

# **Community Education: Reversing Childhood Obesity and Overweight**

Nutrition Counseling & Communication  
2019 Summer D Semester

***Skills:*** Delivering Oral Presentations, Group Learning,  
Behavior Modification Strategies, Using Instructional Media,  
Evaluating Learning via Performance Objectives, Feedback  
Methods, Formative Evaluations, and Summative Evaluations

*Reversing Childhood  
Obesity and  
Overweight  
with  
Nutrition & Lifestyle*

*By Annika Rockwell*



## Summary

- 12-week program for overweight or obese kids and their parents
- 1-hour lesson/workshop once per week
- Where: Community Center in Weston, FL (Broward Co)
- Who: Middle class, Hispanic, educated, somewhat motivated
- Components:
  - Lesson 1-3: Beverages
  - Lessons 4-9: Foods
  - Lessons 10-12: Lifestyle & Mindset

## *General Objectives*

- *General Objective for Whole Program:  
Empower parents and children with nutrition and lifestyle tools to reverse childhood obesity and overweight.*
- *General Objective of Lessons 1-3:  
Learning to make healthy beverage decisions.*

## *Performance Objectives*

*(By the conclusion of workshop lesson 1)*

- 1) Distinguish bt different size drinks and be able to categorize them into Small, Medium, Large, or X-Large*
- 2) Demonstrate the ability to fill out a daily beverage intake diary for one week.*
- 3) Identify names of ingredients other than “sugar” which are unhealthy sweeteners used to sweeten beverages.*
- 4) State how many cups of water you should consume each day based on your weight.*
- 5) Categorize 12 popular beverages into the “Go” or “Whoa” health categories based on their ingredients and sugar content.*

## *Feedback Methods*

*1) Formative evaluations during the lesson*

*-3 pop quizzes to assess the learning status of the attendees at different points throughout the lesson 1 workshop.*

*-Quiz results in real time (quizzing game mobile app)*

*2) Eye contact with the attendees to gauge interest level and alertness.*

*3) A summative evaluation using 15 multiple choice questions at the end of the beverage series of lessons.*

*WELCOME to  
Workshop Lesson 1!*

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## Why Are You Here Today?

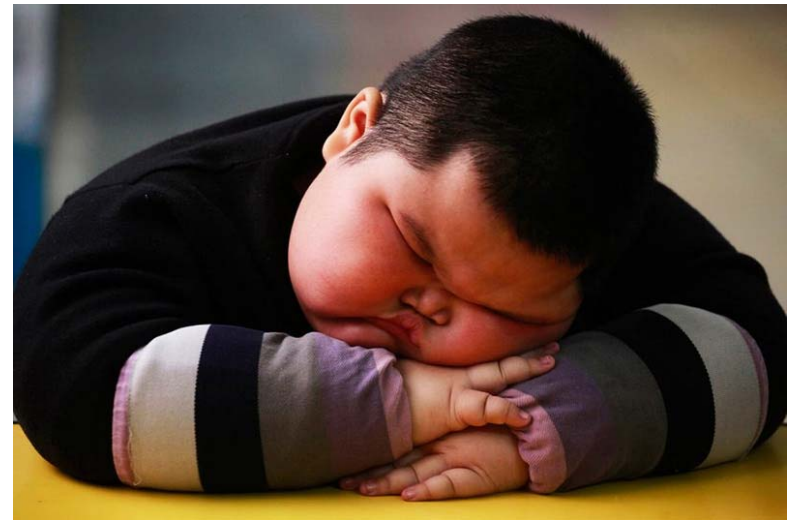
- ☐ *To learn how to get healthier*
- ☐ *To feel better*
- ☐ *To have more energy*
- ☐ *To be stronger, faster, & smarter*
- ☐ *To learn how to take care of your body*
- ☐ *To learn about healthy food & drinks*
- ☐ *To do something different*
- ☐ *To have fun!*





# Why Should We Worry About Overweight & Obesity?

- ❖ Obese children have a much *lower* chance of having a long and *HEALTHY* life.
- ❖ Obesity and overweight often leads to:
  - ✓ Poor performance in school
  - ✓ Difficulty breathing & sleep apnea
  - ✓ Joint problems
  - ✓ Low self esteem
  - ✓ Depression
  - ✓ Anxiety
  - ✓ Social isolation
  - ✓ Lower quality of life
- ❖ Obese teens usually become obese adults. who often suffer with serious illness and premature death.



*This boy is sleeping in class.  
Does this happen to you too?*

## What Diseases & Health Problems Can Result?

❖ *Obese & overweight individuals have higher rates of:*

- ✓ *Diabetes*
- ✓ *Metabolic Syndrome*
- ✓ *Atherosclerosis*
- ✓ *High Blood Pressure*
- ✓ *Heart Disease*
- ✓ *Inflammation*
- ✓ *Accidents*
- ✓ *Depression*
- ✓ *Cancer*



14-year old boy at the Doctor's office

# Let's Get Healthier, One Small Step at a Time!

*Get ready to learn how to:*

- ✓ *Feel better*
- ✓ *Have more energy*
- ✓ *Be healthier*
- ✓ *Be happier*
- ✓ *Be stronger*
- ✓ *Be smarter*
- ✓ *Have less accidents*
- ✓ *Prevent diseases*
- ✓ *Go to the Doctor less*
- ✓ *Be the BEST you can be!*



# Pop Quiz #1

*Kids, get your iPad or cell phones out to take the quiz!*

- 1) Name something bad that is connected to childhood overweight and obesity.
- 2) Name a disease that is connected to childhood overweight and obesity.
- 3) True/False: Obese teens usually *do not* become obese adults.



# Lesson 1: What Do You Drink?

*Let's learn how to fill out a drink diary!*  
*Did you drink anything BEFORE school?*

I had something to eat



















☐ Yes

☐ No

I had something to drink

☐ Yes (fill in table below)

☐ No (wait for teacher instruction)

Before school yesterday	Circle the type of container it came in:	Circle the size of your drink	How many?
	     	S M L XL	
	     	S M L XL	
	     	S M L XL	



# What Size is Your Drink? S, M, L, or XL



From: <https://sipsmart.ca/teachers/>

# Lesson 1: What Do You Drink?

*When you were at school, what did you drink?*



When you were at school? (Remember to include recess and lunchtime!)



















I had something to eat  
I had something to drink

☐ Yes

☐ Yes (fill in table below)

☐ No

☐ No (wait for teacher instruction)

At school yesterday	circle the type of container it came in:	circle the size of your drink:	How many?
	     	S M L XL	
	     	S M L XL	
	     	S M L XL	

Did you have drinks from the water fountain? ☐ Yes ☐ No

# Lesson 1: What Do You Drink?



After school (Did you have anything while you were at an activity, during an evening meal or with a bedtime snack)?

I had something to eat



















☐ Yes

☐ No

I had something to drink

☐ Yes (fill in table below)

☐ No (wait for teacher instruction)

After school yesterday	circle the type of container it came in:	Circle the size of your drink:	How many?
	     	S M L XL	
	     	S M L XL	
	     	S M L XL	



## What is a Sugar-Sweetened Beverage (SSB)?

❖ *Avoid drinks sweetened with **any form of sugar**. Look for any of these words found on the ingredient list:*

- ❖ *sugar or cane sugar*
- ❖ *high-fructose corn syrup*
- ❖ *corn sweetener*
- ❖ *corn syrup*
- ❖ *glucose-fructose or glucose*
- ❖ *dextrose*
- ❖ *fruit juice concentrate*
- ❖ *honey*
- ❖ *sucrose*
- ❖ *syrup*



## What is a Sugar-Sweetened Beverage (SSB)?

- ❖ **Soda:** Coke, Sprite, 7-Up, Pepsi, Dr. Pepper, Mountain Dew, Crush, Fanta, Sunkist, Ginger Ale
- ❖ **Energy drinks:** Monster, Red Bull, Rock Star
- ❖ **Juice Drinks:** Fruit punch, lemonade, aguas frescas, Sunny D, Snapple, Arizona, Fuze, Hi-C, Capri Sun, Kool-Aid, etc.
- ❖ **Sports drinks:** Gatorade, Propel, Vitamin water
- ❖ **Sweetened teas:** Arizona, Nestea, etc.
- ❖ **Flavored milk:** Chocolate milk, Yoo-hoo, Nesquik, shakes
- ❖ **Others:** Smoothies, sweetened coffee drinks, horchata



## The Problems with Sugar-Sweetened Beverages

- ❖ *Too much sugar causes many bad health problems including diabetes, overweight, and obesity.*
- ❖ *Scientific studies shows that kids who drink just 1 can of soda per day are 60% more likely to be overweight or obese! (Ludwig, 2001).*
- ❖ *Drinking 1 can per day results in 67% increased risk of diabetes!*
- ❖ *There are 10 teaspoons of sugar in a 12-ounce can of soda. That's a LOT!*



# How Much Sugar Are You Drinking?



1 sugar cube = 1 teaspoon

From: <https://sipsmart.ca/teachers/>

## Pop Quiz #2

- 1) Name another word for “**sugar**” found in the ingredients of sugar-sweetened beverages.
- 2) **True/False:** Drinks made with “fruit juice concentrate” are healthy and you can drink as much as you want.
- 3) **True/False:** Gatorade is a sports drink, so it’s healthy for everyone who plays a sport.
- 4) **True/False:** Energy drinks like Monster and RedBull contain sugar and caffeine and are not healthy for kids.
- 5) **True/False:** Drinking just 1 can of soda per day will significantly increase the risk of overweight and diabetes in children.





# Choose Water Instead of Sugar-Sweetened Drinks!

- ❖ *Water is your BEST beverage choice every day!*
- ❖ *Children need to drink plenty of water to be healthy 😊*
- ❖ *Daily water intake guidelines for kids:  
50 mL per kg weight (adults: 35 mL per kg)*

*Child's Weight in pounds : Cups to drink daily*

40-50 lbs	4-5 cups (32-40 oz)
60-70 lbs	6-7 cups (48-56 oz)
80-90 lbs	8-9 cups (64-72 oz)
100-110 lbs	10-11 cups (80-88 oz)
120-140 lbs	12-13 cups (96-104 oz)



# Choose Water Instead of Sugar-Sweetened Drinks!

*Kids, how many cups of water should you drink daily based on your weight?*

*Child's Weight in pounds : Cups to drink daily*

40-50 lbs	4-5 cups (32-40 oz)
60-70 lbs	6-7 cups (48-56 oz)
80-90 lbs	8-9 cups (64-72 oz)
100-110 lbs	10-11 cups (80-88 oz)
120-140 lbs	12-13 cups (96-104 oz)

# Choose Water Instead of Sugar-Sweetened Drinks

1. **Plain water** is your best beverage choice!
  - Ice cold, cold, room temperature, or warm with lemon slice.
2. **Bubbly water:** Mineral, Seltzer, or Club soda
3. **Lemon/Lime Water:** Add fresh squeezed lemon, lime, or orange (or bottled 100% juice, unsweetened).
4. **Flavored sparkling water:** (unsweetened)
5. **Flavor Enhancers:** Drops added to plain water or bubbly water. (i.e. “Stur” and “Water Drops”)
6. **Iced tea:** Decaf or herbal tea water.

LET'S EXPLORE THESE NOW!





# Choose Water Instead of Sugar-Sweetened Drinks

*Option 1: Plain water is your best beverage choice!*



*Room temperature  
water*



*Cold water*



*Ice Cold Water*



*Warm water  
with lemon*

*From these options, what's your favorite way to drink water?*

# Choose Water Instead of Sugar-Sweetened Drinks

## *Option 2: Bubbly/Sparkling Water*



*Mineral Water*  
Contains naturally  
occurring minerals



*Seltzer Water*  
Contains water and  
carbon dioxide



*Club Soda*  
Contains water, potassium  
bicarbonate or potassium sulfate

*What's your favorite bubbly water?*

# Choose Water Instead of Sugar-Sweetened Drinks

## Option 3: Fresh Squeezed Lemon/Lime Water



*Fresh Squeezed Lemon  
or Lime juice:  
½ lemon or lime into  
a glass of water*



*Pure Lemon Juice  
Contains zero sugars  
Add 1 Tbsp into water*



*Pure Lime Juice  
Contains zero sugars  
Add 1 Tbsp into water*

*Have you ever tried lemon/lime water? What did you think?*

# Choose Water Instead of Sugar-Sweetened Drinks

## *Option 4: Flavored sparkling water (unsweetened)*



*Bubly Flavored Sparkling*



*Dasani Flavored Sparkling*



*Polar Flavored Seltzer*



*La Croix Flavored Sparkling*

*What kind of flavored sparkling water have you tried?*



# Choose Water Instead of Sugar-Sweetened Drinks

## *Option 5: Flavor Enhancer Drops (natural flavors, stevia & erythritol)*



*Stur*



*Add drops to your water for flavor and “safe” sweetening*



*Water Drops*

*Have you tried any kinds of flavor enhancer drops in your water?*

# Choose Water Instead of Sugar-Sweetened Drinks

*Option 6: Ice Tea (decaf or herbal, unsweetened)*



White Hibiscus  
Passionfruit Large Iced  
Tea Pouches



Pineapple Orange  
Guava Large Iced Tea  
Pouches



Blueberry Lavender  
Daily Beauty Iced Tea  
Pouches



*What kind of tea have you tried?*



Dr. Gundry: Cardiac Surgeon  
A Healthy Alternative (for Parents) with Soda Cravings



## Make Healthy Bubbly Water at Home with a SodaStream Machine





## Let's Review for Pop Quiz #3!



*Which drinks are healthy and belong in the “GO!” category?*

*Which are unhealthy sugary drinks that go in the “WHOA” category?*

## Pop Quiz #3

Write down the name of drinks which are healthy and belong in the “GO!” category. Unhealthy sugary drinks go in the “WHOA” category.

### Want To Drink Healthy?

Follow the colors to get you there



- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_



- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_



## Pop Quiz #3



500 mL (2



## The End of Lesson 1



Next week, bring your drink diaries to workshop 2!