

Economic Costs Related to Sugary Drinks

To provide you with the best science and reduce review time, use the following science-approved facts in your campaigns and materials. After each fact, you will find fast facts based on the science, which can be cut and pasted word-for-word without additional science review. Note that any change in wording will require your documents go through the science review process before release.

What is a sugary drink?

The American Heart Association defines sugary drinks as any nonalcoholic beverage, whether carbonated or noncarbonated, sold for human consumption that contains any added sugars.

This includes sports drinks, lemonade, energy drinks, sweetened coffee and teas, fruit drinks with added sugar and full-calorie soda. Animal milk, 100% juice, unsweetened waters, teas and coffees, diet drinks, plant-based milk with fewer than 5 grams of added sugars per 8 ounces, infant formula and medically necessary beverages are not considered sugary drinks.

FACT 1

Consuming sugary drinks contributes to a lifetime of health challenges for children and adults that include tooth decay, type 2 diabetes and heart disease. Treating heart disease alone costs the country \$216 billion each year.

Fast Facts:

- ▶ Sugary drink consumption contributes to a lifetime of health challenges for children and adults.
- ▶ Sugary drink consumption contributes to heart disease in children and adults and costs the U.S. more than \$200 billion each year.
- ▶ Sugary drink consumption contributes to a lifetime of health challenges for children and adults, including tooth decay, type 2 diabetes and heart disease. In fact, it costs the nation more than \$200 billion each year to treat heart disease alone.
- ▶ Sugary drink consumption not only contributes to a lifetime of health challenges but also costs the nation hundreds of billions of dollars each year to treat.
- ▶ It costs the nation hundreds of billions of dollars to treat the health challenges associated with sugary drink consumption each year.

Source:

Muth ND, Dietz WH, Magge SN, Johnson RK; AMERICAN ACADEMY OF PEDIATRICS; SECTION ON OBESITY; COMMITTEE ON NUTRITION; AMERICAN HEART ASSOCIATION. Public policies to reduce sugary drink consumption in children and adolescents. *Pediatrics*. 2019; 143(4):e20190282. doi: 10.1542/peds.2019-0282.

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW. Heart Disease and Stroke Statistics –2021 Update: A Report from the American Heart Association. *Circulation*. 2021; 143(8): e254-e743. doi: 10.1161/CIR.0000000000000950.

FACT 2

In 2015, missed work due to sugary drink-related diseases was estimated to cost the nation \$11 billion per year due to obesity, \$10 billion per year due to high blood pressure and \$2.2 billion per year due to diabetes (types 1 and 2).

Fast Facts:

- ▶ Missed work due to sugary drink-related diseases is estimated to cost the nation \$11 billion per year due to obesity.
- ▶ Missed work due to sugary drink-related diseases is estimated to cost the nation \$10 billion per year due to high blood pressure.
- ▶ Missed work due to sugary drink-related diseases is estimated to cost the nation more than \$2 billion per year due to diabetes.
- ▶ Missed work due to sugary drink-related diseases is estimated to cost the nation \$11 billion per year due to obesity, \$10 billion per year due to high blood pressure and \$2.2 billion per year due to diabetes.
- ▶ Missed work due to sugary drink-related diseases is estimated to cost the nation more than \$23 billion per year due to obesity, high blood pressure and diabetes.

Source:

Asay GR, Roy K, Lang JE, Payne RL, Howard DH. Absenteeism and employer costs associated with chronic diseases and health risk factors in the U.S. workforce. *Prev Chronic Dis.* 2016; 13:E141. doi: 10.5888/pcd13.150503

FACT 3

From 2009–17, sugary drink companies spent more than \$107 million to oppose state and local sugary drink policies.

Fast Facts:

- ▶ From 2009–17, sugary drink companies/the beverage industry spent more than \$107 million to oppose state and local sugary drink policies.
- ▶ Between 2009 and 2017, sugary drink companies/the beverage industry spent more than \$107 million to oppose state and local sugary drink policies.
- ▶ Sugary drink companies/the beverage industry spent more than \$107 million to oppose state and local sugary drink policies.
- ▶ Sugary drink companies invested more than \$100 million from 2009–17 to oppose sugary drink policies.

Source:

Center for Science in the Public Interest. Big Soda vs. Public Health: 2017 Edition. November 2017. Available at: <https://cspinet.org/sites/default/files/attachment/big-soda-2017.pdf>.