

FEBRUARY 2022 CCDC SAFETY MESSAGE

MANAGING WINTER DEHYDRATION

Winter hydration is always a challenge as it is not as apparent that we are losing body water. Unlike summer where we lose water through noticeable perspiration, in the winter we lose water through respiratory loss as we breath out and through less desire to drink water as well as evaporation from your skin.

Water makes up about 60% of your total body weight. Studies have indicated your body can lose up to a cup of water per day (8 oz.) through breathing in cold temperatures, breathing while in a low humidity environment or evaporation through your skin. Also, in the winter your body's thirst response can be decreased by up to 40% according to the University of New Hampshire.

The average adult male needs about 13 cups (3 liters) of fluid a day; the average female needs about 9 cups (2.2 liters).

You can get some amount of the water you need from food. Besides drinking an appropriate amount of water, the following chart from the Saif Corporation shows how the water content of different foods that can augment but not supplant drinking of water.

Here is the water content for 8 ounces of the following foods:

Cucumber	7.68 oz.	Lettuce	7.68 oz.	Celery	7.6 oz.
Tomato	7.52 oz.	Watermelon	7.36 oz.	Strawberries	7.36 oz.
Broccoli	7.28 oz.	Peach	7.04 oz.	Carrots	6.96 oz.
Apple	6.72 oz.	Grapes	6.48 oz.	Potatoes	6.32 oz.
Banana	5.92 oz.				

Loss of water in the winter can affect your thinking, organ function, and joint lubrication and function.

THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUICATED (SAFE)