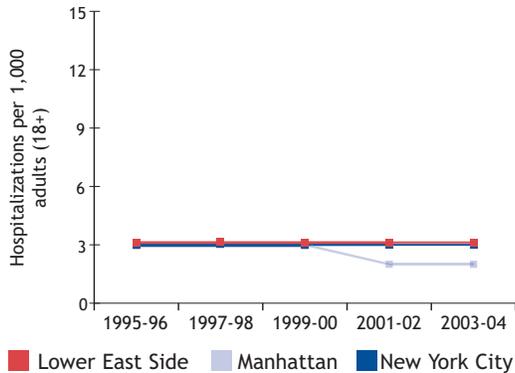
Conditions, or "triggers," in the home environment, such as the presence of second-hand smoke or dust, can cause asthma attacks. Some housing conditions associated with asthma triggers, such as rodent or roach infestation, are more common in some neighborhoods than others.

On the Lower East Side, 5% adults report having asthma.

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. The 2003-2004 average annual hospitalization rate due to adult asthma is higher on the Lower East Side than in Manhattan overall (3/1,000 vs. 2/1,000). The rate among children (0-17 years old) has declined almost 45% in the past decade, and the 2003-2004 rate was lower than both the Manhattan and NYC overall rates (5/1,000 vs. 6/1,000 in Manhattan and NYC).

Adult asthma hospitalizations

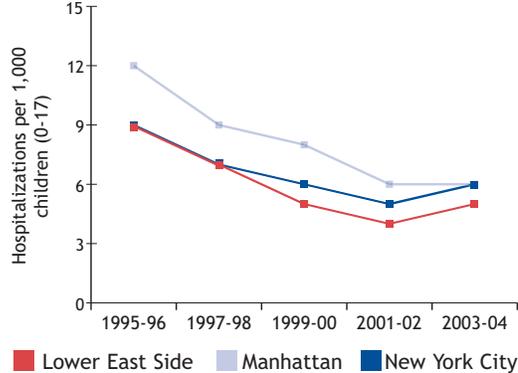
Rates of asthma hospitalization are higher on the Lower East Side than in Manhattan overall



Rates are age-adjusted.
Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

Child asthma hospitalizations

The child asthma hospitalization rate on the Lower East Side has decreased in the past decade



Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

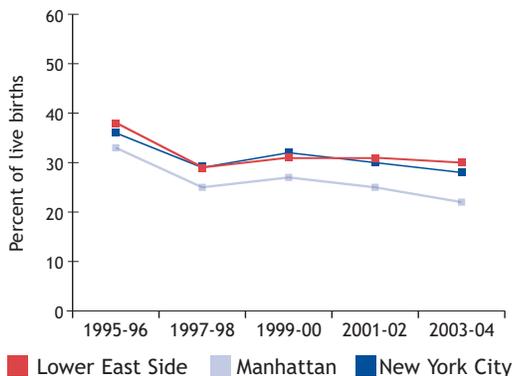
TAKE CARE NEW YORK Goal 10 Have a Healthy Baby

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 on the Lower East Side from 38% in 1995-1996 to 30% in 2003-2004, but remains higher than in Manhattan (22%) and NYC overall (28%).

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 mothers. The teen birth rate has decreased over the past 10 years by more than 55% on the Lower East Side. The average teen birth rate in 2003-2004 in this community (43/1,000) was lower than in Manhattan (59/1,000) and NYC overall (75/1,000).

Prenatal care

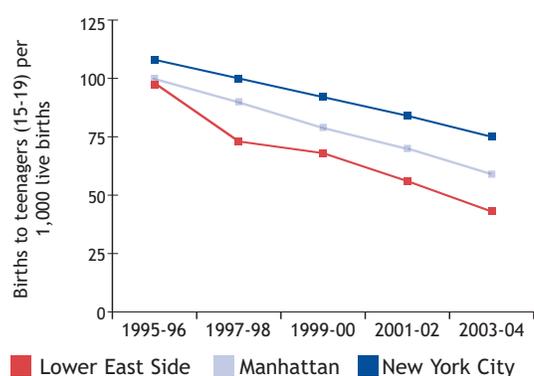
About one third of mothers on the Lower east Side received late or no prenatal care



Data Source: Bureau of Vital Statistics, NYC DOHMH, 1995-2004

Teenage mothers

The birth rate to teenage mothers (15-19 years) is lower on the Lower East Side

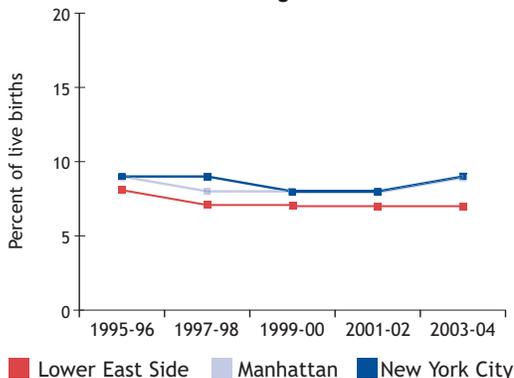


Data Source: Bureau of Vital Statistics, NYC DOHMH, 1995-2004

Babies born with low birthweight tend to have more health problems than others. In 2003-2004, the average percent of babies born with low birthweight on the Lower East Side was 7% — lower than in Manhattan and NYC overall (9%). 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 on the Lower East Side (5/1,000) was similar to Manhattan and NYC overall.

Low birthweight

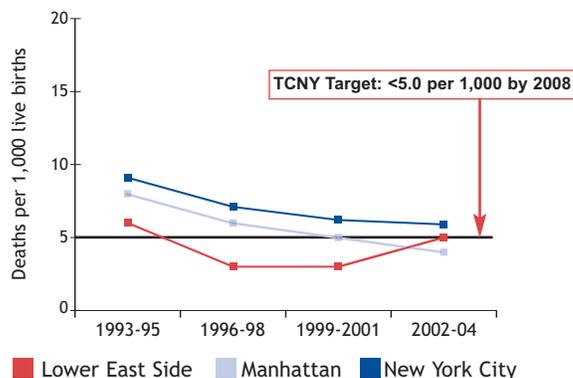
Less than 10% of babies on the Lower East Side are born with low birthweight



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)

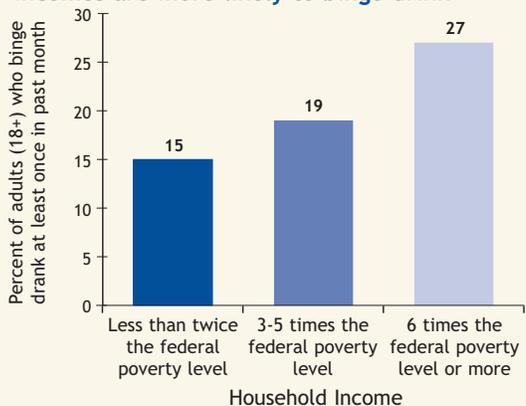
The IMR in NYC is still higher than the TCNY target



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

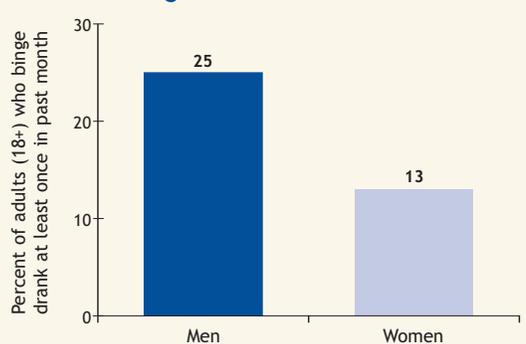
Neighborhood Health Highlight: Binge Drinking

Residents on the Lower East Side with higher incomes are more likely to binge drink



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

On the Lower East Side, men are more likely than women to binge drink



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

Every New York City neighborhood has different health concerns. Here we highlight binge drinking on the Lower East Side.

Binge drinking is defined as the consumption of 5 or more drinks on one occasion, and it can be used to measure the misuse of alcohol in a community. On the Lower East Side, residents are 35% more likely to have engaged in binge drinking in the past month than in New York City overall (19% vs. 14%).

Residents with higher incomes are most likely to binge drink. On the Lower East Side, higher-income residents are nearly twice as likely to have engaged in binge drinking in the past month as those with incomes at or below two times the federal poverty level (27% vs. 15%). Additionally, men are more likely to binge drink than women. On the Lower East Side, men are almost twice as likely as women to have engaged in binge drinking in the past month (25% vs. 13%).

TAKING ACTION

Abuse of alcohol can lead to alcohol dependence. When drinking causes trouble in relationships, school or work, social activities, or thinking or feeling, then drinking has become a problem. **Drinking problems should be discussed with a health care professional.** For more information, call 311.

Technical notes

Analyses

All analyses were conducted by the Bureau of Epidemiology Services, NYC DOHMH, unless otherwise indicated. All estimates in this report were age standardized to the Year 2000 Standard Population, except for age-specific data and mother-child health indicators. All CHS analyses were done in SUDAAN to account for complex survey design and were weighted to the New York City population according to the U.S. Census 2000.

Data sources

NYS DOH Hospitalization data: Includes hospitalizations of NYC residents that occurred anywhere in New York State. Patient zip code was used to classify hospitalizations into 42 neighborhoods. Data from 1995-2003 updated in April 2005; 2004 data updated in July 2005.

Vital Statistics data: Includes births and deaths of NYC residents that occurred within New York City. Data were combined across years to increase statistical stability and average annual rates are presented. In addition, infant mortality rates (IMR) were calculated as 3-year annual averages, and this statistic and others may differ from the presentation in "Summary of Vital Statistics" reports from the Bureau of Vital Statistics, NYC DOHMH.

Community Health Survey data: 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 Lower East Side are 10002, 10003, and 10009. 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. Lower East Side statistics from the 2003 and 2004 individual-year datasets include data from the neighboring community of Lower Manhattan.

Avoidable 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.* Neighborhood Health Highlight data were evaluated using t-tests with a significance level of p-value ≤ 0.05 . 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.

Cover Photograph: Mott and Bayard Streets, Manhattan. Photo by Mandi Larsen. Maps by Susan Resnick.

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Community Health Profile for the Lower East Side

This report is an updated, expanded second edition of the 2002 Community Health Profile for the Lower East Side.

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.

Web: nyc.gov/health
Click on "My Community's Health"

Email: profiles@health.nyc.gov

Mail:

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

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

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