

# Water First For Thirst

Cleveland Department of Public Health



## Why Water?

### Your Body and Water

Your body's digestion, waste removal/detoxification, lubrication, temperature regulation, weight, joint health, and nutrient absorption all processes that require good hydration to work properly.

### Hydration and Children

Children are at a greater risk of dehydration than adults as they have higher water requirements in relation to their body weight. Increased hydration of children is associated with better academic performance in schools, as well as with improved overall brain and body health.

### Hydration for Recreational and Physical Activities

The Department of Health recommends that adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2 hours and 30 minutes) of moderate intensity activity in bouts of about 10 minutes or more. Increased physical activity means that the body requires more water, so all physical activity centers should ascertain that water is readily available to all.

## Some Facts you may not know



- Americans consume almost 50 gallons of sugary drinks a year – that equals 38 pounds of sugar!
- More than 38% of toddlers (age 21-24 months) consumed sugary sweetened beverages at least one time a day in the U.S.
- Every serving of sugary drinks a child consumes increases his or her chances of becoming overweight or obese by about 60%.
- For adults, consuming 1 or more sugary drinks each day increases the risk of developing type 2 diabetes by about 25%.
- In 2009-2010, about 40% of Ohio's 3rd graders were consuming 2 or more sugary drinks a day.

*(<http://www.columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/Water-First-For-Thirst/>)*



[Click on the water droplet to take our pledge to](#)

[make water your FIRST choice for hydration!](#)