



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

Drinking water is important to overall health and well-being. More than half our body is made up of water, which comes from the liquids we drink and the food we eat. Benefits of water help keep your body at the right temperature, cushion your joints and help remove body waste. Water is important during exercise, when you are in hot and humid weather, and when you are sick with a fever. Not drinking enough water may cause problems, such as difficulty thinking, dehydration, constipation and possible kidney stones.

HYDRATION

### MY WATER CONSUMPTION IS:

Healthy is consuming at least 8 cups (8 ounces) of water a day.

Health Risk is consuming between 5 and 7 cups of water a day.

Unhealthy is consuming less than 5 cups of water per day.

- HEALTHY** – Look on the back side of this card to see how to keep your water consumption in the healthy range.
- HEALTH RISK** – Look on the back of this card to see how to improve your water intake.
- UNHEALTHY** – Hydration is important for body function and prevention of diseases. Look on the back side of this card to see how to improve your water intake.

**CRCH**  
CENTER FOR RURAL &  
COMMUNITY HEALTH

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<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY HYDRATION:** Drink at least 8 cups of water a day. Drink more water if you have a fever, are exercising or are living in a hot/humid environment.

**HEALTH RISK HYDRATION:** Drink about 8 cups of water a day. Drink more water if you have a fever, or are exercising. Make sure you have plenty of water during exercise, when it's hot or humid outside, or when you notice that you are thirsty. Replace soda and other empty calorie drinks with water.

**UNHEALTHY HYDRATION:** Try and incorporate more water intake during the day. Make sure you have plenty of water during exercise, when it's hot or humid outside, or when you notice that you are thirsty. Replacing empty calorie drinks with water will be beneficial. See your doctor on how to improve your hydration.

## Get more information

### ABOUT HEALTHY HYDRATION BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

*Sponsored by the West Virginia Clinical and Translational Science Institute*

