

Background

- New York State Assembly Bill 2320-B (introduced February 2, 2016) and Senate Bill S 6435 would require health warning labels on certain beverages with added sugar.
- The goal is to educate the public and lower consumption of these unhealthy drinks, similar to the goal of having warning labels on cigarette packages.
- The legislation would require the warning on bottles, cans, vending machines, dispensers, and at all points of purchase. It would state:

**SAFETY WARNING: Drinking beverages with added sugar(s)
contributes to obesity, diabetes and tooth decay.**

- The size of the warning label would be determined by the size of the container.
- Exempt beverages would include 100% fruit or vegetable juice with no added caloric sweeteners, dietary aids for people with medical conditions, infant formula, and any beverage whose principal ingredient by weight is milk.

Why should there be warning labels on sugar drinks in New York?

- A 2016 study found that parents who saw a warning label on sugar-sweetened beverages were significantly less likely to select the beverage for their kids than parents who saw no label or a calorie label.¹
- Scientific evidence shows that consumption of sugar drinks promotes weight gain, diabetes, and tooth decay.² Sugar in liquid (beverage) form is especially harmful because the body doesn't compensate fully for beverage calories by reducing calorie intake later in the day.³
- One in four adults in New York State have obesity⁴ and one in ten have diabetes.⁵ Over the past two decades, the rate of obesity in the state has almost tripled, and the rate of diabetes has doubled.⁶
- Diabetes is a state-wide issue—two-thirds of adults with diabetes in the state live outside New York City.⁷
- In New York City, nearly a quarter (23.3%) of adults drinks at least one sugar drink per day. Consumption rates are nearly double in New York City's lowest-income communities compared to the highest-income communities (28.8% vs. 16.8%).⁸
- More than 40% of New York City public high school students report drinking one or more sugar drinks daily. That proportion reaches nearly 50% among youth who attend school in one of New York City's high-need neighborhoods, like North and Central Brooklyn.⁹
- One in three children in New York State between the ages of 2 and 17 years old consume at least one sugar-sweetened soda or other beverage daily.¹⁰ Almost half of all children ages 12 to 17 years old consume at least one sugar drink per day.¹¹

- An extra soft drink a day increases a child's risk of becoming obese by about 60%,¹² and adults who drink one sugar drink or more per day are 27% more likely to be overweight or obese than non-drinkers, regardless of income or ethnicity.¹³
- Soda consumption nearly doubles the risk of dental caries in children¹⁴ and increases the likelihood of cavities in adults,¹⁵ which can lead to pain, infection, and tooth loss.¹⁶

Who supports warning labels?

Sugar-drink warning-label legislation was introduced by Assemblyman Jeffrey Dinowitz (D-Bronx) to the New York State Assembly and by State Senator Gustavo Rivera. Cosponsoring the Assembly bill are members Gottfried, Mosley, Hikind, Jaffee, Simon, Joyner, Colton, Galef, Steck, Arroyo, Linares, Simotas, Seawright, Crespo, and Titone and multi-sponsors include Assembly members Cook, Glick, and Perry. Supporters of the bill include:

- American Academy of Pediatrics District II, New York State
- American Diabetes Association
- American Heart Association
- Asociación de Mujeres Progresistas
- Bon Secours New York
- Bronx Health REACH
- Center for Science in the Public Interest
- Chautauqua County Department of Health and Human Services
- The Children's Aid Society
- Coalition for Asian American Children and Families
- Foodlink
- Foodstand
- Laurie M. Tisch Center for Food, Education, & Policy, Teachers College, Columbia University
- Make the Road NY
- MomsRising.org
- Montefiore
- The National Association for Health and Fitness
- New York City Food Policy Center
- New York State Association for Health, Physical Education, Recreation, and Dance
- New York State Dental Association
- Public Health Association of New York City
- Public Health Solutions
- Rockaway Waterfront Alliance
- Wellness Institute of Greater Buffalo

- Twenty-six of the nation's leading scientists and public health researchers:

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Columbia University

Lawrence J. Appel, M.D., M.P.H.
Johns Hopkins Medical Institutions

George A. Bray, M.D.
Louisiana State University

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Harvard University

Sophia Yen, M.D., M.P.H.
Stanford Children's Health
Stanford Medical Center

New York University

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- ¹ Roberto, C.A., Wong, D., Musicus, A., Hammond, D. (2016) The influence of sugar-sweetened beverage health warning labels on parents' choices. *Pediatrics*. 137(2), e20153185.
- ² Malik, V. S., Willett, W.C., & Hu, F.B. (2009). Sugar-sweetened beverages and BMI in children and adolescents: reanalyses of a meta-analysis. *Am J Clin Nutr*, 89:438-9; author reply 9-40.
- ³ DellaValle, D. M., Roe, L. S., & Rolls, B. J. (2005). Does the consumption of caloric and non-caloric beverages with a meal affect energy intake?. *Appetite*, 44(2), 187-193.
- ⁴ Wales, K.R., Brisette, I. Adult Overweight and Obesity in New York State 200–2010. *New York State Department of Health*. https://www.health.ny.gov/prevention/obesity/statistics_and_impact/docs/2000-2010_adult_obesity.pdf
- ⁵ Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity 2015 [PDF]. Washington, D.C.: 2014.
- ⁶ Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity 2014 [PDF]. Washington, D.C.: 2014.
- ⁷ Brisette, I., Spence, M. Adult Diabetes Prevalence in New York State. *New York State Department of Health*. https://www.health.ny.gov/diseases/conditions/diabetes/docs/adult_diabetes_prevalence.pdf
- ⁸ New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System Community Health Survey 2013. <http://nyc.gov/health/epiquery>.
- ⁹ New York City Department of Health and Mental Hygiene. Internal analysis based on the New York City Youth Risk Behavior Survey 2013.
- ¹⁰ New York Department of Health - Division of Chronic Disease and Injury Prevention. (25 March, 2011). Information for Action #2011-5. https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/docs/2011-5_ifa_report.pdf.
- ¹¹ Ibid.
- ¹² Ludwig, D. S., Peterson, K. E., & Gortmaker, S.L. (2001). Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet*, 357, 505–508.
- ¹³ Babey, S.H. et al. (Sept. 2009) Bubbling over: Soda consumption and its link to obesity in California. Healthy Policy Brief: UCLA Center for Health Policy Research.
- ¹⁴ Sohn, W., Burt, B. A., & Sowers, M. R. (2006). Carbonated soft drinks and dental caries in the primary dentition. *Journal of dental research*, 85(3), 262-6. <http://search.proquest.com/docview/209474706?accountid=11243>.
- ¹⁵ Heller, K. E., Burt, B. A., & Eklund, S.A. (2001). Sugared Soda Consumption and Dental Caries in the United States. *Journal of Dental Research*, 80, 1949.
- ¹⁶ Ibid.