

HILLVIEW SPRING EVENT



ABOUT THE EVENT

Health Promotion Coordinators, Suzannah and Jason, tabled the Hillview Spring Event put on by Lewiston Housing Authority. This event was located at the Hillview Apartments in Lewiston. There were about 100 children and parents that participated. 10 vendors provided education and goodies to the families. The participants were excited to visit and learn from the different vendors. There was music, free food, and lots of fun activities!

CHALLENGE

Sugary drinks are the leading source of added sugars in the American diet. These sugary drinks can be fruit juices, sodas, flavored waters, and energy drinks. We also have to remember that drinks like coffee and teas that we add sweetened creamers and syrups to are full of sugar. Individuals that consume a lot of sugary drinks increase the risk of developing heart disease, obesity, type 2 diabetes, cavities, etc. Sugar is addictive and causes the body to release dopamine after being consumed. Dopamine is a chemical that helps us feel pleasure and reward. So, the more sugar that is consumed, the more our bodies crave it. This is why it is important to consume sugar in moderation.



INTERVENTION

Jason displayed substance misuse education materials and gave away safe storage bags. Many parents took the bags to safely store their medications. Suzannah presented a sugar bottle display that showed the amount of sugar that popular drinks have in them. The children and parents were shocked to see how much sugar their favorite drinks had in them. We had the participants guess how much sugar they thought were in the drinks. They were always shocked to hear the amount at the end!

RESULTS/SUCCESS

The families were blown away when they learned how much sugar was in their favorite drinks. Many individuals had no idea what they were putting into their bodies. Several children told us that they were going home to tell their parents about what they learned today. We talked about how important it is to drink sugary drinks in moderation. So instead of completely banning the drinks, have them occasionally and be aware of what you are putting into your body.



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