


“Morning and afternoon WUT hydration status assessments as an indication of overall hydration status”

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ENDOWMENT

PROJECT SUMMARY

This project aims to evaluate the efficacy of the proposed hydration assessment scale that uses weight, urine color, and perceived thirst (WUT) to assess individual hydration status. We will compare first-morning and afternoon assessments using self-assessed WUT to hydration status determined through 24-hour urine analysis (specific gravity and osmolality). This will determine the efficacy of afternoon WUT assessment with the currently accepted first-morning samples in free-living individuals, and assess the reliability and validity of the WUT system as a whole. Our study will include a more thorough analysis compared with the limited available data on the WUT hydration system.

IMPACT ON THE ATHLETIC TRAINING PROFESSION

This study will identify the validity and reliability of a possible tool that athletic trainers could employ to help their patients self-assess and monitor their hydration status prior to activities. If validity and reliability are demonstrated, the WUT hydration system is supported as an evidence-based self-assessment tool for individuals.



PRINCIPAL INVESTIGATOR:

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Kimberly Henze is a first-year Master of Athletic Training student at the University of Arkansas. Originally from Coppell Texas, she completed her undergraduate studies at the University of Arkansas Majoring in Biology with a minor in Medical Humanities. Upon graduation, she hopes to work at a secondary school or with a collegiate football team.