

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 6

Sugar

Learning Objectives:

Participants will be able to:

1. Understand how sugar impacts our nutrition and overall health.
2. Identify and recognize common sources of sugar in food and drinks, distinguishing between natural and added sugars.
3. Learn about practical ways to reduce sugar intake, especially added sugars, using a small changes approach.

I. Opening (20 minutes)

Week 6 Check-in

"Hello everyone, and welcome back to Week 6! It's incredible to see how far we've come together on this journey. As we gather today, let's take a moment to reflect on our progress, especially since we're now at the halfway mark."

Guiding Questions:

1. How has your physical activity routine been going over the past week?
 - a. What positive changes have you noticed with being more active
 - b. Any challenges you've had and would like to talk through with the group?
2. What small changes have you implemented in your daily routine to promote healthier habits, such as incorporating more movement or making mindful food choices?
3. How have family meals been for you lately?
 - a. Have you been able to have more meals with your family, and if so, what strategies have you found helpful in making family meals a priority?

II. Week 6 House chat Topic & Video (5-10 mins)

Title: Sugar

- Review Learning Objectives
- Play Session Content Video

Key Points

- Sugar comes in various forms, including natural sugars found in fruits and added sugars found in processed foods and beverages.
- Excessive sugar consumption is linked to health issues such as obesity, type 2 diabetes, heart disease, and dental problems.
- Added sugars are often "hidden" in packaged foods, including sugary drinks, snacks, and condiments.
- Reading food labels can help identify added sugars, which may be listed under different names in the ingredients list like high fructose corn syrup, cane sugar, glucose, sucrose, or dextrose.

- Ingredients on food labels are listed in order of highest to lowest volume, meaning if one of these types of sugar is listed in the first few ingredients, that item is higher in sugar. If you see multiple types of sugar in an ingredients list, that is also a good clue that the item is higher in added sugars.
- Cutting back on sugary beverages like soda, juice, and energy drinks is an effective way to reduce sugar intake.
- Choosing whole fruits over fruit juices or dried fruits can provide natural sweetness along with fiber and essential nutrients.
- Opting for water or unsweetened beverages instead of sugary drinks can significantly reduce daily sugar intake.
- Limiting sugary snacks and desserts, and instead choosing options like fresh fruits, nuts, or yogurt, can help curb sugar cravings.
- Cooking meals at home allows you to control the amount of added sugars in your food and experiment with alternatives.
- Gradually reducing sugar intake and making small, sustainable changes to your diet can lead to long-term health benefits and improved overall well-being.

5-step guide to reading a nutrition label:

Check Serving Size: Look at the amount that is considered one serving.

Calories: Look at the calorie content per serving to understand how much energy you'll obtain from consuming that food.

Nutrients: Examine the amounts of different nutrients listed on the label, including fats (such as saturated and trans fats), carbohydrates, sugars (both natural and added), fiber, and protein.

% Daily Value: The % Daily Value (%DV) indicates how much of each nutrient in one serving contributes to your total daily recommended intake.

Ingredients: Review the ingredient list to understand what's actually in the food. Ingredients are listed in descending order by weight, so the first few ingredients make up the majority of the product. Look out for added sugars, which may be listed under names like sucrose, high fructose corn syrup, or molasses.

III. Individual Activity: *Reading Nutrition Labels (15 minutes)*

1. Select Food Items: Choose **three** packaged food items from your kitchen or a food pantry.
2. Examine Nutrition Labels:
 - Spend 10 minutes carefully reading the nutrition labels of each item.
 - Focus on understanding serving size, calorie, sugar and saturated fat content, as well as % Daily Value.
3. Take Notes:
 - Write down observations about each item's nutrition content.

- Write down any surprises or insights gained from reading the labels.

This activity encourages active engagement with nutritional labels, helping you gain a better understanding of the information provided.

IV: Group Discussion Questions (10 minutes)

1. What similarities or differences did you notice among the nutrition labels of the food items you examined?
2. Were there any surprises or insights you gained from reading the labels? If so, what were they?
3. How did the information on the labels influence your perceptions of the food items?
4. Did you encounter any challenges or difficulties while interpreting the labels? If yes, what were they?
 - a. *Help trouble shoot and provide support as a group to come up with solutions for challenges experienced*
5. Based on what you learned from today's session, what small goals related to sugar intake do you think will be most impactful for you over the next week?
 - a. *Hint: if participants are consuming sugary drinks on a regular basis, this is a high impact place to consider making a small change*

V. Closing (10 minutes)

A. In closing, we've explored the impact of sugar on our health, identified sources of added sugars, and discussed practical strategies for reducing sugar intake. Remember, small changes can lead to significant improvements in our overall well-being. As we wrap up today's session, I encourage each of you to reflect on one small goal you can set for yourself to reduce your sugar intake in the coming week. Whether it's swapping sugary snacks for other alternatives, reducing sugary drinks, or being mindful of added sugars in your favorite foods, every step towards healthier habits counts. Together, we can take control of our sugar consumption and move towards a balanced lifestyle.

B. Accountability Circle Prompt:

- Take a moment to commit to **one** specific action we will take to reduce our sugar intake in the upcoming week. Consider what makes the most sense for you personally. For example, if you don't drink sugary drinks, this is likely not an area where a small change makes the most sense for you. Think about a small, achievable goal that aligns with your personal health goals, and is relevant to where you are today.

Examples of Commitments:

- I will drink water throughout the day instead of sugary beverages.
- I will limit myself to one soda per day and replace the rest with water or unsweetened options.
- I will reduce the amount of sugar I add to my coffee or tea by half every day this week.
- I will choose snacks with no added sugars or artificial sweeteners when possible.

- I will start 1 meal per day with vegetables to help curb cravings for sugary foods.
- I will choose fruit for dessert three times this week.

C. Appreciation and Encouragement:

Express thanks for everyone's participation and encourage them to stay engaged in the chats.

"Thank you all for joining today. Your efforts and progress are impressive. Keep it up, and I look forward to our next chat. Take care and keep moving toward your goals!"

Next Week Prep:

- **Reflect on Your Progress:** Take a moment to reflect on the progress you've made so far in reducing your sugar intake. Celebrate any successes or positive changes you've noticed in your eating habits.
- **Identify Challenges:** Think about any challenges or obstacles you've encountered in your journey to reduce sugar. Consider what strategies have been effective for you and what areas you may need more support in.
- **Stay Committed:** Remind yourself of your commitment to improving your health and reducing your sugar intake. Stay focused on your goals and the positive changes you're making for your well-being.

** Come ready to share your insights, experiences, and ideas during our next session!

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.
"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."