



WATER FIRST for thirst

Water First for Thirst!



IT'S A CAMPAIGN
promoting the benefits of making water your
top beverage of choice.



IT'S A RESOURCE
on the facts about sugary drinks so you
can make more informed beverage choices.



**IT'S ABOUT HOW
WATER FIRST FOR THIRST**
can help you make water the easy choice.

Where Do I Start?



VISIT OUR WEBSITE
to download resources and learn more!



MAKE A PLAN
to hang posters, host events, and/or
provide beverage guidelines to your
community organization and partners.



SPREAD THE WORD
Use #WaterFirst when sharing on social
media.

Join the Movement!

Learn more at
www.healthy.ohio.gov/WaterFirst

#WaterFirst

Distributed by the Ohio Department of Health's
Creating Healthy Communities Program



Water First For Thirst concept developed by Columbus Public Health

Why Water First?



Ohio is ranked
43rd in the nation
for obesity.

The average
American drinks
150 empty calories
worth of sugary
drinks per day!

Sugar intake can add up quickly,
leading to tooth decay and increasing
your risk for Type 2 diabetes.



By encouraging water at events and venues,
the people in your community will be on their way to
consuming less calories, less sugar, and improving
their health!

..... **Water has**

0 CALORIES & 0 SUGAR



Thirsty?



Choose



Water First



for Thirst!