

HEALTHY HYDRATION

OVERVIEW

Adequate consumption of water is key to having a strong and healthy heart and cardiovascular system.

Drinks with added sugar, like sodas, energy drinks, sports drinks and even chocolate milk are a major contributor to heart disease and diabetes.

KEY LEARNING OBJECTIVES

Explain how added sugars in drinks contributes to heart disease and what that means for long term health.

Demonstrate what the AHA recommended daily intake of water is and explain three benefits of water to our overall health.

Describe what impact energy drinks have on our overall health.

FACTS

The American Heart Association recommends youth consume less than six teaspoons of added sugar per day. Children and teens should limit their intake of sugar-sweetened drinks to no more than eight ounces weekly. (1, 2)

Most Americans consume nearly 20 teaspoons of added sugar each day, triple the daily recommendation for women and double for men. (3)

Sugar-sweetened beverage consumption in youth is higher in boys than girls in 10- to 14-year-old (11.6 versus 9.7 servings per week) groups, but it was higher in girls than in boys in the 15- to 19-year-old group (14 versus 12.4 servings per week). (4)

Energy drinks are widely available and consumed by teens and young adults, so understanding their potential impact to their hearts is extremely important. (5)

An estimated 30% of U.S. kids 12-17 years-old consume energy drinks regularly. They've been linked to increased trips to the E.R. and even death. (6, 7)

The intentional use of energy drinks by adolescents who desire stimulant effects to combat fatigue and increase energy during sports and school activities is misguided. (8)

Other names for sugar include but are not limited to high fructose corn syrup, corn sweetener, syrup, honey, and fruit juice concentrates. (9)



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OPENING QUESTIONS TO ASK YOUR CLASS

How many glasses or bottles of water do you drink each day? (equivalent of 8oz of water)

How many other types of drinks do you drink each day?

Why do you choose those beverages over water?

Optional follow up questions

Do you know how much sugar you should consume in one day?

Do you know how much sugar is in one 16oz energy drink?

TEACHING LESSON

How does water help us?

Water is a key component in nutrition and is essential in being physically active.

Studies have shown that water keeps the mind and body healthy, transports nutrients, removes waste, regulates body temperature and keeps cells working.

Water cannot be replaced by sodas/pop, energy drinks and/or sports drinks despite what their marketing tells you.

Are sugary drinks healthy to drink?

Sugary drinks include sports drinks, fruit drinks with added sugar, energy drinks and soda. The amount of added liquid sugar to these drinks is extremely high.

Eating foods and drinking beverages high in added sugars throughout childhood is linked to the development of risk factors for heart disease, such as an increased risk of obesity and elevated blood pressure in children and young adults.

The risk of health problems increases as the amount of added sugars consumed increases.

What should you drink?

The American Heart Association recommends youth consume less than six teaspoons of added sugars per day. Children and teens should limit their intake of sugar-sweetened drinks to no more than eight ounces weekly, yet Americans consume nearly 20 teaspoons of added sugar each day, triple the daily recommendation for women and double for men.

Energy drinks, when over consumed, can be especially dangerous and have caused spikes in trips the ER and even deaths in youth and teens.

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STUDENT ACTIVITY OPTIONS

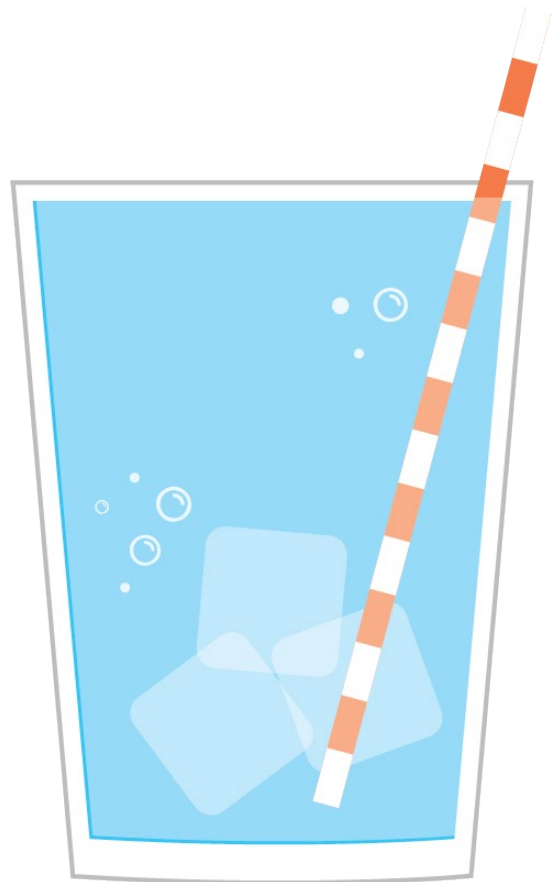
Create a poster/messaging campaign that promotes the health benefits of drinking water.

Use a weekly log that will help students chart how much water they are drinking daily/weekly.

- a) Create a one-week snack plan to support your physical activity/sports goals and have the plan only incorporate water as a beverage.

Create an awareness campaign around the added dangers of energy drinks.

- a) Work with school leadership to end the sale of sugar sweetened beverages on campus (if applicable).
 - i. Start a campaign to support this initiative.
- b) Use Social Media using the (#sugarydrinks) to share with your peers:
 - i. the importance of water and
 - ii. the added dangers of energy drinks and youth.



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Every time you drink an 8oz equivalent of water each day, mark the box to add up your water count. Write the count of any other drinks in the last column.

Glasses of water (8oz equivalent)	1	2	3	4	5	6	7	8+	Total of other drinks
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									



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SNACK LOG



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Each day record what you eat and drink. Are you drinking water each day?
Are you eating three meals and healthy snacks each day?

Watch what you eat!	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Water
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



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Appendix

PRINT AND DIGITAL

- 1 - Healthy Kids are Sweet Enough ([link](#))
- 2 - Added Sugars and Cardiovascular Disease Risk in Children ([link](#))
- 3 - Sip Smarter Infographic ([link](#))
- 4 - 2019 Heart Disease and Stroke Statistical Update ([link](#))
- 5 - Impact of High Volume Energy Drink Consumption... ([link](#))
- 6 - Health effects of Energy Drinks on Children, Adolescents, and Young Adults ([link](#))
- 7 - Poison control data show energy drinks and young kids don't mix ([link](#))
- 8 - Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? ([link](#))
- 9 - Added Sugars ([link](#))
- Cut Out Added Sugars Infographic ([link](#))
- Snack Plan template (Print only)
- Water Log template (Print only)