## TAP IN TO WATER



Serving Bay of Plenty and Lakes Districts

## WAY SUGARY ORINK 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%.

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

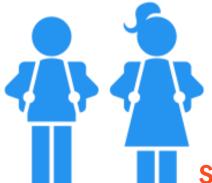
WHAKARITEA HE WAI, HE MIRAKA RĀNEI KAUA E INU WAIREKA

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

TEASPOON SUGAR = 4 GR

600m1FIZZY 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





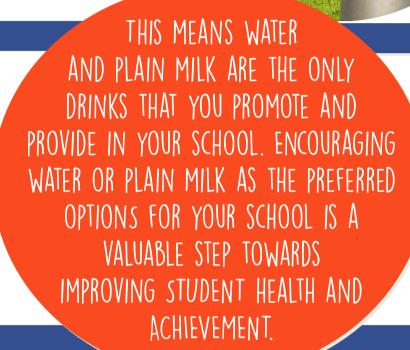
secondary schools had FIZZY DRINKS available to buy

LET'S MAKE ALL OUR SCHOOLS
SUGARY DRINK FREE!

\*Toi Te Ora - Public Health Service Drinks in Schools Report www.ttophs.govt.nz/vdb/document/1767

## MARE YOUR SCHOOL SUGARY DRINK-COOL

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



HOW DO WE MAKE OUR SCHOOL SUGARY DRINK

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











