

Water Water... So Good For Me

Apr-Jun (4nd QT of FY)



Goal...

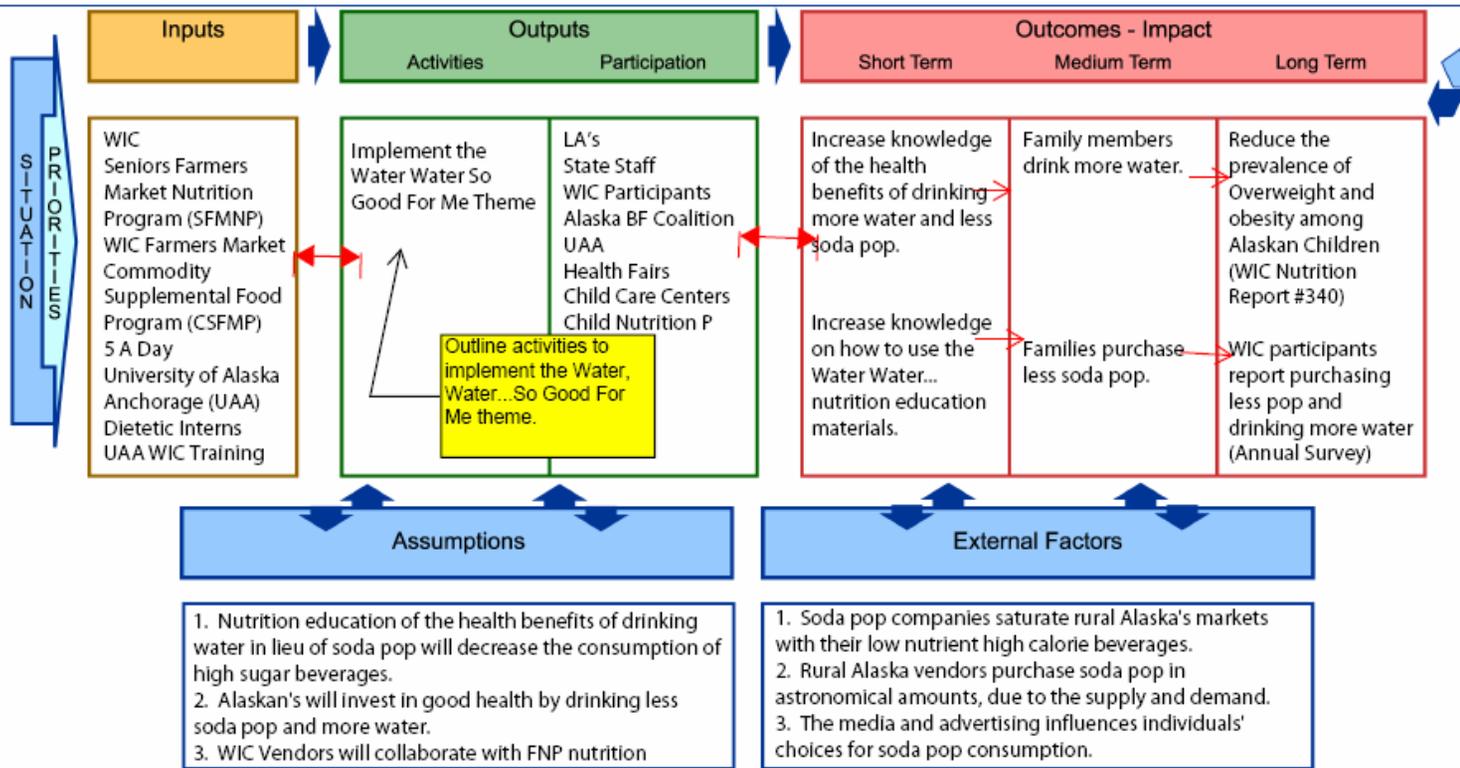
Promote water as an important nutrient and the best beverage choice for children's health.



"Support Alaskan families in making nutrition decisions for life-long health and well being."

LOGIC MODEL WORKSHEET

Program title:	Alaska Family Nutrition Programs (FNP)-Water Water... So Good For Me
Situation Statement:	High sugar beverages consumption such as soda pop a major reason for the problem and overweight and obesity amongst Alaskan families. Water is a healthier beverage of choice.



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.”*

Water in the bottle, water in the glass
Water in the training cup, healthy teeth fast.
Water in the morning, water AT PLAY
Water at night time, GETTING HEALTHY
TODAY



*"Support Alaskan families in making nutrition decisions
for life-long health and well being."*

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.

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For healthy teeth:

- Drink *water* between meals and at bedtime.
- Limit sugary drinks
 - Like soda, Kool-aid, Tang, fruit drinks, and sports drinks



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
- **1/2 - 3/4 cup (4-6 oz) juice or less a day**
 - 100% juice for children and infants older than 6 months

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

Fluoride

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

CDC press release recommendations:

- <http://www.cdc.gov/OralHealth/pressreleases/fluoride.htm>

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

- **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?**

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

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.”



Water, Water,
So Good For Me

WATER
UTILITIES

WIC

WIC

EVON ZERBETZ