

# SETTING THE TABLE

Voices of South Island  
elders & communities  
on sugary drinks  
and children





# TEACHINGS FROM THE ELDERS



## SOME OF WHAT WE HEARD:

*“We need to bring the teachings to all generations.”*

~ Elder Saanich

*“Start with yourself and others will follow.”*

~ Community member Scianew

*“Choose health now or pay later but start at home.”*

~ Elder Songhees

*“We don’t go into someone else’s house and tell them what to do! We encourage and set an example.”*

~ Elder Songhees

- Bring cultural teachings to all generations. The teachings are the way!
- Build relationships with youth. Elders hope for greater connections, foundations and joint projects with youth. Supportive relationships with elders help youth to learn how to carry themselves.
- Build relationships with youth that share teachings and also support their passion for technology.
- Elders hope to share their learned experiences to help youth who are struggling to live in a balanced way in the modern world but maintain and grow their cultural traditions.
- Provide education in an encouraging and supportive way, and keep education positive.
- Place healthy drink stations in every community and schools. Share recipes with everyone.
- Listen to all the generations. We need to support the next healthy generation and create opportunities for health.
- The best way to reduce drinking sugary drinks is to start in the home.
- Create programs where women teach women and men teach men.
- We can’t expect our children to cut out sugary drinks if we drink them ourselves.





# ELDERS ENCOURAGE ACTION



## FAMILIES

- Keep only healthy drinks in the home
- Avoid buying sugary drinks when out or for sports. Pack a water bottle
- Put a pitcher full of water in your fridge for easy access
- At a very young age, start offering water frequently throughout the day
- Don't serve juice or pop to children
- Parents are role models—what they do their children will do too!

## INDIVIDUALS

- Use youth circles that promote trust, honesty, integrity and health
- A treat now and then is okay but not everyday
- Ask yourself how you feel after drinking a sugary drink?

## COMMUNITIES

- Create policy—no pop zones in the community and at youth programs
- Set up healthy drink tables and stations
- Increase the availability of healthier choices (*see recipe insert for tasty, refreshing drinks*)
- Get rid of pop machines and offer water instead
- Make sugary drinks really expensive

## CULTURAL PROGRAMS

- Create programs that connect with the heart and are consistent
- Need more cultural programs
- Link technology and culture as a way to share teachings of the elders
- Disconnect to reconnect—listen to elders and limit phone use when with elders
- Promote the dental egg experiment often to show the benefits of fluoride

## EDUCATORS

- Advocate for less marketing of junk food to children and youth
- Increase social assistance rates
- More healthy food and beverage programs in schools and communities
- Support community food and growing spaces for greater access to food.

Together we can make a positive change. ~ H'yeh-ka / HÍSWKE



# SUGARY DRINKS ARE EVERYWHERE



## ELDERS SHARED:

**HEALTH CONCERNS:** Diabetes, dental issues, heart disease, cancers, poor nutrition, weight issues, negative behavior and high blood pressure.

- Some reasons people drink sugary drinks include: stress, colonization and emotions
- Food security is an issue—people are hungry with limited food at home
- Some feel it is cheaper to buy junk food and pop
- Loss of connections between the generations has created limited food skills and decreased interest in cooking whole foods
- People are heavily influenced by marketing
- There has been a general shift towards dependency on grocery stores
- Kids not eating regularly so their bodies crave simple sugars
- People with addictions to drugs and alcohol may switch to pop as an alternative
- Many people feel the water in the community is unsafe to drink
- There is no warning sign for health dangers until too late



We need to reconnect to the teaching that Food is Medicine.  
We need to connect to what we eat and how it makes us feel.



There is no strong mechanism for the body to say no to food or to know that certain foods are not good for them.