



Soda tax is a win-win proposition for New Yorkers

By Letters to the Editor/Staten Island Adva...

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By Dr. Rev. DEMETRIUS CAROLINA,

Staten Island and New York are facing two major crises. We have a massive budget deficit that has forced proposed budgets to contain massive cuts to health care. And we also have a growing obesity and diabetes epidemic that is threatening our health today and the health of future generations.

The soda tax, a penny-per-ounce tax on unhealthy sugary beverages, would help continue to fund health care for Staten Islanders, while also making them healthier.

The soda tax will help reduce New Yorkers' consumption of unhealthy drinks which have been so heavily linked to diabetes and obesity, more so than any other food group. A study by University of Buffalo researchers showed that taxing unhealthy food is a more effective way to fight obesity than making healthy foods like fruit and vegetables more affordable.

And, according to the New England Journal of Medicine, a penny-per-ounce tax could reduce consumption by as much as 10 percent.

The soda tax is a win-win-win for Staten Island. It will help our fiscal and physical health, and, like the tobacco tax, will encourage healthier lifestyle choices so people can live longer, healthier and fuller lives.

I hope my legislators join me in supporting it.

[The writer is senior executive director of the Central Family Life Center (CFLC) and pastor of the First Central Baptist Church, Stapleton.]

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