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. In fact, for each additional sugar drink consumed per day, children may be at a 22 percent increased risk of developing dental caries.

Untreated caries can lead to pain, infection, and tooth loss.

**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. A related study in men found a similar sugar drink–heart disease link.

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13 Ibid.
14 Ibid.


23 Ibid.
