

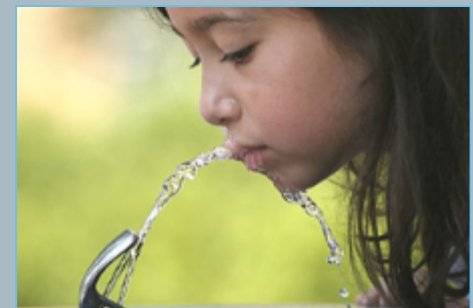


Just Add Water: Efforts to Increase Water Intake among Children in Community Settings

Anisha Patel, MD, MSPH
June 16, 2015

Presentation Overview

- ◆ Importance of promoting water intake
- ◆ Status of water access in schools and community settings
- ◆ Community-based efforts to increase water intake
- ◆ Strategies to increase water intake in community settings



The Importance of Promoting Drinking Water Intake

- ◆ Drinking water instead of sugary drinks can prevent obesity and dental caries
- ◆ Maintaining appropriate hydration may improve cognitive functioning
- ◆ 3 in 4 children do not meet total water requirements
- ◆ 2 in 3 children come to school with elevated urine osmolality

Schools are a Key Venue for Improving Water Access

- ◆ Children spend substantial time in school
- ◆ Water access in school food service areas is required by law
 - ◆ California Senate Bill 1413
 - ◆ Healthy Hunger-Free Kids Act

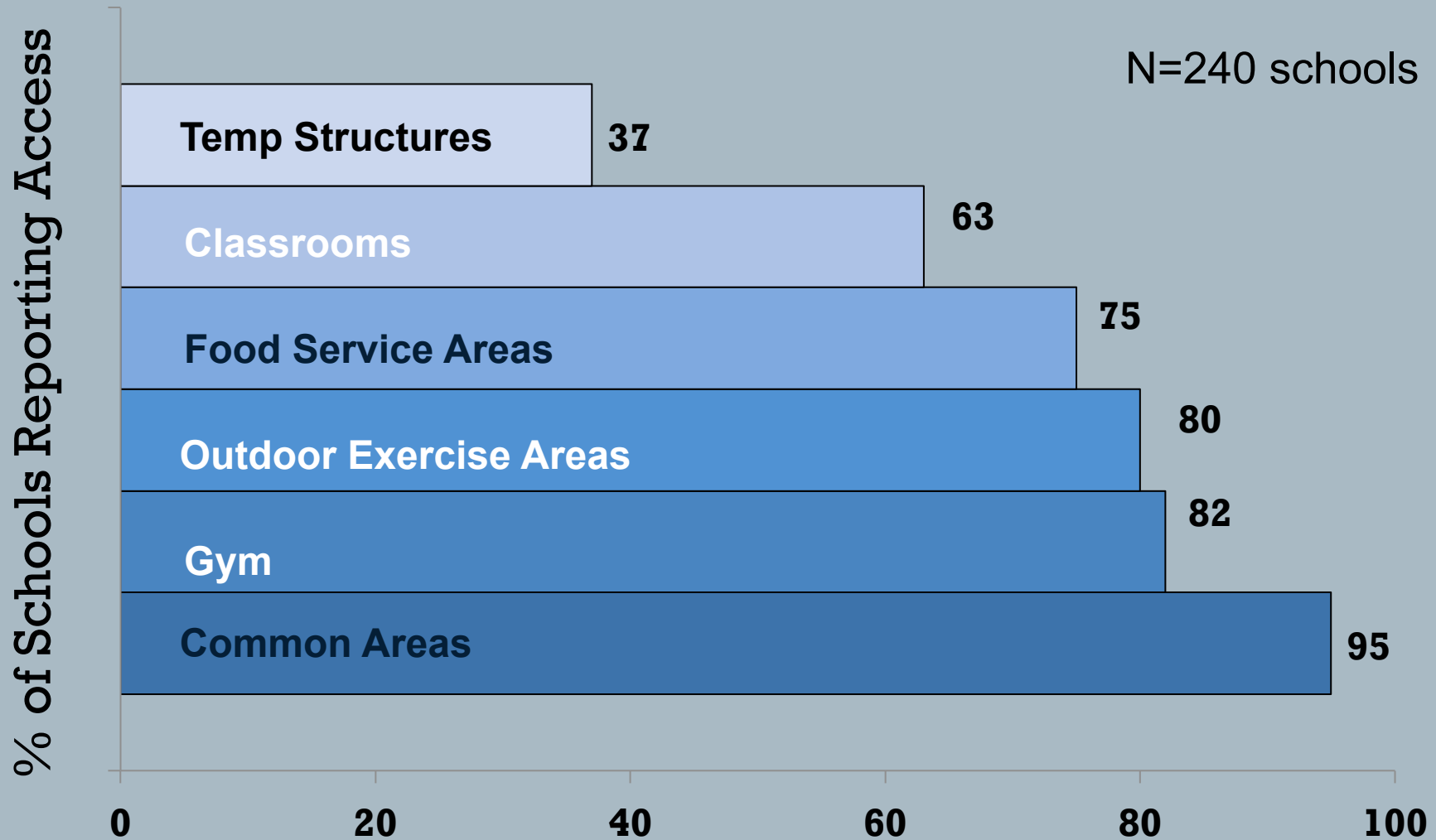


Water Access in U.S. Schools

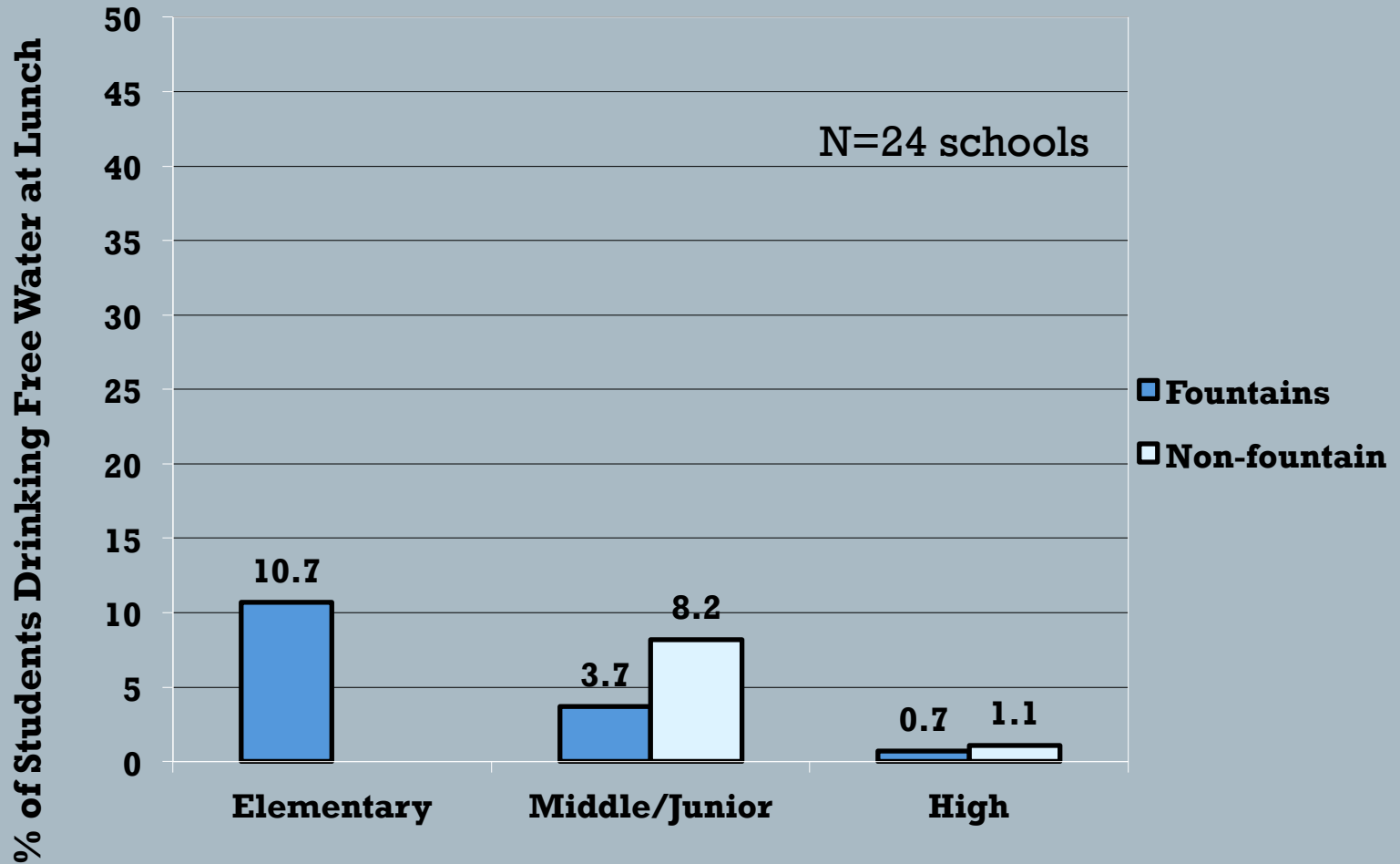
- ◆ Water not usually on the lunch tray
- ◆ Fountains are the most common water source
- ◆ Bottled water may be available for purchase



Free Drinking Water Access in California Public Schools By Location

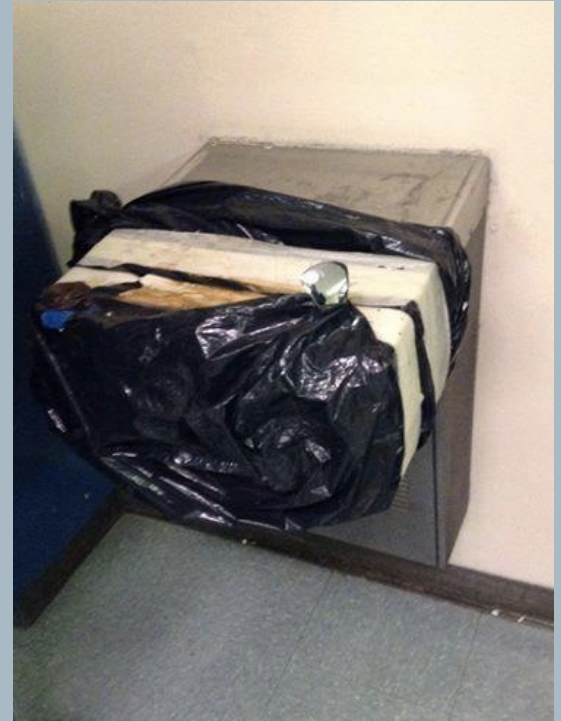


Free Water Intake at Lunch is Low

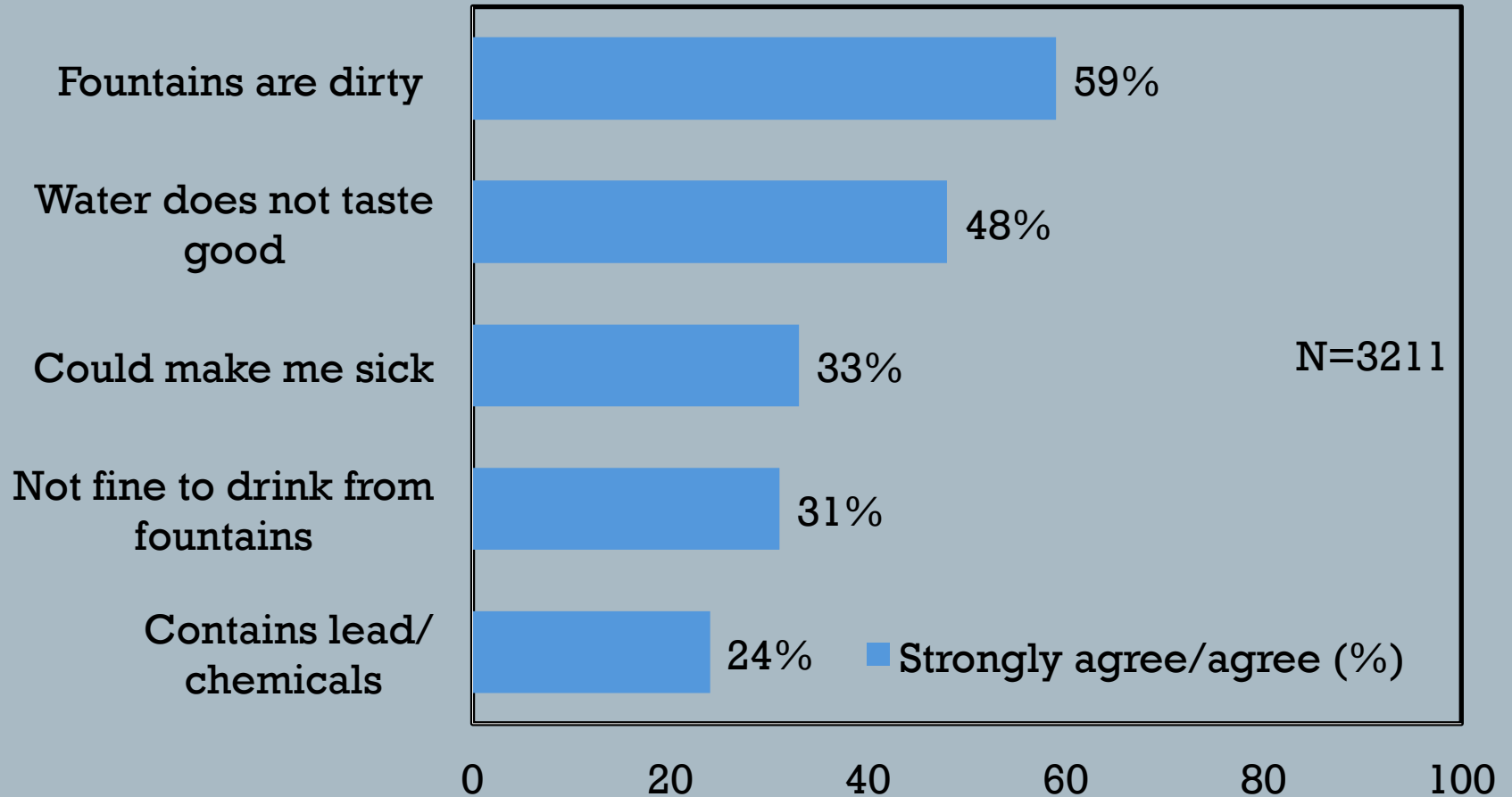


Patel et al, Preventing Chronic Disease, 2012

Fountains May Not Appeal to Students



Middle School Students' Attitudes About Drinking Fountains



Letter or the Spirit of the Law

OPTION A

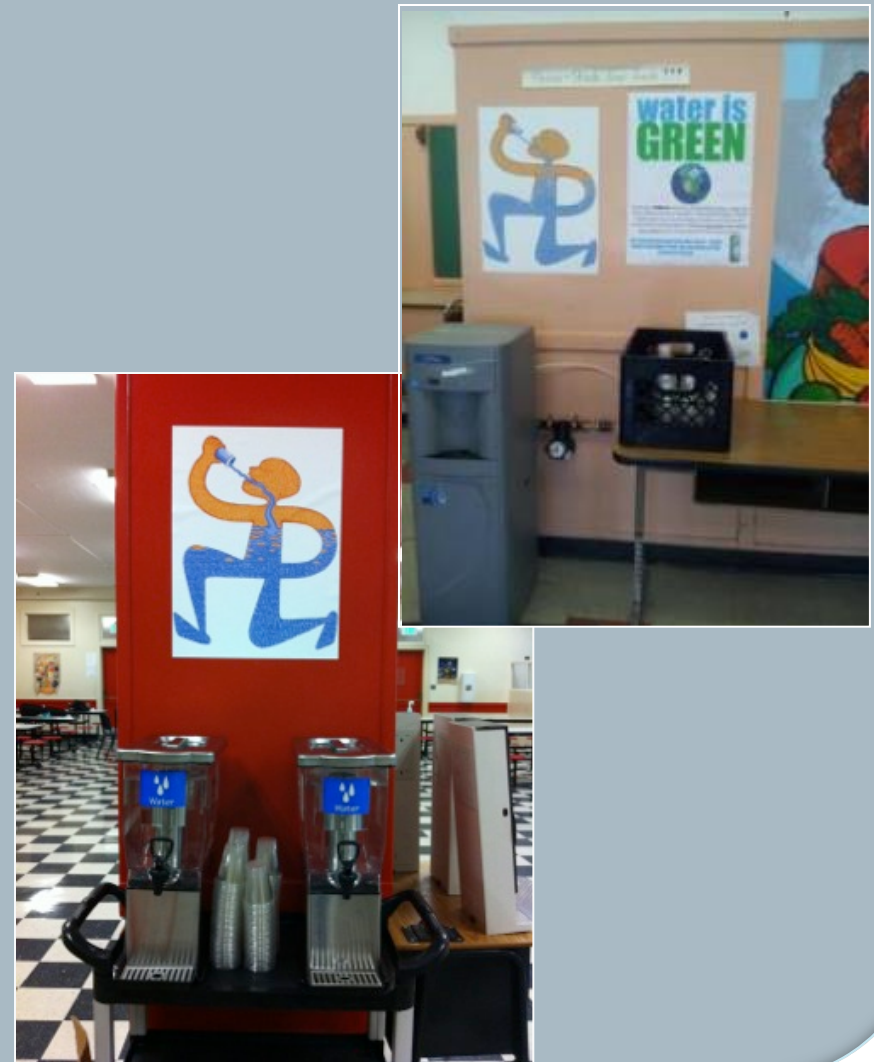


OPTION B

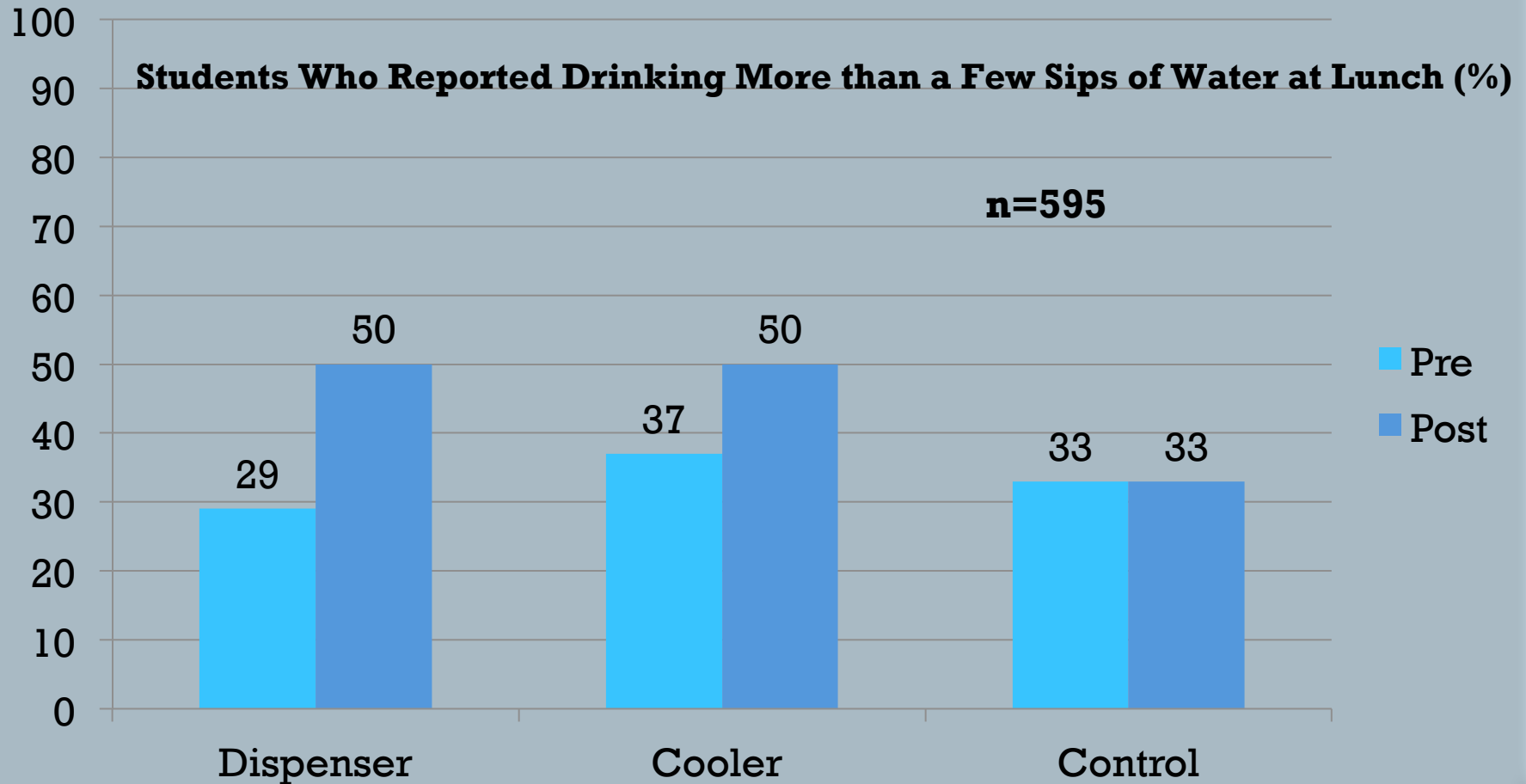


Water in Schools Project: Environment Changes and Promotion

- ◆ Lead testing/
remediation
- ◆ Bottleless coolers
or dispensers &
cups in cafeterias
- ◆ Promotion
(signage &
announcements)

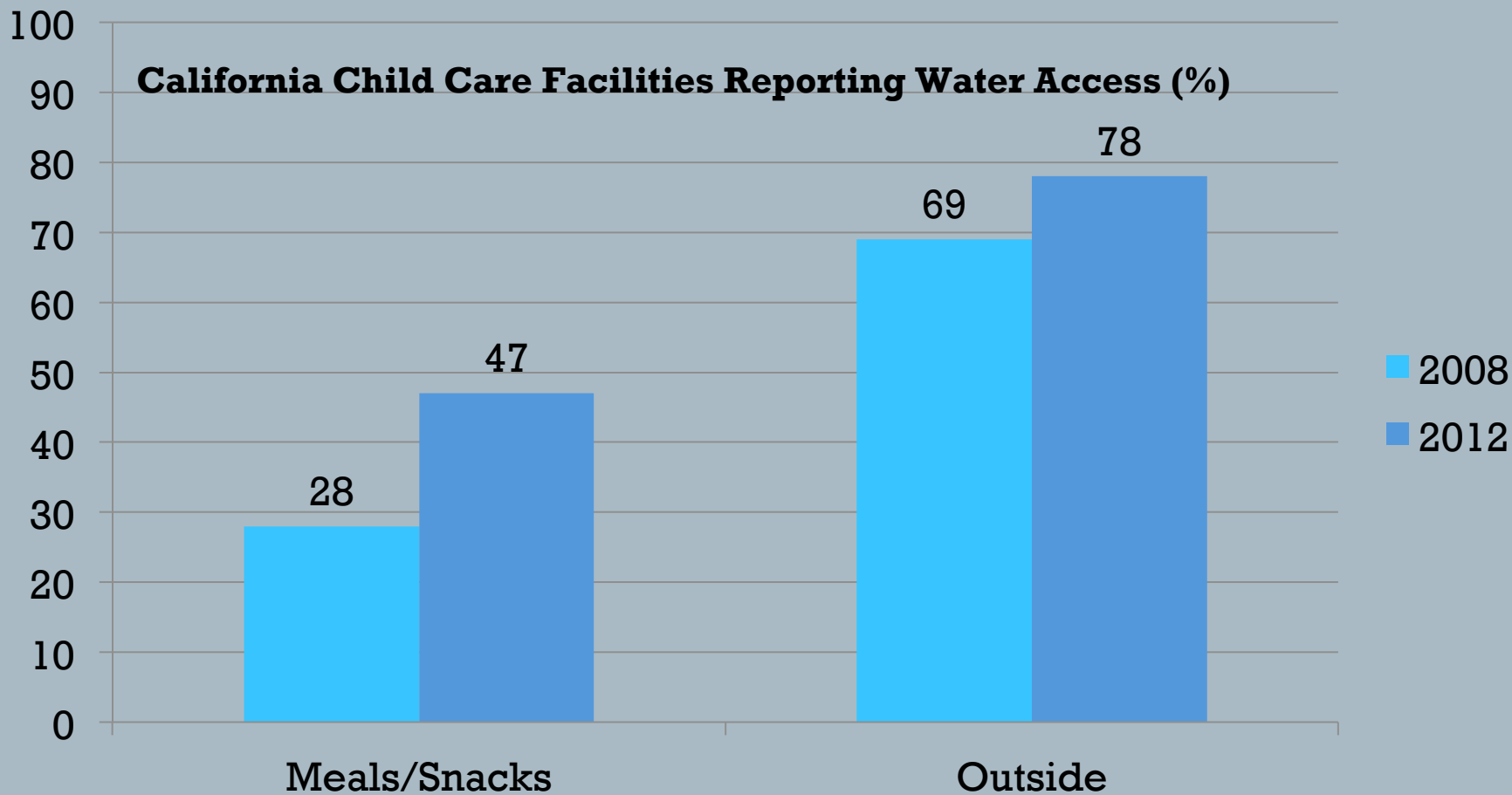


Students Water Intake at Lunch by Intervention Status





Water Access Improves after Healthy Bev. In Child Care Policy



Letter vs. Spirit of the Law



Water in Community Locations



Water Access in Parks

- ◆ It is estimated that 55% of U.S. parks have access to drinking fountains
- ◆ Barriers to water access in parks include:
 - ◆ Vandalism of fountains
 - ◆ Weather damage to fountains
 - ◆ Use of fountains by animals
 - ◆ Poor maintenance of fountains

Agua4All Pilot

Agua4All seeks to:

- ◆ Raise awareness of lack of safe water
- ◆ Promote safe water via installation of taps
- ◆ Evaluate pilot and develop statewide framework
- ◆ Advocate for sustainable solutions for safe water access



Agua4All Study Overview

INTERVENTION GROUP

Year 1: Installation of water stations

Year 2: Promotion

- Promotional toolkit
- Technical assistance
- Small stipend

CONTROL GROUP

Year 1: Installation of water stations

Year 2: No Promotion

Agua4All Study Overview

INTERVENTION GROUP

Year 1: Installation of water stations

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CONTROL GROUP

Year 1: Installation of water stations

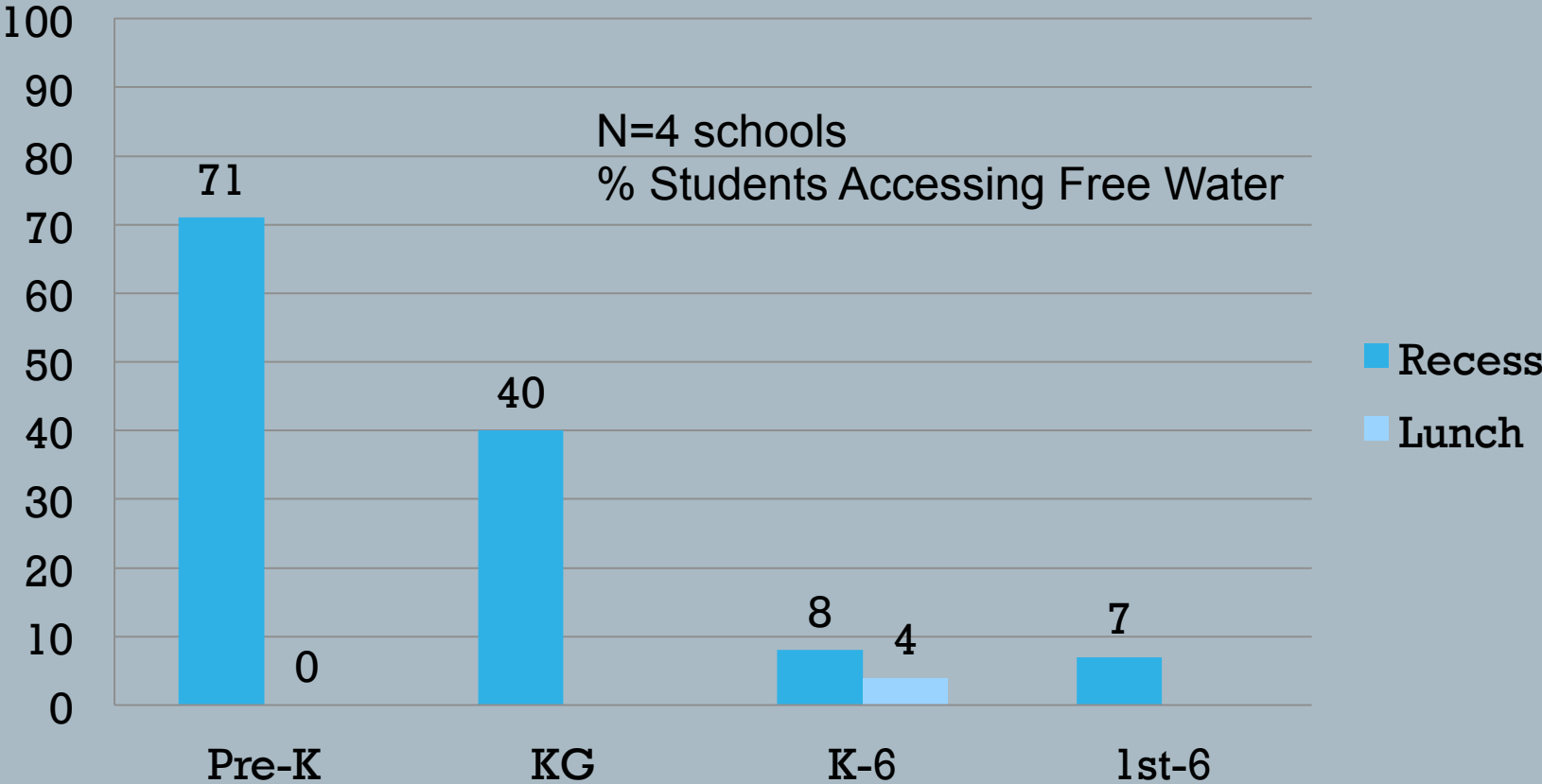
Year 2: No Promotion

**Pre/Post
Installation
and
Promotion**

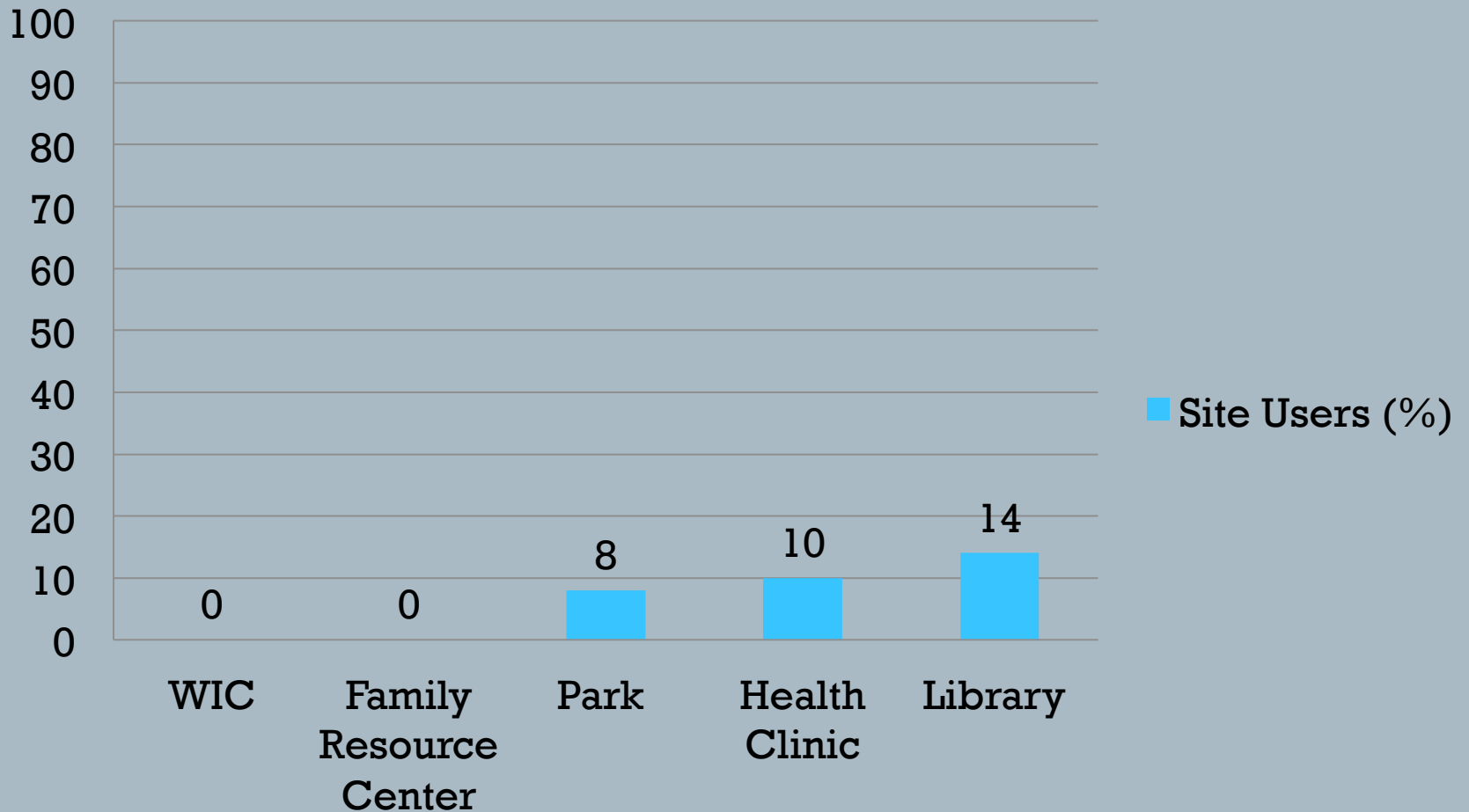
EVALUATION

1. Observations of site patrons who use water
2. Volume of water taken from water sources
3. Interviews/focus groups with patrons/staff at high and low water use intervention sites

Students Observed Accessing Free Water in Schools



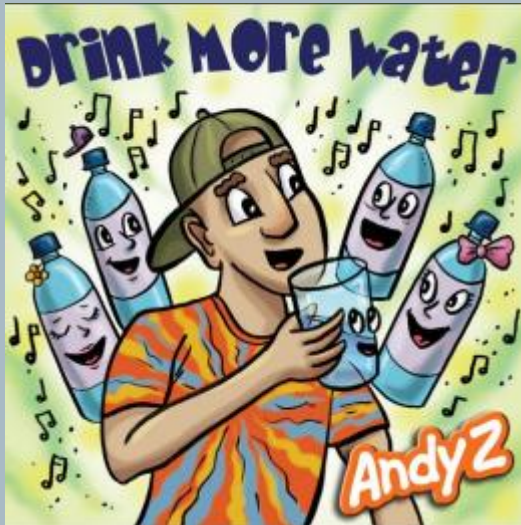
Individuals Observed Accessing Free Water in Community Sites



How to Meet the Spirit of the Laws for Water Access?

- ◆ Provide **safe** and **appealing** water in locations with high traffic
- ◆ Provide a means for individuals to take more than a sip of water
 - ◆ Provide cups
 - ◆ Create a culture of reusable water bottle use
- ◆ Promote water intake
- ◆ Build a water access legacy through policy

Educational Resources



Water Works Guide

- ◆ Lead testing and remediation protocol
- ◆ Water delivery options
- ◆ Promotion, education, and policy strategies
- ◆ Evaluate program process and outcomes
- ◆ Public-private partnerships

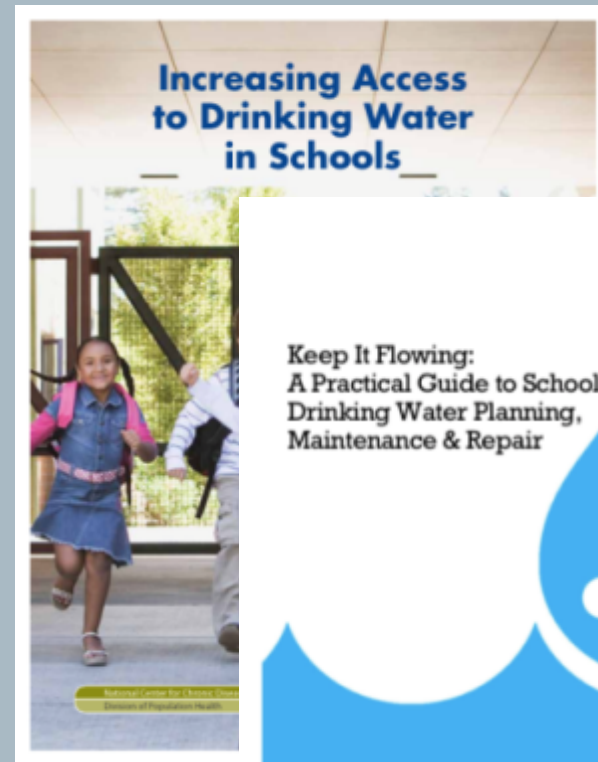
WATER WORKS



A Guide to Improving Water Access and Consumption in Schools to Improve Health and Support Learning

Resources

- ◆ Centers for Disease Control and Prevention
 - ◆ Increasing Access to Drinking Water in Schools
- ◆ Harvard University
 - ◆ Keep It Flowing: A Practical Guide to School Drinking Water Planning, Maintenance, & Repair



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