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Make a healthy start in the New Year: Take the Soda-Free Sundays pledge

TOPEKA – To make 2014 a healthy year for all Kansans, Kansas Action for Children has launched a new statewide initiative to encourage individuals, families, organizations and businesses to take the Soda-Free Sundays pledge and to “Pass on Pop” each Sunday in 2014.

“Nearly one in three Kansas children is overweight or obese, and two in three adults in Kansas are overweight or obese,” said Dr. Sarah Hampl, medical director of weight management services at Children’s Mercy Hospital in Kansas City. “The start of the new year is a perfect time for all of us to make a commitment to living healthier. Passing on pop just once a week is a simple step we can take to help us reach that goal.”

So far, more than 150 people and organizations have taken the pledge, including the Kansas Health Foundation, the YWCA of Topeka and several county health departments.

Miss Kansas 2013 Theresa Vail has also taken the pledge to go soda-free on Sundays.

“Health and fitness have always been a priority in my life,” said Vail. “I’m taking the pledge to skip soda on Sundays, and I hope all Kansans will join me and help spread the word by sharing the pledge with their families, friends, churches and co-workers.”

Why should Kansans “Pass on Pop?”

- Obesity in Kansas is climbing – in fact, Kansas was just named the 14th most obese state in the country.
- One 12-ounce can of soda contains 10 teaspoons of sugar—that’s more than candy bar.
- Overconsumption of sugar-sweetened beverages can lead to health problems such as Type 2 diabetes and heart disease.

Take the Soda-Free Sundays pledge now at www.kac.org/passonpop or share your story on Facebook: www.facebook.com/passonpop.



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