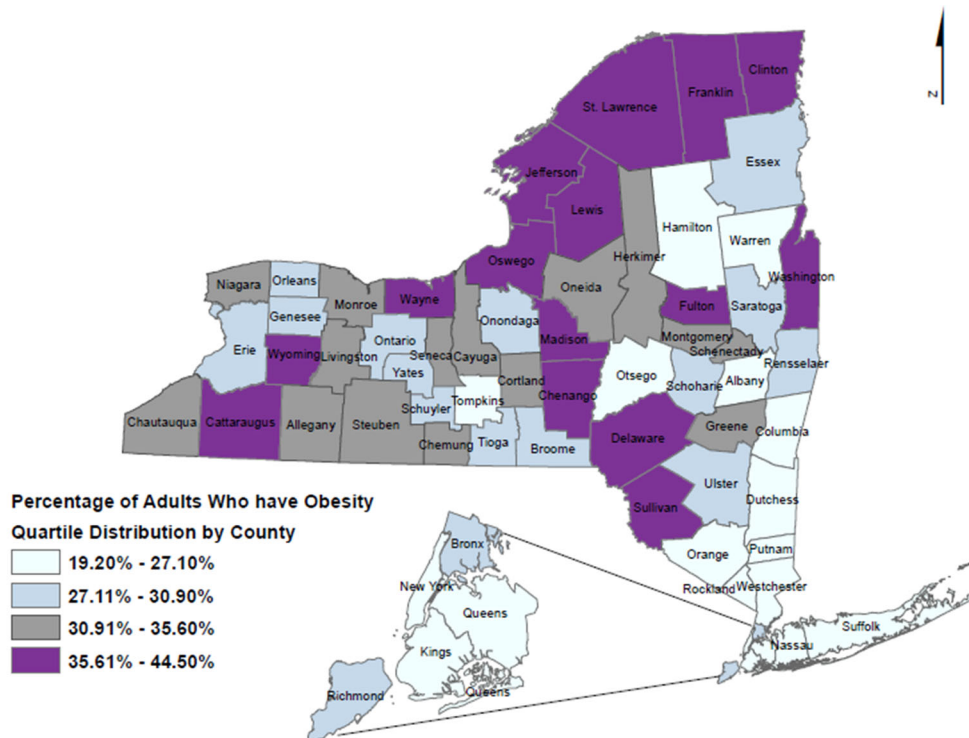


Prevalence of Obesity among New York State Adults by County, BRFSS 2018

More than one-quarter (27.6%) of adults in New York State (NYS) have obesity.^{1,2} Obesity is a significant risk factor for many chronic diseases and conditions including type 2 diabetes, asthma, high blood pressure, high cholesterol, stroke, heart disease, certain types of cancer, psychosocial problems, and osteoarthritis. Many of these conditions contributed to increased fatalities from COVID-19.³ Within NYS, the prevalence of obesity varies by county from 19.2% to 44.5%.

- Counties outside New York City with the highest obesity prevalence are Oswego (44.5%), Franklin (44.4%) and Wayne (41.4%).
- Counties outside New York City with the lowest obesity prevalence are Tompkins (20.2%), Westchester (23.5%), and Nassau (23.6%).
- Among New York City boroughs, obesity prevalence is highest in Bronx (30.5%) and lowest in New York (Manhattan 19.2%).

Prevalence of Obesity among New York State Adults, BRFSS 2018



Public Health Opportunity

To reduce the prevalence of obesity in NYS, the Prevention Agenda focuses on creating community environments that promote and support healthy eating, food security, and physical activity. Relevant goals include: reducing obesity; increasing access to healthy and affordable foods and beverages; increasing skills and knowledge to support healthy food and beverage choices; increasing food security; improving community environments that support active transportation and recreational physical activity; promoting school, child care and worksite environments that increase physical activity; and increasing access to safe indoor and/or outdoor places for physical activity.

County-level estimates can be used to identify priority areas, inform program planning, and evaluate the effectiveness of programs and policies. Local level obesity prevention 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). Overweight and Obesity, 2018.
https://www.health.ny.gov/statistics/brfss/reports/docs/2003_brfss_overweight_and_obesity.pdf

² About how much do you weigh without shoes? About how tall are you without shoes?

³ New York State Department of Health COVID 19 Tracker: [NYSDOH COVID-19 Tracker](#)

Prevalence of Obesity among New York State Adults, by County

County	Percent of adults who have obesity (%)	[95%CI]*	County	Percent of adults who have obesity (%)	[95%CI]*
Albany	26.9	[22.6 - 31.1]	Niagara	32.0	[26.0 - 38.0]
Allegany	34.5	[27.4 - 41.6]	Oneida	33.7	[28.5 - 39.0]
Bronx	30.5	[27.0 - 34.1]	Onondaga	28.8	[23.6 - 34.0]
Broome	30.7	[25.4 - 36.1]	Ontario	30.6	[23.0 - 38.3]
Cattaraugus	38.2	[32.8 - 43.5]	Orange	24.2	[19.5 - 28.8]
Cayuga	33.9	[27.3 - 40.5]	Orleans	30.0	[17.9 - 42.0]
Chautauqua	33.4	[28.4 - 38.4]	Oswego	44.5	[36.3 - 52.7]
Chemung	33.9	[28.1 - 39.8]	Otsego	25.8	[19.9 - 31.6]
Chenango	38.1	[31.4 - 44.8]	Putnam	27.0	[18.8 - 35.1]
Clinton	36.7	[31.0 - 42.3]	Queens	25.3	[22.7 - 27.9]
Columbia	24.3	[19.0 - 29.6]	Rensselaer	30.9	[24.9 - 36.9]
Cortland	34.4	[23.9 - 45.0]	Richmond	29.9	[24.3 - 35.5]
Delaware	35.9	[28.8 - 43.0]	Rockland	26.2	[20.9 - 31.4]
Dutchess	26.6	[21.7 - 31.5]	Saratoga	30.1	[25.2 - 34.9]
Erie	30.0	[25.8 - 34.2]	Schenectady	33.7	[27.7 - 39.7]
Essex	30.6	[24.6 - 36.6]	Schoharie	29.7	[20.5 - 38.8]
Franklin	44.4	[37.8 - 51.1]	Schuyler	27.6	[20.1 - 35.1]
Fulton	38.3	[31.4 - 45.2]	Seneca	31.2	[23.9 - 38.4]
Genesee	28.8	[21.7 - 35.8]	St. Lawrence	40.9	[35.3 - 46.6]
Greene	34.5	[26.3 - 42.8]	Steuben	35.4	[30.0 - 40.9]
Hamilton	27.1	[18.3 - 36.0]	Suffolk	26.3	[23.2 - 29.3]
Herkimer	34.5	[28.0 - 41.0]	Sullivan	38.0	[31.1 - 45.0]
Jefferson	37.9	[31.8 - 44.0]	Tioga	30.0	[23.0 - 37.1]
Kings	26.6	[24.1 - 29.2]	Tompkins	20.2	[15.0 - 25.5]
Lewis	38.2	[28.6 - 47.7]	Ulster	28.2	[22.9 - 33.5]
Livingston	35.6	[27.6 - 43.6]	Warren	25.2	[19.9 - 30.5]
Madison	37.2	[27.4 - 46.9]	Washington	38.7	[31.7 - 45.8]
Monroe	33.1	[28.2 - 38.0]	Wayne	41.4	[34.0 - 48.9]
Montgomery	31.6	[25.0 - 38.1]	Westchester	23.5	[19.7 - 27.3]
Nassau	23.6	[20.4 - 26.8]	Wyoming	38.4	[29.4 - 47.3]
New York	19.2	[16.6 - 21.8]	Yates	28.8	[22.6 - 35.0]

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