



Study Synopses: Impact of SSB Consumption on Minority and Low-Income Populations

| Topic | Citation | Funder(s) | Conclusions |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Child Obesity: African- American | Lim, S., Zoellner, J.M., Lee, J.M., Burt, B.A., Sandretto, A.M., Sohn, W., Ismail, A.I., Lepkowski, J.M. (2009). Obesity and sugar-sweetened beverages in African-American preschool children: A longitudinal study. <i>Obesity</i> , 17.6, 1262 - 1268. | National Institute for Dental and Craniofacial Research; University of Michigan; Delta Dental Fund of Michigan; NIDDK | Among a longitudinal cohort of African-American preschool children, high consumption of sugar-sweetened beverages was significantly associated with an increased risk for obesity. |
| Child Obesity: African- American and Mexican- American | Cullen, K.W., Ash, D.M, Warneke, C, de Moor, C. (2002). Intake of soft drinks, fruit-flavored beverages, and fruits and vegetables by children in grades 4 through 6. <i>Am J Public Health</i> , 92.9, 1475 - 1477. | Children's Nutrition Research Center, Baylor College of Medicine, Houston, TX; Blessing Hospital, Quincy, Ill; Department of Behavioral Science, University of Texas M.D. Anderson Cancer Center, Houston; Cooperative State Research, Education, and Extension Service, USDA | More than 50% of total beverages consumed were sweetened beverages. Students with the highest consumption of total sweetened beverages consume about 330 extra calories per day than those who did not consume sweetened beverages. Higher rates of sweetened beverage consumption were accompanied by lower fruit consumption. African-American and Mexican-American children consumed the most sweetened beverages, as did children of parents with lower education. |
| Child Obesity: Asian- American | Novotny, R., Daida, Y.G., Acharya, S., Gvoe, J.S., Vogt, T.M. (2004). Dairy intake is associated with lower body fat and soda intake with greater weight in adolescent girls. <i>J Nutr</i> , 8, 1905 - 1909. | USDA | Soda intake among Asian-Americans was significantly and positively associated with weight gain. Decreasing soda and increasing dairy consumption may help maintain body fat and weight during adolescence. |
| Child Obesity: Low-income | Newby, P., Peterson, K.E., Berkey, C.S., Leppert, J., Willett, W.C., Colditz, G.A. (2004). Beverage consumption is not associated with changes in weight and body mass index among low-income preschool children in North Dakota. <i>J Am Diet Assn</i> , 104.7, 1086 - 1094. | USDA; NIH; Harvard Education Program in Cancer; Prevention Control; Boston Obesity Nutrition Research Center | This study does not show an association between beverage consumption and changes in weight or body mass index in this population of low-income preschool children in North Dakota. |

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| Child Obesity: Low-income | Welsh, J.A., Cogswell, M.E., Rogers, S., Rockett, H., Mei, Z., Grummer-Strawn, L.M. (2002). Overweight among low-income preschool children associated with the consumption of sweet drinks: Missouri, 1999 - 2002. <i>Pediatrics</i> , 115.2, e223 - e229. | CDC; Missouri Department of Health; Harvard Medical School | While normal or under-weight children did not gain weight from drinking SSBs, children who were already overweight were two times more likely to become or remain overweight if they drank SSBs. |
| Consumption: African-American | Dodd, A.H., Briefel, R., Cabili, C., Wilson, A., Crepinsek, M.K. (2013). Disparities in consumption of sugar-sweetened and other beverages by race/ethnicity and obesity status among United States schoolchildren. <i>J Nutr Educ Behav</i> , 45, 240 - 249. | RWJF | Beverage consumption patterns did not substantially differ across weight status groups, but they differed by race/ethnicity in the home. Non-Hispanic black elementary schoolchildren consumed non-soda SSBs more often and unflavored, low-fat milk less often at home than non-Hispanic white schoolchildren. |
| Consumption: African-American and Mexican-American | Wang, Y.C., Bleich, S.N., Gortmaker, S.L. (2008). Increasing caloric contribution from sugar-sweetened beverages and 100% fruit juices among US children and adolescents, 1988 - 2004. <i>Pediatrics</i> , 121.6, e1604 - e1614. | Robert Wood Johnson Foundation; CDC | Per capita daily caloric contribution from SSB intake increased from 204 to 224 calories a day. The largest increase (20%) was among children ages 6 - 11. There were significant increases among black and Mexican-American adolescents, but not whites. Soda contributed approximately 67% of all SSB calories among adolescents. |
| Federal Food Assistance and Nutrition Programs | Andreyeva, T., Luedicke, J., Henderson, K.E., Tripp, A. (2012). Grocery store beverage choices by participants in federal food assistance and nutrition programs. <i>Am J Prev Med</i> , 43.4, 411 - 418. | USDA | Nationwide, SNAP was estimated to pay at least \$1.7 to \$2.1 billion annually for sugar-sweetened beverages purchased in grocery stores. |

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| Health: African-American, low-income and dental caries | Lim, S., Sohn, W., Burt, B.A., Sandretto, A.M., Kolker, J.L., Marshall, T.A., Ismail, A.I. (2008). Cariogenicity of soft drinks, milk and fruit juice in low-income African-American children: A longitudinal study. <i>J Am Dent Assoc</i> , 139, 959 - 967. | National Institute of Dental and Craniofacial Research, Bethesda, Md; University of Michigan, Ann Arbor; Delta Dental Fund of Michigan | Children who consumed more soft drinks, relative to milk and 100 percent fruit juice, as they grew older were at a greater risk of developing dental caries. |
| Health: African-American, low-income and dental caries | Kolker, J.L., Yuan, Y., Burt, B.A., Sandretto, A.M., Sohn, W., Lang, S.W., Ismail, A.I. (2007). Dental caries and dietary patterns in low-income African American children. <i>Pediatr Dent</i> , 29.6, 457 - 464. | | Children frequently consume sugared drinks, which is associated with the prevalence of dental caries. |
| Health: African-American, low-income and dental caries | Storey, M.L., Forshee, R.A., Anderson, P.A. (2006). Beverage consumption in the US population. <i>J Am Diet Assoc</i> , 106.12, 1992 - 2000. | Center for Food, Nutrition, and Agricultural Policy, University of Maryland, College Park | Data showed marked differences in beverage consumption depending on age, sex, and race/ethnicity. In general, males consumed more beverages than females. White and Mexican-American persons of all ages drank more milk than did African-Americans. African-American males and females of all ages on average consumed significantly more fruit drinks/ades than any other group. White persons consumed more carbonated soft drinks than any other group. |
| Health: African-American and type 2 diabetes | Palmer, J.R., Boggs, D.A., Krishnan, S., Hu, F.B., Singer, M., Rosenberg, L. (2008). Sugar-sweetened beverages and incidence of type 2 diabetes mellitus in African American women. <i>Arch Intern Med</i> , 168.14, 1487 - 1492. | National Cancer Institute; NIDDK | Regular consumption of SSBs and fruit drinks is linked to an increased risk of type 2 diabetes in African American women. |
| Marketing: African-American | Tirodkar, M., Jain, A. (2003). Food Messages on African American Television Shows. <i>Am J Public Health</i> , 93.3, 439 - 441. | Dominick's Children's Foundation | During fall 1999, popular African American television programs featured a greater number of overweight and young characters and advertisements for candy and carbonated soft drinks than did television programs intended for a general audience. |

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| Taxes: Low-income | Williams, R. and Christ, K. (2009). Mercatus on Policy No. 52 -- Taxing Sin: Are Excise Taxes Efficient? Fairfax, VA: George Mason University. | The Mercatus Center, George Mason University | Taxing SSBs to reduce obesity and raise revenue to fund obesity-prevention programs is problematic because 1) soft drink consumption is a small part of overweight people's diets; 2) substitutes for SSBs may be highly caloric; 3) governments may not spend the revenue on obesity prevention; and 4) the burden of taxation would likely fall disproportionately on the poor. |
| Taxes: Low-income | Brownell, K.D., Farley, T., Willett, W.C., Popkin, B.M., Chaloupka, F.J., Thompson, J.W., Ludwig, D.S. (2009). The public health and economic benefits of taxing sugar-sweetened beverages. <i>New Eng J Med</i> , 361, 1599 - 1606. | Rudd Foundation; NIH; RWJF | There are compelling reasons to tax SSBs: 1) escalating health care costs and the rising burden of diseases related to poor diet create an urgent need for solutions; 2) research to date suggests that an SSB tax would have strong positive effects on reducing consumption; and 3) taxes could generate substantial revenue to prevent obesity and address other external costs. |

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Updated 9/9/13