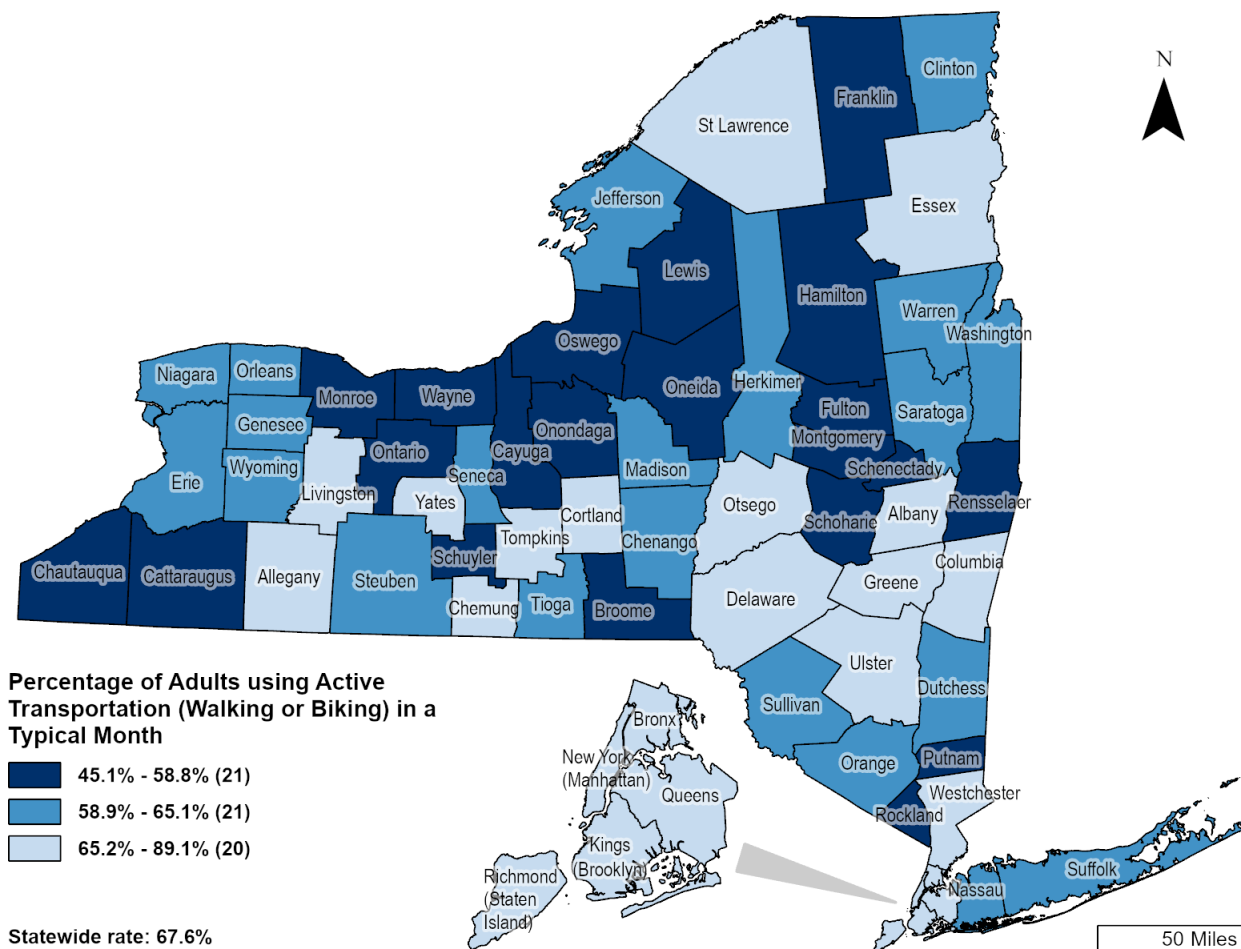


Active Transportation among New York State Adults by County, BRFSS 2021

Regular physical activity has significant benefits across the lifespan, including stronger muscles and bones, better weight control, improved mental health, lowered risk of chronic disease, and increased life expectancy. Active transportation, such as walking or biking to get from one place to another, provides opportunities for people to be physically active as part of their daily lives. In New York State, 66.6% of adults reported walking for at least ten minutes to get from one place to another in a typical month and 10.5% reported biking.¹ Altogether, 67.6% of adults reported using at least one form of active transportation in a typical month (walking or biking);² participation rates vary by county from 45.1% to 89.1%.

- Counties outside New York City with the highest rates of using active transportation are Westchester (70.0%), Tompkins (69.7%), and Delaware (68.3%).
- Counties outside New York City with the lowest rates of using active transportation are Oneida (45.1%), Lewis (47.2%) and Cayuga (49.0%).
- Among New York City boroughs, the rate of using active transportation is highest in New York (Manhattan 89.1%) and lowest in Richmond (Staten Island 66.6%).



Public Health Opportunity

The Prevention Agenda focuses on improving multi-sector environments that support safe and accessible physical activity opportunities for all ages. Relevant goals include improving community environments that support active transportation and recreational physical activity. Local and regional public health, planning, transportation, and business partners can work with decision-makers, municipalities, and community coalitions to develop and implement Complete Streets policies, plans, and projects that connect pedestrian and bicycle infrastructure and transportation systems to everyday destinations where people live, work, and play. County-level estimates of active transportation can be used to identify priority areas, inform program planning, and evaluate the effectiveness of programs and policies.

Active Transportation among New York State Adults, by County

County	Active Transportation (%)	[95%CI]*	County	Active Transportation (%)	[95%CI]*
Albany	65.7	[60.0 - 71.5]	Niagara	61.8	[54.6 - 69.1]
Allegany	68.1	[58.9 - 77.2]	Oneida	45.1	[38.2 - 51.9]
Bronx	84.8	[81.6 - 88.0]	Onondaga	54.2	[48.4 - 60.1]
Broome	52.6	[45.6 - 59.7]	Ontario	57.7	[49.4 - 66.0]
Cattaraugus	50.7	[41.9 - 59.5]	Orange	60.7	[53.7 - 67.7]
Cayuga	49.0	[40.6 - 57.5]	Orleans	62.6	[49.4 - 75.8]
Chautauqua	50.9	[42.6 - 59.2]	Oswego	53.1	[45.1 - 61.1]
Chemung	65.3	[58.0 - 72.6]	Otsego	66.9	[58.3 - 75.5]
Chenango	61.4	[52.1 - 70.7]	Putnam	54.9	[46.7 - 63.2]
Clinton	61.2	[52.8 - 69.7]	Queens	81.0	[78.1 - 84.0]
Columbia	66.3	[57.0 - 75.6]	Rensselaer	52.5	[43.0 - 62.1]
Cortland	67.6	[53.3 - 82.0]	Richmond	66.6	[59.7 - 73.4]
Delaware	68.3	[59.7 - 76.8]	Rockland	58.8	[50.5 - 67.1]
Dutchess	60.8	[51.6 - 70.0]	Saratoga	60.3	[51.4 - 69.2]
Erie	60.8	[56.5 - 65.1]	Schenectady	50.2	[39.6 - 60.9]
Essex	65.4	[57.2 - 73.5]	Schoharie	57.6	[47.1 - 68.2]
Franklin	56.3	[48.5 - 64.2]	Schuyler	58.4	[45.3 - 71.5]
Fulton	53.4	[46.3 - 60.6]	Seneca	59.5	[47.7 - 71.3]
Genesee	60.2	[52.4 - 68.0]	St. Lawrence	68.1	[61.0 - 75.2]
Greene	65.2	[51.8 - 78.5]	Steuben	65.1	[58.4 - 71.8]
Hamilton	58.8	[37.2 - 80.5]	Suffolk	58.9	[54.8 - 63.1]
Herkimer	62.5	[53.9 - 71.0]	Sullivan	63.9	[55.3 - 72.4]
Jefferson	61.1	[55.8 - 66.3]	Tioga	60.9	[49.9 - 71.9]
Kings	87.1	[84.6 - 89.5]	Tompkins	69.7	[61.3 - 78.2]
Lewis	47.2	[37.3 - 57.0]	Ulster	67.0	[59.1 - 74.9]
Livingston	65.3	[53.9 - 76.7]	Warren	61.5	[54.4 - 68.5]
Madison	59.5	[48.5 - 70.6]	Washington	59.0	[50.8 - 67.2]
Monroe	58.5	[54.2 - 62.8]	Wayne	54.7	[48.3 - 61.1]
Montgomery	55.3	[46.1 - 64.5]	Westchester	70.0	[65.1 - 75.0]
Nassau	62.8	[58.7 - 66.9]	Wyoming	62.6	[52.5 - 72.8]
New York	89.1	[86.5 - 91.7]	Yates	66.4	[57.5 - 75.4]

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

¹ [Active Transportation, NYS Adults, BRFSS 2021, New York State BRFSS Brief., No. 2023-06](#). Albany, NY: New York State Department of Health, Division of Chronic Disease Prevention, Bureau of Chronic Disease Evaluation and Research, 2023.

² Active transportation includes activities such as walking or biking for at least ten minutes to get from one place to another. In a typical month, do you walk to get from one place to another? In a typical month, do you ride a bike to get one place to another?

Contact: For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2023-07 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm