Water Water... So Good For Me

Apr-Jun (4th QT of FY)
Goal...

Promote water as an important nutrient and the best beverage choice for children’s health.

“Support Alaskan families in making nutrition decisions for life-long health and well being.”
Support Alaskan families in making nutrition decisions for lifelong health and well-being.
Potential Behavior Outcomes (as related to “Water, Water”)

- Meet dietary guidelines
- Attain selected VENA goals
- Achieve normal weight
- Decrease soda and other beverage
- Increase water consumption
- Choose nutritious foods

Track statistical details by ethnic group
Track outcomes by local agency areas

“Support Alaskan families in making nutrition decisions for life-long health and well being.”
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Water is best drink for healthy teeth and strong bodies.

- Thirst is often mistaken for hunger.
- Even mild dehydration can slow down one's metabolism.
- One glass of water can help shut down hunger pangs.
- Lack of water is #1 trigger of daytime fatigue.
For healthy teeth:

- Drink *water* between meals and at bedtime.

- Limit sugary drinks
  - Like soda, Kool-aid, Tang, fruit drinks, and sports drinks

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Drink milk and 100% juice in a cup with meals.

- 2 cups (16 oz) milk a day
  - Whole milk for children ages 1-2
  - 2% or less fat milk for children ages 2 and older
- ½ - ¾ cup (4-6 oz) juice or less a day
  - 100% juice for children and infants older than 6 months
Fluoride

- Water with fluoride can help prevent tooth decay.
- Ask your dentist or health care provider about fluoride.

CDC press release recommendations:
• What type of beverages does your family drink?
• What would help your family drink more water?
• How could you reduce the amount of sugared beverages your family drinks?
• What would keep you from meeting your goal?
  – How could you overcome this?
Ideas for incentive items

- WIC Sippy Cup
- Water bottles
- Water coupons
- Ice cube trays, straws, etc

“Support Alaskan families in making nutrition decisions for life-long health and well being.”
Additional partners

- Head Start “Cavity Free Kids” training
- Alaska Dental Action Coalition
- Area Public Schools
- Sporting events
- Water bottling companies
Support Alaskan families in making nutrition decisions for life-long health and well being.