

Drinking Sugar-Sweetened Beverages

#HydrateMyStateGA #DrinkMoreWater

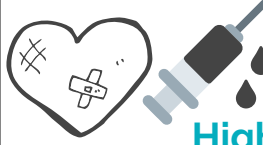


The United States

is **#2** in the world for consumption of Soft Drinks

CONSUMPTION OF SUGARY DRINKS

increase the risk for **Heart disease**
Type II Diabetes
Cancer
High Blood Pressure



Muth, N, Dietz, W, Magge, S, Johnson, R. Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents. Pediatrics. April 2019; 143(4): 1-14. Doi: 10.1542/peds.2019-0282

15 lbs WEIGHT GAIN IN ONE YEAR



By drinking 1 soda every day for a year, you could easily gain 15 or more lbs

Not drinking water was associated with consuming more calories from sugary beverages



Sugary drinks are the

LARGEST

source of **added sugars** and **empty calories** in the diets of US children

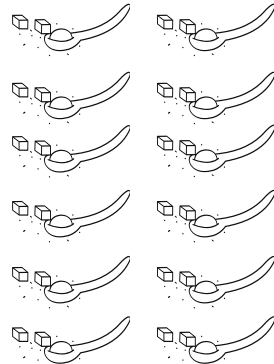


Average amount of

SUGAR

in a can of soda **39 grams**

9 Packs of Sugar in a 20 oz Sports Drink



DRINKING A CAN OF SOFT DRINK EVERY DAY

will significantly increase your risk of

TOOTH DECAY & EROSION

Muth, N, Dietz, W, Magge, S, Johnson, R. Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents. Pediatrics. April 2019; 143(4): 1-14. Doi: 10.1542/peds.2019-0282

Consumption of SUGAR SWEETENED BEVERAGES (SSB)

CHILDREN

- Sweetened drinks contributed almost two-thirds (62%) of children's drink sales in 2018, including \$1.2 billion in fruit drink (90% of children's sweetened drink sales)⁵
- Not drinking water was associated with consuming more calories from sugary beverages ¹
- For children 6 to 17 years, greater consumption was associated cross sectionally with higher BMI²
- Approximately 25% of US adolescents consume more than 750 mL of sugary-sweetened beverages per day, which represents more than 350 calories ⁶
- Sugary-sweetened beverages are the largest source of added sugars and empty calories in the diets of US children²
- Beverage companies specifically target youth, spending more money on promotions and sponsorships aimed at youth than any other food category¹⁰

ADULTS

- The consumption of sugary drinks was positively associated with the risk of overall cancer³
- Sugary drinks increase the risk for dental decay, CVD, hypertension, dyslipidemia, insulin resistance, type II diabetes, fatty liver disease, and all-cause mortality⁷
- Energy drinks are marketed to reduce fatigue and improve physical/mental performance; however, frequent consumption of these beverages is linked to negative health consequences⁸
- Adults often perceive that daily consumption of fruit-flavored drinks, sweetened tea, sports drinks, and Vitamin Water are healthier compared to soda⁹
- Drinking 1 or more sugar-sweetened beverages per day was associated with increased odds of poor mental health¹¹
- Drinking SSBs can elevate the risk of cardiovascular disease in diabetics⁴

HYDRATE
MY STATE



REFERENCES:

CONSUMPTION OF SUGAR-SWEETENED BEVERAGES (SSB)

1. Rosinger AY, Bethancourt H, Francis LA. Association of Caloric Intake From Sugar-Sweetened Beverages With Water Intake Among US Children and Young Adults in the 2011-2016 National Health and Nutrition Examination Survey. *JAMA Pediatr.* 2019;173(6):602-604. doi:10.1001/jamapediatrics.2019.0693
2. Lewis K, Skelton J, Hsu F. Use of Electronic Health Record Data to Study the Association of Sugary Drink Consumption with Child Weight Status. *Acad Pediatr.* 2019 Nov 8. pii: S1876-2859(19)30451-6. doi: 10.1016/j.acap.2019.11.002.
3. Chazelas Eloi, Srouf Bernard, Desmetz Elisa, Kesse-Guyot Emmanuelle, Julia Chantal, Deschamps Valérie et al. Sugary drink consumption and risk of cancer: results from NutriNet-Santé prospective cohort *BMJ* 2019; 366 :l2408
4. Anari R, Amani R, Veissi M. Sugary beverages are associated with cardiovascular risk factors in diabetic patients. *J Diabetes Metab Disord.* 2019;18(1):7-13. Published 2019 Jan 31. doi:10.1007/s40200-019-00383-5
5. Children's Drink FACTS 2019 Sales, Nutrition, and Marketing of Children's Drinks. UConn Rudd Center for Food Policy & Obesity. October 2019
6. Keller, A, Della Torre, S. Sugar-Sweetened Beverages and Obesity among Children and Adolescents: A Review of Systematic Literature Reviews. *Child Obes.* 2015 Aug 1;11(4): 338-346. Doi: 10.1089/chi.2014.0117
7. Muth, N, Dietz, W, Magge, S, Johnson, R. Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents. *Pediatrics.* April 2019; 143(4): 1-14. Doi: 10.1542/peds.2019-0282
8. Vercammen, K, Koma, J, Bleich, S. Trends in Energy Drink Consumption Among US Adolescents and Adults 2002-2016. *American Journal of Preventive Medicine.* June 2019; 56(6): 827-833. Doi:10.1016/j.amepre.2018.12.007
9. Roberts, E Solar, S, Falbe, J. Sugar-Sweetened Beverages Perceived as Healthier than Soda Among Young Adults and Groups at Risk for Misperceptions. *Current Developments in Nutrition.* June 2019, 3(1). Doi: 10.1093/cdn/nzz051.P04-186-19
10. Harris, JL, et al. Sugary Drink FACTS 2014: Some progress but much room for improvement in marketing to youth. Rudd Center for Food Policy and Obesity. Accessed on April 21, 2020 from <https://www.issuelab.org/resources/20556/20556.pdf>
11. Ugbabe, O. Association of Sweetened Beverages and Poor Mental Health among Adults in the United States. Thesis, Georgia State University. 2019; 1-35.

CONSUMPTION OF SUGAR-SWEETENED BEVERAGES (SSB)

YOUTH AND SUGAR-SWEETENED BEVERAGES

- Sweetened drinks contributed almost **two-thirds** (62%) of children's drink sales in 2018, including **\$1.2 billion** in fruit drink (90% of children's sweetened drink sales)⁵
- Not drinking water was associated with consuming **more calories** from sugary beverages¹
- For children 6 to 17 years, greater consumption was associated cross sectionally with **higher BMI**²
- Approximately **25%** of US adolescents consume **more than 750 mL** of sugary-sweetened beverages per day, which represents more than 350 calories⁶
- Sugary-sweetened beverages are the **largest** source of added sugars and **empty calories** in the diets of US children²
- Beverage companies specifically target youth, spending **more money** on promotions and sponsorships aimed at youth than any other food category¹⁰

ADULTS AND SUGAR-SWEETENED BEVERAGES

- The consumption of sugary drinks was **positively** associated with the risk of overall **cancer**³
- Sugary drinks **increase** the risk for dental decay, CVD, hypertension, dyslipidemia, insulin resistance, type II diabetes, fatty liver disease, and **all-cause mortality**⁷
- Energy drinks are marketed to reduce fatigue and improve physical/mental performance; however, frequent consumption of these beverages is linked to **negative** health consequences⁸
- Adults often **perceive** that daily consumption of fruit-flavored drinks, sweetened tea, sports drinks, and Vitamin Water are healthier compared to soda⁹
- Drinking 1 or more sugar-sweetened beverages per day was associated with increased odds of **poor mental health**¹¹
- Drinking SSBs can elevate the risk of cardiovascular disease in diabetics⁴

HYDRATE
MY STATE



REFERENCES:

CONSUMPTION OF SUGAR-SWEETENED BEVERAGES (SSB)

1. Rosinger AY, Bethancourt H, Francis LA. Association of Caloric Intake From Sugar-Sweetened Beverages With Water Intake Among US Children and Young Adults in the 2011-2016 National Health and Nutrition Examination Survey. *JAMA Pediatr.* 2019;173(6):602-604. doi:10.1001/jamapediatrics.2019.0693
2. Lewis K, Skelton J, Hsu F. Use of Electronic Health Record Data to Study the Association of Sugary Drink Consumption with Child Weight Status. *Acad Pediatr.* 2019 Nov 8. pii: S1876-2859(19)30451-6. doi: 10.1016/j.acap.2019.11.002.
3. Chazelas Eloi, Srouf Bernard, Desmetz Elisa, Kesse-Guyot Emmanuelle, Julia Chantal, Deschamps Valérie et al. Sugary drink consumption and risk of cancer: results from NutriNet-Santé prospective cohort *BMJ* 2019; 366 :l2408
4. Anari R, Amani R, Veissi M. Sugary beverages are associated with cardiovascular risk factors in diabetic patients. *J Diabetes Metab Disord.* 2019;18(1):7-13. Published 2019 Jan 31. doi:10.1007/s40200-019-00383-5
5. Children's Drink FACTS 2019 Sales, Nutrition, and Marketing of Children's Drinks. UConn Rudd Center for Food Policy & Obesity. October 2019
6. Keller, A, Della Torre, S. Sugar-Sweetened Beverages and Obesity among Children and Adolescents: A Review of Systematic Literature Reviews. *Child Obes.* 2015 Aug 1;11(4): 338-346. Doi: 10.1089/chi.2014.0117
7. Muth, N, Dietz, W, Magge, S, Johnson, R. Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents. *Pediatrics.* April 2019; 143(4): 1-14. Doi: 10.1542/peds.2019-0282
8. Vercammen, K, Koma, J, Bleich, S. Trends in Energy Drink Consumption Among US Adolescents and Adults 2002-2016. *American Journal of Preventive Medicine.* June 2019; 56(6): 827-833. Doi:10.1016/j.amepre.2018.12.007
9. Roberts, E Solar, S, Falbe, J. Sugar-Sweetened Beverages Perceived as Healthier than Soda Among Young Adults and Groups at Risk for Misperceptions. *Current Developments in Nutrition.* June 2019. 3(1). Doi: 10.1093/cdn/nzz051.P04-186-19
10. Harris, JL, et al. Sugary Drink FACTS 2014: Some progress but much room for improvement in marketing to youth. Rudd Center for Food Policy and Obesity. Accessed on April 21, 2020 from <https://www.issuelab.org/resources/20556/20556.pdf>
11. Ugbabe, O. Association of Sweetened Beverages and Poor Mental Health among Adults in the United States. Thesis, Georgia State University. 2019; 1-35.