

## Foreword

**Congratulations on your interest** in promoting healthy beverages in your community. Many tribal groups have recognized the negative impact that the current high level of soda consumption has on the health of American Indian and Alaska Native people. In fact, this was the spark that inspired the development of the **Action Kit to help people like you promote a healthier future** in tribal communities.

This **Action Kit** we created outlines an action plan to promote increased consumption of healthier beverages in Indian Communities. The plan has built-in flexibility so you can incorporate modifications specific for your own community. The **Kit** also provides contact information for resources that you may find useful when designing your own community plan. Additionally, there are also some fact sheets on youth soda consumption and the related health consequences as well as some success stories to inspire you.

As you work towards a healthier future for American Indian and Alaska Native communities, please share your experiences with us so we can all benefit from your successes and challenges and use your experiences to help other communities in their promotions. Please contact me directly at my email address [JCharles@HQE.ihs.gov](mailto:JCharles@HQE.ihs.gov) or contact Elaine Little at [Elaine.little@ihs.gov](mailto:Elaine.little@ihs.gov)

We look forward to hearing about your progress.

Sincerely,

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