

### SUCCESSSES

- Engaged 6 teens in a YPAR Project addressing school and community hydration
- Teens garnered school board support to provide water refilling stations
- Educated their community at a local festival and inspired visitors to drink 120 gallons of water, equal to 1,920 eight ounce cups of water!



### RESULTS

“One thing that stood out to me is the feeling of actually making a difference in my community. Being able to apply what I learned also makes me motivated to learn more – it gives learning purpose.”

- Project teen

“Please pass on to the students that they were amazing! No more plastic bottles for us!”

- School District Superintendent

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

#### County Statement:

*In Contra Costa County, the California Health Interview Survey (2015-16) found that 26% of teens, ages 12-17, drank 8 or more glasses of water the previous day. In addition, 62% of teens drank 2 or more sodas the previous day, 2 times more than the statewide rate of 29%. The consumption of sugar-sweetened beverages (SSBs) is one factor that contributes to obesity. Research shows that substituting zero calorie water in place of SSBs can help reduce weight gain ultimately reducing the risk of developing chronic diseases.*

#### Engaging Individuals and Communities

UC Cooperative Extension (UCCE) 4-H and Nutrition, Family and Consumer Sciences Advisors collaborated to bring a Youth-led Participatory Action Research (YPAR) Project to John Swett High School (JSHS) to address water access at the school. Our program engaged 6 teens who partnered as Project 4-H2O student leaders to provide outreach to:

- 527 students at a Rethink Your Drink event, which was strategically located next to the only water station that was installed the previous month. This event resulted in a subsequent 30% increase in usage of the water station!
- 1900 visitors at a community festival informing them about their project; the health benefits of substituting zero calorie water for SSBs; and providing them access to free tap water during the event.

#### Providing Education

- Project teens were trained on the hydration issue and introduced to research and extension methods to investigate water access, appeal and safety.
- Trained teens were empowered to design a plan to extend the results to peers and stakeholders and to advocate for change.

#### Helping to Make Organizational and Environmental Changes

- Using their school survey findings, teens advocated for the school board to support the installation of 6 water refilling stations at JSHS as well as peer education efforts about the benefits of drinking water.
- The board commended the teens for their efforts and confirmed that the stations will be installed as each floor of the high school is renovated.

#### Building Partnerships

- A partnership with East bay Municipal Utility District (EBMUD) and the Nutrition Policy Institute (NPI) led to shared resources and national recognition of the teens' efforts.
- Project teens developed a relationship with the school board to facilitate their advocacy efforts for expansion of district policy to provide free drinking water during mealtimes - to making free and appealing drinking water available ALL day throughout the school.

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