



Fitness, Education, Nutrition
for a Better Life



May 2012

Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us



SODA QUIZ

Q. What is the average amount of soda Americans drink annually?

A. The average American consumes over 53 gallons of soda per year. This is close to a little over a gallon of soda a week.



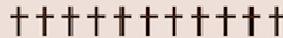
The health dangers of soda are not new. Soda consumption has been linked to an increased risk for heart disease and diabetes, as well as to rising rates of obesity. Recent research suggests that drinking soda can actually trigger sweet cravings by dulling your sensitivity to sweet tastes, sparking a vicious cycle of eating sweet foods and drinks. As taste satisfaction levels drop; the more sweet foods are consumed. Even sugar-free or diet sodas are not good - they trick the body into craving the same sweet tastes as regular sodas.

A SIP OF SODA: HOW SOFT DRINKS IMPACT YOUR HEALTH

ASTHMA

Sodium benzoate, found in sodas, is used as a preservative (microbial control) in foods. Sodium preservatives add sodium to the diet and reduce the availability of potassium. Some reported reactions to sodium benzoate include recurring urticaria (rash), asthma, and eczema.

Each day 11 Americans die from asthma



The annual cost of asthma to the healthcare system is estimated to be nearly \$18 billion



KIDNEY ISSUES

Colas contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.

You are more likely to get kidney stones if you are:



SUGAR OVERLOAD

Twenty minutes after drinking a soda, your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar into fat.

Forty minutes later, caffeine absorption is complete. Your pupils dilate; your blood pressure rises; as a response, your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked, preventing drowsiness.

45 minutes later, your body ups your dopamine production, stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

OBESITY

The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.6 times.

70% of Cardiovascular disease is related to obesity



42% of breast and colon cancer is diagnosed in obese individuals



30% of gall bladder surgery is related to obesity



DISSOLVES TOOTH ENAMEL

Sugar and acid in soft drinks easily dissolve tooth enamel.



When tooth decay reaches the nerve, the root, and the area at the base of the tooth, the tooth may die and, if left untreated, an abscess can develop.

HEART DISEASE

Most soft drinks contain high fructose corn syrup, a sweetener that's recently come under considerable scrutiny. High fructose corn syrup has been associated with an increased risk of metabolic syndrome, a condition associated with an elevated risk of both diabetes and heart disease.

In 2006, more than one in every four deaths were caused by heart disease.



REPRODUCTIVE ISSUES

Soft drink cans are coated with a resin that contains BPA (bisphenyl-A). This is the same cancer causing chemical found in plastic baby bottles, water bottles, and plastic containers that wreaks havoc on the endocrine system, potentially causing premature puberty and reproductive abnormalities.



99.9% of plastic bottles contain BPA.

OSTEOPOROSIS

Soft drinks contain phosphoric acid and a high phosphate diet has been associated with bone breakdown and an increased risk of osteoporosis. When phosphorus is excreted in the urine, it takes calcium with it, depriving the bones and the rest of the body of this important mineral.

Eighty percent of those affected by osteoporosis are women. Twenty percent are men.



INCREASED RISK OF DIABETES

Those who drink more soda have an 80% increased risk of developing Type 2 diabetes.

Approximately 1 in 10 health care dollars is spent on diabetes



Sources: AssociatedContent.com | Waterforlifeusa.com | Ionizers.org | NYTimes.com | Hellum.com | AAFA.org | KidneyFund.org | CDC.gov | Nutrition.Suite101.com | AmericanHeart.org | Chetday.com | NOF.org | Information provided by TermLifeInsurance.org



Kicking the Soda Habit....

Spruce Up Water

Flavored waters have been popping up everywhere, but many still contain sugar or artificial sweeteners. A healthier choice is natural flavoring: Just add slices of your favorite fruits and veggies - lemons, oranges, watermelon, cucumber, mint, or limes - to a pitcher of ice-cold water for a refreshing and flavorful drink. Another great option is to put chopped-up fruit in an ice cube tray, add water, and freeze. Place these colorful fruit cubes in your beverage for instant flavor and color!



Go Natural With Green Tea

Studies of green tea have shown that it may help reduce the risk of several types of cancer, heart disease, hypertension, kidney stones, and possibly even cavities. In addition to this, green tea is calorie-free (if you have it without milk or sugar) and naturally high in antioxidants. You can pick any flavor you enjoy, because green tea is available in many varieties. It can be enjoyed hot or iced, and if you want a little sweetening, a few drops of honey will serve you well.

Juice + Seltzer = Jeltzer!



There's no need to purchase sugary sodas or pricey vitamin-enhanced waters, which also pack calories. Mixing 100 percent juice with seltzer yields a tastier, healthier, and less expensive drink. A thick, tart juice, such as cranberry, pomegranate, or grape, makes for a great jeltzer base in addition to supplying health benefits. Studies have shown that cranberry juice might protect against urinary tract infections and kidney stones; pomegranate juice is a great source of vitamins C and B; and grape juice has antioxidants that may help protect your brain and blood vessels. Mix one part juice with three parts seltzer to create this light and bubbly concoction.

Drink Your Vegetables!

Vegetable juice offers a quick, low-calorie way to get all the benefits of veggies. It also contains much less natural sugar than fruit juices. But vegetable juice can be high in sodium, so opt for a low-sodium version whenever possible. Better yet, make your own fresh juice easily at home with a juicer. Simply add your favorite veggies, and even a few slices of fruit if you want to sweeten your drink, to the juicer - no chopping required! If you prefer a little kick, add some black pepper and a drop of hot sauce.

Move Over, Milk — Time for Soy

Soy beverages are naturally sweet and are now offered in a variety of flavors, including almond, chocolate and vanilla. They are a great alternative to milk for those who are lactose intolerant or those who don't consume dairy. Studies on soy's benefits show that soy milk may reduce your risk for heart disease and osteoporosis. Look for low-fat, unsweetened soy beverages to reduce calories while enjoying a healthy, great-tasting beverage! Also, pick soy milk that has been fortified with nutrients such as calcium and vitamin D, especially if you're drinking it as a substitute for cow's milk.



Hands-Only CPR, No Excuses



The next Hands-only CPR class is on Thursday, May 24, 7-9 p.m. at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.

The Wakulla County Health Department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. The kiosk and electronic referral system were made possible through a grant sponsored by the Blue Foundation of Florida. There is no charge to use the kiosk.

