



NYU NOPREN (Nutrition and Obesity Policy Research and Evaluation Network) Water Jets Evaluation Tools

NYU-CUNY Prevention Research Center

A Prevention Research Center Tool Showing Evidence of Effectiveness

FAST FACTS:

- Initiated in 1986, PRCs do practical public health research with at-risk communities to promote health and prevent diseases, such as cancer, diabetes, heart disease, HIV/ AIDs, and obesity.
- The PRC program currently consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by CDC in 2014, PRCs received an average of \$8.60 in additional funds allowing for additional research projects and more innovation in public health.

OVERVIEW

The Water Jets Evaluation Tools analyze how installing water jets (drinking water dispensers) in New York City school cafeterias affects what and how much students drink. The tool kit includes student surveys, an observation form, and a key informant interview. These forms evaluate use of the water jets, perceptions about drinking water, attitudes about beverage choices (including milk and sugary drinks), and changes to how often students drink water and other drinks.

RESEARCH RESULTS

A team of researchers used the tools to study the influence of water jets on children's choice of water and milk in New York City public schools during the 2010–2011 school year. Nine schools in one group received water jets, whereas 10 schools in a control group did not. The study showed a three-fold increase in children drinking water, both at 3 months and at a year after the water jets were installed at the schools.¹

TOOL LOCATION

<http://www.med.nyu.edu/prevention-research/products/tools>



REFERENCES

1. Elbel B, Mijanovich T, Abrams C, et al. A water availability intervention in New York City public schools: influence on youths' water and milk behaviors. *Am J Public Health*. 2015;105(2):365–372.