



# COLLABORATE. EDUCATE. ADVOCATE!



## AMERICAN CANCER SOCIETY CANCER ACTION NETWORK ( ACS CAN )



## What are Sugary Drinks?

Sugary drinks include regular soda, fruit drinks, sports drinks, sweet teas, and any other non-alcoholic beverage with added caloric sweeteners. Beverages with non-caloric sweeteners, such as diet soft drinks, are not considered sugary drinks.

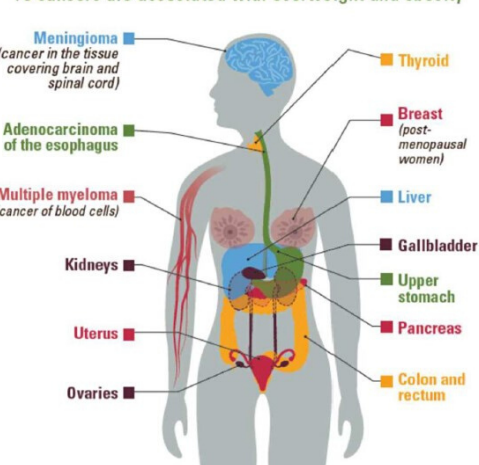


10 percent

of youth consume three sugary drinks or more per day.  
Adolescents drink more sugary drinks than any other age group.

## Sugary Drinks & Health

13 cancers are associated with overweight and obesity



Source: Centers for Disease Control and Prevention

Excess body weight is clearly associated with an increased risk of developing at least **13** cancers

Sugary drinks are related to cancer risk in their association with excess body weight. There is increasing evidence that exposure to excess body fat over the course of a lifetime, beginning in childhood, has adverse health consequences.

# 71%

of **Adults** are considered overweight or obese

# 35 %

of **children** ages **2-19** are obese or overweight

Obesity rates have doubled among adults and tripled among children in the U.S. in recent decades. However, studies show when children reduce intake of sugary drinks weight gain is reduced. Especially in overweight children

## Reducing Our Consumption

ACS CAN supports evidence-based strategies to reduce the consumption of sugary drinks and to improve the overall nutritional quality of the American diet, which includes addressing health disparities. ACS CAN supports the following policy strategies for reducing sugary drink consumption:

- ☐ **Advocate for policies that add an excise tax on sugary drinks;**
- ☐ **Support policies that require water and milk as healthy default beverage options for restaurant kids' meals;**
- ☐ **Advocate for policies that promote healthy food and beverage vending in machines, concession stands, or cafeterias in all government sites; and**
- ☐ **Support policies that require all beverages marketed in schools meet the U.S. Department of Agriculture's Smart Snacks in School nutrition standards.**