

Under One Roof: What Seniors Need, Senior Centers Provide

The Bronx

- Over 1.4 million individuals are living in the Bronx
 - **11%** are seniors
 - Almost **1 in 4** seniors live in poverty
 - An estimated **30% of Grandparents in the Bronx** experience the added pressure of raising grandchildren



Socialization

Almost 70% of seniors surveyed reported attending senior centers to avoid isolation⁷

Over 20% found improved mental health after 12 months of attending a senior center⁸

Senior center members report feeling less isolated and greater levels of social support⁹



Education & Technology

50% of seniors surveyed reported attending senior centers for classes and educational programs¹²

Computer programs, health & wellness classes, and the arts are among the popular educational classes



Health & Fitness

Over 30% of seniors reported attending Senior Centers for the exercise¹

Over 70% of seniors surveyed experienced improved or maintained health after 12 months of attending a Senior Center²

Senior Centers offer classes such as: Tai Chi, Yoga, Chair Exercises, and More



10% of Elderly households live alone

Research shows that loneliness surpasses obesity as an early predictor of death⁵

26% of adults had no exercise in the past 30 Days

3 / 10 adults are obese

14% of adults suffer from Diabetes



22% of residents experience food insecurity

Almost **54 million** meals are needed to reach food security

An estimated **1 in 5** residents ate **0** fruits or vegetables yesterday



Nutrition

Over 40% of seniors reported attending senior centers for the meals⁴

Senior centers are known for offering congregate lunch

Almost **1 in 4** Senior Centers offer dinner*

Some centers even offer breakfast or a weekend meal



Over 30% of households do not have the internet

Almost **3 in 10** adults did not complete high school

Alzheimer's disproportionately affects Bronx residents compared to all NYC

55% of seniors identify as Latino

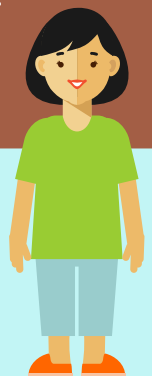
32% of seniors identify as African American

58% speak a language other than English at home

Cultural Competency

Senior Centers reported serving speakers of 26 different languages¹⁰

NYC requires that Senior Centers not discriminate on the basis of race, citizenship, sexual orientation and a variety of other classes¹¹



Unless otherwise indicated, data was retrieved from Data2Go.nyc

Sources 1-7, 11: DFTA <http://www.nyc.gov/html/dfta/downloads/pdf/publications/SeniorCenterStudy2016.pdf> 8. DFTA <http://www.nyc.gov/html/dfta/downloads/pdf/publications/SeniorCenterStudy2016.pdf> 9. Meis 2005 10. LiveOn NY, 21st Century of Senior Centers: Changing the Conversation 12. DFTA <http://www.nyc.gov/html/dfta/downloads/pdf/publications/SeniorCenterStudy2016.pdf>

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