

Rethink Your Kids Drink Fact Sheet

Sugar-sweetened beverages and the link to childhood obesity

What's going on in Perris?

- 44.2% of children in Perris, CA are considered overweight or obese.¹
- One-third of children in Riverside County are overweight or obese.²
- 47% of children ages 2-17 in Riverside County drink one or more sodas or other sugar-sweetened beverages per day.¹



What is the link between sugary beverages and our health?

An increase consumption of sugary beverages can lead to weight gain resulting in overweight or obesity, which is a precursor to chronic diseases such as type 2 diabetes and cardiovascular disease.³ Reducing the intake of sugary beverages can ultimately lead to the reduced risk of chronic diseases.

With each serving of soda consumed daily, the risk of obesity increases by **60%** in children.³

California has the **highest** obesity-related costs in the United States.⁴

Sugary drinks are the **major source** of added sugars in U.S. family diet.^{1,5}

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