

SUGAR-SWEETENED BEVERAGE TAX

Preventing Type 2 Diabetes in Native Hawaiian and Pacific Islander Communities

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THE HEALTH CONCERN

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.



DIABETES IN YOUTH

DRINKING SSB EVERYDAY INCREASES THE RISK FOR TYPE 2 DIABETES BY **26%**¹

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

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: ⁵⁻⁶

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





NHPI DIABETES STATISTICS

19.8% OF NHPI HAVE DIABETES COMPARED TO 8.6% OF NON-HISPANIC WHITES.⁷

1 IN 3 AMERICAN SAMOANS HAVE DIABETES.⁸

43% OF PACIFIC ISLANDER YOUNG ADULTS IN CALIFORNIA HAVE PRE-DIABETES, THE HIGHEST COMPARED TO OTHER ETHNICITIES IN THE STATE.⁹

ONLY 1.1% OF UTAH'S POPULATION ARE NHPIS, BUT THEY ACCOUNT FOR 13.1% OF THE STATE'S DIABETES CASES.¹⁰⁻¹¹

DIABETES AND CANCER

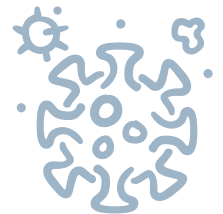
PEOPLE WITH TYPE 2 DIABETES ARE 2 TIMES MORE LIKELY TO DEVELOP LIVER OR PANCREATIC CANCER.¹²

WOMEN WITH DIABETES AND BREAST CANCER HAVE A HIGHER DEATH RATE COMPARED TO WOMEN WHO HAVE BREAST CANCER ALONE.¹²

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. (13) 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.



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. (14) In 2018, Seattle, WA passed an SSB tax and 1 year later, soda consumption lowered by 36% in children and 33% in adults .(15)

SSB tax money should be used effectively to help prevent diabetes. For example, it should be used to fund programs such as:

- Healthy-Eating-Active-Living programs in areas where there is a large number of NHPIs
- School physical education programs as well as healthier school meals
- Local clinics that offer diabetes education and prevention programs

Sources: 1. "Sugary Drinks." The Nutrition Source, 16 Oct. 2019, www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/2.
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