

**8th BIENNIAL
Childhood Obesity
Conference**

**Healthy Beverages in Early Childhood:
Research to Policy to Practice**

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Beverage Trends

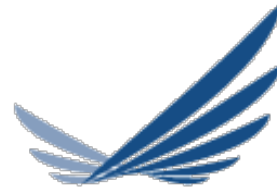


- 31% of 13 to 24 month olds drink soda - based on 2011-12 NHANES data
- Higher rates of SSB intake associated with higher BMI among 4 year olds; kids age 5 who drank SSB regularly more likely to be obese.
- Link between SSB intake and poor diet, poor oral health, obesity, other diet-related health problems



Scientific Report of the
2015 Dietary Guidelines Advisory Co

Advisory Report to the Secretary of Health and Human
and the Secretary of Agriculture



Robert Wood Johnson Foundation

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- **DGAC:** It is important that child care facilities provide meals and snacks that are consistent with the meal patterns in the Federal Child and Adult Care Food Program (CACFP) to ensure that young children have access to healthy meals and snacks and age-appropriate portions. Drinking water also needs to be readily available and accessible to children.
- **RWJF Big Bets:** ensuring that all children enter kindergarten at a healthy weight; eliminating consumption of sugar-sweetened beverages among children under age 5.
- **Pediatrics:** From a public health standpoint, strong consideration should be made toward policy changes leading to decreases in SSB consumption among children.

Beverage Standards

2010 Dietary Guidelines

American Academy of Pediatrics

IOM - Child and Adult Care Food Program: Aligning Dietary Guidance for All

IOM - School Meals: Building Blocks for Healthy Children

IOM - Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth

Alliance for a Healthier Generation

Public Health Institute

School Nutrition Consensus Panel for Competitive Food Standards in California Schools

Let's Move Childcare

Expert Committee on Child and Adolescent Overweight and Obesity (AAP Endorsed)

Kids' Safe and Healthful Foods Project: Health Impact Assessment

National Alliance for Nutrition and Activity - Model Wellness Policy

National Alliance for Nutrition and Activity - Draft Model Beverage Vending Machine Standards

The Beverage Panel

Partnership for a Healthier America Healthy Hospital Food Commitment

HHS/GSA Healthy and Sustainable Food Guidelines

Nemours Healthy Vending Guide

American Heart Association Procurement Standards for Foods and Beverages Offered in the Workplace

NYC Standards for Meals and Snacks Served and Beverage Vending

Recommendations for Healthier Beverages



Introduction

Beverage choices contribute significantly to dietary and caloric intake in the United States.

Many Americans drink high-calorie, sugar-sweetened beverages on a regular basis. On any given day, one half of the U.S. population consumes at least one sugary drink, and 25 percent of the population consumes more than one.¹ Soda, sweetened fruit drinks, sports drinks, and energy drinks account for nearly half of all added sugar consumption in the average American diet.²

Research has demonstrated a clear link between the consumption of sugar-sweetened beverages and increased risk of poor diet quality, higher rates of obesity and diet-related health problems,^{3,4} as well as poor oral health.⁵ Given that more than two-thirds of U.S. adults and nearly one-third of children are overweight or obese,⁶ replacing consumption of sugary beverages with healthier options that contain no or low amounts of sugar and calories is a key public health priority.

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Healthy Eating Research

Bottom Line Recs

- Organized by age group
- Reflect a range of options
- Should consist primarily of water, appropriate amounts unflavored nonfat and low fat milk, 100% fruit/veggie juice in limited quantities (if provided at all)
- Other options including lower cal beverages for certain (older) age groups

Preschool children (Ages 2-4)

- **Water**—With no added sweeteners or carbonation • Require access to free, safe drinking water wherever beverages are served and/or sold
- **Milk**—Only unflavored, low-fat and nonfat milk, and soy beverages (calcium and vitamin D fortified) in no more than 8-ounce portions
- **Juice**—0- to 4-ounce portions of 100% fruit or vegetable juice or fruit juice combined with water, no added sweeteners, and no more than 70 mg of sodium per portion
- **All beverages shall be free of synthetic food dyes, stimulants (e.g., caffeine), and other additives (e.g., electrolytes, artificial flavors).**

Healthier Beverage Recommendations - Impact





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