



# 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.



**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)

## 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

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

- 1 Babey SH, Jones M, Yu H, Goldstein H. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research; 2009.
- 2 Gortmaker, S; Long, M; Wang, C. The Negative Impact of Sugar Sweetened Beverages on Children's Health: A Research Synthesis. Robert Wood Johnson Foundation; Nov. 2009.
- 3 JP, Shapira N, Debeuf P, et al. Effects of soft drink and table beer consumption on insulin response in normal teenagers and carbohydrate drink in youngsters. Eur J Cancer Prev 1999; 8:289-95.
- 4 Malik VS, Popkin BM, Bray GA, Despres JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. Diabetes Care. 2010; 33(11):2477-2483.
- 5 Te Morenga L, Mallard S, Mann J. Dietary sugars and body weight: systematic review and metaanalyses of randomized controlled trials and cohort studies. Bmj. 2013; 346:e7492.
- 6 Boyle et al.: Projection of the year 2050 burden of diabetes in the US adult

population: dynamic modeling of incidence, mortality, and prediabetes prevalence. Population Health Metrics. 2010; 8:29.

7 National Health and Nutrition Examination Survey. <http://www.cdc.gov/nchs/nhanes.htm>.

8 California Health Interview Survey, 2011.

9 California Health Interview Survey, 2011.

10 California Health Interview Survey, 2011.

11 San Mateo County Health System.

12 California Health Interview Survey and California Center for Public Health Advocacy, 2007.

13 San Mateo County Health System.

14 San Mateo County Health System.

15 Economic Costs of Overweight, Obesity and Physical Activity in California Counties. California Center for Public Health Advocacy; 2004.