



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.

Reactions to Race

New York State Adults, 2022



Introduction

Discrimination is the unfair treatment of people and groups based on characteristics such as race, gender, age, or sexual orientation.¹ Research found that Black, Asian, Hispanic, American Indian and Alaska Native adults report that they think that their race is the primary reason they have experienced discrimination.² Discrimination against people due to their racial or ethnic group can limit access to safe housing, secure employment, safe working conditions, quality education, quality health care, nutritious food, and reliable transportation.^{2,3} Discrimination is associated with elevated stress² which can negatively impact individuals' mental health (e.g., depression, number of mentally unhealthy days)^{4,5} and physical health (e.g., hypertension, physical health-related quality of life).^{6,7}

The New York State Department of Health is committed to monitoring trends in racial discrimination, reporting its public health impact, understanding the overall effect of racial discrimination, and improving the health of all New Yorkers building on a foundation of health equity.³

Health Equity

"Health equity means everyone has a fair and just opportunity to be healthy, where no one is limited in achieving optimal health because of who they are or where they live."³ The discrimination that certain groups experience throughout their lives (e.g., in personal interactions, our culture, the media, and in our institutions and systems) perpetuates existing health inequalities. New York State (NYS) must address the social problems, unfair practices and policies, and unjust conditions that stem from discrimination, as well as tailor health and social programs and services to the unique needs of individuals and communities to improve health equity in NYS.³

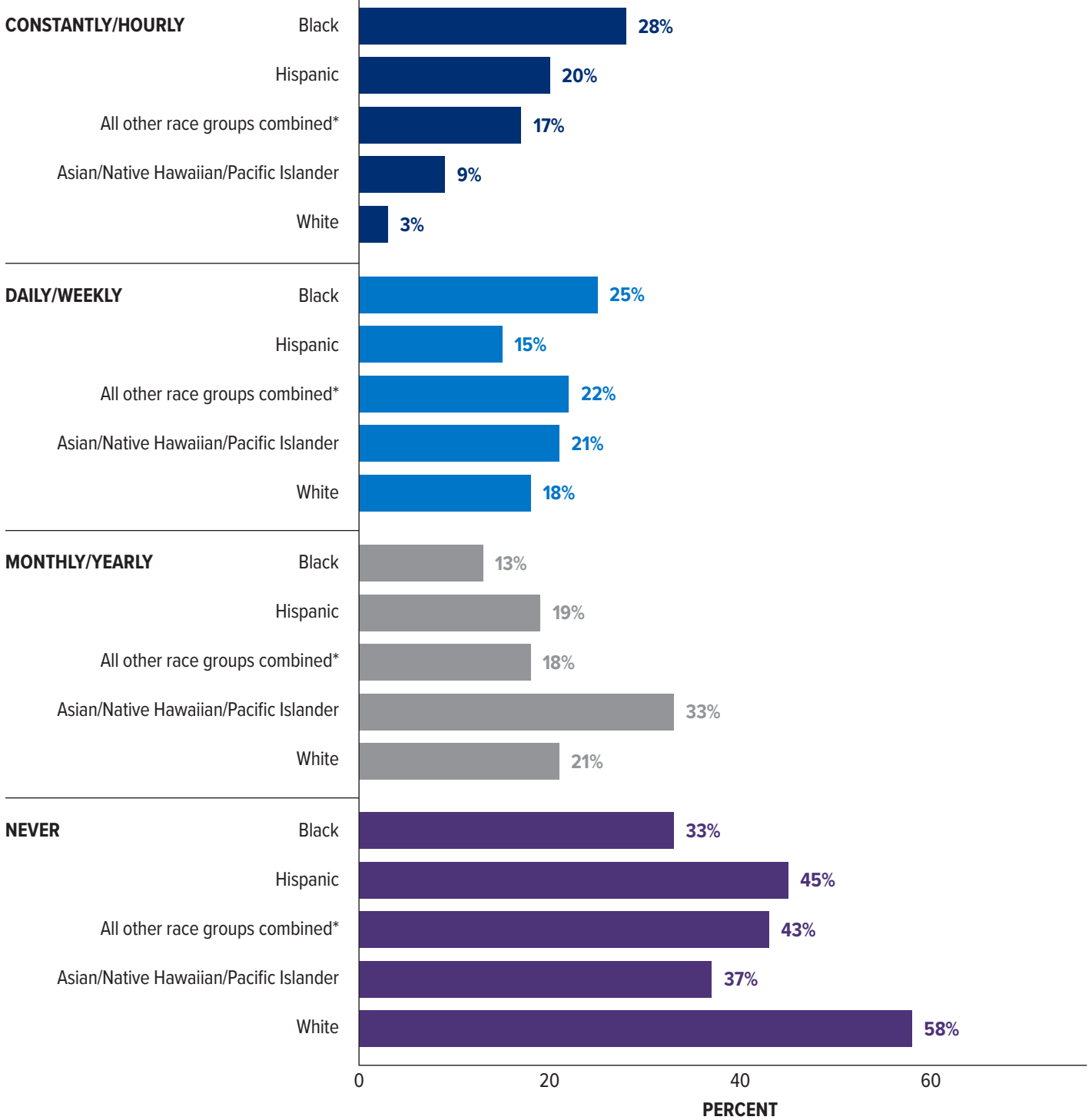


Key Findings

- Compared to White adults, a significantly higher percentage of Black, Hispanic, Asian, Native Hawaiian, and Pacific Islander adults, as well as adults from all other racial groups combined (i.e., American Indian, Alaska Native, multi-racial, and other races) reported they:
 - Thought about their race constantly or hourly
 - Were treated worse than people of other races
 - Experienced physical symptoms (i.e., headache, upset stomach, tense muscles, pounding heart) because of how they were treated based on their race
- Compared to White adults, a significantly higher percentage of Black and Hispanic adults, as well as adults from all other racial groups combined (i.e., American Indian, Alaska Native, multi-racial, and other races) indicated they:
 - Were treated worse at work than people of other races
 - Were treated worse when seeking healthcare than people of other races
- People who reported being treated worse than people of other races had significantly more days of poor mental and physical health, fewer hours of sleep, were more likely to be diagnosed with depression, and were more likely to currently smoke cigarettes.

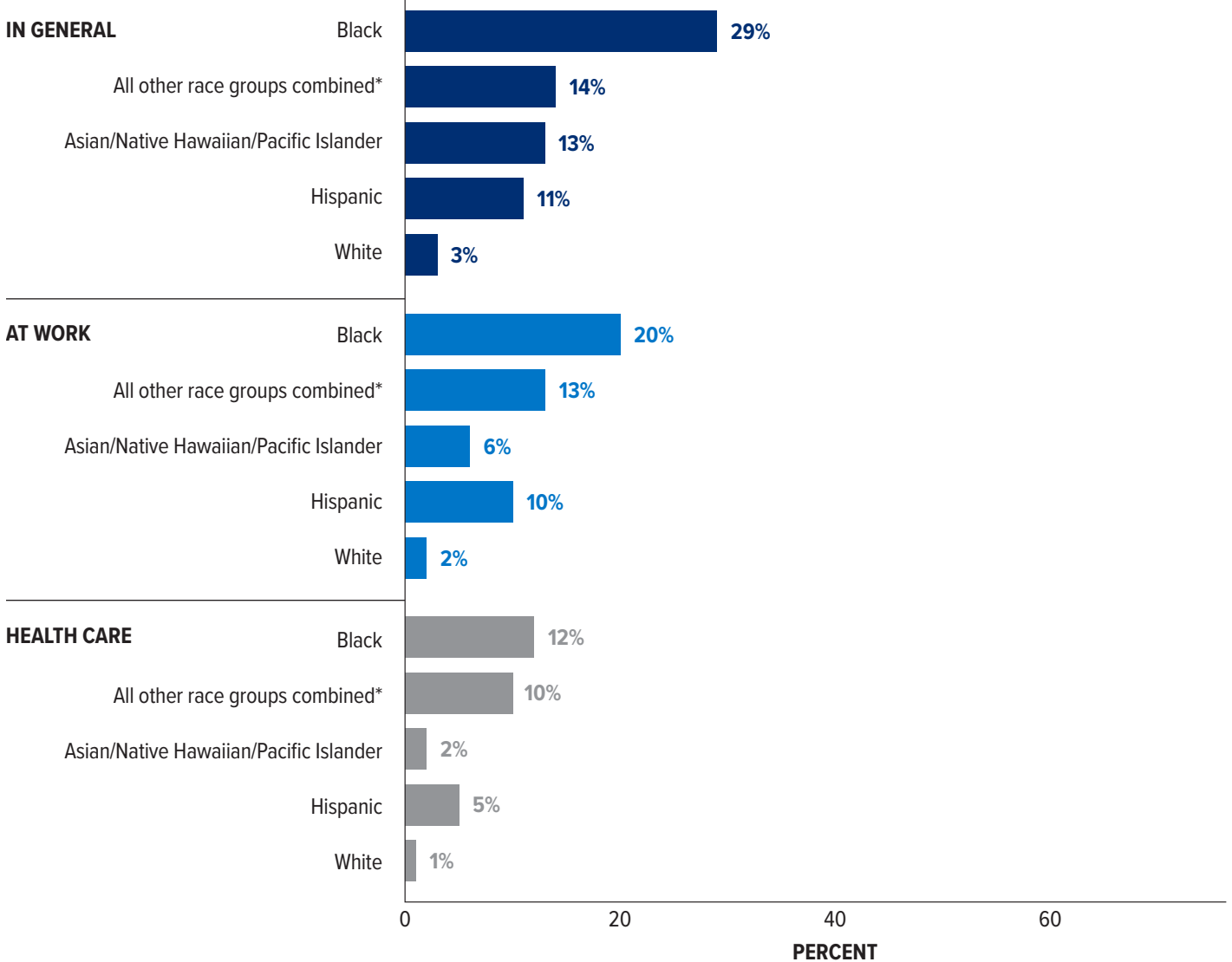


Figure 1. Frequency that adults think about their race by race/ethnic group in New York State, Behavioral Risk Factor Surveillance System, 2022



*All other race groups combined, includes American Indian or Alaskan Native, multiple race, and other race.

Figure 2. Percent of adults who reported they were treated worse than people of other races in New York State, Behavioral Risk Factor Surveillance System, 2022



*All other race groups combined, includes American Indian or Alaskan Native, multiple race, and other race.

Figure 3. Percent of adults who reported physical symptoms due to racial treatment by race/ethnic group in New York State, Behavioral Risk Factor Surveillance System, 2022

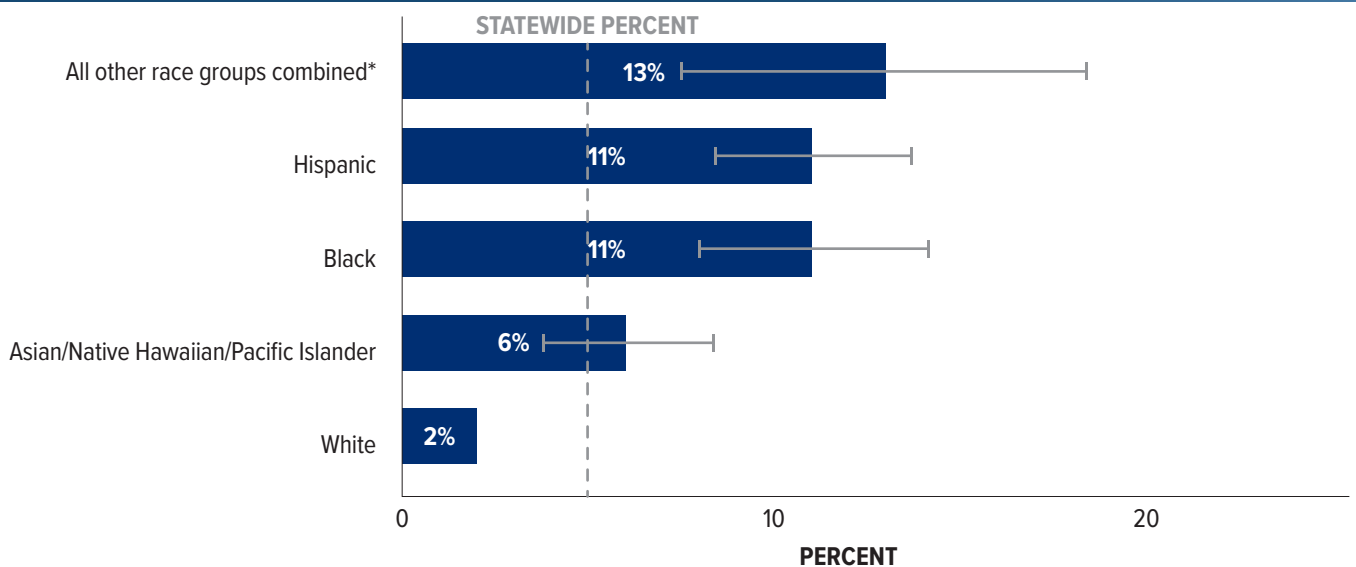
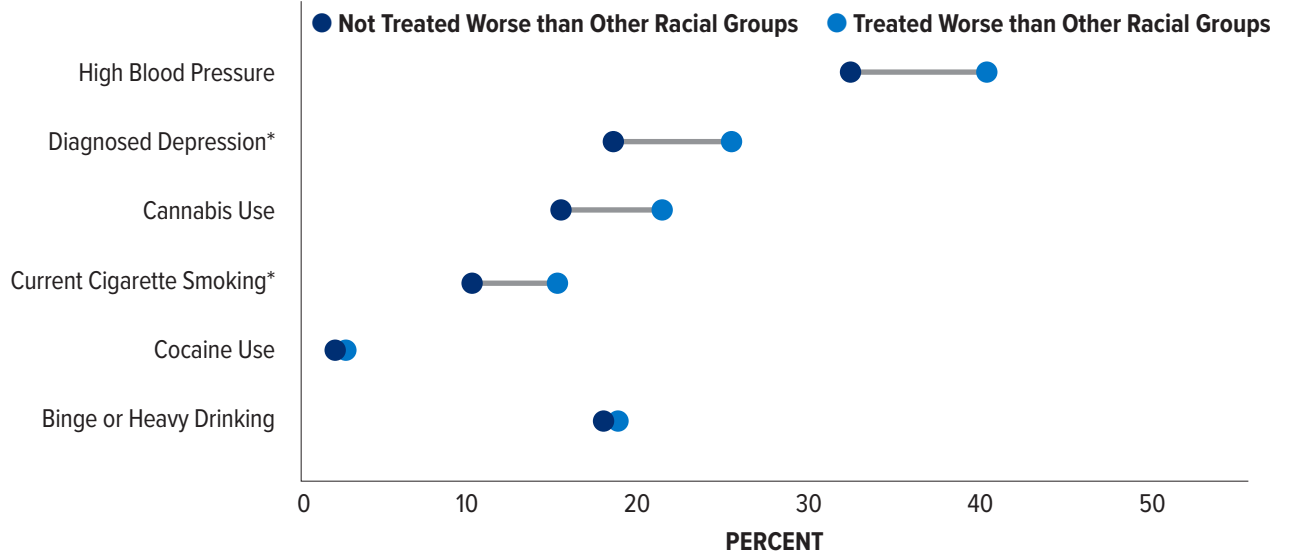
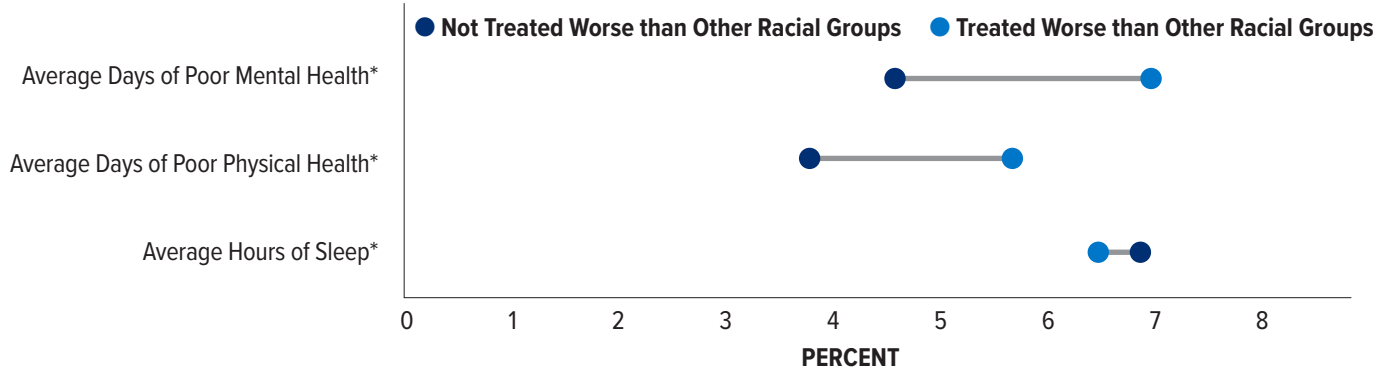


Figure 4. Prevalence of health outcomes and behaviors by experience of discrimination among adults in New York State, Behavioral Risk Factor Surveillance System, 2022



*Indicates statistical significance. Heavy drinking is assessed using drinks per week. Cannabis use and binge drinking are assessed within the last 30 days. Cocaine use is assessed within the past 12 months.

Figure 5. Average health outcomes by experience of discrimination among adults in New York State, Behavioral Risk Factor Surveillance System, 2022



*Indicates statistical significance.

Table 1. Demographics among adults who reported being treated worse than people of other races in New York State, Behavioral Risk Factor Surveillance System, 2022

Do you feel that in general you were treated worse than, the same as, or better than people of other races?	Experienced Discrimination	
	% Treated Worse	95% CI
New York State [N = 16,996]	9.3	8.4-10.2
Sex^a		
Female	10.0	8.6-11.5
Male	8.4	7.3-9.6
Sexual Orientation and Gender Identity		
Lesbian, gay, bisexual, transgender, queer/questioning, and intersex	11.4	8.3-14.6
Heterosexual/straight and cisgender ^b	9.2	8.2-10.2
Perceived Race/Ethnicity^c		
Asian, Native Hawaiian, Pacific Islander	13.0	9.5-16.5
Black, non-Hispanic	29.3	25.1-33.5
Hispanic	11.0	8.2-13.8
White, non-Hispanic	3.3	2.7-4.0
All other race groups combined, non-Hispanic ^d	13.8	8.4-19.2
Annual Household Income		
Less than \$25,000	11.5	8.9-14.1
\$25,000-\$49,999	11.0	8.9-13.1
\$50,000-\$74,999	10.3	7.2-13.4
\$75,000 or more	8.8	7.1-10.5
Missing ^e	6.5	5.0-8.0
Educational Attainment		
Less than high school	10.5	6.4-14.5
High school or GED	8.2	6.6-9.9
Some post-high school	9.7	8.0-11.5
College graduate	9.2	7.9-10.6
Disability^f		
No	8.2	7.1-9.3
Yes ^f	12.5	10.5-14.4
Region		
New York City	12.5	10.9-14.1
New York State excluding New York City	7.3	6.2-8.4
Employment Status		
Employed	10.3	8.9-11.7
Unemployed	13.9	9.6-18.1
Not in labor force	6.8	5.7-7.9
Health Care Coverage		
Private Health Insurance	10.2	8.7-11.7
Medicare ^g	6.4	4.6-8.2
Medicaid	12.3	9.7-14.9
Other Insurance ^h	6.4	4.1-8.6
No Healthcare Insurance	12.0	7.9-16.1

Table 1. Demographics among adults who reported being treated worse than people of other races in New York State, Behavioral Risk Factor Surveillance System, 2022

Do you feel that in general you were treated worse than, the same as, or better than people of other races?	Experienced Discrimination	
	% Treated Worse	95% CI
New York State [N = 16,996]	9.3	8.4-10.2
Lack of reliable transportation		
Yes	23.8	16.5-31.1
No	8.7	7.3-10.1
Wasn't able to pay for mortgage, rent or utilities		
Yes	18.2	13.2-23.2
No	8.6	7.1-10.0
High blood pressure		
Yes	11.9	9.3-14.5
No	8.9	7.2-10.6
Diagnosed depression		
Yes	12.2	10.1-14.4
No	8.5	7.5-9.5
Cannabis useⁱ		
Yes	11.6	8.3-15.0
No	8.3	7.0-9.6
Current smoking cigarettes^j		
Yes	12.4	8.9-16.0
No	8.8	7.8-9.7
Cocaine use		
Yes	9.9	2.5-17.2
No	9.4	8.5-10.4
Binge or heavy drinking^k		
Yes	9.1	7.2-11.1
No	9.4	8.3-10.5
	Mean	Standard Error
Average days of poor physical health	5.7	0.6
Average days of poor mental health	7.0	0.5
Average number of hours of sleep per 24 hours	6.5	0.1

Notes: CI = confidence interval; When comparing estimates, the 95% confidence interval (95% CI) provides the statistical range containing the true population percentage with a 95% probability. The width of the confidence interval is influenced by the number of residents surveyed. Although a 95% confidence interval is not a test of statistical significance, estimates whose 95% confidence intervals do not overlap can be considered significantly different. ^aBased on the respondent's sex at birth. If sex at birth is missing, then the respondent's sex is based on gender identity at time of the interview. ^bHeterosexual or straight include people who are sexually oriented toward people of the opposite, usually binary, gender; Cisgender is a person whose current gender corresponds to the sex they were assigned at birth. ^cPerceived Race/Ethnicity is defined as how an individual is usually classified by other people in the US. ^dAll other race groups combined, non-Hispanic includes: American Indian or Alaska Native, non-Hispanic, multi-racial, non-Hispanic, and other race. ^eMissing category included because more than 10% of the sample did not report income. ^fDisability status is defined as a yes if respondents have at least one type of disability (cognitive, mobility, vision, self-care, independent living, or hearing). ^gMedicare includes Medigap. ^hOther Insurance includes Children's Health Insurance Program (CHIP), TRICARE, VA/Military, and Indian Health Services, State sponsored health plan, and other government programs. ⁱCannabis use is defined as yes if respondents used cannabis within the past 30 days. ^jCurrent smoking cigarettes is defined as yes if respondents smoked at least 100 cigarettes in their lifetime and currently smoke on at least some days. ^kBinge drinking is consuming four or more drinks for women and five or more drinks for men on a single occasion in the past month; heavy drinking is consuming eight or more drinks per week for women and fifteen or more drinks per week for men.

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Behavioral Risk Factor Surveillance System Questions



Reactions to Race

1. How do other people usually classify you in this country?
2. How often do you think about your race?
3. Do you feel that in general you were treated worse than, the same as, or better than people of other races?
4. At work, do you feel that in general you were treated worse than, the same as, or better than people of other races?
5. When seeking health care do you feel your experiences were worse than, the same as, or better than for people of other races?
6. Have you experienced any physical symptoms as a result of how you were treated based on your race?

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Program Contributions



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