

# Dehydration Problem Statement

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Problem Statement: Our users are not properly hydrated, which can lead to serious complications including heatstroke, heat injuries, or fatigue. Our solution should provide a way of keeping these individuals hydrated.

Who is experiencing the problem?

75% of Americans are considered chronically dehydrated.

What is the problem?

Americans do not drink enough water to keep them hydrated, and they drink too many diuretics such as coffees or sodas, which dehydrate them.

Where does the problem present itself?

The user does not realize that they are dehydrating themselves by consuming diuretics like coffee or sodas but are not rehydrating themselves by drinking enough water. It presents itself in eventual negative health effects, such as fatigue.

Why does it matter?

Dehydration can lead to more serious health complications including heat stroke or heat injuries.