Drinking too many beverages that has high amounts of sugar (Sugar-Sweetened Beverages or SSB) is connected to developing type 2 diabetes, a disease that can be prevented. Native Hawaiians and Pacific Islanders (NHPI) are among the people who are largely affected by type 2 diabetes. In the last few years, there have been major cities in the United States that passed SSB taxes in order to help prevent the people from drinking too many SSBs as well as to help prevent type 2 diabetes.

THE HEALTH CONCERN

Native Hawaiian and Pacific Islander youth drink more SSBs compared to other ethnic groups. 3-4

From 2002–2015, a project called SEARCH for Diabetes in Youth found that the type 2 diabetes rates in Asian/Pacific Islander youth increased by an average of 7.7% per year, which was the highest rate compared to the other ethnicities. At the end of the project, among the participants with type 2 diabetes:

- 20% developed kidney disease
- 17.7% developed nerve damaged
- 21.6% developed hypertension

HALF OF THE DAILY ADDED SUGAR DIET IN YOUTH COMES FROM SUGARY DRINKS. 2

DIABETES IN YOUTH

LEARN MORE AT
www.AppealForHealth.org
www.NtasUtah.org
SSB TAX AND DIABETES PREVENTION

SSB taxes can help lower SSB sales and consumption. For example in Berkeley, CA, SSB consumption lowered by 21% a year after voters passed an SSB tax. In 2018, Seattle, WA passed an SSB tax and 1 year later, soda consumption lowered by 36% in children and 33% in adults.

COVID-19 AND DIABETES

NHPIs have one of the highest COVID-19 rates in the country. In Los Angeles county in California, NHPIs are 5 times more likely to die from COVID than the its white residents. People with diabetes will face worse COVID-19 side effects than COVID-19 patients without diabetes.

NHPIs already have the highest diabetes rates which puts them at a higher risk for severe COVID-19 illness.