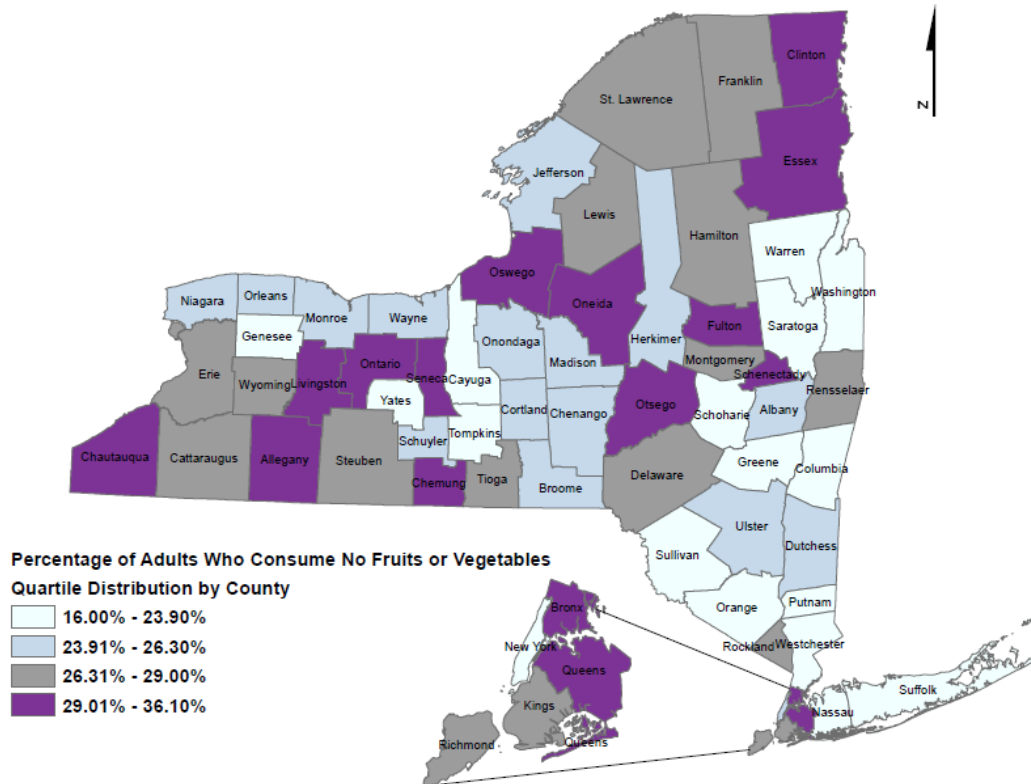


Percentage of Adults Who Consume No Fruits or Vegetables Daily in New York State by County, BRFSS 2018

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, over one-quarter of adults (27.7%) 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 16.0% to 36.1%.

- The percentage of adults who consume no fruits or vegetables daily is highest in Allegany (36.0%), Livingston (34.7%) and Essex (32.3%).
- The percentage of adults who consume no fruits or vegetables daily is lowest in Schoharie (16.0%), Yates (17.1%) and Tompkins (20.1%).
- Among New York City boroughs, the percentage of adults who consume no fruits or vegetables daily is highest in Bronx (36.1%) and lowest in New York (Manhattan 24.6%).

Percentage of Adults Who Consume No Fruits or Vegetables Daily in New York State, BRFSS 2018



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.

¹ New York State Behavioral Risk Factor Surveillance System (BRFSS). Fruit and Vegetable Consumption, 2017 https://www.health.ny.gov/statistics/brfss/reports/docs/1914_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 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	25.0	[20.6 - 29.4]	Niagara	26.3	[21.0 - 31.6]
Allegany	36.0	[27.0 - 44.9]	Oneida	31.2	[25.7 - 36.7]
Bronx	36.1	[32.3 - 40.0]	Onondaga	24.9	[19.4 - 30.5]
Broome	26.3	[21.0 - 31.5]	Ontario	29.2	[20.6 - 37.8]
Cattaraugus	28.1	[23.0 - 33.1]	Orange	23.0	[18.1 - 27.8]
Cayuga	22.4	[16.5 - 28.4]	Orleans	25.1	[16.7 - 33.5]
Chautauqua	29.2	[24.4 - 34.0]	Oswego	30.4	[22.7 - 38.0]
Chemung	29.7	[23.8 - 35.5]	Otsego	31.2	[24.4 - 38.0]
Chenango	24.9	[18.9 - 30.9]	Putnam	22.8	[15.2 - 30.3]
Clinton	31.7	[25.6 - 37.8]	Queens	32.3	[29.3 - 35.3]
Columbia	23.2	[16.9 - 29.5]	Rensselaer	27.9	[22.2 - 33.6]
Cortland	25.3	[15.9 - 34.6]	Richmond	28.4	[22.6 - 34.2]
Delaware	28.8	[20.6 - 36.9]	Rockland	28.7	[22.9 - 34.4]
Dutchess	24.9	[19.8 - 29.9]	Saratoga	23.9	[19.2 - 28.7]
Erie	27.3	[23.0 - 31.5]	Schenectady	29.3	[23.3 - 35.4]
Essex	32.3	[25.5 - 39.1]	Schoharie	16.0	[10.7 - 21.3]
Franklin	26.9	[20.6 - 33.1]	Schuyler	25.8	[16.8 - 34.7]
Fulton	30.1	[22.9 - 37.3]	Seneca	31.2	[21.2 - 41.1]
Genesee	22.8	[16.8 - 28.7]	St. Lawrence	27.9	[22.2 - 33.6]
Greene	22.0	[15.7 - 28.3]	Steuben	28.7	[23.3 - 34.1]
Hamilton	29.0	[16.1 - 41.8]	Suffolk	23.7	[20.4 - 27.0]
Herkimer	25.1	[19.2 - 30.9]	Sullivan	23.1	[16.6 - 29.7]
Jefferson	25.3	[19.9 - 30.7]	Tioga	28.4	[20.8 - 35.9]
Kings	26.9	[24.3 - 29.6]	Tompkins	20.1	[13.9 - 26.3]
Lewis	27.7	[19.4 - 36.0]	Ulster	24.2	[18.7 - 29.8]
Livingston	34.7	[25.6 - 43.7]	Warren	22.5	[16.5 - 28.5]
Madison	25.2	[17.1 - 33.3]	Washington	22.5	[16.4 - 28.7]
Monroe	24.8	[20.1 - 29.5]	Wayne	25.8	[19.1 - 32.5]
Montgomery	28.0	[21.6 - 34.5]	Westchester	23.5	[19.5 - 27.5]
Nassau	22.6	[19.3 - 25.9]	Wyoming	28.2	[19.9 - 36.6]
New York	24.6	[21.5 - 27.7]	Yates	17.1	[11.7 - 22.5]

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