



# SIP ON THIS

## A LEADING CONTRIBUTOR TO DIABETES AND OBESITY

Reducing sugary drink consumption will prevent health problems such as diabetes and obesity in San Mateo County.<sup>1,2</sup>

Our bodies don't compensate for liquid calories in the same way as calories from solid food.<sup>3</sup> **Drinking just one or two sugary drinks a day increases the chance of developing diabetes by over 25%.<sup>4</sup> Just one a day increases a child's risk of becoming overweight or obese by 55%.<sup>5</sup>**

One in three children born in 2000 is expected to develop Type 2 diabetes in his or her lifetime.<sup>6</sup>

## THE PRIMARY SOURCE OF ADDED SUGAR IN OUR DIET

More than one-third of all sugars consumed are from sugary drinks.<sup>7</sup>

### DID YOU KNOW?

#### Right here in San Mateo County:

- Diabetes has increased 250% over the last 10 years<sup>11</sup>
- Over 1 in 4 kids and more than half of adults are overweight or obese<sup>12</sup>
- 1 in 10 adults have diabetes right now<sup>13</sup>
- At San Mateo Medical Center, 1 in 5 adults patients and nearly 1 in 6 child patients have diabetes<sup>14</sup>
- Obesity and related diseases cost San Mateo County approximately \$574 million each year<sup>15</sup>



Nearly 1 in 3 children in San Mateo County drink one or more sodas each day<sup>8</sup>



Over half of teens in San Mateo County drink one or more sodas each day<sup>9</sup>



Nearly 1 in 6 adults in San Mateo County drink one or more sodas each day<sup>10</sup>

## WARNING LABELS ON SUGARY DRINKS

The California legislature is considering Senate Bill 203 to include a warning label on sugary drinks to educate the public about health risks.

A warning label will help our parents, adults, and youth make more informed choices and understand the unique problems created by drinking liquid sugar.

Cities in San Mateo County are working to support this important public health legislation. Get Healthy is available to help. Contact [wdominie@smcgov.org](mailto:wdominie@smcgov.org) for more information.



[www.GetHealthySMC.org/SugaryDrinks](http://www.GetHealthySMC.org/SugaryDrinks)

# TAKE ACTION

You can reduce consumption of sugary drinks in your community through simple actions.



## What You Can Do

- Propose a **resolution and/or submit letters of support** for Senate Bill 203 to include warning labels on sugary drinks
- Implement a City or County resolution encouraging retailers to **remove sugary drinks from checkout lanes**
- Implement healthy food vending policies to **limit the number of sugary drink retailers near schools** and playgrounds
- Use local authority to **increase the costs of sugary drinks** to reduce consumption
- Require fast food restaurants to not **serve sugary drinks as the default** in kids' meals

**Health begins in the places where we live, learn, work, and play.**

Get Healthy is a collaborative effort helping to create healthy environments where people have easy access to healthy foods, safe places to be physically active, and fewer barriers to living a long healthy life.

[www.GetHealthySMC.org](http://www.GetHealthySMC.org)

Contact Get Healthy for help on reducing sugary drink consumption in your community at (650)573-2319 and [wdominie@smcgov.org](mailto:wdominie@smcgov.org). More information is available at: [www.GetHealthySMC.org/SugaryDrinks](http://www.GetHealthySMC.org/SugaryDrinks).

## REFERENCES

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