

SUGAR-SWEETENED BEVERAGES OVERVIEW AND KEY MESSAGES

Updated April 7, 2016

Effective May 2, 2016, Children's Minnesota will remove sugar-sweetened beverages and increase our healthy offerings as part of our mission to champion the health needs of children and their families. We are proud to offer better-for-you foods and beverages that support the health of our patients, families, visitors, employees, professional staff, volunteers and community members.

The following information is designed to help you share information about this change and answer questions about our sugar-sweetened beverages policy. Visit the [Children's | Be Well blog](#) for more background information.

Overview/stairwell speech:

At Children's Minnesota, we are dedicated to improving the health of children and families as well as one another. With obesity-related illnesses in children and adults on the rise, it's imperative that we evaluate the food and beverage options available across our facilities. Though there are many factors that contribute to obesity, research suggests that the consumption of sugar-sweetened beverages (SSBs) is one of them.

Effective May 2, 2016, Children's Minnesota will join the growing trend of children's hospitals and health systems eliminating sugar-sweetened beverages in our facilities. As a result, people will see changes to what we sell in our public areas and what we offer our patients and families. Our goal is to

help make the better-for-you choice the easier choice and motivate changes in behavior that lead to better health for all we serve.

Key messages:

- **Children’s Minnesota is dedicated to providing a culture of health for our patients, families, visitors, employees, professional staff, volunteers and the communities we serve.**
 - As a health care organization and a pediatric system, our fundamental mission is to champion the health needs of children and families. We are committed to making it easier and more convenient for individuals to choose better-for-you beverage options in our facilities.
 - We are also committed to building an employee culture and workforce that supports healthy behaviors and personal health. Our Children’s | Be Well program offers a variety of programs and opportunities to help individuals build and maintain healthy behaviors.
 - We also promote health and wellness in our community through programs such as Vida Sana and BearPower, aimed at health education for children and families.
- **Effective May 2, 2016, Children’s Minnesota will eliminate sugar-sweetened beverages (beverages that are sweetened with added sugars or other caloric sweeteners) in our facilities.**
 - This includes:
 - Soft drinks (pop or soda)
 - Fruit drinks
 - Sports drinks
 - Sweetened tea and coffee drinks
 - Energy drinks
 - Any other beverages to which sugar has been added
 - This does not include:
 - 100% fruit juices
 - Diet beverages
 - Milk and milk alternatives
- **As a result of this policy change, people will see changes in what we offer across our hospitals, clinics and administrative office locations.**
 - No SSBs will be sold in the cafeterias, coffee shops, vending machines, or gift shops or available on our catering menus.
 - We will increase our better-for-you beverage options so it’s easier to make the healthy choice the easy choice for all who visit and work in our facilities.

- Patient menus are being updated to remove SSBs; however, **inpatients and select outpatient areas will continue to have access to SSBs by care team recommendation, or family request.**
- Clinics and other departments that purchase beverages for patient/staff consumption will also abide by the new policy.
- Sugar-free syrups will be the default in the coffee shops, such as Jazzman's Café in Minneapolis and Ginkgos Coffee in St. Paul. Regular syrups will be available upon request. Sugar packets will still be available.
- Personal choice is valued, and individuals may bring in beverages from home.
- **Children's Minnesota has seen an increase in obese and overweight children and youth. This new health trend has resulted in chronic conditions once only seen in adults. As a pediatric health care organization that lives by our values to put "Kids first," we believe we have a responsibility to help families make more informed decisions about the beverages they consume.**
 - Sugar-sweetened beverages are the top source of added sugar in U.S. diets today.
 - Consuming too much sugar may increase the risk for obesity, diabetes, heart disease and some cancers.
 - As a health care organization, we should not be offering or promoting beverages to patients, families, visitors, employees, professional staff, volunteers or community members that contribute to chronic conditions.
 - Professional organizations such as the American Academy of Pediatrics, American Heart Association, American Medical Association and the Institute of Medicine have all called for a reduction in added sugars.
 - Many other health systems across the Twin Cities, region and country have, or are, taking steps to eliminate sugar-sweetened beverages from their facilities.
- **This policy change is part of a long-term effort to continue to evaluate our food and beverage options and model healthy behaviors.**
 - Also effective May 2, 2016, we will be removing the deep-fat fryer from our St. Paul Smith & Grand cafeteria. We presently do not have deep-fat fryers in our Minneapolis or at Children's Business Campus cafeterias.
 - We will also continue to expand our Children's | Be Well program using the results of our employee health assessment to shape programs that support well-being and quality of life.