



Assessment of Sugary Drink Access Points

A First Step to Creating a Healthier Beverage Environment

A key step to creating a healthier beverage environment is to evaluate the availability of sugary drinks in your organization. An organizational assessment provides important information about where, how, and what drinks are available within a particular setting.

Beverages are offered through different locations or access points, such as vending machines, and procurement practices for meetings and events. Each location presents unique opportunities and challenges.

Once the assessment is complete:

Use the results to help adopt healthier beverage practices, and/or develop an effective healthier beverage policy or guidelines. Such policies and/or guidelines can be helpful in creating healthier norms and getting staff and visitors on the same page.

For detailed tips and strategies to help move your organization in the right direction, visit the [Take Action](#) page of our website. Remember, a few small changes can make a big difference.

For more information visit
www.iHeartWaterNC.com



Beverage Access Point	Healthier Beverage Practices	Yes/No	Indicate Opportunities for Change
General	Is water available onsite through working drinking fountains, beverage dispensers, or hydration stations?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Do you have a policy or provide guidelines about beverages served/sold in your organization?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	If your site has a policy or provides guidelines, are people following it?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> n/a	
Vending machines and on-site cafeterias	Are at least 50% of the options healthier beverages*?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are healthier beverages* placed on top shelves, at eye-level?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are healthier beverages* identified with stickers or other markers?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Is calorie information visible (e.g., through signage)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are healthier beverages* priced lower than sugary drinks?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are there opportunities for reducing portion sizes of available sugary drinks (e.g., 12oz cans vs. 16/20oz bottles)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Meetings	Is water offered?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are at least 50% of the options healthier beverages*?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are there opportunities for reducing portion sizes of available sugary drinks (e.g., 12oz cans vs. 16/20oz bottles, or offering smaller cup sizes)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
General events and programming	Is water offered?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are at least 50% of the options healthier beverages*?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are there opportunities for reducing portion sizes of available sugary drinks (e.g., 12oz cans vs. 16/20oz bottles, or offering smaller cup sizes)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Children's/youth events and programming	Is water offered?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are 100% of the options healthier beverages*? (Note: Do not include diet beverages.)	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are soda/pop, juice drinks, or sports drinks offered?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Are adults serving as positive healthier beverage role models?	<input type="checkbox"/> Yes <input type="checkbox"/> No	

*Healthier beverages include: water (tap, seltzer or sparkling, naturally flavored or infused), tea/coffee without sugar, reduced-fat (2%) or low-fat (1%) or fat-free milk (plain), 100% juice in small portions, and artificially-sweetened (e.g., diet) beverages.