



CASE STUDY:
Elkay & Central Coast
Local Health District

New South Wales Health District Encourages Students to Make the Right Choice



Central Coast Local Health District partners with Elkay® to help reduce soft drink intake and promote healthy water consumption.



THE CHALLENGE

It's a question asked by many parents: "How do I get my child to choose water over sugary drinks?"

The Central Coast Local Health District's Health Promotion Unit in New South Wales, Australia, was searching for the answer, leading to their latest research project, 'Thirsty? Choose Water!,' which aims to increase students' water intake and encourage them to make better beverage choices.

One of the project's biggest priorities is to provide more access to bottle filling stations, while educating about the health benefits of drinking water in lieu of soft drinks and other sugary beverages. "Ideally, the outcomes of the study will demonstrate how best to get young people drinking water instead of sugar-sweetened beverages, which is an important step towards tackling childhood obesity," said Niki Kajons, Central Coast's Director of Health Promotion.

THE SOLUTION

Led by CCLHD with support from CIVIQ, an Elkay distributor for Australia, the research project was rolled out across 61 high schools on Australia's Central Coast, Illawarra Shoalhaven and in South West Sydney.

To achieve the project's goals, CCLHD partnered with Elkay because of the company's range of wall-mounted bottle filling stations, ideal for both indoor and outdoor applications. Elkay's ezH2O® vandal-resistant bottle filling station was the District's clear solution. The unit features rapid refill technology through the bottle refill nozzle. These units help put cleaner, healthier water within reach for all students and are ADA compliant when properly installed.

In addition, Elkay's ezH2O bottle filling stations allowed the CCLHD's facility managers to track each individual station's usage data to monitor water consumption for all enrolled schools.

"We are working with the schools involved to install the chilled bottle filling stations, find out how much water students are drinking and develop ways to promote our 'choose water' message," said Kajons.

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Students were surveyed throughout the duration of the project, and regular water meter readings from the chilled bottle filling stations were collected. The installation of these units also aligned with New South Wales' Personal Development, Health and Physical Education initiatives, which address and provide solutions to youth health issues.

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***- Niki Kajons,
Central Coast's Director of Health Promotion***

THE RESULTS

Schools participating in the 'Thirsty? Choose Water!' project were immensely satisfied with the performance of Elkay's ezH2O vandal-resistant bottle filling stations, with a total of 33 units installed.

While the ezH2O bottle filling stations dispense fresh drinking water for students, environmental sustainability was also promoted in the school environment through the station's built-in Green Ticker™, which counts the number of 20 oz. bottles saved from waste at each bottle filling station. Plastic water bottle consumption is also a chief concern, since 2.41 million metric tons of plastic waste ends up in the planet's oceans, with millions more ending up in landfills.

The 'Thirsty? Choose Water!' project is still expanding, with a full report scheduled for 2019. At the conclusion of the research period, if results indicate that water consumption has increased at the participating schools, then the remaining schools that did not originally receive ezH2O bottle filling stations as part of the research will have them installed.

This initiative by the CCLHD with support from both CIVIQ and Elkay is not only keeping students hydrated while promoting environmentally conscious efforts, it is also playing an important role in promoting healthy lifestyles to adolescents by encouraging them to swap out sugary beverages for clean, healthy water.



ABOUT ELKAY

Family owned since 1920, Elkay has been making innovative products and delivering exceptional customer care for almost a century. While proud to be America's No. 1 selling kitchen sink company, Elkay expanded its commercial offerings more than four decades ago, and today delivers faucets, foodservice fixtures, water coolers, drinking fountains and award-winning ezH2O bottle filling stations, in addition to world-class stainless steel and quartz sinks.

Like your family, Elkay has values and traditions that endure; like a commitment to sustainability and to our country. Headquartered in Oak Brook, Illinois, Elkay has been American-owned and operated, providing thousands of jobs that support our families and communities.

