GET KIDS OFF TO A HEALTHY START, CUT BACK ON SUGARY DRINKS

Sugary drinks are the #1 source of added sugars in the U.S. diet

WHAT'S THE CONCERN?



Health risks associated with sugary drinks



UNHEALTHY WEIGHT GAIN & OBESITY TYPE 2 DIABETES HEART DISEASE CAVITIES

THE SUGAR IN BEVERAGES CAN ADD UP









TV ADS TARGET YOUTH OF COLOR

Beverage companies spend more than \$1 billion each year on advertising for sugary drinks. African American youth see **2 times as many TV ads** for soda and energy drinks compared to white youth.

In Minnesota, students of color and American Indian students are MORE LIKELY TO HAVE A SUGARY DRINK at least THREE TIMES PER DAY.





AGES 5+
ONE 80Z.
OR LESS

HOW MUCH IS HEALTHY?

*Experts recommend that **children under 5 years do not drink sugary beverages**, and children over 5 years drink one 8 oz glass, or less, per week.



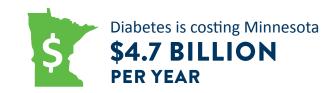
Students from families experiencing economic hardship are **TWICE AS LIKELY** to have sugary drinks at least **3 TIMES PER DAY**.



LET'S WORK TOGETHER TO SUPPORT HEALTHIER FAMILIES

WITHOUT ACTION,

are likely to develop type 2 diabetes in their lifetime, which puts them at risk for many serious and costly diseases and illnesses, including Covid-19 and premature death.



Students diagnosed with pre-diabetes are **TWICE AS LIKELY** to have sugary drinks at least **3 TIMES/DAY**.

TYPE 2 DIABETES IS ON THE RISE NATIONALLY

Number of children and youth diagnosed with Type 2 Diabetes per year (previously called adultonset diabetes)

*Source: The New England Journal of Medicine

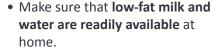


WHAT COMMUNITIES **CAN DO**

to create healthy environments

- Create campaigns that educate consumers on healthier beverage options.
- Ensure that residents have access to safe, reliable drinking water.
- Encourage employers and public places to install waterfilling stations to make it more convenient to fill up reusable water bottles.
- Ask recreational facilities to offer healthier beverages in vending machines, cafeterias, and concessions.

WHAT PARENTS AND **CAREGIVERS CAN DO** to get kids off to a healthy start



- Ask restaurants to offer low-fat milk and water as part of kids' meals.
- Talk to your school about limiting sugary drinks at events and ensure healthy options are available.
- Encourage stores to create a healthy checkout area with no sugary drinks to tempt children

WHAT HEALTH CARE **PROVIDERS CAN DO** to create lifelong healthy habits



- Encourage young patients to choose water, milk or soy milk and educate them about the risks of drinking sugary beverages.
- Advise parents that children 5 and under should avoid sugary beverages because they provide no nutritional value.
- Help families with new babies reach their breastfeeding goals.
- Advance policies that support healthy food and beverage choices in cafeterias and vending machines at your facilities.

