Drop the sugary drinks and visit us at health.baltimorecity.gov/RethinkYourDrink for more information. Be part of the movement to reduce diabetes, obesity and heart disease in your community!
Sugar-Sweetened Beverages

→ Sugary drinks, aka sugar-sweetened Beverages (SSBs), are beverages that contain added caloric sweeteners of any kind.

→ Drinking SSBs can lead to excess caloric intake, tooth decay, Type 2 diabetes, and obesity.

→ 50% of Americans consume at least 200 calories from SSBs a day.

→ 2 out of 3 American adults and 1 out of 3 children are either overweight or obese.

→ Children and adolescents consume more SSBs than any other group, and children in lower income households are most likely to consume at least two SSBs a day.

→ Children who consumed at least one SSB a day are 3 times more likely to be overweight than children who consume no SSBs

→ As of 2012, 31% of Baltimore City residents are obese and 13% suffer from Type 2 diabetes

→ 1 out of 3 Baltimore City school aged children are obese

→ 1 out of 4 Baltimore City school aged child drinks one or more soda a day

Water: The Healthy Option

→ Drink more water to avoid taking in too many calories and to improve your health.

→ Reduce your risk of serious health problems like obesity and type two diabetes.

→ It’s free out of the tap!

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ReThink Your Drink