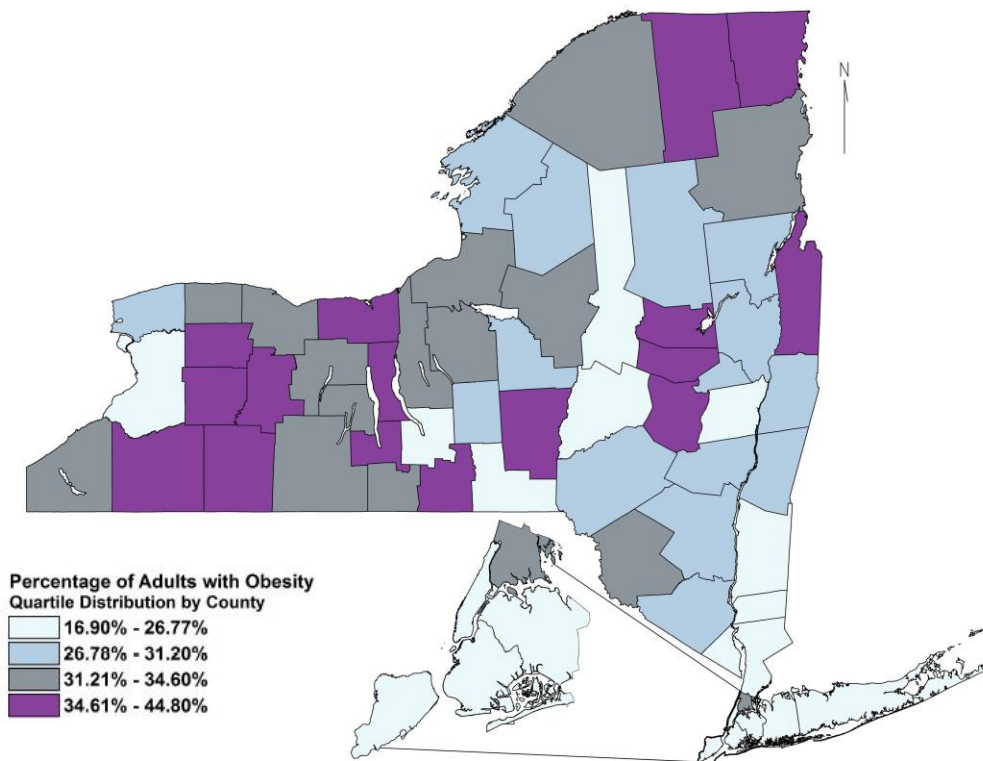NEW YORK STATE | Department of Health

Prevalence of Obesity among New York State Adults by County, BRFSS 2016

One-quarter (25.5%) of adults in New York State are obese.[1] Obesity is a significant risk factor for many chronic diseases and conditions including type 2 diabetes, asthma, high blood pressure, high cholesterol, stroke, heart disease, certain types of cancer, and osteoarthritis. Within New York State, the prevalence of obesity varies by county from 16.9% to 44.8%.

- Counties outside New York City with the highest prevalence are Seneca (44.8%), Washington (40.2%) and Tioga (40.1%).
- Counties outside New York City with the lowest prevalence are Westchester (18.2%), Rockland (20.7%), and Putnam (21.0%).
- Among New York City boroughs, prevalence is highest in Bronx (31.7%) and lowest in Manhattan (16.9%).

Prevalence of Obesity among New York State Adults, by County

Percentage of Adults with Obesity
Quartile Distribution by County
- 16.90% - 26.77%
- 26.78% - 31.20%
- 31.21% - 34.60%
- 34.61% - 44.80%

Public Health Opportunity

To help reduce the prevalence of obesity in NYS, the Prevention Agenda focuses on creating community environments that promote and support healthy food and beverage choices, physical activity, and breastfeeding. Relevant goals include: increasing access to healthy and affordable foods and beverages; increasing skills and knowledge to support healthy food and beverage choices; increasing food security; creating community environments for physical activity; promoting school, childcare and worksite environments that increase physical activity; facilitating access to safe and accessible places for physical activity; and increasing breastfeeding.

County level estimates can be used to identify areas of concern, inform program planning, and evaluate the effectiveness of programs and policies. Local level obesity prevention programs can also use this information to educate local decision-makers and increase community engagement.

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[1] New York State Behavioral Risk Factor Surveillance System (BRFSS). Overweight and Obesity, 2016.
https://www.health.ny.gov/statistics/brfss/reports/docs/1803_brfss_overweight_and_obesity.pdf

NEW YORK STATE | Department of Health

Prevalence of Obesity among New York State Adults, by County

County	Percent of adults who are obese (%)	[95%CI]*	County	Percent of adults who are obese (%)	[95%CI]*
Albany	25.0	[20.7 - 29.3]	Niagara	30.9	[24.7 - 37.1]
Allegany	35.5	[29.2 - 41.9]	Oneida	33.6	[28.0 - 39.2]
Bronx	31.7	[26.9 - 36.5]	Onondaga	32.0	[27.8 - 36.3]
Broome	25.7	[20.2 - 31.2]	Ontario	34.3	[27.0 - 41.6]
Cattaraugus	38.0	[32.7 - 43.3]	Orange	29.0	[24.1 - 33.9]
Cayuga	31.6	[26.4 - 36.7]	Orleans	34.2	[26.9 - 41.5]
Chautauqua	31.5	[27.6 - 35.3]	Oswego	33.3	[27.0 - 39.7]
Chemung	32.6	[26.2 - 38.9]	Otsego	26.7	[20.8 - 32.6]
Chenango	35.6	[28.9 - 42.3]	Putnam	21.0	[15.5 - 26.4]
Clinton	36.7	[31.4 - 41.9]	Queens	20.7	[17.3 - 24.1]
Columbia	28.0	[21.7 - 34.3]	Rensselaer	30.4	[24.7 - 36.1]
Cortland	28.9	[23.2 - 34.7]	Richmond	22.5	[16.8 - 28.1]
Delaware	27.7	[21.7 - 33.6]	Rockland	20.7	[15.9 - 25.6]
Dutchess	26.2	[21.4 - 31.1]	Saratoga	27.0	[22.7 - 31.4]
Erie	26.3	[21.8 - 30.8]	Schenectady	28.6	[22.7 - 34.5]
Essex	32.7	[25.8 - 39.6]	Schoharie	34.7	[26.9 - 42.5]
Franklin	35.9	[29.4 - 42.3]	Schuyler	37.4	[29.3 - 45.4]
Fulton	36.0	[29.7 - 42.3]	Seneca	44.8	[37.1 - 52.5]
Genesee	38.7	[32.6 - 44.8]	St. Lawrence	34.2	[27.4 - 41.0]
Greene	27.7	[21.4 - 34.1]	Steuben	31.8	[25.6 - 38.0]
Hamilton	30.0	[22.6 - 37.5]	Suffolk	24.4	[19.8 - 29.0]
Herkimer	25.8	[20.5 - 31.1]	Sullivan	31.7	[25.5 - 38.0]
Jefferson	30.9	[24.1 - 37.7]	Tioga	40.1	[32.8 - 47.4]
Kings	24.8	[21.6 - 28.0]	Tompkins	24.1	[17.6 - 30.6]
Lewis	29.2	[21.3 - 37.1]	Ulster	30.6	[25.2 - 35.9]
Livingston	37.5	[29.3 - 45.7]	Warren	29.2	[24.2 - 34.1]
Madison	29.0	[21.3 - 36.8]	Washington	40.2	[33.8 - 46.5]
Manhattan	16.9	[13.9 - 19.8]	Wayne	37.4	[31.3 - 43.4]
Monroe	32.2	[27.1 - 37.2]	Westchester	18.2	[14.4 - 22.0]
Montgomery	38.7	[30.7 - 46.7]	Wyoming	38.7	[31.6 - 45.7]
Nassau	23.0	[18.7 - 27.4]	Yates	31.7	[24.3 - 39.1]

* When comparing rates, the 95% confident interval (95% CI) provides the statistical range containing the true population rate with a 95% probability.