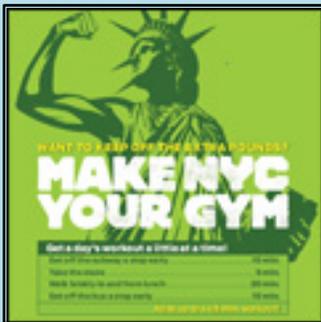# Physical Activity and Transit Survey: Summary Data

From the New York City Department of Health and Mental Hygiene

November 2013

OVERVIEW

The 2008 Health and Human Services (HHS) *Physical Activity Guidelines for Americans* described the health benefits of physical activity as follows[1]:

- Regular physical activity reduces the risks of many adverse outcomes such as cardiovascular disease, depression, diabetes, obesity and some cancers.
- Some physical activity is better than none for caloric burn.
- For most health outcomes, additional benefits occur as the amount of physical activity increases.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) per week of moderate intensity or greater physical activity such as brisk walking.
- The health benefits of physical activity occur in all age, racial and ethnic groups and far outweigh the risks.

To assess the level and conditions of physical activity of New Yorkers, the Physical Activity and Transit (PAT) Survey was conducted in 2011. Funding came from the Department of Health and Human Services through the Communities Putting Prevention to Work grant and the subsequent Obesity Supplemental Evaluation Activities grant.

This report presents both self-reported and accelerometer data from the PAT Survey.

PAT METHODOLOGY

The PAT survey included a comprehensive survey of self-reported physical activity with a biometric portion where a subsample wore both accelerometers and Global Positioning System (GPS) devices for seven days. The survey consisted of a Random Digit Dial dual frame telephone (both cell and landline) survey of adult New Yorkers. The survey was stratified by borough and oversampled four areas with the highest rates of obesity. Participants were asked about activity in three domains using the Global Physical Activity Questionnaire (GPAQ)[2]: work (labor and housework), transportation, and recreation. Participants were also asked additional questions on neighborhood characteristics and patterns of physical activity. Participation was restricted to those who were able to walk at least 10 feet. A total of 3,806 interviews were completed.

A subsample of survey participants were also asked to wear accelerometers and GPS devices for seven days. Accelerometers are small devices that measure moment to moment acceleration or the intensity of movement and are best at capturing aerobic activity throughout the day. In the device follow-up portion, 679 participants provided usable accelerometer data (at least 4 days of 10 or more hours of wear time). We present the data both in all minutes of activity for overall health and caloric burn, and also in 10-minute bouts for activity related to cardiovascular health. GPS data are not presented as part of this report.

IN THIS REPORT

This report presents both self-reported GPAQ and accelerometer data. The data include estimates of activity overall and by demographic group. It includes data such as: mean and median minutes of physical activity, percent meeting national guidelines, median minutes of activity by exercise type, activity by domains (work, recreation, and transportation), with transportation including both walking and biking, and sedentary behavior. The following index provides a detailed list of 21 tables and 15 figures.

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1. 2008 Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services. Accessed on July 5, 2013. Available at: http://www.health.gov/paguidelines/guidelines/summary.aspx.
2. To read more information about the GPAQ please visit: http://www.who.int/chp/steps/GPAQ_EN.pdf

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Note: All data are from the Physical Activity and Transit Survey (PAT) NYC Health Department 2011

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Note: All data are from the Physical Activity and Transit Survey (PAT) NYC Health Department 2011

Table 1a - Median minutes of self-reported and accelerometer measured activity, overall and by demographic group								
	Median weekly moderate-equivalent minutes via GPAQ [1,2]				Median weekly moderate-equivalent minutes all minutes per accelerometer [3]			
	N	minutes/ week	95% CI [4]	p-value [5]	N	minutes/ week	95% CI	p-value
Overall [6]	3806	397	360-428		679	253	211-314	
DEMOGRAPHICS								
Age group								
18-29	519	489	425-639	0.22	87	365	311-505	0.89
30-44	907	448	414-532	(Ref)	171	335	230-423	(Ref)
45-64	1413	319	292-405	<0.01	281	241	189-275	0.15
65+	865	209	185-244	<0.01	131	92	56-127	0.01
Race/ethnicity								
White, non-Hispanic	1654	438	420-506	(Ref)	300	241	177-338	(Ref)
Black, non-Hispanic	909	420	330-496	0.32	182	236	153-318	0.33
Hispanic	849	314	273-432	0.03	152	341	219-395	0.02
Asian, non-Hispanic	315	235	204-307	<0.01	32	206*	191-327	0.17
Other, non-Hispanic	79	361*	139-799	0.77	13	257*	44-347	0.54
Gender								
Male	1542	419	362-454	(Ref)	267	363	309-427	(Ref)
Female	2264	376	322-426	0.01	412	178	157-225	<0.01
Borough of residence								
Bronx	677	336	247-424	0.05	128	177	118-292	0.04
Brooklyn	834	415	378-483	1.00	141	244	198-329	0.22
Manahattan	731	417	324-465	(Ref)	120	336	239-392	(Ref)
Queens	889	321	278-422	0.12	154	241	183-371	0.35
Staten Island	675	470	363-591	0.54	136	167*	76-301	0.02
Household income [7]								
<200% FPL	1374	311	260-378	<0.01	226	203	163-291	0.91
200-400% FPL	611	419	313-540	0.13	123	248	205-336	0.94
400%+ FPL	1355	464	428-538	(Ref)	277	335	236-418	(Ref)
Education								
Less than High School	495	232	208-303	<0.01	58	199	143-374	0.58
High School/Some College	1756	388	333-438	0.05	312	237	180-292	0.16
College or more	1540	446	426-512	(Ref)	308	336	252-398	(Ref)
Employment status								
Employed	2028	420	416-470	(Ref)	404	326	269-365	(Ref)
Unemployed	347	383	273-528	<0.01	60	236*	87-430	0.21
Not in labor force [8]	1417	270	242-362	0.20	213	161	113-213	<0.01
Nativity								
Born in USA	2335	439	423-497	(Ref)	468	241	178-321	(Ref)
Born outside USA	1465	297	268-349	<0.01	211	276	210-344	0.01
Weight status								
Underweight/Healthy Weight	1477	418	384-483	(Ref)	251	288	227-357	(Ref)
Overweight	1279	419	372-454	0.99	235	203	162-336	0.09
Obese	977	296	239-364	0.02	184	180	109-320	0.01
Reside in high obesity sample area								
Yes	1799	382	324-429	(Ref)	355	206	168-271	0.06
No	2007	415	351-420	0.75	324	290	236-365	(Ref)
Primary mode of transit to work								
Public Transportation	880	441	414-536	(Ref)	169	351	276-400	(Ref)
Walking/biking	213	436	311-598	0.89	38	364*	279-562	0.43
Personal car/taxi	690	359	313-452	0.01	144	203	143-329	<0.01

Notes: (1) Moderate-equivalent minutes are a sum of all moderate and vigorous minutes of physical activity (with each vigorous minute counting as two moderate minutes) .

(2) The Global Physical Activity Questionnaire (GPAQ) is a physical activity questionnaire developed by the World Health Organization (WHO), and has been used worldwide to measure physical activity;

(3) Accelerometer minutes can expressed either in 10 minute bouts, or as all minutes of physical activity

(4) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(5) P-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX).

(6) Not all categories for cell totals sum to 3806 for GPAQ or 679 for accelerometer, due to missing data for some items

(7) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(8) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work

(9) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

Table 1b - Mean and median self-reported activity, overall and by demographic group

	N	Mean weekly moderate-equivalent minutes via GPAQ [1,2]	95% CI [3]	P-value [4]	Median weekly moderate-equivalent minutes via GPAQ	95% CI	P-value
Overall [5]	3806	756	699-812		397	360-428	
Age group							
18-29	519	918	802-1035	0.61	489	425-639	0.22
30-44	907	874	747-1001	(Ref)	448	414-532	(Ref)
45-64	1413	642	559-726	<0.01	319	292-405	<0.01
65+	865	486	353-619	<0.01	209	185-244	<0.01
Race/ethnicity							
White, non-Hispanic	1654	778	672-883	(Ref)	438	420-506	(Ref)
Black, non-Hispanic	909	848	722-974	0.40	420	330-496	0.32
Hispanic	849	766	665-866	0.32	314	273-432	0.03
Asian, non-Hispanic	315	519	402-636	<0.01	235	204-307	<0.01
Other, non-Hispanic	79	823	531-1115	0.88	361*	139-799	0.77
Gender							
Male	1542	822	737-907	(Ref)	419	362-454	(Ref)
Female	2264	697	621-773	0.03	376	322-426	0.01
Borough of residence							
Bronx	677	828	691-965	0.21	336	247-424	0.05
Brooklyn	834	814	696-932	0.23	415	378-483	1.00
Manahattan	731	703	566-840	(Ref)	417	324-465	(Ref)
Queens	889	661	577-744	0.60	321	278-422	0.12
Staten Island	675	932	716-1148	0.08	470	363-591	0.54
Household income [6]							
<200% FPL	1374	707	627-788	0.27	311	260-378	<0.01
200-400% FPL	611	835	701-969	0.55	419	313-540	0.13
400%+ FPL	1355	782	674-890	(Ref)	464	428-538	(Ref)
Education							
Less than High School	495	644	512-777	0.28	232	208-303	<0.01
High School/Some College	1756	819	735-903	0.18	388	333-438	0.05
College or more	1540	733	638-828	(Ref)	446	426-512	(Ref)
Employment status							
Employed	2028	852	765-938	(Ref)	420	416-470	(Ref)
Unemployed	347	705	564-847	<0.01	383	273-528	<0.01
Not in labor force [7]	1417	604	531-677	0.21	270	242-362	0.20
Nativity							
Born in USA	2335	823	746-901	(Ref)	439	423-497	(Ref)
Born outside USA	1465	683	600-766	0.15	297	268-349	<0.01
Weight status							
Underweight/Healthy Weight	1477	742	656-828	(Ref)	418	384-483	(Ref)
Overweight	1279	780	696-864	0.53	419	372-454	0.99
Obese	977	770	631-908	0.74	296	239-364	0.02
Reside in high obesity sample area							
Yes	1799	787	704-870	(Ref)	382	324-429	(Ref)
No	2007	734	657-811	0.36	415	351-420	0.75
Primary mode of transit to work							
Public Transportation	880	900	772-1029	(Ref)	441	414-536	(Ref)
Walking/biking	213	941	595-1287	0.83	436	311-598	0.89
Personal car/taxi	690	729	624-834	0.04	359	313-452	0.01

Notes: (1) Moderate-equivalent minutes are a sum of all moderate and vigorous minutes of physical activity (with each vigorous minute counting as two moderate minutes) .

(2) The Global Physical Activity Questionnaire (GPAQ) is a physical activity questionnaire developed by the World Health Organization (WHO), and has been used worldwide to measure physical activity; (3) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(4) P-values for means were calculated in SUDAAN to account for complex survey design and clustering; p-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX). (5) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items

(6) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(7) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work

(8) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

Table 2 - Percent meeting activity guidelines by self-reported GPAQ data, overall and by demographic group							
Variable	N	Met 2008 PAGA Guidelines (All Domains) [1,2]	95% CI [3]	P-value [4]	Met 2008 PAGA Guidelines (Recreation & Transit) [5]	95% CI	P-value
Overall [6]	3806	73.0%	70.9-75.1		64.3%	62.0-66.6	
DEMOGRAPHICS							
Age group							
18-29	519	77.8%	72.9-82.0	0.95	70.5%	65.3-75.2	0.35
30-44	907	78.2%	74.1-81.8	(Ref)	67.8%	63.4-72.0	(Ref)
45-64	1413	69.7%	65.7-73.4	<0.01	60.9%	56.9-64.8	0.01
65+	865	59.9%	54.9-64.8	<0.01	52.6%	47.5-57.6	<0.01
Race/ethnicity							
White, non-Hispanic	1654	78.9%	75.8-81.6	(Ref)	71.6%	68.3-74.7	(Ref)
Black, non-Hispanic	909	72.5%	68.2-76.5	0.01	58.9%	54.2-63.5	<0.01
Hispanic	849	70.2%	65.5-74.5	<0.01	62.4%	57.5-67.0	0.34
Asian, non-Hispanic	315	65.3%	57.9-72.0	<0.01	59.0%	51.6-66.1	0.69
Other, non-Hispanic	79	64.1%	48.3-77.3	0.07	52.5%	37.4-67.1	0.52
Gender							
Male	1542	74.6%	71.4-77.6	(Ref)	67.5%	64.1-70.8	(Ref)
Female	2264	71.6%	68.7-74.4	0.04	61.5%	58.3-64.6	<0.01
Borough of residence							
Bronx	677	68.0%	62.7-72.8	<0.01	55.5%	50.1-60.8	<0.01
Brooklyn	834	74.3%	70.3-77.9	0.03	65.8%	61.6-69.8	<0.01
Manahattan	731	79.6%	74.8-83.7	(Ref)	74.6%	69.4-79.1	(Ref)
Queens	889	69.2%	64.6-73.4	<0.01	60.6%	55.8-65.1	<0.01
Staten Island	675	74.7%	69.0-79.7	0.09	60.2%	53.5-66.6	<0.01
Household income [7]							
<200% FPL	1374	67.9%	64.2-71.4	<0.01	60.1%	54.4-65.6	<0.01
200-400% FPL	611	70.3%	64.8-75.3	<0.01	71.6%	67.9-75.1	<0.01
400%+ FPL	1355	81.8%	78.5-84.7	(Ref)	70.1%	61.8-77.2	(Ref)
Educational attainment							
Less than High School	495	64.3%	58.3-70.0	<0.01	55.4%	49.2-61.5	<0.01
High School / Some College	1756	71.5%	68.3-74.5	<0.01	61.8%	58.4-65.0	<0.01
College or more	1540	80.7%	77.6-83.5	(Ref)	73.5%	70.2-76.6	(Ref)
Employment status							
Employed	2028	77.0%	74.1-79.6	<0.01	67.5%	64.4-70.4	<0.01
Unemployed	347	73.5%	65.9-80.0	<0.01	66.8%	59.1-73.7	<0.01
Not in labor force [8]	1417	66.0%	62.1-69.7	(Ref)	58.0%	53.9-61.9	(Ref)
Nativity							
Born USA	2335	76.6%	74.0-79.1	(Ref)	66.9%	63.9-69.7	(Ref)
Born outside USA	1465	69.1%	65.6-72.4	<0.01	61.6%	58.0-65.0	<0.01
Weight status							
Underweight/Healthy Weight	1477	75.8%	72.5-78.8	(Ref)	69.20%	65.7-72.5	(Ref)
Overweight	1279	74.8%	71.1-78.2	0.69	65.80%	61.9-69.6	0.69
Obese	977	66.7%	61.9-71.1	<0.01	54.80%	49.9-59.5	<0.01
Reside in high obesity sample area							
Yes	1799	71.4%	68.1-74.4	(Ref)	61.2%	57.8-64.6	(Ref)
No	2007	74.2%	71.2-76.9	0.20	66.4%	63.3-69.4	0.03
Primary mode of transit to work							
Public Transportation	880	81.4%	77.6-84.6	(Ref)	74.2%	70.0-78.0	(Ref)
Walking/biking	213	76.9%	67.6-84.2	0.34	74.1%	64.8-81.6	0.99
Personal car/taxi	690	68.4%	62.5-73.7	<0.01	50.7%	44.9-56.5	<0.01

Notes: (1) The 2008 Physical Activity Guidelines for Americans (PAGA) recommend at least 150 minutes of moderate physical activity per week. (2) The Global Physical Activity Questionnaire (GPAQ) is a physical activity questionnaire developed by the World Health Organization (WHO), and has been used worldwide to measure physical activity (3) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate. (4) The GPAQ contains 3 domains: Work, Recreation and Transit; we separate Recreation and Transit domains as they are most consistent with other data (5) P-values were calculated in SUDAAN to account for complex survey design and clustering; p-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX). (6) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items (7) Income is presented as a percentage of the federal poverty line (FPL) based on household income; (8) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work (9) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

Table 3a. Mean minutes of self-reported activity for individual domains: work, transportation, and recreation [1,2]

	N	Mean Minutes Work	95% CI [3]	P-value [4]	Mean Minutes Transit	95% CI	P-value	Mean Minutes Recreation	95% CI	P-value
Overall [5]	3806	276	240-312		330	300-360		149	132-166	
DEMOGRAPHICS (Among those able to walk more than 10 feet)										
Age group										
18-29	519	312	236-389	0.72	387	321-452	0.62	220	178-261	0.15
30-44	907	333	255-410	(Ref)	364	300-472	(Ref)	177	137-218	(Ref)
45-64	1413	245	201-289	0.05	302	252-352	0.14	95	81-110	<0.01
65+	865	166*	45-288	0.02	229	187-271	<0.01	91	55-128	<0.01
Race/ethnicity										
White, non-Hispanic	1654	258	204-311	(Ref)	336	284-387	(Ref)	184	150-220	(Ref)
Black, non-Hispanic	909	377	278-476	0.04	325	263-387	0.80	146	112-179	0.12
Hispanic	849	273	206-340	0.73	362	298-426	0.52	131	102-159	0.02
Asian, non-Hispanic	315	154	69-239	0.04	268	211-326	0.09	97	66-128	<0.01
Other, non-Hispanic	79	368*	121-614	0.39	293	167-419	0.54	163*	65-261	0.69
Gender										
Male	1542	273	224-322	(Ref)	359	306-411	(Ref)	190	165-216	(Ref)
Female	2264	279	226-332	0.87	305	274-337	0.09	113	91-136	<0.01
Borough of residence										
Bronx	677	327	246-407	0.01	365	278-451	0.37	137	98-174	0.08
Brooklyn	834	310	232-388	0.02	371	303-439	0.22	133	107-158	0.04
Manahattan	731	185	109-261	(Ref)	321	277-364	(Ref)	197	141-253	(Ref)
Queens	889	235	181-290	0.29	288	238-338	0.33	137	111-163	0.06
Staten Island	675	509	305-712	<0.01	270	189-351	0.28	153	101-205	0.26
Household income [6]										
<200% FPL	1374	242	190-295	0.36	265*	81-450	0.08	144	107-181	<0.01
200-400% FPL	611	377	283-471	0.08	355	303-406	0.63	208	170-247	0.02
400%+ FPL	1355	279	219-339	(Ref)	314	249-379	(Ref)	164	97-232	(Ref)
Educational attainment										
Less than High School	495	190	114-267	0.39	379	286-472	0.12	74	44-105	<0.01
High School / Some College	1756	342	283-400	0.01	332	288-376	0.27	145	122-168	0.01
College or more	1540	232	178-286	(Ref)	301	268-334	(Ref)	200	165-235	(Ref)
Employment status										
Employed	347	213	143-283	<0.01	341	299-382	0.27	164	140-187	0.06
Unemployed	1417	169	134-204	0.27	355	257-453	0.38	138	82-193	0.80
Not in labor force [7]	3792	331	301-361	(Ref)	306	259-352	(Ref)	129	103-156	(Ref)
Nativity										
Born USA	2335	297	251-343	(Ref)	339	300-377	(Ref)	188	160-216	(Ref)
Born outside USA	1465	254	196-311	0.25	322	276-368	0.58	108	89-126	<0.01
Weight status										
Underweight/Healthy Weight	1477	246	195-297	(Ref)	330	290-371	(Ref)	165	137-194	(Ref)
Overweight	1279	288	231-345	0.28	333	284-381	0.94	159	129-189	0.76
Obese	977	324	230-417	0.15	335	259-412	0.92	111	83-140	0.01
Reside in high obesity sample area										
Yes	1799	312	253-371	(Ref)	335	287-382	(Ref)	140	118-162	(Ref)
No	2007	251	205-297	0.11	327	289-365	0.80	156	131-180	0.36
Primary mode of transit to work										
Public Transportation	880	365	270-460	(Ref)	384	317-451	(Ref)	151	125-178	(Ref)
Walking/biking	213	296*	110-482	0.52	420	319-521	0.56	224	101-348	0.26
Personal car/taxi	690	368	285-451	0.96	204	157-252	<0.01	157	123-192	0.80

Notes: (1) Moderate-equivalent minutes are a sum of all moderate and vigorous minutes of physical activity (with each vigorous minute counting as two moderate minutes) .

(2) The Global Physical Activity Questionnaire (GPAQ) is a physical activity questionnaire developed by the World Health Organization (WHO), and has been used worldwide to measure physical activity; (3) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(4) P-values were calculated in SUDAAN to account for complex survey design and clustering; p-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX). (5) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items

(6) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(7) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work

(8) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable.

Table 3b. Mean and median minutes of self-reported activity for specific types of activity

Variable	N	Mean weekly moderate-equivalent minutes per GPAQ (All Domains) [1,2] minutes/week	95% CI	P-value [3]	Mean weekly moderate-equivalent minutes per GPAQ (Recreation and Transit) minutes/week	95% CI	P-value	Median weekly moderate-equivalent minutes per GPAQ (All Domains) minutes/week	95% CI	P-value	Median weekly moderate-equivalent minutes per GPAQ (Recreation and Transit) minutes/week	95% CI	P-value
Overall [5]	3806	756	699-812		480	444-515		397	360-428		239	216-275	
Have Weekly Exercise Routine													
Yes	1636	912	825-1000	(Ref)	635	581-692	(Ref)	569	523-631	(Ref)	417	404-447	(Ref)
No	2165	643	568-717	<0.01	367	322-413	<0.01	246	234-295	<0.01	149	138-191	<0.01
Most common types of exercise done regularly in last 12 months among those with a regular routine (not mutually exclusive) [4]													
Walking													
Yes	464	716	597-835	(Ref)	495	415-575	(Ref)	419	416-505	(Ref)	324	247-422	(Ref)
No	1164	985	874-1095	<0.01	688	619-756	<0.01	628	571-723	<0.01	450	416-522	<0.01
Weight lifting													
Yes	418	1017	888-1146	(Ref)	733	639-826	(Ref)	728	620-947	(Ref)	567	492-641	(Ref)
No	1210	874	762-985	0.10	600	532-667	0.02	522	448-589	<0.01	387	359-425	<0.01
Running													
Yes	208	1077	748-1405	(Ref)	763	592-934	(Ref)	652	517-923	(Ref)	516	445-671	(Ref)
No	1420	878	799-957	0.25	609	553-665	0.09	555	504-625	<0.01	404	364-431	<0.01
Treadmill													
Yes	76	905	680-1130	(Ref)	640	525-755	(Ref)	802	426-1015	(Ref)	481	359-620	(Ref)
No	1415	914	820-1008	0.94	636	576-696	0.96	605	531-725	<0.01	417	400-446	<0.01
Aerobics													
Yes	188	842	659-1024	(Ref)	513	419-608	(Ref)	618	442-947	(Ref)	391	290-503	(Ref)
No	1440	921	826-1017	0.45	650	590-711	0.02	567	519-626	<0.01	418	403-454	<0.01
Bicycling													
Yes	179	1249	676-1821	(Ref)	859	559-1158	(Ref)	708	529-1080	(Ref)	519	393-718	(Ref)
No	1449	877	804-949	0.21	612	562-663	0.11	565	515-626	<0.01	413	393-430	<0.01

Notes: (1) Moderate-equivalent minutes are a sum of all moderate and vigorous minutes of physical activity (with each vigorous minute counting as two moderate minutes) .

(2) The Global Physical Activity Questionnaire (GPAQ) is a physical activity questionnaire developed by the World Health Organization (WHO), and has been used worldwide to measure physical activity

(3) P-values were calculated in SUDAAN to account for complex survey design and clustering; p-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX).

(4) Information on specific forms of exercise was asked only of individuals reporting that they had a regular weekly exercise routine

(5) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items

Table 4a. Rode bicycle in past year by self-report, overall and by demographic group						
		Rode Bike in Past Year		Never Rode Bike in Past Year		P-value [1]
	N	Percent	95% CI [2]	Percent	95% CI	
Overall [3]	3806	19.2%	17.4-21.2	80.8%	78.8-82.6	
Age group						
18-29	520	24.7%	20.3-29.6	75.3%	70.4-79.7	0.80
30-44	908	25.5%	21.6-29.8	74.5%	70.2-78.4	(Ref)
45-64	1414	15.6%	13.1-18.5	84.4%	81.5-86.9	<0.01
65+	865	5.0%	3.1-7.9	95.0%	92.1-96.9	<0.01
Race/ethnicity						
White, non-Hispanic	1656	21.8%	18.8-25.1	78.2%	74.9-81.2	(Ref)
Black, non-Hispanic	908	17.3%	13.7-21.8	82.7%	78.2-86.4	0.09
Hispanic	851	20.4%	16.7-24.6	79.6%	75.4-83.3	0.59
Asian, non-Hispanic	314	13.2%	9.1-19.0	86.8%	81.0-91.0	<0.01
Other, non-Hispanic	80	17.9%	9.2-31.9	82.1%	68.1-90.8	0.51
Gender						
Male	1546	26.7%	10.9-15.8	73.3%	70.0-76.4	(Ref)
Female	2263	12.6%	3.0-5.5	87.4%	85.0-89.4	<0.01
Borough of residence						
Bronx	677	18.5%	14.3-23.5	81.5%	76.5-85.6	0.07
Brooklyn	835	16.8%	13.8-20.3	83.2%	79.7-86.2	0.01
Manahattan	731	24.6%	20.0-30.0	75.4%	70.1-80.0	(Ref)
Queens	890	18.0%	14.7-22.0	82.0%	78.0-85.3	0.04
Staten Island	676	19.5%	14.3-25.9	80.5%	74.1-85.7	0.19
Household income [4]						
<200% FPL	1377	15.6%	12.9-18.7	84.4%	81.3-87.1	0.00
200-400% FPL	610	18.6%	14.2-24.0	81.4%	76.0-85.8	0.03
400%+ FPL	1356	25.3%	21.8-29.2	74.7%	70.8-78.2	(Ref)
Education						
Less than High School	495	15.1%	11.1-20.2	84.9%	79.8-88.9	<0.01
High School/Some College	1759	16.5%	14.1-19.3	83.5%	80.8-85.9	<0.01
College or more	1540	25.6%	22.3-29.3	74.4%	70.7-77.7	(Ref)
Employment status						
Employed	2032	22.9%	20.3-25.7	77.1%	74.3-79.7	<0.01
Unemployed	347	19.3%	13.9-26.2	80.7%	73.8-86.1	0.05
Not in labor force [5]	1417	12.6%	10.0-15.6	87.4%	84.4-90.0	(Ref)
Nativity						
Born USA	2337	22.1%	19.5-25.0	77.9%	75.0-80.5	(Ref)
Born outside USA	1466	16.1%	13.6-19.0	83.9%	81.0-86.4	<0.01
Weight status						
Underweight/Healthy Weight	288	22.5%	19.6-25.9	77.5%	74.1-80.4	(Ref)
Overweight	228	18.1%	15.1-21.6	81.9%	78.4-84.9	0.06
Obese	124	14.9%	11.7-18.8	85.1%	81.2-88.3	<0.01
Reside in high obesity sample area						
Yes	1799	18.1%	15.5-21.1	81.9%	78.9-84.5	(Ref)
No	2010	20.0%	17.5-22.7	80.0%	77.3-82.5	0.35
Primary mode of transit to work						
Public Transportation	882	21.3%	17.7-25.4	78.7%	74.6-82.3	(Ref)
Walking/biking	213	31.3%	23.0-40.9	68.7%	59.1-77.0	0.05
Personal car/taxi	692	19.6%	15.6-24.4	80.4%	75.6-84.4	0.57

Notes: (1) P-values were calculated in SUDAAN to account for complex survey design and clustering

(2) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(3) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items

(4) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(5) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work

(6) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable

(7) Data are presented as row percents in which the values across one row sum to 100%.

Table 4b. Frequency of bicycle riding in past year by self-report: overall and by demographic group

	N	Several Times a Month Percent	95% CI [1]	At Least Once a Month Percent	95% CI	A Few Times a Year Percent	95% CI	Never Percent	95% CI
Overall [2]	3806	8.3%	7.1-9.8	2.1%	1.5-2.9	8.8%	7.5-10.3	80.8%	78.8-82.6
Age group									
18-29	520	10.2%	7.4-13.9	3.1%*	1.7-5.7	11.4%	8.4-15.3	75.3%	70.4-79.7
30-44	908	11.7%	9.0-15.1	2.2%	1.2-3.8	11.7%	8.9-15.1	74.5%	70.2-78.4
45-64	1414	6.2%	4.7-8.2	1.7%	1.0-3.0	7.7%	5.9-9.8	84.4%	81.5-86.9
65+	865	2.8%*	1.4-5.4	1.1%	0.4-3.2	1.2%*	0.6-2.5	95.0%	92.1-96.9
Race/ethnicity									
White, non-Hispanic	1656	8.9%	6.9-11.3	2.53	1.7-3.9	10.4%	8.3-13.0	78.2%	74.9-81.2
Black, non-Hispanic	908	6.3%	4.2-9.4	3.7%*	2.0-6.8	7.4%	5.1-10.6	82.7%	78.2-86.4
Hispanic	851	10.9%	8.2-14.3	0.8%*	0.3-1.8	8.7%	6.3-12.0	79.6%	75.4-83.3
Asian, non-Hispanic	314	5.0%*	2.7-9.0	0.5%	0.1-2.6	7.8%	4.6-12.9	86.8%	81.0-91.0
Other, non-Hispanic	80	8.4%	2.5-24.9	4.6%*	1.8-11.3	4.8%	1.7-12.8	82.1%	68.1-90.8
Gender									
Male	1546	13.2%	10.9-15.8	2.7%	1.8-4.1	10.8%	8.8-13.2	73.3%	70.0-76.4
Female	2263	4.0%	3.0-5.5	1.5%	0.9-2.6	7.1%	5.5-9.1	87.4%	85.0-89.4
Borough of residence									
Bronx	677	7.4%	4.7-11.6	2.3%*	1.0-5.0	8.8%	6.2-12.5	81.5%	76.5-85.6
Brooklyn	835	9.2%	6.9-12.1	2.4%	1.4-4.2	5.2%	3.7-7.3	83.2%	79.7-86.2
Manahattan	731	10.8%	7.9-14.6	2.0%*	1.0-3.9	11.8%	8.4-16.3	75.4%	70.1-80.0
Queens	890	6.7%	4.7-9.4	1.7%*	0.8-3.6	9.6%	7.2-12.8	82.0%	78.0-85.3
Staten Island	676	4.9%*	2.7-8.8	1.9%	1.1-3.2	12.7%	8.3-18.9	80.5%	74.1-85.7
Household income [3]									
<200% FPL	1377	8.6%	6.6-11.2	1.4%*	0.7-2.8	5.6%	4.1-7.6	84.4%	81.3-87.1
200-400% FPL	610	8.5%	5.7-12.6	0.8%*	0.3-1.8	9.3%	6.1-14.0	81.4%	76.0-85.8
400%+ FPL	1356	8.3%	6.4-10.9	3.1%	2.0-4.7	13.9%	11.2-17.2	74.7%	70.8-78.2
Education									
Less than High School	495	8.9%	6.0-13.0	2.3%*	0.9-5.7	3.9%*	2.0-7.3	84.9%	79.8-88.9
High School/Some College	1759	6.5%	5.0-8.5	1.7%	1.1-2.8	8.2%	6.5-10.4	83.5%	80.8-85.9
College or more	1540	10.5%	8.3-13.2	2.4%	1.5-3.8	12.8%	10.3-15.8	74.4%	70.7-77.7
Employment status									
Employed	2032	9.7%	7.9-11.7	2.0%	1.2-3.1	11.3%	9.4-13.5	77.1%	74.3-79.7
Unemployed	347	9.4%	5.7-15.2	2.6%*	1.3-4.8	7.3%	4.0-13.0	80.7%	73.8-86.1
Not in labor force [4]	1417	5.7%	4.0-8.1	2.2%	1.2-3.9	4.7%	3.3-6.7	87.4%	84.4-90.0
Nativity									
Born USA	2337	8.5%	6.9-10.5	2.8%	1.9-4.1	10.8%	8.9-13.1	77.9%	75.0-80.5
Born outside USA	1466	8.1%	6.3-10.4	1.4%	0.8-2.4	6.7%	5.1-8.7	83.9%	81.0-86.4
Weight status									
Underweight/Healthy Weight	288	24.3%	18.3-31.5	49.6%	41.7-57.4	17.2%	12.1-23.9	8.9%	5.5-14.0
Overweight	228	25.9%	18.4-35.1	46.3%	36.7-56.3	20.5%	13.0-30.6	7.3%*	3.9-13.2
Obese	124	30.5%	19.4-44.4	33.4%	22.8-46.1	18.4%	11.1-29.0	17.7%*	9.5-30.7
Reside in high obesity sample area									
Yes	1799	8.9%	6.9-11.3	1.5%	0.8-2.5	7.8%	6.1-9.9	81.9%	78.9-84.5
No	2010	7.9%	6.4-9.8	2.5%	1.7-3.7	9.5%	7.8-11.7	80.0%	77.3-82.5
Primary mode of transit to work									
Public Transportation	882	9.0%	6.7-12.1	2.4%*	1.3-4.5	9.9%	7.5-13.0	78.7%	74.6-82.3
Walking/biking	213	19.1%	12.9-27.2	0.9%	0.3-3.0	11.3%*	5.9-20.8	68.7%	59.1-77.0
Personal car/taxi	692	5.6%	3.5-9.0	1.2%*	0.6-2.2	12.8%	9.6-16.9	80.4%	75.6-84.4

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items

(3) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(4) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work'

(5) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable

(6) Data are presented as row percents in which the values across one row sum to 100%.

Table 6a. Mean daily sedentary minutes (time spent sitting) by self-report

	N	Mean Total Sitting (minutes/day)	95% CI [1]	P-value [2]	Mean Day time Sitting (minutes) [3]	95% CI	P-value	Mean Evening Time Sitting (minutes) [3]	95% CI	P-value
Overall [4]	3606	422	411- 434		242	234-251		180	174-186	
Age										
18-29	498	427	400-453	0.99	238	220-256	0.21	189	175-202	0.10
30-44	879	427	404-450	(Ref)	252	235-269	(Ref)	174	163-185	(Ref)
45-64	1356	416	397-435	0.50	243	229-257	0.37	173	164-182	0.96
65+	787	418	392-443	0.61	225	208-241	0.02	193	180-205	0.03
Race										
White, non-Hispanic	1583	465	450- 480	(Ref)	280	269-292	(Ref)	184	177-192	(Ref)
Black, non-Hispanic	852	441	416- 466	0.11	241	225-257	<0.01	200	186-214	0.07
Hispanic	810	324	302-345	0.00	174	160-188	<0.01	150	139-161	<0.01
Asian, non-Hispanic	285	470	430- 509	0.82	276	246-306	0.60	193	175-212	0.33
Other, non-Hispanic	76	448	375-521	0.66	256	204-308	0.36	192	157-228	0.64
Sex										
Male	1507	441	423- 459	(Ref)	250	237-263	(Ref)	191	182-199	(Ref)
Female	2185	406	391- 421	0.00	236	225-246	0.06	170	163-178	<0.01
Borough of residence										
Bronx	638	382	360- 404	0.00	213	198-229	<0.01	169	157-180	0.08
Brooklyn	791	414	391- 436	0.00	233	218-247	<0.01	181	170-192	0.58
Manhattan	689	467	439- 495	(Ref)	282	262-303	(Ref)	185	173-197	(Ref)
Queens	843	420	398-442	0.01	238	222-253	<0.01	182	171-194	0.66
Staten Island	645	419	387- 450	0.02	245	221-269	0.02	174	160-188	0.29
Household income [5]										
<200% FPL	1291	374	355- 393	<0.01	202	189-215	<0.01	172	163-182	0.01
200-400% FPL	586	422	395-450	<0.01	240	222-257	<0.01	182	168-197	0.55
400%+ FPL	1318	492	473-511	(Ref)	303	289-317	(Ref)	189	180-198	(Ref)
Education										
Less than High School	445	325	291-359	<0.01	175	155-195	<0.01	150	134-166	<0.01
High School/Some College	1670	413	399-428	<0.01	228	217-238	<0.01	186	178-193	0.69
College or more	1483	491	473-509	(Ref)	302	289-316	(Ref)	189	180-198	(Ref)
Employment status										
Employed	1948	435	419-450	0.04	257	246-269	<0.01	177	170-185	0.36
Unemployed	332	405	366-445	0.94	219	195-244	0.78	186	166-206	0.90
Not in labor force [6]	1314	407	387-428	(Ref)	224	211-237	(Ref)	183	173-193	(Ref)
Nativity										
Born USA	2238	455	441-469	(Ref)	263	253-273	(Ref)	192	184-199	(Ref)
Born outside USA	1365	387	368-405	<0.01	220	207-233	<0.01	167	159-176	<0.01
Weight status										
Healthy/Low Weight	1398	437	418- 457	(Ref)	256	242-269	(Ref)	182	172-191	(Ref)
Overweight	1210	420	401- 439	0.22	239	226-252	0.07	181	172-190	0.82
Obese	940	403	382- 425	0.02	226	212-241	0.00	177	166-188	0.55
Reside in high obesity sample area										
Yes	1708	411	393-428	(Ref)	229	218-241	(Ref)	181	172-190	(Ref)
No	1898	431	415-446	0.09	252	240-263	0.01	179	172-186	0.61
Primary mode of transit to work										
Public Transportation	848	438	415-461	(Ref)	261	244-278	(Ref)	177	166-187	(Ref)
Walking/biking	199	438	393-483	1.00	272	233-312	0.70	165	148-183	0.45
Personal car/taxi	668	434	408-460	0.81	249	231-267	0.29	185	170-200	0.33

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.
(2) P-values were calculated in SUDAAN to account for complex survey design and clustering (3) Day time sitting is defined as all time sitting from waking up until 5pm;
evening sitting is all time sitting after 5pm (4) Of 3806 survey participants, 3606 answered questions on sedentary time, not all categories for cell totals sum to 3606
due to missing data for some items; (5) Income is presented as a percentage of the federal poverty line (FPL) based on household income;
(6) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work (7) * Estimate should be interpreted with caution.
Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable

Table 5. Frequency of bicycle riding on different types of roads/bike lanes by self-report

	N	Percent	95% CI [1]
Frequency of bicycle riding on streets without a bike lane:			
None of the time	140	20.6%	16.5-25.5
Some of the time	239	39.9%	34.6-45.5
Most of the time	161	26.0%	21.4-31.1
All of the time	104	13.5%	10.3-17.5
Frequency of bicycle riding on streets with a bike lane:			
None of the time	209	29.6%	24.8-34.9
Some of the time	264	41.3%	36.0-46.8
Most of the time	116	20.2%	16.0-25.2
All of the time	58	9.0%	6.2-12.7
Frequency of riding bicycle on a bike path closed to motor vechicle traffic:			
None of the time	175	26.1%	21.5-31.2
Some of the time	281	45.8%	40.3-51.3
Most of the time	114	18.1%	14.2-22.8
All of the time	77	10.1%	7.2-13.8

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) Data are presented as column percents in which the values across one column sum to 100%.

Table 6b. Mean daily hours of TV/computer screen time by self-report [1]

	N	Mean TV/Screen Time (hours/weekday)	95% CI [2]	P-value [3]	Mean TV/Screen Time (hours/weekend day)	95% CI	P-value
Overall [4]	3673	4.6	4.5 - 4.7		5.1	4.9 - 5.2	
Age							
18-29	518	4.8	4.6-5.1	<0.01	5.6	5.3-5.9	<0.01
30-44	898	4.1	4.0-4.3	(Ref)	4.8	4.6-5.0	(Ref)
45-64	1403	4.5	4.3-4.6	0.01	4.9	4.7-5.2	0.39
65+	839	5.2	5.0-5.4	0.00	5.0	4.8-5.2	0.22
Race							
White, non-Hispanic	1625	4.3	4.2- 4.5	(Ref)	4.8	4.6- 4.9	(Ref)
Black, non-Hispanic	879	5.1	4.9- 5.3	<0.01	5.7	5.4- 6.0	<0.01
Hispanic	828	4.6	4.4- 4.8	0.06	5.0	4.8- 5.3	0.12
Asian, non-Hispanic	296	4.2	3.9- 4.5	0.52	4.8	4.4- 5.2	0.78
Other, non-Hispanic	80	5.0	4.3-5.7	0.07	5.8	5.2-6.4	<0.01
Sex							
Male	1507	4.6	4.4- 4.7	(Ref)	5.4	5.2- 5.6	(Ref)
Female	2185	4.5	4.4- 4.7	0.68	4.8	4.6- 4.9	<0.01
Borough of residence							
Bronx	653	4.9	4.6- 5.1	<0.01	5.3	5.0- 5.6	0.05
Brooklyn	811	4.6	4.4- 4.8	0.10	5.1	4.8- 5.3	0.44
Manhattan	707	4.4	4.1- 4.6	(Ref)	4.9	4.7- 5.2	(Ref)
Queens	865	4.5	4.4- 4.7	0.21	5.1	4.8- 5.3	0.43
Staten Island	664	4.5	4.2- 4.8	0.41	4.9	4.5- 5.3	0.93
Household income [5]							
<200% FPL	1291	4.7	4.6- 4.9	<0.01	5.2	5.0- 5.4	0.06
200-400% FPL	598	4.7	4.4- 4.9	<0.01	5.1	4.9- 5.4	0.23
400%+ FPL	1342	4.2	4.1- 4.4	(Ref)	4.9	4.8- 5.1	(Ref)
Education							
Less than High School	445	4.5	4.2-4.7	0.08	5.0	4.7-5.3	0.26
High School/Some College	1670	4.8	4.7-5.0	<0.01	5.3	5.1-5.5	<0.01
College or more	1483	4.2	4.1-4.4	(Ref)	4.8	4.6-5.0	(Ref)
Employment status							
Employed	1948	4.1	4.0-4.2	<0.01	4.9	4.7-5.0	0.01
Unemployed	332	5.5	5.1-5.9	0.10	5.7	5.2-6.1	0.10
Not in labor force [6]	1314	5.1	4.9-5.3	(Ref)	5.2	5.0-5.4	(Ref)
Nativity							
Born USA	2289	4.7	4.6- 4.9	(Ref)	5.3	5.1- 5.4	(Ref)
Born outside USA	1401	4.4	4.2- 4.5	<0.01	4.8	4.7- 5.0	<0.01
Weight status							
Healthy/Low Weight	1428	4.3	4.2- 4.5	(Ref)	4.9	4.7- 5.1	(Ref)
Overweight	1246	4.6	4.5- 4.8	<0.01	5.1	4.9- 5.4	0.09
Obese	957	4.9	4.7-5.1	<0.01	5.3	5.0- 5.5	0.03
Reside in high obesity sample area							
Yes	1775	4.7	4.5-4.8	(Ref)	5.3	5.1-5.5	(Ref)
No	1982	4.5	4.3-4.6	0.04	4.9	4.8-5.1	<0.01
Primary mode of transit to work							
Public Transportation	878	4.2	4.1-4.4	(Ref)	5.0	4.7-5.2	(Ref)
Walking/biking	212	3.7	3.4-3.9	<0.01	4.8	4.3-5.2	0.51
Personal car/taxi	688	4.2	4.0-4.4	0.73	5.0	4.7-5.3	0.81

Notes:

(1) Specific question asks for weekday: "On an average day from Monday to Friday, how many hours per day do you watch television

or use a computer at home for recreation?" (2) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(3) P-values were calculated in SUDAAN to account for complex survey design and clustering

(4) Of 3806 survey participants, 3673 answered questions on TV/Computer Screen time, not all categories for cell totals sum to 3673 due to missing data for some items;

(5) Income is presented as a percentage of the federal poverty line (FPL) based on household income; (5) Not in labor force includes: retirees, students, homemakers

 and individuals reporting that they are unable to work (7) * Estimate should be interpreted with caution. Estimate's Relative Standard Error

(a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable

Table 7. Main mode of transportation to work by self-report

	N	Bus (Any Type)	95% CI [1]	P-value [2]	Subway/ Commuter Train	95% CI	P-value	Personal car Taxi	95% CI	P-value	Walk or Bike	95% CI	P-value	Some other way	95% CI	P-value
Overall [3]	1856	10.8%	8.8-13.0		41.9%	38.6-45.3		28.8%	26.0-31.8		14.4%	12.1-17.1		4.1%	3.0-5.6	
Age group																
18-29	263	12.8%	8.4-18.9	0.07	43.4%	35.8-51.3	0.82	25.0%	19.0-32.1	0.29	15.1%	10.1-22.1	0.96	3.7%*	1.9-7.3	0.65
30-44	621	7.4%	5.1-10.7	(Ref)	44.7%	39.0-50.4	(Ref)	29.5%	24.8-34.6	(Ref)	15.4%	11.5-20.3	(Ref)	3.0%*	1.6-5.6	(Ref)
45-64	802	11.3%	8.3-15.2	0.08	39.6%	34.4-45.0	0.21	30.3%	25.9-35.2	0.80	13.6%	10.4-17.7	0.54	5.1%	3.3-7.9	0.16
65+	132	27.0%	15.9-42.0	<0.01	24.6%	16.2-35.4	<0.01	33.0%	22.8-45.0	0.57	10.6%	5.8-18.3	0.21	4.9%	1.5-14.8	0.53
Race/ethnicity																
White, non-Hispanic	818	6.4%	4.5-9.0	(Ref)	43.4%	38.0-48.9	(Ref)	30.5%	26.2-35.2	(Ref)	14.7%	11.1-19.2	(Ref)	5.0%	3.2-7.7	(Ref)
Black, non-Hispanic	428	20.4%	15.0-27.0	<0.01	39.7%	33.0-46.8	0.41	29.9%	24.2-36.3	0.86	7.2%	4.3-11.8	0.01	2.8%*	1.4-5.7	0.16
Hispanic	408	12.1%	8.1-17.5	0.03	43.5%	36.9-50.3	0.98	22.3%	17.3-28.1	0.02	17.2%	12.5-23.0	0.46	5.0%	2.8-8.9	0.98
Asian, non-Hispanic	173	5.0%*	2.2-11.0	0.54	38.2%	29.0-48.3	0.34	35.2%	26.2-45.5	0.41	19.1%	12.1-28.6	0.36	2.5%	0.9-6.9	0.15
Other, non-Hispanic	38	15.6%*	5.9-35.2	0.21	43.0%*	24.3-64.0	0.98	23.3%*	9.6-46.6	0.47	16.7%*	5.8-39.5	0.82	1.4%*	0.4-5.1	0.02
Gender																
Male	832	7.0%	5.1-9.6	(Ref)	44.9%	40.2-49.8	(Ref)	30.0%	26.0-34.4	(Ref)	13.8%	10.6-17.7	(Ref)	4.2%	2.7-6.5	(Ref)
Female	1033	15.0%	11.8-18.8	<0.01	38.5%	34.0-43.2	0.06	27.4%	23.6-31.6	0.37	15.2%	11.9-19.1	0.58	4.0%	2.6-6.1	0.85
Borough of residence																
Bronx	305	11.1%	7.3-16.4	0.03	46.9%	39.0-55.1	0.31	28.1%	21.9-35.3	<0.01	10.0%	6.1-15.9	<0.01	3.9%*	1.7-8.6	0.89
Brooklyn	426	12.0%	8.4-16.9	0.01	45.7%	39.7-51.9	0.16	26.1%	21.3-31.4	<0.01	12.5%	9.1-17.0	<0.01	3.7%	2.1-6.3	0.79
Manhattan	364	5.2%	3.2-8.4	(Ref)	52.7%	44.9-60.5	(Ref)	11.3%	7.4-16.8	(Ref)	26.6%	20.1-34.3	(Ref)	4.2%*	2.1-8.2	(Ref)
Queens	450	12.3%	8.4-17.5	0.01	32.9%	27.2-39.1	<0.01	39.3%	33.2-45.7	<0.01	11.3%	7.7-16.4	<0.01	4.2%*	2.3-7.7	0.98
Staten Island	320	18.1%	11.5-27.2	<0.01	12.0%*	4.7-27.1	<0.01	62.4%	51.3-72.4	<0.01	1.2%	0.3-4.2	<0.01	6.4%	3.6-10.9	0.34
Household income [4]																
<200% FPL	448	15.7%	11.5-21.0	<0.01	39.9%	33.9-46.2	0.12	24.7%	19.5-30.6	0.09	15.6%	11.6-20.6	0.87	4.1%	2.3-7.2	0.80
200-400% FPL	320	14.6%	9.9-21.1	<0.01	34.4%	27.5-42.0	0.01	36.6%	29.5-44.2	0.17	8.7%	5.3-13.9	0.03	5.7%*	3.0-10.5	0.32
400%+ FPL	919	4.6%	3.3-6.5	(Ref)	46.0%	41.0-51.2	(Ref)	30.6%	26.6-35.0	(Ref)	15.0%	11.4-19.5	(Ref)	3.7%	2.3-6.0	(Ref)
Education																
Less than High School	167	15.3%	9.6-23.6	0.01	33.3%	24.8-43.2	0.01	25.3%	17.5-35.1	0.78	20.6%	13.8-29.6	0.30	5.4%*	2.5-11.4	0.33
High School/Some College	774	13.8%	10.6-17.7	<0.01	38.8%	33.9-44.0	0.01	31.9%	27.5-36.6	0.10	11.1%	8.3-14.6	0.07	4.4%	2.8-6.8	0.37
College or more	918	5.7%	4.0-7.9	(Ref)	48.5%	43.5-53.5	(Ref)	26.7%	22.9-30.9	(Ref)	15.9%	12.2-20.5	(Ref)	3.2%	2.0-5.3	(Ref)
Nativity																
Born USA	1102	9.9%	7.7-12.6	(Ref)	41.6%	37.2-46.2	(Ref)	28.5%	24.9-32.4	(Ref)	14.8%	11.5-18.8	(Ref)	5.2%	3.6-7.4	(Ref)
Born outside USA	757	11.7%	8.7-15.4	0.41	42.3%	37.3-47.3	0.87	29.2%	25.0-33.9	0.81	14.1%	11.0-17.9	0.78	2.7%	1.5-4.8	0.04
Weight status																
Underweight/Healthy Weight	739	9.2%	6.5-13.0	(Ref)	42.5%	37.4-47.8	(Ref)	24.7%	20.6-29.3	(Ref)	18.9%	14.9-23.7	(Ref)	4.6%	2.9-7.3	(Ref)
Overweight	651	10.6%	7.9-14.2	0.54	45.6%	40.1-51.3	0.41	30.0%	25.3-35.3	0.11	10.7%	7.6-15.0	<0.01	3.0%*	1.6-5.4	0.24
Obese	447	14.1%	9.9-19.7	0.10	35.4%	28.4-43.0	0.12	35.2%	29.0-42.0	0.01	10.9%	7.1-16.4	0.01	4.4%	2.6-7.3	0.88
Reside in high obesity sample area																
Yes	827	13.0%	9.9-16.8	(Ref)	41.8%	36.7-47.0	(Ref)	30.2%	25.8-34.9	(Ref)	10.4%	7.7-14.0	(Ref)	4.7%	3.0-7.3	(Ref)
No	1038	9.4%	7.1-12.3	0.10	42.0%	37.7-46.5	0.92	27.9%	24.3-31.9	0.48	16.9%	13.7-20.7	0.01	3.8%	2.5-5.7	0.52

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate. (2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Of 3806 survey participants, 1870 reported that they worked outside the home, and 1856 answered questions on mode of transit to work, not all categories for cell totals sum to 1856 due to missing data for some items;

(4) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(5) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable

(6) The above data are displayed as row percents, where the total across one row sums to 100%. (7) All data are restricted to those who work outside the home.

Table 8a. Mean and median minutes of one-way commute to work by self-report, overall and by primary mode of transit

	N	Mean Minutes of One Way Commute	95% CI [1]	P-value [2]	N	Median Minutes of One Way Commute	95% CI	P-value
Overall [3]	1849	40.5	38.7-42.3		1854	30.0	29.5-36.2	
Collapsed Categories								
Public Transit (Bus, Train, Ferry)	876	51.7	49.0-54.4		876	43.7	42.1-46.8	
Bus (Any Type)	219	51.5	45.8-57.1	0.94	219	44.0	38.4-52.1	0.84
Subway/Commuter Train	648	51.7	48.6-54.8	(Ref)	648	43.6	41.9-47.0	(Ref)
Bike or Walk	212	19.6	17.6-21.6	<0.01	212	16.4	13.8-18.4	<0.01
Personal Car/Taxi	684	29.8	27.7-32.0	<0.01	684	24.2	19.6-27.6	<0.01
Other	77	44.7	37.3-52.0	0.11	77	32.5	27.2-44.3	0.07

Notes:

(1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering; p-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX).

(3) Of 3806 survey participants, 1870 reported that they worked outside the home, and 1849 answered questions on minutes of transit to work; not all categories for cell totals sum to 1849 due to missing data for some items

Table 8b. Mean and median total minutes walking during one-way commute to work by self-report, overall and by primary mode of transit

	N	Mean Minutes Walking as part of One Way Commute	95% CI [1]	P-value [2]	Median Minutes Walking as part of One Way Commute	95% CI	P-value
Overall [3]	1583	14.3	13.5-15.1		11.7	9.9-13.5	
Collapsed Categories							
Public Transit (Bus, Train, Ferry)	830	18.9	17.8-19.9		16.6	14.9-19.2	
Bus (Any Type)	208	18.6	16.5-20.6	0.78	15.9	14.5-19.4	0.27
Subway/Commuter Train	615	18.9	17.7-20.1	(Ref)	16.6	14.8-19.2	(Ref)
Bike or Walk							
Personal Car/Taxi	653	6.6	5.9-7.3	<0.01	4.5	3.8-5.3	<0.01
Other	79	15.1	12.2-18.0	0.06	13.1	9.4-18.2	0.01

Notes:

(1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Of 3806 survey participants, 1870 reported that they worked outside the home, and 1583 answered questions on minutes of walking during commute to work, (individuals were excluded if walking was their primary means of transit to work) not all categories for cell totals sum to 1583 due to missing data for some items

Table 9. Mean and median minutes of physical activity by self-report, overall and by primary mode of transit

	N	Mean Minutes of Overall Physical Activity	95% CI [1]	P-value [2]	Median Minutes of Overall Physical Activity	95% CI	P-value
Overall [3]	1861	868	777-960		429	415-481	
Collapsed Categories							
Public Transit (Bus, Train, Ferry)	880	900	772-1029		441	414-536	
Bus (Any Type)	220	976	634-1318	0.62	390	311-550	0.08
Subway/Commuter Train	651	882	746-1018	(Ref)	452	419-554	(Ref)
Bike or Walk	213	941	595-1287	0.08	436	311-598	<0.01
Personal Car	690	729	624-834	0.76	359	313-452	0.39
Other	87	1171	741-1601	0.21	644	499-866	0.56

Notes:

(1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Of 3806 survey participants, 1870 reported that they worked outside the home, and 1861 answered questions on mode of transit to work

Table 10a. Stair climbing (walked up), overall and by demographic group by self-report

	N	0 floors	95% CI [1]	P-value [2]	1-2 floors	95% CI	P-value	3-5 floors	95% CI	P-value	6+ floors	95% CI	P-value
Overall [3]	3536	16.1%	14.3-18.0		28.9%	26.7-31.3		27.1%	24.9-29.4		27.9%	25.7-30.1	
Age group													
18-29	512	11.5%	8.5-15.5	0.87	30.1%	25.0-35.6	0.17	28.2%	23.5-33.5	0.27	30.2%	25.4-35.4	0.86
30-44	883	13.5%	10.3-17.5	(Ref)	24.4%	20.5-28.7	(Ref)	31.5%	27.1-36.2	(Ref)	30.7%	26.5-35.1	(Ref)
45-64	1305	17.1%	14.3-20.3	0.04	29.5%	25.7-33.6	0.17	24.9%	21.4-28.9	0.01	28.5%	24.9-32.3	0.56
65+	742	27.1%	22.5-32.1	<0.01	37.3%	32.0-42.9	<0.01	20.0%	16.3-24.4	<0.01	15.6%	12.3-19.7	<0.01
Race/ethnicity													
White, non-Hispanic	1553	18.3%	15.4-21.6	(Ref)	25.3%	21.9-28.9	(Ref)	26.3%	22.9-30.1	(Ref)	30.1%	26.7-33.9	(Ref)
Black, non-Hispanic	835	13.4%	10.3-17.2	0.43	33.1%	28.5-38.0	0.02	27.8%	23.6-32.5	0.75	25.7%	21.6-30.3	0.16
Hispanic	771	14.1%	11.1-17.7	0.11	27.8%	23.3-32.8	0.88	30.5%	25.8-35.5	0.06	27.7%	23.5-32.3	0.65
Asian, non-Hispanic	298	19.0%	13.7-25.8	0.62	34.0%	27.2-41.6	0.04	21.8%	16.2-28.8	0.22	25.2%	19.2-32.3	0.09
Other, non-Hispanic	79	11.1%*	5.1-22.2	0.91	30.4%	18.6-45.4	0.98	26.8%	15.1-43.1	0.66	31.7%	19.5-47.2	0.75
Gender													
Male	1473	14.3%	11.9-17.1	(Ref)	28.6%	25.3-32.1	(Ref)	26.0%	22.8-29.5	(Ref)	31.2%	27.9-34.6	(Ref)
Female	2063	17.7%	15.3-20.4	0.26	29.3%	26.3-32.5	0.13	28.1%	25.1-31.3	0.88	24.9%	22.2-27.9	0.01
Borough of residence													
Bronx	609	12.5%	9.5-16.5	<0.01	22.1%	17.8-27.1	0.11	31.5%	26.6-36.9	0.25	33.8%	28.4-39.7	0.11
Brooklyn	769	15.4%	12.1-19.3	<0.01	30.2%	26.2-34.5	<0.01	28.6%	24.5-33.0	0.26	25.9%	22.3-29.9	0.65
Manahattan	684	28.0%	23.2-33.4	(Ref)	20.3%	15.7-25.8	(Ref)	21.7%	17.2-27.1	(Ref)	30.0%	24.9-35.6	(Ref)
Queens	829	11.7%	9.1-14.7	<0.01	36.0%	31.4-40.9	<0.01	28.3%	24.0-33.0	0.13	24.1%	20.3-28.3	0.29
Staten Island	645	6.1%	3.8-9.8	<0.01	37.0%	30.1-44.5	<0.01	22.7%	16.5-30.3	0.91	34.2%	27.9-41.0	0.05
Household income [4]													
<200% FPL	1205	15.9%	13.2-18.9	0.51	30.2%	26.4-34.2	0.03	27.5%	24.0-31.4	0.59	26.4%	23.0-30.1	0.33
200-400% FPL	579	12.0%	9.0-15.9	0.04	33.0%	27.6-38.9	0.01	26.2%	21.1-32.0	0.67	28.8%	23.8-34.4	0.69
400%+ FPL	1323	19.8%	16.3-23.9	(Ref)	22.2%	19.0-25.7	(Ref)	27.7%	23.9-31.9	(Ref)	30.3%	26.6-34.1	(Ref)
Education													
Less than High School	426	15.7%	11.8-20.7	0.55	39.8%	33.4-46.6	<0.01	22.4%	17.0-28.8	0.36	22.1%	17.4-27.6	<0.01
High School/Some College	1623	14.0%	11.7-16.6	0.07	28.9%	25.8-32.3	0.01	29.5%	26.3-33.0	0.28	27.6%	24.5-30.9	0.08
College or more	1472	19.4%	16.3-23.0	(Ref)	22.9%	19.8-26.4	(Ref)	25.8%	22.5-29.5	(Ref)	31.8%	28.1-35.6	(Ref)
Employment status													
Employed	1984	12.9%	10.8-15.3	(Ref)	25.9%	23.2-28.9	(Ref)	29.1%	26.1-32.2	(Ref)	32.1%	29.1-35.2	(Ref)
Unemployed	318	18.6%	12.9-26.0	0.36	35.7%	27.9-44.3	0.19	26.9%	20.4-34.6	0.93	18.8%	13.8-25.2	0.01
Not in labor force [5]	1222	21.4%	18.1-25.1	<0.01	32.6%	28.5-37.0	<0.01	23.1%	19.4-27.1	<0.01	22.9%	19.4-26.8	<0.01
Nativity													
Born USA	2179	17.0%	14.6-19.7	(Ref)	26.8%	24.0-29.9	(Ref)	25.9%	23.1-28.8	(Ref)	30.3%	27.3-33.3	(Ref)
Born outside USA	1351	15.1%	12.7-17.8	0.18	31.2%	27.8-34.9	0.10	28.3%	24.9-32.0	0.49	25.4%	22.3-28.7	0.21
Weight status													
Underweight/Healthy Weight	1391	17.0%	14.1-20.3	(Ref)	28.3%	24.8-32.1	(Ref)	23.7%	20.7-27.1	(Ref)	31.0%	27.5-34.7	(Ref)
Overweight	1200	14.2%	11.6-17.2	0.47	28.7%	25.0-32.8	0.38	30.9%	26.9-35.2	0.30	26.2%	22.8-29.9	0.19
Obese	880	16.0%	12.8-19.8	0.89	30.2%	25.7-35.1	0.80	29.0%	24.4-34.0	0.84	24.8%	20.8-29.4	0.96
Reside in high obesity sample area													
Yes	1646	13.2%	11.0-15.8	(Ref)	29.5%	26.2-33.0	(Ref)	28.6%	25.3-32.2	(Ref)	28.7%	25.5-32.1	(Ref)
No	1890	18.0%	15.6-20.7	0.08	28.6%	25.6-31.8	0.91	26.1%	23.2-29.2	0.31	27.4%	24.5-30.4	0.70
Primary mode of transit to work													
Public Transportation	862	12.9%	10.1-16.4	(Ref)	21.8%	18.2-25.9	(Ref)	32.4%	28.0-37.2	(Ref)	32.9%	28.5-37.6	(Ref)
Walking/biking	206	18.7%	12.1-27.8	0.17	29.8%	21.6-39.6	0.08	22.3%	15.6-30.9	<0.01	29.2%	21.4-38.4	0.63
Personal car/taxi	679	8.7%	5.9-12.6	0.03	31.2%	25.9-36.9	0.03	27.5%	22.4-33.2	0.84	32.7%	27.7-38.1	0.70

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering;

(3) Of 3806 GPAQ participants, 3536 participants answered questions on climbing up stairs, not all cell categories sum to 3536 due to missing data for some items

(4) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(5) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work;

(6) Data presented include the number of floors walked up on a typical weekday (not including subway stairs);

(7) Data are presented as a row percent in which all numbers across one row sum to 100%; (8) Data are asked only of those physically able to use the stairs

Table 10b. Stair climbing (walked down), overall and by demographic group by self-report

	N	0 floors	95% CI [1]	1-2 floors	95% CI	3-5 floors	95% CI	6+ floors	95% CI
				WALKED DOWN					
Overall [2]	3537	19.4%	17.6-21.5	30.0%	27.7-32.4	24.4%	22.3-26.6	26.2%	24.1-28.4
Age group									
18-29	513	15.2%	11.7-19.5	30.8%	25.8-36.4	25.8%	21.3-30.9	28.2%	23.4-33.5
30-44	884	15.6%	12.3-19.7	26.1%	22.1-30.5	29.5%	25.2-34.1	28.8%	24.8-33.1
45-64	1299	20.9%	17.8-24.5	30.2%	26.4-34.4	21.7%	18.5-25.3	27.1%	23.6-31.0
65+	747	31.0%	26.3-36.1	37.2%	32.0-42.7	17.2%	13.7-21.4	14.6%	11.4-18.6
Race/ethnicity									
White, non-Hispanic	1558	20.6%	17.6-24.0	27.4%	24.0-31.2	23.8%	20.5-27.4	28.2%	24.8-31.9
Black, non-Hispanic	830	18.6%	15.0-22.8	34.4%	29.8-39.4	22.9%	19.0-27.3	24.1%	20.0-28.8
Hispanic	772	16.7%	13.5-20.5	27.0%	22.5-32.0	29.4%	24.9-34.3	26.9%	22.7-31.5
Asian, non-Hispanic	298	22.5%	16.6-29.7	36.0%	29.1-43.6	19.5%	14.2-26.1	22.0%	16.4-28.9
Other, non-Hispanic	79	21.3%	11.8-35.5	27.2%	16.2-42.0	20.9%*	11.0-35.9	30.6%	18.2-46.6
Gender									
Male	1471	18.2%	15.5-21.3	28.1%	24.9-31.6	24.6%	21.5-28.0	29.1%	25.9-32.5
Female	2066	20.5%	18.0-23.3	31.7%	28.6-35.0	24.2%	21.5-27.2	23.5%	20.8-26.5
Borough of residence									
Bronx	609	17.5%	13.7-21.9	24.8%	20.2-30.1	25.3%	20.8-30.3	32.4%	27.1-38.3
Brooklyn	771	17.5%	14.1-21.6	32.9%	28.7-37.3	24.9%	21.1-29.2	24.7%	21.1-28.7
Manahattan	685	33.4%	28.3-38.9	19.1%	14.8-24.4	21.3%	16.7-26.7	26.2%	21.3-31.8
Queens	827	14.3%	11.4-17.7	36.7%	32.0-41.6	26.4%	22.3-30.9	22.7%	19.0-26.9
Staten Island	645	7.7%	4.9-12.0	36.4%	29.5-43.8	20.8%	15.7-27.1	35.1%	28.3-42.6
Household income [3]									
<200% FPL	1202	20.3%	17.3-23.7	30.2%	26.4-34.2	23.8%	20.5-27.5	25.7%	22.3-29.5
200-400% FPL	580	16.0%	12.3-20.6	33.2%	27.7-39.1	23.8%	19.0-29.4	27.0%	22.2-32.4
400%+ FPL	1326	22.0%	18.4-26.1	24.5%	21.1-28.2	25.3%	21.6-29.3	28.3%	24.7-32.1
Education									
Less than High School	428	20.0%	15.4-25.4	39.1%	32.7-45.9	20.6%	15.7-26.7	20.3%	15.7-25.8
High School/Some College	1624	17.7%	15.2-20.6	30.2%	27.1-33.6	26.2%	23.2-29.6	25.8%	22.8-29.1
College or more	1471	21.8%	18.6-25.5	24.3%	21.1-27.9	23.7%	20.5-27.2	30.2%	26.6-34.0
Employment status									
Employed	1987	16.5%	14.2-19.1	26.7%	23.9-29.6	26.5%	23.6-29.5	30.4%	27.4-33.4
Unemployed	313	19.9%	14.0-27.5	32.4%	24.9-41.0	26.1%	19.5-34.0	21.5%	15.9-28.4
Not in labor force [4]	1225	24.8%	21.3-28.7	35.9%	31.6-40.4	19.4%	16.2-23.1	19.9%	16.6-23.5
Nativity									
Born USA	2177	20.7%	18.1-23.6	28.1%	25.2-31.2	23.7%	21.0-26.5	27.5%	24.7-30.5
Born outside USA	1355	18.1%	15.4-21.0	32.0%	28.5-35.7	25.2%	22.0-28.8	24.7%	21.7-28.1
Weight status									
Underweight/Healthy Weight	1392	20.1%	17.1-23.6	28.7%	25.3-32.5	22.7%	19.7-26.0	28.4%	25.1-32.1
Overweight	1200	18.7%	15.7-22.1	30.6%	26.8-34.8	26.2%	22.4-30.4	24.4%	21.2-28.1
Obese	880	18.3%	14.9-22.3	31.5%	26.9-36.4	25.6%	21.3-30.4	24.6%	20.4-29.4
Reside in high obesity sample area									
Yes	1649	17.40%	14.8-20.3	30.20%	26.9-33.7	25.70%	22.5-29.2	26.70%	23.6-30.0
No	1888	20.80%	18.2-23.6	29.90%	26.8-33.2	23.50%	20.7-26.4	25.80%	23.0-28.8
Primary mode of transit to work									
Public Transportation	862	16.4%	13.2-20.2	22.9%	19.3-27.0	28.9%	24.6-33.6	31.7%	27.3-36.5
Walking/biking	206	22.6%	15.6-31.6	31.7%	23.3-41.5	16.4%	10.8-24.1	29.3%	21.3-38.8
Personal car/taxi	680	10.9%	7.6-15.2	30.6%	25.4-36.3	28.2%	23.0-33.9	30.4%	25.6-35.7

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) Of 3806 GPAQ participants, 3537 participants answered questions on climbing up stairs, not all cell categories sum to 3537 due to missing data for some items

(3) Income is presented as a percentage of the federal poverty line (FPL) based on household income;

(4) Not in labor force includes: retirees, students, homemakers and individuals reporting that they are unable to work;

(5) Data presented include the number of floors walked down on a typical weekday (not including subway stairs);

(6) Data are presented as a row percent in which all numbers across one row sum to 100%; (7) Data are asked only of those physically able to use the stairs

Table 10c. Total mean and median minutes of activity, by floors of stairs climbed per day (walked up) by self-report

	N	Mean weekly moderate-equivalent minutes via GPAQ	95% CI [1]	P-value [2]	Median weekly moderate-equivalent minutes via GPAQ	95% CI	P-value
Overall [3]	3806	756	699-812		397	360-428	
Floors walked up per day							
0 floors	632	547	461-634	<.01	260	218-310	<.01
1-2 floors	1024	718	610-826	<.01	357	298-428	<.01
3-5 floors	883	761	655-867	0.02	392	311-443	<.01
6+ floors	992	973	833-1112	(Ref)	592	508-637	(Ref)

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering; p-values for medians were calculated using a Wilcoxon score test in SUDAAN (using CITRIX).

(3) Not all categories for cell totals sum to 3806 for GPAQ, due to missing data for some items;

(4) Data presented include the number of floors walked up on a typical weekday (not including subway stairs);

(5) Data are presented as a row percent in which all numbers across one row sum to 100%; (5) Data are asked only of those physically able to use the stairs

Table 11a. Mean minutes of accelerometer measured activity, in 10 minute bouts and all minutes, overall and by demographic group						
		Mean weekly moderate-equivalent minutes in 10+minute bouts per accelerometer			Mean weekly moderate-equivalent minutes all minutes per accelerometer		
Variable	N	minutes/week	95% CI [1]	p-value [2]	minutes/week	95% CI	p-value
Overall [3]	679	118	99-138		292	264-321	
DEMOGRAPHICS (Among those able to walk more than 10 feet) - from survey							
Age group							
18-29	87	166	119-212	0.40	386	310-462	0.44
30-44	171	139	97-181	(Ref)	349	297-401	(Ref)
45-64	281	105	82-129	0.17	253	222-284	<0.01
65+	131	33	23-44	<0.01	110	87-134	<0.01
Race/ethnicity							
White, non-Hispanic	300	141	102-181	(Ref)	299	245-354	(Ref)
Black, non-Hispanic	182	98	71-124	0.07	287	220-353	0.78
Hispanic	152	105	75-135	0.15	302	256-349	0.93
Asian, non-Hispanic	32	130*	59-201	0.78	269*	197-341	0.51
Other, non-Hispanic	13	69*	4-134	0.06	264*	111-418	0.68
Gender							
Male	267	162	129-194	(Ref)	373	329-417	(Ref)
Female	412	80	61-99	<0.01	222	190-253	<0.01
Borough of residence							
Bronx	128	83	53-113	0.01	246	179-313	0.01
Brooklyn	141	108	82-135	0.04	286	231-341	0.07
Manhattan	120	176	116-236	(Ref)	368	297-438	(Ref)
Queens	154	111	73-149	0.07	281	230-332	0.05
Staten Island	136	90	50-131	0.02	228	166-290	<0.01
Household income [4]							
<200% FPL	226	94	69-119	0.01	255	214-295	0.01
200-400% FPL	123	125	86-163	0.22	290	235-346	0.15
400%+ FPL	277	161	118-203	(Ref)	353	290-415	(Ref)
Education							
Less than High School	58	80	46-115	<0.01	255	195-315	0.02
High School/Some College	312	107	79-136	0.03	267	227-308	0.01
College or more	308	157	122-193	(Ref)	352	299-404	(Ref)
Employment status							
Employed (in labor force)	404	135	108-163	(Ref)	341	303-379	(Ref)
Unemployed	60	107	62-152	0.06	252	164-340	<0.01
Not in Labor Force [5]	213	95	63-127	0.66	222	174-269	0.55
Nativity							
Born USA	468	132	101-163	(Ref)	291	248-335	(Ref)
Born outside USA	211	102	81-124	0.13	294	256-331	0.93
Weight status							
Underweight/Healthy Weight	251	134	103-165	(Ref)	312	274-350	(Ref)
Overweight	235	98	72-125	0.09	272	224-319	0.19
Obese	184	116	64-167	0.55	278	197-360	0.46
Reside in high obesity sample area							
Yes	355	89	70-108	<0.01	266	224-309	0.10
No	324	144	112-176	(Ref)	315	276-354	(Ref)
Primary mode of transit to work							
Public Transportation	169	132	92-171	(Ref)	350	300-400	(Ref)
Walking/biking	38	228*	179-276	<0.01	381*	304-457	0.51
Personal car/taxi	144	98	47-149	0.31	314	225-403	0.49

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Not all categories for cell totals sum to 679 for accelerometer data, due to missing data for some items

(4) Income is presented as a percentage of the federal poverty line (FPL) based on household income; reporting that they are unable to work

(5) Not in labor force includes: retirees, students, homemakers and individuals

(6) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision)
 is greater than 30% or the sample size is too small, making the estimate potentially unreliable

(7) A valid accelerometer case had to have at least 10 hours of wear time on 4 or more days; data are scaled to represent 7 days.

Table 11b. Mean minutes of accelerometer measured activity, in 10 minute bouts and all minutes, by self-reported activity questions

Variable	N	Mean weekly moderate-equivalent minutes in 10+minute bouts per accelerometer			Mean weekly moderate-equivalent minutes all minutes per accelerometer		
		minutes/week	95% CI [1]	p-value [2]	minutes/week	95% CI	p-value
Overall [3]	679	118	99-138		292	264-321	
ACTIVITY IN DOMAINS - from survey							
Work (Labor) Activity	107	151	112-191	0.44	366	281-451	0.51
No Work (Labor) Activity	297	131	97-164	(Ref)	334	292-377	(Ref)
Home (housework) Activity	290	121	83-159	0.86	276	223-330	0.45
No Home (housework) Activity	387	117	94-140	(Ref)	301	267-335	(Ref)
Walk for Transit	566	134	112-156	<0.01	313	283-344	<0.01
Did not Walk for Transit	113	39	19-58	(Ref)	185	104-267	(Ref)
Biked for Transit	48	175*	102-249	0.13	403*	332-473	<0.01
Did not Bike for Transit	631	116	95-136	(Ref)	287	257-317	(Ref)
Recreation Activity	300	155	118-193	0.01	365	310-419	<0.01
No Recreation Activity	379	96	74-118	(Ref)	248	217-278	(Ref)
Physical Activity LEVELS - from survey							
Meet 2008 PAGA Recommendations (Survey all domains)							
No activity	41	26*	13-39	<0.01	150*	33-268	0.01
Some activity (10 - 149 min/wk)	114	79	38-119	0.01	224	175-274	<0.01
Meets recommendation (150+ min/wk)	524	138	114-161	(Ref)	323	289-358	(Ref)
Meet 2008 PAGA Recommendations (Recreation and Travel Domains)							
No activity	71	24	13-34	<0.01	136*	46-225	<0.01
Some activity (10 - 149 min/wk)	170	82	49-115	<0.01	241	195-288	<0.01
Meets recommendation (150+ min/wk)	438	146	120-173	(Ref)	336	299-372	(Ref)
Physical activity level (from MET min/wk)							
High	257	171	130-212	<0.01	383	325-441	<0.01
Moderate	233	115	90-139	0.04	293	254-332	<0.01
Low	189	69	34-104	(Ref)	199	150-247	(Ref)
MODES OF TRANSIT - from survey							
Primary mode of travel to work							
Public transportation	169	132	92-171	(Ref)	350	300-400	(Ref)
Bike or walk	38	228*	179-276	<0.01	381*	304-457	0.51
Personal car / taxi	144	98	47-149	0.31	314	225-403	0.49
Other/no one way most	23	239*	103-376	0.14	463*	348-579	0.08
WORK LOCATION - from survey							
Work location							
Bronx	41	83*	27-138	0.04	279*	191-367	0.09
Brooklyn	47	126*	77-175	0.41	296*	209-384	0.16
Manhattan	154	151	116-187	(Ref)	370	314-427	(Ref)
Queens	57	126	56-196	0.53	330	259-401	0.38
Staten Island	36	69*	33-104	<0.01	235*	143-326	0.01
Cross-borough travel							
Cross-borough (work in different boro from home)	202	143	107-179	0.79	340	300-381	0.66
BIKE AND STAIR USE - from survey							
Rode bicycle in NYC in last 12 months							
Several times a month	67	171	93-248	0.55	382	308-456	0.76
At least once a month	15	168*	95-242	0.50	371*	260-482	0.69
A few times per year	81	202	136-267	(Ref)	398	323-474	(Ref)
Never	515	105	84-125	0.01	272	239-305	<0.01
those physically able to use stairs)							
Less than 3 floors	301	119	88-150	(Ref)	310	264-357	(Ref)
3 floors or more	345	124	97-152	0.81	288	251-325	0.47
physically able to use stairs)							
Less than 3 floors	321	132	104-161	(Ref)	316	272-361	(Ref)
3 floors or more	326	112	83-141	0.32	284	245-323	0.30
SELF-RATED Physical Activity - from survey							
Self-rated physical activity level							
Very active	217	157	120-195	(Ref)	370	314-426	(Ref)
Somewhat active	325	120	90-151	0.13	295	256-333	0.03
Not very active	109	79	50-108	<0.01	220	155-285	<0.01
Not active at all	27	11*	2-21	<0.01	69*	41-98	<0.01
Self-rated physical fitness level							
Very fit	154	144	99-189	(Ref)	328	269-387	(Ref)
Somewhat fit	381	118	94-141	0.31	298	261-335	0.41
Not very fit	116	103	46-159	0.26	253	175-331	0.13
Not fit at all	27	60*	-2-121	0.03	199*	2-395	0.22
NEIGHBORHOOD CHARACTERISTICS - from survey							
Can easily walk to many stores from home							
Yes	582	122	100-144	0.20	297	266-328	0.33
No	96	94	57-131	(Ref)	255	177-334	(Ref)

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Not all categories for cell totals sum to 679 for accelerometer data, due to missing data for some items

(4) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision)
 is greater than 30% or the sample size is too small, making the estimate potentially unreliable

(5) A valid accelerometer case had to have at least 10 hours of wear time on 4 or more days; data are scaled to represent 7 days.

Variable	N	Median weekly moderate-equivalent minutes in 10+minute bouts per accelerometer			Median weekly moderate-equivalent minutes all minutes per accelerometer		
		minutes/ week	95% CI [1]	p-value [2]	minutes/ week	95% CI	p-value
Overall [3]	679	63	47-91		253	211-314	
DEMOGRAPHICS (Among those able to walk more than 10 feet) - from survey							
Age group							
18-29	87	133*	77-265	0.24	365	311-505	0.89
30-44	171	91*	47-155	(Ref)	335	230-423	(Ref)
45-64	281	61	35-84	0.01	241	189-275	0.15
65+	131	16	10-27	0.01	92	56-127	0.01
Race/ethnicity							
White, non-Hispanic	300	73*	27-118	(Ref)	241	177-338	(Ref)
Black, non-Hispanic	182	51*	28-109	0.60	236	153-318	0.33
Hispanic	152	75	36-113	0.39	341	219-395	0.02
Asian, non-Hispanic	32	NA [3]	NA	NA	206*	191-327	0.17
Other, non-Hispanic	13	38*	NA	0.75	257*	44-347	0.54
Gender							
Male	267	123	85-192	(Ref)	363	309-427	(Ref)
Female	412	31	20-47	<0.01	178	157-225	<0.01
Borough of residence							
Bronx	128	39*	15-75	(Ref)	177	118-292	0.04
Brooklyn	141	61*	44-129	NA	244	198-329	0.22
Manhattan	120	NA	NA	NA	336	239-392	(Ref)
Queens	154	57*	26-101	NA	241	183-371	0.35
Staten Island	136	24	NA	NA	167*	76-301	0.02
Household income [4]							
<200% FPL	226	49*	21-89	0.28	203	163-291	0.91
200-400% FPL	123	65*	47-138	0.76	248	205-336	0.94
400%+ FPL	277	98*	71-206	(Ref)	335	236-418	(Ref)
Education							
Less than High School	58	42*	19-89	0.11	199	143-374	0.58
High School/Some College	312	57	27-88	0.01	237	180-292	0.16
College or more	308	108*	75-204	(Ref)	336	252-398	(Ref)
Employment status							
Employed (in labor force)	404	86	60-127	(Ref)	326	269-365	(Ref)
Unemployed	60	63*	22-140	0.66	236*	87-430	0.21
Not in Labor Force [5]	213	NA	NA	NA	161	113-213	<0.01
Nativity							
Born USA	468	71	34-115	(Ref)	241	178-321	(Ref)
Born outside USA	211	62	44-91	0.12	276	210-344	0.01
Weight status							
Underweight/Healthy Weight	251	87	57-121	(Ref)	288	227-357	(Ref)
Overweight	235	50	34-93	0.23	203	162-336	0.09
Obese	184	34*	13-76	0.04	180	109-320	0.01
Reside in high obesity sample area							
Yes	355	47	28-73	0.13	206	168-271	0.06
No	324	86	60-128	(Ref)	290	236-365	(Ref)
Primary mode of transit to work							
Public Transportation	169	90	47-140	(Ref)	351	276-400	(Ref)
Walking/biking	38	270*	222-284	0.03	364*	279-562	0.43
Personal car/taxi	144	48*	8-89	0.01	203	143-329	<0.01

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Not all categories for cell totals sum to 679 for accelerometer data, due to missing data for some items

(4) NA indicates that data was not available or not applicable, either due to small sample size or data suppression due to unreliability

(5) Income is presented as a percentage of the federal poverty line (FPL) based on household income; reporting that they are unable to work

(6) Not in labor force includes: retirees, students, homemakers and individuals

(7) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable

(8) A valid accelerometer case had to have at least 10 hours of wear time on 4 or more days; data are scaled to represent 7 days.

Table 11d. Median minutes of accelerometer activity, in 10 minute bouts and all minutes, by self-reported activity questions

Variable	N	Median weekly moderate-equivalent minutes in 10+minute bouts per accelerometer			Median weekly moderate-equivalent minutes all minutes per accelerometer		
		minutes/ week	95% CI	p-value [1]	minutes/ week	95% CI	p-value
Overall [2]	679	63	47-91		253	211-314	
ACTIVITY IN DOMAINS (last week) - from survey							
Work (Labor) Activity	107	145	50-207	0.01	325	250-471	0.01
No Work (Labor) Activity	297	75	51-117	(Ref)	326	255-365	(Ref)
Home Activity	290	NA [3]	NA	NA	207	170-286	0.23
No Home Activity	387	74	52-97	NA	277	221-356	(Ref)
Walk for Transit	566	82	62-122	NA	282	241-336	<0.01
Did not Walk for Transit	111	11	NA	NA	108	67-158	(Ref)
Biked for Transit	48	145*	59-307	0.58	478*	314-505	0.20
Did not Bike for Transit	631	61	44-88	(Ref)	242	205-296	(Ref)
Recreation Activity	300	118	72-154	0.43	325	267-418	0.15
No Recreation Activity	379	47	35-74	(Ref)	208	177-264	(Ref)
PA LEVELS - from GPAQ - from survey							
Meet 2008 PAGA Recommendations (Survey all domains)							
No activity	41	16*	NA	NA	NA	NA	NA
Some activity (10 - 149 min/wk)	114	57	NA	NA	212	157-336	(Ref)
Meets recommendation (150+ min/wk)	524	90	57-127	NA	284	241-346	0.97
Meet 2008 PAGA Recommendations (Recreation and Travel Domains)							
No activity	71	11	NA	0.21	90	40-118	<0.01
Some activity (10 - 149 min/wk)	170	43*	12-79	(Ref)	212	158-293	(Ref)
Meets recommendation (150+ min/wk)	438	99	73-142	0.01	314	251-361	0.03
Physical activity level (from MET min/wk)							
High	257	130	84-200	0.21	344	275-470	0.78
Moderate	233	74	47-123	(Ref)	263	209-344	(Ref)
Low	189	25	NA	<0.01	156	108-229	<0.01
MODES OF TRANSIT - from survey							
Primary mode of travel to work [Those who work outside home]							
Public transportation	169	90	47-140	(Ref)	351	276-400	(Ref)
Bike or walk	38	270*	222-284	0.03	364*	279-562	0.43
Personal car / taxi	144	48*	8-89	0.01	203	143-329	<0.01
Other/no one way most	23	229*	73-324	0.55	451*	346-501	0.32
WORK LOCATION - from survey							
Work location [Those who work outside home]							
Bronx	41	36*	4-75	0.05	236*	118-414	0.16
Brooklyn	47	88*	60-221	0.92	278*	122-471	0.58
Manhattan	154	118	73-184	(Ref)	338	287-366	(Ref)
Queens	57	NA	NA	NA	361	195-439	0.71
Staten Island	36	48*	NA	NA	222*	79-351	0.08
Cross-borough travel [Those who work outside home]							
Cross-borough (work in different boro from home)	202	97*	59-180	0.32	363	279-433	0.48
BIKE AND STAIR USE - from survey							
Rode bicycle in NYC in last 12 months							
Several times a month	67	141*	48-305	1.00	419	275-513	0.22
At least once a month	15	NA	NA	NA	362*	NA	0.68
A few times per year	81	193	68-265	(Ref)	374	289-442	(Ref)
Never	515	51	37-78	0.10	221	194-273	0.07
Total floors of stairs walk down on typical weekday							
Less than 3 floors	301	71	42-105	(Ref)	266	215-351	(Ref)
3 floors or more	345	74	39-121	0.33	248	180-331	0.13
Total floors of stairs walk up on typical weekday							
Less than 3 floors	321	90	66-135	(Ref)	290	218-350	(Ref)
3 floors or more	326	46*	25-79	<0.01	247	178-320	0.02
SELF-RATED PA - from survey							
Self-rated physical activity level							
Very active	217	NA	NA	NA	286	240-467	(Ref)
Somewhat active	325	81	42-122	NA	290	216-350	0.07
Not very active	109	NA	NA	NA	137*	99-273	0.17
Not active at all	27	NA	NA	NA	47*	28-106	<0.01
Self-rated physical fitness level							
Very fit	154	74*	44-180	(Ref)	265	221-413	(Ref)
Somewhat fit	381	77	40-120	0.72	280	204-335	0.58
Not very fit	116	47*	14-87	0.03	192*	112-355	0.30
Not fit at all	27	NA	NA	NA	NA	NA	NA
NEIGHBORHOOD CHARACTERISTICS - from survey							
Can easily walk to many stores from home							
Yes	582	67	47-91	NA	262	219-318	0.50
No	96	NA	NA	NA	209*	109-357	(Ref)

Notes: (1) 95% Confidence Intervals are a measure of estimate precision. The wider the interval, the more imprecise the estimate.

(2) P-values were calculated in SUDAAN to account for complex survey design and clustering

(3) Not all categories for cell totals sum to 679 for accelerometer data, due to missing data for some items

(4) NA indicates that data was not available, either due to small sample size or data suppression due to unreliability

(5) * Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30% or the sample size is too small, making the estimate potentially unreliable
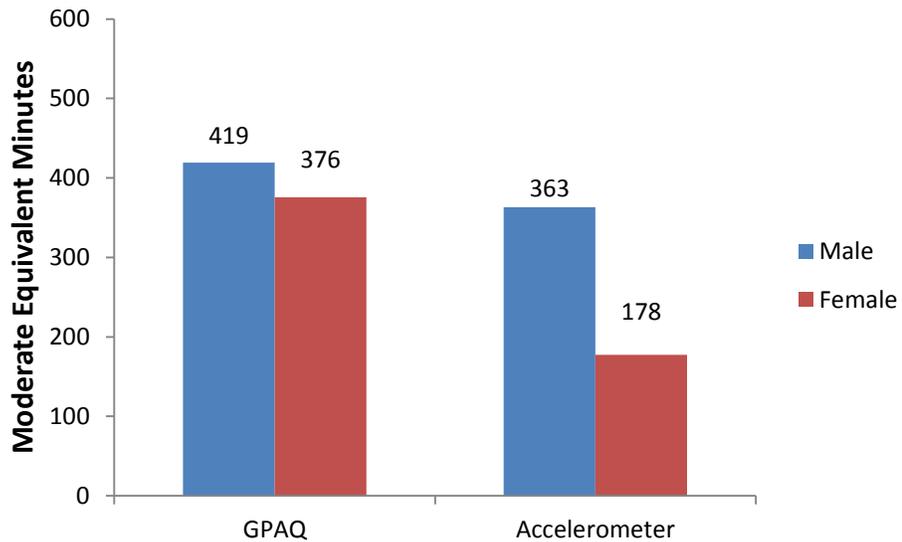
(6) A valid accelerometer case had to have at least 10 hours of wear time on 4 or more days; data are scaled to represent 7 days.
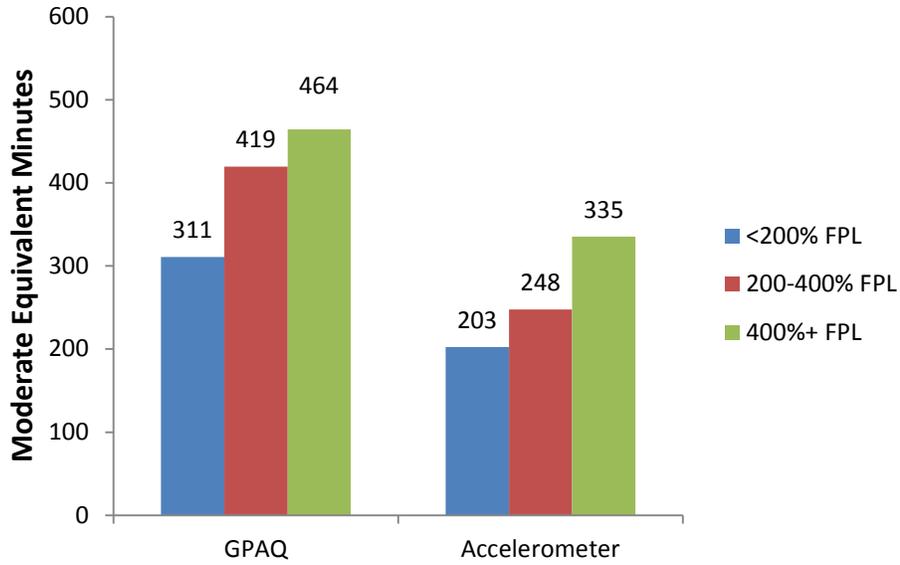
Figure 1. – Median weekly physical activity minutes by age Group: self-report vs. accelerometer
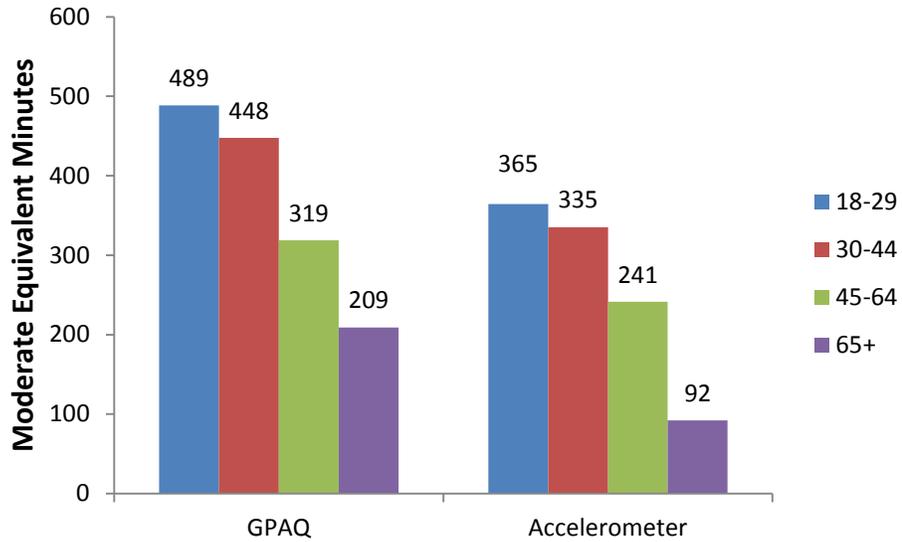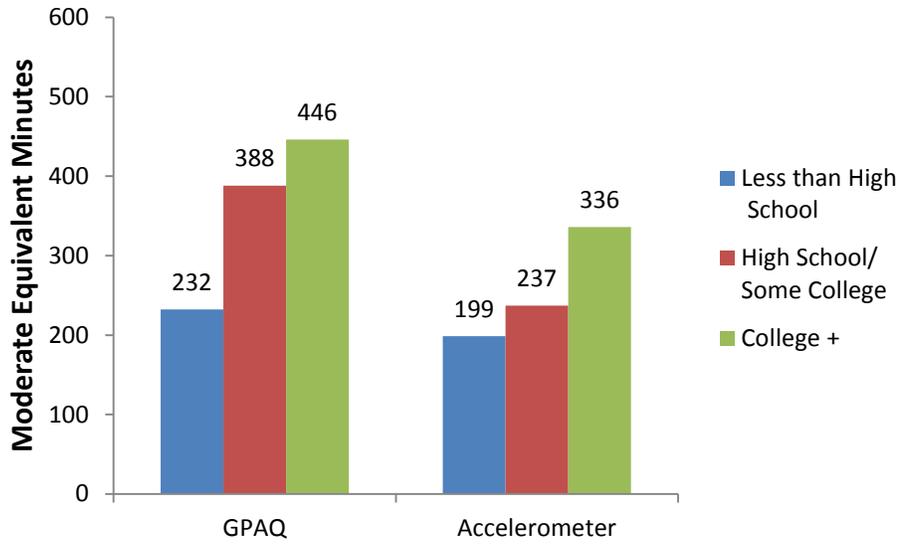

Figure 2. – Median weekly physical activity minutes by gender: self-report vs. accelerometer
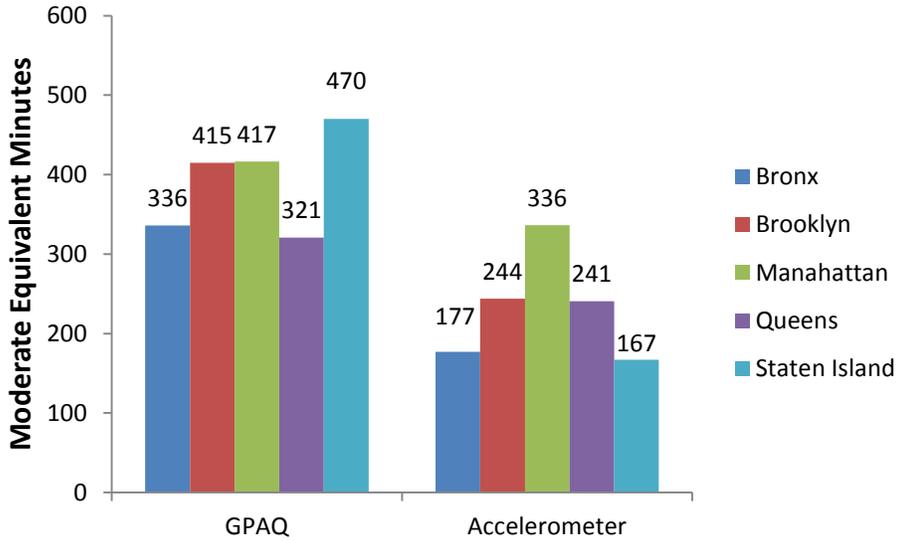
**Figure 3. Median weekly physical activity minutes by household income: self-report vs. accelerometer**

Figure 4. Median weekly physical activity minutes by education: self-report vs. accelerometer
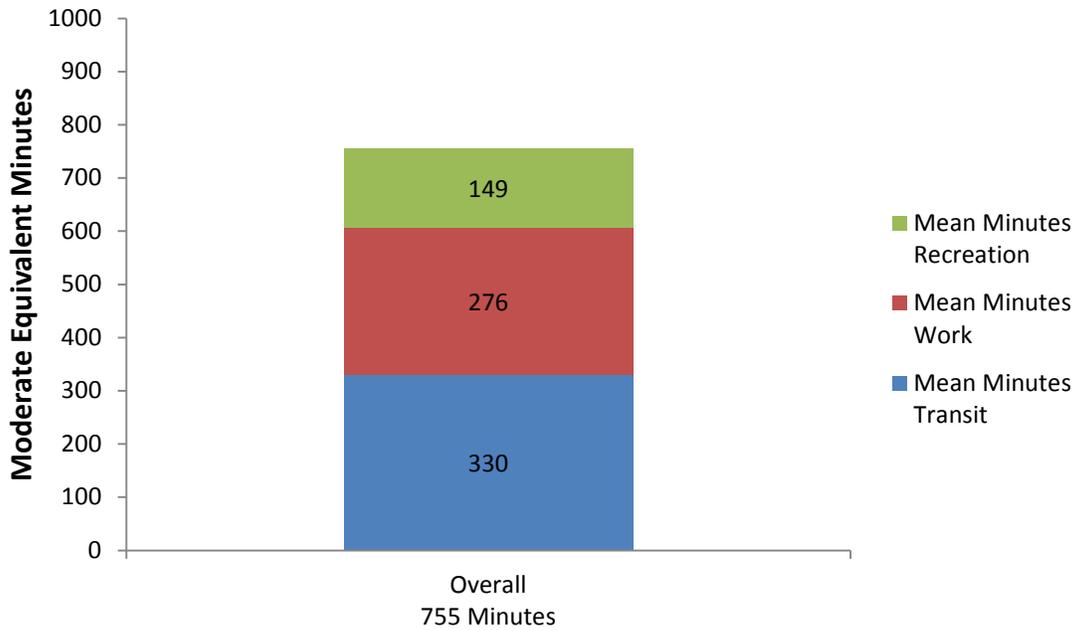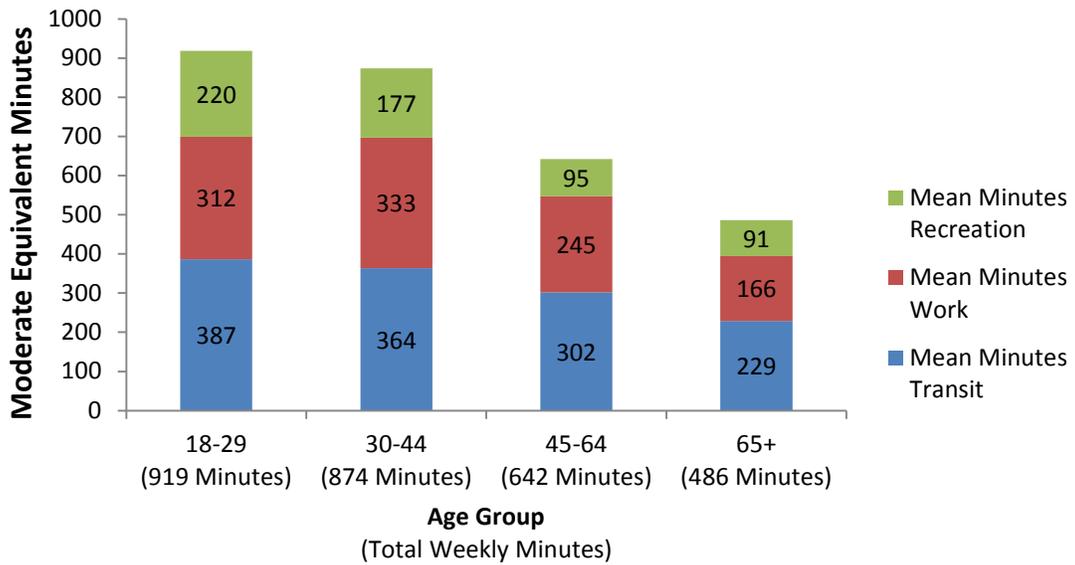
Figure 5. Median weekly physical activity minutes by borough: self-report vs. accelerometer

Figure 6. Mode of transit to work by median value of weekly activity minutes: self-report vs. accelerometer
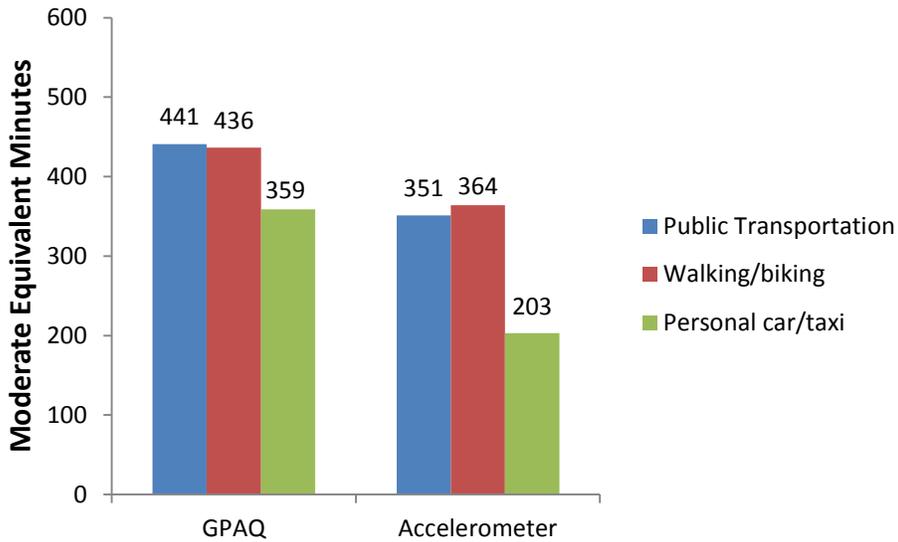
Figure 7. Weekly minutes of transit, recreation, and work activity (GPAQ data)

Figure 8. Weekly minutes of transit, recreation, and work activity (GPAQ data), by age group

Figure 9. Mean minutes of physical activy (recreation, work and transit), by mode of transit to work
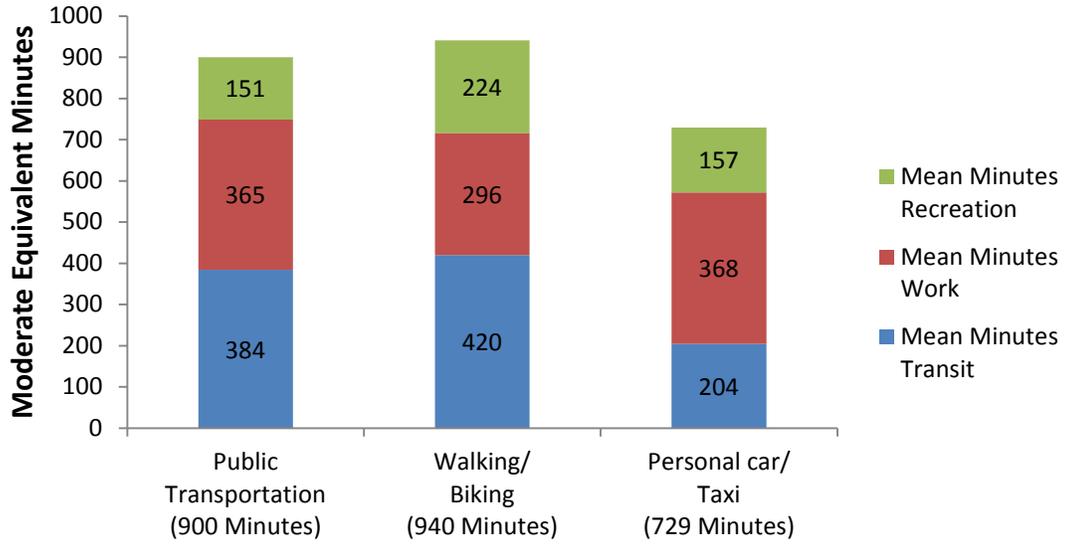
Figure 10. Mean time sitting by age group
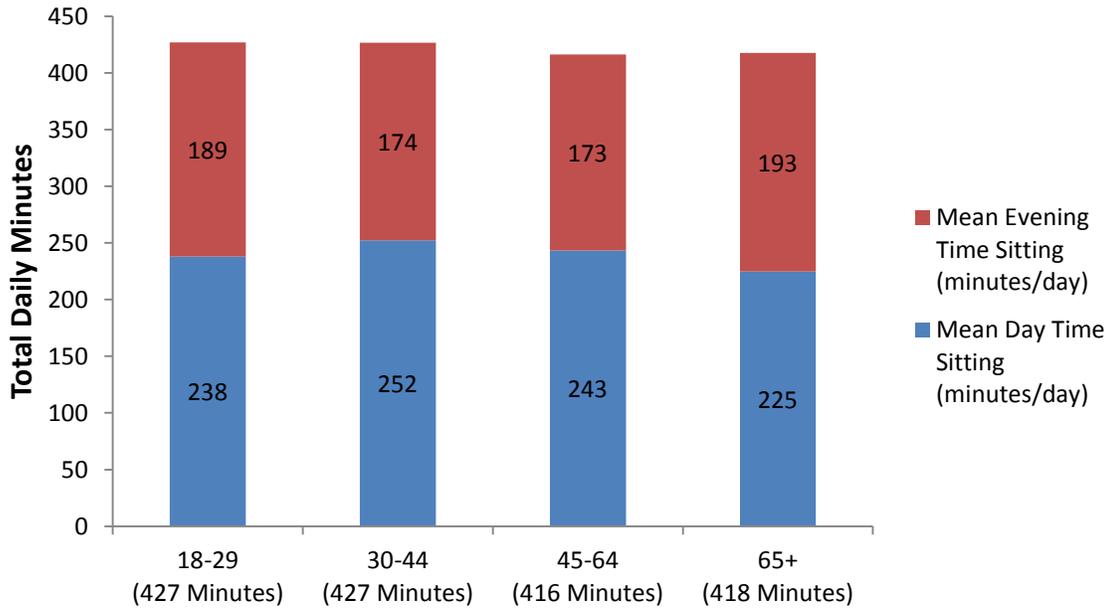
Figure 11. Mean weekday recreational TV/computer time by age group
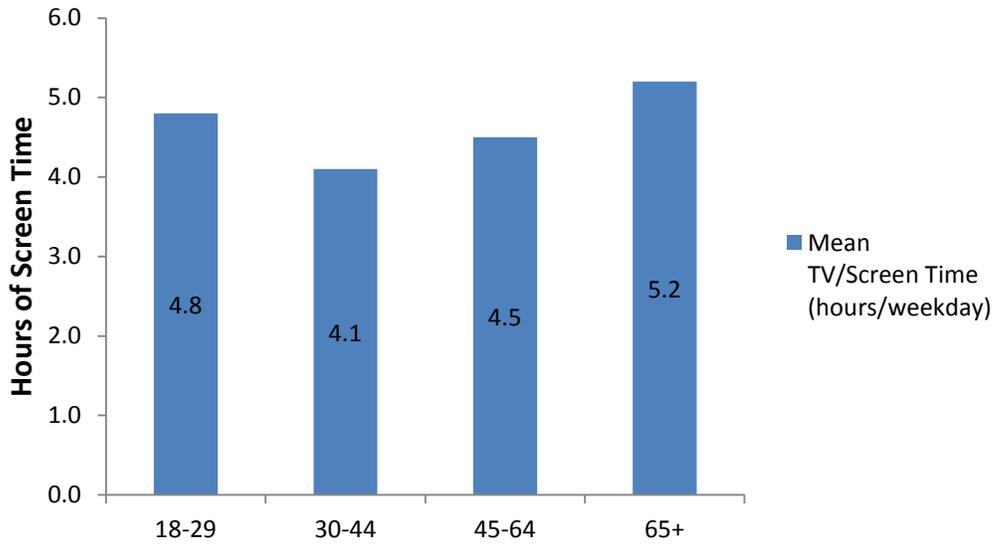
Note: While most PAT metrics were measured in minutes, questions on screen time were asked in half hour increments.
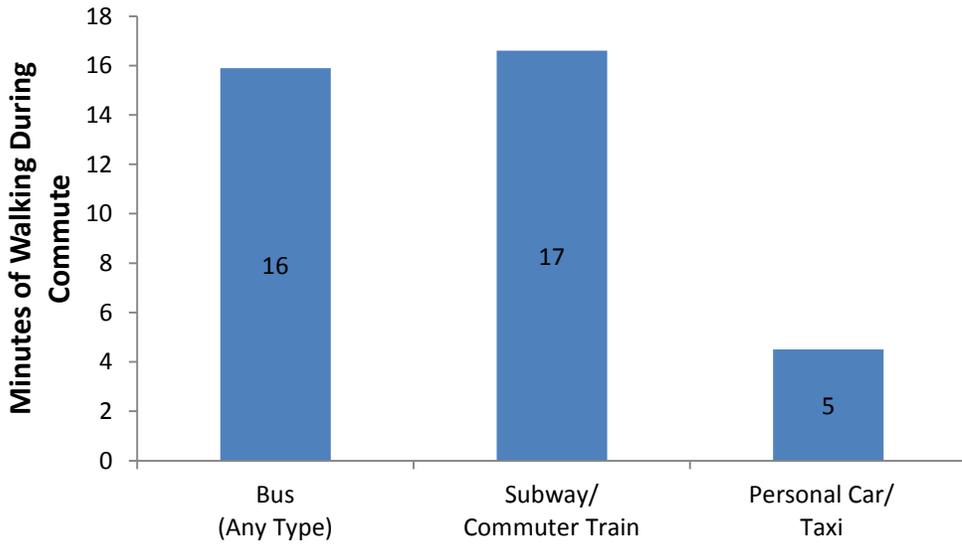
Figure 12. Mode of transportation to work by borough of residence
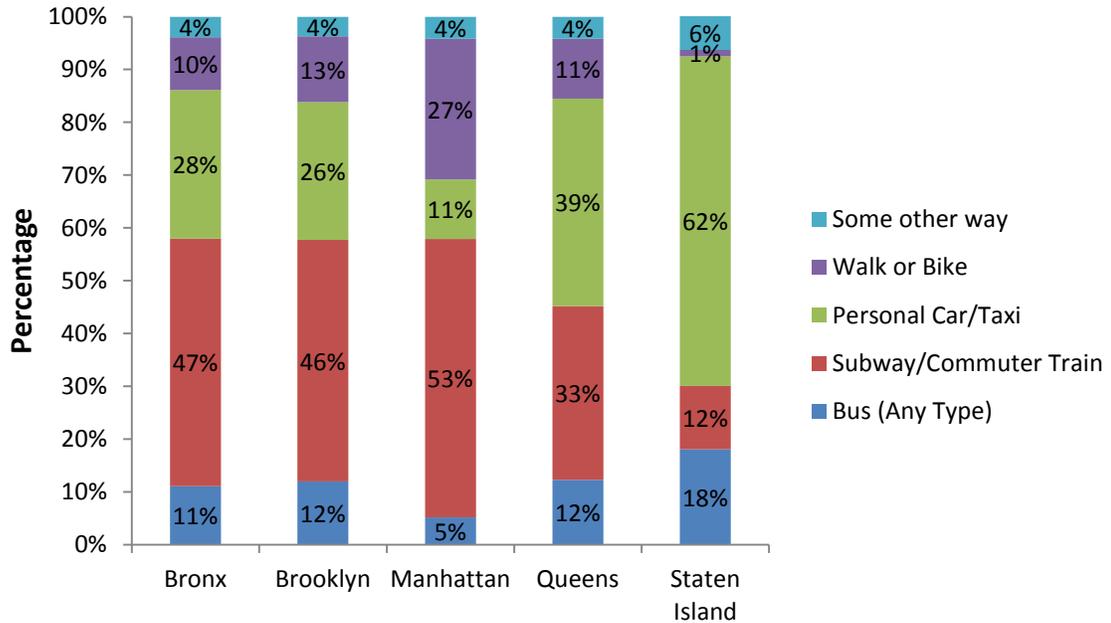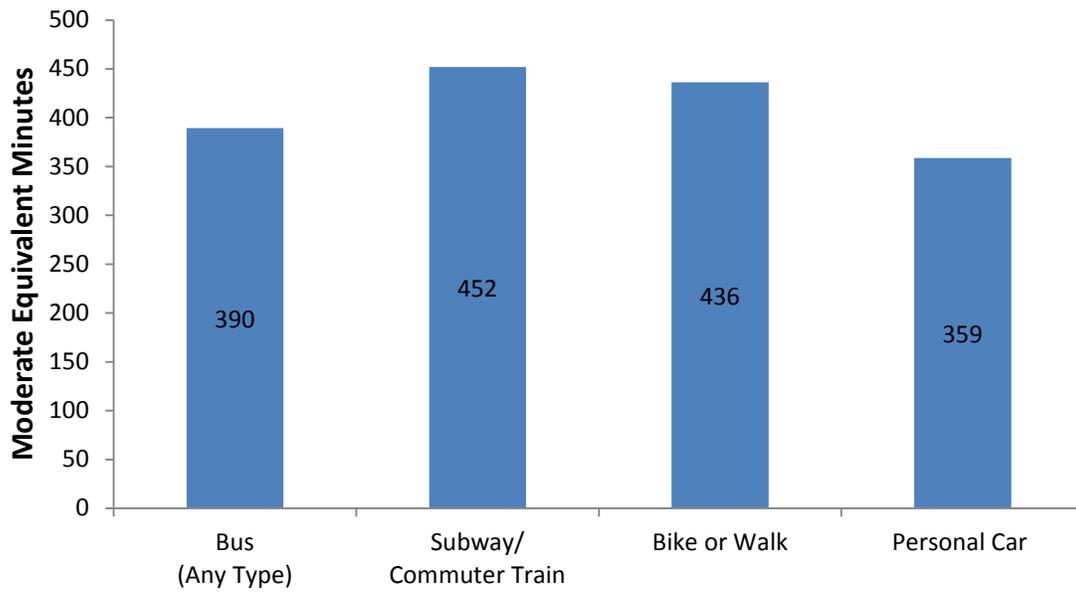
Figure 13. Median minutes in one-way commute, by mode

Bar chart — Y-axis: "Minutes of Total Commute" (0 to 50). Values by mode: Bus (Any Type) = 44; Subway/Commuter Train = 44; Bike or Walk = 16; Personal Car/Taxi = 24.
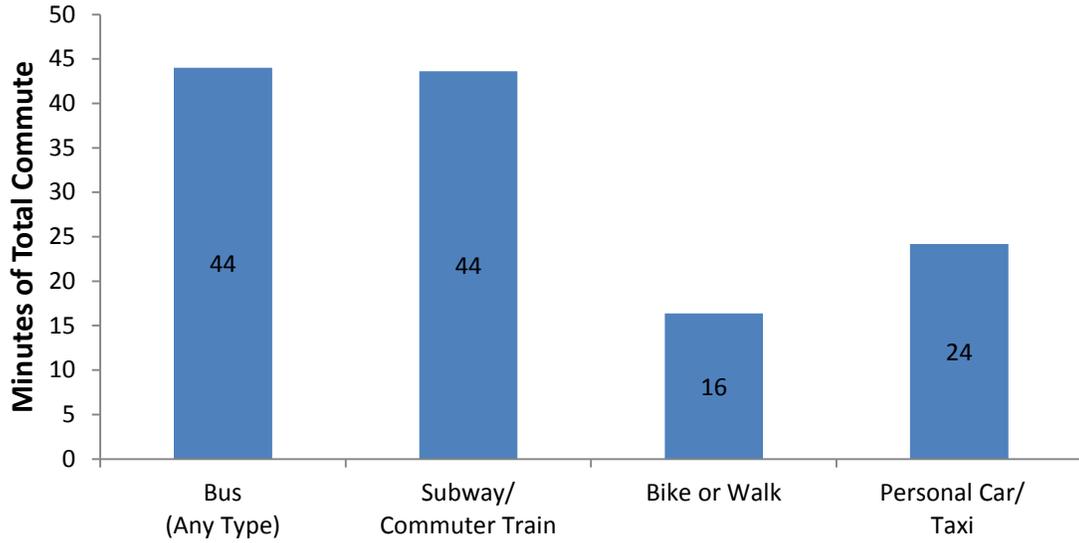
Figure 14. Median minutes of walking time in one-way commute, by mode

Bar chart — Y-axis: "Minutes of Walking During Commute" (0 to 18). Values by mode: Bus (Any Type) = 16; Subway/Commuter Train = 17; Personal Car/Taxi = 5.

Figure 15. Median minutes of physical activity by commute mode

Additional Resources

1. The 2008 Physical Activity Guidelines for Americans
   http://www.health.gov/paguidelines/guidelines/default.aspx

2. Center for Disease Control and Prevention (CDC) information on Physical Activity
   http://www.cdc.gov/physicalactivity/

3. Center for Active Design
   http://centerforactivedesign.org/

4. New York City Department of Design and Construction's Active Design Guidelines
   http://www.nyc.gov/html/ddc/html/design/active_design.shtml

5. New York City Department of Health and Mental Hygiene Section on Physical Activity
   http://www.nyc.gov/html/doh/html/living/physical-activity.shtml

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