1	State of Arkansas	As Engrossed: H3/26/07	
2	86th General Assembly		
3	Regular Session, 2007	HR 10	28
4			
5	By: Representative Ha	Tis	
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7			
8		HOUSE RESOLUTION	
9	A F	ESOLUTION CONCERNING ARKANSAS HYDRATION DAY.	
10			
11		Subtitle	
12		A RESOLUTION CONCERNING ARKANSAS	
13		HYDRATION DAY.	
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15			
16	WHEREAS, heat illness is one hundred percent (100%) preventable if proper		
17	prevention is tak	en; and	
18			
19		e statistical average of six hundred eighty-eight (688)	
20	deaths per year c	an be drastically reduced with increased education on prope	r
21	hydration, heat i	llness prevention, and emergency procedures; and	
22			
23	•	oper hydration affects the whole body, because:	
24		Seventy-five percent (75%) of the body is made up of water;	
25		Eighty percent (80%) of the brain is made up of water;	
26		Seventy-five percent (75%) of the muscles are made up of	
27	water;		
28		Ninety-two percent (92%) of the blood is made up of water;	
29		Water helps convert food into energy;	
30		Water regulates body temperature;	
31		One percent (1%) dehydration results in thirst;	
32		By the time a person begins to feel thirst, the body has	
33	•	d with a ten percent (10%) decrease in mental performance;	
34		Two percent (2%) dehydration reduces the ability to work;	
35	(10)	Four percent (4%) dehydration results in lethargy, apathy,	
36	and mental sympto	uo ;	



1	(11) Dehydration exacerbates headaches creating trouble with		
2	concentration, irritability, and causes an increase in headaches;		
3	(12) Long-term effects of being dehydrated include kidney and		
4	urinary tract infections, constipation, continence problems, and kidney		
5	stones; and		
6			
7	WHEREAS, a recent study in the spring of 2006 by the Gatorade Sports		
8	Science Institute discovered that seventy percent (70%) of all children goi		
9	to after-school practices or games are already dehydrated before they begin		
10	their practices or game ; and		
11			
12	WHEREAS, the Kendrick Fincher Memorial Foundation, established in 1996		
13	after Kendrick Fincher died from heat stroke promotes proper hydration and		
14	prevent heat illness through education and supporting activities, including		
15	the "Cool Kids Stay Hydrated" program in elementary schools providing		
16	educational hydration information and a free squeeze bottle to use throughout		
17	the school day; and		
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19	WHEREAS, the designation of an Arkansas Hydration Day will act as a		
20	springboard to educate school age children and the public about the		
21	importance of proper hydration.		
22			
23	NOW THEREFORE,		
24	BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-SIXTH GENERAL		
25	ASSEMBLY:		
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27	THAT the House Of Representatives of the Eighty-Sixth General Assembly		
28	recognizes the last Friday in April of each year as "Arkansas Hydration Day".		
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30	/s/ Harris		
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