Prevalence of Obesity among New York State Adults by County, BRFSS 2021
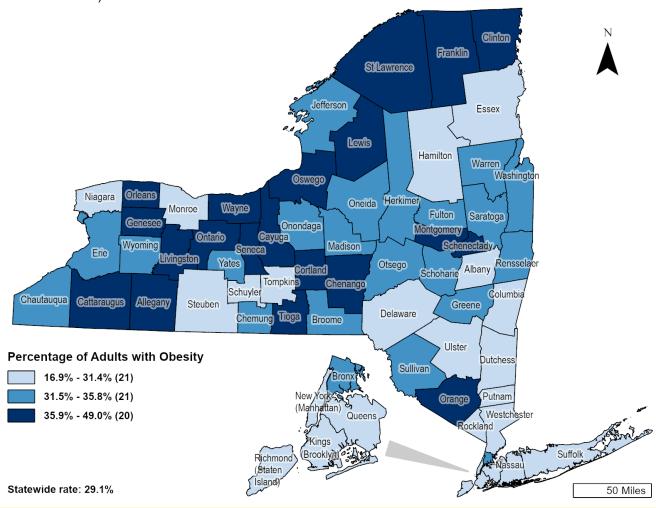
Approximately 1 out of 3 (29.1%) adults in New York State (NYS) has obesity.[1,2] Obesity is a significant risk factor for many chronic diseases and conditions including type 2 diabetes, asthma, high blood pressure, high cholesterol, stroke, heart disease, certain types of cancer, psychosocial problems, and osteoarthritis. Within NYS, the prevalence of obesity varies by county from 16.9% to 49.0%.

- Counties outside New York City with the highest obesity prevalence are Cortland (49.0%), Orleans (48.4%), and Lewis (44.5%).
- Counties outside New York City with the lowest obesity prevalence are Tompkins (16.9%), Rockland (23.9%), and Columbia (24.8%).
- Among New York City boroughs, obesity prevalence is highest in Bronx (34.5%) and lowest in New York (Manhattan 17.2%).

Percentage of Adults with Obesity

☐	16.9% - 31.4% (21)
☐	31.5% - 35.8% (21)
■	35.9% - 49.0% (20)

Statewide rate: 29.1%

50 Miles

Public Health Opportunity

To reduce the prevalence of obesity in NYS, the Prevention Agenda focuses on creating community environments that promote and support healthy eating, food security, and physical activity. Relevant goals include reducing obesity; increasing access to healthy and affordable foods and beverages; increasing skills and knowledge to support healthy food and beverage choices; increasing food security; increasing breastfeeding; improving community environments that support active transportation and recreational physical activity; promoting school, childcare and worksite environments that increase physical activity; and increasing access to safe indoor and/or outdoor places for physical activity. County-level estimates can be used to identify priority areas, 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.

NEW YORK STATE | Department of Health

Prevalence of Obesity among New York State Adults, by County

County	Percent of adults who have obesity (%)	[95%CI]*	County	Percent of adults who have obesity (%)	[95%CI]*
Albany	30.1	[26.0 - 34.2]	Niagara	30.9	[25.1 - 36.7]
Allegany	36.6	[28.3 - 44.9]	Oneida	31.9	[26.2 - 37.6]
Bronx	34.5	[31.1 - 38.0]	Onondaga	34.8	[30.4 - 39.2]
Broome	34.2	[28.6 - 39.8]	Ontario	38.9	[31.9 - 45.8]
Cattaraugus	43.1	[35.7 - 50.6]	Orange	37.6	[31.3 - 43.8]
Cayuga	39.4	[32.9 - 46.0]	Orleans	48.4	[39.2 - 57.6]
Chautauqua	35.6	[28.8 - 42.4]	Oswego	42.2	[35.6 - 48.9]
Chemung	33.8	[27.7 - 39.9]	Otsego	34.0	[24.4 - 43.6]
Chenango	37.7	[30.1 - 45.3]	Putnam	30.2	[23.7 - 36.8]
Clinton	36.4	[29.2 - 43.6]	Queens	26.7	[24.1 - 29.4]
Columbia	24.8	[17.6 - 31.9]	Rensselaer	35.0	[27.0 - 42.9]
Cortland	49.0	[34.8 - 63.3]	Richmond	30.2	[25.0 - 35.4]
Delaware	30.6	[22.6 - 38.6]	Rockland	23.9	[18.1 - 29.8]
Dutchess	31.4	[24.4 - 38.4]	Saratoga	32.3	[25.4 - 39.2]
Erie	33.9	[30.5 - 37.3]	Schenectady	43.0	[34.5 - 51.4]
Essex	31.1	[24.9 - 37.2]	Schoharie	31.9	[25.4 - 38.4]
Franklin	40.0	[33.5 - 46.5]	Schuyler	30.4	[21.6 - 39.3]
Fulton	33.8	[28.2 - 39.4]	Seneca	36.5	[28.6 - 44.4]
Genesee	39.8	[32.7 - 46.8]	St. Lawrence	43.6	[36.4 - 50.8]
Greene	35.6	[24.4 - 46.9]	Steuben	30.8	[25.2 - 36.5]
Hamilton	24.8	[14.0 - 35.6]	Suffolk	29.4	[26.3 - 32.5]
Herkimer	34.7	[27.4 - 42.0]	Sullivan	32.3	[24.9 - 39.7]
Jefferson	35.8	[31.7 - 39.9]	Tioga	37.2	[29.5 - 44.9]
Kings	24.3	[22.0 - 26.7]	Tompkins	16.9	[12.5 - 21.3]
Lewis	44.5	[36.5 - 52.5]	Ulster	30.5	[23.0 - 38.0]
Livingston	37.8	[28.8 - 46.9]	Warren	32.4	[26.8 - 37.9]
Madison	34.9	[27.5 - 42.3]	Washington	32.6	[26.6 - 38.6]
Monroe	31.1	[27.8 - 34.4]	Wayne	37.8	[31.7 - 44.0]
Montgomery	36.2	[29.4 - 43.0]	Westchester	25.2	[21.5 - 28.9]
Nassau	24.9	[22.0 - 27.8]	Wyoming	35.4	[27.0 - 43.8]
New York	17.2	[14.8 - 19.5]	Yates	31.8	[22.5 - 41.2]

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

Contact: For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2023-03 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