



From soda to water: a shift for safety



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Our Vision

The Nutrition Policy Institute (NPI) envisions a world where healthy food, beverages and opportunities for physical activity are convenient, accessible, affordable and sustainable.

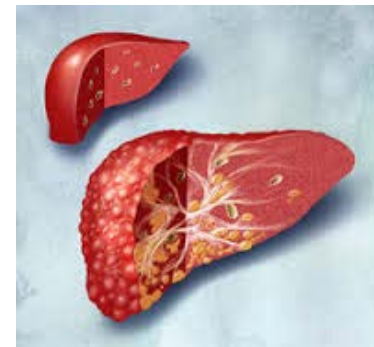
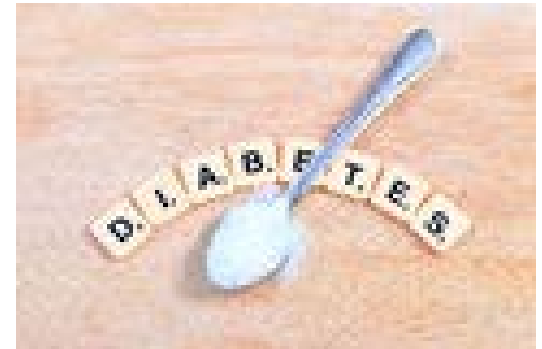


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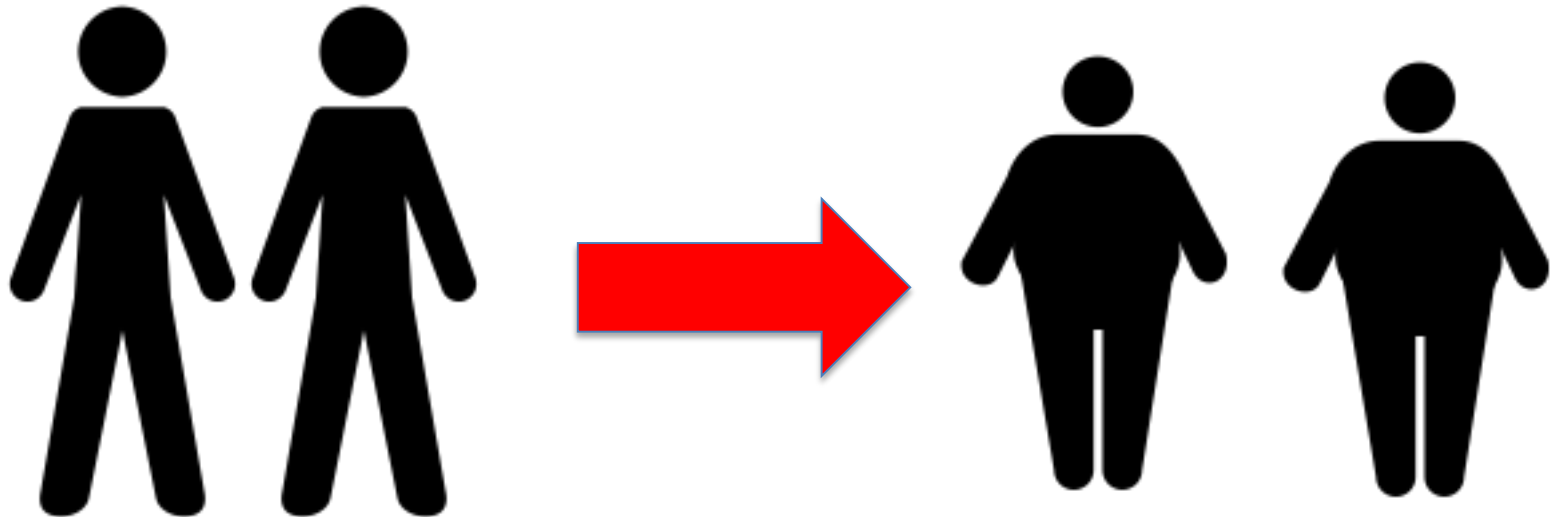
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Safeguard your Health



Changes Over Time



Tuberculosis
Pneumonia
Vitamin deficiencies

Heart Disease
Cancer
Diabetes
Hypertension



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What can one do to prevent chronic disease?

- Do not Smoke
- Do not eat too much saturated and trans fats, salt, and **sugar**



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SSBs are the top sources of ...

AGE	#1 added sugar	#2 added sugar	#1 calories	#2 calories	#3 calories	#4 calories	#5 calories
All ages	Soda	Fruit drinks	Grain desserts	Pizza	Soda	Yeast breads	Chicken
2-3 years	Fruit drinks	Soda	Whole milk	100% fruit juice	Reduced fat milk	Pasta	Grain desserts
4-8 years	Soda	Fruit drinks	Grain desserts	Yeast breads	Pasta	Reduced fat milk	Pizza
9-13 years	Soda	Fruit drinks	Grain desserts	Pizza	Chicken	Yeast breads	Soda
14-18 years	Soda	Fruit drinks	Soda	Pizza	Grain desserts	Yeast breads	Chicken



We eat more if our sugar comes in liquid form



Liquid Sugar
(Only 9% Compensation
of Calories)



Solid Sugar
(64% Compensation
of Calories)



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Mattes, 1996

Fact 1

The *risk of overweight* in children increases by 60% for each additional serving of SSB.



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Ludwig, 2001

Fact 2

Children who drink 9 oz.
or more of SSBs per day
consume 200 more
calories per day than
those who do not.

Harnack, 1999



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Fact 3

In adults, even one 12 oz.
soda a day, independent of
calories, increases
cardiovascular risk by 1/3

Young, 2013



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Fact 4

Women who consumed 1 or more SSBs per day, had nearly **double** the risk of diabetes compared to women who consumed very few SSBs.

Schulze, 2004



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What is the solution?



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Water: “First for Thirst”

Promotion

Access

Safety



WATER

Sugar Free

Calorie Free

Obesity Free

WARNING: Soda, sports and juice drinks can lead to childhood obesity and type 2 diabetes.

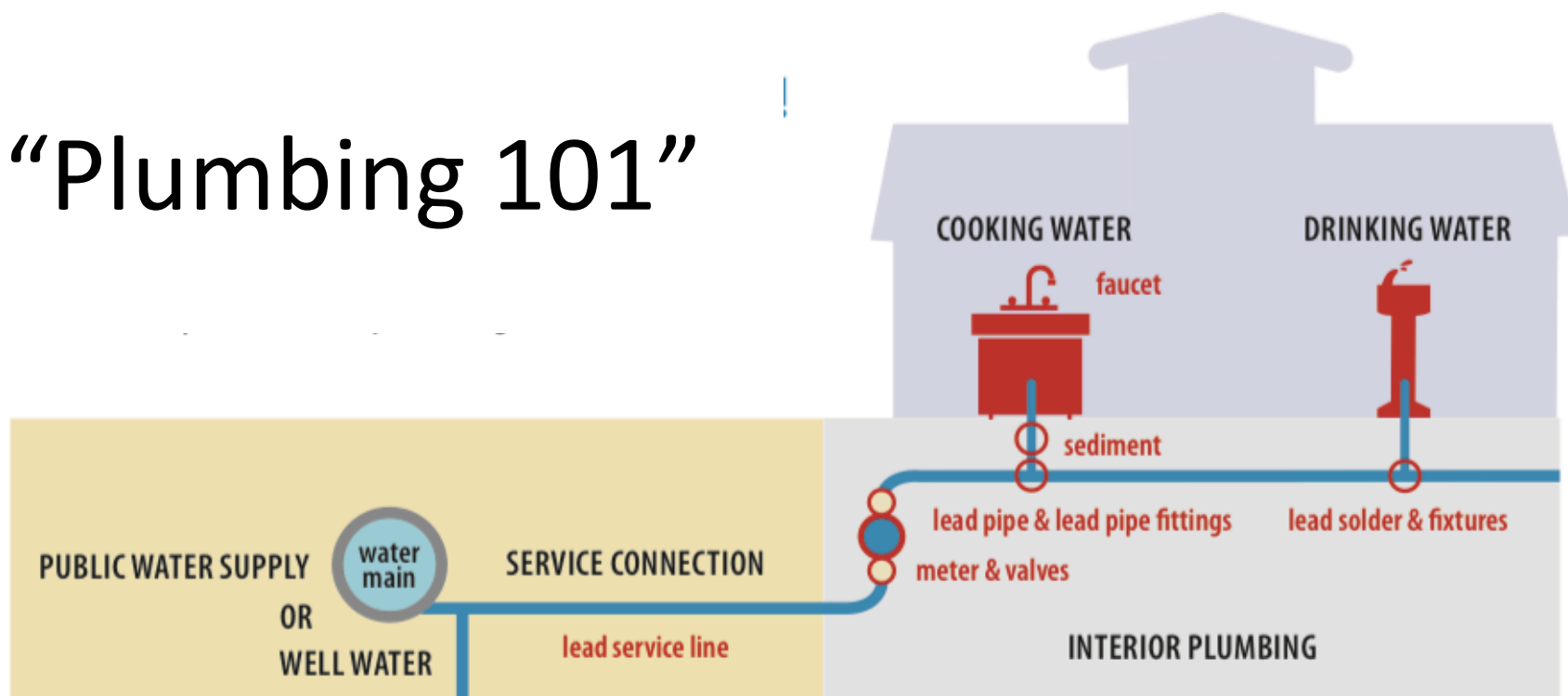
Water: The healthiest choice

Goal: Drinking Water with Confidence



- Most tap water in the U.S. is safe
- But, there are times and places when it is not
- How do we identify and fix those times and places?

“Plumbing 101”

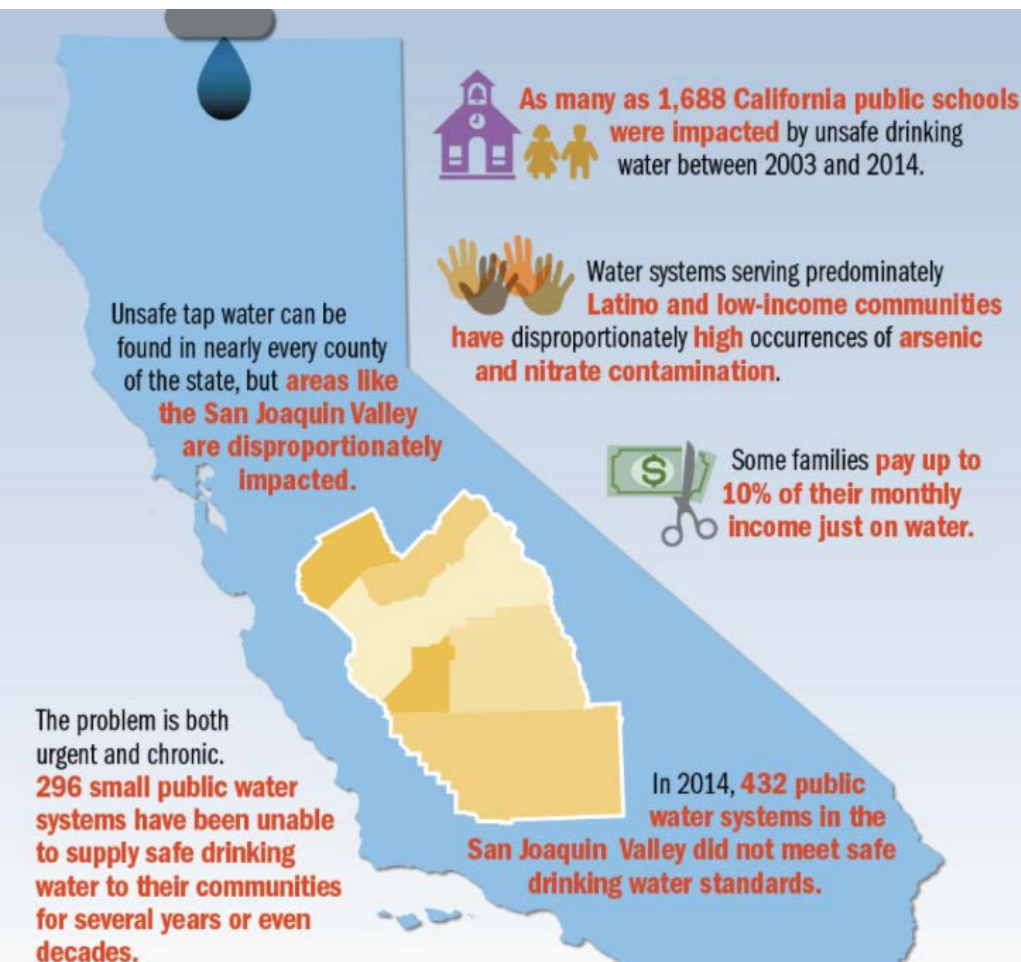


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Sourcewater contamination - CA



- Naturally-occurring **arsenic**
- **Nitrates** from fertilizers and waste
- Other and “emerging” contaminants



California Water in Schools Program

Steps to Provide Lead-Free Drinking Water in Your Schools





- Free, voluntary lead testing for CA public schools
 - Utilities required to provide testing
 - Schools must initiate testing request (up to 5 taps per school) from local water utility
- New bill (AB 746) mandates that schools must test drinking water for lead by July 2019

http://www.waterboards.ca.gov/drinking_water/certlic/drinkingwater/leadsamplinginschools.shtml



\$9.5 million grant
program
for water access and
quality improvement in
schools

- Funding prioritized for disadvantaged communities (DACs)
- DAC prioritization deadline **June 30, 2018**
- Guidelines available on website, applications being accepted
- Grant money must be spent out by 2021

https://www.waterboards.ca.gov/water_issues/programs/grants_loans/schools/



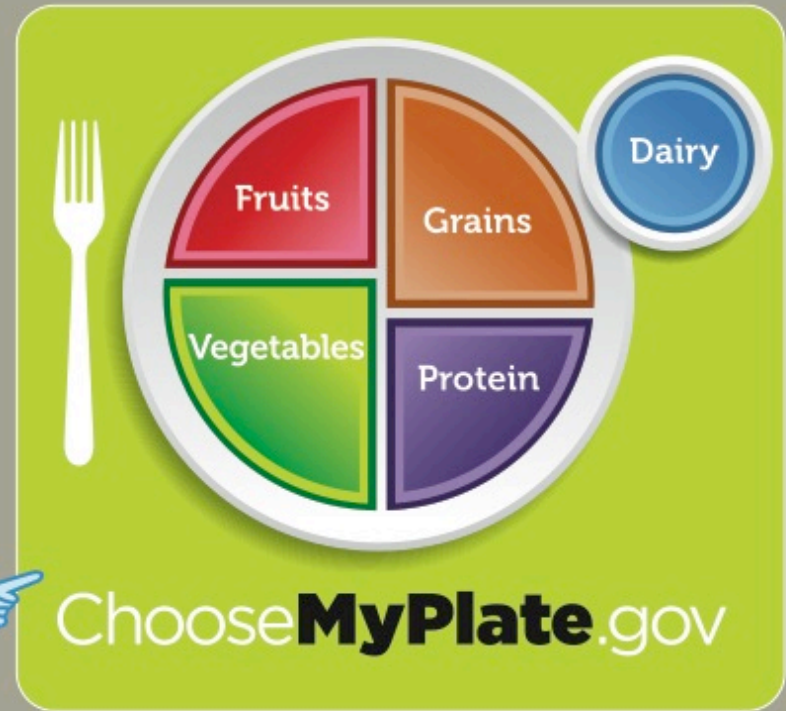
Completed testing, by County

As of March 25, 2018



One more thing ...

Hey!
Water should
be on there



Make it a beverage of choice



Next steps:

- Nomination process for DGAC
- Continue to educate
- Comments to USDA



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DrinkingWaterAlliance.org



[RESEARCH](#)

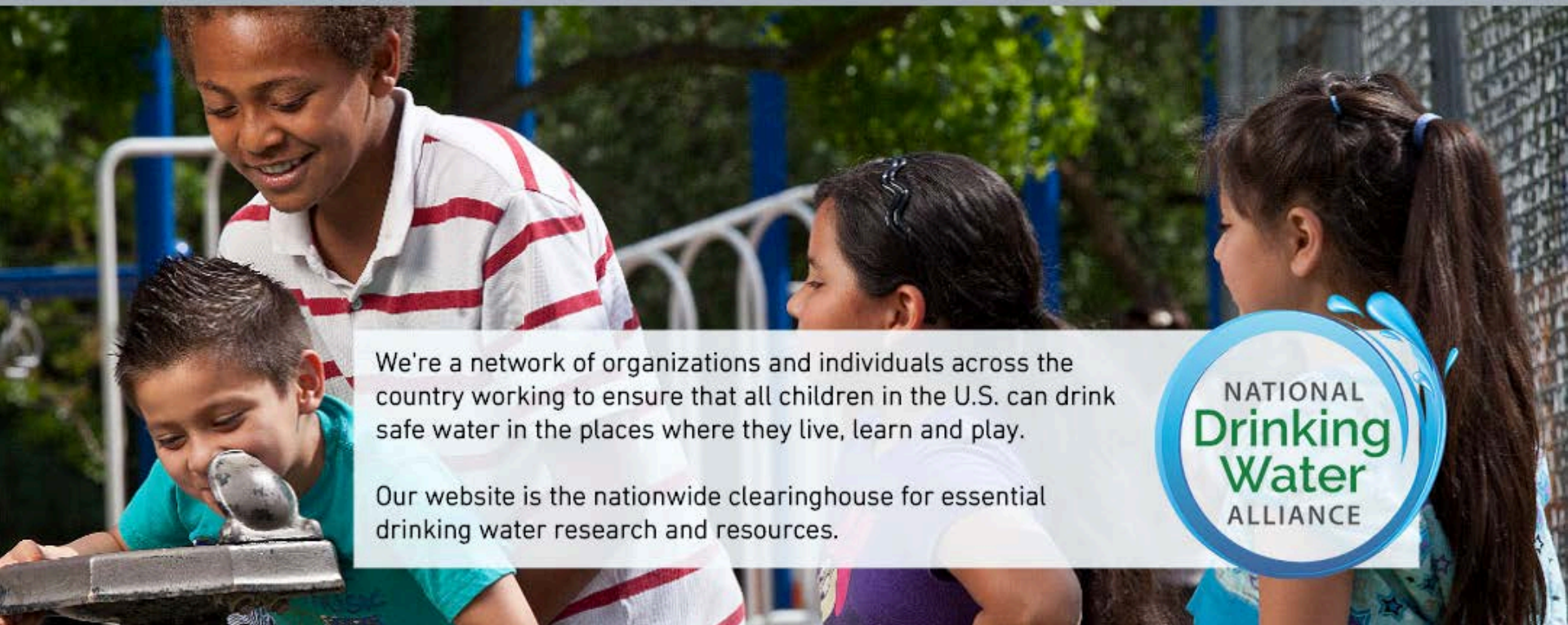
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[SAFETY](#)

[ACCESS](#)

[EDUCATION](#)

[ABOUT](#)



We're a network of organizations and individuals across the country working to ensure that all children in the U.S. can drink safe water in the places where they live, learn and play.

Our website is the nationwide clearinghouse for essential drinking water research and resources.





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