



NYS BRFSS Brief

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several US Territories. The New York BRFSS is administered by the New York State (NYS) Department of Health (DOH) to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Food Security

New York State Adults, 2021



Introduction

Food security is characterized by having access at all times to enough food to support an active and healthy life.¹ In contrast, food insecurity is characterized by limited or uncertain access to adequate food due to limited economic resources.¹ Adults experiencing food insecurity have a higher probability of several chronic diseases, including hypertension, coronary heart disease, diabetes, stroke, cancer, asthma, arthritis, chronic obstructive pulmonary disease, and kidney disease.

Food security can vary by geographic location and demographic characteristics, including race/ethnicity, gender, and annual household income.^{3,4} The New York State Prevention Agenda 2019-2024 established a goal of increasing the percentage of adults who report being food secure by 5% from 76.4% in 2016 to 80.2% in 2024 among all adults, and by 10% from 55.8% in 2016 to 61.4% in 2024 among adults with an annual household income of less than \$25,000.⁵

Health Equity

All people in NYS deserve access to community environments that support healthy lifestyle behaviors that can decrease the risk of chronic diseases. Creating community environments, policies, and systems that promote food security in communities facing systemic barriers to accessing healthy choices is a major goal in preventing and reducing the burden of chronic disease as part of the NYS Prevention Agenda.

Key Findings

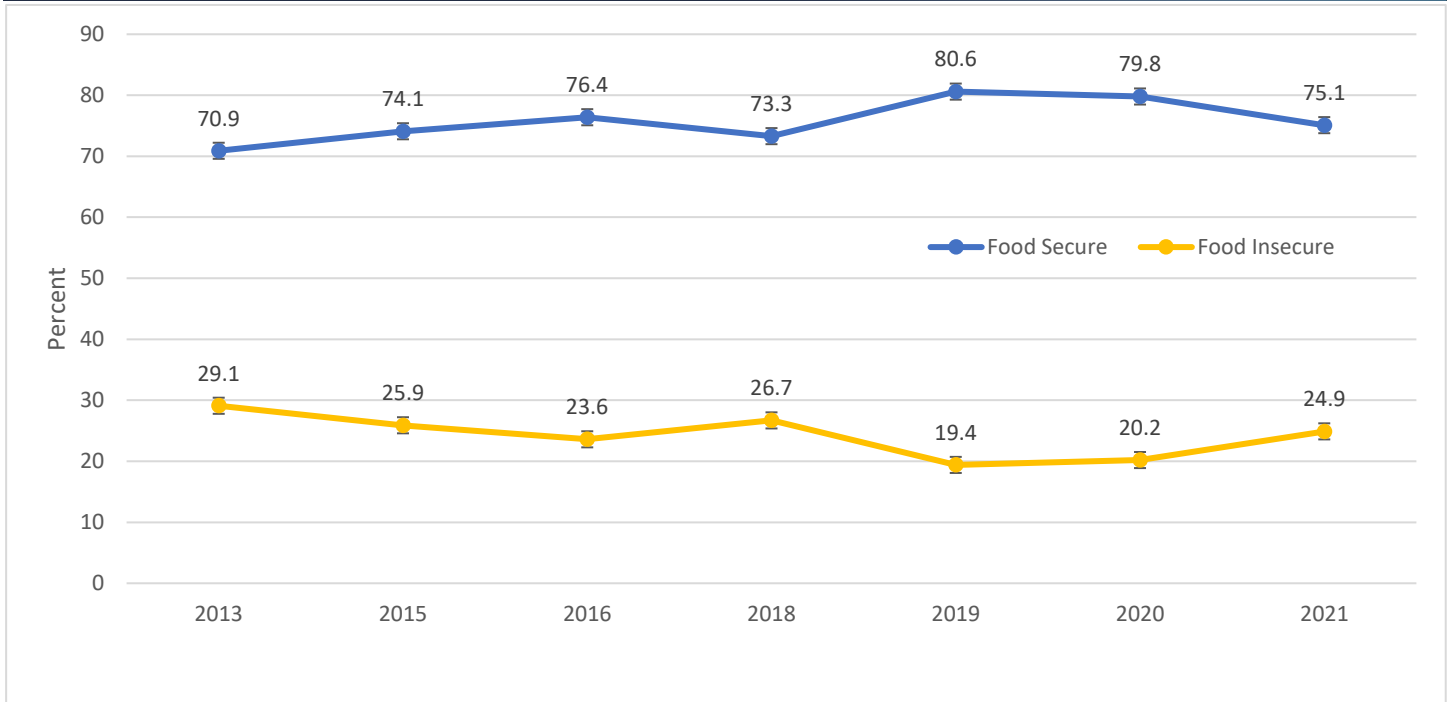
- Approximately 1 in 4 (24.9%) NYS adults indicated that they were always, usually, or sometimes worried or stressed about having enough money to buy nutritious meals in the past 12 months (defined as “food insecure”). In contrast, 75.1% responded that they rarely or never worried about accessing adequate food (defined as “food secure”).
- The prevalence of reported food insecurity was higher among Hispanic adults (44.0%), non-Hispanic Black adults (33.1%), women (26.7%), adults with a household income less than \$25,000 (51.9%), those with less than a high school degree (49.7%), and those who were unemployed (46.5%).
- Food insecurity was higher for respondents living in New York City (NYC) compared to those residing in the rest of the state (32.9% vs. 20.7%, respectively).



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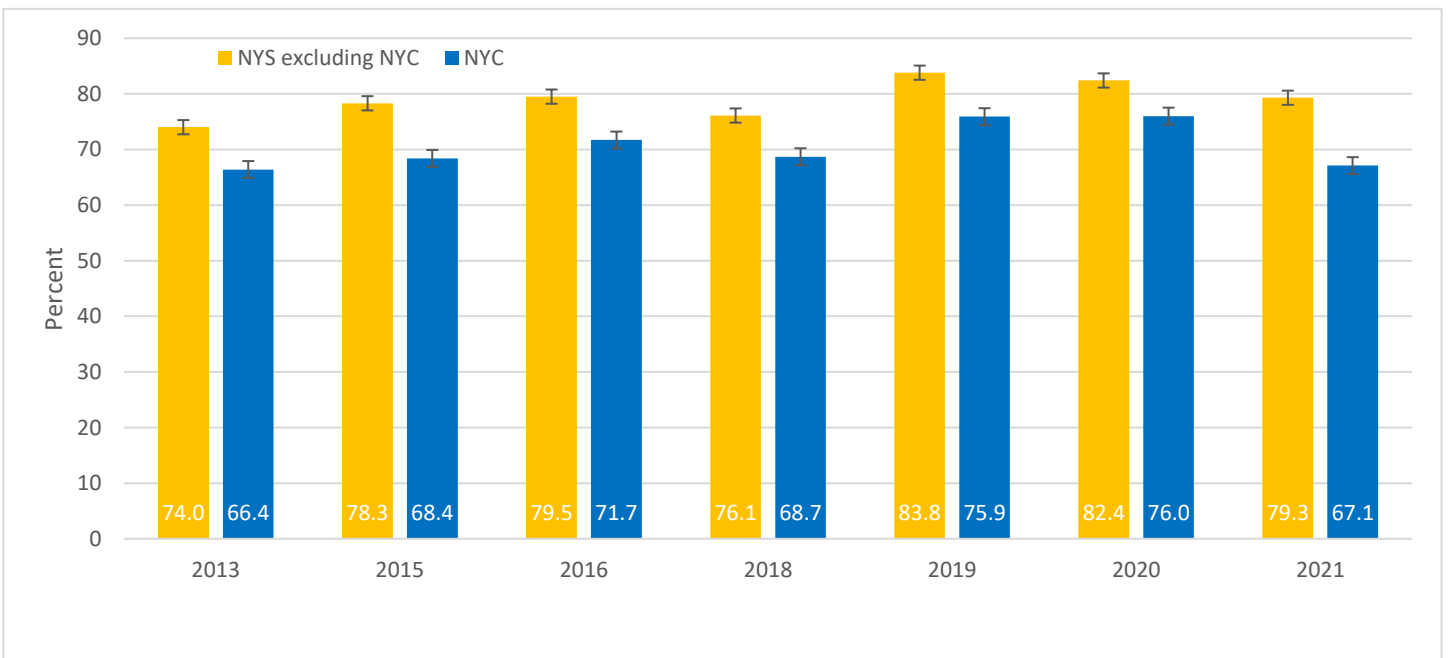


Figure 1. Food security¹ among New York State adults, BRFSS 2013-2021



¹ Food secure individuals are defined as those respondents who indicated that they were rarely or never worried or stressed about having enough money to buy nutritious meals in the past 12 months. In contrast, food insecure individuals are defined as those respondents who indicated they were always, usually, or sometimes worried or stressed about having enough money to buy nutritious meals in the past 12 months.

Figure 2. Food security¹ by region² among New York State adults, BRFSS 2013-2021



¹ Food secure individuals are defined as those respondents who indicated they were rarely or never worried or stressed about having enough money to buy nutritious meals in the past 12 months. ² Regions are defined as New York City (NYC) and NYS excluding NYC.

Table 1. Prevalence of food security by select demographic groups in NYS, BRFSS 2021

	Food Insecure ¹		Food Secure ¹	
	%	95% CI ²	% ^b	95% CI ²
Total NYS [N=21,944]	24.9	23.9-26.0	75.1	74.0-76.1
Sex³				
Male	23.0	21.6-24.5	77.0	75.5-78.4
Female	26.7	25.2-28.1	73.3	71.9-74.8
Age				
18-24	23.9	20.3-27.6	76.1	72.4-79.7
25-34	33.2	30.2-36.3	66.8	63.7-69.8
35-44	29.9	27.1-32.7	70.1	67.3-72.9
45-54	25.9	23.5-28.4	74.1	71.6-76.5
55-64	24.3	22.1-26.5	75.7	73.5-77.9
65+	16.2	14.5-18.0	83.8	82-85.5
Race, Ethnicity				
White, non-Hispanic	16.3	15.1-17.4	83.7	82.6-84.9
Black, non-Hispanic	33.1	29.9-36.3	66.9	63.7-70.1
Other race or multiracial, non-Hispanic ⁴	26.8	23.1-30.6	73.2	69.4-76.9
Hispanic	44.0	41.2-46.9	56.0	53.1-58.8
Education				
Less than High School	49.7	45.8-53.6	50.3	46.4-54.2
High School or GED	28.4	26.3-30.4	71.6	69.6-73.7
Some post-high school	24.3	22.3-26.3	75.7	73.7-77.7
College graduate	14.0	12.7-15.2	86.0	84.8-87.3
Annual Household Income				
Less than \$25,000	51.9	48.9-55.0	48.1	45.0-51.1
\$25,000 to \$34,999	40.8	37.3-44.2	59.2	55.8-62.7
\$35,000 to \$49,999	31.2	27.8-34.6	68.8	65.4-72.2
\$50,000 to \$74,999	16.7	14.2-19.2	83.3	80.8-85.8
\$75,000 or more	8.0	6.6-9.3	92.0	90.7-93.4
Missing ⁵	26.0	23.8-28.2	74.0	71.8-76.2
Employment Status				
Employed/Self-Employed	22.3	20.9-23.6	77.7	76.4-79.1
Unemployed	46.5	42.3-50.7	53.5	49.3-57.7
Not in Labor Force	23.5	21.8-25.1	76.5	74.9-78.2
Disability Status⁶				
Yes	39.9	37.8-42.0	60.1	58.0-62.2
No	19.3	18.2-20.4	80.7	79.6-81.8
Region				
New York City (NYC)	32.9	30.9-34.9	67.1	65.1-69.1
NYS excluding NYC	20.7	19.5-21.8	79.3	78.2-80.5

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²% = Weighted percentage; CI = confidence interval. ³Based on respondent's sex at birth or current gender identity at time of interview if sex at birth is missing. ⁴Respondents who identified as American Indian, Alaskan Native, Asian, Native Hawaiian or Other Pacific Islander, Other, or Multiracial. ⁵"Missing" category included because more than 10% of the sample did not report income. ⁶Respondents who reported at least one type of disability (cognitive, self-care, independent living, vision, hearing or mobility).



References

1. United States Department of Agriculture Economic Research Service. (2022, October). Food Security in the U.S.: Key Statistics & Graphics. Retrieved from: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics/>. Accessed 3/31/2023.
2. Christian A. Gregory, Alisha Coleman-Jensen. Food Insecurity, Chronic Disease, and Health Among Working-Age Adults, ERR-235, U.S. Department of Agriculture, Economic Research Service, July 2017.
3. Kassandra Martincheck, Poonam Gupta, Michael Karpman, Dulce Gonzalez. As Inflation Squeezed Family Budgets, Food Insecurity Increased Between 2021 and 2022: Findings from the Well-Being and Basic Needs Survey. Urban Institute. March 2023. <https://www.urban.org/-research/publication/inflation-squeezed-family-budgets-food-insecurity-increased-between-2021-and-2022>.
4. New York State Behavioral Risk Factor Surveillance System 2020. Food Security. https://health.ny.gov/statistics/brfss/reports/docs/2023-04_brfss_food_security.pdf
5. New York State Prevention Agenda Preventing Chronic Diseases Action Plan available at: https://health.ny.gov/prevention/prevention_agenda/2019-2024/



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BRFSS questions

1. How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Would you say you were worried or stressed-- Always, Usually, Sometimes, Rarely, Never?



Program Contributions

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