Health Benefits of Drinking Water

Wellness Concepts
  Nickie Cawood
  KaLeigh Cawood
  Chris Bauhmoer
Our Survey Questions

• We surveyed 15 men and 15 women.
• Do you drink more or less than the recommended daily average amount of water per day?
• How many ounces do you think you drink on an average daily basis?
• If you are not drinking water, what are you drinking?
The Results!

• 10 out of 15 males surveyed said they do not drink the recommended daily amount of water.

• 9 out of 15 females surveyed said they do not drink the recommended daily amount of water.

• The majority of the males and females surveyed said they opt for caffeine and coffee.
Do you drink enough water?

- Do not drink daily amount needed
- drink sodas or caffeinated beverages instead

Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percent of surveyed</th>
</tr>
</thead>
<tbody>
<tr>
<td>males</td>
<td></td>
</tr>
<tr>
<td>females</td>
<td></td>
</tr>
</tbody>
</table>
Facts about drinking water

1. Roughly 70 percent of an adult’s body is made up of water.

2. At birth, water accounts for approximately 80 percent of an infant’s body weight.

3. Water is absolutely essential to the human body’s survival. A person can live for about a month without food, but only about a week without water.
Benefits of Drinking Water

• Drinking water can help prevent heart attack and stroke by helping prevent clogging of arteries.

• Drinking 5 glasses of water daily can decrease the risk of colon cancer by 45%, slashes the risk of breast cancer by 79%, and decreases the risk of bladder cancer by 50%.

• Drinking water can prevent and treat depression, sleep disorders, lack of energy, and attention deficit disorder.
Health Benefits of Drinking Enough Water

- Colon cancer: 50% decrease
- Breast cancer: 90% decrease
- Bladder cancer: 60% decrease

Axis Title: Percent decrease
Fun Facts about Water

- 75% of Americans are chronically dehydrated
- For every ounce of caffeine you drink you need to replace it with an ounce of water to replenish your body.
- Lack of water is the number one trigger for daytime fatigue.
- Water is brain food.
- The average recommended daily amount of water is your body weight divided in half and then converted into ounces.
More Fun Facts....

• Average daily amount per day for a healthy body is 64 ounces.
• Your body needs water to regulate body temperature.
• If you exercise you should drink 8 ounces of water for every twenty minutes you are active.
• When you fly you should drink 8 ounces of water every hour you are on board.
• You should always keep a bottle of water with you at all times, especially for busy days.
Acknowledgements

• Dr. Thomason
• Dianne Phillips, EAST/EMPACTS Facilitator
The End