

Title: Daily soda consumption for high school students compared to obesity.

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Abstract

Background: Regular soda drinks contain excess amounts of sugar which has been linked to obesity and chronic illness. Although soda intake in the United States has declined in recent years, consumption is still very high, and it is important to identify the risks associated with it.

Objective: The objective of this research was to assess the correlation between the percentage of high school students with obesity by state and the percentage of high school students who consume at least one soda per day by state.

Design: This study was a meta-analysis using datasets provided by the Youth Risk Behavior System and the Center for Disease Control for 2017. Statistical analysis was performed using Minitab software.

Results: A strong positive correlation was discovered between the percentage of high school students who drink one or more soda per day by state and the percentage of high school students who have obesity by state. We accept the linear regression equation of $\text{Obesity} = 7.411 + 0.4139(\text{soda})$.

Conclusion: The linear relationship between the two variables had a shockingly high r and R^2 value. It would be interesting to find data for the remaining states that were not included in our study to observe and compare their results. It would also be beneficial to research the information for future years and see if the pattern of obesity rates compared to soda consumption remain unchanged.

Keywords: sugar sweetened beverages, high school students, obesity, soda consumption