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Water, contextual overview and brainstorm.

We are made of water. The human body is 70% water on average because water is a necessity in just about every bodily function. We use a combination of water and electrolytes to form the neurochemical pathways our brain uses to communicate with organs, water is also integral in the regulation of our temperature (sweating) and the medium through which digestion takes place, the list goes on and on. The human body is very sensitive to changes in hydration; at 2% dehydration we experience dry mouth and light-headedness. At 5% dehydration we suffer intense headache and nausea and at 10 % our eyes roll back into their sockets, muscles cramp, urination becomes painful (dark brown), blood pressure drops and after approximately 3 days of dehydration the human body gives up and dies. While most civilized countries have established access to plentiful safe drinking water, a large swath of undeveloped nations have not. Of these countries, most are located in Africa, with Somalia (70% of population without access to safe drinking water), Ethiopia (62%), Niger (52%), Sierra Leone (51%) and others, all making appearances in the top 10 list of countries without access to safe water. The perils these people face include dehydration, intestinal infection, diarrhea, and Lymphatic Filariasis all attributed to preventable causes such as water borne pathogens, mosquito infestation in stagnant water sources, and a general scarcity of water. Luckily, there are solutions that have been effective such as the life straw. In the future more investments will be made in water security (ex Grand Ethiopian Renaissance Dam’s reservoir) because water is indispensible in everyone’s life.

General outline of paper:

* Contextual overview
  + Need for water
  + Who needs it
  + Problems associated due to lack of water
* What causes a water crisis?
  + Globally
  + Ethiopia
  + (country similar to Ethiopia)
  + Compare Ethiopia to U.S.
* Effects of the water crisis
* Partners and NGO’s taking action against water crisis
* Individual story
* Solutions to water crisis