

# Drink Think

### **Be the Advocate in the Workplace...Send a healthy message.**

Make a healthy splash with a **Drink Think** message. Think about what you drink, using thirst as a guide.

### **Create a connection between the workplace and the healthy message you provide.**

Become a champion to make healthy drinking choices in the workplace and at home. Take the opportunity to use the **Drink Think** theme for an extended period of time. A month is a good suggested amount of time. Publicize the message frequently with employees throughout the month. When trying to help employees take action to make healthy changes it helps to:

- **Encourage employees** that small steps and goals are necessary for change.
- **Focus on good habits** and healthy “choices” rather than body weight.
- **Maintain good staff-community relations** by making recommendations welcoming and fun.
- **Make employees partners for change** by welcoming and healthy change ideas and feedback.

**Start** by looking at your workplace setting. What opportunities and messages can you give to your employees to make healthy drink choices?

## Tips

- **Look** at what is available for employees to drink during the work day.  
*For example:* Is soda and coffee the most easily accessible drink?
- **Make** water easily available to drink throughout the workday.
- **Make** environmental changes to increase healthy beverage consumption.  
*For example:* **Consider** strategically placing water coolers in high traffic areas for easier access by users.
- **Look** at vending machine options. Offer other drinks in addition to soda.
- **Offer** refrigeration so employees can bring healthy drinks from home.

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# Fit & Fun Families

### **How to Take Action:**

- Provide employees with the **Drink Think** tip sheets to learn ways to drink a variety of healthy drinks such as water, low-fat milk and 100% fruit juices.
- Use the action ideas provided.
- Frequently communicate action ideas and messages to employees during the designated **Drink Think** theme time period.
- Download resources provided to provide employees with additional information.

# Drink Think

### Action #1: **Think Healthy Hydration**

- Get employees to think about what they drink while at work. Create a mechanism for employees to chart how often they replace sugary drinks with water and other beverages during the work week. Log their progress on the chart provided and place in a central location for all to encourage each other and celebrate.
- Post encouraging signs near water coolers, break rooms, cafeterias, and vending machines to have employees think about their drink choices. (Use Drink Think Poster.)

### Action #2: **See What You Sip**

- **Set up a display** on a table near the cafeteria or eating area.
- **Ask for employee volunteers** to bring sugar, different size measuring cups, and different sized empty soda bottles.
- **For the display**, measure the amount of sugar in a measuring cup that would equal different bottles of soda. (There are about 10 teaspoons of sugar in 12 ounces of sugared soft drinks and over 2/3 cup of sugar in 36 ounces)
- Have employees **guess** which sugar measurement goes with each drink.
- **Provide** small giveaway prizes for correct answers.

### Why Drink Think?

- According to Beverage Marketing Corporation, every man, woman, and child in the United States ingests about 3.7 gallons of liquid per week. Carbonated soft drinks accounted for 28% of the overall total, followed by 11.8% for bottled water and 11.6% for milk. That is equivalent to 1.6-12 oz. cans of soft drinks and a slightly less than 1 Cup of milk per day for every man, woman, and child. (Based on 2003 data, from <http://www.ameribev.org/variety/what.asp>)
- Soft drink consumption increases the potential for excess caloric intake; and it often replaces milk, leading to decreased calcium intake. In an October 14, 2004 press release, the Surgeon General cautioned that “by 2020, one in two Americans over age 50 will age at risk for fractures from osteoporosis or low bone mass if no immediate action is taken by individuals at risk, doctors, health systems, and policy makers.”

### Resources:

- [www.ameribev.org/variety/what.asp](http://www.ameribev.org/variety/what.asp)
- U.S. Department of Health and Human Services  
[www.hhs.gov/news/press/2004pres/20041014.html](http://www.hhs.gov/news/press/2004pres/20041014.html)

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.  
Working to make healthy eating and physical activity a regular part of your life at home and at work.

# Healthy Hydration Worksheet

## Drink Think

*Fit & Fun  
Families*

Chart how often employees choose water over sugary drinks.

### week #1:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	participants names:

### week #2:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL

### week #3:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL

### week #4:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL

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