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Assessing the Relationship between Exercise Frequency, Median Income, and Quality of Life for New York City Residents

Purpose: To identify the associations between exercise frequency and median income based on zip code and quality of life ratings among NYC residents. We postulated that median income, as measured by the NYC zip code, would determine a resident's quality of life.

Methods: The cross-sectional study, using data from the Communities Together for Health Equity (CTHE) survey focused on adults in New York City who are at least 18 years old. Self-reported Quality of Life (QOL) ratings served as the main outcome. Exercise frequency as the primary exposure factor. The association between QOL and exercise frequency was assessed using chi-square analysis.

Results: Participants who did not exercise (0) days a week (35.8%), 3-5 days a week (42.0%), 5-7 days a week (42.2%) reported satisfaction with their QOL, $p < 0.001$. The majority of participants who exercised at least three days a week reported feeling "very satisfied" (51.5%) with their QOL, $p < 0.001$, $X^2 = 65.616$.

Most, 83.8% of participants in a zip code with a median household income of at least \$50,000 reported that they were "very satisfied" with their QOL, $p < 0.001$.

Conclusion: There is an association between exercise frequency and quality of life for adults living in New York City, especially among adults who live in zip codes with a higher median income.