



February 7, 2025

Testimony of Laura Hale
American Heart Association

Favorable SB 96 Environment - Water Bottle Filling Stations - Requirement

Dear Chair Feldman, Vice Chair Kagan, and Honorable Members of the Education, Energy, and Environment Committee,

Thank you for your time and consideration. The American Heart Association extends its strong support to SB 96 Environment - Water Bottle Filling Stations - Requirement. My name is Laura Hale and I am the Director of Government Relations for the American Heart Association.

We strongly support increasing water bottle filling stations. Having these more readily available can incentive and increase drink of water rather than unhealthy alternatives. Making drinking water an easy part of your day makes a huge difference in long term health. More than half of children in the United States do not drink enough water¹.

We also applaud the inclusion of major reconstruction that touches the plumbing in addition to new construction. This will be helpful, especially for schools. Drinking water dispensers in schools can nearly triple how much water students drink at lunch time, according to one study. Drinking water can also positively impact children's cognitive performance, particularly their short-term memory². Access to clean drinking water for students will make for a healthier generation of kids.

The American Heart Association urges a favorable report on SB 96.

¹ Centers for Disease Control and Prevention. Water & Nutrition. Updated October 2016. <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>. Accessed October 31, 2018

² Masento NA, Golightly M, Field DT, Butler LT, van Reekum CM. Effects of hydration status on cognitive performance and mood. *Br J Nutr*. 2014; 111(10):1841-52, doi: 10.1017/S0007114513004455