

Public facilities and events without sugar-sweetened beverages

A tool to achieve it.

Municipalities are increasingly recognizing that they have a role to play in preventing obesity and many diseases. Their interventions directly impact the environment and lifestyles of residents and can therefore promote health and well-being. There are many opportunities for municipalities to improve options and access to healthy food in the facilities they manage and the events they organize.

Overconsumption of sugar-sweetened beverages is a public health issue on which cities can take action. By reducing the number of places that offer or promote these products and by refusing to allow public funds to be used for these purposes, municipalities help reduce opportunities to consume these products. In addition, it must not be forgotten that the containers of sugary drinks, such as single-use bottles, have a major environmental impact and generate large amounts of waste.

Sugary drinks, obesity and health risks

Due to their effects on health and their contribution to obesity, sugary drinks are a concern of many actors in the health sector, including the governments of Quebec¹ and Canada. This problem is also recognized by renowned organizations such as the Institute of Medicine, the Centers for Disease Control and Prevention and the Heart and Stroke Foundation.

Weight problems in Quebec

In Quebec and Canada, the percentages of obese and overweight people are very high. Based on the most recent data from Statistics Canada, 59 % of adults and 30 % of youth ages 5 to 17 years are overweight.² Knowing that food quality is a significant factor in overweight and obesity, it is essential for various levels of government, such as the municipalities, to act within the framework of their powers so that their residents have access to healthier food environments.



Abundant scientific literature shows that **sugary drinks are linked to obesity** in adults and children, **as well as other health problems**,^{3,4,5} including:

- **type 2 diabetes;**
- **heart disease;**
- **metabolic syndrome;**
- **deterioration of dental health.**

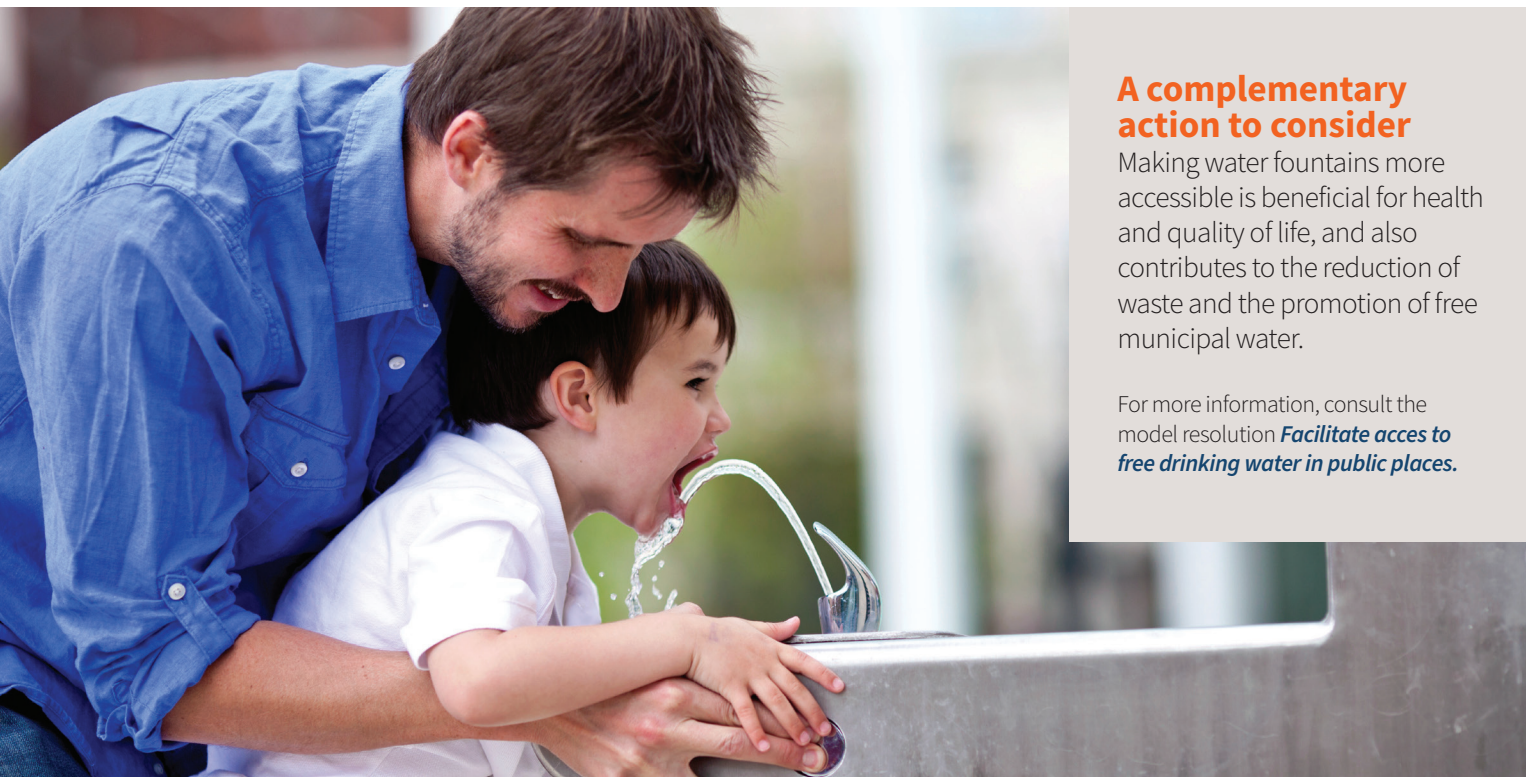
Excessive consumption

Sugar-sweetened beverages should be considered occasional foods. However, a large percentage of people in Quebec drink them every week, every day or even several times a day, which increases their risk of health problems. According to the Institut de la statistique du Québec (ISQ), 41 % of Quebecers 15 years and older consume them on a regular basis. This problem is particularly significant in youth. In fact, the ISQ reports that 63 % of teens aged 15 to 17 years are regular consumers.⁶

This vast category of products includes:

- **soft drinks;**
- **fruit drinks such as punch and cocktail;**
- **sports drinks**
(e.g.: Gatorade, Powerade, etc.)
- **energy drinks**
(e.g.: Red Bull, Monster, etc.)
- **vitamin/enriched waters;**
- **ready-to-drink, prepared cold teas and coffees;**
- **slushies**
- **flavoured milk drinks***

* Flavoured milks may contain some nutrients but they are also very sugary and should not be consumed every day. That's why they are sometimes excluded from the measures that apply to drinks with added sugar.



A complementary action to consider

Making water fountains more accessible is beneficial for health and quality of life, and also contributes to the reduction of waste and the promotion of free municipal water.

For more information, consult the model resolution *Facilitate access to free drinking water in public places*.

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A call to action

Municipalities that want to remove sugar-sweetened beverages from their facilities and the events they organize can use the model resolution suggested on the next page. To get involved in this movement, each municipality can adjust the motion to his specific needs. ■

References

1. Government of Quebec. Ministère de la Santé et des Services Sociaux (2016). Une politique gouvernementale de prévention en santé [A government policy of health prevention]. Found on December 18, 2017. publications.msss.gouv.qc.ca/msss/fichiers/2016/16-297-08W.pdf.
2. Statistics Canada (2017). Table 105-2023. Measured adult body mass index (BMI) (World Health Organization classification), by age group and sex, Canada and provinces, Canadian Community Health Survey - Nutrition. Found August 1, 2017 at www5.statcan.gc.ca/cansim/a26?lang=fra&retrLang=fra&id=1052023&pattern=&stByVal=1&p1=1&p2=31&tabMode=dataTable&csid=
3. World Health Organization (2015). Guidelines: Sugars intake for adults and children. Found January 10, 2018 at www.who.int/nutrition/publications/guidelines/sugar_intake_information_note_fr.pdf?ua=1
4. F.B. Hu and V.S. Malik (2010). Sugar-sweetened beverages and risk of obesity and type 2 diabetes: epidemiologic evidence. *Physiology & Behavior*, 100: 47-54.
5. V.S. Malik et al. (2010). Sugar-sweetened Beverages, Obesity, Type 2 Diabetes Mellitus and Cardiovascular Disease Risk. *Circulation*, 121: 1356-1364.
6. Institut de la statistique du Québec (April 2017). Qui sont les consommateurs réguliers de boissons sucrées? [Who are the regular consumers of sugary drinks?] *Zoom santé*, no.61. Found on December 18, 2017. www.stat.gouv.qc.ca/statistiques/sante/bulletins/zoom-sante-201704-61.pdf.

Model Resolution

Resolution No _____

SUGAR-SWEETENED BEVERAGES, MUNICIPAL FACILITIES AND EVENTS

WHEREAS lifestyles are strongly influenced by food options and municipalities have a significant role in the implementation of healthy food environments;

WHEREAS the obesity rate is concerning, and this condition affects public health, quality of life and well-being, in addition to incurring significant social costs;

WHEREAS the Government of Quebec cannot eliminate the obesity epidemic alone and must count on the contribution of municipalities;

WHEREAS the municipality wishes to be actively involved in promoting health and well-being by helping residents adopt a healthy lifestyle;

WHEREAS the municipality does not have the mandate to offer sugar-sweetened beverages to its residents;

WHEREAS the regular consumption of sugar-sweetened beverages is associated with obesity, diabetes, heart disease and dental decay;

WHEREAS sugar-sweetened beverages are available and accessible in many businesses;

WHEREAS like many organizations working in public health, the municipality is concerned about the overconsumption of sugar-sweetened beverages, especially by youth;

WHEREAS many municipal facilities, including sports and recreation sites, are very often visited by children and adolescents;

It is moved by _____, seconded by _____ (and unanimously resolved or resolved by majority vote) that:

The sale and distribution of sugar-sweetened beverages, i.e., any drink containing added sugar, be prohibited in facilities and public events of the municipality of (name of municipality)*.

** If the municipality has contractual obligations with sugar-sweetened beverages distributors, it is possible to adapt the resolution so that it applies when these contracts come to an end.*



Une initiative parrainée par l'Association pour la santé publique du Québec

For more information, contact:

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