

1 State of Arkansas
2 86th General Assembly
3 Regular Session, 2007

As Engrossed: H3/26/07

HR 1028

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5 By: Representative Harris
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8 HOUSE RESOLUTION

9 A RESOLUTION CONCERNING ARKANSAS HYDRATION DAY.

10 Subtitle

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16 *WHEREAS, heat illness is one hundred percent (100%) preventable if proper*
17 *prevention is taken; and*

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19 *WHEREAS, the statistical average of six hundred eighty-eight (688)*
20 *deaths per year can be drastically reduced with increased education on proper*
21 *hydration, heat illness prevention, and emergency procedures; and*
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23 *WHEREAS, proper hydration affects the whole body, because:*

- 24 *(1) Seventy-five percent (75%) of the body is made up of water;*
- 25 *(2) Eighty percent (80%) of the brain is made up of water;*
- 26 *(3) Seventy-five percent (75%) of the muscles are made up of*
27 *water;*
- 28 *(4) Ninety-two percent (92%) of the blood is made up of water;*
- 29 *(5) Water helps convert food into energy;*
- 30 *(6) Water regulates body temperature;*
- 31 *(7) One percent (1%) dehydration results in thirst;*
- 32 *(8) By the time a person begins to feel thirst, the body has*
33 *already confronted with a ten percent (10%) decrease in mental performance;*
- 34 *(9) Two percent (2%) dehydration reduces the ability to work;*
- 35 *(10) Four percent (4%) dehydration results in lethargy, apathy,*
36 *and mental symptoms;*



