BACKGROUND

Lack of water or inadequate fluid intake, known as dehydration, can lead to low blood pressure, clotting of blood, kidney malfunction, and severe constipation. Despite these physiological safeguards, it is believed that many people still do not drink enough fluids. Fluid are liquid which have been prepared for human consumption (e.g., water, milk and dairy based beverages, juices, soft drinks, coffee, tea alcoholic beverages, etc.).

OBJECTIVE

This study was conducted to estimate water and other fluid intake of the Filipino population across age group.

MATERIALS AND METHODS

Data from the Dietary Survey Component of the 8th National Nutrition Survey (NNS) conducted by the Department of Science and Technology’s, Food and Nutrition Research Institute (DOST-FNRI) was analyzed. A two (2) non-consecutive days 24-hour food recall was used to estimate the fluid intake. Data was processed and analyzed using the Stata 12.

RESULTS AND FINDINGS

Results showed that the average total fluid intake of Filipinos was 1691 mL/day. Drinking water contributed the highest percentage of fluid consumption (65.3%) followed by water from food (9.1%) and coffee and tea (7.8%). Among the population groups, adults consumed the most amount of fluid at 1976 mL/day. Children 6 months to 5 years old had highest percentage of meeting water intake adequacy (38.6%) and the lowest was noted among lactating mothers (6.7%). The mean energy intake of Filipinos from fluids was only 139.3 kcal per day wherein almost one third was contributed by the intake of soft drinks (32.7%) followed by coffee and tea (20.5%) and milk and dairy based Beverages (21.0%)

CONCLUSION AND RECOMMENDATION

Water intake adequacy was low among Filipinos. There is a need to increase the intake of fluids of every individual across population following the recommendations per age or population group. Studies on the positive and negative effect of fluid intake particularly on sugar sweeten beverages should be considered as well as its relation to rising nutrition problem on obesity.