

Prevention and Health Promotion

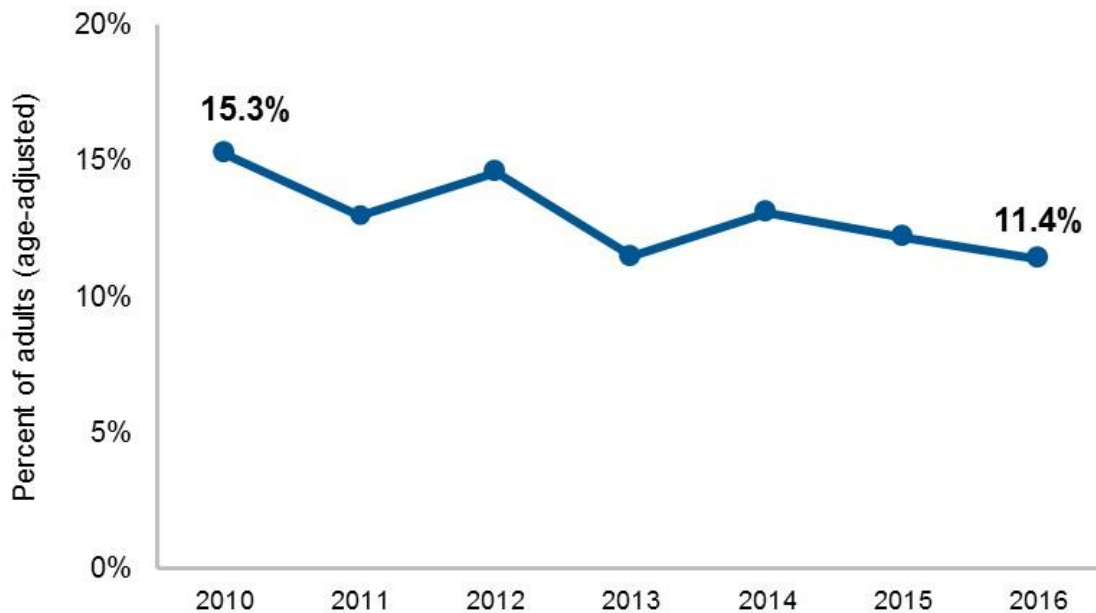
Soda consumption

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

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

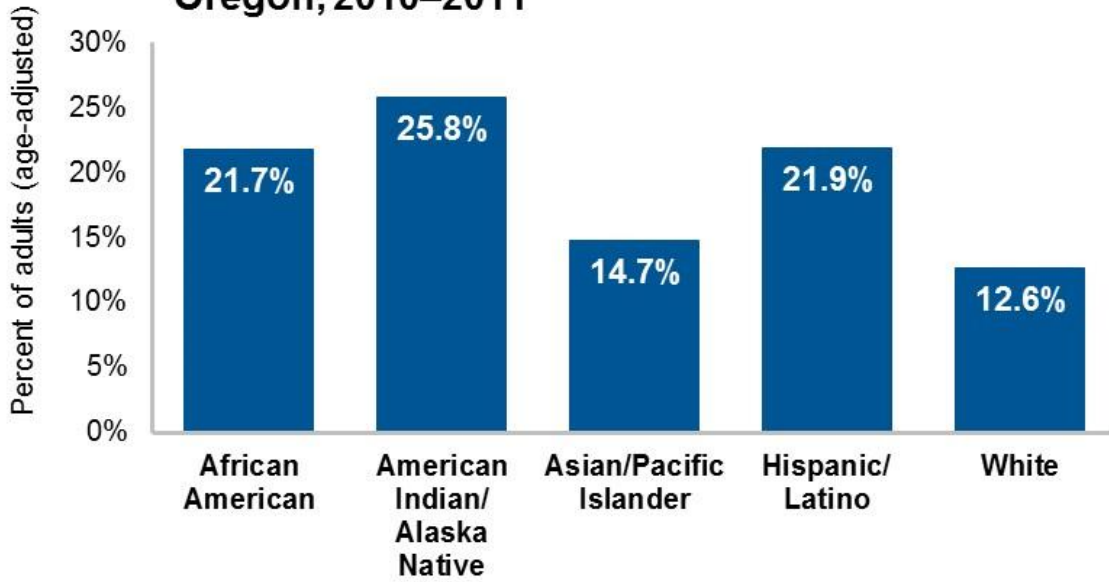


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

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).

FIGURE 2

Adults who drank ≥ 7 sodas per week by year, Oregon, 2010–2011



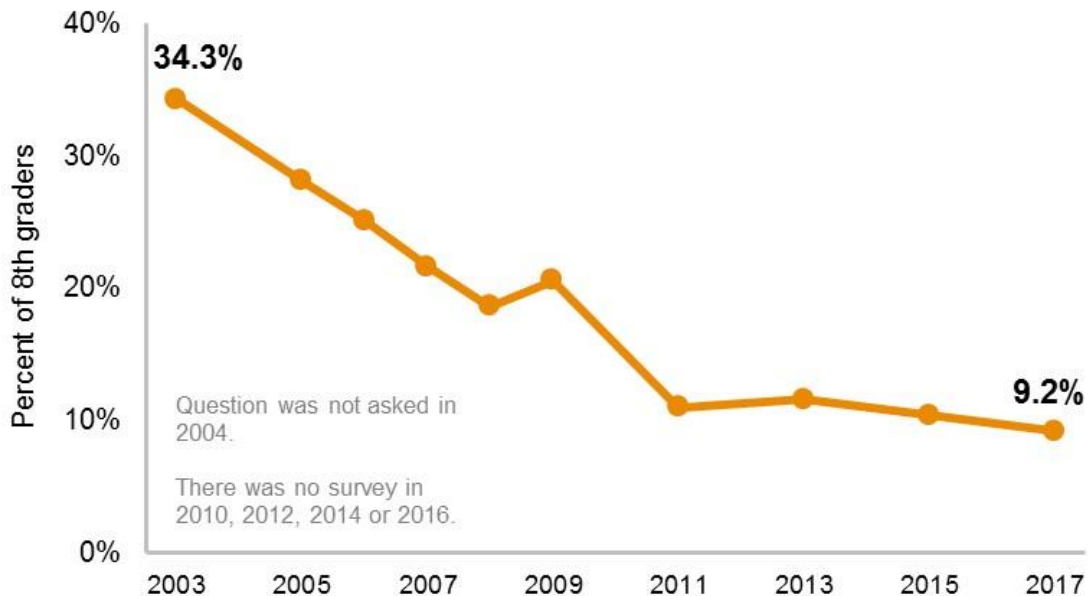
Notes: All other groups exclude Hispanic ethnicity

Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

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).

FIGURE 3

8th-graders who drank ≥ 7 sodas per week by year, Oregon

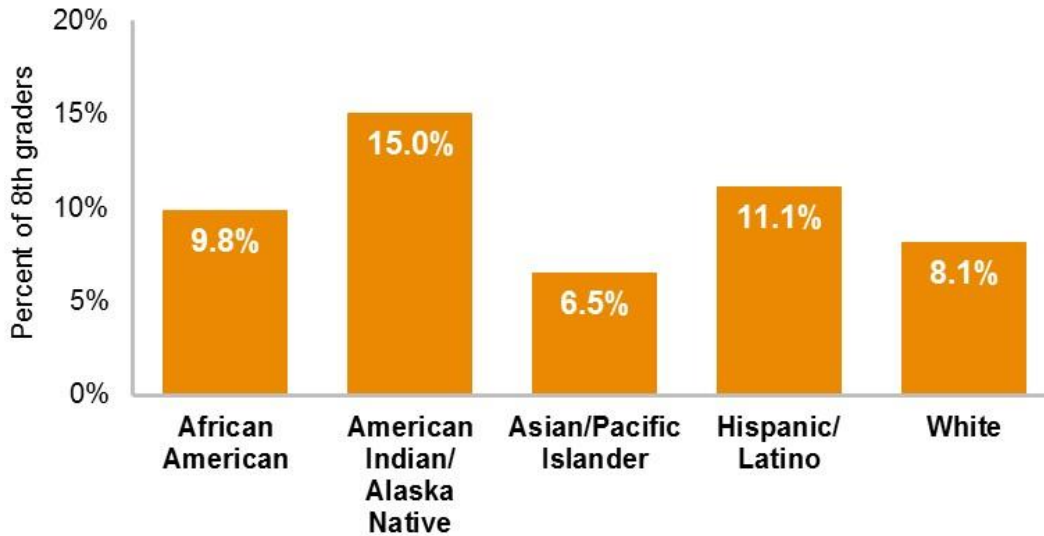


Source: Oregon Healthy Teens Survey

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



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.

For More Information Contact: Todd Beran, Todd.Beran@state.or.us

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[Oregon State Health Profile](#)

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