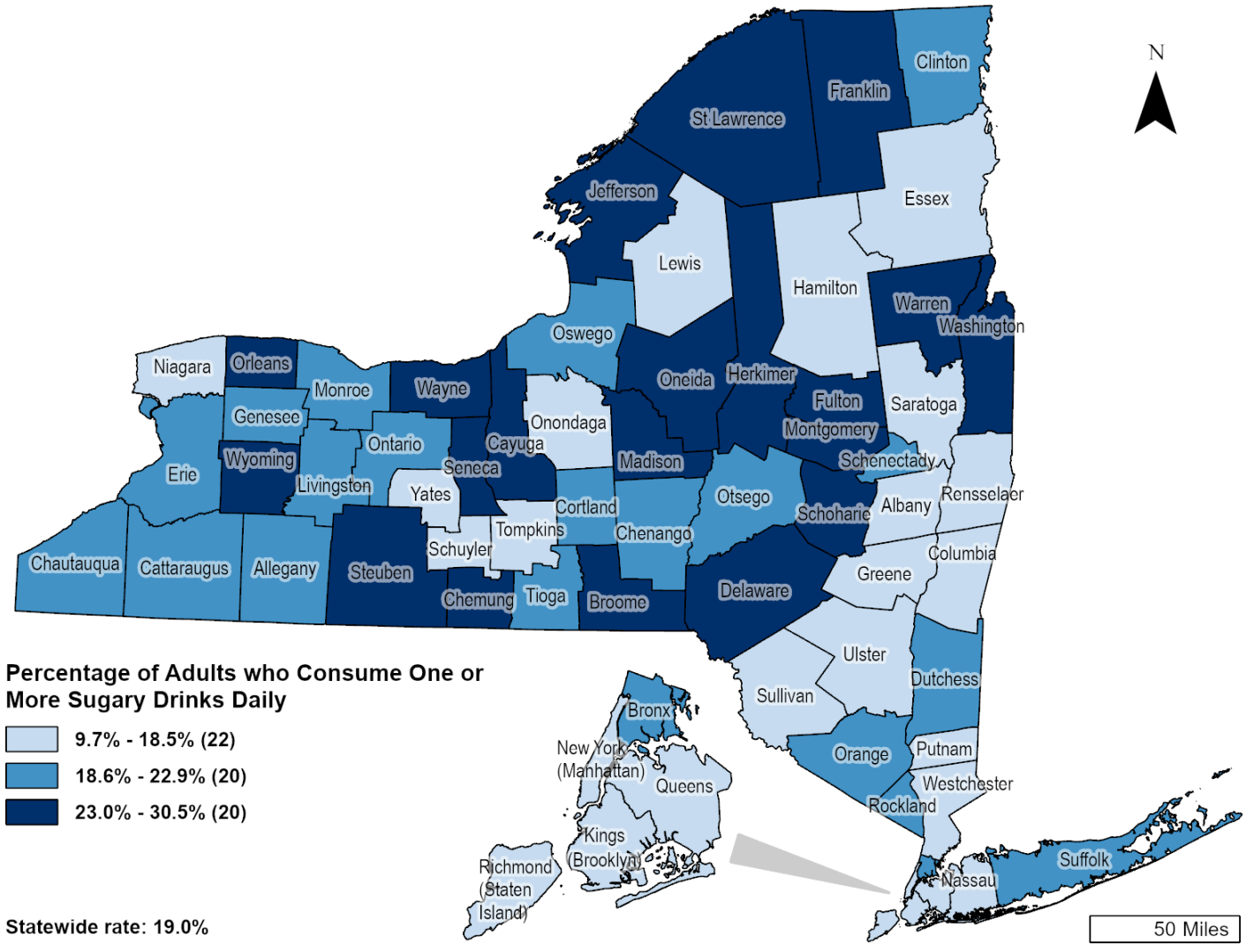
INFORMATION FOR ACTION # 2023-04
RELEASE DATE: 08/15/2023

NEW YORK STATE | Department of Health

Sugar-Sweetened Beverage Consumption among New York State Adults by County, BRFSS 2021

Daily sugar-sweetened beverage (SSB) consumption is linked to weight gain, tooth decay and cavities, heart disease, stroke, and type 2 diabetes in adults.[1] The 2020-2025 Dietary Guidelines for Americans recommend choosing beverages with no added sugar to help individuals achieve a healthy diet.[2] In New York State (NYS), 19% of adults drink at least one sugar-sweetened beverage per day.[3,4] Within NYS, the prevalence of daily sugar-sweetened beverage consumption varies by county from 9.7% to 30.5%.

- Counties outside New York City with the highest prevalence of sugar-sweetened beverage consumption are Franklin (30.5%), St. Lawrence (30.2%) and Orleans (28.6%).
- Counties outside New York City with the lowest prevalence of sugar-sweetened beverage consumption are Hamilton (9.7%), Westchester (10.7%), and Tompkins (11.0%).
- Among New York City boroughs, prevalence of sugar-sweetened beverage consumption is highest in Bronx (21.9%) and lowest in New York (Manhattan 13.1%).



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.

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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	17.5	[13.5 - 21.6]		Niagara	18.5	[12.7 - 24.4]
Allegany	22.7	[13.4 - 31.9]		Oneida	27.8	[20.2 - 35.4]
Bronx	21.9	[18.1 - 25.7]		Onondaga	18.2	[13.4 - 22.9]
Broome	24.0	[17.3 - 30.6]		Ontario	19.9	[14.1 - 25.8]
Cattaraugus	22.6	[15.2 - 30.0]		Orange	20.4	[13.8 - 26.9]
Cayuga	24.3	[16.4 - 32.2]		Orleans	28.6	[14.4 - 42.8]
Chautauqua	22.2	[15.6 - 28.7]		Oswego	19.8	[13.3 - 26.2]
Chemung	25.9	[18.6 - 33.2]		Otsego	22.8	[10.2 - 35.4]
Chenango	19.0	[11.7 - 26.3]		Putnam	15.2	[9.2 - 21.2]
Clinton	18.6	[11.7 - 25.5]		Queens	16.2	[13.5 - 18.9]
Columbia	12.3	[7.3 - 17.3]		Rensselaer	14.5	[9.1 - 19.9]
Cortland	18.7	[9.1 - 28.3]		Richmond	17.3	[11.9 - 22.8]
Delaware	26.8	[16.2 - 37.4]		Rockland	20.3	[12.9 - 27.7]
Dutchess	19.8	[12.4 - 27.1]		Saratoga	13.2	[8.0 - 18.4]
Erie	20.5	[16.9 - 24.1]		Schenectady	21.2	[11.2 - 31.2]
Essex	16.2	[10.3 - 22.0]		Schoharie	23.6	[14.9 - 32.3]
Franklin	30.5	[23.0 - 38.1]		Schuyler	17.2	[6.9 - 27.5]
Fulton	24.7	[18.5 - 30.8]		Seneca	24.0	[13.8 - 34.3]
Genesee	22.9	[16.1 - 29.7]		St. Lawrence	30.2	[21.6 - 38.8]
Greene	17.6	[6.9 - 28.4]		Steuben	24.1	[17.7 - 30.6]
Hamilton	9.7	[4.4 - 14.9]		Suffolk	19.2	[15.8 - 22.6]
Herkimer	25.2	[17.2 - 33.3]		Sullivan	18.2	[12.0 - 24.4]
Jefferson	25.9	[21.1 - 30.8]		Tioga	21.9	[12.6 - 31.2]
Kings	18.1	[15.4 - 20.8]		Tompkins	11.0	[5.9 - 16.1]
Lewis	17.0	[9.9 - 24.1]		Ulster	18.5	[9.9 - 27.2]
Livingston	22.0	[12.1 - 31.9]		Warren	27.3	[19.9 - 34.8]
Madison	25.7	[14.3 - 37.2]		Washington	24.0	[16.4 - 31.5]
Monroe	19.8	[16.3 - 23.4]		Wayne	24.3	[18.7 - 29.9]
Montgomery	25.7	[16.9 - 34.5]		Westchester	10.7	[7.6 - 13.8]
Nassau	13.1	[10.4 - 15.7]		Wyoming	23.5	[15.0 - 32.0]
New York	13.1	[10.3 - 15.8]		Yates	13.0	[6.6 - 19.3]

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

[1]Malik VS, Hu FB. Sugar-sweetened beverages and cardiometabolic health: An update of the evidence. Nutrients. 2019 11(8): 1840.
[2]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;
[3]Sugar-Sweetened Beverages, New York State Adults BRFSS 2021. New York State 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.
[4] 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?

Contact: For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2023-04 in the subject line. To access other Information for Action reports, visit the NYSDOH public website:
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