



A Position Statement on Sugar-Sweetened Beverages

Diabetes mellitus poses a huge health burden among Filipinos.

Diabetes mellitus ranked fifth among the leading causes of mortality in the Philippines.¹ In 2015, the International Diabetes Federation estimated its prevalence in the country at 6.1%.² In the same data, overweight, obesity and physical inactivity were also shown to have a high prevalence in the country – 22%, 5% and 14% respectively.

Overweight and obesity mediates the development of type 2 diabetes and cardiovascular disease.

The risk of developing type 2 diabetes and cardiovascular disease is often mediated through the effects of overweight and obesity, among other risk factors. Measures aimed at reducing overweight and obesity will also reduce the risk of developing type 2 diabetes and cardiovascular disease, and the complications associated with these diseases.³

Sugar-sweetened beverages are significantly linked to overweight, obesity and diabetes mellitus.

Consumption of sugar-sweetened beverages is significantly linked to overweight, obesity, and diabetes worldwide.⁴ A recent meta-analysis has shown that high consumption of sugar-sweetened beverages, which include soft drinks, fruit drinks, iced tea, energy and vitamin water drinks has been associated with weight gain, development of metabolic syndrome and type 2 diabetes. Such data provide empirical evidence that consumption of SSBs must be limited to reduce obesity-related risk of chronic metabolic diseases.^{5,6}

Taxing SSBs may significantly impact overweight and obesity.

A German model-based analysis was performed to estimate the tax impact on BMI in different age, gender and income groups. Results show that implementing an SSB tax reduced energy consumption and decreased the mean BMI particularly in younger groups. In this analysis, taxation was estimated to avoid 1,028,000 (–3% relative reduction) overweight individuals and 479,000 obese individuals (–4%).⁷

Diabetes Philippines, Inc. supports a healthy Philippines

Given the above, we, the **Diabetes Philippines, Inc.**, in our aim to effectively prevent diabetes and provide excellent care among those who are suffering from it, strongly believe that cutting down on the consumption of sugar-sweetened beverages reduces the risk for overweight, obesity and other risk factors that may lead to the development of diabetes mellitus, cardiovascular disease and their complications.

We support initiatives like public awareness and education, including taxing sugar-sweetened beverages. This will help reduce the consumption of sugar-sweetened beverages leading to the prevention of overweight, obesity and other risk factors that may lead to diabetes mellitus and its complications.

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