

Sugar Sweetened Beverages Fact Sheet

Background

- Sugary drinks account for half of all added sugars in the average American diet.
- Research has connected consumption of sugary beverages with American's increase in being overweight and obese.
- Consumption of sugar drinks has doubled over the last thirty years.
- As sugary drink intake has increased, consumption of milk has dropped.

Other Concerns

- A common 20 ounce size for a sugary drink contains an average of 16 teaspoons of sugar. Free refills and half gallon cups promote excessive consumption.
- Drinking sugary drinks displaced nutritious foods and beverages from the diet (such as low-fat milk.)
- Each additional sugary drink consumed per day increases the likelihood of a child's becoming obese by about 60 percent.
- Carbonated beverages are heavily marketed directly to youth, at a cost of \$492 million 2006.

What Can Families Do?

- Cut down on sugar drinks such as colas, energy drinks, sweetened teas, and sports drinks.
- Stop serving sugary drinks to children under age 6 and limit them for older children; provide healthy alternatives.
- Join with neighbors, friends, and parents' groups to urge schools, child-care settings, after-school programs, parks, recreational facilities, pools, zoos, and other youth venues in your community to stop selling sugary drinks and to provide access to fresh drinking water.
- Teach children about the harm of sugary drinks and the benefit of healthy alternatives.

At the Workplace – What Can We Do?

- Stop or limit serving sugary drinks, such as colas, energy drinks, sweetened teas, and sports drinks at meetings and events.
- Remove or limit sugary drinks from on-premise vending machines, cafeterias, and other snack-sale outlets.
- Set the price of soft drinks in cafeterias and vending machines higher than other beverages.
- Provide healthy drink alternatives and access to drinking water.
- Educate employees on the benefits of choosing healthier drinks.
- Encourage public officials to mount programs to reduce consumption of sugary beverages.

Information gathered from Center for Science in the Public Interest (www.cspinet.org).

Healthy Orange is an initiative of Orange County Department of Health whose goal is to improve the health of Orange County residents by promotion of good nutrition, increased physical activity and movement, and a tobacco-free lifestyle.

For additional information on the Healthy Orange Program, please contact 568-5237.



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