

CHOICES Community of Practice

January Coffee Chat Resource Round-up

This document compiles resources shared during the January 25, 2024 coffee chat: *Exploring the Health Equity Benefits of Sugary Drink Excise Taxes*. This coffee chat shared findings from a [recent publication](#) examining the cost-effectiveness of a hypothetical sugary drink excise tax in California and its impact on improving health equity. [Recording](#) | [Presentation Slides](#)

Guest Speaker:

- **Matthew Lee, MS**, PhD Candidate, Population Health Sciences, Department of Nutrition, Harvard T.H. Chan School of Public Health

Resources shared

Article discussed during the coffee chat

Lee MM, Barrett JL, Kenney EL, Gouck J, Whetstone L, McCulloch SM, Cradock AL, Long MW, Ward ZJ, Rohrer B, Williams DR, Gortmaker SL. A Sugar-Sweetened Beverage Excise Tax in California: Projected Benefits for Population Obesity and Health Equity. *Am J Prev Med*. 2024 Jan;66(1):94-103. doi: 10.1016/j.amepre.2023.08.004. Epub 2023 Aug 6. PubMed PMID: 37553037;

<https://choicesproject.org/publications/ssb-tax-ca-ajpm/>

Peer-reviewed publications: Sugary drink consumption levels

Andreyeva, Tatiana. Large state variation in sugar-sweetened beverage purchases: what we learn from the beverage industry data. *Current Developments in Nutrition*. 2021 Oct; 5(12).

<https://www.sciencedirect.com/science/article/pii/S2475299122106062>

Chevinsky JR, Lee SH, Blanck HM, Park S. Prevalence of Self-Reported Intake of Sugar-Sweetened Beverages Among US Adults in 50 States and the District of Columbia, 2010 and 2015. *Prev Chronic Dis* 2021;18:200434.

DOI: <http://dx.doi.org/10.5888/pcd18.200434>

https://www.cdc.gov/pcd/issues/2021/20_0434.htm

Lara-Castor L, Micha R, Cudhea F, Miller V, Shi P, Zhang J, Sharib JR, Erndt-Marino J, Cash SB, Mozaffarian D. Global Dietary Database. Sugar-sweetened beverage intakes among adults between 1990 and 2018 in 185 countries. *Nature communications*. 2023 Oct 03. 14.1: 5957.

<https://www.nature.com/articles/s41467-023-41269-8>

Lee MM, Falbe J, Madsen KA. Secular Trends in Soda Consumption, California, 2011–2016. *Prev Chronic Dis* 2019;16:180372.

DOI: <http://dx.doi.org/10.5888/pcd16.180372>

https://www.cdc.gov/pcd/issues/2019/18_0372.htm

Data sources on sugary drink consumption/behaviors

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion | Behavioral Risk Factor Surveillance System (BRFSS)

Explore state and local level data related health-related risk behaviors, chronic health conditions, and use of preventive services among U.S. residents across all 50 states, District of Columbia, and three U.S. territories.

<https://www.cdc.gov/brfss/brfssprevalence/index.html>

➤ **Park S, Pan L. A Data User's Guide to the BRFSS Sugar-Sweetened Beverage Questions: How to Analyze Consumption of Sugar-Sweetened Beverages.**

https://www.cdc.gov/brfss/data_documentation/pdf/brfss_ssb-userguide.pdf

U.S. Department of Health and Human Services, Health Resources and Services Administration Maternal and Child Health Bureau | National Survey of Children's Health

Explore data on factors related to child health across all 50 states and District of Columbia for children ages 0-17.

<https://www.childhealthdata.org/browse/survey>

Nielsen Homescan Data

Nielsen Homescan data surveys a panel of households who record their grocery purchases.

<https://nielseniq.com/global/en/solutions/homescan/>

State/Local/County reports

See example from Los Angeles County Department of Public Health

- Los Angeles County Department of Public Health, Sugar-Sweetened Beverage Consumption Among Children and Adolescents in Los Angeles County, November 2022.

This work is supported by The JPB Foundation and the Centers for Disease Control and Prevention (U48DP006376). The findings and conclusions are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention or other funders.

http://www.publichealth.lacounty.gov/ha/docs/2018LACHS/LA_Health_Report/LA_County_Sugar-Sweetened_Beverage_Report_2022_Web%20Layout.pdf

Other Background Information

American Heart Association | The Misuse of Preemptive Laws and the Negative Impact on Public Health: A Policy Statement from the American Heart Association

Read this policy statement to learn about the American Heart Association's position on this topic.

<https://www.heart.org/-/media/Files/About-Us/Policy-Research/Policy-Positions/Public-Health-Advocacy/Preemption-Policy-Statement-2022.pdf>

Centers for Disease Control and Prevention | Get the Facts: Added Sugars

Learn more about the consumption levels of added sugars among children and adults in the United States and recommendations for Americans to limit their added sugars.

<https://www.cdc.gov/nutrition/data-statistics/added-sugars.html>

Centers for Disease Control and Prevention | Get the Facts: Sugar-Sweetened Beverages and Consumption

Learn more about the sugar-sweetened beverages, or sugary drinks, consumption levels across the population.

<https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>

Healthy Food America | Sugar Toolkit Overview: Why take on sugar?

Explore the resources and information available in this toolkit to learn more about the health impacts of consuming too much sugar and the promising policy strategies to reduce sugar intake.

www.healthyfoodamerica.org/sugartoolkit_overview

Rios-Levyraz M, Montez J. Health Effects of the Use of non-sugar sweeteners: a systematic review and met-analysis. Geneva: World Health Organization; 2022. License: CCBY-NC-SA3.0 IGO.

A systematic review on the current scientific evidence of health effects of non-sugar sweetener use.

<https://www.who.int/publications/i/item/9789240046429>

U.S. Department of Agriculture and U.S. Department of Health and Human Services | 2020 – 2025 Dietary Guidelines for Americans. 9th Edition. December 2020.

Read the latest edition of the Dietary Guidelines for Americans, which includes recommendations by life stage.

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Resources from the CHOICES Project and Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health

Strategy Report: Sugary Drink Excise Tax

This strategy report describes the projected national population reach, impact on health and health equity, implementation costs, and cost-effectiveness for a sugary drink excise tax of 1 cent per ounce implemented statewide in each state in the United States. This information can help inform decision-making around promoting healthy weight.

<https://choicesproject.org/publications/sugary-drink-excise-tax-report/>

➤ See more CHOICES estimates on the impact of health of sugary drink taxes across states & cities [here](#).

Get the Facts: Sugary Drink Consumption

A fact sheet from the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health about data and evidence around sugary drink consumption in the United States.

https://choicesproject.org/wp-content/uploads/2023/01/HPRC_FS_SugaryDrinkConsumption_Jan_2023.pdf

Priority Area: Sugary Drinks

Browse curricula, trainings, fact sheets, tools, guides, research briefs and reports, and more related to sugary drinks in schools, early care and out-of-school/afterschool communities, and homes.

<https://www.hsph.harvard.edu/prc/priority-areas/sugary-drinks/>

ABOUT THE CHOICES COMMUNITY OF PRACTICE

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity. **Sign up to access tools and resources, connect with members, and more!** Learn more about CHOICES:

<https://choicesproject.org>

⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/prc>

⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/comm-of-practice>