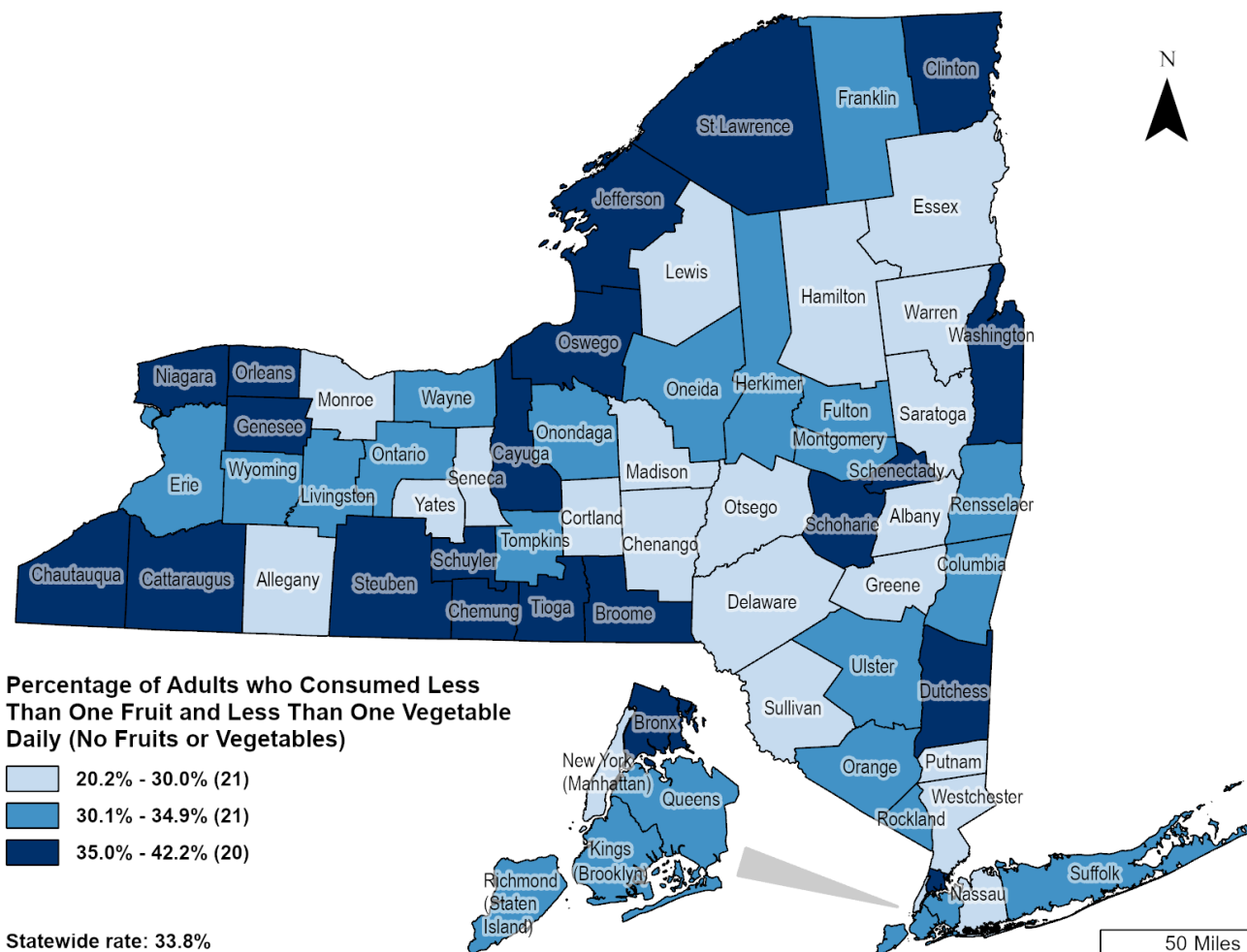


Percentage of Adults Who Consume No Fruits or Vegetables Daily in New York State by County, BRFSS 2021

Daily consumption of fruits and vegetables is an important part of a healthy lifestyle. The 2020-2025 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, approximately one in three adults (33.8%) in New York State (NYS) consume no fruits or vegetables per day. Within NYS, the percentage of adults who consume no fruits or vegetables per day varies by county from 20.2% to 42.2%.

- Counties outside of New York City with the highest percentage of adults who consume no fruits or vegetables daily are Clinton (42.2%), Chemung (40.7%), and Cayuga (40.7%).
- Counties outside of New York City with the lowest percentage of adults who consume no fruits or vegetables daily are Greene (20.2%), Seneca (23.7%), and Yates (23.8%).
- Among New York City boroughs, the percentage of adults who consume no fruits or vegetables daily is highest in Bronx (41.9%) and lowest in New York (Manhattan 29.9%).



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 adults who consume no fruits or vegetables daily 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.

Percentage of Adults Who Consume No Fruits or Vegetables Daily 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	29.6	[24.8 - 34.5]	Niagara	36.3	[28.7 - 43.8]
Allegany	29.8	[20.7 - 39.0]	Oneida	34.5	[26.8 - 42.2]
Bronx	41.9	[37.4 - 46.5]	Onondaga	34.9	[29.2 - 40.7]
Broome	39.5	[32.3 - 46.6]	Ontario	31.5	[23.5 - 39.5]
Cattaraugus	37.4	[28.7 - 46.2]	Orange	31.5	[24.9 - 38.2]
Cayuga	40.7	[31.6 - 49.8]	Orleans	37.2	[23.6 - 50.8]
Chautauqua	35.2	[26.5 - 43.9]	Oswego	40.0	[31.8 - 48.1]
Chemung	40.7	[32.7 - 48.6]	Otsego	25.2	[17.2 - 33.2]
Chenango	26.0	[17.9 - 34.0]	Putnam	29.3	[22.4 - 36.3]
Clinton	42.2	[33.1 - 51.3]	Queens	31.1	[27.7 - 34.5]
Columbia	32.0	[17.3 - 46.7]	Rensselaer	30.7	[21.6 - 39.9]
Cortland	29.6	[16.0 - 43.1]	Richmond	31.5	[24.6 - 38.5]
Delaware	25.4	[17.2 - 33.6]	Rockland	34.3	[26.1 - 42.5]
Dutchess	36.4	[27.6 - 45.3]	Saratoga	27.7	[19.7 - 35.7]
Erie	32.7	[28.5 - 36.9]	Schenectady	36.2	[25.1 - 47.4]
Essex	28.4	[21.4 - 35.5]	Schoharie	35.3	[25.7 - 44.9]
Franklin	30.8	[23.6 - 38.0]	Schuyler	36.2	[23.0 - 49.5]
Fulton	31.2	[24.0 - 38.3]	Seneca	23.7	[14.5 - 32.9]
Genesee	35.3	[27.1 - 43.5]	St Lawrence	35.7	[27.2 - 44.1]
Greene	20.2	[11.6 - 28.7]	Steuben	37.9	[30.7 - 45.1]
Hamilton	28.6	[12.6 - 44.6]	Suffolk	34.1	[30.1 - 38.1]
Herkimer	34.0	[25.1 - 42.9]	Sullivan	27.7	[20.2 - 35.3]
Jefferson	35.0	[30.0 - 40.1]	Tioga	38.7	[27.0 - 50.4]
Kings	33.1	[29.7 - 36.5]	Tompkins	34.0	[22.6 - 45.4]
Lewis	24.0	[16.5 - 31.6]	Ulster	31.3	[22.6 - 40.0]
Livingston	33.4	[22.1 - 44.7]	Warren	30.0	[23.3 - 36.7]
Madison	26.9	[19.3 - 34.5]	Washington	37.8	[29.6 - 46.1]
Monroe	29.3	[25.4 - 33.2]	Wayne	34.3	[28.0 - 40.6]
Montgomery	34.9	[26.0 - 43.7]	Westchester	28.6	[23.9 - 33.3]
Nassau	29.5	[25.6 - 33.4]	Wyoming	32.1	[23.0 - 41.2]
New York	29.9	[26.0 - 33.8]	Yates	23.8	[14.9 - 32.7]

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

¹ 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](https://www.dietaryguidelines.gov).

² State-added BRFSS questions: How often do you eat fruits, excluding juice? How often do you eat vegetables or salad (excluding juices and potatoes)?

Contact: For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2023-05 in the subject line. To access other Information for Action reports, visit the NYSDOH public website:

https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm