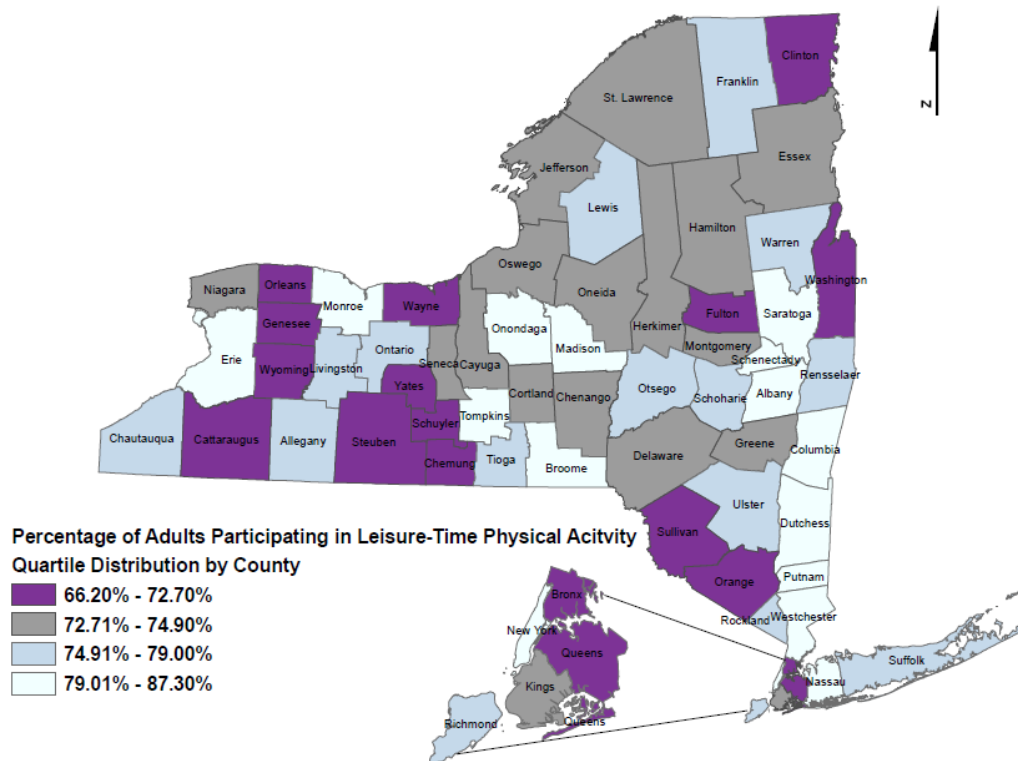


Leisure-Time Physical Activity among New York State Adults by County, BRFSS 2018

Participating in regular physical activity reduces the risk of chronic diseases such as heart disease, stroke, type 2 diabetes, colon and breast cancer, and the risk of premature death. Regular physical activity promotes wellness by aiding weight loss, preventing weight gain, strengthening muscles and bones, relieving arthritis pain, and improving mental health.¹ Most adults (76.2%) in New York State participate in leisure-time physical activity;² participation rates vary by county from 66.2% to 87.3%.

- Counties outside New York City with the highest rates of leisure-time physical activity are Tompkins (87.3%), Saratoga (86.0%) and Putnam (83.0%).
- Counties outside New York City with the lowest rates of leisure-time physical activity are Sullivan (66.2%), Cattaraugus (68.6%) and Fulton (69.4%).
- Among New York City boroughs, the rate of leisure-time physical activity is highest in New York (Manhattan) (83.2%) and lowest in Bronx (69.6%).

Any Leisure-Time Physical Activity among New York State Adults, BRFSS 2018



Public Health Opportunity

The Prevention Agenda focuses on improving multi-sector environments that support physical activity in New York State. Relevant goals include: supporting active transportation and recreational physical activity in communities; promoting school, child care, and worksite environments that increase physical activity; and increasing access to indoor and/or outdoor places for people of all ages and abilities to be physically active.

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

¹ New York State Behavioral Risk Factor Surveillance System 2017. Physical Activity.

https://www.health.ny.gov/statistics/brfss/reports/docs/1913_brfss_physical_activity.pdf

² Leisure-time physical activity: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Any Leisure-Time Physical Activity among New York State Adults, by County

County	Any leisure-time physical activity (%)	[95%CI]*	County	Any leisure-time physical activity (%)	[95%CI]*
Albany	81.1	[77.3 - 84.9]	Niagara	74.6	[69.1 - 80.0]
Allegany	76.1	[70.5 - 81.7]	Oneida	74.0	[69.4 - 78.6]
Bronx	69.6	[66.4 - 72.8]	Onondaga	80.8	[76.7 - 84.9]
Broome	80.2	[76.1 - 84.3]	Ontario	77.8	[70.8 - 84.7]
Cattaraugus	68.6	[63.3 - 73.9]	Orange	70.3	[65.4 - 75.2]
Cayuga	73.1	[67.5 - 78.8]	Orleans	69.8	[59.8 - 79.7]
Chautauqua	75.7	[71.4 - 79.9]	Oswego	74.8	[67.6 - 81.9]
Chemung	71.2	[66.1 - 76.3]	Otsego	75.6	[69.8 - 81.4]
Chenango	74.0	[67.9 - 80.0]	Putnam	83.0	[77.2 - 88.9]
Clinton	70.9	[65.9 - 76.0]	Queens	70.8	[68.2 - 73.4]
Columbia	79.9	[75.3 - 84.5]	Rensselaer	76.6	[71.7 - 81.6]
Cortland	74.9	[66.3 - 83.5]	Richmond	76.9	[72.2 - 81.6]
Delaware	72.9	[66.8 - 78.9]	Rockland	77.5	[73.0 - 82.0]
Dutchess	80.2	[76.1 - 84.4]	Saratoga	86.0	[82.8 - 89.1]
Erie	79.2	[75.8 - 82.7]	Schenectady	81.0	[76.6 - 85.4]
Essex	73.7	[68.2 - 79.3]	Schoharie	75.1	[67.4 - 82.9]
Franklin	76.2	[71.1 - 81.3]	Schuyler	72.3	[64.9 - 79.7]
Fulton	69.4	[62.8 - 76.0]	Seneca	73.0	[66.4 - 79.5]
Genesee	71.8	[64.7 - 78.9]	St. Lawrence	73.1	[68.1 - 78.1]
Greene	74.3	[68.1 - 80.5]	Steuben	71.5	[66.6 - 76.5]
Hamilton	73.8	[64.7 - 82.9]	Suffolk	78.9	[76.2 - 81.7]
Herkimer	73.3	[67.6 - 79.0]	Sullivan	66.2	[59.9 - 72.5]
Jefferson	74.1	[68.9 - 79.2]	Tioga	79.0	[73.2 - 84.9]
Kings	74.9	[72.5 - 77.3]	Tompkins	87.3	[83.5 - 91.1]
Lewis	75.9	[68.6 - 83.3]	Ulster	78.3	[74.0 - 82.6]
Livingston	76.6	[71.1 - 82.2]	Warren	77.5	[72.6 - 82.5]
Madison	80.3	[73.9 - 86.7]	Washington	72.7	[66.7 - 78.7]
Monroe	80.9	[77.0 - 84.8]	Wayne	71.1	[65.2 - 76.9]
Montgomery	74.0	[68.2 - 79.9]	Westchester	81.5	[78.3 - 84.7]
Nassau	80.9	[78.1 - 83.8]	Wyoming	72.1	[63.5 - 80.6]
New York	83.2	[80.9 - 85.4]	Yates	72.0	[66.1 - 77.9]

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