



American Heart Association®

EmPOWERED to Serve™

Make Life Sweet, Not Your Drink

#EmPOWERChange

MAKE LIFE SWEET, NOT YOUR DRINK | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson: *Make Life Sweet, Not Your Drink*

- 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.

Closing Thoughts

- Your Voice Matters
- Online Resources



WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.



AHA's Mission Statement:
To be a relentless force for a world of longer, healthier lives.



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POINT 1: It's Time to Rethink Your Drink

Sugary drinks are the single largest source of added sugars in the American diet.

Sugary drinks are a major contributor to the increasing rates of heart disease and type 2 diabetes. They also may influence cognitive functioning.



HEALTH IMPACT FROM SUGARY DRINKS

People who regularly drink sugary drinks, like sweetened teas, energy drinks and soda, are at **increased risk** of:

- Heart disease
- Type 2 diabetes
- Excessive weight gain
- Obesity
- Tooth decay



AHA'S SUGAR RECOMMENDATIONS

Daily Sugar Limits for Adults



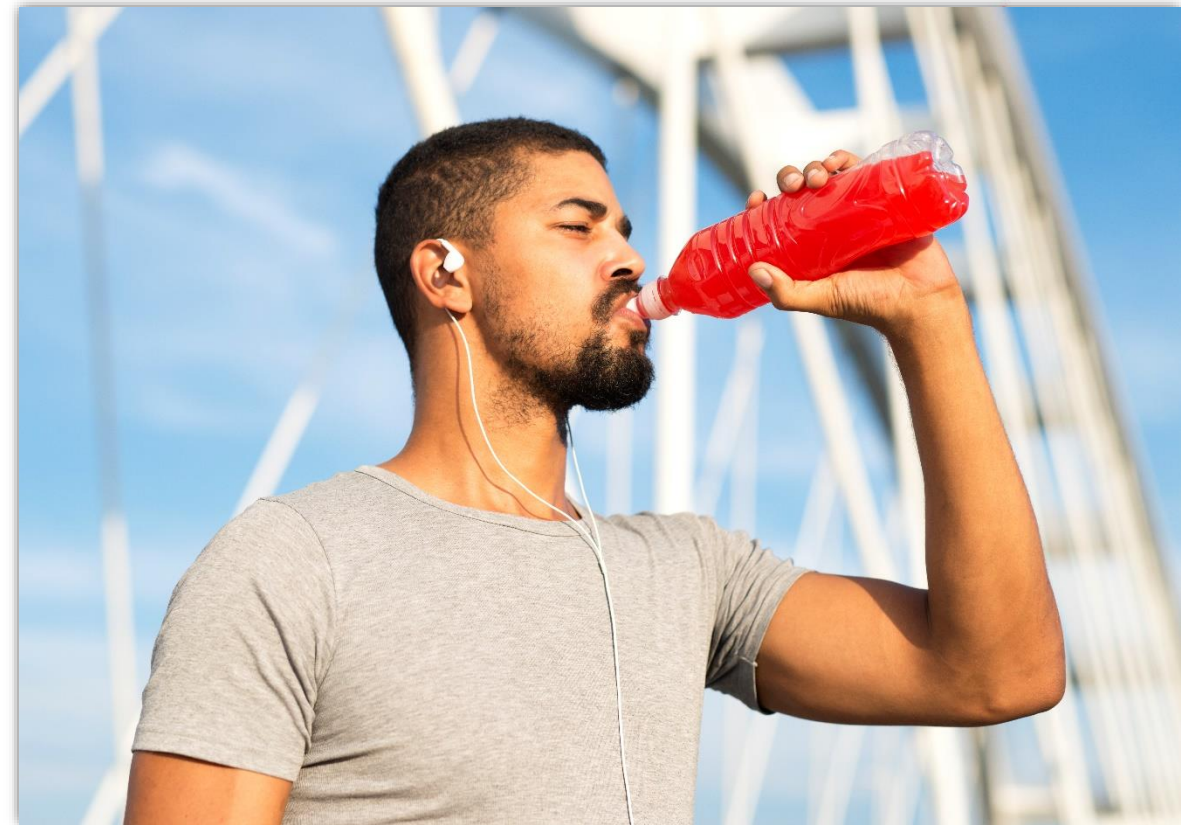
Women:

100 calories or
6 teaspoons/25 grams (or less)



Men:

150 calories or
9 teaspoons/36 grams (or less)



AHA'S SUGAR RECOMMENDATIONS

Daily Sugar Limits for Children



Children, over age 2:

Less than 6 teaspoons

Children should drink no more than one 8-ounce sugary drink a week.



TOO MUCH SUGAR

Most Americans consume nearly 20 teaspoons of added sugars every day.



That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!



TOO MUCH SUGAR



10 teaspoons
of added sugar in an
average 12-ounce can
of soda



14 teaspoons
of added sugar in an
average 16-ounce
energy drink



16 teaspoons
of added sugar in an
average 20-ounce
bottle of cola



SUGAR OVERLOAD

Americans consume about **34 pounds** of added sugar every year just from sugary drinks.

Every week children are having up to **10 times** more sugary drinks than the AHA recommends.

Nearly **50%** of children ages 2 to 5 have at least one sugary drink daily.



SUGARY DRINKS & COMMUNITIES OF COLOR

Communities of color tend to consume sugary drinks at a higher rate.

They:

- Often have less access to clean water and nutritious drinks, such as low-fat milk.
- Are targets of predatory marketing practices by sugary drink companies.

African American and Hispanic youth typically see **more than twice as many television ads** for sugary drinks and energy drinks.



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WHAT ARE ADDED SUGARS?

Added sugars are put into beverages (or foods) when they're prepared or processed.

They're different from naturally occurring sugars, like lactose in milk.



CHECK THE NUTRITION FACTS LABEL

Look for Added Sugars under
“Total Sugars.”

Added sugars go by sneaky names:

- Sucrose
- Glucose
- Maltose
- Dextrose
- High fructose corn syrup



POINT 2: Choose water to quench your thirst.

Drinking water every day promotes good health.

- Water helps you manage your weight by creating a feeling of fullness.
- Water reduces your calorie intake when substituted for high-calorie, sugary drinks.
- Water keeps you from becoming dehydrated.



POINT 2: Choose water to quench your thirst.

Make water the easy, more appealing go-to choice:

- Carry a refillable water bottle.
- Add a splash of 100% fruit juice or slices of citrus, berries or cucumbers for a boost of flavor.
- Try seltzer, club soda or sparkling water if you crave the fizz.



VIDEO: Twelve infused water recipes



MAKE THE HEALTHY CHOICE

You can occasionally include other healthier drink options, such as:

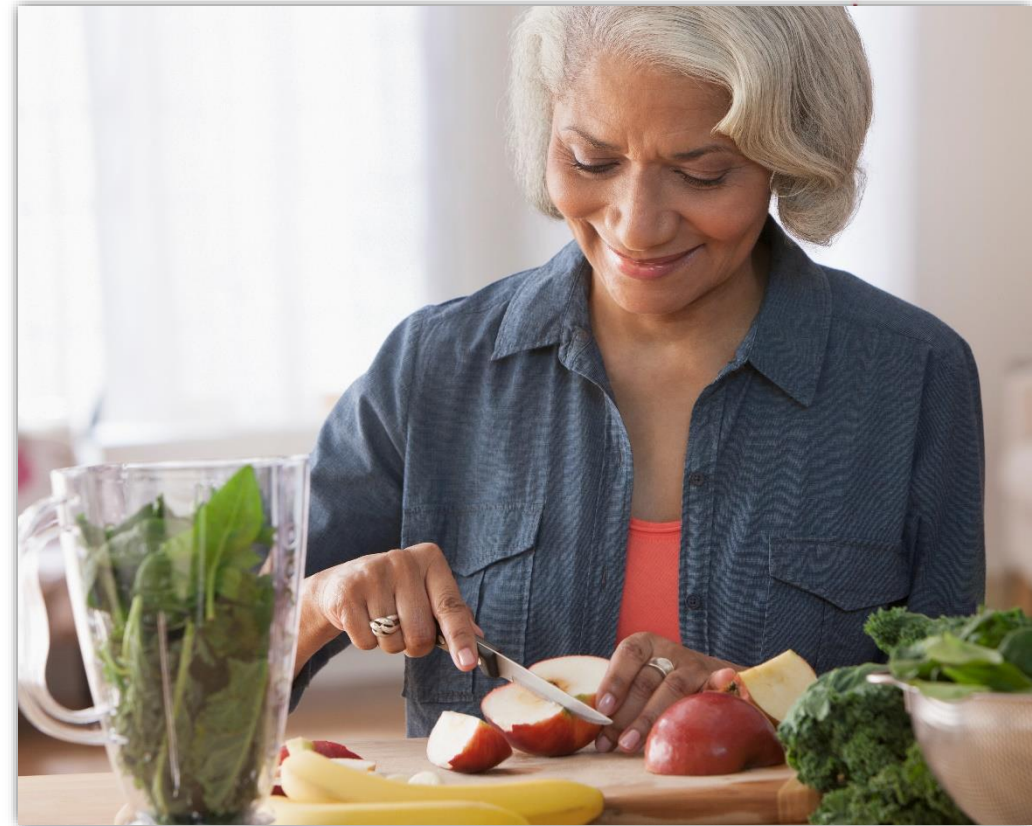
- Low-fat milk
- 8 ounces of 100% fruit juice
- Unsweetened coffee and tea for an energy boost



SLOW DOWN THE SUGAR RUSH

Simple steps for healthier choices:

- Read nutrition facts labels to look for Added Sugars.
- Read ingredient lists to look for the sneaky names for added sugar.
- Keep in mind that 4 grams of sugar equals 1 teaspoon.
- Cut back slowly.
- Sip a smoothie instead of a sugary drink.



JOIN THE HEALTHY FOR GOOD MOVEMENT

Get science-based information for you-based motivation.

Healthy for Good™ is a movement to inspire you to lead a healthier life by taking one small step at a time.

Go to heart.org/healthyforgood to find tips, videos and recipes.



POINT 3: Improve drink options for our communities

Healthy drink options, like clean drinking water, should be easily accessible and available in public places.

Healthy drinks should be priced at an equal or lower cost than less-healthy options.



HOW IS AHA ADVOCACY HELPING?

AHA advocates for:

- Robust nutrition standards in schools and government nutrition programs for meals and snacks.
- Removal of sugary drinks from early care and education.
- A healthier option for the drink that automatically comes with kids' meals at restaurants.
- Taxing sugary drinks to help decrease consumption (Revenue should be reinvested to support community needs.)



JOIN YOU'RE THE CURE'S MISSION

You're the Cure is working to:

- Improve water access and safety in schools and other public places where families and kids spend time.
- End the marketing of sugary drinks to children.
- Make restaurant kids' meals healthier.
- Make it easier to drive industry innovation to improve the drinks we all need.



YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** to join today!



USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!



WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:
empoweredtoserve@heart.org



WE ARE **EMPOWERED TO SERVE**

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED to Serve Health Lessons. [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)