Facts on Health Risks of Sugar Drinks

Obesity

- The preponderance of scientific evidence shows that consumption of sugar drinks promotes weight gain.\(^1\)
- Caloric beverages contribute to weight gain more than solid foods, because the body doesn’t compensate fully for beverage calories by reducing calorie intake later in the day.\(^2\)
- Children who drink one or more sugar-sweetened beverage per day have 55 percent greater odds of becoming overweight or obese than those who consume little or no sugar-sweetened beverages.\(^3,4\)
- Adults who drink one sugar drink or more per day are 27 percent more likely to be overweight or obese than non-drinkers, regardless of income or ethnicity.\(^5\)
- Obesity-related health care costs $190 billion annually, representing 21 percent of all medical spending. Roughly half of these costs are paid through public expenditures.\(^6,7,8\)
- The medical costs for people who are obese are 150 percent higher ($2,741 per year) than those of normal weight.\(^9\)

Diabetes

- Drinking one sugar-sweetened beverage per day is associated with an 18 percent increase in the risk of developing type 2 diabetes. Sugar sweetened beverages were linked to a higher risk of diabetes even after accounting for their impact on weight.\(^10\)
- Consuming one or more sodas per day increases one’s risk of developing type 2 diabetes by 26 percent compared to those who rarely consume such drinks.\(^11\)
- Diabetes is the seventh-leading cause of death in the United States.\(^12\)
- Diabetes can result in various health complication such as heart disease, stroke, blindness, kidney failure, and premature death.\(^13\)
- According to the Centers for Disease Control and Prevention, costs from diabetes totaled $245 billion in 2012, with direct medical costs totaling $176 billion.\(^14\)

**Related Disease: Non-Alcoholic Fatty Liver Disease**

- Daily consumption of sugar drinks for six months increases fat deposits in the liver by 150 percent, which directly contributes to both diabetes and heart disease.\(^15\)

Tooth Decay

- Consumption of sugar drinks—especially more acidic carbonated drinks—promotes dental caries and erosion.\(^16,17,18,19\)
Soda consumption increases the likelihood of cavities in adults and is associated with nearly twice the risk of dental caries in children.\textsuperscript{20,21} In fact, for each additional sugar drink consumed per day, children may be at a 22 percent increased risk of developing dental caries.\textsuperscript{22} Untreated caries can lead to pain, infection, and tooth loss.\textsuperscript{23}

**Heart Disease**

Consuming two or more sugar sweetened beverages per day is associated with a 35 percent increased risk of coronary heart disease in women.\textsuperscript{24} A related study in men found a similar sugar drink–heart disease link.\textsuperscript{25}

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\textsuperscript{9} Cawley J and Meyerhoefer C, op cit.


\textsuperscript{13} Ibid.

\textsuperscript{14} Ibid.


23 Ibid.
