

Information for Action # 2011- 5

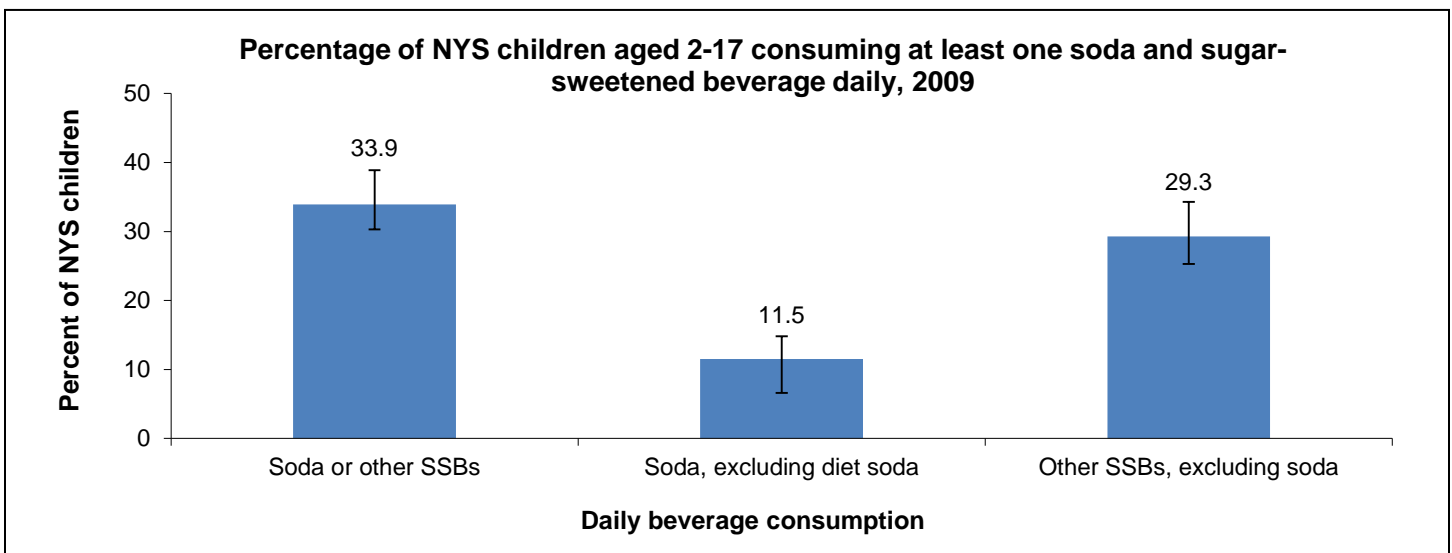
One in three children between 2 and 17 years old in New York State consumes sugar-sweetened beverages or soda daily.

Quick facts:

- In New York State (NYS), 33.9% of children between 2 and 17 years old consume at least one soda (excluding diet soda) or other sugar-sweetened beverage (SSB) a day, including drinks like sugar-sweetened iced tea, sports drinks or fruit punch drinks (see Figure).
- Children in NYS consume other SSBs more frequently than soda, with 29.3% drinking at least one other SSB per day, compared to 11.5% drinking soda each day (see Figure).
- Daily consumption of SSBs is more frequent among older children in NYS, with consumption ranging from 28% (children 2-5 years), to 32% and 42% for children 6-11 years and 12-17 years, respectively¹ (data not shown).

Public health importance:

- Each additional 12-ounce soda consumed per day by children increases the odds of becoming obese by 60%.² The consumption of soda and SSBs is associated with other negative health consequences in children, like dental caries.^{3,4}
- Chronic diseases associated with obesity in adults, such as type 2 diabetes and high blood pressure, are increasing in children.^{5,6}



Data Source: NYS Behavioral Risk Factor Surveillance System, 2009

PUBLIC HEALTH OPPORTUNITY

Reducing the consumption of soda and other SSBs among children is an important strategy for addressing childhood obesity and preventing obesity-related diseases.

Contact:

For more information about the data included and their specific implications for action, please send an email to DCDIPIFA@health.state.ny.us with the IFA # 5 in the subject line.

References:

1. New York State Behavioral Risk Factor Surveillance System, 2009
2. Ludwig DS, Peterson KE, Gormaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet*. 2001; 357(9255):505-508.
3. Marshall T, Gilmore J, Broffitt B, et al. Diet Quality in Young Children is Influenced by Beverage Consumption. *Journal of the American College of Nutrition*, 24(1):65-75, February 2005.
4. Tahmassebi J, Duggal M, Malik-Kotru G, et al. Soft Drinks and Dental Health: A Review of the Current Literature. *Journal of Dental Research*, 34(1):2-11, January 2006.
5. Dabelea D, Bell R, D'Agostino R Jr., et al. Incidence of Diabetes in Youth in the United States. *Journal of the American Medical Association*, 297(4):2716-2724, June 2007.
6. U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute, The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents. NIH Publication No. 05-5267. Bethesda, MD: National Heart, Lung, and Blood Institute. Revised May 2005.