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.

\(^1\) To learn more about meeting your daily fluid needs, visit [www.cdc.gov/nutrition/everyone/basics/water.html](http://www.cdc.gov/nutrition/everyone/basics/water.html)


\(^3\) To learn more about the benefits of switching to water or other low-calorie drinks, visit [www.cdc.gov/nccdphp/dnpa/nutrition/pdf/ rethink_your_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)
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, 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%).

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