

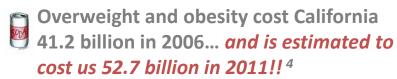
Be "Sugar Savvy"!











WHAT Worksites CAN DO TO HELP PREVENT **OBESITY:**



Implement policies aimed at reducing sweetened beverages/sweets

Introduce healthy selections to vending machines

Establish a physical activity break during the workday

Create a healthy meeting policy





Bay Area Nutrition & Physical Activity Collaborative

RESOURCES: Sugar Savvy lessons, Rethink Your Drink/Soda Free Summer campaign materials, healthy meeting policy ideas, & more...

www.banpac.org

www.sodafreesummer.org

¹ Guthrie JF, Morton JF, Food sources of added sweeteners in the diets of Americans. Journal of the American Dietetic Association 2000;100(1):43-51.

² http://www.ers.usda.gov/Briefing/Sugar/Data.htm

³ Babey, S. et al. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research, Sept., 2009

⁴The Economic Costs of Overweight, Obesity, and Physical Inactivity Among California Adults-2006 (July, 2009) California Center for Public Health Advocacy.