Evidence that a tax on sugar-sweetened beverages reduces the obesity rate: a meta-analysis

Despite global lifestyle change programmes to prevent obesity, the epidemic keeps growing. The development of combined interventions to address individual behaviour change together with population-oriented fiscal policies is becoming increasingly popular. This comprehensive literature review suggests that an increase in price of sugar-sweetened beverages is associated with a decrease in consumption; and the higher the price increase, the greater the reduction in consumption.

The intention of the study was to evaluate the available evidence worldwide. Overall, this review suggests that taxing sugar-sweetened beverages may benefit health. Given that this study is the first one to adopt a global perspective, it provides valuable input on the effect of sugar-sweetened beverage prices on consumption and body weight and may inform policy decisions worldwide.