

Health Behaviors

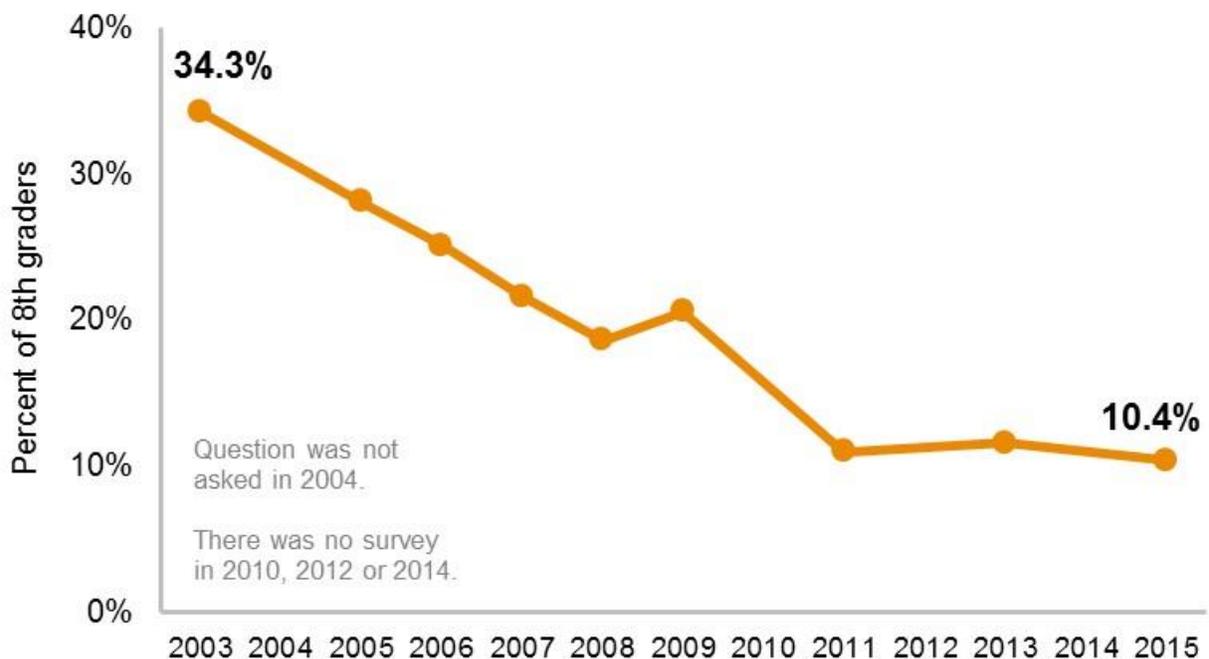
Sugar-sweetened beverage consumption in children

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 Oregon eighth-graders who consumed seven or more soft drinks per week decreased from 34.3% in 2003 to 10.4% in 2015 (Figure 1).

FIGURE 1

8th-graders who drank ≥ 7 soft drinks per week by year, Oregon



Source: Oregon Healthy Teens Survey

More boys than girls report consuming ≥ 7 soft drinks per week (12.3% vs. 8.6%, Figure 2). 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.

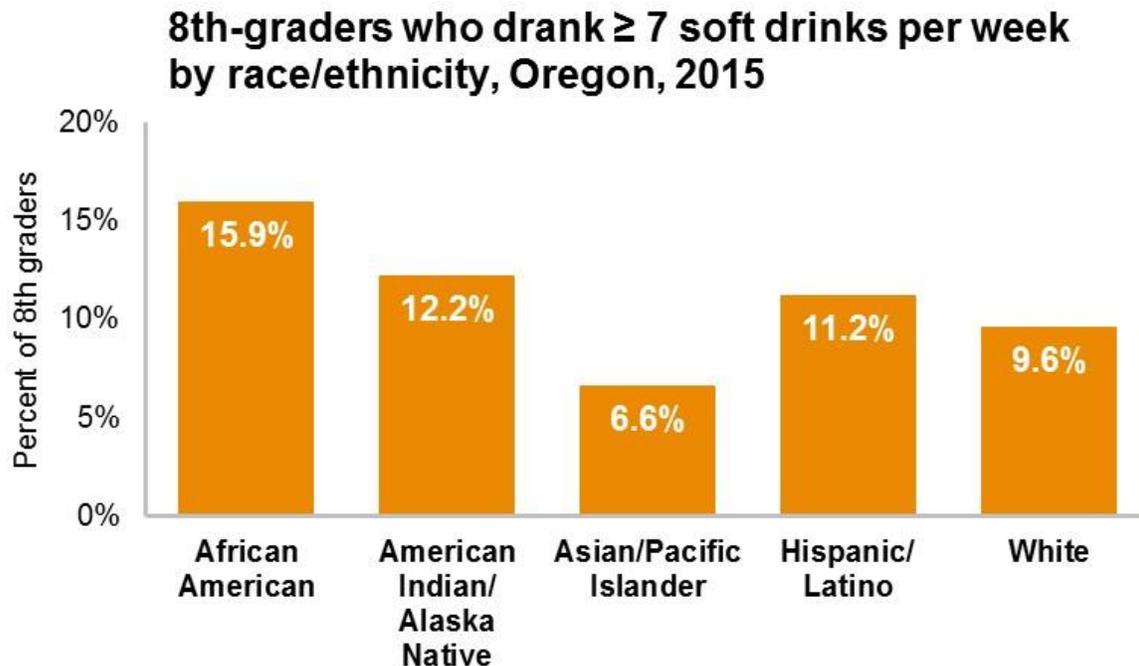
FIGURE 2

8th-graders who drank ≥ 7 soft drinks per week by sex, Oregon, 2015	
	Percent
All 8th graders	10.4%
Female	8.6%
Male	12.3%

Source: Oregon Healthy Teens Survey

African Americans (15.9%), American Indian/Alaska Natives (12.2%) and Hispanics (11.2%) are more likely to consume 7 or more sodas per week than whites (9.6%) or Asian/Pacific Islanders (6.6%; Figure 3).

FIGURE 3



*Notes: All other groups exclude Hispanic ethnicity
Source: Oregon Healthy Teens Survey*

Decreasing consumption of sugar-sweetened beverages is important to address 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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