



Access to Drinking Water

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Water – an essential part of Nutrition

- Daily need (WHO recommendation)
 - 1 liter for 5 – 8 years old
 - 1.5 liter for 9-12 years old
 - 2 liters for 13 and older
- As children are in school half day, they should have access to half of their daily need

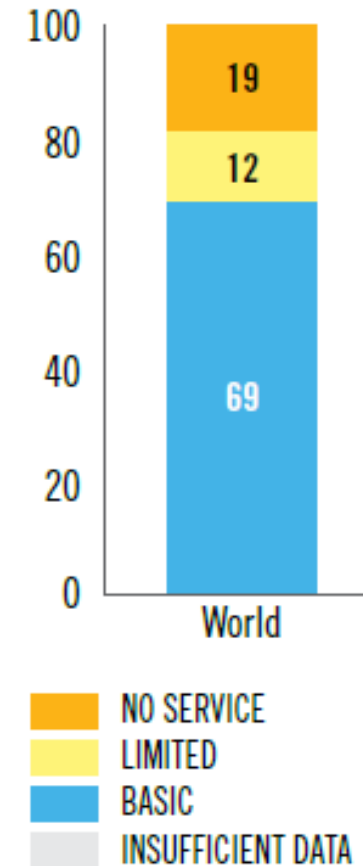


Drinking water from an improved source



- Piped water
- Boreholes or tubewells
- Protected dug wells
- Protected springs
- Rainwater catchment
- packaged or delivered water

885 Mio people globally use unimproved water source - half of them in Asia





Drinking water access in school

- gives students a healthy alternative to sugar-sweetened beverages and prevents obesity
- helps to increase students' overall water consumption
- maintain hydration as this improves concentration and brain function
- prevents tooth decay



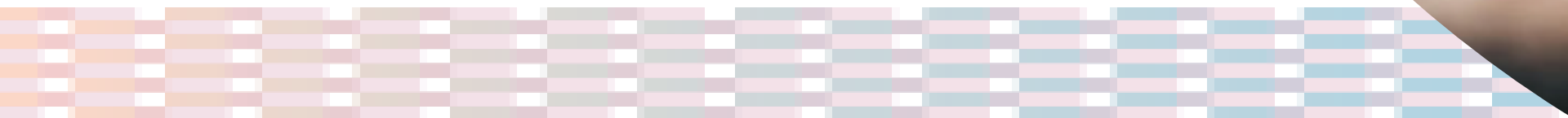
Urinary Tract infection

- UTI is among the top 10 diseases of children in the PH
- Students drink very little to avoid using unhygienic school toilets
- 'Holding in' is a common behavior and leads to UTI
- Drinking enough water prevents 50% of UTI



Regulation to reduce consumption of SSB

- 'Healthy Drinks in Public Schools Act' of 2016 (House of Rep Bill) to ban soft drinks in public schools
- Sin Tax on SSB in 2017 (16 -20% Tax) resulted in 8 % reduced consumption



Recommendations

- Regular testing of water quality and make results public
- If water is not safe to drink, bring water from home
- Point of use treatment solutions (classroom/ school based solutions)
- Involvement of LGUs
- Integration of drinking water access into feeding programs
- O&M routines to keep toilets clean and usable

