

Water and Beverage Consumption among Children and Adolescents in Tehran Metropolitan City of Iran

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Abstract : Introduction: Adequate hydration is necessary for proper physical and mental function. The aim of this study is to determine the consumption of water and all other beverages in children (8-13 years) and adolescents (14-17 years) in Tehran metropolitan city of Iran. Materials and Methods: In this cross-sectional study, 455 children (8-13 years) and 334 adolescents (14-17 years) were retrieved from north, center, and south of Tehran (18 schools). Instrument for data collection consisted of a "demographic and general health" questionnaire and a "7-day fluid record". Data analyses were performed with SPSS 16 software. Results: The mean total consumption of fluids in school children was 1302 \pm 500.6 ml/day. The highest mean intakes were observed for water (666 \pm 398 ml/day), followed by milk (239 \pm 183 ml/day), regular soft beverages (RSB) (188 \pm 148 ml/day), and juices (60 \pm 74 ml/day). Water, hot drinks (mainly tea) and soft drinks intake was significantly more in boys than girls. A significantly lower intake of milk and a higher intake of RSB and hot beverages (mainly tea) have been seen among adolescents compared to children. Conclusion: The most important finding is that mean fluid intake of children and adolescents does not meet international adequate intake references for water and fluids. This finding may suggest the necessity of development of the local references. To improve fluid intake habits of children and adolescents, relevant policy making and actions are warranted.

Keywords : adolescents, beverages, children, water

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