

*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.*

## Physical Activity New York State Adults 2005

### Introduction

Large numbers of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity. There is evidence that accumulating 30 minutes per day of moderate to vigorous physical activity can reduce risk of heart disease<sup>1</sup>, type 2 diabetes<sup>2</sup>, osteoporosis<sup>3</sup>, depression<sup>4</sup>, obesity<sup>5</sup>, and some cancers. The activity can be accumulated in 10-minute bouts, and the benefits increase with additional activity.

### BRFSS Questions

#### Leisure-time physical activity

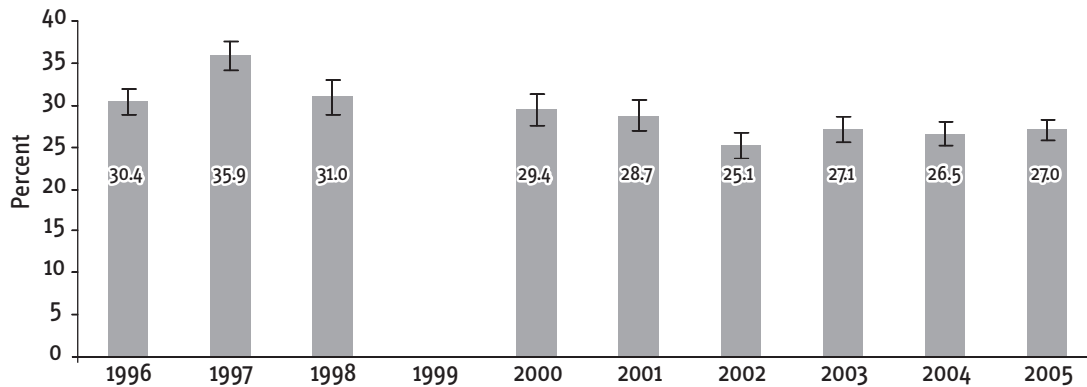
1. *During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?*

#### Physical activity

*We are interested in two types of physical activity – vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.*

1. *Now, thinking about the moderate activities you do [when you are not working] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?*
2. *How many days per week do you do these moderate activities for at least 10 minutes at a time?*
3. *On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?*
4. *Now, thinking about the vigorous activities you do [when you are not working] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?*
5. *On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?*

### Leisure-time physical inactivity\* among New York State adults, by BRFSS survey year

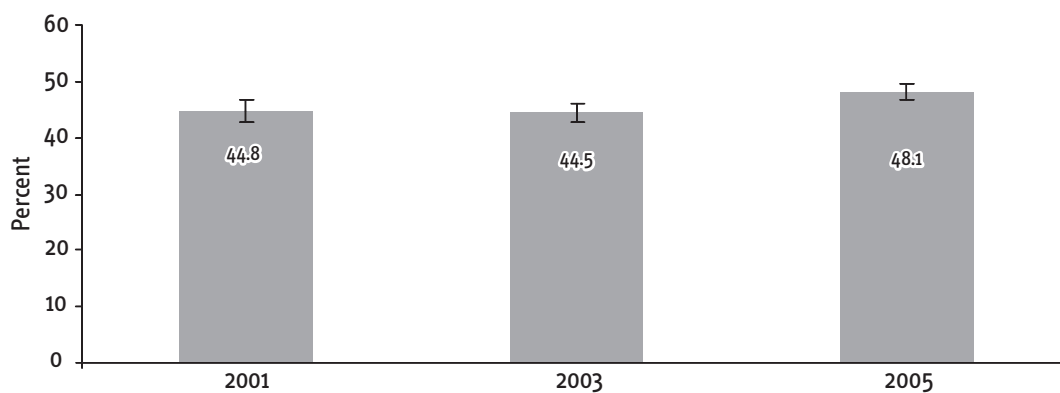


\* Other than regular job, no participation during the past month in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise.

Note: Data on leisure-time physical activity not collected in 1999 New York BRFSS.

Note: Error bars represent 95% confidence intervals.

### Met recommended level for physical activity,\* New York State adults, by BRFSS survey year



\* Met either the moderate- or vigorous-intensity level.

Note: Error bars represent 95% confidence intervals.

**Participation in levels of physical activity among New York State adults: 2005 BRFSS**

	Physical activity levels <sup>b</sup>							
	No LTPA <sup>a</sup> [n=7,778]		Moderate <sup>c</sup> [n=7,130]		Vigorous <sup>d</sup> [n=7,278]		Recommended <sup>e</sup> [n=7,109]	
	% <sup>f</sup>	95% CI <sup>f</sup>	%	95% CI	%	95% CI	%	95% CI
<b>New York State (NYS)</b>	27.0	25.7-28.4	36.1	34.7-37.6	27.3	25.9-28.7	48.1	46.6-49.6
<b>Sex</b>								
Male	25.1	22.9-27.2	35.7	33.4-38.1	31.2	29.0-33.5	49.5	47.0-51.9
Female	28.9	27.2-30.5	36.5	34.7-38.3	23.8	22.2-25.5	46.9	45.0-48.7
<b>Age (years)</b>								
18-24	25.7	20.0-31.5	38.7	32.1-45.3	46.5	39.8-53.1	60.6	54.0-67.2
25-34	23.5	20.3-26.6	35.1	31.5-38.6	32.7	29.3-36.2	49.0	45.2-52.8
35-44	23.3	20.6-25.9	35.7	32.8-38.6	28.1	25.4-30.8	47.9	44.8-51.0
45-54	27.0	24.2-29.7	38.0	35.0-41.0	25.7	23.1-28.3	48.4	45.3-51.4
55-64	29.4	26.3-32.4	37.1	33.8-40.3	21.8	18.9-24.6	47.1	43.7-50.5
≥ 65	35.2	32.5-38.0	33.2	30.2-36.0	14.4	12.1-16.7	39.3	36.4-42.3
<b>Race/ethnicity</b>								
White, non-Hispanic	22.6	21.3-24.0	39.8	38.2-41.4	28.9	27.3-30.4	51.2	49.6-52.8
Black, non-Hispanic	32.8	28.4-37.2	32.0	27.6-36.4	24.8	20.6-29.0	44.6	39.9-49.3
Hispanic	40.1	35.5-44.7	26.6	22.2-31.1	21.5	17.3-25.7	38.5	33.6-43.4
Other, non-Hispanic	25.1	20.5-29.8	34.2	28.1-40.3	29.3	23.9-34.8	48.3	42.2-54.4
<b>Annual household income</b>								
< \$15,000	45.9	40.9-50.8	23.5	19.4-27.6	14.6	11.0-18.1	33.5	28.7-38.3
\$15,000-\$24,999	37.3	33.2-41.3	32.6	28.5-36.8	20.6	17.0-24.3	42.0	37.7-46.3
\$25,000-\$34,999	27.2	23.2-31.1	37.6	32.6-42.5	25.3	20.8-29.8	48.6	43.7-53.6
\$35,000-\$49,999	24.3	20.8-27.8	40.8	36.9-44.7	27.5	23.9-31.2	50.2	46.2-54.2
\$50,000-\$74,999	18.4	15.7-21.1	40.1	36.5-43.7	33.3	29.8-36.7	53.4	49.9-57.0
≥ \$75,000	14.7	12.8-16.7	38.9	36.2-41.6	36.6	33.8-39.3	55.1	52.3-57.9
Missing <sup>g</sup>	34.9	30.8-39.0	33.7	29.4-38.0	21.4	17.6-25.3	43.6	39.1-48.0
<b>Educational attainment</b>								
Less than high school	45.4	40.1-50.8	30.1	24.5-35.8	20.3	15.5-25.2	39.9	34.1-45.7
High school or GED	35.7	33.0-38.3	34.8	32.1-37.6	23.2	20.7-25.6	44.7	41.9-47.6
Some post-high school	24.9	22.2-27.6	36.7	33.7-39.7	26.5	23.7-29.3	47.6	44.5-50.8
College graduate	15.8	14.2-17.5	38.6	36.4-40.8	32.9	30.7-35.1	53.2	50.9-55.4
<b>Disability<sup>h</sup></b>								
Yes	41.0	38.0-44.0	29.0	26.0-32.0	14.5	12.2-16.9	35.1	32.0-38.2
No	23.6	22.1-25.1	37.7	36.1-39.4	30.4	28.8-32.0	51.1	49.4-52.8
<b>Region</b>								
New York City (NYC)	32.0	29.5-34.6	33.4	30.8-36.0	24.8	22.4-27.3	45.1	42.4-47.9
NYS exclusive of NYC	24.2	22.7-25.6	37.6	35.9-39.4	28.7	27.1-30.4	49.8	48.0-51.5

<sup>a</sup> No LTPA = No leisure-time physical activity during the past month.

<sup>b</sup> Reported measures of physical activity are not mutually exclusive. Rows do not sum to 100 percent.

<sup>c</sup> Moderate-intensity physical activity outside of work, 30 minutes or more a day at least 5 days a week.

<sup>d</sup> Vigorous-intensity physical activity outside of work, 20 minutes or more a day at least 3 days a week.

<sup>e</sup> Met either the moderate or vigorous criteria.

<sup>f</sup> % = weighted percentage; CI = confidence interval.

<sup>g</sup> "Missing" category included because more than 10% of the sample did not report income.

<sup>h</sup> 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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2. Knowler WC, Barret-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, Nathan DM for the Diabetes Prevention Program Research Group. Reduction on the incidence of type2 diabetes with lifestyle intervention or Metformin. *New England Journal of Medicine* 2002; 346:393-403.
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4. Pollock KM. Exercise in treating depression: broadening the psychotherapist's role. *Journal of Clinical Psychology* 2001; 157:1289-1300.
5. Jakicic JM, Otto AD. Physical activity considerations for the treatment and prevention of obesity. *American Journal of Clinical Nutrition* 2005; 82 (Suppl):226S-229S.

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