Epi Data Tables

Walking Up Stairs and Health in New York City

Data Tables

Table 1.   Stair use among NYC adults by demographic characteristics, 2010

Table 2.   Prevalence of very good health by stair use and employment status, among adults able to climb the stairs, NYC 2010

Data Sources

CHS: The Community Health Survey (CHS) is a survey of about 9,000 adults aged 18 and older, conducted annually by the Health Department. Estimates presented here are age-adjusted to the US 2000 Standard Population, except for age-specific estimates. The CHS has included adults with landline phones since 2002 and, starting in 2009, also has included adults who can be reached by cell phone. For survey details, visit www.nyc.gov/health/survey.

To access the related Epi Data Brief, go to www.nyc.gov/html/doh/downloads/pdf/epi/databrief30.pdf

Table 1. Stair use[1] among NYC adults by demographic characteristics, 2010

Source: NYC Community Health Survey, 2010

	0-2 Floors			3-5 Floors			6 or more Floors		
	Percent	95% Confidence Interval	T-test p-value	Percent	95% Confidence Interval	T-test p-value	Percent	95% Confidence Interval	T-test p-value
NYC total	37.9	(36.3-39.5)	~	29.2	(27.7-30.8)	~	32.9	(31.3-34.6)	~
Age group									
18-24	24.7	(20.0-30.1)	ref	35.4	(29.5-41.8)	ref	39.9	(34.0-46.1)	ref
25-44	33.7	(31.1-36.4)	**0.002**	31.1	(28.6-33.8)	0.210	35.2	(32.6-37.9)	0.163
45-64	39.0	(36.4-41.6)	**<0.001**	27.7	(25.5-30.1)	**0.022**	33.3	(30.8-35.9)	**0.048**
65+	55.7	(52.4-59.0)	**<0.001**	22.5[D]	(19.8-25.3)	**<0.001**	21.8	(19.0-24.9)	**<0.001**
Gender									
Male	34.7	(32.4-37.0)	**<0.001**	29.0	(26.7-31.5)	0.840	36.3	(33.9-38.8)	**<0.001**
Female	40.8	(38.7-42.9)	ref	29.4	(27.4-31.4)	ref	29.8	(27.7-32.0)	ref
Race/Ethnicity									
White*	40.1	(37.5-42.7)	ref	26.8	(24.3-29.4)	ref	33.1	(30.6-35.8)	ref
Black*	36.1	(33.2-39.2)	0.051	30.2	(27.0-33.5)	0.108	33.7	(30.5-37.0)	0.787
Hispanic	36.7	(33.5-40.0)	0.112	30.4	(27.4-33.5)	0.081	33.0	(29.6-36.5)	0.945
Asian*	38.7	(33.5-44.1)	0.636	33.2	(28.0-38.9)	**0.038**	28.1	(23.3-33.5)	0.090
BMI									
Under or Normal Weight	37.8	(35.3-40.3)	ref	27.4	(25.2-29.8)	ref	34.8	(32.3-37.4)	ref
Overweight	36.0	(33.4-38.6)	0.328	31.7	(28.9-34.7)	**0.023**	32.3	(29.6-35.2)	0.194
Obese	40.5[U]	(37.3-43.9)	0.192	29.5[D]	(26.2-33.6)	0.325	30.0	(26.7-33.6)	**0.027**
Borough									
Bronx	33.5[U]	(30.3-36.9)	0.438	34.7	(31.4-38.3)	**0.006**	31.8	(28.5-35.3)	**0.001**
Brooklyn	36.6	(33.9-39.4)	0.064	29.2	(26.6-32.0)	0.281	34.1	(31.3-37.1)	**0.009**
Manhattan	40.1	(36.3-44.0)	**0.006**	29.1	(25.5-33.0)	0.346	30.8	(26.9-34.9)	**0.001**
Queens	41.2	(38.1-44.3)	**0.001**	27.1	(24.2-30.2)	0.725	31.7	(28.8-34.9)	**0.001**
Staten Island	31.1	(26.2-36.5)	ref	26.0	(21.1-31.6)	ref	42.9	(37.1-48.9)	ref
Education									
Less than high school	41.5[D]	(37.0-46.2)	ref	31.0	(26.6-35.8)	ref	27.5[U]	(23.2-32.3)	ref
High school grad	36.0	(33.0-39.1)	0.052	30.2	(27.0-33.6)	0.784	33.8	(30.4-37.4)	**0.031**
Some college	36.7	(33.4-40.1)	0.099	30.1	(27.0-33.3)	0.740	33.3	(30.0-36.7)	**0.046**
College grad	37.7	(35.2-40.3)	0.162	27.4	(25.0-30.0)	0.182	34.8	(32.1-37.6)	**0.007**
Employment									
Employed[2]/student	32.0	(30.1-34.0)	**<0.001**	30.2	(28.1-32.3)	0.286	37.8	(35.6-40.1)	**<0.001**
Other[3]	47.0	(43.6-50.4)	ref	28.1	(25.0-31.4)	ref	24.9	(21.8-28.3)	ref
Household Income (% of FPL)[4]									
<200% FPL	38.9	(36.3-41.6)	ref	30.4	(27.9-33.1)	ref	30.6	(28.0-33.4)	ref
≥200% FPL	35.9	(33.8-38.2)	0.087	28.9	(26.7-31.2)	0.377	35.2	(32.9-37.5)	**0.012**
Don't know	43.1	(35.7-50.7)	0.311	28.5[D]	(22.1-35.9)	0.609	28.4	(20.9-37.4)	0.621

*non-Hispanic

Except for age-specific estimates, data are age-adjusted to the United States 2000 Standard Population. ⍰

95% confidence intervals are a measure of estimate precision. The wider the interval the more imprecise the estimate.

Significant estimates (p<0.05) are bolded.

[1] Total floors of stairs walked up on an average weekday at home and work combined (excluding subway). Excludes adults unable to walk up stairs.

[2] Employed includes self-employed.

[3] Other includes unemployed, homemakers, retired and unable to work

[4] FPL: Federal poverty level

[U] When rounding to the nearest whole number, estimate rounds up

[D] When rounding to the nearest whole number, estimate rounds down

Table 2. Prevalence of very good or excellent health by stair use[1] and employment status, among adults able to climb the stairs, NYC 2010

Source: NYC Community Health Survey, 2010

	Overall			0-5 Floors			6 or more floors		
	Percent	95% Confidence Interval	T-test p-value	Percent	95% Confidence Interval	T-test p-value	Percent	95% Confidence Interval	T-test p-value
Very good/excellent health[2]									
Overall	49.8	(48.2-51.4)	~	47.1	(45.1-49.1)	ref	56.1	(53.2-59.1)	**<0.001**
Employment									
Employed[3]/students	55.1	(52.9-57.2)	**<.001**	52.3	(49.8-54.9)	ref	59.9	(56.1-63.7)	**0.001**
Other[4]	37.2	(33.9-40.7)	ref	34.2	(30.5-38.0)	ref	45.8	(39.1-52.6)	**0.003**

Data are age-adjusted to the United States 2000 Standard Population.

95% confidence intervals are a measure of estimate precision. The wider the interval the more imprecise the estimate.

Significant estimates (p<0.05) are bolded.

[1]Total floors of stairs walked up on an average weekday at home and work combined (excluding subway). Excludes adults unable to walk up stairs.

[2]Respondents who described their health as excellent or very good.

[3]Includes self-employed.

[4]Includes unemployed, homemakers, retired and unable to work

[U] When rounding to the nearest whole number, estimate rounds up

[D] When rounding to the nearest whole number, estimate rounds down