

# HEALTHY HYDRATION

More than half of school-age children are under-hydrated and too many children routinely drink sugary beverages — and that makes it harder for their minds and bodies to work well. Help them hydrate the healthy way by making the availability of safe and free drinking water at schools a priority. Learn more about water access and promotion in schools at [www.DrinkingWaterAlliance.org](http://www.DrinkingWaterAlliance.org).



## Staying hydrated helps children think better

- Being properly hydrated can improve children's memory and attention.<sup>1,2</sup>
- Even mild levels of dehydration may result in decreased concentration, alertness and short-term memory.<sup>3,4</sup>
- A drink of water can improve children's visual attention and fine motor skills.<sup>5</sup>



## Drinking water, rather than sugary drinks, helps prevent tooth decay

- Children who primarily drink water or milk have fewer dental caries than those who drink soda.<sup>6,7</sup>
- The more sugary beverages children consume, the higher their risk for dental disease.<sup>8</sup>
- A drink of water after meals rinses the mouth and restores a healthy pH.<sup>9</sup>



## Children's bodies work best when hydrated the healthy way — with water!

- Water performs critical functions in the body. It's needed for biochemical reactions, temperature regulation, transportation of nutrients throughout the body, and is an important factor in cell metabolism and gene expression.<sup>10,11</sup>
- Drinking plain water instead of sugary drinks can reduce weight and prevent excess weight gain in children.<sup>12,13</sup>
- Childhood obesity has short- and long-term negative impacts on emotional, social, and physical health.<sup>14,15</sup>

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