Health Behaviors

Sugar-sweetened beverage consumption in children

Sugar-sweetened beverages are the largest source of added sugar in the American diet. Sugar-sweetened beverage consumption is associated with overweight and obesity in adults and children.

The percentage of 2-year-olds who consumed at least one soda per week decreased from 38.0% among those born in 2004 to 22.0% among those born in 2009, a decline of 42%.

Source: Oregon Pregnancy Risk Assessment Monitoring System-2
The percentage of Oregon eighth-graders who consumed 7 or more soft drinks per week decreased from 34.3% in 2003 to 11.6% in 2013. More boys (13.5%) than girls (9.7%) report consuming ≥ 7 soft drinks per week. This means that about one in ten eighth-graders consume enough soda to add more than 1,000 extra calories to their diets each week.

Decreasing consumption of sugar-sweetened beverages is important to addressing the growing overweight and obesity epidemic in our children.
Additional Resources: 2012 Oregon Overweight, Obesity, Physical Activity and Nutrition Facts

About the Data: Data sources are the Oregon Pregnancy Risk Assessment Monitoring Survey for 2 year olds (PRAMS-2) and The Oregon Healthy Teens Survey (OHT) for 8th graders. Data include 8th graders who drank 7 or more cans, bottles or glasses of regular (not diet) soda in a week and mothers who reported that their 2-year-olds drank soda at least once per week.

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Oregon State Health Profile

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