

Data Brief 242: Daily Water Intake Among U.S. Men and Women, 2009–2012

Data table for Figure 1. Mean total water intake per day among adults aged 20 and over, by sex and age group: United States, 2009–2012

Age group	Men		Women	
	Mean (liters)	Standard error	Mean (liters)	Standard error
Total	3.46	0.06	2.75	0.03
20–39	¹ 3.61	0.06	¹ 2.78	0.05
40–59	¹ 3.63	0.11	^{1,2} 2.90	0.04
60 and over	2.92	0.06	2.51	0.05

¹Significantly different from those aged 60 and over, $p < 0.01$.

²Significantly different from those aged 20–39, $p < 0.05$.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2012.

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Data table for Figure 2. Mean total water intake per day among adults aged 20 and over, by sex and race and Hispanic origin: United States, 2009–2012

Race and Hispanic origin	Men		Women	
	Mean (liters)	Standard error	Mean (liters)	Standard error
Non-Hispanic white	¹ 3.60	0.07	¹ 2.85	0.04
Non-Hispanic black	² 2.92	0.07	² 2.41	0.05
Hispanic	3.33	0.10	2.58	0.05
Other	3.15	0.10	2.78	0.09

¹Significantly different than non-Hispanic black, $p < 0.05$.

²Significantly different than Hispanic, $p < 0.05$.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2012.

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Data table for Figure 3. Mean total water intake per day among adults aged 20 and over, by sex and physical activity level: United States, 2009–2012

Activity level	Men		Women	
	Mean (liters)	Standard error	Mean (liters)	Standard error
Low	3.15	0.09	2.55	0.04
Moderate	3.36	0.14	2.73	0.08
High	3.63	0.05	2.98	0.05

¹Linear trend by physical activity status, $p < 0.01$.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2012.

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Data table for Figure 4. Plain water as percentage of total water intake among adults aged 20 and over, by sex: United States, 2009–2012

Sex	Plain water		Other dietary water	
	Percent	Standard error	Percent	Standard error
Men	¹ 29.7	0.74	70.3	0.74
Women	34.1	0.58	65.9	0.58

¹Significantly different from women, $p < 0.01$.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2012.