Reducing Childhood Obesity in Denver

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

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

4 BE PART OF THE SOLUTION
Become a Colorado Healthy Hospital Compact Member
Help set a community standard to not give sugary drinks to children
Join an existing campaign to quickly and affordably promote drinking healthier beverages

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