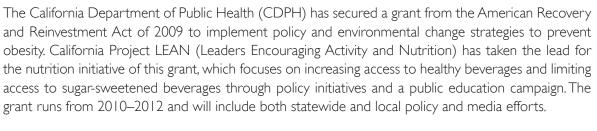
## DECREASING ACCESS TO SUGAR-SWEETENED BEVERAGES





## Why focus on Sugar-Sweetened Beverages?

Scientific evidence linking consumption of sugar-sweetened beverages with weight gain is stronger than for any other food category. In California, 62 percent of adolescents ages 12-17 and 41 percent of children ages 2-11 drink at least one soda or other sweetened beverage every day. For children, each extra can or glass of sugar-sweetened beverage consumed per day increases their chance of becoming obese by 60 percent. In California, the prevalence of overweight and obesity is higher among adolescents who drink sugar-sweetened beverages than those who do not.

## **Grant Activities:**

- Educate policymakers and key stakeholders on the importance of decreasing access to sugarsweetened beverages and increasing access to healthier beverages like water and low-fat milk.
- Advance policies that decrease access to sugar-sweetened beverages and increase access to healthier beverages.
- Launch a counter-sugar-sweetened beverage campaign.
- Engage the media in these efforts.

For more information about CDPH's sugar-sweetened beverage efforts, please contact:

Cyndi Walter
Project Manager
California Project LEAN
California Department of Public Health
cyndi.walter@cdph.ca.gov
Phone: (916) 552-9980
Fax: (916) 552-9909

Linda Cowling, MPH, RD
Public Health Nutritionist
California Project LEAN
California Department of Public Health
linda.cowling@cdph.ca.gov
Phone: (916) 445-2973
Fax: (916) 552-9909

