

# BRFSS Brief

Number 1003

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 2009

### Introduction

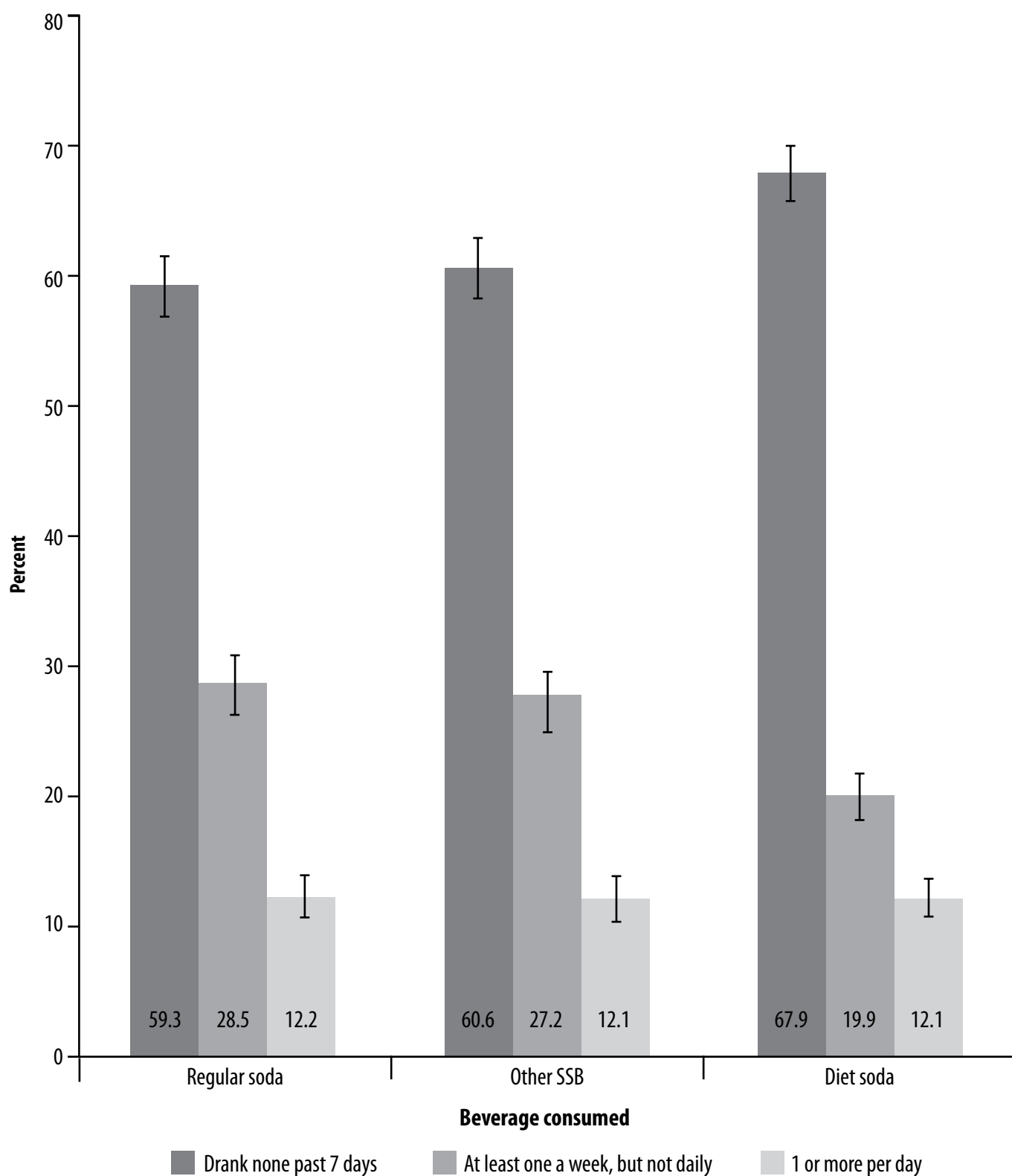
Sugar-sweetened beverages (SSBs), including regular soda, sports drinks, fruit drinks, energy drinks, and caloric sweetened water, are the largest source of added sugar in the diets of Americans. SSBs provide only empty calories; they are of no nutritional value.<sup>1</sup> Increased consumption of SSBs is associated with weight gain and increased risk for diabetes and cardiovascular disease.<sup>2,3</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>4</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.

### BRFSS Questions

1. During the past 7 days, how many times did you drink a can, bottle or glass of regular soda, such as Coke, Pepsi, or Sprite? Do not include diet soda, seltzer, club soda.
2. During the past 7 days, how many times did you drink a can, bottle or glass of diet soda, such as Diet Coke, Diet Pepsi, or Diet Sprite? Do not include regular soda.
3. During the past 7 days, how many times did you drink a can, bottle or glass of sweetened beverage, such as Snapple, Gatorade, SunnyD, Hawaiian Punch, Hi-C, Kool-Aid, lemonade, or sugar sweetened iced tea?

## Frequency of Consumption of Regular Soda, Other Sugar-Sweetened Beverages (SSBs), and Diet Soda Among New York State Adults, 2009 BRFSS



Note: Error bars represent 95% confidence intervals.

## Daily Consumption of Soda and Sugar-Sweetened Beverages (SSBs) Among New York State Adults:<sup>a</sup> 2009 BRFSS

	Consumed At Least One Regular Soda Per Day <sup>b</sup>		Consumed At Least One Other SSB Per Day <sup>c</sup>		Consumed At Least One Regular Soda or Other SSB Per Day <sup>b,c</sup>	
	% <sup>d</sup>	95% CI <sup>d</sup>	%	95% CI	%	95% CI
<b>New York State (NYS)</b> [n= 3,436]	12.2	10.6-13.9	12.1	10.5-14.0	20.5	18.5-22.7
<b>Sex</b>						
Male	15.2	12.6-18.4	14.8	12.1-18.1	24.5	21.2-28.2
Female	9.5	7.9-11.4	9.8	8.0-11.9	17.0	14.8-19.4
<b>Age (years)</b>						
18-24	17.1	10.1-27.5	22.6	14.6-33.3	29.9	20.7-41.1
25-34	15.9	11.1-22.2	18.1	12.5-25.4	28.2	21.6-35.9
35-44	14.1	10.6-18.5	12.9	9.7-17.0	22.7	18.4-27.7
45-54	12.7	10.1-16.0	10.2	7.9-13.1	20.2	16.9-24.0
55-64	8.3	6.3-10.9	7.6	5.5-10.4	13.9	11.2-17.1
65+	6.7	5.1-8.8	6.7	5.1-8.7	12.4	10.2-15.0
<b>Race/ethnicity</b>						
White non-Hispanic	10.4	8.9-12.2	9.4	7.9-11.0	16.9	15.0-18.9
Black non-Hispanic	12.6	8.1-18.9	18.5	11.6-28.2	26.9	19.0-36.6
Hispanic	26.0	18.4-35.4	23.8	16.8-32.6	39.1	30.6-48.4
Other non-Hispanic	—	—	—	—	—	—
<b>Annual household income</b>						
<\$15,000	22.0	15.3-30.6	24.3	17.0-33.4	36.3	28.1-45.5
\$15,000-\$24,999	16.5	11.6-23.0	15.2	10.4-21.8	25.8	19.9-32.7
\$25,000-\$34,999	12.1	8.0-17.8	12.5	7.9-19.2	23.3	17.3-30.7
\$35,000-\$49,999	12.3	8.5-17.3	15.7	10.8-22.4	22.0	16.5-28.7
\$50,000-\$74,999	11.9	7.9-17.5	9.4	5.3-15.9	20.0	14.4-27.0
\$75,000 and greater	6.8	5.0-9.2	8.9	6.7-11.6	13.5	10.9-16.5
Missing <sup>e</sup>	17.2	12.2-23.6	10.7	7.3-15.4	22.9	17.5-29.5
<b>Educational attainment</b>						
Less than high school (HS)	22.0	14.8-31.5	15.2	9.5-23.3	32.0	23.4-41.9
High school or GED	18.1	14.6-22.2	14.6	11.5-18.2	26.1	22.2-30.5
Some post-HS	11.0	8.2-14.6	14.3	10.9-18.5	20.9	17.1-25.2
College graduate	7.3	5.6-9.5	9.0	6.7-11.9	14.8	12.1-18.0
<b>Region</b>						
New York City (NYC)	13.8	10.4-18.1	15.6	11.8-20.5	25.4	20.8-30.7
NYS exclusive of NYC	11.6	9.9-13.5	10.9	9.2-12.7	18.7	16.7-20.9

a Rows with less than 50 observations and rows that contain a confidence interval with a half-width of greater than 10 have been suppressed.

b Includes sugar-sweetened soda only.

c Other sugar-sweetened beverages include sugar-sweetened drinks like iced tea, sports drinks or fruit punch.

d % = weighted percentage; CI = confidence interval.

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

## References

1. Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *J Am Diet Assoc.* 2000; 100: 43-51.
2. Apovian CM. Sugar-sweetened soft-drinks, obesity, and Type 2 diabetes. *JAMA*, 2004; 292(8): 978-979.
3. Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: A systematic review and meta-analysis. *Am J Public Health.* 2007; 97(4): 667-675.
4. 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.

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