

TAP IN TO WATER

WHY SUGARY DRINK FREE?

The World Health Organization recommends that ideally adults have no more than about **6** teaspoons of added sugar per day and children no more than **3 to 4**.

Regular consumption of sugary drinks increases the risk of obesity, diabetes, and tooth decay.

One or more sugary drinks per day increases the risk of developing type 2 diabetes by about 25%.

One or more sugary drinks per day increases a child's risk of being overweight or obese by 50%.



"Student attendance, engagement, achievement and health improved, and many students took messages on healthy eating and drinking back to their families."
- Yendarra School, January 2017

CHOOSE WATER OR PLAIN MILK

WHAKARITEA HE WAI, HE MIRAKA RĀNEI
KAUA E INU WAIREKA

IN 2016*

73%

OF STUDENTS IN THE BAY OF PLENTY AND LAKES HAD SUGARY DRINKS AVAILABLE TO BUY AT SCHOOL



FLAVOURED MILK AND JUICE WERE THE MOST commonly available sugary drinks in schools



30%

PRIMARY

50%

INTERMEDIATE

100%

SECONDARY

SCHOOLS HAD FLAVOURED MILK AND/OR JUICE AVAILABLE TO BUY

1 TEASPOON SUGAR = 4 GRAMS

600ml FIZZY DRINK may have 16 TEASPOONS SUGAR

750ml SPORTS DRINK may have 11 TEASPOONS SUGAR

350ml FRUIT JUICE may have 9 TEASPOONS SUGAR

350ml FLAVOURED MILK may have 8 TEASPOONS SUGAR



60% secondary schools had FIZZY DRINKS available to buy

LET'S MAKE ALL OUR SCHOOLS SUGARY DRINK FREE!

MAKE YOUR SCHOOL SUGARY DRINK free!

THE MINISTRIES OF EDUCATION AND HEALTH ARE ENCOURAGING SCHOOLS AND KURA TO BECOME SUGARY DRINK FREE.



THIS MEANS WATER AND PLAIN MILK ARE THE ONLY DRINKS THAT YOU PROMOTE AND PROVIDE IN YOUR SCHOOL. ENCOURAGING WATER OR PLAIN MILK AS THE PREFERRED OPTIONS FOR YOUR SCHOOL IS A VALUABLE STEP TOWARDS IMPROVING STUDENT HEALTH AND ACHIEVEMENT.



HOW DO WE MAKE OUR SCHOOL SUGARY DRINK FREE?

Gain commitment from your Board about your goal to become sugary drink free.

Provide students with access to free water throughout the school day and at events.

Review school canteen menus and remove any sugary drinks.

Exclude sugary drinks from any fundraising, sponsorship, class rewards, discos, celebrations, and sports days.

Ensure students, parents, and caregivers know not to bring sugary drinks to school.

Sports teams and other groups representing your school choose water or plain milk.

Have staff and visitors to your school model and promote water and plain milk as the preferred drink options.

Speak with local dairies and create a sugary drink free zone around your school.

Work with other schools in your area to achieve your goal to become sugary drink free.

For support to become sugary drink free, contact:

ttoenquiries@bopdhb.govt.nz