

2022 QR CODE PROJECTS

The Pre-education Workgroup worked on several projects and resources throughout 2022. Some of these projects included a traveling exhibit which contains QR codes to resources such as a Partner Service list, a Hydration Calculator, and a Prediabetes Risk Test. These resources were created as a call to action for our community. To measure the reach of these resources, UCD has gathered the number of scans to each one.

PARTNER SEVICES



HYDRATION CALCULATOR

vegetable juices.

Americans 2 years and older should keep their intake of added sugars to less than 10% of their total daily calories. For example, in a 2,000 calorie diet, no more than 200 calories should come from added sugars (about 12 teaspoons).

Children younger than 2 years should not be fed foods and beverages with added sugars at all.

RETHINK YOUR DRINK

Drinking water is the most beneficial way to stay hydrated.

Daily water intake recommendations vary by age, sex, pregnancy, and breastfeeding status.





USE A HYDRATION CALCULATOR TO CALCULATER HOW MUCH WATER YOU SHOULD BE DRINKING DAILY.

BENEFITS OF DRINKING WATER

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water has no calories, so it can also help with

NUMBER OF SCANS

English: 11

November 9th, 2022 - December 31st, 2022 Spanish: 0

Created- Not Available for Use

English: 11

November 9th, 2022 - December 31st, 2022

Spanish: 0

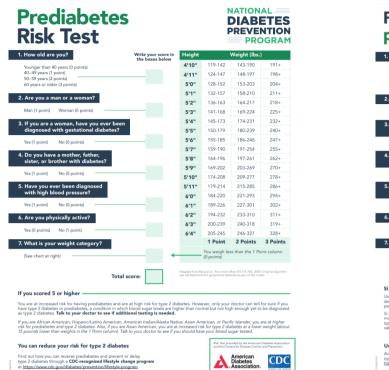
Created- Not Available for Use

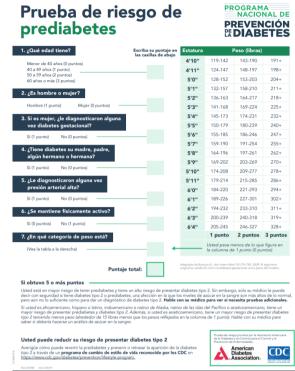
LOCATIONS

Traveling Exhibit- English

Traveling Exhibit- English

PREDIABETES RISK TEST





LOCATIONS

Traveling Exhibit- English



English: 6 Spanish: 0

November 9th, 2022 - December 31st, 2022

The QR code for the Prediabetes Risk Test is also found in other projects such as:

- Parking Lot Signs
- Sugary Beverage Display
- Clinic Posters

English: 246

Spanish: 264

July 21st, 2022 - December 31st, 2022

NUMBER OF SCANS

(from <u>all</u> locations)

516