



New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System (BRFSS) 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 US Territories. The New York Behavioral Risk Factor Surveillance System is administered by the New York State (NYS) 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, 2024

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 NYS Prevention Agenda.

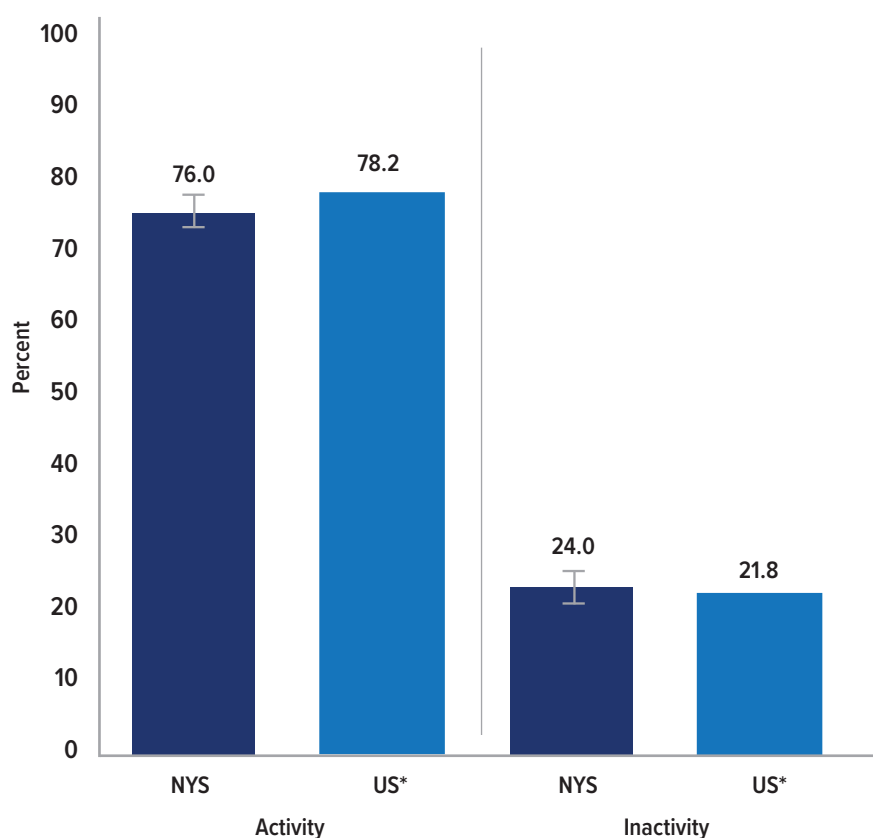
Key Findings



- In New York State, 76.0% of adults engage in some type of physical activity, below the objective of 77.6% established by the New York State Prevention Agenda.
- Physical activity is more prevalent among males, 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 living in lower income households, people with less education, people living with a disability, people with obesity, and people living in New York City.

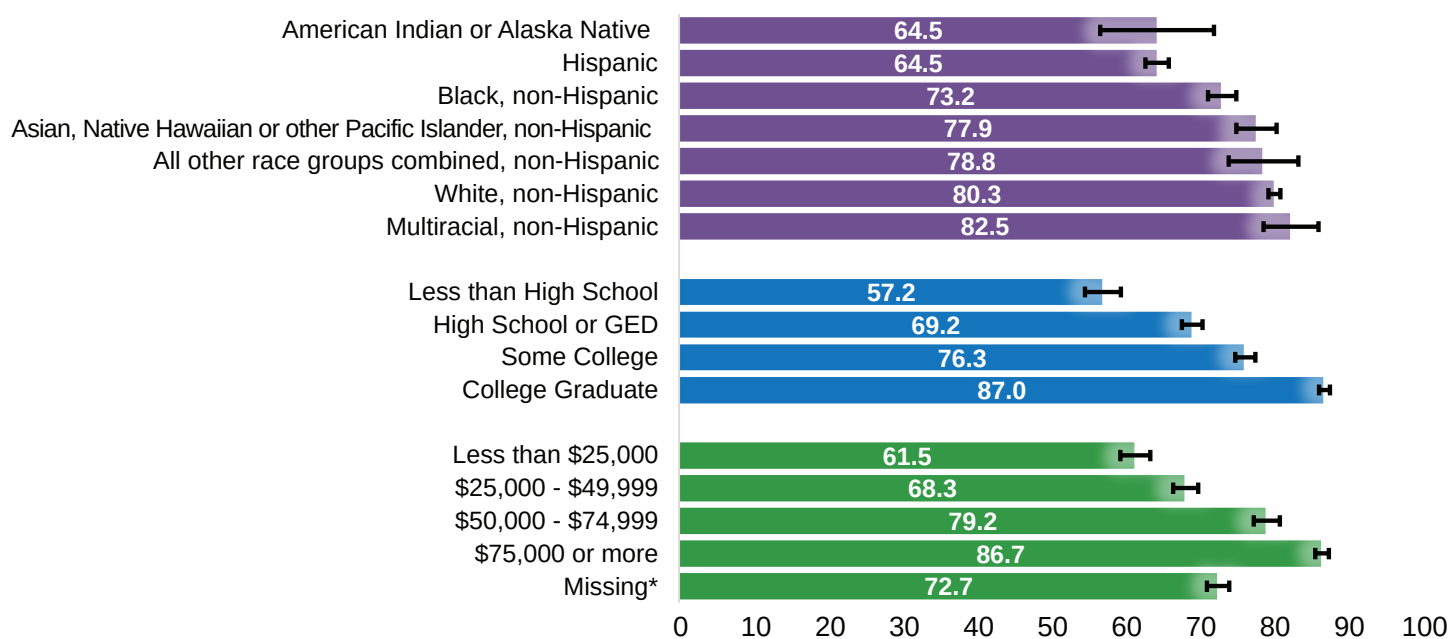


Figure 1. Prevalence of Physical Activity and Inactivity Among NYS and US Adults, Behavioral Risk Factor Surveillance System, 2024



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

Figure 2. Disparities in Prevalence of Physical Activity among NYS Adults (in percentages), Behavioral Risk Factor Surveillance System, 2024



* "Missing" category included because more than 10% of the sample did not report income

Table 1. Prevalence of Physical Activity and Inactivity Among NYS Adults, Behavioral Risk Factor Surveillance System, 2024

	Activity		Inactivity	
	% ^a	95% CI ^b	%	95% CI
NYS Statewide [n=43,913]	76.0	75.4-76.7	24.0	23.3-24.6
Sex^c				
Female	73.5	72.6-74.5	26.5	25.5-27.4
Male	78.7	77.8-79.6	21.3	20.4-22.2
Age (Years)				
18-24	81.5	79.6-83.3	18.5	16.7-20.4
25-34	79.1	77.7-80.5	20.9	19.5-22.3
35-44	75.9	74.3-77.5	24.1	22.5-25.7
45-54	77.1	75.4-78.7	22.9	21.3-24.6
55-64	73.6	71.9-75.3	26.4	24.7-28.1
65+	71.9	70.4-73.4	28.1	26.6-29.6
Race/Ethnicity				
American Indian or Alaska Native	64.5	56.8-72.1	35.5	27.9-43.2
Asian, Native Hawaiian or other Pacific Islander, non-Hispanic	77.9	75.1-80.6	22.1	19.4-24.9
Black, non-Hispanic	73.2	71.3-75.1	26.8	24.9-28.7
Hispanic	64.5	62.9-66.0	35.5	34.0-37.1
Multiracial, non-Hispanic	82.5	78.8-86.2	17.5	13.8-21.2
White, non-Hispanic	80.3	79.5-81.1	19.7	18.9-20.5
All other race groups combined, non-Hispanic ^d	78.8	74.1-83.5	21.2	16.5-25.9
Annual Household Income				
Less than \$25,000	61.5	59.5-63.5	38.5	36.5-40.5
\$25,000-\$49,999	68.3	66.6-70.0	31.7	30.0-33.4
\$50,000-\$74,999	79.2	77.5-81.0	20.8	19.0-22.5
\$75,000 or more	86.7	85.8-87.6	13.3	12.4-14.2
Missing ^e	72.7	71.2-74.2	27.3	25.8-28.8
Educational Attainment				
Less than high school	57.2	54.7-59.6	42.8	40.4-45.3
High school or GED	69.2	67.8-70.6	30.8	29.4-32.2
Some college	76.3	75.0-77.7	23.7	22.3-25.0
College graduate	87.0	86.3-87.8	13.0	12.2-13.7
Disability^f				
Yes	62.9	61.5-64.3	37.1	35.7-38.5
No	81.3	80.6-82.0	18.7	18.0-19.4
Weight Status				
Neither overweight nor obese	80.9	79.7-82.1	19.1	17.9-20.3
Overweight	78.7	77.5-79.8	21.3	20.2-22.5
Obese	69.9	68.6-71.2	30.1	28.8-31.4
Region				
New York City	74.4	73.2-75.6	25.6	24.4-26.8
New York State exclusive of New York City	77.2	76.5-77.9	22.8	22.1-23.5

Notes: ^a% = weighted percentage. ^bCI = confidence interval; When comparing estimates, the 95% confidence interval (95% CI) provides the statistical range containing the true population percentage with a 95% probability. Although a 95% confidence interval is not a test of statistical significance, categories whose 95% confidence intervals do not overlap can be considered significantly different. ^cBased 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. ^dAll other race groups combined, non-Hispanic includes Other race only, non-Hispanic. ^eMissing category included because more than 10% of the sample did not report income. ^fAll respondents who reported at least one type of disability (cognitive, mobility, vision, self-care, independent living or deafness).

References



1. U.S. 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 Survey 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



New York State Department of Health

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