



Connie Beck, Director  
Social Services | Public Health | Mental Health

## news release

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May 14, 2018

### Rethink Your Drink Day supports healthy habits

Learn how to reduce sugar intake and improve overall health at Rethink Your Drink Day on Wednesday, May 16. Community residents can participate in this Statewide Day of Action right here in Humboldt County.

Join Healthy Communities, St. Joseph Health, Humboldt County and Changing Tides Family Services at Eureka Grocery Outlet Wednesday from 11 a.m. to 2 p.m. Enjoy fun, family-friendly activities like riding the smoothie bike, creating your own infused water, and playing "guess how much sugar is in the drink," to win free prizes. Healthy Communities is a division of the Public Health branch of the Humboldt County Department of Health & Human Services.

The U.S. Department of Health and Human Services says almost half of all sugar consumed in the country comes from sugary drinks such as soda, energy and sports drinks. Added sugars can contribute to weight gain and obesity. According to Humboldt County's Health Officer Dr. Donald Baird, more than 60 percent of adults in the county are overweight or obese which can contribute to numerous health problems.

Water is beneficial in staying hydrated and feeling refreshed. Rethink Your Drink Day serves as a reminder to eliminate unnecessary sugars and build healthier habits.

To find other local events and learn more, visit [RethinkYourDrinkDay.com](http://RethinkYourDrinkDay.com).

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