

Bottled Water: The Real Story

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Bottled water to most people doesn't seem like a threat, in fact, in a survey*, 52 % of people said they weren't aware of the health risks bottled water imposes on you. People should be aware of what they are drinking.

*Survey of 32 people at HTMMA and HTHMA about the trends of their bottled water purchase



The local dump and recycling centers collection of plastic bottles. Taken by Emiliano Villa

The Dangers of Bottled Water to You



Toxic water demonstration. Taken by Kelci Gilley

Bottled water has dangerous chemicals in the plastic that leak in the water, they can do this just by sitting on a store shelf. It can leak out chemicals like [D.E.H.P](#) and B.B.P. BPA stands for bisphenol A it is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles. Diethylhexyl-phthalate (don't try to say that five times fast) or D.E.H.P is a substance that is mainly used as an additive in plastics to make them more flexible. These chemicals can cause learning and behavioral problems, altered or changed immunity functions, and prostate or breast cancer. *71% of the people we surveyed said that they drink bottled water just because it is convenient. These are toxins, toxins that cause diseases, not something you use for "Convenience".

The Dangers of Bottled Water on the Environment

Not only is bottled water bad for you but it is also bad for the environment. We put over 50 BILLION water bottles per year in [landfill](#), and 75% of the bottled water we "recycle" is just shipped over seas and thrown away there. When we throw away trash, especially in coastal areas like San Diego, the plastic trash travels to the water and gets mistaken for food by the native animals. That kills these animals and when we eat it it goes through our system to and it is not good for use either. Also the shipping for it to get to the stores that you buy it from, to get back to your household or your next destination, and then to go from there to the trash or to the dump uses so much energy and fossil fuels. Did you know the U.S.A alone uses over 32-54 million barrels of oil for every 10 bottles of water we waste., You may think that "We have other sources of energy" we do but, the way that they are using the energy release greenhouse gases. Those gases released destroy the atmosphere.



An illustration of how polluted we have made our oceans and what it would look like if we could peel the water level. Taken by Nick Denton

Tap Water vs Bottled Water

A lot of people think that bottled water tastes better than tap water, but for different reasons. Some are because they tasted them both and preferred bottled water, but others prefer it because it says that in the advertisements. People tend to believe all they see on TV, for example [Fiji](#) water. Fiji water said that it's way better and cleaner than tap water because it's not from the US, it's from Fiji! But actually, in a taste test in Cleveland most people preferred tap water than the Fiji water even when they didn't know which was which, they also found out that tap water is as clean as Fiji water, and depending on the place the tap water is, it might be even cleaner!



Picture of Tap water vs Bottled water created by Emiliano Villa

What can we do to stop it?

Bottled water is tempting to buy, but is it safe? We need to educate people so they know these dangers that we are creating. This is the problem, it takes about 1.6 [liters](#) of water to end up with one liter of bottled water. Water is wasted when the bottling happens, we need to tell them that if you keep buying bottled water then you will be contributing to the waste of water and pollution. One answer is for people to start buying reusable water bottles. Using reusable water bottles helps save money (which helps you) and save the environment.



Different Reuseable Bottles around HTMMA.
Taken by Nora McDougall

List of sources we used

[Newsela Opinion: Bottled water hurts the Earth: tap water is cheap and healthy too](#)
[9 Reasons Not to Drink Bottled Water But One Reason Why It's Not so Bad for the Environment](#)
[7 Reasons To Never Drink Bottled Water Again](#)
[The Story of Bottled Water \(2010\) / The Story of Stuff Website](#)
[Bottled Water Facts \(Ban The Bottle\)](#)