

1 Policy on ~~Beverage~~ Vending Machines in Schools

2 Originating Council

3 Council on Clinical Affairs

4 Review Council

5 Council on Clinical Affairs

6 Adopted

7 2002

8 Revised

9 2005

10 Purpose

11 The American Academy of Pediatric Dentistry (AAPD) recognizes that targeted marketing ~~to~~ and easy
12 access to sweetened foods and beverages (acidulated carbonated and noncarbonated) ~~beverages~~ by
13 children and adolescents may ~~result in their increased consumption~~ increase the amount and frequency
14 of their consumption which, in turn, may contribute to an increased in caries risk and a negatively
15 influence to overall nutrition and health.

16 Methods

17 This policy is based on a MEDLINE search for the term “vending machines” and review of the American
18 Academy of Pediatric’s policy on soft drinks in schools”¹ and the US Department of Agriculture’s
19 (USDA) policy on school meals².

20 Background

21 There has been a reduction in untreated ~~dental~~ caries among certain demographic ~~levels~~ groups of
22 children and adolescents in recent years.⁴³ However, frequent consumption of refined carbohydrates
23 sugars in any beverage can be a significant factor in the child and adolescent diet that contributes to the
24 initiation and progression of ~~dental~~ caries.²⁴ Vending machines provide ready access to highly refined
25 carbohydrates, especially soft drinks.* Additionally, the The acids present in ~~these~~ carbonated beverages
26 can have a greater deleterious effect (erosion) on enamel than the acids generated by oral flora from the
27 sugars present in ~~the~~ sweetened drinks.³⁵ Many soft drinks also contain significant amounts of caffeine
28 which, if consumed regularly, may lead to increased, even habitual, usage.⁴⁶

29 There is growing concern that vending machine items with limited nutritional value are “competitive
30 foods” with menu items approved by the USDA for National School Meal Programs.⁷ In 2003, a study of
31 251 middle and high schools in 24 states found that 73% of the beverage and 83% of the snack options
32 were considered to be of poor nutritional quality.⁷ An effort is underway to increase the healthy choices
33 available in vending machines by replacing sugar-sweetened drinks with bottled water, candy bars with
34 nutrition bars, and potato chips with dried fruit and nuts.⁸

35 Increased consumption of ~~soft drinks~~ refined carbohydrates by children and adolescents may have a
36 negative impact on ~~their children's and adolescents'~~ overall nutrition by displacing foods with a higher
37 ~~nutritional value~~ nutrient density⁵⁹. Nutrient density refers to the amount of nutrients in a food as
38 compared to the calories. Foods low in calories and high in nutrients are nutrient rich (dense). Foods high
39 in calories and low in nutrients are of poor nutritional quality. As teenagers ~~girls~~ have increased their
40 consumption of soft drinks, their consumption of milk has decreased by 40%, which may contribute to a
41 decrease in bone density, subsequent increase in fractures, and future risk of osteoporosis.^{610,11} Increased
42 ingestion of sugar-sweetened drinks also has been linked to the increased incidence of childhood
43 obesity.⁷¹²

45 Many beverage and snack food products are targeted specifically and aggressively at the child and
46 adolescent market. Vending machines containing these products ~~beverages~~ are readily accessible to
47 children and adolescents in schools. In exchange for money to the individual school or districts, "pouring
48 rights contracts" give beverage companies exclusive rights to sell their products at school events and
49 place vending machines on school property, along with other measures that increase student exposure to
50 the beverages.⁸⁻¹⁰¹³⁻¹⁵ Presently, several states have legislation and others are considering legislation to
51 limit pouring rights contracts to healthier options.¹⁵

52 Policy statement

53 The AAPD:

- 54 1. encourages collaboration with other dental and medical organizations, governmental agencies,
55 education officials, parent and consumer groups, and corporations to increase public awareness of
56 the negative effects of frequent and/or inappropriate intake of sweetened ~~carbonated and~~
57 ~~noncarbonated~~ drinks (carbonated and noncarbonated) and low nutrient dense snack foods on
58 infant, child, and adolescent oral health, nutrition, and general health;
- 59 2. opposes any arrangements that may decrease access to healthy ~~beverage~~ nutritional choices for
60 children and adolescents;
- 61 3. encourages school officials and parent groups to consider the importance of maintaining healthy
62 choices in vending machines in schools and encourages ~~ing~~ the promotion of food and beverages of
63 high nutritional value; ~~cans should be preferred over bottles of soft drinks since they cannot be~~
64 ~~recapped for convenient later consumption throughout the day;~~ bottled water always should be
65 available at the same place that soft drinks are offered;
- 66 4. promotes educating and informing the public about the importance of good oral hygiene and
67 nutritional habits as they pertain to ~~soft drink~~ consumption of items available in vending machines.

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