

**HBI:
HYDRATION
STATIONS**





Obesity & SSBs

- ▶ 1 in 5 Canadian adults are obese
 - ▷ Similar increases observed worldwide
- ▶ Associated with **adverse health consequences**

- ▶ Positively linked with intake of **sugar-sweetened beverages**
- ▶ **78%** of British Columbians consume SSBs everyday

- ▶ **Target intervention population: UBC staff and students**



Program Goals & Objectives

Goal:
To improve the diet
quality and lifestyle
habits of the UBC
community

Short-term
Objective:
Implement 2 hydration stations
for UBC staff and students to
use as an alternative to
consuming SSB's

Long-term Objective:
For UBC to continue to
promote the use of tap water
& reduction of SSB intake
through the implementation of
more hydration stations
and/or other similar initiatives

Medium-term Objective:
Within the next 18
months, increase by 2
the number of hydration
stations on the UBC
campus that promote
the use of tap water

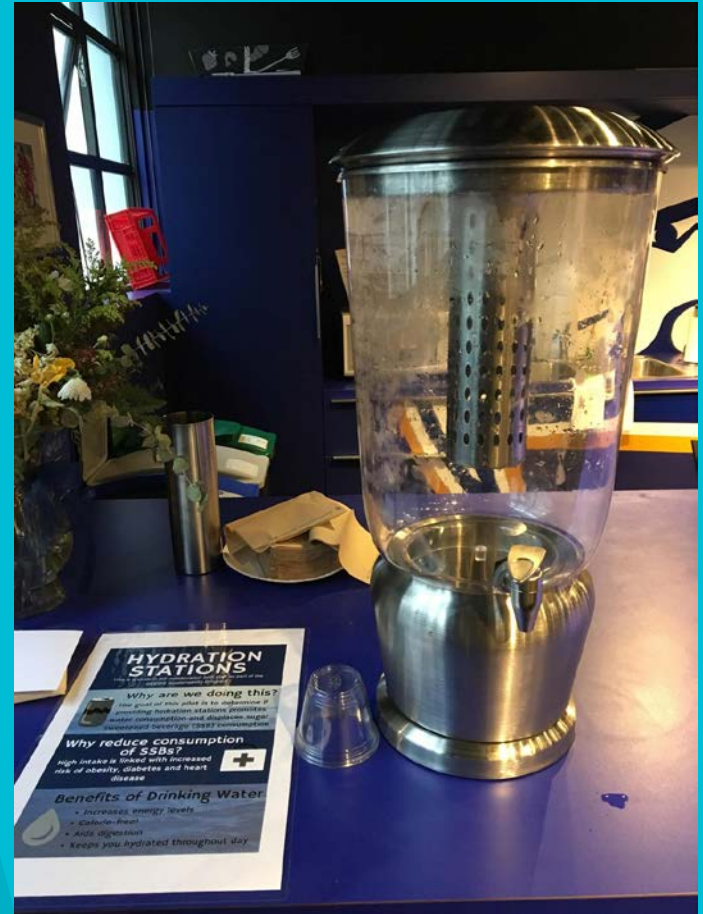


Theoretical Framework

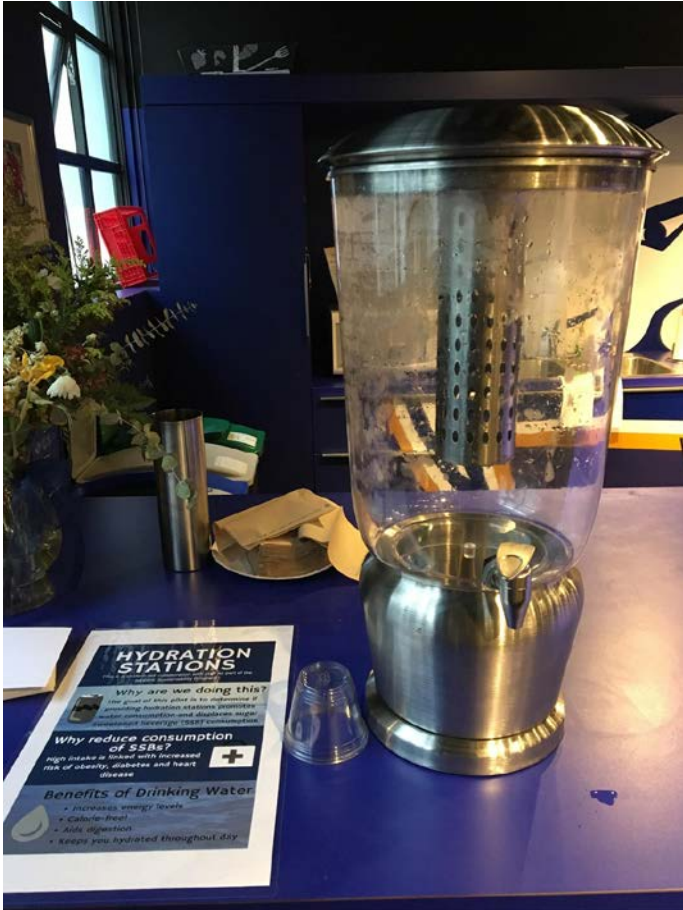
- ▶ Community Organization Theory
- ▶ Health Belief Model

Program Outputs

- ▶ Hydration stations
- ▶ Infographic
- ▶ Surveys



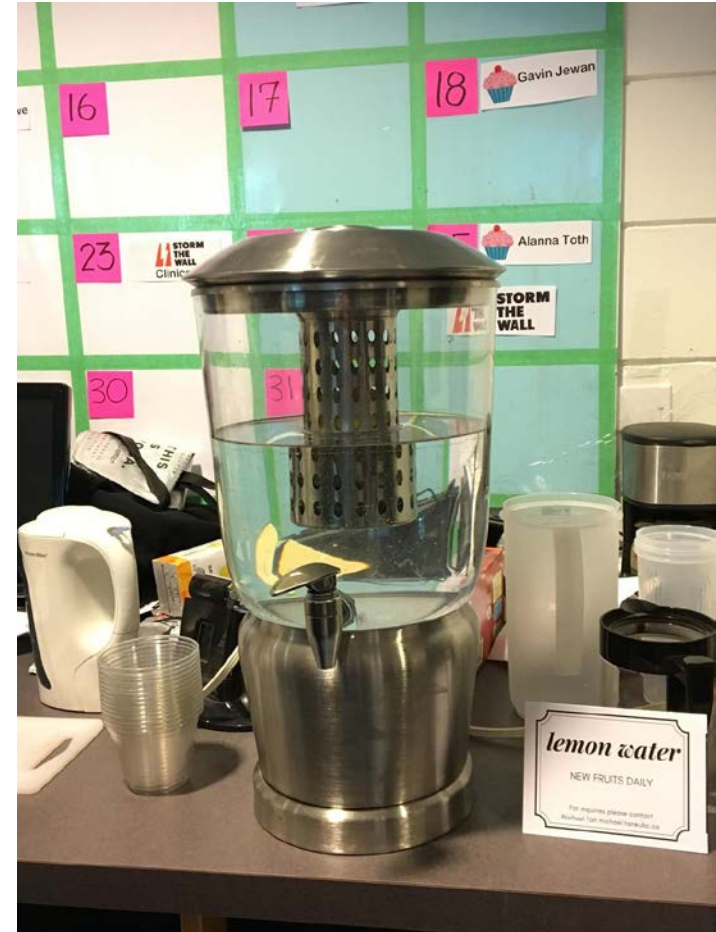
Hydration Stations



UBC Rec
Center Athletics
Staff Room



War Memorial
Gym Staff
Room



HYDRATION STATIONS

This is a student-led collaboration with staff as part of the SEEDS Sustainability Program



Why are we doing this?

The goal of this pilot is to determine if providing hydration stations promotes water consumption and displaces sugar sweetened beverage (SSB) consumption

Why reduce consumption of SSBs?

High intake is linked with increased risk of obesity, diabetes and heart disease



Benefits of Drinking Water



- Increases energy levels
- Calorie-free!
- Aids digestion
- Keeps you hydrated throughout day

Infographic



Cue to action

Perceived Severity

Perceived Benefits



2 Post-Intervention Surveys

- ▶ **Purpose:** to determine the **feasibility** of implementing hydration stations around the campus by way of:
 - ▷ Gathering student and staff opinions
 - ▷ Physical implementation of the actual stations

- ▶ **Survey A**
 - ▷ People who shared the space in which our hydration stations were implemented

- ▶ **Survey B**
 - ▷ People who were in charge of maintaining the station



Survey A

- ▶ **Barriers and benefits**

- ▶ What made you decide on the hydration station over another option? Informational poster, convenience, cost-effective, taste, etc

- ▶ **Cues to Action**

- ▶ Did the poster increase your motivation to drink more tap water?



Survey B

- ▶ General feedback from caretakers
 - ▷ How easy or difficult it was
 - ▷ Any challenges faced that were not considered?
 - ▷ Would you support future hydration stations?

- ▶ Recommendations for future hydration stations?



Evaluation/Results

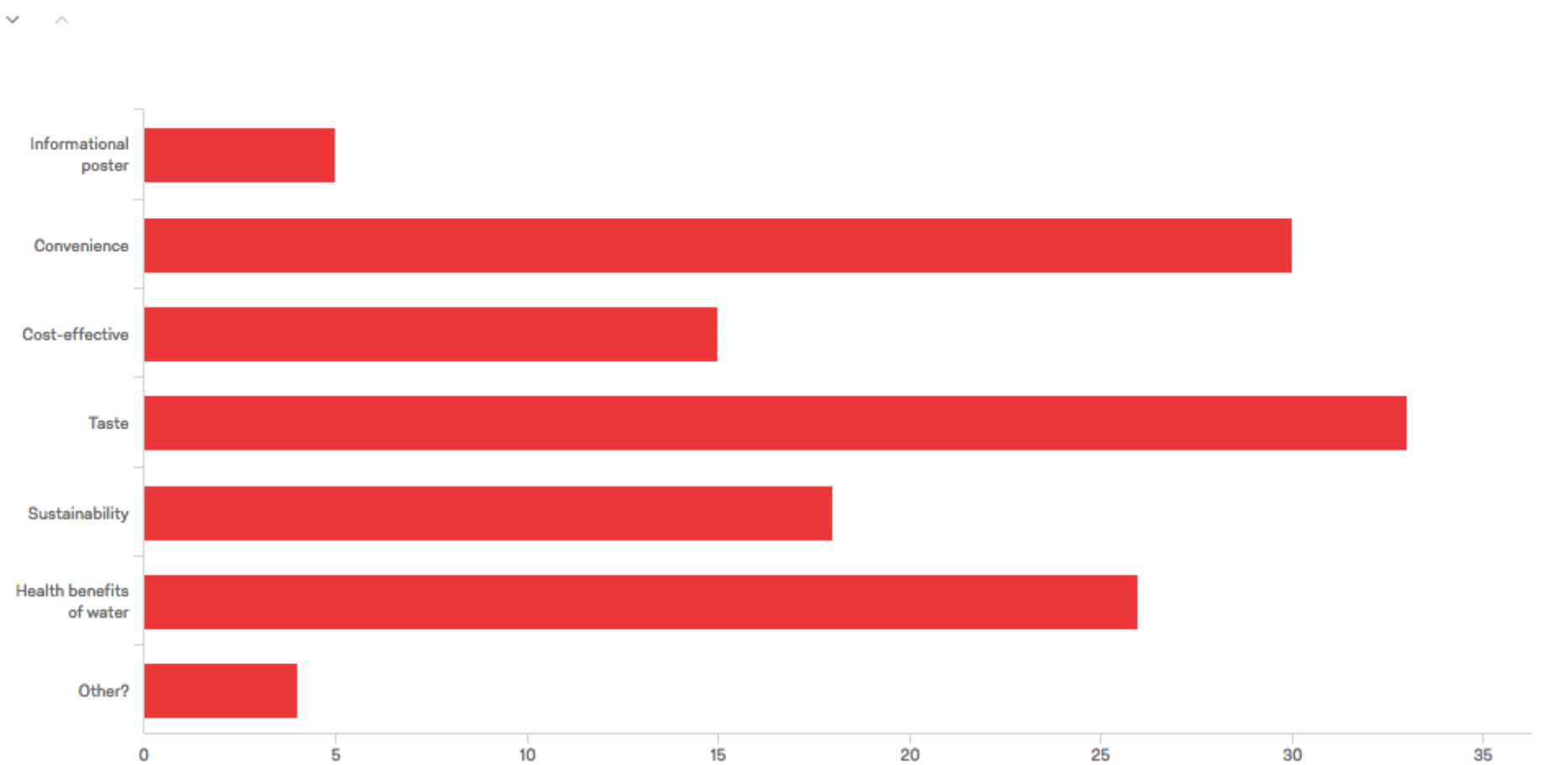
User Survey:

- ▶ 39 respondents all indicating they used the stations
- ▶ 84% indicated an ↑ in their water consumption
- ▶ ~50% noted a ↓ in their SSB intake
- ▶ 95% indicated an ↑ in water stations would positively impact water consumption
- ▶ 100% want to see more on campus



Q10 - What made you decide on the hydration station over another option? Choose all that apply.

Page Options ▾





Evaluation/Results

Caretaker Survey:

- ▶ Both respondents ranked as extremely easy or somewhat easy
- ▶ Challenges included refilling process and dealing with busier times
- ▶ People liked different flavours, would prefer colder water
- ▶ Both noted they would do this project again



Lessons Learned

What we learned:

- ▶ Benefits and challenges with working together with the community
- ▶ Evaluation should be considered at all stages
- ▶ Provide clear and concise instructions

What we would do differently:

- ▶ Better communication
- ▶ Clarify timeline
- ▶ Allocate more time for meetings

Questions?