



California Adolescents Drinking More Soda and Other Sugar-Sweetened Beverages

BY THE NUMBERS: OBESITY & DIABETES

- 38 ...** Percentage of 5th, 7th and 9th graders in California who are overweight or obese.¹
- 32 ...** Percentage of California adolescents ages 12-17 who are overweight or obese.²
- 300 ...** Percent increase in adolescent obesity rate over the last three decades.³
- 400 ...** Percent increase in the obesity rate among 6-11 year-olds over the last three decades.³
- 75 ...** Percentage of overweight teens who are likely to be overweight or obese as an adult.⁴
- 70 ...** Percentage of obese youth who have at least one risk factor for heart disease.⁵
- 80 ...** Percentage of Type II Diabetes patients that are overweight or obese.⁶
- 155 ...** Percent increase over the past 10 years of the proportion of teens who have diabetes or prediabetes, from 9 per 100 in 1999-2000 to 23 per 100 in 2007-2008.⁷

UNLUCKY 13:

The most common chronic diseases linked to overweight and obesity.⁸

- Type II Diabetes
- Coronary Heart Disease
- Gallbladder disease
- High Blood pressure
- High Cholesterol
- Osteoarthritis
- Stroke
- Breast Cancer
- Colon Cancer
- Endometrial Cancer
- Prostate Cancer
- Respiratory Problems
- Sleep Apnea

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