

Healthy Dietary Patterns in New York State



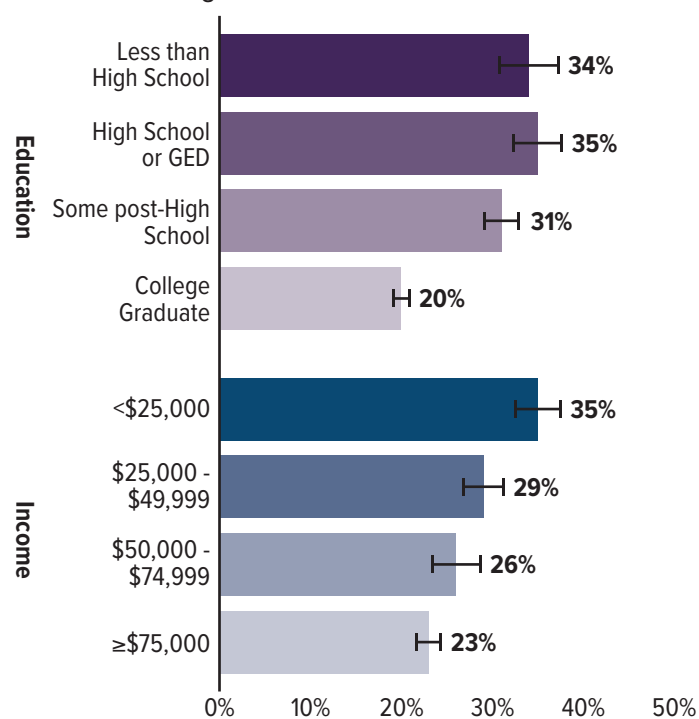
Healthy dietary patterns are associated with positive outcomes for chronic conditions such as diabetes, cardiovascular disease, overweight and obesity, and certain types of cancer, as well as improved bone and dental health and reduced all-cause mortality.¹ The Dietary Guidelines for Americans recommend dietary patterns that include daily consumption of fruit and vegetables and infrequent or no consumption of sugary beverages.¹

Barriers to accessible, available, and affordable food and beverages prevent people from being able to follow a healthy dietary pattern.² Some groups face greater barriers to accessing foods that support a healthy dietary pattern due to historical injustices that have perpetuated inequities within our food system.³ Another notable barrier is the U.S. food system predominantly consists of ultra-processed foods, hyper-palatable foods, and high energy density foods,⁴ rather than nutritious, whole foods.

According to the 2023 Behavioral Risk Factor Surveillance System in New York State:

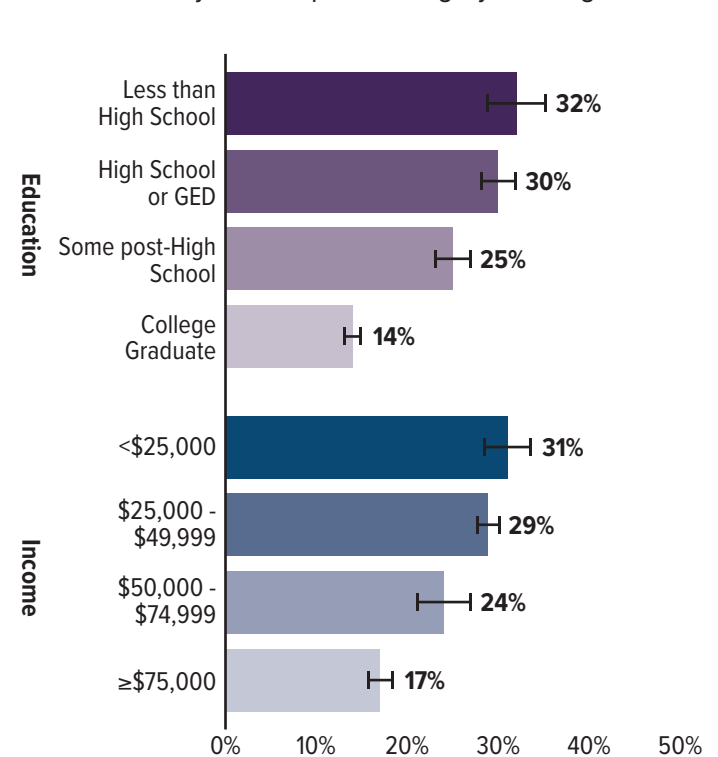
- More than 1 in 4 adults (28%) consume fewer than one fruit or vegetable a day. Fruit and vegetable consumption is lowest among people who are 18-24 years old (41%), Black non-Hispanic (38%), and Hispanic (37%). Fruit and vegetable consumption is also low among people with less education and household income (**Figure 1**).
- Nearly 1 in 4 adults (23%) consume at least one sugary beverage every day. Sugary beverage consumption is highest among people who are Black non-Hispanic (31%) and among people with less education and household income (**Figure 2**).

FIGURE 1. Less than Daily Consumption of Fruit or Vegetables



Note: Less than daily consumption of fruit or vegetables means weekly, monthly, or no consumption – but not daily. Error bars represent 95% confidence intervals.

FIGURE 2. Daily Consumption of Sugary Beverages



Note: Daily consumption of sugary beverages means at least one regular soda or other sugar-sweetened beverage consumed per day. Error bars represent 95% confidence intervals.

Public Health Opportunity

- Promote food service and nutrition guidelines wherever food and beverages are sold, served, and distributed to improve access to healthy foods (5). Examples of settings that could benefit from this approach include hospitals, recreation programs, food banks and pantries, public event sites, colleges and universities, employers, government facilities, and parks. Use CDC's [Food Service Guidelines Implementation Toolkit](#) for guidance and tools.
- Expand and promote fruit and vegetable incentive programs that offer financial incentives to purchase fruits and vegetables for households with lower incomes. These programs aim to improve affordability and access to fruits and vegetables for participants with lower incomes. Learn more about [programs servicing New York State and New York City](#). Explore strategies for potential [public health actions to expand or enhance programs](#).
- Implement Healthy Eating interventions in the [New York State Prevention Agenda 2025-2030](#).

Wording of Survey Questions, New York State Behavioral Risk Factor Surveillance System, 2023

- How often do you eat fruits, excluding juice? How often do you eat vegetables or salad (excluding juices and potatoes)? Response options: every day, at least once a week, less than once a week, never.
- During the past 30 days, how often did you drink regular soda or pop that contains sugar? How often did you drink sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks? Responses: number of times per day, per week, or per month.

For more information, please send an e-mail to BCDER@health.ny.gov with IFA #2025-14 in the subject line. To access other Information for Action reports, visit the New York State Department of Health website: health.ny.gov/statistics/prevention/injury_prevention/information_for_action.

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2. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, Healthy People 2030, Access to Foods that Support Healthy Dietary Patterns. odphp.health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/access-foods-support-healthy-dietary-patterns. Accessed 3/13/25.
3. Association of State and Public Health Nutritionists, Food and Nutrition Security Primer, Section Three. asphn.org/food-and-nutrition-security-primer-terms/#terms. Accessed 3/13/25.
4. Sutton CA, Stratton M, L'Insalata AM, Fazzino TL. Ultraprocessed, hyper-palatable, and high energy density foods: Prevalence and distinction across 30 years in the United States. Obesity (Silver Spring). 2023; 32(1): 166-175. [doi:10.1002/oby.23897](https://doi.org/10.1002/oby.23897).
5. Centers for Disease Control and Prevention. cdc.gov/nutrition/php/healthy-food-environments/index.html and cdc.gov/nutrition/php/public-health-strategy/food-service-and-nutrition-guidelines.html. Accessed 2/13/25.



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