

One in five students report daily consumption of soda or other sugar-sweetened beverages



Youth consumption of sugar-sweetened beverages (SSBs) is linked to dental caries, weight gain, diabetes, and other serious health issues.¹ Throughout the United States, youth consume an average of 143 calories from SSBs each day—which represents 7.3% of their total caloric intake.¹ Youth consumption patterns have changed over time. Though their consumption of soda has decreased, their consumption of other SSBs has increased.² Examples of other SSBs include fruit drinks, sports drinks, energy drinks, caloric sweetened water, coffee and tea beverages with added sugars. Dietary experts recommend choosing beverages with no added sugars and reducing daily consumption of added sugars.³

In 2018, New York State Department of Health (NYSDOH) surveyed middle and high school students about beverages:

- Consumption of other SSBs is higher than consumption of soda (Figure 1)
- One in five students consume at least one soda or other SSB each day (Figure 2)
- Consumption of soda or other SSBs is higher among students who are black or Hispanic (Figure 2)

Figure 1. Daily consumption of at least one regular soda or at least one other SSB

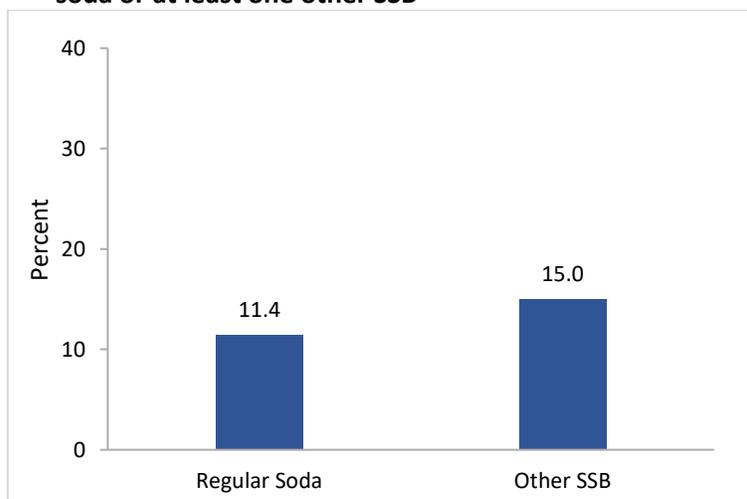
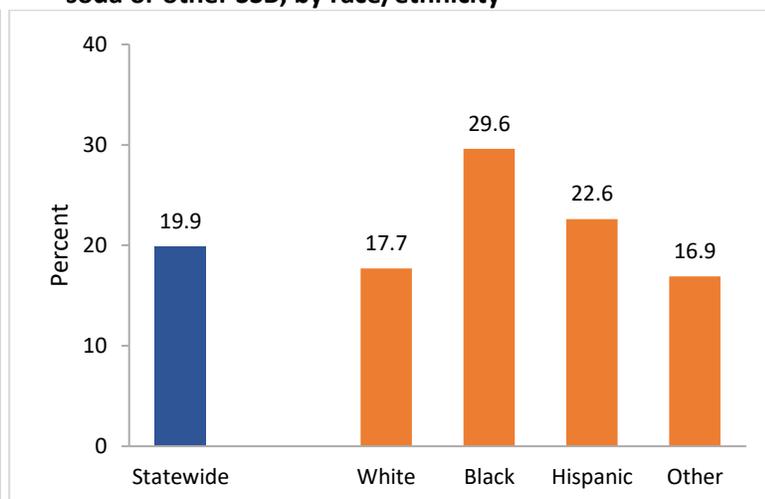


Figure 2. Daily consumption of at least one regular soda or other SSB, by race/ethnicity



Data Source: New York State Youth Tobacco Survey (NYS YTS), 2018. **Soda Question:** During the past 7 days, how many times did you drink soda, such as Coke, Pepsi, or Sprite? (Do not count diet soda.); **Other SSBs Question:** During the past 7 days, how many times did you drink a sports drink, energy drink, lemonade, sweetened tea or coffee drink, flavored milk, Snapple, or Sunny Delight? (Do not count soda or 100% fruit juice.)

Public Health Opportunity

The NYS Prevention Agenda recommends adopting policies and implementing practices to reduce consumption of SSBs such as limiting access to and marketing of SSBs, promoting access to and consumption of more healthful alternatives, and increasing the relative cost of SSBs. Surveillance activities should continue monitoring youth consumption of soda and other SSBs and documenting disparities in health behaviors.

For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2019-16 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/

¹ Rosinger A, Herrick K, Gahche J, Park S. Sugar-sweetened beverage consumption among U.S. youth, 2011–2014. NCHS data brief, no 271. Hyattsville, MD: National Center for Health Statistics. 2017.

² Miller G, Merlo C, Demissie Z, Sliwa S, Park S. Trends in Beverage Consumption Among High School Students — United States, 2007–2015. *Morbidity and Mortality Weekly Report*, Vol. 66, No. 4. 2017.

³ US Department of Health and Human Services; US Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. <https://health.gov/dietaryguidelines/2015/guidelines/>. Accessed 7/19/2019.