

HOW THAT YOU KNOW, TAKE ACTION

1. Take the 30-day pledge to reduce your sugary drinks.
2. Learn more and sign up for IAPVO's monthly email alerts at PreventObesityIL.org.
3. Stay connected.

TAKE IAPVO ON FACEBOOK
FOLLOW @PREVENTOBESITYIL

THE ILLINOIS ALLIANCE TO PREVENT OBESITY

The Illinois Alliance to Prevent Obesity (IAPVO) is a statewide coalition comprised of a broad range of stakeholders working for a state-level response to the obesity epidemic. IAPVO works to shape and advance solutions to reverse dangerous obesity trends with the goal of reducing obesity rates in Illinois by 2018. IAPVO supports efforts that Illinois must respond to the obesity epidemic by developing coordinated systems, policy improvements and investments on the scale of the problem.

The Illinois Alliance to Prevent Obesity is sponsored by the Illinois Public Health Institute.

2018 MAPP Illinois Public Health Institute
1015 N. Dearborn Street, Suite 100, Suite 100
Chicago, Illinois 60610
(312) 658-4244
www.preventobesityil.org

Prepared with support from the Robert Wood Johnson Foundation and American Heart Association.



Rethink Your Drink Brochure

I pledge...

to **RETHINK MY DRINK** for 30 days by making an effort to decrease the number of sugary beverages and replace them with healthier alternatives like water each day.

#RethinkYourDrinkIL
www.preventobesityil.org

Name (printed) _____

Signature _____

Date _____

Illinois Alliance to Prevent Obesity
MAPP
American Heart Association
American Stroke Association

©2014, American Heart Association. Also known as the Heart Fund, IMHA.

Rethink Your Drink Pledge Card

RETHINK YOUR DRINK

DRINK RARELY, IF AT ALL

- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

DRINK OCCASIONALLY

- Diet sodas
- Low-calorie, low-sugar drinks
- 100% juice

DRINK PLENTY

- Water
- Seltzer water
- Skim or 1% milk
- Unsweetened coffee/tea drinks

STOP — Rethink Your Drink. Help end the suffering from diabetes, cancer and heart disease in your community.

www.preventobesityil.org #RethinkYourDrink

This message was funded in part by a grant from Robert Wood Johnson Foundation, an initiative of the Robert Wood Johnson Foundation and American Heart Association.

MAPP **Illinois Alliance to Prevent Obesity**

Rethink Your Drink Poster

Reconsidera tu Bebida

Rojo
Tome muy pocas veces, si acaso

- Sodas regulares
- Bebidas de energía o deportivas
- Cafés o téis azucarados
- Bebidas de fruta

Amarillo
Tome de vez en cuando

- Sodas de dieta
- Bebidas bajas en calorías y azúcar
- Jugo 100%

Verde
Tome bastante

- Agua
- Agua carbonatada
- Leche descremada o semidescremada

El tomar de bebidas azucaradas puede causar diabetes, hipertensión, y algunos tipos de cáncer. Estudios demuestran que haciendo las bebidas saludables más económicas y convenientes ayudan a que todos hagan decisiones saludables. ¡Decídase en VERDE hoy!

www.preventobesityil.org
#RethinkYourDrink

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Illinois Alliance to Prevent Obesity
MAPP

Rethink Your Drink Poster (Spanish)

SUFFERING FROM SUGAR

Sugar is our diet's contribution to diabetes, cancer and heart disease.

SUGARY DRINKS ARE THE #1 SOURCE OF ADDED SUGAR IN OUR DIET.

20 FL. OZ. SODA (74 mg)
16 FL. OZ. CRAPPAKE (74 mg)
16 FL. OZ. SWEET'N'UP (74 mg)
16 FL. OZ. FOUNTAIN (74 mg)

Suffering From Sugar Educational Card

SUGARY DRINKS ARE THE #1 SOURCE OF ADDED SUGAR IN OUR DIETS

- 46 MILLION Americans drink an average of 40 BOTTLES of sugary drink the next year.
- 27% Not one sugary drink per day increases an adult's risk of becoming overweight by 25%.
- 7+ Drinking 7+ BOTTLES sugary drinks a week would increase your risk of dying from cardiovascular disease.
- 16 tsp. 16.25oz. can of soda is 16 TEASPOONS of sugar.
- 1/3 1 out of 3 cancer deaths in the United States is linked to excess body weight, poor nutrition, and/or physical inactivity.
- 29% Not one sugary drink a day increases a child's risk of diabetes by 29%.
- 46 BILLION Sugary drinks contribute to high rates of diabetes, some cancers, obesity, and heart disease. That cost Americans over \$132.6B a year in unnecessary health care costs.

RETHINK YOUR DRINK
www.preventobesityil.org to learn more.

MAPP **Illinois Alliance to Prevent Obesity**

Sugary Drinks Infographic

Illinois Alliance to Prevent Obesity

Illinois Rethink Your Drink Toolkit

Updated November 2014

Rethink Your Drink Toolkit



Rethink Your Drink Water Bottle (Front & Back)