Bringing Water Back to School
Challenges and Strategies

Presented by
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Senior Staff Attorney
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Staff Attorney
Guest Speakers

Christine Hicks, RD
Community Dietitian Supervisor
Maricopa County Department of Public Health

Scott Soiseth
Director, Child Nutrition Office
Turlock Unified School District
Healthier communities for all through better laws and policies.
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ChangeLab Solutions is a non-partisan, nonprofit organization that educates and informs the public through objective, non-partisan analysis, study, and/or research. The primary purpose of this discussion is to address legal and/or policy options to improve public health. There is no intent to reflect a view on specific legislation.

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AGENDA

• Overview of “water in schools” requirements

• Strategies to improve students’ drinking water consumption in schools

• Examples from Maricopa County and Turlock

• Q & A
Healthy, Hunger-Free Kids Act of 2010
Healthy, Hunger-Free Kids Act of 2010

- Improves nutritional quality of school meals
- Establishes national nutrition standards for all food sold in schools
- Requires that schools make free drinking water available where meals are served during meal times
Healthy, Hunger-Free Kids Act of 2010

- Sets minimum standards
- States, districts, and schools can go above and beyond
Healthy, Hunger-Free Kids Act of 2010

Wellness Policies
Water in Wellness Policies
Poll:

Does the school or district with which you work have a wellness policy?
Poll:

If your school has a wellness policy, does it address water?
FIGURE 1—California school administrators' perceived barriers to improving drinking water access in schools (n = 240): May-November 2011.

Anisha I. Patel, MD, MSPH, MSHS, Kenneth Hecht, LLB, Karla E. Hampton, JD, Jacob M. Grumbach, BA, Ellen Braff-Guajardo, JD, Med, and Claire D. Brindis, DrPH.
CDC recommendation: Conduct school drinking water needs assessment
Strategies for Success
Location, Location, Location
Adequate Number of Water Sources
Proper Maintenance and Upkeep
Proper Maintenance and Upkeep
Poll:

What percentage of U.S. high school drinking fountains are perceived as “very clean”?
Answer:

*Between 25% - 50%*
Other Strategies

- Refrigerated fountains/dispensers for plumbed drinking water
• Refrigerated, filtered water in coolers or portable dispensers.
Other Strategies

✓ Providing reusable water bottles and encouraging students to bring to school

✓ Allowing students to use in classrooms

✓ Encouraging staff to drink water in classrooms
Other Strategies

✓ Providing cups near all fountains/dispensers and at tables
Promotion & Education
Water

- the choice of the new generation
- tastes great, less filling
- fill it to the rim
- deliciously refreshing
- just for this body of it
- good to the last drop
- goodness you can taste
- MMMM good
- crisp, clean, no caffeine
- it does a body good
Hetch Hetchy tap water.
It's delicious.

Refill your bottle here.

Hetch Hetchy tap water.
Get a drink of water here.

Scan here to find other places where you can get a free refill of Hetch Hetchy tap water while on the go.
Other Considerations
Partnerships and Fundraising

An opportunity for a hydration Station
Partnerships and Fundraising

Refill fountain
# Options for Water Dispensers in Cafeterias

## Water Dispensers for School Cafeterias: Potential Options

<table>
<thead>
<tr>
<th>Water Dispenser</th>
<th>Price</th>
<th>Source</th>
<th>Number of Schools Impacted with $1,000</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>5F USA</td>
<td>$200 to $4,100 retail, depending on the unit. Bottle filler shown at left is $3,000 retail.</td>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>4</td>
<td>This is a cost-effective unit selected (otherwise, N/A)</td>
</tr>
<tr>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>$135/month to $215/month (lease of machine, with maintenance included)</td>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>12</td>
<td>Station needs to be placed near existing water source</td>
</tr>
<tr>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>$42/0 to $55/month for basic models</td>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>11</td>
<td>Students need to be placed near existing water source</td>
</tr>
<tr>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>$150/month for basic models</td>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>11</td>
<td>Students need to be placed near existing water source</td>
</tr>
<tr>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>$300 to $500 to buy a unit</td>
<td><a href="http://www.waterinschools.org">www.waterinschools.org</a></td>
<td>11</td>
<td>Students need to be placed near existing water source</td>
</tr>
</tbody>
</table>
Water Quality Concerns

Environmental Protection Agency
www.water.epa.org
• Downloadable guides
• Hyperlinked webpages

Community Water Center:
www.communitywatercenter.org
• Guide to Community Drinking Water Access
• Fact Sheets on Common Contaminant
• Guide to Filters
WATER DISPENSER JETS IN SCHOOLS

Christine Hicks, RD
Maricopa County Office of Nutrition & Physical Activity
July 9, 2015
Almost **32 million** kids eat school lunch each school day

**11 Million** eat school breakfast each school day

On average, after labor and expenses, schools have just over **$1 per lunch** to spend on the entire meal including milk

Since the modern program began, over **219 BILLION** lunches have been served
HEALTHY HUNGER FREE KIDS ACT

In 2010, congress passed the Healthy Hunger Free Kids Act to provide students with healthier and more nutritious food options. The USDA directed nutrition standards for all food and beverages sold to students. The federal reimbursement rate for school lunches increased by ONLY 6 cents.
THE HEALTHY, HUNGER-FREE KIDS ACT OF 2010 WATER AVAILABILITY:

Schools participating in the National School Lunch Program (NSLP) are required to make free water available to students during meal times where they are served.

Schools participating in the School Breakfast Program (SBP) are required to make drinking water available when breakfast is served in the cafeteria.
WATER AVAILABILITY DURING MEAL SERVICE

Water **must** be available without restriction in the location where meals are served.

**No separate funding** available for this provision and reimbursement may not be claimed.

Implementation by the beginning of School Year 2011-12.
MEETING THE REQUIREMENTS
Other Options
Research showed students drank 3 times more water after water jet dispensers were installed compared to control groups.

NYC has water jets in more than 300 city school cafeterias.

Plans of adding more than 700 new water jets in schools.
Arizona Nutrition Network
SNAP-Ed

Justification sent to USDA for use in 7 partnering SNAP-Ed schools
Submitted supporting research from NYC, CDC, NIH and Harvard
Received approval from USDA and ADHS
IMPLEMENTATION OF WATER JETS

Education component to program:
Kick off Event
Reusable water bottles with nutrition messages
Water pledge posters to display in cafeteria
Banner for cafeteria
PA announcements for students
Signs for cafeteria to bring water bottles
School newsletter article about hydration
Recipe contest for spa water
Evaluation
Sample Banner

I pledge to

Drink 6 to 8 glasses of water per day
Limit sugar sweetened beverages
Pledge Posters
Evaluation

• In the process of evaluating water consumption at pilot schools
• Preliminary data suggests increase water consumption with students
• Receiving positive feedback from students, staff and administration
Resources

- American Public Health Association evaluation of drinking water availability: https://apha.confex.com/apha/140am/webprogram/Paper266645.html
- Harvard School of Public Health: http://www.hsph.harvard.edu/nopren/water-access-working-group/
Questions?

Christine Hicks, RD
Maricopa County Office of Nutrition and Physical Activity
602-506-9322
ChristineHicks@mail.maricopa.gov
Access to Fresh Drinking Water

Scott Soiseth
Turlock Unified School District
July 9, 2015
Earl Water Fountain
Turlock, CA
Labeled Bottled Water
Turlock, CA
Turlock High School Water Fountain
Turlock, CA
High School Water Station
Turlock, CA
Questions?

Scott Soiseth
Turlock Unified School District
209-667-9048
ssoiseth@turlock.k12.ca.us
Drinking Water Access in Schools

The drinking environment of youth is at the heart of the past three decades. With one-third of our nation’s 2-19-year-olds now overweight or obese, free drinking water is essential to support their health and development. Despite growing evidence linking consumption of sugary beverages (SBs) to weight gain and health problems, many schools provide students with limited access to free water. By implementing policies that ensure access to free water, schools can support student health and academic performance.

Nakada et al. (2019) found that students who drink more water tend to have better cognitive performance, particularly on memory and concentration tasks. However, the accessibility of water in schools is challenging, especially in schools where students are required to purchase water bottles or beverages. This limited access to water can lead to increased sugar intake and decreased cognitive performance.

Policy Brief: Fulfilling the Promise of Free Water in K-12 Schools

Background

Overweight and obesity among children and adolescents have increased in the past three decades. With one-third of our nation’s 2-19-year-olds now overweight or obese, free drinking water is essential for their health and development, as well as to promote academic performance. A growing body of evidence links consumption of sugary beverages to weight gain and health problems, with children who start school overweight being more likely to remain overweight as they grow older.

The study primarily consisted of interviews with administrators from 200 schools with and without a free water policy. The findings indicated that schools with a free water policy had lower rates of sugar intake among students, and higher rates of cognitive performance.

In September 2019, California enacted 150-14, which requires schools to provide access to free drinking water during meal times in school food service areas. In December 2010, President Obama signed the Healthy, Hunger-Free Kids Act, which mandates schools to provide students with free water, but the implementation of these policies was inconsistent.

Policy Brief: Fulfilling the Promise of Free Water in K-12 Schools

The Study

From May to November 2011, researchers at the University of California, San Francisco, in conjunction with California Food Policy Advocates and ChangeLab Solutions (formerly Public Health Law & Policy), examined drinking water access, weight-related policies, and practices, including free water and sugary beverage access, in California public schools.

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Resource: CDC’s Water Access in Schools

www.cdc.gov/healthyyouth/npao/wateraccess.htm
Thirsty?
Learn more about recent steps to promote water consumption in schools.

In December 2010, President Obama signed the Healthy, Hunger-Free Kids Act into law. This act improves child nutrition policy in many important ways, including a provision to require free drinking water to be available with school meals. In September 2010, Governor Schwarzenegger signed SB 1413 (Leno) creating a similar requirement for all schools in California to make free, fresh drinking water available to students during school meals. These new requirements recognize that some progress has been made in getting rid of sugary drinks in schools, but not as much has been done on promoting the healthy choices, namely water. Water is an essential nutrient and is calorie-free. Best of all, tap water is free! Unfortunately, a recent survey in California found that over 40 percent of responding schools reported to have no access to free water in cafeterias.

The state and federal governments recently released guidance on implementing these requirements; schools should be in compliance by the 2011-2 academic year. This web-based toolkit provides you with the information you need to promote water consumption in schools.

A report by California Food Policy Advocates highlights challenges with providing free, clean, and appealing tap water in schools as well as strategies to promote consumption. Click here for a copy of the report. Use the links above to learn about...
Community Water Center’s Guide to buying a water filter

Home water filters may be one of the most cost-effective ways to improve the quality of your tap water. However, it is important to be informed about your filter choices, and take the necessary steps to understand what your water quality concerns are. CWC has distilled some important information about water filters, questions to consider before buying, and the steps to securing the right water filter for your home.

Common myths about water filters

<table>
<thead>
<tr>
<th>Water Filter Myth</th>
<th>Water Filter Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any water filter can take contaminants out of water.</td>
<td>Not all water filters are able to filter out all contaminants. In order to get the proper filter to address your water quality concerns, you must know what contaminants are in your water. Just because a water filter is expensive does not necessarily mean it will make your water safe.</td>
</tr>
<tr>
<td>All marketed water filters are proven to take out the contaminants they claim too.</td>
<td>Only filters that are certified by California Department of Public Health (DPH) have been tested to ensure that the filter actually does what it claims to do. DPH publishes a list of filters that have been tested in an independent laboratory to ensure the filter meets the health-related performance claims and ensure that the filter doesn’t add any other contaminants to your water.</td>
</tr>
<tr>
<td>Water softeners filter my water.</td>
<td>Water softeners do not improve your water quality. Water softeners devices are only good if you are trying to soften your water.</td>
</tr>
</tbody>
</table>

A full list of approved treatment devices is available for each contaminant at http://www.cdph.ca.gov/Certificc/devices/Pages/water/treatmentDevices.aspx or by calling the California Department of Public Health (DPH) at (916) 449-5600.

This information was originally published in the Community Water Center’s Guide to Community Drinking Water Advocacy, available at: www.communitywatercenter.org

www.communitywatercenter.org
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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the Arizona Nutrition Network Hotline; in Maricopa County call 602-542-9935, outside of Maricopa County call 1-800-352-8401.
THANK YOU!

changelabsolutions.org