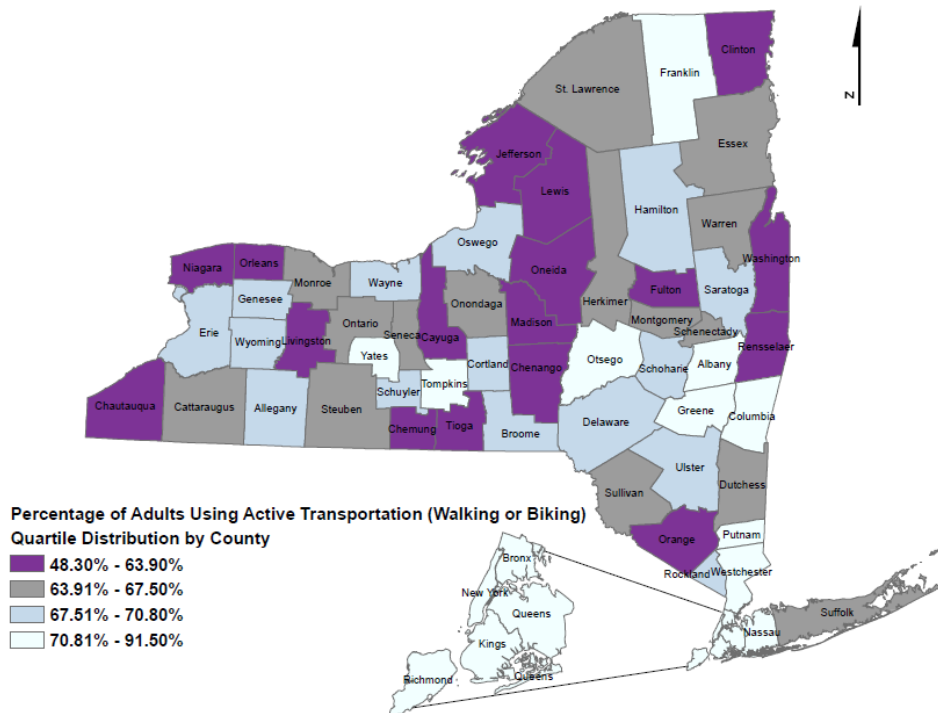


## Active Transportation among New York State Adults by County, BRFSS 2018

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. People can increase their physical activity by walking and biking; this is easier when every-day destinations are connected by activity-friendly routes.<sup>1</sup> In New York State, 74.7% of adults reported walking for at least ten minutes to get from one place to another in a typical month and 12.1% reported biking. Altogether, 75.3% of adults reported using at least one form of active transportation in a typical month (walking or biking);<sup>2</sup> participation rates vary by county from 48.3% to 91.5%.

- Counties outside New York City with the highest rates of using active transportation are Tompkins (84.4%), Westchester (80.2%) and Nassau (76.1%).
- Counties outside New York City with the lowest rates of using active transportation are Orleans (48.3%), Cayuga (58.8%) and Tioga (60.5%).
- Among New York City boroughs, the rate of using active transportation is highest in New York (Manhattan) 91.5% and lowest in Richmond (78.9%).

### Active Transportation among New York State Adults, BRFSS 2018



### Public Health Opportunity

The Prevention Agenda focuses on improving multi-sector environments that support safe and accessible physical activity opportunities for all ages. Relevant goals include: 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 indoor and/or outdoor places for people of all ages and abilities to be physically active.

County-level estimates of active transportation 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.

1. New York State Behavioral Risk Factor Surveillance System 2018. Active Transportation. <https://www.health.ny.gov/statistics/brfss/reports/>

2. Active transportation includes such activities as walking or biking for at least ten minutes to get from one place to another. In a typical month, do you walk to get from one place to another? In a typical month, do you ride a bike to get one place to another place?

### Active Transportation among New York State Adults, by County

County	Active Transportation (%)	[95%CI]*	County	Active Transportation (%)	[95%CI]*
Albany	73.1	[68.7 - 77.5]	Niagara	62.7	[56.6 - 68.9]
Allegany	69.6	[62.7 - 76.5]	Oneida	63.8	[58.4 - 69.3]
Bronx	84.1	[81.1 - 87.0]	Onondaga	64.8	[59.0 - 70.6]
Broome	69.6	[64.4 - 74.8]	Ontario	66.9	[58.3 - 75.4]
Cattaraugus	67.2	[62.1 - 72.4]	Orange	60.9	[55.0 - 66.7]
Cayuga	58.8	[51.6 - 66.0]	Orleans	48.3	[35.3 - 61.2]
Chautauqua	63.3	[58.0 - 68.5]	Oswego	68.7	[61.0 - 76.3]
Chemung	61.7	[55.6 - 67.8]	Otsego	71.3	[65.3 - 77.3]
Chenango	63.9	[56.8 - 71.0]	Putnam	72.2	[64.3 - 80.1]
Clinton	61.6	[55.5 - 67.7]	Queens	83.6	[81.1 - 86.0]
Columbia	74.9	[69.1 - 80.6]	Rensselaer	63.9	[57.6 - 70.3]
Cortland	70.6	[60.4 - 80.8]	Richmond	78.9	[73.9 - 84.0]
Delaware	67.8	[60.7 - 74.9]	Rockland	70.8	[65.5 - 76.1]
Dutchess	64.4	[58.8 - 69.9]	St. Lawrence	66.1	[60.5 - 71.7]
Erie	70.0	[65.7 - 74.4]	Saratoga	68.4	[63.2 - 73.5]
Essex	66.1	[59.6 - 72.5]	Schenectady	64.3	[57.8 - 70.7]
Franklin	73.9	[68.2 - 79.6]	Schoharie	67.8	[58.7 - 77.0]
Fulton	62.9	[55.9 - 69.9]	Schuyler	67.9	[59.3 - 76.5]
Genesee	69.8	[62.6 - 77.0]	Seneca	64.2	[54.7 - 73.8]
Greene	71.8	[65.2 - 78.4]	Steuben	67.5	[61.9 - 73.1]
Hamilton	68.0	[58.1 - 77.9]	Suffolk	67.2	[63.7 - 70.8]
Herkimer	66.8	[60.0 - 73.6]	Sullivan	67.1	[60.4 - 73.8]
Jefferson	61.5	[55.3 - 67.7]	Tioga	60.5	[52.5 - 68.5]
Kings	86.3	[84.1 - 88.5]	Tompkins	84.4	[80.1 - 88.6]
Lewis	61.9	[52.7 - 71.1]	Ulster	69.7	[64.4 - 75.1]
Livingston	63.6	[55.1 - 72.1]	Warren	64.4	[58.1 - 70.8]
Madison	61.6	[51.7 - 71.5]	Washington	61.2	[53.9 - 68.4]
Monroe	66.3	[61.2 - 71.5]	Wayne	69.1	[62.8 - 75.5]
Montgomery	65.3	[58.7 - 71.8]	Westchester	80.2	[76.5 - 83.9]
Nassau	76.1	[72.8 - 79.5]	Wyoming	70.8	[63.8 - 77.7]
New York	91.5	[89.6 - 93.5]	Yates	75.8	[70.0 - 81.6]

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