Reducing Childhood Obesity in Denver
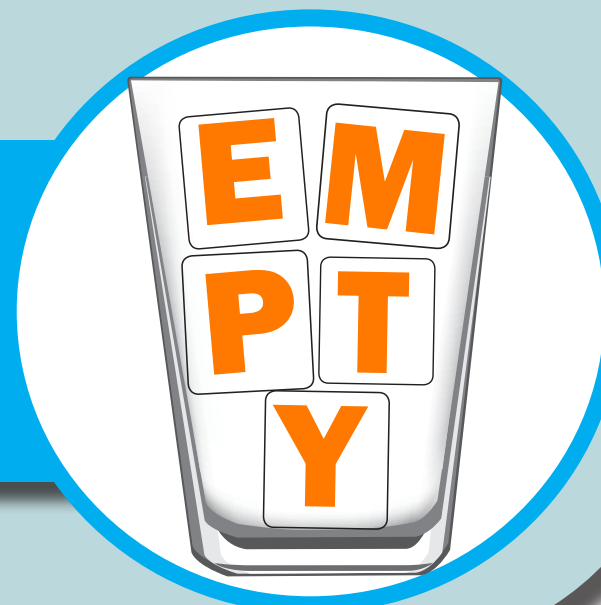
Denver Public Health

1 THE FACTS

1 in 6 children
in Denver is obese

1 in 4 children
drink more than 1 sugary drink daily

Sugar sweetened beverages are the
LARGEST source of empty calories for children

EMPTY

2 WHY IT MATTERS

$$$$

Obese children often become obese adults,
contributing to rising health care costs

Obesity is preventable:
healthy habits start early

3 WHAT WORKS

Reinforce healthy nutrition and physical
activity habits in childhood

Implement a warning label
on sugary drinks

WARNING!

4 BE PART OF THE SOLUTION

Become a Colorado Healthy Hospital
Compact Member

Contract

Help set a community standard to not
give sugary drinks to children

Join an existing campaign to quickly and
affordably promote drinking healthier beverages