Increasing Access to Fresh Water and Decreasing Intake of SSBs Protocol

Purpose

The purpose is to increase access to fresh, portable water to reduce sugar-sweetened beverage consumption.

Key Components

1. Awareness campaign
   1. Distribute posters, postcards, brochures to families within community
   2. Put up posters in school to promote drinking water
   3. Media stories
   4. Sweet-drink demonstration
2. Distribution of water bottles
   1. These should be washable and re-usable
3. In-school policy that includes information about:
   1. Reasons to drink water
   2. Restrictions on drinking sugar-sweetened beverages
   3. Allowable times for students to drink water (e.g., are water bottles allowed in classrooms, in hallways, at recess?)
   4. Designated times and places for students to fill up water bottles
   5. Serving of only water or fruit juice at special events and celebrations
4. Community availability of places to fill up water bottles??

Stakeholders:

Parents

School / site representative

Local producers and distributors

Organizations with similar interests

How to implement:

1. Obtain support from school administration
   1. Identify administrative liaison/contact for the group
2. Assess availability of fresh water in schools
3. Develop in-school policy to include 3a-e above.
4. Develop a campaign to publicize the initiative
   1. Letters home to parents, posters, postcards, media stories
5. Obtain and distribute water bottles
6. Establish a mechanism to monitor adherence to the policy
7. Report monitoring data and repeat education as needed
8. Make changes as needed