



## FOR IMMEDIATE RELEASE

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**CONTACT:** Kimberly Wu (213) 413-1466 x409, [kwu@paralosninos.org](mailto:kwu@paralosninos.org)

### **PARA LOS NIÑOS AND CHAMPIONS FOR CHANGE HOST ‘RETHINK YOUR DRINK DAY’ EVENT IN SUPPORT OF HEALTHY BEVERAGE HABITS**

#### **Westlake Community Comes Together to Swap Sugary Beverages for Water**

Los Angeles, CA—More than 100 community members learned how to refresh their beverage habits during the *Rethink Your Drink Day ‘Cheers to Health!’* event on May 16, a Statewide Day of Action reiterating the importance of consuming healthy beverages like water. Hosted by Para Los Niños and Champions for Change, attendees participated in healthy habit supporting activities to advocate for the importance of swapping out sugar-sweetened soda, energy drinks, or sports drinks with sugar-free options or water.

“Water is hands-down the best way to stay hydrated and feel refreshed, especially as we move into the summer months,” says Kimberly Wu, Program Manager at Para Los Niños. “The *Rethink Your Drink Day* educational activities serve as a fun, yet important reminder for Para Los Niños community members to be mindful about the beverages they drink, eliminate unnecessary sugars, and build a better, healthier, beverage routine.”

Cheers to Health! *Rethink Your Drink Day* hydration-focused activities included:

- Sugar shocker calculating station
- Flavored Water Tasting station
- Zumba
- Healthy eating food demo
- Garden tips and education resources for parents in collaboration with our partner Growing Great

People who drink one or more sugary drinks per day have a 26 percent higher risk of developing type 2 diabetes than those who do not drink sugary beverages or drink less than one serving a month. By providing information on how to think differently about beverage consumption, Para Los Niños and Champions for Change continue to provide the almost 40 million California residents the tools they need to make good health a priority.

“Many of the community members were so engaged in the activities that they didn’t want to leave! There was so much to learn, especially about the sugar content of beverages such as energy drinks

and soda that specifically affects the younger population," said Alejandra Delfin, a community promoter with the Best Start Metro LA initiative.

The [www.RethinkYourDrinkDay.com](http://www.RethinkYourDrinkDay.com) website is an educational resource with an interactive experience called the Beverage Breakdown where visitors can calculate the amount of added sugar in different beverages and learn about the impact of sugary drinks and the benefits of drinking water. Para Los Niños community members can also follow Champions for Change on Facebook (@cachampionsforchange) for more creative ideas, helpful resources, and delicious recipes to support families on the path to better health.



The California Department of Public Health is a public health effort working with hundreds of partners and organizations to empower low-income Californians to live healthier lives through good nutrition and physical activity. Funding is from USDA SNAP. USDA is an equal opportunity provider and employer. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

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