



# Obesity & SSBs

- ▶ 1 in 5 Canadian adults are obese
  - Similar increases observed worldwide
- Associated with adverse health consequences
- Positively linked with intake of sugar-sweetened beverages
- ▶ 78% of British Columbians consume SSBs everyday
- ► Target intervention population: UBC staff and students



# Program Goals & Objectives

## Short-term Objective:

Implement 2 hydration stations for UBC staff and students to use as an alternative to consuming SSB's

#### Goal:

To improve the diet quality and lifestyle habits of the UBC community

#### Medium-term Objective:

Within the next 18 months, increase by 2 the number of hydration stations on the UBC campus that promote the use of tap water

#### <u>Long-term Objective:</u>

For UBC to continue to promote the use of tap water & reduction of SSB intake through the implementation of more hydration stations and/or other similar initiatives



# **Theoretical Framework**

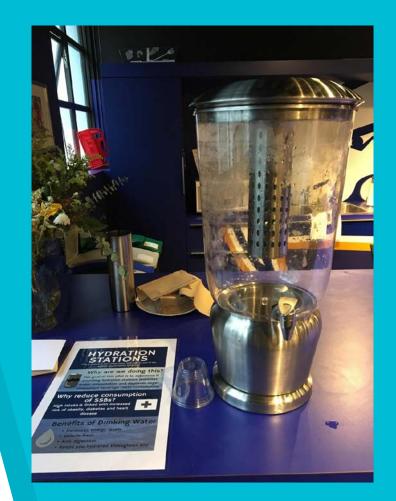
Community Organization Theory

Health Belief Model



# Program Outputs

- Hydration stations
- Infographic
- Surveys

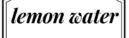




## What is included with the Hydration Station?







FRUITS ADDED DAILY

For inquiries please contact Michael Tan michael.taneubc.ca

# Pineapple water

FRUITS ADDED DAILY

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#### Hydration Station Instruction and Maintenance Sheet

#### Set up (a.m)

- Cut up fresh fruits or use frozen fruits to put into water (see below for suggested flavours)
- Fill up the clean infusion beverage dispenser with tap water using pitcher provided
- Place tent card beside the hydration station for informational purposes - Refill beverage dispenser with water as needed
- Replace fruit once a day (or as needed depending on number of times dispenser is refilled)

#### Suggested water flavours

- Lemon Water
- Strawberry and Mint
- Pineapple Water
- Cucumber Water

- Remove filter from infusion beverage dispenser and discard fruit.
- Hand-wash each piece separately with hot soapy water.
- Leave pieces to air-dry overnight.

#### Using the checklist

- Each time you refill the water, properly record the date and times of refill
- Record any relevant pieces of information in the comment section.
- Sign off with the caretaker initials

Hydration Station Location: "Please record after each refit				
Date	Time	Water flavour(s)	Comments  evater usage, how much water is tell, appearance of hydrodon station, consumer freeback, oid you replace the fruit, etc.)	Initials

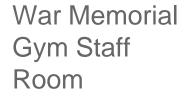
HYDRATION STATIONS This is a student led collaboration with staff as part of the SEEDS Sustainability Program
Why are we doing this? The goal of this pilot is to determine if providing hydration stations promotes water consumption and displaces sugar sweetened beverage (SSB) consumption
Why reduce consumption of SSBs? High intake is linked with increased risk of obesity, diabetes and heart disease
Benefits of Drinking Water     Increases energy levels     Calorie-free!     Aids digestion     Keeps you hydrated throughout day



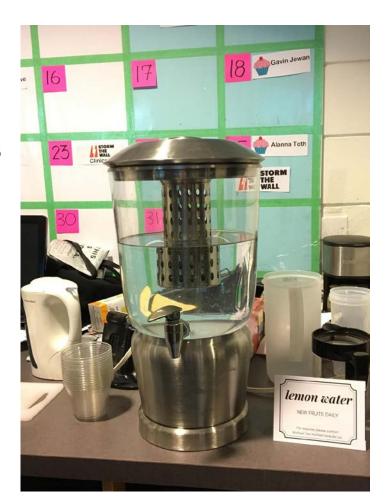
## **Hydration Stations**



UBC Rec Center Athletics Staff Room









# HYDRATION STATIONS

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# Why reduce consumption of SSBs?

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## Benefits of Drinking Water

- · Increases energy levels
- · Calorie-free!
- Aids digestion
- · Keeps you hydrated throughout day

## Infographic

Cue to action

**Perceived Severity** 

**Perceived Benefits** 



# 2 Post-Intervention Surveys

- Purpose: to determine the feasibility of implementing hydration stations around the campus by way of:
  - Gathering student and staff opinions
  - Physical implementation of the actual stations

#### Survey A

- People who shared the space in which our hydration stations were implemented
- Survey B
  - People who were in charge of maintaining the station



# Survey A

#### Barriers and benefits

What made you decide on the hydration station over another option? Informational poster, convenience, costeffective, taste, etc

#### Cues to Action

Did the poster increase your motivation to drink more tap water?



# Survey B

- General feedback from caretakers
  - How easy or difficult it was
  - Any challenges faced that were not considered?
  - Would you support future hydration stations?
- Recommendations for future hydration stations?



# **Evaluation/Results**

## User Survey:

- 39 respondents all indicating they used the stations
- ► 84% indicated an 1 in their water consumption
- ~50% noted a↓ in their SSB intake
- ▶ 95% indicated an fin water stations would positively impact water consumption
- ► 100% want to see more on campus





# **Evaluation/Results**

### Caretaker Survey:

- Both respondents ranked as extremely easy or somewhat easy
- Challenges included refilling process and dealing with busier times
- People liked different flavours, would prefer colder water
- Both noted they would do this project again



## **Lessons Learned**

#### What we learned:

- Benefits and challenges with working together with the community
- Evaluation should be considered at all stages
- Provide clear and concise instructions

### What we would do differently:

- Better communication
- Clarify timeline
- Allocate more time for meetings

# Questions?