

BTB Public Information



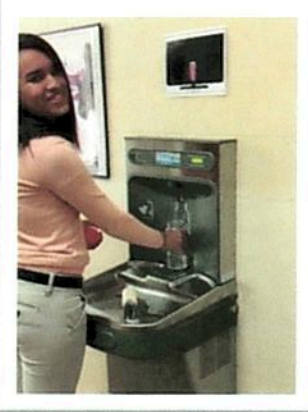
Bringing Tap Back Program Start Date:

Monday, November 4th

Website Post

According to Robert Wood Johnson Foundation's "The State of Obesity" report (2016), Tennessee youth aged 10-17 are the most obese teens in the country and consume upwards of 400 calories in sugary beverages each day.

To try and change that, our school is **Bringing Tap Back!**



The Bringing Tap Back (BTB) program is a 30-day campaign asking students to pledge to drink fewer sugary drinks - such as juice, flavored milk, sweet tea, and sodas - and more clean, filtered water, something students may not have access to at home.

To better help our students choose water over liquid sugar, students will now have access to sanitary water bottle refill stations that provide chilled, filtered water that comes with considerable health benefits at no extra cost!

BTB combines education about the health benefits of drinking water with the dangers of consuming too many sugar-sweetened beverages and the importance of water quality and waste reduction.

Sugary drinks account for a large portion of daily caloric intake. One chocolate milk has over 20 grams of sugar. To put it in perspective, that is like eating two entire Krispy Kreme doughnuts. One 20-oz bottle of Dr. Pepper contains 64 grams of sugar, making it equivalent to about 6-½ doughnuts. It is very easy to see how many youths are consuming about a quarter of their daily calories in liquid sugar.

Studies have shown that a new habit can be created in about 30 days, and over the upcoming pledge month, we want our students to be encouraged to drink more water, use their refillable water bottle, and discuss the risks of consuming too many sugar-sweetened drinks.

It is our hope that over those 30 days, students, staff, and parents all work together for a healthier Tennessee and support our children as they begin to make healthier choices.



Students will receive their own water bottle with the campaign. :)