

“Sugar” Student Podcast

Winter 2021–2022

Questions for Family:

- How much sugar do you eat in every meal?
- Do you think your sugar intake is healthy or excessive?
- What foods do you see when you walk into the grocery store to go food shopping for your family and what foods do you buy
- How has sugar affected your daily life? What factors of your life do you think it has affected?
- How many items do you purchase that have sugar in them?
- What are the main brands that you buy that contain a lot of sugar in them?
- Are you aware of how much sugar you intake every day?
- Do you consider sugar a luxury or a commodity?

Questions for Friends:

- Do you normally eat sugar with friends or healthy food?
- Has your family’s consumption of sugar affected you in a negative/positive way?
- How much sugar does your family have in every meal?
- Do you realize the effects sugar can cause?
- How often do you eat sugar?
- How much money do you spend on sugar
- How often do you purchase sugary foods over healthy foods?
- Have advertisements impacted the choices of food you make?
- What do you think attracts you to buy fast, junk, or sugary foods?
- Do you think about why sugary foods are more available to us rather than healthy foods?
- How much sugar intake do you think is healthy for kids your age?

Questions for Community Store Owners:

- What percentage of sugary food do you purchase over healthy food? Why?
- Is it cheaper to buy sugary food over healthy food?
- Do some stores sell more sugar in certain neighborhoods?
- What would you think of your sugar products if you were a customer in your store?
- Does it cost more to buy items with more sugar in them or less sugar?
- Why are more sugary foods on display in stores rather than healthier foods?
- Do you think the items with more sugar is cheaper than healthy foods?
- Is there a certain way you stock your food supply? Is it hard to find healthy choices for the store?
- What percent of the population of sugar is purchased?
- Is it easier to sell cheaper processed foods than the healthier snack?
- Why do you provide more sugar infested foods rather than foods that are considered healthy?
- Do you receive more profit for selling processed food than the healthy options? Why?

Questions for Community Health Workers:

- What are the major health issues impacting the community?
- What do you think can be done to lower the health issues presented with the intake of sugar?
- What is the healthiest alternative to sugar?
- Has there been an epidemic of people getting diabetes since the pandemic?
- What improvements can you make in the sugary foods we consume everyday?
- Is sugar addicting?
- How much has the consumption of sugar changed over the past 100 years?
- When you are examining patients and checking their blood sugar levels, what surprises you the most? Are you surprised at all? Are you concerned for our future?

- How many Africans American children are diagnosed with diabetes or labeled as obese every year?