

## Drinking Water and Weight Loss

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### Synopsis:

The purpose of the study is to determine if intake of drinking water promotes weight loss in overweight children aged 9-12y who consume caloric beverages. The specific aims are to:

- 1) Determine if replacing sweetened caloric beverages with drinking water (relative increase in drinking water) is associated with a decrease in total energy intake and weight loss over time
- 2) Determine if higher absolute intake of drinking water is associated with a decrease in osmotic stress on cells (cell dehydration), beneficial metabolic changes, and greater weight loss over time
- 3) Determine if counseling about effects of beverages on energy intake AND hydration status is more effective for weight loss than counseling about effects of beverages on energy intake alone
- 4) Determine if the success of the beverage change intervention depends on biological variables (genetic taste sensitivity, aquaporins, age/development), parent behavior, and/or socio-cultural beliefs about beverages