



Healthy Beverage  
PARTNERSHIP

# The Healthy Beverage Partnership

Garfield County Public Health

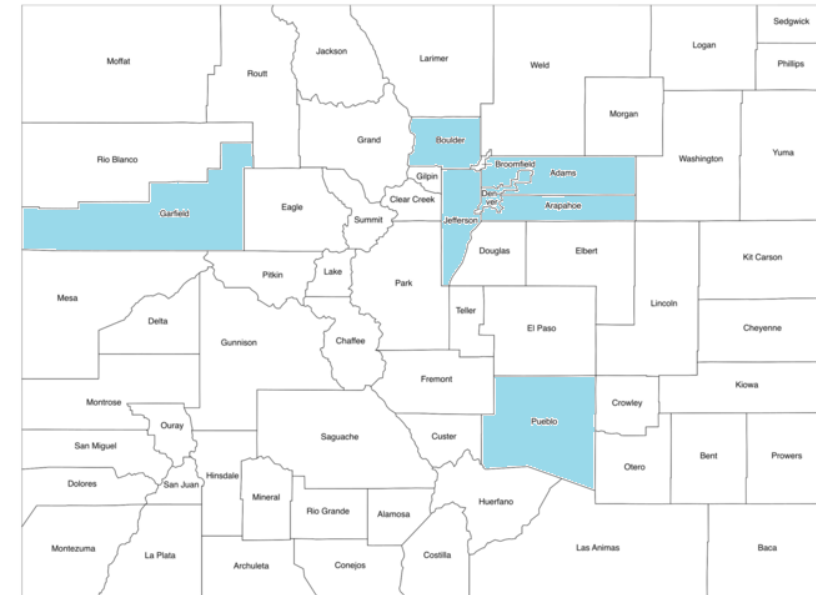
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Nutrition Programs Manager


BUILDING HEALTHY COMMUNITIES TOGETHER

# Who We Are

The Healthy Beverage Partnership (HBP) is a group of local **public health agencies** and **community partners** working together to **decrease consumption of sugary drinks** to **prevent chronic diseases** and **address health inequities** across Colorado.

- Adams County Health Department
- Arapahoe County Public Health
- Boulder County Public Health
- **Garfield County Public Health**
- Jefferson County Public Health
- Pueblo Department of Public Health and Environment
- The Public Health Institute at Denver Health Kids in Need of Dentistry
- Pueblo Food Project
- ViVe Wellness





# Why focus on sugary drinks?

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# One sugary drink a day increases your risk of...

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heart disease  
by 33%



diabetes  
by 25%



too much  
weight for  
health by 55%



kidney stones  
by 23%

Energy Drinks



Sports Drinks



Flavored Waters



Soda



Sweetened  
Tea & Coffee



Fruit Flavored Drinks



Sugary drinks are the **#1** source of added sugar in American's diets.

Sugary drinks are the **#3** source of added calories in American's diets.

**On average, each year, kids consume 30 gallons of sugary drinks.**

That's enough to **fill a bathtub.**

Consuming sugary drinks sets children up for a lifetime of health challenges, including tooth decay, type 2 diabetes and heart disease.



American  
Heart  
Association.

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

Choose water instead of a sugary drink.

Water is healthy and saves calories ... and money!

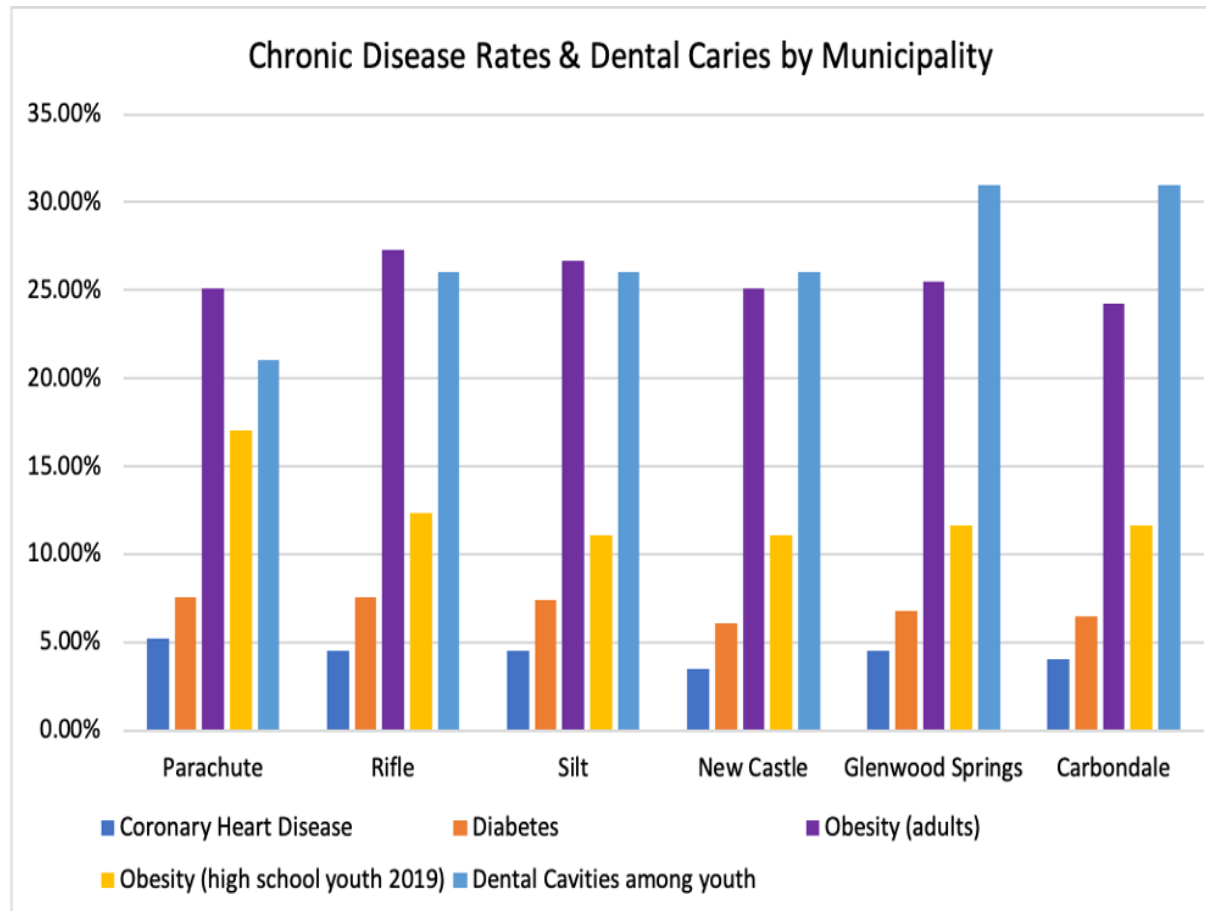
Lemonade or fruit drinks are just soda without the bubbles.



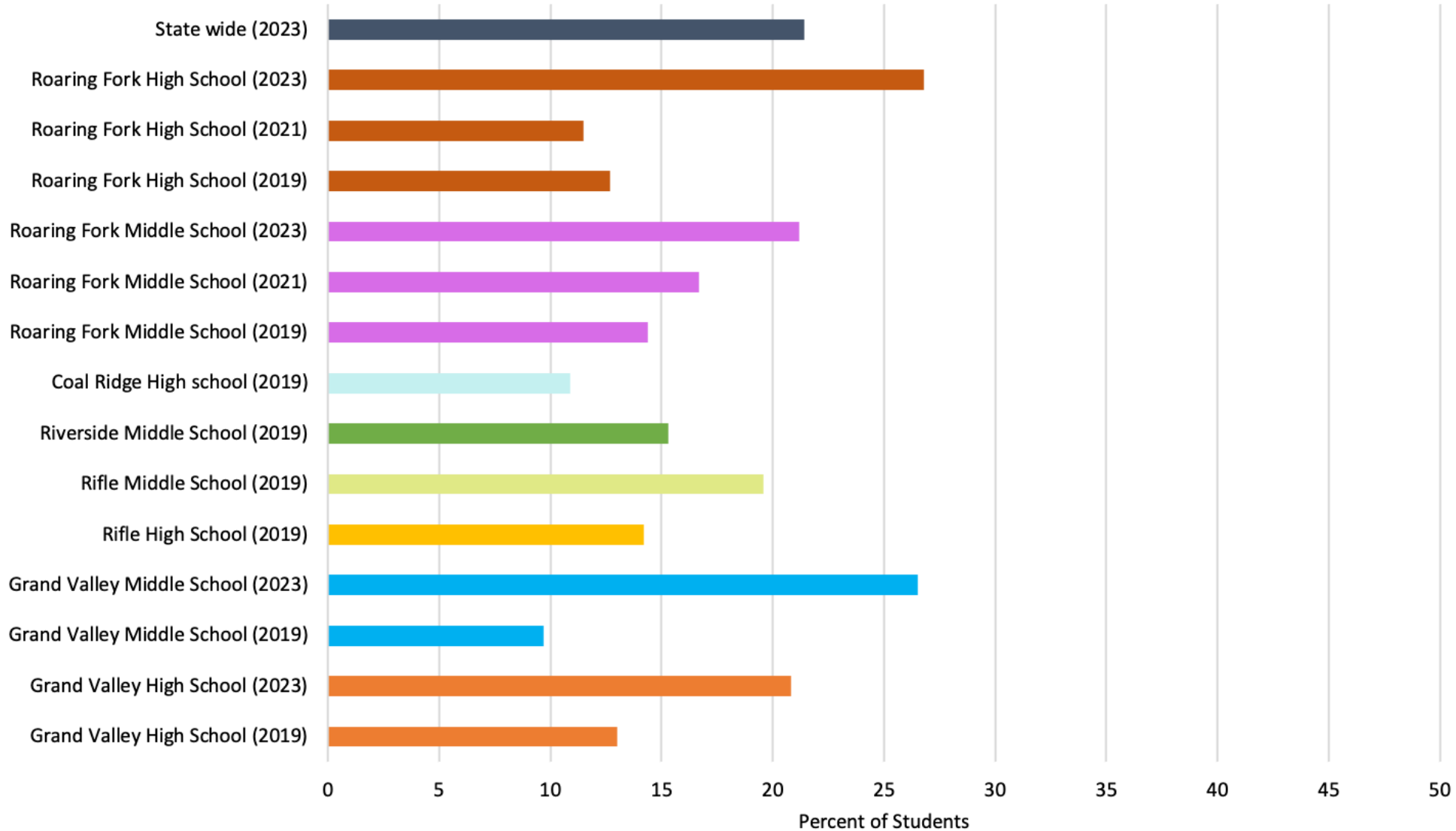
This generation of kids is the first in US history to have a **shorter life expectancy** than their parents.

# Garfield County Statistics (2021)

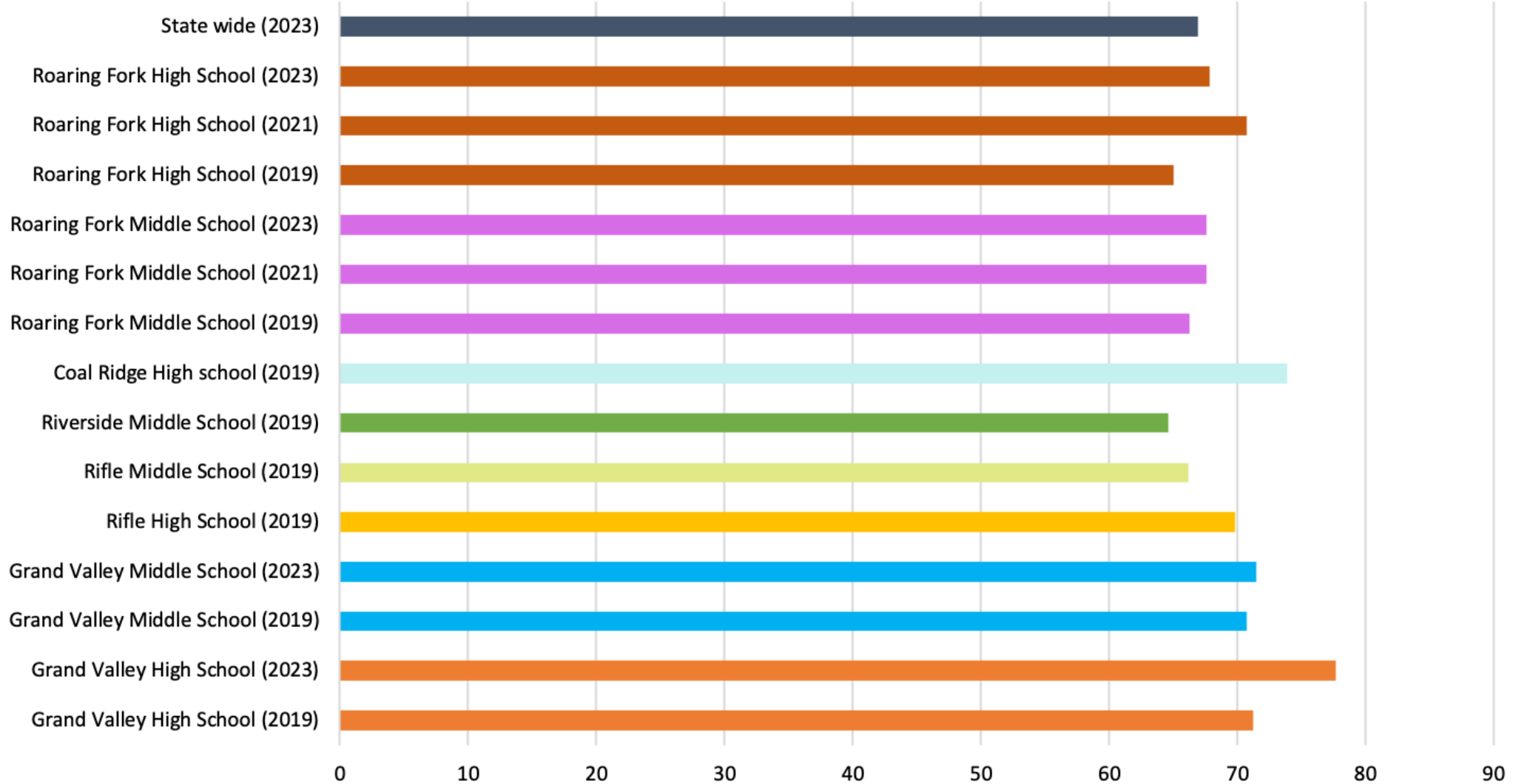
Source: CDC



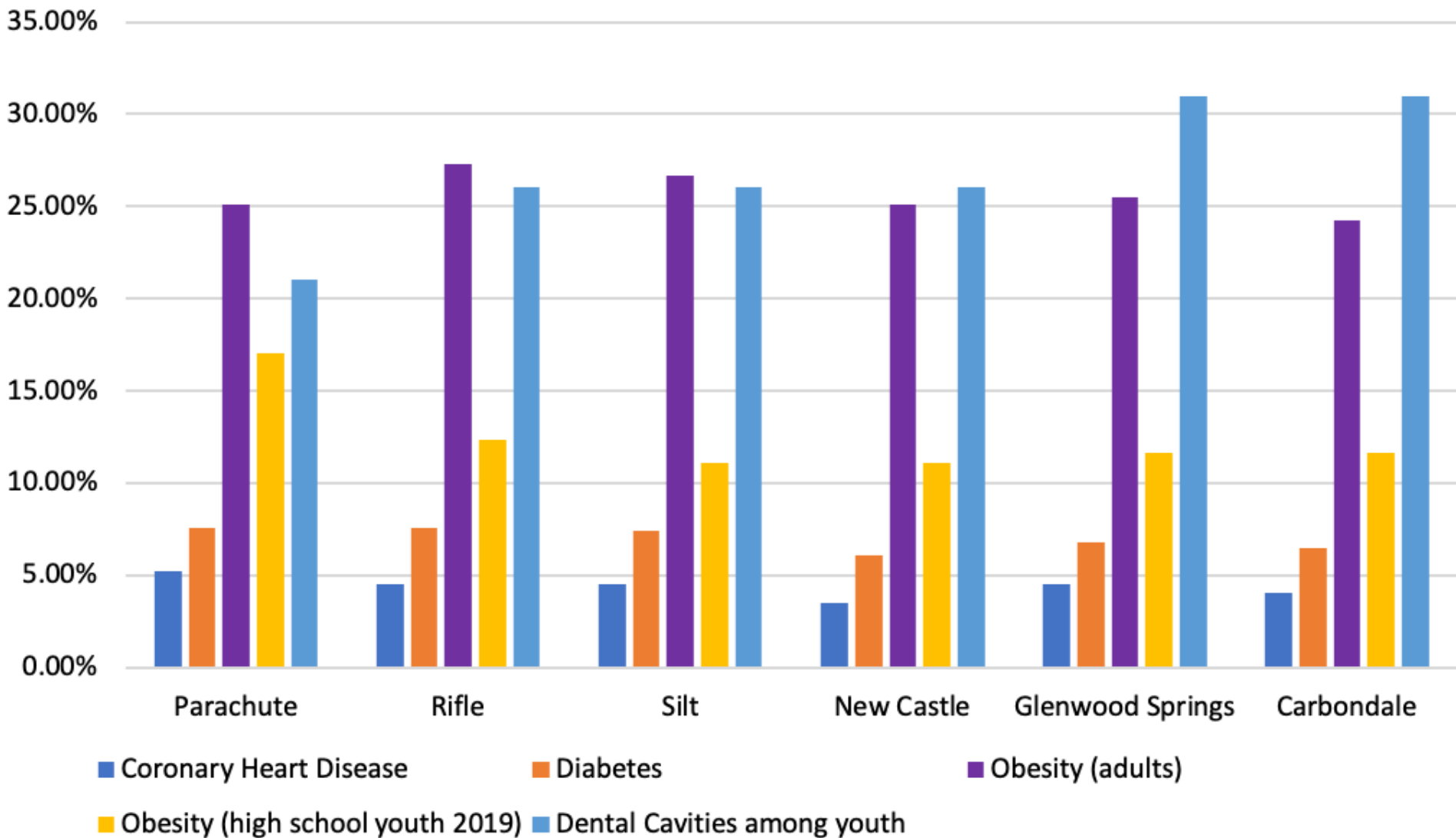
### Percentage of students who consumed at least 1 can, glass, bottle of Soda in the last 7 days



## Percentage of students who consumed at least 1 sports drink, energy drink, or other SSB in the last 7 days



## Chronic Disease Rates & Dental Caries by Municipality



Implement public awareness campaigns regarding the harmful effects of sugary beverages

## IT'S EASY TO CHOOSE HEALTHY DRINKS



Carry a refillable cup or water bottle.



Choose healthier vending and menu options.




Serve water during sports events.

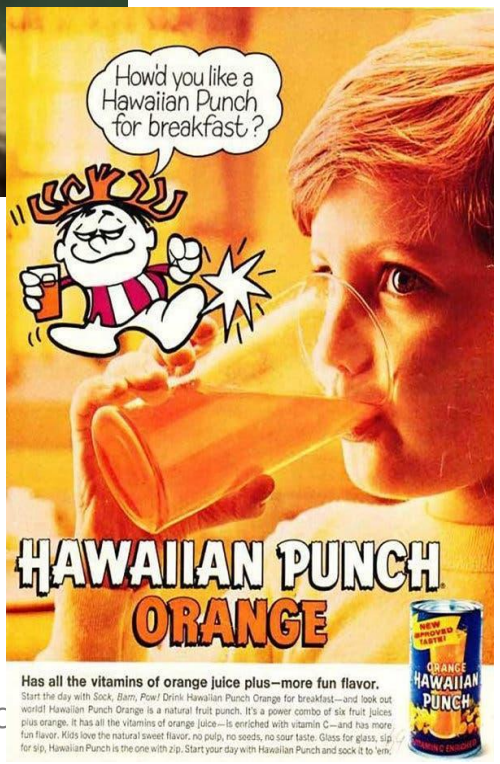
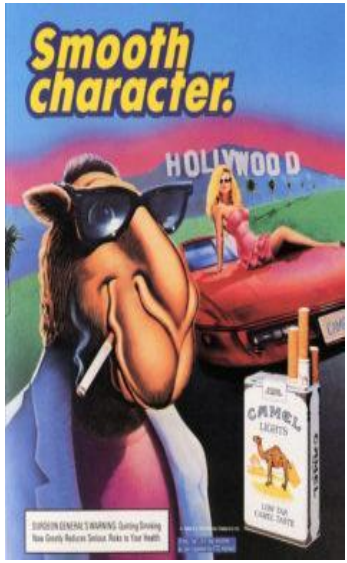


Serve water flavored with fruit slices (lemon, berries, cucumbers) at parties.

Build on federal standards to expand sugary drink restrictions in youth-oriented settings such as childcare, after-school, and educational settings.



# Restrict marketing and advertising of sugary drinks targeting children, youth, and low-income populations



# Healthy Meeting and Event Policies

- Limit sugary drinks through government and private sector procurement policies for vending, cafeterias, and other available foods.

Common Choice:	Healthier Choice:
<b>Breakfast</b>	
Juice drinks, Juice	Water, Unsweetened Coffee, Unsweetened Tea
Fruits in heavy syrup	Fresh fruit
Regular, high-sugar yogurt	Low-fat yogurt with low sugar
Regular-sized, refined grain bagels	Small whole grain bagels – 3-1/2" or smaller
Croissants, doughnuts, sweet rolls, pastries	Small mini muffins, low-fat granola bars
Butter, full-fat cream cheese, stick margarine	Nut butter, low-fat cream cheese, or hummus
Sweetened cereals and refined grain cereals	Unsweetened whole grain cereals
<b>Lunch &amp; Dinner</b>	
Salads with added dressing	Salads with lower-fat dressings on the side
Regular salad dressings	Lower-fat, lower sodium salad dressing
Soups made with cream or half and half	Soups made with vegetable puree or non-fat milk or vegetable based soups
Pasta salads made with mayonnaise	Whole grain pasta salads with light vinaigrette
Sandwiches on croissants or white bread	Sandwiches on whole grain breads
High-fat and fried meats, processed meats, poultry with skin, oil-packed or fried fish	Lean meats (poultry, fish, tofu, tempeh, legumes)
Cooked vegetables in cream sauce or butter	Roasted, sautéed, or grilled veggies with herbs
Bread basket with butter	Vegetable plate with hummus
Croissants or white rolls with butter	Whole grain bread or rolls with olive oil
Desserts with higher saturated fat (ice cream, cheesecake, pies, cream puffs, cake, pastries)	Fruit or desserts cut in half
<b>Snacks</b>	
Cookies	Cut up fruit
Chips	Cut up vegetables
Crackers made with refined grains	Whole grain crackers (5g fat or less/serving)
Potato chips	"Lite" popcorn (5g fat or less/serving)
Ice cream bars	Plain yogurt with berries
Candy	Whole grain granola bars (less than 10g sugar/bar)
Cupcakes, snack cakes	Fruit with yogurt dip
Chips and dip	Veggies with hummus, low-fat dressing, or salsa
<b>Beverages</b>	
Soda or fruit-flavored drinks	Water (plain or flavored, carbonated or not, with no sugar), coffee or tea, sparkling water, 100% fruit or vegetable juices
Whole, 2% milk, or half-and-half	Low-fat, non-fat, or non-dairy milk (soy/almond)
Juice drinks	100% juice

# Increase the Price of Sugary Drinks

- Provide education to communities about the benefits of increasing the price of sugary drinks
- Invest in communities most impacted by health conditions caused by consuming sugary drinks.
  - Food insecurity
  - Support community-based organizations to deliver programming and activities that support health





# Healthy Drinks in Kids' Meals

- Eliminate bundled sugary drinks from kids' restaurant meals through policies or ordinances regarding default beverage options.
  - The default beverage in bundled kids' meals is milk, water, or seltzer.
  - Parents can choose a sugary drink, but what is automatically offered is a healthy choice
  - Research shows that people tend to choose the default option 66% of the time.

# Restaurants Are Part of the Solution

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The average American family eats out 4-5 times a week, spending over 50 percent of their food dollars dining out.

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One kids' size 12 oz soda contains 10 tsp of sugar; more than the American Heart Association's daily guidelines for kids.

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By changing what's on the menu we are sending a message to our kids and families that eating healthy matters.

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Research shows when the default beverage option on a children's menu is healthy, it is chosen 66% of the time.

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Restaurants are critical to the solution of creating a culture of health.

