


Sample 4: Community Beverages Assessment Form or Progress Report or Report Card *(adapted from California LEAN)*


Location and Description of Beverages: (for example, 4 vending machines in high school cafeteria; 26 beverage choices sold in tribal grocery store)

Name of Data Collector: _____

Date: _____

Please rate on a scale of four to one: "Above Standard" (4), "At Standard" (3), "Approaching Standard" (2), and "Beginning" (1), below:

	<p align="center">4 Excellent/ Above Standard</p>	<p align="center">3 Very Good/ At Standard</p>	<p align="center">2 Good/ Approaching Standard</p>	<p align="center">1 Beginning</p>
<p>Healthy Beverage Choices: Options: Are there more healthy options (waters, low fat milks and 100% fruit juices) than there are sodas, energy drinks, sports drinks, sweet teas? Are healthy beverages as accessible and available as sodas? NOTES: _____ _____ _____ _____ _____</p>	<p>Variety of healthy beverages. No sodas sold.</p>	<p>Variety of healthy beverages including waters. Only sugar-free sodas sold. Soda is not available to students all day.</p>	<p>50% of all items offered for sale at any site include healthy beverages.</p>	<p>Few or no healthy options.</p>
<p>Healthy Choices: Portions. What are the sizes of beverages offered – for example, ½ cup fruit juice, 1 cup milk, 12 ounce cans, 20 ounce bottles, "super sizes", "big gulps"? NOTES: _____ _____ _____ _____ _____</p>	<p>Appropriate size beverages for child/adult</p>	<p>At least 75% of all items offered for sale at any site are appropriately sized.</p>	<p>At least 50% of all items offered for sale at any site are appropriately sized.</p>	<p>Few or no beverages appropriately sized. Most sodas are 20 ounce size or larger</p>

	4 Excellent/ Above Standard	3 Very Good/ At Standard	2 Good/ Approaching Standard	1 Beginning
<p>Healthy Choices: Visibility Are there visible vending machines, snack bars, tribal events offering healthy choices? When can children get healthy beverages; i.e. School meals, school snacks, snack bars, markets, tribal events? NOTES: _____ _____ _____ _____ _____</p>	<p>Healthy beverages widely available in vending machines, snack bars, tribal events, grocery stores and school cafeterias.</p>	<p>Many (over half) of the healthy choices are widely available in vending machines, snack bars, tribal events, grocery stores and school cafeterias.</p>	<p>Less than half of the healthy choices are widely available in vending machines, snack bars, tribal events, grocery stores and school cafeterias.</p>	<p>Few if any healthy beverages available. Soda pop, sugary beverages and/or alcohol highly visible in the community</p>
<p>Advertising and Promotion What are the messages at schools, sports fields, banners, tribal sponsored events advertising beverages? Do they promote healthy beverage choices such as water, 100% fruit juices, milk and/or sugar free beverages? NOTES: _____ _____ _____ _____</p>	<p>Promotion of healthy beverages highly visible in community. Zero promotion of unhealthy beverages. There exists a "no soda" policy at school and tribal community sponsored events.</p>	<p>Many (over half) of the healthy choices are advertised and promoted in the community.</p>	<p>Less than half of the healthy choices are advertised and promoted in the community.</p>	<p>No messages promoting healthy beverage choices. Soda pop, sugar sweetened beverages and/or alcohol highly visible in the community.</p>
<p>Rating Score:</p>				

What does the overall score mean?

"4" Healthy Beverages Score: Excellent/Above Standard

There is a wide variety of healthy beverages available, accessible, and affordably priced for the community. There exists a "no soda" policy at school and tribal community sponsored events.

"3" Healthy Beverages Grade: Very Good/At Standard

There is a wide variety of healthy beverages available, accessible, and affordably priced for the community. Some sugar-sweetened sodas are sold at schools, tribal, and IHS buildings and tribal events. Soda is not available to students all day.

"2" Healthy Beverages Grade: Good/Approaching Standard

Healthy beverages and sugar-sweetened beverages have an equal footing at schools, workplace, and at tribal and community sponsored events. There are limited restrictions on when soda is available to students and larger sizes of soda are available.

"1" Healthy Beverages Grade: Beginning

Healthy beverages are rarely offered in vending machines and at tribal and community sponsored events. Sugar-sweetened beverages are the majority of beverages offered and sold in the community. Difficult to obtain affordable healthy choices, Soda pop visibly advertised in the community. Soda sizes are 20 ounces or bigger. Soda is accessible to students at most times. Brand name sugar sweetened beverages highly visible where community members meet (school, athletic events, and employee snack bars). Exclusive soda contracts at schools and tribal buildings. Soda is accessible at all times.