

# Water at school

## A factual concern.

Kids, adolescents, youngsters, they are increasingly tempted to an unhealthy lifestyle. Fast food and soft drinks are readily available and becoming a generally accepted standard in their upbringing.

Recent data indicates that one third of European children and adolescents do not drink enough water. On the other hand, soft drinks including sugar-sweetened beverages make a sizable contribution to the total fluid intake in these age groups. The World Health Organisation notes increasing concern about the impact of sugar intakes, particularly from sugary drinks, on the risk of non-communicable diseases. Diabetes, obesity but also caries are clear examples of such.

Water intake is essential for the functions of the body and for adequate hydration of body tissues. Water requirements vary between individuals and by environmental conditions. The European Food Safety Authority has defined adequate daily intakes for specific age groups including children.

## A clear solution.

Schools are a key environment to teach children and adolescents healthy hydration and create long-term positive beverage consumption behaviours.

At a young age they often consume at least one meal or snack during a school or study day, and promoting healthy beverage choices in these meals reinforces their healthy nutrition knowledge and behaviour.

Offering drinking water solutions and promoting water consumption in schools will change the behavioural patterns leading to increased water consumption. And the benefits are numerous!

## A sustainable future

Today's students demand alternative solutions for an environmentally friendly environment. Responsible choices, particularly when it comes to our water resources is a major area of concern.

Prevention of waste of single-use plastics, saving energy and resources, and making clear durable choices are an important part of the educational process.

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## Creating health and sustainability

### EFSA recommendations

Adequate daily water intakes range from 1.3 l in 2-3 year-olds up to 2 and 2.5 l for girls and boys, respectively, aged 14 years and older.

Establishing youngsters' health as a priority, we should promote healthier environments, especially in schools and make it an objective to 'increase water intake in schools'.

Dolphin is a leading European water dispenser supplier when it comes to environmental responsible practices since 1996. Dolphin takes care of the professional installation and maintenance by a competent service technician, and ensures the highest possible water quality is provided through their dispensers.

All the equipment installed is especially designed for this purpose and environment and complies with ANSI A117.1/ NSF 61 and ADA (adults and child use compliance) standards.

