Create Database Tables

```sql
CREATE TABLE WaterSource (
    WaterID INT PRIMARY KEY,
    SourceType VARCHAR(50),
    Capacity DECIMAL(10, 2)
);

CREATE TABLE Region (
    RegionID INT PRIMARY KEY,
    RegionName VARCHAR(100),
    Population INT
);

CREATE TABLE Distribution (
    DistributionID INT PRIMARY KEY,
    RegionID INT,
    WaterID INT,
    DistributionQuantity DECIMAL(10, 2),
    FOREIGN KEY (RegionID) REFERENCES Region(RegionID),
    FOREIGN KEY (WaterID) REFERENCES WaterSource(WaterID)
);

CREATE TABLE Usage (
    UsageID INT PRIMARY KEY,
    RegionID INT,
    WaterID INT,
    UsageQuantity DECIMAL(10, 2),
    TimePeriod DATE,
    FOREIGN KEY (RegionID) REFERENCES Region(RegionID),
    FOREIGN KEY (WaterID) REFERENCES WaterSource(WaterID)
);
```

Data Retrieval: Retrieve data related to water usage and distribution:

```sql
SELECT RegionName, SUM(DistributionQuantity) AS TotalDistributed
```

```
FROM Distribution
JOIN Region ON Distribution.RegionID = Region.RegionID
GROUP BY RegionName;
```

Data Analysis: Analyze data to uncover insights: (identifying regions with high water usage):

```
SELECT RegionName, SUM(UsageQuantity) AS TotalUsage
FROM water_usage
JOIN Region ON water_usage.RegionID = Region.RegionID
GROUP BY RegionName
ORDER BY TotalUsage DESC;
```