

Upper East Side (UES)

New York City Department of Health and Mental Hygiene [SECOND EDITION — 2006](#)



The **Upper East Side** lies within an area bounded by 59th Street, 96th Street, Central Park and the East River, including Roosevelt Island which is located in the East River.

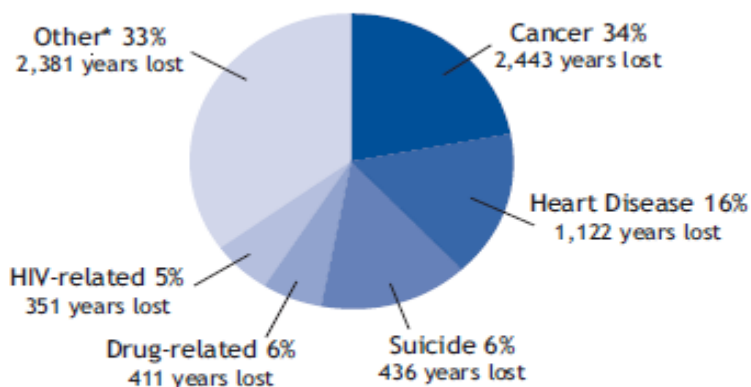
Total number of people living in the UES in 2000: 218,200

Upper East Side at a Glance

	Upper East Side	Manhattan	NYC
0-17 years	12%	17%	24%
18-24 years	7%	10%	10%
25-44 years	41%	38%	33%
45-64 years	26%	23%	21%
65+ years	14%	12%	12%

Top 5 causes of years of potential life lost

Cancer causes the most years of potential life lost on the Upper East Side



People who die before age 75 can be thought of as dying early, or prematurely.

*Other includes Certain Perinatal Conditions (5%), Accidents (3%), Diabetes (2%), Pneumonia and Influenza (2%), Diseases of the Nervous System (2%), and Other (19%).

Data Source: Bureau of Vital Statistics, NYC DOHMH, 2002-04

CANCER

The primary cause of potential years of life lost on the Upper East Side is cancer.

Highest cancer death rates on the Upper East Side (2003-2004)					
MEN			WOMEN		
Type of Cancer	DEATHS / 100,000 PEOPLE		Type of Cancer	DEATHS / 100,000 PEOPLE	
	Upper East Side	NYC		Upper East Side	NYC
Lung, trachea, bronchus	42	51	Lung, trachea, bronchus	34	28
Blood-related	22	18	Breast	29	26
Prostate	18	25	Colorectal	15	17
Pancreas	15	12	Blood-related	12	12
Colorectal	13	23	Ovary	9	8

Rates are age-adjusted. Data Sources: Bureau of Vital Statistics, NYC DOHMH, 2003-2004; U.S. Census 2000/NYC Department of City Planning

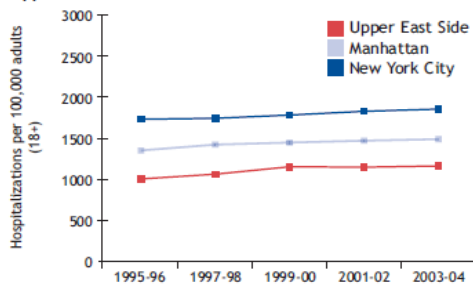
The highest cancer-related deaths among men on the Upper East Side are due to lung, blood-related (such as lymphoid) and prostate cancers. Among women, lung, breast and colon cancers are the top 3 causes of cancer-related deaths.

HEART DISEASE

The heart disease hospitalization rate on the Upper East Side has increased by more than 15% in the past decade.

Heart disease hospitalizations

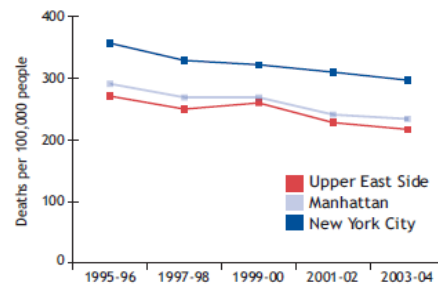
Heart disease causes a lower hospitalization rate on the Upper East Side



Rates are age-adjusted.
Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

Deaths due to heart disease

Heart disease is a leading cause of death in NYC



Rates are age-adjusted.
Data Sources: Bureau of Vital Statistics, NYC DOHMH, 1995-2004; U.S. Census 1990 and 2000/NYC Department of City Planning

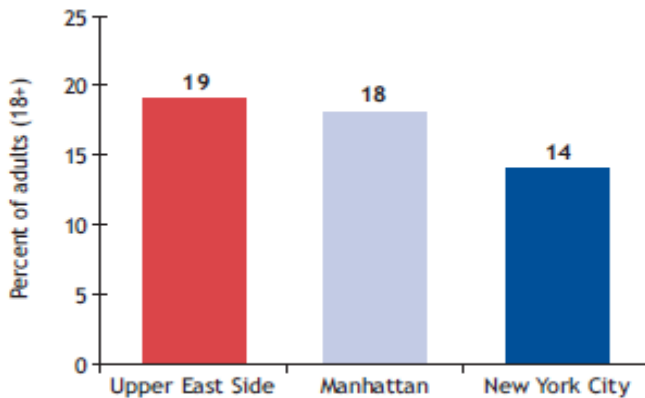
High blood pressure and high cholesterol. Both of these conditions contribute to heart disease. On the Upper East Side, 14% of adults were told by a health care professional that they have high blood pressure (lower than 22% in Manhattan and 26% in NYC overall), and one quarter (27%) were told that they have high cholesterol (the same as in Manhattan and similar to 26% in NYC overall).

Percents are age-adjusted. Data Source: NYC Community Health Survey 2002

Upper East Side adults are 35% more likely to engage in binge drinking than those in NYC overall.

Binge drinking

Nearly 1 in 5 adults on the Upper East Side engaged in binge drinking in the past month



Percents are age-adjusted.

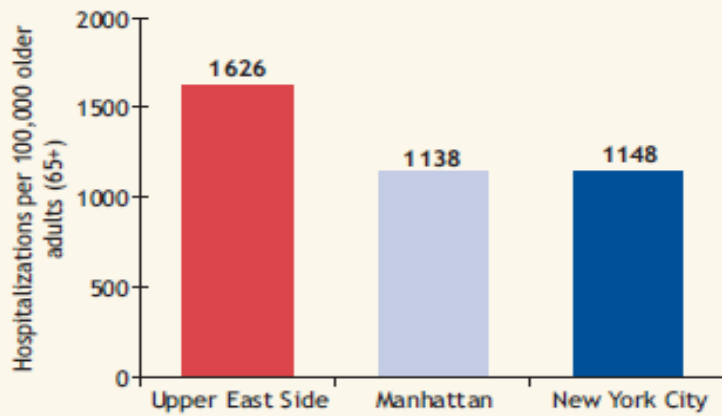
Data Source: NYC Community Health Survey 2002-03-04

Binge drinking is defined as consuming 5 or more drinks on one occasion. The abuse of alcohol and drugs can lead to many preventable injuries, illnesses, and deaths, including injury in motor-vehicle crashes, liver disease, and violence.

Hospitalizations for falls — particularly fall-related hip fractures — among older adults are more common on the Upper East Side than in New York City overall

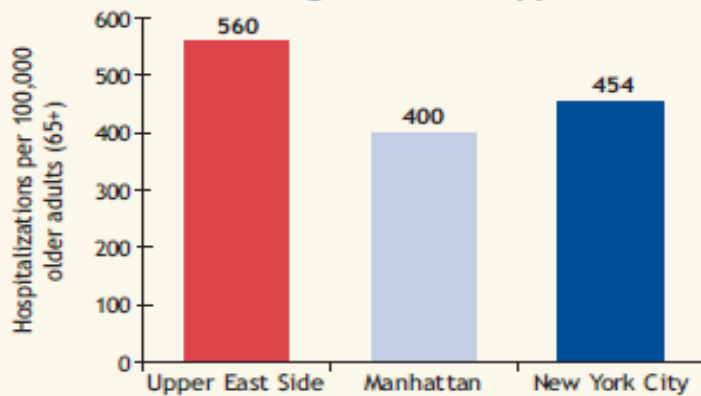
More than 1 in 3 adults aged 65 and older fall each year, and falls are the leading cause of injury deaths among older adults. Among all NYC neighborhoods, the Upper East Side has the third highest rate of hospitalizations from falls, more than 40% higher than the NYC overall rate (1,626/100,000 vs. 1,148/100,000). Fractures are one consequence of falls, and hip fractures are the most serious type of fracture. One half of older adults who are hospitalized with a hip fracture cannot return home or live independently after the injury. More than one quarter (27%) of fall hospitalizations among older adults from the Upper East Side are for hip fractures. The fall-related hip fracture hospitalization rate on the Upper East Side is more than 20% higher than the rate in NYC overall (560/100,000 vs. 454/100,000).

Older adults on the Upper East Side are more likely to have fall-related hospitalizations



Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 2003-04; U.S. Census/ NYC Department of City Planning

The fall-related hip fracture hospitalization rate in older adults is higher on the Upper East Side



Data Sources: New York State Department of Health Statewide Planning and Research Cooperative System, 2003-04; U.S. Census/ NYC Department of City Planning