PORTION SIZE FACT SHEET

Obesity and Diabetes Have Reached Crisis Levels
- In 2010, over half of New York City adults (58%) were overweight or obese; among adults, obesity increased from 18% to 23% between 2002 and 2010.
- Obesity rates are highest among low-income New Yorkers: in 2010, 29% of New York City adults with the lowest incomes were obese as compared to 14% of adults with the highest incomes.
- 20.7% of New York City’s public school children (K-9) are obese; this rate is higher among black (20.9%) and Hispanic (25.6%) children than among white (15.4%) and Asian/Pacific Islander (13.4%) children.
- Childhood obesity leads to serious health consequences, including cardiovascular disease and increased mortality.
- As a result of obesity, today’s children have a shorter life expectancy than their parents.
- Adults who are obese are almost twice as likely to develop diabetes as those who are overweight and almost three times as likely as those who are at a healthy weight.
- The prevalence of diagnosed diabetes among adults in New York City is almost 10%; New Yorkers with the lowest incomes are twice as likely to suffer from diabetes as compared to New Yorkers with the highest incomes (14.2% vs. 6.9%).
- Residents of New York City’s poorest neighborhoods are more than twice as likely as those in the wealthiest neighborhoods to die from diabetes (27/10,000 vs. 11/100,000)

Portions Are a Super-Sized Problem
- The trend toward larger portion sizes has occurred in parallel with increases in the prevalence of overweight and obesity.
- Portion sizes in restaurants have grown: beverage portion sizes at McDonald’s have increased 457% since 1955, from 7.0 fluid ounces to 32.0 fluid ounces. During the same period, French fry portion sizes have increased 225%, from 2.4 ounces to 5.4 ounces, and hamburgers have nearly tripled in size, from 3.7 ounces to over 10 ounces for the largest portions.
- Other foods have also grown: bagels have increased by 250% in the past 20 years, from 140 calories to 350 calories.
- Americans eat out more often than they did 40 years ago, making them more likely to be exposed to large portion sizes at restaurants.
- Portion sizes in our homes have grown – the surface area of the average dinner plate has increased 36% since 1960. The serving sizes of some entrees in the cookbook, Joy of Cooking, have increased by as much as 42% since the first edition in 1931.
- With larger portions come more calories.
- Studies show that people given larger portions eat more without realizing it; nor do they have an increased sense of being full:
  - People eating soup from self-refilling bowls ate 73% more, although they did not perceive that they had eaten more, nor did they report feeling more full.
  - People given 18 ounces (vs. 12 ounces) of beverage drank 10% (women) to 26% (men) more, with no difference in food eaten at the same meal and no difference in reported “fullness” or thirst.
PORTION SIZE FACT SHEET

1 New York City Department of Health and Mental Hygiene, Community Health Survey 2010.
2 New York City Department of Health and Mental Hygiene, Community Health Survey 2010.
3 New York City Department of Health and Mental Hygiene, Community Health Survey 2010.
8 New York City Department of Health and Mental Hygiene, Community Health Survey 2009.