



New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several United States Territories. The New York Behavioral Risk Factor Surveillance System is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Overweight and Obesity

New York State Adults, 2022



Introduction

The causes of obesity are complex and include eating patterns, physical activity levels, sleep routines, genetics, certain medical conditions, and medications. Economic stability, access to quality education, the availability of nutritious foods, and opportunities for physical activity also influence the risk of obesity.¹ Obesity prevalence in the United States is highest among Black, American Indian or Alaska Native, and Hispanic adults, and adults without a high school degree or equivalent.² These groups experience persistent disparities in obesity caused by systemic and institutional barriers such as lack of access to healthy affordable foods and beverages, safe and convenient places for physical activity, and healthcare services.³ Addressing obesity is important because it is associated with a range of diseases including type 2 diabetes, heart disease, stroke, arthritis, sleep apnea, some cancers, and increased risk of severe illness and death from COVID-19.³⁻⁵ Obesity is estimated to cost approximately \$173 billion dollars in national health care expenses each year.⁶

Health Equity

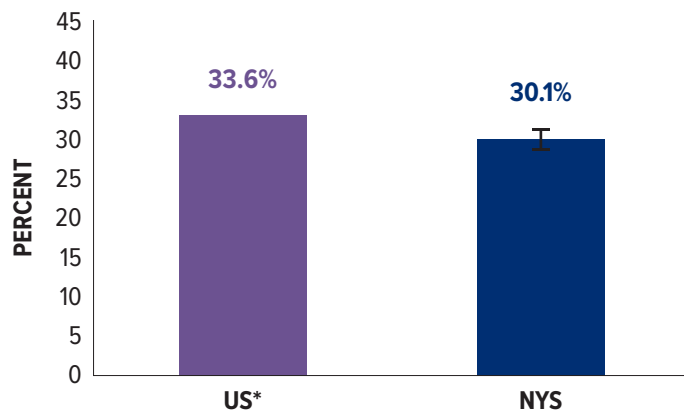
Disparities in obesity underscore the need to address social determinants of health; these are the conditions in which people are born, grow, work, live, and age, are unevenly distributed, and present barriers to health for some groups. To advance health equity and reduce the burden of chronic disease in New York State (NYS), strategies to address overweight and obesity should focus on improving conditions for groups experiencing the greatest disparities in obesity.⁷ Creating community environments, policies, and systems that support healthy food and beverage choices and safe and accessible physical activity opportunities, while also increasing efforts to improve the social drivers of health, is a major goal in preventing and reducing the burden of chronic diseases as part of the [NYS Prevention Agenda 2019-2024](#).

Key Findings

- Approximately 2 out of every 3 adult New Yorkers have either an obese (30.1%) or overweight (33.9%) Body Mass Index status. These two conditions affect over 8.3 million adults in NYS.
- Disparities in obesity prevalence exist based on age, race and ethnicity, educational attainment, disability status, and place of residence.
- Obesity is more prevalent among adults who are Black, non-Hispanic (37.2%), adults who are Hispanic (35.1%), adults living with a disability (37.5%), and adults living outside of New York City (32.9%).
- Obesity is less prevalent among adults aged 18-24 years (20.1%), adults who are Asian or Pacific Island/Native Hawaiian, non-Hispanic (15.8%), and adults with a college degree (23.9%).



Figure 1. Obesity Among US and NYS Adults, Behavioral Risk Factor Surveillance System, 2022



*Median percent; includes data from all states, the District of Columbia, and several Territories.

Figure 2. Weight Status Among NYS Adults, Behavioral Risk Factor Surveillance System, 2022

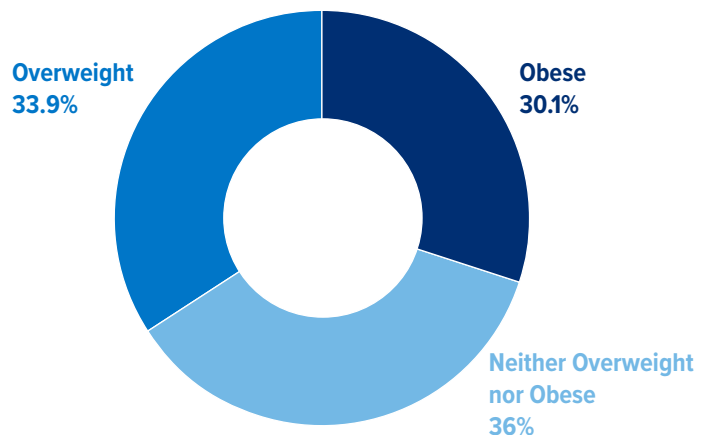
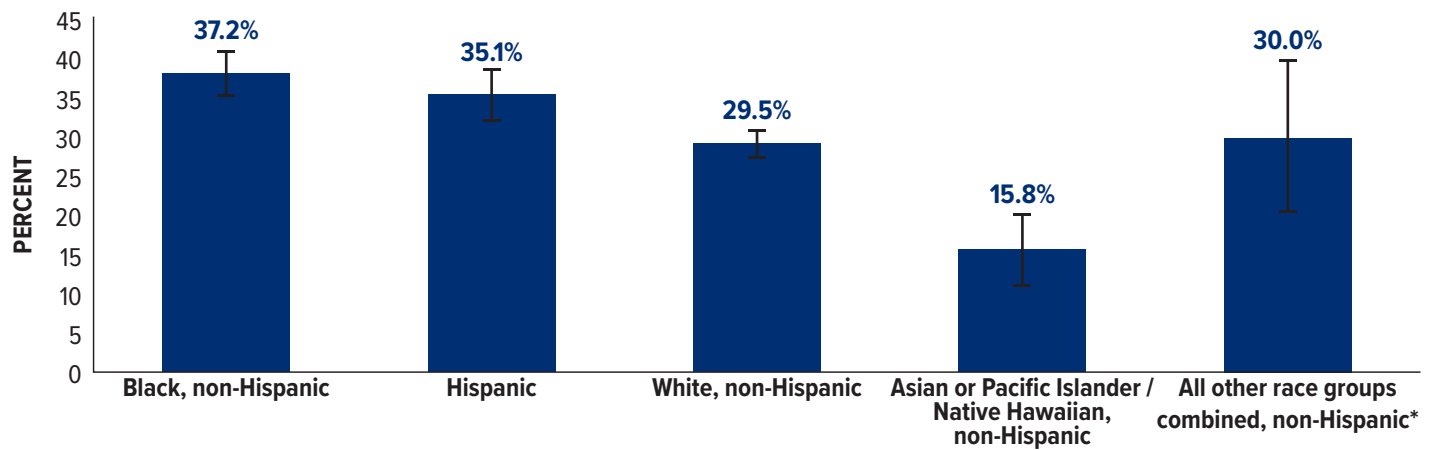


Figure 3. Racial and Ethnic Disparities in NYS Adult Obesity (in percentages), Behavioral Risk Factor Surveillance System, 2022



*American Indian/Alaskan Native, or multiracial, non-Hispanic

Table 1. Overweight and Obesity^a, Behavioral Risk Factor Surveillance System, 2022

	Neither Overweight nor Obese		Overweight ^b		Obese ^c	
	% ^d	95% CI ^d	%	95% CI	%	95% CI
New York State [n=17,800]	36.0	34.8-37.1	33.9	32.8-35.0	30.1	29.0-31.1
Sex^e						
Female	40.2	38.6-41.9	29.4	27.9-31.0	30.3	28.8-31.8
Male	31.8	30.2-33.3	38.4	36.8-39.9	29.9	28.4-31.3
Age (Years)						
18-24	56.1	52.4-59.9	23.8	20.7-26.9	20.1	16.9-23.3
25-34	41.5	38.5-44.5	31.8	29.0-34.6	26.8	24.0-29.5
35-44	33.0	30.2-35.8	31.4	28.8-34.1	35.6	32.7-38.5
45-54	28.0	25.3-30.8	36.0	33.1-39.0	35.9	33.1-38.8
55-64	27.4	24.8-30.0	38.8	36.1-41.5	33.8	31.3-36.3
65+	35.0	32.9-37.2	36.8	34.7-39.0	28.1	26.2-30.1
Race/Ethnicity						
Asian or Pacific Islander/ Native Hawaiian, non-Hispanic	53.0	48.1-57.9	31.2	26.6-35.9	15.8	12.3-19.2
Black, non-Hispanic	28.2	25.1-31.3	34.6	31.4-37.9	37.2	34.0-40.4
Hispanic	27.6	25.2-30.1	37.2	34.6-39.9	35.1	32.5-37.7
White, non-Hispanic	36.8	35.3-38.2	33.8	32.4-35.1	29.5	28.2-30.8
All other race groups combined, non-Hispanic ^f	42.6	34.8-50.4	27.4	21.0-33.8	30.0	22.5-37.5
Annual household income						
<\$25,000	33.6	30.6-36.6	32.7	29.7-35.6	33.7	30.9-36.6
\$25,000-\$49,999	34.3	31.6-37.0	33.1	30.6-35.7	32.6	30.1-35.0
\$50,000-\$74,999	35.1	31.7-38.4	34.8	31.6-38.1	30.1	27.0-33.2
\$75,000 and greater	36.0	34.2-37.9	36.1	34.2-37.9	27.9	26.2-29.6
Missing ^g	39.7	37.1-42.2	31.4	29.0-33.8	28.9	26.5-31.4
Educational attainment						
Less than high school	29.8	25.8-33.9	35.7	31.8-39.5	34.5	30.8-38.2
High school or GED	33.1	30.8-35.4	33.1	30.8-35.5	33.8	31.5-36.0
Some post-high school	32.9	30.7-35.2	33.9	31.7-36.1	33.2	31.0-35.4
College graduate	42.3	40.6-43.9	33.9	32.3-35.4	23.9	22.5-25.2
Disability Status^h						
Yes	30.1	27.9-32.3	32.4	30.3-34.5	37.5	35.4-39.7
No	38.2	36.9-39.6	34.4	33.1-35.7	27.4	26.1-28.6
Urban-Ruralⁱ						
Urban	36.2	35.1-37.4	33.8	32.7-34.9	30.0	28.9-31.0
Rural	25.2	19.7-30.7	39.2	32.8-45.6	35.6	28.9-42.3
Region						
New York City	40.8	39.0-42.7	33.0	31.2-34.7	26.2	24.6-27.8
New York State excluding New York City	32.5	31.0-33.9	34.6	33.2-36.1	32.9	31.5-34.3

Notes: ^aBased on categories of body mass index, calculated as weight in kilograms divided by the square of height in meters. ^bOverweight, 25.0 < body mass index < 30.0.

^cObese, body mass index > 30.0. ^d% = weighted percentage; CI = confidence interval. ^eBased on respondent's sex at birth, or current gender identity at time of interview if sex at birth is missing. ^fAmerican Indian/Alaskan Native, or multiracial, non-Hispanic. ^g"Missing" category included because more than 10% of the sample did not report income.

^hAll respondents who reported at least one type of disability (cognitive, mobility, vision, self-care, independent living or deafness). ⁱBased on county of residence and the 2013 National Center for Health Statistics' Urban-Rural Classification Scheme for Counties.



References

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Behavioral Risk Factor Surveillance System Questions



1. About how much do you weigh without shoes?
2. About how tall are you without shoes?

Weight and height responses were used to determine body mass index calculated as weight in kilograms divided by the square of height in meters. Respondents were classified as having overweight body mass index status if their body mass index was equal to or greater than 25.0, but less than 30.0. They were classified as having obese body mass index status if their body mass index was 30.0 or greater.

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Program Contributions



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