



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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Press Release

Public Health Services' Nutrition Program Hosted 'Rethink Your Drink Day' Events in Support of Healthy Beverage Habits

FOR IMMEDIATE RELEASE:

May 22, 2018

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(Hollister, Calif.) –As we approach the hot summer months Public Health Services reminds community members to stay hydrated with healthy beverages such as water instead of sugary beverages. To reinforce this message Public Health Services, in partnership with the state funded program Champions for Change, hosted *Rethink Your Drink Day* in support of establishing and maintaining healthy beverage habits.

Community members 'refreshed' their beverage choices by participating in healthy habit-supporting activities that stress the importance of swapping out sugar-sweetened soda, energy drinks, or sports drinks with sugar-free options or water. Activities included: introducing infused water tasting at various schools in Hollister during lunchtime breaks, teaching students about sugar quantities in sugar-sweetened beverages, promoting healthy beverage messages through the media, and working with local retailers to provide healthy beverage incentives to shoppers.

"Water is hands-down the best way to stay hydrated and feel refreshed," says Dr. Gail Newel, Health Officer for San Benito County. "The *Rethink Your Drink Day* educational activities served as a fun, yet important reminder to be mindful about the beverages we drink, eliminate unnecessary sugars, and build a better, healthier beverage routine."

Beverages account for almost half (47 percent) of all added sugars consumed by the U.S. population¹, and people who drink one or more sugary drinks per day have a 26 percent higher risk for developing type 2 diabetes than those who do not drink sugary beverages or drink less than one serving a month².

"For information on how much sugar is in a favorite beverage, community members can go to the www.RethinkYourDrinkDay.com website," stated Erika Perez, Health Educator with the San Benito County program. "This educational resource has an interactive experience called the Beverage Breakdown where visitors can calculate the amount of added sugar in different beverages and learn about the impact of sugary drinks and the benefits of drinking

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water. Community members can also follow *Champions for Change* on Facebook for more creative ideas, helpful resources, and delicious recipes to support families on the path to better health.”

For more information on making healthy beverage choices, please call Public Health Services at (831) 637-5367; go to San Benito Public Health Services website <http://hhsa.cosb.us/publichealth/>, or www.RethinkYourDrinkDay.com

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¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

² Malik VS, Popkin BM, Bray GA, Despres JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care*. November 2010;33(11):2477-2483.