

Introduction



Why is choosing a healthy beverage important?

- Tribal leaders, community action groups, and others are concerned about growing epidemics of obesity and diabetes in American Indian and Alaska Native communities.
- These **double** epidemics are linked with “liquid sugar”.
- You can take steps in your personal life and in the community to increase your intake of healthy beverages and decrease intake of unhealthy beverages, especially those with extra sugar.
- I believe it is important because: _____

- Are healthy beverage choices available in your school, community, and hospital, and health center?
 - Yes
 - No
 - Not sure, and here are my questions and concerns:

- Answering these questions will unfold a picture of beverages that are available in your community.