



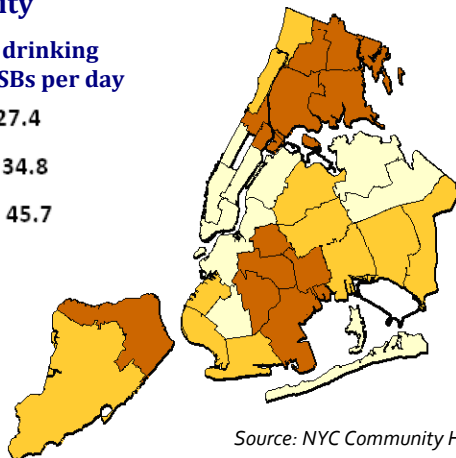
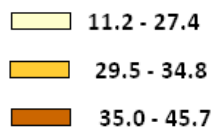
Consumption of Sugar Sweetened Beverages (SSBs) in New York City

Adult consumption of sugar sweetened beverages¹

- Americans today consume an average of 200 to 300 more calories per day than they did 30 years ago. Nearly half of these extra calories come from sugar sweetened beverages (SSBs), according to recent public health research.*
- Consumption of an average of at least one SSB per day among adults ages 18 and older in New York City decreased by 12% from 2007 to 2009. However, one third of New Yorkers (32%) still consumed at least one SSB per day in 2009.

Consumption of one or more SSBs per day among adults in New York City

% who report drinking one or more SSBs per day



Source: NYC Community Health Survey, 2009

- In 2009, the prevalence of at least daily consumption of SSBs was highest among Bronx residents (40%) and lowest among Manhattan residents (24%).
- More than one third (38%) of residents in low-income neighborhoods reported consuming at least one SSB per day, compared with 24% of residents in high-income neighborhoods.
- Regular SSB consumption was more common among New Yorkers with lower education levels, with 40% of those with a high school education or less consuming at least one SSB per day versus 27% of those with a college education or more.
- US-born New Yorkers were more likely to drink one or more SSBs per day (34%) than foreign-born adults (28%).

Sugar Sweetened Beverages (SSBs) include soda, sweetened iced tea, sports drinks, fruit punch, and other fruit flavored drinks. (One drink would equal a 12-ounce can, bottle, or glass.) Diet soda, sugar free drinks, 100% juice, and seltzer are not included. In this Brief, reported consumption of at least one SSB per day, on average, will be referred to as “regular consumption.”

Key Points

Among New York City adults, drinking at least one SSB daily was:

- Highest in low-income neighborhoods
- Highest among young adults
- Highest among obese adults

Among City children and teens:

- Almost half of children ages six to 12 drank at least one SSB per day.
- More than one quarter of NYC public high school students consumed at least two SSBs per day, and rates were highest among those who watched TV and used the computer extensively.

Data Sources

¹**Community Health Survey:** The NYC Community Health Survey (CHS) is a telephone health survey of approximately 10,000 adults ages 18 and older, conducted annually by the Health Department. 2009 data presented in this brief are age adjusted, except for age-specific estimates, to the US 2000 Standard population. For more survey details, visit www.nyc.gov/health/survey.

²**Child Health Survey 2009:** The Child Health Survey is a population-based telephone survey conducted in 2009 by the Health Department with support from Children’s Health Fund. A parent, guardian or other knowledgeable adult (referred to as “parent”) was interviewed about the health of one child in the selected household for a sample of 3,002 children. Survey data are weighted to the NYC population of children from birth to 12 years using the 2006-2008 American Community Survey (PUMS). All estimates presented here are for children aged six to 12 years.

³**Youth Risk Behavior Survey 2009:** The Youth Risk Behavior Survey (YRBS) is a self-administered, anonymous survey conducted in NYC public high schools in odd years by the Department of Education and the Health Department. For more survey details, visit www.nyc.gov/html/doh/html/epi/srv-youthriskbehavior.shtml

*Finkelstein EA et al. Economic causes and consequences of obesity, Am Rev Pub Health, 2005; 26:239-237.

Authored by:

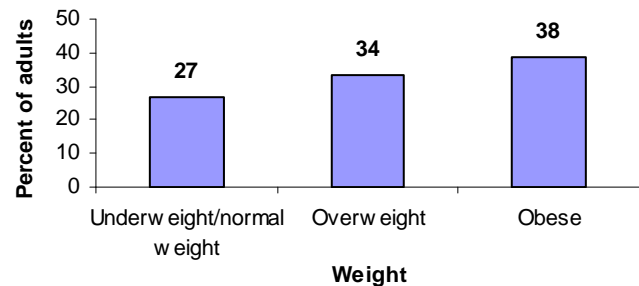
Valerie Gebara, Leena Gupta



Sugar sweetened beverage consumption by weight status, race, sex, and age¹

- Obese adults were more likely to consume at least one SSB per day (38%) compared with under/normal weight adults in New York City (27%).
- Regular SSB consumption decreased as age increased, with New Yorkers aged 18 to 24 more than twice as likely to drink one or more SSBs per day as those aged 65 and older (48% vs. 19%).
- For all age groups, black adults were most likely to drink at least one SSB per day (45%), followed by Hispanics (38%), whites (22%) and Asian/Pacific Islanders (21%).
- Men were more likely to regularly consume SSBs than women (36% vs. 28%).

Consumption of at least one SSB per day among adults 18 years and older by weight status

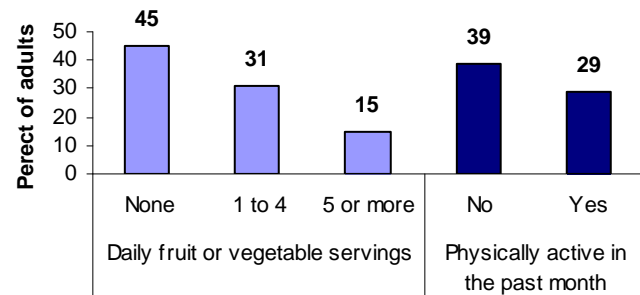


Source: Community Health Survey 2009

Sugar sweetened beverage consumption, nutrition, and physical activity¹

- The prevalence of consuming one or more SSBs per day decreased with increases in physical activity and fruit and vegetable consumption.
- New Yorkers who reported consuming no fruits and vegetables the previous day were 68% more likely to report regular SSB consumption than those who consumed five or more servings of fruits and vegetables (45% vs. 15%).
- More than one third (39%) of physically inactive adults (inactive in past 30 days) reported consuming at least one SSB per day, compared with 29% of those who were physically active.

Consumption of at least one SSB per day among adults 18 years and older by fruit and vegetable consumption and physical activity



Source: Community Health Survey 2009

Sugar sweetened beverage consumption among children and adolescents^{2,3}

- According to parent reports, 44% of children aged six to 12 consumed one or more SSBs per day.²
- More than one quarter (26%) of public high school students in NYC consumed at least two SSBs per day in the past week. Consumption did not vary significantly by weight status, but consumption of at least two SSBs was more common among students attending school in the Bronx (31%) compared with those attending school in all other boroughs combined.³
- Daily consumption of at least two SSBs was more likely among public high school students who reported watching TV for three or more hours per weekday than with those who watched less (34% vs. 20%).³
- Daily consumption of at least two SSBs was also more likely among public high school students who reported using the computer for three or more hours per weekday than with those who used it less (32% vs. 22% respectively).³

MORE New York City Health Data and Publications

- For complete tables of data presented in this Brief, visit www.nyc.gov/html/doh/downloads/pdf/epi/datatable4.pdf
- Visit EpiQuery – the Health Department’s online, interactive health data system at www.nyc.gov/health/EpiQuery

My Community’s Health: Data and Statistics at www.nyc.gov/health/nycommunityhealth.