The NEW Drink Pyramid
2013 WV School-Community Oral Health Conference

© 2013
D.N. Stone, DMD
dariadentistry@gmail.com
The NEW Drink Pyramid

• Who?
• What?
• When?
• Where?
• Why?
• How?
WHO?

Dr. Nikki Stone created the Drink Pyramid in 2000 after frustration with the oral health effects demonstrated in the caries rates of the children she served in her dental outreach program.
WHO?

Dr. Laura Hancock first learned about the Drink Pyramid in 2009 when collaborating with Dr. Stone on outreach efforts by the University of Kentucky. The Drink Pyramid became an active tool for patient education. She became obsessed with seeing the good news of the Drink Pyramid reach more communities!
UK’s East and West Dental Outreach Programs

Since 2009
Since 2006
East Data

- Program in operation since 2006.
- Seven full years of data.
- Untreated tooth decay rates much higher than state survey & national norms.
- Urgent dental needs much higher than state survey.
- Prevention and partnerships are helping to bring both untreated tooth decay and urgent dental needs DOWN! 😊
Baseline Data

• **68%** of elementary school children and **58%** of Head Start children had *untreated tooth decay*
  – Compared to a national rate of **26%**

• **22%** of elementary school children and **19%** of Head Start children had *urgent* dental needs (pain, infection, rampant)
  – Compared to a state rate of **4%**

• Healthy People 2010 (HP2010) goals for pre-school and elementary school aged children for untreated tooth decay were significantly lower than the baseline data indicated.
## Progress toward a set TARGET

<table>
<thead>
<tr>
<th>Age 2-4 (Head Start/ Preschool)</th>
<th>Age 6-8 (Elementary School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduce the proportion of very young children with untreated dental decay in their primary teeth.</td>
<td>Reduce the proportion of young children with untreated dental decay in primary and permanent teeth.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>USA TARGET:</th>
<th>USA TARGET:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9 percent</td>
<td>21 percent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>BASELINE east KY in 2007:</th>
<th>BASELINE east KY in 2007:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>58 percent</td>
<td>68 percent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>CURRENT east KY in 2012:</th>
<th>CURRENT east KY in 2012:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>42 percent Decreased by 16 percent!</td>
<td>55 percent Decreased by 13 percent!</td>
</tr>
</tbody>
</table>
Untreated tooth decay Rates in Perry children have decreased 13%!

Urgent dental needs in Perry children have decreased 8%!
Untreated tooth decay rates in Head Start have decreased 16%!

Urgent dental needs in Head Start have been cut in half!
Untreated Tooth Decay
Compared with National Data (NHANES)

Second highest decay rates in the nation!
Now Laura is going to talk about

Family Behaviors
The American Diet
Obesity Rates
# Caries Risk:

<table>
<thead>
<tr>
<th>RISK FACTORS</th>
<th>PROTECTIVE FACTORS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALL AGES:</strong></td>
<td></td>
</tr>
<tr>
<td>&gt; Inadequate fluoride</td>
<td>&gt; Optimal systemic and/or topical fluoride</td>
</tr>
<tr>
<td>&gt; Inadequate oral hygiene</td>
<td>&gt; Good oral hygiene</td>
</tr>
<tr>
<td>&gt; Poor family oral health</td>
<td>&gt; Access to care and good oral hygiene</td>
</tr>
<tr>
<td>&gt; Poverty</td>
<td>&gt; Access to care</td>
</tr>
<tr>
<td>&gt; Frequent snacking</td>
<td>&gt; Reduction in snacking frequency</td>
</tr>
<tr>
<td>&gt; Special carbohydrate diet</td>
<td>&gt; Preventative intervention to minimize effects</td>
</tr>
<tr>
<td>&gt; Frequent intake of sugared medications</td>
<td>&gt; Alternative medications or preventive intervention to minimize effects</td>
</tr>
<tr>
<td>&gt; Reduced saliva flow from medication or irradiation</td>
<td>&gt; Saliva substitutes</td>
</tr>
<tr>
<td>&gt; Variations in tooth enamel; deep pits and fissures; an atomically susceptible areas</td>
<td>&gt; Sealants (if possible) or observation</td>
</tr>
<tr>
<td>&gt; Special health needs</td>
<td>&gt; Preventive intervention to minimize effects</td>
</tr>
<tr>
<td>&gt; Previous caries experience</td>
<td>&gt; Increased frequency of supervision visits</td>
</tr>
<tr>
<td>&gt; Gastric reflux</td>
<td>&gt; Management of condition</td>
</tr>
<tr>
<td>&gt; High mutans streptococci count</td>
<td>&gt; Reduction of mutans streptococci</td>
</tr>
<tr>
<td><strong>EARLY CHILDHOOD:</strong></td>
<td></td>
</tr>
<tr>
<td>&gt; Bottle use at night while sleeping or when awake at will</td>
<td>&gt; Prevention of bottle habit and weaning from bottle at 12 months</td>
</tr>
<tr>
<td>&gt; High parental levels of bacteria (S.mutans)</td>
<td>&gt; Good parental oral health and hygiene</td>
</tr>
<tr>
<td>&gt; History of baby bottle tooth decay</td>
<td>&gt; Increases frequency of supervision visits</td>
</tr>
<tr>
<td><strong>INFANCY:</strong></td>
<td></td>
</tr>
<tr>
<td>&gt; Bottle use at night while sleeping or when awake at will</td>
<td>&gt; Prevention of bottle habit and weaning from bottle at 12 months</td>
</tr>
<tr>
<td>&gt; High parental levels of bacteria (S.mutans)</td>
<td>&gt; Good parental oral health and hygiene</td>
</tr>
<tr>
<td>&gt; History of baby bottle tooth decay</td>
<td>&gt; Increases frequency of supervision visits</td>
</tr>
</tbody>
</table>
From 12-24 months, the child assumes the eating habits of the family—

The Feeding Infants and Toddlers Study
J Amer Diet Assoc Jan 2004
Where are those adults with a healthy weight?????
CDC 2007-2009 County Obesity Prevalence Among Low-Income Children Aged 2 to 4 Years

Legend:
- 0-5%
- >5-10%
- >10-15%
- >15-20%
- >20%
- No Data

Map showing the prevalence of obesity in different counties.
• Sugar-sweetened beverages (SSBs) are the LARGEST source of added sugar and calories in the US population, especially among youth.

• Rather than an occasional treat, SSBs have become an essential part of the US diet.
  – In 2009, the average American consumed 45 gallons of SSBs!
  • Even more for low-income Americans...
<table>
<thead>
<tr>
<th>When</th>
<th>Who</th>
<th>SSBs as Daily Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1965</td>
<td>All Americans</td>
<td>Only 2 %</td>
</tr>
<tr>
<td>2010</td>
<td>All Americans</td>
<td>11 %</td>
</tr>
<tr>
<td></td>
<td>Adolescents aged 12-19</td>
<td>13 %</td>
</tr>
<tr>
<td></td>
<td>Low-Income</td>
<td>16 %</td>
</tr>
</tbody>
</table>
• Health conditions associated with SSBs:
  – Obesity/Overweight
  – Diabetes
  – High Cholesterol
  – Heart Disease
  – Cancer
  – Liver Disease
  – Gout
  – Osteoporosis
  – Tooth Decay
• You consume a sugar-sweetened beverage.

• You have an insulin response! The “HIGH.”

• Then a rapid drop in blood sugar... The “LOW.”

• You feel hungry again!

• You INCREASE food consumption!

• Over time, you GAIN WEIGHT! (15lb./year/pop)

Doesn’t this sound like what happens to a DRUG addict??
Maybe this is why the old folks called it DOPE!
• Americans are STARVING themselves to DEATH while getting BIGGER and BIGGER!
  – Drinking SSBs replaces (and therefore displaces) healthy beverage options.
    • Milk consumption has declined.
  – Liquid calories DO add extra calories BUT they DO NOT supply any extra nutrition.
    • So, the body is “starving” for nutrients while it is “full” of calories.
Overfed But Undernourished

% Children Consuming Daily Recommended Intake

Critical Age

6-11 Mo. 1 Yr. 1-4 Yrs. 5-8 Yrs. 9-14 Yrs. 15-19 Yrs.

Iron
Phosphorus
Zinc
Vitamin C
Vitamin A
Magnesium
Folate
Calcium

Data compiled by Dr. John Lasekan, Ross Labs
Now **Nikki** is going to talk about

The development of the Drink Pyramid
The Pyramids & Plates

• 1916 – first USDA food guide published
• 1974 – first food pyramid in Sweden
• 1992 – first US Food Guide Pyramid
• 2011 – revised to www.ChooseMyPlate.gov
The Pyramid

- The original US food pyramid was very **effective**.
  - In the 20 years since it’s introduction, America learned and listened:
    - 7% decrease in saturated fat consumption
    - 21% decrease in cholesterol consumption
    - 4% lower blood cholesterol
    - Decrease in US death rates for heart disease

- The original pyramid shape proved itself to be the most **effective** tool for communicating the concepts of **moderation and proportion**.
The Plate

• The newer MyPyramid and MyPlate icons have not been thoroughly tested, but have been criticized for being accessible only to high-income households with internet access and computer skills.
  – The websites are complicated, confusing, and cumbersome.
  – However, did you know that the PLATE icon is very similar to the BOWL that 3,000 polled Americans chose over the pyramid before it was first released.
The Drink Pyramid

• The new Drink Pyramid is a **combination**!
  – It includes the plate/bowl concept preferred by Americans in that it incorporates the visible cups filled with various drinks.
  – And it also incorporates the simplicity and recognition of the pyramid design to promote the concept of proportion and moderation.
WHEN?

• The Drink Pyramid
  – was developed in 2000
  – was revised first in 2009
  – was revised again in 2010
  – was copyrighted in its final version in 2013

• The Drink Pyramid has been piloted in several locations throughout Kentucky with remarkable success and has received national spotlight for its message!
2013
The Drink Pyramid is officially here!!!
The Drink Pyramid was developed by a dentist, and has obvious *oral health* benefits, but can also be a useful tool in targeting *obesity*, *diabetes*, and general health behaviors.
The Drink Pyramid

• Simple.
• Straightforward.
• Easy for children and adults with low literacy levels to understand.
• Include both words and pictures to convey messages.
• Include mnemonic letter cues to help aid in memorization.
The Drink Pyramid

- **W/W:** Water Whenever
  - 7 water glasses are pictured to represent the recommended “6-8 glasses per day.”

- **M/M:** Milk with Meals
  - 3 milk glasses are pictured to represent the typical three meals per day in American diets.

- **J/J:** Juice Just once a day
  - Just 1 glass of juice is pictured to represent the AAP recommendation for only one serving of juice per day.

- **P/P:** Pop only at Parties
  - Only 1 glass of pop is pictured to emphasize the importance of saving pop only for special occasions and not for daily consumption.
    - Alternate wording for northeastern populations: Soda Sometimes.
Remember....

• Sugar-sweetened beverages (SSBs) are the **LARGEST source of added sugar and calories in the US population**, especially among youth.

• Rather than an occasional treat, SSBs have become an essential part of the US diet.
  – In 2009, the average American consumed **45 gallons of SSBs!**
    • Even more for low-income Americans...
• HOW can this be possible? HOW can this be true? 45 gallons a year, seriously?!

• Are all these statistics true? Are low income kids really consuming enough SSBs to make up 16% of their diet?
  – There’s only one way to find out, **ASK THE KIDS!**
KENTUCKY KIDS

• We asked the kids in EAST KY:
  – What did you drink this MORNING
    • before you came to school?
  – What did you drink LAST NIGHT
    • when you got home from school?

• Then Laura asked the kids in WEST KY too...
But before we ask them, what answers are we looking for? What do the “experts” say they SHOULD be drinking?

• American Academy of Pediatrics recommends:
  – Ages 1-6
    • Only 4-6 ounces a day of SSBs (this includes fruit juice!)
      – That’s ½ CUP
  – Ages 7-18
    • Only 8-12 ounces a day of SSBs (this includes fruit juice!)
      – That’s 1 CUP, NOT a super-size!
Kids Reported MORNING Drinks

- 24% Milk
- 24% Juice
- 16% Pop
- 24% Water

Eastern Kentucky
Kids Reported MORNING Drinks

- **48% Milk**
- **23% Water**
- **16% Juice**
- **5% Pop**
- **Nothing**

Western Kentucky
Kids Are Drinking MILK with Breakfast

Breakfast Drinks

MOSTLY MILK

Pop
Juice
Milk
Water

the DRINK PYRAMID

MILK with Meals
WATER Whenever

POP only at Parties
Just once

Juice

Kids smiling emoji
Kids Reported NIGHT Drinks

- 29% Water
- 40% Pop
- 15% Milk
- 16% Juice

Eastern Kentucky
Kids Reported NIGHT Drinks

- 36% Water
- 20% Pop
- 19% Juice
- 22% Milk

Western Kentucky
Kids Are Drinking POP with Dinner

Dinner Drinks
POP in East KY
WATER in West KY

![Dinner Drinks Pie Chart]

The DRINK PYRAMID

- POP
- Juice
- Milk
- Water

- POP only at Parties
- JUICE Just once
- MILK with Meals
- WATER Whenever
Untreated Tooth Decay
Compared with National Data (NHANES)

Pre-School (ages 2-5)

Drink Behaviors Do Matter!!!!!!!
What Kind of Sugar Sweetened Beverages are Kids Drinking? (eastern Kentucky)

1. Gatorade
2. Mountain Dew
3. Pepsi
4. Sprite
5. Tea
6. Kool Aid
7. Diet Mountain Dew
8. Nehi Peach
9. Orange Crush
10. Mondo
11. Fruit Punch
12. Hi-C
13. Tea
14. Lemonade
Where do kids get SSBs like POP?

• The MAJORITY of SSBs are consumed in the HOME! Parents are buying them in alarming quantities!

  – Only 1-5% come from vending machines or school cafeterias.
SSBs Policy Questions???

– The US Supplemental Nutritional Assistance Program spends between $1.7-$4 billion each year on SSBs.
– So far, the USDA has *rejected* all waiver requests to prohibit the purchase of candy and soft drinks with SNAP benefits (Minnesota, New York, South Carolina, and 5 more states have tried and failed so far).

  • “The USDA has said there are no clear standards in defining foods as healthy or unhealthy, and trying to restrict food purchases would be too expensive and difficult since many new products are introduced each year.”
Now Laura is going to talk about

Using the Drink Pyramid
In West KY
Additional Testing of Drink Pyramid in Western Kentucky
In 2009, The Kentucky Oral Health Program received two federal grants to create community coalitions aimed at improving dental health among children and adults throughout Kentucky.

Grants were received to form the Western Kentucky Regional Dental Coalition through HRSA’s Targeted State MCH Oral Health Services Systems (THOHSS) Program.

The Coalition Meets Quarterly and the main event to date has been the organization of the Oral Health Summit!
Western Kentucky Regional Dental Coalition

Following a training in Social Marketing in August 2010, the coalition decided to make an oral health impact by addressing....

Drink Behaviors!!!

Cal the official pyramid spokesperson
The Western Kentucky Dental Coalition began working on the new “New Drink Pyramid” in August 2011.
Drink More Tap Water!
1. Brush your teeth after breakfast and before you go to bed each day!
2. Use a soft toothbrush with a pea size amount of fluoride toothpaste.
3. Brush your teeth at least 2 minutes using a circular motion….Set a Timer!
4. Make sure you brush all sides of each tooth including the front, back, and top….Make each tooth feel special!
5. Don’t forget to brush your tongue!
6. Spit out….Don’t swallow extra toothpaste!
7. Ask a grown up to help you floss your teeth each day!
Where’s the Sugar?

http://www.youtube.com/watch?v=R2jduTvKSZg&feature=youtu.be
Kentucky Oral Health Coalition
Active since 2012!

Priority

• Improve oral health literacy/education

• Expand school-based oral health services including head start and child care settings

• Increase the number of dentists accepting Medicaid

Vision Statement
All people of Kentucky can enjoy optimal oral health for life
Drink Behavior Change 2012-13

<table>
<thead>
<tr>
<th></th>
<th>Pop</th>
<th>Juice</th>
<th>Milk</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>25</td>
<td>22</td>
<td>23</td>
<td>26</td>
</tr>
<tr>
<td>After School</td>
<td>20</td>
<td>19</td>
<td>22</td>
<td>36</td>
</tr>
</tbody>
</table>

The chart shows the change in drink behavior from Baseline to After School for Pop, Juice, Milk, and Water.
What About Retention?
Eastern KY Kids Remembered 7 Months after Learning About It

80% of 3rd Grade Kids Remembered All 4 Parts of the Drink Pyramid 7 Months Later!

The Drink Pyramid was taught in October, and post-tested at the end of the school year in May. 62 students
Western KY Kids Remembered One Year after Learning About It

Hopkins County

90% of 2nd Grade Kids Remembered All 4 Parts of the Drink Pyramid One Year Later!

The Drink Pyramid was taught in October, and post-tested the following October. 293 Students surveyed.
What Design did Students Prefer?

31% 73%
It’s been a long time coming, but

• The Drink Pyramid is NOW ready to share!
  – Website:  www.drinkpyramid.com
  – Contact:  dariadentistry@gmail.com
Now **Nikki** is going to talk about

Ways to use the Drink Pyramid

Lunch & Learn Sneak Peek
Ways to Use the Drink Pyramid

- **Teachers** can use the new **CURRICULUM** to teach kids each part of the Drink Pyramid and why the amounts listed are recommended.
- **Schools** can put a **POSTER** of the Drink Pyramid in the school cafeteria and/or in each classroom as a reminder.
- Give each **child** a Drink Pyramid **CUP** as a visible and tangible reminder of exactly HOW MUCH a serving size is for his/her age.
- Give each **parent** a Drink Pyramid **MAGNET** to put on the refrigerator as a reminder about what to buy and serve at home.
- Community **agencies** can use the **DISPLAY** at health fairs and other events to raise awareness.
Drink Pyramid Supplies are READY!
Conference Special

• **Family Pack**
  - 2 small cups
  - 2 large cups
  - 1 magnet
  - 1 sticker

  – $13 value for **$10.00**

  – (only 15 Family Packs available, cash/check only)
The Drink Pyramid

• Contact:
  – dariadentistry@gmail.com
  – www.drinkpyramid.com

Please order your Drink Pyramid supplies from us whenever possible, to help support a fund established to help pay for the cost of dental care for uninsured children in Dr. Stone’s hometown in eastern Kentucky.

Mountains of Smiles Foundation

Remember that the Drink Pyramid is copyrighted, so please contact Dr. Stone if you would like to use the campaign. The curriculum has printable copies that can be reproduced.
Lunch & Learn

Curriculum Examples
Classroom Use Ideas
Door Prize 😊
MOST

• Foods you should eat the MOST of were at the BOTTOM of the pyramid.
  – Bread
  – Cereal
  – Rice
  – Pasta
What about DRINKS?

• But the Food Pyramid doesn’t teach us **WHAT** we should DRINK.
• What do you think?
What about DRINKS?

• The Food Pyramid doesn’t teach us WHAT we should DRINK.

• AND it also doesn’t teach us **HOW MUCH** we should DRINK.

• What do you think?
• What sound does the letter “M” make?

• Can you think of a drink that starts with that sound?
How often should you drink MILK?
MILK

- Get it?
- MILK starts with “M”
- MEALS starts with “M”
- You can drink MILK... with MEALS!
- Drink MILK anytime you are eating!
  - Breakfast, lunch, and dinner!
- Since you are aged 1-6, you can drink ½ cup of milk 3 different times each day.
Sample of Curriculum

Ages 7-12
Older Curriculum has
More Science

More Interaction

More Discussion Time
The First U.S. FOOD PYRAMID

Fats, Oils & Sweets
USE SPARINGLY

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS

Look closely!

1992
Do you remember??

• On the FOOD PYRAMID you just looked at, do you remember??

  – What foods should you eat the LEAST of?
    • Fats, oils, sweets...
  – What foods should you eat the MOST of?
    • Bread, cereal, rice, pasta...

• DID THE PICTURES HELP YOU REMEMBER?
Do you remember??

• On the FOOD PYRAMID you just looked at, do you remember??

  – What foods should you eat the LEAST of?
    • Hint:
      – They were on the top where the pyramid is SMALLEST.

  – What foods should you eat the MOST of?
    • Hint:
      – They were on the bottom where the pyramid is BIGGEST.
The Food Pyramid

- The original Food Pyramid really worked!
- It helped Americans make better food choices.
  - We ate less fats.
  - Our cholesterol went way down.
  - Less people died of heart disease.

- But... it wasn’t perfect, so the US Food & Drug Administration tried to make it better...
The 2005 FOOD PYRAMID

- The food pyramid was changed in 2005 to remind people to EXERCISE, but it really confused people...

Looks like a big pile of food! ???!!??
The New MyPyramid.com

• The NEW Food Pyramid didn’t work.
• Why?
  – It was no longer simple. 😞
  – You had to have a computer and enter lots of information about yourself to use it.
    • Lots of people don’t have computers at home! 😞
  – People didn’t understand the big pile of food at the bottom, and it didn’t show how much they were supposed to be eating. 😞 (confused...)

(Confused emoji with a question mark)
2011 Choose My Plate

- So, they changed it to an easier-to-understand PLATE instead...
Compare

• It only came out 2 years ago, so we don’t know how well the PLATE is working, but so far, we are still not eating the right foods.

• And we sure aren’t DRINKING the right drinks.
Food vs. Drinks

• So, Americans have been learning about what FOODS we should eat since 1992.
• But we didn’t talk about what to DRINK until the MyPlate came out in 2011.
  – But all it says on the cup is “Dairy.”
  – Do you know what that means??
  – Does it tell you HOW MUCH “Dairy” to drink??
  – And why does it look like you’re supposed to be drinking something colored BLUE?? 😊
Drinks

• We know that most Americans are NOT drinking what we’re supposed to...
• Americans are drinking “Sugary Drinks.”
More Vocabulary
Mnemonics

• What are MNEMONICS?
  – New vocabulary word! 😊
  – A mnemonic is any learning technique that aids information retention (REMEMBERING).
  – Mnemonic systems are special techniques or strategies consciously used to improve MEMORY, it helps employ information already stored in long-term memory to make memorization an easier task.
Mnemonics

• Really, a mnemonic is just a way to help us REMEMBER something!

• Have you learned the planets in our solar system yet? Here’s an easy way to remember them in order:
  – My Very Easy Method: Just Set Up Nine Planets
  – (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto)
Mnemonics

- Did you see how the first letter of each word in the mnemonic was the same as the first letter of each planet?
  - My...Mercury
  - Very...Venus
  - Easy...Earth
  - Etc.

- OK, let’s use mnemonics
  In our Drink Pyramid!
Older Curriculum has More Information
How often should you drink JUICE?

This one is a little harder...
Most people think juice is healthy enough to drink all day long, but...
the DRINK PYRAMID

Juice
Just once

Milk
with Meals

Water
Whenever

www.drinkpyramid.com © 2013
JUICE

• Get it?
• JUICE starts with “J”
• JUST starts with “J”
• You can drink JUICE... but JUST once a day!
  – Remember, juice is a sugary drink, even though it is a natural form of sugar!
• Drink JUICE JUST once each day, some people drink it at breakfast, but it’s even better at...
  – Snack time!
• You can drink 1 cup of juice each day.
JUICE

• “Why can’t I drink a lot of juice?”
• “I thought juice was healthy!”
• Juice has a lot of sugar, even if it is 100% juice.
• You should get your vitamins from WHOLE FRUIT, not juice.
  – That way, you get fiber too and your body needs both!
We’re almost done building our DRINK PYRAMID!

What do you think goes at the top of the pyramid?
WHAT SHOULD YOU DRINK THE LEAST OF?
HINT...
IT STARTS WITH A “P”
The Drink Pyramid

- **Pop**
- **Juice Just Once**
- **Milk with Meals**
- **Water Whenever**

www.drinkpyramid.com © 2013
How often should you drink POP?
the DRINK PYRAMID

POPC only at Parties

JUICE Just once

MILK with Meals

WATER Whenever

www.drinkpyramid.com © 2013
POP

• Get it?
• POP starts with “P”
• POP starts with “P”
• You can drink POP... only at PARTIES!
• Drink POP only if you are having a special occasion such as...
  – A party!
• You can drink 1 cup of pop at a party.
POP

• “Why can’t I drink a lot of pop?”
• “Pop tastes so good and everyone drinks it!”
• Pop has a LOT of sugar, way more than our bodies are able to handle!
• Drinking pop leads to lots of health problems.
POP

• Pop is just one type of “sugary drink.”
• Can you think of other sugary drinks that also have too much sugar?
• Just think of drinks like these as “pop” also:
  – Gatorade
  – Kool-aid
  – Hi-C
  – Sunny D
  – ?? What are some others?
RETHINK YOUR DRINK
Older Curriculum has More Critical Thinking

Problem Solving
POP

• OK, so you’re at a party and you want to drink some pop...

• Do you remember HOW MUCH pop you should drink?

• Remember, it depends on your AGE:
  – Age 1-6, serving size is only \( \frac{1}{2} \text{ cup} \) (4 ounces).
  – Age 7-12, serving size is only \( 1 \text{ cup} \) (8 ounces).
  – Ages 12-adult, serving size is still \( 1 \text{ cup} \) (8 ounces)!
• As you can see, a regular can already has a lot of sugar, and the super-size has way more!
• Since you are probably aged 7-12, YOUR serving size is ONE CUP (8 ounces), but a regular can of pop is 12 ounces!
  – Do the math... have you learned fractions yet?
  – So if you’re at the party, what should you do??
• Remember, no matter what you are drinking, if you are aged 7-12, your serving size is always:
  – 1 cup (8 ounces)

• It is VERY hard to find drinking cups made in that size in America, so you need to know how much your serving size in any situation...
HOMEWORK

- HOMEWORK! Tonight, ask your family to help you find a measuring cup in your kitchen and practice pouring 1 cup of water into the different glasses in your house.

  – Then you’ll know what YOUR SERVING SIZE looks like!
Conclusions

• Americans drink too many SSBs, especially kids, and most especially low-income kids who are already at higher risk for poor oral and general health.

• The original food pyramid was an effective tool for teaching food moderation and proportion, and resulted in better health for Americans.

• The new Drink Pyramid is simple, straightforward, easy to learn, easy to remember, and may be a useful tool for teaching kids and low-income adults about making healthy drink choices.
• The Drink Pyramid was first developed and tested in southeastern Kentucky, in the heart of rural Appalachia.
• It has also proven effective in western Kentucky, also.
• We believe it can be used successfully anywhere!
Drink Pyramid Supplies are READY!
The Drink Pyramid

• Contact:
  – dariadentistry@gmail.com
  – www.drinkpyramid.com

Please order your Drink Pyramid supplies from us whenever possible, to help support a fund established to help pay for the cost of dental care for uninsured children in Dr. Stone’s hometown in eastern Kentucky.

Remember that the Drink Pyramid is copyrighted, so please contact Dr. Stone if you would like to use the campaign. The curriculum has printable copies that can be reproduced.
Questions/Comments

???