

## Information for Action # 2013-1

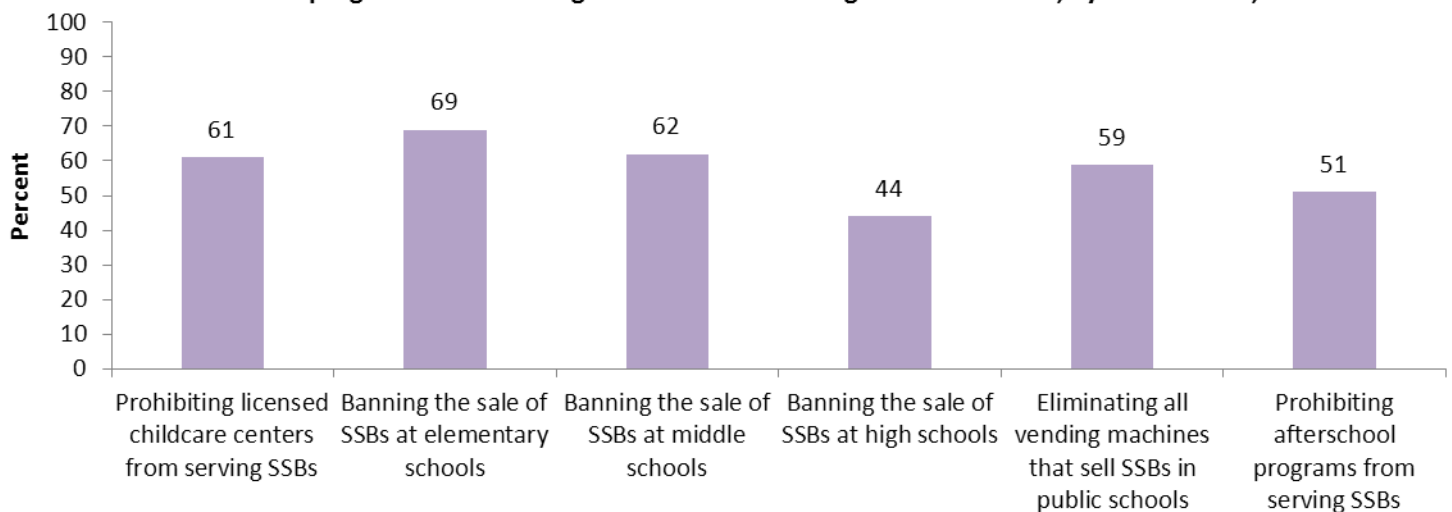
A majority of New Yorkers support banning the sale of sugar-sweetened beverages (SSBs) in schools and prohibiting SSBs from being served in licensed childcare centers and afterschool programs.

Sugary drinks or sugar-sweetened beverages (SSBs) include regular non-diet soda, sugar-sweetened iced teas, sports drinks, energy drinks, fruit-flavored drinks/punches, and powdered drinks containing sugar. SSBs are the largest source of added sugars in the diets of children in the United States.<sup>1</sup> Regular consumption of sugary drinks is associated with weight gain, obesity, and diabetes.<sup>2</sup> In New York State (NYS), 31% of children between the ages of 2 and 17 years of age consume at least one SSB daily, including one in four children between the ages of 2 and 5 years.<sup>3</sup>

The food and beverages available in childcare and school influence children's food choices. Research suggests that availability of unhealthy food and beverage choices is associated with a greater risk for obesity.<sup>4</sup> According to data from a recent public opinion poll in NYS, there is broad support for policies that prohibit the availability of SSBs in these settings.

- A majority of NYS adults support prohibiting licensed childcare centers from serving SSBs (61%) and banning the sale of SSBs at elementary and middle schools (69% and 62%, respectively) (Figure 1).
- Nearly six in 10 adults support eliminating all vending machines that sell SSBs in public schools.
- Half of adults support prohibiting afterschool programs at community organizations (e.g., YMCAs, Boys'/Girls' Clubs) from serving SSBs (Figure 1).

**Figure 1. Public support in New York State for prohibiting licensed childcare centers and afterschool programs from serving SSBs and for banning the sale of SSBs, by school level, 2012**



Data Source: NYS Department of Health/Siena College Research Institute, January 2012

### **PUBLIC HEALTH OPPORTUNITY**

There is broad public support for schools, licensed childcare centers and afterschool programs to establish policies and practices that prohibit the sale and availability of sugar-sweetened beverages.

#### **Contact:**

For more information about the data included and their specific implications for action, please send an email to [DCDIPIFA@health.state.ny.us](mailto:DCDIPIFA@health.state.ny.us) with the IFA # 2013-1 in the subject line.

#### References:

1. Reedy J, Krebs-Smith SM. Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States. *J Am Diet Assoc.* 2010;110:1477-84.
2. Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. *Am J Public Health.* 2007;97(4):667-675.
3. New York State Behavioral Risk Factor Surveillance System, 2010.
4. Larson N, Story M. Are "competitive foods" sold at school making our children fat?. *Health Affairs.* 2010;29(3):430-435.

