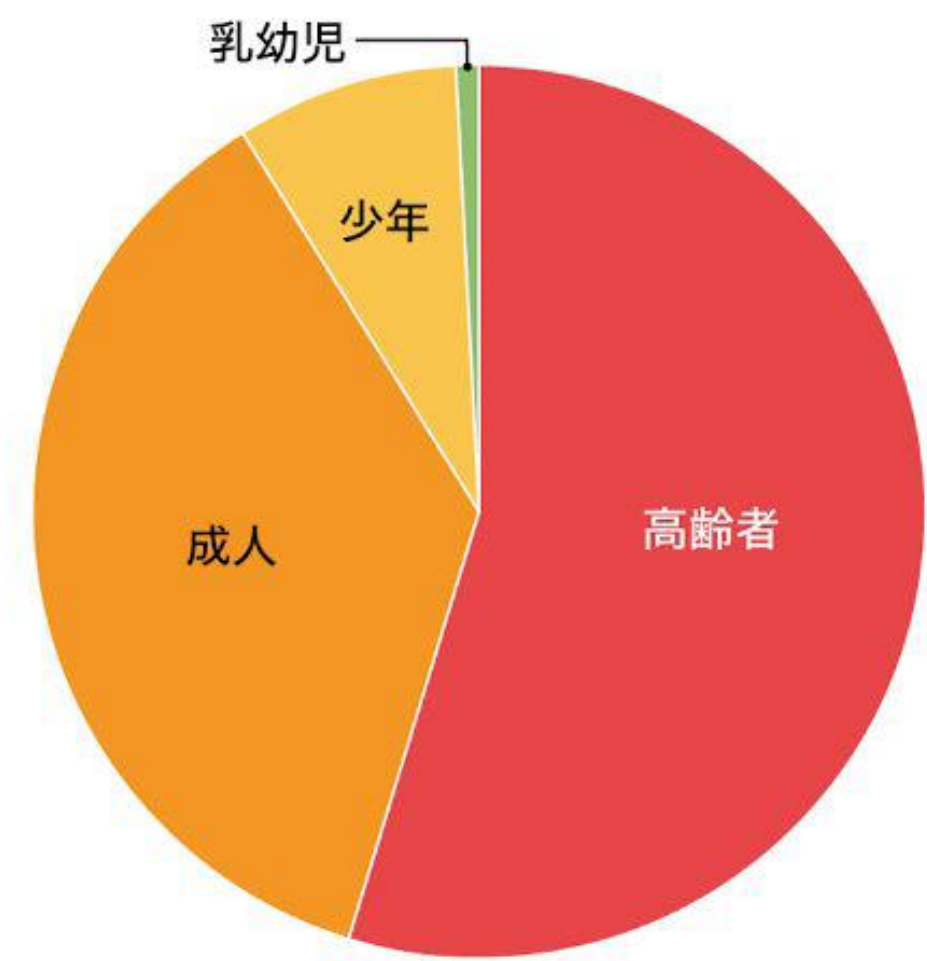


How to Encourage the Elderly to “Hydrate” to Prevent Heat Stroke.

 Sanjo High school, Niigata

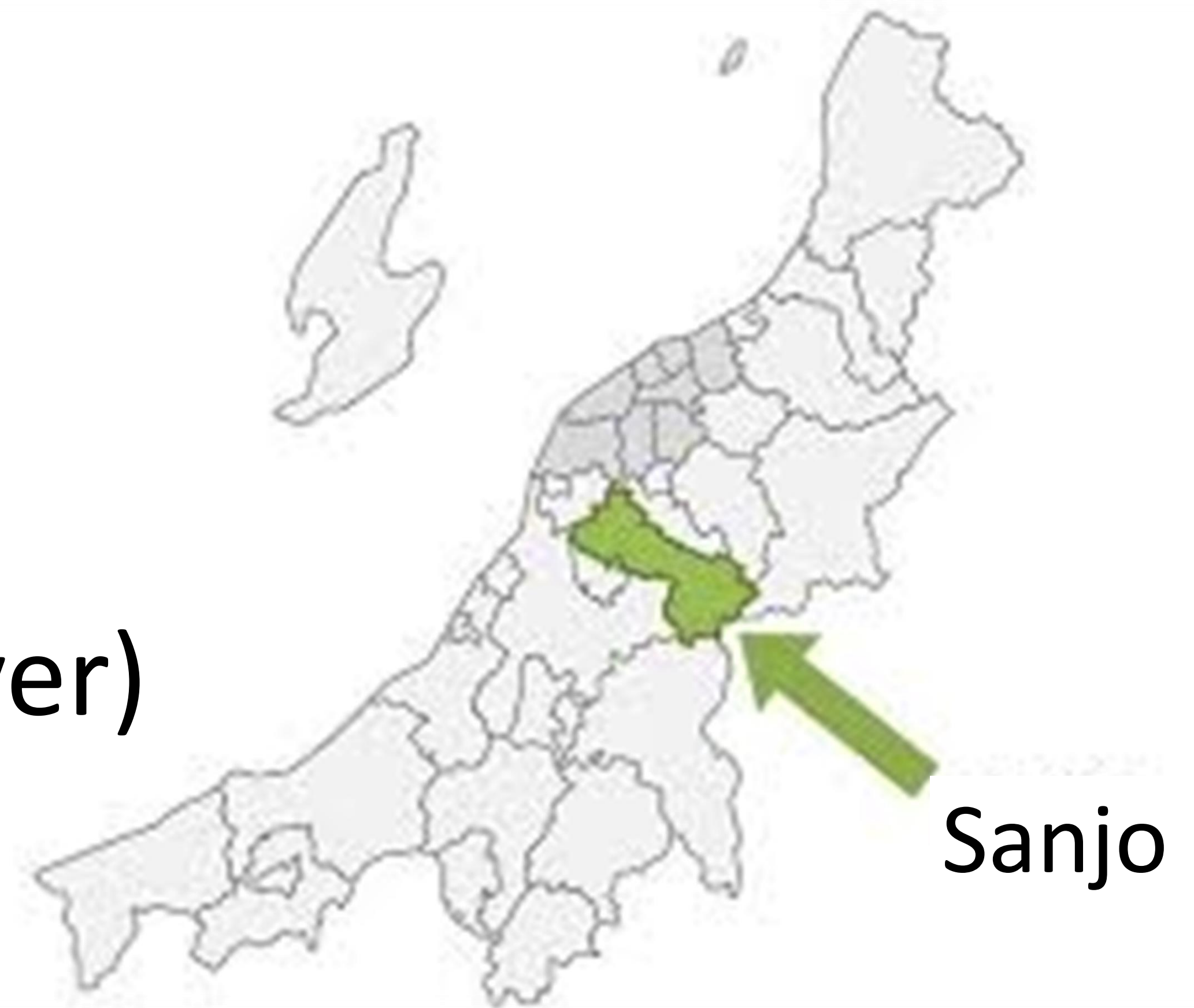
Background

熱中症による救急搬送の年齢別割合 (2022年8月)



Extreme heat in Sanjo

- **118 cases** in 2023
- **60 %** are **elderly people** (aged 65 and over)



Why Elderly People?

- Hard to feel the heat
- Hard to feel thirsty
- Dislike the taste of water
- Drinking water makes them want to go to the toilet

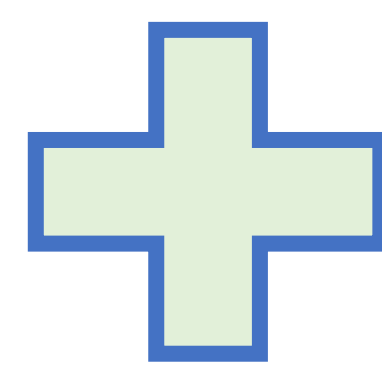
It is hard to encourage elderly people to drink water and hydrate properly.

Hypothesis

If elderly people have **dry and crumbly food** as a snack, they will drink more water, and it will **increase the opportunity for hydration for elderly people**

Interview

Those foods pose a risk of choking for elderly people



Additional Information

- Give them a **choice** of beverage and cups
- To make an **environment** in which
 - they can drink any time
 - drinks can be served immediately
- Understanding
 - **Family** should understand that the proper amount of water does not have negative effects

Conclusion

① Choice and Environment

Set the “Refill Drinks Section” with elderly peoples’ favorite cups and beverages

② Family

Encourage them to stay hydrated: the proper amount of water will not lead frequent urination

For better support in the future

A reminding system is needed which reminds them to hydrate. (Ex. Beeps will stop when they lift up their cups to hydrate.)