



Americans Are Cutting Back on Sugary Drinks



Drinking lots of sugary beverages can wreak havoc on your health, but new research finds more Americans are turning away from those high-calorie drinks.

And that includes many people who used to drink large quantities of sweetened beverages -- the equivalent of 3.5 cans of soda daily.

"Our study found the percentage of children and adults who are heavy [sugar-sweetened beverage] drinkers has declined significantly over time," said study author Kelsey Vercammen. She's a doctoral degree candidate in the department of epidemiology at the Harvard T.H. Chan School of Public Health, in Boston.

For the study, the researchers reviewed data from the U.S. National Health and Nutrition Examination Survey from 2003 to 2016, studying responses from more than 21,000 children (aged 2 through 19 years) and 32,000 adults.

The investigators found that the percentage of heavy consumers of sugar-sweetened beverages -- 500 calories or more daily -- among children declined from 11% to 3%. The percentage of heavy sugar-sweetened beverage consumers among adults dropped from 13% to 9%.

"Our research team was particularly interested in looking at the heavy sugar-sweetened beverage consumers because these individuals are the ones who are obviously drinking the most sugar-sweetened beverages, so we think that they likely face the biggest health risks," Vercammen said.

Potential explanations for the recent steep decline in intake include the impact of beverage taxes imposed by local jurisdictions, ordinances that have required serving healthy beverages with children's meals instead of sugar-sweetened beverages, and public health campaigns about the harms of sugary drinks, Vercammen noted.

"We think that these efforts combined with the awareness that they have generated in the public may be driving some of the declines that we've seen in the recent years of data," she added.

For a couple of groups, the results were not as positive.

Adults aged 40 to 59 saw no reduction in heavy sugar-sweetened beverage consumption. Older adults had a slight increase in consumption. Adults who are Hispanic, but not Mexican, also had no reduction in consumption. Reasons could include that racial/ethnic minorities are often disproportionately exposed to and targeted for marketing of sugary drinks, Vercammen said. In addition, adults aged 40 to 59 grew up at a time when there was increasing availability and marketing of ultra-processed foods, she said.

According to Dr. Lona Sandon, program director in the department of clinical nutrition at University of Texas Southwestern Medical Center, "The habits we develop throughout young childhood and teenage years, we do tend to carry those eating habits throughout the rest of our life whether they're good or bad."

How do I know how much renters insurance to buy?



Tip to help choose accurate, appropriate limits for your personal property and liability coverage.

Couple moving and thinking through how much renters insurance they need

You've followed your rental guide and it's time to move in! Your furniture is in place, the utilities are hooked up, and your rental unit is starting to look like a home. Is renters insurance next on your to-do list? If you answered no, you're not alone. According to the Independent Insurance Adjusters & Brokers of America (IIABA), almost two-thirds of residential lessees in the United States don't carry

renters insurance.

Yet a renters policy is more important, accessible and affordable than you might think and in some cases, renters insurance is required by landlords. But renters are often unclear about what renters insurance is, what it covers and how much they need. *What Does Renters Insurance Cover?*

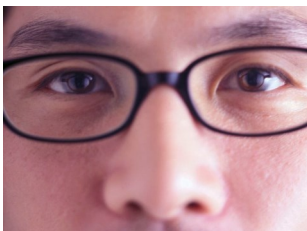
In short, renters insurance covers what you own. Most landlords' insurance only the building and damages due to negligence. Coverage for some of the most common causes of property damage and loss, such as theft, vandalism and fire, is entirely up to you. Without renters insurance, you may have to bear the financial burden of a loss on your own.

Most renters' belongings cost more than they think. In fact, the average person has over \$35,000 worth of belongings are probably not covered by a landlord's policy. Take a moment to add up the approximate cost of your computer, television, stereo, furniture, jewelry and clothing. If a fire gutted your apartment tomorrow, would you have the cash to replace it all?

Renters insurance also covers much more than just your personal property. The average policy can include up to \$100,000 in liability coverage. That means in the event of a covered loss your insurer will help cover the costs if you're held responsible for injuring another person or damaging another person's property, including your landlord's. Moreover, this coverage applies whether the incident occurred within your residence or elsewhere.

How Much Renters Insurance Do I Need? Renters insurance is relatively inexpensive. According to the Independent Insurance Agents and Brokers of America, Inc. (IIABA), the average renters policy costs just \$12 a month up to \$30,000 in personal property coverage. That's solid coverage for less than the cost of a few cups of coffee a week. Here are some tips to help you determine your insurance needs. Complete an inventory of your possessions. property coverage is probably the main reason most purchase a renters policy. The coverage will reimburse you for covered damage, loss or theft of your personal possessions up to a certain dollar amount, so you'll want to make sure you get that amount right. Completing a home inventory a good way to determine how much property coverage you need. This inventory lists your personal possessions, along with details about their age, purchase price or current value and other identifying information. For more on the article please visit: <https://www.statefarm.com/simple->

Do regular eyeglasses offer protection against Covid –19?



Eyeglasses keep you from tripping over footstools and walking into walls, but they also might have a side benefit to spark envy among those with 20/20 vision.

People who wear glasses every day might be less susceptible to COVID-19 infection, a Chinese study reports.

Only about 6% of 276 patients hospitalized for COVID-19 at Suizhou Zengdu Hospital in China needed to wear glasses daily due to their nearsightedness. But the proportion of nearsighted people in Hubei