

BRFSS Brief

Number 2022-06

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 BRFSS 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.

Active Transportation

New York State Adults, 2020

Introduction and Key Findings

Regular physical activity has significant benefits across the lifespan including stronger muscles and bones, better weight control, improved mental health, lowered risk of chronic disease, and increased life expectancy. The 2018 Physical Activity Guidelines for Americans recommend adults of all ages and abilities engage in moderate-intensity physical activity for at least 150 minutes per week or vigorous-intensity physical activity for 75 minutes per week.¹ Most adults do not meet this recommendation.

People can increase their physical activity by walking and biking; this is easier when everyday destinations are connected by activity-friendly routes. Active transportation includes such activities as walking or biking for at least ten minutes to get from one place to another. Communities can increase opportunities for active transportation by combining improvements to transportation systems (e.g., pedestrian or cycling paths) with land use and design components (e.g., access to public parks).²

Creating livable communities that support safe and accessible physical activity opportunities for all ages is a major goal of the New York State Prevention Agenda and New York's Health Across All Policies/Age-Friendly NY Initiative.³ These initiatives have identified three priority populations for increasing physical activity: adults aged 65 years and older, adults with less than a high school education, and adults living with disability.

Key Findings

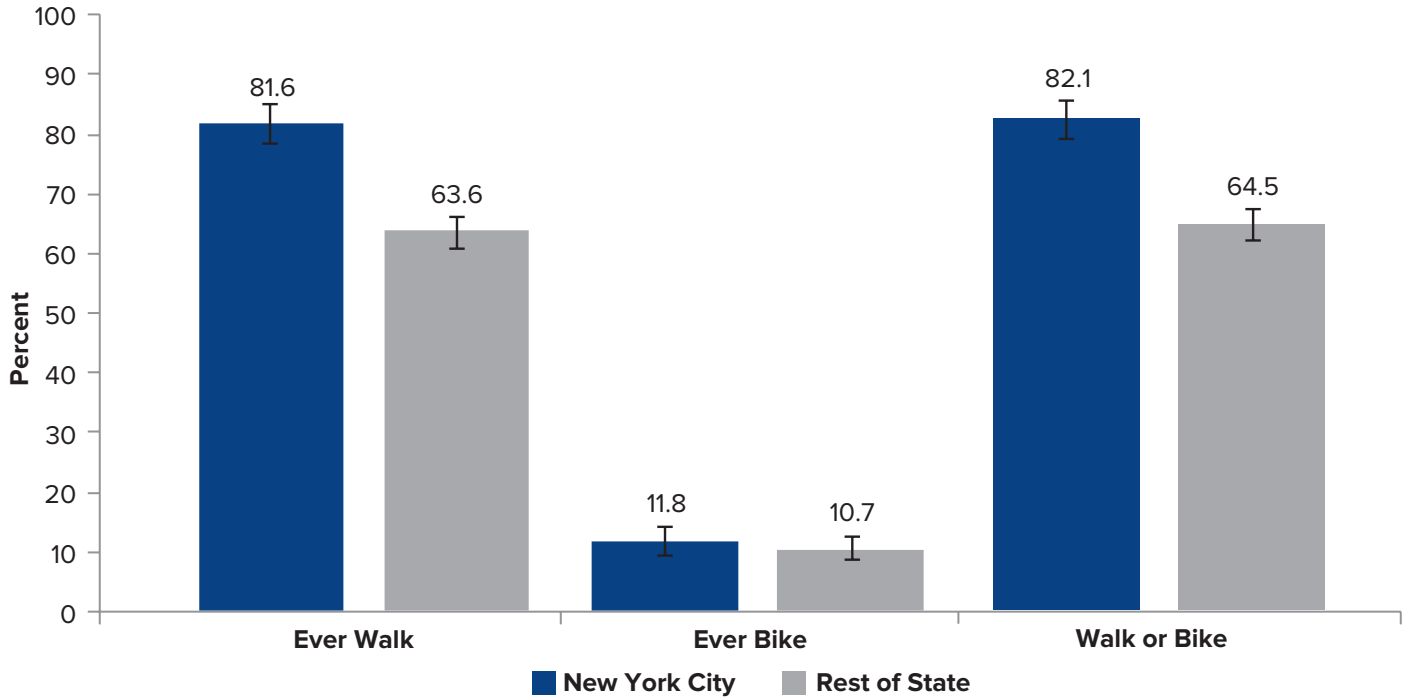
In New York State, 70.6% of adults reported walking for at least ten minutes to get from one place to another in a typical month and 11.1% reported biking. Altogether, 71.3% of adults reported using at least one form of active transportation in a typical month (walking or biking). Use of active transportation is lower among adults who are female (65.7%), living with disability (59.5%), living outside of New York City (64.5%), and among those with obesity (65.6%). Use of active transportation is higher among males (77.7%) and those living in New York City (82.1%). Active transportation (walking or biking) decreased among all New York State adults from 75.3% in 2018 to 71.3% in 2020 (possibly due to the impact of COVID-19), with the most notable decrease among females (from 73.2% to 65.7%).

BRFSS questions

Active transportation includes such activities as walking or biking for at least ten minutes to get from one place to another.

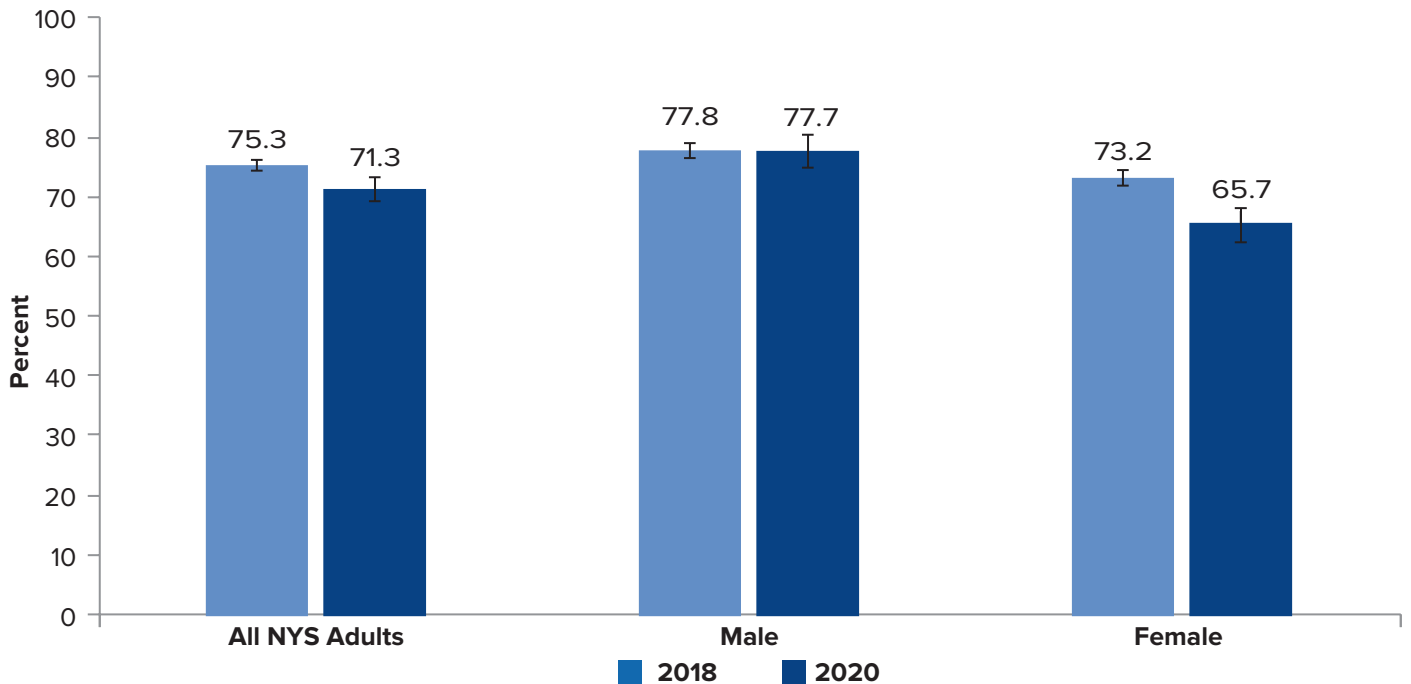
1. In a typical month, do you walk to get from one place to another?
2. In a typical month, do you ride a bike to get from one place to another place?

Figure 1. Active transportation among New York State adults by region, BRFSS 2020



Note: Error bars represent 95% confidence intervals.

Figure 2. Active transportation among all New York State adults and by sex, BRFSS 2018-2020



Note: Walking or biking; error bars represent 95% confidence intervals.

Active Transportation among New York State adults, 2020 BRFSS

	Walking ^a		Biking ^b		Walking or Biking ^c	
	% ^d	95% CI ^d	% ^d	95% CI ^d	% ^d	95% CI ^d
New York State (NYS) [n=14,769]	70.6	68.6-72.6	11.1	9.8-12.5	71.3	69.3-73.3
Sex						
Male	76.0	73.2-78.8	17.2	14.8-19.6	77.7	74.9-80.4
Female	65.8	62.9-68.6	5.8	4.6-7.0	65.7	62.8-68.5
Age (years)						
18-24	74.5	67.6-81.5	14.8	9.4-20.2	75.3	68.4-82.2
25-34	70.9	65.3-76.5	11.6	7.9-15.2	70.7	65.1-76.3
35-44	69.1	64.2-74.0	14.6	11.0-18.2	70.5	65.6-75.3
45-54	69.8	64.5-75.1	14.0	10.2-17.9	72.8	67.8-77.8
55-64	74.6	70.5-78.8	10.0	7.4-12.6	75.1	71.0-79.2
65+	66.6	62.7-70.4	6.0	4.4-7.7	66.5	62.7-70.4
Race/ethnicity						
White, non-Hispanic	68.7	66.2-71.2	12.2	10.4-13.9	69.4	66.9-71.9
Black, non-Hispanic	72.8	67.0-78.6	7.4	3.9-11.0	74.1	68.6-79.7
Hispanic	73.0	67.8-78.2	12.7	9.1-16.4	74.3	69.2-79.4
Other race or multiracial, non-Hispanic ^e	74.6	67.2-81.9	7.0	3.9-10.0	73.4	66.1-80.8
Income						
<\$25,000	71.4	66.8-75.9	9.4	6.6-12.3	72.1	67.6-76.7
\$25,000-\$49,999	69.1	64.1-74.0	6.2	3.9-8.6	70.1	65.3-75.0
\$50,000 and greater	71.5	68.7-74.4	13.7	11.6-15.8	72.5	69.7-75.2
Missing ^f	69.0	64.0-74.0	10.9	7.8-14.0	69.0	64.1-74.0
Educational attainment						
Less than high school (HS)	69.7	62.6-76.8	10.3	5.9-14.7	72.2	65.3-79.0
High school or GED	70.4	66.2-74.6	9.1	6.5-11.7	71.0	66.8-75.1
Some post-HS	66.6	62.6-70.6	10.1	7.5-12.6	66.9	62.9-70.8
College graduate	74.9	72.2-77.5	13.5	11.5-15.6	75.5	72.8-78.1
Disability^g						
Yes	58.9	54.5-63.4	5.0	3.2-6.8	59.5	55.0-63.9
No	74.3	72.1-76.5	13.0	11.4-14.7	75.1	72.9-77.3
Weight status						
Neither overweight nor obese	74.6	71.2-78.1	11.9	9.6-14.2	74.7	71.2-78.1
Overweight	72.6	69.2-76.0	14.0	11.3-16.6	74.1	70.8-77.4
Obese	64.8	60.7-69.0	5.8	4.1-7.6	65.6	61.5-69.7
Region						
New York City (NYC)	81.6	78.5-84.7	11.8	9.6-14.1	82.1	79.1-85.1
NYS exclusive of NYC	63.6	61.0-66.3	10.7	9.1-12.3	64.5	61.9-67.1

^a Walking for at least ten minutes to get from one place to another in a typical month

^b Biking for at least ten minutes to get from one place to another in a typical month

^c Walking or biking for at least ten minutes to get from one place to another in a typical month

^d % = weighted percentage; CI = confidence interval

^e American Indian, Alaskan Native, Asian, Native Hawaiian or other Pacific Islander, other race or multiracial

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

^g All respondents who reported having at least one type of disability (cognitive, mobility, vision, self-care, independent living or deafness)

References

1. US Department of Health and Human Services. 2018 Physical Activity Guidelines for Americans. Hyattsville, MD: US Department of Health and Human Services, 2018. <https://health.gov/paguidelines/second-edition/>
2. Guide to Community Preventive Services. Built Environment Approaches to Increase Physical Activity. <https://www.thecommunityguide.org/content/combined-built-environment-features-help-communities-get-active>. Page accessed: January 24, 2022
3. New York State Prevention Agenda Preventing Chronic Diseases Action Plan available at: https://www.health.ny.gov/prevention/prevention_agenda/2019-2024/

Program Contributions

New York State Department of Health
Bureau of Chronic Disease Evaluation and Research
Bureau of Community Chronic Disease Prevention

Order Information

Copies may be obtained by contacting:

BRFSS Coordinator
New York State Department of Health
Bureau of Chronic Disease Evaluation
and Research
Empire State Plaza
Corning Tower, Rm. 1070
Albany, NY 12237-0679

Or by phone or electronic mail:

(518) 473-0673
or
BRFSS@health.ny.gov
or
www.health.ny.gov



Department
of Health