



American Heart Association.

EmPOWERED to Serve™

# Make Life Sweet, Not Your Drink

## LESSON PLAN

### Call to Action

**Choose water first to quench your thirst.** Avoid sugary drinks, like energy drinks, sweetened tea and coffee and soda. Advocate for healthy drink options, like clean drinking water, to be available in public places.

### Community Need

Sugary drinks are the single largest source of added sugars in the American diet. They're also a major contributor to the increasing rates of heart disease and Type 2 diabetes, and they may influence cognitive functioning.

- Most Americans consume nearly 20 teaspoons of added sugar each day. That's triple the recommended amount for women and double the recommended amount for men.
- Every week, children are consuming 10 times more sugary drinks than the AHA recommends. Kids are taking in over 30 gallons of added sugars annually from beverages alone. That's enough to fill a bathtub!
- Nearly 50% of children ages 2 to 5 have at least one sugary drink daily.
- People who regularly drink sugary drinks — like sweetened tea and coffee, energy drinks and soda — are at increased risk of heart disease, Type 2 diabetes, excessive weight gain, obesity and tooth decay.
- Sugary drink companies target their marketing at communities of color. People of color often have less access to clean water and nutritious drinks, such as low-fat milk. And, with the addition of predatory marketing practices, they consume sugary drinks at a high rate.



### Three Important Points

Our lives are very busy and many of us are on information overload. That's why we'll focus on three key messages:



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- Sugary drinks are a major contributor to the increasing rates of heart disease and Type 2 diabetes.
- Choose water first to quench your thirst.
- Healthy drink options should be easily accessible and affordable for everyone.

### Preparing for the Lesson

- Budget at least 30 minutes to present the lesson.
- Review the speaker notes prior to the lesson to be familiar with the information and know what additional resources are used.
- View the YouTube video featured in the lesson at: [https://www.youtube.com/watch?v=thv4\\_lNgodE](https://www.youtube.com/watch?v=thv4_lNgodE)
- If handouts are referenced in the presentation, we recommend distributing the pages prior to beginning the lesson.
- Additional resources are available on the Resources List pdf. These could be added to lengthen the presentation or provide ideas for small group discussion. You may also provide the Resources List pdf to the attendees so they have links to information discussed in the lesson.

### Program Materials

*No access to a computer projector? Print the slides and use them as a script to deliver your health lesson.*

- Flip chart and markers.
- Handouts (one copy per participant):
  - Sip Smarter infographic <http://bit.ly/3cekyiu>
  - Decreasing Sugary Drink Consumption Fact Sheet <http://bit.ly/2wd7BVA>
- Goody bags (optional): Reach out to local businesses, such as hospitals, wellness centers, local clinics and other health organizations. Ask them about donating giveaways for participants. Also, check out the American Heart Association online store (ShopHeart.org).



## **Audiovisual Needs**

- Projector for PowerPoint slides.
- Internet connection (optional).

## **Wrap-Up**

Reminder! Once your participants have left, be sure to complete the Questionnaire.

## **Slide Program with Talking Points and Discussion Questions**

The “Presenter’s Notes” section of the PowerPoint presentation includes scripted comments for the lesson. Use these to help walk through the lesson. To engage participants, the talking points also include discussion questions. For your reference, here is a list of the discussion questions:

- Are you surprised by these numbers? (In response to telling the group that there are 14 teaspoons of sugar in an average energy drink, 16 teaspoons in a 20-ounce cola and 10 teaspoons in a 12-ounce soda.)
- Do you read nutrition facts labels and ingredient lists?
- Can you think of other sneaky names for added sugar?