

Purpose of the Action Kit:

Why are we doing this?



The goal of the Healthy Beverages Community Action Kit is to assist tribal communities to work together to promote healthy beverages, and to decrease intake of sugary beverages of soft drinks to combat health risks for American Indian and Alaska Native community members.

The Action Kit will guide Health Promotion/Disease Prevention staff, schools, and tribal health paraprofessionals to advocate for and implement policies that support a healthier environment through a coordinated community framework.

This toolkit will help you to:

- take action to increase access to healthy beverages in your tribal community,
- develop an action plan for you and other action team members to create, implement and evaluate a community model healthy beverage policy,
- brainstorm ideas for getting activities started,
- identify, recruit and work with groups/team members you want to be actively involved on your team, and
- find resources to improve beverages offered in your community