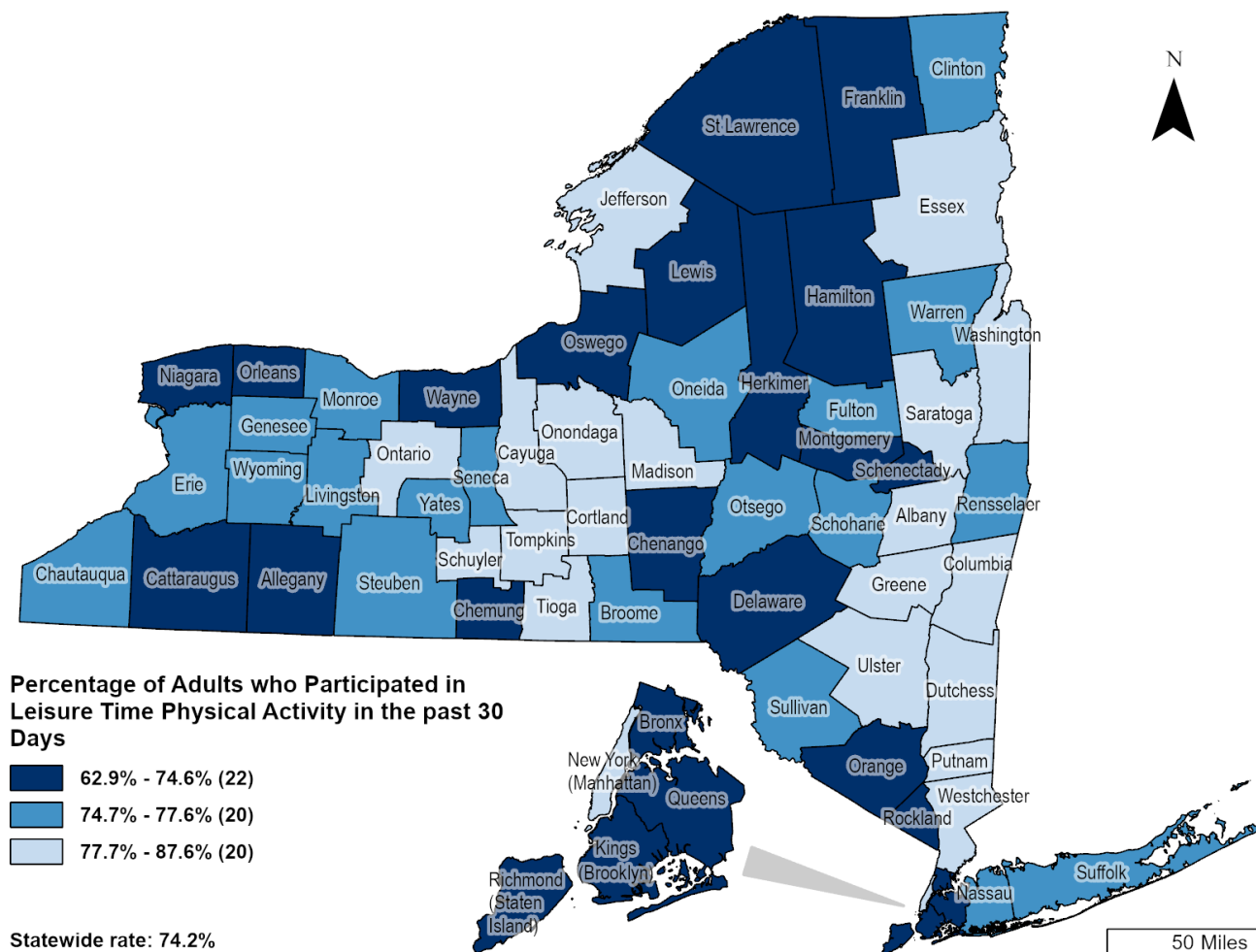


Any Leisure-Time Physical Activity among New York State Adults by County, BRFSS 2021

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 many aspects of wellbeing by aiding weight loss, preventing weight gain, strengthening muscles and bones, relieving arthritis pain, and improving mental health and sleep function.¹ Most adults (74.2%) in New York State participate in leisure-time physical activity;² participation rates vary by county from 62.9% to 87.6%.

- Counties outside New York City with the highest rates of leisure-time physical activity are Tompkins (87.6%), Saratoga (85.5%), and Columbia (83.2%).
- Counties outside New York City with the lowest rates of leisure-time physical activity are Hamilton (62.9%), Lewis (68.3%), and Schenectady (68.5%).
- Among New York City boroughs, the rate of leisure-time physical activity is highest in New York (Manhattan 80.1%) and lowest in Bronx (64.7%).



Public Health Opportunity

The Prevention Agenda focuses on improving multi-sector environments that support physical activity in New York State. Relevant goals include supporting active transportation and recreational physical activity in communities; promoting school, childcare, and worksite environments that increase physical activity; and increasing access to indoor and/or 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 priority areas, inform program planning, and evaluate the effectiveness of programs and policies. Local physical activity programs can also use this information to educate local decision-makers and increase community engagement.

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	80.4	[77.2 - 83.6]	Niagara	72.5	[67.4 - 77.5]
Allegany	72.1	[64.6 - 79.6]	Oneida	75.6	[71.2 - 80.1]
Bronx	64.7	[61.6 - 67.9]	Onondaga	77.9	[74.5 - 81.4]
Broome	77.6	[72.9 - 82.4]	Ontario	79.2	[74.1 - 84.4]
Cattaraugus	71.6	[65.2 - 78.0]	Orange	74.5	[70.1 - 79.0]
Cayuga	79.6	[74.8 - 84.4]	Orleans	74.4	[67.6 - 81.1]
Chautauqua	75.9	[70.6 - 81.2]	Oswego	72.5	[67.2 - 77.8]
Chemung	73.4	[68.3 - 78.5]	Otsego	76.1	[70.0 - 82.2]
Chenango	72.0	[65.6 - 78.4]	Putnam	78.2	[71.9 - 84.4]
Clinton	75.0	[68.8 - 81.2]	Queens	70.9	[68.4 - 73.3]
Columbia	83.2	[78.3 - 88.1]	Rensselaer	77.4	[71.0 - 83.7]
Cortland	78.9	[72.3 - 85.5]	Richmond	74.1	[69.4 - 78.8]
Delaware	74.6	[68.6 - 80.6]	Rockland	71.0	[65.1 - 76.9]
Dutchess	77.7	[72.2 - 83.1]	Saratoga	85.5	[81.5 - 89.5]
Erie	75.2	[72.4 - 78.0]	Schenectady	68.5	[60.8 - 76.1]
Essex	78.4	[73.3 - 83.5]	Schoharie	74.9	[69.2 - 80.7]
Franklin	71.5	[66.1 - 77.0]	Schuyler	77.8	[71.3 - 84.2]
Fulton	76.2	[71.7 - 80.6]	Seneca	76.2	[70.1 - 82.4]
Genesee	75.0	[69.2 - 80.8]	St. Lawrence	74.6	[68.9 - 80.2]
Greene	77.9	[69.4 - 86.4]	Steuben	76.7	[71.7 - 81.7]
Hamilton	62.9	[47.0 - 78.7]	Suffolk	75.0	[72.5 - 77.6]
Herkimer	72.1	[65.9 - 78.3]	Sullivan	74.8	[67.2 - 82.5]
Jefferson	78.2	[75.0 - 81.5]	Tioga	79.3	[73.7 - 84.8]
Kings	74.5	[72.3 - 76.8]	Tompkins	87.6	[81.7 - 93.5]
Lewis	68.3	[60.8 - 75.8]	Ulster	82.7	[77.2 - 88.2]
Livingston	76.3	[68.9 - 83.7]	Warren	76.3	[71.6 - 80.9]
Madison	79.2	[73.5 - 85.0]	Washington	78.3	[73.6 - 83.0]
Monroe	77.1	[74.4 - 79.7]	Wayne	70.4	[64.6 - 76.1]
Montgomery	72.7	[67.1 - 78.4]	Westchester	79.0	[75.9 - 82.1]
Nassau	77.3	[74.6 - 79.9]	Wyoming	74.9	[66.2 - 83.5]
New York	80.1	[77.8 - 82.4]	Yates	76.6	[70.1 - 83.0]

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

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

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?

Contact: For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2023-06 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm