

BETTER BEVERAGES, BETTER LEARNERS: MAKING REGULATED TAP WATER THE *EASY CHOICE* IN SCHOOLS

THE PROBLEM

Many children in Washington state do not have access to regulated water in schools. For our children, the unhealthy choice is often the easiest choice – especially sugar-loaded beverages. Sugary drinks are readily available, heavily marketed, and cheap, fueling our obesity crisis.

Sugary drink consumption has been a key driver of rising childhood obesity rates.

Approximately one in four children does not drink any water on a given day. Because children and teens spend most of their waking hours in school, schools are an ideal setting to foster healthy behaviors that will last a lifetime. Unfortunately, access to filtered, cold water is limited in many schools. While some school districts have taken steps to reduce sugary drink advertising and consumption, they also need help to increase access to drinkable water that is readily available and attractive to all students.

WHAT'S TO GAIN?



BETTER LEARNERS

Drinking water enhances hydration and improves overall health, which improves cognitive functioning in children and adolescents. This can translate to improved academic achievement.



POSITIVE ENVIRONMENTAL IMPACTS

Bottled water is “expensive, energy-intensive and environmentally damaging.” Only about 25% of plastic bottles end up being recycled; the rest end up in landfills and bodies of water. Providing contemporary hydration stations in schools encourages the use of reusable water containers.

SOLUTIONS FOR WASHINGTON STATE

Budget

- Provide funds from the Capital Budget to provide contemporary hydration stations in the neediest schools.

Policy

- Ensure that water bottle stations are included in current design standards provided by the state Office of the Superintendent of Public Instruction (OSPI) for school construction and modification.
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**CHILDHOOD OBESITY PREVENTION COALITION
MEMBER ROSTER**

<p>ACTION FOR HEALTHY KIDS – WA CHAPTER AMERICAN ACADEMY OF PEDIATRICS – WA CHAPTER AMERICAN CANCER SOCIETY – CANCER ACTION NETWORK AMERICAN CANCER SOCIETY, INC. AMERICAN DIABETES ASSOCIATION AMERICAN HEART ASSOCIATION AMERICAN PLANNING ASSOCIATION -- WA CHAPTER ARTHRITIS FOUNDATION BEECHER’S PURE FOOD KIDS FOUNDATION CASCADE BICYCLE CLUB EDUCATION FOUNDATION CHILDREN’S ALLIANCE COALITION FOR SAFETY AND HEALTH IN EARLY LEARNING FEET FIRST FORTERRA FOUNDATION FOR HEALTHY GENERATIONS GROUP HEALTH COOPERATIVE HOPE HEART INSTITUTE LET’S MOVE CHENEY MULTICARE HEALTH SYSTEMS NUTRITION FIRST ODESSA BROWN CHILDREN’S CLINIC PHYSICAL THERAPY ASSOCIATION OF WASHINGTON PUBLIC HEALTH ROUNDTABLE SCHOOL’S OUT WASHINGTON SEA MAR COMMUNITY HEALTH CENTERS</p>	<p>SEATTLE CHILDREN’S SEATTLE AND KING COUNTY PUBLIC HEALTH SEATTLE PARKS AND RECREATION SKAGIT COUNTY HEALTHY COMMUNITIES PROJECT SNOHOMISH HEALTH DISTRICT SPOKANE REGIONAL HEALTH DISTRICT TACOMA PIERCE COUNTY HEALTH DEPARTMENT TRANSPORTATION CHOICES WA ASSOC. OF COMMUNITY & MIGRANT HEALTH CENTERS WASHINGTON BIKES WA COALITION FOR PROMOTING PHYSICAL ACTIVITY WASHINGTON DENTAL SERVICE FOUNDATION WASHINGTON HEALTH FOUNDATION WASHINGTON RECREATION & PARK ASSOCIATION WASHINGTON SCHOOL NUTRITION ASSOCIATION WA ST ASSOCIATION OF LOCAL PUBLIC HEALTH OFFICERS WA STATE ACADEMY OF NUTRITION AND DIETETICS WASHINGTON STATE DAIRY COUNCIL WASHINGTON STATE PTA WASHINGTON STATE PUBLIC HEALTH ASSOCIATION WASHINGTON SUSTAINABLE FOOD & FARMING NETWORK WITHINREACH YAKIMA COUNTY MEMORIAL HOSPITAL YMCA OF GREATER SEATTLE</p>
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