

Improving Health outside the Hospital Walls

Week 1: Sugar Consumption Laura Schmidt, PhD

Resource List

Videos

Learn the Facts about Sugar - How Sugar Impacts your Health <https://youtu.be/XM0vyUUvO9E>

Sugar Science experts from UCSF share the latest research findings on sugar and its impact on health. Panelists: Laura A. Schmidt, PhD, MSW, MPH; Dean Schillinger, MD; and Cristin E. Kearns, DDS, MBA. The speakers make up the team of SugarScience.org, an organization at UCSF made up of uniquely qualified scientists from a wide spectrum of medical research specialties in some of the nation's top universities, including UCSF, UC Davis and Emory University. The event was hosted UCSF's Living Well initiative and moderated by Barbara French, Vice Chancellor, Strategic Communications & University Relations

Why we can't stop eating unhealthy foods <https://youtu.be/wTNIHyjip94>

Sugar scientist and UCSF professor of health policy Laura Schmidt questions whether consumers really do have freedom of choice – and what policymakers can learn from corporations in nudging consumers toward healthier behaviors.

Web Site

Sugar Science <https://sugarscience.ucsf.edu/>

An authoritative source for the scientific evidence about sugar and its impact on health. Developed by a team of health scientists from UCSF, the site reflects an exhaustive review of more than 8,000 scientific papers that have been published to date, with a focus on the areas where the science is strongest – specifically, on diabetes, heart disease and liver disease. The goal of SugarScience is to take this information out of medical journals and make it available to the public, to help individuals and communities make healthy choices.

Specific resources include a blog post about the impact of UCSF's Healthy Beverages initiative. <https://sugarscience.ucsf.edu/sugary-drink-ban-tied-to-health-improvements-at-ucsf-medical-center.html#.XkNMO2hKjIU>