



Drink to Your Health: UMHS Healthy Beverage Program

What is the Healthy Beverage Program?

The University of Michigan Health System sells only healthier beverage choices in its Hospitals and Health Centers, administrative buildings and Medical School. The drink choices affect all of our cafeterias, coffee kiosks, vending machines and inpatient dining options in all our Hospitals and Health Centers.

You are welcome to bring your own sugar-sweetened beverage to our buildings, but it's our hope that not offering these drinks for sale is one step toward supporting our community in choosing healthier beverages.

Why did you start this program?

In 2012, two-thirds of adults and one-quarter of teenagers in Michigan were either overweight or obese. As obesity, type 2 diabetes, cardiovascular diseases, and poor bone and joint health continue to rise across our nation we are also learning more about sugar-sweetened beverages and their effects. Studies have shown that sugary beverages, which are empty in nutritional value, but full of calories, are one of the major causes of these serious health issues. It's become clear that sugary beverages are a trap for many of us. It's very easy to consume a huge amount of calories from these drinks without feeling full.

We aren't the first hospital to make changes in the drinks we offer. Healthy beverage initiatives are starting in other hospitals across the country. To choose healthy beverage options, we look for drinks that offer a nutritional benefit or are unsweetened.

What beverages are included?

Beverages that are available include:

- Water
- Flavored or infused waters
- Milk
- Tea
- 100% fruit juice
- Diet soft drinks
- Coffee and sugar-free sweetened coffee drinks (sugar packets will be available)

Beverages we no longer sell or distribute include:

- Non-diet soft drinks
- Sugar-sweetened fruit drinks
- Sports drinks
- Energy drinks
- Sweetened teas
- Sweetened coffees

On occasion, a patient staying in the hospital may receive approval from their doctor to have special exceptions ordered, and we will keep a small stock available for these cases.

What are other options for healthy food choices at the University of Michigan Health System?

The beverages we choose are only one part of our wellness efforts. We encourage healthy choices in other ways. We provide “MHealthy” meal choices and greatly reduced fried foods and trans fats. We’re dedicated to the health of our community and will continue to explore the ways to improve it.

Where can I learn more about healthy beverages?

- **Rethink Your Drink** - website from the CDC at:
http://www.cdc.gov/healthyweight/healthy_eating/drinks.html
- **Drink Up** - website for water lovers featuring first lady Michelle Obama
<http://youarewhatyoudrink.org/>

Visit: <http://www.UofMHealth.org/drink> to learn more about our health system's program.

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