

# Health Disparities in the Medi-Cal Population

## Adolescent Soda and Sweetened Beverages Consumption



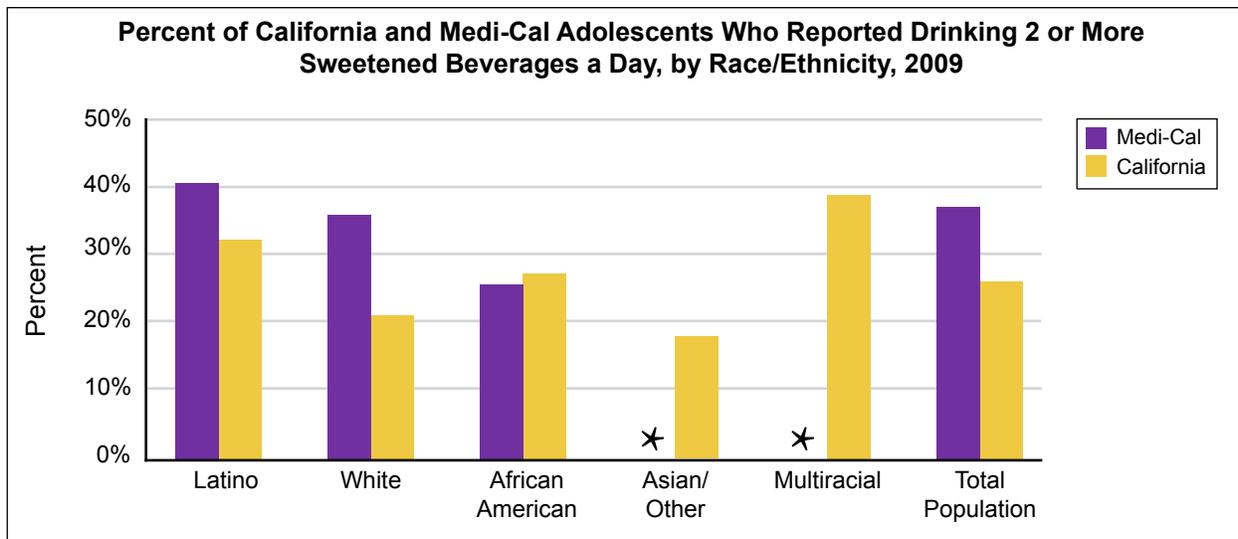
Sugar-sweetened beverages (SSBs), like sodas and energy drinks, are the largest source of added sugar and are associated with increased rates of obesity and other chronic health conditions.<sup>1-3</sup> Adolescents consume the most SSBs compared to other age groups.<sup>2-3</sup> Research has noted that adolescents who drink more SSBs are more likely to eat high-calorie, low-nutrient foods.<sup>1</sup> Some studies have shown that the intake of SSBs among California adolescents has increased in the past decade.<sup>4-5</sup>

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



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

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
2. Babey SH, Jones M, Yu H, Goldstein H. Bubbling over: Soda consumption and its link to obesity in California. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2009.
3. Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *J Am Diet Assoc.* 2000;100:43-48,51.
4. Keihner AJ, Linares AM, Rider CD, Sugerman S, Mitchell, PR, Hudes, M. Education, *Diet and Environmental Factors Influence Sugar-Sweetened Beverage Consumption Among California Children, Teens, and Adults*. Sacramento, CA: California Department of Public Health; 2012.
5. Wang YC, Bleich SN, Gortmaker. Increasing caloric contribution from sugar-sweetened beverages and 100% fruit juices among US children and adolescents, 1988-2004. *Pediatr.* 2008;121;6:1604-1614.