Importance of Water Consumption in College Athletes
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Abstract
After surveying the baseball players, we identified the most important nutritional problem as a lack of knowledge of the importance of hydration. We also wanted to encourage them to drink more water. We gave them a handout about the effects of hydration on the body and how much water your body really needs. Based off of the survey submission results, the most common theme was that they didn't realize how much water they actually needed, and how important water is for athletic performance. As a rule of thumb, we told them that they should drink half of their body weight in pounds in ounces of water. Our goals were: recovery, cognitive function, and endurance. The most common answers recognized at least three body functions that were affected by hydration. The most common answers were: recovery, cognitive function, and endurance. Our other goal is that at least 25% of the team increased their water consumption. We would have to check back with them to see if they actually did that. That would definitely be one thing we could be improved in our intervention is making sure our objectives didn't require input aside from the survey submissions during the intervention.

Context
• Lack of time before and after practice lowered water consumption.
• Members of the team preferred a more flavorful beverage as opposed to water.

Research Purpose
The purpose of this intervention is for the NDSU Club Baseball Team to leave the intervention informed on the importance of hydration and its relation to athletic performance, and to increase overall water consumption.

Participants:
• Members of the NDSU Club Baseball Team, Fargo, ND
• 21 year-old males
• Live off campus
• College employment (11.25 hours/week)

Measures:
• Assessment survey
• Post-intervention participant evaluation

Nutrition Problem and Causes:
Lack of knowledge of the importance of hydration to improve athletic performance.
• Lack of awareness of the importance of water consumption.
• Lack of time to drink water throughout the day.
• Preference of less flavorful beverages.

Outcome Objectives
1. After the intervention, 50% of the club baseball team will be able to identify 3 reasons why they should be hydrated by the end of the intervention (better athletic performance, improved cognitive function, improved faster recovery).
2. After the intervention, 25% of the club baseball team will be able to identify 3 ways to increase water consumption to at least 100 fl oz (by carrying a water bottle, drinking a glass of water in the morning, focusing on consuming extra water within two hours of games/practices).

Community Intervention
• Gave a short presentation of survey findings
• Explained the importance of hydration supported by research studies.
• Explained strategies to increase water consumption and ways to stay hydrated.
• Presented examples of water bottles with measurements to assist in adequate water consumption.
• Summarized key points and participants completed a Post-Intervention Survey.

Conclusions
• NDSU Club Baseball members gained knowledge about hydration.
• Members expressed willingness to increase water consumption.
• Members were surprised by the importance of hydration and recommended intake.

Implications
• Lack of time and knowledge of the importance of hydration results in inadequate consumption of water by student athletes.
• Education about the recommended amount of water intake needed can be beneficial to the athletes performance.
• More acute research could be done on hydration of baseball players.