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.\(^1^,\(^2\) 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.\(^2\)

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% \(^3\)
- Teen Prevalence of At risk/Overweight/Obese is 35.1% \(^3\)

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. \(^4\) 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.\(^5\)

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. \(^6\)
- 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. \(^6\)

Sugary Beverages and Obesity
- Sugar-loaded drinks may lead to obesity, type 2 diabetes, heart disease and some cancers. \(^8^,\(^9\)
- The prevalence of overweight and obesity is higher among California adolescents and adults who drink sugary beverages than those who do not. \(^7\)
- 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. \(^8\) For children, each extra can or glass of sugary beverage consumed per day increases their chance of becoming obese by 60%. \(^10\)

References
2. UCLA. California Health Interview Survey. 2007; [www.chis.ucla.edu](http://www.chis.ucla.edu).