



## Hydration Is Healing: The Power of Water for Body & Brain

Water is essential for nearly every function in the body. It supports circulation, regulates body temperature, aids digestion, protects joints and helps the brain stay focused and alert. Even mild dehydration can affect energy, mood, memory and overall physical performance. Staying hydrated throughout the day helps the body function efficiently and supports both physical and mental wellness.

### Hydration Gaps and Health Equity

Research shows that nearly one in three adults in the United States is not adequately hydrated. Black and Hispanic adults are more likely to experience inadequate hydration compared to white adults. Lower water intake is often linked to concerns about tap water safety, limited access and a higher reliance on bottled or sugary beverages.

Income also plays a role as lower-income households may face barriers related to cost infrastructure and availability of healthy beverage options. These challenges can reduce overall fluid intake and increase dependence on less healthy drinks. Addressing hydration requires both individual awareness and community solutions that improve trust, access and education.

### Why It Matters

Even mild dehydration can cause fatigue headaches, reduced focus and lower physical endurance. Over time replacing water with sugary drinks increases the risk of chronic conditions.

Communities with limited access to safe, affordable drinking water face a higher risk of these health challenges. Improving hydration, habits and access to clean water supports better energy, brain function and long-term health.

### What You Can Do

- Carry a reusable water bottle and drink throughout the day.
- Choose water instead of sugary beverages whenever possible.
- Add fruit herbs or lemon to make water more appealing.
- Encourage children and older adults to stay hydrated.
- Check local reports or programs that provide water filters or assistance if needed.



<https://pmc.ncbi.nlm.nih.gov/>



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