



New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System is an annual 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.

Prevalence of Physical Activity & Inactivity

New York State Adults, 2022



Introduction

Being physically active throughout the day benefits children, adults, and older adults of diverse lived experiences. Regular physical activity reduces the risk of chronic diseases, such as heart disease, stroke, type 2 diabetes, and many types of cancers, and the risk of premature death.¹ It also promotes important aspects of wellbeing by aiding weight loss, preventing weight gain, strengthening muscles and bones, relieving arthritis pain, and improving mental and brain health, and sleep function.¹

Health Equity

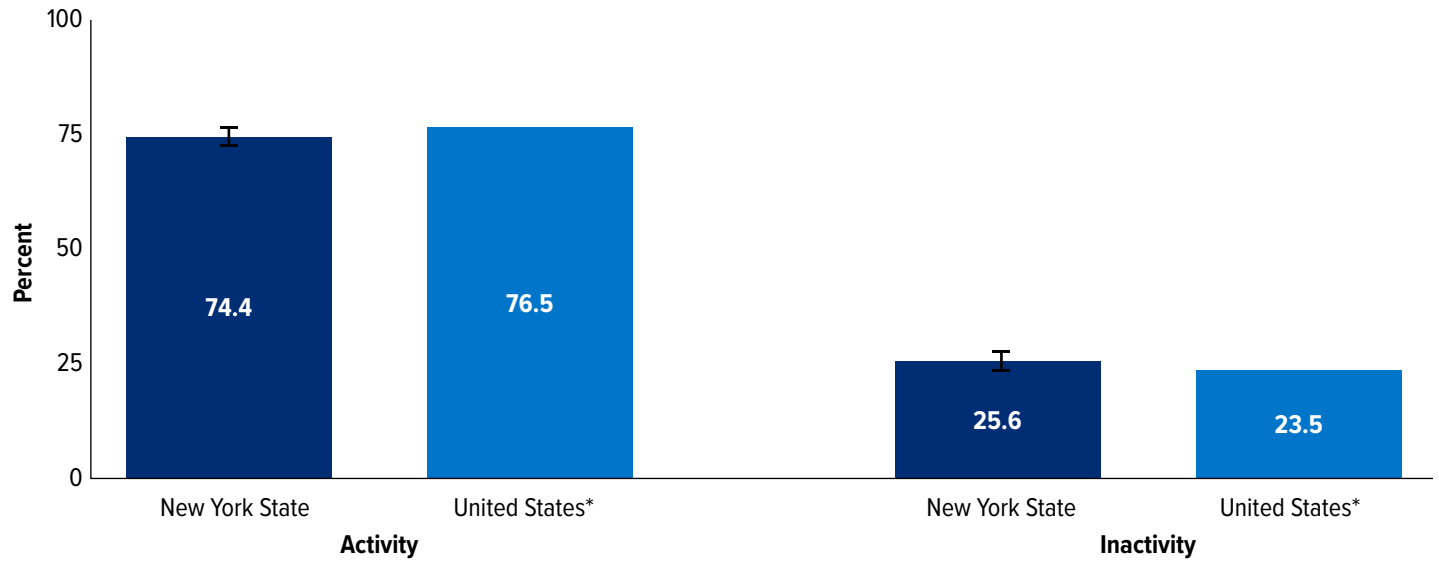
All people in NYS deserve access to communities that support healthy lifestyle behaviors that can decrease the risk of chronic diseases. Creating environments, policies, and systems that support physical activity in communities facing systemic barriers to safe and accessible walking, biking, or using assistive devices to move between destinations is a major goal in preventing and reducing the burden of chronic disease as part of the New York State Prevention Agenda.

Key Findings

- In New York State, 74.4% of adults engage in some type of physical activity at least monthly and 25.6% do not.
- Physical activity is more prevalent among males, people who are non-Hispanic, people living in higher income households, people with more education, people living without a disability, people without obesity, and people living outside New York City.
- Physical activity is less prevalent among females, people who are Hispanic, people living in lower income households, people with less education, people living with a disability, people with obesity, and people living in New York City.

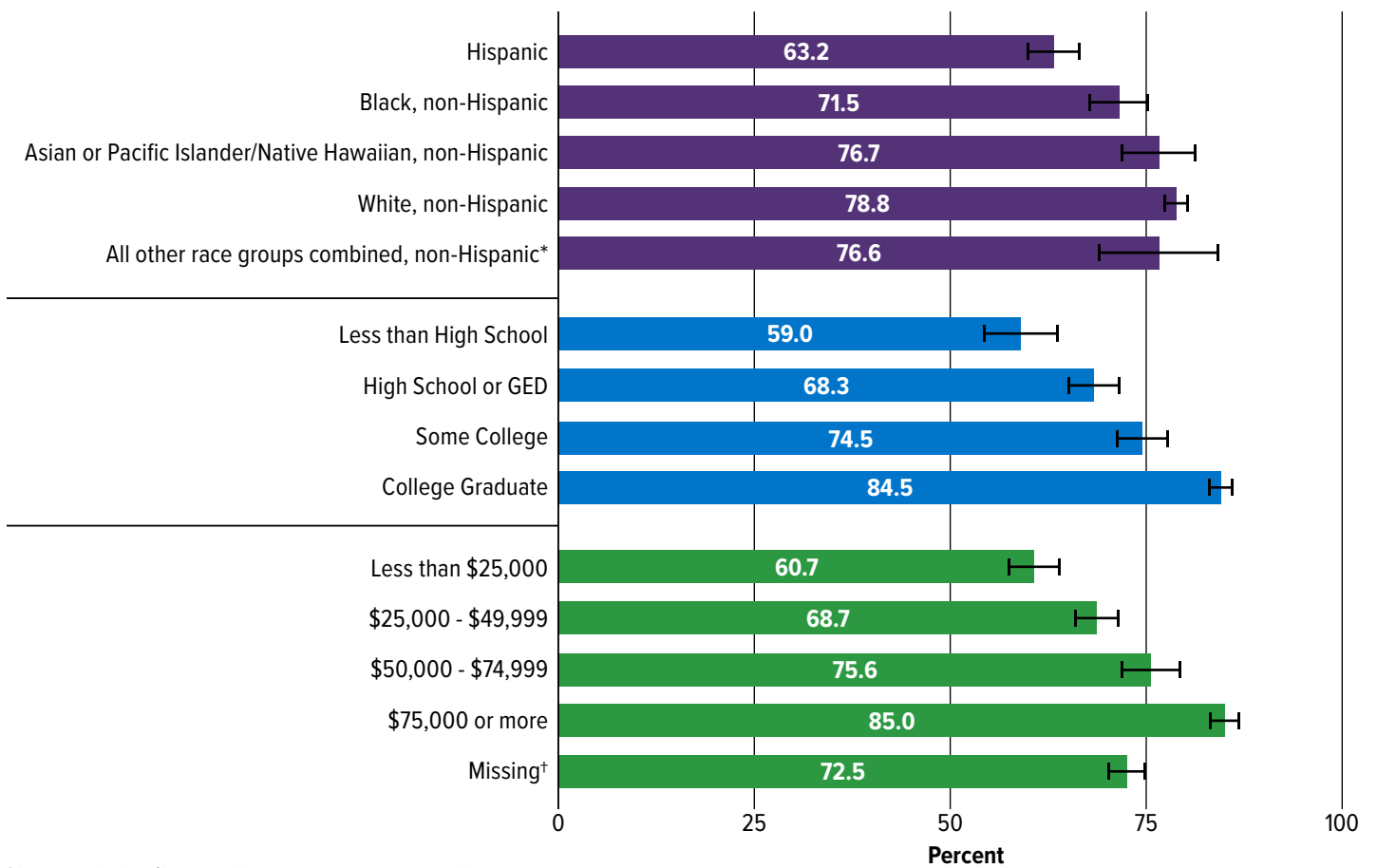


Figure 1. Prevalence of Physical Activity and Inactivity Among New York State and United States Adults, Behavioral Risk Factor Surveillance System, 2022



*Median percent; includes data from all States, District of Columbia and Territories.

Figure 2. Disparities in Prevalence of Physical Activity among New York State Adults (in percentages), Behavioral Risk Factor Surveillance System, 2022



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

†“Missing” category included because more than 10% of the sample did not report income.

Table 1. Prevalence of Physical Activity and Inactivity Among New York State Adults, Behavioral Risk Factor Surveillance System, 2022

	ACTIVITY		INACTIVITY	
	% ^a	95% Confidence Interval ^a	%	95% Confidence Interval
New York State [n=17,800]	74.4	73.4-75.3	25.6	24.7-26.6
Sex^b				
Female	71.9	70.6-73.2	28.1	26.8-29.4
Male	77.1	75.8-78.4	22.9	21.6-24.2
Age (Years)				
18-24	81.3	78.6-83.9	18.7	16.1-21.4
25-34	76.7	74.2-79.1	23.3	20.9-25.8
35-44	75.0	72.6-77.3	25.0	22.7-27.4
45-54	75.2	72.8-77.5	24.8	22.5-27.2
55-64	73.6	71.3-75.9	26.4	24.1-28.7
65+	68.7	66.7-70.6	31.3	29.4-33.3
Race/ethnicity				
Asian or Pacific Islander/ Native Hawaiian, non-Hispanic	76.7	73.2-80.3	23.3	19.7-26.8
Black, non-Hispanic	71.5	68.6-74.3	28.5	25.7-31.4
Hispanic	63.2	60.8-65.5	36.8	34.5-39.2
White, non-Hispanic	78.8	77.6-79.9	21.2	20.1-22.4
All other race groups combined, non-Hispanic ^c	76.6	70.4-82.9	23.4	17.1-29.6
Annual household income				
Less than \$25,000	60.7	57.8-63.6	39.3	36.4-42.2
\$25,000-\$49,999	68.7	66.3-71.2	31.3	28.8-33.7
\$50,000-\$74,999	75.6	72.7-78.6	24.4	21.4-27.3
\$75,000 or more	85.0	83.6-86.3	15.0	13.7-16.4
Missing ^d	72.5	70.7-74.3	27.5	25.7-29.3
Education attainment				
Less Than High School	59.0	55.6-62.5	41.0	37.5-44.4
High School or GED	68.3	66.3-70.4	31.7	29.6-33.7
Some Post-High School	74.5	72.6-76.4	25.5	23.6-27.4
College Graduate	84.5	83.3-85.6	15.5	14.4-16.7
Disability status^e				
Yes	59.3	57.1-61.4	40.7	38.6-42.9
No	80.3	79.2-81.3	19.7	18.7-20.8
Weight status				
Neither overweight nor obese	80.5	78.8-82.1	19.5	17.9-21.2
Overweight	77.3	75.6-79.0	22.7	21.0-24.4
Obese	66.1	64.1-68.1	33.9	31.9-35.9
Region				
New York City	72.3	70.8-73.8	27.7	26.2-29.2
New York State exclusive of New York City	75.9	74.7-77.1	24.1	22.9-25.3

Notes: ^a% = weighted percentage; CI = confidence interval. ^bBased on respondent's sex at birth, or current gender identity at time of interview if sex at birth is missing. ^cAmerican Indian/Alaskan Native, or multiracial, non-Hispanic. ^d"Missing" category included because more than 10% of the sample did not report income. ^eAll respondents who reported at least one type of disability (cognitive, mobility, vision, self-care, independent living, or deafness).

References



1. United States Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.

Behavioral Risk Factor Surveillance System Questions



Leisure-time physical activity

1. 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?

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Program Contributions



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