

# NEWS RELEASE

## For Immediate Release

Anamosa Community School District  
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### THE ANAMOSA COMMUNITY SCHOOL DISTRICT RECEIVES FREE WATER BOTTLE FILLING STATION FROM DELTA DENTAL OF IOWA FOUNDATION

**ANAMOSA, IA** (May 13, 2019) – It’s now easier for students and staff at The Anamosa Community School District to feel the numerous health benefits of drinking optimally fluoridated water throughout day. Through the “Rethink Your Drink” partnership led by Delta Dental of Iowa Foundation an Elkay water bottle filling station will be installed at The Anamosa Middle School replacing an existing water fountain. In addition, the district will receive water bottles, toothbrushes, and bookmarks for all students and staff, and a Rethink Your Drink education kit.

More than 50 percent<sup>1</sup> of children and teens in the U.S. are not properly hydrated during the school day, which can impact cognitive function and energy levels<sup>2</sup>. Despite efforts by families, schools and public health agencies to educate students on better drink choices, children and teenagers often choose caffeinated beverages, sports drinks and energy drinks. By choosing optimally fluoridated water, students and staff are more alert, better hydrated, protect their tooth enamel and make their teeth more resistant to cavities.

“The impact of “Rethink Your Drink” across Iowa continues to build,” said Jeff Russell, president of Delta Dental of Iowa Foundation. “Research shows kids are not drinking enough water which contributes to obesity, fatigue and dehydration. By learning the basic building blocks of good health at an early age, Iowa students can carry those good habits into adulthood.”

As of February 2019, the Delta Dental of Iowa Foundation and partners had donated and installed 115 water bottle filling stations in Iowa schools. The goal is to double that number by the end of 2019. “Rethink Your Drink” is funded by Delta Dental of Iowa Foundation and

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<sup>1</sup> American Dental Association. (2015). Fluoridation Facts. Accessed July 27, 2017 at [http://www.ada.org/~media/ADA/Member%20Center/Files/fluoridation\\_facts.ashx](http://www.ada.org/~media/ADA/Member%20Center/Files/fluoridation_facts.ashx)

<sup>2</sup> Kenney, E. L., Long, M. W., Craddock, A. L., & Gortmaker, S. L. (2015) Prevalence of Inadequate Hydration Among US Children and Disparities by Gender and Race/Ethnicity: National Health and Nutrition Examination Survey, 2009-2012. American Journal of Public Health, 105, 113-118.

supported by the Healthiest State Initiative, Iowa Department of Public Health Bureau of Nutrition and Health Promotion, Iowa Public Health Association, Iowa Department of Education and In Depth Marketing.

For more information about “Rethink Your Drink,” visit:

<https://www.deltadentalia.com/foundation/rethink-your-drink/>

### **About Delta Dental of Iowa**

*Delta Dental of Iowa, a not-for-profit health and wellness company, provides dental and vision benefits to more than one million Iowans. Locally focused and nationally networked, Delta Dental of Iowa invests in oral health and wellness projects through the Delta Dental of Iowa Foundation and community giving that focus on access to care, prevention, education and research. Since 2002, Delta Dental has invested more than \$38 million to improve the oral health and overall health of Iowans.*

*Delta Dental of Iowa is a member of the Delta Dental Plans Association, the leading national network of independent dental service corporations. The Delta Dental member companies provide dental benefits to more than 78 million Americans in more than 146,000 employee groups throughout the country. For more information, visit the website at [www.deltadentalia.com](http://www.deltadentalia.com).*

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