Health and Lifestyle in Queens

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Background

BMI (Body Mass Index)
- Normal: BMI 18.5-24.9
- Overweight: BMI 25.0-29.9
- Obese: BMI 30.0-39.9
- Severely Obese: BMI 40.0<br />

Factors Affecting BMI

Population
- Total Population: 2,230,722
- Male Population: 1,079,803
- Female Population: 1,150,919

Population by Race
- Black Population: 426,683
- White Population: 586,056
- American Indian/Alaska Native Population: 1,264
- Asian Population: 511,787
- Native Hawaiian/Other Pacific Islander Population: 1,530
- Other Race Populations: 288,392
- Population of two or more races: 100,913

2010 Census, Infotrace.org

The obesity epidemic in Queens

Pie of Queens Largest Racial Population
- White
- African American
- Asian
- Other

Childhood Obesity
- Obesity is increasing rapidly throughout the United States and childhood obesity is a mounting problem.
- About 16% of all children in the United States are overweight.
- 1 in every 6 children in Queens are overweight or obese

Who is Obese
- % Adults Overweight (25+)
- % Pregnant Women in WIC
- % Obese Children in WIC

Consequences
- High blood pressure
- Heart disease
- Diabetes
- Depression
- Early loss of life

Queens solution to the problem
- Michelle Paige Paterson, Gov. David Paterson’s wife began a program named Healthy Steps in Albany.
  - Challenge students to become more active and healthy.
  - School hot breakfast and lunch are improving.
  - Whole milk is replaced with low-fat or no-fat milk.
  - Whole wheat bread replaced white bread.
  - Introduce whole-grain pastas.

Act Now!

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Reference

2010 Census, Infotrace.org

Obesity Statistics for Queens County (2010). Department of Health

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