**Sugary Drinks 101**

**Sugary Drinks**

Sugary drinks are drinks that contain added sugars or sweeteners. Sugary drinks include soda and other carbonated soft drinks, sports drinks, energy drinks, juice drinks, sweetened tea and coffee drinks, and sweetened milk or milk alternatives. The added sugar in these drinks add calories but little or no nutrients.

Hold your mouse over each drink to see the amount of sugar and calories it contains.
Key Messages

1. We are consuming too much sugar.
2. Sugary drinks increase risk of chronic diseases like type 2 diabetes and heart disease.
3. Cutting back on sugary drinks can help control weight and reduce risk of chronic diseases.
Too Easy to Drink Too Much

Source: Company websites

* Calculations based on a 12 oz cola that has ~10 tsps of added sugars.
How much is too much?

A: 12 oz can of soda

Max. added sugar recommendations

~10 tsps of sugar

6 tsps
Sugary Food vs. Sugary Drinks

1. Can have nutritional value
2. Makes you feel full, so you eat less later

1. Have little to no nutritional value
2. Do not make you feel full and can trigger appetite
3. Sugar in liquid form overwhelms the liver
What Happens to Sugar in our Bodies?

• Sugar suppresses our body’s ability to burn fat.

• Added sugars are metabolized differently than natural sugars and converted into fat by liver.

• Too much sugar alters our hunger response.

• Too much sugar alters the reward center in our brains; similar to alcohol, cocaine, nicotine, and other addictive substances.
Sugar Drinks: Making Us Sick

- Tooth Decay
- Heart Disease
- Diabetes
- Metabolic Syndrome
  - Higher blood pressure, blood sugar, triglycerides
  - Lower "good" cholesterol
  - More belly fat
- Obesity
- Gout

Source: CSPI
Rise in US Sugary Drink Consumption and Overweight Children

Data sources: National Soft Drink Association, Beverage World (Jacobson, 2001) and Center for Weight and Health, University of California, Berkeley
For African American and Latino children, 1 in 2
Per Capita Income by Zip Code*
2008-2012

*Note: Some Zip Codes Have Been Merged for Data Stability
Classification Method: Equal Interval

City and County of San Francisco
Department of Public Health
Source: San Francisco Health Improvement Partnership
www.sfhip.org
Source: American Community Survey, 5-year estimates
Zip Code Source: SF Planning Department
Percent of Total Expenditures, National Rank by Tract (2011)

Data Source: Nielsen, Nielsen SiteReports: 2011
Percent Adults Overweight or Obese by Supervisorial District, San Francisco, 2009-2012

San Francisco Department of Public Health. Data Source: 2009 and 2011-12 California Health Interview Surveys.
SF 9th Graders

Data sources: The proportion of soda consumers was estimated from the California Healthy Kids Survey, 2010-2011. Students were asked “Yesterday, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?”. Soda consumers reported drinking soda one or more times yesterday. California Department of Education Fitnessgram Data, 2010-2011, were used to estimate the prevalence of overweight, defined as measured BMI percentile ≥ 85% based on CDC growth curves. Data analyzed by SFDPH MCAH Epidemiology, Sept. 2013.
SF Adults

% consuming any soda daily
% overweight or obese

Source: 2009 and 2011-12 California Health Interview Surveys (Adult)
Groups that Support Reducing Sugary Drink Consumption
Key Messages

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3. Cutting back on sugary drinks can help control weight and reduce risk of chronic diseases.
Learn More: choosehealthydrinks.org

Give this Presentation: shapeupsfcoalition.org/projects/ryd/resources

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