



banpac

Bay Area Nutrition & Physical Activity Collaborative

PROMOTE ORAL HEALTH...

**ReTHINK
your
drink**



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Soda is the #1 source of added sugar in the American diet.¹ The average American consumes almost **100 pounds of sugar a year.**²



2 small juice boxes have more sugar than 1 can of soda. The American Academy of Pediatric Dentistry recommends no more than 4-6 oz of juice per day.³



The average California teen consumes the equivalent of **39 pounds of sugar each year from soda** and other sweetened beverages.⁴

WHAT DENTAL PROFESSIONALS CAN DO:

IN YOUR OFFICE OR CLINIC:



DISCUSS sugar sweetened beverages and their effect on oral health.

DISPLAY *ReThink Your Drink* campaign materials



ENCOURAGE patients to drink more water – suggest adding cucumbers, berries or other fruit for lots of flavor with *almost no calories!*

TALK to parents of young children about early childhood caries and what they put in their baby's bottle. Distribute the *Potter, the Otter* materials.



TALK to teens about decreasing sweetened beverage consumption.

SPONSOR a raffle or contest for choosing healthy drinks all summer.

IN YOUR COMMUNITY:



WORK with your local dental society to promote the *ReThink Your Drink* message

ADOPT a school or summer youth program and sponsor a *ReThink Your Drink* poster contest or other competition to encourage students choose healthy beverages



PROVIDE free dental screenings at a school, and offer to provide oral health education.

¹. Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *Journal of the American Dietetic Association* 2000;100(1):43-51.

². <http://www.ers.usda.gov/Briefing/Sugar/Data.htm>

³. <http://www.ahealthyme.com/topic/toomuchsugar>

⁴. Babey, S. et al. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research, Sept., 2009

RESOURCES: *Sugar Savvy* lessons, Soda Free Summer campaign materials, non-food fundraising ideas, healthy snack lists, & more...

www.banpac.org

www.sodafreesummer.org