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# **Children’s Hospital Colorado Promotes Access to Healthy Foods and Beverages**

## All locations phase out sugar-sweetened beverages as part of Healthy Hospital Initiative

**Aurora, Colo. (July, 18 2017)** – Children’s Hospital Colorado (Children’s Colorado) is pleased to announce that as part of the [Healthy Hospital Initiative](https://www.childrenscolorado.org/your-visit/our-hospital/healthy-hospital/), all locations have phased out sugar-sweetened beverages. These beverages, such as soda and sports drinks, have been replaced with healthier options in cafeterias, micro-markets and vending machines at all Children’s Colorado locations throughout the state.

Liquid sugar, like that in soda and sports drinks, is the largest source of added sugars in the American diet. Growing evidence shows that eating too much sugar over time can cause serious health problems, including cavities, obesity, type 2 diabetes and heart disease.

Sugar-sweetened beverages are drinks that have added sugar or other sweeteners. They include:

* Carbonated drinks with added sugars (soda/pop)
* Fruit drinks
* Sports drinks
* Pre-sweetened tea and coffee drinks
* Energy drinks
* Any other drinks with added sugar, high-fructose corn syrup, evaporated cane juice, honey, or other caloric sweeteners

“We are excited to have joined other hospitals across the country in removing sugary drinks and adding healthier drink choices at Children’s Hospital Colorado,” said Katie O’Connor, Health Promotion Programs Manager at Children’s Colorado. “In addition, we believe we have a responsibility to model and advocate healthy behaviors within our organization and throughout the community. When we take accountability for our health in our daily choices, we lead by example, and our bodies and minds are better equipped to weather personal health challenges that may lie ahead.”

The Healthy Hospital Initiative promotes access to healthy foods and beverages. Children’s Colorado is committed to supporting the health of patients, families, visitors and team members by increasing access to a variety of healthier options. However, team members, patients and families will still be allowed to bring in their own sugar-sweetened beverages if they wish.

Visit [Children's Hospital Colorado](https://www.childrenscolorado.org/your-visit/our-hospital/healthy-hospital/) for more information.

**About Children’s Hospital Colorado**Children’s Hospital Colorado (Children’s Colorado) has defined and delivered pediatric health care excellence for more than 100 years. Founded in 1908, Children’s Colorado is a leading pediatric network entirely devoted to the health and well-being of children. Continually acknowledged as one of the nation’s outstanding pediatric hospitals by *U.S. News & World Report,* Children’s Colorado is known for both its nationally and internationally recognized medical, research, education and advocacy programs, as well as comprehensive everyday care for kids throughout Colorado and surrounding states. Children’s Colorado is the winner of the 2015 American Hospital Association-McKesson Quest for Quality Prize, and is a 2013-2016 Most Wired hospital according to *Hospitals & Health Networks* magazine. Children’s Colorado also is recognized for excellence in nursing from the American Nurses Credentialing Centers and has been designated a Magnet® hospital since 2005. The hospital’s family-centered, collaborative approach combines the nation’s top pediatric doctors, nurses and researchers to pioneer new approaches to pediatric medicine. With urgent, emergency and specialty care locations throughout Metro Denver and Southern Colorado, including its campus on the Anschutz Medical Campus, Children’s Colorado provides a full spectrum of pediatric specialties. For more information, visit [www.childrenscolorado.org](http://www.childrenscolorado.org) and connect with Children’s Colorado on [Facebook](http://www.facebook.com/childrenshospitalcolorado), [Twitter](http://twitter.com/ChildrensColo) and [Pinterest](http://pinterest.com/childrenscolo/).

Children’s Hospital Colorado complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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