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Shut Out Sugar References for Brochure Content

Sugar can be deadly.

CNN

Reporting on research presented at March 2013 American Heart Association Conference

<http://www.cnn.com/2013/03/19/health/sugary-drinks-deaths>

... obesity epidemic killing thousands of American each year.

Surgeon General.gov

Reports & Publications

“Overweight and Obesity: Health Consequences”

http://www.surgeongeneral.gov/library/calls/obesity/fact_consequences.html

Sugar-sweetened drinks are to blame for nearly half (46%) the added sugar in our diet.

American Medical Association

REPORT 5 OF THE COUNCIL ON SCIENCE AND PUBLIC HEALTH (A-12)

Taxes on Beverages with Added Sweeteners

(Resolution 417-A-11)

Page 1 Executive Summary

<http://www.ama-assn.org/resources/doc/csaph/a12-csaph5-sugartax.pdf>

Because it stimulates the same area of the brain, sugar can be as addictive as cigarettes or cocaine.

Houston Chronicle story regarding sugar addiction research done by Dr. Robert Lustig, a

California endocrinologist, with quote from Dr. Josh Septimus, a Methodist Internist.

<http://www.chron.com/life/article/sugars-might-be-just-as-addictive-as-cocaine-3480956.php>

NIH Study Sugar Addiction

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2235907/>

20% greater chance of heart attack 60% greater chance of childhood obesity

Harvard School of Public Health

Dept. of Nutrition Fact Sheet:

<http://www.hsph.harvard.edu/nutritionsource/files/2012/10/sugary-drinks-and-obesity-fact-sheet-june-2012-the-nutrition-source.pdf>

New York Times

“Risks: Sugary Drinks Linked to Heart Disease”

Reporting on study published in journal Circulation March, 2012

http://www.nytimes.com/2012/03/20/health/research/sugar-sweetened-drinks-linked-to-heart-disease.html?_r=0

25% greater risk for type 2 diabetes

Note: Although the Harvard School of Public Health Fact Sheet above states a 26% greater risk for developing type 2 diabetes, the article below credits a specific study published in the journal Diabetic Care that reports 25% greater risk. To credit a specific study, we used the 25% risk rate.

U.S. News & World Report

“Even 1 Soda a Day Can Hike Your Diabetes Risk”

Reporting on study published in journal Diabetes Care

<http://health.usnews.com/health-news/diet-fitness/diabetes/articles/2010/10/27/even-1-soda-a-day-can-hike-your-diabetes-risk>

You have to walk 3 miles to burn off calories from just one 20 oz. soda.

Scientific American

Monday March 18, 2013

“Tread Lightly: Labels That Translate Calories into Walking Distance Could Induce People to Eat Less”

<http://www.scientificamerican.com/article.cfm?id=labels-that-translate-calories-into-walking-distance>

Sugary drinks raise your cholesterol and blood pressure, which cause heart disease

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<http://www.ama-assn.org/resources/doc/csaph/a12-csaph5-sugartax.pdf>

Sugary-Drink Calories Add Up Fast!

Calories attributed to specific types of drinks pulled from the following sites:

Centers for Disease Control and Prevention

Rethink Your Drink charting

http://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Harvard School of Public Health

“How Sweet Is It?”

<http://www.hsph.harvard.edu/nutritionsource/how-sweet-is-it/>

Sugar Stacks.com

<http://www.sugarstacks.com/beverages.htm>

The American Heart Association recommends limiting added sugar to no more than 100 calories a day for women and 150 for men.

CNN

Reporting on research presented at March 2013 American Heart Association Conference
<http://www.cnn.com/2013/03/19/health/sugary-drinks-deaths>