

## 1) Risk Factors for Chronic Disease and Overweight/Obesity

- Philadelphians’ consumption of fresh fruits and vegetables is poor with only 10.5% of all adults eating the USDA recommended five daily servings. White adults are more than twice as likely to eat five or more servings of fruits/vegetables, than Hispanics. Children’s consumption of fruits/vegetables is equally poor with only 11.6% of Philadelphia children eating the recommended number of fruit/vegetables daily (Table 1).
- Blacks and Hispanics have more difficulty accessing healthy foods compared to Whites in Philadelphia. Blacks and Hispanics are more than twice as likely as Whites to report fair or poor grocery store quality. In addition, Blacks and Hispanics were more than twice as likely to report having difficulty finding fresh fruits and vegetables in their neighborhoods compared to Whites. Blacks and Hispanics are also more likely to travel outside of their neighborhood to shop at a supermarket (Table 1).
- Over 50% of adults and 85% of children exercised three or more times per week for at least 30 minutes. One-quarter of Philadelphia adults reported using a public recreation center at least one or more times per week during the last year (Table 1).
- Approximately one-third of working Philadelphians utilized a form of active transit<sup>1</sup> to get to work during the previous week. Whites were the highest proportion of car commuters, while Blacks and Hispanics were over twice as likely to use public transportation to get to work. Whites also were more likely to walk or bike to work compared to Blacks and Hispanics. (Table 1).

**Table 1: Healthy Eating & Active Living Behaviors by Race/Ethnicity, 2010<sup>1</sup>**

	Philadelphia (N=4399)	White, Non-Hispanic	Black, Non-Hispanic	Hispanic
<b>ADULTS (18 +)</b>				
5 or more daily servings of fruits/vegetables	10.5%	<b>13.1%</b>	8.8%	6.2%
Difficult or very difficult to find fruits/vegetables	8.1%	4.4%	10.7%	<b>11.6%</b>
Fair or poor grocery store quality	22.0%	12.5%	28.8%	<b>29.7%</b>
Traveled outside neighborhood to a supermarket	29.2%	23.8%	32.1%	<b>37.4%</b>
Exercised 3 or more times per week for at least 30 minutes	58.2%	<b>61.1%</b>	56.8%	48.7%
Used a public recreation center 1 or more times per week during the past year	25.4%	<b>27.9%</b>	23.2%	26.2%
<b>Transportation Mode to Work During Previous Week<sup>2</sup></b>				
Car	58.3%	<b>64.9%</b>	53.0%	50.7%
Public transportation	26.2%	14.9%	<b>38.1%</b>	32.7%
Bicycle	3.0%	<b>4.1%</b>	1.3%	3.9%
Walked	6.8%	<b>9.0%</b>	2.8%	7.4%
<b>Children (6-17)<sup>3</sup></b>				
5 or more daily servings of fruits/vegetables	11.6%	11.9%	11.2%	<b>12.2%</b>
Exercise 3 or more times per week for at least 30 minutes	86.2%	<b>89.4%</b>	86.2%	79.2%

<sup>1</sup> Public transit, bicycle and walking are considered active transit.

## 2) Prevalence of Chronic Disease

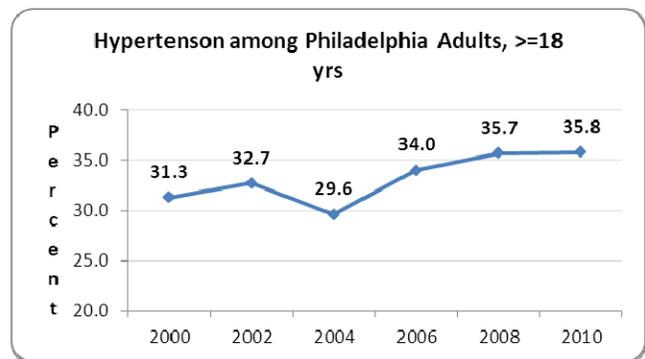
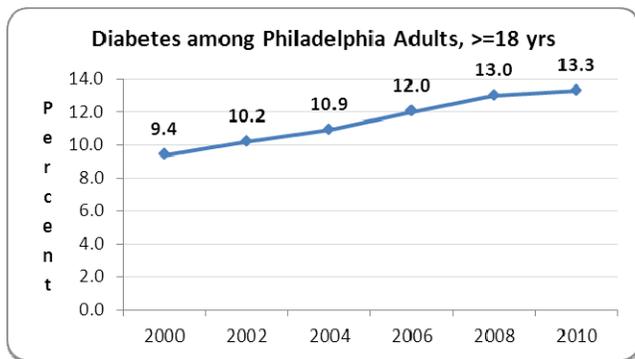
- Rates of chronic disease among Philadelphia adults are increasing. In 2009, among counties containing one of the ten largest cities, Philadelphia had the highest prevalence of hypertension (34.5%) and heart disease (4.5%) the second highest prevalence of diabetes (10.7%) and obesity (29.3%) (Table 2).

Table 2: Chronic Disease Comparison by Ten Largest Counties<sup>4</sup>

	Phila Rank 1= worst	Philadelphia	New York	Los Angeles	Cook	Harris (Houston)	Maricopa (Phoenix)	Bexar (San Antonio)	Dallas	San Diego	Santa Clara (San Jose)
Hypertension	1	34.5%	19.9%	25.7%	29.7%	26.4%	24.7%	26.3%	29.9%	23.5%	21.1%
Diabetes	2	10.7%	9.3%	10.4%	8.0%	8.3%	7.7%	7.7%	11.7%	8.2%	8.7%
Cardiovascular disease	1	4.7%	2.2%	2.9%	3.6%	2.9%	2.8%	3.1%	2.6%	2.6%	2.7%
Obese	2	29.3%	14.3%	26.2%	28.4%	29.7%	23.9%	28.1%	28.6%	21.6%	20.7%

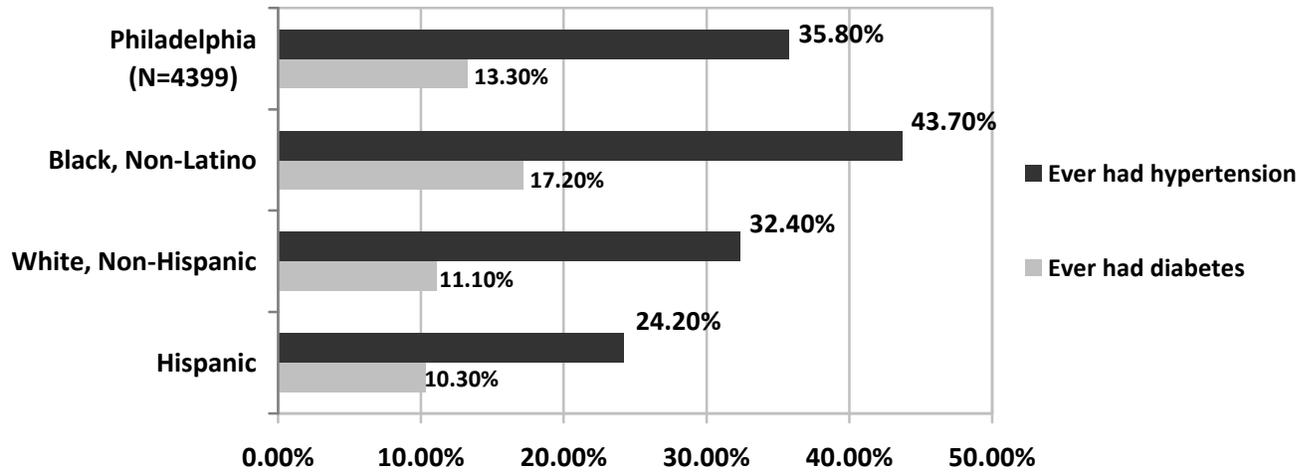
- The diabetes rate among Philadelphia adults has steadily increased since 2000. The hypertension rate increased from 2000 – 2002, then dipped in 2004 and started to increase once again in 2004. The rates appeared to have plateaued in 2010 (Figure 1).

Figure 1: Diabetes and Hypertension among Philadelphia Adults, 2000 – 2010



- Diabetes and hypertension disproportionality affect Black Philadelphians compared to White and Hispanic Philadelphians (Figure 2).

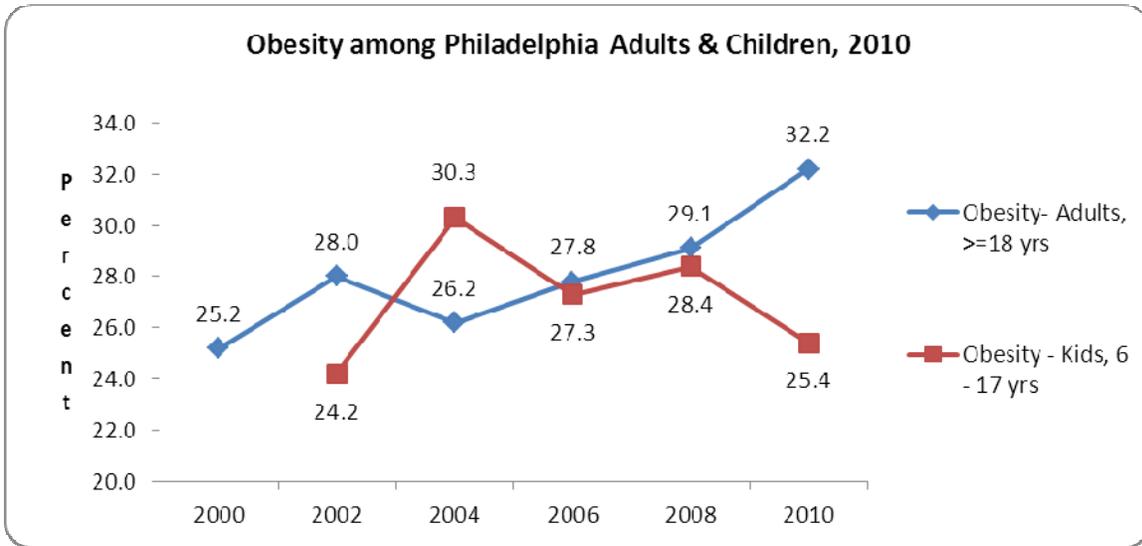
Figure 2: Philadelphia Chronic Disease by Race/Ethnicity, 2010



### 3) Prevalence of Overweight/Obesity

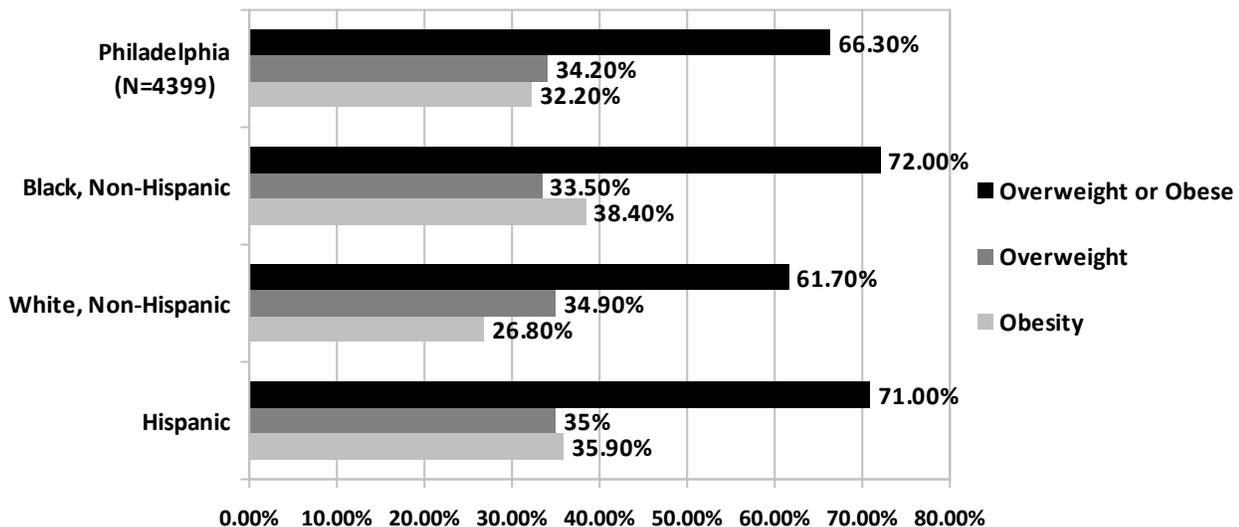
- The rates of obese Philadelphia adults significantly increased between 2000 and 2010 (Figure 3). Consistent with national trend data, the rates of obese children are decreasing in Philadelphia but remain at epidemic proportions (Figure 3).
- In 2010, while obesity in children decreased, obesity in adults continued trending up (Figure 3).

Figure 3: Obesity Rates among Philadelphia Adults and Children, 2000 - 2010



- Obesity remains highest in the Black and Hispanic populations of Philadelphia. Over 70% of Blacks and Hispanic in Philadelphia are considered overweight or obese (Figure 4).

Figure 4: Adult Obesity and Overweight Rates by Race/Ethnicity, 2010



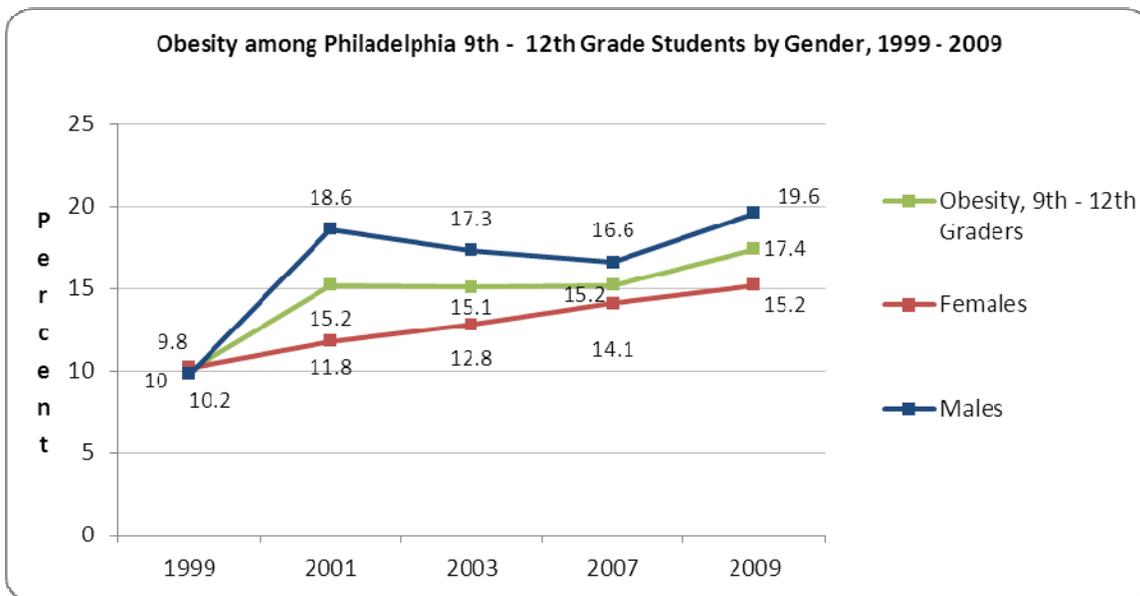
- Among the ten most populous cities, Philadelphia has the highest prevalence of obese adolescents and the second highest prevalence of overweight adolescents (Table 3).

**Table 3: Adolescent Health by 10 Most Populous Cities<sup>5</sup>**

	Phila Rank 1= worst	Philadelphia	New York	Los Angeles	Chicago	Houston	Phoenix	San Antonio	Dallas	San Diego	San Jose
<b>Overweight</b>	2	19.4%	16.6%	19.1%	<b>21.1%</b>	Data Unavailable	Data Unavailable	Data Unavailable	19.2%	14.0%	Data Unavailable
<b>Obese</b>	1	<b>17.4%</b>	10.7%	14.1%	15.1%				16.9%	11.5%	

- Obesity among adolescents has significantly increased between 1999 – 2009 (Figure 5). Obesity rates for adolescent females have gradually increased from 1999 – 2009. Obesity rates for adolescent males nearly doubled from 1999 – 2001 and then dipped slightly in 2003 and 2007 and increased again in 2009.

**Figure 5: Obesity Rates among Philadelphia Adolescents, 1999 - 2009<sup>6</sup>**



**Table 4: Summary Table of Chronic Disease and Health Behavior Indicators for Philadelphia Adults and Children by Race/Ethnicity, 2010**

	Philadelphia (N=4399)	White, Non-Hispanic	Black, Non-Hispanic	Hispanic
<b>ADULTS (18 +)</b>				
Obesity	32.2%	26.8%	<b>38.4%</b>	35.9%
Overweight	34.2%	34.9%	33.5%	<b>35.0%</b>
Overweight or obese	66.3%	61.7%	<b>72.0%</b>	71.0%
Ever had diabetes	13.3%	11.1%	<b>17.2%</b>	10.3%
Ever had hypertension	35.8%	32.4%	<b>43.7%</b>	24.2%
5 or more daily servings of fruits/vegetables	10.5%	<b>13.1%</b>	8.8%	6.2%
Difficult or very difficult to find fruits/vegetables	8.1%	4.4%	10.7%	<b>11.6%</b>
Fair or poor grocery store quality	22.0%	12.5%	28.8%	<b>29.7%</b>
Traveled outside neighborhood to a supermarket	29.2%	23.8%	32.1%	<b>37.4%</b>
Exercised 3 or more times per week for at least 30 minutes	58.2%	<b>61.1%</b>	56.8%	48.7%
Used a public recreation center 1 or more times per week during the past year	25.4%	<b>27.9%</b>	23.2%	26.2%

**TRANSPORTATION MODE TO WORK DURING PREVIOUS WEEK<sup>7</sup>**

Car	58.3%	<b>64.9%</b>	53.0%	50.7%
Public transportation	26.2%	14.9%	<b>38.1%</b>	32.7%
Bicycle	3.0%	<b>4.1%</b>	1.3%	3.9%
Walked	6.8%	<b>9.0%</b>	2.8%	7.4%

**CHILDREN (6-17)<sup>8</sup>**

Obesity	25.4%	15.3%	31.3%	<b>32.3%</b>
Overweight	15.4%	15.4%	15.4%	<b>17.8%</b>
Overweight or Obese	40.7%	30.7%	46.7%	<b>50.1%</b>
5 or more daily servings of fruits/vegetables	11.6%	11.9%	11.2%	<b>12.2%</b>
Exercise 3 or more times per week for at least 30 minutes	86.2%	<b>89.4%</b>	86.2%	79.2%

**Notes:** Data from 2010 PHMC Household Health Survey; Asian sample size too small to report data in an accurate manner; race/ethnic group with the highest percent is **bolded**; data analyzed by Lisa Colby (lisa.colby@phila.gov), Philadelphia Department of Public Health on April 2, 2011. Adult projection weight (ADPOPWT) and Child projection weight (CHPOPWT) used in analysis.

<sup>1</sup> Data from 2010 PHMC Household Health Survey; Asian sample size too small to report data in an accurate manner; race/ethnic group with the highest percent is **bolded**; data analyzed by Lisa Colby (lisa.colby@phila.gov), Philadelphia Department of Public Health on April 2, 2011.

<sup>2</sup> Of adults who reported working full or part time during the previous week (N=2163)

<sup>3</sup> N=738

<sup>4</sup> Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.

<sup>5</sup> YRBS 2009. <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

<sup>6</sup> <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?LID=PA>, retrieved April 10, 2011

<sup>7</sup> Of adults who reported working full or part time during the previous week (N=2163)

<sup>8</sup> N=655