

**WTNS Radio OSU Extension Update for August 16, 2021**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about hydration, and as always, look at some upcoming programs from OSU Extension.

My son is on the cross country team at school. Being a distance runner means that he carefully watches what he eats and drinks. It inspires me at how disciplined he can be with making healthy eating choices. Occasionally I'll ask my children for topic suggestions for this segment. He suggested hydration, and so I ran with it. He has certainly learned that staying hydrated on scorching August days is critical, and it is equally important every other day of the year.

Water has some very important jobs in our bodies. Some examples are flushing toxins out, regulating body temperature, lubricating joints, and supporting proper digestion. It seems strange to think that the human body could be 55-65 percent water. As Americans we don't do a great job of staying hydrated as 75 percent of the population is chronically dehydrated.

When my daughter came back from 4-H camp she shared that they had been taught signs of dehydration. Most kids will think of feeling thirsty as their main symptom, but this is not always the best indication. According to the National Health Service, common signs and symptoms of dehydration are feeling thirsty, dark yellow and strong-smelling pee, feeling dizzy or lightheaded, feeling tired, a dry mouth, lips, and eyes, and peeing little, and fewer than four times daily.

Individuals with specific conditions such as diabetes or taking certain medications such as diuretics are more prone to dehydration. A quick and easy way to assess dehydration is with a simple test of someone's skin turgor, often called the dehydration pinch test. Skin with poor turgor takes time to return to its normal position and indicates dehydration. Dehydration is more common in older adults because they have smaller muscle mass and decreased sensitivity to thirst than younger adults.

I remember learning long ago that everyone should drink eight 8-oz. glasses of water a day. But you would think that a person who weighs 125 pounds and a person who weighs 225 pounds

would need different amounts of water for their bodies. And they do. Each person needs to consume 0.5 to 1 ounce of water per pound of body weight per day to ensure proper hydration.

According to Kristin Bogdonas, Extension nutrition and wellness educator at Illinois University Extension, energy drinks, coffee, tea, and soda contain caffeine and can affect your heart. This can place more strain on your body by heat and should be avoided in hot weather. Alcohol causes dehydration and increases the risk of heat illness.

Bogdonas also says that 1 cup of fruits and vegetables (chopped or sliced) will yield one-half cups of water on average. It will add fiber, vitamins, minerals, and phytochemicals to keep you feeling energized. If you are not a plain water fan, herb and fruit-infused waters may be just the thing to make water more appealing.

Add fruit and herbs to a jar or pitcher, add water, let sit in the fridge for several hours to overnight. Some great combinations include Pineapple Sage-Blackberry, Basil-Strawberry, Mint-Mango, Cilantro-Watermelon, Mint-Cucumber-Lime, and Ginger-Orange.

Start off with some simple goals to increase your water consumption. Start your day with a glass of water. You could set reminders on your phone or calendar to drink water. Know how many ounces your refillable water bottle holds and how many times you need to refill it each day to meet your goal. It is also important to keep water with you all the time so you will be more likely to drink it.

Here are some upcoming programs from OSU Extension: The OSU Extension Home Food Preservation Team is hosting a series of webinars about basic canning topics. These programs are on Tuesday afternoons from 4:00-5:00 PM. Melinda Hill and I will be teaching Canning Tomatoes and Tomato Products tomorrow afternoon, August 17. Future topics include Canning Pie Fillings, Preserving Hot Peppers, and Canning Winter Squash. Please register at our website [coshocton.osu.edu](http://coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!