



NYS BRFSS Brief

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several US Territories. The New York BRFSS is administered by the New York State (NYS) Department of Health (DOH) to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Sugar-Sweetened Beverage Consumption

New York State Adults, 2021



Introduction

Sugar-sweetened beverages (SSBs), or sugary drinks, are the largest source of added sugars in the diets of Americans.¹ Examples of SSBs include, but are not limited to, regular soda, fruit drinks, sports drinks, energy drinks, sweetened water, and coffee and tea beverages with added sugars. SSBs contribute significant calories to the diet and offer little to no nutrients. A 12-ounce regular soda has more than 10 teaspoons of added sugar, adding about 150 calories.

Addressing SSB consumption is important because studies have found that frequently drinking SSBs is linked to weight gain, tooth decay and cavities, heart disease, stroke, and type 2 diabetes in adults.²⁻³ Too much dietary sugar can increase the risk of obesity, which has reached epidemic proportions in New York State (NYS) and across the nation. The 2020-2025 Dietary Guidelines for Americans recommend choosing beverages with no added sugar to help individuals achieve a healthy diet.¹ The NYS Prevention Agenda 2019-2024 established a goal to decrease the percentage of adults who consume one or more sugary drinks per day by 5% among all adults (from 23.2% in 2016 to 22.0% by 2024), and by 10% among adults with an annual household income of less than \$25,000 (from 31.7% in 2016 to 28.5% in 2024).⁴

Health Equity

All people in NYS deserve access to community environments that support healthy lifestyle behaviors that can decrease the risk of chronic diseases. Creating community environments, policies, and systems that support healthy food and beverage choices in communities facing systemic barriers to accessing healthy choices is a major goal in preventing and reducing the burden of chronic disease as part of the NYS Prevention Agenda.

Key Findings

- Approximately 1 in 5 (19%) NYS adults consumes at least one SSB daily. Just under half (43.6%) of NYS adults report drinking at least 1 SSB per week.
- Daily consumption of SSBs is more prevalent among people who are: under 35 years old (27.2% for 18-24 years old, 25.3% for 25-34 years old), living with a disability (24.4%), and male (22.8%).
- Daily consumption of SSBs is also more prevalent among people who have a household income less than \$50,000 per year (27.5% for less than \$25,000, 21.3% for \$25,000-\$49,999), have less than a college degree (29.3% for less than a high school education, 24.5% for a high school education), and identify as Hispanic (23.7%) or Black, non-Hispanic (23.3%).

Figure 1. Frequency of consumption of soda and other sugar-sweetened beverages (SSBs), BRFSS 2021

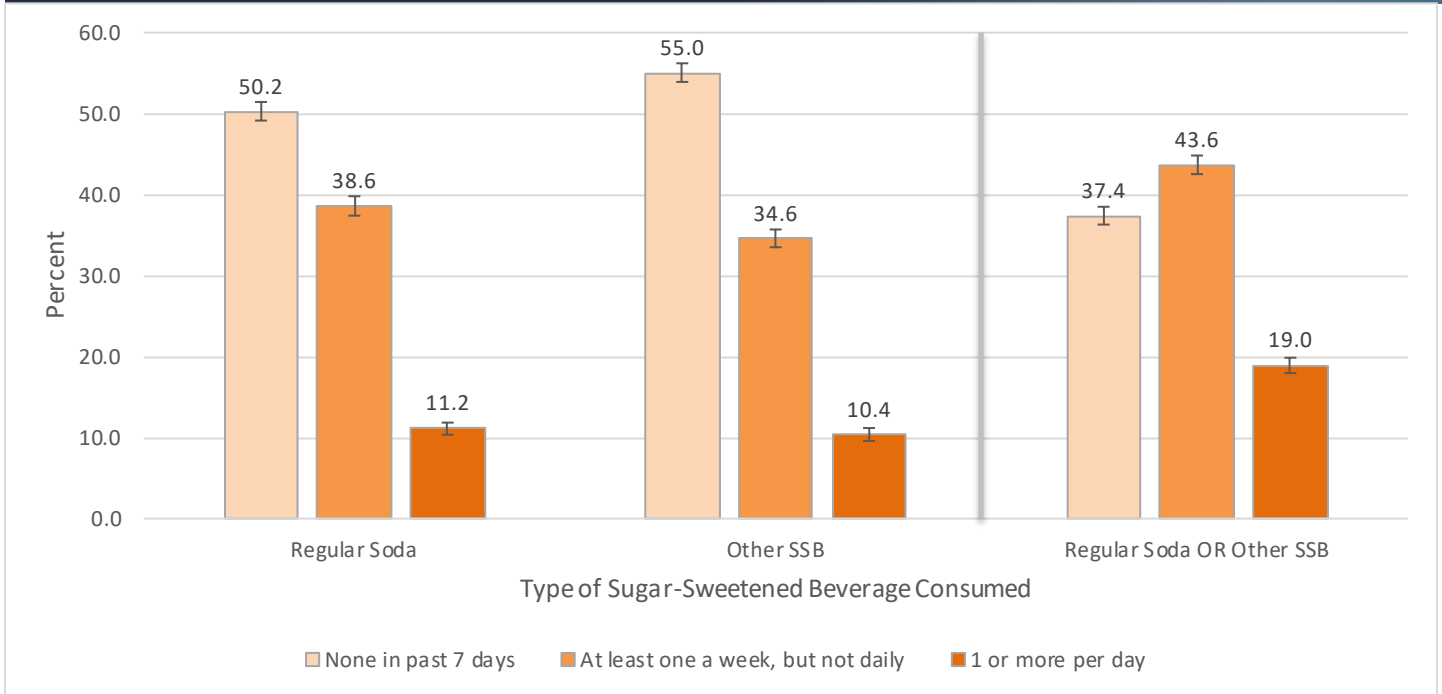


Figure 2. Daily consumption of regular soda or other sugar-sweetened beverages among NYS adults by education, 2021 BRFSS

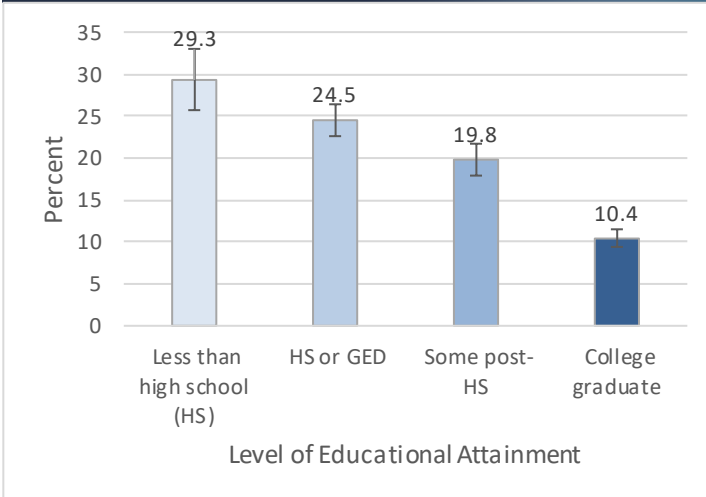
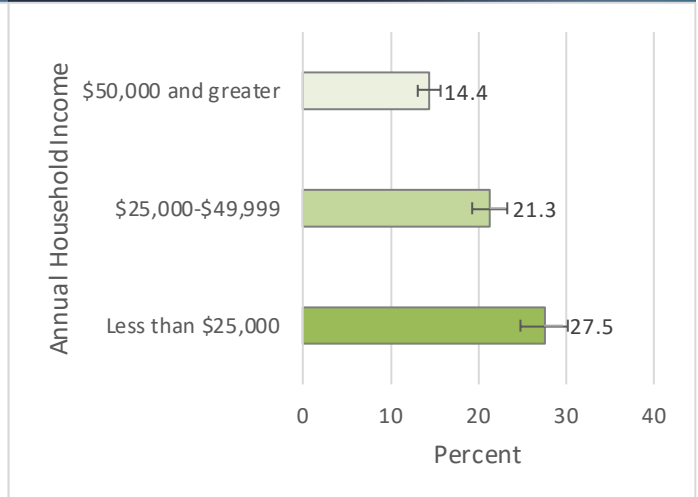


Figure 3. Daily consumption of regular soda or other sugar-sweetened beverages among NYS adults by household income*, 2021 BRFSS



Note: Error bars represent 95% confidence intervals.

*More than 10% of sample did not report income; of the missing income group, 20% reported daily consumption of soda or another SSB

Table 1. Daily consumption of soda and sugar-sweetened beverages (SSBs) among New York State adults, 2021 BRFSS

	Consumed At Least One Regular Soda Per Day ^a		Consumed At Least One Other SSB Per Day ^b		Consumed At Least One Regular Soda or SSB Per Day ^{a,b}	
	% ^c	95% CI ^c	%	95% CI	%	95% CI
NYS Statewide [n=39,095]	11.2	10.4-11.9	10.4	9.6-11.2	19.0	18.0-19.9
Sex						
Male	13.1	12.0-14.2	13.0	11.7-14.3	22.8	21.3-24.3
Female	9.4	8.5-10.2	8.0	7.1-8.9	15.4	14.3-16.6
Age						
18-24	15.0	11.9-18.1	15.7	12.2-19.2	27.2	23.1-31.3
25-34	14.2	12.1-16.4	15.1	12.7-17.6	25.3	22.5-28.1
35-44	11.7	10.0-13.4	10.9	9.1-12.7	19.3	17.2-21.5
45-54	10.4	8.9-11.9	7.3	5.8-8.8	16.0	14.0-18.0
55-64	8.8	7.4-10.2	8.1	6.7-9.6	15.4	13.5-17.2
65+	9.1	8.0-10.2	7.8	6.7-9.0	15.0	13.5-16.4
Race/Ethnicity						
White, non-Hispanic	10.5	9.6-11.4	9.3	8.3-10.3	17.6	16.4-18.8
Black, non-Hispanic	12.0	9.9-14.1	14.8	12.4-17.2	23.3	20.5-26.0
Hispanic	15.2	13.1-17.3	12.3	10.3-14.4	23.7	21.2-26.2
All other race groups combined ^d	6.2	4.5-8.0	7.8	5.8-9.7	12.6	10.2-15.0
Annual Household Income						
<\$25,000	18.2	15.9-20.4	14.3	12.0-16.5	27.5	24.8-30.2
\$25,000-\$49,999	13.1	11.6-14.7	11.3	9.7-12.9	21.3	19.3-23.3
\$50,000 and greater	7.7	6.8-8.7	8.1	7.0-9.1	14.4	13.1-15.7
Missing ^e	11.4	9.8-13.0	11.4	9.6-13.2	20.0	17.9-22.1
Educational Attainment						
Less than high school (HS)	18.9	15.9-21.9	15.2	12.0-18.3	29.3	25.7-33.0
High school or GED	14.3	12.9-15.8	13.8	12.1-15.5	24.5	22.6-26.4
Some post-HS	11.5	10.0-13.0	11.0	9.4-12.6	19.8	17.9-21.7
College graduate	5.7	5.0-6.5	5.7	4.9-6.4	10.4	9.4-11.5
Disability^f						
Yes	15.5	14.0-16.9	12.8	11.3-14.4	24.4	22.6-26.3
No	9.6	8.8-10.4	9.5	8.6-10.4	17.0	15.9-18.1
Region						
New York City (NYC)	12.1	10.7-13.6	10.5	9.2-11.9	19.2	17.5-20.9
NYS exclusive of NYC	10.6	9.9-11.4	10.3	9.4-11.2	18.9	17.8-20.0

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 American Indian, Alaskan Native, Asian, Native Hawaiian or other Pacific Islander, other race or multiracial, non-Hispanic

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

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

References



1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at: [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
2. Malik VS, Hu FB. [Sugar-sweetened beverages and cardiometabolic health: An update of the evidence](#). *Nutrients*. 2019 11(8): 1840.
3. Valenzuela MJ, Waterhouse B, Aggarwal VR, Bloor K, Doran T. [Effect of sugar-sweetened beverages on oral health: a systematic review and meta-analysis](#). *Eur J Public Health*. 2021.
4. New York State Prevention Agenda Preventing Chronic Diseases Action Plan available at: https://www.health.ny.gov/prevention/prevention_agenda/2019-2024/

Suggested Citation



Sugar-Sweetened Beverages, New York State Adults 2021. BRFSS Brief, No. 2023-08. Albany, NY: New York State Department of Health, Division of Chronic Disease Prevention, Bureau of Chronic Disease Evaluation and Research, 2023.

BRFSS questions



Sugar-sweetened Beverages

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.*

Program Contributions



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