Promoting Intake of Drinking Water in Schools and Community Settings

Water Access and Quality Convening

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Presentation Overview

- Health impacts of drinking water
- Current status of water access
- Interventions to promote intake of water in schools and community settings
Health Impacts of Drinking Water
Water Access in Schools

Promoting Intake of Water in Schools and Community Settings
Water Intake in Food Service Areas is Low

N=24 schools

Students Drinking Free Water at Lunch (%)

- Elementary: N/A
- Middle: 11 (Fountain), 8 (Non-fountain)
- High: 4.7 (Fountain), 1 (Non-fountain)

Patel et al, Preventing Chronic Disease, 2012
Students Have Negative Attitudes about Drinking Fountains

N=3211 middle school students

- Water Doesn't Taste Good: 59%
- Dirty: 48%
- Could Make me Sick: 33%
- Not Fine to Drink From: 31%
- Contains Chemicals: 24%

Patel et al, Academic Pediatrics, 2014

Promoting Intake of Water in Schools and Community Settings
Policy Implementation: Letter or the Spirit of the Law
The Impact of a Water Intervention on Middle School Students’ Water Intake at Lunch

![Cooler Dispenser Control](image)

Change in students drinking water over the study period (%)

- **Cooler**: 10*
- **Dispenser**: 18*
- **Control**: -1

*P-value < 0.05

Promoting Intake of Water in Schools and Community Settings

UCSF Benioff Children’s Hospitals
Free Drinking Water Access in Schools

N=240 California public schools

- Common Areas: 95%
- Indoor PA: 82%
- Outdoor PA: 80%
- Food Service Areas: 75%
- Classrooms: 63%
- Temp Structures: 37%

Water Access in Community Settings
Agua4All Pilot Study

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

Promoting Intake of Water in Schools and Community Settings
Agua4All Interventions

Community A

**Year 1:** Water bottle filling stations

**Year 2:** Signage and reusable water bottles AND promotion plus
  - Promotion toolkit
  - Stipend
  - Technical assistance

Community B

**Year 1:** Water bottle filling stations

**Year 2:** Signage and reusable water bottles

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Promoting Intake of Water in Schools and Community Settings
Conclusion

- Water intake in schools and communities may be low
- Improving access to appealing water and promoting its consumption can help increase intake of water
- Policies may help communities improve water access in schools and community settings