



Sugar-Sugar Community Outreach Project

McKayla Pollard, P.A.-S., OHSU

Introduction

Sunday May 1st at 11:30 AM-12:30 PM

Presented in person

Acero West Salem Club House

Adults living in the community

• 22 attendees

• Adults 24- 70 years old

• Average age 41.7 years old

Background/Content

Adult Americans consume nearly twice the amount of recommended added sugar per day which increases risk for insulin resistance.¹⁻²

Individuals are then at substantial risk for diabetes mellitus type two, obesity, & cardiovascular disease mortality.²⁻³ Awareness, moderation, and alternatives are great ways to combat excessive consumption of added sugar.⁴

The goal of this presentation was to present this information in an easy to understand way and offer practice tips to promote effective, lifelong change.

Learning Objectives

1- What is sugar?

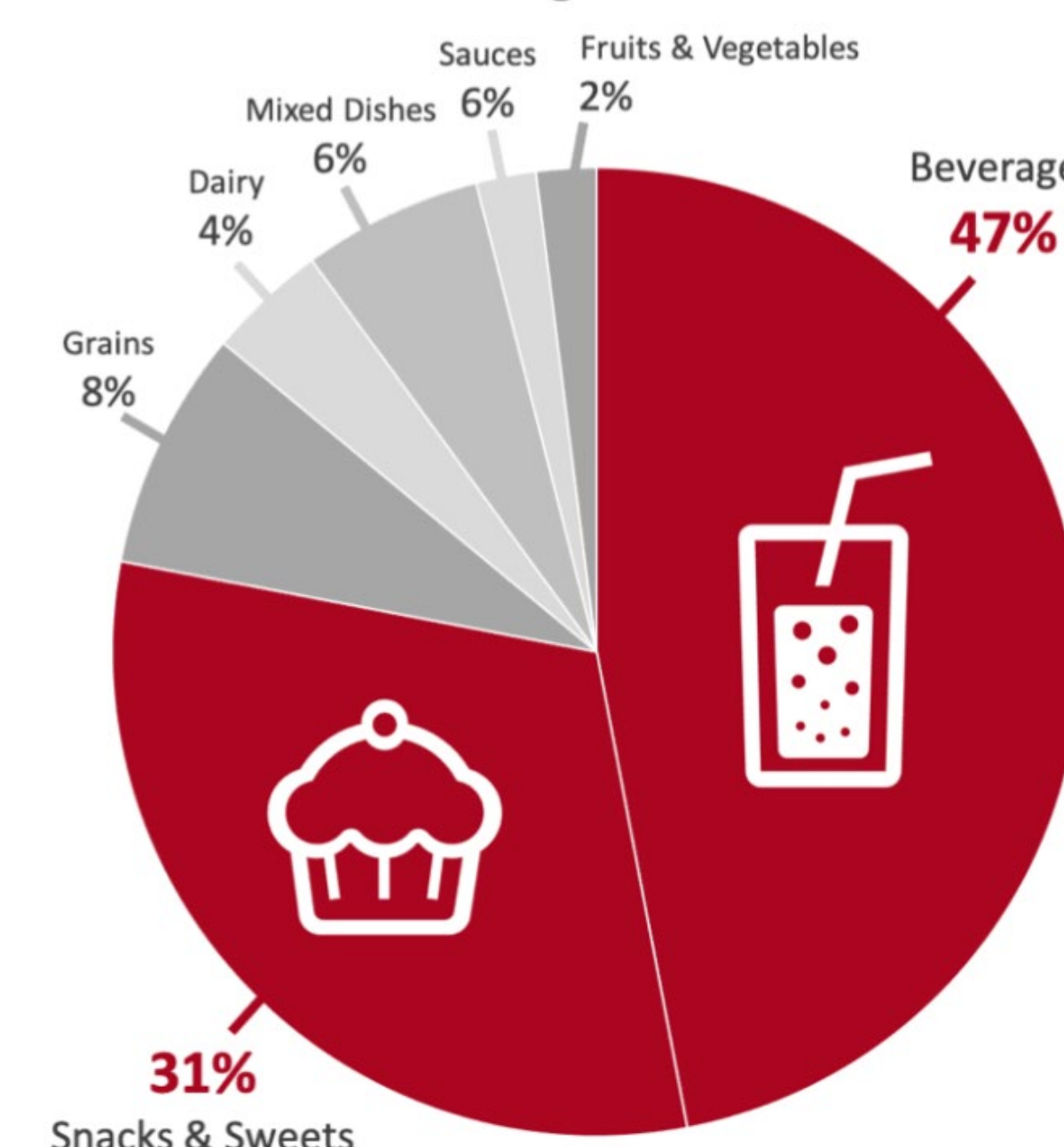
2- Why is excessive sugar so bad for you?

3- What are good alternatives to added sugar?

Discussion

- **Challenges-** Explaining pathophysiology to the audience
- **Opportunity-** Educate community members on a topic that was of interest to them and provided practical tips too decreasing added sugar consumption
- **Takeaways-** from attendees were
 - Excessive sugar causes insulin resistance
 - Sweetened beverages contain a large amount of added sugar
 - Stevia is a great alternative to added sugar
- **Evaluation-** *"She was very informative and organized on a very interesting topic!"*

Sources of Added Sugar in the American Diet



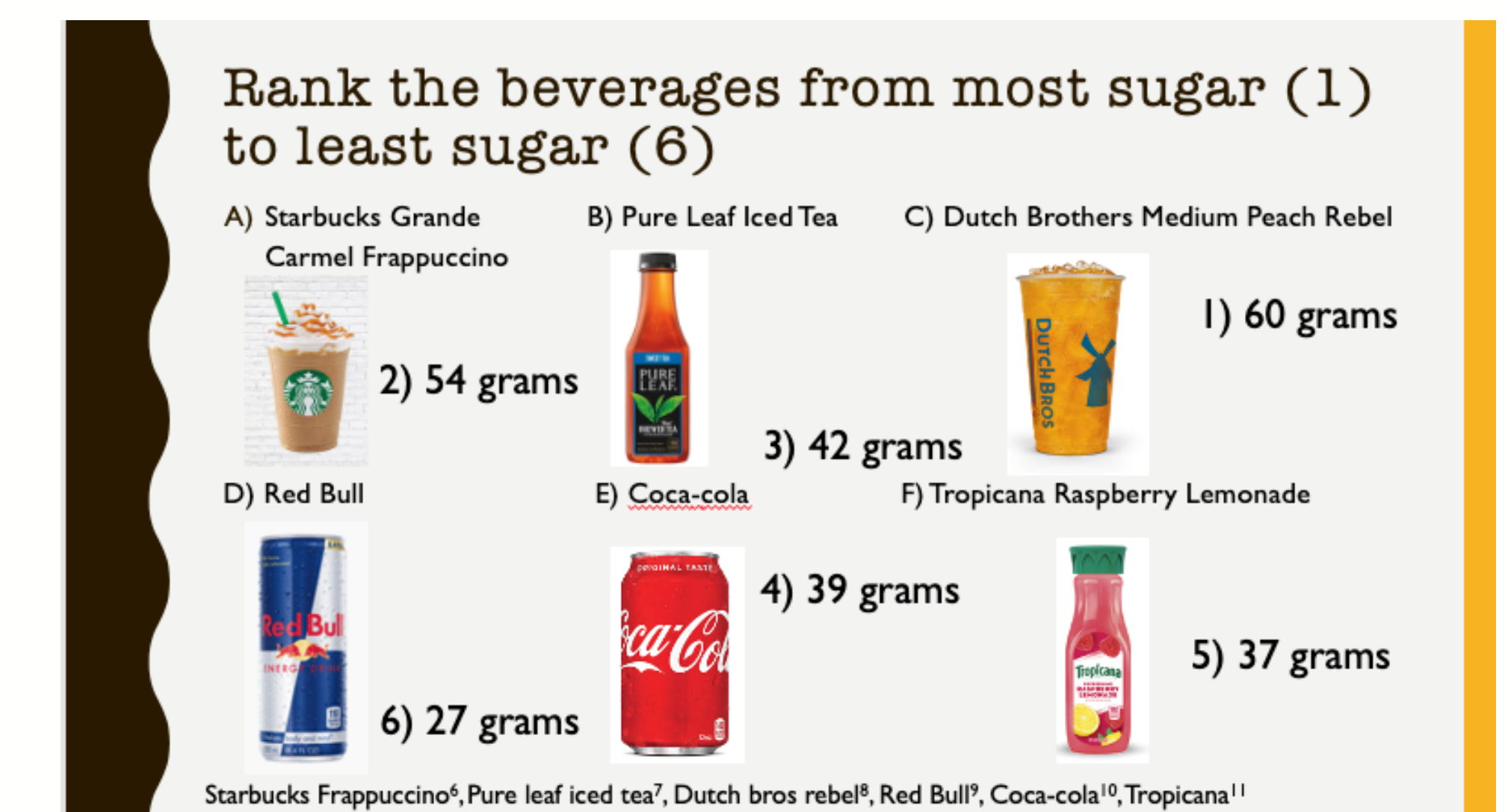
Sources of added sugar image⁵



Extract from *Stevia Bertoni* plant leaves⁶

Conclusion

- **Self Reflection-** Effectively presented information & the audience was well engaged throughout my presentation
- **Limitation-** Pathophysiology of insulin resistance to complex for the audience and maybe distracting from the main points
- **Strength-** Audience engagement activities throughout the presentation (game, video, visual aids)
- **Impact-** 63.6% evaluation response rate 50% stating they are likely to change their behavior and 50% very likely to change behavior.



References/Acknowledgements

1- Centers for Disease Control and Prevention (CDC). Get the Facts: Added Sugar. Accessed 07/09/2021., <https://www.cdc.gov/nutrition/data-statistics/added-sugars.html>.

2- Chow KF. A Review of Excessive Sugar Metabolism on Oral and General Health. *Chin J Dent Res.* 2017;20(4):193-198. doi:10.3290/j.cjdr.a39218

3- Yang Q, Zhang Z, Gregg EW, Flanders WD, Merritt R, Hu FB. Added sugar intake and cardiovascular diseases mortality among US adults. *JAMA Intern Med.* Apr 2014;174(4):516-24. doi:10.1001/jamainternmed.2013.13563

4- Samuel P, Ayoub KT, Magnuson BA, et al. Stevia Leaf to Stevia Sweetener: Exploring Its Science, Benefits, and Future Potential. *J Nutr.* Jul 1 2018;148(7):1186s-1205s. doi:10.1093/jn/nxy102

5-Meredith A. Too much added sugar is making us sick. Feed Them Wisely. <https://feedthemwisely.com/the-problem-with-added-sugar>. Published September 17, 2020. Accessed January 7, 2022