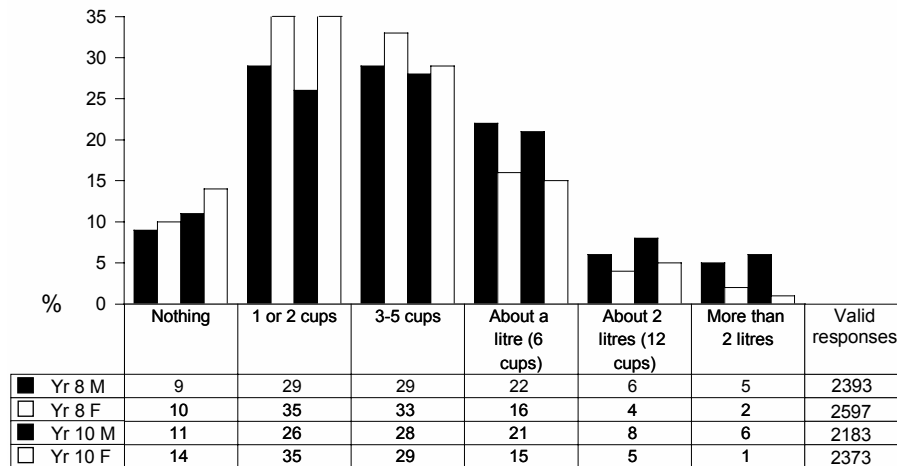


Water

78% of 14-15 year old females report drinking less than 1 litre of water 'yesterday'

How much water did you drink 'yesterday'?

1. Most 12-15 year olds report drinking between 1-5 cups of water 'yesterday'.
2. 78% of 14-15 year old females report drinking less than 1 litre of water 'yesterday'
3. As they get older, more males than females continue to report drinking more than 1 litre of water in one day.



Comments

1. This was a new question in 2006. Pupils were asked, "How much water did you drink yesterday? They are asked only to count plain water, not juice, tea etc. They are given 5 options.
2. Up to 14% claim to have had no plain water to drink.
3. Guidelines suggest that water intake can come from many sources including food, tea, fruit squashes etc., but organisations we work with are particularly interested in water.
4. Assuming 'yesterday' was a normal day should we be concerned that 78% of 14-15 year old females report drinking less than one litre of water in a day? It is advised that the amount of fluid from drinks only should be around 1.3 - 1.7 litres for the 9-13 year olds per day. (For details visit: <http://www.naturalhydrationcouncil.org.uk/hydration-facts/hydration-and-water-facts-for-kids-2/>)

