

Title of Intervention	Discouraging students from drinking soda.	
Website	http://www.eatsmartmovemorenc.com/TheEvidence/Texts/StratstoReduce Sugar Sweetened Bevs.pdf	
Intervention Strategies	Campaigns and Promotions, Group Education	
Purpose	Discouraging students from drinking sugar-sweetened beverages to prevent excessive weight gain.	
Populations	Fourth grade students in Brazil and 7-10 year olds in England.	
Settings	School-based	
Partners	Not mentioned	
Intervention Description	<p>1) 'The intervention was a one school year (7 months), healthy lifestyle education program using simple messages encouraging water consumption instead of sugar-sweetened carbonated beverages. Education was delivered via classroom activities; banners were hung promoting water consumption, and water bottles with the logo of the campaign were given to children and schoolteachers. Ten one-hour sessions of activities facilitated by four trained research assistants were assigned for each class. The activities required 20–30 min and teachers were encouraged to reiterate the message during their lesson. Classroom quizzes and games using water verses sugar-sweetened carbonated beverages as the theme, as well as song and drawing competitions, were promoted.'</p> <p>2) The Christchurch obesity prevention project in schools (CHOPPS) took place over one school year. 'The main objective was to discourage the consumption of “fizzy” drinks with positive affirmation of a balanced healthy diet.' Each classroom was given a one hour course per semester. All sessions were lead by the same person. Teachers assisted in the sessions and were encouraged to reiterate the message in lessons. 'The initial session focused on the balance of good health and promotion of drinking water. The children tasted fruit to learn about the sweetness of natural products. In addition, each class was given a tooth immersed in a sweetened carbonated cola to assess its effect on dentition. The second and third sessions comprised a music competition; each class was given a copy of a song (Ditch the Fizz) and challenged to produce a song or a rap with a healthy message. The final session involved presentations of art and a classroom quiz based on a popular television game show.'</p>	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Classroom teacher and a trained research assistant.
	Training:	Not mentioned
	Technology:	None
	Space:	Classroom

	Budget:	Not mentioned
	Intervention:	Promotional materials (water bottles, banners), and lesson plans.
	Evaluation	24 hour dietary recall, portable anthropometer, portable scales.
Evaluation	Design:	1) Randomized controlled trial 2) Cluster randomized controlled trial.
	Methods and Measures:	1)"Sugar-sweetened beverages and juice intake were measured through one 24 hour recall at baseline and another at the end of the trial. The main outcome was the change in BMI, measured at the beginning and at the end of the school year.' 2) BMI, waist measurements and a 3 day beverage recall were collected at baseline and post intervention.
Outcomes	Short term impact:	1) 'There was a statistically significant decrease in the daily consumption of carbonated drinks in the intervention compared to control. Among those students overweight at baseline, the intervention group showed greater BMI reduction compared with the control group, and this difference was statistically significant among girls.'
		2) Decreased consumption of carbonated beverages. "At 12 months the percentage of overweight and obese children increased in the control group by 7.5%, compared with a decrease in the intervention group of 0.2% "
	Long term impact:	Not measured.
Maintenance	Not mentioned. CDC strategies recommend school policies restricting sweetened beverages.	
Lessons Learned	Programs should include reduction in all sweetened drinks and not just soda.	
Citation(s)	1) Rosely Sichieri, Ana Paula Trotte, Rita Adriana de Souza, & Gloria V Veiga. (2009). School randomized trial on prevention of excessive weight gain by discouraging students from drinking sodas. Public Health Nutrition, 12(2), 197.	

	2) James J, Thomas P, Cavan D & Kerr D (2004) Preventing childhood obesity by reducing consumption of carbonated drinks: cluster randomized controlled trial. BMJ 328, 1237–1241.
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