1. Obesity and overweight are common in residents of all ages in East and Central Harlem.

Being overweight or obese is unhealthy at any age. While some consequences of obesity occur only in adulthood, children too, are affected. For instance, children increasingly are developing type 2 diabetes, once diagnosed almost exclusively in adults. Obese children, moreover, are more likely to become obese adults. More than 4 in 10 (42%) Head Start participants in East and Central Harlem are either obese (27%) or overweight (15%). Findings are similar among kindergartners and 5th graders attending public schools: 46% are either obese (27%) or overweight (19%). Nearly 1 in 3 (32%) high school students reports heights and weights that indicate obesity or overweight – 14% are obese, and 18% are overweight. Among adult residents, 6 in 10 (60%) report heights and weights indicating they are obese or overweight – more than 1 in 4 (27%) is obese, and about 1 in 3 (33%) is overweight.

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**At every age, obesity and overweight are common in East and Central Harlem.**

- **Head Start Children**
  - Obese: 27%
  - Overweight: 15%
  - Healthy Weight: 53%
  - Underweight: 4%

- **Public Elementary School Children**
  - Obese: 27%
  - Overweight: 19%
  - Healthy Weight: 48%
  - Underweight: 5%

- **Public High School Students**
  - Obese: 14%
  - Overweight: 18%
  - Healthy Weight: 67%
  - Underweight: 2%

- **Adults**
  - Obese: 27%
  - Overweight: 33%
  - Healthy Weight: 40%
  - Underweight: 4%

*Estimate is unreliable due to small number of participants*