

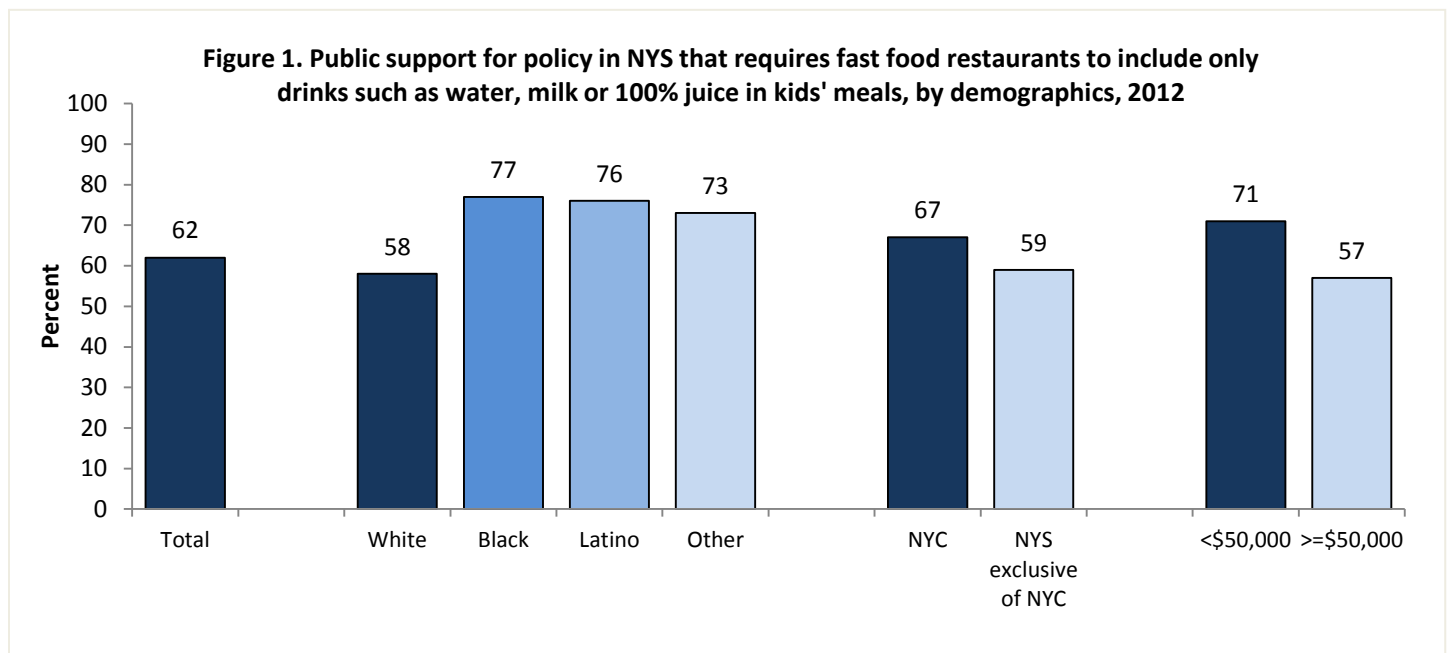
## Information for Action # 2013-2

### New Yorkers support requiring healthier drink options in kids' fast food meals.

Sugary drinks or sugar-sweetened beverages (SSBs) are the single largest source of added sugar in the diets of children in the United States.<sup>1</sup> In children and adolescents, consumption of SSBs is associated with weight gain and diabetes.<sup>2</sup> In New York State (NYS), 31% of all children between 2 and 17 years of age consume at least one SSB daily, including one in four children between the ages of 2 and 5 years.<sup>3</sup>

Kids' meals in fast food restaurants represent a common source of SSBs for children and adolescents. In NYS, nearly 40% of adults with children in the household report consuming fast food at least once a week.<sup>3</sup> A recent public opinion poll in NYS found strong support for requiring restaurants to only offer healthier beverage choices such as water, milk or 100% fruit juice with kids' meals.

- Six in 10 adults in NYS support requiring kids' meals in fast food restaurants to include only drinks like water, milk or 100% juice (Figure 1).
- Support was particularly high among black and Latino residents (77% and 76%, respectively), who report consuming fast food more frequently; New York City (NYC) residents (67%); and those whose incomes are less than \$50,000 a year (71%) (Figure 1).



Data Source: NYS Department of Health/Siena College Research Institute, January 2012

### PUBLIC HEALTH OPPORTUNITY

There is public support for fast food restaurants and other organizations that serve kids' meals to replace sugar-sweetened beverages with healthier beverage choices such as water, milk or 100% fruit juice.

### Contact:

For more information about the data included and their specific implications for action, please send an email to [DCDIPIFA@health.state.ny.us](mailto:DCDIPIFA@health.state.ny.us) with the IFA # 2013-2 in the subject line.

### References:

1. Reedy J, Krebs-Smith SM. Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States. *J Am Diet Assoc.* 2010;110:1477-84.
2. Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. *Am J Public Health.* 2007; 97(4):667-675
3. New York State Behavioral Risk Factor Surveillance System, 2010.

