

Health Disparities in the Medi-Cal Population

Adult Soda and Sweetened Beverages Consumption



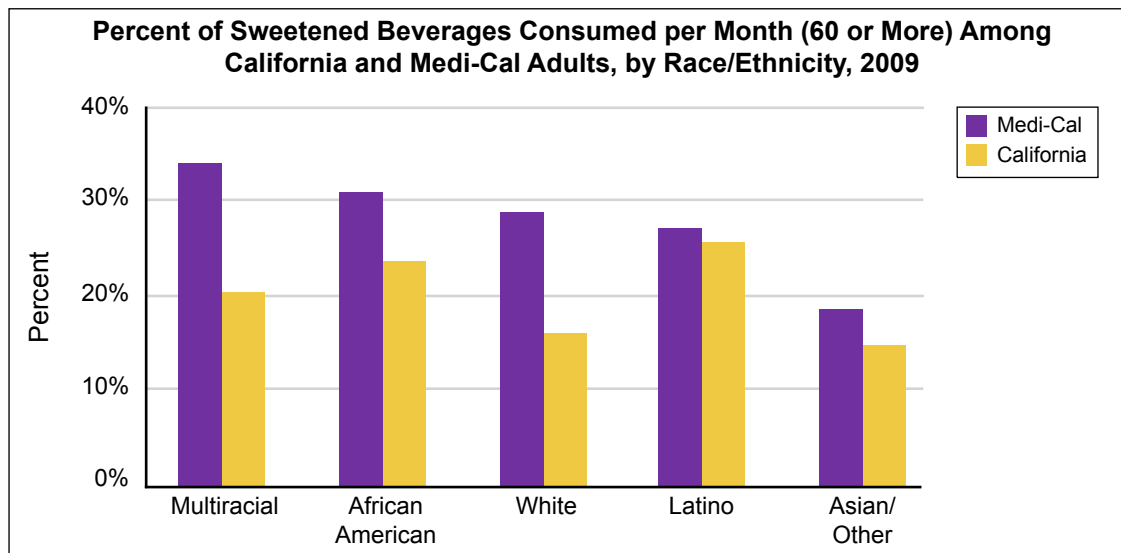
Sugar-sweetened beverages (SSBs), like sodas and energy drinks, are the largest source of added sugar and are associated with increased rates of obesity and other chronic health conditions such as high blood pressure.¹⁻⁴ It has been noted that SSBs are associated with consumption of salty foods and fast foods.⁵ Lastly, research has shown a higher intake of SSBs in low-income populations than high-income populations.⁶

Among California adults, Latinos and African Americans were the most likely to consume an estimated two or more SSBs a day, while Whites and Asians/Others were the least likely (see Figure).

In the California Medi-Cal population, Multiracial adults were most likely to drink an estimated two or more SSBs a day as compared to African American, White, Latino, and Asian/Other adults. Regardless of race/ethnicity, the Medi-Cal population reported higher rates of SSBs than the California population, in general.



Figure



Source: AskCHIS, California Health Interview Survey, 2009.

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