

The background of the slide is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# DATA AND EVIDENCE SUBCOMMITTEE WATER EQUITY LITERATURE REVIEW

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MAY 8, 2019

# Association of caloric intake from SSB with water intake among US children and young adults in the 2011-2016 national health and nutrition examination survey

- From 2011 through 2016, one-fifth of US children and young adults reported no water intake on a given day; they consumed nearly twice the calories from SSB as those with water intake, exceeding the recommended 10% of total calories from added sugar.
- Although water and SSB intake were assessed for the same 24-hour period, NHANES is cross-sectional and therefore results cannot infer causality.
- In addition, although we assessed water intake from tap and bottled sources, NHANES does not collect data on perception of water safety or trust, which may affect the propensity to drink SSB and plain water.

## • Association of caloric intake from SSB with water intake... continued

- Increasing access to safe, free water is critical for childhood health, because daily water intake may help reduce SSB consumption and curb childhood obesity.
- This study demonstrates that US children and young adults should drink water every day to help avoid excess caloric and sugar intake; that children and young adults who consume water are more likely to consume less SSB, and less calories per day.
- The study does not show causality-- that the water consumption results in less SSB consumption-- it just shows association. Also, it doesn't examine trust in public water sources.

Rosinger AY, Bethancourt H, Francis LA. Association of Caloric Intake from Sugar-sweetened Beverages with Water Intake Among US Children and Young Adults in the 2011-2016 National Health and Nutrition Examination Survey. *JAMA Pediatr.* Published online April 22, 2019. Doi:10.1001/jamapediatrics.2019.0693

# • A Randomized Trial of a Multi-level Intervention to Increase Water Access and Appeal in Community Recreation Centers

- Multilevel approaches are needed to increase tap water intake and decrease SSB consumption among low-income and minority youth beyond school and meal settings.
- The current study describes the Hydrate Philly intervention, the study design, and baseline characteristics of recreation centers participating in the study.
- This study seeks to add to the literature about the efficacy of providing hydration stations, a change in policy and other interventions in order to increase uptake of water, and reduce the consumption of SSB outside of school settings. This is important because the literature is strong relative to the efficacy of changing behavior in meal and school settings, but not so much yet in community-based settings.