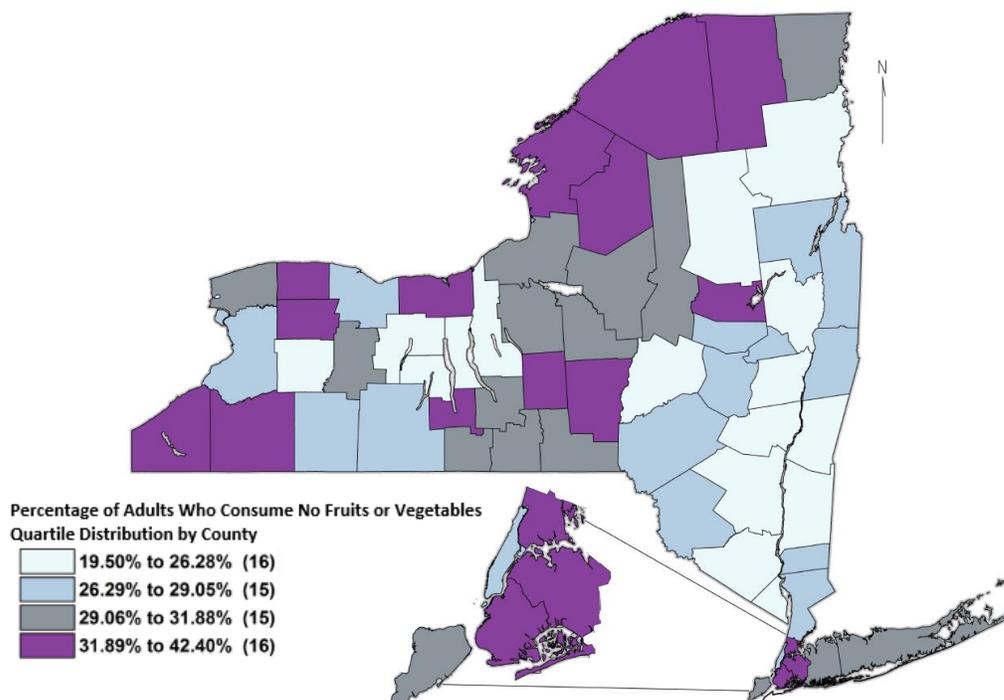


Percentage of Adults Who Consume No Fruits or Vegetables in New York State by County, BRFSS 2016

Daily consumption of fruits and vegetables is an important part of a healthy lifestyle.¹ The 2015–2020 Dietary Guidelines for Americans recommend eating more fruits and vegetables as part of an overall dietary pattern to reduce the risk for diet-related chronic diseases such as cardiovascular disease, type 2 diabetes, some cancers, and obesity.² However, about one-third of adults (31.2%) in New York State consume no fruits or vegetables per day.³ Within New York State, the percentage of adults who consume no fruits or vegetables per day varies by county from 19.5% to 42.4%.

- The percentage of adults who consume no fruits or vegetables is highest in Jefferson (42.4%), Chautauqua (36.3%) and Franklin (35.7%).
- The percentage of adults who consume no fruits or vegetables is lowest in Columbia (19.5%), Essex (19.5%) and Greene (20.1%).
- Among New York City boroughs, the percentage of adults who consume no fruits or vegetables is highest in Bronx (40.6%) and lowest in Manhattan (28.8%).

Percentage of Adults Who Consume No Fruits or Vegetables in New York State, by County



Public Health Opportunity

The New York State Prevention Agenda focuses on promoting and supporting healthy eating and food security. Relevant goals include: increasing access to healthy and affordable foods and beverages, increasing skills and knowledge to support healthy food and beverage choices, increasing food security, and reducing obesity.

County level estimates of no daily consumption of fruits or vegetables can be used to identify areas of concern, inform program planning, and evaluate the effectiveness of programs and policies. Local level nutrition programs can also use this information to educate local decision-makers and increase community engagement.

1. New York State Behavioral Risk Factor Surveillance System (BRFSS). Fruit and Vegetable Consumption, 2015

https://www.health.ny.gov/statistics/brfss/reports/docs/1711_brfss_fruits_and_vegetables.pdf

2. Morbidity and Mortality Weekly Report (MMWR) <https://www.cdc.gov/mmwr/volumes/66/wr/mm6645a1.htm>

3. State-added BRFSS questions: How often do you eat fruits, excluding juice? How often do you eat vegetables or salad (excluding juices and potatoes)?

Percentage of Adults Who Consume No Fruits or Vegetables in New York State, by County

County	No daily consumption of fruits or vegetables (%)	[95%CI]*	County	No daily consumption of fruits or vegetables (%)	[95%CI]*
Albany	26.1	[21.4 - 30.7]	Niagara	31.0	[24.6 - 37.3]
Allegany	28.3	[22.3 - 34.4]	Oneida	31.5	[25.6 - 37.3]
Bronx	40.6	[35.2 - 46.0]	Onondaga	31.1	[26.8 - 35.5]
Broome	31.0	[24.1 - 37.9]	Ontario	23.8	[17.4 - 30.2]
Cattaraugus	32.2	[27.1 - 37.4]	Orange	23.6	[18.6 - 28.5]
Cayuga	25.8	[20.9 - 30.7]	Orleans	32.6	[24.5 - 40.6]
Chautauqua	36.3	[31.8 - 40.7]	Oswego	31.0	[23.8 - 38.2]
Chemung	30.7	[24.1 - 37.4]	Otsego	23.6	[17.5 - 29.8]
Chenango	33.5	[26.8 - 40.1]	Putnam	28.2	[21.5 - 35.0]
Clinton	31.8	[26.7 - 37.0]	Queens	34.7	[30.2 - 39.2]
Columbia	19.5	[14.0 - 25.1]	Rensselaer	28.4	[22.6 - 34.1]
Cortland	31.9	[24.1 - 39.7]	Richmond	29.8	[22.9 - 36.7]
Delaware	28.6	[22.3 - 34.8]	Rockland	25.5	[19.8 - 31.3]
Dutchess	24.8	[19.8 - 29.7]	Saratoga	21.8	[17.7 - 26.0]
Erie	27.2	[22.4 - 31.9]	Schenectady	28.9	[22.3 - 35.5]
Essex	19.5	[14.2 - 24.8]	Schoharie	26.8	[18.5 - 35.2]
Franklin	35.7	[28.6 - 42.9]	Schuyler	33.4	[25.1 - 41.6]
Fulton	32.1	[25.7 - 38.5]	Seneca	20.6	[15.0 - 26.2]
Genesee	33.3	[27.5 - 39.2]	St Lawrence	32.1	[25.2 - 39.0]
Greene	20.1	[14.1 - 26.0]	Steuben	26.8	[20.6 - 32.9]
Hamilton	20.7	[13.3 - 28.1]	Suffolk	30.0	[24.6 - 35.5]
Herkimer	31.8	[25.2 - 38.4]	Sullivan	28.7	[22.9 - 34.6]
Jefferson	42.4	[34.1 - 50.6]	Tioga	29.2	[22.6 - 35.9]
Kings	36.7	[32.7 - 40.7]	Tompkins	29.8	[22.1 - 37.5]
Lewis	34.0	[24.5 - 43.6]	Ulster	22.9	[17.7 - 28.1]
Livingston	30.7	[23.0 - 38.4]	Warren	27.6	[22.1 - 33.2]
Madison	29.1	[20.3 - 38.0]	Washington	27.4	[21.6 - 33.2]
Manhattan	28.8	[24.8 - 32.8]	Wayne	33.3	[27.2 - 39.3]
Monroe	27.5	[22.1 - 32.8]	Westchester	28.5	[23.1 - 33.9]
Montgomery	29.0	[22.0 - 36.0]	Wyoming	24.5	[18.2 - 30.8]
Nassau	31.5	[26.3 - 36.7]	Yates	21.0	[13.8 - 28.2]

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