

Rethink Sugary Drinks at work.

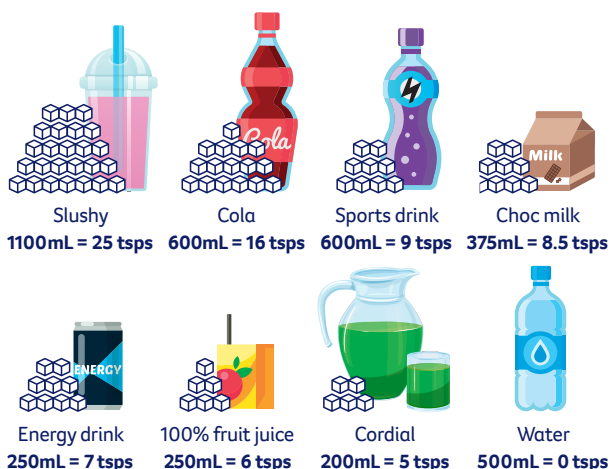


Did you know?

A regular 600mL bottle of soft drink contains around 16 teaspoons of sugar!

Regularly consuming soft drinks and other sugary drinks, such as energy drinks, fruit drinks, iced teas and sports drinks can lead to weight gain and obesity, increasing the risk of type 2 diabetes, heart disease, kidney disease, stroke and 13 different types of cancer. All that sugar can also lead to tooth decay.

Cancer Council SA recommends Australians reduce their intake of sugary drinks and choose water instead. Alternatively, reduced-fat milk is also a healthy drink option.



What workplaces can do about sugary drinks

Reduce the availability of sugary drinks in workplaces – and ensure water is readily available – to create a healthier environment for staff.

Help staff go sugary drink free

To help staff reduce their sugary drink consumption at work:

- If you have a canteen or cafeteria, place water or unsweetened drinks in an easy to- see position, and reduce exposure of sugar-sweetened drinks.
- Look at your catering. Consider providing only plain or sparkling water. Alternatively, offer additional tea and coffee with reduced-fat milk.
- Ensure you provide tap water or a water cooler that employees can easily access.
- Display Rethink Sugary Drinks posters in the workplace to raise awareness of the health impacts associated with sugary drinks. [Download and print here.](#)
- Give a Rethink Sugary Drinks presentation to staff on how reducing sugary drink consumption is good for their health. [Download free slides here.](#)

Create healthier vending machines

If your workplace has a vending machine, the healthiest step is to remove it. The next best alternative is to only stock it with water, reduced or low-fat milk and low-kilojoule beverages.

If this isn't possible, there are a few things you can do to help minimise the impact of sugary drink consumption:

- Make sure water, reduced or low-fat milk and low-kilojoule options are stocked at eye level. Place high-kilojoule beverages furthest from eye level.

- Stock water in at least two slots per machine.
- Offer sugary drinks in the smallest containers available (e.g. soft drinks in 200mL or 375mL cans instead of 600mL bottles).
- Make sure the vending machine does not have sugary drink advertising on it.
- Make the healthier choice the cheaper choice. Set lower prices for water, reduced-fat milk and low-kilojoule drinks.
- Consider a phase out approach where sugary drinks in the vending machine are slowly reduced over time and replaced with water.

For more information see our healthy vending machine guidelines factsheet.

To see if your vending machine measures up, use the Victorian Healthy Choices free online assessment tool.

Want to do more?

Help spread the word

Use your organisation's social media accounts, newsletters, blog, website or intranet to help Cancer Council SA raise awareness of the health impacts associated with sugary drinks.

Suggested content for newsletters, social media, websites and other channels is available to download here.

Tell us about your achievements

Cancer Council SA is eager to hear about how you're helping staff to rethink their sugary drinks. Tag us in your social media posts [facebook.com/CancerCouncilSA, instagram.com/cancercouncil_sa, twitter.com/CancerCouncilSA] or send photos and a brief summary of your achievements to prevention@cancersa.org.au

For more information

- For the latest sugary drink consumption data, research, case studies and other key information and resources, visit the For Professionals page on the Rethink Sugary Drinks website.
- Learn more about the health impacts of regular sugary drink consumption on the Facts page on our website.
- Email Rethink Sugary Drinks prevention@cancersa.org.au

Rethink Sugary Drink is a partnership between leading health organisations across Australia, to raise awareness of the amount of sugar in sugary drinks and encourage Australians to reduce their consumption. Visit www.rethinksugarydrink.org.au for more information.



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