

Sugar-sweetened beverage consumption among adults with disability, BRFSS 2016

Sugar-sweetened beverage (SSB) consumption is linked to increased body weight and risk of type 2 diabetes

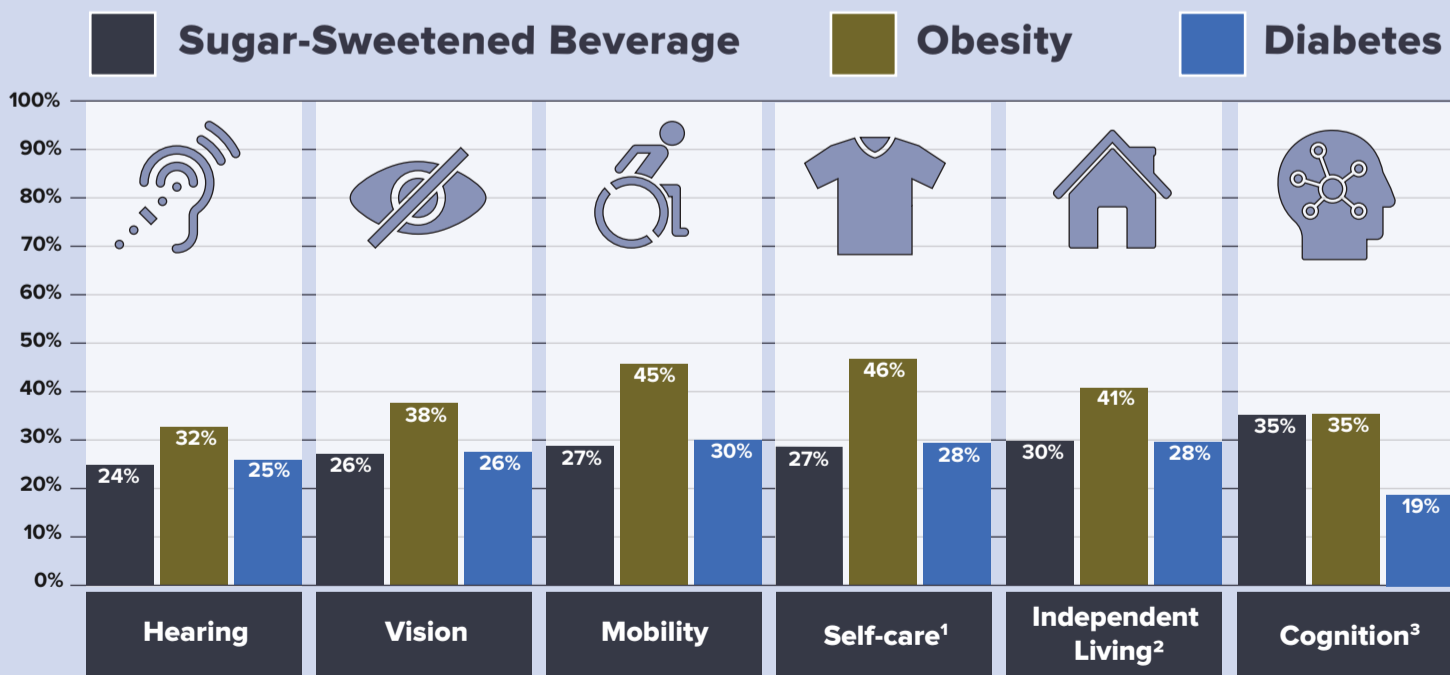
1 in 4 Adults in New York State has a disability

Percentage of adults who consume 1 or more sugar-sweetened beverages a day



Adults with disability are more than 2x as likely to have diabetes and/or be obese

Percentage of adults with disability* who consume one or more SSBs** a day and prevalence of obesity and diabetes among adults with disability



Notes: All data are part of the Behavioral Risk Factor Surveillance System, 2016. *Disability includes all respondents who reported to have hearing, vision, mobility, or cognitive limitations, or difficulties with self-care or independent living. **SSBs include: regular soda or pop that contains sugar; sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks. ¹Adults reporting having difficulty dressing or bathing. ²Adults reporting difficulty doing errands alone such as going shopping. ³Adults reporting having serious difficulty concentrating, remembering, or making decisions. **References:** 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. **Contact:** Bureau of Chronic Disease Evaluation and Research, New York State Department of Health, by phone (518) 473-0673 or by email bcder@health.ny.gov.