



banpac

Bay Area Nutrition & Physical Activity Collaborative

Be "Sugar Savvy"!

**ReTHINK
your
drink**



Soda is the #1 source of added sugar in the American diet¹



The average American consumes almost *100 pounds of sugar a year²*



Adults who drink >1 soda a day are *27% more likely to be overweight or obese³*



Overweight and obesity cost California 41.2 billion in 2006... *and is estimated to cost us 52.7 billion in 2011!!⁴*

WHAT Worksites CAN DO TO HELP PREVENT OBESITY:



Teach the Sugar Savvy curriculum

Implement policies aimed at reducing sweetened beverages/sweets

Introduce healthy selections to vending machines

Establish a physical activity break during the workday

Create a healthy meeting policy

Distribute ReThink Your Drink/Soda Free Summer materials



RESOURCES: Sugar Savvy lessons, Rethink Your Drink/Soda Free Summer campaign materials, healthy meeting policy ideas, & more...

www.banpac.org

www.sodafreesummer.org

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

⁴ The Economic Costs of Overweight, Obesity, and Physical Inactivity Among California Adults-2006 (July, 2009) California Center for Public Health Advocacy.