



More than half of adults get drinking water from the tap

For our bodies to function properly, we must consume enough water.¹ Though most water needs are met through drinking water and other drinks, foods such as lettuce, tomatoes, oranges, melons and many others are more than 85% water.²

Because water comes from many sources, the Centers for Disease Control and Prevention (CDC) does not have a set recommendation for the amount of water to drink each day. However, the CDC recommends that people trying to maintain a healthy weight gauge their drinking habits and regularly drink water in place of higher-calorie drinks.³

The **Kentucky Health Issues Poll (KHIP)** asked questions about drinking water.

¹To learn more about meeting your daily fluid needs, visit www.cdc.gov/nutrition/everyone/basics/water.html

²Water content information from <http://ndb.nal.usda.gov/>

³To learn more about the benefits of switching to water or other low-calorie drinks, visit www.cdc.gov/nccdphp/dnppa/nutrition/pdf/re-think_your_drink.pdf

"How many cups of water do you drink each day?"



Nearly 1 in 10 adults report not drinking water daily

Nearly 1 in 10 Kentucky adults (8%) report drinking no cups of water when asked, "On average, about how many cups⁴ of water do you drink each day?" About 3 in 10 residents (32%) report drinking 1 to 3 cups each day, and 3 in 10 (35%) report drinking 4 to 7 cups each day. The remaining 2 in 10 residents (24%) drink 8 or more cups per day.

⁴ Eight ounces of water equals one cup.

⁵ KHIP asks, "When you drink water, what type of water do you drink most often? Please think about the water that you drink in a typical day, whether this is at home, at work or anywhere else. Would you say you MOST often drink tap water, bottled water, water from a well or water from somewhere else?"

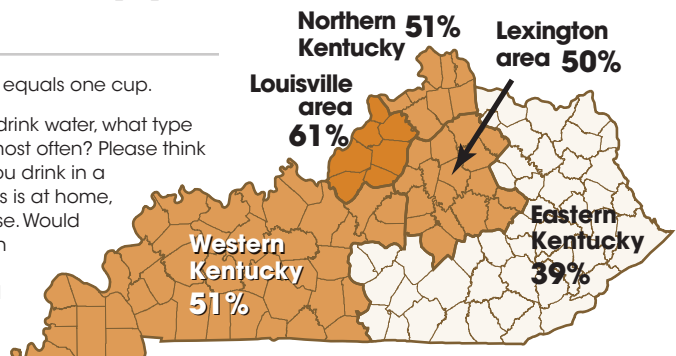
Half report tap as usual water source

About 5 in 10 adults (52%) say they drink tap water most often,⁵ and 4 in 10 (39%) say they drink bottled water most often. Only 4% of adults report getting drinking water mainly from a well.

However, there are regional differences. Louisville area

Continued on back

Percentage of Kentucky adults who most often drink tap water by region



These findings unless otherwise noted are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and Interact for Health. The Kentucky Health Issues Poll was conducted Oct. 25-Nov. 26, 2013, by the Institute for Policy Research at the University of Cincinnati.

A random sample of 1,551 adults from throughout Kentucky was interviewed by telephone. This included 951 landline interviews and 600 cell phone interviews with cell phone users. In 95 of 100 cases, the statewide estimates will be accurate to $\pm 2.5\%$. There are other sources of variation inherent in public opinion studies, such as non-response, question wording, or context effects that can introduce error or bias. For more information about the Kentucky Health Issues Poll, please visit www.healthy-ky.org or www.interactforhealth.org/kentucky-health-issues-poll.

residents (61%) are more likely to report drinking tap water than residents of other areas of Kentucky. Eastern Kentucky residents are least likely to report the tap as their primary source of drinking water (39%) and the most likely to drink bottled water (50%) or water from a well (10%).

More than 4 in 10 who don't drink tap water cite taste

When Kentucky adults who do not regularly drink tap water are asked why,⁶ 4 in 10 (43%) give bad taste as the reason. Other reasons given for not drinking tap water include feeling it is unsafe (13%), having easy access to bottled water (13%) and chemicals in the water (11%).

⁶ KHIP asks, "What is the most important reason you do not drink tap water more often?"