

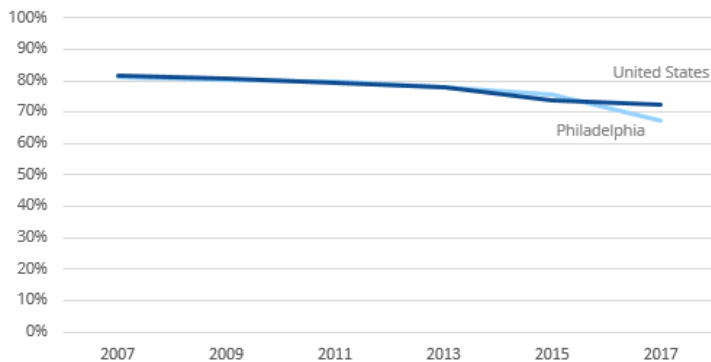


Youth Consumption of Soda in Philadelphia, 2007–2017

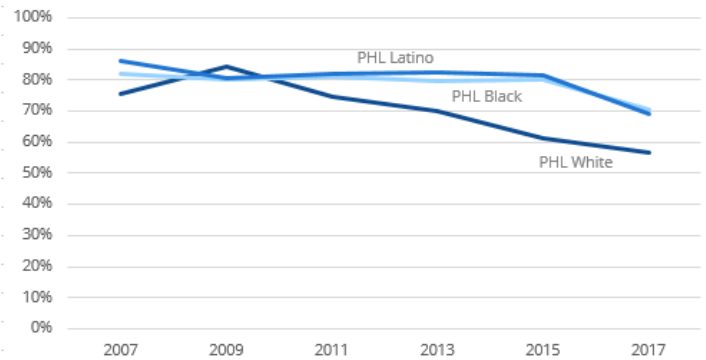
The CDC has estimated that 40% of children alive today will develop diabetes in their lifetimes, and for African-American and Latino children, this number is greater than 50%. Sweetened drinks constitute the largest source of added sugar in the American diet, and consumption of one or more sweetened drinks daily is associated with increased risk for diabetes and heart disease. The Philadelphia Beverage Tax went into effect in January 2017. This issue of CHART examines trends in youth soda (excluding diet soda) consumption from 2007 to 2017 in Philadelphia and nationally utilizing data from the Youth Risk Behavior Survey, a bi-annual representative sampling of approximately 1500 Philadelphia teens.

Fewer Philadelphia teens are drinking soda, especially African-American and Latino teens

Soda Consumption in Past Seven Days Among Teens in Philadelphia and U.S., 2007 - 2017

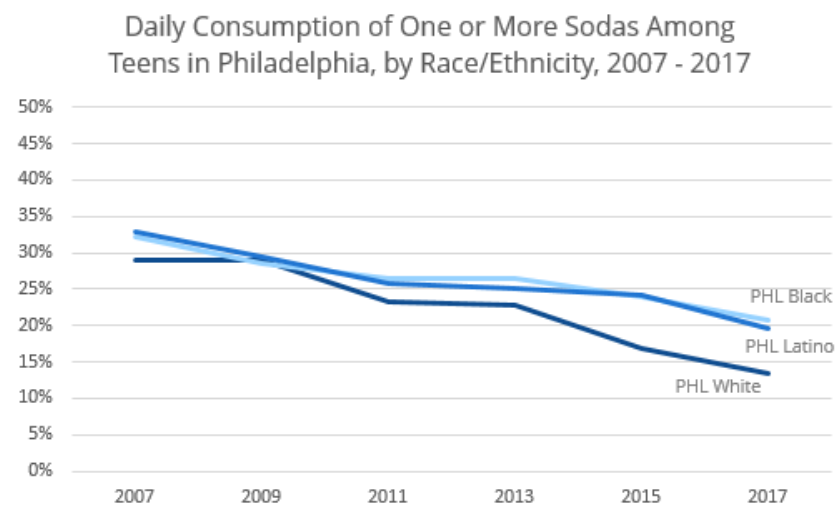
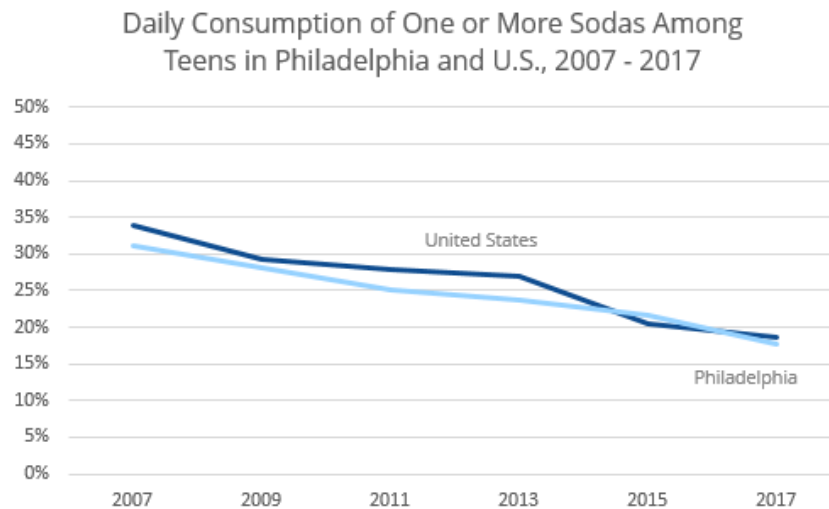


Soda Consumption in Past Seven Days Among Teens in Philadelphia by Race/Ethnicity, 2007 - 2017



- Between 2015 and 2017, Philadelphia experienced a significant decrease (10%) in the proportion of teens who reported any soda consumption in the previous 7 days while nationally there was a 2% decrease.
- The decrease in any soda consumption was larger among Latino teens (significantly decreased 16%) and African American teens (significantly decreased 12%) compared to White teens (8% decrease).

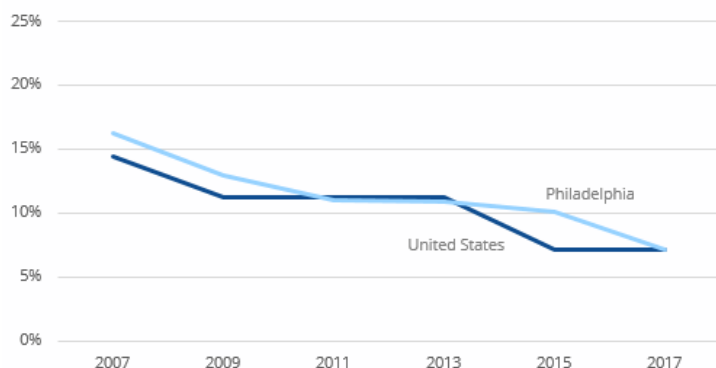
Fewer teens of all races and ethnicities drank at least one soda every day



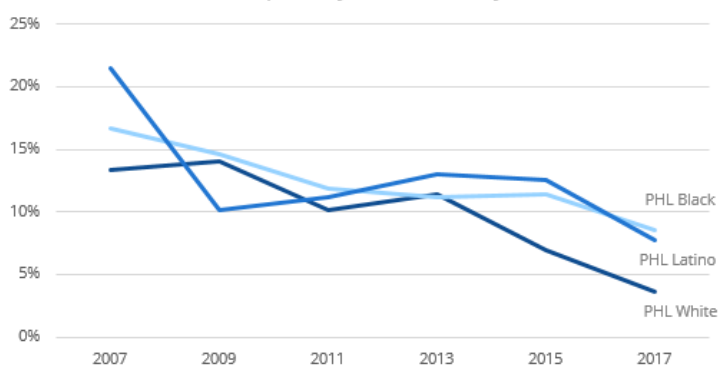
- Overall in Philadelphia, the proportion of teens drinking soda daily decreased by 18% between 2015 and 2017 among Philadelphia teens and 8% nationally during the same time.
- In Philadelphia, the proportion of teens drinking soda daily declined by 14% among black teens, 19% among Latino teens, and 21% among white teens between 2015 and 2017.

Heavy soda consumption dropped among all races and ethnicities

Daily Consumption of Three or More Sodas Among Teens in Philadelphia and U.S., 2007 - 2017



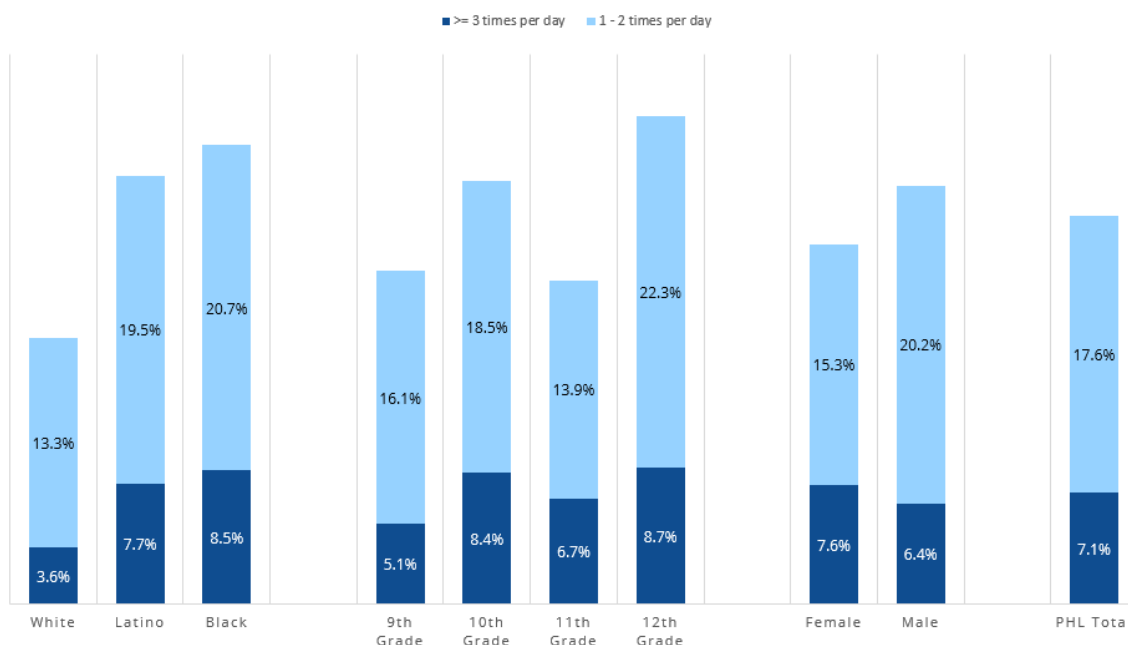
Daily Consumption of Three or More Sodas Among Teens in Philadelphia, by Race/Ethnicity, 2007 - 2017



- Philadelphia saw a significant decrease (30%) in the proportion of teens who drink 3 or more sodas daily (heavy soda consumption) between 2015 and 2017, while nationally there was no change.
- In Philadelphia, heavy soda consumption declined 25% among black teens, 39% among Latino teens, and 49% among white teens between 2015 and 2017.
- From 2015 to 2017, the change in heavy soda consumption was greatest among the youngest teens – a significant decline of 63% in 9th graders (compared to 6% and 38% declines in 10th and 12th graders, respectively).
- Data from 2015-2017 also showed significant decreases in the percent of teens reporting daily juice consumption (23% to 17%), significant decreases in heavy juice consumption (11% to 7%) and increases in no juice consumption (25% to 28%). High sugar content in juice contributes to increased calories and greater risk of dental caries.

Daily soda intake by Philadelphia teens

Daily Soda Consumption Among Teens in Philadelphia, by Race/Ethnicity, 2017



What can be done

The City of Philadelphia is:

- Working with other City departments and community partners to help promote healthy food options and healthy beverages, particularly water, across diverse neighborhoods in the city
- Working with schools and partners across the city to expand opportunities for free and low-cost physical activity and to make sports-based youth development programs available to all city youth
- Using funding from the Philadelphia Beverage Tax for Rebuild, which will promote physical activity by improving neighborhood parks and recreation centers

Health care providers can:

- Talk with your patients about reducing consumption of sugary drinks to reduce the risk of obesity and diabetes
- Share resources with your patients about healthy food resources and low cost or free physical activity options
- Counsel parents about the importance of modeling healthy behavior for their children, such as drinking tap water or unflavored milk rather than sweetened drinks
- Talk with patients about other strategies to maintain healthy weight including physical activity and limiting screen time

People can:

- Avoid sugary drinks and instead drink tap water, unflavored milk, or flavored seltzer
- Avoid serving sugary drinks to your children avoid keeping these drinks in your home, and limit TV time where most ads for sugary drinks are shown
- Ask a friend or family member to walk with you regularly or go to PhillyPowered.org for ideas about free or low-cost opportunities for physical activity

Resources

- The CDC's [Rethink your drink](#) page offers information on the sugar content of many common drinks as well as ideas for healthy substitutes
- The CDC also offers [tips on getting enough water to drink](#)
- Sports-based Youth Development programs are available from [After-School Activities Partnerships](#)
- The Health Department has a list of [free and low cost opportunities for physical activity](#) near you

Citations and Methods

- Gregg EW et al., 2014. Trends in lifetime risk and years of life lost due to diabetes in the USA, 1985–2011: a modelling study. *The Lancet Diabetes & Endocrinology* 2(11):867-874.
- YRBS is a bi-annual self-report survey conducted by school districts across the US, including the School District of Philadelphia. YRBS surveys high-school students in Philadelphia in 2017.
- Soda consumption estimates and significance testing (using two-sided tests with $p < .05$ threshold) for this CHART were extracted from YRBS data using the [Centers for Disease Control and Prevention tool](#). Statistically significant declines are described as significant.



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