
American Medical Students Association

AMSA No Soda Day

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<http://www.amsa.org/hp/nosoda.cfm>

AMSA is planning a national "No Soda" Day, a day where medical students, residents, and physicians alike will speak out against the detrimental effects of liquid sugar on our children, our country, and the obesity epidemic. We hope to increase awareness about the negative affects of soda. We hope to get soda out of our schools and hospitals. We hope the soda industry will stop its advertising to children.

How to Take a Stand Be an Advocate for a Day... Or Longer

In the spirit of direct action movements, AMSA members will refrain from consuming carbonated beverages for a day... or longer. We will wear stickers proclaiming our stance. We will educate others on the dangers of drinking carbonated beverages. We will tell our hospitals to get rid of these beverages. We will advocate to get soda out of our schools and stop the beverage companies' advertising to children.

FAQ:

1. Can I drink diet soda? Since this event is mainly about obesity, it would appear ok to drink diet soda. However, the name of the event is "No Soda" day and it might get confusing if you are wearing a sticker saying "I'm not drinking Soda" and you're sipping some Diet Coke. Additionally, there are negative affects of carbonated beverages on bone health and other health markers. So we are trying to make the event totally soda free. You can do it for a day!
2. Do you have any references on the relation between soda and obesity? See Below: Get Educated
3. Isn't obesity caused my multiple factors? Why are you picking on soda? Yes. Obesity is caused by many factors. We choose one. We have to start somewhere. There are good data on the relation between soda and adverse health affects. There are more years for more "No (fill in your favorite food)" Days.

GET EDUCATED

Read the Medical Literature on the ill effects of soda.

See References Below:

- SODA is associated with obesity in children. Each serving increase in sugar sweetened beverages is associated with:
 - A 0.24 kg/m² increase in BMI and
 - A 1.6 greater odds of being obese[More](#)
- SODA and other sweetened drinks are associated with the displacement of milk from children's diets, higher daily energy intake, and greater weight gain. [More](#)
- SODA is associated with a greater magnitude of weight gain and an increased risk for development of type 2 diabetes in women. [More](#)
- SODA consumption seems to be inversely related to BMD at the dominant heel in girls. [More](#)
- The increase in the consumption of SODA has led to an increased the risk for dental caries and a host of systemic complications. [More](#)

For more information, see the AMSA website at:

<http://www.amsa.org/hp/nosoda.cfm>