

SUGAR SWEETENED BEVERAGE CONSUMPTION

50% of San Mateo County children drink one or more soda a day. There is a strong link between drinking sugar sweetened beverages such as soda and obesity. Adults who drink one or more sodas per day are 27% more likely to be overweight or obese than adults who do not drink soda.

Percent of San Mateo County residents who consume 1 or more Sodas by City

City	2-17 yrs	Adults
East Palo Alto	NA	24.2
Redwood City	38.4	15.9
San Mateo County	50.1	14.4
San Mateo	38	14.1
Menlo Park	NA	13.9
Daly City	38.3	13.7
South San Francisco	NA	13.1
Burlingame	NA	12.5
San Bruno	NA	12.5
Belmont	NA	12.4
San Carlos	NA	12
Foster City	NA	11.7
Pacifica	NA	11.6

Source: Small Area Estimation analysis conducted by the UCLA Center for Health Policy Research using 2005 California Health Interview Survey for "Bubbling Over: Soda Consumption and Its Link to Obesity in California"