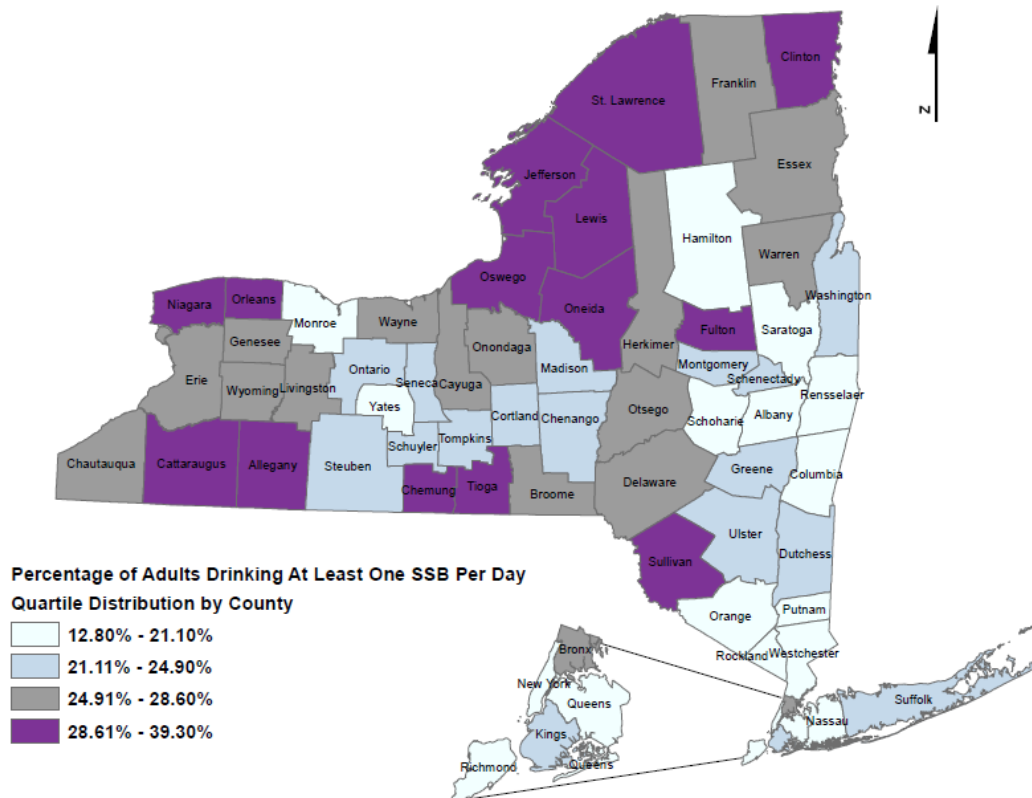


## Sugar-Sweetened Beverage Consumption among New York State Adults by County, BRFSS 2018

Daily sugar-sweetened beverage (SSB) consumption is linked to weight gain, metabolic syndrome, dental caries, and type 2 diabetes in adults. In 2011-2014, American youth consumed an average of 143 calories and adults an average of 145 calories from SSBs daily.<sup>1</sup> In New York State, 23.7% of adults drink at least one SSB per day.<sup>2,3</sup> Within New York State, the prevalence of daily SSB consumption varies by county from 12.8% to 39.3%.

- Counties outside New York City with the highest prevalence are Orleans (39.3%), Clinton (35.9%) and Lewis (32.6%).
- Counties outside New York City with the lowest prevalence are Schoharie (12.8%), Yates (12.9%), and Hamilton (14.8%).
- Among New York City boroughs, prevalence is highest in Bronx (27.7%) and lowest in New York (Manhattan 18.6%).

### Prevalence of Daily Sugar-Sweetened Beverage Consumption among New York State Adults, BRFSS 2018



#### Public Health Opportunity

The New York State Prevention Agenda focuses on promoting and supporting healthy eating and food security. Relevant goals include reducing obesity, increasing access to healthy and affordable foods and beverages, increasing skills and knowledge to support healthy food and beverage choices, and increasing food security.

County-level estimates of sugar-sweetened beverage consumption can be used to identify priority areas, inform program planning, and evaluate the effectiveness of programs and policies. Local nutrition programs can also use this information to educate local decision-makers and increase community engagement.

<sup>1</sup> National Center for Health Statistics Data Briefs, 270-271. Sugar-Sweetened Beverage Consumption Among US Youth and Adults, 2011-14. <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>

<sup>2</sup> New York State Behavioral Risk Factor Surveillance System (BRFSS). Sugar-Sweetened Beverages, 2018. [https://www.health.ny.gov/statistics/brfss/reports/docs/2002\\_sugar\\_sweetened\\_beverages.pdf](https://www.health.ny.gov/statistics/brfss/reports/docs/2002_sugar_sweetened_beverages.pdf)

<sup>3</sup> During the past 30 days, how often did you drink regular soda or pop that contains sugar? How often did you drink sugar-sweetened fruit drinks?

**Prevalence of Daily Sugar-Sweetened Beverage (SSB) Consumption among New York State Adults, by County**

County	At least one SSB per day (%)	[95%CI]*	County	At least one SSB per day (%)	[95%CI]*
Albany	21.1	[16.7 - 25.5]	Niagara	30.1	[24.3 - 35.9]
Allegany	30.3	[21.8 - 38.8]	Oneida	28.8	[23.3 - 34.3]
Bronx	27.7	[24.0 - 31.3]	Onondaga	25.1	[19.9 - 30.4]
Broome	25.5	[20.0 - 31.0]	Ontario	22.9	[15.4 - 30.3]
Cattaraugus	30.5	[25.4 - 35.7]	Orange	21.0	[16.1 - 25.9]
Cayuga	26.3	[20.2 - 32.5]	Orleans	39.3	[25.4 - 53.3]
Chautauqua	28.6	[23.9 - 33.3]	Oswego	29.4	[21.6 - 37.3]
Chemung	31.9	[25.8 - 38.0]	Otsego	28.1	[21.6 - 34.6]
Chenango	23.9	[18.1 - 29.7]	Putnam	20.6	[10.1 - 31.2]
Clinton	35.9	[29.6 - 42.1]	Queens	19.9	[17.4 - 22.4]
Columbia	17.2	[12.1 - 22.3]	Rensselaer	20.7	[14.9 - 26.4]
Cortland	21.6	[13.1 - 30.1]	Richmond	20.8	[15.4 - 26.2]
Delaware	27.4	[19.2 - 35.6]	Rockland	17.4	[12.7 - 22.2]
Dutchess	22.4	[17.4 - 27.4]	Saratoga	21.0	[16.5 - 25.5]
Erie	25.8	[21.5 - 30.0]	Schenectady	22.6	[17.2 - 28.0]
Essex	28.6	[22.3 - 34.9]	Schoharie	12.8	[8.0 - 17.6]
Franklin	27.2	[21.2 - 33.3]	Schuyler	24.6	[16.0 - 33.2]
Fulton	30.6	[25.0 - 36.1]	Seneca	24.8	[17.5 - 32.0]
Genesee	28.5	[20.5 - 36.6]	St. Lawrence	32.0	[26.3 - 37.8]
Greene	24.1	[16.5 - 31.7]	Steuben	24.0	[18.7 - 29.3]
Hamilton	14.8	[6.8 - 22.8]	Suffolk	22.8	[19.5 - 26.0]
Herkimer	26.7	[20.4 - 33.1]	Sullivan	28.7	[21.4 - 36.0]
Jefferson	30.6	[24.6 - 36.5]	Tioga	32.5	[24.5 - 40.6]
Kings	21.2	[18.7 - 23.7]	Tompkins	21.3	[14.2 - 28.5]
Lewis	32.6	[23.5 - 41.8]	Ulster	21.8	[16.6 - 26.9]
Livingston	25.2	[16.8 - 33.6]	Warren	26.1	[19.9 - 32.3]
Madison	22.8	[13.7 - 31.9]	Washington	24.1	[17.4 - 30.7]
Monroe	20.3	[15.7 - 24.8]	Wayne	25.2	[18.3 - 32.1]
Montgomery	24.9	[18.5 - 31.3]	Westchester	20.0	[16.2 - 23.7]
Nassau	17.6	[14.5 - 20.7]	Wyoming	26.2	[17.9 - 34.6]
New York	18.6	[15.7 - 21.5]	Yates	12.9	[8.3 - 17.5]

\* When comparing rates, the 95% confident interval (95% CI) provides the statistical range containing the true population rate with a 95% probability.