



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources
Nutrition Policy Institute



University of California
Research Consortium
on Beverages and
Health

Enabling Drinking Water

*Champion Provider Fellowship
Webinar – Sept. 26, 2024*

Presentation research citations are in the slide deck notes.

General resources to educate on healthy beverage choice

- The National Drinking Water Alliance website is a “go-to” for user-friendly information on drinking water policy, safety, access and education: <http://drinkingwateralliance.org>. Topic dropdown menus connect you to resources for ECE, School and Community settings.
 - Set of simple factsheets on drinking water basics at <https://www.drinkingwateralliance.org/facts>
- Play Every Day, Alaska Department of Health and Human Services has a great section on beverages with a variety of resources: <https://health.alaska.gov/dph/PlayEveryDay/Pages/default.aspx>
- The University of California Research Consortium on Beverages and Health offers six short, readable factsheets on sugary drinks: <https://npi.ucanr.edu/Resources/UCRCBH/>

Links for presentation resources

Robert Wood Johnson Foundation Healthy Eating Research Beverage Recommendations.

- Healthy Drinks, Healthy Kids. A wealth of resources of all types and in multiple languages, for parents and professionals. Main webpage at <https://healthydrinkshealthykids.org>
 - Provider Toolkit. Includes graphics, videos, talking points and more. At, https://healthydrinkshealthykids.org/app/uploads/2022/10/Healthy_Drinks_Healthy_Kids_Provider-Toolkit-9.22.pdf
- Consensus Statement, Healthy Beverage Consumption in Early Childhood. 2019. Healthy Eating Research. <https://healthydrinkshealthykids.org/app/uploads/2019/09/HER-HealthyBeverage-ConsensusStatement.pdf>

Understanding the Consumer Confidence Report

- EPA. Understanding Your Water Quality Report. 1-pager. At, https://www.epa.gov/sites/default/files/2018-02/documents/epa-ogwdw-ccr-infographic-v5_508.pdf

- EPA webpage to locate your CCR.
At, <https://ordspub.epa.gov/ords/safewater/f?p=136:102:::::>
- NSF. Consumer Confidence Reports. At, <https://www.nsf.org/consumer-resources/articles/consumer-confidence-reports>
- CDC. How to Read Drinking Water Quality Reports. At, https://www.cdc.gov/drinking-water/about/how-to-read-drinking-water-quality-reports.html?CDC_AAref_Val=https://www.cdc.gov/healthywater/drinking/public/understanding_ccr.html
- Additional resources are collected at National Drinking Water Alliance, Safety, at, <https://www.drinkingwateralliance.org/safety>

Tap water safety – general

- Community Water Center. Is my Water Safe? At, https://d3n8a8pro7vhmx.cloudfront.net/communitywatercenter/pages/51/attachments/original/1394382743/CWC_Is-my-water-safe_English.pdf?1394382743
 - Cómo saber si mi agua está limpia?
https://d3n8a8pro7vhmx.cloudfront.net/communitywatercenter/pages/51/attachments/original/1394382798/CWC_Is-my-water-safe_Espanol.pdf?1394382798

Basic water safety tips to reduce lead exposure

- EPA. 2024. Basic Information About Lead in Drinking Water. At, <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#reducehome>
- Horsley Witten Group. Lead in Drinking Water: What to Know if you Are a Homeowner. At, https://www.edf.org/sites/default/files/homeowner_english_508c.pdf
- Contra Costa County. Water Quality Tips: Reduce lead exposure. At, <https://www.ccwater.com/DocumentCenter/View/2422/Water-Quality-Tips-Reduce-Lead-Exposure?bId=>

Filtration

- NSF. Standards for Water Treatment Systems. All about filtration level standards. At, <https://www.nsf.org/consumer-resources/articles/standards-water-treatment-systems>
- EPA. 2005. Water filtration facts. A comprehensive short guide at, https://www.epa.gov/sites/default/files/2015-11/documents/2005_11_17_faq_fs_healthseries_filtration.pdf
- Good article on filter disposal: <https://www.onithome.com/blog/water/fact-or-fiction-do-you-recycle-water-filters/>

Civic engagement through Public Comment on the 2025-2030 Dietary Guidelines for Americans:

- Comment at: <https://www.regulations.gov/commenton/HHS-OASH-2022-0021-0001>
- Comment resources at: <https://www.drinkingwateralliance.org/submit-a-comment>

Resources for lead testing in school and childcare drinking water

US Environmental Protection Agency (EPA)

- EPA “3Ts”: <https://www.epa.gov/ground-water-and-drinking-water/3ts-reducing-lead-drinking-water>

- EPA “3Ts” resources on lead in tap water for childcare providers: https://www.epa.gov/sites/production/files/201809/documents/3ts_for_childcare_draft_final_9_5_2018_508.pdf
- EPA Case Study presentations: <https://www.epa.gov/dwreginfo/technical-and-case-study-presentations-reducing-lead-drinking-water-schools-and-child>
- EPA listings of funding sources: <https://www.epa.gov/dwcapacity/funding-sources-schools-and-child-care-facilities>

Information on AB 2370 (lead testing in CA licensed childcare centers), CA Department of Social Services: <https://cdss.ca.gov/inforresources/child-care-licensing/water-testing-information>