
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.

Milk Consumption New York State Adults 2005

Introduction

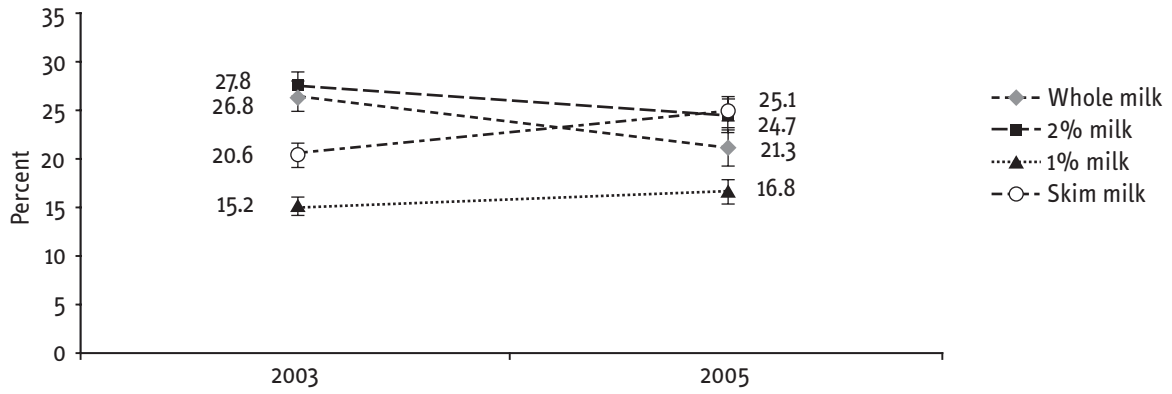
Cardiovascular disease is the number one cause of death in New York State, and diets high in saturated fat are a significant risk factor. Milk is the third largest source of saturated fat in adults' diets and the first in children's. Because whole milk is a significant contributor of saturated fat in adults' diets, simply switching from whole to fat-free/skim milk would reduce the average New Yorker's saturated fat intake from 12% to 10% of total calories. This would bring diets in line with the United States Dietary Guidelines for Americans, which recommends consuming 10% or less of total calories from saturated fat and no more than 30% of total calories from all fats. In addition to lowering saturated fat intake, consuming low-fat milk and other low-fat dairy products as part of the Dietary Approaches to Stop Hypertension (DASH) diet can reduce blood pressure.¹

BRFSS Question

What type of milk do you usually drink or put on your cereal?

- a. whole (regular)*
- b. 2% milk (reduced fat)*
- c. 1% milk (low fat)*
- d. skim milk (fat free)*

Milk Consumption among New York State adults, by BRFSS survey year



Note: Error bars represent 95% confidence intervals.

Milk Consumption among New York State adults: 2005 BRFSS

	Whole (regular)		2% milk (reduced fat)		1% milk (low fat)		Skim milk (fat free)	
	% ^a	95% CI ^a	%	95% CI	%	95% CI	%	95% CI
New York State (NYS) [n=5,090]	21.3	19.5-23.0	24.7	22.9-26.5	16.8	15.4-18.2	25.1	23.4-26.8
Sex								
Male	23.6	20.6-26.6	27.0	23.9-30.0	16.0	13.8-18.2	20.2	17.7-22.8
Female	19.2	17.2-21.3	22.7	20.7-24.7	17.5	15.7-19.3	29.4	27.1-31.7
Age (years)								
18-24	25.3	17.4-33.3	31.3	22.5-40.2	12.1	6.4-17.8	23.2	15.2-31.2
25-34	28.3	23.3-33.3	23.1	18.8-27.4	15.4	12.0-19.0	24.8	20.4-29.2
35-44	24.3	20.6-27.9	26.0	22.4-29.7	16.0	13.0-19.1	20.2	17.0-23.4
45-54	19.2	15.5-22.9	22.9	19.4-26.3	21.6	18.2-24.9	21.9	18.6-25.2
55-64	18.3	14.7-21.9	22.2	18.5-25.8	16.8	13.6-20.0	28.0	24.1-31.9
≥ 65	12.4	9.9-14.8	24.7	21.5-27.8	17.5	14.7-20.3	33.0	29.4-36.5
Race/ethnicity								
White non-Hispanic	14.7	13.0-16.3	26.8	24.7-28.9	19.2	17.5-20.9	27.5	25.5-29.5
Black non-Hispanic	39.5	32.5-46.5	16.0	11.2-20.7	11.4	7.2-15.7	15.5	9.8-21.2
Hispanic	47.4	40.1-54.7	18.6	12.8-24.4	9.1	5.7-12.4	16.0	11.3-20.6
Otherton-Hispanic	31.6	22.4-40.7	20.5	14.0-27.1	10.9	5.6-16.2	24.4	15.6-33.2
Annual household income								
< \$15,000	35.2	28.4-42.0	24.6	18.9-30.4	11.4	7.2-15.4	17.6	12.1-23.1
\$15,000-\$24,999	29.8	24.3-35.2	28.3	23.2-33.3	13.0	9.5-16.5	17.1	13.4-20.8
\$25,000-\$34,999	25.9	20.0-31.9	26.8	21.1-32.4	15.9	11.8-20.0	22.0	16.1-27.8
\$35,000-\$49,999	20.3	16.1-24.5	27.9	22.8-33.0	17.4	13.6-21.2	24.1	19.7-28.5
\$50,000-\$74,999	18.3	14.2-22.4	24.5	20.4-28.7	16.0	12.4-19.5	29.7	25.4-34.0
≥ \$75,000	11.1	8.4-13.8	18.7	15.6-21.8	23.2	19.8-26.5	31.9	28.2-35.7
Missing ^b	23.8	18.1-29.4	27.9	21.9-33.9	13.3	9.9-16.6	22.9	18.4-27.3
Educational attainment								
Less than high school	38.5	30.0-47.0	25.2	17.1-33.3	10.7	6.6-14.8	14.7	8.8-20.6
High school or GED	26.5	23.0-30.1	33.1	29.5-36.8	14.9	12.5-17.4	16.6	14.1-19.0
Some post-high school	21.8	18.3-25.4	24.5	21.0-28.0	17.5	14.4-20.6	23.7	19.9-27.4
College graduate	13.3	11.1-15.5	18.4	16.0-20.8	19.0	16.6-21.4	34.7	31.8-37.6
Disability^c								
Yes	19.6	16.3-22.9	25.8	22.1-29.6	16.8	13.6-20.0	24.1	20.6-27.6
No	21.7	19.6-23.7	24.5	22.4-26.5	16.8	15.2-18.4	25.3	23.4-27.3
Region								
New York City (NYC)	33.6	29.8-37.3	12.2	9.6-14.8	15.2	12.7-17.8	23.3	20.0-26.6
NYS exclusive of NYC	16.3	14.4-18.2	29.8	27.6-32.0	17.4	15.7-19.1	25.8	23.8-27.8

^a % = weighted percentage; CI = confidence interval.

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

^c All respondents who report activity limitations due to physical, mental, or emotional problems OR have health problems that require the use of special equipment.

References

1. Sacks FM, Svetkey LP, Vollmer WM, Appel LF, Bray, GA, Harsha D, Obarzanek E, Conlin PR, Miller ER, Simons-Morton DG, Karanja N, Lin P-H for the DASH-Sodium Collaborative Research Group. Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. *New England Journal of Medicine* 2001; 344:3-10.

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