

WATER FIRST FOR THIRST

Fact: For adults, consuming one or more sugary drinks each day increases the risk of developing type 2 diabetes by about 25%.

Fact: Every serving of sugary drinks a child consumes increases his or her chances of becoming overweight or obese by about 60%.

To encourage greater consumption of water over sugary soft drinks, THRIVE! promoted the "Water First for Thirst" campaign at schools in Wellington. The program is an initiative of the City of Columbus Public Health department. Hydration stations partially funded by THRIVE! were installed in Westwood Elementary, McCormick Middle School and Wellington High School. The Water First for Thirst campaign was also conducted at LCCC-Wellington Center. THRIVE! donated bottles of branded water to the ADAS "Voices for Recovery" 5K Family Run and Walk in 2019, in which more than 200 runners participated.