

HEALTH SOLUTIONS

A monthly newsletter to give you the solutions to living a healthier life!

META-ANALYSIS FINDS ONE IN FOUR OLDER ADULTS ARE DEHYDRATED

If you are 65 or older, you may not be getting enough to drink. An analysis of 61 studies including a total of over 22,000 participants aged 65 and older found that 24 percent were not drinking enough and were dehydrated.

Hydration levels were determined using the most reliable test—directly-measured osmolality—which tests the concentration of the blood.

Nineteen percent of community-dwelling participants were clinically dehydrated, but those living in long-term care facilities and with more pre-existing illnesses were more likely to be dehydrated (34 percent and 37 percent, respectively).

Low fluid intake, resulting in a state referred to as low-intake dehydration, in older adults is associated with higher risk for illness, hospitalization, and death—and it is entirely preventable. In contrast to younger individuals, older adults are less likely to feel thirst in response to their body's hydration state. Other factors, such as kidney function and physical and cognitive limitations, may also play a role.

Make sure you actively think about drinking throughout the day starting in your 60's, if not before. Pay particular attention to your fluid intake when spending time in hot environments, whether that be during a hot sunny day or an overheated room. Good hydration choices include water, seltzer, unsweetened tea and coffee, and juicy fruits and vegetables.

