Taxing sugar-sweetened beverages as a policy to reduce overweight and obesity in countries of different income classifications: a systematic review

This systematic review aimed to evaluate the impact of sugar-sweetened beverage (SSB) taxes on overweight and obesity prevalence in countries of different income classifications. The research was scanned across five scientific databases, compiling studies conducted between 2009-2019 on overweight and or obesity in relation to an alteration to the price of a sugary drink. The results from 21 included studies demonstrated that SSB taxes are an effective means of reducing rates of overweight and obesity in each population. The research calls for higher taxes which seem to be more impactful in decreasing the purchase and consumption of SSB. The results were particularly significant in studies from upper-middle and middle-income countries included in the systematic review.