Burden of Sugary Drinks in Alaska

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What are Sugary Drinks?
Health risks from sugary drinks

Cavities and decayed, painful teeth

Increased risk of heart disease
- High blood pressure
- High cholesterol

Type 2 diabetes that can last throughout your child’s lifetime

Unhealthy weight gain
Added Sugar Limit

- Less than 10% of calories per day
- Reference diet of 2,000 calories, no more than:
  - 12 tsp sugar
  - 50 g sugar
  - 200 calories
US Population
Mean Calories of Daily Added Sugar, 2011-2012

US Population
Mean Calories of Daily Added Sugar, 2011-2012

Beverage  Foods  Added Sugar Limit

Limit based on a 2,000 calorie reference diet, upper limit is less than 200 calories

US Population
Mean Calories of Daily Added Sugar, 2011-2012

Calories of Added Sugar in Drinks

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 oz Fruit Flavor Drink</td>
<td>125</td>
</tr>
<tr>
<td>20 oz Vitamin Drink</td>
<td>125</td>
</tr>
<tr>
<td>20 oz Snakes Drink</td>
<td>150</td>
</tr>
<tr>
<td>16 oz Powdered Drink</td>
<td>175</td>
</tr>
<tr>
<td>20 oz Soda</td>
<td>255</td>
</tr>
</tbody>
</table>
Calories of Added Sugar in Drinks

Limit based on 2,000 calorie reference diet

Limit based on 1,600 calorie diet, for moderately active 8-year old boy
Alaska adults
Percent of who drink 1+ sugary drink per day

Source: Alaska BRFSS, 2015
Alaska high school youth
Percent of who drink 1+ soda per day

*Linear change is statistically significant

Source: AK YRBSS

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
Alaska high school youth
Percent of who drink 1+ sugary drink per day

Source: Alaska YRBS, 2015
Alaska 3-year-olds
Percent who drank any sugary drink on a given day

*Trend statistically significant

Source: AK CUBS
Alaska 3-year-olds
Percent who drink any sugary drink on a given day

Race
- AK Native: 60%
- Other: 39%
- White: 19%

Region
- Anchorage: 25%
- Gulf Coast: 24%
- Interior: 21%
- Mat-Su: 25%
- Northern: 80%
- Southeast: 29%
- Southwest: 78%

Education
- <HS: 63%
- HS grad/GED: 47%
- Some college/tech: 30%
- College grad: 15%

Income Proxy
- WIC - Yes: 41%
- WIC - No: 20%

Source: Alaska CUBS, 2013-2015