

Inyo County

Water and Weight: How Increasing Access to Drinking Water Can Help Address Childhood Obesity

Getting enough water every day is important for your health. As a low-cost and calorie-free beverage, water is the ideal choice for everyone. However, recent studies show that many children and adolescents are not drinking enough of it.¹

Recent studies indicate that drinking sugary beverages, such as soda, contributes to weight gain.¹

Encouraging community members to drink **WATER** instead of sugary beverages can reduce residents' risk for weight gain.

Teens ages 12 to 19 are the largest consumers of sugary beverages, drinking an average of 220 calories a day.¹

Carrying refillable **WATER** bottles may increase water consumption.

Fresh Water from
the Eastern Sierra



Drinking sugary beverages, such as soda, is also a leading contributor to tooth decay.¹
Drinking **WATER** can prevent tooth decay.

One-third of children and adolescents in Inyo County drink one or more sugary beverages per day.²

WATER stations can be placed throughout the community to help make clean drinking water available to all.



For CalFresh information, call 1-877-847-3663.
Visit www.CaChampionsForChange.net for healthy tips.

Funded by USDA SNAP-Ed, an equal opportunity provider and employer.

Spotlight on Inyo County

Strategies to Improve Access to Drinking Water



WATER STATIONS

Water stations that combine a water fountain and up to three spouts for refilling empty bottles can be placed all over the community to make water easier to access. People may drink more water if it is nearby and free to drink.



RETHINK YOUR DRINK

The Rethink Your Drink campaign focuses on helping people choose water instead of sugary drinks. The California Department of Public Health Nutrition Education and Obesity Prevention Branch (NEOPB) leads the campaign and has free education tools, handouts, and marketing tips for communities.



HEALTHY CHECKOUT AISLES

Placing sugary drinks, like soda, near the cash register increases the chance that people will buy them. With help and support from community members, stores can voluntarily place water near their checkout aisles to make it the easy choice for shoppers.

For clean, fresh drinking water, stop by the Inyo County water station located at the corner of Main Street and Academy in Bishop's Talmadge Park.

Resource

California Department of Education, Local School Wellness Policy

1. Hendersen, T., Manfre, S. Improving Student Access to Tap Water for Better Health: Results, Lessons Learned, and Recommendations From a David Douglas School District Pilot Project. Upstream Public Health. June 2012.
2. SNAP-Ed County Profiles 2014: Inyo County.



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