

RETHINK YOUR DRINK (RYD)

Dr. Karen Raju



Learning Objectives

- Understand what RYD-Rethink Your Drink is.
- What are the goals of RYD.
- Past work done
- Objective under CA Oral Health Plan 2022-27
- Future plan
- Moving Forward: Brainstorming ideas
- RYD education and resources.



What is Rethink Your Drink?

- The Rethink Your Drink Program is a public health initiative led by the CDPH- California Department of Public Health and administered by the Local Health Departments.

The Rethink Your Drink Program's Primary Goals are to:

- Educate Californians about healthy drink options,
- Help identify drinks with added sugar, and
- Make the link between consumption of sugar-sweetened drinks and health risks.

Past work done

- **Problem Statement:**
https://oralhealthsupport.ucsf.edu/sites/g/files/tkssra861/f/wysiwyg/FINAL_Sugar%20Sweetened%20Beverages_What%20We%20Know_0.pdf
- **CDA Special Issue (2020):**
https://oralhealthsupport.ucsf.edu/sites/g/files/tkssra861/f/wysiwyg/CDAPUBS%20Journal%202020%20NOV_Issuu%20%281%29.pdf
- **When Sugar is not so sweet:**
<https://oralhealthsupport.ucsf.edu/sites/g/files/tkssra861/f/wysiwyg/When%20sugar%20is%20NOT%20so%20sweet%20GUIDE.pdf>
- **Data Brief (Feb 2020)**
- **Lunch N Learn activities (COHTAC) in 2021**
- **Train the Trainer**

California Oral Health Work Plan FY 2022- 2027

- SSBs
 - 4.2 Collaborate with local partners to participate in sugar-sweetened beverage (SSB) reduction activities. Participate in an event (ex: Rethink Your Drink statewide day of action) in a dental setting, school, health fair, or community setting; provide dental-specific material in addition to the Rethink Your Drink event in a box; use social media messaging (ex: hashtags) to promote event.
07/01/22-06/30/27
- A) Event narrative including:
- Number of attendees
 - Materials presented
 - Social media impressions (views, interactions, retweets, shares)
- B) Submit data annually on number of activities to CDPH/OOH

WARNING:
Drinking beverages
with added sugar(s)
contributes to obesity,
diabetes, and tooth decay.

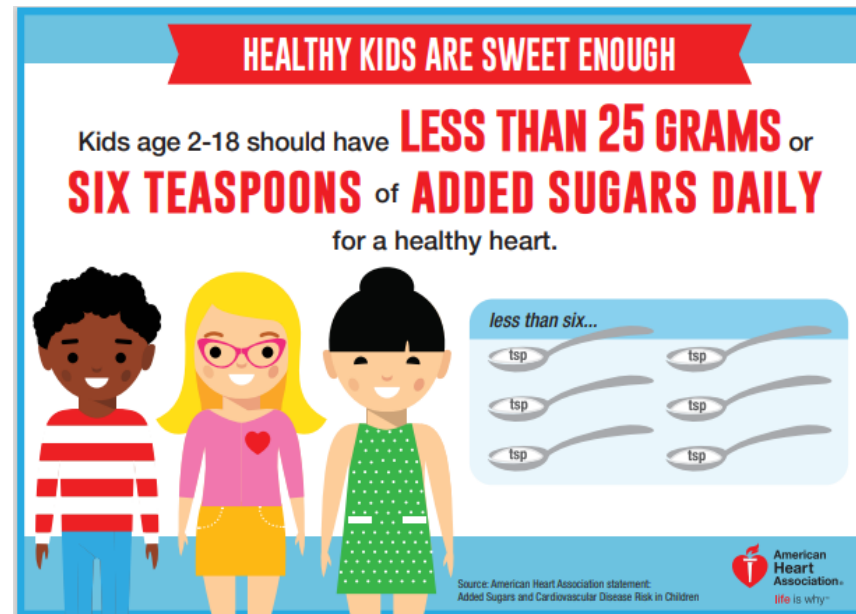


Beverages

frequently drinking sugar-sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis.

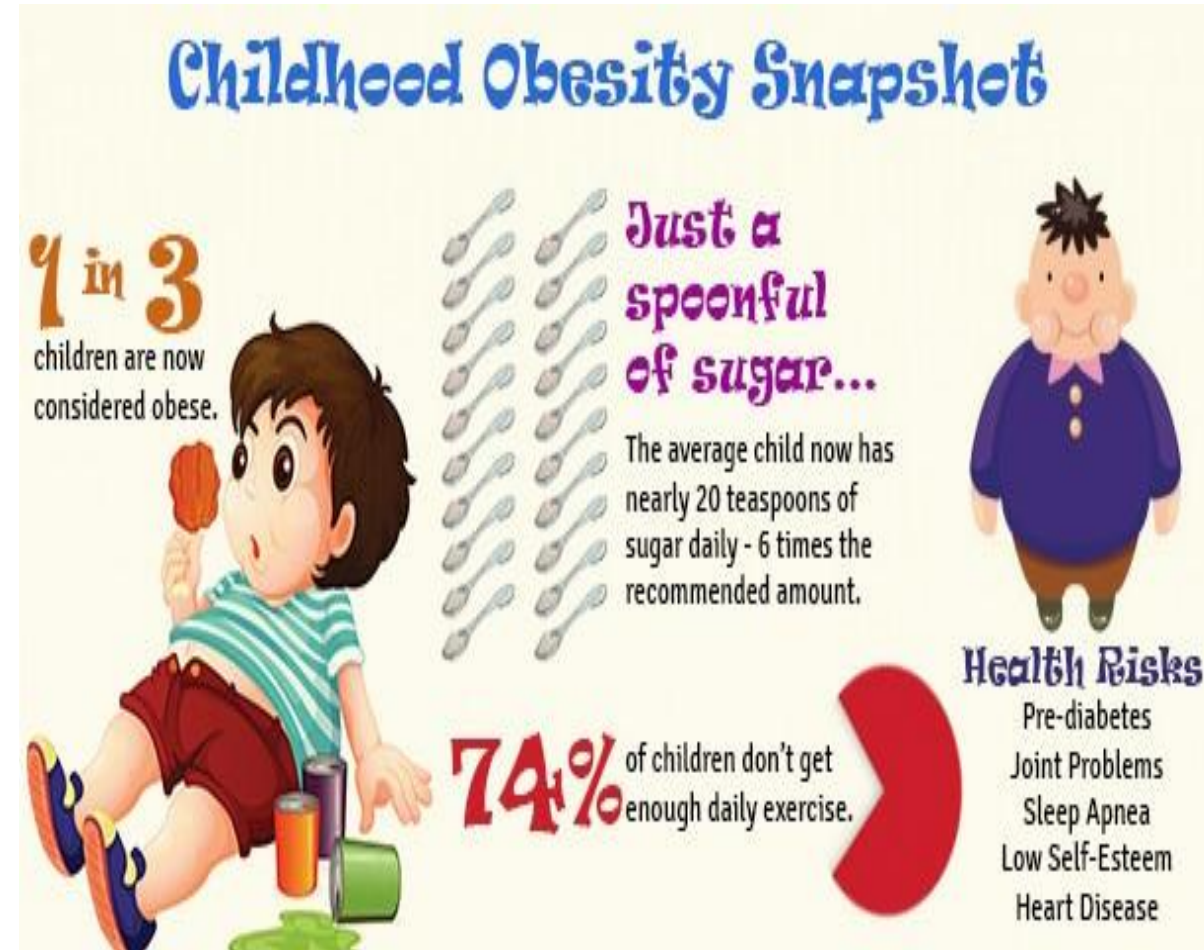
Consumption Of Sugar- Sweetened Beverages (SSBs)

- The greatest source of added sugars in a typical U.S. diet is beverages, which include **soft drinks, fruit drinks, sweetened coffee and tea, energy drinks, and flavored waters.**
- According to the CDC, **63% of youth** drink a sugar-sweetened beverage **daily.**
- The American Heart Association states, kids age 2-18 should have less than 25 grams or 6 teaspoons of added sugar daily for a healthy heart.



Beverages

- In the U.S., two-thirds of adults and one-third of children are overweight or obese, and soft drinks that contain sugar are implicated as a major factor contributing to this health problem.
- Populations at the highest risk of developing obesity, those who drank one to two SSBs per day, were reported as African Americans, Mexican Americans, lower-education and lower-income.



Consumption Of Sugar- Sweetened Beverages And Health Risks

TYPE 2 DIABETES & YOUTH

What you can do

Rates of **type 2 diabetes in youth are increasing**; so are obesity rates. Diabetes risk can run in families, but so can healthy lifestyle habits:



Drink water;
limit sugary drinks.



Eat more fruits
and vegetables.



Limit high-calorie food.



Make physical activity fun.

GET THE WHOLE FAMILY INVOLVED

Keep it positive • Take small steps • Make it fun



- Studies support that SSBs increase the risk of Type 2 Diabetes (T2D) in at-risk populations.
- Studies have also shown that a body weight beyond “overweight” is a risk factor for T2D as well as cardiovascular disease, cancer and even death.
- Additionally, there is sufficient evidence connecting obesity with gastroesophageal reflux disease (GERD) symptoms, which can also cause erosion of the teeth and tooth wear.

Consumption Of Sugar- Sweetened Beverages And Health Risks

- Sugary drinks cause damage to the surface of the tooth's enamel, which can lead to dental erosion over time.
- Higher intake of added sugars is associated with increased dental caries in children, which can affect the level of dental caries as adults.
- SSBs provide sugar sources that are associated with the growth of bad bacteria in the mouth that contribute to periodontal disease, dental caries and tooth loss.



CDPH- Rethink Your Drink Program

- **Choose Most Often Drinks with no added sugars** - drinks that contain no sugar to small amounts of natural sugar
- ✓ Drink tap water with ice or water that has been refrigerated and add sliced fruit, mint or cucumbers for flavor.
- ✓ Have fat-free or 1% milk; 2-3 servings a day.
- ✓ Only drink juice that is 100% vegetable or fruit juice and limit consumption to ½ cup a day; add water to dilute.

Make Every Sip Count

Education On Healthy Drink Options

rethink YOUR DRINK

Make Every Sip Count

Drinks can impact health.
Sugary drinks may cause weight gain and cavities, especially for children. Over time, drinking sugary drinks may lead to obesity, type 2 diabetes and heart disease.

Beverage choices matter.
Drink water to stay hydrated. Drink nutrient-packed beverages like low-fat (1%) or fat-free milk to boost your nutrition.

Choose water most often.
Drinking tap water with ice saves money. For flavor, add sliced fruit or cucumber.

Milk nourishes your body.
Aim to consume 2-3 servings of dairy such as low-fat (1%) or fat-free milk, yogurt, cheese or fortified soy beverage, to help build strong teeth and bones and refuel muscles.

Drink juice in small amounts.
Choose whole fruit most often. If you drink juice, make sure it is 100% fruit or vegetable juice and limit to ½ cup for children and one cup for adults per day.

Search ChooseMyPlate.gov for more "better beverage" ideas.

What's in Your Drink? Read the Label

Find the serving size. One container isn't always one serving. This label shows 2 servings. How many calories would that be? (210 calories)

Limit added sugars.

- No more than 50 grams for adults each day (12 teaspoons).
- No more than 25 grams for children each day (6 teaspoons).

1% Low-fat milk Nutrition Facts
2 servings per container
Serving size 1 cup (240mL)
Amount Per Serving
Calories **105**

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 15mg	5%
Sodium 100mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	24%
Includes 1g of Added Sugar	2%
Protein 8g	16%
Vitamin D 2.5mcg	50%
Calcium 300mg	30%
Vitamin B12 1.2mcg	25%
Phosphorus 100mg	20%

*Percent Daily Values are based on a diet of other people's secrets.

Choose Most Often	Drink Less Often
Drinks with no added sugars	Drinks with added sugars
Water	Soda
Low-fat (1%), fat-free or lactose free milk	Sports drinks
Fortified plain soy beverages	Fruit drinks
Unsweetened tea or coffee	Energy drinks
	Sweetened and/or blended coffees

All of these drinks have more than the limit of 25 grams of added sugars for children. Some may have up to 50 grams of added sugar.

©2010 Dairy Council of California, rev 2019, with the California Department of Public Health. Partially funded by USDA SNAP. These institutions are equal opportunity providers and employers. Repress permitted for educational use, not for resale. RY0200/100,000/05-20/CPH

Education On Healthy Drink Options

Healthy For Good™

SIP SMARTER

Replace sugary drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- Full-calorie soft drinks
- Energy/sports drinks
- Concentrated "enhanced water" drinks
- Sweet tea
- Concentrated coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- Tap water, diet drinks may help replace high-calorie and high-sugar sugary drinks.

THE FACTS MAY SURPRISE YOU.

- Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY.** That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!
- Sugary sweetened beverages like soda and energy/sports drinks are the **#1 SOURCE OF ADDED SUGARS IN OUR DIET.**
- A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS

START CUTTING BACK. Take steps to reduce or replace sugary drinks in your diet. REPLACE most of your drinks with water. REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness. ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per serving.	CHOOSE WATER. Make water the easy, more appealing go-to choice. CARRY a refillable water bottle. ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor. TRY coffee, club soda or sparkling water if you crave the fizz.	MAKE IT AT HOME. Family favorites like hot chocolate, lemonade, sangria, fruit punch, chocolate milk and coffee drinks usually have less sugar at home with less added sugars. START WITH UNSWEETENED ingredients. Start flavoring the base with additions like fruit, lemon-lime or hot tea with milk and herbs and spices. Get great recipes for beverages and more at HEART.ORG/RECIPES .
--	--	--

READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in sodium and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART. ADD COLOR. MOVE MORE. BE WELL.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/EATSMART

American Heart Association

- **Choose water** – Replace sugary drinks with water. That may be challenging if you don't like water. Here's how to drink more water:
 - ✓ Carry a refillable water bottle or keep a cup near by to make water the easy choice.
 - ✓ Add slices of your favorite fruits for a boost of flavor.
 - ✓ Try seltzer or sparkling water if you prefer fizzy carbonated drinks.

Sip Smarter Infographic

Education On Healthy Drink Options
<https://rethinkyourdrinkday.com/partners>

Rethink Your Drink Beverage Cards:

[Water Beverage Card](#)

[Tangy Beverage Card](#)

[Sweet Beverage Card](#)

[Herbal Beverage Card](#)

[Tropical Beverage Card](#)

MELON COOLER
Blend **2 cups** chopped watermelon and **2 cups** cold water in a blender until smooth. This recipe makes enough for 5. Chill for at least 20 minutes and enjoy.

STRAWBERRY & CUCUMBER WATER
Mix **10 sliced** strawberries and **1 sliced** cucumber with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.

BERRY-BLASTED WATER
Mix **1 cup** frozen mixed berries with water in a **2-quart** pitcher. Chill for at least 20 minutes and enjoy.

Wash ingredients first. Serve chilled for freshness and drink within 24 hours.
(recipe serves four) Sip, share, and enjoy!

CalFRESH | 2024
rethink YOUR DRINK DAY
www.YourDrinkDay.com

Funded by USDA WFP, an equal opportunity provider and employer.

— MY FAVORITE FLAVOR IS —
SWEET

Juicy fruit flavors make water extra sweet.

Help to Identify Drinks With Added Sugar

- **Read nutrition labels and ingredients** – Beverages like energy drinks and fruit juice advertise that they are healthy but usually are loaded with calories and added sugars.
- **Common forms of added sugars** are sucrose, glucose, fructose, maltose, dextrose, syrups, concentrated fruit juice and honey.

SUGARY DRINKS



REGULAR SOFT DRINKS, SWEETENED TEA &
COFFEE, SPORTS DRINKS, FRUIT DRINKS,
ENERGY DRINKS, FLAVOURED WATER,
FLAVOURED MILK & DRINKABLE YOGURT
100% JUICE

[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Help Identify Drinks With Added Sugar

How much sugar is in your drink?

rethink YOUR DRINK

Sugar Grams ÷ 4 = Teaspoons of Sugar

Sugars 60g ÷ 4 = 15 teaspoons

15 teaspoons of sugar

Choose health. Drink water.

Soda Nutrition Facts
Serving Size 1 bottle • 20 fl oz (591 mL)

Amount Per Serving	Calories from Fat 0
Calories 258	
% Daily Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 63g	20%
Sugars 60g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

The information is provided by the California Department of Public Health. Nutrition Facts and Daily Values are based on information from the USDA. © 2010 California Department of Public Health. All rights reserved. For more information, visit www.cdph.ca.

How much sugar is in your drink?

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
Soda 258 calories 20 fl. oz.	15 tsp	56 min.
Sports Drink 125 calories 20 fl. oz.	9 tsp	27 min.
Energy Drink 240 calories 16 fl. oz.	15 tsp	52 min.
Juice Drink 305 calories 20 fl. oz.	17 tsp	66 min.
Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp	36 min.
Vitamin-added Water 125 calories 20 fl. oz.	8 tsp	27 min.
Sweetened Tea 213 calories 20 fl. oz.	14 tsp	46 min.
Water 0 calories 20 fl. oz.	0 tsp	0 min.

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (100 kcal/min). Calorie density per tsp will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. Air-polluting times are rounded up to the next whole number.

U.S. Department of Health and Human Services, U.S. Department of Agriculture, 2010-2020 Dietary Guidelines for Americans (2010 Food Components Chart). <https://www.gov.usda.gov/food-components-chart> (2017).

rethink YOUR DRINK

The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program (SNAP) and the United States Department of Health and Human Services, is proud to support healthy communities and individuals. For more information, visit www.cdph.ca.

Choose health. Drink water.

Online Videos

Help Identify Drinks With Added Sugar









- [How Much Sugar Is In Soda? Re-Think Your Drink! – Kaiser Permanente](#)
- [How to Swap Out Sugary Drinks](#)
- [5 Tips for healthy kid's drinks](#)

Online Activity

- [What's Your Beverage Breakdown?](#)

What do you drink in the Morning?

Add your morning drinks below, or [Skip to drink total](#)

 Water	 Tea
 Juice	 Energy
 Coffee	 Soda
 Milk	 Sports Drink

GO BACK **NEXT**

How to choose better drinks - Tips to Follow In Your Home

Do not keep
sugary drinks in
your home, only
water or milk.

Be a role
model at
home. Reduce
the number of
sugary drinks
YOU consume
each week.

Limit sugary
drinks to only
special
occasions, like
parties or
holidays.

Don't sip
sugary drinks
during the day.
Limit to
mealtimes.

Serve smaller
servings of
sugary drinks.

- [RYD Cucumber Mint Breeze Recipe](#)
- [RYD Drink Label Cards](#)
- [Head Start: Brush Up On Oral Health](#)
- [SPA-Head Start: Brush Up On Oral Health](#)
- [Cut Out Added Sugars – Infographic](#)
- [SPA- Cut Out Added Sugars – Infographic](#)



NPAB SSB Campaign

- **Before:** Nutrition, Education, Obesity Prevention Branch (NEOPB)
- **Now:** Nutrition and Physical Activity Branch (NPAB)
- **Planning: MEDIA CAMPAIGN**
- Launch in July 2024
- Had a brief meeting with NPAB
- Outreach: State and local level
- They would need help in reaching out to LOHP's from OOH.

Moving Forward: Brainstorming Ideas

How this WG can promote and expand RYD activities and the Campaign??

- Webinars for health professionals
- Trainings for health educators/teachers/school staff
- Create a tracking template for LOHPs to plan and track their events

Additional Resources

- <https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html>
- <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>
- <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RethinkYourDrink.aspx>
- <https://www.dentalcare.com/en-us/professional-education/ce-courses/ce381/motivational-interviewing>
- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/rethink-your-drink-reducing-sugary-drinks-in-your-diet>
- <https://oralhealthsupport.ucsf.edu/taxonomy/term/1051>
- <https://oralhealthsupport.ucsf.edu/sites/g/files/tkssra861/f/wysiwyg/When%20sugar%20is%20NOT%20so%20sweet%20GUIDE.pdf>

Questions
Or
Comments ?

