

# BRFSS Brief

Number 1703

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

## Sugar-Sweetened Beverages

New York State Adults, 2015

### Introduction and Key Findings

Sugary drinks or sugar-sweetened beverages (SSBs), including regular soda, fruit drinks, sports drinks, energy drinks, and caloric sweetened water, are the largest source of added sugar in the diets of Americans.<sup>1</sup> SSBs provide only empty calories; they are of little to no nutritional value. Studies have found that sugar-sweetened beverage consumption has been linked to weight gain, metabolic syndrome, dental caries, and type 2 diabetes in adults.<sup>2</sup>

Consumption of SSBs among adults has increased dramatically over the past two decades in the United States. During 2005-06, adults in the United States consumed, on average, an estimated 46 gallons per year of SSBs.<sup>3</sup> Increases in SSB consumption among adults and children are likely to have contributed to increases in the prevalence of obesity and diabetes observed nationally and in New York State.

The New York State Prevention Agenda 2013-2018 established a goal to decrease the percentage of adults ages 18 years and older who consume one or more sugary drink per day by 5% among all adults, and by 10% among adults with an annual household income of less than \$25,000.<sup>4</sup>

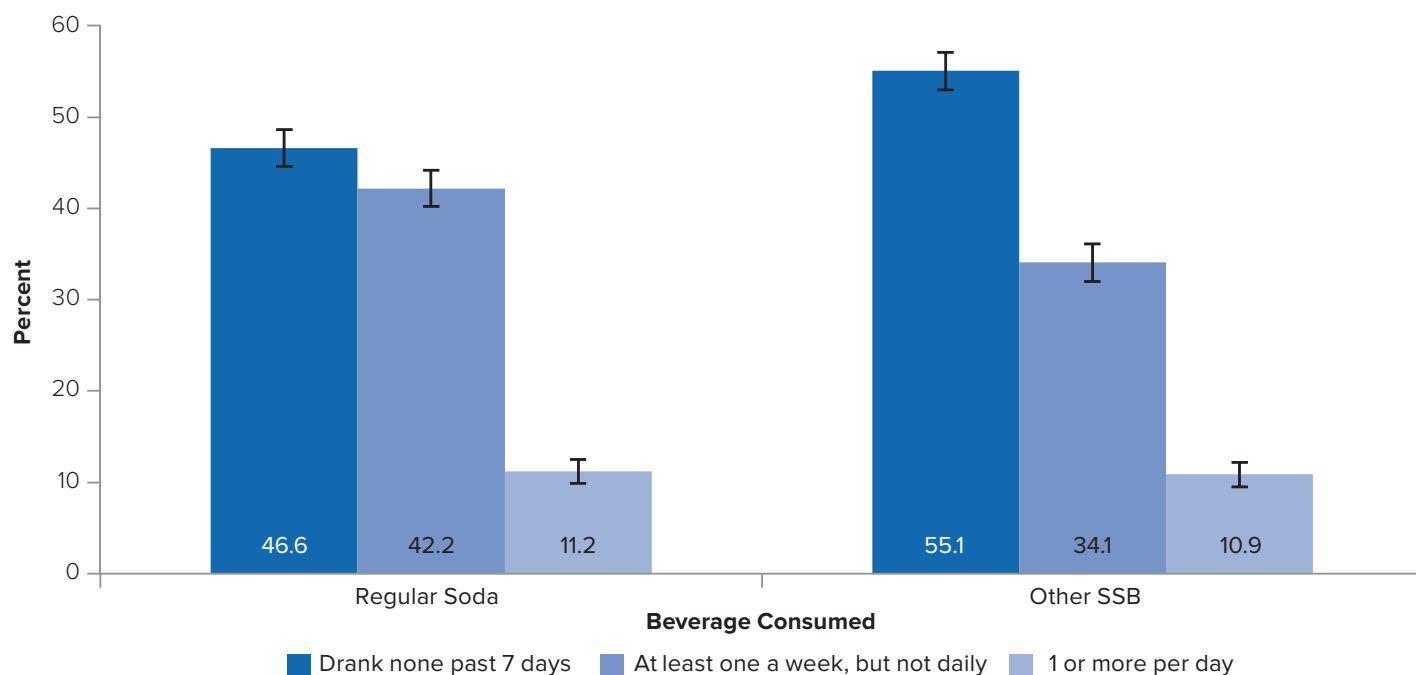
### Key Findings

In New York State, one in five adults (19.6%) drinks at least one soda or other SSB per day. Daily consumption of soda or other SSBs is more prevalent among males (23.9%), 18- to 24-year-olds (32.6%), non-Hispanic black adults (33.2%), those with a household income of less than \$15,000 (31.0%), and those living with disability (25.8%). Daily consumption of soda or other SSBs is less prevalent among adults with a college degree (9.7%).

### BRFSS questions

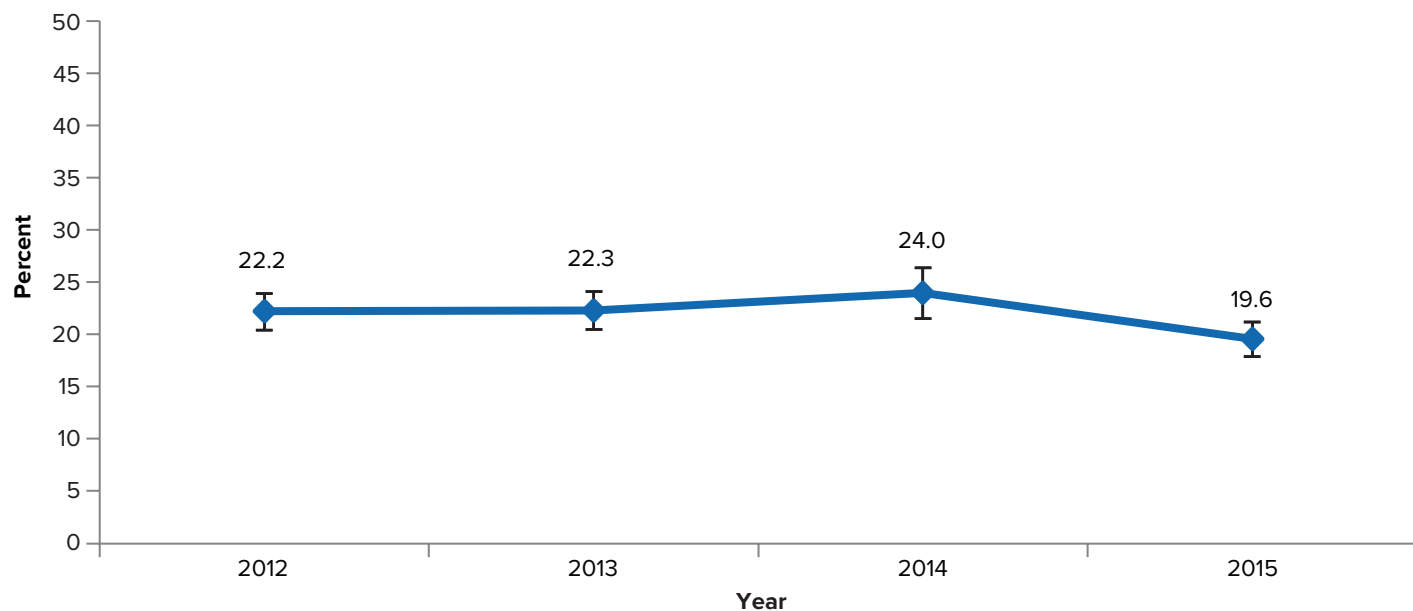
1. During the past 30 days, how often did you drink regular soda or pop that contains sugar?  
Do not include diet soda or diet pop.
2. During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-aid and lemonade), sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do not include 100% fruit juice, diet drinks, or artificially sweetened drinks.

**Figure 1. Frequency of consumption of regular soda and other sugar-sweetened beverages (SSBs) among New York State adults, 2015 BRFSS**



Note: Error bars represent 95% confidence intervals.

**Figure 2. Daily consumption of regular soda or other sugar-sweetened beverages\* among New York State adults, by BRFSS survey year**



Note: Error bars represent 95% confidence intervals.

\*In 2012, the other sugar-sweetened beverage category included sweetened fruit drinks such as Koolaid, fruit juice cocktails and lemonade. In 2013, the category was broadened to include sweet tea, sports and energy drinks.

## Daily consumption of soda and sugar-sweetened beverages (SSBs) among New York State adults, 2015 BRFSS

	Consumed At Least One Regular Soda Per Day <sup>a</sup>		Consumed At Least One Other SSB Per Day <sup>b</sup>		Consumed At Least One Regular Soda or SSB Per Day <sup>a,b</sup>	
	% <sup>d</sup>	95% CI <sup>c</sup>	%	95% CI	%	95% CI
<b>New York State (NYS)</b> [n=5,944]	11.2	9.9-12.5	10.9	9.5-12.2	19.6	17.9-21.2
<b>Sex</b>						
Male	14.1	11.9-16.3	13.0	10.8-15.2	23.9	21.2-26.5
Female	8.6	7.1-10.1	8.9	7.3-10.5	15.7	13.7-17.6
<b>Age (years)</b>						
18-24	18.0	12.5-23.5	19.5	13.4-25.6	32.6	25.3-39.9
25-34	15.6	11.2-19.9	10.3	6.6-13.9	21.9	17.2-26.7
35-44	13.0	9.4-16.6	13.3	9.4-17.2	22.1	17.5-26.7
45-54	10.7	8.2-13.2	10.7	8.0-13.4	20.6	17.1-24.1
55-64	7.2	5.3-9.1	8.0	5.6-10.5	13.8	10.9-16.7
65+	6.2	4.9-7.6	6.8	5.2-8.3	11.8	9.9-13.7
<b>Race/ethnicity</b>						
White non-Hispanic	8.9	7.5-10.3	7.8	6.4-9.2	15.3	13.5-17.0
Black non-Hispanic	16.4	12.1-20.8	21.3	16.1-26.4	33.2	27.4-39.0
Hispanic	16.8	12.7-20.9	11.5	8.1-14.9	24.2	19.5-28.8
Other non-Hispanic	9.7	5.7-13.7	13.8	8.6-19.1	21.5	15.4-27.6
<b>Income</b>						
<\$15,000	19.0	13.7-24.3	17.1	11.8-22.4	31.0	24.7-37.4
\$15,000-\$24,999	17.3	13.1-21.5	12.5	9.1-16.0	23.6	19.0-28.2
\$25,000-\$34,999	12.9	8.3-17.5	10.2	6.2-14.1	21.7	16.2-27.2
\$35,000-\$49,999	13.8	9.7-17.9	14.2	9.9-18.5	26.1	20.7-31.6
\$50,000-\$74,999	8.0	5.1-10.9	8.4	5.2-11.6	14.9	10.7-19.1
\$75,000 and greater	6.0	4.4-7.7	8.0	5.9-10.2	13.3	10.8-15.7
Missing <sup>d</sup>	12.2	7.9-16.4	11.9	7.4-16.4	20.9	15.7-26.1
<b>Educational attainment</b>						
Less than high school (HS)	20.4	15.0-25.7	15.9	10.9-21.0	29.3	23.4-35.2
High school or GED	15.5	12.7-18.3	12.7	10.0-15.3	24.7	21.2-28.1
Some post-HS	9.8	7.6-12.1	13.5	10.5-16.4	21.7	18.2-25.1
College graduate	5.2	3.8-6.6	5.3	3.9-6.7	9.7	7.9-11.5
<b>Disability<sup>e</sup></b>						
Yes	16.2	12.6-19.8	14.5	11.1-17.9	25.8	21.7-29.8
No	10.1	8.7-11.4	9.9	8.5-11.4	18.0	16.2-19.8
<b>Region</b>						
New York City (NYC)	12.1	9.7-14.5	12.7	10.2-15.2	21.6	18.6-24.6
NYS exclusive of NYC	10.7	9.3-12.2	9.8	8.3-11.3	18.4	16.4-20.3

a Includes sugar-sweetened soda only.

b Other sugar-sweetened beverages include sugar-sweetened drinks like sweet tea, sports or energy drinks or fruit drinks such as lemonade.

c % = weighted percentage; CI = confidence interval.

d "Missing" category included because more than 10% of the sample did not report income.

e All respondents who reported having at least one type of disability (cognitive, mobility, vision, self-care, or independent living)

## References

1. Sources of Calories from Added Sugars among the U.S. Population, 2005-06. Epidemiology and Genomics Research Program website. National Cancer Institute. [http://epi.grants.cancer.gov/diet/foodsources/added\\_sugars/](http://epi.grants.cancer.gov/diet/foodsources/added_sugars/). Updated April 22, 2016.
2. Malik VS, Hu FB. Fructose and Cardiometabolic Health: What the Evidence from Sugar-Sweetened Beverages Tells Us. *J Am Coll Cardiol*. 2015 Oct 6;66(14):1615-24
3. Bleich, SN, Wang YC, Wang Y, Gortmaker SL: Increasing consumption of sugar-sweetened beverages among US adults: 1988–1994 to 1999–2004. *Am J Clin Nutr* 2009;89: 372-381.
4. New York State Prevention Agenda Preventing Chronic Diseases Action Plan available at: [https://www.health.ny.gov/prevention/prevention\\_agenda/2013-2017/plan/chronic\\_diseases/focus\\_area\\_1.htm#sector](https://www.health.ny.gov/prevention/prevention_agenda/2013-2017/plan/chronic_diseases/focus_area_1.htm#sector)

## Program Contributions

New York State Department of Health  
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Bureau of Community Chronic Disease Prevention

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