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Study about **water consumption** at schools

Around the world
there are approximately

1.7 billion students

across

6 continents

in all kind of facilities
from kindergarten
to postgraduate degrees

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STUDENTS ARE THE FUTURE OF OUR WORLD

Millions and millions of students spend a significant number of hours a week in school buildings that range from a humble shack to an ultramodern building.

There are approximately:	
Country	**Number of schools**
US	132,656
France	45,000
UK	32,770
Italy	32,000
Spain	28,000
Singapore	359

According to **UNICEF**, **in 2016, 69% of schools around the world had an improved source of drinking water**, and were classified as providing a basic drinking water service by UNICEF.

Internationally, UNICEF estimates access to drinking water can vary dramatically by region:

Australia and New Zealand	100%
Europe and North America	99%
Northern Africa and Western Asia	74%
Latin America and the Caribbean	68%
Central and Southern Asia	48%

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SCHOOLS AND WATER CONSUMPTION

A joint monitoring program between WHO and UNICEF produces internationally comparable estimates of progress on drinking water, sanitation, and hygiene (WASH) and **is responsible for monitoring the Sustainable Development Goal (SDG)** targets related to WASH. **This report presents updated national, regional, and global estimates for drinking water, sanitation, and hygiene in schools for the years 2000–2019.**

The key findings of this report are:

1 in 3 schools worldwide had either limited drinking water service or no drinking water service at all.

In 2019:

- 120 countries and 6 out of 8 SDG regions had estimates for basic drinking water services in schools, **representing 60% of the global school-age population.**
- Globally, **69% of schools had a basic drinking water service, 16% had a limited service** *(improved source with water unavailable)*, and **15% had no drinking water service.** *(unimproved source or no source at all).*
- **584 million children lacked a basic drinking water service at their school,** including 297 million whose schools had an improved source with no water available, **and 287 million whose schools still had no water service**.
- Global coverage of basic drinking water services in schools **had increased by 0.4 percentage points per year since 2015. Achieving universal access by 2030 would require a seven-fold increase in the current rate of progress**.
- Coverage of basic water services in schools **ranged from 44% in sub-Saharan Africa to 100% in Australia and New Zealand.**
- **3 out of 4 secondary schools (74%) and 2 out of 3 primary schools (66%) had a basic water service.** There was insufficient data to calculate global estimates for pre-primary schools.
- **61% of rural schools had a basic water service and 17% had no service.** 6% of urban schools had no water service **but there was insufficient data to estimate coverage of basic services**.
- **Nearly half (48%) of all children with no water service at their school** lived in the least developed countries.

Research by Alicante University in Spain shows that water bottles are the most consumed product within cold beverages, representing 50% of the bottles sold in vending machines.

Due to this fact, **schools and universities around the planet are reducing usage of plastic bottles through installation of drinking water fountains.** As an example Ibero-American University, based in México, has begun a process to eliminate the purchase and selling of PET bottles on all its campuses, and has also prohibited all companies that provide event services from distributing beverages in plastic bottles.

Besides reducing pollution, research conducted by Elkay at Autonomous University in Nuevo Leon, Mexico showed that water filling stations helped students save money and improve their health. 45% said they saved money *(because they did not need to buy bottled water)* and 44% said they could drink more water and be better hydrated.

To fight lead, arsenic and other toxic elements sometimes found in water, schools from California's Central Valley have installed hydration stations that provide filtered and cooled water to students.

HYDRATION IS IMPORTANT

Students from all over the world depend on good nutrition and hydration to perform at their best. Access to clean, safe and free water is crucial.

Regardless of the economic development of many countries, providing a hygienic and accessible solution for drinkable water has not been easy.

Offering bottled water from vending machines or commercial venues is not an option anymore.

The Institute of Medicine in Nepal says children and teenagers should consume about 1.7 to 3.3 liters daily depending on age, size and gender. (www.iom.edu.np).

Staying hydrated is vital for a student. Dehydration can produce negative physical and mental health effects, it can have severe cognitive effects including lack of attention, coordination and lowered ability to solve problems *(based on a study by Georgia Institute of Technology in Atlanta).* Young students are at a higher risk due to losing electrolytes and water more quickly than adults.

These are common symptoms of dehydration:

- Headaches
- Poor concentration
- Thirst
- Cracked lips
- Dry mouth
- Constipation
- Lethargy
- Dark urine

A study *(Fluids Intake and Beverage Consumption Pattern among University Students)* **published by Health Promotion Perspectives in the US of 245 undergraduates, found that students consume far less fluid than the daily recommended average.**

STUDENTS WHO TAKE WATER INTO THE EXAMINATION HALL MAY IMPROVE THEIR GRADES

On a study conducted by the universities of East London and Westminster, researchers found **students who brought water to exams scored an average of 5% higher than those without water.** After taking students' academic ability into account, by examining coursework grades, the researchers found that students who drank water could expect to see grades improved by up to 10%.

HOW TO HELP YOUR STUDENTS STAY HYDRATED!

- **Always** pack a water bottle for school
- **Recommend** your students drink water before, after and during physical activity
- **Always offer** water with meals and snacks
- **Encourage** your students to drink water, even if they don't like it
- **Invest** in a durable, reusable water bottle that is easy to refill and does not spill easily
  Refilling the water bottle each day will cut down on waste and save money

In order to benefit student health, **countries like the United States and Mexico have taken action on the issue of hydration.** In the case of Mexico a law was created to guarantee access to drinking water in public and private schools through the installation of drinking fountains.

The National School Drinking Fountains Program was developed to install drinking fountains in all schools around the country to provide free and permanent water, **reduce the consumption of sugary drinks and reduce pollution caused by plastic bottles.**

In the USA, there is a federal requirement for schools to provide drinking water during breakfast and lunch. The United States Department of Agriculture requires that schools participating in the National School Lunch Program **make drinking water available to all students at no cost, because water is important to digestion.**

SCHOOLS BECOME ECO-CONSCIOUS

In recent years, **schools have become aware of the health risks posed by the material used in plastic bottles called PET, which does not biodegrade**.

Many schools have banned sales of bottled water from their premises and implemented eco-conscious campaigns to promote the use of refillable bottles.

Many schools in the world are shifting to a more sustainable solution for their water consumption needs.

They have opted for new and socially responsible solutions that guarantee access to fresh, clean, drinkable water while protecting the planet.

Elkay® supports all your education facility's water drinking needs, from the classroom to the cafeteria. Our full portfolio of drinking solutions sets the standard in schools.

Elkay's drinking water solutions are designed to meet or exceed facility needs and specifications of education institutions. We offer a wide variety of indoor bottle filling stations, water coolers and drinking fountains with hands-free options, which improves hygiene and security. All of our indoor and outdoor bottle filling stations, water coolers, drinking fountains, water dispensers and remote chillers comply with international standards.

ELKAY HELPS STUDENTS GET CLEANER WATER

Even if it looks clean and pure that does not mean it's safe to drink. Elkay helps ensure that your students has access to fresh filtered drinking water at school **with bottle filling stations that can help reduce lead and other harmful contaminants to help keep students healthy and hydrated throughout the day.**

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ELKAY ECO-FRIENDLY SOLUTIONS

Elkay offers water fountains and bottle filling stations that are environmentally friendly, accessible for users and in some models offer hands-free activation.

We have units that adapt to all of an educational instutition's needs.

Our drinking water solutions are designed to meet your needs and exceed your expectations.

Choose from a wide variety of bottle filling stations, water coolers, drinking fountains, water dispensers and remote chillers that comply with adult and child ADA standards.

Many of these products have the option to add WaterSentry® filters for cleaner, safer water.
For an even more hygienic experience, go with a touchless unit.

Better hydration is important to get a better education

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Drinking Water and Its Impact on Education

A fundamental factor in the development of students.

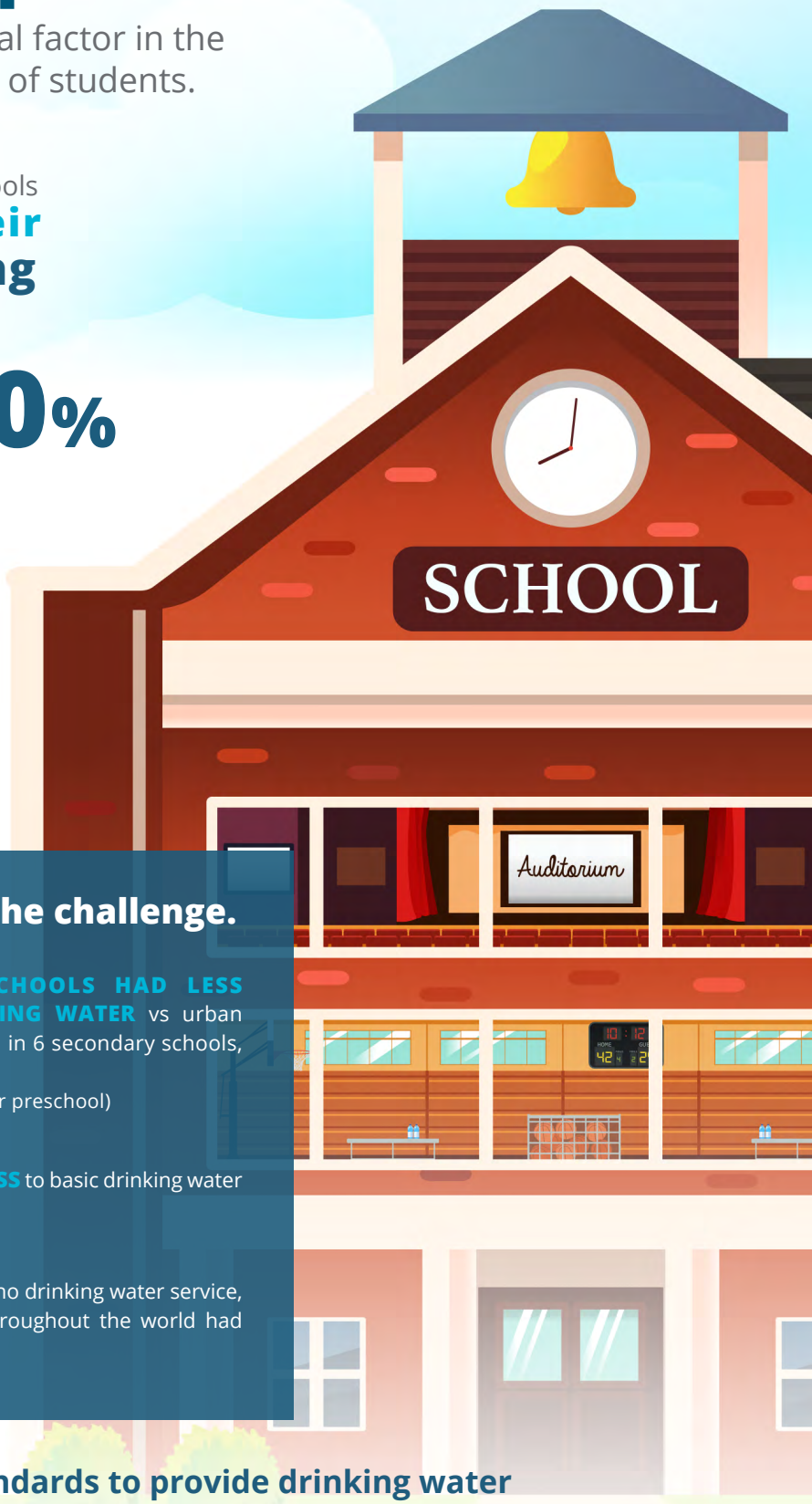
Did you know ...

Providing water to children in schools **greatly benefits their health and learning**

When children are thirsty **their concentration is reduced by 10%**

During 2018, **320,000 reusable bottles** were donated to schools in New York City

By 2020, it will result in **100 million** fewer plastic bottles



Availability of drinking water is the challenge.

IN MOST OF THE WORLD, RURAL SCHOOLS HAD LESS COVERAGE OF BASIC SERVICES OF DRINKING WATER vs urban schools. In 2016, 1 in 4 elementary schools and 1 in 6 secondary schools, do NOT have them.
(Insufficient data to calculate the global estimates for preschool)

34 OUT OF 92 COUNTRIES DO NOT HAVE ACCESS to basic drinking water in their schools.

IN 2016, 19% OF THE WORLD'S SCHOOLS had no drinking water service, which means that almost 570 million children throughout the world had limited or no drinking water in their schools.

Elkay has products that meet the standards to provide drinking water in schools, from the classroom to the cafeteria.

Sources:

Water in Schools – Does your child's school promote water? | *https://www.aquaidwatercoolers.co.uk/water-in-schools-does-your-childs-school-promote-water*

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11 key lessons about water, sanitation and hygiene in schools | *https://www.unicef.org/stories/11-lessons-water-school*

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