

## WATER AND SALT CONSUMPTION - BENEFITS AND RISKS

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### Abstract

Consumption of water and salts are vital processes associated with maintaining homeostasis in the body. Both water and salts have several benefits for the body if taken in moderation. Excessive use is connected with many health risks. The present study aims to examine the frequency of water and salt consumption and the factors that determine this choice.

A survey was conducted among 550 (324 women and 226 men), aged from 18 to 65 years, living in the district of Stara Zagora, the Republic of Bulgaria. The participants were not selected according to any proportions of the population in the country and represent a random sample. The answers to the survey are coded and applied in the processing as codes or as ordinal and nominal values. The statistical data processing was performed based on descriptive and inferential statistics.

The analysis of the data shows that the majority of respondents - 46%, consume less than one liter of water per day, and carbonated water is among the least preferred types of beverages. It is consumed every day by 11.49% of the respondents. There is approximately equal distribution of people who do not use extra salt (36.52%) in their daily routine, 32.02% of them sometimes use extra salt, and those who prefer a saltier taste are 31.46%.

More in-depth studies are needed on the frequency of water and salt consumption and its determinants, as it is directly linked to human health. In this way, it can contribute to maximizing the benefits of these important substances for the body and to suppressing health risks.

**Key words:** Consumption, Salt, Water, Benefit, Risk.