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Bringing Water Back to School

Challenges and Strategies

Presented by

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Healthier communities for all through better laws and policies.

DISCLAIMER

The information provided in this discussion is for informational purposes only, and does not constitute legal advice. ChangeLab Solutions does not enter into attorney-client relationships.

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.

AGENDA

- Overview of “water in schools” requirements
- Strategies to improve students’ drinking water consumption in schools
- Examples from Maricopa County and Turlock
- Q & A

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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**

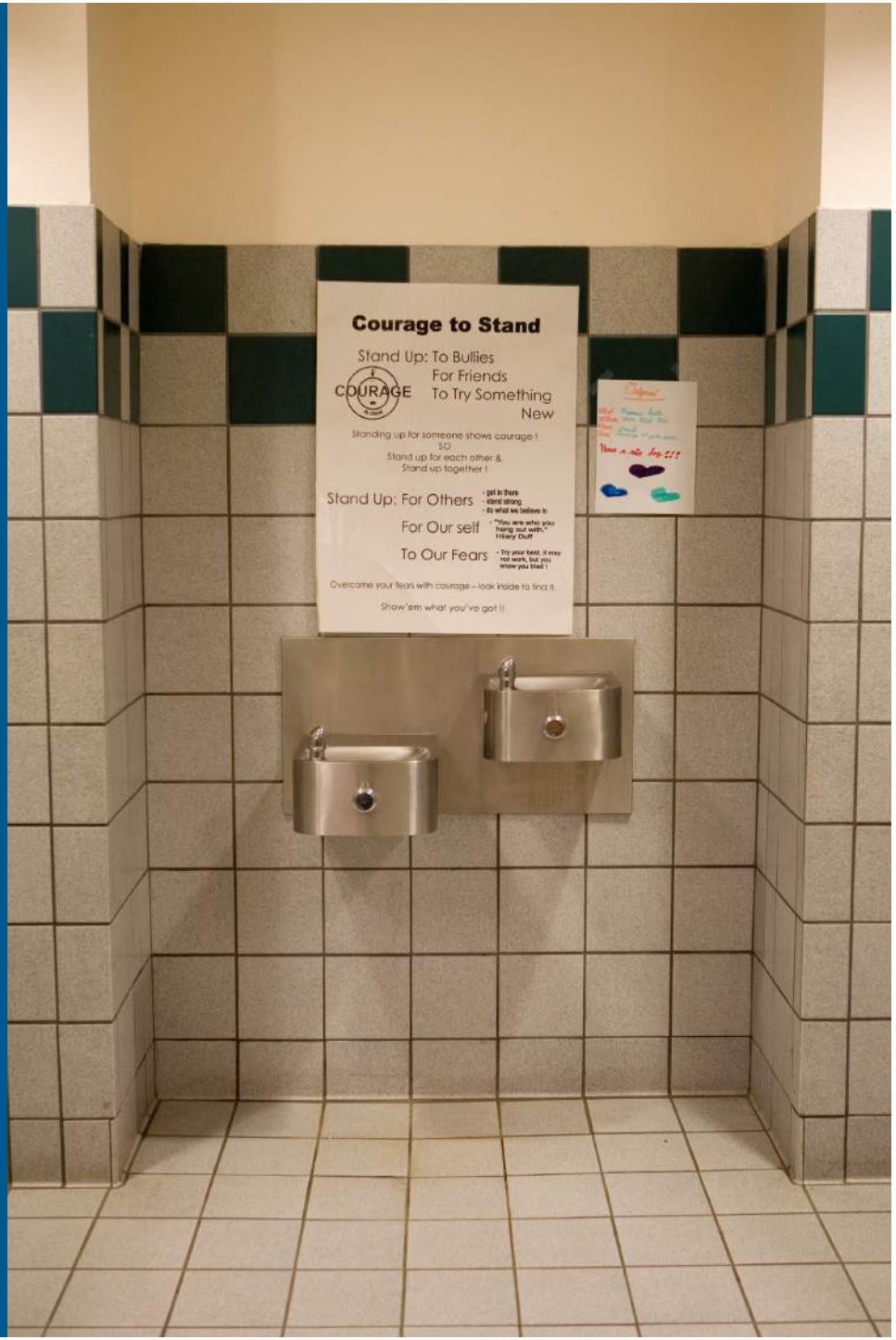
Healthy, Hunger-Free Kids Act of 2010

- 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?


Perceived Barriers
to Improving
Water Access

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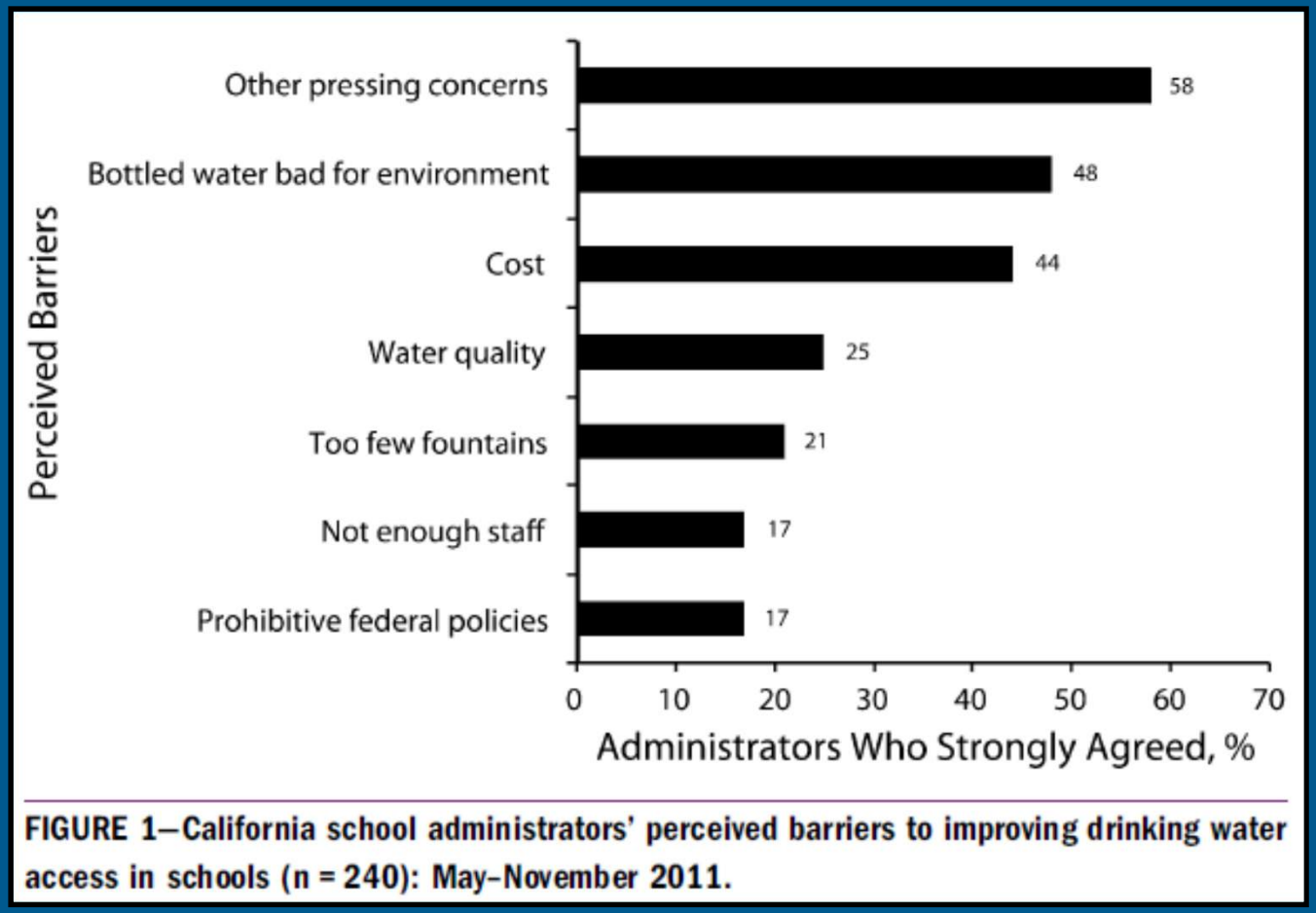

FIGURE 1—California school administrators' perceived barriers to improving drinking water access in schools (n = 240): May–November 2011.

Tapping Into Water: Key Considerations for Achieving Excellence in School Drinking Water Access.
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.
Am J Public Health. 2014;104:1314-1319.

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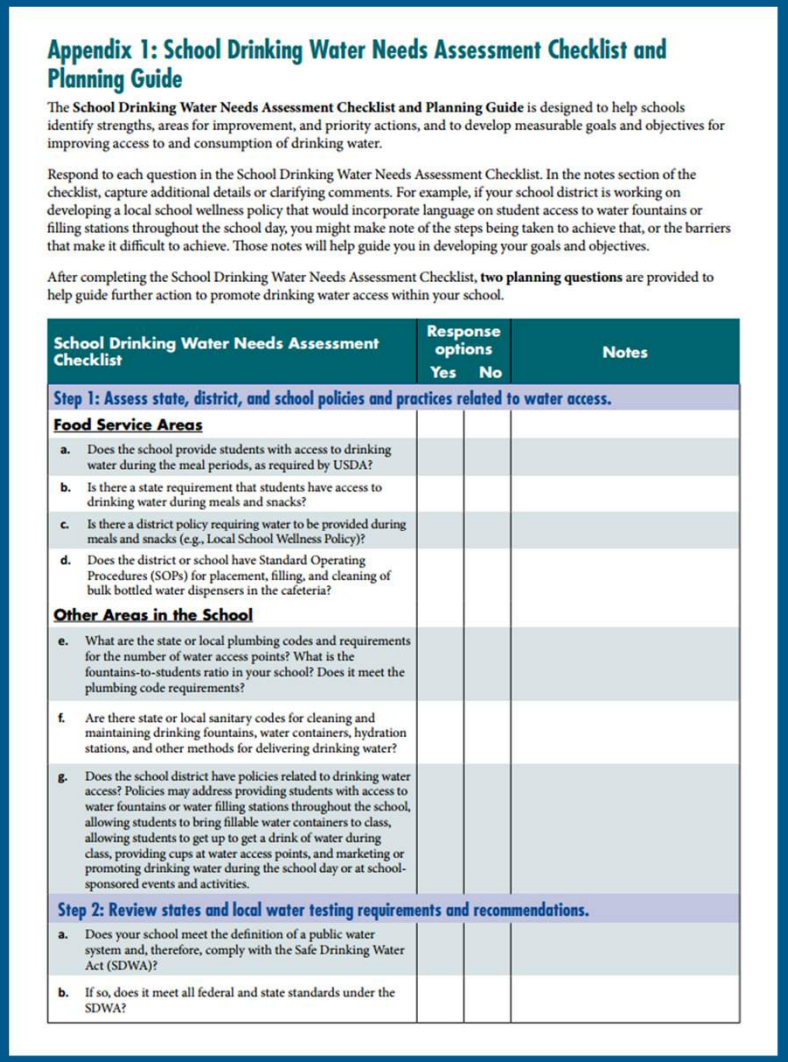
CDC recommendation:
Conduct school drinking water needs assessment



Appendix 1: School Drinking Water Needs Assessment Checklist and Planning Guide

The **School Drinking Water Needs Assessment Checklist and Planning Guide** is designed to help schools identify strengths, areas for improvement, and priority actions, and to develop measurable goals and objectives for improving access to and consumption of drinking water.

Respond to each question in the School Drinking Water Needs Assessment Checklist. In the notes section of the checklist, capture additional details or clarifying comments. For example, if your school district is working on developing a local school wellness policy that would incorporate language on student access to water fountains or filling stations throughout the school day, you might make note of the steps being taken to achieve that, or the barriers that make it difficult to achieve. Those notes will help guide you in developing your goals and objectives.

After completing the School Drinking Water Needs Assessment Checklist, **two planning questions** are provided to help guide further action to promote drinking water access within your school.

School Drinking Water Needs Assessment Checklist	Response options Yes	No	Notes
Step 1: Assess state, district, and school policies and practices related to water access.			
Food Service Areas			
a. Does the school provide students with access to drinking water during the meal periods, as required by USDA?			
b. Is there a state requirement that students have access to drinking water during meals and snacks?			
c. Is there a district policy requiring water to be provided during meals and snacks (e.g., Local School Wellness Policy)?			
d. Does the district or school have Standard Operating Procedures (SOPs) for placement, filling, and cleaning of bulk bottled water dispensers in the cafeteria?			
Other Areas in the School			
e. What are the state or local plumbing codes and requirements for the number of water access points? What is the fountains-to-students ratio in your school? Does it meet the plumbing code requirements?			
f. Are there state or local sanitary codes for cleaning and maintaining drinking fountains, water containers, hydration stations, and other methods for delivering drinking water?			
g. Does the school district have policies related to drinking water access? Policies may address providing students with access to water fountains or water filling stations throughout the school, allowing students to bring fillable water containers to class, allowing students to get up to get a drink of water during class, providing cups at water access points, and marketing or promoting drinking water during the school day or at school-sponsored events and activities.			
Step 2: Review states and local water testing requirements and recommendations.			
a. Does your school meet the definition of a public water system and, therefore, comply with the Safe Drinking Water Act (SDWA)?			
b. If so, does it meet all federal and state standards under the SDWA?			

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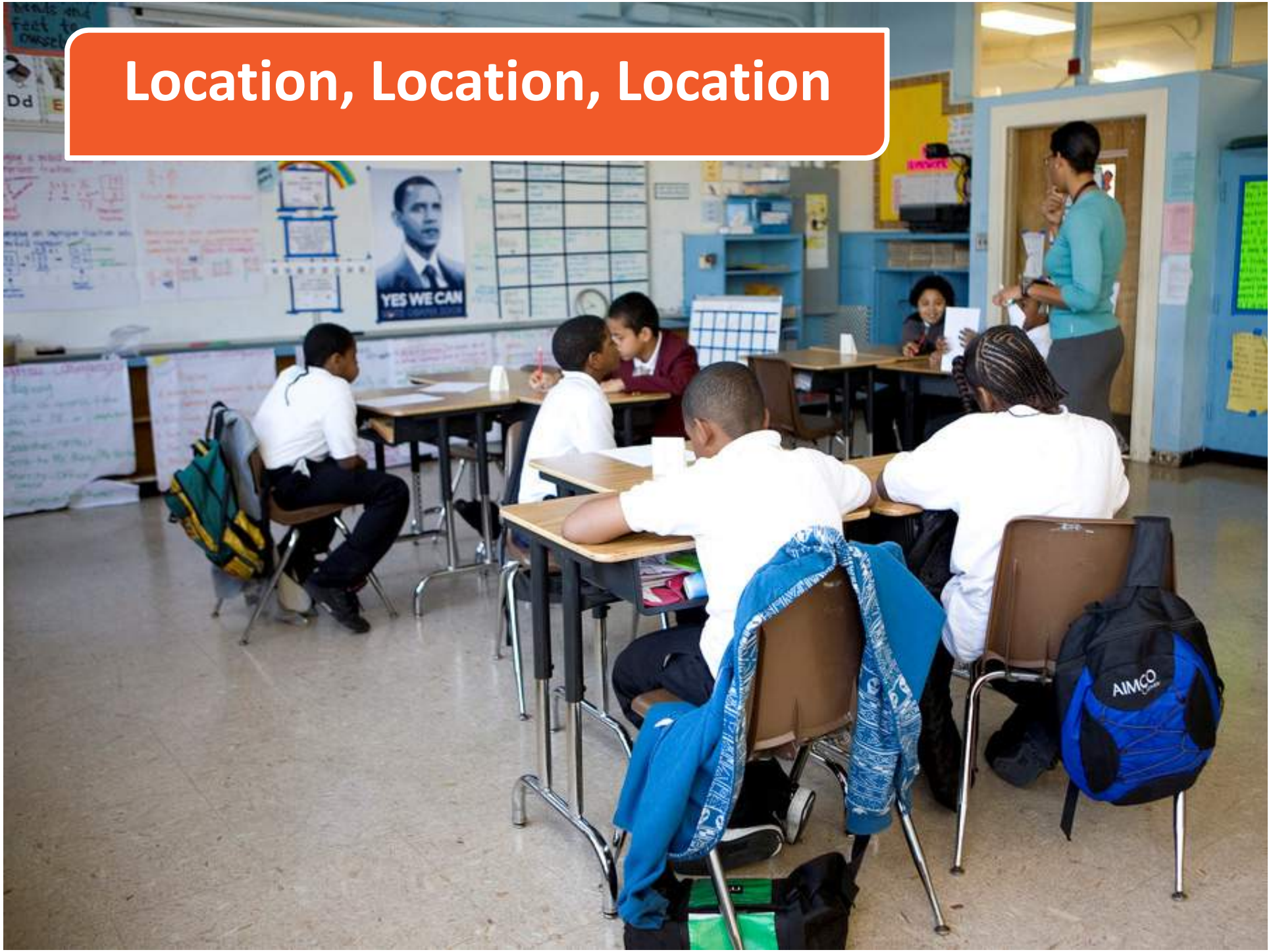
Strategies for Success

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

Other Strategies

- 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

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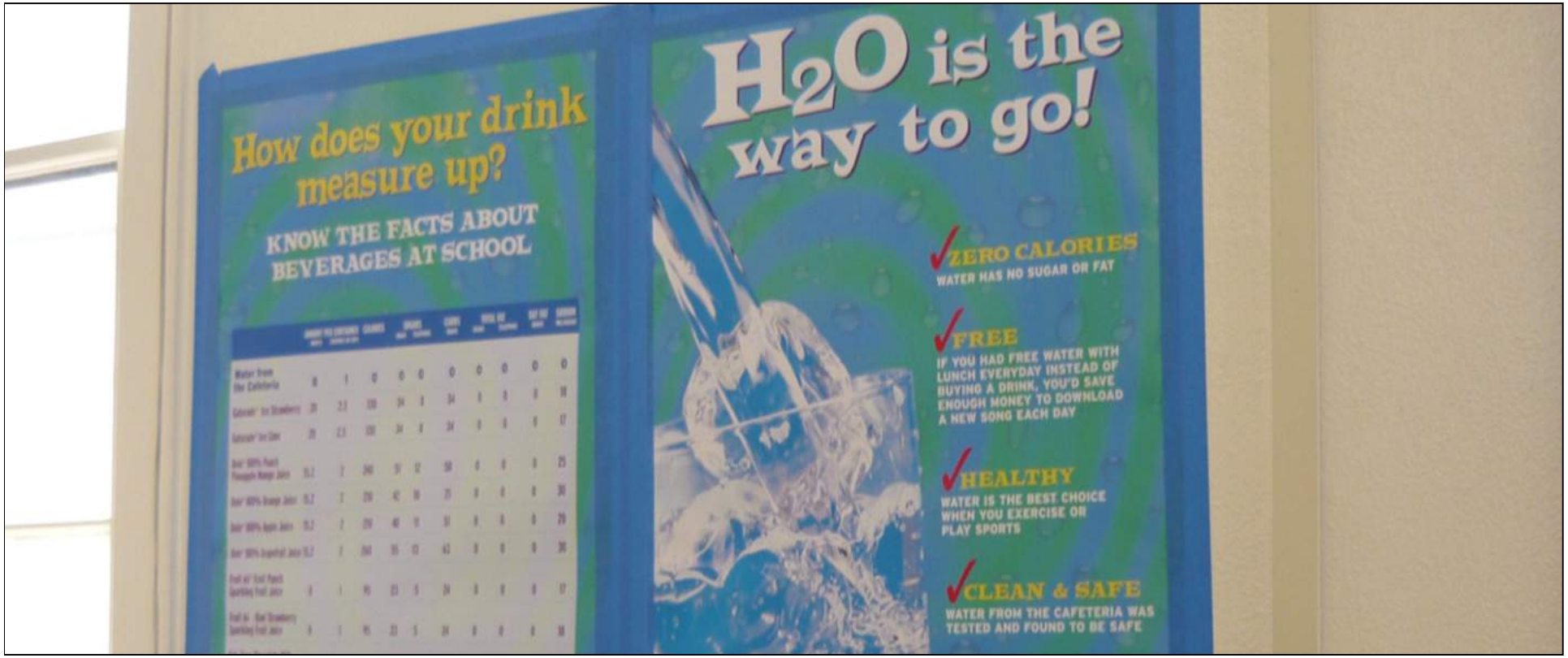
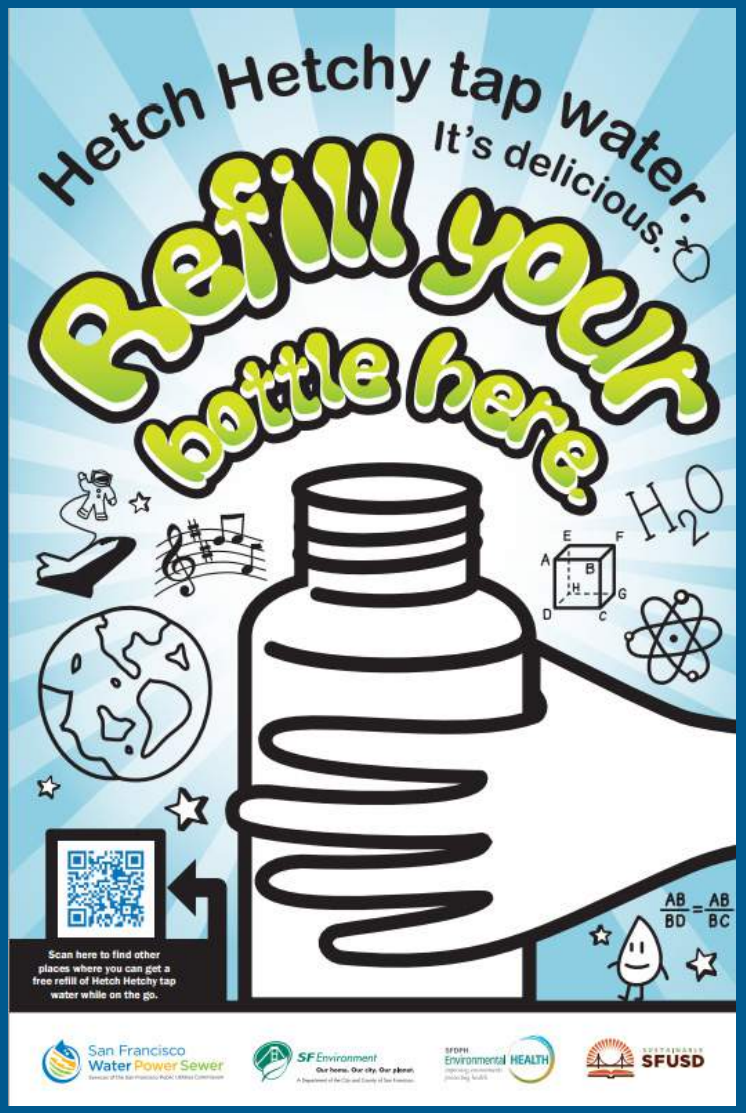
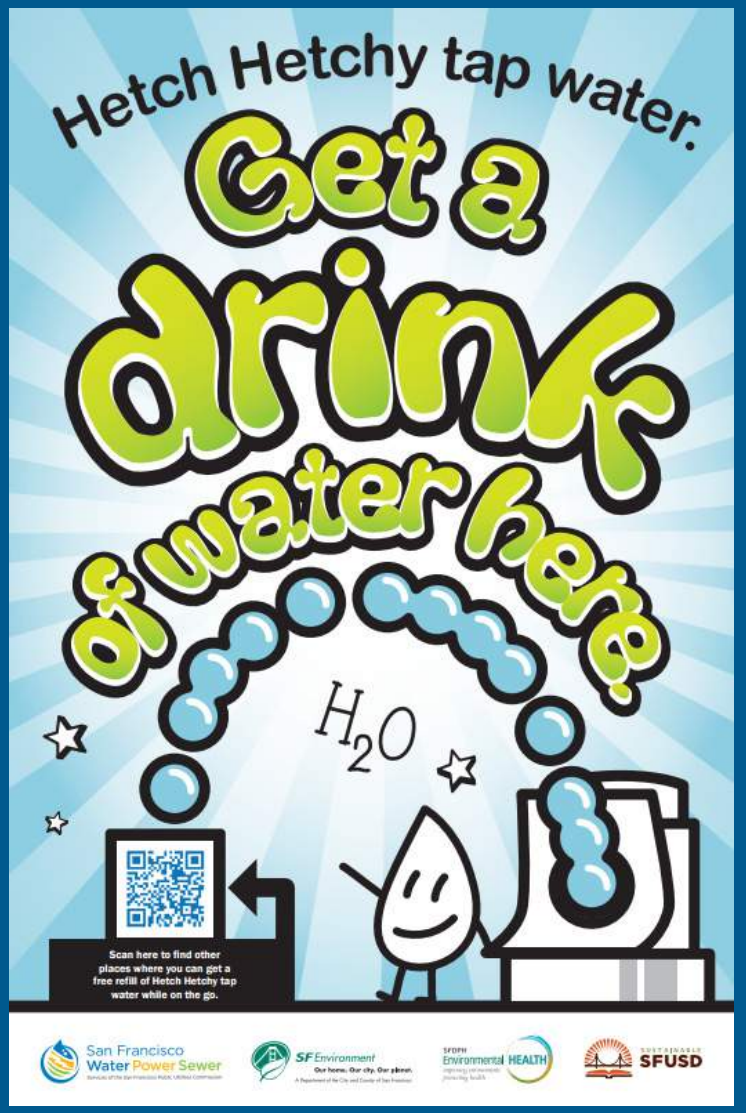


Promotion & Education


the choice of the new generation
it's the water
it's the real thing
tastes great - less filling
fill it to the rim
deliciously refreshing
just for the taste of it
good to the last drop
goodness you can taste
WATER
MMMM GOOD
crisp, clean, no caffeine
it does a body good


Hetch Hetchy tap water.
It's delicious.
Refill your bottle here.
H_2O
$\frac{AB}{BD} = \frac{AB}{BC}$
Scan here to find other places where you can get a free refill of Hetch Hetchy tap water while on the go.
San Francisco Water Power Sewer
SF Environment
Our home. Our city. Our planet.
SFDPH Environmental HEALTH
SUSTAINABLE SFUSD


Hetch Hetchy tap water.
Get a drink of water here.
H_2O
Scan here to find other places where you can get a free refill of Hetch Hetchy tap water while on the go.
San Francisco Water Power Sewer
SF Environment
Our home. Our city. Our planet.
SFDPH Environmental HEALTH
SUSTAINABLE SFUSD

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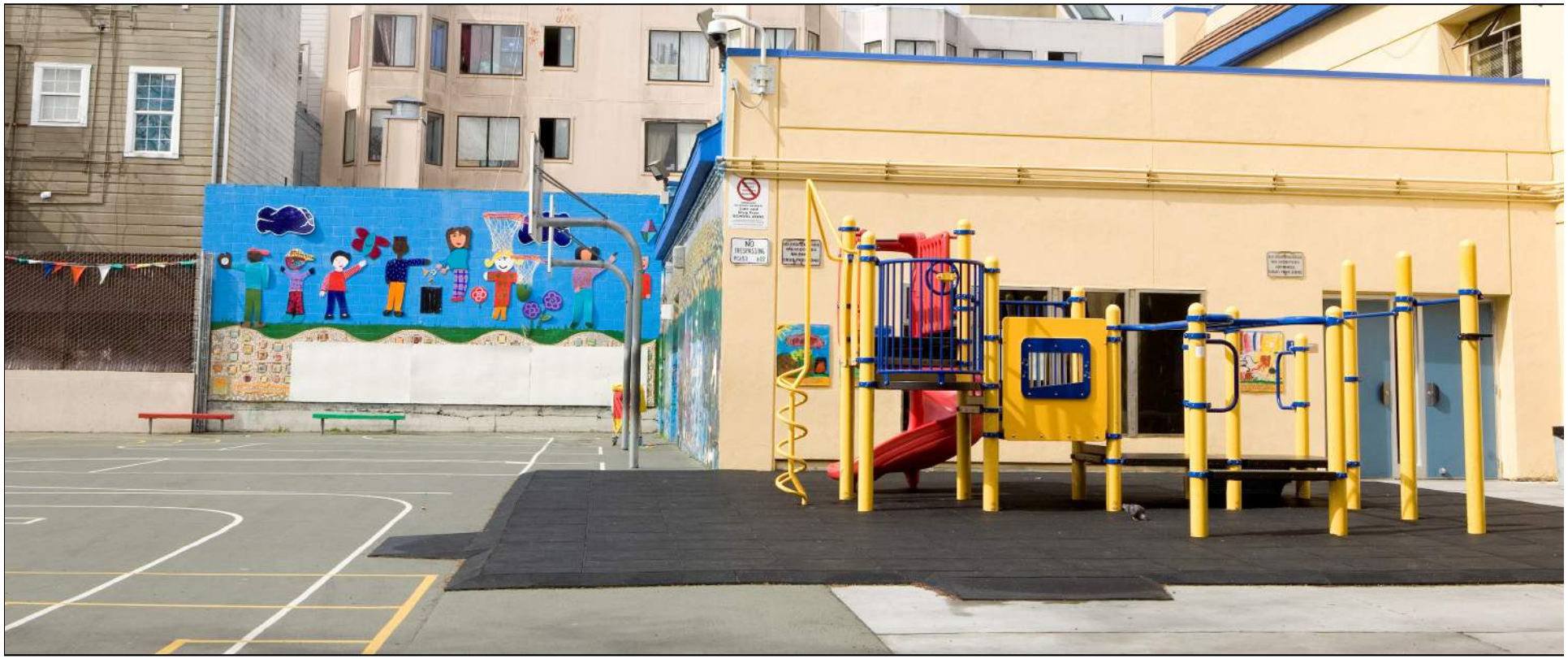


Other Considerations

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

Water Dispenser	Price	Source	Number of Schools Impacted with $1,000	Considerations
	• $1000 to $4,700 retail, depending on the unit. • Bottle filler shown at left is $3000 retail.	SF USD http://globaltap.org/designs.php	1 if least expensive unit selected (otherwise, N/A)	• Station needs to be placed near existing water source • Filtered • Ideal for school cafeterias that are undergoing construction because it will make installation easier. • Installation costs • Sleek looking and may alleviate students' perception that public water sources are unsafe.
	• $23.99 to $34.99/month (lease of machine, with maintenance included) • Price depends on model; discounts available to some organizations	Ceres USD, West Covina USD, and possibly Inglewood USD http://www.accupure.com/	12 months x $23.99= $287.8/per year; total # of schools benefiting 3	• Volume discounting available • Filtered water which may alleviate students' perceptions about public water sources • Free installation • Station needs to be placed <150 feet from existing water source and electric outlet for cold water
	• $45/month for basic models	Innowave (subsidiary of TaylorMade/Water Logic)	12 months x $45 = $540/year; total # of schools benefitting = 1	• Station needs to be placed near existing water source • Installation usually costs approx. $125 • Filtered water, which may alleviate students' perceptions about public water sources • Carbonation/sparkling water options available
	• $25/month for basic models	Culligan http://www.culligan.com/en-us/d/homes/water-delivery/bottle-free-coolers/	12 months x $25 = $300/year; total # of schools benefitting = 3	• Station needs to be placed near existing water source • Installation usually costs approx. $99 • Filtered water, which may alleviate students' perceptions about public water sources
	• $39.95/month for businesses	Neptune http://www.neptunewatersolutions.com/	12 months x $39.95 = $479.40/year; total # of schools benefitting = 2	• Station needs to be placed near existing water source • Installation usually free • Filtered water, which may alleviate students' perceptions about public water sources
	• $400 to $500 to buy a unit	iBottleless Coolers http://www.ibottleless.com/how-it-works	$1000/$500 = 2 schools	• Station needs to be placed near existing water source • Can install yourself or get professionally installed for $199 • Filtered water, which may alleviate students' perceptions about public water sources

www.waterinschools.org

Water Quality Concerns

Environmental Protection Agency

www.water.epa.org

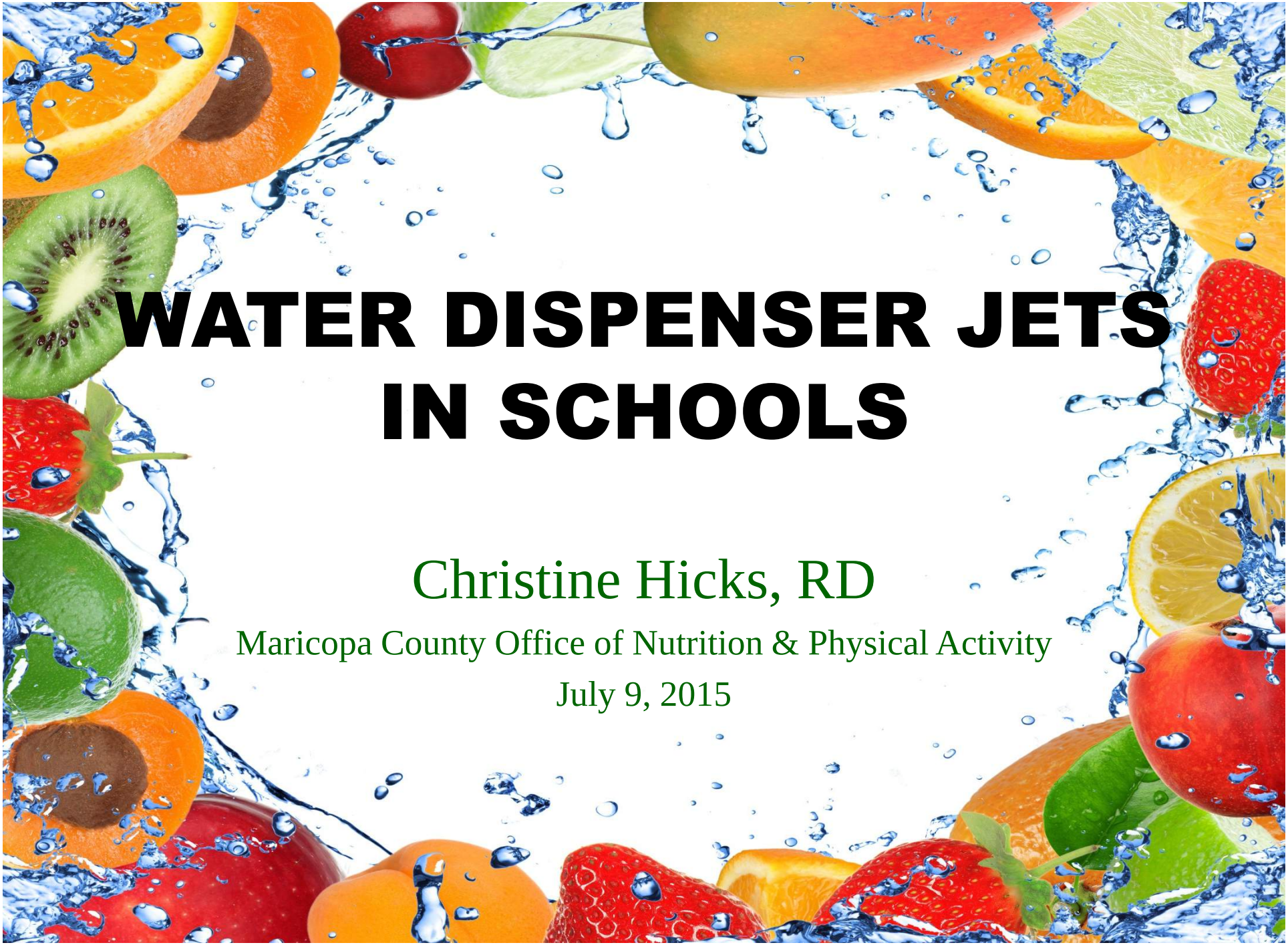
- Downloadable guides
- Hyperlinked webpages

Community Water Center:

www.communitywatercenter.org

- Guide to Community Drinking Water Access
- Fact Sheets on Common Contaminant
- Guide to Filters

Evaluation



WATER DISPENSER JETS IN SCHOOLS

Christine Hicks, RD

Maricopa County Office of Nutrition & Physical Activity

July 9, 2015

National School Lunch Program Facts

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

New York City Health Department

- **Cathy Nonas, MS, RD** NYC Health Department Mayor's Obesity Taskforce
- 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

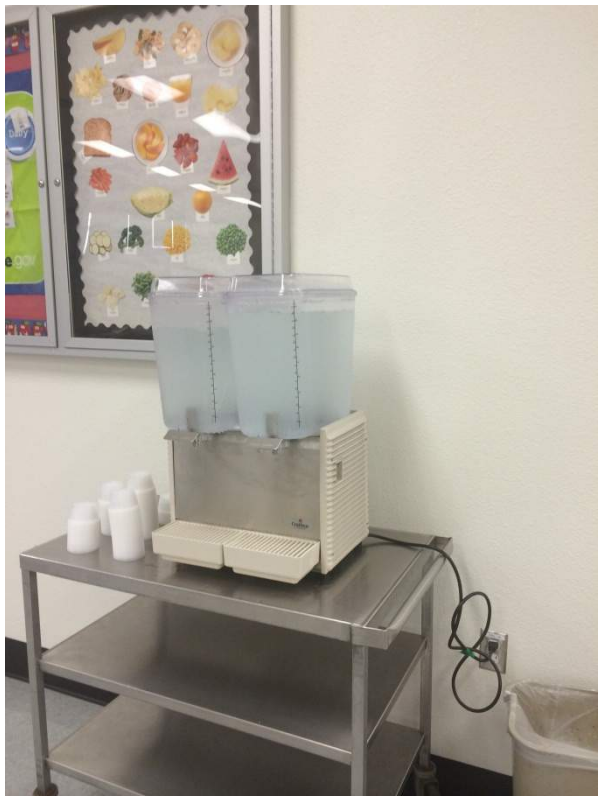
School newsletter article about hydration

Recipe contest for spa water

Evaluation

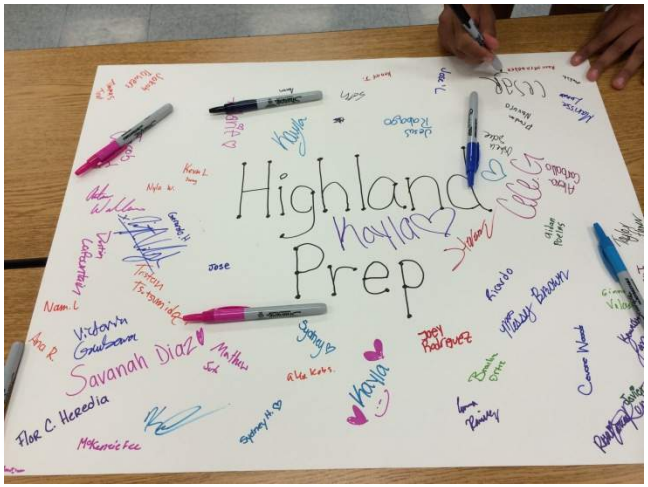

Fruits
Grains
Protein
ChooseMyPlate.gov

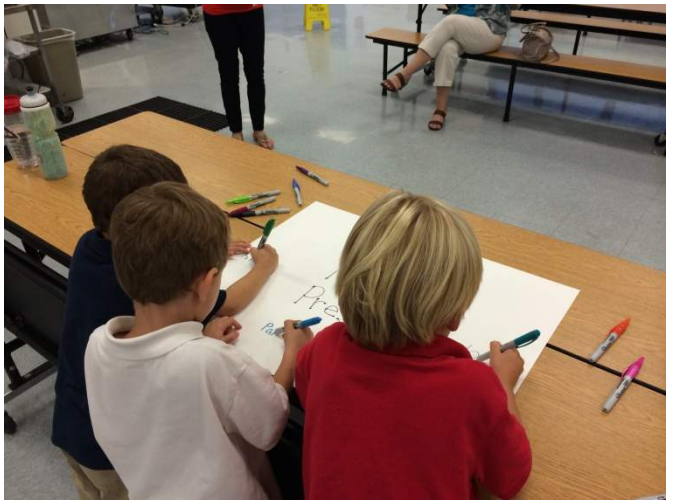

MADISON
MyPlate



Sample Banner

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
- Water Works: http://waterinschools.org/pdfs/WaterWorksGuide2014.pdf?utm_source=Water+Works+Guide+Release+3.7.2014&utm_campaign=Water+Works+Guide+CC&utm_medium=email
- Improving water consumption in schools-California: http://cfpa.net/ChildNutrition/Water/CFPAPublications/WaterInSchools-FullReport-2009.pdf
- Harvard School of Public Health: http://www.hsph.harvard.edu/nopren/water-access-working-group/
- CDC Water Access in Schools: http://www.cdc.gov/healthyyouth/npao/pdf/Water_Access_in_Schools.pdf
- Medline: http://www.nlm.nih.gov/medlineplus/news/fullstory_150249.html

Questions?

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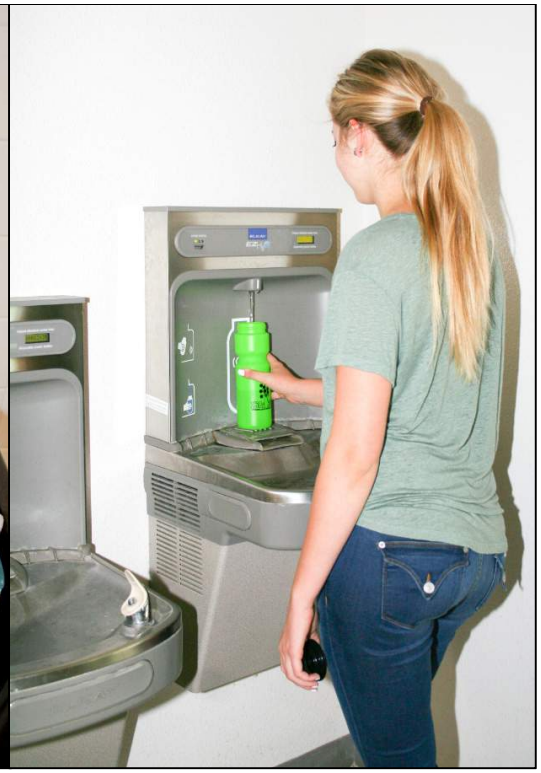
ChristineHicks@mail.maricopa.gov

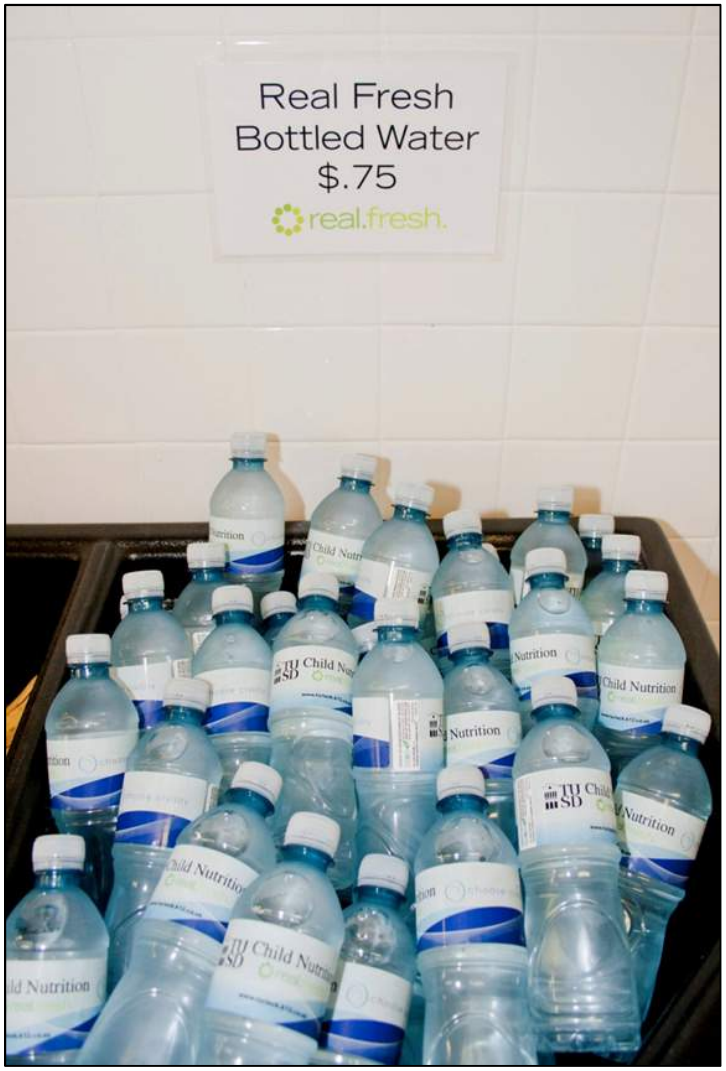


Access to Fresh Drinking Water

Scott Soiseth
Turlock Unified School District
July 9, 2015

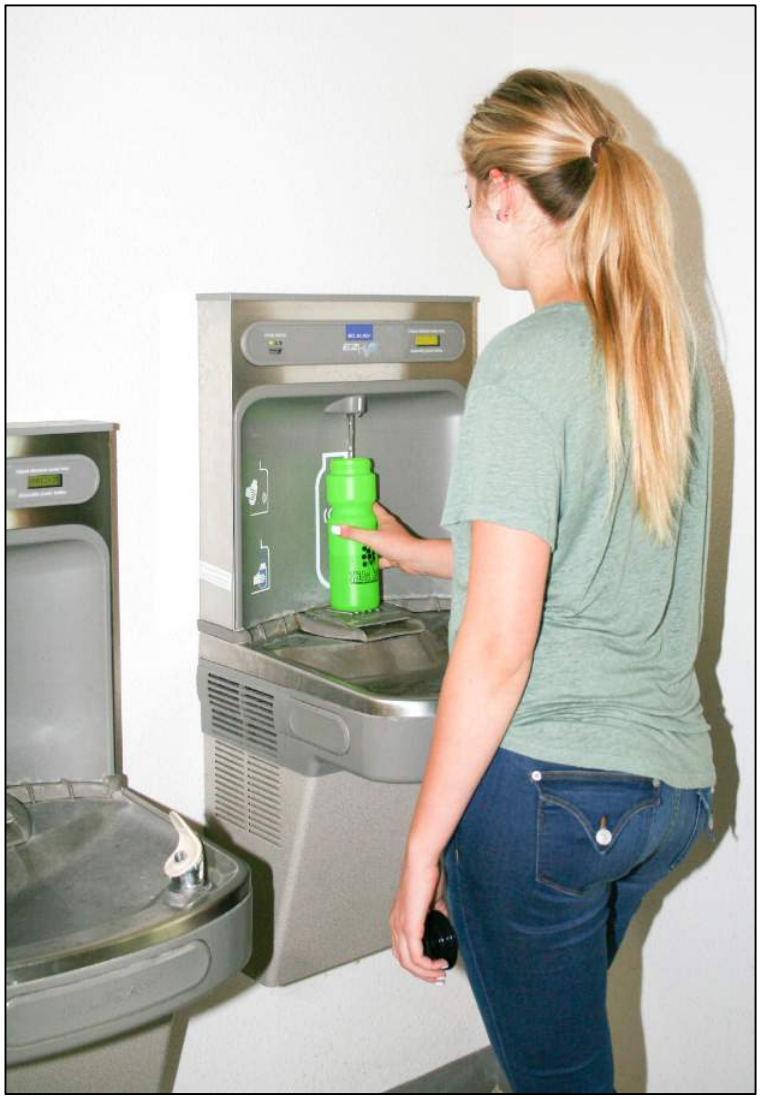
Earl Water Fountain
Turlock, CA

Labeled Bottled Water
Turlock, CA



Turlock High School Water Fountain
Turlock, CA

High School Water Station
Turlock, CA



Questions?

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Resources

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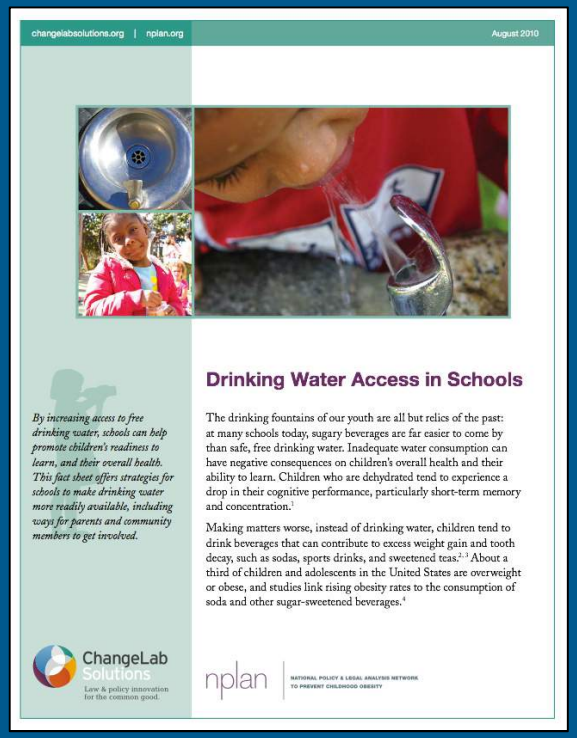
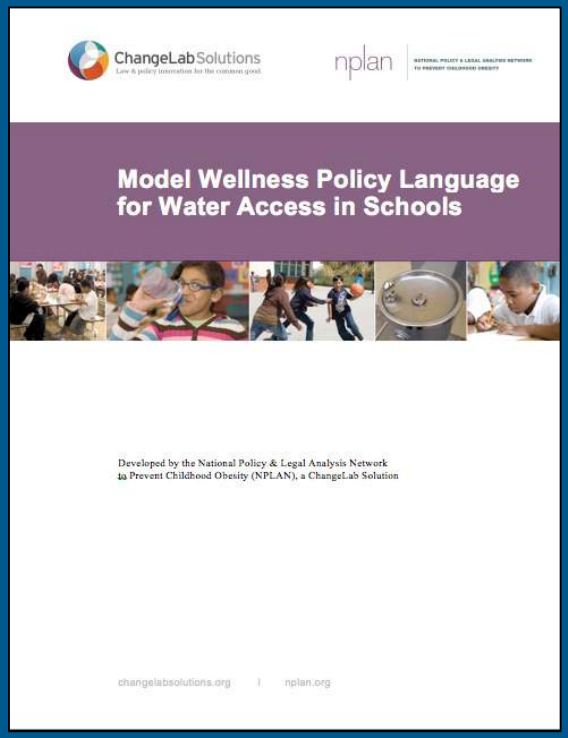
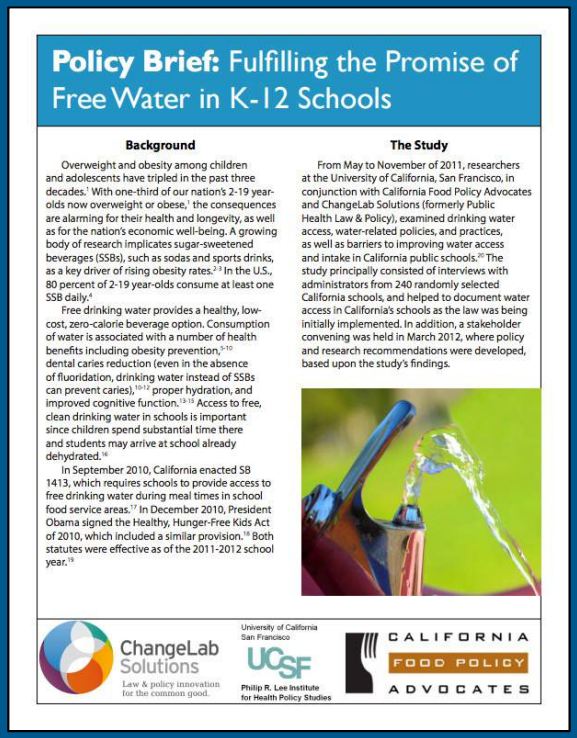
Resources







www.changelabsolutions.org

RESOURCE:
CDC's Water Access in Schools

CDC Home
Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™
SEARCH

A-Z Index A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

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Home > Nutrition, Physical Activity, & Obesity

Water Access in Schools

Providing students with access to safe, free drinking water throughout the school day is one strategy schools can use to create an environment that supports health and learning.

Benefits of Drinking Water

Providing access to drinking water gives students a healthy alternative to sugar-sweetened beverages. It helps to increase students' overall water consumption, maintain hydration, and reduce energy intake if substituted for sugar-sweetened beverages.[1-3] Adequate hydration also may improve cognitive function in children and adolescents.[4-8] Drinking water, if fluoridated, also plays a role in preventing dental caries (cavities).

Access to Drinking Water

The Healthy, Hunger-Free Kids Act of 2010 and the new "Smart Snacks in Schools" nutrition standards requires schools participating in the National School Lunch Program (NSLP) to make free water available to students during meal times where they are served. The standards also require schools in the School Breakfast Program (SBP) to make drinking water available when breakfast is served in the cafeteria.

In addition to the requirements, schools should use a variety of strategies, including—

- Ensuring that water fountains are clean and properly maintained
- Providing access to water fountains, dispensers, and hydration stations throughout the school
- Allowing students to have water bottles in class or to go to the water fountain if they need to drink water

U.S. Environmental Protection Agency (EPA) standards and regulations assure that tap water is clean and safe. In rare cases when tap water may not be safe to drink, schools should provide drinking water to students in other ways, including installing filtration systems or purchasing drinking water.

Related Tools
- Physical Education Curriculum Analysis Tool (PECAT)
- Health Education Curriculum Analysis Tool (HECAT)
- School Health Index (SHI)

Related CDC Sites
- Nutrition
- Physical Activity
- Childhood Overweight and Obesity
- Community

www.cdc.gov/healthyyouth/npao/wateraccess.htm

RESOURCE:
Water in Schools

Water IN SCHOOLS

According to a rec
California, over 40%
districts reported n
water during schoo

Fact Sheets | FAQs | News | Resources | Case Studies | Contact Us

Why Water?

State of the Tap

What's Currently Required?

How to Make It Happen at Your School?

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

www.waterinschools.org

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 outlined 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

Water Filter Myth	Water Filter Reality
Any water filter can take contaminants out of water.	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.
All marketed water filters are proven to take out the contaminants they claim too.	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.
Water softeners filter my water.	Water softeners do not improve your water quality. Water softeners devices are only good if you are trying to soften your water.

A full list of approved treatment devices is available for each contaminant at http://www.cdph.ca.gov/certlic/device/Pages/watertreatmentdevices.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

RESOURCE:
Community Water Center

www.communitywatercenter.org

www.eatwellbewell.org

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If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html , or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov .

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.

ChangeLab Solutions

THANK YOU!

changelabsolutions.org