



PRESS RELEASE



FOR IMMEDIATE RELEASE

Anderson Partnership for
Healthy Children/South Coun
HEAC

DATE: July 16, 2013
CONTACT: Mary Messier, RD at 245-6639

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical
Center

Redding Rancheria

Redding School District

Shasta College

Shasta County Office of
Education

Shasta County RTPA

Shasta Family
YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

Whiskeytown National
Recreation Area

Take the Pledge to Rethink Your Drink: Go H2O

SHASTA COUNTY - Did you know that a 20-oz. soda contains 22 packets of sugar and the average American drinks 50 gallons of soda and other sugary drinks each year? That equals almost 40 pounds of sugar or well over 70,000 extra calories per year.

Kick off your summer by taking the pledge to replace sugary drinks with water. If you take the pledge by September 22, you will be entered into a drawing to win three months of refreshing, bottled spring water (four 5-gallon bottles per month) and a dispenser, courtesy of Mt. Shasta Spring Water.

Why drink fewer sugary drinks? Empty calories from sugary drinks like soda, energy drinks and sports drinks are a major contributor to the obesity crisis. In Shasta County, 65 percent of adults and 29 percent of 7th and 9th graders are classified as overweight or obese and at risk for Type 2 diabetes, heart disease and high blood pressure.

Rethink Your Drink this summer. For more information, visit www.healthyshasta.org or call Mary Messier, RD at (530) 245-6639.