

Healthy Habits for Busy Families

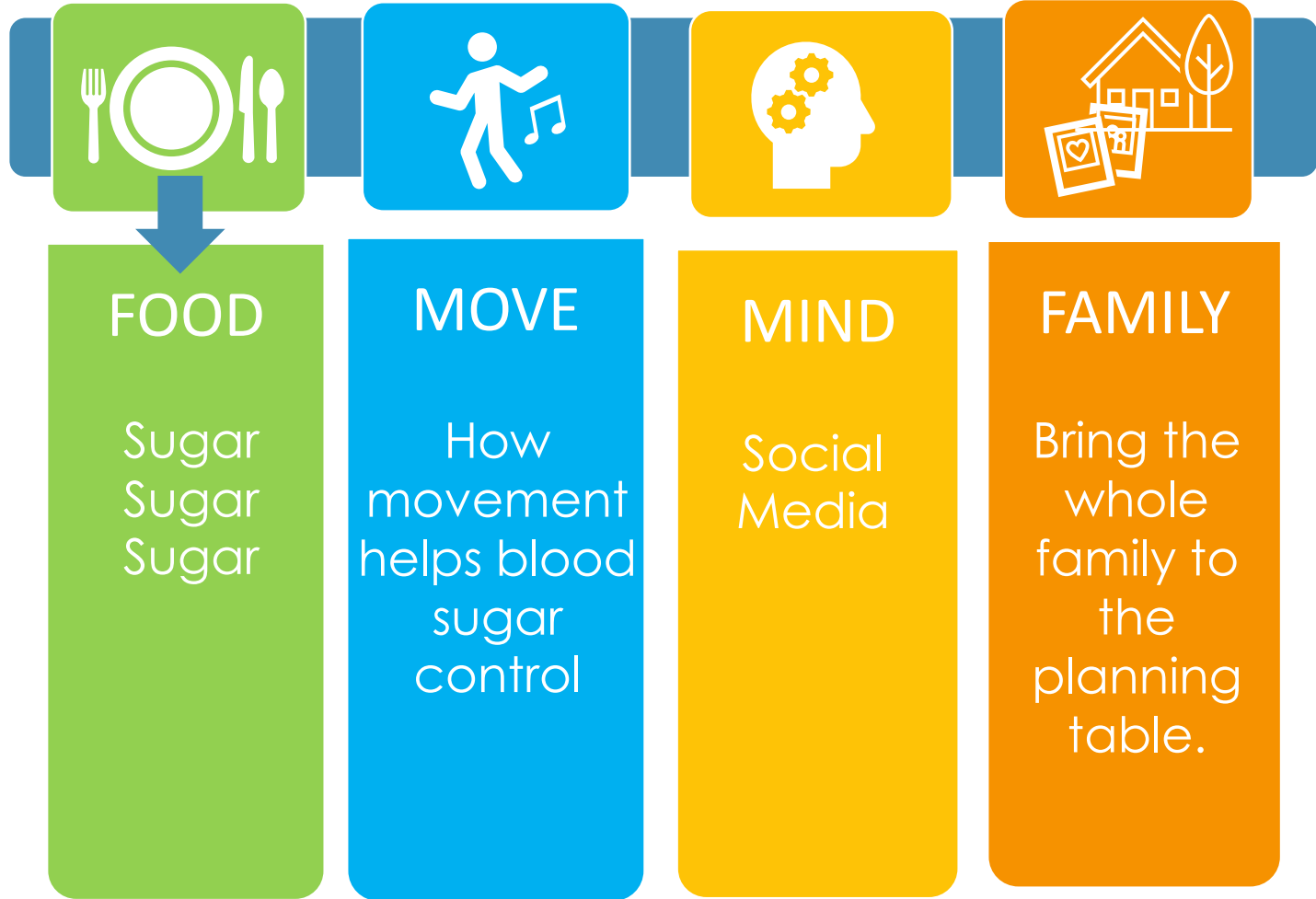
Session #4



For today's workshop you
will need your **phone!**
(Yes, you read that right.)

And, a box of cereal or
granola bars, , if you have
one in your pantry

In our
time
together
we will
talk
about...



FOOD

Added Sugar

The Basics

Per day, the AHA recommends:

- ≤ **6 tsp.** for women
- ≤ **9 tsp.** for men

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≤ 6 tsp. for women

≤ 9 tsp. for men



1 tsp. sugar = 4 grams
(level, not heaped!)
1tsp = 1 sugar cube

FOOD

Added Sugar

Children & Adolescents

The American Heart Association recommends children ages 2-18 should have **LESS THAN** 25 grams of added sugars daily;
Approximately 6 teaspoons per day or less

Children in the U.S. consume an average of **19 teaspoons of added sugar** daily

Major sources of added sugar for kids:
soda, fruit-flavored drinks, sports drinks, cakes and cookies

FOOD

Added Sugar

What do we do?!

Deep breath...
Slow your
(cinnamon) roll.

Added sugar is found in 74% of packaged products in grocery stores. Begin with eliminating the hidden sugar: yogurt, granola bars, cereal...

Don't let companies
sweeten the food your
family eats.

Have your sweet
with a meal.

**Keep rewards
(and consequences)
non-food related.**

Reimagine desserts!

Fruit as the central
ingredient.

Let's brainstorm!

The background of the slide features a soft-focus photograph of a woman and a young child sitting at a table and eating. The woman is on the left, and the child is on the right, both looking down at their food. The overall tone is warm and domestic.

Tips & Strategies

Include familiar foods

Small portions

Model enjoyment

Favorite sauce or dip

Try a different preparation

Recruit helpers

Wait a few weeks before trying again



FOOD

Sugar
Sugar
Sugar



MOVE

How
movement
helps
blood
sugar
control



MIND

Social
Media



FAMILY

Bring the
whole
family to
the
planning
table.

Physical Activity and Blood Sugar in Children



Physical Activity and Blood Sugar

Regular physical activity can help children reduce risk of chronic diseases, including type 2 diabetes

Exercise helps lower blood sugar by:

- Increasing insulin sensitivity
- Increases muscle cells up-take of glucose and uses it for energy.





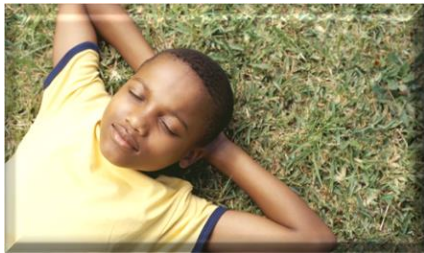
Recommendations

- Children ages 3-5 should be physically active throughout the day
- Children ages 6-17 should do 60+ minutes of moderate-to-vigorous physical activity each day
- **INACTIVITY**: Young children should not be inactive for long periods of time — no more than 1 hour unless they're sleeping. School-age children should not be inactive for periods longer than 2 hours.

How do we get our families moving?

Let's look at some ideas.





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Sugar
Sugar



MOVE

How
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MIND

Social
Media

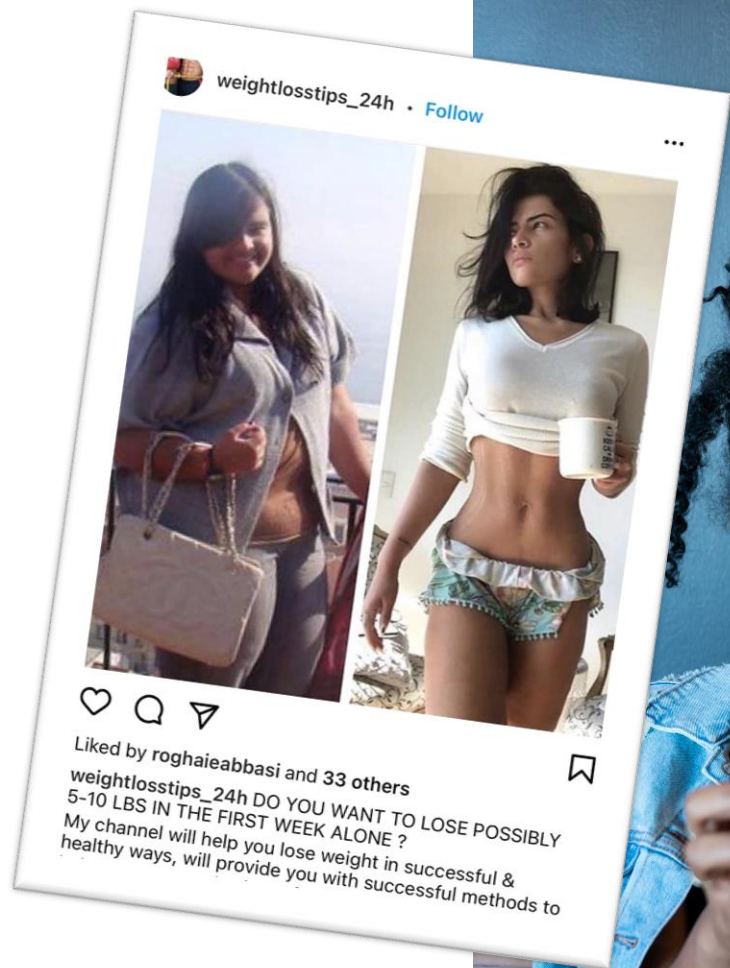


FAMILY

Bring the
whole
family to
the
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MIND Social Media

Our Mood,
Our Screens,
&
Our Family's
Health



Activity:

Your phone, pen & paper



How can noticing how social media makes us feel help?

Build a Social Media Plan

- Mute
- Turn off notifications
- Airplane mode while studying, before bed
- *What else?*





FOOD

Sugar
Sugar
Sugar



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How
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MIND

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FAMILY

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FAMILY

Bring the whole family to the planning table.

Children & Youth as part of the team.

Ask your kids what they think.

Let them be part of the brainstorming process.



This past hour
together we've
talked about a lot!

How do you feel?

How will you bring
your family
together to build a
small goal?



FOOD

MOVE

MIND

FAMILY

Questions...

