Sugar-sweetened beverages (SSBs), like sodas and energy drinks, are the largest source of added sugar and are associated with increased rates of obesity and other chronic health conditions. adolescents consume the most SSBs compared to other age groups. Research has noted that adolescents who drink more SSBs are more likely to eat high-calorie, low-nutrient foods. Some studies have shown that the intake of SSBs among California adolescents has increased in the past decade.

Among California adolescents, the Multiracial group and Latinos were most likely to consume two or more SSBs a day, while Whites and Asians/Others were the least likely (see Figure).

In the California Medi-Cal population, Latino adolescents were most likely to drink two or more SSBs a day as compared to White and African American adolescents. Except for African Americans, Medi-Cal adolescents reported higher rates of SSBs than the general California adolescent population. Due to small sample sizes, however, the percentages for Multiracial and Asian/Other adolescents were statistically unstable and un-reportable.

Figure

Percent of California and Medi-Cal Adolescents Who Reported Drinking 2 or More Sweetened Beverages a Day, by Race/Ethnicity, 2009

Source: AskCHIS, California Health Interview Survey, 2009.
*Statistically unstable

Link to Data Sources and Methods