

# Dehydration Problem Statement

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Problem Statement: Our users are not properly hydrated, which can lead to serious complications including heatstroke or heat injuries. Our solution should provide a way of keeping these individuals hydrated.

Who is experiencing the problem?

75% of Americans are considered chronically dehydrated.

What is the problem?

Americans do not drink enough antidiuretics to keep them hydrated.

Where does the problem present itself?

This is a problem that presents itself by hiding itself. The user does not realize that they are dehydrating themselves by consuming diuretics like coffee or sodas but are not rehydrating themselves by drinking water.

Why does it matter?

Dehydration can lead to more serious health complications including heat stroke or heat injuries.