



American Heart Association.

EmPOWERED to Serve™

# Make Life Sweet, Not Your Drink

## RESOURCE LIST

### **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.

The lesson provides suggested American Heart Association/American Stroke Association resources related to making healthy drink choices. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



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The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

### Additional Resources Featuring Healthy Drink Information

#### Eat Smart Month

November is Eat Smart Month. Learn how to make smarter food and drink choices. Host an ETS lesson to support the cause.

Visit the landing page: <http://bit.ly/3bxx2S3>

#### Healthy Food & Beverage Toolkit

The American Heart Association encourages employers to create a healthy work environment and promote a healthy lifestyle for their employees. Discover how to make the healthy choice the default choice.

Download the toolkit: <http://bit.ly/2Hi8TRE>



**Point 1: Sugary drinks are a major contributor to the increasing rates of heart disease and diabetes.**



**Sip Smarter**

(3-5 minutes to review)

[bit.ly/3cekyiu](https://bit.ly/3cekyiu)



**Cut Out Added Sugars Infographic**

(3 to 5 minutes to review)

[bit.ly/2Pxt6au](https://bit.ly/2Pxt6au)



**Added Sugar is Not So Sweet Infographic**

(3 to 5 minutes to review)

[bit.ly/2wbqRK9](https://bit.ly/2wbqRK9)



**Sugar Recommendation for Healthy Kids and Teens Infographic**

(1 minute to read aloud)

[bit.ly/3amGYg3](https://bit.ly/3amGYg3)



**How Much Sugar is Too Much?**

(5 minutes to read online)

[bit.ly/2vevpbQ](https://bit.ly/2vevpbQ)



**Southern Diet Linked to Heart Disease**

(1 minute)

[bit.ly/2ux0sPM](https://bit.ly/2ux0sPM)

**Point 2: Choose water first to quench your thirst.**



**Infused Water Recipes Video**

(1 minute 51 seconds)

[bit.ly/2Vul1XW](https://bit.ly/2Vul1XW)



**Rethink Your Drink: Reducing Sugary Drinks in Your Diet**

(3 minutes to review online)

[bit.ly/2Tkr3la](https://bit.ly/2Tkr3la)



**Life is Sweet with These Easy Sugar Swaps Infographic**

(3 to 5 minutes to review online)

[bit.ly/2PvXJgN](https://bit.ly/2PvXJgN)



**We all need water for a healthy life, but how much?**

(5 minutes to read online)

[bit.ly/2wbhTWx](https://bit.ly/2wbhTWx)

**Point 3: Healthy drink options should be easily accessible and affordable for everyone.**



**Decreasing Sugary Drink Consumption Fact Sheet**

(5-7 minutes to read)

[bit.ly/2wd7BVA](https://bit.ly/2wd7BVA)



**Unhealthy and Unregulated Food Advertising and Marketing to Children Fact Sheet**

(5-7 minutes to read online)

[bit.ly/32w4KmM](https://bit.ly/32w4KmM)