



Have you got a presentation coming up?

This kit contains the info and tools to help you deliver a presentation on Junk Food!



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SPEAKERS' KIT OVERVIEW

Welcome to the LiveLighter Speaker Kit resource. The aim of each speaker kit is to:

- Provide you with a pre-prepared presentation on a key health topic
- Equip you with the information to confidently deliver a health presentation and answer questions in accordance with best practice and LiveLighter's recommendations
- Recommend suitable resources

In total, there are four different speakers' kits focussing on:

- Avoid sugary drinks
- Top tips to LiveLighter
- **Junk food**
- Eat Brighter LiveLighter

What is in the speakers' kits?

Each kit contains:

- A topic-specific PowerPoint presentation
- This background information sheet (not designed as a hand-out)
- Evaluation tools for the presenter and participant

It is recommended that the background information be used as a guide to prepare you for your presentation. Each presentation is written using simple vocabulary and includes plenty of images to help reach a wide target audience.

Presentation notes accompany many of the slides and can assist in your delivery on each topic. You may also find it beneficial to take notes from the 'background information sheet' and add these to complement your presentation.

You are welcome to alter the presentation format or add/remove slides or sections to best suit your audience. However, we do ask that the content itself is not changed.

How to use the kits:

1. Read this background information sheet
2. Familiarise yourself with the presentation slides. The presentations are a guide only so feel free to add or remove sections to best suit your target audience
3. Visit the LiveLighter website for further information and suitable resources
4. Following your presentation, please complete the *presenter evaluation form* and send this, in addition to completed *participation evaluation forms*, to info@livelighter.com.au

Who are the presentations targeted?

As LiveLighter is an adult-focussed program, each presentation is aimed at audiences aged 25-64 years. While the presentations have been designed for groups, they can also be used during client consultations and for staff professional development.

Who can deliver the presentation?

The presentations are designed to be delivered by a health professional. They may also be used by a student or volunteer with your organisation/company.

RECOMMENDED LIVELIGHTER RESOURCES

Factsheets

- Avoid sugary drinks factsheet: https://livelighter.com.au/assets/resource/factsheet/LiveLighterFactsheet_Avoid_sugary_drinks.pdf
- Cut back on sugar factsheet: <https://livelighter.com.au/assets/resource/factsheet/Cut-back-on-sugar.pdf>
- Diabetes type 2 and the link between overweight and obesity: <https://livelighter.com.au/The-Facts/Type-2-Diabetes>
- Cancer and the link between overweight and obesity: <https://livelighter.com.au/The-Facts/Cancer>
- Cardiovascular disease and the link between overweight and obesity: <https://livelighter.com.au/The-Facts/Cardiovascular-Disease>

Booklets and campaign materials

- Takeaway booklet: <https://livelighter.com.au/Assets/resource/booklet/FINAL-Takeaway-booklet.pdf>
- Wallet Cards: <https://livelighter.com.au/Assets/resource/wallet-card/LL-STAR-rating2.jpg>
- Junk food infographic: <https://livelighter.com.au/Assets/resource/infographic/LiveLighter-Poster-JUNK-FOOD-LowRes.pdf>

Online tools

- Sugary Drinks calculator: <https://livelighter.com.au/The-Facts/About-Sugary-Drinks>
- Junk food calculator: <https://livelighter.com.au/JunkFood/Calculator>

Other suggested resources:

- Eat for Health: <https://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices>



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- Australian Bureau of Statistics:
<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Discretionary%20foods~700>
- World Health Organisation:
<http://www.who.int/nutrition/publications/nutrient/en/>
- Australian Dietary Guidelines: <https://www.nhmrc.gov.au/guidelines-publications/n55>

ORDERING LIVELIGHTER RESOURCES

LiveLighter resources and merchandise can be ordered for free within W.A using the following link: <https://livelighter.com.au/order/Resources>

PRINTING PRESENTATION SLIDES WITH SPEAKERS' NOTES

You may find it useful to print off the PowerPoint presentation with the speakers' notes included.

If you are unsure of how to do this, please follow the steps included in this link: <https://support.office.com/en-us/article/Create-and-print-notes-pages-324b234d-83b6-4db1-8bb6-9ee5c934a76f>

JUNK FOOD IMPORTANT INFO

Key messages of this presentation

- Junk foods offer little to no nutrition. Instead, they are high in energy, added sugar, salt and/or fat
- For most people, there is no room for junk food in a healthy diet
- Junk food consumption can cause weight gain and replace healthier foods in the diet. These foods also increase the risk of serious chronic disease including cardiovascular disease, type 2 diabetes, some cancers and non-alcoholic fatty liver disease
- Junk foods can be costly on your wallet and your health

What is Junk Food?

Junk foods are high in added sugar, salt and (saturated and trans) fat, and low in positive nutrients like vitamins, minerals and fibre. They are also referred to as 'energy-dense nutrient-poor' foods and drinks as they contain a lot of energy (kilojoules or calories) and very little nutrition.

The term 'discretionary foods' is used in the Australian Dietary Guidelines to describe these foods. Some examples of junk foods include hot chips, pies, sausage rolls, chocolate, cakes, biscuits, processed meats, commercial burgers and pizza, crisps, lollies and sugary drinks.

Junk foods are not a necessary part of the diet, and should only be consumed occasionally and in small amounts.

How can junk foods affect my health?

If we eat or drink more energy (kilojoules) than we use, we gain weight in the form of fat or 'adipose tissue'. This adipose tissue is stored under the skin ('grabbable' fat) and also in and around our vital organs (visceral or 'toxic' fat). In general, the bigger your 'grabbable gut' is, the more likely you are to have visceral fat around your vital organs. Toxic fat increases your risk of health problems.

Junk foods affect health both directly and indirectly.

- *Direct health effects:*
 - Junk foods are high in saturated and trans fat which increases risk of heart disease
 - Junk foods that are high in salt can increase risk of high blood pressure and stroke
 - Junk foods are low in fibre, fruit and vegetables. Diets low in these increase the risk of bowel cancer
- *Indirect health effects:*
 - Eating too much junk food can lead to overweight and obesity

- Being overweight puts a lot of strain on our bodies and can lead to many serious chronic diseases including cardiovascular disease, type 2 diabetes, some cancers, and non-alcoholic fatty liver disease

Many people who are overweight or obese are now perceived to be a 'normal' weight. If you don't realise you're an unhealthy weight you're likely to continue with unhealthy habits, including eating lots of junk food.

Which junk foods do Australian eat the most?

Often, the junk foods which are highly processed, packaged and accessible are most commonly eaten. The most recent Australian Health Survey found the most commonly eaten junk foods are hot chips, burgers and pizzas from fast food outlets, soft drinks, chocolate, meat pies, fruit drinks, biscuits and cakes.

Is junk food cheaper than healthier options?

No, junk foods are heavily marketed and promoted as a cheap, filling option but this is not the case. Junk foods can be costly on your wallet and on your health. A lot of meals and snacks using much healthier ingredients can be made for less at home.

Sugary drinks (including soft drinks, energy drinks, fruit drinks, sports drinks and flavoured waters) are costly, while water from the tap is safe and (almost) free in Australia.

What should I be eating instead of junk food?

LiveLighter supports the Australian Dietary Guidelines and the Australian Guide to Healthy Eating which encourages people to choose foods from the five food groups every day. These food groups are:

1. Vegetables and legumes
2. Fruit
3. Grain (cereal) foods, mostly wholegrain
4. Lean meat, poultry, fish and alternatives
5. Milk, yoghurt, cheese and alternatives, preferably reduced fat

As well as eating foods from the five food groups every day, the Australian Guide to Healthy Eating also recommends that people:

- Choose water first, preferably tap water
- Eat moderate amounts of oils and spreads high in monounsaturated and polyunsaturated fats (e.g. olive and canola oils)
- Limit intake of discretionary (junk) foods and beverages and consume in small amounts only

How often can I have a treat?

Eating a small amount of junk food occasionally is okay. For example, a small piece of birthday cake during a celebration is fine, but eating cakes and biscuits at work morning teas each day is not a healthy eating habit.

An important issue with junk food is that it is no longer just seen as a treat to be enjoyed occasionally. It is promoted heavily and is cheap, convenient, tasty and available all the time. It has become part of people's every day diets, instead of being a 'sometimes food'.

If I'm a healthy weight, do I still need to cut down on junk food?

The issue with junk food is not just that it can cause weight gain. When people eat a lot of junk foods, it takes the place of healthier foods in their diet. They therefore don't get the nutrients their bodies need for good health.

This was shown in the [2011/12 Australian Health Survey](#) which found adults and children consumed excessive amounts of junk food every day and were not meeting recommendations for healthy foods, such as fruits and vegetables.

If I exercise a lot, can I burn off the junk food?

How much energy (kilojoules) your body needs each day depends on how physically active you are as well as other things such as age, gender and height. Doing a lot of exercise also means that your body needs additional nutrients like vitamins, minerals and fibre. To make sure your body is getting the nutrients and energy it needs to stay healthy and perform during exercise, eating more servings from the five core food groups for energy is recommended, rather than consuming your extra energy requirements from junk food.

Junk foods and sugary drinks are very energy dense (meaning they contain a lot of kilojoules per gram), and you often cannot fit enough exercise in the day to burn off the extra energy in large volumes of junk food. People who participate in exercise that is both long in duration (more than 90 minutes) and moderate-to-vigorous in intensity may need to refuel in the form of sports drinks, energy gels and sports bars. These are very specific foods for a specific purpose, but are junk foods to most of the population.

In short, you cannot outrun a poor diet.

How much exercise do I need to do to burn off the junk?

Taking into consideration how much exercise would be required to burn off junk/discretionary foods may encourage individuals to cut back on their intake. Decreasing serving sizes, the amount consumed per week or entirely cutting the junk out are ways to reduce the effect consuming junk foods could have on our body.