

To improve the community nutrition environment, complete the



Community Beverage Assessment Forms

This assessment will allow you to evaluate the extent to which your community implements the kinds of procedures, guidelines and/or policies that are recommended as part of a healthier community environment. It will help you identify a place to start making healthier changes!

It will help American Indian and Alaska Native communities to:

- Assess the current status of their community and schools. (See samples on Page 12, 13 and 15)
- Gain support of the community, school administrators, community members, tribal leaders, parents, and health care providers. The assessment will help identify who is going to support your efforts.
- Create an action plan for improving the quality of beverages sold.
- Promote community awareness of soda pop's detrimental effects on health.

Community Beverages Assessment

There are several sample assessment forms applicable to vending machines, grocery stores, cafes, restaurants, and school cafeterias. We suggest that you print the sample assessments, designate a team of people to survey the community, a team leader to coordinate the responses, and submit the assessment to tribal leaders, school officials, health centers etc, once you have gathered the information.

Combine the results for all community health centers, clinics, hospitals, schools, and tribal offices and report total results. Use the results to attract attention to the beverages sold out of vending machines.

The information gathered from the assessment on healthy beverage practices will be used to generate support among your school, hospitals, health centers, tribal offices, and community members in the future phases of the Action Kit for Change.

The opportunities to improve your community environment are limitless. Consider what will work best in your area.

- What score do your Community Buildings/Centers (schools, hospitals, health centers, tribal offices, etc) earn on offering healthy beverages?
- Assess the community beverages environment of the children in your tribal community. Have a team of students and/or health providers sample the schools and childcare sites to see how the environment scores.
- Share your results with tribal council, school board, teachers, parents, and health professionals.