

## Take Action to Get Kids More Access to Water with #SaludWater!

(SAN ANTONIO) July 25, 2017—Did you know Latino kids drink less water than white kids, heightening risk of fatigue and impacting brain function?

**That's why the #SaludWater health campaign starts today!**

**#SaludWater—led by the *Salud America!* national network for healthy change for Latinos—promotes awareness and actions to inspire partners and the public to give Latino children more access to drinking water, rather than sugary drinks.**

“Parents, teachers, and leaders have the power to push #SaludWater for Latino and all kids, said Dr. Amelie G. Ramirez, director of *Salud America!* and a professor at UT Health San Antonio. “Access to water can have a big impact in improving hydration and increasing health.”

Latino kids consume more sugary drinks than non-Latino kids at all ages, and less water, according to a [bilingual package of research](#) from *Salud America!*.

Being Latino and drinking sugary beverages at least once in the past week were associated with 2.3 times the odds of severe obesity in kindergarten, research shows. Water, on the other hand, can increase hydration, brain function, energy, and physical performance.

The #SaludWater campaign and social messages have stats, and solutions on how to make water more accessible to Latino kids in schools and communities.

Actions include:

- **Share social media messages** about real facts and real people driving innovative solutions to boost water access, such as adding water bottle fountains in schools.
- **Sign a letter** to urge State PTAs to prioritize efforts to promote access to drinking water in schools, such as water bottle fountains.
- **Use our toolkit** to add water bottle fountain in schools.

#SaludWater partners include:

- [UnidosUS \(formerly NCLR\)](#)
- [National Hispanic Medical Association](#)
- [Voices for Healthy Kids](#)
- [Center for Science in the Public Interest](#)
- [UConn Rudd Center for Food Policy and Obesity](#)
- [The Food Trust](#)
- [ChildObesity180](#)
- [The Funders' Collaborative on Youth Organizing](#)
- [Berkeley Media Studies Group](#)
- [America Walks](#)
- [Safe Routes to School National Partnership](#)
- [Trust for America's Health](#)
- [SHAPE America](#)
- [Active Living Research](#)
- [Healthy Eating Research](#)
- [Public Health Advocates](#) / [Kick the Can](#)
- [Drink Up Initiative of Partnership for a Healthier America](#)

- [Child Care Aware of America](#)
- [Gretchen Swanson Center for Human Nutrition](#)
- [Comunidades Latinas Unidas En Servicio \(CLUES\)](#)
- [Sugar Free Kids Maryland](#)
- [Latino Health for All](#)
- [Shape Up San Francisco](#)
- [First 5 Contra Costa](#)
- [East L.A. Community Corporation](#)
- [YWCA New Britain](#)
- [Delta Dental of Colorado Foundation](#)
- [Real Food For Kids](#)
- [Spring Branch ISD Advanced Movers](#)
- [San Antonio Mayor's Fitness Council Student Ambassadors](#)
- [San Antonio Food Bank](#)
- [San Antonio Metropolitan Health District](#)
- [Social & Health Research Center in San Antonio](#)
- [SA2020](#)
- [Bexar County Health Collaborative](#)
- [Dell Children's Medical Center](#)
- [Texas Center for the Prevention & Treatment of Childhood Obesity](#)
- Dr. Stephen Pont of Austin, Texas
- Mario Chang, Teacher, San Francisco USD
- Robert de Leon, Activitst, McAllen, Texas
- Marcos Hernandez, FPO Marketing, San Antonio
- Joy Leos, Health education and training manager, El Paso, Texas
- Mario Chang, Teacher, San Francisco USD
- Cathy Lopez, P.E. coach, South San ISD, San Antonio

The campaign will run from now through Aug. 18, 2017.

“We hope #SaludWater shows people that Latino kids need access to water throughout their day, and how to help make it happen,” Ramirez said.

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