

# Choose **HEALTH** California

Obesity increases our risks of diabetes, heart disease, stroke and a variety of other chronic diseases. Obesity is increasing and a significant factor is the overconsumption of sugar-sweetened beverages.

## **JUST THE FACTS: THE LINK BETWEEN SUGAR-SWEETENED BEVERAGES AND OBESITY**

### THE OBESITY RATE IS GROWING

From the entire population of American children, approximately 32 percent of them have been diagnosed as medically overweight and an alarming 16 percent have been labeled as obese<sup>i</sup>.

In the last 30 years the adult obesity rate has tripled<sup>ii</sup>.

### WHY?

It has been shown that California adults who consume one or more sugar-sweetened beverages in the form of sodas place themselves at a 27 percent increased risk of obesity, notwithstanding ethnicity or socioeconomic standing<sup>iii</sup>.

Recent research showed that 41 percent of California children between the ages of 2 and 11, and 62 percent of those between the ages of 12 and 17, consume sugar-sweetened beverages on a daily basis<sup>iv</sup>.

From 1989 to 2008, calories from sugary beverages increased by 60 percent in children ages 6 to 11, from 130 to 209 calories per day, and the percentage of children consuming them increased.<sup>v</sup>

Children who consume at least one serving of sugar-sweetened beverages on a daily basis place themselves at an astounding 55 percent greater risk of eventually becoming obese<sup>vi</sup>.

The average American now drinks more than 45 gallons of sugar-sweetened beverages per year<sup>vii</sup>.

**The Facts Are Clear.  
Now, let's do something about it:  
Healthy Drinks for Healthy Families**



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- <sup>i</sup> Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity and trends in body mass index among U.S. children and adolescents, 1999-2010. *Jama*. Feb 1 2012;307(5): 483-490.
- <sup>ii</sup> Levi, Jeffrey and Segal, Laura M. and St. Laurent, Rebecca and Lang, Albert and Rayburn, Jack (2012) *F as in Fat: How Obesity Threatens America's Future 2012*. Project Report. Trust for America's Health/Robert Wood Johnson Foundation, Princeton, N.J.
- <sup>iii</sup> Babey SH, Jones M, Yu H, Goldstein H. Bubbling over: soda consumption and its link to obesity in California. *Policy Brief UCLA Cent Health Policy Res. Sep 2009(PB2009-5):1-8*.
- <sup>iv</sup> Babey SH, Jones M, Yu H, Goldstein H. Bubbling over: soda consumption and its link to obesity in California. *Policy Brief UCLA Cent Health Policy Res. Sep 2009(PB2009-5):1-8*.
- <sup>v</sup> Lasater G, Piernas C, Popkin BM. Beverage patterns and trends among school-aged children in the US, 1989-2008. *NUTR J*. 2011; 10:103
- <sup>vi</sup> Morenga LT, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomized controlled trials and cohort studies. *Brit Med J*. Jan 15 2013; 346.
- <sup>vii</sup> Andrevia T, Chaloupka FJ, Brownell KD. Estimating the potential of taxes on sugar-sweetened beverages to reduce consumption and generate revenue. *Prev Med*. Jun 2011; 52(6):413-416.