

Choose **HEALTH** California

JUST THE FACTS: THE ASSOCIATION BETWEEN SUGAR-SWEETENED BEVERAGES AND DIABETES

THE GROWTH OF DIABETES

In the last decade, the percentage of teenagers who have been diagnosed with pre-diabetes or Type II diabetes has risen from 9 percent to 25 percentⁱ.

At this pace, one third of the children born after the year 2000 – and HALF of Latino and African American children - will be afflicted with Type II Diabetes at some point in their lifetimeⁱⁱ.

SUGAR-SWEETENED BEVERAGES ARE A SIGNIFICANT FACTOR IN THE INCREASE IN DIABETES

Daily consumption of sugar-sweetened beverages over a period of just six months has been clinically shown to elevate the levels of fatty deposits in the liver by 150 percent. Daily consumption is a direct and significant contributor of diabetes and other cardiovascular pathologiesⁱⁱⁱ.

Children who consume sugar-sweetened beverages at least once daily place themselves at a 26 percent higher chance of developing diabetes in their lifetime^{iv}.

Childhood obesity has been clinically proven to increase substantially, as much as 55 percent, for those children who consume at least one drink daily, which in turn escalates the probability of contracting Type II Diabetes^v.

Depending on the level of obesity, 60-80 percent of adults that are obese have been diagnosed with diabetes, chronic elevated blood pressure, increased cholesterol levels and/or a myriad of other cardiovascular ailments^{vi}.

**The Facts Are Clear.
Now, let's do something about it:
Healthy Drinks for Healthy Families**



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- ⁱ May AL, Kuklina EV, Yoon PW. Prevalence of Cardiovascular Disease Risk Factors Among US Adolescents,1999-2008.Pediatrics 2012;129(6):1035-1041.
- ⁱⁱ Centers for Disease Control and Prevention, National Diabetes Surveillance System. California - Total number (in thousands) of new cases of diagnosed diabetes among adults aged 18-76 years, 1996-2010.
- ⁱⁱⁱ May AL, Kuklina EV, Yoon PW. Prevalence of Cardiovascular Disease Risk Factors Among US Adolescents,1999-2008.Pediatrics 2012;129(6):1035-1041.
- ^{iv} May AL, Kuklina EV, Yoon PW. Prevalence of Cardiovascular Disease Risk Factors Among US Adolescents,1999-2008.Pediatrics 2012;129(6):1035-1041.
- ^v May AL, Kuklina EV, Yoon PW. Prevalence of Cardiovascular Disease Risk Factors Among US Adolescents,1999-2008.Pediatrics 2012;129(6):1035-1041.
- ^{vi} Trust for America's Health and Robert Wood Johnson Foundation. F as in Fat: How Obesity Threatens America's Future – Fast Facts: Obesity and Health. 2013. Accessed January 15, 2014 at <http://fasinfat.org/facts-on-obesity-and-health/>.