

AHEAD OF NOV. ELECTION, EVENT TO CHECK PULSE OF CALIFORNIA'S POLITICAL LANDSCAPE

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The Public Policy Institute of California is hosting a "2024 Speaker Series on California's Future," a preview event outlining the political landscape of the state and the nation ahead of the upcoming November elections. The event, which will be held Sept. 26 from 12 noon to 1 p.m., will include a panel of prominent political journalists who will assess the mood of the electorate and discuss themes and issues that are likely to shape the election outcome in November. The post Ahead of Nov. Election, Event to Check Pulse of California's Political Landscape first appeared on Post News Group.

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By Edward Henderson, California Black Media

The California Department of Public Health (CDPH) and **CalFresh Healthy Living**, the state's nutrition assistance program, recently launched a health campaign to illuminate the risks of drinking sugar-sweetened beverages and the health benefits of hydrating with water.



The **“Not So Sweet Side”** initiative encourages families to make informed decisions about the drinks they choose and to be aware of the sugar content present in them.

According to the campaign, consuming too much sugar has been associated with an increase in chronic conditions and diseases such as type 2 diabetes, heart disease and tooth decay. African Americans face a higher risk of developing diabetes mellitus, heart disease and tooth decay.

Dr. Redieat Assefa is a pediatrician at Riverside University Health Systems. She spoke at a webinar hosted by California Black Media introducing the campaign to ethnic media publishers across California.

Assefa underscored the importance of reading labels on sugary drinks you may consume and how to identify drinks that contain too much.

“When reading a nutrition label, there are a few key components that I would like us to consider. The first thing is the serving size of your sugary drinks. Is it one can? Is it one bottle? Then you go down to your total carbohydrates, which can be broken down to your fibers and sugary, added sugars or non-added sugars.”



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To simplify the process, compare the grams of sugar in a box of Apple Juice with preservatives that could be around 40 grams of sugar and that of natural juice which averages around 6 grams.

Assefa also added that research indicates that African American women who drink one to two sugary beverages daily have an increased risk of type 2 diabetes. Sugary drinks can lead to high blood pressure, hype, and hypertension, contributing to a greater risk of heart disease among African American young adult men who, on average, consume sugary beverages at a higher level than other groups.

Assefa pointed out that there are about 10 teaspoons of sugar in a single can of soda.

Dr. Maxmillian Chambers, a dental professional and public health advocate, also spoke on the panel promoting the campaign highlighting the impact sugary drinks can have on dental health.

"As we continue this dialogue, it's crucial to turn our focus to oral health, a key component of our overall well-being that doesn't often receive the attention it deserves. Sugary drinks are a significant contributor to tooth decay. Research shows that drinking more than two eight-ounce servings of sugary beverages per week can drastically increase the risk of cavities. And for our youth, particularly those aged 9 to 18, sugary drinks are primary sources of added sugar in their diets."

Lakeysha Sowunmi, a mom and public health advocate who has worked to influence state policy and mobilize communities, including churches, around health issues, said, "I work with families on a budget, for example, and help them understand CalFresh and the resources that are available. We talk about portion control. We talk about feeding big families."

The CalFresh Healthy Living Program is led by CDPH's Nutrition and Physical Activity Branch. To explore recipes, resources, and tips for making healthier beverage choices, visit

<http://uncoverhealthyhabits.com/>



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