Childhood Obesity, Physical Activity and "Screen-time" in New York City

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Data Sources

NYC FITNESSGRAM 2009-2010: The Health Department and the Department of Education use **NYC FITNESSGRAM** to measure children's weight and height, as well as their fitness. More than 1.2 million NYC public school parents and students in grades K through 12 received an NYC FITNESSGRAM report in June 2009. Data presented here are from a sample of 450,024 students measured during the 2009-2010 school year and weighted to represent all non-special education and non-alternative public school children aged six to 12 in kindergarten through eighth grade.

Child Health Survey 2009: The **Child Health Survey** is a population-based telephone survey conducted in 2009 by the Health Department with support from the Child Health Fund. A parent, guardian or other knowledgeable adult (referred to as "parents") was interviewed about the health of one child in the selected household for a total sample of 3,002 children. All estimates presented here are limited and weighted to the NYC population of children aged six to 12 using the 2006-2008 American Community Survey (PUMS).

To access the related Epi Data Brief, go to nyc.gov/html/doh/downloads/pdf/epi/databrief1.pdf

Table 1. Overweight and Obesity among NYC public school children

Prevalence of overweight and obesity among NYC public school children aged six to 12 in kindergarten through 8th grade

Source: NYC FITNESSGRAM, 2009-2010

Body mass index (BMI) – computed from a person's weight and height – can be used to identify people who may have higher health risks due to excess weight. Among children, weight categories are defined by comparing BMI to a standard population developed by the Centers for Disease Control and Prevention (www.cdc.gov/bmi). Overweight is defined as BMI between the 85th and 95th percentile and obese as BMI greater than or equal to the 95th percentile.

Data are weighted to the NYC public school student population.

| | % Overweight | | | % Obese | | |
| | | 95% Confidence Interval | | | 95% Confidence Interval | |
Characteristic	%	Lower Limit	Upper Limit	%	Lower Limit	Upper Limit
Overall	18.7	18.4	18.9	21.6	21.2	22.0
Sex						
Male	18.9	18.7	19.1	23.9	23.5	24.3
Female	18.4	18.1	18.6	19.3	18.9	19.7
Age (years)						
6	16.7	16.3	17.1	18.6	18.1	19.2
7	17.3	17.0	17.7	20.7	20.1	21.2
8	18.0	17.6	18.3	21.9	21.4	22.4
9	19.2	18.9	19.6	22.7	22.2	23.3
10	19.5	19.2	19.9	23.6	23.0	24.1
11	20.0	19.6	20.4	22.6	21.9	23.2
12	19.8	19.4	20.2	21.3	20.6	22.1
Race/ethnicity						
White non-Hispanic	17.3	16.9	17.7	16.6	15.9	17.4
Black non-Hispanic	18.3	18.0	18.6	21.6	21.2	22.0
Hispanic	20.1	19.8	20.4	26.5	26.1	26.9
Asian/Pacific Islander non-Hispanic	17.0	16.6	17.4	14.0	13.5	14.6
Other non-Hispanic	16.0	14.6	17.4	18.6	16.9	20.3
Race/ethnicity by sex						
Girls						
White non-Hispanic	16.7	16.1	17.2	14.0	13.3	14.7
Black non-Hispanic	18.5	18.1	18.9	21.8	21.4	22.3
Hispanic	20.3	19.9	20.6	23.2	22.8	23.7
Asian/Pacific Islander non-Hispanic	15.1	14.6	15.6	9.4	8.8	9.9
Other non-Hispanic	15.0	13.1	16.8	17.5	15.3	19.6
Boys						
White non-Hispanic	17.8	17.3	18.4	19.1	18.2	19.9
Black non-Hispanic	18.1	17.7	18.5	21.4	20.9	21.9
Hispanic	20.0	19.6	20.3	29.7	29.2	30.2
Asian/Pacific Islander non-Hispanic	18.9	18.3	19.4	18.4	17.7	19.1
Other non-Hispanic	17.0	14.8	19.1	19.7	17.4	21.9
Grade						
Kindergarten	17.1	15.9	18.3	18.2	16.9	19.5
1st	16.7	16.3	17.1	18.7	18.1	19.2
2nd	17.1	16.8	17.5	21.0	20.4	21.5
3rd	18.2	17.9	18.6	21.9	21.4	22.4
4th	19.0	18.7	19.4	23.1	22.6	23.6
5th	19.5	19.2	19.9	23.8	23.2	24.4
6th	20.3	19.9	20.8	22.3	21.6	23.1
7th	19.9	19.4	20.4	21.0	20.2	21.7
8th	20.5	19.5	21.4	19.1	17.8	20.4

95% confidence intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

All .5 estimates should be rounded up to the nearest whole number for purposes of reporting.

Table 1 continued

Prevalence of overweight and obesity among NYC public school children aged six to 12 in kindergarten through 8th grade

Source: NYC FITNESSGRAM, 2009-2010

Body mass index (BMI) – computed from a person's weight and height – can be used to identify people who may have higher health risks due to excess weight. Among children, weight categories are defined by comparing BMI to a standard population developed by the Centers for Disease Control and Prevention (www.cdc.gov/bmi). Overweight is defined as BMI between the 85th and 95th percentile and obese as BMI greater than or equal to the 95th percentile.

Data are weighted to the NYC public school student population.

Characteristic	% Overweight			% Obese		
		95% Confidence Interval			95% Confidence Interval	
	%	Lower Limit	Upper Limit	%	Lower Limit	Upper Limit
Borough						
Bronx	18.8	18.4	19.3	23.8	23.2	24.4
Brooklyn	18.6	18.2	18.9	21.9	21.3	22.6
Manhattan	17.8	17.2	18.4	19.8	18.3	21.3
Queens	18.9	18.5	19.3	20.5	19.7	21.3
Staten Island	18.8	18.2	19.4	21.3	20.4	22.2
School meal plan						
Full price	18.0	17.7	18.4	18.9	18.4	19.5
Reduced price	18.8	18.2	19.3	20.8	20.1	21.5
Free	19.0	18.8	19.3	23.4	23.1	23.8
Unknown	17.6	16.2	19.0	15.3	13.8	16.9

95% confidence intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

All .5 estimates should be rounded up to the nearest whole number for purposes of reporting.

Table 2. Parents' perception of overweight among NYC children

Prevalence of parents' perception of overweight among NYC children aged six to 12 years, by demographics and other health indicators

Source: NYC Child Health Survey, 2009

Survey question: How would you describe your child's weight for his/her size and age? Would you say he/she is very underweight, slightly underweight, about the right weight, slightly overweight or very overweight?

Data are weighted to the NYC population of children aged 6-12 using the 2006-2008 American Community Survey (PUMS).

Characteristic	%	95% Confidence Interval	
		Lower Limit	Upper Limit
Overall	18.1	15.7	20.7
Sex			
Male	19.2	15.8	23.0
Female	16.9	13.7	20.6
Age			
6-10 years	16.5[U]	13.8	19.6
11-12 years	22.5[D]	17.9	27.9
Race/ethnicity			
White non-Hispanic	13.5[U]	10.3	17.6
Black non-Hispanic	14.9	11.0	19.8
Hispanic	25.1	20.6	30.3
Asian/Pacific Islander non-Hispanic	17.7	10.2	29.0
Other non-Hispanic	^		
Borough			
Bronx	21.2	15.4	28.6
Brooklyn	18.5[U]	14.5	23.4
Manhattan	16.2	11.4	22.6
Queens	16.3	12.4	21.2
Staten Island	17.6	11.1	26.8
Household income <200% federal poverty +			
Yes	18.2	14.8	22.0
No	17.5[U]	14.3	21.3
General Health			
Excellent/very good/good	17.5[D]	15.1	20.1
Fair/poor	27.5[U]	16.4	42.3
Days/week of at least 1 hour of physical activity outside of school			
0 days	32.2	22.9	43.2
1-2 days	16.3	11.7	22.2
3-6 days	19.8	15.6	24.8
7 days	13.7	10.5	17.8
Hours/weekday watch TV/play video games			
0-2 hours	14.6	12.0	17.6
3+ hours	24.9	20.3	30.2
Hours/weekday use computer other than schoolwork			
<1 hour	15.2	12.0	19.1
1 hour or more	20.3	17.1	24.0
Provider told parent in past year that child overweight			
Yes	82.4	74.6	88.2
No	8.8	7.0	10.9

95% confidence intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

^ Data are suppressed due to imprecise and unreliable estimates.

+ Don't know category is not reported

D Data rounded down to nearest whole number for purposes of reporting.

U Data rounded up to nearest whole number for purposes of reporting.

Table 3. Physical activity outside of school among NYC children

Prevalence of days of 1 hour or more of physical activity in the past week, according to parent reports, among NYC children aged six to 12 years, by demographics and other health indicators

Source: NYC Child Health Survey, 2009

Data are weighted to the NYC population of children aged 6-12 using the 2006-2008 American Community Survey (PUMS).

Characteristic	% 0 days/week of physical activity			% 7 days/week of physical activity		
		95% Confidence Interval			95% Confidence Interval	
	%	Lower Limit	Upper Limit	%	Lower Limit	Upper Limit
Overall	10.6	8.5	13.0	40.3	36.8	44.0
Sex						
Male	9.9	7.2	13.5	43.3	38.3	48.4
Female	11.3	8.5	14.9	36.9	32.0	42.1
Age						
6-10 years	9.0	6.8	11.9	42.7	38.3	47.2
11-12 years	14.0	10.2	19.0	35.4	29.7	41.5
Race/ethnicity						
White non-Hispanic	6.9*	3.8	12.3	41.0	34.7	47.7
Black non-Hispanic	5.1	2.8	8.9	51.1	44.0	58.1
Hispanic	14.6	11.0	19.0	32.1	26.7	38.1
Asian/Pacific Islander non-Hispanic	21.8	13.2	34.0	30.3	19.3	44.3
Other non-Hispanic	^			79.6*	63.4	89.8
Borough						
Bronx	10.4	6.7	15.9	43.3	34.7	52.3
Brooklyn	12.2	8.4	17.5	42.5[U]	36.3	49.0
Manhattan	7.5*[D]	3.8	14.2	34.3	26.6	42.9
Queens	10.7	7.2	15.6	38.0	31.5	45.0
Staten Island	9.1*	4.1	19.2	42.8	31.5	54.9
Household income <200% federal poverty +						
Yes	12.1	9.1	16.0	40.7	35.5	46.1
No	8.2	5.7	11.6	40.3	35.6	45.2
General Health						
Excellent/very good/good	9.4	7.4	11.9	41.0	37.4	44.8
Fair/poor	29.1	17.7	44.0	28.7	16.1	45.6
Hours/weekday watch TV/play video games						
<1 hour	10.6*	5.4	19.9	42.5[D]	33.0	52.5
1 hour	14.6	9.8	21.1	38.1	31.3	45.3
2 hours	8.2	5.5	11.9	45.0	38.2	52.0
3+ hours	9.5[U]	6.6	13.5	37.1	31.2	43.4
Hours/weekday use computer other than schoolwork						
<1 hour	9.1	6.3	13.1	42.2	36.7	48.0
1 hour or more	11.8	9.1	15.2	38.5[D]	34.0	43.2
Parent's perception of child's weight						
Under/about right weight	8.6	6.6	11.2	42.4	38.4	46.6
Overweight	18.9	13.3	26.1	31.1	24.4	38.6

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

+ Don't know category is not reported

^ Data are suppressed due to imprecise and unreliable estimates.

D Data rounded down to nearest whole number for purposes of reporting.

U Data rounded up to nearest whole number for purposes of reporting.

Table 4. Time watching TV and playing video games among NYC children

Prevalence of 3+ hours per average weekday watching tv or playing video games, according to parent reports, among children aged six to 12 years, by demographics and other health indicators

Source: NYC Child Health Survey, 2009

Data are weighted to the NYC population of children aged 6-12 using the 2006-2008 American Community Survey (PUMS).

| Characteristic | % 3 or more hours/weekday of TV/video games | | |
| | **%** | **95% Confidence Interval** | |
		Lower Limit	**Upper Limit**
Overall	32.9	29.7	36.3
Sex			
Male	34.2	29.6	39.0
Female	31.5[D]	27.0	36.3
Age			
6-10 years	30.2	26.4	34.3
11-12 years	38.7	32.8	44.9
Race/ethnicity			
White non-Hispanic	23.9	18.9	29.8
Black non-Hispanic	41.7	35.1	48.7
Hispanic	35.8	30.6	41.4
Asian/Pacific Islander non-Hispanic	23.1	13.6	36.4
Other non-Hispanic	40.1*	19.7	64.6
Household income <200% federal poverty +			
Yes	38.0	33.0	43.2
No	26.7	23.0	30.9
Parent's perception of child's weight			
Under/about right weight	30.0	26.5	33.8
Overweight	45.5[U]	38.3	53.0

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

+ Don't know category is not reported

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U Data rounded up to nearest whole number for purposes of reporting.

Table 5. Computer time for non-schoolwork among NYC children

Prevalence of 2+ hours per average weekday of computer use for non-schoolwork, according to parent reports, among children aged six to 12 years, by demographics and other health indicators

Source: NYC Child Health Survey, 2009

Data are weighted to the NYC population of children aged 6-12 using the 2006-2008 American Community Survey (PUMS).

| Characteristic | % 2 or more hours/weekday of non-schoolwork computer time | | |
| | **%** | **95% Confidence Interval** | |
		Lower Limit	**Upper Limit**
Overall	25.4	22.4	28.6
Sex			
Male	26.5[U]	22.4	31.2
Female	24.1	20.0	28.8
Age			
6-10 years	19.8	16.6	23.3
11-12 years	38.8	32.7	45.2
Race/ethnicity			
White non-Hispanic	17.2	12.6	22.9
Black non-Hispanic	32.0	25.7	38.9
Hispanic	26.6	21.7	32.1
Asian/Pacific Islander non-Hispanic	25.8	16.3	38.3
Other non-Hispanic	27.5*[D]	14.0	46.8
Household income <200% federal poverty +			
Yes	26.8	22.4	31.6
No	22.1	18.5	26.2
Parent's perception of child's weight			
Under/about right weight	23.9	20.6	27.6
Overweight	32.4	25.8	39.7

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

+ Don't know category is not reported

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U Data rounded up to nearest whole number for purposes of reporting.