Results: 57.3% (201) of the sample were women and 42.7% (150) men. Adherence to the DM was positively associated with not using tobacco (OR = 0.568, 95% CI: 0.31 to 0.89) and physical activity (OR = 0.430, 95% CI: 0.24 to 0.75), but inversely with BMI (PR = 1.32, 95% CI: 0.73 to 2.37).

Conclusions: Adherence to the DM was associated with more healthy lifestyles such as physical activity and not using tobacco, but also with a high BMI. Similar results were found in other studies, but more research is needed to delve into the involved factors.

Key words: mediterranean diet, elderly, lifestyles.

Drunkorexia habits of University students

University of Alicante. Spain.

Introduction: drunkorexia is a new eating disorder characterized by a reduction in food consumption to offset the excess calories provided by the intensive consumption of alcohol (binge drinking). In particular, sweets containing a high caloric density and having a low nutritional contribution are one of the main foods whose consumption is being restricted by the subjects who suffer from this disorder.

Objective: To evaluate the relationship between binge drinking pattern and reducing the consumption of sweets in university students.

Method: The sample consisted of 113 University students enrolled in Health Sciences from the University of Alicante. The students completed an online questionnaire about lifestyles and eating habits in the last 30 days.

Results: The results of this study indicated that the proportion of students presented an intensive alcohol intake, understood as the intake of 5 or more glasses the same occasion, was significantly higher among those students with a lower consumption of commercial sweets (p<0.005).

Conclusions: these results could indicate that a change is occurring in the trends of eating habits and intake of alcohol among young people. Future studies should assess the magnitude of this phenomenon in order to develop prevention programmes.

Key words: eating disorder, students, food habits.

Hydration status of cancer patients with palliative care: hydrated or dehydrated?


La Paz University Hospital. Nutrition Department. Institute of Health Research of La Paz University Hospital (IdiPAZ). Autonomous University of Madrid.

Introduction: chronic idiopathic constipation (CIC) is a common condition which affects the gastrointestinal tract and reports an important degree of impairment in health-related quality of life. Inadequate fluid and poor fiber diet consumption is common in this condition. However, studies reporting the data are limited.

Objectives: to evaluate the hydration status (HS) of a CIC population using the Water Balance Questionnaire (WBQ) and other hydration markers recommended by the EFSA. The data will permit to study the relationship between the HS and the characteristic symptoms of this disorder.

Methods: participants will be recruited from La Paz University Hospital. Firstly, participants will complete the WBQ, 3-day food record, frequency food intake, Bristol scale, SF-36-questionnaire, usually drugs consumption and urinary color questionnaires. Secondly, a nutritionist will measure anthropometric parameters including total body water by tetrapolar-biimpedance method and they will recommend an adequate consumption of liquids and fiber in their diet. Thirdly, the diet adherence will be assessed. Ultimately, participants will complete again the same studies at first.

Results: statistical analysis and preliminary results will be presented once the estimated sample size is achieved (95% confidence interval, mean difference 0.610, SD 2.2).

Conclusion: contribution of knowledge of the HS and nutritional profile of this population and the results could help to take appropriate support in this condition.

Keywords: chronic idiopathic constipation, hydration, hydration status, water balance.

Hydration status in patients diagnosed of chronic idiopathic constipation by rome III criteria

N. Alarcon-Quinte, B. Lopez-Plaza, M. Morato-Martínez, M. Valero Pérez, S. Palma Milla, C. Gomez-Candela.

La Paz University Hospital. Nutrition Department. Institute of Health Research of La Paz University Hospital (IdiPAZ). Autonomous University of Madrid.

Introduction: chronic idiopathic constipation (CIC) is a common condition which affects the gastrointestinal tract and reports an important degree of impairment in health-related quality of life. Inadequate fluid and poor fiber diet consumption is common in this condition. However, studies reporting the data are limited.

Objectives: to evaluate the hydration status (HS) of a CIC population using the Water Balance Questionnaire (WBQ) and other hydration markers recommended by the EFSA. The data will permit to study the relationship between the HS and the characteristic symptoms of this disorder.

Methods: participants will be recruited from La Paz University Hospital. Firstly, participants will complete the WBQ, 3-day food record, frequency food intake, Bristol scale, SF-36-questionnaire, usually drugs consumption and urinary color questionnaires. Secondly, a nutritionist will measure anthropometric parameters including total body water by tetrapolar-biimpedance method and they will recommend an adequate consumption of liquids and fiber in their diet. Thirdly, the diet adherence will be assessed. Ultimately, participants will complete again the same studies at first.

Results: statistical analysis and preliminary results will be presented once the estimated sample size is achieved (95% confidence interval, mean difference 0.610, SD 2.2).

Conclusion: contribution of knowledge of the HS and nutritional profile of this population and the results could help to take appropriate support in this condition.

Keywords: chronic idiopathic constipation, hydration, hydration status, water balance.

Hydration status of cancer patients with palliative care: hydrated or dehydrated?


La Paz University Hospital. Nutrition Department. Institute of Health Research of La Paz University Hospital (IdiPAZ). Autonomous University of Madrid.
Introduction: the relationship between thirst and dehydration in terminal patients at end of life is limited and the current bibliography agree with this controversy. Due to the lacking of scientific evidences the decision to rehydrate these patients is based on the usual clinical practice.

Objectives: to evaluate the hydration status of oncological patients with palliative care by Bioelectrical impedance analysis (BIA).

Method: this scientific initiative will evaluate the hydration status of 50 oncological patients admitted with palliative care at University Hospital La Paz by BIA, excluding those who according with their Palliative-Pronostic-Score (PaP-Score) get a 30-day survival probability <30%. It is a descriptive, observational and cross-sectional study. The main variable will be the phase angle and as secondary variables: evaluation of the nutritional status by Subjective-Global-Assessment (SGA), corporal composition (BIA) and functional capability (dynamometry). Besides it will evaluate: PaP-Score, Palliative-Performance-Scale (PPS), disability (Barthel-Test), cognitive function (Pfeffer-Test), dehydration symptoms and biochemical parameters.

Results: preliminary results of statistical analysis will be exposed once they achieve the estimated sample size (confidence level 95%, differences’ average 0.610, DS 2,200).

Conclusions: the study of the oncological with palliative care patient’s hydration status provides scientific evidence to implementation of action protocols to properly rehydrate those patients.

Keywords: palliative care, hydration, palliative oncologic patient.

DOI:10.3305/nh.2015.32.sup2.10390