



Using the *Rethink Your Drink Toolkit:* A Guidebook for Practitioners



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About the *Rethink Your Drink* Campaign

Did you know that....

- Nearly two out of every three youth in the U.S. consume at least one sugary drink daily.
- Approximately one in three youth consumes two or more sugary drinks daily.
- A typical 12 oz. soft drink contains 10 teaspoons of sugar.

Statistics such as these demonstrate the popularity and the potential risks associated with sugary drinks. It was for these reasons that a team at the University of Nevada, Reno initiated *Rethink Your Drink Nevada* in 2014. The goal of this project is to reduce children's intake of sugary drinks and to promote more healthful beverages by providing nutrition education for parents of young, school-age children. By encouraging parents to make sugary drinks less available at home, we can shift children's intake to more healthful choices, such as water, and low-fat and fat-free milk.

To disseminate these important messages, the *Rethink Your Drink Nevada* campaign employs a number of methods including:

- Direct mailings to households that include young, school-age children
- Website with recipes and resources for parents and games for kids
- Posts on Facebook and other social media
- Advertisements on billboards
- Distribution of free recipe cards for healthy, low-cost drinks at grocery stores
- Signage in elementary school cafeterias
- Distribution of the ***Rethink Your Drink Toolkit*** to medical and dental care professionals

Evaluations of the *Rethink Your Drink Nevada* campaign have provided evidence that parents and guardians are more likely to monitor and limit their children's intake of sugary drinks after reading the campaign materials. This change has the potential to reduce the prevalence of obesity, diabetes and heart disease in our community. Thank you in advance for helping to improve the nutritional health of Nevada's children.

Acknowledgements

We wish to acknowledge and thank all of the medical and dental professionals who have helped us develop and improve the ***Rethink Your Drink Toolkit*** with thoughtful suggestions and comments. We look forward to many more years of collaboration.

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Toolkit Contents – Tear Sheet

Tablets of 50 double-sided tear sheets are provided in both English and Spanish. The purpose of the tear sheet is to:

- Prompt parents/guardians to reflect on what their child typically drinks
- Increase awareness about the implications of drink choices
- Promote healthy drink choices

Parents



What does *your* child drink on a typical day? *(Let's find out!)*

STEP 1: Place a check in the boxes next to the drinks your child has on a typical day.

<input type="checkbox"/> Soda (not diet)	<input type="checkbox"/> Fat-free or low-fat (1%) milk
<input type="checkbox"/> 100% Fruit juice	<input type="checkbox"/> Sweetened tea or coffee
<input type="checkbox"/> Water	<input type="checkbox"/> Unsweetened flavored water
<input type="checkbox"/> Whole or 2% milk	<input type="checkbox"/> Sports drinks
<input type="checkbox"/> Energy drinks	<input type="checkbox"/> Fruit-flavored drinks (such as fruit punch)
<input type="checkbox"/> Flavored low-fat milk (such as chocolate milk)	

STEP 2: Add up the number of red, yellow, and green boxes checked. Write these numbers below.

RED ☐ = YELLOW ☐ = GREEN ☐ =

STEP 3: Compare your results to the facts below to learn how drink choices impact health.



RED: These are **WHOA** Drinks. Too many can be harmful to kids' health.

YELLOW: These are **SLOW** Drinks. These are healthful but only in small quantities.

GREEN: These are **GO** Drinks. These help kids stay healthy.

Keep reading to learn more about WHOA, SLOW, and GO drinks!

RETHINK YOUR DRINK

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). Please call 1-800-962-0004 for more information. This material is an equal opportunity provider.





Making healthy drink choices is as simple as...

Say "**NO**" to these **WHOA** drinks!



- Soda
- Sports drinks
- Fruit-flavored drinks
- Energy drinks
- Sweetened tea & coffee
- Whole milk
- 2% milk

These drinks have too much sugar and can cause tooth decay and unhealthy weight gain.

SLOW drinks...use caution!



- 100% fruit juice
- Low-fat flavored milks (such as chocolate milk)

Limit 100% fruit juice to no more than:

- 4 oz. per day for kids 1-3 years-old
- 4-6 oz. per day for kids 4-6 years-old
- 8 oz. per day for kids 7-18 years-old

Serve whole fruit instead.

Say "**YES**" to **GO** drinks!



- Water
- Unsweetened flavored water
- Fat-free & low-fat milk

Without enough water, kids can become dehydrated. This may cause them to feel weak or dizzy, or get a headache. Offer your kids water often to avoid this.

RethinkYourDrinkNevada.com
For information on healthy drink choices, delicious recipes, & more!

The information given here is not meant to be a substitute for advice given by a health professional.



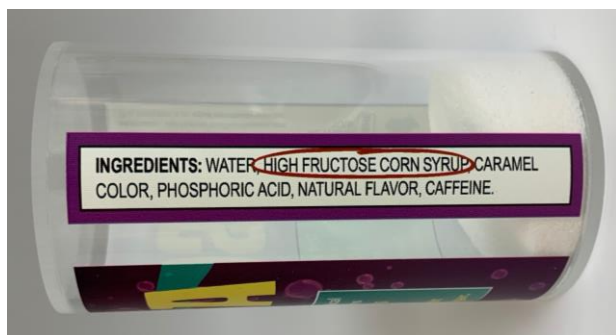
Toolkit Contents – Posters

The posters are double-sided with English on one side and Spanish on the reverse.



Toolkit Contents – Models & Stickers

The educational models depict the amount of sugar in a 12 oz. soda, energy drink, and sweetened coffee drink.



The models also identify added sugars on the ingredients list.



Stickers for children are included to reinforce the *Rethink Your Drink Nevada* message.

Suggestions for Using the Toolkit

The ***Rethink Your Drink Toolkit*** was designed to be used in a variety of ways. The following are some suggestions for use in your practice.

Tear Sheet

- Use the tear sheet as a conversation starter with parents
- Distribute to parents during initial exam or follow-up appointments
- Use to reinforce the education provided during appointments
- Display in lobby, waiting areas or exam rooms

Posters

- Display in exam rooms, lobby, waiting areas or common areas
- Display in your office to discuss with colleagues or patients

Models

- Have on display in exam room for patients to look at while waiting
- Use as a prop or visual example when educating patients and/or parents
- Use the models as a conversation starter with patients and/or parents

Stickers

- Give to patients after their appointment
- Include in new patient materials
- Include in patients' "goodie bag"

Strategies for Supporting Healthy Drink Choices

There is no substitute for patient education. However, healthy choices, including food and beverage choices, are shaped by many other factors. To maximize your impact, read on to learn about three additional strategies you can implement in your practice to support healthy beverage choices among your patients and families.

Strategy #1: Take steps to ensure patients' households have sufficient food resources.

What? Screen households for food insecurity.

Why? There is a high level of food insecurity among SNAP households in Northern Nevada compared to the state overall and to SNAP households in other states. Food insecurity is especially high among SNAP households with children (Benedict et al., 2019). Additionally, evidence indicates food insecurity is associated with overweight, obesity, hypertension, type 2 diabetes, and other chronic health conditions. For these reasons, the American Academy of Pediatrics recommends screening patients for food insecurity and making referrals for community resources ("Council on Community", 2015).

How? We suggest using the 2-question screening tool below. Households that answer 'often true' or 'sometimes true' to either of the questions below may be at a higher risk for food insecurity compared to those who answer 'never true'. For households at increased risk for food insecurity, referring them to one or more of the resources below may be helpful.

Validated 2 question screening tool (Hager et al., 2010)

1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.

Was that often true, sometimes true, or never true for you/your household?

1. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.

Was that often true, sometimes true, or never true for you/your household?

Resources in Northern Nevada

Food Bank of Northern Nevada

List of 145 partner agencies with resources: <https://fbnn.org/gethelp/>

775-331-3663

Nevada Women, Infants and Children

Visit website for eligibility requirements: www.nevadawic.org

775-684-5942

Strategies for Supporting Healthy Drink Choices (continued)

Supplemental Nutrition Assistance Program (SNAP)

SNAP website: <https://dwss.nv.gov/SNAP/Food/>

Access Nevada: <https://accessnevada.dwss.nv.gov/public/landing-page>

The phone numbers to the Northern and Southern SNAP Customer Service Centers:

Northern: 775-684-7200

Southern: 775-486-1646

The NV SNAP-Ed District Offices for the North and South:

Northern: https://dwss.nv.gov/Contact/Welfare_District_Offices-North/

Southern: https://dwss.nv.gov/Contact/Welfare_District_Offices-South/

Strategy #2 Take steps to advocate for access to free drinking water.

What? Providers can change their clinic environment and collaborate with community organizations to ensure free, safe drinking water where children learn, play, and stay well (e.g., schools, recreation centers, and public parks).

Why? Your position as a health care professional can be very impactful when advocating for change. Community organizations, parents, and children respect your opinions.

How? Start with your own clinic. Some possible ideas might be:

- Install a touchless water bottle refill station. During the COVID-19 pandemic, this option will encourage patients and families to drink water with minimal risk.
- Place Rethink Your Drink posters around water stations to encourage drinking water.
- If your clinic has vending machines, advocate for water in place of sugary drinks.
- Use your experience and knowledge to influence others in places children and families visit. Your opinions can make a big difference in supporting free drinking water in public places throughout your community.

Strategy #3: Make healthy drinks the norm.

What? Routinely ask patients and/or parents about the type, amount, and frequency of sugary drinks consumed.

Why? What kids drink is important. Too many sugary drinks can cause negative health effects, and beverages like water and non-fat or low-fat milk will help keep children healthy.

How? We suggest adding a question to your patient intake forms on drink choices and/or using the Rethink Your Drink Tear Sheet for this purpose. Parents can complete the tear sheet independently and then review the results with you. Use the stickers in the toolkit to reinforce the education you provide.

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Websites

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