



New York State Behavioral Risk Factor Surveillance System 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 Behavioral Risk Factor Surveillance System 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, 2024



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.² 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 (NYS) 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 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.

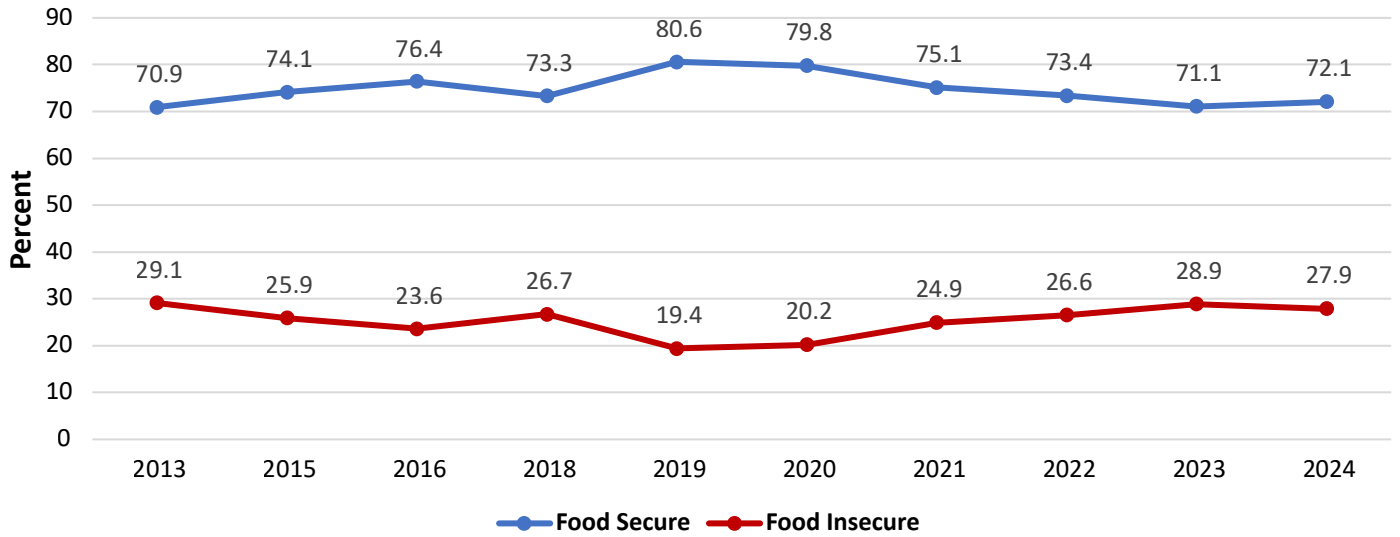


Key Findings

- Approximately 3 in 10 (27.9%) 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, 7 in 10 (72.1%) 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 (45.7%), non-Hispanic Black adults (37.9%), women (30.6%), adults with a household income less than \$25,000 (55.7%), adults with less than a high school education (51.1%), and adults who were unemployed (47.4%).
- Food insecurity was higher among adults living in New York City compared to adults residing in the rest of the state (33.3% vs. 24.4%, respectively).

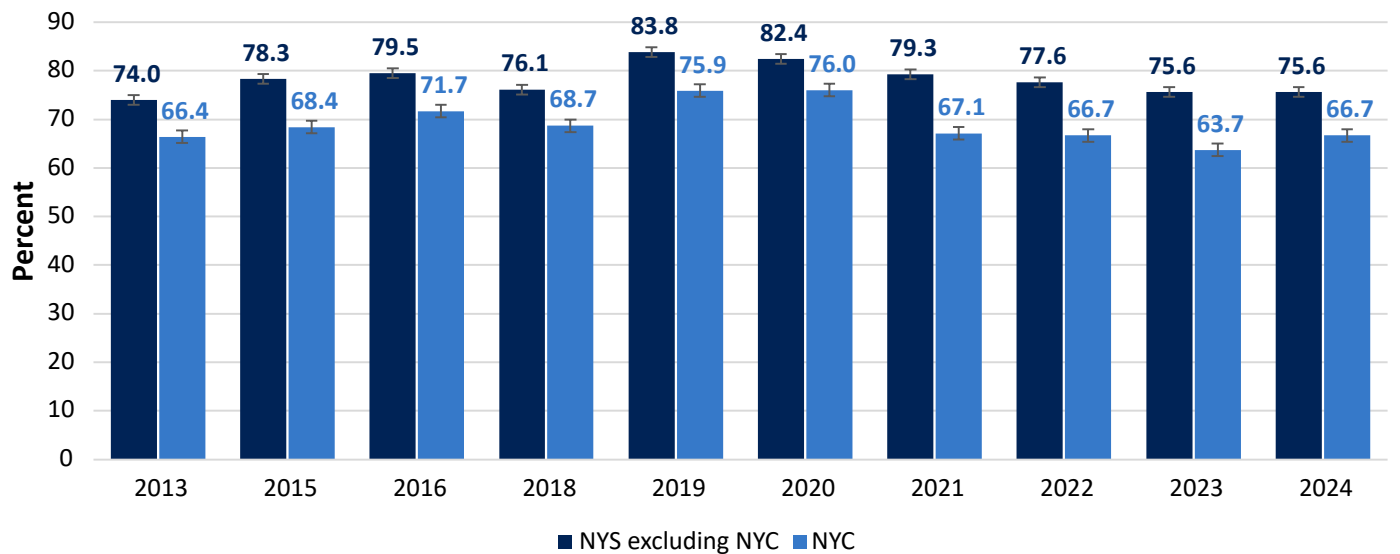


Figure 1. Food Security¹ among New York State adults, Behavioral Risk Factor Surveillance System, 2013-2024



¹Food 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, Behavioral Risk Factor Surveillance System, 2013-2024



¹Food 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.

²Regions are defined as New York City (NYC) and NYS excluding NYC.

Table 1. Prevalence of food security and insecurity by select demographic groups in NYS, Behavioral Risk Factor Surveillance System, 2024

	Food Insecure		Food Secure	
	% ^b	95% CI ^b	% ^b	95% CI ^b
NYS Statewide [n=36,850]	27.9	27.2-28.7	72.1	71.3-72.8
Sex^a				
Male	25.2	24.2-26.2	74.8	73.8-75.8
Female	30.6	29.5-31.7	69.4	68.3-70.5
Age (Years)				
18-24	32.2	29.8-34.6	67.8	65.4-70.2
25-34	35.2	36.2-46.2	64.8	62.9-66.7
35-44	34.3	33.3-37.1	65.7	63.8-67.5
45-54	30.0	28.1-32.0	70.0	68.0-71.9
55-64	24.0	22.3-25.6	76.0	74.3-77.8
65+	19.1	17.5-20.6	80.9	79.4-82.5
Race/Ethnicity				
Black, non-Hispanic	37.9	35.5-40.2	62.1	59.8-64.5
Hispanic	45.7	43.8-47.6	54.3	52.4-56.2
White, non-Hispanic	19.0	18.2-19.9	81.0	80.1-81.8
All other race groups combined, non-Hispanic ^c	26.3	23.8-28.8	73.7	71.2-76.2
Annual Household Income				
Less than \$25,000	55.7	53.4-57.9	44.3	42.1-46.6
\$25,000 - \$34,999	44.4	41.8-47.0	55.6	53.0-58.2
\$35,000 - \$49,999	34.1	31.4-36.9	65.9	63.1-68.6
\$50,000 - \$74,999	26.1	24.1-28.1	73.9	71.9-75.9
\$75,000 or more	11.6	10.8-12.5	88.4	87.5-89.2
Missing ^d	29.6	27.8-31.4	70.4	68.6-72.2
Education Attainment				
Less than high school	51.1	48.3-53.9	48.9	46.1-51.8
High school or GED	34.1	32.6-35.7	65.9	64.3-67.4
Some post-high school	29.2	27.7-30.7	70.8	69.3-72.3
College graduate	15.2	14.4-16.1	84.8	83.9-85.6
Employment status				
Employed/Self Employed	25.3	24.4-26.2	74.7	73.8-75.6
Unemployed	47.4	44.2-50.7	52.6	49.3-55.8
Not in Labor Force	27.7	26.4-29.0	72.3	71.0-73.6
Disability^e				
Yes	45.0	43.4-46.6	55.0	53.4-56.6
No	21.4	20.6-22.2	78.6	77.8-79.4
Region				
New York City (NYC)	33.3	31.8-34.7	66.7	65.3-68.2
NYS exclusive of NYC	24.4	23.6-25.2	75.6	74.9-76.4

^aBased on the respondent's sex at birth. If sex at birth is missing, then the respondent's sex is based on gender identity at time of the interview.

^b% = [weighted percentage](#); [BRFSS Weighting the Data](#); CI = confidence interval

^cAmerican Indian, Alaska Native, Asian, Native Hawaiian or other Pacific Islander, and other race.

^d"Missing" category included because more than 10% of the sample did not report income.

^eAll respondents who reported at least one type of disability (cognitive, mobility, vision, self-care, independent living or deafness).

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 4/10/2024.
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, 2021. Food Security. https://www.health.ny.gov/statistics/brfss/reports/docs/2023-12_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/.

Behavioral Risk Factor Surveillance System 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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