



HEALTH MANAGEMENT DIETETICS

PREVENTING DEHYDRATION

Preventing dehydration is of vital importance in Far North Queensland, where heat and humidity are high. Body water is essential to maintain blood volume, regulate body temperature, ensure correct conductivity of the brain and nervous system and allowing muscles contractions to take place.

Dangers of Dehydration

As dehydration increases, there is a gradual reduction in physical and mental performance. Heart rate is increased along with body temperature. Dehydration results in many signs and symptoms and can ultimately lead to illness and in extreme cases, death.

How much fluid do we need?

In the Far North, fluid needs vary according to weight, activity level, age and periods of time spent outdoors.

- As a general rule, we need 30 - 35mL of fluid per kg of body weight (eg. a 70kg person requires between 2100mL and 2400mL).
- Urine should be clear in colour. If your urine is clear, you are drinking enough water. If your urine is dark, you are not drinking enough water

Signs of Dehydration

Nausea, Fatigue, Headaches, Gastrointestinal problems, dizziness, dry mouth, reduced appetite are all signs of dehydration

Preventing Dehydration

- Educate your team about the importance of drinking adequate fluids
- Educate your team about looking at the colour of their urine to determine hydration status.
- Provide water stops during exercise
- Allow and encourage water bottles to be taken into classrooms and theory sessions.
- Provide cold water as this promotes drinking
- Provide flavoured fluids during exercise, however be careful in providing these unlimited as children and teenagers can become particularly reliant on these and therefore reduce water intake.

Health Management Dietetics

- 4 Scott Street, Cairns, QLD, 4870
- PO Box 315, Westcourt, 4870
- 07 4051 9093
- 0421154784
- dietitian@healthmanagement.com.au