



# Healthy and Active Before 5

## Healthy Beverage Policy

*The implementation of this policy is to help address the increasing obesity rate in children in Contra Costa County.*

### Rationale

#### Creating healthier food environments in our Parent Education Programs.

- Recent research shows that people who drink one or more sodas or other sweetened beverages every day are **more likely to be overweight or obese** than those who do not consume these drinks.
- **41% of Contra Costa kids ages 2-11 drink one or more sodas each day.** The same is true for 47% of Contra Costa children ages 12-17.
- Recent reports show that 15.9% percent of low-income children age 2-5 in Contra Costa are obese, and another **16.3% of preschoolers are considered overweight.**
- We are concerned because children who are obese in the preschool years are **significantly more likely to be obese** as adolescents and adults.
- Rising obesity rates among children and adults could **cost Contra Costa County more than \$1.3 billion** annually in health care costs and lost productivity, according to a study released by the *California Center for Public Health Advocacy (CCPHA)*.

### Position Statement

**Martinez Adult Education strives to promote health and wellness for the children and families in our programs.**

**As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and providing healthy opportunities and choices to our community and clients. Therefore,**

- Our agency will not serve sugar sweetened beverages, or 100% fruit juice to children.
- Parents will not serve, or bring in daily snack, any sugar sweetened beverages, or 100% fruit juice.
  - *The only exception is parents providing diluted juice on a monthly (birthday or holiday) celebration day.*
- Water will always be provided.
- Alternative beverages for children might include healthy alternatives such as:
  - Carbonated water, flavored or unflavored, without sweeteners
  - Non-fat or 1% milk (plain, not flavored)
  - Consider serving whole fruit slices in place of 100% juice or flavoured punch

Additional tips and guidelines for healthy snacks can be found in the handbook on pages 49-60.