



McDowell County FACES Newsletter

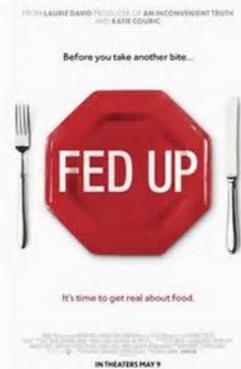
The FACES of HOPE

June, 2014

facesfrn.com

email: facesfrn@yahoo.com

FED UP: DOCUMENTARY ABOUT SUGAR



<http://fedupmovie.com/#/page/home>

The **FED-UP DOCUMENTARY** is coming to Charleston, WV!!! Please hold the date of **JUNE 9TH AT 2:30pm** for a private showing followed by a panel of experts in the fields of health, public health and law makers!

South Ridge Marquee has also agreed to show for one week from June 6-12 if you miss the Monday event.

Here are some of the sobering facts about the state of health in America revealed in "Fed Up," a new documentary from producers Katie Couric and Laurie David about the country's food industry: (1) "Over 95 percent of all Americans will be overweight or obese in two decades"; (2) "By 2050, one out of every three Americans will have diabetes"; (3) 80 percent of food items sold in America have added sugar.

HuffPost Entertainment is happy to debut the new poster for "Fed Up," which is out in theaters on May 9.

Everything we've been told about food and exercise for the past 30 years is dead wrong. Fed up is the film the food industry doesn't want you to see. From Katie Couric, Laurie David (Oscar winning producer of an inconvenient truth) and director Stephanie Soechtig, fed up will change the way you eat forever. The film opens in theaters across the country on May 9th.

Once you see Fed Up and learn the truth about sugar, we hope you get as Fed Up as we are with the state of our food environment. We are facing the biggest public health crisis of our time and the future of our nation depends on us taking action in our homes, schools, communities and workplaces. Taking the Fed Up Challenge and going sugar free is the first step.

Giving up sugar will be tough because sugar is everywhere and we all crave it, but it can be done if we take it on together. Below are the steps we will be taking, tips for success, and resources to help you bring the Fed Up challenge to your community.

Follow us and the rest of the Fed Up team as we go sugar free. We'll be sharing our daily experiences, challenges and discoveries, and we hope you will too!

Katie, Laurie, Stephanie, and the Fed Up Team

Since June is the month our children get out for the summer, this is your opportunity to make healthy changes that will give them a fighting chance of becoming healthy adults. This newsletter is dedicated to this issue and if you visit the website above you will receive a vast array of resources, recipes, guidelines, etc. to help make a life long change in the family.

FED UP: Challenge

We are **CHALLENGING** you to GO SUGAR FREE FOR 10 DAYS. Start by cutting sodas and other sweetened beverages and foods that have ADDED sugars. EAT real, fresh, whole foods and stop consuming all products that contain added sugar including honey, molasses, agave, etc., and all liquid sugars, such as sodas, bottled teas, fruit juices, and sports drinks. This includes all artificial sugars and sugar substitutes.

No exceptions, so don't ask! Artificial sweeteners slow your metabolism and make you crave and eat more food. Also, be aware of foods that may have hidden sugars, like yogurts, canned foods, spaghetti sauce, and ketchup. Watch for hidden names of sugar. Also try cutting out all flour products that turn to sugar in your body. Just for 10 days.

It sounds tough but we can do it together and help each other every step of the way. Nothing is as sweet as treating yourself to a new and healthy lifestyle – we promise you'll notice the difference.

Did you know that sugar has the same addictive properties as tobacco and alcohol? The more sugar you eat, the more you need to satisfy your craving. The withdrawal, which includes symptoms of crankiness and lethargy, is often the hardest part. Unlike cigarettes, the warnings against the addictive powers of sugar are virtually non-existent. Sugar can be found in an alarming amount of foods, and half of it is hidden by calling it one of its **56 other sneaky names**, it can be hard to determine exactly how much sugar is in any particular product.

Question: How long will it take for me to feel a difference?

Answer: If you cut out all added sugars, you will start to feel better in 1-2 days. Cravings may persist for 1 to 3 weeks.

Question: Are all sugars bad?

Answer: Natural sugars in fruit are fine (but not fruit juice). Added sugars and artificial sweeteners are worse because they increase hunger. [See the 56 hidden names for sugar](#). Stay away from all of them.

Question: How can I tell if a product has sugar in it?

Answer: Read all of the ingredients on the Nutritional Facts label and keep your eyes peeled for added sugars. Look for ingredients like: corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, sucrose, syrup and table sugar.

Question: Why is sugar added to food?

Answer: Sugar is added to food for one reason only. To make it taste better and make you eat more of it. It is addictive and when you consume too much you want more and which makes you buy more of the food industry's products. Better for them. Bad for you.

Question: Should I go cold turkey?

Answer: The best way to cut your sugar cravings are to cut out all sugar at once. Otherwise you keep triggering the addiction center in the brain. This is easier said than done, so don't give up if you slip up.

Question: How Much Sugar Can I Eat?

Answer: The American Heart Association recommends no more than the following amounts of sugar per day (note: that the Fed Up Challenge asks you to cut out all added sugars during the 10 days).

You can ask questions and join in discussions on the website on the front page.



*Every Spoon represents 1 teaspoon

** In Order to accommodate all the nutritional requirements for this age group, there are fewer calories available for discretionary allowances like sugar

***5-8 teaspoons



FOR FAMILIES: Cooking meals at home is a great way to keep an eye on how much sugar your family is eating. Getting kids involved in grocery shopping and meal preparation helps them learn more about making healthy choices and will equip them with the skills they'll need to continue to eat healthfully as adults. Here are some tips for participating in the challenge as a family:

1. **Declare your home a whine-free zone.** Be clear that going fully sugar-free for 10 days is a short-term experiment to help your family learn more about sugar. Designate a chalkboard or large piece of poster board as the place to showcase all the healthy and delicious things you're enjoying instead of sugar. Every time anyone complains, they have to add something new to the list!
2. **Take a family outing to the grocery store.** Spend some time looking at the foods you usually buy and read their ingredients labels together. Do you see sugar or hidden sugars on those labels? Brainstorm the types of products you might buy instead. For example, instead of sweetened yogurt, give plain yogurt and fresh berries a try.
3. **Create a healthy snack box.** Together, decide what your go-to healthy snacks will be, such as low-fat string cheese and fruit. Then, fill a box in the refrigerator with your new favorites and declare it the healthy-snacking zone. Take the opportunity to talk to your kids about the difference between snacking out of hunger versus snacking out of boredom.
4. **Commit to cooking together.** Getting their hands dirty in the kitchen one of the best ways for kids to learn about making healthy choices. Commit to cooking together at least once a week and enjoying family meals together as often as possible by taking [The Kids Cook Monday Family Dinner Pledge](#). By taking the pledge, you'll sign up for The Kids Cook Monday newsletter, which delivers an easy, healthy recipe and other fun tools to help the whole family enjoy the cooking process every week.
5. **Celebrate with a healthy options.** When you make it through the 10 days of the challenge, don't celebrate with an all-out sugar fest. Instead, select a healthy no-sugar recipe, and cook it together. As a family, talk about how occasional treats like this can be part of your healthy diets.
6. **Keep the challenge going.** To help your family keep their sugar habits in check long-term, consider making the challenge ongoing. Since [Mondays](#) are the days people are most open to making healthy changes, challenge your family to go sugar-free every Monday. At dinner that night, ask each family member what healthy foods they chose to eat instead and if the challenge helped them learn about any new products containing hidden sugars.

FED UP: For School and Workplace

Since some students will continue in summer school here are a few tips. Getting students interested and excited about healthy eating habits can be a challenge. Here are some tips to help students and teachers with The #FedUpChallenge

1. **Encourage kids to bring a reusable water bottle to school:** Ask students to keep a reusable water bottle at their desk and encourage them to choose water over sugary drinks.
2. **Fill up on Fiber:** Educate students on the importance of fiber to a whole and real food diet! Children (and adults) often don't realize that processed foods take the fiber out and add the sugar in. Encourage them to opt for healthier fiber filled snacks like whole fruits, nuts, and vegetables.
3. **Fruits and Vegetables:** Many classrooms do not allow students to eat in the classroom. Make an exception for fruits and vegetables!
4. **Eat a Rainbow:** Including as many naturally colorful food items into a meal or snack is a fun and creative way to get kids to eat real food! Make sure students know the difference between artificially colored foods and naturally colored foods.

Start a School Garden: Grow herbs on the window sill. It's really important for kids to see that food doesn't come from a grocery store. A school garden is a great way to incorporate lessons in math, geography and teach kids where food comes from.

For your workplace! Most adults spend the majority of their day at their office or workplace, consuming a minimum of one meal there. Changing the food environments at the workplace is paramount to the success of the Fed Up Challenge.

1. **Breakfast & Lunch Meetings:** If your office frequently hosts breakfast or lunch meetings, make sure they are healthy and sugar free meals (with protein).
2. **Take a proper lunch break:** It is easy to make eating at the desk a lunchtime habit. Make sure to take a proper lunch break and enjoy your food, encourage your colleagues to join you. Disrupting meal routines often forces people to skip meals or bring pre-made and processed foods.
3. **Hydrate the healthy way:** Beverages don't have to be sugary to keep you hydrated and satisfied. Keep a reusable water bottle at your desk and reach for water rather than soda or juice.
4. **Start a health and wellness group:** Involve your colleagues and employees in the health and wellness and invite them to join a group or office committee. As a team, investigate the current food and meal trends in the office and brainstorm ways to improve.
5. **Promote health & wellness:** Encourage coworkers and colleagues to keep informed about personal health and wellness. Work with your health and wellness group to put up educational and nutritional posters in communal areas.

Swap a Recipe: Use your co-workers as a resource. Encourage people to swap and share healthy and easy recipes that can be brought into the workplace.

Final Thought: If you are going to see the film, investigate the website, consider taking the challenge, add one additional piece which I think will make things easier. Get out and do things together as a family. Play, walk, ride bikes, hike, do home movie nights with healthy snacks, but keep busy and you will be surprised how your family will respond once you wean them off the SUGAR!

McDowell County Upcoming Events

The McDowell County 4-H Leaders Association is announcing that McDowell County Camp dates are: (Teen Leader Camp, ages 13-18) June 11-13 and (All Age Camp, ages 9-18) June 17-20. Camp is operated by WVU Extension Service & its Extension Agents and volunteers. Camp is free – thanks to many donors. Extension Agent Donald Reed is still looking for camp class ideas, assembly ideas, and craft ideas. For more information, including sponsoring a camper or a camp application, contact WVU Extension at 436-9006 or Donald Reed at Donald.Reed@mail.wvu.edu.

**REGION IV SUMMIT
JUNE 13, 2014
10:00 A.M.—12:00 NOON
Oakhill DHHR**

DHHR, FRNs, and Providers meet to review issues for children and families in Region IV.

**McDowell County FACES
June 12, 2014
12:00 noon**

Special Speaker: Stop The Hurt will be presenting.

Refreshments will be provided, please RSVP to 304-436-5255 by 6/6/14 for food count.

**McDowell County
HOPE Coalition
Special Reorganization
Meeting
June 23, 2014
10:00 a.m.—12:00 noon
McDowell Public Library**

All Members are Requested to Attend to Assist in how we move the HOPE Coalition forward. RSVP to Ginger or Kathie by June 19, 2014 at 304-436-5255.

**Round 13 Governor's
Substance Abuse Re-
gional Task Force:**

Meetings have been scheduled during June 16-19, 2014. Please find the meeting dates/locations listed below. We hope that you will be able to join us. Please forward this email to your friends and colleagues.

Thank you for your continued efforts! The work of the task forces has been crucial in providing local recommendations and solutions as we work toward combating the substance abuse problem in West Virginia.

**Region 6: Thursday,
June 19, 6:00 pm –
8:00 pm
Beckley-Raleigh
County Convention
Center (Room A)
200 Armory Drive
Beckley, WV 25801**

**Intersecting Faith & Health: Transforming
Congregations and Communities
Tuesday, June 10, 2014
8:00pm (EST)/7:00pm (CST)**

Please join us for an exciting webinar exploring the intersections of faith and health on ways the faith community can address active living and healthy eating.

Webinar Link: <https://global.gotomeeting.com/meeting/join/488654157>

You may use your microphone and speakers or call in using your telephone

United States: +1 (215) 383-1021

Access Code: 488-654-157

Audio PIN: Shown after joining the meeting.

No Pre-Registration or Cost was shown on the flyer.