Getting Started!

- Type your name and institution into the chat box!
  - **Question of the day:** *What is your favorite children’s movie?*
- Remember to keep yourself on mute.
- Type your questions into the chat box.
Summer Speaker Series for Students

• Explore various public health topics related to:
  ○ Food and nutrition security
  ○ Federal nutrition assistance programs
  ○ COVID-19 implications
  ○ Nutrition equity

• This series is a collaborative effort of Healthy Eating Research (HER) and Nutrition and Obesity Policy Research and Evaluation Network (NOPREN).
  ○ Healthy Eating Research (HER) is a national program of the Robert Wood Johnson Foundation
  ○ Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) is a program of the Center for Disease Control and Prevention (CDC)
NOPREN HER Summer Speaker Series for Students

Schedule and Topics

- June 14: Improving Nutrition Security during Early Childhood
- June 28: Food is Medicine: What does it mean? Where are we going?
- July 12: WIC Policy: Behind the Curtain
- July 26: Making Water Win: Policies to Build Quality & Access
- August 9: COVID-19 Policy Implications for USDA Child Nutrition Programs & SNAP
- August 16: Student Presentations

For more information or to register:
https://nopren.ucsf.edu/her-nopren-summer-speaker-series-students-2023

The series will take place on
Wednesdays from 4:00 - 5:00 pm EST
Making Water Win: Policies to Build Quality and Access

Overview of Nutrition Standards in Key Community Organizations –

Early Care and Education (ECE) aka Child Care
PreK-12 Schools
Food Service Guidelines (FSG) settings
DNPAO VISION: OPTIMAL NUTRITION ACROSS THE LIFESPAN

DNPAO works to reduce micronutrient deficiencies and establish healthier food & beverage environments

Breastfeeding
Maternal Nutrition
Early Child Nutrition
Early Care and Education
Farm to Education
Food Service Guidelines including Charitable Food
Fruit & Vegetable Programs

Sister Division of Population Health – Healthy Schools
EARLY NUTRITION AFFECTS GROWTH

- On a given day, among children aged 12–23 months:
  - Fewer than half have eaten a vegetable
  - 1 in 3 drink a sugar-sweetened beverage
- By 2–5 years of age, 14% of U.S. children have a BMI percentile $\geq 95^{th}$
- Nearly 1 in 5 children under 6 years of age lives in food-insecure households
  - Food-insecure: being without reliable access to a sufficient quantity of affordable, nutritious food
DNPAO’s Early Care and Education -ECE Strategies

• Support states and communities to implement policies and activities that improve breastfeeding, nutrition, physical activity, and advance Farm to ECE.

-- Funding and Technical Assistance through SPAN, HOP, REACH

• States and communities can support children’s healthy growth and development in ECE at three levels:
  • State systems, ECE program interventions such as GO NAPSACC, and ECE providers
Spectrum of Opportunities

- A framework that depicts opportunities to embed policies and activities into the “ECE system”

- Drinking water best practices and standards can be incorporated
Healthy Child Growth – National Standards Embedded in State Systems

- 47 Best practices, agreed upon by national experts, for nutrition including beverages, physical activity, breastfeeding, and screen time in ECE to Prevent Obesity
- HIOPS


Since 1995, the National Resource Center for Health and Safety in Child Care and Early Education (NRC) has maintained and continues to develop national health and safety standards for ECE settings, as compiled in Caring for Our Children: National Health and Safety Standards; Guidelines for Early Care and Education Programs (CFOC).
National Resource Center

Preventing Childhood Obesity in Early Care and Education Programs which are selected standards from *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd Edition.

Families can use the checklists to determine if Healthy Weight practices are being followed in their child’s early care and education program.

The tipsheet provides useful information about the use of water and 100% juice in early care and education settings.

[Chrome Extension Link]

(https://nrckids.org/files/JuiceTipSheet.pdf)
Offering Water in the USDA Child and Adult Care Food Program

In the Child and Adult Care Food Program (CACFP), centers and homes are required to offer water to children throughout the day. As a best practice, sites are encouraged to make water available to adult participants as well. Water is not a meal component in the CACFP. There is no minimum serving amount for water. However, water may be served:

- Together with meals and snacks
- In between meals and snacks
- As requested by the adult or child.

Water and Health

Drinking enough water is important for good health. Drinking water can prevent dehydration, a condition that can cause the body to overheat. It can also help prevent constipation. If fluoridated, drinking water can help prevent dental caries (cavities).

There is no recommendation from the Dietary Guidelines for Americans on the amount of plain water children and adults need each day. Children and adults can meet their needs for water through foods and drinks. People may need to drink more water during hot or cold weather and when exercising.
CDC - Healthy Schools

Toolkit for Increasing Access to Drinking Water in Schools

- Increasing Access to Drinking Water in Schools [PDF – 150 KB] provides school health councils, nutrition services providers, principals, teachers, other school staff, and parents with information and tools to:
  - Meet free drinking water requirements in the school lunch and breakfast programs.
  - Help make clean, free drinking water readily available throughout multiple points in school settings.
  - Promote water consumption as a healthy beverage.

- Presentation: Increasing Access to Drinking Water in Schools Toolkit: Step-by-Step Guidance on Using the Toolkit [PDF – 2.32 MB] [PPTX – 12.7 MB] describes how to use the toolkit to meet federal drinking water requirements for school meal programs and help make clean, free drinking water readily available throughout the school setting.

https://www.cdc.gov/healthyschools/nutrition/wateraccess.htm
Food Service Guidelines (FSG)
Policy & Voluntary – Sister to CACFP/NSLB-P

- 9 federal departments and 60+ representatives contributed to Create the Federal Guidance
- Operationalizes the Dietary Guidelines for Americans
- Adopted at State/Local levels including park and recreation, hospitals, worksites, colleges

- Healthier foods and beverages including water are available and encouraged includes use of Behavioral Design principles Post COVID-19 impacts on Fountains
- Environmentally responsible practices are conducted in federal food service venues, and communities are economically supported through local food sourcing.
FEDERAL FOOD SERVICE GUIDELINES - HISTORY AND MILESTONES

2010
National Prevention Council (NPC) formed under Obama Admin.; National Prevention Strategy included a healthier food access goal

2011
GSA/HHS Health and Sustainability Guidelines for Federal Concessions and Vending Operations released

2013
National Prevention Council selected a collective impact activity/goal around FSG adoption

2015
First federal baseline assessment collected from 20 National Prevention Council Departments; creation of Food Service Guidelines Federal Workgroup

2016
FSG Collaborative formed

2017
Federal Food Service Guidelines for Federal Facilities released

2018
CDC MASO FSG Policy enacted

2018-2023
62 Recipients (SPAN/HOP/REACH) working on FSG strategy

2023-2028
~70 Recipients
Session 4: Making Water Win - Policies to Build Quality & Access
The NOPREN Drinking Water Work Group focuses on policies and economic issues regarding affordable and safe drinking water access in various settings. Our mission is to conduct applied research and evaluation to help identify, develop, and implement drinking-water-related policies, programs, and practices.

4th Wednesday of the Month @12:30 ET
https://nopren.ucsf.edu/nopren-calendar

Abigail Colburn
Drinking Water
abigail.colburn@yale.edu
Introduction

Making water win!

Safety
- Lead
- Other contaminants

Access
- Location
- Condition
- Affordability

Promotion
- Education
- Messaging

Policy

Patel et al., 2014; Patel et al., 2020

Photo courtesy of Alaska DHSS
Slide courtesy of Christina Hecht
Today’s Presenters

Angie Cradock, ScD, MS, M.P.Ed.
Heidi Blanck, PhD
Abigail Colburn, PhD, MS
Christina Hecht, PhD
Introduction

Why not sugary drinks?

Why water?
Reducing SSB consumption can improve health.*

What can universities do?

* Of humans and our planet

The University of California experience
The UC Healthy Beverage Initiative

**TAP WATER ACCESS**
- Mapping
- Installation of water stations
- Installation of signage and prompts
- Observation & flowmeter evaluation

**SOCIAL MARKETING**
- Social marketing campaign
- Education
- How-To toolkit

**SSB REDUCTION**
- SSB procurement policies
- Bev company contracts
- Choice architecture
- Point of purchase prompts
- Warning labels
- SSB removal

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Phase 1

Phase 2

Phase 3

Graphic courtesy of Dr. Laura Schmidt, UCSF
Water Station Mapping

UC Santa Cruz – Drinking water outlets
- Blue: Traditional Water Fountain
- Green: Water Fountain with Gooseneck
- Purple: Water Fountain with Motion Sensor Bottle Fill Station
- Magenta: Motion Sensor Bottle Fill Station Only
- Brown: Non-automatic Bottle Fill Station (soda fountain, water cooler, etc.)
Education & Promotion

Images: UC campus, Healthy Beverage Initiatives

**DID YOU KNOW?**
UCR Water Edition

**WATER SOURCE**
Groundwater water supply. This water source is stored in the Feather Hill and Riverside groundwater basins.

**FILTERED**
RO’s natural filtration process, a central membrane filtration technology, removes pollutants.

**ONE 12-OUNCE**
Can of regular soda contains about 10 TEASPOONS of added sugars

**RETHINK YOUR DRINK**
Click here to learn more cdc.gov/rethinkyourdrink

**WATER YOU THINKING?**

1. **RIVERSIDE PUBLIC WATER IS SAFE.** Our water meets and surpasses all state water resource control board and EPA standards.
2. **RPU TEST FOR MORE THAN 200 CONTAMINANTS** that may affect our groundwater resources.
3. **RIVERSIDE PUBLIC UTILITIES (RPU) TESTS** our water more than 22,000 times per year.

**RIVERSIDE TAP WATER IS SAFE.**
Riverside tap water surpasses the quality standards set by the US Environmental Protection Agency and the State of California.

**RIVERSIDE CHOOSE TAP WATER FOR YOU AND THE ENVIRONMENT**
Reduces plastic bottle use and saves energy. Less costly than bottled water and sugar-sweetened beverages.

Source: www.riversideca.gov/utilities

Healthy Eating Research

Nutrition & Obesity Policy Research & Evaluation Network
Polling Question
Recent UC research

Tap water paired with refillable stainless steel water bottles, as compared with the average of all beverages sold on a campus, reduced climate impact by 95%, freshwater use by 98%, and plastic pollution by 99%.

– UC Santa Barbara campus lifecycle analysis Meisterling et al., 2022

A significant difference was seen in microplastic concentrations between tap and bottled water.

– Preliminary results Nemati et al., unpublished
New UC policy for water

Sustainable Practices

I. Sustainable Water Systems

7. Water Health and Equity:

“Provide easy access to drinking water at no charge …”

Policy developed by the UC Sustainable Water Systems Working Group and many other UC stakeholders.

Due to be approved systemwide 7/24/2023

Image: © 2023 Regents of the University of California. Used by permission
University Pouring Rights Contracts

UNIVERSITY SPONSORSHIP AGREEMENT

This sets forth the agreement ("Agreement") between Bottling Group, LLC and its Affiliates and/or respective subsidiaries collectively comprising Pepsi Beverages Company, with an office located at 7550 Reese Road, Sacramento, CA 95828 ("Pepsi") and the Regents of the University of

- Sales requirements
- Product mix and placement requirements
- Contract length requirements

- Campus promotion requirements
- Marketing requirements

- Campus compensation
Polling Question
University policies & values and PRCs

- Sustainability?
- Health?
- Reputation?
Letters from a faculty consortium representing all 10 UC campuses to President Drake and to UC Regents calling for moratorium on PRCs

Student and faculty opposition
Opportunity

- Promote tap water
- Consider smaller or local businesses that:
  - Provide a healthier and more up-to-date product mix
  - Use beverage dispensers for refillable vessels
  - Demonstrate ethical business practices, including marketing and lobbying practices
  - Have ownership reflecting community diversity
  - Focus on sustainable products and practices

Images: Courtesy of Dr. Jen Falbe, UCD
Resources

CSPI Pouring Rights toolkit
https://www.cspinet.org/resource/toolkit-pouring-rights

National Drinking Water Alliance website
https://www.drinkingwateralliance.org

UC Research Consortium on Beverages and Health webpage
https://npi.ucanr.edu/Resources/UCRCBH/

Get the Facts!

Why Choose Water?

**Sustainability**

The average sugary drink from a store results in over 80 times more greenhouse gas emissions than tap water.

**Savings**

By filling up your bottle at a water station instead of buying soda every day, you could save $365-1,095 per year (assuming $1-3/day).

**Health**

Replacing sugary drinks with unsweetened alternatives can reduce risk of developing type 2 diabetes, heart disease, and tooth decay.

Thank you!

Christina Hecht, ceahecht@ucanr.edu

With thanks to Dr.s Laura Schmidt (UCSF) and Jen Falbe (UCD) for slide content assistance
An analysis of funding priorities and equity implications of water security provisions in US COVID-19 policies and programs
Household Water Security Domains

Availability
- Physically available

Accessibility
- Physical access
- Economic access
- Culturally acceptable access
- Political access

Stability across time

Use
- Consumed
- Acceptable & Safe
- Non-ingestive uses

Tap water avoidance is associated with lower food security
Polling Question
The pandemic exacerbated pre-existing challenges with water insecurity through:

- Increases in unemployment
- Increases in household utility use as people sheltered at home
- Unpaid water debt
The purpose of this analysis was to review the household water security and equity implications of federal policies and programs initiated in response to the COVID-19 pandemic in the US.
We identified 17 federal COVID-19 policies and programs supporting drinking water accessibility and usability in the US.

A qualitative policy content analysis was conducted within a conceptual framework of household water security.

Key considerations were proposed to inform future efforts to improve water security.
Accessibility to Water

Physical accessibility:

- Infrastructure projects
- Water utilities’ expenses
- Purchase and distribution of water

Economic accessibility:

- Support to households for water and wastewater utility bill payments
Usability:

- Infrastructure projects
- Water utilities’ expenses
- Fluoridation of water
- Provision of safe water

Stability:

- Projects that addressed accessibility and/or affordability were also considered to have addressed stability
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## Water-Related Infrastructure Projects

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## Water-Related funds for Native American Communities

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Future Considerations

- Strategies to limit water utility shutoffs and forgo reconnection fees
- Strategies and funds to improve reliability of water service outside of public utilities (e.g., wells and small water systems)
- Reconsider water security as a priority rather than a discretionary use of funds
Thank you

Angie Cradock
Christina Hecht
Emily Kumpel
Cara Wilking

Collaborators of this project are members of the Drinking Water Work Group supported by the Nutrition and Obesity Policy Research and Evaluation Network (NOPREN). NOPREN is supported by Cooperative Agreement Number U48DP006374 funded by the Centers for Disease Control and Prevention’s (CDC) Division of Nutrition, Physical Activity, and Obesity and Prevention Research Centers Program. The findings and conclusions of this presentation are those of the collaborators and do not necessarily represent the official position of the CDC or DHHS.
Water should be on MyPlate.
Your civic right: Public comment

Resources and tips for effective comment submission at
https://www.drinkingwateralliance.org/submit-a-comment

Current Opportunities for Students- We need you!

**2023-2024 Drinking Water Work Group Project:** School Drinking Water Policy Implementation Toolkit

**2023-2024 Drinking Water Work Group Fellow**

Contact: Angie Cradock - acradock@hsph.harvard.edu
Announcements

Join us for the next session of the speaker series!

- Wednesday, August 9th from 4:00 - 5:00 PM ET
- COVID-19 Policy Implications for USDA Child Nutrition Programs & SNAP

Scan the QR code to evaluate this session