
RENAL HEALTH AND PATTERNS OF WATER CONSUMPTION: DESCRIPTIVE AND INFERENTIAL ANALYSIS IN CIUDAD HIDALGO

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ABSTRACT

This study examines the relationship between water consumption, dietary habits, and the incidence of renal diseases in Ciudad Hidalgo, Mexico. For the first time, factors such as non-bottled water consumption, dietary practices, and local awareness of renal health are explored and evaluated. In this region, a significant proportion of the population suffers from renal diseases, raising serious public health concerns. This study investigates potential causes, hypothesizing that non-bottled water consumption might contribute to this health issue. To gather relevant data, a survey was designed to assess respondents' beverage consumption, dietary habits, health knowledge, and interest in health awareness.

A 16 Item survey was conducted, yielding 491 responses. Descriptive statistical analysis was conducted to interpret the data. The mean age of respondents was 31 years, with 62% aged between 15 and 30. The survey also revealed that 89% of respondents consume beverages other than water, with 69% reporting infrequent alcohol consumption. However, 78% of respondents reported frequent consumption of junk food, with a notable gender difference: 58% of junk food consumers were female. Additionally, there was a strong demand for health education, with 88% of respondents expressing interest in workshops on dietary habits and health care.

While the survey provided valuable insights into local dietary habits and health awareness, it did not conclusively identify the factors contributing to the high incidence of renal diseases. Some survey questions were ambiguous, leading to varied interpretations and highlighting the need for more precise survey instruments in future research. Despite its limitations, this study lays the groundwork for further research and intervention programs aimed at improving renal health in Ciudad Hidalgo. The findings underscore the need for preventive and educational measures to address this emerging public health issue.

Keywords Statistical analysis · Kidney diseases · Water consumption · Eating habits

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