



Have you got a presentation coming up?

This kit contains information and tools to help you deliver a presentation on how to **Avoid Sugary Drinks**



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Partner:



Government of Western Australia
Department of Health



SPEAKERS' KIT OVERVIEW

Welcome to the LiveLighter[®] Speakers' Kit resource. The aim of each speakers' 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:

- **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](#)
 - [Avoid sugary drinks factsheet \(easy read\)](#)
 - [Cut back on sugar factsheet](#)
 - [Cut back on sugar factsheet \(easy read\)](#)
 - [Type 2 diabetes and the link with overweight and obesity](#)
 - [Cancer and the link between overweight and obesity](#)
 - [Cardiovascular disease and the link between overweight and obesity](#)
- *Booklets and campaign materials*
 - [Sugary drinks infographic](#)
 - [Wallet Cards](#)
- *Online tools*
 - [Sugary Drinks calculator](#)
 - [Junk food calculator](#)

Other suggested resources:

- [Australian Dietary Guidelines](#)
- [Eat for Health](#)
- [Rethink Sugary Drinks](#)
- [World Health Organisation sugary drinks publication](#)

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>



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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>

SUGARY DRINKS IMPORTANT INFO

Key messages of this presentation

- Sugary drinks are junk food. They are high in energy, added sugars and lack nutritional value. For most people, there is no room for junk food in a healthy diet.
- Drinking sugary drinks can lead to:
 - Long-term weight gain
 - Obesity
 - Type 2 diabetes
 - Cardiovascular disease
 - Dental caries (tooth decay and erosion)
 - Some types of cancers
- Sugary drinks include soft drinks, fruit drinks, energy drinks, sports drinks, flavoured milks and flavoured waters
- All sugary drinks – whether they be diet or regular – are bad for your teeth
- Diet soft drinks can help some people to lose weight. However, they contain no nutritional value and are harmful to your teeth
- Water and plain reduced-fat milk are the best drink choices

What are Sugary Drinks?

Sugary drinks are classed as discretionary foods. While they are a source of fluid, they are not an essential part of our diets and should only be consumed occasionally and in small amounts.

Examples of sugary drinks include:

- Soft drinks
- Sports drinks
- Fruit drinks
- Energy drinks
- Flavoured waters
- Flavoured milk
- 100% fruit juice if quantities are over 125ml (1/2 cup)

What does too much sugar do to the body?

Sugar is a source of energy (kilojoules) for the body. If we eat or drink more energy than we burn, we will gain weight. This is usually in the form of fat (also known as adipose tissue). Adipose tissue is stored under the skin as “grabbable” fat, but also in and around our vital organs as visceral fat. In general, the bigger your grabbable gut is, the more likely you are to have visceral fat around your vital organs.

Adipose tissue doesn't just sit there, it has nerves and blood vessels and the ability to produce chemicals, including hormones. The more adipose tissue you have, the higher the levels of certain chemicals in your blood. These can disrupt the normal balance of the body and have a negative effect on blood pressure, blood clotting and the body's ability to respond to insulin among other things. Having a grabbable gut and visceral fat puts you at increased risk of developing cardiovascular disease, type 2 diabetes and some cancers.

Why are sugary drinks bad for our health?

Sugary drinks provide excess energy (kilojoules) and have limited (if any!) nutritional value. Their consumption contributes towards weight gain, toxic fat and chronic disease. Toxic fat covering our vital organs (and resulting in a ‘grabbable gut’) puts us a greater risk of:

- Long-term weight gain
- Obesity
- Type 2 diabetes
- Cardiovascular disease
- Dental caries (tooth decay and erosion)
- Some types of cancers

A 600mL cola contains just over 1000 kJ. That's the same amount of energy as a cheese and salad sandwich, but the sandwich provides us with fibre, calcium, vitamins and the feeling of ‘fullness’ in our stomachs. In comparison, sugary drinks only provide us with sugar and extra kilojoules.

Additionally, studies have shown that when people have a sugary drink, they don't eat less to account for the kilojoules they are drinking.

What's the deal with flavoured milk and fruit juice?

Some sugary drinks do have nutritional benefits – take for example flavoured milk which provides calcium and protein, or 100% fruit juice which provides essential vitamins. However, it's important to remember that these drinks still have high amounts of sugar and kilojoules and so watching portion size is essential.

What beverages does LiveLighter® recommend?

- Water (plain or fancied up with fresh fruit and herbs). Some of our recipes are found here: <https://livelighter.com.au/Recipe/tag/drink>
- Plain reduced-fat milk
- Unsweetened tea and coffee

Sugar recommendations

The Australian Dietary Guidelines recommend limiting the intake of foods and drinks containing added sugars, such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

The World Health Organisation (WHO) strongly recommends reducing the intake of added sugars in foods and drinks. WHO suggests reducing the intake of added sugars to less than 10% of total energy intake (about 12 teaspoons a day for adults). Reducing the intake to below 5% (about 6 teaspoons sugar a day for an adult) allows for additional health benefits.

Sugary drinks key statistics

- There are 16 teaspoons of sugar in a 600ml bottle of regular soft drink
- One can of soft drink every day for one year could potentially result in a 6.5 kg weight gain (if these drinks are consumed in addition to the food your body needs and you don't increase your physical activity)
- One can of soft drink every day for a year will amount to 15kg of sugar
- Australia is the 11th largest purchaser of sugary drinks in the world

<https://livelighter.com.au/assets/resource/infographic/Sugary%20drinks%20infographic%2018.pdf> (Sugary drinks infographic)

LiveLighter® online sugary drinks calculator

This online tool allows individuals to calculate how much energy and sugar they consume over a week from sugary drinks. It also calculates the potential weight gain from the beverage(s) and the time required to burn off that excess energy.

Guiding participants through the calculator would make a great activity for this presentation. See: <https://livelighter.com.au/SugaryDrinks/Calculator>

What's the difference between fruit juice and fruit drink?

Fruit *juice* contains juice (sometimes a small amount of added sugar, salt and spices as well). There is a limit to how much sugar is allowed to be in fruit juice. On the other hand, fruit *drinks* contain only a small amount of fruit and a lot of added sugar.

Is fruit juice healthy?

Fruit juice can be a good source of vitamins and minerals but contains a lot of sugar which is found in the fruit naturally. A glass of orange juice contains the juice from about six oranges so it's better to eat the piece of fruit and get the benefits of fibre, and have a glass of water to quench your thirst. It's best to limit yourself to a half a glass of fruit juice a day (125mL).

Can I drink diet drinks?

Diet soft drinks contain artificial sweeteners and little or no sugar or energy (kilojoules). Because of this, switching to diet drinks can help some people lose weight. Just like sugar-sweetened soft drinks through, they contain no nutritional value and are harmful to your teeth. Some studies show when people drink diet drinks they can also tend to over-eat other foods.

If I am exercising is it okay to have sports drinks?

If you're doing vigorous activity for more than 90 minutes a day, then a sports drink may help you re-hydrate faster. If you're doing less exercise than that you don't need the extra sugar or electrolytes, and plain tap water is the best drink for you.

Can I skip a meal and have a sugary drink instead?

No. Most sugary drinks only give our bodies sugar, this gives us energy, but it doesn't give us the other good things that healthy food gives us. We need protein, healthy fats, vitamins, minerals and fibre to keep our bodies healthy.

Can I drink as many sugar drinks as I want if I do enough exercise to burn them off?

If you do a lot of exercise and burn off all the extra energy from sugary drinks then that's great – you probably won't gain weight from the sugary drinks alone.

However it's important to remember that sugary drinks aren't the only things that give our bodies kilojoules. All food (and alcohol) we consume gives us energy too. For example, you might be cycling far enough to burn off a can of lemonade, but if you also eat too much food (and don't do any more exercise) you are likely to gain weight.

It's also important to remember that as well as adding extra energy to your diet, sugary drinks aren't good for your teeth.