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Arkansas Auditor's Office Wins *CapitolGO!* Healthy Hydration Challenge

LITTLE ROCK — The Arkansas Auditor's Office took top honors in the 2018 *CapitolGO!* Healthy Hydration Challenge, the Arkansas Center for Health Improvement (ACHI) announced Tuesday.

From Feb. 14 through Feb. 28, teams representing the offices of the governor, lieutenant governor, attorney general, secretary of state, auditor and treasurer, as well as the House and Senate, competed in the challenge. Team members logged their consumption of non-sugar-sweetened, non-alcoholic fluids on a mobile app, Aqualert, and the teams were scored based on a combination of participation and success toward achieving personalized hydration goals.

State Auditor Andrea Lea and her staff achieved a 77.8 percent participation rate and had an average of 70.7 percent consumption toward their daily goal, edging out the Treasurer's Office and the House to win the coveted Healthy Active Arkansas *CapitolGO!* Challenge title belt.

"A year and a half ago I made some diet changes; drinking more water was a key," Lea said. "So when the *CapitolGo!* Healthy Hydration Challenge began, I was excited to see my office compete. The challenge not only promoted a healthy lifestyle change, but it also fostered camaraderie and teamwork among the employees. Coupled together, as a team we are healthier and more cohesive, which ultimately helps us better serve Arkansans. We look forward to competing again next year!"

The challenge drew 154 participants. ACHI organized the competition to bring to the forefront the priorities of Gov. Asa Hutchinson's Healthy Active Arkansas initiative and encourage elected officials and others at the Capitol to lead by example.

"Thank you to everyone who participated in the *CapitolGO!* Healthy Hydration Challenge," said ACHI President and CEO Dr. Joe Thompson. "We hope all of the participants enjoyed the challenge and made lasting changes in their hydration habits, like doing without sugar in their tea or drinking water in place of a sugary soda. Sugar-sweetened beverage reduction will be a priority for Healthy Active Arkansas this year."

This year's challenge followed the success of 2017's *CapitolGO!* steps challenge, in which teams representing the Arkansas House of Representatives, Senate and Governor's Office logged more than 30 million steps. Last year the belt went to the Senate, which logged an average of 6,743 steps per day.

The Arkansas Center for Health Improvement organizes the *CapitolGO!* Challenge with funding from the Blue & You Foundation for a Healthier Arkansas.

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State Auditor Andrea Lea is presented with the Healthy Active Arkansas CapitolGO! Challenge title belt by Craig Wilson, healthy policy director for the Arkansas Center for Health Improvement. The Auditor's Office won the 2018 CapitolGO! Healthy Hydration Challenge, in which constitutional officers and their staff, the House and the Senate competed to achieve healthy hydration goals and reduce consumption of sugar-sweetened beverages, ACHI announced Tuesday.