

Medical Director's Office
Level 1, 25 North Tce
Hackney SA 5069
GPO Box 9993
Adelaide SA 5001

www.kidney.org.au
tim.mathew@kidney.org.au

Telephone 08 8334 7509
Facsimile 08 8334 7540



Kidney Health Australia position on water drinking

The desirable amount of water to drink each day has been promoted to the public in recent years to be 8 glasses each of 8oz (=240ml) each 24-hour period. This view has been publicised by water authorities and bottled water manufacturers with endorsement of this view by Kidney Health Australia.

A critical review of the evidence supporting this position was conducted by KHA in 2003. A distinct lack of evidence supporting the 8 X 8 glasses of water each day policy was found to exist in the published literature.

As a result of this review KHA Board of Directors adopted the following position in regard to water intake:

- There is a lack of evidence that drinking water in excess of thirst is beneficial for the health of Australians living in temperate regions and not exercising strenuously
- To satisfy thirst, water is the recommended fluid. Drinks containing sugar or caffeine or alcohol all may cause or worsen health related problems and should be avoided except in modest quantities.
- The daily fluid intake needs are increased in
 - All residents in tropical or hot climates
 - Individuals practising strenuous exercise
 - Certain medical conditions characterised by excess obligatory fluid loss
 - Certain medical conditions requiring an increased urine flow
- The daily fluid intake needs are decreased in most patients with
 - End stage kidney failure
 - Certain cardiac and respiratory conditions
- From the kidney viewpoint all fluids including those containing caffeine and alcohol should count towards the daily fluid total

June 2008
Timothy Mathew
Medical Director
Kidney Health Australia