

# Health of NYC Children, 2024

## Appendix

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### Data Sources and Methods

Unless otherwise indicated, data included in the appendix tables are from the 2019 NYC KIDS Survey, an NYC Department of Health and Mental Hygiene telephone survey of parents or guardians about one child age 1 to 13 in their household (n = 8,289). Data were collected on 4,546 children age 1 to 4 and 3,743 children age 5 to 13. Demographic data on sex, age and race are from NYC Department of Health and Mental Hygiene population estimates, modified from U.S. Census Bureau interpolated intercensal population estimates, 2000 to 2019; updated September 2020. SAS-callable SUDAAN version 7.1 was used to calculate estimates of weighted data.

**Table 1. Demographic Characteristics for NYC Children Age 1 to 13**

Data source: 2019 NYC KIDS Survey, unless otherwise noted

NYC KIDS 2019 data are weighted to the population of children age 1 to 13 as per the 2010 U.S. Census data and the 2014 to 2018 American Community Survey.

	NYC		Harlem <sup>1</sup>			Central Brooklyn <sup>2</sup>			South Bronx <sup>3</sup>			
	%	Population estimate	%	Population estimate		%	Population estimate		%	Population estimate		
<b>Age<sup>4</sup></b>												
1-4	<b>33.0</b>	413096	<b>31.4</b>	12879		<b>32.9</b>	40688		<b>31.4</b>	35602		
5-13	<b>67.0</b>	837829	<b>68.6</b>	28133		<b>67.1</b>	82934		<b>68.6</b>	77624		
<b>Sex<sup>4</sup></b>												
Female	<b>48.9</b>	611611	<b>48.9</b>	20073		<b>49.1</b>	60728		<b>49.0</b>	55517		
Male	<b>51.1</b>	639314	<b>51.1</b>	20940		<b>50.9</b>	62894		<b>51.0</b>	57710		
<b>Race and ethnicity<sup>4</sup></b>												
White non-Latino	<b>27.0</b>	337457	<b>9.2</b>	3776		<b>15.3</b>	18887		<b>1.6</b>	1802		
Black non-Latino	<b>21.5</b>	268882	<b>40.5</b>	16602		<b>46.0</b>	56892		<b>27.9</b>	31540		
Latino	<b>35.1</b>	439654	<b>42.3</b>	17351		<b>32.3</b>	39884		<b>68.3</b>	77284		
Asian or Pacific Islander	<b>12.7</b>	158952	<b>4.5</b>	1845		<b>3.6</b>	4495		<b>1.1</b>	1237		
Native American or other	<b>3.7</b>	45980	<b>3.5</b>	1438		<b>2.8</b>	3464		<b>1.2</b>	1364		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Household composition</b>												
Single parent	<b>19.1</b>	17.9	20.5	<b>27.7</b>	21.5	34.9	<b>26.9</b>	22.5	31.8	<b>32.2</b>	27.7	37.1
Both parents	<b>60.7</b>	59.1	62.2	<b>46.3</b>	40.4	52.4	<b>45.5</b>	40.5	50.7	<b>38.1</b>	33.5	43.0
One or both parents plus one or more other adults	<b>15.3</b>	14.2	16.4	<b>21.5</b>	16.8	27.1	<b>20.7</b>	16.7	25.3	<b>23.1</b>	19.2	27.6
<b>Parent nativity</b>												
One or both parents born outside U.S.	<b>57.1</b>	55.4	58.7	<b>39.4</b>	33.3	45.8	<b>50.7</b>	45.4	56.0	<b>57.8</b>	52.6	62.8

<b>Language spoken at home</b>												
English only	<b>49.6</b>	47.9	51.2	<b>53.7</b>	47.1	60.1	<b>68.4</b>	63.6	72.8	<b>38.8</b>	34.1	43.8
English plus other language	<b>28.3</b>	26.9	29.8	<b>32.3</b>	26.1	39.2	<b>21.9</b>	18.1	26.3	<b>31.1</b>	26.8	35.8
Other language only	<b>22.1</b>	20.8	23.4	<b>14.0</b>	10.4	18.7	<b>9.7</b>	7.5	12.6	<b>30.1</b>	25.8	34.7
<b>Household income</b>												
< 200% federal poverty level <sup>5</sup>	<b>60.9</b>	59.2	62.4	<b>57.4</b>	51.0	63.5	<b>67.7</b>	62.8	72.3	<b>83.7</b>	79.9	86.9

**Notes:**

CI — Confidence intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

<sup>1</sup> Harlem includes ZIP codes 10026, 10027, 10029, 10030, 10035, 10037 and 10039.

<sup>2</sup> Central Brooklyn includes ZIP codes 11206, 11207, 11208, 11212, 11213, 11216, 11221, 11233, 11237 and 11238.

<sup>3</sup> South Bronx includes ZIP codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460 and 10474.

<sup>4</sup> NYC Department of Health and Mental Hygiene population estimates, modified from U.S. Census Bureau interpolated intercensal population estimates, 2000 to 2019; updated September 2020

<sup>5</sup> Missing data were imputed.

**Table 2. Demographic Characteristics for NYC Children Age 1 to 4**

Data source: 2019 NYC KIDS Survey, unless otherwise noted

NYC KIDS 2019 data are weighted to the population of children age 1 to 13 as per the 2010 U.S. Census data and the 2014 to 2018 American Community Survey.

	NYC			Harlem <sup>1</sup>			Central Brooklyn <sup>2</sup>			South Bronx <sup>3</sup>		
	%	Population estimate		%	Population estimate		%	Population estimate		%	Population estimate	
<b>Sex<sup>4</sup></b>												
Female	<b>48.8</b>	201702		<b>49.7</b>	6395		<b>49.0</b>	19935		<b>48.9</b>	17426	
Male	<b>51.2</b>	211394		<b>50.3</b>	6484		<b>51.0</b>	20753		<b>51.1</b>	18177	
<b>Race and ethnicity<sup>4</sup></b>												
White non-Latino	<b>28.7</b>	118369		<b>11.3</b>	1459		<b>17.8</b>	7231		<b>1.9</b>	681	
Black non-Latino	<b>20.7</b>	85331		<b>39.0</b>	5017		<b>45.8</b>	18649		<b>28.9</b>	10289	
Latino	<b>33.7</b>	139250		<b>41.8</b>	5386		<b>29.5</b>	12001		<b>66.7</b>	23735	
Asian or Pacific Islander	<b>12.9</b>	53464		<b>4.7</b>	601		<b>3.8</b>	1537		<b>1.1</b>	407	
Native American or other	<b>4.0</b>	16683		<b>3.2</b>	417		<b>3.1</b>	1271		<b>1.4</b>	490	
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Household composition</b>												
Single parent	<b>14.3</b>	12.9	15.8	<b>18.5</b>	15.0	22.6	<b>24.9</b>	20.1	30.4	<b>27.4</b>	22.8	32.5
Both parents	<b>69.1</b>	67.1	71.0	<b>60.6</b>	55.8	65.3	<b>52.7</b>	47.0	58.4	<b>43.9</b>	38.7	49.3
One or both parents plus one or more other adults	<b>13.2</b>	11.8	14.6	<b>17.8</b>	14.5	21.8	<b>18.2</b>	14.1	23.2	<b>20.3</b>	16.4	24.9
<b>Parent nativity</b>												
One or both parents born outside U.S.	<b>55.8</b>	53.6	58.0	<b>41.2</b>	36.4	46.2	<b>47.9</b>	42.1	53.7	<b>62.5</b>	56.8	67.8
<b>Language spoken at home</b>												
English only	<b>46.6</b>	44.4	48.8	<b>55.6</b>	50.7	60.4	<b>67.1</b>	61.7	72.0	<b>30.7</b>	25.8	36.2
English plus other language	<b>31.9</b>	29.9	33.9	<b>32.8</b>	28.4	37.6	<b>25.5</b>	20.9	30.7	<b>37.0</b>	32.0	42.3
Other language only	<b>21.5</b>	19.8	23.3	<b>11.6</b>	9.0	14.9	<b>7.5</b>	5.5	10.1	<b>32.3</b>	27.5	37.4

Household income												
< 200% federal poverty level <sup>5</sup>	<b>57.9</b>	55.7	60.0	<b>47.7</b>	42.9	52.7	<b>63.1</b>	57.5	68.4	<b>80.5</b>	76.0	84.4

**Notes:**

CI — Confidence intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

<sup>1</sup> Harlem includes ZIP codes 10026, 10027, 10029, 10030, 10035, 10037 and 10039.

<sup>2</sup> Central Brooklyn includes ZIP codes 11206, 11207, 11208, 11212, 11213, 11216, 11221, 11233, 11237 and 11238.

<sup>3</sup> South Bronx includes ZIP codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460 and 10474.

<sup>4</sup> NYC Department of Health and Mental Hygiene population estimates, modified from U.S. Census Bureau interpolated intercensal population estimates, 2000 to 2019; updated September 2020

<sup>5</sup> Missing data were imputed.

**Table 3. Overall Child Health, and Asthma and Related Environmental Factors for NYC Children Age 1 to 13**

Data source: 2019 and 2017 NYC KIDS Surveys, unless otherwise noted

NYC KIDS 2019 data are weighted to the population of children age 1 to 13 as per the 2010 U.S. Census data and the 2014 to 2018 American Community Survey.

NYC KIDS 2017 data are weighted to the population of children age birth to 13 as per the 2010 Census data and the 2012 to 2016 American Community Survey.

	Age	NYC			Harlem <sup>1</sup>			Central Brooklyn <sup>2</sup>			South Bronx <sup>3</sup>		
		%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Physical health</b>													
Parent or guardian reported child health as excellent or very good	1 to 13	<b>81.3</b>	79.9	82.5	<b>82.2</b>	77.0	86.4	<b>82.4</b>	77.9	86.2	<b>75.8</b>	71.1	79.9
Parent or guardian reported child health as good	1 to 13	<b>15.1</b>	14.0	16.3	<b>15.2</b>	11.3	20.3	<b>14.4</b>	11.0	18.6	<b>18.9</b>	15.2	23.3
Parent or guardian reported child health as fair or poor	1 to 13	<b>3.6</b>	3.0	4.3	<b>2.6*</b>	1.3	5.1	<b>3.2*</b>	1.7	6.0	<b>5.3</b>	3.3	8.4
<b>Health care access</b>													
Child insured	1 to 13	<b>99.0</b>	98.6	99.3	<b>99.6</b>	99.0	99.8	<b>97.9</b>	95.5	99.1	<b>98.8</b>	97.0	99.6
Child insured but experienced a gap in insurance in the past year	1 to 13	<b>5.1</b>	4.5	5.9	<b>3.5</b>	2.0	6.2	<b>7.7</b>	5.2	11.2	<b>8.2</b>	5.9	11.4
Child has appropriate source of well-child care <sup>4</sup>	1 to 13	<b>98.5</b>	98.0	98.8	<b>97.6*</b>	95.2	98.9	<b>98.2*</b>	96.0	99.2	<b>97.5</b>	95.6	98.6
Child had at least one wellness visit in the past year	1 to 13	<b>90.5</b>	89.5	91.4	<b>91.7</b>	87.7	94.5	<b>89.9</b>	86.4	92.5	<b>86.9</b>	83.2	89.9
<b>Dental Care and Eyeglasses</b>													
Child had at least one preventive dental visit in the past year	2 to 13	<b>86.1</b>	85.0	87.2	<b>89.8</b>	87.3	92.0	<b>85.2</b>	81.4	88.3	<b>87.3</b>	84.0	90.0
Eyeglasses distributed <sup>5</sup>			<b>n = 18,559</b>			<b>n = 1,868</b>			<b>n = 2,891</b>			<b>n = 3,055</b>	

<b>Mental and emotional health</b>													
Parent or guardian reported child mental and emotional health as excellent or very good	1 to 13	<b>77.7</b>	76.3	79.1	<b>74.4</b>	68.3	79.7	<b>80.0</b>	75.3	84.0	<b>72.8</b>	68.0	77.1
Parent or guardian reported child mental and emotional health as good	1 to 13	<b>16.9</b>	15.6	18.2	<b>19.2</b>	14.4	25.3	<b>14.9</b>	11.4	19.2	<b>19.1</b>	15.4	23.5
Parent or guardian reported child mental and emotional health as fair or poor	1 to 13	<b>5.4</b>	4.7	6.2	<b>6.3</b>	3.7	10.7	<b>5.1</b>	3.0	8.5	<b>8.1</b>	5.6	11.4
Child usually or always demonstrates emotional regulation or resilience <sup>6</sup>	1 to 13	<b>60.9</b>	59.0	62.7	<b>60.7</b>	53.5	67.5	<b>61.1</b>	54.3	67.5	<b>49.4</b>	42.9	55.9
Parent or guardian told by provider that child has emotional or behavioral health condition <sup>7</sup>	3 to 13	<b>14.8</b>	13.4	16.2	<b>18.8</b>	12.0	28.2	<b>13.5</b>	9.5	18.9	<b>20.1</b>	15.6	25.5
Treatment (counseling and/or medication) received among children with an emotional or behavioral health condition	3 to 13	<b>60.0</b>	54.8	64.9	<b>72.9*</b>	43.8	90.2	<b>71.0*</b>	51.7	84.8	<b>58.2*</b>	43.6	71.4
Treatment (counseling and/or medication) received among all children	3 to 13	<b>12.9</b>	11.6	14.2	<b>19.6</b>	13.1	28.3	<b>15.3</b>	11.2	20.5	<b>16.2</b>	12.2	21.2
<b>Asthma</b>													
Child told has asthma by health care provider	1 to 13	<b>12.1</b>	11.0	13.2	<b>14.8</b>	10.4	20.7	<b>17.6</b>	13.7	22.4	<b>21.9</b>	17.8	26.5
Child experienced an asthma attack in past 12 months	1 to 13	<b>4.8</b>	4.1	5.5	<b>5.2</b>	3.4	7.8	<b>6.1</b>	4.0	9.2	<b>8.7</b>	6.1	12.3
Child missed 1 or more days of school or child care due to asthma (among children enrolled in school or child care)	1 to 13	<b>3.4</b>	2.8	4.1	<b>3.9</b>	2.3	6.6	<b>3.8</b>	2.2	6.4	<b>6.5</b>	4.2	9.9
<b>Housing conditions known to trigger asthma</b>													
Open cracks or holes in the interior walls, ceiling or floors <sup>8</sup>	1 to 13	<b>9.5</b>	8.4	10.6	<b>16.7</b>	11.4	23.7	<b>10.2</b>	6.6	15.5	<b>19.7</b>	14.9	25.6

Cockroaches visible in home <sup>8</sup>	1 to 13	<b>34.2</b>	32.4	36.0	<b>39.7</b>	32.8	47.1	<b>37.9</b>	31.7	44.6	<b>56.4</b>	50.0	62.6
Mice visible in home <sup>8</sup>	1 to 13	<b>24.5</b>	22.9	26.1	<b>21.9</b>	16.4	28.7	<b>36.2</b>	29.9	42.9	<b>39.3</b>	33.2	45.8
Use of additional source of heat such as a kitchen stove <sup>8</sup>	1 to 13	<b>22.0</b>	20.4	23.6	<b>26.1</b>	20.3	33.0	<b>30.7</b>	24.6	37.5	<b>33.5</b>	27.6	39.9
One or more of above triggers present in home <sup>8</sup>	1 to 13	<b>53.8</b>	52.0	55.7	<b>62.4</b>	55.5	68.7	<b>65.6</b>	59.3	71.5	<b>75.2</b>	69.5	80.1
Visible mold or mildew or moldy smell at least a few times in past year	1 to 13	<b>20.9</b>	19.6	22.3	<b>31.2</b>	25.4	37.6	<b>22.2</b>	18.2	26.9	<b>31.4</b>	26.9	36.1
<b>Adverse childhood experiences (ACEs)</b>													
Child has experienced two or more ACEs	5 to 13	<b>22.0</b>	20.2	23.9	<b>34.1*</b>	24.4	45.5	<b>30.6</b>	24.0	38.0	<b>32.1</b>	26.1	38.7
Child has experienced three or more ACEs	5 to 13	<b>8.9</b>	7.7	10.2	<b>19.0</b>	11.5	29.7	<b>11.9</b>	7.7	18.1	<b>10.9</b>	7.4	15.7

**Notes:**

CI — Confidence intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

<sup>1</sup> Harlem includes ZIP codes 10026, 10027, 10029, 10030, 10035, 10037 and 10039.

<sup>2</sup> Central Brooklyn includes ZIP codes 11206, 11207, 11208, 11212, 11213, 11216, 11221, 11233, 11237 and 11238.

<sup>3</sup> South Bronx includes ZIP codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460 and 10474.

<sup>4</sup> Appropriate sources of well-child care include private doctor or pediatrician's office, hospital or community clinic, and school-based clinic.

<sup>5</sup> Eyeglass distribution data is from the Office of School Health Vision Optometry Program, NYC Department of Health and Mental Hygiene, 2018 to 2019. Data are for children grades pre-K to 8 who attend schools in the geographic areas presented.

<sup>6</sup> Constructed from two questions about social and emotional wellness: [CHILD] bounces back quickly when things don't go [HIS/HER/THEIR] way (age 1 to 5) and [CHILD] stays calm and in control when faced with a challenge (age 6 to 13).

<sup>7</sup> Conditions include depression, anxiety, attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD), oppositional defiant, and conduct or other behavioral/conduct problem.

<sup>8</sup> 2017 NYC KIDS Survey. Missing data on housing quality and environmental risk factors values were imputed.

\* Estimate should be interpreted with caution. Estimate's relative standard error (a measure of estimate precision) is greater than 30%, the 95% confidence interval's half-width is greater than 10 or the sample size is too small, making the estimate potentially unreliable.

2017 and 2019 NYC KIDS Survey items can be found at <https://www.nyc.gov/site/doh/data/data-sets/child-chs.page>.



**Table 4. Early Childhood, Development and Supports for NYC Children Age 1 to 4**

Data source: 2019 and 2017 NYC KIDS Surveys, unless otherwise noted

NYC KIDS 2019 data are weighted to the population of children age 1 to 13 as per the 2010 U.S. Census data and the 2014 to 2018 American Community Survey.

NYC KIDS 2017 data are weighted to the population of children age birth to 13 as per the 2010 Census data and the 2012 to 2016 American Community Survey.

	Age	NYC			Harlem <sup>1</sup>			Central Brooklyn <sup>2</sup>			South Bronx <sup>3</sup>		
		%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Birth and infancy</b>													
Preterm or low-birth-weight birth <sup>4</sup>	0	<b>12.0</b>	11.8	12.2	<b>13.3</b>	12.1	14.5	<b>13.0</b>	12.3	13.7	<b>13.6</b>	12.9	14.4
Child breastfed or fed breast milk for at least 6 months	1 to 2	<b>61.0</b>	58.1	63.9	<b>69.0</b>	62.4	74.9	<b>62.8</b>	55.2	69.8	<b>48.2</b>	40.8	55.7
Child's mother returned to work after birth or maternity leave	1 to 2	<b>72.7</b>	69.9	75.3	<b>77.1</b>	69.9	83.1	<b>82.1</b>	76.0	86.9	<b>68.6</b>	61.0	75.4
Child's mother took 3 or more months of maternity leave	1 to 2	<b>45.6</b>	42.5	48.7	<b>50.7</b>	43.7	57.8	<b>55.7</b>	47.8	63.3	<b>42.0</b>	34.5	50.0
<b>Social support</b>													
Grandparent or grandparent figure lives in household	1 to 4	<b>21.6</b>	19.9	23.5	<b>18.4</b>	15.1	22.2	<b>24.7</b>	20.2	29.9	<b>24.5</b>	20.2	29.3
Parent had someone to rely on outside household for day-to-day support with parenting <sup>5</sup>	1 to 4	<b>70.4</b>	68.6	72.1	<b>66.4</b>	60.2	72.1	<b>76.7</b>	71.6	81.2	<b>65.8</b>	60.1	71.2
Somewhat or very difficult for parent or guardian to take time off from work to take care of personal or family matters	1 to 4	<b>55.6</b>	52.9	58.3	<b>56.5</b>	50.6	62.3	<b>55.0</b>	48.0	61.8	<b>61.6</b>	54.8	67.9

<b>Development concerns</b>													
Parent had concern about child's learning to sit up, balance, crawl, walk or do things for themselves	1 to 4	<b>18.7</b>	17.0	20.5	<b>15.1</b>	12.1	18.8	<b>19.4</b>	15.0	24.7	<b>20.7</b>	16.7	25.3
Parent had concern about child learning to make speech sounds, talking and understanding things, or learning the alphabet and counting	1 to 4	<b>27.6</b>	25.7	29.7	<b>22.4</b>	18.7	26.5	<b>24.8</b>	20.0	30.4	<b>27.8</b>	23.3	32.9
<b>Early intervention and special education</b>													
Child received Early Intervention Program services <sup>6</sup>	0 to 2	<b>10.0</b>	<b>n = 11,250</b>		<b>8.1</b>	<b>n = 286</b>		<b>7.5</b>	<b>n = 827</b>		<b>9.7</b>	<b>n = 913</b>	
<b>Language and learning</b>													
Parent engaged child through stories or song	1 to 4	<b>97.1</b>	96.4	97.7	<b>97.8</b>	95.9	98.8	<b>97.3</b>	94.9	98.6	<b>94.5</b>	91.3	96.6
Child read to 4 or more days per week	1 to 4	<b>66.8</b>	64.7	68.8	<b>80.1</b>	76.1	83.6	<b>70.4</b>	64.9	75.4	<b>52.1</b>	46.7	57.5
<b>Child care</b>													
Child attended preschool or child care program outside the home	1 to 4	<b>43.4</b>	41.2	45.6	<b>48.6</b>	43.7	53.6	<b>48.7</b>	43.0	54.5	<b>42.0</b>	36.7	47.5
Needed child care outside regular hours (Monday to Friday, 8 a.m. to 6 p.m.) to accommodate work schedule	1 to 4	<b>24.9</b>	22.7	27.2	<b>27.9</b>	22.9	33.4	<b>24.1</b>	18.8	30.4	<b>32.9</b>	27.0	39.4
Somewhat or very difficult for parent or guardian to afford child care (among those who paid for child care)	1 to 4	<b>56.2</b>	53.5	58.9	<b>64.8</b>	59.3	69.9	<b>57.0</b>	50.0	63.8	<b>58.8</b>	52.1	65.2
In the past 12 months, parent or other family member quit a job, did not take a job or changed jobs because of problems with child care	1 to 4	<b>21.2</b>	19.5	23.0	<b>19.5</b>	15.9	23.6	<b>21.7</b>	17.2	27.0	<b>24.3</b>	19.9	29.4

**Notes:**

CI — Confidence intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

<sup>1</sup> Harlem includes ZIP codes 10026, 10027, 10029, 10030, 10035, 10037 and 10039.

<sup>2</sup> Central Brooklyn includes ZIP codes 11206, 11207, 11208, 11212, 11213, 11216, 11221, 11233, 11237 and 11238.

<sup>3</sup> South Bronx includes ZIP codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460 and 10474.

<sup>4</sup> NYC Vital Statistics Data 2019

<sup>5</sup> 2017 NYC KIDS Survey

<sup>6</sup> Data are from New York Early Intervention System (NYEIS) for children under three years old born in 2019 who have ever received a general service (OT, PT, SLP, SI). Percentages were calculated using NYC Department of Health and Mental Hygiene population estimates, modified from U.S. Census Bureau interpolated intercensal population estimates, 2000 to 2019; updated September 2019.

2017 and 2019 NYC KIDS Survey items can be found at <https://www.nyc.gov/site/doh/data/data-sets/child-chs.page>.

**Table 5. Child Obesity and Related Environmental Factors for NYC Children Age 1 to 13**

Data source: 2019 and 2017 NYC KIDS Surveys, unless otherwise noted

NYC KIDS 2019 data are weighted to the population of children age 1 to 13 as per the 2010 U.S. Census data and the 2014 to 2018 American Community Survey.

NYC KIDS 2017 data are weighted to the population of children age birth to 13 as per the 2010 Census data and the 2012 to 2016 American Community Survey.

	Age	NYC			Harlem <sup>1</sup>			Central Brooklyn <sup>2</sup>			South Bronx <sup>3</sup>		
		%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Obesity or overweight</b>													
Having obesity or overweight <sup>4</sup>	5 to 14	<b>38.2</b>	37.5	38.8	<b>41.5</b>	39.1	43.8	<b>44.1</b>	42.9	45.3	<b>43.7</b>	42.8	44.7
<b>Physical activity</b>													
Child active for 60 minutes per day for 3 or more days per week <sup>5</sup>	6 to 13	<b>74.3</b>	72.0	76.4	<b>77.1</b>	67.3	84.7	<b>75.1</b>	67.4	81.5	<b>70.6</b>	63.3	76.9
<b>Screen time</b>													
Child spends more than 2 hours watching TV or using a cell phone, tablet or computer daily <sup>6</sup>	1 to 2	<b>24.9</b>	22.4	27.5	<b>23.5U</b>	18.2	29.7	<b>24.6</b>	18.4	32.0	<b>26.6</b>	20.4	33.8
	3 to 13	<b>40.3</b>	38.4	42.2	<b>39.9</b>	32.1	48.3	<b>43.9</b>	37.7	50.3	<b>49.3</b>	43.5	55.2
<b>Sleep</b>													
	1 to 2	<b>76.4</b>	73.8	78.8	<b>77.4</b>	71.3	82.6	<b>71.6</b>	64.0	78.2	<b>64.2</b>	56.8	70.9
Child gets adequate hours of sleep for age on a typical weekday (includes nap time for age 1 to 4) <sup>7</sup>	3 to 5	<b>79.5</b>	77.1	81.8	<b>82.6</b>	76.7	87.3	<b>62.3</b>	53.0	70.7	<b>69.6</b>	61.4	76.6
	6 to 12	<b>83.8</b>	81.8	85.6	<b>79.9</b>	68.5	87.8	<b>81.7</b>	74.3	87.4	<b>76.2</b>	68.8	82.3
	13	<b>69.9</b>	63.3	75.8	<b>43.9*</b>	19.1	72.2	<b>77.4*</b>	56.1	90.1	<b>47.9*</b>	30.1	66.2
<b>Nutrition</b>													
Child consumes 1 or more servings of soda or sugar-sweetened beverages (iced tea, sports drink, fruit punch) per day	1 to 4	<b>10.4</b>	9.2	11.7	<b>9.0</b>	6.7	11.9	<b>11.5</b>	8.5	15.2	<b>17.7</b>	13.9	22.1
	5 to 13	<b>19.1</b>	17.4	20.9	<b>19.6</b>	13.2	28.1	<b>23.2</b>	17.5	30.2	<b>28.1</b>	22.4	34.7
Child consumes 5 or more servings of fruit and vegetables per day <sup>8</sup>	1 to 4	<b>20.0</b>	17.6	22.6	<b>29.4</b>	23.5	36.2	<b>25.2</b>	18.0	34.0	<b>12.6</b>	7.7	19.9
	5 to 13	<b>16.2</b>	13.9	18.7	<b>15.4</b>	8.3	26.7	<b>26.8</b>	18.3	37.4	<b>9.1</b>	5.3	15.2

<b>Material hardship and food insecurity</b>													
It has often or very often been hard to get by on family's income during child's lifetime	1 to 13	<b>39.8</b>	38.2	41.4	<b>38.6</b>	32.3	45.3	<b>45.1</b>	39.9	50.3	<b>52.9</b>	47.9	57.9
Food didn't last or worried that food would run out before having money to buy more <sup>9</sup>	1 to 13	<b>37.1</b>	35.4	39.0	<b>42.8</b>	35.8	50.0	<b>48.0</b>	41.3	54.7	<b>55.0</b>	48.5	61.4
<b>Neighborhood safety</b>													
Neighborhood is not very safe or not at all safe	1 to 13	<b>13.4</b>	12.4	14.5	<b>26.6</b>	21.1	33.0	<b>28.0</b>	23.3	33.2	<b>38.3</b>	33.5	43.2
Parent or guardian concern about crime in the neighborhood has sometimes or always prevented child from walking, riding a bicycle or playing outside <sup>10</sup>	1 to 13	<b>29.2</b>	27.5	31.0	<b>36.2</b>	29.7	43.4	<b>41.7</b>	34.9	48.7	<b>46.6</b>	40.2	53.0
Parent or guardian concern for safety from traffic in neighborhood has sometimes or always prevented child from walking, riding a bicycle or playing outside <sup>11</sup>	1 to 13	<b>40.8</b>	38.9	42.7	<b>38.8</b>	32.0	45.9	<b>44.6</b>	37.9	51.4	<b>45.6</b>	39.2	52.0

**Notes:**

CI — Confidence intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

<sup>1</sup> Harlem includes ZIP codes 10026, 10027, 10029, 10030, 10035, 10037 and 10039.

<sup>2</sup> Central Brooklyn includes ZIP codes 11206, 11207, 11208, 11212, 11213, 11216, 11221, 11233, 11237 and 11238.

<sup>3</sup> South Bronx includes ZIP codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460 and 10474.

<sup>4</sup> Among NYC public school students grades K to 8 prevalence estimates of obesity and overweight (BMI > 85%) for the 2017 to 2018 school year.

FitnessGram uses age- and gender-specific BMI percentiles calculated according to CDC 2000 growth charts

([http://www.cdc.gov/growthcharts/cdc\\_charts.htm](http://www.cdc.gov/growthcharts/cdc_charts.htm)).

<sup>5</sup> The CDC recommends that children younger than 6 years old are physically active 60 minutes per day for 7 days per week, not including physical education. <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-1/>

<sup>6</sup> The American Academy of Pediatrics recommends no more than 2 hours of screen time per day for children.

<https://pediatrics.aappublications.org/content/138/5/e20162592>

<sup>7</sup> CDC guidelines for recommended sleep: ages 1 to 2 = 11 to 14 hours; age 3 to 5 = 10 to 13 hours; age 6 to 12 = 9 to 12 hours; age 13 and older = 8 to 10 hours. [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)

<sup>8</sup> Recommendations range from 1 to 2 cups for fruit and 1 to 3 cups for vegetables. [https://health.gov/sites/default/files/2019-09/2015-2020 Dietary Guidelines.pdf](https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf)

<sup>9-11</sup> 2017 NYC KIDS Survey

\* Estimate should be interpreted with caution. Estimate's relative standard error (a measure of estimate precision) is greater than 30%, the 95% confidence interval's half-width is greater than 10 or the sample size is too small, making the estimate potentially unreliable.

2017 and 2019 NYC KIDS Survey items can be found at <https://www.nyc.gov/site/doh/data/data-sets/child-chs.page>.