Soda consumption

Soda and other sugar-sweetened beverages are the largest source of added sugar in the American diet. Sugar-sweetened beverage consumption is associated with overweight and obesity in adults and children.

The percent of Oregon adults who consume seven or more regular sodas per week has declined since 2010 (Figure 1). However about 1 in 9 Oregon adults continue to consume seven or more sodas per week.

![FIGURE 1](image)

**Adults who drank ≥ 7 sodas per week by year, Oregon**

African Americans (21.7%), American Indian and Alaska Natives (25.8%), and Hispanics (21.9%) were more likely to report consuming seven or more regular sodas per week compared to non-Hispanic whites (12.6%; Figure 2).
The percentage of Oregon eighth-graders who consumed seven or more regular sodas per week decreased from 34.3% in 2003 to 9.2% in 2017 (Figure 3).
Among youth, African Americans (15.0%) have the highest rates of drinking seven or more sodas per week (Figure 4).

**Figure 4**

*8th-graders who drank ≥ 7 sodas per week by race/ethnicity, Oregon, 2017*

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percent of 8th graders</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>9.8%</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>15.0%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>6.5%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>11.1%</td>
</tr>
<tr>
<td>White</td>
<td>8.1%</td>
</tr>
</tbody>
</table>

**Notes:** All other groups exclude Hispanic ethnicity

Source: Oregon Healthy Teens Survey

**Additional Resources:** [Nutrition, Physical Activity and Obesity Prevention](#)

**About the Data:** Data sources are the Oregon Behavioral Risk Factor Surveillance System (BRFSS) and The Oregon Healthy Teens Survey (OHT) for 8th graders. Data include adults and 8th graders who reported drinking an average of 7 or more cans, bottles or glasses of regular (not diet) soda per week.

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