Fast Map





Adapted from OSNAP (Out of School Physical Activity and Nutrition)

Initiative by Harvard School of Public Health Prevention Research Center

Action Steps for Improving Healthy Beverages at Your Health Care Site

Refer to your health care site's individual Healthy Beverage Report to identify healthy beverage challenges. Then use the following questions and suggested action steps to overcome those challenges. The ALL symbol are strategies for everyone, no matter how you answer the question. Items in bolded caps with the word "SEE" in front refer to additional resources to help you meet your Rethink your Drink Goals.

Questions

Do you have

a healthy

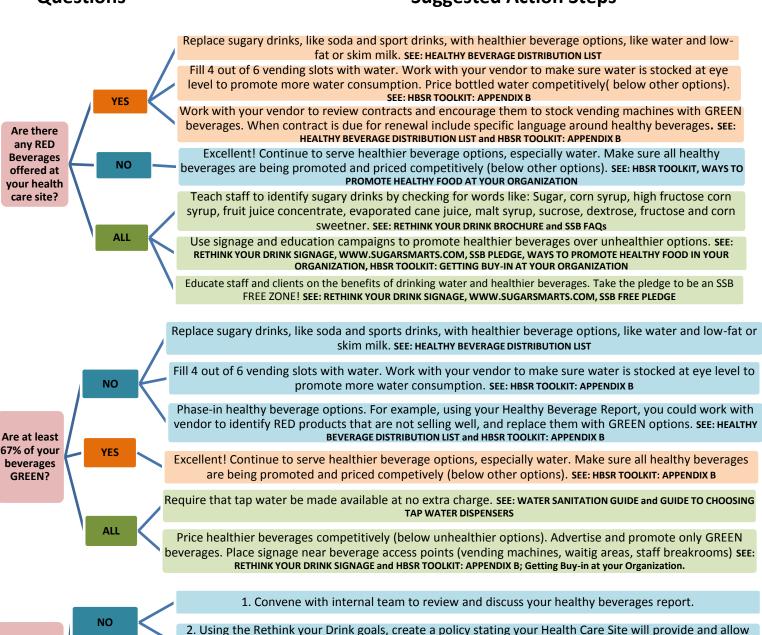
beverage

policy in

place at your

YES

Suggested Action Steps



Health Care
Site?

ALL

Communicate policy to all staff, patients, and visitors. SEE: REACH GUIDE FOR WRITING HEALTHY BEVERAGE AND SODIUM REDUCTION POLICIES

healthy beverages and eliminate RED options. SEE: REACH GUIDE FOR WRITING HEALTHY BEVERAGE AND SODIUM

REDUCTION POLICIES

Great! Make sure your beverage policy is up to date and meets your Rethink your Drink goals. Monitor the

policy to ensure it's being followed during meetings, events and celebrations. SEE: HEALTHY GATHERINGS