

# **The Sinai Health System's Community Health Survey**

**Childhood Obesity Results for  
CLOOC Quarterly Meeting  
Sept 3, 2003**

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# Purpose of the Survey - 1

- Interventions to improve health will work best at the community level where they can be tailored and sensitive to local needs;
- Community-level data on most health issues like the prevalence of diseases (e.g., diabetes, asthma) or risk factor information (e.g., obesity, cancer screening, smoking) do not exist;



## Purpose of the Survey - 2

- Only a community survey can deliver such data to us, and in almost real time;
- Information like this offers an opportunity for us to develop interventions that can improve community health.



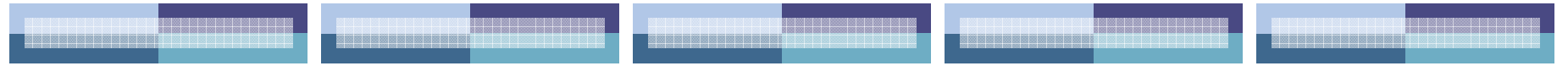
# Status of the Survey - 1

- Funded by The Robert Wood Johnson Foundation
- Completed 300 surveys in 5 community areas and 200 in the sixth (1700 in all)
- Households are randomly selected.
- Survey takes about 1hr. Households get \$50 + literature
- 450 questions on survey
- Data collection from 9/02-4/03



## Status of Survey - 2

- Total sample includes 1699 adult (18-75 yrs) interviews and 811 child (0-12 yrs) interview
- Child figures are not weighted because post-stratification weights are not available right now
- Variances have not yet been calculated so confidence intervals are not presented
- Be cautious that some data tables presented today have small sample sizes



# How the Questions Were Selected

The Survey Design Committee  
Cynthia Williams

Survey Design Report Available



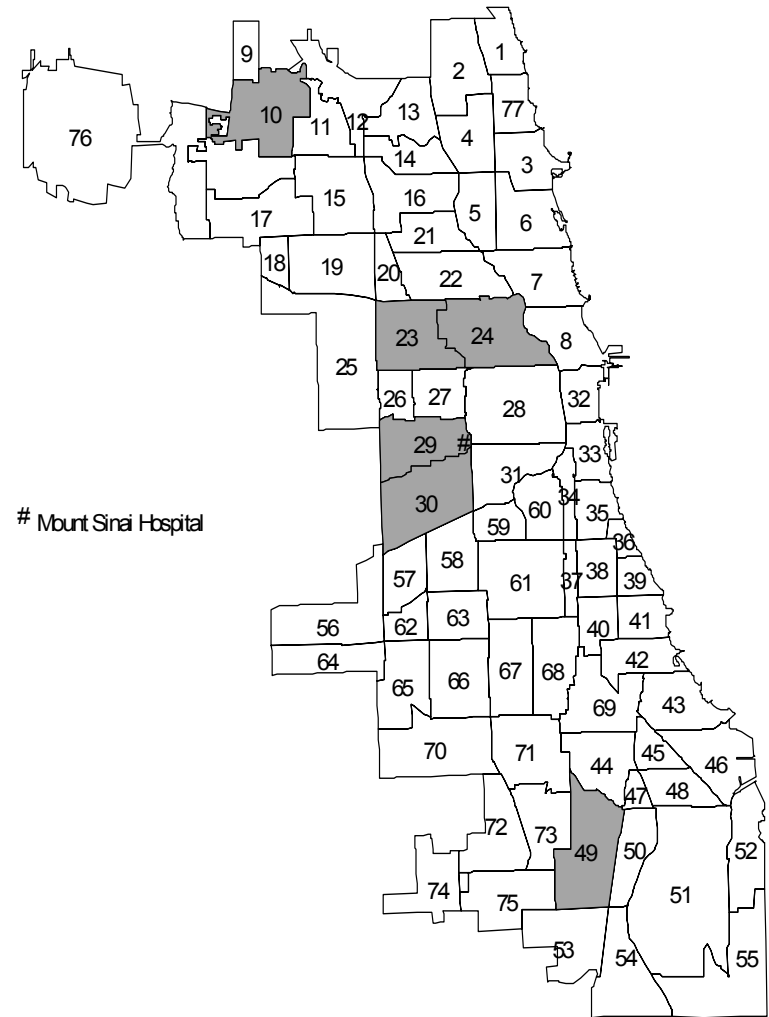


# Survey Design Committee

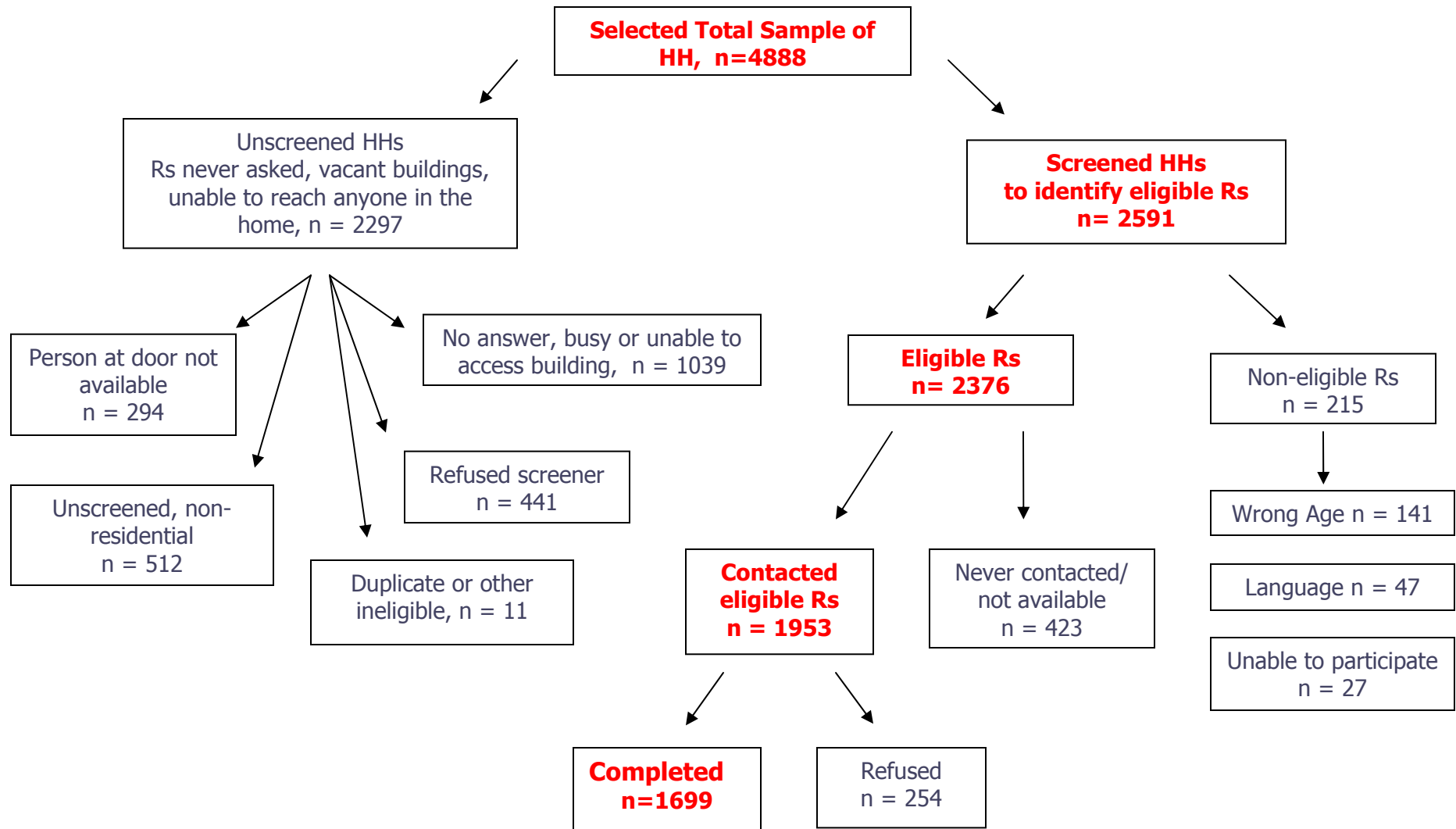
Big Brothers Big Sisters  
Block Club Federation  
Chicago Youth Centers  
Community Action Group  
Cook County Community Health Council  
El Hogar del Niño  
School of Public Health, UIC  
West Side Futures  
Sinai Health System

# Community Area Map

- Norwood Park (10)
- Humboldt Park (23)
- West Town (24)
- North Lawndale (29)
- South Lawndale (30)
- Roseland (49)



# Survey Responses





# Median Household Income, 2000 Census

Community Area	Median HH Income	Comparison Data
Humboldt Park	\$28,728	US = \$41,994 Chicago = \$38,625
West Town	\$38,915	
South Lawndale	\$32,320	
North Lawndale	\$18,342	
Roseland	\$38,237	
Norwood Park	\$53,402	



# Average Age

(0-12 yrs, n=811)

Community Area	Age (Yrs)	Sample Size
Humboldt Park	5	160
West Town	6	82
South Lawndale	6	198
North Lawndale	6	172
Roseland	6	129
Norwood Park	7	70



# Race and Ethnicity

(0-12 yrs, n=811)

Community Area	NHW, %	NHB, %	MX, %	PR, %
Humboldt Park	0	47	20	18
West Town	10	23	22	20
South Lawndale	1	1	82	3
North Lawndale	0	98	1	0
Roseland	0	97	0	0
Norwood Park	82	0	4	1

N=804; total's do not add up to 100% because of other Hispanics, some Hispanic data origin unknown and other non-Hispanics.



# Childhood Obesity

Calculated BMI according CDC's "BMI-for-age" gender specific charts using the following definitions:

- Underweight = BMI for age  $< 5^{\text{th}}$  %
- Normal =  $5^{\text{th}}$  %  $\leq$  BMI for age  $< 85^{\text{th}}$  %
- Overweight (or at risk) =  $85^{\text{th}}$  %  $\leq$  BMI for age  $< 95^{\text{th}}$  %
- Clinically Obese = BMI for age  $\geq 95^{\text{th}}$  %



# Overweight Children

(85<sup>th</sup> ≤ BMI for age < 95<sup>th</sup> percentile, 2-12 yrs, n=542)

Community Area	Overweight, %	Overweight Comparison*, %
Humboldt Park	14	US = 13
West Town	19	NHB = 14
South Lawndale	16	H = 14**
North Lawndale	16	NHW = 13
Roseland	9	
Norwood Park	13	

\* Overweight or at risk children 2-11 years, calculated from NHANES 1999-2000 data; \*\* Hispanic data is mainly for Mexicans.



# Clinically Obese Children

(BMI for age  $\geq$  95<sup>th</sup> percentile, 2-12 yrs, n=542)

Community Area	Obese, %	Obesity Comparison, %
Humboldt Park	47	US = 13
West Town	48	NHB = 15
South Lawndale	43	H = 19** NHW = 11
North Lawndale	48	
Roseland	53	
Norwood Park	19	

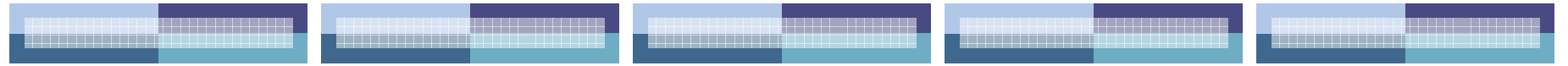
\* Clinically obese children 2-11 years, calculated from NHANES 1999-2000 data; \*\* Hispanic data is mainly for Mexicans.

## Obesity in Preschoolers (3-5 yrs, n=147)

Community Area	Overweight,%	Obese,%	Obesity Comparison,%*
Humboldt Park	9	52	US = 10
West Town	7	50	NHB = 8
South Lawndale	20	50	H** = 11
North Lawndale	8	60	NHW = 10
Roseland	6	65	
Norwood Park	23	31	

\* Clinically obese children 2-5 years from NHANES 1999-2000;

\*\* Hispanic data is mainly for Mexicans.



# Obesity in New York Public Schools

Survey of 3,000 children from KG-5<sup>th</sup> Grade found that 19% were overweight and 24% obese.

The obesity rates are 16% for Whites, 23% for Blacks and 31% for all Hispanics.



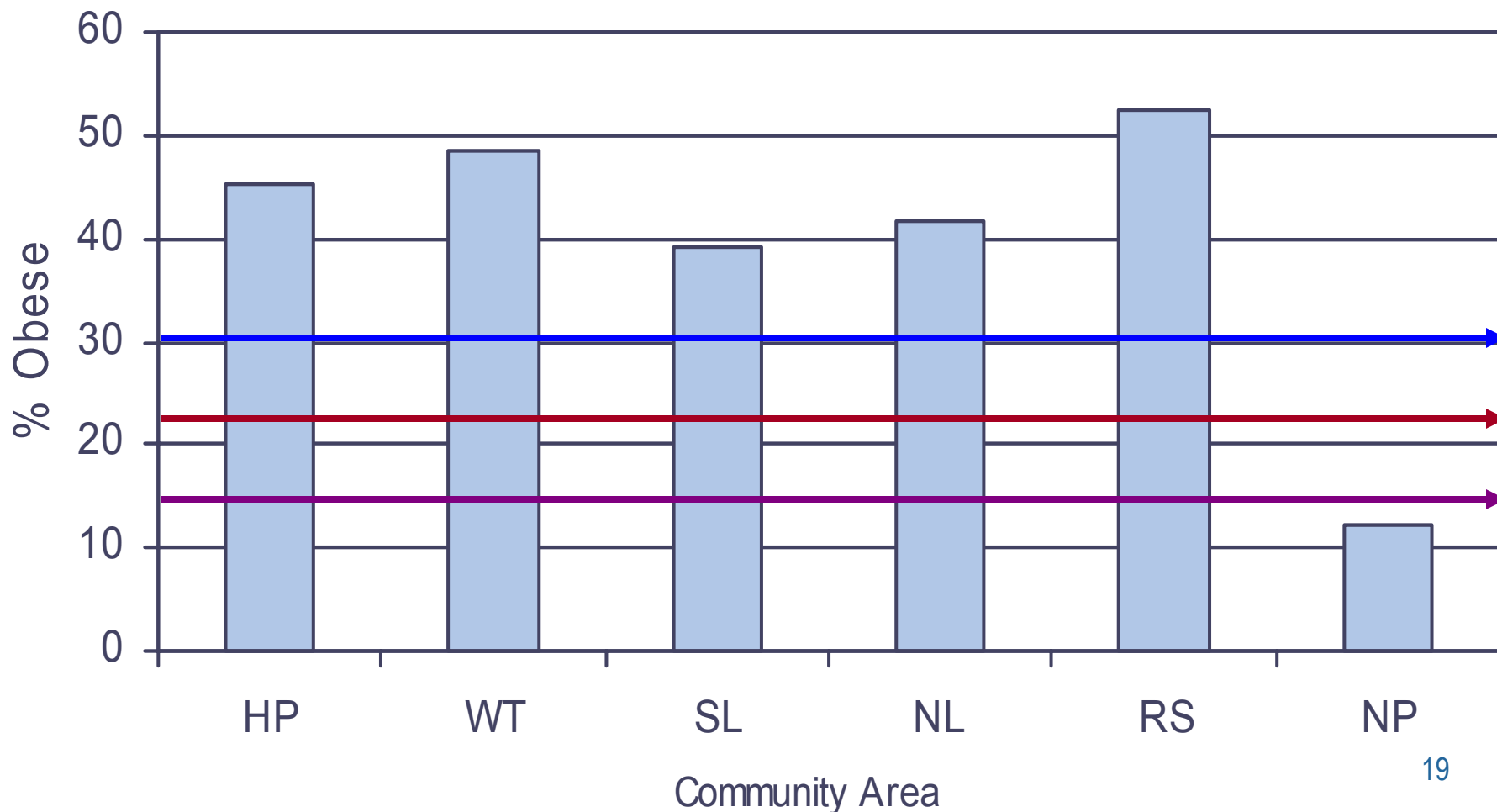
## Schoolchildren: Selected Chicago Communities Compared to NYC

	% At Risk / Overweight	% Obese	% Total
	85 <sup>th</sup> % ≤ BMI for age < 95 <sup>th</sup> %	BMI for age ≥ 95 <sup>th</sup> %	BMI for age ≥ 85 <sup>th</sup> %
NHANES (6-11yrs)	15	15	30
NHW	14	12	26
NHB	16	20	36
H	16	24	39
NYC (KG-5 <sup>th</sup> Gr)	19	24	43
NHW	NA	16	NA
NHB	NA	23	NA
H	NA	31	NA
Chicago (6-12yrs)			
Humboldt Park	16	45	62
West Town	26	49	74
South Lawndale	15	39	54
North Lawndale	18	42	60
Roseland	10	52	62
Norwood Park	10	12	22

# Obesity in NYC vs. Chicago Schoolchildren

(BMI  $\geq$  95<sup>th</sup> percentile, 6-12 yrs, n=337)

Obesity in NYC Schoolchildren: **H (31%)**, **NHB (23%)**, **NHW (16%)**



# Childhood Obesity by Sex

(BMI  $\geq$  95<sup>th</sup> percentile, 2-12 yrs, n=542)

Community Area	%, Boys n=276	%, Girls n=266	% Comparison*
Humboldt Park	47	48	Males = 14 Females = 13
West Town	37	59	
South Lawndale	42	43	
North Lawndale	44	52	
Roseland	<b>72</b>	<b>33</b>	
Norwood Park	24	14	

\* Clinically obese children 2-11 years, calculated from NHANES 1999-2000 data

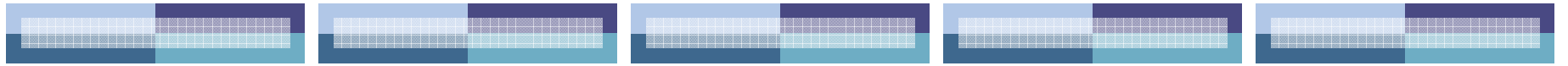
\*\* Hispanic data is mainly for Mexicans.



# Perceived Obesity Among Clinically Obese or Overweight

(BMI  $\geq$  85<sup>th</sup>%, 2-12yrs, n=321)

Community Area	About the right weight or underweight
Humboldt Park	79
West Town	67
South Lawndale	64
North Lawndale	88
Roseland	88
Norwood Park	85



# Physical Activity and Nutrition





# Average Hours of Active Play, Per Day

(2-12yrs, n=689)

Community Area	Ave Hrs/Day	$\leq 1$ hr of play, %	Comparison
Humboldt Park	4.1	21	CDC guidelines recommend at least 60 minutes of physical activity daily
West Town	3.5	19	
South Lawndale	3.4	16	
North Lawndale	4.2	10	
Roseland	4.0	13	
Norwood Park	3.3	17	



## Average Hours of TV Watched, Per Day by Age Group

Community Area	Hrs/Day (3-5yrs, n=196)	Hrs/Day (6-12yrs, n=411)
Humboldt Park	4.2	3.2
West Town	2.5	2.4
South Lawndale	2.7	2.6
North Lawndale	3.5	3.3
Roseland	3.2	4.2
Norwood Park	2.5	2.1

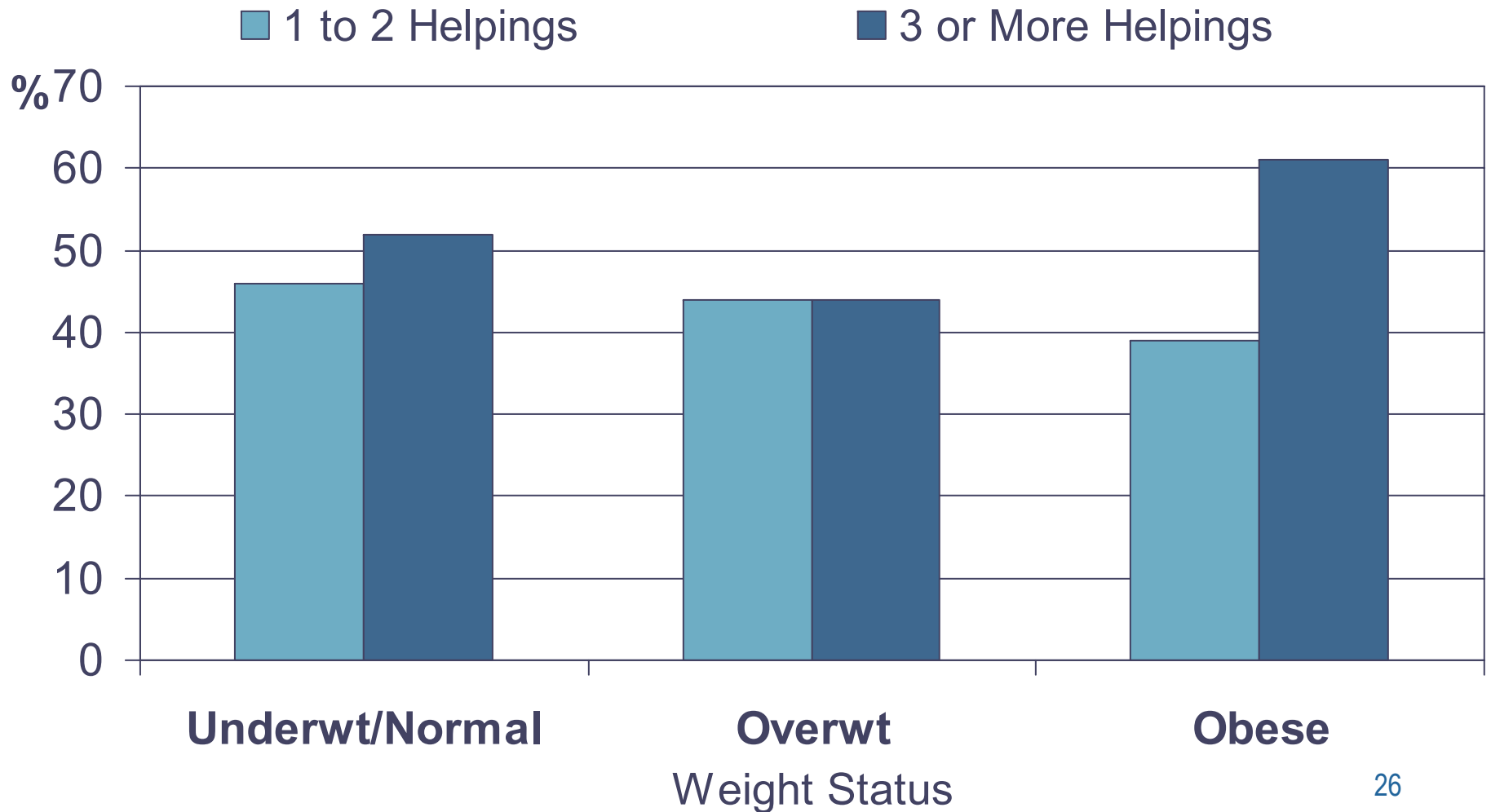


## Average Hours of TV Watched, Per Day by Weight Status

Weight Status	Hrs/Day (3-5yrs, n=196)	Hrs/Day (6-12yrs, n=336)
Normal/Underweight	3.2	2.8
Overweight	3.1	3.0
Obese	3.7	3.5

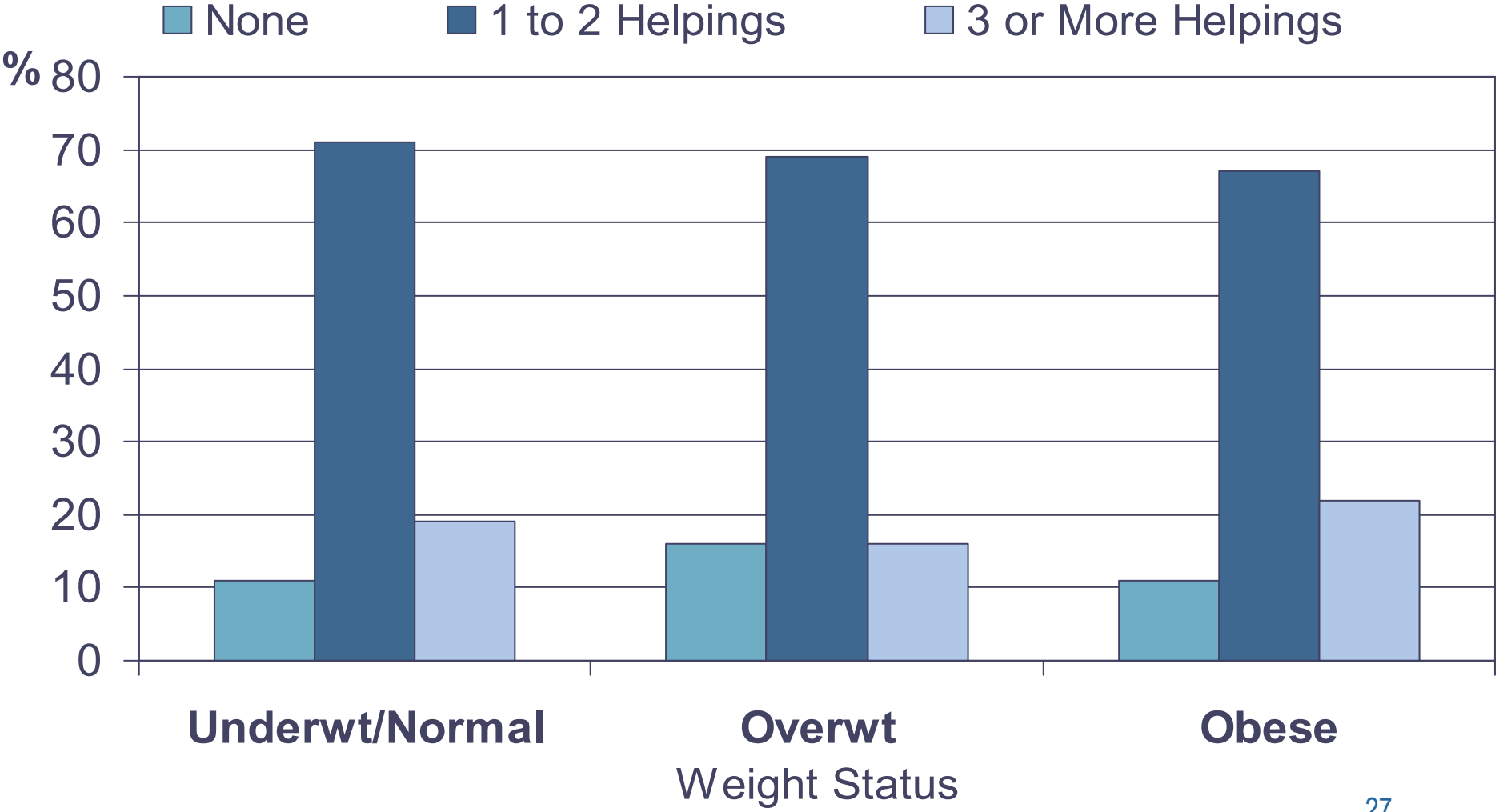
Sixty-five percent of overweight and obese children watch 3 or more hours of TV per day. Overweight or obese children are generally more likely than normal or underweight children to watch 3 or more hours of TV per day.

# Fruit or Fruit Juice Helpings Per Day (n=542, 0-12yrs)



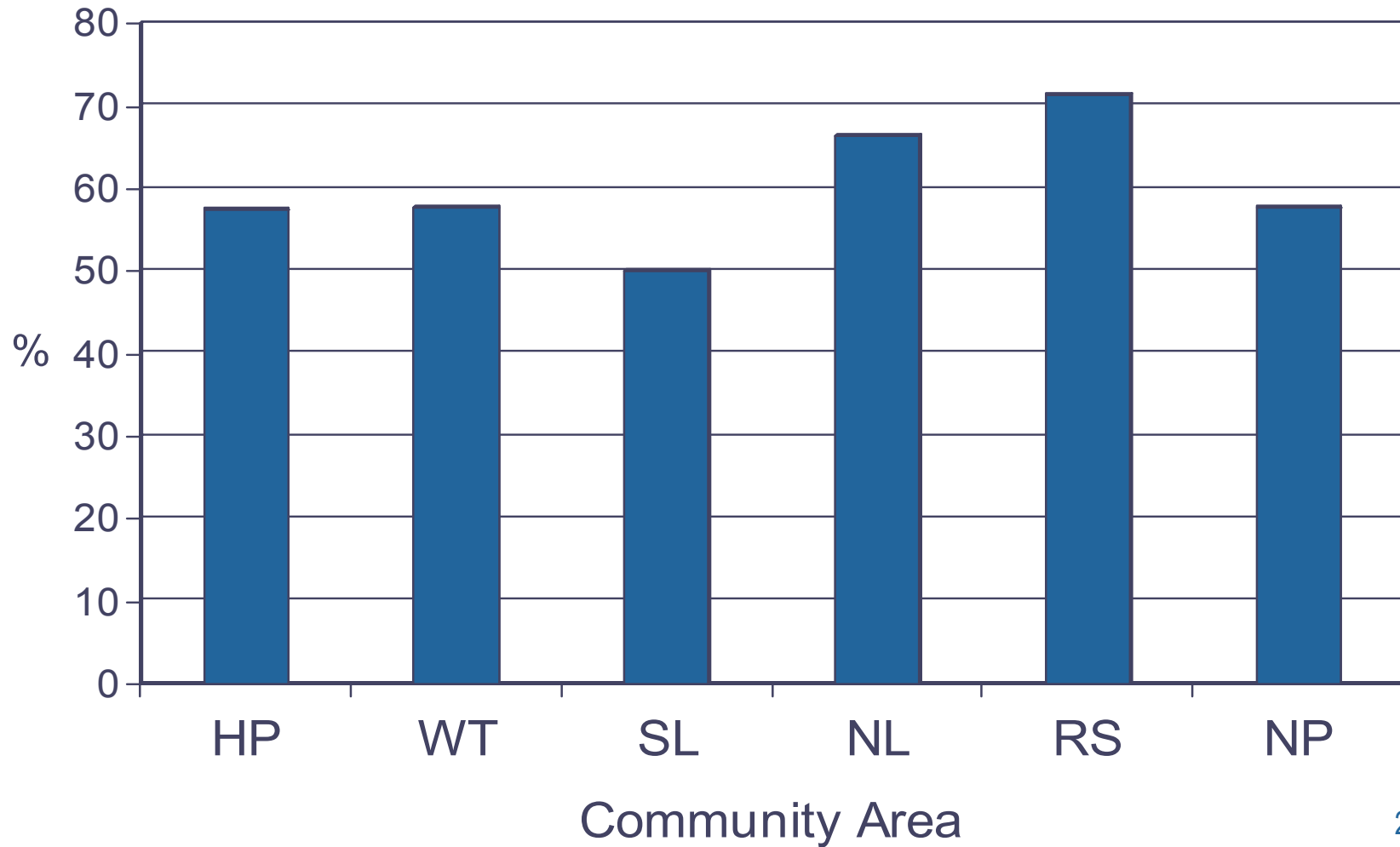
# Vegetable Helpings Per Day

(n=542, 0-12yrs)



# Eats Fast Food Meals Once a Wk

(1-12yrs, n=735)





# Observations - 1

- The measures of obesity in these five Chicago community areas are considerably higher than data from samples in other geographical areas – like the US and NYC.
- We have spent a great deal of time checking the figures and they appear to be correct.
- These communities thus present both a serious challenge and a unique opportunity with respect to childhood obesity.



## Observations - 2

- As a result of our survey and the extraordinary work of the Sinai Community Institute (including Cynthia Williams, who is here today) we have very strong relationships with the communities that participated in our survey and with many of the CBOs.
- Many have made it clear that they would welcome efforts to deal with this essential issue of obesity.
- We look forward to collaborations with CLOOC.