

## CHOICES Community of Practice March 2025 Coffee Chat Resource Round-up

This document compiles resources shared during the March 27, 2025 coffee chat: *Promoting Healthy Beverage Consumption Among School-Age Children & Adolescents: New Expert-Backed Recommendations*. This coffee chat featured an overview of the new expert-backed healthy beverage recommendations for school-age children and adolescents. [Recording](#) | [Presentation Slides](#)

### **Guest Speaker:**

- **Megan Lott**, Deputy Director, Healthy Eating Research, Duke Global Health Institute, Duke University

### **Resources shared during the coffee chat**

#### **Healthy Beverage Recommendations for Children & Adolescents Ages 5-18**

Experts convened by Healthy Eating Research from the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association have developed evidence-based recommendations to guide healthier drink choices for kids ages 5 to 18. The recommendations address questions and concerns about sugar, caffeine, and other ingredients to promote better overall nutrition and health. This resource is tailored for parents and caregivers.

<https://healthyeatingresearch.org/tips-for-families/ages-5-beverage-recommendations>

#### **Healthy Beverage Consumption in School-Age Children and Adolescents: Recommendations from Key National Health and Nutrition Organizations**

<https://healthyeatingresearch.org/research/healthy-beverage-consumption-in-school-age-children-and-adolescents-recommendations-from-key-national-health-and-nutrition-organizations>

- **Consensus Statement**  
*The consensus statement presents the recommendations for beverages to drink, limit, and avoid along with a brief rationale for each recommendation and an overview of the methodology used to develop the recommendations.*  
[https://healthyeatingresearch.org/wp-content/uploads/2024/11/HER\\_ConsensusStatement\\_FINAL.pdf](https://healthyeatingresearch.org/wp-content/uploads/2024/11/HER_ConsensusStatement_FINAL.pdf)
- **Technical Report**  
*This report presents evidence-based recommendations for what children and adolescents ages 5-18 should drink for optimum health. The technical report contains the full review of evidence and methodology used to develop the recommendations.*  
<https://healthyeatingresearch.org/wp-content/uploads/2025/01/Technical-Report-FINAL.pdf>
- **Summary**  
*This 2-page summary presents a brief overview of the expert panel purpose and a summary of the beverages recommended to drink, limit, and avoid.*  
<https://healthyeatingresearch.org/wp-content/uploads/2025/01/Healthy-Beverages-2-Page.pdf>

#### **Healthy Beverage Recommendations: Provider Toolkit**

Healthcare providers are trusted, go-to sources of information for parents and caregivers. This toolkit includes resources to help you support families and keep your community up-to-date on the latest recommendations for healthy beverages for children ages 5-18.

<https://sites.google.com/umn.edu/beveragesprovidertoolkit/home>

#### **Healthy Beverage Recommendations: Partner Toolkit**

This toolkit includes resources that could be relevant for state and local health departments and their partners for sharing these recommendations with community groups, providers, and other key audiences.

<https://sites.google.com/umn.edu/beveragespartnertoolkit>

## **CHOICES Project resources**

*Program- & Policy-Level Tools & Examples for promoting health beverage consumption*

### **Research Brief: Water Dispensers in Massachusetts Schools**

*This brief summarizes a CHOICES Learning Collaborative Partnership model examining a strategy to improve access to drinking water in schools in Massachusetts. This strategy involves the installation of touchless chilled water dispensers on or near school cafeteria lunch lines in K-8 public schools with adequate plumbing.*

<https://choicesproject.org/publications/brief-water-dispensers-ma>

### **Research Brief: Supporting Healthy Beverage Choices in Out-of-School Time Programs in Wisconsin**

*This brief summarizes a CHOICES Learning Collaborative Partnership model examining a policy to promote healthy beverage choices in licensed out-of-school time programs in Wisconsin.*

<https://choicesproject.org/publications/brief-healthy-beverage-policy-wisconsin>

### **Strategy Report: Promoting Water Consumption in Schools**

*This strategy report describes the projected national population reach, impact on health and health equity, implementation costs, and cost-effectiveness for a strategy to promote increased water consumption among elementary and middle school students (grades K-8) with the installation of chilled drinking water dispensers in school cafeterias with viable plumbing in schools that participate in the National School Lunch Program. This information can help inform decision-making around promoting healthy weight.*

<https://choicesproject.org/publications/water-schools-report>

## **ABOUT THE CHOICES COMMUNITY OF PRACTICE**

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity. **Sign up to access tools and resources, connect with members, and more!** Learn more about CHOICES:

<https://choicesproject.org>

- ⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health [hsph.harvard.edu/research/nutrition-physical-activity](https://hsph.harvard.edu/research/nutrition-physical-activity)
- ⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/cop>