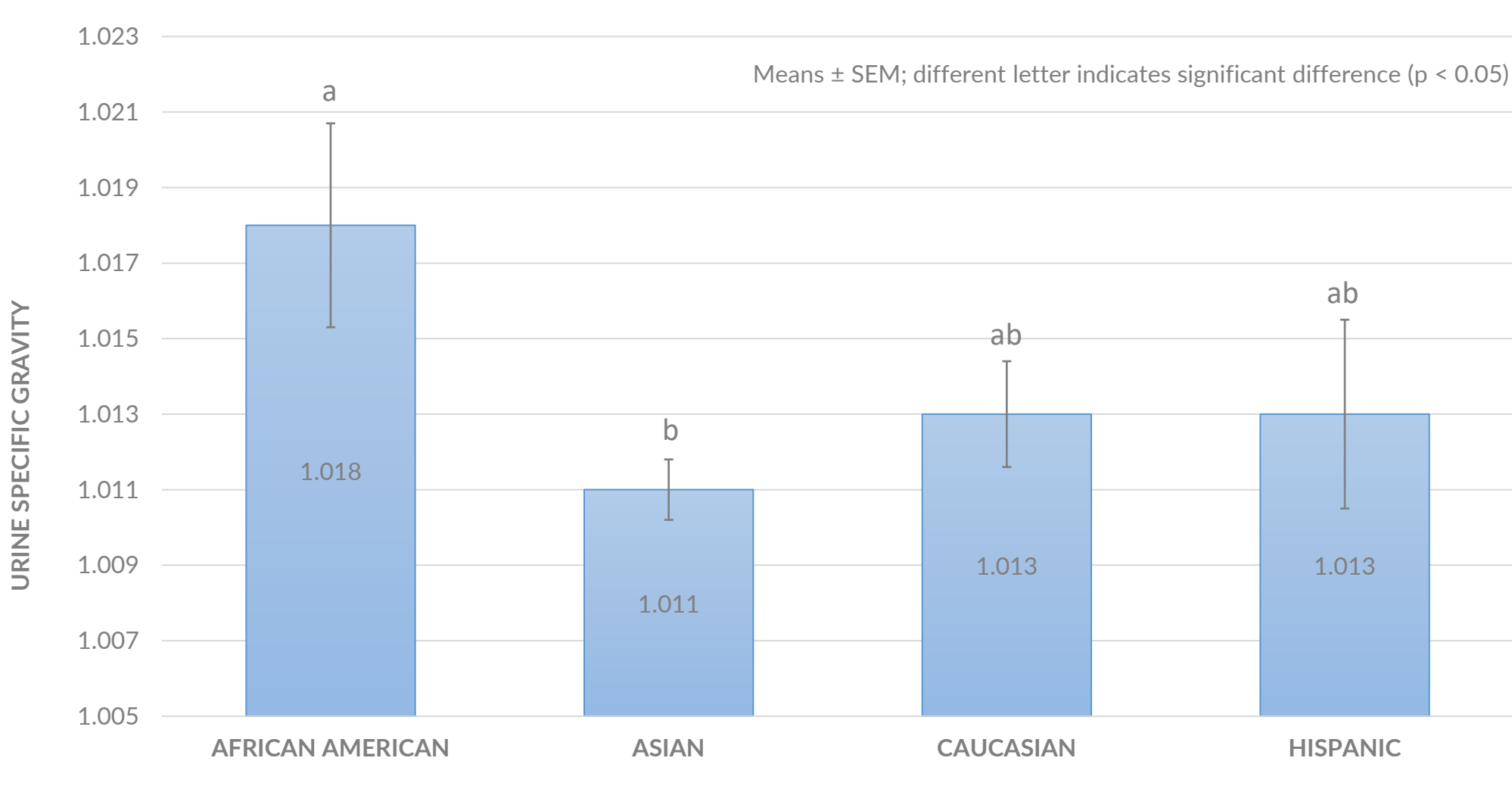




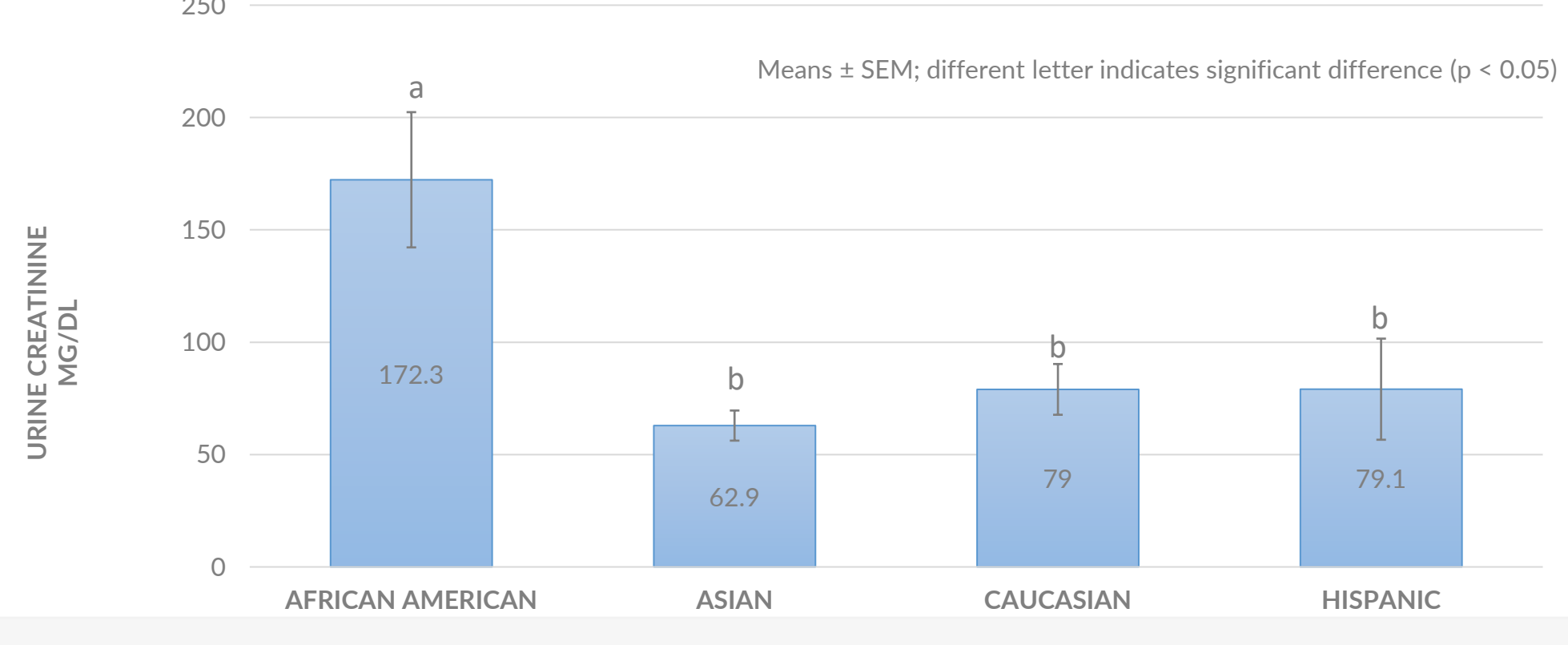
Indicators of hydration and physical activity vary by race in American women



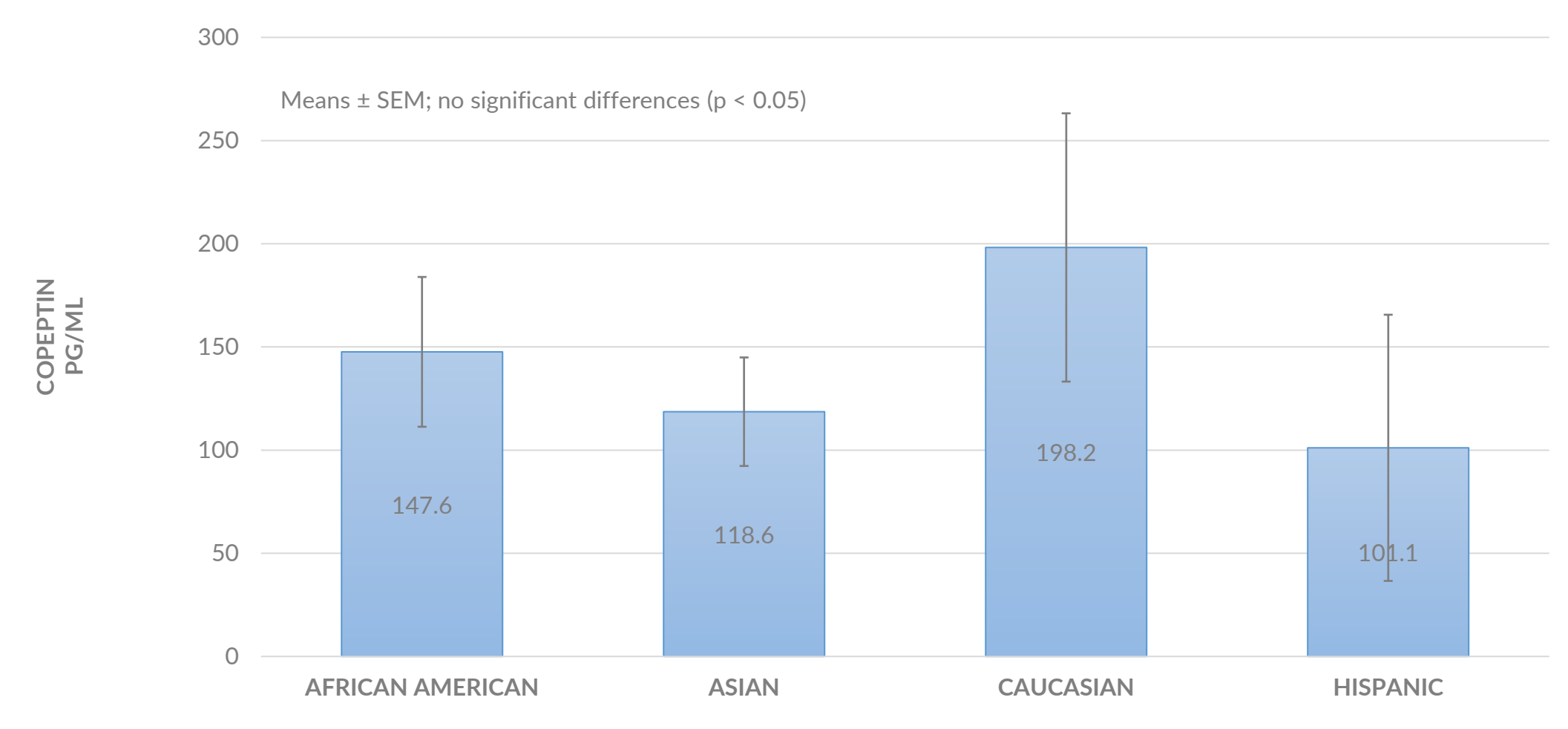
Urine specific gravity is elevated in AA



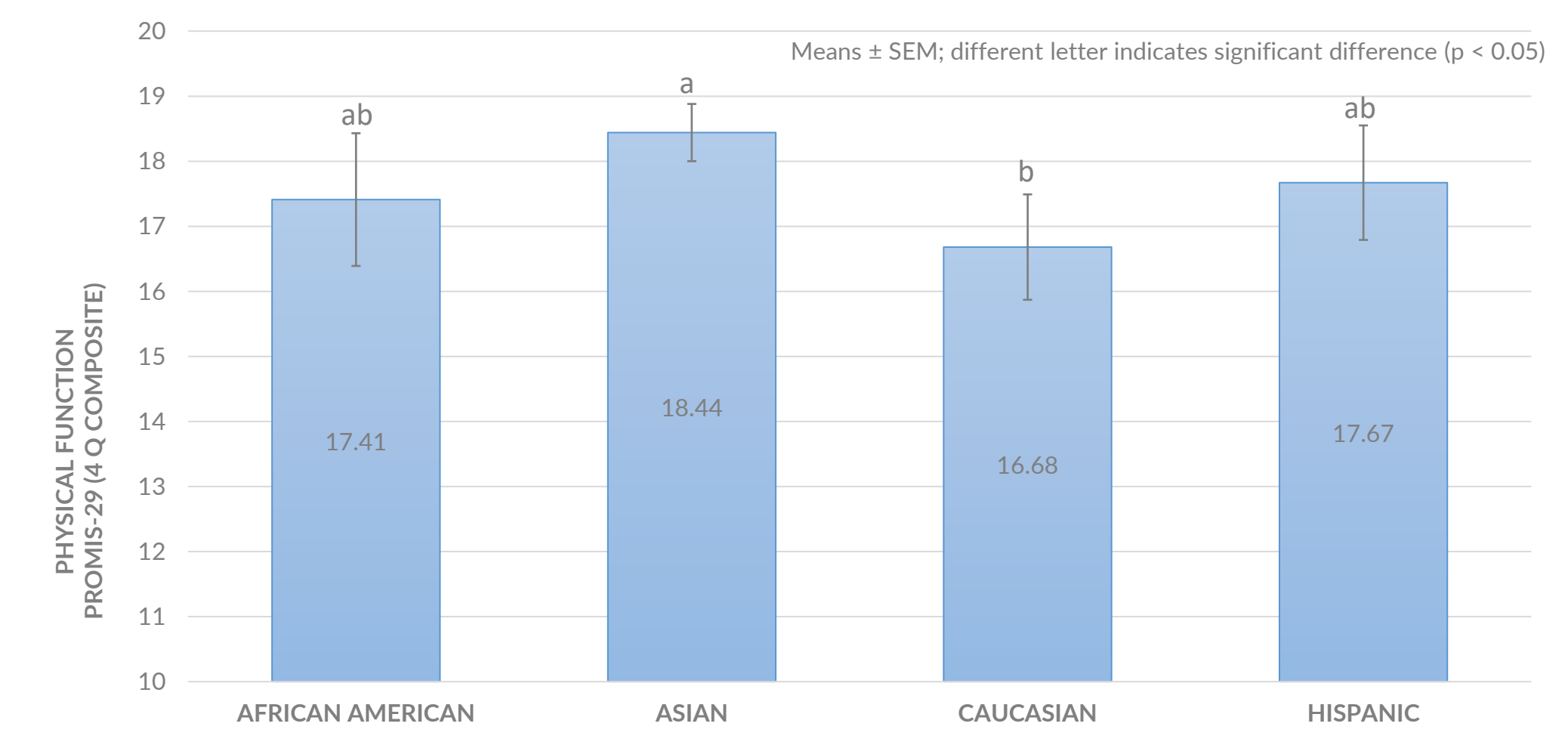
Urine creatinine is elevated in AA



Copeptin (ADH correlate) is similar



Physical function (PROMIS) is highest in Asian Americans



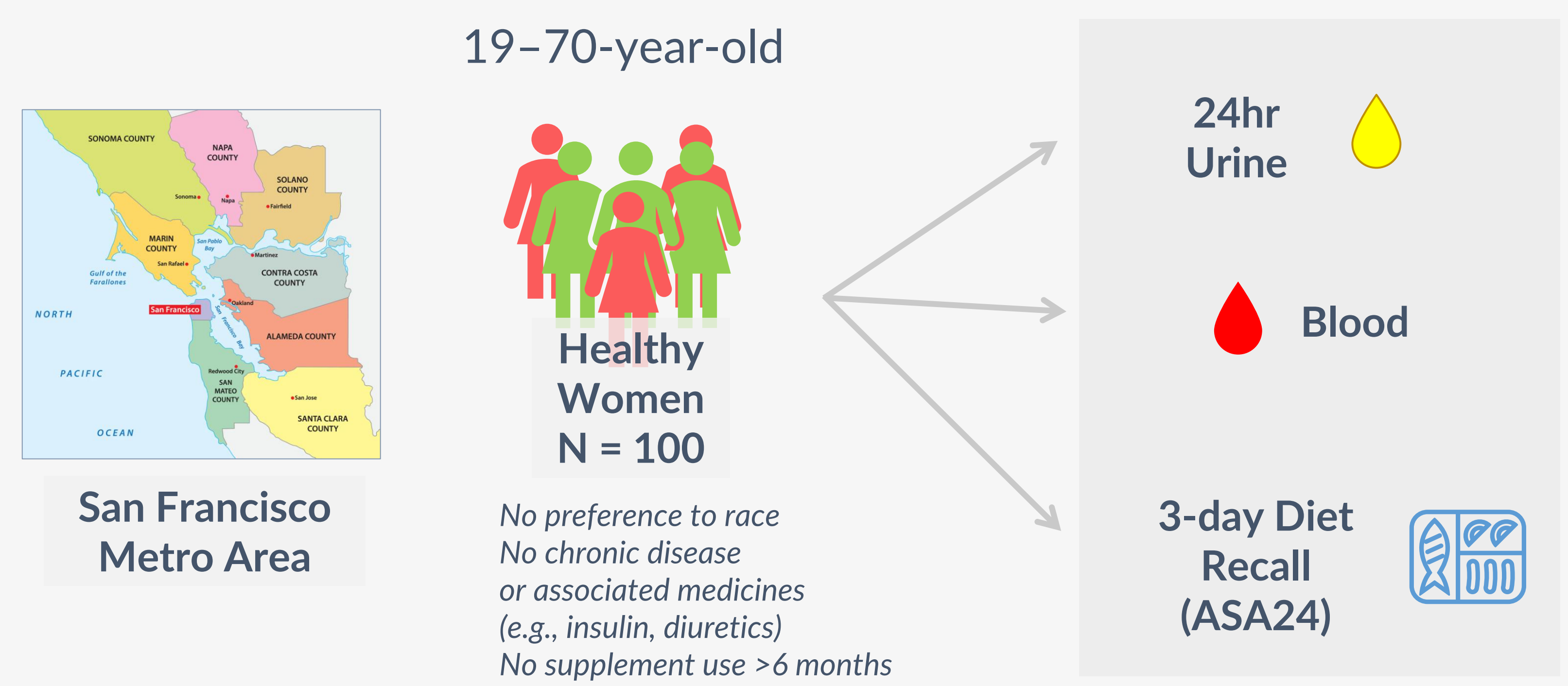
Antidiuretic hormone (ADH), 24hr urine osmolality, glucose (fasted), & dietary moisture were not different.

Takeaways

- This trial found indicators of possible underhydration in AA women given similar physical activity and diet moisture consumption.
- Modest but potentially meaningful differences between races in hydration status may impact health outcomes, which merits further study.

Clinical Observational Study (no treatment tested)

METHODS



DESCRIPTIVES & VITALS

Race	N =	Age	Weight (kg)	BMI	SBP; supine (mm Hg)	DBP; supine (mm Hg)	HR
African American	18	42.4±3.2 _a	88.4±6.3 _a	32.2±2.2 _a	123.4±4.1 _{ab}	73.8±3.1 _{ab}	72.1±2.3
Asian	50	48.0±1.8 _{ab}	61.4±1.2 _b	23.9±3.3 _b	115.7±2.1 _b	68.1±1.5 _b	70.0±1.7
Caucasian	21	56.3±2.4 _b	80.5±3.8 _a	29.8±1.4 _a	125.5±2.0 _a	77.1±1.9 _a	69.0±2.0
Hispanic	11	52.7±3.7 _{ab}	78.4±7.7 _a	30.4±2.5 _a	120.0±3.2 _{ab}	70.7±2.2 _{ab}	65.8±2.5

Means ± SEM; different letter indicates significant difference (p < 0.05)

