

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Walking as Physical Activity New York State Adults 2005

Introduction

A national priority under Healthy People 2010 is to increase the proportion to 30% of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day. Moderate-intensity activities such as walking have been shown to reduce chronic disease morbidity and mortality.¹⁻ Walking has therefore been promoted by public health campaigns as one of the most accessible ways to be physically active,⁶ is the most frequently reported type of leisure-time physical activity in the United States,⁷ and is relatively common among people that may be otherwise inactive, such as elderly and low-income groups.⁸

BRFSS Questions

*1. In a usual week, do you walk for at least 10 minutes at a time [if employed, insert: *while at work,*] for recreation, exercise, to get to and from places, or for any other reason?*

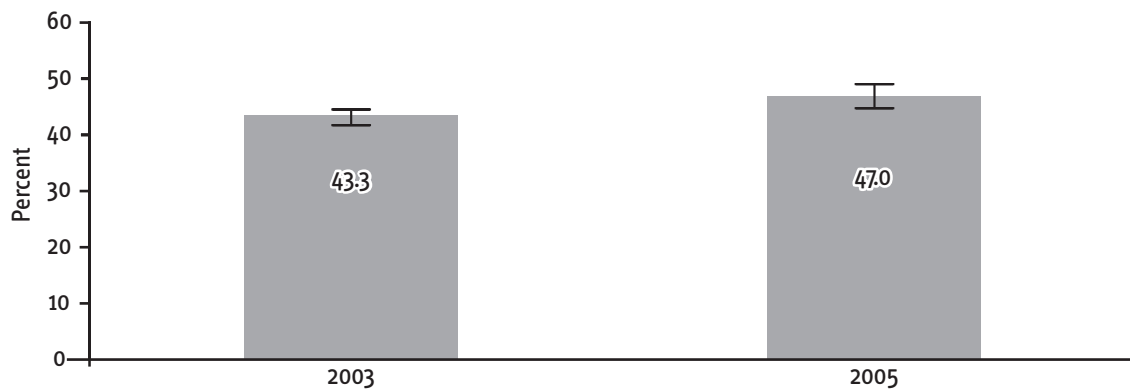
[If “yes”]

2. How many days per week do you walk for at least 10 minutes at a time?

3. On days when you walk for at least 10 minutes at a time, how much total time per day do you spend walking?

Respondents are defined as meeting recommended national guidelines for physical activity through walking if they walk at least 5 days per week for at least 30 minutes per day.

Met recommended physical activity levels by walking,* New York State adults, by BRFSS survey year



* Walked at least 5 days per week for at least 30 minutes per time.

Note: Error bars represent 95% confidence intervals.

Walking as physical activity among New York State adults: 2005 BRFSS

| | ≥ 5 days/week | | ≥ 30 minutes/time | | Met recommended PA levels by walking ^a | |
|---------------------------------------|----------------|---------------------|-------------------|-----------|---|-----------|
| | % ^b | 95% CI ^b | % | 95% CI | % | 95% CI |
| New York State (NYS) [n=3,659] | 67.3 | 65.4-69.2 | 57.0 | 55.0-59.0 | 47.0 | 45.0-49.1 |
| Sex | | | | | | |
| Male | 70.3 | 67.3-73.3 | 58.7 | 55.5-61.9 | 50.5 | 47.2-53.8 |
| Female | 74.6 | 62.2-66.9 | 55.5 | 53.1-58.0 | 44.0 | 41.6-46.4 |
| Age (years) | | | | | | |
| 18-24 | 67.0 | 58.3-75.8 | 62.2 | 53.4-71.1 | 52.1 | 42.8-61.3 |
| 25-34 | 74.1 | 69.6-78.6 | 60.7 | 55.7-65.7 | 51.3 | 46.1-56.5 |
| 35-44 | 69.6 | 65.8-73.4 | 59.5 | 55.4-63.6 | 50.1 | 45.9-54.2 |
| 45-54 | 72.0 | 68.4-75.6 | 57.4 | 53.3-61.5 | 48.5 | 44.4-52.7 |
| 55-64 | 64.2 | 59.9-68.4 | 57.7 | 53.4-62.1 | 46.2 | 41.8-50.5 |
| ≥ 65 | 55.0 | 51.2-58.7 | 45.7 | 41.9-49.4 | 34.8 | 31.1-38.4 |
| Race/ethnicity | | | | | | |
| White non-Hispanic | 67.2 | 65.1-69.3 | 58.5 | 56.3-60.7 | 47.8 | 45.6-50.1 |
| Black non-Hispanic | 64.2 | 57.6-70.8 | 53.7 | 46.8-60.5 | 46.0 | 39.1-53.0 |
| Hispanic | 65.6 | 58.9-72.4 | 51.5 | 44.4-58.6 | 41.8 | 34.7-48.8 |
| Other non-Hispanic | 73.1 | 65.6-80.5 | 57.3 | 48.4-66.2 | 50.1 | 40.9-59.2 |
| Annual household income | | | | | | |
| < \$15,000 | 54.3 | 47.5-61.2 | 45.3 | 38.4-52.2 | 33.8 | 27.3-40.4 |
| \$15,000-\$24,999 | 64.3 | 59.1-69.6 | 53.4 | 47.9-58.9 | 44.5 | 38.9-50.1 |
| \$25,000-\$34,999 | 69.2 | 63.4-74.9 | 59.4 | 53.3-65.4 | 49.2 | 42.7-55.7 |
| \$35,000-\$49,999 | 69.4 | 64.2-74.6 | 63.9 | 58.7-69.1 | 53.3 | 48.0-58.6 |
| \$50,000-\$74,999 | 70.3 | 66.1-74.5 | 63.4 | 58.8-68.0 | 52.9 | 48.1-57.6 |
| ≥ \$75,000 | 72.4 | 68.9-76.0 | 59.6 | 55.7-63.5 | 49.5 | 45.6-53.5 |
| Missing ^c | 60.8 | 55.0-66.6 | 45.4 | 39.3-51.6 | 37.3 | 31.2-43.4 |
| Educational attainment | | | | | | |
| Less than high school | 56.1 | 47.7-65.5 | 50.4 | 41.8-58.9 | 38.3 | 29.6-47.0 |
| High school or GED | 66.8 | 63.4-70.3 | 54.4 | 50.6-58.1 | 46.0 | 42.2-49.8 |
| Some post-high school | 69.2 | 65.5-72.9 | 62.2 | 58.2-66.1 | 51.8 | 47.6-55.9 |
| College graduate | 68.9 | 66.0-71.7 | 57.5 | 54.5-60.5 | 47.0 | 44.0-50.1 |
| Disability^d | | | | | | |
| Yes | 56.2 | 52.0-60.3 | 45.9 | 41.6-50.2 | 35.8 | 31.6-40.0 |
| No | 69.8 | 67.7-71.9 | 59.5 | 57.3-61.8 | 49.6 | 47.3-51.9 |
| Region | | | | | | |
| New York City (NYC) | 72.6 | 69.3-75.9 | 57.6 | 53.8-61.4 | 49.3 | 45.5-53.2 |
| NYS exclusive of NYC | 65.1 | 62.8-67.3 | 56.8 | 54.5-59.1 | 46.1 | 43.7-48.5 |

^a Walked at least 5 days per week for at least 30 minutes per day; PA = physical activity.

^b % = weighted percentage; CI = confidence interval.

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

^d All respondents who report activity limitations due to physical, mental, or emotional problems OR have health problems that require the use of special equipment.

References

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