One-quarter of New York adults are obese and another 35% are overweight.\(^2\)

Obesity and poor nutrition are risk factors for many chronic diseases including cancer, diabetes, and heart disease.

A low number of New York adults eat fruits and vegetables every day.

1 in 3 New York adults do not eat fruit daily.\(^1\)

1 in 5 New York adults do not eat vegetables daily.\(^1\)

\(^1\) Behavioral Risk Factor Surveillance System (BRFSS), 2015

\(^2\) Behavioral Risk Factor Surveillance System (BRFSS), 2016
of New Yorkers say lack of access to healthy food and beverages is a serious public health problem. Policies that increase access to healthy foods and limit the availability of unhealthy foods can encourage healthy food choices. Most New Yorkers support a policy requiring food retailers like gas stations and convenience stores to stock healthy food items. Support has increased since 2013.

% of NY Adults in Favor, 2013-2016

- 2016: 56%
- 2015: 49%
- 2014: 47%
- 2013: 42%

1 All data on this page is from the New York State Chronic Disease Public Opinion Poll, 2016