

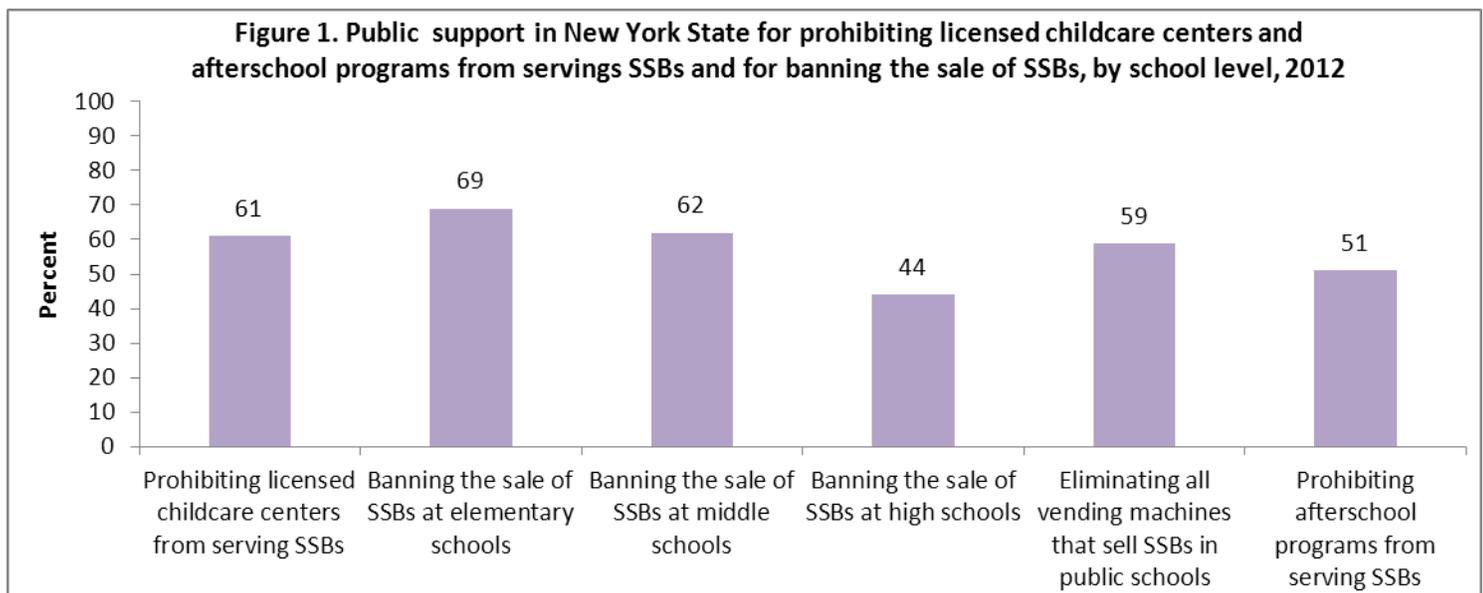
Information for Action # 2013-1

A majority of New Yorkers support banning the sale of sugar-sweetened beverages (SSBs) in schools and prohibiting SSBs from being served in licensed childcare centers and afterschool programs.

Sugary drinks or sugar-sweetened beverages (SSBs) include regular non-diet soda, sugar-sweetened iced teas, sports drinks, energy drinks, fruit-flavored drinks/punches, and powdered drinks containing sugar. SSBs are the largest source of added sugars in the diets of children in the United States.¹ Regular consumption of sugary drinks is associated with weight gain, obesity, and diabetes.² In New York State (NYS), 31% of children between the ages of 2 and 17 years of age consume at least one SSB daily, including one in four children between the ages of 2 and 5 years.³

The food and beverages available in childcare and school influence children's food choices. Research suggests that availability of unhealthy food and beverage choices is associated with a greater risk for obesity.⁴ According to data from a recent public opinion poll in NYS, there is broad support for policies that prohibit the availability of SSBs in these settings.

- A majority of NYS adults support prohibiting licensed childcare centers from serving SSBs (61%) and banning the sale of SSBs at elementary and middle schools (69% and 62%, respectively) (Figure 1).
- Nearly six in 10 adults support eliminating all vending machines that sell SSBs in public schools.
- Half of adults support prohibiting afterschool programs at community organizations (e.g., YMCAs, Boys'/Girls' Clubs) from serving SSBs (Figure 1).



Data Source: NYS Department of Health/Siena College Research Institute, January 2012

PUBLIC HEALTH OPPORTUNITY

There is broad public support for schools, licensed childcare centers and afterschool programs to establish policies and practices that prohibit the sale and availability of sugar-sweetened beverages.

Contact:

For more information about the data included and their specific implications for action, please send an email to DCDIPIFA@health.state.ny.us with the IFA # 2013-1 in the subject line.

References:

1. Reedy J, Krebs-Smith SM. Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States. *J Am Diet Assoc.* 2010;110:1477-84.
2. Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. *Am J Public Health.* 2007;97(4):667-675.
3. New York State Behavioral Risk Factor Surveillance System, 2010.
4. Larson N, Story M. Are "competitive foods" sold at school making our children fat?. *Health Affairs.* 2010;29(3):430-435.

