

WAI AUCKLAND

making tap water the first
and easy choice to drink

 PROJECT UPDATE - ISSUE #3 - DECEMBER 2019



Kia ora and Meri Kirihimete - welcome to your final Wai Auckland update for 2019!

Incredibly, we're now almost half way through the project and momentum continues to build, especially for initiatives like RefillNZ. In this update...

- We're excited to share new and updated research about people's attitudes to sugary drinks and drinking water fountains
- Find out how many RefillNZ Stations we've signed up in Auckland
- Check out Watercare's new mobile drinking water stations – coming to an event near you!
- Meet drinking fountain mum and daughter duo Kate and Lilah
- Why you need to tune in to TV3's Newshub this summer, and

The new AKL Paths feature that will help keep you hydrated when walking, running or cycling Auckland's Council paths these holidays

AKL Paths' drinking fountains are on the map!

Auckland Council has recently updated its [AKL Paths website](#) so you can easily locate drinking fountains while discovering new parts of Auckland on foot or by bike.

In Auckland we are spoiled for choice with more than 250 paths that follow the coastline, go through native bush or even up dormant volcanoes. Through a partnership with Downer and Beca, Auckland Council launched the [AKL Paths](#) site in 2018, which provides easy access to walking and cycling paths to suit ages and abilities.

The AKL Paths tool lets you select your type of path (walking or cycling, beach or bush, flat or scenic...), as well as any features (like wheelchair accessible) or activities (like playgrounds) you're interested in. You'll then get a detailed map and description of relevant paths, including the level of difficulty, accessibility and the average step count. And now, that map also features water fountain locations!

Get out and explore our AKL Paths over the summer and don't forget your reusable bottle so you can take advantage of the drinking fountains along the way!



Auckland Council  **AKL Paths**

Path name:
Leave blank or enter a path name, e.g. Keith Hay Path

Type of path	Features of the path	Activities on the path
<input type="checkbox"/> Walking	<input type="checkbox"/> Bush	<input type="checkbox"/> Playground
<input type="checkbox"/> Cycling	<input type="checkbox"/> Wheelchair accessible	<input type="checkbox"/> Skatepark
	<input type="checkbox"/> Beach	<input type="checkbox"/> Basketball Court
	<input type="checkbox"/> Scenic	<input type="checkbox"/> Sports Field
	<input type="checkbox"/> Flat	<input type="checkbox"/> Dog off-leash area near this path
	<input type="checkbox"/> Historic	<input type="checkbox"/> Library
	<input checked="" type="checkbox"/> Drinking fountain	<input type="checkbox"/> Pool
		<input type="checkbox"/> Public artwork

Area of Auckland

South

Central

West

North

East

Hauraki Gulf and islands



Auckland joins the award-winning refillution!

Back in Plastic Free July we started working with Healthy Auckland Together (HAT) partners to register RefillINZ Stations across Auckland. Just five months later, we already have more than 130 locations!

Auckland Council led the way with [45 libraries and leisure centres](#) joining the refillution, alongside six members of the Auckland Dental Association and Countie's Manukau Health's Manukau Superclinic.

Other sites include hairdressers, petrol stations, cafes, Auckland Zoo, Kelly Tarlton's - even Eden Park! It's great that there are so many different types of places signing up as you never know where you might be thirsty.

We're also really proud of our partner RefillINZ for winning Keep New Zealand Beautiful's [Community Environmental Initiative Award](#) and being selected as a finalist for the Sustainable Business Network's [Communicating for Change Award](#). Not bad for a campaign that's only been going for 12 months!



It's also gotten easier for iPhone and iPad users to find their to download from the [App Store](#)!

Some of our wonderful 130+ Auckland RefillINZ Stations that have signed up since July.

If you know of any places that would be keen to sign-up or can help do some of the sign-ups, please [get in touch](#). We need your help to reach our goal of 1,000 RefillINZ Stations in Auckland!

In breaking news... watch out for Amanda on TV3 this summer!

Wai Auckland Project Manager Amanda Brien was recently interviewed by Newshub health reporter Lucy Warhurst for a summer feature story on Wai Auckland's partnership with RefillINZ.

"It was a really great opportunity to spread the word about what we're doing and to encourage more businesses and retailers to sign up as RefillINZ stations," Amanda says. Filming took place at the Ōtara Library, where Councillor Alf Filipaina was also interviewed, and at the Hobsonville Larder where café manager Jody shone as one of our RefillINZ champions.

There's no confirmed air date as yet, but watch out for the story on TV3's 6pm news over the summer holiday period!



Watercare goes mobile

Watercare is walking the talk with six new mobile drinking water stations that will be available for cultural events and festivals.

Watercare Communications Manager Rachel Hughes says the free initiative is about giving back to the community.

"Auckland gets pretty hot over summer and this is a great way we can provide free top quality (A-a grade) drinking water at events."

Rachel says the stations will make tap water the easy choice for thirsty event visitors.

"They will save people money and provide a healthy, free and sustainable option for visitors."

Find out if your community event is eligible for Watercare's mobile water stations [here](#).

Thirsty walkers filling up at the Hikoi Whakangahauin Cornwall Park in September



The Public Water Project

Like Wai Auckland, nine-year-old Lilah and her mum Kate are on a mission to see more drinking water fountains made available across Auckland.

Inspired by what they've seen in cities overseas and the media coverage about Auckland's drinking water fountains, Lilah and Kate started *The Public Water Project* campaign.

They want more drinking water fountains around the region so people can easily opt for tap water over cheap sugary drinks and to reduce the amount of plastic bottles going to landfill or the ocean.

The Public Water Project will be seeking corporate sponsorship to help purchase and install more fountains around Auckland so reach out to Lilah and Kate if you know any potential sponsors!

Follow *The Public Water Project* on [Facebook](#) and [Instagram](#) or check out their [website](#).



Research Update

Wai Auckland has been working with research partners, Synergia and UMR, to better understand some key issues – the prevalence of sugary drinks in sports and the commercial challenges of promoting water. In September, key findings were shared at a presentation for HAT and Wai Auckland partners:

Sugary drinks and sports

- sugary drink sponsorship is a very small portion of sport sponsorship.
- respondents described water as best for hydration and sports drinks as best for recovery and energy, a view largely influenced by advertising.
- respondents felt that sports people and teams should be able to be sponsored by whoever they like, but should consider how these relationships could influence their followers.
- coaches were seen to have an important role to play in educating their teams about the benefits and harms of sugary drinks.

Commercial settings

- water is the best-selling product and does not need much promotion in hospital-based commercial settings
- 69% of respondents are drinking sugary drinks daily or weekly and mainly buying these from supermarkets.

Drinking water fountain attitudes

- 61% of respondents would like to see more water fountains in parks
- 56% of respondents would like to see more water fountains in malls and shopping centres
- 56% of respondents would like to see more water fountains on walk and cycle ways.
- 50% of respondents would like to see more water fountains at sports and recreation facilities
- 49% would like to see more water fountains and public transport stops.
- drinking fountains featuring bottle refill taps were more desirable than just standard bubblers.
- Hygiene is the biggest barrier (47%) to people using drinking water fountains and about two-thirds (68%) weren't too sure about using one near public toilet blocks, which is a common location due to plumbing.

The research generated some interesting new findings and helped to clarify some outstanding questions for the project. We'll be working on transforming some of this into action.

A special thanks to the Healthy Families Waitākere team for helping to recruit participants!

Contact [Amanda](#) for more information about the research.

Worth a look

[Plastic bottle return scheme to 'put value back into recycling](#) | *we're going back to the future with refundable deposits to incentivise recycling*

['A good start' – researcher says Countdown's under-16 energy drink ban the right move](#) | *HAT's own Dr Sally Mackay talks to Breakfast TV about this bold move by one of the country's biggest retailers*

[Aiming to kick sugar for touch](#) | *Nelson Marlborough Health has replaced Powerade as the health and wellbeing partner for the Tasman Makos rugby team*

[San Francisco airport to ban sales of plastic bottles of water](#) | *Could Auckland be next?*

[10 Things to know about your H2O](#) | *Niki Bezzant dispels myths for healthy hydration*

[Bottled water's next trick is making the bottle disappear](#) | *Water now offers minerals, protein and fibre. It's next job is making us feel less bad about the container it comes in*

[Seven Sharp host does her bit for the welfare of Kiwi kids' teeth](#) | *Hilary Barry joins up with Family Teeth Matters, part of the Auckland Dental Association, to help kids*

[Athletes to exercise caution after study shows poor teeth](#) | *Frequent consumption of sports drinks is contributing to poor oral health for elite sports people*

[A Shadowy Industry Group Shapes Food Policy Around the World](#) | *How public health efforts have been stalled by the International Life Sciences Institute (founded by Coca-Cola)*

Let us know if there is anything you would like shared in our next update. We know there's lots of other mahi happening in the wai space.

Ngā mihi

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