The importance of hydration and education: challenges and opportunities

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The essentiality of water for life is beyond doubt. In spite of being a key element for maintaining a proper health status, until the last years it has not received sufficient research and educational attention. In this context, up to date three national (including one international) hydration congresses have been held in Spain, and we’re at the moment honoring the Opening Act of a fourth one at Toledo. The main conclusions of these previous conferences were that it warrants further scientific attention and concern regarding the diverse aspects that constitute the field of hydration research, and that hydration assessment is an emerging research area which comprises nutritional, exercise, behavioral and biochemical sciences. Both observational and experimental studies are needed to address causality as well as effectiveness.

At this point, I would like to address the importance of involving not only health professionals in the hydration field, recognizing that they are ideally placed to advise and educate on the benefits of proper hydration status and the best ways to achieve this, but also the educators at the different levels. Therefore, at the CEU San Pablo University and through the Spanish Nutrition Foundation we will encourage efforts to include the hydration issues at the school and university curriculum. Nutritional education typically focuses on food intake and physical activity. Both are of critical importance, but incomplete, since the quantity and quality of the fluids we drink every day can have a significant impact on our well-being and long-term health. The process of educating on hydration in primary and secondary schools, and later at the universities may play a key role in different lifestyles acquisition for adult life. It seems clear to me that an hydration education programme, by using a combination of traditional tools and new technologies, should be mandatory and not only a recommendation or conclusion of this Congress.

A good nutritional education promotes health through learning, adaptation and acceptance of healthy eating habits according to one’s own food culture and scientific knowledge in nutrition. It can be promoted from different areas by acting at multidisciplinary levels: the family is a good place to practice it, as the individual from birth shares the meals with the rest of the family and a relationship of closeness and affection between the members; Schools, that are a fundamental social environment for children and teenagers, many attempts have been made in schools for promoting healthy behaviors in youth, including eating habits and healthy physical activity. Moreover, since in many cases children do lunch in the cafeteria (most of them eat in the cafeteria five days a week for 9 months a year) the classroom is also a good place to promote knowledge on hydration. Currently in Spain, food and nutrition knowledge are covered by several subjects, such as knowledge of the Rural, Social and Cultural Environment (Primary School), Science and Physical Education (Secondary School) and Applied Anatomy and Physical Education (High School), but as a whole it represents a minimum percentage in school education. Law on Food Security and Nutrition was recently adopted, which set the basis for planning, coordination and development of strategies and actions to promote information, education and health in the field of nutrition. They will help to raise public awareness of healthy hydration and encourage sustainable healthy hydration habits, by sharing scientific research, educational materials and practical tools.

Key words: education, hydration status, curriculum, obesity prevention.

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Gaining awareness of the hydration role in health

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Over the last decades nutrition related issues have gained focus in science, epidemiology and social research areas. While in the first half of the 20th century malnutrition, protein and vitamin research deserved most interest, new research areas emerged in the 80s and accumulated evidence brought nutrition and diet related issues to the front line of public and private agendas. Water is essential for life and accounts for 60% of and adult human body composition. However, hydration and water needs have not been subject for abundant research until recent years, except for certain areas such as Pediatrics, specific conditions or athletics performance. In the United States of America (USA), the Institutes of Medicine (IOM) issued Dietary Reference values for water intake in 2004. The European Food Safety Authority (EFSA) published a Scientific Opinion on Dietary Reference Values for water in 2010. Adequate Intakes (AI) in that document were derived from a combination of observed intakes in population groups with desirable osmolality.