

## Appendix II: Capital Region Comparisons<sup>1</sup>

### Table of Contents

Obesity in Children .....	2
Adult Obesity .....	6
Adult Physical Activity .....	11
Adult Nutrition.....	14
Capital Region Community Health Survey- Behaviors .....	18
Capital Region Community Health Survey- Perceived Barriers.....	21

---

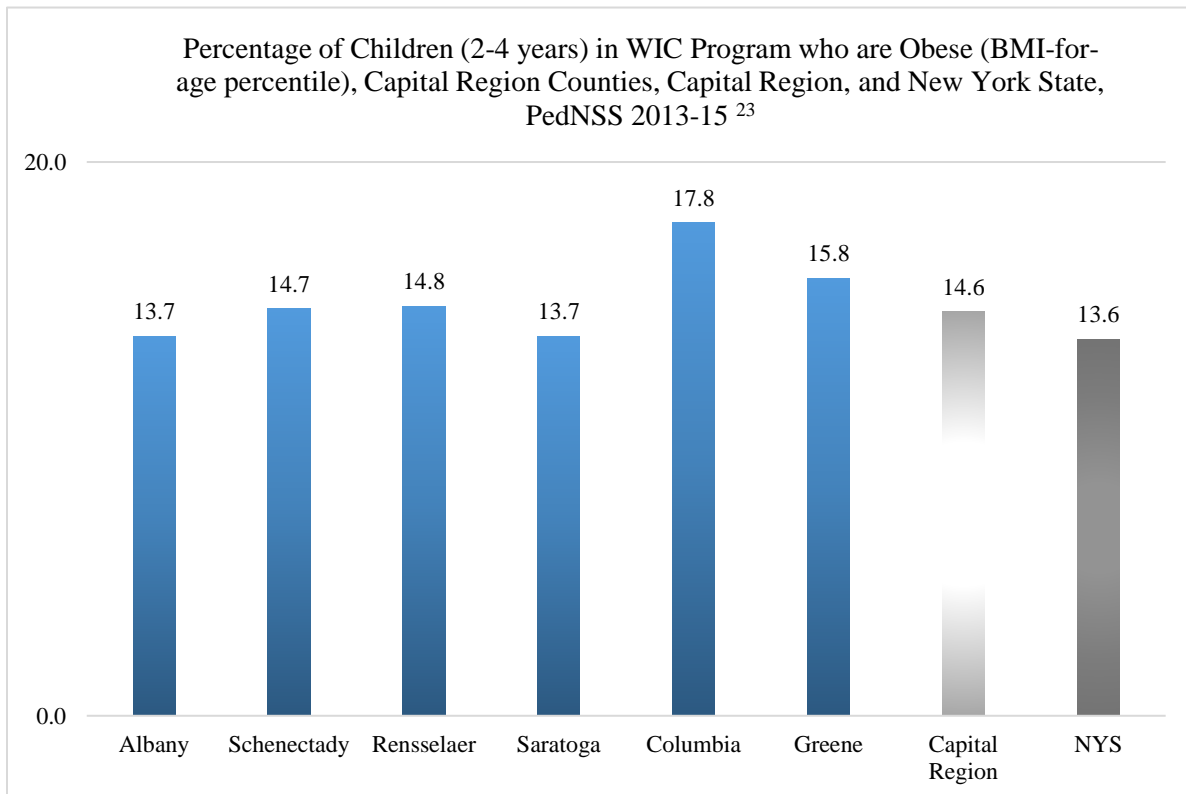
<sup>1</sup> Data related to diabetes can be found in the [Diabetes Health Equity Report](#).

## Obesity in Children

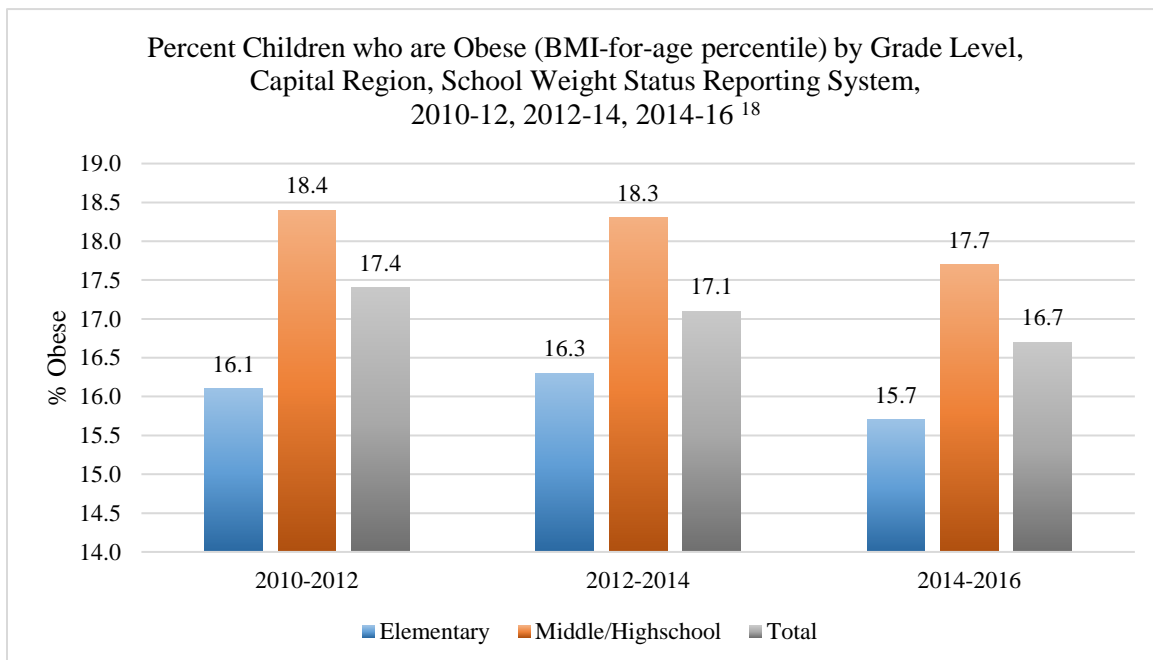
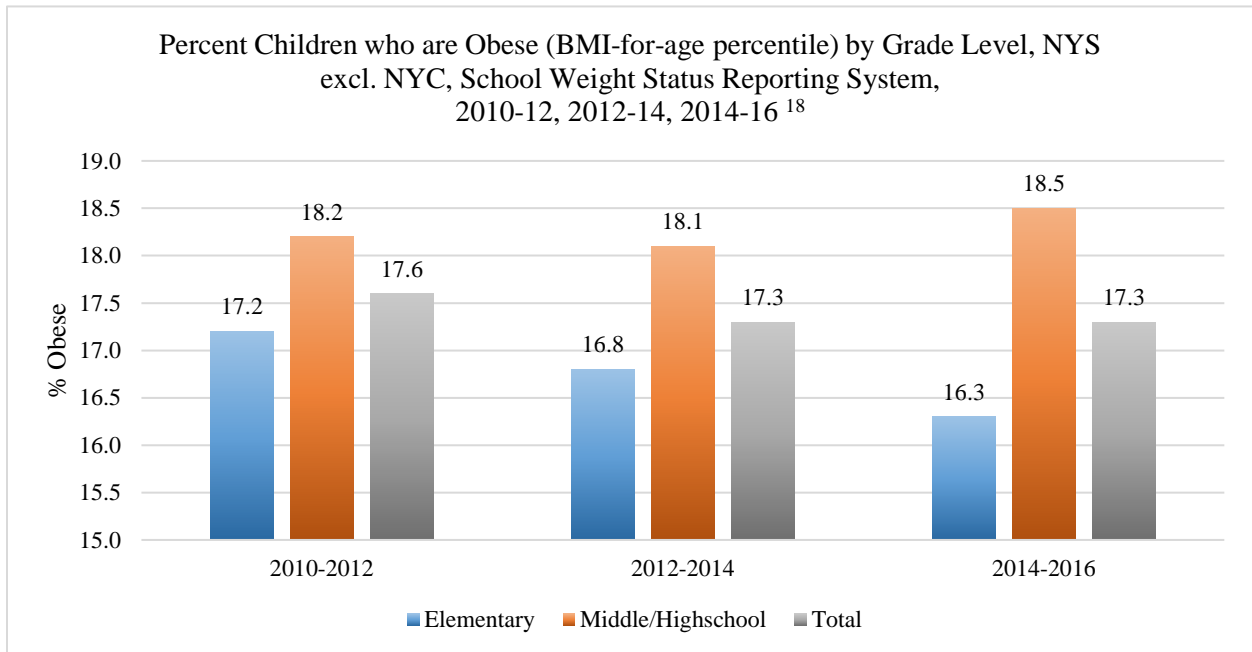
### Highlights:

- The Capital Region obesity rate among pre-school children aged 2-4 years from low income families (WIC participants) was over 7% higher than that for NYS (14.6% vs 13.6%). Columbia (17.8%) and Greene (15.8%) counties had the highest rates.
- Capital Region public school children's rates of obesity and overweight were slightly lower than the Upstate NY rates.
- The region's public school children experienced a 4% decrease in the obesity rate from 2010-12 to 2014-16 (17.4% to 16.7%).
- The Capital Region's public middle/high school students had a 13% higher obesity rate compared to elementary school students (17.7% vs 15.7%) in 2014-16.
- The public school children's obesity rates ranged from 19.6% in Greene County to 14.0% in Saratoga. The overweight and obesity rates ranged from 37.0% in Greene to 29.6% in Saratoga.

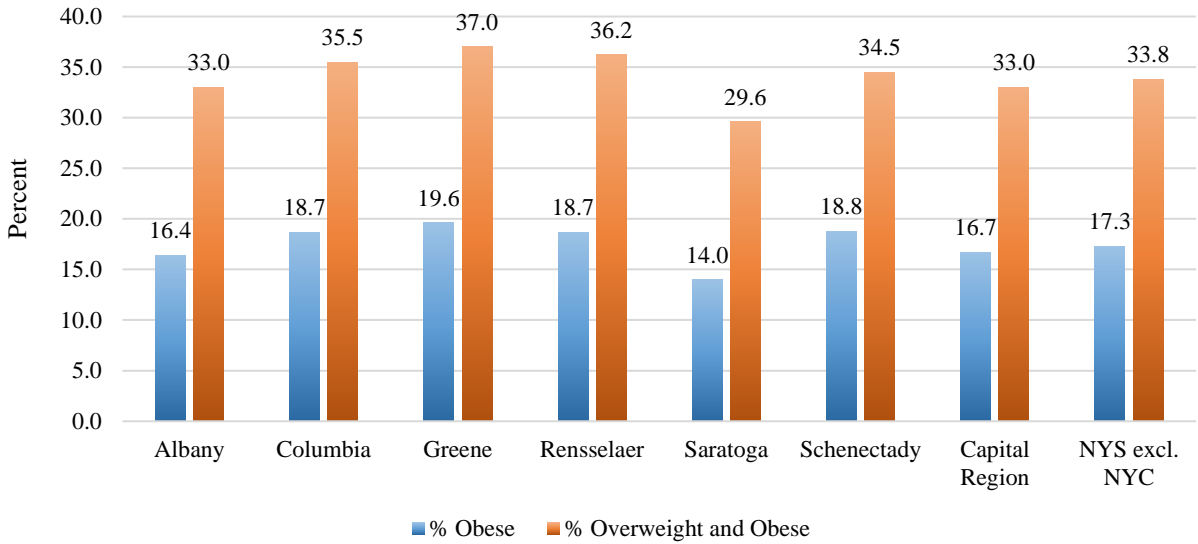
New York State monitors weight status in its WIC population, including young children aged 2-4 years, via its Pediatric Nutrition Surveillance System (PedNSS).<sup>23</sup>



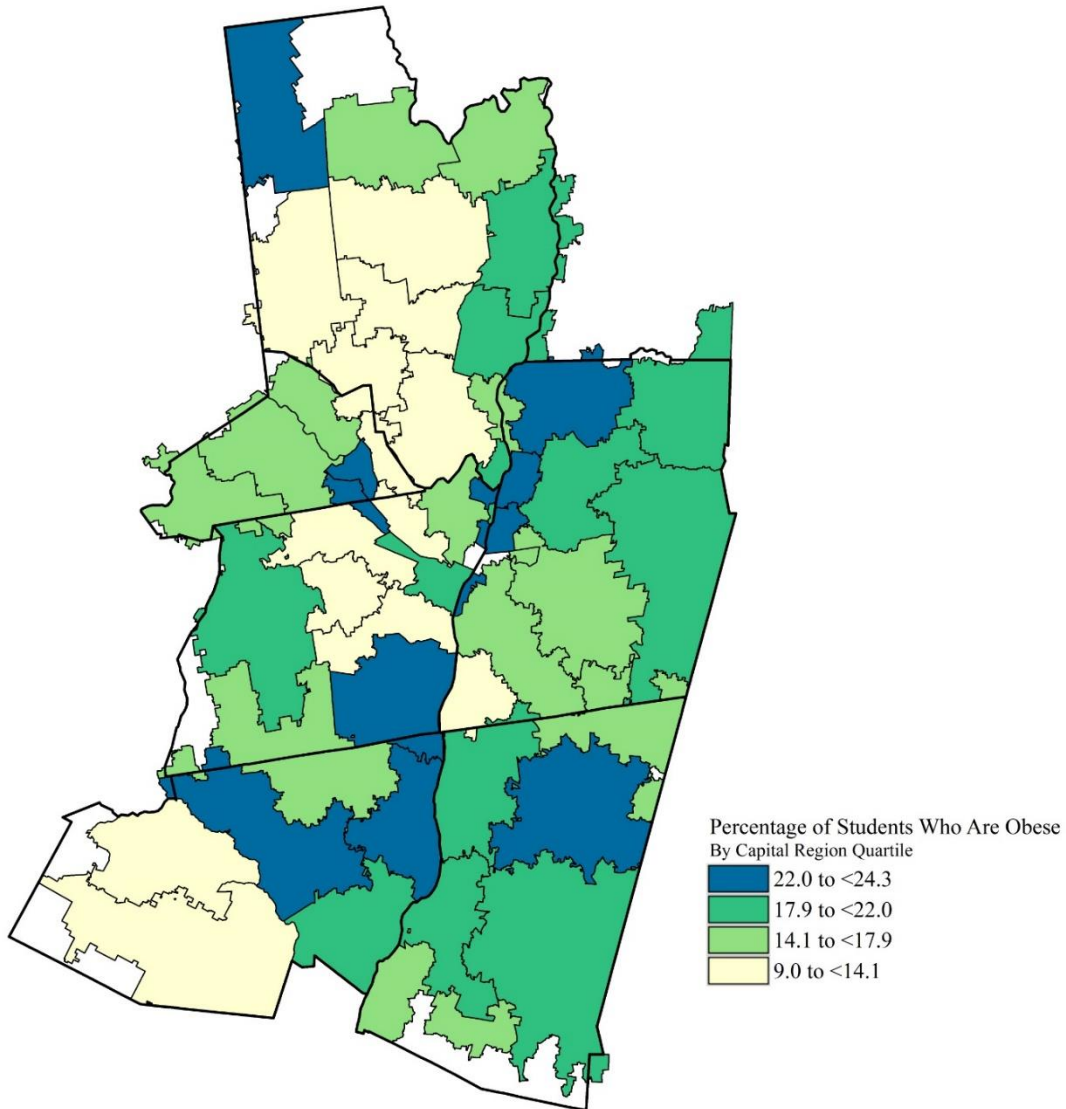
Weight status of school children was collected via the School Weight Status Reporting System. Information was collected for 2010-12, 2012-14, and 2014-16. Data collection included only public school students in New York State, excluding New York City.



Percent Children by Weight Status (BMI-for-age percentile), Capital Region Counties, Capital Region, and NYS excl. NYC, School Weight Status Reporting System, 2014-16 <sup>18</sup>



Percentage of Students Who Are Obese, By Capital Region  
School District and Quartile, 2014-2016



*Highlights:*

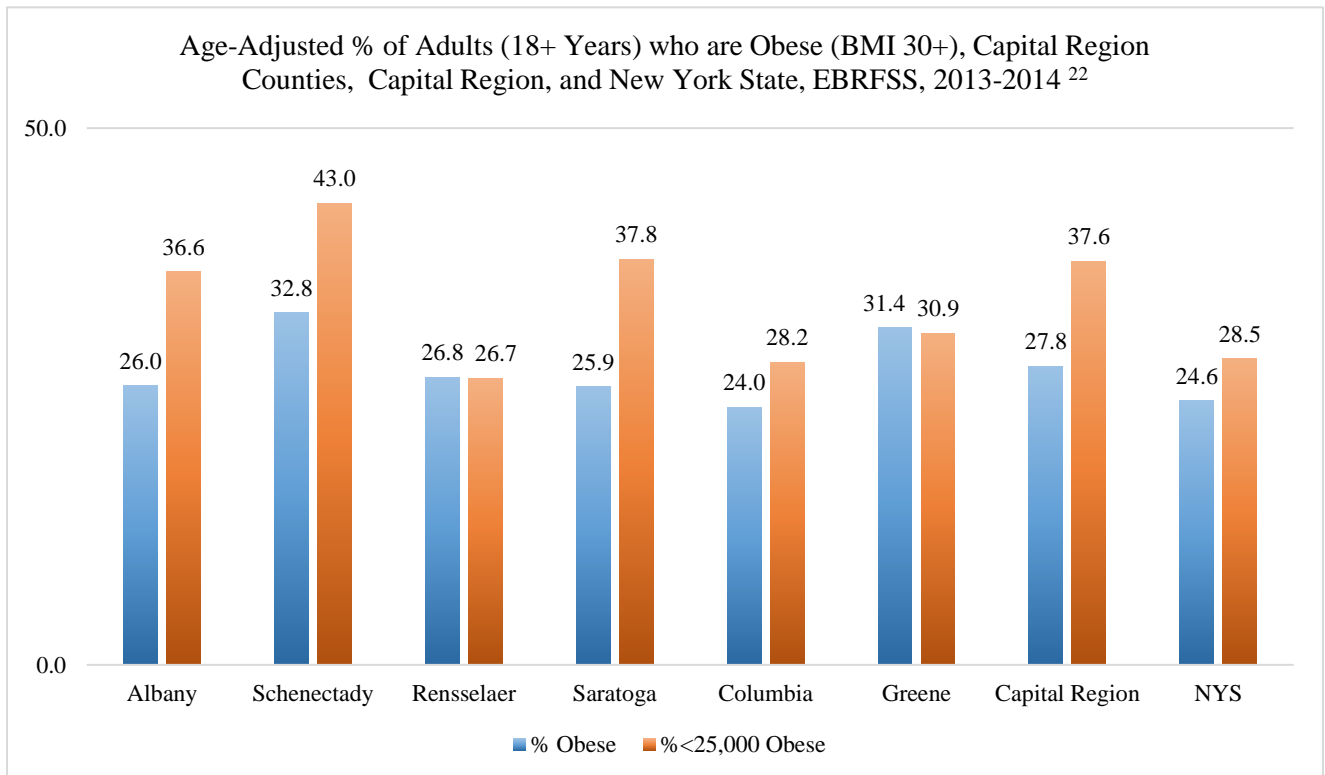
- School Districts that fell into the 4<sup>th</sup> risk quartile for the school children obesity rate includes: Cohoes City, Watervliet, and Ravena-Coeymans-Selkirk in Albany; Chatham in Columbia; Cairo-Durham and Coxackie-Athens in Greene; Hoosic Valley, Lansingburgh, Rensselaer City and Troy City in Rensselaer; Edinburgh in Saratoga; and Rotterdam-Mohonasen and Schenectady City in Schenectady.

## Adult Obesity

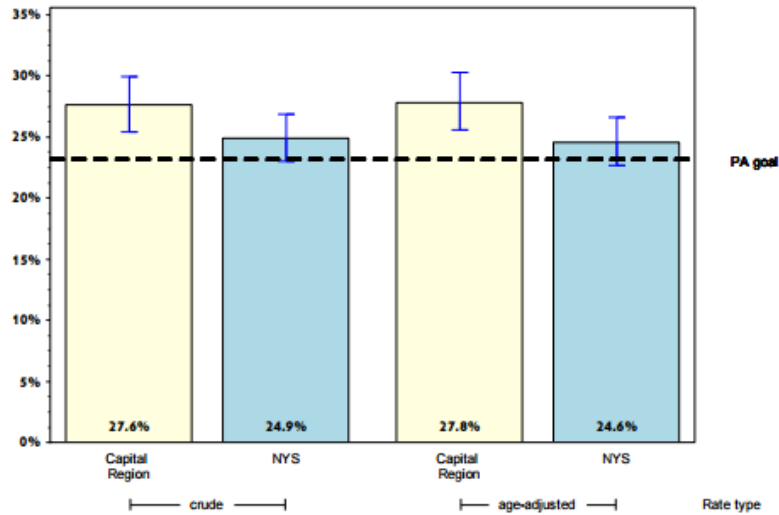
### Highlights:

- Approximately 196,000 Capital Region adults are obese, and 450,000 are overweight or obese.
- The adults Capital Region age-adjusted obesity rate was 14% higher than the NYS rate (27.8 vs. 24.6%)
- Black non-Hispanic adult Capital Region residents had the highest obesity rate (38.0%) compared to the Hispanic (28.0%) and White non-Hispanic (27.7%) populations.
- The low-income obesity rate was 35% higher than the overall obesity rate for the Capital Region (37.6% vs 27.8%).
- The counties with the greatest differences in obesity rates between the low income and general population were Saratoga (46%) and Albany (41%). No difference was seen in Rensselaer or Greene counties.

The Capital Region and county weight status, physical activity and diet prevalence rates for the adult population were collected via the April 2013-March 2014 Expanded Behavioral Risk Factor Surveillance System (EBRFSS). NYSDOH periodically collects county-specific data, similar to the NYS BRFSS, with the 2013-14 EBRFSS being the last year such data were available.



**Percentage of adults who are obese\***



	Capital Region				Statewide			
	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit
<b>Total</b>	196,015	27.6	25.5	29.9	3,527,077	24.9	23.0	26.9
<b>Age</b>								
18-24	12,899	14.4	8.4	23.4	318,556	17.8	11.7	26.0
25-34	27,900	24.7	19.0	31.4	509,101	20.8	16.8	25.4
35-44	36,257	33.5	27.6	40.0	573,976	24.7	20.0	30.1
45-64	84,116	33.3	29.8	37.0	1,452,755	30.5	27.5	33.7
65+	33,329	24.5	21.4	27.9	615,010	23.4	20.1	27.0
<b>Race</b>								
White, NH	167,713	27.7	25.4	30.1	2,139,878	25.0	23.2	26.9
Black, NH	12,819	38.0 <sup>^</sup>	27.3	50.1	638,079	30.7	24.2	38.1
Hispanic	6,873	28.0	20.4	37.1	622,984	28.0	21.8	35.1
Other, NH	8,610	18.6 <sup>^</sup>	10.1	31.8	126,136	9.6	6.3	14.4
<b>Sex</b>								
Male	98,578	27.4	24.2	30.7	1,782,686	25.3	22.5	28.3
Female	97,437	27.9	24.9	31.1	1,744,390	24.5	22.0	27.1
<b>Age-adjusted<sup>^</sup></b>		27.8	25.6	30.3		24.6	22.7	26.6

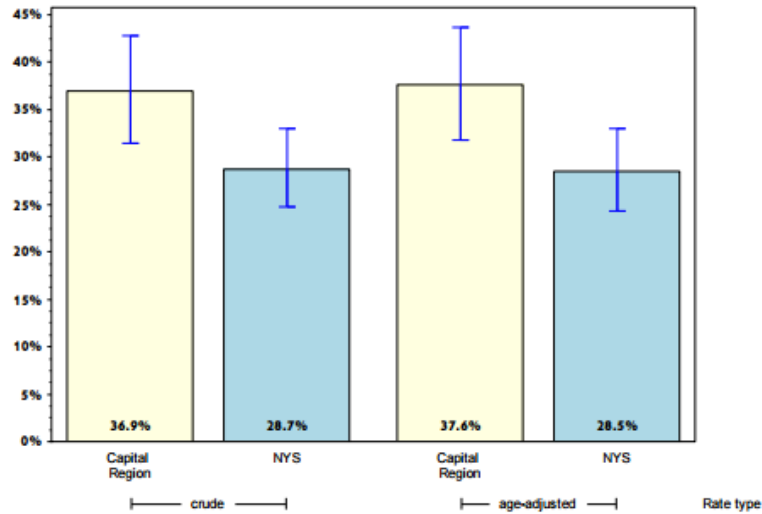
\* Obesity defined as a Body Mass Index (BMI) >=30. BMI is calculated based on weight and height.

& Percent is age adjusted to the 2000 United States Population.

<sup>^</sup> Highly variable rate (confidence interval with a half-width greater than 10).

The adult Capital Region resident’s age-adjusted obesity rate was 14% higher than the NYS rate (27.8% vs 24.6%). Of the Capital Region counties, Schenectady (32.8%; 4<sup>th</sup> risk quartile of NYS counties) and Greene (31.4%; 3<sup>rd</sup> risk quartile) had the highest age-adjusted adult obesity rate

**Percentage of adults with an annual household income less than \$25,000 who are obese\***



	Capital Region				Statewide			
	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit
<b>Total</b>	54,587	36.9	31.5	42.8	1,029,079	28.7	24.7	33.0
<b>Age</b>								
18-24	3,020	17.4 <sup>^</sup>	8.4	32.5	88,578	21.3 <sup>^</sup>	10.0	39.7
25-34	10,222	39.3 <sup>^</sup>	24.9	55.8	177,054	26.6 <sup>^</sup>	17.0	39.0
35-44	7,713	41.2 <sup>^</sup>	25.5	58.9	165,333	28.8 <sup>^</sup>	19.5	40.3
45-64	23,403	48.3 <sup>^</sup>	38.0	58.8	386,736	34.8	28.0	42.1
65+	10,229	27.6	21.5	34.7	190,291	24.4	18.8	31.1
<b>Race</b>								
White, NH	41,621	36.5	30.4	43.0	500,787	30.3	25.6	35.4
Black, NH	4,238	36.2 <sup>^</sup>	22.1	53.2	165,021	25.3 <sup>^</sup>	16.7	36.3
Hispanic	2,717	28.5 <sup>^</sup>	16.7	44.3	287,948	30.1 <sup>^</sup>	21.1	41.0
Other, NH	#	#	#	#	75,322	23.1 <sup>^</sup>	12.4	39.0
<b>Sex</b>								
Male	20,376	30.7	22.4	40.6	386,764	23.8	18.1	30.5
Female	34,212	42.0	35.0	49.3	642,314	32.7	27.6	38.3
<b>Age-adjusted<sup>&amp;</sup></b>		37.6	31.8	43.7		28.5	24.3	33.0

\* Obesity defined as a Body Mass Index (BMI) >=30. BMI is calculated based on weight and height.

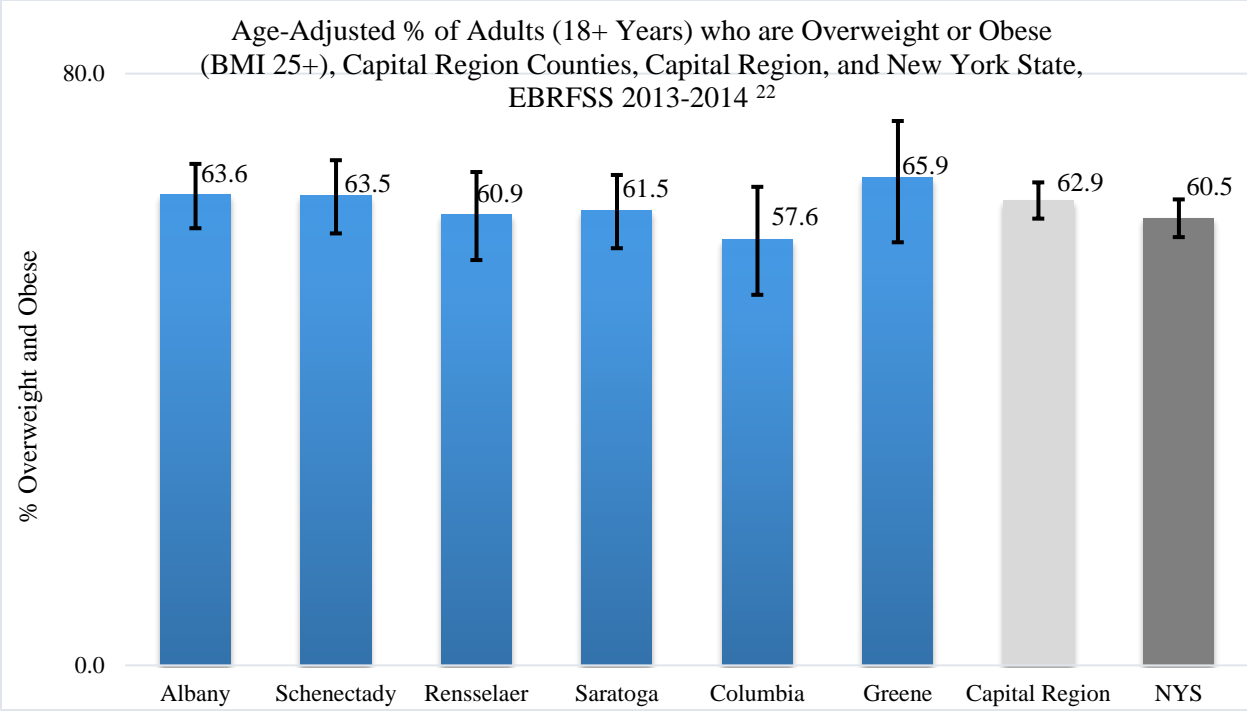
& Percent is age adjusted to the 2000 United States Population.

# Rates with <10 in the numerator or <50 in the denominator are suppressed.

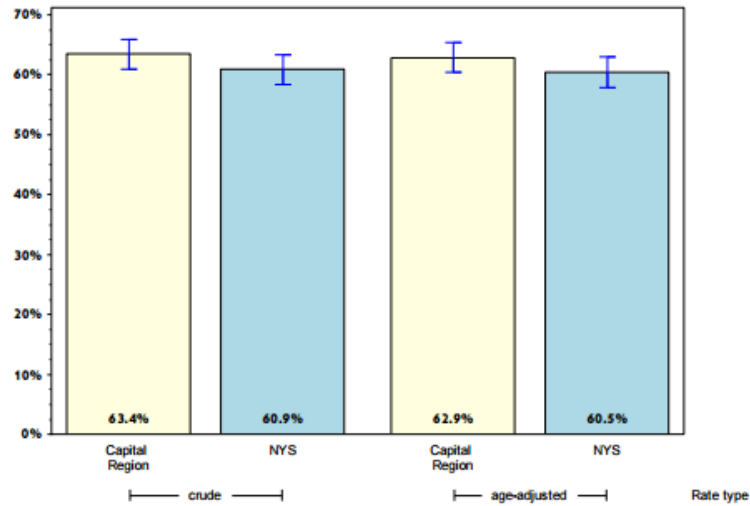
<sup>^</sup> Highly variable rate (confidence interval with a half-width greater than 10).

While White non-Hispanic Capital Region residents with annual incomes of <\$25,000 had higher obesity rates compared to the general White non-Hispanic population (36.5% vs 27.7%), the Black non-Hispanic and Hispanic populations showed little difference in obesity rates between the low income and general population.





**Percentage of adults overweight or obese\***



	Capital Region				Statewide			
	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit
<b>Total</b>	449,862	63.4	60.9	65.8	8,631,360	60.9	58.4	63.3
<b>Age</b>								
18-24	36,543	40.7 <sup>^</sup>	31.2	51.1	656,771	36.6	28.8	45.2
25-34	65,156	57.7	51.1	64.0	1,528,245	62.4	55.9	68.4
35-44	71,436	66.1	59.8	71.8	1,362,541	58.6	50.8	66.0
45-64	182,293	72.2	68.8	75.3	3,335,153	70.0	66.8	73.1
65+	88,147	64.8	60.7	68.6	1,632,723	62.1	58.1	65.9
<b>Race</b>								
White, NH	381,643	63.1	60.5	65.6	5,260,942	61.5	59.3	63.5
Black, NH	25,401	75.3	65.7	83.0	1,520,031	73.1	63.8	80.7
Hispanic	17,407	70.9 <sup>^</sup>	60.2	79.7	1,346,413	60.5	52.9	67.5
Other, NH	25,411	55.0 <sup>^</sup>	40.4	68.8	503,974	38.4 <sup>^</sup>	28.1	49.9
<b>Sex</b>								
Male	249,199	69.2	65.4	72.7	4,736,847	67.1	63.2	70.8
Female	200,663	57.5	54.1	60.8	3,894,512	54.7	51.4	57.9
<b>Age-adjusted<sup>^</sup></b>		62.9	60.4	65.3		60.5	57.9	63.0

\* Defined as a Body Mass Index (BMI)  $\geq 25$ . BMI is calculated based on weight and height.

& Percent is age adjusted to the 2000 United States Population.

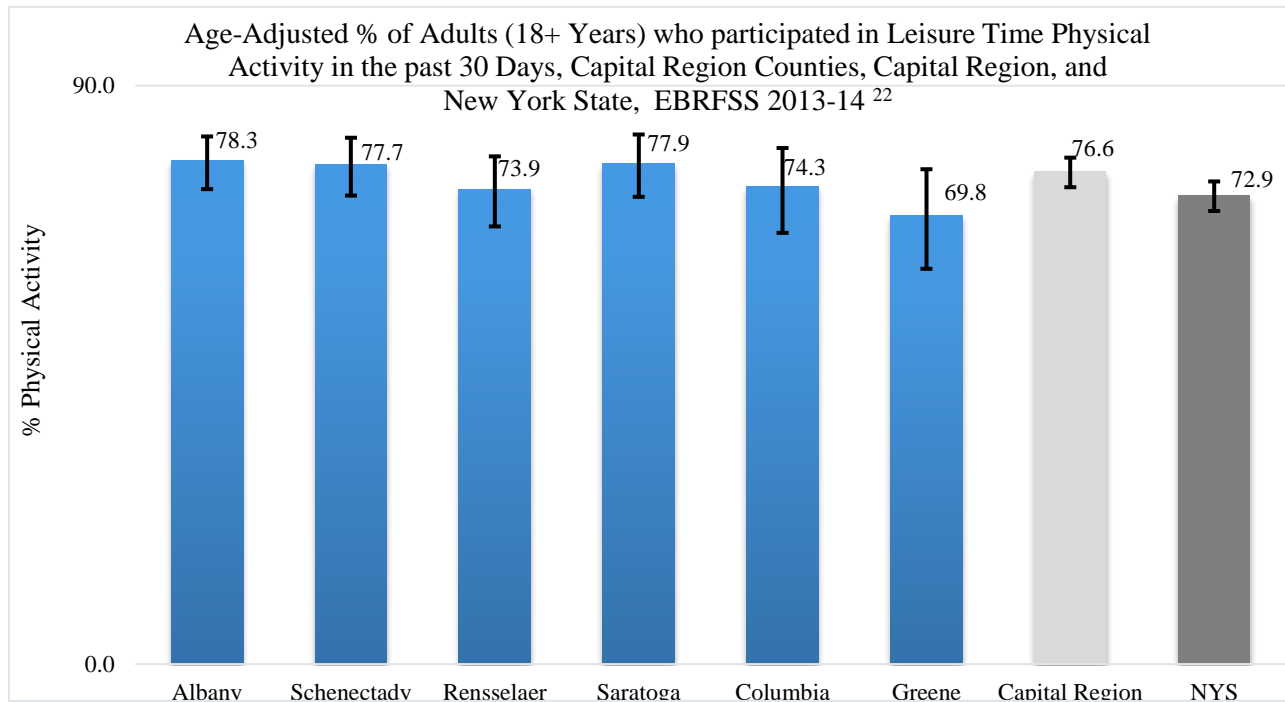
<sup>^</sup> Highly variable rate (confidence interval with a half-width greater than 10).

For the overweight or obesity rate, the Capital Region's age-adjusted rate was only 4% higher than NYS (62.9% vs 60.5%). Greene County had the highest rate of 65.9% (3<sup>rd</sup> risk quartile).

## Adult Physical Activity

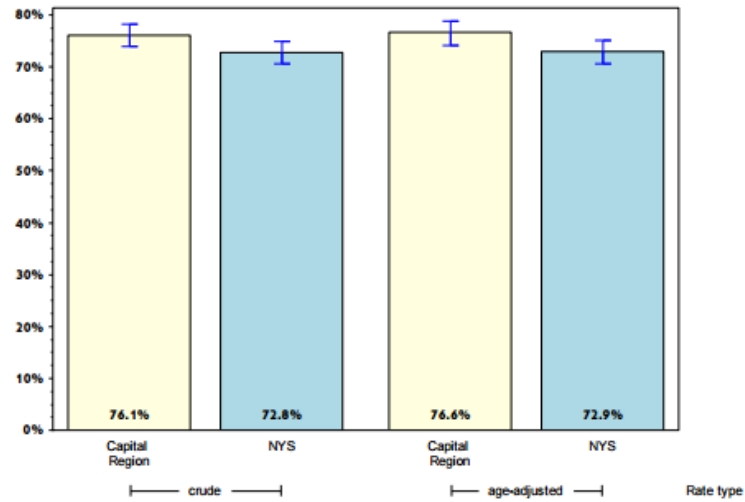
### Highlights:

- Capital Region adult residents participated in leisure time physical activity more often than NYS residents (age-adjusted 76.6% vs 72.9%). Still, approximately 175,000 adult residents did not participate in any leisure time physical activity.
- The Capital Region White-non-Hispanic residents had higher rates of leisure time physical activity (76.6%) compared to the Hispanic (72.5%) and Black non-Hispanic (71.4%) populations.
- In the Capital Region, leisure time physical activity decrease as age increases.



Greene adult residents had the lowest age-adjusted rate of leisure time physical activity (69.8%; 4<sup>th</sup> risk quartile), and was the only Capital Region county lower than the NYS rate.

**Percentage of adults who participated in leisure time physical activity in the past 30 days\***

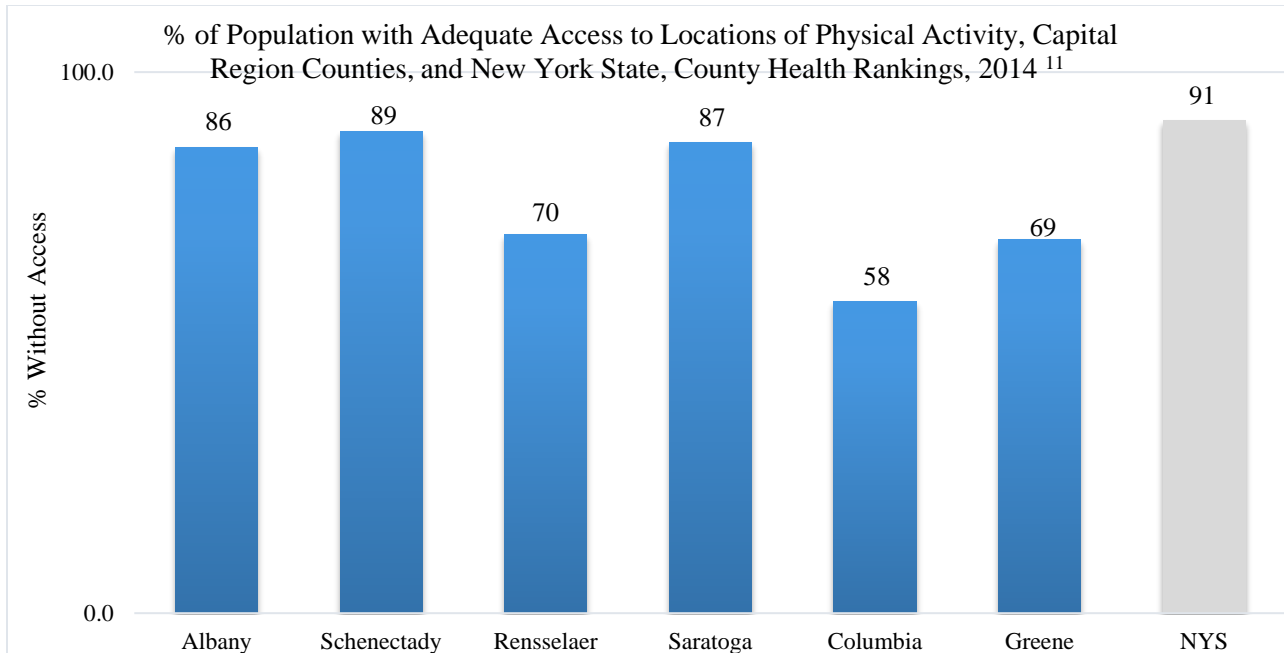


	Capital Region				Statewide			
	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit
<b>Total</b>	556,553	76.1	73.9	78.2	10,681,161	72.8	70.6	74.9
<b>Age</b>								
18-24	75,199	82.7 <sup>^</sup>	71.5	90.1	1,601,630	84.1	78.5	88.5
25-34	94,246	78.5	71.7	84.0	1,900,064	73.1	67.1	78.4
35-44	88,206	79.6	73.8	84.3	1,722,858	71.5	63.8	78.1
45-64	196,559	76.2	72.8	79.3	3,443,881	70.8	67.5	73.8
65+	93,338	66.8	62.9	70.4	1,840,519	69.5	66.1	72.7
<b>Race</b>								
White, NH	479,185	76.6	74.2	78.8	6,662,678	75.8	74.0	77.4
Black, NH	24,322	71.4 <sup>^</sup>	59.7	80.9	1,525,317	73.8	66.8	79.7
Hispanic	17,336	72.5 <sup>^</sup>	60.3	82.1	1,507,430	62.4	55.4	68.9
Other, NH	35,711	75.0 <sup>^</sup>	63.2	84.0	985,735	70.6 <sup>^</sup>	56.9	81.3
<b>Sex</b>								
Male	272,326	76.8	73.1	80.1	5,439,883	77.3	74.6	79.8
Female	284,227	75.6	72.8	78.1	5,241,278	68.6	65.3	71.7
<b>Age-adjusted<sup>&amp;</sup></b>		76.6	74.2	78.8		72.9	70.5	75.1

\* Any physical activities or exercises such as running or walking

& Percent is age adjusted to the 2000 United States Population.

<sup>^</sup> Highly variable rate (confidence interval with a half-width greater than 10).



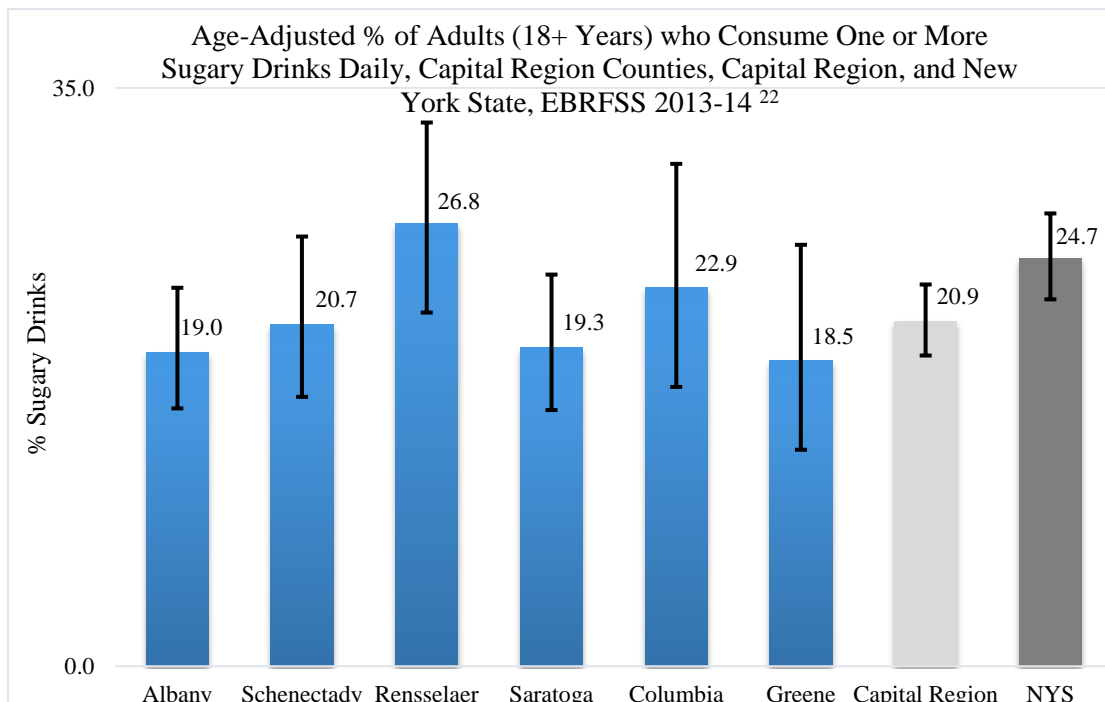
Adequate access to exercise opportunities looks at the percent of individuals who live reasonably close to a location for physical activity (parks or recreational facilities). Proximity is defined as living within a ½ mile of a park, or in an urban/suburban area living within 1 mile of a recreation facility; in a rural area within 3 miles of a recreation facility. Columbia’s rate of 58% of its population with adequate access was the lowest in the Region.

## Adult Nutrition

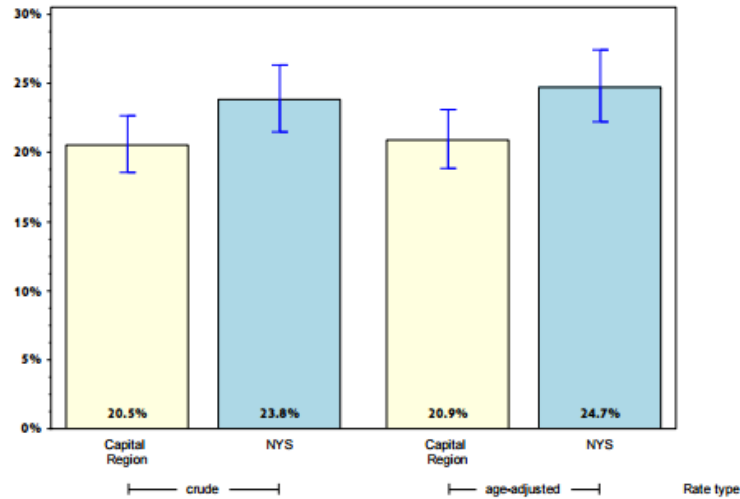
### Highlights:

- Over 146,000 Capital Region adult residents consumed one or more sugary drinks daily. The Region's age-adjusted rate was 15% lower than that for NYS (20.9% vs 24.7%).
- Capital Region males had 50% higher consumption rates than females (24.6% vs 16.7%).
- The Capital Region adult Hispanic population's daily sugary beverage consumption rate (38.5%) was almost twice as high as the White non-Hispanic rate (19.9%). Black non-Hispanic residents (30.3%) had a consumption rate almost 50% higher than the White non-Hispanic population.
- Adult Male Capital Region residents had almost 4 times the fast-food consumption rates as their female counterparts (9.1% vs 2.3%).
- The Capital Region adult Black non-Hispanic population's fast-food consumption rate (15.8%) was three times as high as the White non-Hispanic rate (5.2%). Hispanic residents (9.0%) had a consumption rate almost 75% higher than the White non-Hispanic population.

The 2013-14 New York State Expanded BRFSS collected county-level information on consumption of one or more sugary drinks daily (sugary drinks include regular soda and sugar-sweetened drinks), and consumption of fast-food three or more times per week.



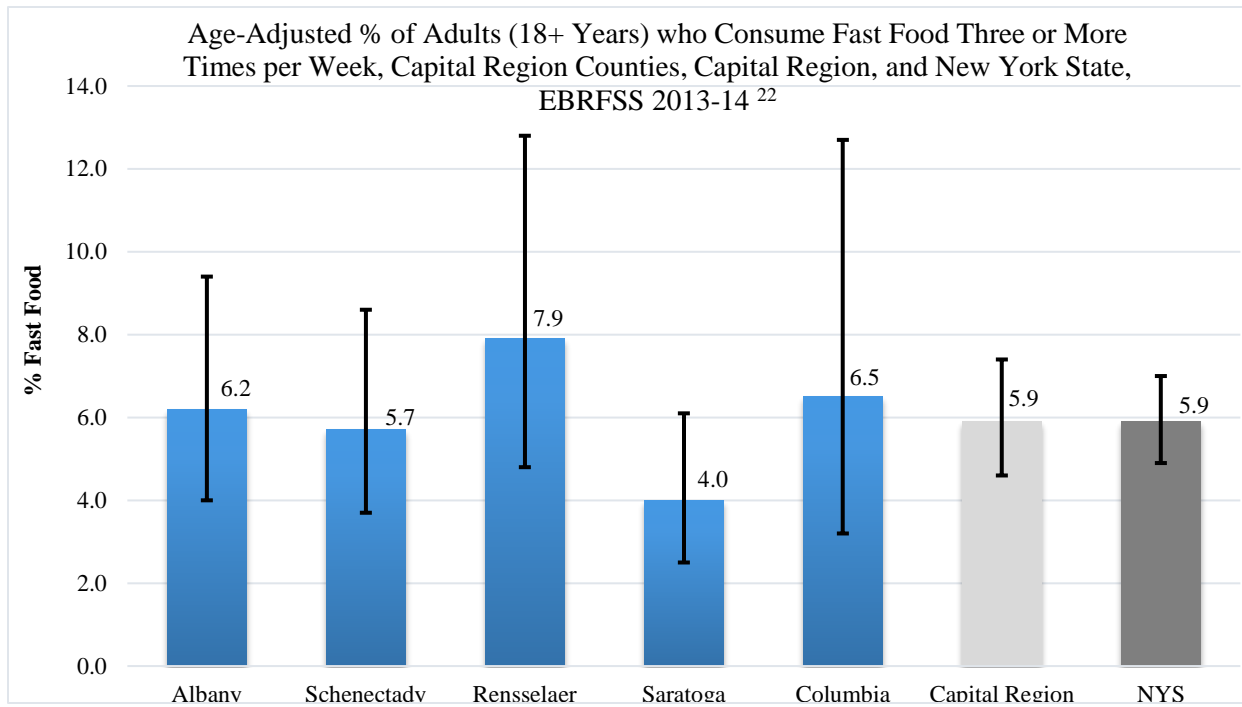
**Percentage of adults who consume one or more sugary drinks daily\***



	Capital Region				Statewide			
	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit
<b>Total</b>	146,058	20.5	18.5	22.7	3,402,766	23.8	21.5	26.3
<b>Age</b>								
18-24	28,523	32.9	24.4	42.8	670,630	36.9	28.0	46.7
25-34	36,519	31.0	24.6	38.1	733,289	28.9	22.5	36.4
35-44	18,018	16.3	12.6	20.9	769,136	32.4	25.4	40.3
45-64	42,321	16.9	14.4	19.8	839,390	17.6	15.0	20.5
65+	18,870	13.9	11.5	16.7	348,734	13.7	11.1	16.9
<b>Race</b>								
White, NH	121,145	19.9	17.8	22.3	1,754,487	20.4	18.3	22.8
Black, NH	10,242	30.3 <sup>^</sup>	20.6	42.2	671,592	33.6	25.4	43.0
Hispanic	8,727	38.5 <sup>^</sup>	29.0	49.0	700,337	29.8	23.7	36.8
Other, NH	5,944	12.5	7.4	20.3	276,350	20.4 <sup>^</sup>	10.6	35.5
<b>Sex</b>								
Male	84,851	24.6	21.5	28.0	1,782,648	26.0	22.5	29.8
Female	61,207	16.7	14.2	19.5	1,620,118	21.8	18.7	25.3
<b>Age-adjusted<sup>&amp;</sup></b>		20.9	18.8	23.1		24.7	22.2	27.4

\* Sugary drinks include regular soda, and sugar-sweetened drinks.  
 & Percent is age adjusted to the 2000 United States Population.  
 ^ Highly variable rate (confidence interval with a half-width greater than 10).

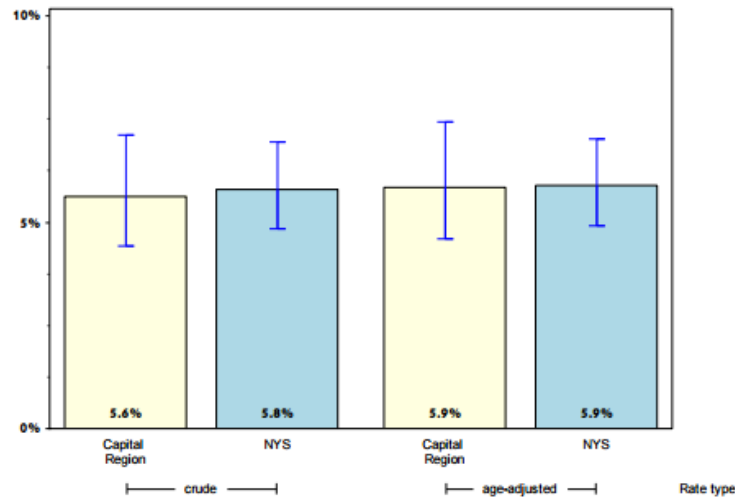
For the Capital Region, Rensselaer adults had the highest daily sugary drink consumption rate of 26.8% while Greene residents had the lowest at 18.5%. Rensselaer was the only Capital Region County above the NYS rate. Younger Capital Region residents (18-34 yrs.) consumed daily sugary beverages at twice the rate of older (35 yrs. and older) residents (31.8% vs 16.0%). Capital Region adult male daily sugary beverage consumption rate was 50% higher than female residents (21.5% vs 16.6%).



\*Data for Greene County are suppressed due to low numbers in the numerator and/or denominator.



**Percentage of adults who consume fast-food three or more times per week**



	Capital Region				Statewide			
	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit	Est. # of Adults	Percent	Lower 95% limit	Upper 95% limit
<b>Total</b>	39,790	5.6	4.4	7.1	817,815	5.8	4.8	6.9
<b>Age</b>								
18-24	8,329	9.7	5.1	17.5	172,464	9.7	6.9	13.6
25-34	11,200	9.6	5.7	15.5	252,437	10.0	6.9	14.2
35-44	5,776	5.3	3.2	8.5	106,397	4.5	3.2	6.3
45-64	10,867	4.4	2.9	6.5	234,582	5.0	3.3	7.4
65+	3,146	2.3	1.5	3.6	47,255	1.9	1.3	2.7
<b>Race</b>								
White, NH	31,483	5.2	4.1	6.6	433,016	5.1	4.4	5.9
Black, NH	5,232	15.8 <sup>#</sup>	6.0	35.5	122,943	6.2	4.1	9.3
Hispanic	2,006	9.0	5.0	15.8	219,779	9.6	5.6	16.0
Other, NH		#			42,077	3.2	1.8	5.5
<b>Sex</b>								
Male	31,282	9.1	6.9	12.0	560,514	8.2	6.6	10.3
Female	8,509	2.3	1.7	3.3	257,301	3.5	2.6	4.8
<b>Age-adjusted<sup>&amp;</sup></b>		5.9	4.6	7.4		5.9	4.9	7.0

& Percent is age adjusted to the 2000 United States Population.  
 # Rates with <10 in the numerator or <50 in the denominator are suppressed.  
 ^ Highly variable rate (confidence interval with a half-width greater than 10).

Almost 40,000 adult Capital Region residents consumed fast-food three or more times per week. The Regions age-adjusted rate of 5.9% was the same as the NYS rate. For the Capital Region, Rensselaer adults had the highest age-adjusted fast-food consumption rate of 7.9%, while Saratoga residents had the lowest at 4.0%. Younger Capital Region residents (18-34 yrs.) consumed fast-food 3+ times per week at over twice the rate of older (35 yrs. and older) residents (9.6% vs 4.3%).

## 2016 Capital Region Community Health Survey: Behaviors

### Highlights:

- Older individuals (65+), White non-Hispanics, and females were most likely to eat a well-balanced diet five or more days per week.
- Individuals 18-34 were most likely to report eating junk food 5 or more days per week, with 23% reporting they ate junk food 5 or more days.
- Approximately 1/3 of individuals 65 and older got 30 minutes of exercise 5 or more days per week.
- Individuals over the age of 65 were most likely to report sitting in front of a screen 5 or more days per week, with nearly 60% reporting they did so.

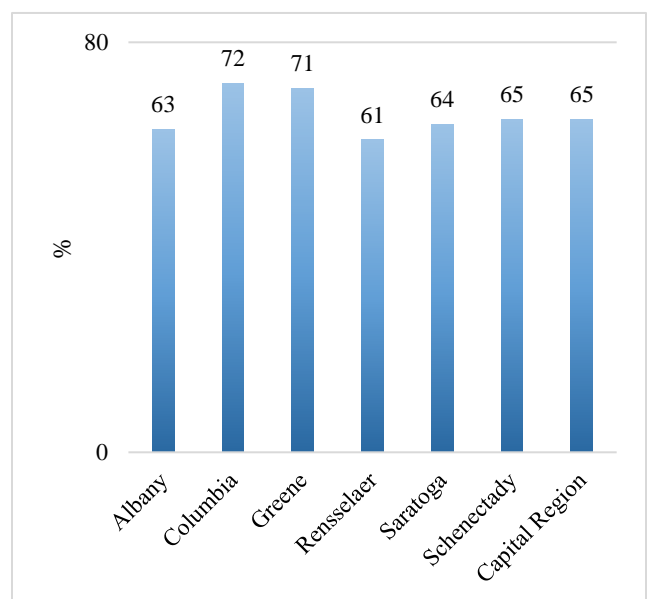
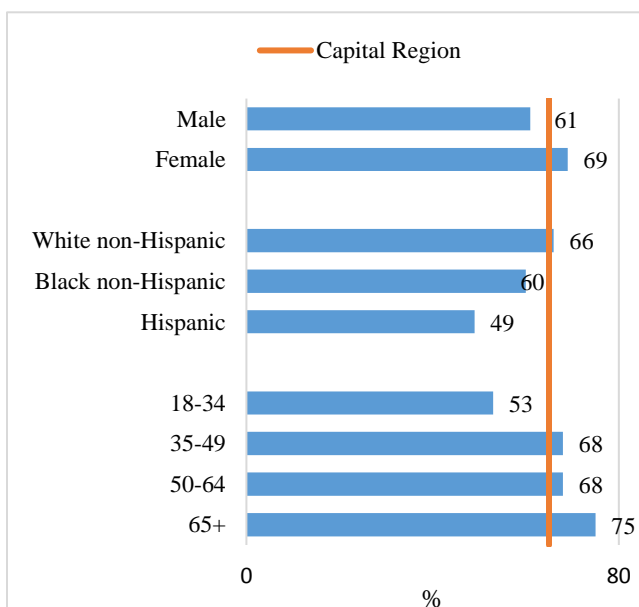
Healthy Capital District Initiative (HCDI) conducted a Community Health Survey of residents in the Capital District during March to April 2016. The aim of the survey was to learn more about behavioral health/lifestyle practices, health care utilization and needs, challenges to practicing healthy behaviors and accessing care, and acceptability of community health programs.

Approximately 400 residents in each of the 6 counties (Albany, Columbia, Greene, Rensselaer, Saratoga and Schenectady) participated in the survey. For more information on the Capital Region Community Health Survey, refer to the [2016 Community Health Needs Assessment](#).

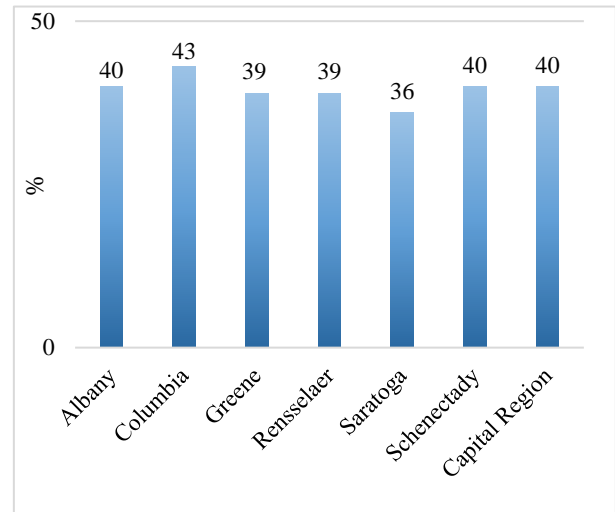
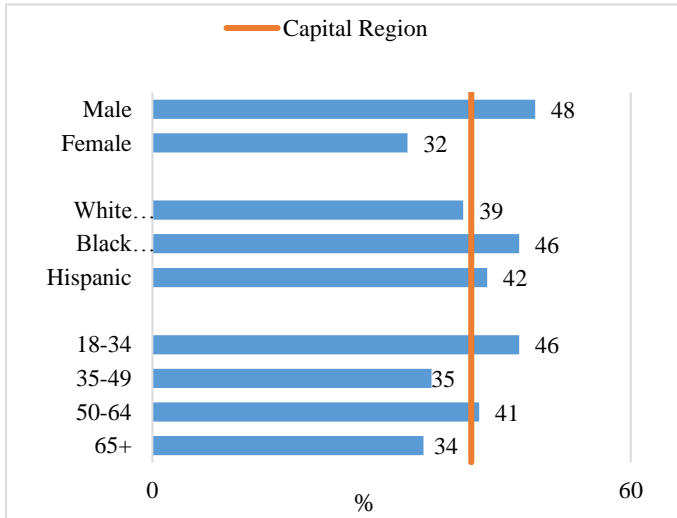
For this section, the survey questions were asked as follows:

Thinking back over the last 12 months, for each of the following things people do that affect their health, how many days in an AVERAGE WEEK did you do each one 5 or more times per week?

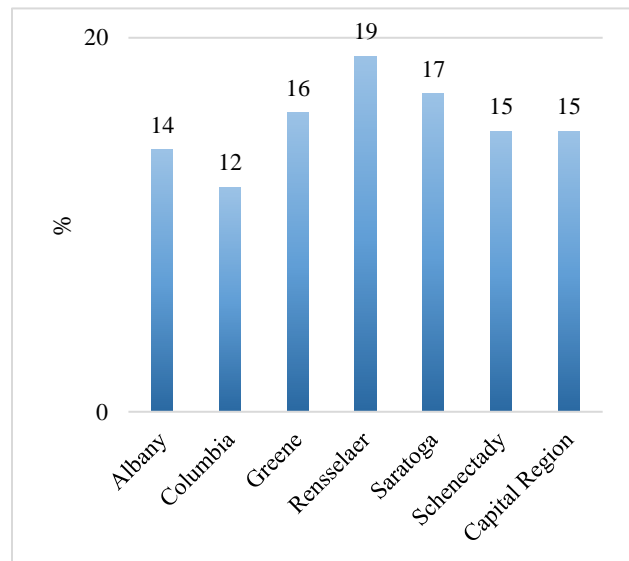
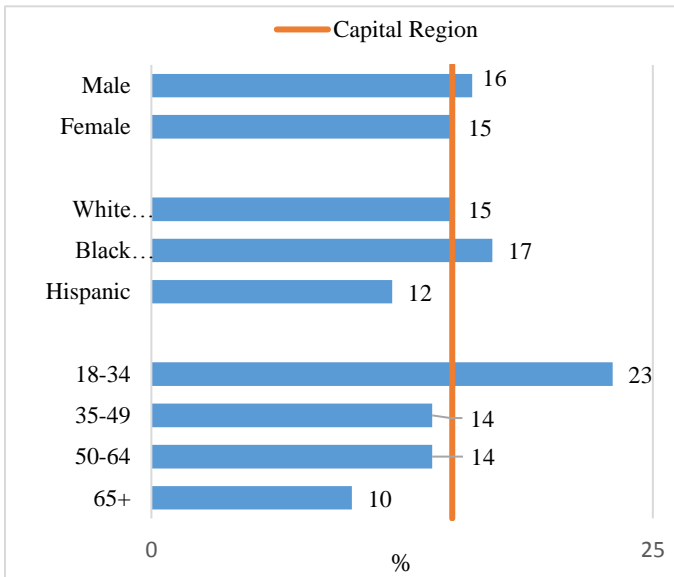
Eat a balanced, healthy diet that includes a variety of nutritious food groups, such as fruits, vegetables, whole grains, low-fat dairy products, lean protein, nuts and seeds.



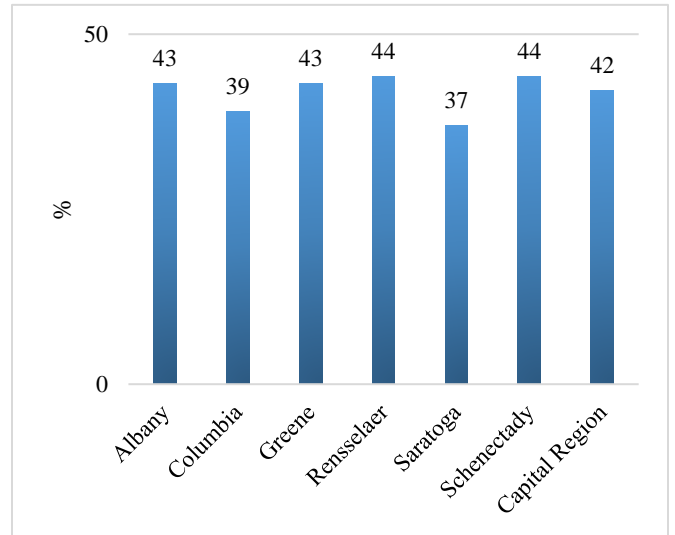
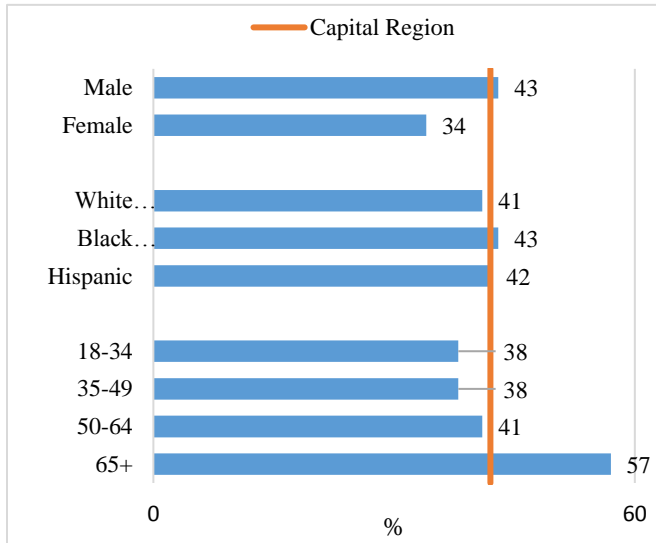
Exercise for 30 minutes or more in a day.



Eat junk food like potato chips, pretzels, candy, French fries, pizza, etc.



Outside of work, sit for 3 hours or more in front of a technology screen.



## 2016 Capital Region Community Health Survey: Perceived Barriers

### Highlights:

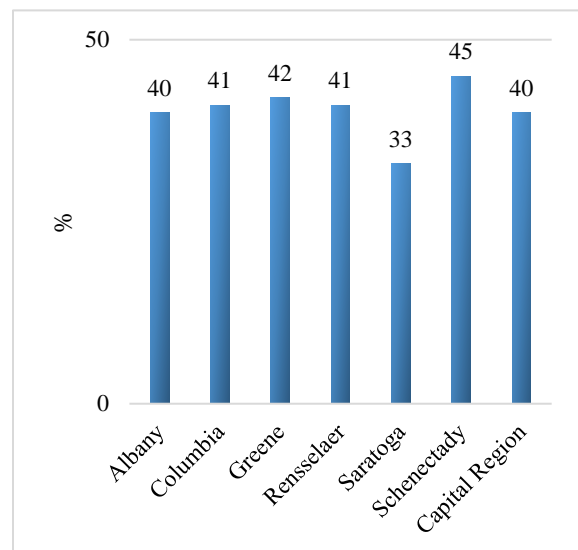
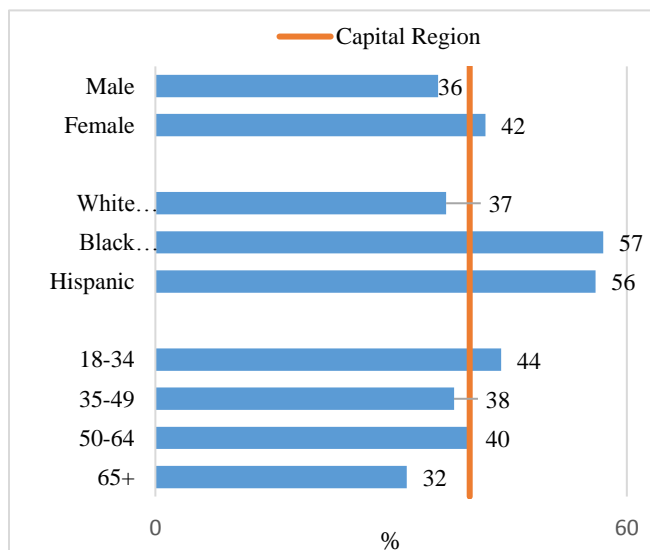
- Black non-Hispanics (57%) and Hispanics (56%) were 35% more likely than their White non-Hispanic counterparts (37%) to report that lack of access to safe places to exercise was an obstacle.
- Black non-Hispanic residents (69%) and those ages 35-49 (70%) were the most likely to report that not having enough time to get the recommended amount of exercise was an obstacle. 62% of the overall population reported it as an obstacle.
- Females (60%) were 25% more likely than males (45%) to report costs associated with being physically active were an obstacle to being physically active. Further, Black non-Hispanics and Hispanics were more likely than their White non-Hispanic counterparts to report it as an obstacle.
- Black non-Hispanic respondents (58%) were about 33% more likely than their White non-Hispanic counterparts (39%) to report that knowing what physical opportunities or activities (walking trails, classes) were available in their communities was a barrier to being physically active.

For more information on the Capital Region Community Health Survey, refer to page 18 of this section, and to the [2016 Community Health Needs Assessment](#).

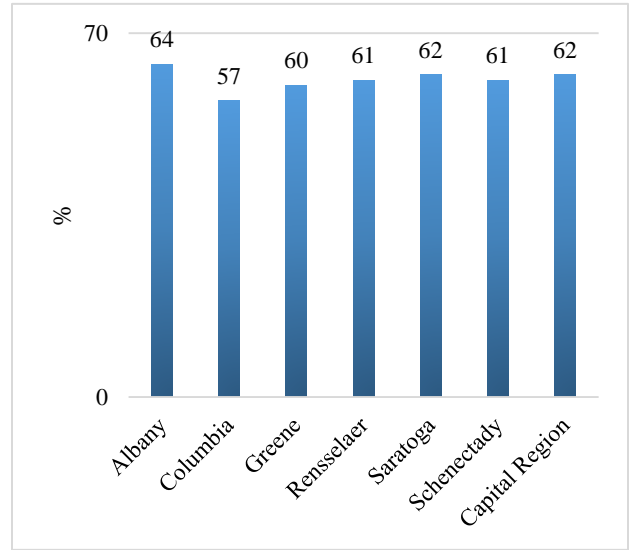
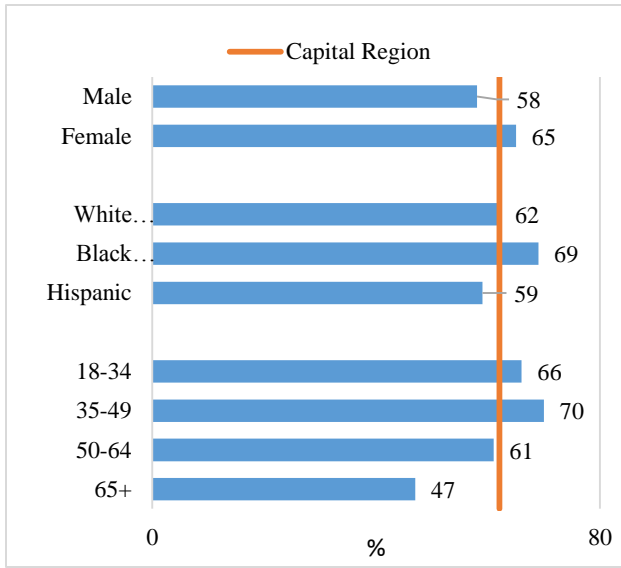
For this section, the survey questions were asked as follows:

For some of the aspects of living a healthy lifestyle that we have been discussing, I'm going to read some obstacles that some have mentioned. For each obstacle that some have cited, tell me to what degree you think it is an obstacle. \*for the purpose of these analyses, we present those who answered "very significant obstacle" or "somewhat significant obstacle."

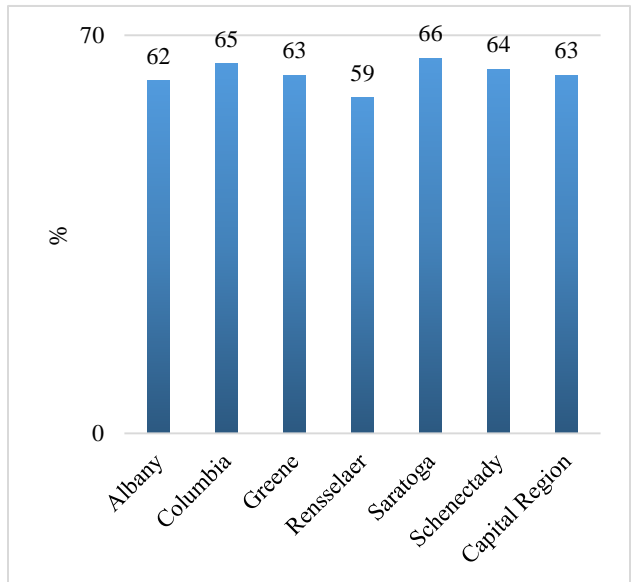
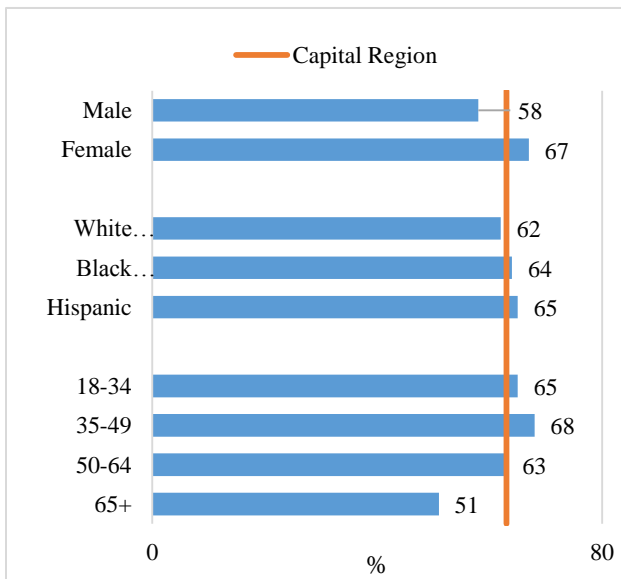
Having access to a safe place to exercise, such as sidewalks, playgrounds, parks or gym.



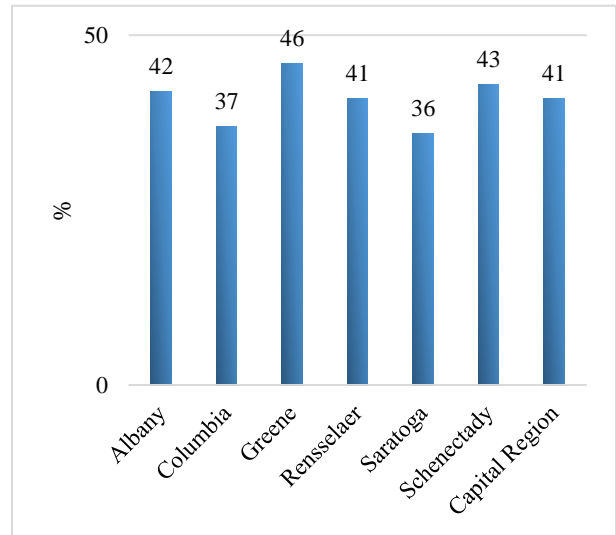
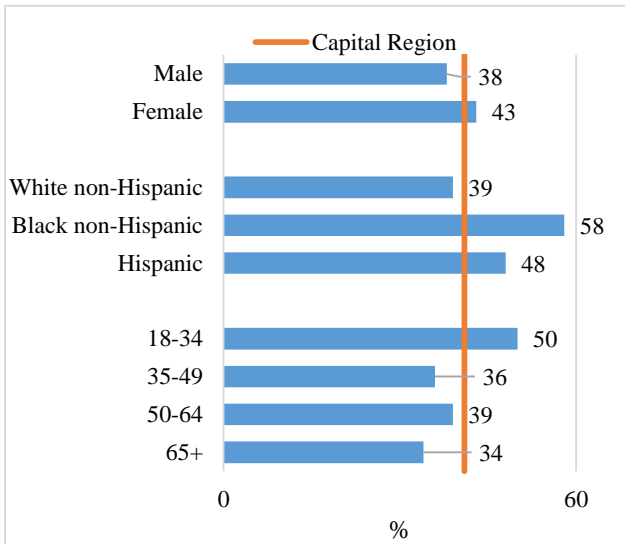
The time it takes to exercise as much as is recommended.



Not feeling like being physically active.



Knowing what physical opportunities or activities are available to me in my community, such as walking trails or exercise classes.



The costs associated with being physically active such as membership fees.

