Obesity in Popular Manhattan Neighborhoods

**General Background**

**Lower Manhattan**
- SoHo and Greenwich Village: Demographics
  - Population: 83,700
    - Age: 0-17: 10%, 18-24: 10%, 25-44: 45%, 45-64: 24%, 65+: 11%
    - Race: Foreign-born: 28%, Black: 3%, Hispanic: 6%, Asian: 21%, White: 67%, Other: 3%
  - Obesity and NYC
    - 1 in 5 New York City (NYC) residents are considered obese.
    - 2 out of 5 are considered overweight.
    - 3 out of 4 residents do not engage in physical exercise daily.
    - Rates of obesity are increasing rapidly in NY, now considered a public concern
  - Contributing Factors
    - Fast Food
      - Concentrated areas include the Port Authority, Times Square, Wall Street, Grant Central and Penn Station
    - Food Availability
      - Easy access to unhealthy foods compared to healthier alternatives
    - Advertisement
      - 70% of food advertisements geared towards children promote unhealthy products
  - Obesity: Greenwich Village and SoHo
    - 16% of adults being “fair” or “poor” health.
    - What was considered “great”, “good”, “fair” or “poor” health was not specified.
    - In area, 82% have health insurance for the entire past year

**Upper East Side**
- Population: 218,200
  - Age: 0-17: 12%, 18-24: 7%, 25-44: 41%, 45-64: 26%, 65+: 14%
  - Race: White: 83%, Hispanic: 6%, Asian: 6%, Black: 3%, Other: 2%

**Harlem**
- Obesity is higher in Harlem neighborhoods than in Manhattan
  - Population: 151,100
    - Age: 0-17: 26%, 18-25: 12%, 25-44: 32%, 45-64: 19%, 65+: 11%
    - Race: Foreign-born: 19%, Asian: 3%, White: 8%, Hispanic: 19%, Black: 67%, Other: 3%
  - Contributing Factors
    - Fast Food
      - Concentrated areas include the Port Authority, Times Square, Wall Street, Grant Central and Penn Station
    - Food Availability
      - Easy access to unhealthy foods compared to healthier alternatives
    - Advertisement
      - 70% of food advertisements geared towards children promote unhealthy products

**East and Central Harlem**
- Obesity is almost half of Central Harlem adults do not do any physical activity Percentage of Obesity
  - 27% are considered obese in CH
  - Exercise in Central Harlem
    - 0 days - 48%
    - 1-2 days - 16%
    - 3-4 days - 20%
    - 5-7 days - 16%

**Midtown**
- Population: Approx. 44,000 residents
  - Race: White: 72.3%, Hispanic Origin: 6.7%, Asian: 13.9%, African American: 4.4%, Other: 0.1%
  - Fast Food Density (FFD)
    - FFD is high in Midtown due to high portion of tourists
    - Accessibility to healthy food uneasy due to many turn to Fast Food Restaurants (FFRs) to prevent hunger
    - Multiple FFRs in close proximities of each other to prevent wait and hunger time

**Authors**
Neil Anderson, Daryan Cabrera, Thomas Foronjy, Samantha Valenzuela & Carlos Alvarado
LC 06 Soc 101
Professors: Janice Johnson-Dias & Karen Ulrich