



NATIONAL POLICY & LEGAL ANALYSIS NETWORK
TO PREVENT CHILDHOOD OBESITY

University of California
San Francisco



Philip R. Lee Institute
for Health Policy Studies
School of Medicine

WATER IN SCHOOLS: TRANSLATING GOOD POLICY INTO GREAT PRACTICE!

October 18, 2012



ChangeLabSolutions



ChangeLab Solutions



Karla E. Hampton, JD
Consultant
ChangeLab Solutions

AGENDA

- Overview of federal and state “water in schools” requirements
- Discuss Healthy Eating Research study
- Review strategies for improving water access in schools and share practices
- Q & A



HEALTHY, HUNGER-FREE KIDS ACT OF 2010



Improves the 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

STATE LEGISLATION

California (SB1413)

- Provide free drinking water in school food service areas during meal times

Massachusetts (H4441)

- Provide free drinking throughout the school day

West Virginia (State Board of Education Policy)

- Free drinking water available throughout the school day
- Cups must be available with any water dispenser for easy student access





Healthy Eating Study Overview

Dr. Anisha I. Patel

Assistant Professor of Pediatrics
University of California, San Francisco

IMPORTANCE OF SCHOOL WATER ACCESS

- Drinking water vs. sugar-sweetened beverages (SSBs) has health benefits
- Many schools have restricted SSBs
- New emphasis on improving water access
- Few studies of drinking water access in schools



STUDY OBJECTIVES

- Describe drinking water access and intake in California public schools
- Investigate school characteristics associated with water access
- Document facilitators and barriers to improving water intake

STUDY DESIGN AND PARTICIPANTS

- Observations, phone interviews, and wellness policy review
- Random sample of schools in the San Francisco Bay Area of California (n=24)
 - Stratified by school type and urban-centric locale

STUDY DESIGN AND PARTICIPANTS

- Cross-sectional
- Phone interviews with school administrators (N=240)
- Random sample of California public schools stratified by:
 - School type
 - Location
- 93% response rate



MAIN SURVEY DOMAIN: FREE WATER ACCESS



- Location
- Type
- Number
- Perceptions of free water at school
- Maintenance/upkeep of water sources

OTHER MAJOR SURVEY DOMAINS

- School water policies and practices
- Barriers to improving water access



SCHOOL-BASED OBSERVATIONS

- Access to free water on school campuses
 - Location, type of water, number, cleanliness, flow of water, temperature, clarity of water
- Percentage of students who drank free water in food service area
- Review of wellness policy for water-related language

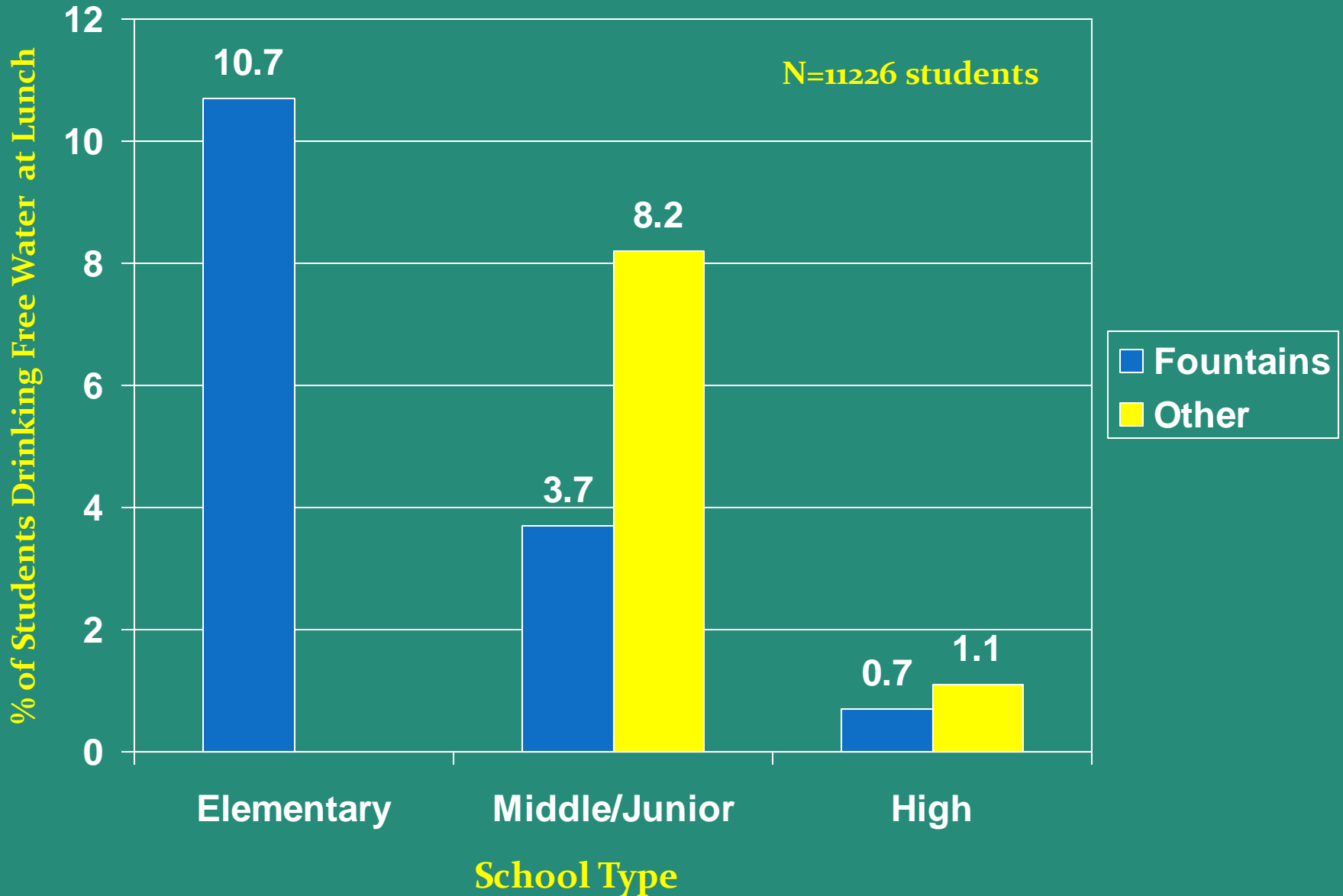
SOCIODEMOGRAPHIC CHARACTERISTICS

- % English learners
- Academic performance index (API)
- Race/ethnicity
- % students eligible for free/reduced price meals
- School type
- Urban-centric locale
- Student enrollment

RESULTS OF SCHOOL-BASED OBSERVATIONS

- Half of schools offered water in FSAs prior to implementation of legislation
- 10 of 14 schools that had water in FSAs offered water via a fountain
- No wellness policies mentioned water access in FSAs
- Major barriers to implementation of water in schools law included cost, other pressing academic concerns, and unfamiliarity with legislation

INTAKE OF FREE WATER AT LUNCH IS LOW



RESULTS OF CALIFORNIA-WIDE INTERVIEWS WITH ADMINISTRATORS

- Preliminary findings consistent with observational study
- We will inform you when the additional findings discussed are published

KEY POLICY RECOMMENDATIONS

- Make water accessible, available and visible to students during meals
- Facilitate and support good models for purchase, installation and maintenance of a range of water delivery systems on campuses
- Promote water intake among students and school staff
- Integrate and publicize an annual examination of water availability and quality of school drinking water



INFORMATION ABOUT THIS HEALTHY EATING RESEARCH STUDY

- Policy brief and drinking water in schools resources available at changelabsolutions.org and waterinschools.org
 - Centers for Disease Control and Prevention
- Acknowledgments
 - Ellen Braff-Guajardo, Claire Brindis, Jacob Grumbach, Karla Hampton, Ken Hecht
 - Robert Wood Johnson Foundation Healthy Eating Research



FACILITATORS AND BARRIERS TO IMPROVING SCHOOL DRINKING WATER ACCESS

Scott Soiseth
Nutrition Director
Turlock Unified School District

DEMOGRAPHICS

- 10 elementary schools, one middle school, one junior high (grades 7-8), two high schools, and two alternative high schools
- 13,700 students
- 60 percent of students eligible for free and reduced price (FRP) meals

TURLOCK UNIFIED





TURLOCK UNIFIED



h2o





CALIFORNIA

FOOD POLICY

ADVOCATES



Ellen Braff-Guajardo, JD, M.Ed
Senior Nutrition Policy Advocate



CFPA is a statewide policy and advocacy organization dedicated to improving the health and well being of low income Californians by increasing their access to nutritious, affordable food.

www.cfpa.net

www.waterinschools.org

www.healthybeveragesinchildcare.org

SANGER UNIFIED SCHOOL DISTRICT



ALUM ROCK SCHOOL DISTRICT



OAKLAND UNIFIED

- PTA partnership with school food service, school administration
- Installed a “hydration station”
- Volunteers and fundraising



CERES UNIFIED



SAN FRANCISCO UNIFIED



FOLSOM-CORDOVA SCHOOL DISTRICT



LA UNIFIED – SNAX PROJECT



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: School & Child Care Facilities

Contact Us Share

Water Home

Drinking Water

Education & Training

Grants & Funding

Laws & Regulations

Our Waters

Pollution Prevention & Control

Resources & Performance

Science & Technology

Water Infrastructure

Drinking Water

Green Infrastructure

Septic Systems

Sustainable

Infrastructure

Water Security

Wastewater

WaterSense

What You Can Do

You are here: [Water](#)»[Water Infrastructure](#)»[Ground Water & Drinking Water](#)»[Drinking Water in Schools & Child Care Facilities](#)

Drinking Water in Schools & Child Care Facilities

This one-stop EPA site provides information about drinking water quality in schools and child care facilities. Ensuring drinking water quality at these facilities is important because that's where children spend their day, and they are likely to drink water while they are there. Consuming enough fluids on a daily basis is important for children's health. Water is a great choice because:

- it doesn't contain the calories, caffeine, or sugar that may be found in other beverages, and
- it helps nearly every part of the human body function efficiently.



The current focus of this page is on lead in drinking water in schools and child care facilities. However, this page will be updated over time to address other issues associated with drinking water quality in these facilities. This website will provide you with information about the sources of lead in drinking water, guidance materials to assist with testing for lead in drinking water, and information on the laws and regulations concerning lead in drinking water.

Use the links below or on the sidebar to find out more about drinking water quality in schools and child care facilities.

- [Basic Information](#) – Learn more about the sources and factors contributing to lead in drinking water.
- [Laws and Regulations](#) – Find out about the various laws and regulations for controlling [Lead in Drinking Water](#).
- [Guidance & Tools](#) – Take a look at the information and materials designed to assist schools and child care facilities with assessing lead in drinking water.
- [Health Effects](#) – Lead exposure can pose a serious health risk for infants and children.
- [Partners](#) – Learn about other federal agencies and organizations efforts to work collaboratively with EPA to reduce children's exposure to lead in drinking water.
- [Related Links](#) – Information about healthy school environments, lead poisoning prevention and more.







New Information

Schools that are regulated under the Safe Drinking Water Act can find new information to assist with compliance with the arsenic standard.

Visit the [Guidance & Tools](#) page.

WATER DISPENSERS FOR CAFETERIAS

Water Dispensers for School Cafeterias-Potential Options

Water Dispenser	Price	Source	Number of Schools Impacted with \$1,000	Considerations
	<ul style="list-style-type: none"> \$2,000 (discounted price) 	SF USD http://www.globaltap.org/design.html	n/a	<ul style="list-style-type: none"> 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.
	<ul style="list-style-type: none"> \$23.99/month (lease of machine, with maintenance included) 	Ceres USD, West Covina USD, and possibly Inglewood USD http://www.accupure.com/	12 months x \$23.99 = \$287.88 per year; total # of schools benefiting 3	<ul style="list-style-type: none"> Volume discounting available Filtered water which may alleviate students' perceptions about public water sources Free installation Station needs to be placed near existing water source and electric outlet for cold water
	<ul style="list-style-type: none"> 1 gal, \$19.95 3 gal, \$39.95 10 gal, \$89.95 7 gal, \$79.95 Plus paper cups 	http://www.cw-usa.com/coolers.html	3 gal water jug \$1,000/\$39.95 = 25 schools	<ul style="list-style-type: none"> Heavy for nutrition services staff to carry Storage concerns Need committed nutrition services staff Need to account for paper cup expenses Doesn't include taxes Possible to get volume discount as well
	7 gal, \$17.00	http://www.rei.com/product/618168/reliance-aqua-tainer-7-gal	\$1,000/\$17 = 58 schools	Same as above
	<ul style="list-style-type: none"> 3 gal, \$32.99 5 gal, \$32.99 	http://www.acehardware.com/family/index.jsp?categoryid=2614194	5 gal \$1,000/\$32.99 = 30 schools	Same as above
	<ul style="list-style-type: none"> 3 gal, \$37.99 10 gal, \$64.99 or \$55 (Amazon) 	http://www.acehardware.com/family/index.jsp?categoryid=2614194	3 gal water jug \$1,000/\$37.99 = 26 schools	Same as above

COMMUNITY WATER CENTER



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

WHAT CAN YOU DO?

Support your school in moving in the right direction now

- Wellness policy
- Water access inventory, monitoring compliance with federal, state, and local policies
- Fundraisers
- Water quality testing

Be proactive and look for opportunities to promote water access and intake instead of sugar-sweetened beverages

Identify success stories, best practices, and model policies and programs



**ChangeLab
Solutions**
Law & policy innovation
for the common good.

SEARCH

Healthy
Planning

Tobacco
Control

**Childhood
Obesity**

Healthy
Housing

Recent
Achievements

ABOUT NPLAN CHILDHOOD OBESITY NEWS TOOLS ASK US

Home / Drinking Water Access in Schools

Related Products

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

Healthier Vending for Municipalities

School Siting and Local Governments

A Look at State Rules Affecting Joint Use Agreements

The Healthy, Hunger-Free Kids Act

CONNECT WITH US

Get the latest news, join discussions on public health issues, show us change in your community, or make a donation.



Drinking Water Access in Schools

Children spend most of their day at school, therefore school policies and programs can have a significant impact on encouraging – or discouraging – healthy water consumption. With the 2010 reauthorization of the Child Nutrition Act, schools participating in federal meal programs are required to make water available during mealtimes at no cost to students. When schools increase access to free drinking water, they help promote children's readiness to learn, and their overall health.

This fact sheet offers strategies for schools to make drinking water more readily available, and guidance for parents, teachers and community members to get involved.

Be sure to check out all of [ChangeLab Solutions'](#) national water products.



Water IN SCHOOLS

According to a recent survey conducted in California, over 40% of responding school districts reported no access to free drinking water during school meals.

[Fact Sheets](#) | [FAQs](#) | [News](#) | [Resources](#) | [Water Alerts](#) | [Contact Us](#)

Google™ Custom Search

Search

[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.

On Monday, December 13th, 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. On September 30th, 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

ACKNOWLEDGEMENTS

This webinar was sponsored by Robert Wood Johnson Foundation's Healthy Eating Research Program with support from the Philip R. Lee Institute of Health Policy at the University of California at San Francisco, California Food Policy Advocates, and ChangeLab Solutions



Thank you!

Karla Hampton, JD

consultant at ChangeLab Solutions

keh0225@gmail.com

changelabsolutions.org



ChangeLabSolutions