



## Obesity and Sugary Beverage Fact Sheet

### Obesity in California

In California, one in every nine children, one in three teens, and over half of adults are already overweight or obese.<sup>1,2</sup> The epidemic affects all age, income, educational, ethnic and disability groups, although rates are highest among Californians of Latino, American Indian, African American and Pacific Islander descent, Californians from lower-income households and those with disabilities.<sup>2</sup>

In the San Joaquin Valley region, which includes Fresno, Kern, San Joaquin, Stanislaus, Tulare, Merced, Kings and Madera counties:

- Adult Prevalence of Overweight/Obese is 65.2%<sup>3</sup>
- Teen Prevalence of At risk/Overweight/Obese is 35.1%<sup>3</sup>

Poor diet, inactivity, and obesity contribute to the risk of heart disease, type 2 diabetes, high blood pressure, stroke, arthritis-related disabilities, depression, sleep disorders and some cancers.<sup>4</sup> California's costs attributable to physical inactivity, obesity and overweight in 2006 were estimated at \$41.2 billion. In contrast, improvement in each of these factors could result in an annual savings of nearly \$2.4 billion.<sup>5</sup>

### Sugary Beverage Consumption

- In California, 62% of adolescents ages 12-17 and 41% of children ages 2-11 drink at least one soda or sugary beverage every day.<sup>6</sup>
- Children ages 2-11 living in San Joaquin Valley counties have some of the highest sugary beverage consumption rates in the state. In Kings, Kern and Fresno Counties, over 50% of children ages 2-11 drink one or more soda per day.<sup>6</sup>

### Sugary Beverages and Obesity

- Sugar-loaded drinks may lead to obesity, type 2 diabetes, heart disease and some cancers.<sup>8,9</sup>
- The prevalence of overweight and obesity is higher among California adolescents and adults who drink sugary beverages than those who do not.<sup>7</sup>
- Adults who drink a soda or more per day are 27% more likely to be overweight than those who do not drink sodas regardless of income or ethnicity.<sup>6</sup> For children, each extra can or glass of sugary beverage consumed per day increases their chance of becoming obese by 60%.<sup>10</sup>

### References

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