

# Rethink Your Drink: Strategies and Tools for Healthy Beverages Policies



## FOLLOW UP RESOURCES

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Thanks for your interest in our training and resources. The following resources were mentioned during our August 10<sup>th</sup>, 2015 training on beverage policy and environmental change. Take the time to think about which PSE strategies fit with the work currently being done in your community, or that you would like to move towards working on, and use these tools to help you create an effective intervention plan. Please contact Whitney Ball with specific requests or questions about beverage policy.

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## NEOP Priority PSE Strategies

Nutrition Education Obesity Prevention Branch Priority PSE Strategies  
<http://www.cdph.ca.gov/programs/cpns/Documents/RE-AIMPriorityPSEStrategies.pdf>

## California Department of Public Health Rethink Your Drink Campaign Materials

Nutrition Education Obesity Prevention Branch - Rethink Your Drink Campaign Material  
<https://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink.aspx>



## Beverage Policy Research Resources

Barclay, *Mexico's Sugary Drink Tax Makes A Dent In Consumption, Study Claims*, npr,  
<http://www.npr.org/sections/thesalt/2015/06/19/415741354/mexicos-sugary-drink-tax-makes-a-dent-in-consumption-study-claims>

Barquera, S., I. Campos, and J. A. Rivera. 2013. "Mexico Attempts to Tackle Obesity: The Process, Results, Push Backs and Future Challenges." *Obesity Reviews* 14: 69–78.  
<http://onlinelibrary.wiley.com/doi/10.1111/obr.12096/abstract>

Escobar, Maria A. Cabrera et al. 2013. "Evidence That a Tax on Sugar Sweetened Beverages Reduces the Obesity Rate: A Meta-Analysis." *BMC Public Health* 13(1): 1072. <http://www.biomedcentral.com/1471-2458/13/1072/abstract>

Frieden, T. R., Dietz, W., & Collins, J. (2010). Reducing Childhood Obesity Through Policy Change: Acting Now To Prevent Obesity. *Health Affairs*, 29(3), 357–363.  
<http://doi.org/10.1377/hlthaff.2010.0039>

Novak, N. L., & Brownell, K. D. (2012). Role of Policy and Government in the Obesity Epidemic. *Circulation*, 126(19), 2345–2352. <http://doi.org/10.1161/CIRCULATIONAHA.111.037929>

## Resource on TRC website

Promoting Healthy Beverage Consumption: An Introduction to Rethink Your Drink (December 2015, webinar slides)  
<http://www.ucsandiegotr.org/wp-content/uploads/2014/11/Final-Rethink-Your-Drink-Webinar-12-11-14.pdf>

Rethink Your Drink: Strategies and Tools for Healthy Beverages Policies (August 10, 2015 webinar slides)  
<http://www.ucsandiegotr.org/wp-content/uploads/2014/11/Inland-Desert-TRC-RYD-Policy-Webinar.pdf>

Rethink Your Drink: Tools & Strategies for Healthy Beverage Policies (August 2015 webinar recording - Requires registration)  
<https://attendee.gotowebinar.com/recording/6029023940016354562>

## Water Station Resources from April Eagan, Inyo County Prevention

Water Station Installation Information

<http://www.ucsandiegotraining.org/wp-content/uploads/2014/11/4420BF1UDB-Specifications.pdf>

Inyo Water Station Model Specifications

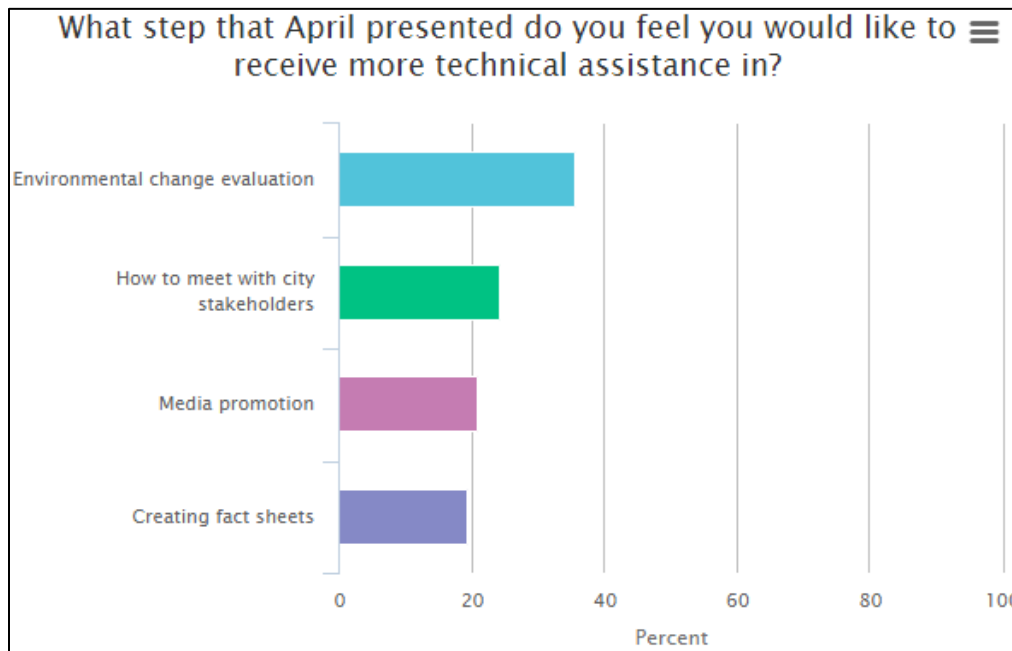
<http://www.ucsandiegotraining.org/wp-content/uploads/2014/11/4420BF1UDB-Installation.pdf>

Types and prices of water stations considered for Bishop

<http://www.ucsandiegotraining.org/wp-content/uploads/2014/11/Water-Dispensers.pdf>

## Environmental Change Evaluation

### Tools and Resources Based on Poll results



Introduction to RE-AIM PSE reporting

<https://student.gototraining.com/2c0f6/recording/352084875188577792>

Teleconferences for each of the 12 NEOP priority PSE strategies that included introductions to RE-AIM

<http://cdphinternet/programs/cpns/Pages/ProgrammaticInitiatives.aspx>

## Change Lab Solutions Playbook and Resources for beverage policy change

Sugar Sweetened Beverage Playbook

[http://changelabsolutions.org/sites/default/files/SSB\\_Playbook\\_FINAL-20131004.pdf](http://changelabsolutions.org/sites/default/files/SSB_Playbook_FINAL-20131004.pdf)



Other resources/tools within the 10 strategies in the Playbook to limit sugar sweetened beverage consumption

<http://changelabsolutions.org/childhood-obesity/SSB-regulation>

Marketing Matters - White Paper on Strategies to Reduce Unhealthy Food and Beverage Marketing

[http://changelabsolutions.org/sites/default/files/Marketing\\_Matters\\_0-5\\_White-Paper\\_FINAL20150527-WEB.pdf](http://changelabsolutions.org/sites/default/files/Marketing_Matters_0-5_White-Paper_FINAL20150527-WEB.pdf)

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Got a video or website to share from your project? Please send to us so we can add it to our list of resources! [Send now.](#)