



Contact: Dr. Jennie Ward-Robinson, Ph.D., 312-355-3219,  
or Ruth Fuller, 847-265-9417

**FOR IMMEDIATE RELEASE:**

**Tap Water Safe and Key Part of Regimen for Good Health**  
*Chicago-Based Water Institute Encourages Drinking Tap Water*  
*In Wake of News that Bottled Water is Not Necessarily Safer*

**CHICAGO, IL, Apr. 10** - - The widely reported news this week that bottled water is not necessarily healthier or safer than tap water has some consumers wondering where to turn for safe, reliable drinking water.

In a recent Gallop survey, most consumers said they drink bottled water because they perceive it to be purer than tap water. However according to Tampa, Florida-based sports nutritionist Cynthia Sass, twenty-five percent of all bottled water is actually repackaged tap water.

Understanding the relationship between drinking water and good health is vital, as consumption of quality drinking water is a cornerstone of improved public health. According to Dr. Jennie Ward-Robinson, Executive Director for the Chicago-based Institute for Public Health and Water Research (IPWR), tap water in the US is closely regulated and monitored to ensure standards of safety and protection of the public's health.

“Consumers in the United States can be assured of the quality and safety of their tap water,” Dr. Ward-Robinson said. “What we need is more empirical evidence to understand the role water plays in promoting good health and to educate the public about the findings.”

Dr. Paul Hunter MD, Chair of IPWR Board and Clinical Professor at the School of Medicine, University of East Anglia, said that drinking sufficient water is essential for the proper functioning of our bodies and the maintenance of good health.

“What matters most is that people drink enough water to maintain adequate hydration,” Dr. Hunter said. “In most instances it does not matter for health whether water is bottled or comes from the tap. A major benefit of tap and bottled waters compared to many other drinks is that they do not contain potentially undesirable extra calories”

For more information about water safety and its role in good health, please contact the Institute for Public Health and Water Research at the UIC School of Public Health, 312-355-3219, [info@ipwr.org](mailto:info@ipwr.org), or go to [www.ipwr.org](http://www.ipwr.org).

*The Institute for Public Health and Water Research (IPWR) was incorporated in 2005 as a not-for-profit, independent science and education organization. The mission of IPWR is to improve public health through the consumption of quality drinking water. The IPWR provides scientific direction, funds and other support to investigators to encourage research, publications and meetings on water consumption and health. ###*