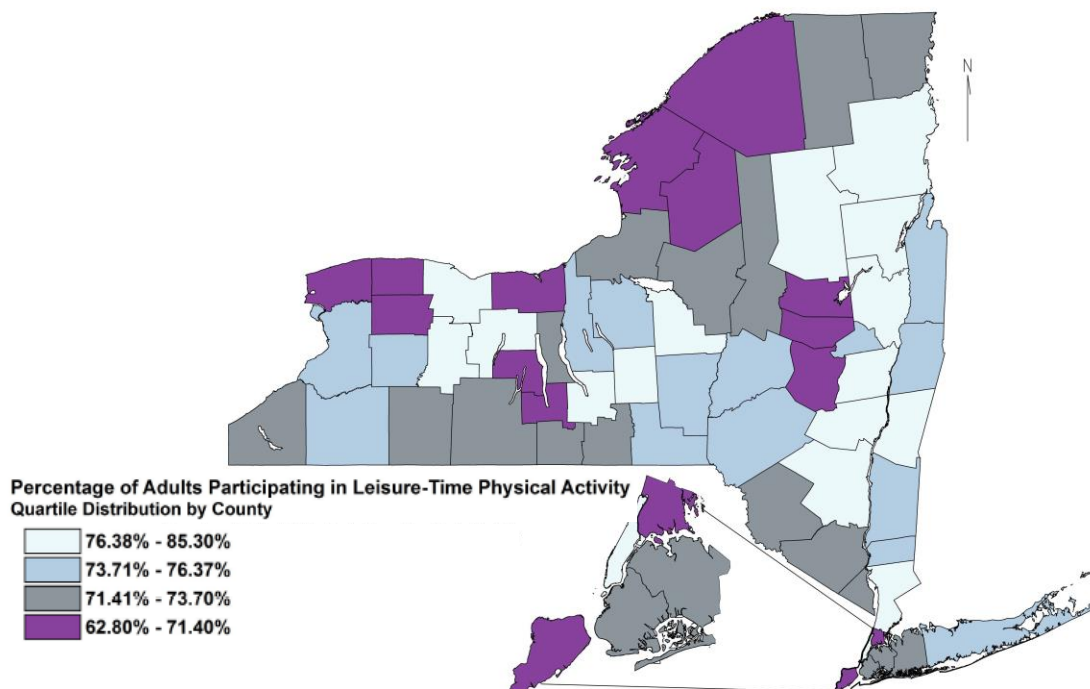


Leisure-Time Physical Activity among New York State Adults by County, BRFSS 2016

Participating in regular physical activity reduces the risk of chronic diseases such as heart disease, stroke, type 2 diabetes, colon and breast cancer, and the risk of premature death. Regular physical activity promotes wellness by aiding weight loss, preventing weight gain, strengthening muscles and bones, relieving arthritis pain, and improving mental health.¹ Most adults (73.7%) in New York State participate in leisure-time physical activity;² participation rates vary by county from 62.8% to 85.3%.

- Counties outside New York City with the highest rates are Tompkins (85.3%), Saratoga (83.0%) and Livingston (81.2%).
- Counties outside New York City with the lowest rates are Lewis (66.2%), Montgomery (67.5%) and Yates (67.5%).
- Among New York City boroughs, the rate is highest in Manhattan (79.7%) and lowest in Bronx (62.8%).

Any Leisure-Time Physical Activity among New York State Adults, by County



Public Health Opportunity

The Prevention Agenda focuses on improving multi-sector environments that support physical activity in New York State. Goals include: supporting active transportation and recreational physical activity in communities; promoting school, childcare, and worksite settings that increase physical activity; and increasing access to indoor and outdoor places for people of all ages and abilities to be physically active.

County level estimates of leisure-time physical activity can be used to identify areas of concern, inform program planning, and evaluate the effectiveness of programs and policies. Local level physical activity programs can also use this information to educate local decision-makers and increase community engagement.

1. New York State Behavioral Risk Factor Surveillance System (BRFSS). Physical Activity, 2015.

https://www.health.ny.gov/statistics/brfss/reports/docs/1706_brfss_physical_activity.pdf

2. Leisure-time physical activity: 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?



Any Leisure-Time Physical Activity among New York State Adults, by County

County	Any leisure-time physical activity (%)	[95%CI]*	County	Any leisure-time physical activity (%)	[95%CI]*
Albany	76.8	[72.4 - 81.2]	Niagara	69.4	[63.3 - 75.6]
Allegany	71.4	[65.9 - 76.9]	Oneida	71.4	[66.1 - 76.6]
Bronx	62.8	[58.0 - 67.5]	Onondaga	75.5	[71.8 - 79.2]
Broome	74.2	[68.0 - 80.3]	Ontario	78.5	[72.9 - 84.2]
Cattaraugus	74.4	[69.8 - 79.0]	Orange	72.2	[67.6 - 76.7]
Cayuga	76.1	[71.3 - 80.9]	Orleans	71.3	[65.2 - 77.4]
Chautauqua	72.4	[68.6 - 76.2]	Oswego	73.6	[67.9 - 79.3]
Chemung	72.9	[67.3 - 78.5]	Otsego	76.3	[70.4 - 82.2]
Chenango	74.3	[68.0 - 80.6]	Putnam	75.3	[69.6 - 81.0]
Clinton	71.4	[66.8 - 76.1]	Queens	72.3	[68.6 - 76.1]
Columbia	81.0	[76.4 - 85.5]	Rensselaer	75.1	[69.6 - 80.5]
Cortland	77.9	[73.0 - 82.8]	Richmond	67.2	[60.8 - 73.6]
Delaware	73.8	[68.1 - 79.4]	Rockland	73.2	[68.0 - 78.4]
Dutchess	74.9	[69.8 - 80.0]	Saratoga	83.0	[79.8 - 86.3]
Erie	74.3	[70.0 - 78.6]	Schenectady	75.1	[69.5 - 80.8]
Essex	76.6	[70.8 - 82.5]	Schoharie	70.8	[63.2 - 78.4]
Franklin	72.1	[66.2 - 78.1]	Schuyler	68.3	[60.1 - 76.5]
Fulton	68.6	[62.5 - 74.6]	Seneca	73.5	[67.8 - 79.3]
Genesee	70.4	[65.4 - 75.3]	St. Lawrence	70.0	[63.6 - 76.3]
Greene	79.1	[73.8 - 84.5]	Steuben	72.7	[66.6 - 78.9]
Hamilton	79.7	[73.7 - 85.7]	Suffolk	74.3	[69.9 - 78.8]
Herkimer	72.0	[66.1 - 77.8]	Sullivan	72.3	[66.7 - 77.9]
Jefferson	71.2	[64.7 - 77.7]	Tioga	73.4	[67.3 - 79.6]
Kings	73.6	[70.4 - 76.8]	Tompkins	85.3	[80.6 - 90.1]
Lewis	66.2	[57.4 - 75.0]	Ulster	79.9	[75.7 - 84.2]
Livingston	81.2	[75.9 - 86.4]	Warren	79.6	[75.1 - 84.1]
Madison	78.2	[71.5 - 85.0]	Washington	75.2	[70.3 - 80.2]
Manhattan	79.7	[76.6 - 82.7]	Wayne	69.8	[64.5 - 75.2]
Monroe	78.7	[74.6 - 82.9]	Westchester	76.4	[72.0 - 80.8]
Montgomery	67.5	[60.5 - 74.6]	Wyoming	74.8	[69.1 - 80.4]
Nassau	72.0	[67.3 - 76.7]	Yates	67.5	[61.2 - 73.8]

* When comparing rates, the 95% confident interval (95% CI) provides the statistical range containing the true population rate with a 95% probability.