



American Heart Association | American Stroke Association®

life is why™



New Hampshire voters agree...children's over consumption of sugary drinks is a major problem.

90% of New Hampshire voters think children's over consumption of sugary drinks is a problem.¹



8 oz.



91% of voters find it concerning that: It is recommended that children over the age of 2 have no more than one 8-ounce sugary drink a week, yet **children today are consuming as much as ten times** that amount.



90% of voters find it concerning that: People who consume one or more sugary drinks per day have a **26% higher chance of developing adult onset diabetes**. It is estimated that one in three children born after 2000 and half of African American and Latino children will develop adult onset diabetes in his or her lifetime.



¹ Results: <http://newhampshire.heart.org/childrens-health-poll>



DON'T SUGARCOAT OUR FUTURE™



Sugary drinks are the single largest source of added sugars in the American diet. The average American consumes the equivalent of **39 pounds** of sugar each year from sugary drinks.¹

Sugary Drinks Affect Our Health

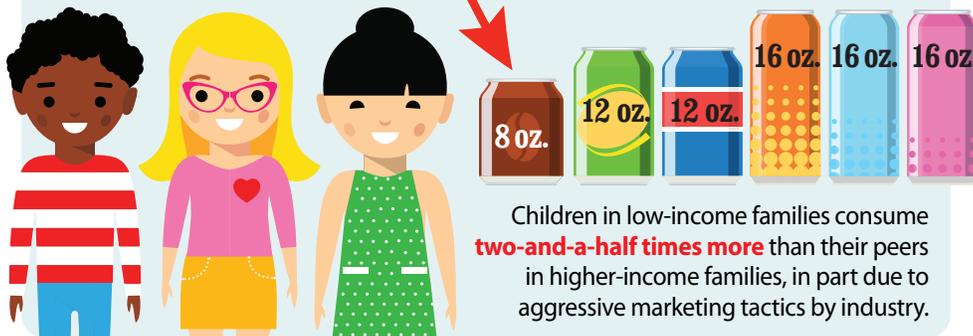
Consuming sugary drinks — fruit drinks with added sugar, sports drinks, energy drinks, and soda — poses a real health risk to kids. Sugary drinks have a unique and proven harm. Consumption is directly linked to expensive, chronic illnesses, such as type 2 diabetes, heart disease, and stroke. In fact, one-third of U.S. children are currently at an increased risk for developing these chronic diseases.² It's time we take steps to stop sugary drinks from hooking our kids!

Sugary drinks are too high in sugar for kids, yet it is usually the beverage served with children's meals. With more of us on the go, more and more families are eating away from home. The American Heart Association urges restaurants to **offer water, milk or 100% juice as the default choice with kids' meals**. The goal is to help kids and families see these healthy options as the norm, not the exception.

We also support examining whether policies such as **taxing sugary drinks, regulating consumption of sugary drinks in federal nutrition programs, and increasing access to water** can curb the consumption of sugary drinks, consequently improving the health of all Americans.

^{1,2} https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_474846.pdf

The American Heart Association recommends that children over the **age of 2** have no more than **ONE 8-OUNCE SUGARY DRINK A WEEK** — yet children today are consuming as much as **TEN TIMES** that amount.



Source: American Heart Association statement: Added Sugars and Cardiovascular Disease Risk in Children

Poll Methodology

In April 2017, the American Heart Association in New Hampshire contracted with Global Strategy Group to conduct a statewide public opinion poll of 601 registered voters. Geographic and demographic divisions of voters were properly represented, and both landline and cell phones were included.

About Us

The American Heart Association is devoted to saving people from heart disease and stroke — the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies and provide lifesaving tools and information to prevent and treat these diseases. The association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call the American Heart Association in New Hampshire at **(603) 263-8329**, visit heart.org/lifeiswhynh or follow us on Facebook, Twitter and Instagram.



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