

Community based survey on young adults related to deficiency of normal water intake

S. CHAUHAN, M. BAIDYA*, T. CHAKRABORTY, DEVANG PATEL,
K. PANCHOLI, DHAVAL SHAH and HARDIK PATEL

Department of Pharmachemistry, Krupanidhi College of Pharmacy, Chikkabellandur,
Carmelram Post, Bangalore- 560 035 (India).

(Received: May 25, 2010; Accepted: June 26, 2010)

ABSTRACT

Objective

A survey was conducted on 151 young of age group of 16-20 having both male and female participants about their regular water intake and its related health problem.

Methods

The questionnaire basis survey was conducted by our volunteers in some part of Bangalore attending colleges starting from PUC to bachelor degree over a month starting from 1st Dec 09 to 10th Jan 10.

Results

After screening of all the data collected by our volunteers, it was found that majority of the population consume less water. Whereas sufficient amount of water is taken by only few (22.08 %) of the total population. The young adults also have irregularity of food habits like skipping break fast, lunch or irregularity in timing of lunch that may be early or late. The survey also produce some result related to their health problem like stomach pain, insomnia, pimple, headache, constipation, which may associated with their improper water intake and irregular food habit.

Conclusion

From the above study we can conclude that majority of young adults is not taking sufficient water or not following healthy food habit which may strongly effect their future health. The community pharmacist along with other medical profession should join hands to educate on young generation for a better future.

Key word: Water intake, Young adults, Health problem

INTRODUCTION

Drinking water is very important and essential nutrient for good health¹. Our body is estimated to be about 60-70% of water²⁻¹. Human might be able to survive for weeks without food but without water human would die in a matter of days². The major fluid like blood²⁻³ and organs like muscles, lungs and brain all contain a lot of water. Water is not only required to satisfy our thirst but it also plays an important role to regulate body temperature and to provide the means for nutrients to travel all our organs, not only this but water is also needed to transport oxygen to the cells⁴,

remove wastes and protect our joints and organs. Loss of water from body causes dehydration, symptoms of mild dehydration include chronic pain in joints and muscle, lower back pain, headache and constipation. Having healthy food is not enough to the body needs but adequate amount of water is also required to have energy⁴ and stay strong for other different curricula's. The busy schedule of present scenario, most of the people don't take the required amount of water which results in different health problems⁵.

Objective

The main goal of survey was to find out

the percentage of young generations who are not taking adequate amount of water required by the body and vice versa. The survey not only provide the percentage of youth having or not having the amount of required water but also gives us idea about the several diseases accompanied by not having the water.

MATERIAL AND METHODS

A survey was conducted on 151 young of age group of 16-20 having both male and female participants about their regular water intake and its related effect .The study was done in some part of Bangalore attending colleges starting from PUC to bachelor degree .The survey was made on the basis of questionnaire which was filled by the volunteers them selves. It was done over a month starting from 1st Dec 09 to 10thjan 10.The investigator team was present at the time of survey to answer the different queries of volunteers related to the study.

RESULTS AND DISCUSSION

All the data collected are screened, analyzed and statistically validated. The total no. of volunteers were 151 including both male and female (M-33.33%.F-66.33%).After screening it was found that 47.11 % of the population consume less than 2 liter of water. whereas 30.5 % of population takes 2-3 liter of water whereas sufficient amount of water is taken by only 22.08 % of the total population, Table-1, Figure-1. Apart from inadequate of water intake the young students also have irregularity of food habits like maximum don't have break fast (43.7%)irregularity in timing of lunch i.e early lunch between 12 pm (62.48%) and late lunch i.e after 1.30 pm (33.83%) and population who skip lunch is (3.68%), table-2, Figure-2. The survey also lead us to details of certain kind of diseases which the young adults complain of like stomach pain-29 %, insomnia-11 %, pimple-45 %, headache-57 %, constipation-16 %, Table-3, Figure-3.

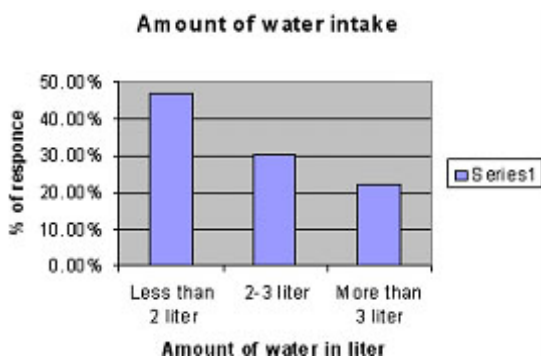


Fig. 1.

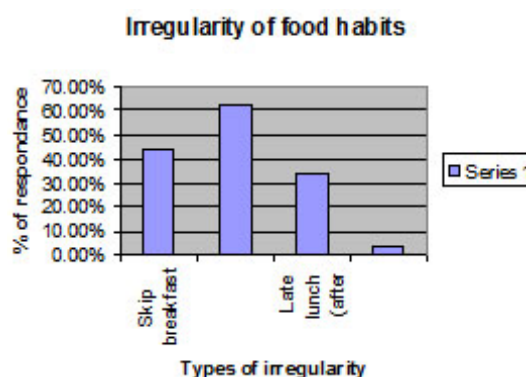


Fig. 2.

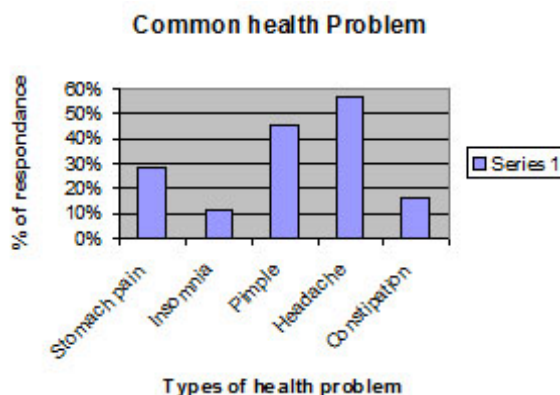


Fig. 3.

Table 1: Amount of water intake by volunteer

Less than 2 liter	2-3 liter	More than 3 liter
47.11 %	30.5 %	22.08 %

Table 2: Irregularity of food habits

Skip breakfast	Early lunch (before 12pm)	Late lunch (after 1.30pm)	skip lunch
43.7 %	62.48 %	33.83 %	3.68 %

Table 3: Common health Problem

Stomach pain	Insomnia	Pimple	Headache	Constipation
29 %	11 %	45 %	57 %	16 %

CONCLUSION

From above study we can conclude that basically due to in adequacy in intake of water and irregularity in basic food habits also affects the health of young generation. The problems faced by the young generation are minor or negligible in initial stage but on prolong practice of this may lead to several conditions like gastritis, kidney stones, joint pain, constipation. The community pharmacist along with other medical profession should join hands to educate on young generation for a better (health

prospects) future. Since the youth will be the back bone of healthy nation.

ACKNOWLEDGEMENTS

We are much thankful to chairman of krupanidhi Institutions Dr. Prof. Suresh Nagpal for giving us the opportunity and boosting us to carry out this project. We also extend our thanks to chairman of oxford dental college and oxford engineering college for providing their students as our volunteers.

REFERENCES

1. Montenegro-Bethancourt G, Vossenaar M, Doak CM, Solomons NW Malnutrition in emergencies: the framing of nutrition concerns in the humanitarian appeals process, 1992 to 2009. *Food Nutr Bull.*, 30(4): 340-50 (2009).
2. Tortora Gerard J, Derrickson Bryan, Principles of Anatomy and Physiology, Edition 11, Johan Willey, New jersey, 1038, 39, 667, 62 (2006)
3. Chatterjee CC, Human physiology , vol.1 , A.K.Chatterjee , Kolkata , 123 (1992)
4. Kant AK, Graubard BI, Atchison EA. Intakes of plain water, moisture in foods and beverages, and total water in the adult US population—nutritional, meal pattern, and

body weight correlates: National Health and Nutrition Examination Surveys 1999-2006. *Am J Clin Nutr.* **90**(3): 655-63. Epub 2009 Jul 29 (2009).

5. Fowler KT, Williams R, Mitchell CO, Levy MC,

Pope LF, Smeltzer MP *et. al* Dietary Water and Sodium Intake of Children and Adolescents With Sickle Cell Anemia *J Pediatr Hematol Oncol.* May 24. [Epub ahead of print] (2010).