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

28% with disability

22% without disability

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

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<thead>
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<th>Sugar-Sweetened Beverage</th>
<th>Obesity</th>
<th>Diabetes</th>
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<tbody>
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<td>Adults with disability</td>
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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.