Sara N Bleich, Y Claire Wang, Youfa Wang, and Steven L Gortmaker

Increasing consumption of sugar-sweetened beverages among US adults: 1988–1994 to 1999–20041–3. ***American Journal of Clinical Nutrition*** **2009;89:372–81**

Abstract

Background: Consumption of sugar-sweetened beverages (SSBs) has been linked to obesity and type 2 diabetes.

Objective: We examined national trends in SSB consumption among US adults by sociodemographic characteristics, body weight status, and weight-loss intention.

Design: We analyzed 24-h dietary recall data to estimate beverage consumption among adults (aged ≥20 y) obtained from the third National Health and Nutrition Examination Survey (NHANES III, 1988–1994; n = 15979) and NHANES 1999–2004 (n = 13431).

Results: From 1988–1994 to 1999–2004 on the survey day, the percentage of adult SSB drinkers increased from 58% to 63% ($P < 0.001$), per capita consumption of SSB increased by 46kcal/d ($P = 0.001$), and daily SSB consumption among drinkers increased by 6 oz ($P < 0.001$). In both survey periods, per capita SSB consumption was highest among young adults (231–289 kcal/d) and lowest among the elderly (68–83 kcal/d). Young blacks had the highest percentage of SSB drinkers and the highest per capita consumption compared with white and Mexican American adults ($P < 0.05$). Overweight-obese adults with weight-loss intention (compared with those without) were significantly less likely to drink SSB, but they still consumed a considerable amount in 1999–2004 (278 kcal/d). Among young adults, 20% of SSB calories were consumed at work.

Conclusions: Over the past decade, US adult SSB consumption has increased. SSB comprises a considerable source of total daily intake and is the largest source of beverage calories. SSB consumption is highest among subgroups also at greatest risk of obesity and type 2 diabetes.