

Sweetened Drinks and Obesity: Helping our kids right from the start

AAP-CA2 Presentation to LA
Collaborative for Healthy and
Active Children

Sugary drinks and our kids

- The link to obesity
- Pediatrician's role
- What can we do to fight this?



Childhood Obesity - An epidemic

- Over the past 20 years the:
 - Prevalence of **childhood obesity has doubled**
 - Number of **obese adolescents tripled**
- In Los Angeles, **nearly 13% of adolescents are overweight**
- Serious impact on health and well-being:
 - **Physical**
 - **Emotional:** Depression, negative body image
 - **Social:** Negative stereotyping, bullying

Sweetened Beverages and their link to obesity:

- Sodas
- Sports Drinks
- Juice



Effects of Sweetened Beverages on Children's Health

- AAP Policy Statement "Soft Drinks in Schools"
 - Overweight and obesity attributable to additional calories in the diet
 - Results in an increased risk of:
 - Diabetes
 - Heart disease
 - Sleep apnea
 - High blood pressure

Sweetened beverages affect oral health

- Managing oral health in children is extremely important
 - Sweetened beverages can cause:
 - Dental caries
 - Potential enamel erosion



Sweetened Beverages vs. Milk or other Nutritious Foods

- Displacement of milk consumption
 - Results in:
 - Calcium deficiency
 - Increased risk of osteoporosis and fractures
 - Vitamin D deficiency

It starts early

- Beverage choices early in life impact overall health
- Children are consuming sugar sweetened beverages earlier and earlier:
 - 9-11 months: 11%
 - 12-14 months: 28%
 - 19-24 months: 44%

Pediatric recommendations

- Nutrition and Age-appropriate beverages
- Careful consideration of drink choices based on age
 - No juice intake after 6 months
 - Limited or no sugar-sweetened beverages through adolescence

AAP recommendations for beverage consumption

Beverage	Age	Recommendation
Breastmilk	0-12mo+	<ul style="list-style-type: none"> • Exclusively for 4 mo, prefer 6 mo • Continue with food for first 12 mo
Milk	1-2 years	<ul style="list-style-type: none"> • Whole milk • Reduced-fat is appropriate if overweight or obesity is a concern
Milk	> 2 years	<ul style="list-style-type: none"> • Low-fat milk
Juice	6 mo – 6 years	<ul style="list-style-type: none"> • Limit juice intake: <ul style="list-style-type: none"> • not prior to 6 mo. • not in a bottle or easy-to-drink cups • not at bedtime • Limited to 4-6 ounces/day for ages 1-6
Sugar-sweetened beverages	> 2 years	<ul style="list-style-type: none"> • Avoid carbonated beverages and easy-to-drink cups

Rethink Your Drink

- Changing public opinion of healthy drink choices
- Changing perception of sports drinks
- Juice is not the best way to consume fruits
- Re-introducing water and milk as “go-to” beverages for children and adolescents

Reading labels

Nutrition Facts	
Serving Size 1 can (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

The SuperSize Era: What's really in that serving?

- **Gatorade: 50 calories per 8 oz serving**
 - One 24 oz bottle
 - 150 calories; 42 grams of sugar
- **Sprite: 100 calories per 8 oz serving**
 - One 20 oz bottle
 - 250 calories
 - 65 grams of sugar
- **Orange Juice: 110 calories per 8 oz serving**
 - One 10 oz bottle
 - 137.5 calories
 - 17.5 grams of sugar



Replacing sweetened beverages

- Reintroduce water and milk as beverages of choice
- Small steps to the larger goal:
 - Replace soda with diet soda
 - Juice with 1/2 juice, 1/2 water
 - Sports drinks with Crystal Light

Soft drinks in schools

- Changing the community behavior
 - School lunches
 - Vending machines
- Eliminating temptation

AAP Policy and Recommendations

- Policy Statements on Obesity
 - Prevention of Pediatric Overweight and Obesity
 - Dietary Recommendations for Children and Adolescents: A Guide for Practitioners
 - Soft Drinks in Schools

Healthy and Active Living Grant Program

- An obesity prevention program
- 2009-2010 program focuses on age-appropriate beverages
 - Community partnerships
 - Focus on 0-5 years with broader applications
 - Parent, Physician, Community education