

Kids – 'Go for your life' Health Professionals Network

The Kids - 'Go for your life' Health Professionals' Network provides an opportunity for health professionals to be part of a statewide network leading the way in promoting physical activity and healthy eating to children and families. Members of the network will be supported with Kids – 'Go for your life' information, resources, professional development and networking opportunities.

Some benefits of membership:

- Receive a Kids – 'Go for your life' Health Professionals' Network - Welcome Pack
- Regular newsletters and email updates
- Kids – 'Go for your life' award program resources, presentations, handouts, parent tip sheets and more
- FREE professional development including six-monthly Network Forums
- Ideas and strategies for linking with the Kids – 'Go for your life' social marketing plan
- Planning tools to assist coordination of local healthy eating and physical activity initiatives
- A chance to share ideas and achievements with others.

Join the network by downloading an application form at www.goforyourlife.vic.gov.au/kids

Got any story ideas?

We'd love to hear your feedback! Please send any comments, questions or story ideas to kgfyl_media@cancervic.org.au

DID YOU KNOW??

Drink plenty of tap water – especially if it's fluoridated

Dental decay develops when sugars contained in foods are metabolised by bacteria in the mouth resulting in acid on the tooth surface. The acid removes microscopic amounts of calcium, phosphates and carbonates from the tooth enamel into the plaque and saliva surrounding the tooth. Caries (decay) affects the surfaces of the teeth where plaque stagnates. Erosion affects the plaque-free surfaces, typically the front and back of the upper and lower front teeth and the biting surface of the lower molars.

Drinking water can help to wash the sugars from the surfaces of teeth, thus reducing the risk of acid damage. As such, water should be encouraged as the drink of choice, especially between meals. Milk and flavoured milk are preferable to other sweetened drinks as they are less acidic and contain casein (a tooth strengthening mineral), calcium and phosphorus.



Sweetened, acidic drinks if consumed, are best as part of a meal rather than between meals.

Although bottled water is preferable to sweet and acidic drinks, for the majority of Victorians with access to fluoridated water supplies, this reduces their exposure to the beneficial qualities of fluoride. Fluoride in saliva interacts at the tooth surface with the naturally occurring minerals and salts, to remineralise the enamel attacked by the acid. The constant supply of a low level of fluoride within saliva, is most beneficial to the prevention of dental decay and the microscopic repair of any lost minerals. Fluoride at an optimal level in the water supply provides the ideal, constant "repair-kit" for all people exposed to fermentable sugars within their diet.

Drink plenty of water – especially if fluoridated.



CASE STUDY 2

Kookaburra Kindergarten

Children bring their own water bottles to kindergarten, which they take out of their bags and are placed on a trolley. They then have access to the trolley for the entire session. The trolley also houses water jugs and glasses for children to pour their own water in case they have forgotten their water bottles.

The importance of drinking water is reiterated at group times and children are reminded to have a drink of water, especially on hot days. Staff refill empty bottles and congratulate children for taking good care of their bodies.

Having their own drink bottles means parents are able to monitor how much water children are drinking.

Caterina Mezzatesta
Teacher





TAP INTO WATER EVERYDAY

Compare these common drink choices

How much sugar is in your child's drink?

One teaspoon = 



250 ml water

0



250 ml fruit juice drink

6



250 ml soft drink

7

Welcome to the first edition of a series of themed newsletters focusing on the Kids – 'Go for your life' healthy messages. The theme of this newsletter is 'Tap into water everyday', with our secondary message of limiting sweet drinks.

Water is essential to our bodies and its optimal functioning. However we don't know how much water Victorian children are drinking or whether they are drinking enough. What we do know is how many sweet drinks, such as juice, cordial, fruit drinks, soft drinks, flavoured milks and flavoured mineral water, children are consuming and the statistics are startling. Almost 60 percent of Australian children aged 4–5 years have more than one sweet drink per day. Data suggest that soft drink consumption has increased from around of 47.3 litres per person (children and adults) per year in 1969 to 113 litres in 1999. This increase is concerning, as many sweet drinks are associated with tooth decay and increasing rates of overweight and obesity in children. Therefore, promoting water and reducing sweet drink consumption are important messages to support.

'Tap into water everyday' may be a difficult message to promote, while Australians are trying to conserve water through the worst drought in 1000 years. But it takes about 38 litres of water to produce one serve of cola soft drink, so reducing sweet drink consumption such as soft drinks, and promoting tap water consumption as the drink of choice, can actually help us save our precious water supplies.

Australian's thirst for bottled water has also increased, with demand doubling over the last six years to create a \$123 million dollar industry. However tap water is safe and cheaper than bottled water. You can buy over 2400 litres of tap water for every litre of bottled water. By cleaning and refilling a water bottle with tap water you can also reduce the amount of fossil fuels used to transport it to supermarkets and reduce waste ending up in municipal waste dumps.

So, cheers to tap water, and I hope you enjoy this edition.

Dr Suzy Honisett
Manager, Kids – 'Go for your life'



CASE STUDY 1

Tyabb Primary School

Tyabb Primary School helps children tap into water everyday and limit sweet drinks. Children are encouraged to have water bottles on their desk in class and during physical activity. Like all government schools, soft drinks are not sold at the canteen. To promote better learning, concentration and behaviour the school community has decided that students may not bring soft

drinks to school. Principal, Greg Lacey says, 'These practises have now become habits for students. Teachers are also encouraged to use water bottles in the classroom, and a water chiller has been installed in the staffroom to encourage this.'



go for your life™



Tapping into water

How important is drink choice?

Being well hydrated can help you to feel great! However

decisions about what to drink and how much to drink are about more than simply 'quenching thirst'.

Healthy habits for drink selection, quantity and frequency need to be created in early childhood to continue into adulthood, helping to avoid the side effects of 'too many sweet drinks'.

How much do infants and children need to drink?

How much fluid we need to drink daily depends on environment, metabolism and activity levels. In infancy breast milk and formula are the main forms of fluid intake; and very little other fluid is needed. Water, breast milk or formula can be offered in the cup from around seven months. From about 12 months children can be offered cows milk, and water otherwise becomes the best fluid choice. Refer to the adequate intake water values table below.

Water, the best choice

We all need water to live. Water is required for many bodily processes including digestion, absorption, transportation throughout our bodies, elimination of waste and thermoregulation. Adequate daily water intake, balanced with water loss, plays many beneficial roles such as preventing dehydration and, improving

concentration, learning, physical skills and mood, and contains no energy in the form of kilojoules. Fluoridated water is the preferred option over other types of water as it provides an added health benefit to protect teeth from dental decay.

Sweet drink alternatives

Many drink alternatives to water are available today. Alternatives are marketed well against water and families may include these to provide additional nutrients or add variety. Fruit juice can provide additional nutrients but is not necessary in a healthy diet. Other 'sugar sweetened' drink options have been shown to be linked to detrimental side effects. They include juice, cordial, fruit drinks, soft drinks, energy drinks, sport drinks, flavoured milks and flavoured mineral water. Research has shown that children who consume these sweet drinks in large amounts may experience excess weight gain, tooth decay, small appetite, fussy eating, diarrhoea, malabsorption and failure to thrive.

What can we do to promote water as the best drink?

Whether you're a parent, carer, teacher or sports coach, you can play a positive role to encourage children to drink more water.

Water when playing or with activity

- With activity less than one hour in duration, unless in extreme temperature, additional water intake is not necessary. Continue to encourage regular water intake throughout the day.
- Encourage decent sized gulps of water at designated break times and at the end of physical activity.
- Promote water over sport drinks with physical activity less than one hour.
- Try to provide cool water, as this may be consumed in greater amounts.

Water at home

- Make fresh water accessible from the fridge.
- Try to make drinking water appealing with use of favourite cups, bottles or straws.
- Freeze water for a cool drink when heading out with the family.

Remember to make drinking water available and don't forget to be a positive role model by drinking water yourself!



Infants	0-6 mths	0.7L/day	from breast milk or formula
	7-12 mths	0.8L/day	from breast milk, formula, food, plain water and other beverages, including 0.6 L as fluids
Children	1-3 yrs	1.0L/day	about 4 cups
	4-8 yrs	1.2L/day	about 5 cups
	Boys 9-13 yrs	1.6L/day	about 6 cups
	Girls 9-13 yrs	1.4L/day	about 5-6 cups

Table 1. Devised from median population intakes from the 1995 National Nutrition Survey.

'Go for your life' Canteen Advisory Service

School canteens and other school food services are important educational resources that play an important role in supporting the health of children. When consumed daily, the food provided through the canteen may comprise a third of a student's total daily intake (lunch and snacks) and have a significant impact on their health and nutrition.

'Go for your life' Healthy Canteen Kits were sent to all Victorian government schools at the beginning of 2007. The Kits outline the new School Canteen and Other School Food Services Policy developed by the Department of Education. Nutrition Australia manages the 'Go for your life' Healthy Canteen Advisory Service, which helps primary schools meet this policy.

Supporting the Kids – 'Go for your life' message of – Tap into water everyday and limit sweet drinks, the Healthy Canteen Kit states that the following drinks can and can't be supplied in school food services:

Everyday drinks

Schools are encouraged to provide and promote these Everyday (green) drink choices:

- Water-bottled and tap
- Reduced fat milks (plain or flavoured – recommended serve size 300ml).

Select carefully drinks

Schools are encouraged to limit the availability of the select carefully (amber) drinks. These drinks include:

- 100% juice (in small serve sizes – ideally 150ml, no more than 250ml)
- Full fat milk
- Moderate kilojoule clear sports waters and artificially sweetened drinks.

Note: artificially sweetened drinks are only classified as amber for those schools needing a gradual phase out – if you don't already stock them, then don't start – especially primary schools.

Occasionally drinks

Drinks in the Occasionally (red) category are only allowed twice per term.

These include:

- Fruit flavoured drinks, cordials and sports drinks.

These drinks are high in kilojoules and sugar and contain little or no nutritional value.

From 2007, high sugar content soft drinks should not be supplied through school food services. This also includes energy drinks and flavoured mineral waters with high sugar content.

Tips to Tap into Water in the Canteen

- ★ Provide bottled water at the cheapest drink price
- ★ Served chilled, especially on warmer days
- ★ Place promotional posters in your canteen – food companies may supply these
- ★ Bottled water should be easy to reach – stock at eye level, and on several shelves in the fridge
- ★ Offer as a "meal deal" at a lower cost and flag the money saved
- ★ Get canteen staff to promote it, "Would you like water with that?"

For more information on the 'Go for your life' Healthy Canteen and Other Food Service Policy and an explanation of Green, Red, Amber food planning categories, visit: <http://www.education.vic.gov.au/management/schooloperations/healthycanteen/default.htm>

The Kids – 'Go for your life' Healthy Canteens Infoline is available to all Victorian primary schools to provide information and advice to help them make changes to a healthy food service. Ph: **1300 854 554**

The 'Kids' – Go for your life Healthy Canteens Advisory Service also offers menu assessments and workshops. Visit http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Canteen_training_and_events?Open for a list of upcoming training dates.

HEALTHY FAMILY DRINK TIPS



For healthy bodies and healthy teeth, children need to drink water and limit sweet drinks. Follow these drink tips to encourage your family to tap into water everyday.

- 💧 Keep a jug of fresh water available in the fridge.
- 💧 Provide water for the family with meals and snacks.
- 💧 Teach kids to help themselves to water but ensure they ask for other drinks.
- 💧 Only buy sweet drinks to be consumed on special occasions.
- 💧 Provide a water bottle for your child for school, kindergarten, child care and sport. Water bottles are for water only.
- 💧 Make water available to everyone on family outings.
- 💧 Children don't need sweet drinks. If consumed, limit to no more than one small glass per day.
- 💧 Sweet drinks include fruit juice and fruit drinks, flavoured milk, soft drinks, flavoured mineral water, cordials, sports drinks and energy drinks.

Use these tips to help set limits at home and help your child make healthier drink choices.

Limit sweet drinks and tap into water everyday.



Schools should limit sweet drinks...