Drinking Water
for your personal health and safety

CBEN 409

How much is enough?

- According to the National Academies of Sciences, Engineering, and Medicine, men should have 3.7 liters/day, and women 2.7 liters
  - This value includes all daily water intake, including food and other beverage
- Factors that Effect this Value:
  - Exercise: if you work out more, drink more!
  - Health: at risk of dehydration if you have fever or vomiting
  - Environment: hot and humid weather increases sweating, requires more water
    High altitude increases dehydration, drink more here!
- Alternate Rule: half your weight in ounces
  - 150 lb → 75 ounces → 2.2 liters
Do Americans drink enough water?

- 76% of Americans drink some plain water every day
- More females drink water than men
- Biggest gender gap after 20 years
- Average daily intake of water is 3.9 cups
  - 40% or less than recommended amount

All data from US Department of Agriculture, 2011

What Happens when we don’t drink enough?
Dehydration

- Work Performance
  - Lack of water increases frequency of sickness
  - 1% decrease in amount of water in body results in 12% decrease in productivity
  - Having 0.5 liters less than recommended increases cortisol, a stress hormone

- Safety concern
  - 518,000 hospitalizations primarily due to dehydration
  - 88% of these were urgent or emergencies
  - 2% resulted in death

So...drink water!
Sources

- https://www.cbsnews.com/news/are-americans-drinking-enough-water-every-day/