

Which strategies help cut consumption of sugary beverages in young children?

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More information: *Obesity Reviews* (2018). [DOI: 10.1111/obr.12741](https://doi.org/10.1111/obr.12741)



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An *Obesity Reviews* analysis of published studies reveals strategies that can successfully reduce the consumption of sugar-sweetened beverages in young children.

Successful strategies included in-person individual education, in-person group education, passive education (e.g., pamphlets), use of technology, training for childcare/healthcare providers, and changes to the physical access of beverages.

The analysis included 27 studies that were conducted exclusively among children aged 0 to 5 years to reduce consumption of [sugar-sweetened beverages](#).

"Although we've seen some declines in the past decade, sugar-sweetened beverage consumption among [young children](#) in the United States remains unacceptably high," said lead author Kelsey Verdammen, of the Harvard T. H Chan School of Public Health. "Since these drinks have been linked to weight gain and other [negative health effects](#), it is critically important to identify successful strategies to reduce consumption."

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