

Pediatric Exercise and Genomics Research Center (PERC) at UCI



Introduction To Our Team!



Dr. Frank Zaldivar, PhD

Director of PERC
Community Education and
Outreach, UCI Health,
Department of Pediatrics



Bri Vi, MPA

Community Outreach
Manager, UCI Health,
Department of Pediatrics

Introduction To Our Team!

Our undergraduate/graduate student outreach coordinators!



**An
Nguyen**

UCI Class of
2021

Major: Public
Health Sciences
(pre-medicine)



**Arianna
Favela**

UCI Class of
2022

Major: Public
Health Sciences
(pre-medicine)



**Cynthia
Leong**

UCI Class of
2021

Major: Public
Health Sciences



**Elizabeth
Nguyen**

UCI Class of
2019

Graduate
student at
NYMC



**What do we
focus on at
PERC?**

01

**Community
Outreach**

02

**Community
Education**

03

Research

04

Student Projects





01 Community Outreach



Community Health Fairs

- Before COVID-19 Pandemic:
 - Attended 50+ community health fairs in Orange County annually
 - Presented educational information to the community about sugar, exercise, nutrition, and diseases associated with excess sugar consumption
 - Interactive visual demonstration about sugar consumption and its effect on our bodies











UC Irvine Health™ | Department of Pediatrics



Center for Exercise and Genomics



UC Irvine Health

Department of Pediatrics

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pediatrics.uci.edu
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Community Outreach During a Pandemic

- Partnered with The Boys & Girls Club of Santa Ana



Active Summer/Healthy Squad

**Over Zoom with the
Boys & Girls Club of
Santa Ana**

July - December 2020



From July - September, biweekly meetings where:

- ½ of meeting dedicated to educating community on health and wellbeing
- ½ of meeting devoted to physical activity



From September - December, held biweekly meetings where:

- one week focused on educating the community on COVID-19
- the other week focused on physical activity





Holiday Gift Drive

Goals

Our goal was to be able to bring some holiday cheer to families of the Boys & Girls Club of Santa Ana who may have been affected by COVID-19 in 2020.

Family Wish Lists

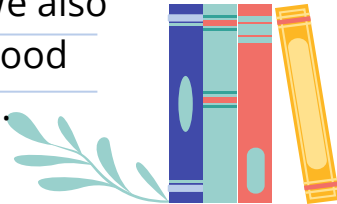
We were able to fulfill the holiday wish lists of over 100 individuals!

Donors

UCI faculty, staff, students, campus organizations, friends, and family (over 200 people) reached out to donate money/gifts to our cause!

Gifts, Toys, & Donations

With the help of our generous donors, we gathered over \$5,132 and 500 additional gifts/toys to donate! We also partnered with Second Harvest Food Bank to pass out food to families.





Exercise \approx Medicine

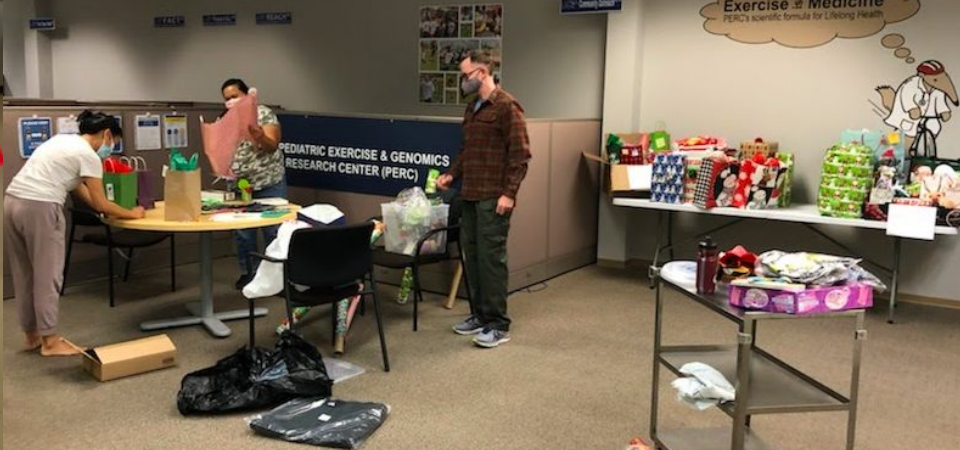
PERC's scientific formula for Lifelong Health

Dr. Shlomit Radom-Aizik, PhD
Founder and Executive Director,
Pediatric Exercise and Genomics
Research Center

Scott Graf
Clinical Study Coordinator,
Exercise Physiologist

Cherryl Nugas
Senior Research Associate
Pediatric Functional Genomics
Laboratory









PEDIATRIC EXERCISE
GENOMICS RESEARCH
(PERC)

02

Community Education



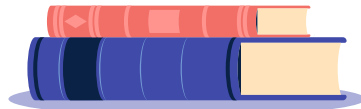
POP QUIZ!



Question of the Day:

What is the maximum number of teaspoons of sugar that you are allowed to have per day?

(Hint: differs by age/gender)



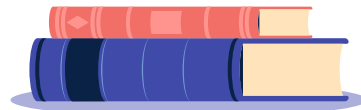
Answer:

Children ages 4-8: <3 teaspoons,
ages 9-12: 4 teaspoons

Teens: 5 teaspoons

Adult women: 6 teaspoons

Adult men: 9 teaspoons





Pediatric Exercise and Genomics Research Center

UC Irvine Department of Pediatrics



Maximum Daily Added Sugar

2-18 yrs24 g / 6 tsp

Adult women.....24 g / 6 tsp

Adult men.....36 g / 9 tsp

(American Diabetes Association Recommendation)

$$\text{___ g} \div 4 = \text{___ tsp}$$



Exercise Goals

10,000 or more steps per day!



Children/Teens
60 mins/day

Adults
150 mins/week

www.perc.uci.edu/community-outreach

www.pediatrics.uci.edu ·   @UCIPeds





HOW WE PRESENT AT COMMUNITY HEALTH FAIRS!



Setup

We usually carry our UCI Health tents with the PERC table cover to represent ourselves at the health fair. It is easy to notice us with our anteater logo, a raffle wheel, and A LOT of sugary BOTTLES!



Presentation

We present our sugar demo along with a mini presentation about what are other healthier alternatives as well as how exercise would help families stay healthy.



Award giveaways

Spin the wheel! We ask kids 1 question from the sugar demo to make sure we did a good job at explaining to the families about sugar! They get a prize for their answers.

Nutrition Facts

About 2.5 servings per container

Serving Size 12 fl oz (360 mL)

| | Per Serving | | Per Container | |
|---------------------------|-------------|-----|---------------|------|
| Calories | 80 | | 220 | |
| | % DV* | | % DV* | |
| Total Fat | 0g | 0% | 0g | 0% |
| Sodium | 160mg | 7% | 440mg | 19% |
| Total Carb. | 22g | 8% | 58g | 21% |
| Total Sugars | 21g | | 55g | |
| Incl. Added Sugars | 21g | 41% | 55g | 110% |
| Protein | 0g | | 0g | |
| Potassium | 50mg | 0% | 120mg | 2% |

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WATER, SUGAR, DEXTROSE, CITRIC
ACID, SALT, SODIUM CITRATE,
MONOPOTASSIUM PHOSPHATE, GUM
ARABIC, GLYCEROL ESTER OF ROSIN,
NATURAL FLAVOR, YELLOW 5



How We Present:

We ask kids/parents to pick a drink.

We ask for the amount of sugar written on the nutrition label.

We show families how to convert to teaspoons (by dividing the amount of sugar by 4).

We give them a visual demonstration.

We educate them on alternatives that are healthier as well as emphasize the importance of exercise!



ANOTHER POP QUIZ!



What is the only type of sugar that our body can process?

Glucose!

(Sucrose, High Fructose Corn Syrup or other artificial sweeteners are not compatible!)



How many minutes per day should we exercise (minimum)?

60 minutes!

(Adults can do more!)

03 Research





USING COMMUNITY HEALTH FAIRS AND INTERACTIVE HEALTH DISPLAYS TO EDUCATE DIVERSE COMMUNITIES IN ORANGE COUNTY ABOUT HEALTH LITERACY

Elizabeth Nguyen, An Nguyen and Aamir Haque

Mentor: Frank Zaldivar, PhD

Pediatric Exercise and Genomics Research Center (PERC), Department of Pediatrics | School of Medicine | University of California Irvine



INTRODUCTION

- The Rethink Your Drink (RTYD) Program is a public health initiative led by the California Department of Public Health.
- The goal of the RTYD is to educate Californians about healthy drink options, to help identify drinks with added sugar, and make the link between consumption of sugar-sweetened beverages (SSB) and health risks ¹.
- 36% of the added sugars that we consume are from SSB. Soda, energy-sports drinks and juices are the largest sources of added sugar in the diets of both children and adults in the U.S. ².
- SSB lack essential nutrients, but continue to be a significant contributor to total caloric intake, especially for children and adolescents ³.
- Overconsumption of added sugar is associated with obesity, heart disease, cancer, tooth decay, and type 2 diabetes which negatively affect millions of people in the U.S. and cost billions of dollars annually in treatment and loss of productivity ⁴.
- Health literacy is defined as "the degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions" ⁵.

PURPOSE

- Can Community Health Fairs in Orange County address the unmet need for no- and low-cost services that target prevention and education among underserved communities?
- By using the Sugary Drink Questionnaire, can we assess health literacy in different cities in Orange County?

FACTS ABOUT PERC

THIS INITIATIVE IS DESIGNED TO ADULT PARTICIPANTS



Pediatric Exercise and Genomics Research Center
UC Irvine Department of Pediatrics

Maximum Daily Added Sugar

2-18 yrs 24 g / 6 tsp
Adult women 24 g / 6 tsp
Adult men 36 g / 9 tsp
(American Diabetes Association Recommendation)

g ÷ 4 = tsp

Exercise Goals

10,000 or more steps per day!



Children/Teens
60 mins/day

Adults
150 mins/week

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www.pediatrics.uci.edu | Facebook | @UCIPeds

Nutrition Facts

| 1 Serving Per Container | |
|---------------------------|---------------|
| Serving Size | 1 Bottle |
| Amount Per Serving | |
| Calories | 240 |
| | % Daily Value |
| Total Fat 0g | 0% |
| Sodium 75mg | 3% |
| Total Carbohydrate 65g | 24% |
| Total Sugars 65g | |
| Includes 65g Added Sugars | 130% |
| Cholesterol 0mg | 0% |
| Protein 0g | |
| Vitamin D | 0% |
| Calcium | 0% |
| Iron | 0% |
| Potassium | 0% |

Not a significant source of fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

METHODS

- Interactive Sugar Display for common sugar-sweetened beverages (SSB) is used to review the number of servings, total calories per container, the amount of sugar in grams, and to calculate the number of added sugar in teaspoons.
- We encourage all participants to measure out the sugar content in the form of teaspoons from their favorite drink.
- We use a six-part questionnaire, modeled after the Newest Vital Sign, to determine Health Literacy and educate participants to read a Nutrition Food label of a sugary beverage; see below.

Sugary Drink Questionnaire (modeled after the Newest Vital Sign, 2009)

- If you drink the entire container, how many calories will you be consuming?
- If you were only allowed to have 80 grams of carbohydrates as a snack, how much Coca-Cola could you have?
- No more than 10% of your total calorie intake can come from added sugars. If you normally consume 2,500 calories per day, how many calories of sugar would you be consuming?
- Your doctor tells you that you need to reduce your total sodium intake per day, would cutting out chips, soda, candy, or ramen be the most effective way to reduce your sodium intake?
- You are allergic to the following substances: penicillin, phosphoric acid, high fructose corn syrup, peanuts. Is it safe for you to drink Coca-Cola? Why not?

RESULTS

SUGARY DRINK SURVEY (SDS N=43) AND COMMENTS FROM INTERACTIVE DISPLAY

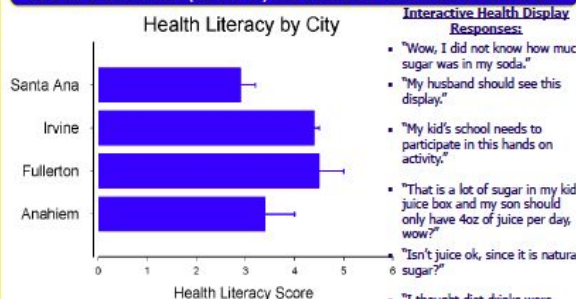


Figure 1. What Does My Health Literacy Score Mean?

- 0-1: High likelihood of Limited Health Literacy
- 2-3: Possibility of Limited Health Literacy
- 4-6: Adequate Health Literacy

COMMUNITY HEALTH FAIRS



Figure 2. UCI PERC students presenting the Interactive Sugar-Sweetened Beverages (SSB) Display demonstration and active play at community health fairs in Orange County.

CONCLUSION

- Participants who answered the SDS fell into two categories: 1) they read food labels as they shop or 2) they are aware of food labels, but didn't know how to use the information. The latter was the group who acknowledged learning from the interactive display.
- While 51% of the participants had scores of greater than 4 indicate adequate health literacy, 49% of participants who completed SDS received a score of 4 or less, indicating limited health literacy.
- Cities with low-socioeconomic status (SES) show lower health literacy and are at risk of poor health outcomes.
- Soda and other sugar-sweetened beverages (such as energy and sports drinks) are the largest source of added sugar in the diets of both children and adults in the U.S. ⁶.
- Water, fat-free or low-fat milk, and other unsweetened beverages should be available and easily accessible where youth congregate, including at schools and other public areas.
- The PERC Outreach and Education unit participates in 50 Health Fairs in Orange County and has over 4000 education contacts per year.

REFERENCES

- Rethink Your Drink, California Department of Public Health, <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Prevention/Prevention/Pages/ReThinkYourDrink.aspx>
- National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. The power of prevention. 2009.
- Sugar-Sweetened Beverages, Sugar Science: The Unsweetened Truth. <http://sugarscience.ucsf.edu/sugar-sweetened-beverages/#20160510-001>
- The Relationship between Health Literacy and Health Disparities: A Systematic Review. PLoS One. December 23, 2015.
- Kids and Sugar. American Heart Association.

Thank You:
Dr. Aali, Executive Director, PERC for supporting the Community Outreach and Education Unit
Erika Richter for working with our community partners to arrange our participation in community health fairs.
PERC undergraduate students who volunteer on weekends to educate our communities in Orange County.

Summary of Our Research Project

The general objective of this project is to understand how health literacy varies between distinct populations of Orange County.

1. What is the purpose of our research project?

2. What do we want to gain from this project?

3. What are some of the results?

4. What was our conclusion?



D

DOHENY BEACH ROOM

C

USING COMMUNITY HEALTH FAIRS AND INTERACTIVE HEALTH DISPLAYS TO EDUCATE DIVERSE COMMUNITIES IN ORANGE COUNTY ABOUT HEALTH LITERACY

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METHODS

Nutrition Facts

Serving Size 1 cup
Amount Per Serving
Calories 240

Total Fat 10g
Sodium 20mg
Total Carbohydrate 40g
Protein 10g

Dietary Fiber 10g
Sugars 10g
Sodium 20mg
Total Carbohydrate 40g
Protein 10g

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RESULTS

Survey (800 and 400) and Comments from Interactive Display

Health Literacy by City

Health Literacy by City

Health Literacy by City

Health Literacy by City

Health Literacy by City

Health Literacy by City

Health Literacy by City

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Health Literacy by City

COMMUNITY HEALTH FAIRS



Figure 1. Community Health Fair in Orange County.

CONCLUSIONS

Participants who attended the fair...

Participants who attended the fair...

Participants who attended the fair...

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2. National Center for Chronic Disease Prevention and Control. (2011). National Health Literacy Survey. Retrieved from <http://www.cdc.gov/nchs/nhlsl/>

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04

Student Projects

Educational Projects



Throughout the school year, students of the PERC Undergraduate Outreach Team create informational flyers regarding nutrition, exercise, sugar, and current news events to educate the community and bring awareness to certain topics.

DIY Low Sugar Drinks

Let's face it... kids love their juices and other sugary drinks. Here are a few easy alternatives to make yourself at home--for a fraction of the sugar!

1 Tropical Punch

1/4 cup fresh pineapple chunks / 1 cup coconut water / 1 slice of lime
Combine together and muddle to infuse flavor. Strain out solids. Other fruits can be added to your liking.



11 grams

VS



29 grams

2 Pink Lemonade

1/2 cup raspberries / 1 cup water / 1/2 cup lemon juice
Combine together and muddle to infuse flavor. Strain out solids. Raspberries can be substituted with strawberries. Add ice to create frozen lemonade.



5 grams

VS



37 grams

3 Strawberry Milk

1/4 cup sliced strawberries / 1 cup water / 1 cup milk
Cook strawberries and water in saucepan for 5 minutes on medium heat. Once soft, pass through strainer. Mix with milk.



14 grams

VS



32 grams

4 Orange Soda

1 1/2 cups soda water / 1/2 cup fresh squeezed orange juice
Combine soda water and juice together. Soda water can also be combined with any fresh ingredients to give soda-like carbonation.



10 grams

VS



42 grams

For additional information about sugar intake, please visit www.perc.uci.edu

COCA-COLA LIGHT VS. COCA-COLA REGULAR

LAS BEBIDAS DE DIETA SON MALAS PARA SU SALUD

El diabetes tip II es consistentemente más salto entre la comunidad hispana



- Gente que toma más de cuatro refrescos de dieta de 12 onzas por semana tienen el 2.5 probabilidad más alto de tener diabetes tipo II.
- Las bebidas dietéticas contienen químicos que engañan su cuerpo, resultando en un aumento de hambre

Nuestras Sugerencias es de:

- Tomar agua
- Tomar bebidas regulares



RODRIGUEZ CJ, ALLISON M, BAKYOLUS ML, ET AL. STATUS BY CARDIOVASCULAR DISEASE AND STROKE IN HISPANIC/LATINO IN THE UNITED STATES. CIRCULATION. 2014;129(7):955-622. DOI:10.1161/CIR.0000000000000077
DIET SODA LINKED TO RISK FOR DIABETIC BLINDNESS. WEBMD. <https://www.webmd.com/diabetes/news/20160909/diet-soda-linked-to-risk-for-diabetic-blindness>

A stylized illustration of a tree with a thick brown trunk, many green leaves, and several pink flowers with yellow centers. The tree is positioned on the right side of the page, with its branches extending towards the left. The leaves are small and green, while the flowers are larger and pink with yellow centers. The background is white.

VITAMIN E
ACETATE
Nicotine
Formaldehyde
Benzene
Carcinogens

NICOTINE ADDICTION

Vapes and e-cigarettes contain nicotine and other harmful chemicals.

| Year | High school e-cigarette use (%) | Middle school e-cigarette use (%) | High school cigarette use (%) | Middle school cigarette use (%) |
|------|---------------------------------|-----------------------------------|-------------------------------|---------------------------------|
| 2001 | ~1.0 | ~1.0 | ~15.0 | ~2.0 |
| 2003 | ~2.0 | ~1.0 | ~12.0 | ~2.0 |
| 2005 | ~5.0 | ~1.0 | ~10.0 | ~2.0 |
| 2007 | ~10.0 | ~1.0 | ~8.0 | ~2.0 |
| 2009 | ~15.0 | ~1.0 | ~8.0 | ~2.0 |
| 2011 | ~10.0 | ~1.0 | ~8.0 | ~2.0 |
| 2013 | ~10.0 | ~1.0 | ~8.0 | ~2.0 |
| 2015 | ~15.0 | ~2.0 | ~7.0 | ~2.0 |
| 2017 | ~20.0 | ~3.0 | ~6.0 | ~2.0 |
| 2018 | 27.5 | 10.5 | 5.8 | 2.3 |



ABOUT
1.6 MILLION
youth used the product frequently
(on 20 or more days per month)

Talk with your kids!

Talk with your teens about the dangerous side effects of vaping. Nicotine can damage a teenager's developing brain and lead to addiction. The earlier they start, the harder it is to quit.

CHEAP

Products are cheaply priced to encourage buys from young people.

EASY TO GET

Products are available at gas stations, corner stores, and many other types of stores.



REDUCE your RISK of COVID-19



Do's:

- Wear a mask over nose and mouth and secure under chin
- Avoid touching eyes, mouth, nose with unwashed hands
- Thoroughly wash hands with soap and water frequently
- Maintain at least 6 ft. distance from other people
- Avoid crowds and poorly ventilated indoor areas
- Disinfect frequently touched surfaces (knobs, phones, tables, keys etc.)



MASK



MISTAKES

Don'ts:

- Leave your nose or mouth uncovered
- Reuse a mask if there are any tears or holes
- Wear or pull mask under chin to expose nose and/or mouth
- Touch mask while it is being worn
- Share masks with others (family and friends)

Sources:
World Health
Organization
John Hopkins
Medicine



Questions?



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