

PROMOTING WATER CONSUMPTION IN SCHOOLS

Promoting increased water consumption among elementary and middle school students (grades K-8) with the installation of chilled drinking water dispensers in school cafeterias with viable plumbing in schools that participate in the National School Lunch Program.

WHAT POPULATION BENEFITS?

Children in grades K-8 attending schools with viable plumbing that participate in the National School Lunch Program.

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase the availability of safe, free drinking water in schools. In turn, this would increase child water consumption and promote healthy child weight.



✓ Increase in availability of safe, free drinking water in schools



✓ Promote healthy child weight



✓ Increase in child water consumption

➔ More details available on the CHOICES National Action Kit at choicesproject.org/actionkit

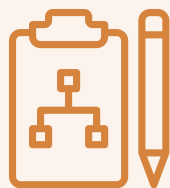
WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Purchase and install chilled water dispensers	<ul style="list-style-type: none"> Staffing resources necessary for installing water dispensers Costs associated with purchasing water dispensers 	School personnel
Deliver training to school food service directors in cleaning and maintaining the chilled water dispensers	<ul style="list-style-type: none"> Time to develop online training and materials Time for food service directors to access and attend online training 	School district food service staff
Maintain and clean water dispensers	<ul style="list-style-type: none"> Time for food service staff to clean water dispensers Cost of water dispenser filter replacement Time for food service staff to replace filters 	School food service staff

PROMOTING WATER CONSUMPTION IN SCHOOLS *(continued)*

WHAT ACTIVITIES AND RESOURCES ARE NEEDED? *(continued)*

Activities	Resources	Who Leads?
Increase utilities and disposable cup usage	<ul style="list-style-type: none">• Cost of incremental increase in water and electricity usage• Cost of increased disposable cup usage	Schools
Test lead levels in drinking water and remediate issues	<ul style="list-style-type: none">• Cost of lead testing and remediation for school drinking water	Schools
Conduct administrative review related to drinking water	<ul style="list-style-type: none">• Time for the school district food service director to participate in administrative review• Time for the National School Lunch Program administrator to conduct administrative review	State government



Strategy Modification

Some state and local health agencies added to this strategy the costs of developing and disseminating educational materials on water consumption to further encourage water consumption among students. This would require additional time to develop and disseminate the educational materials and the additional cost of the educational materials.

FOR ADDITIONAL INFORMATION

Kenney EL, Cradock AL, Long MW, Barrett JL, Giles CM, Ward ZJ, Gortmaker SL. Cost-Effectiveness of Water Promotion Strategies in Schools for Preventing Childhood Obesity and Increasing Water Intake. *Obesity*. 2019;27(12):2037-2045. doi:10.1002/oby.22615.

Selected CHOICES research brief including cost-effectiveness metrics:

Gouck J, Whetstone L, Walter C, Pugliese J, Kurtz C, Seavey-Hultquist J, Barrett J, McCulloch S, Reiner J, Cradock AL. *California: Improving Drinking Water Equity and Access in California Schools* {Issue Brief}. California Department of Public Health, Sacramento, CA, the County of Santa Clara Public Health Department, San Jose, CA, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; December 2021. Available at: <https://choicesproject.org/publications/brief-water-schools-california>

McCulloch SM, Barrett JL, Reiner JF, Cradock AL. *Massachusetts: Water Dispensers in Schools* {Issue Brief}. The CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; June 2023. Available at: <https://choicesproject.org/publications/brief-water-dispensers-ma>

- ✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at choicesproject.org/resource-library
- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at choicesproject.org/actionkit

SUGGESTED CITATION

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Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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