



NYS BRFSS 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 BRFSS is administered by the New York State (NYS) Department of Health (DOH) 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, 2021



Introduction

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 Approximately one-half of adults in New York State (NYS) do not meet this recommendation.²

Active transportation, such as walking or biking to get from one place to another, provides opportunities for people to be physically active as part of their daily lives. This is easier to do when everyday destinations are connected by activity-friendly routes. Communities can increase opportunities for active transportation by combining improvements to transportation systems (e.g., pedestrian or bicycling paths) with land use and community design components (e.g., access to community or neighborhood destinations such as stores and parks).³

Health Equity

People living in urban and rural communities in NYS should have access to safe and inclusive physical activity opportunities to achieve optimal health and decrease risk factors for chronic diseases. Creating community environments, policies, and systems that support walkable and bikeable communities, while also increasing efforts to reduce health disparities and inequities, is a major goal of the NYS Prevention Agenda and New York's Health Across All Policies/Age-Friendly NY Initiative.⁴

Key Findings

- In NYS, 66.6% of adults reported walking for at least ten minutes to get from one place to another in a typical month and 10.5% reported biking. Altogether, 67.6% of adults reported using at least one form of active transportation in a typical month (walking or biking).
- Use of active transportation was significantly higher among males (71%) than females (64.5%) and people living in New York City (NYC) (83.2%) than people living outside of NYC (59.3%).
- Use of active transportation was significantly lower among adults who live with disability (60.2%), have obesity (60.9%), live in rural areas (62.4%) and identify as White, non-Hispanic (63.1%).
- NYS adults reporting the use of active transportation decreased from 2018 to 2021 (see Figure 2).



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Figure 1. Active transportation among New York state adults by region, BRFSS 2021

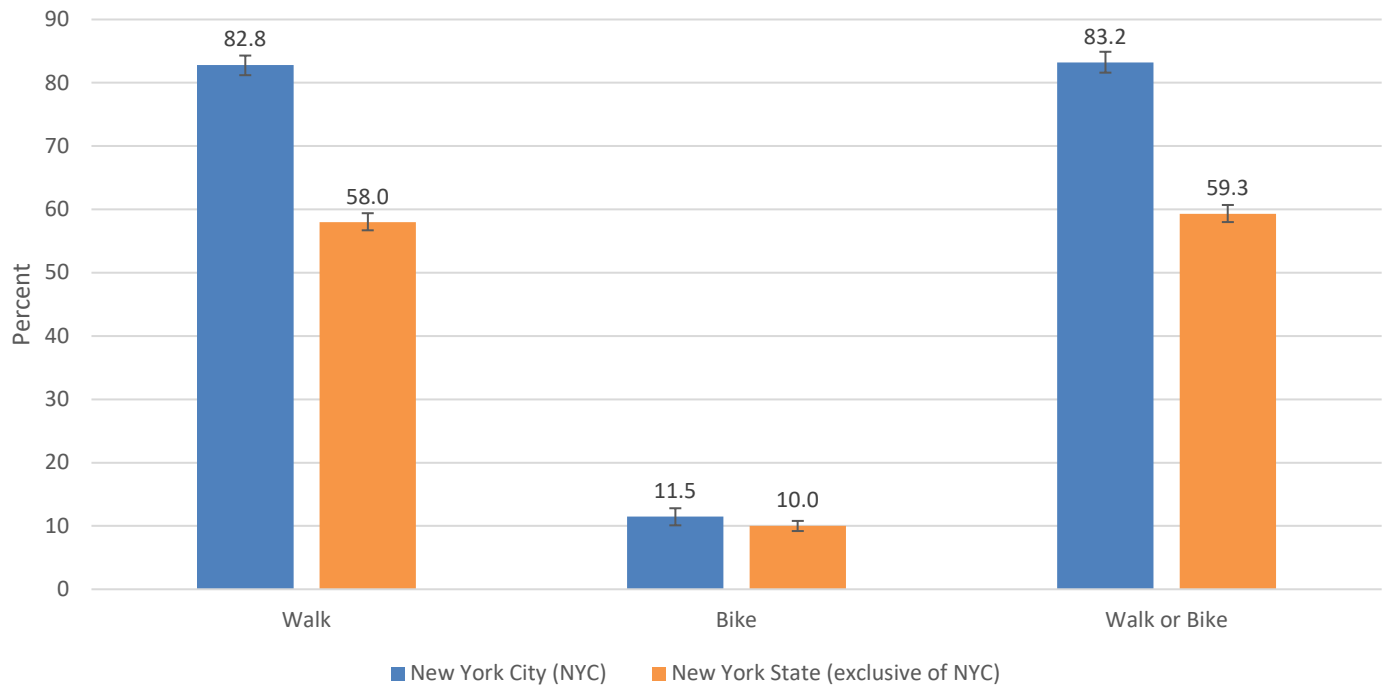
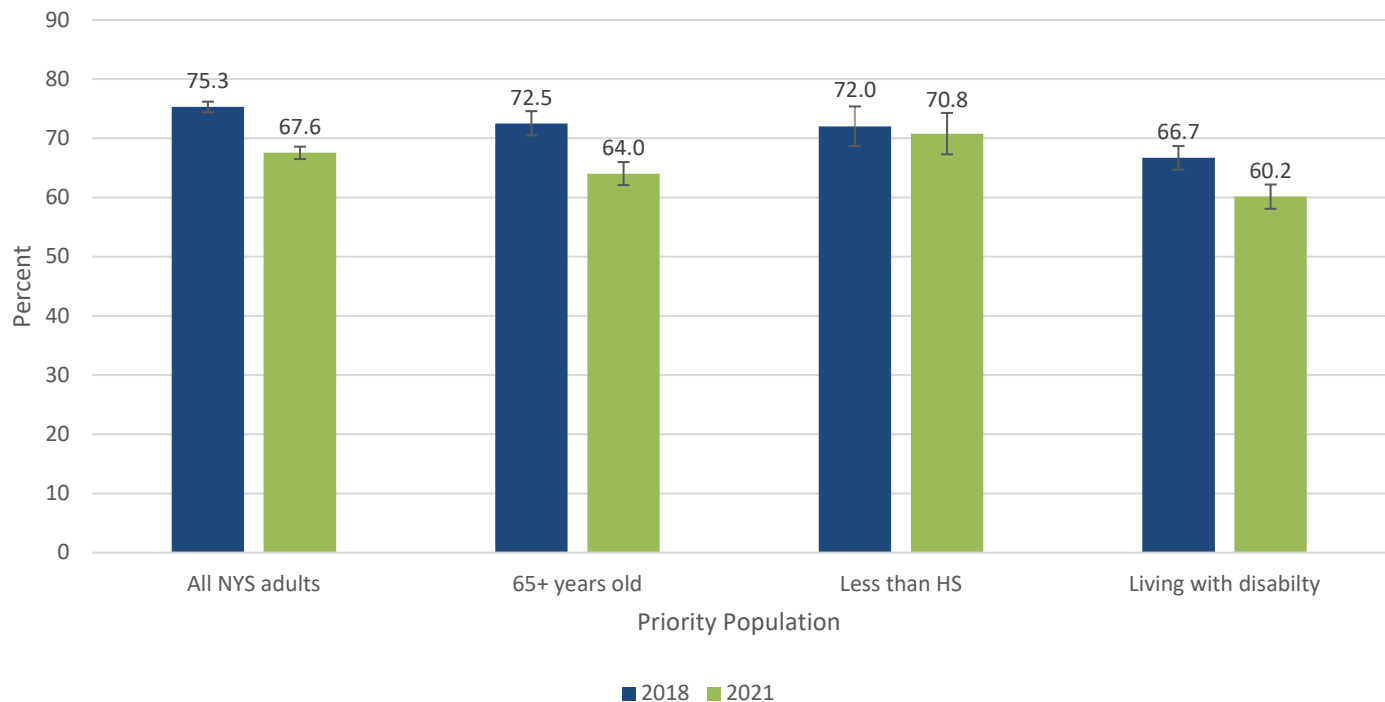


Figure 2. Active transportation (walking or biking) among NYS priority populations*, BRFSS 2018-2021



*NYS Prevention Agenda 2019-2024 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.

Table I. Active transportation among New York state adults, 2021 BRFSS

	Walking ^a		Biking ^b		Walking or Biking ^c	
	% ^d	95% CI ^d	%	95% CI	%	95% CI
NYS Statewide [n=39,095]	66.6	65.5-67.7	10.5	9.8-11.2	67.6	66.5-68.6
Sex						
Male	69.3	67.7-70.9	14.8	13.6-16.0	71.0	69.4-72.5
Female	64.2	62.6-65.7	6.5	5.7-7.3	64.5	63.0-66.0
Age						
18-24	67.4	63.0-71.7	12.2	9.5-14.9	68.8	64.5-73.1
25-34	68.7	65.7-71.7	13.4	11.2-15.7	70.8	67.9-73.7
35-44	66.2	63.4-68.9	12.8	11.0-14.7	67.3	64.6-70.0
45-54	68.3	65.8-70.9	11.5	9.8-13.2	68.9	66.4-71.4
55-64	66.6	64.2-69.0	9.4	7.9-10.9	67.8	65.4-70.1
65+	63.9	62.0-65.9	6.1	5.3-6.9	64.0	62.1-66.0
Race/Ethnicity						
White, non-Hispanic	62.1	60.7-63.6	10.7	9.8-11.6	63.1	61.7-64.5
Black, non-Hispanic	72.3	69.5-75.2	7.1	5.4-8.9	72.4	69.6-75.3
Hispanic	74.4	71.8-76.9	14.0	11.9-16.1	76.2	73.7-78.7
Other Race or Multi-racial, non-Hispanic ^e	69.3	65.5-73.2	8.4	6.4-10.4	70.3	66.5-74.1
Annual Household Income						
<\$25,000	70.3	67.6-72.9	10.4	8.5-12.4	72.2	69.7-74.7
\$25,000-\$49,999	66.8	64.5-69.1	9.3	7.8-10.7	67.7	65.4-69.9
\$50,000 and greater	64.3	62.6-66.1	11.5	10.4-12.5	65.3	63.6-67.0
Missing ^f	68.3	66.1-70.6	9.8	8.3-11.3	68.7	66.5-71.0
Educational Attainment						
Less than high school (HS)	68.1	64.5-71.7	12.0	9.6-14.4	70.8	67.3-74.3
High school or GED	65.0	62.8-67.2	9.1	7.8-10.5	66.2	64.1-68.4
Some post-HS	65.5	63.4-67.6	8.3	7.1-9.5	65.6	63.5-67.7
College graduate	68.0	66.3-69.6	12.4	11.3-13.6	68.8	67.2-70.5
Disability^g						
Yes	59.0	56.9-61.1	8.6	7.3-9.9	60.2	58.1-62.2
No	69.5	68.2-70.7	11.3	10.4-12.1	70.4	69.2-71.7
Weight Status						
Neither overweight nor obese	70.9	68.9-73.0	14.1	12.6-15.7	72.3	70.3-74.3
Overweight	68.5	66.7-70.3	10.6	9.4-11.8	69.5	67.7-71.3
Obese	60.2	58.1-62.3	7.2	6.1-8.3	60.9	58.8-63.0
Urban Rural Status						
Urban	66.8	65.7-67.9	10.6	9.9-11.3	67.7	66.6-68.8
Rural	61.4	57.7-65.1	7.2	5.0-9.4	62.4	58.8-66.0
Region						
New York City (NYC)	82.8	81.2-84.5	11.5	10.1-12.8	83.2	81.6-84.9
NYS exclusive of NYC	58.0	56.7-59.4	10.0	9.2-10.8	59.3	58.0-60.7

^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. [Physical Activity, New York State Adults, 2019](#). New York State BRFSS Brief. No. 2021-19. Albany, NY: New York State Department of Health, Division of Chronic Disease Prevention, Bureau of Chronic Disease Evaluation and Research, 2021.
3. 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
4. New York State Prevention Agenda Preventing Chronic Diseases Action Plan available at: https://www.health.ny.gov/prevention/prevention_agenda/2019-2024/

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BRFSS questions



Active transportation

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?*

Program Contributions



New York State Department of Health

Bureau of Chronic Disease Evaluation and Research

Bureau of Community Chronic Disease Prevention



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