

Below is an update provided **by Camino Medical Group in Mountain View** after attending an April 28th Sugar Savvy Train-the -Trainer workshop:

“Just wanted to share our story about teaching an abbreviated version of the Sugar Savvy curriculum to the staff and physicians at [Palo Alto Medical Foundation] - Camino Division.

- We shortened the curriculum to an 8 minute presentation and focused on adult beverages.
- We then encouraged staff and doctors to take this message home to their families and find the hidden sugar in their family's favorite drinks AND we gave out the challenge brochures, encouraging them all to share with children in Peds, Family Medicine and in the Health Resource Center.
- We presented Sugar Savvy at department staff meetings during the month of June and reached 400 people.
- This program (using different beverages than our "adult" version) was also given at Lakewood School as part of our Youth Nutrition Program, teaching nutrition to two fifth grade classes. The kids loved it too.
- Finally, we gave the Spanish handouts for the program to one of our dietitians who volunteers at RotaCare (free clinic), who will be using them, along with the sugar and drink props, with her diabetic patients.

Thank you for this wonderful teaching tool, handouts and support. This type of collaboration is exactly what we need to start a culture shift here in Silicon Valley.”

For Rethink Your Drink/Soda Free Summer Campaign tools, go to http://www.banpac.org/resources_sugar_savvy.htm and look under “Campaign Tools.”