

Mejorando la hidratación a nivel global: de las recomendaciones al consumidor

Gregorio Varela Moreiras Dpto. CC. Farmacéuticas y de la Salud Universidad CEU San Pablo (Madrid) Presidente Fundación Española de la Nutrición (FEN)



I INTERNATIONAL WORKSHOP: ADVANCED STUDIES ON HYDRATION

1 de cada 5 personas no tienen acceso a agua potable Cada 15 segundos muere un niño por enfermedades relacionadas con el agua

2002, Observación General nº 15 "El derecho humano al agua es indispensable para una vida humana digna".
2010, Resolución 64/292 "El derecho al agua".

Naciones Unidas







La hidratación en nuestra vida diaria



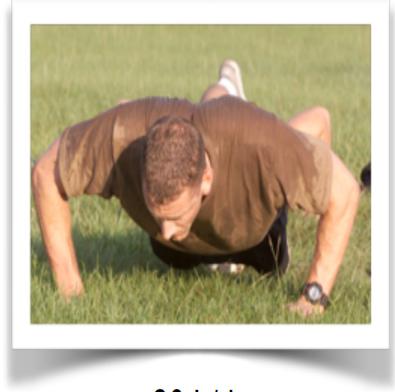
¿Mejora una adecuada hidratación la calidad de vida?

Un mensaje para profesionales y que debe llegar al consummidor

- ✓ Gastrointestinal function
- ✓ Constipation
- √ Frequency of urination
- ✓ Incontinence
- ✓ Medications
- ✓ Mental acuity
- ✓ Hospital admissions

Las variaciones diarias....





> 20 L/d

Hidratación personalizada!

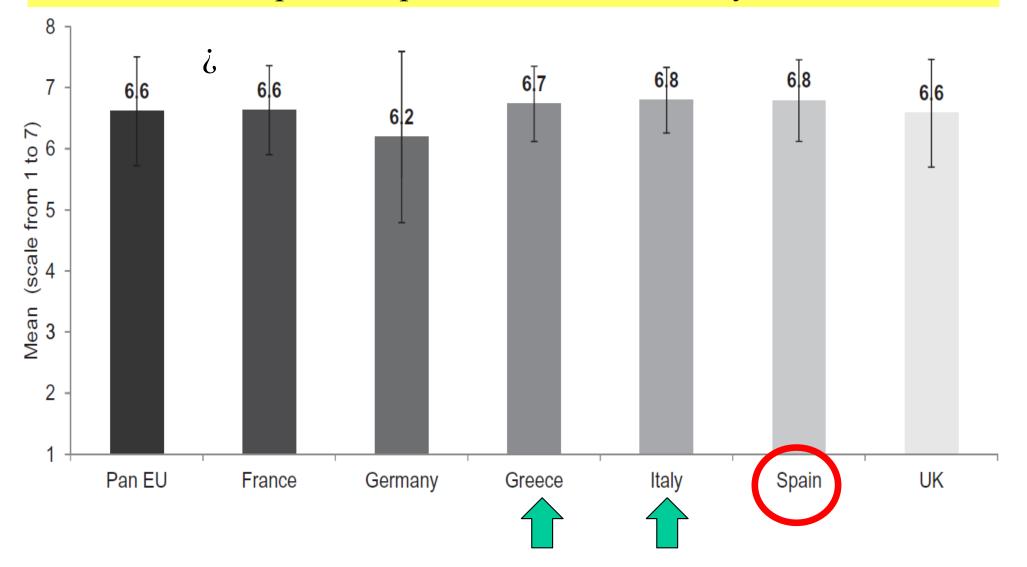
Los extremos nunca son buenos..tampoco en Hidratación





The importance of human hydration: perceptions among healthcare professionals across Europe

¿Hasta qué punto está de acuerdo con la afirmación de que la hidratación es importante para la salud, bienestar y calidad de vida



ORIGINAL ARTICLE

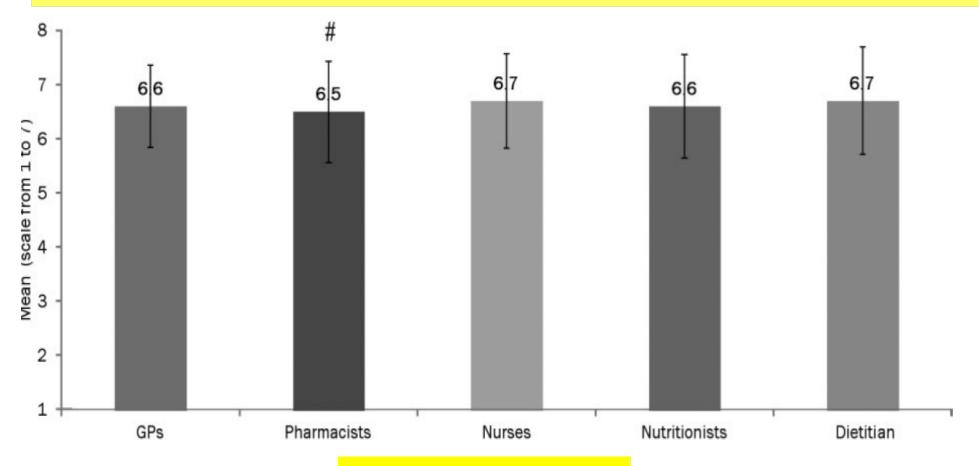
DOI: 10.1111/j.1467-3010.2011.01942.x

The importance of human hydration: perceptions among healthcare professionals across Europe

J. E. Holdsworth

European Hydration Institute, Madrid, Spain

¿Hasta qué punto está de acuerdo con la afirmación de que la hidratación es importante para la salud, bienestar y calidad de vida



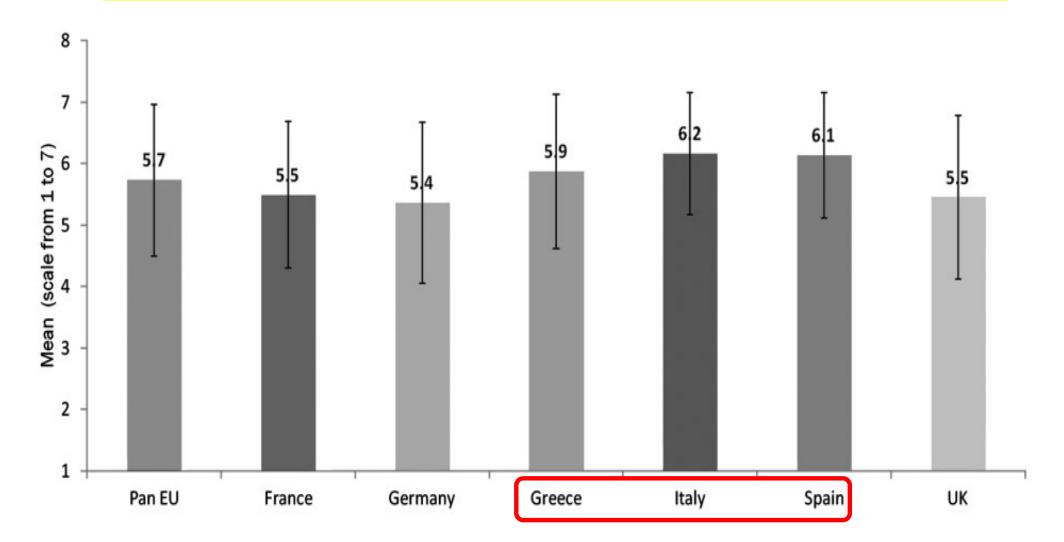
PROFESIONALES

The importance of human hydration: perceptions among healthcare professionals across Europe

J. E. Holdsworth

European Hydration Institute, Madrid, Spain

¿Se da consejo frecuentemente consejo sobre hidratación?



Open Access Research

BMJ Open Hydration education: developing, piloting and evaluating a hydration education package for general

practitioners

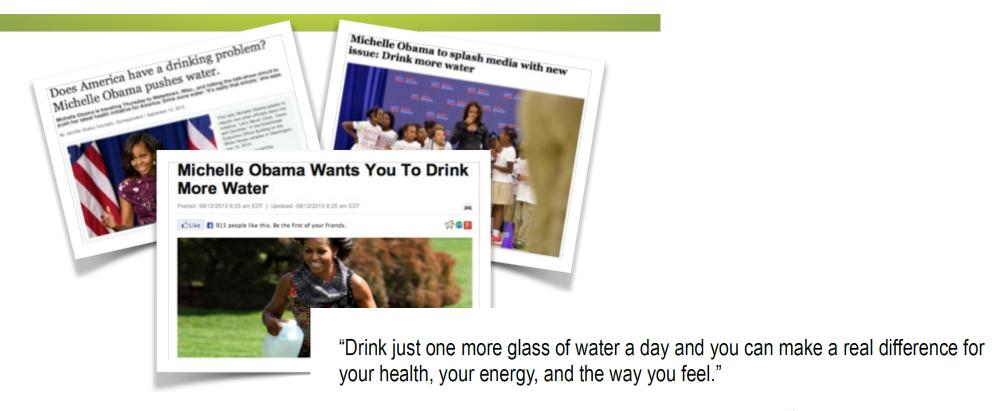
McCotter L, et al. BMJ Open 2016;6:e012004. doi:10.1136/bmjopen-2016-012004

L McCotter, 1,2 P Douglas, 1,4 C Laur, 1,5 J Gandy, 1,4 L Fitzpatrick, 1,5 M Rajput-Ray, 1,5 S Ray 1,5

Results: Knowledge gaps of doctors identified before the teaching were the definition of dehydration, European Food Safety Authority water intake recommendations, water content of the human body and proportion of water from food and drink. A face-to-face teaching package was developed on findings from the KAP survey and literature search. 54 questionnaires were completed before and immediately after two training sessions with GPs. Following the training, total hydration KAP scores increased significantly (p<0.001; median (25th, 75th centiles); 32 (29, 34)). Attendees rated the session as excellent or good (90%) and reported the training was likely to

influence their professional practice (100%).

"Poder" e Hidratación....el caso de Michele Obama





Michelle Obama September 2013



Recomendaciones de Hidratación

- Beber unos 10 vasos de líquidos (1,5-2L.) al día para compensar las pérdidas del sudor y la orina
- Beber otros líquidos, además de agua, puede estimular la apetencia de consumir líquidos
- Evitar largos periodos de tiempo sin consumir líquidos, ya sea en forma de agua, infusiones, leche o zumos naturales, o en forma de alimentos ricos en agua (zumos y hortalizas)
- Beber antes de tener sed. El mecanismo de la sed es un estímulo que aparece cuando ya estamos por debajo del nivel adecuado de hidratación

- Con temperaturas altas (+30°C) y mayor humedad ambiental la pérdida de agua es mayor, por lo que habrá que aumentar la ingesta
- A partir de 30 minutos de ejercicio, hay que rehidratarse
- Para un ejercicio de intensidad levemoderada, se recomienda 150-250 cc de agua cada 20 minutos desde el comienzo
- Para aprovechar al máximo su poder de rehidratación, la temperatura del agua no debe ser inferior a 10-15°c

































Nutrición Hospitalaria



Conclusions of the II International and IV Spanish Hydration Congress. Toledo, Spain, 2nd-4th December, 2015

Javier Aranceta-Bartrina¹, Ángel Gil², Ascensión Marcos³, Carmen Pérez-Rodrigo⁴, Lluis Serra-Majem⁵ and Gregorio Varela-Moreiras^{6*}

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*On behalf of the Scientific Committee, Scientific Secretary and Speakers: Adam Drewnowski, Andreu Palou, Arturo Anadón, Bob Murray, Carmen Gómez-Candela, Claudio Maffeis, Daniel Ramón, David Benton, Dolores Corella, Elena Alonso-Aperte, Emilio Martínez de Victoria, Eric O'Neal, Frania Pfeffer, Hans Braun, Henry Lukaski, Isabel Polanco, Jennifer Bernal, José González-Alonso, José María Ordovás, Juan del Coso, Larry Kenney, Luís B. Sardinha, Manuel Díaz-Rubio, Marcela González-Gross, María Kapsokefalou, Michael N. Sawka, Mindy Millard-Stafford, Nieves Palacios, Phil Watson, Pilar Riobó, Rafael Urrialde, Ricardo Mora-Rodríguez, Ronald J. Maughan, Rosa Mª Ortega, Ryszard Gellert, Samuel Oliver, Steven Trangmar and Teresa Partearroyo.

Education on hydration is an emerging research area that comprises nutritional, exercise, behavioral and biochemical sciences. Due to the demonstrated importance of a proper hydration status for health, life and socioeconomics, hydration educational programs should be included in the health care system as well as in schools and families.



BOLETÍN OFICIAL DE LAS CORTES GENERALES

CONGRESO DE LOS DIPUTADOS

X LEGISLATURA

«El Congreso de los Diputados insta al Gobierno a colaborar con las Comunidades Autónomas para promover la incorporación, en la oferta educativa de los centros, de conocimientos de alimentación, de nutrición y educación del gusto de acuerdo con el informe de iniciativa del Parlamento Europeo sobre "El Patrimonio Gastronómico Europeo: aspectos culturales y educativos", mediante:

- Una adecuada oferta formativa para los Profesores sobre ciencias de la alimentación y sobre medio ambiente natural.
- La utilización de las nuevas tecnologías en el aprendizaje dirigidas a facilitar el acceso al patrimonio gastronómico ya la difusión del mismo.
- La integración en la oferta educativa de talleres de desarrollo de los sentidos, en especial del gusto, que combine beneficios nutricionales y el conocimiento del patrimonio gastronómico regional y nacional.
- 4. La incorporación en la oferta formativa de la cultura gastronómica, en particular local, del proceso de preparación, producción, conservación y distribución de los alimentos y del intercambio de buenas prácticas en este ámbito.»

Programa de Alimentación, Nutrición y Gastronomía para Educación Infantil

Ministerio de Educación, Cultura y Deporte

El gusto es mío

PANGEI



Colaboración



MINISTERIO DE EDUCACIÓN, CULTURA Y DEPORTE SECRETARÍA DE ESTADO DE EDUCACIÓN, FORMACIÓN PROFESIONAL Y UNIVERSIDADES DIRECCIÓN GENERAL DE EVALUACIÓN Y COOPERACIÓN TERRITORIAL

CENTRO NACIONAL DE INNOVACIÓN E INVESTIGACIÓN EDUCATIVA



GOBIERNO DE ESPAÑA MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD









Video-Taller sobre hidratación infantil









Gastronomía e Hidratación





Los nuevos "gurús"



Nos falta su apoyo!







SECRETARÍA DE ESTADO
DE EDUCACION, FORMACION PROFESIONAL
Y UNIVERSIDADES
DIRECCION GENERAL
DE EVALUACIÓN
Y COOPERACION TERRITORIAL

INSTITUTO NACIONAL

DE TECNOLOGÍAS EDUCATIVAS

Y DE FORMACIÓN DEL PROFESORADO

CURSOS DE FORMACIÓN DEL PROFESORADO EN RED DEL INTEF 2ª EDICIÓN 2015





JRC SCIENCE FOR POLICY REPORT

How to promote

water intake

in schools: a toolkit

Stefan Storcksdieck genannt Bonsmann, Tsz Ning Mak, Sandra Caldeira and Jan Wollgast

2016



Why intervene in schools?

Schools are a key environment that can teach children healthy hydration and form long-term positive beverage consumption behaviours. School-based interventions can reach large groups of children of all social classes, and messages learned may be taken home to impact behaviours in the family and elsewhere. As children often consume at least one meal or snack at school, promoting healthy beverage choices in these meals may reinforce their healthy nutrition knowledge and behaviour.



Education components* of school interventions



Classroom-based Experience learning learn

Experiential learning

Games and competitions (± rewards and incentives)

Behaviour change approaches

Curricular

Cross curricular

subjects/lessons

Lessons/sessions to teach children about the importance of water intake

Embedding teaching of hydration

into multiple subjects, e.g. science,

physical education; reiterate mes-

sages learned from sessions in other

Demonstration of effects of SSBs on dental caries

Quizzes

Testing children's knowledge on hydration learned from lessons

Music

Singing, rapping and song writing competitions

Role models

Including using peers and cartoon characters to encourage water consumption

Goal setting and action planning

Mainly for older children to set their own targets on fluid consumption

Homework

Reinforcing healthy fluid intake messages from lessons

Videos/movies/DVDs

Delivering healthy fluid intake messages using multimedia, cartoons, puppet shows etc.

Printed materials for children and parents

Take-home information sheets or newsletters to reinforce messages learned from lessons

Web-tools

Using blogs, project websites to deliver further information

Writing and drawing competitions

Individual feedback and peer comparison

Including using web-tools, keeping diary, involving a 'coach' to provide feedback on behaviour; comparing own behaviour with peers

Identifying risk behaviours

Mainly in adolescents/older children



Environment components* of school interventions

Availability of water	Restrict access to SSBs	Changes at point of purchase (POP) or consumption (POC)	
Installing water fountains Installing water filters	Restrict leaving school grounds during school hours Limiting accessibility to shops near school	Providing information at POP and POC To raise awareness of sugar/calories of SSBs; using traffic light to suggest healthier options	
Provision of free water bottles for refilling	Reduce portion sizes of SSBs e.g. provide smaller cans instead of bottles Restrict access to vending machines or tuck shops e.g. only after lunch time	Architectural changes Using banners/posters around school ground/ cafeteria/canteen to promote water consumption	

Increasing Access to Drinking Water in Schools

Centers for Disease Control and Prevention. Increasing Access to Drinking Water in Schools.

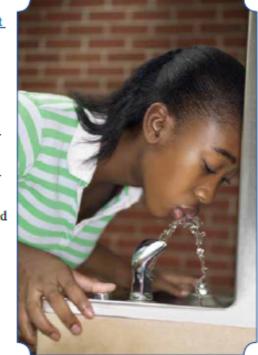
Atlanta GA: US Dept. of Health and Human Services; 2014.



The Water Access in Schools Tool Kit contains the following three major components—

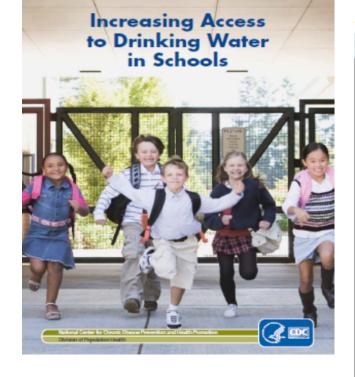
 A description of key steps schools can take to meet federal requirements for drinking water during the meal periods, as well as to make drinking water available and accessible across the school campus, including the following:

- Conducting a needs assessment of current drinking water policies and practices.
- Developing a school water access plan.
- Implementing the school water access plan.
- Evaluating the success of the water access plan.
- A School Drinking Water Needs Assessment
 Checklist and Planning Guide (Appendix
 1) to guide schools through the process of assessing current policies and practices related to water, developing and prioritizing actions to increase access to drinking water, and evaluating changes.
- Key resources for promoting water consumption and making water more available and accessible among school settings.



National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health



Appendix 3: Examples of Water Dispensers for Schools

Water Dispenser	Туре	Price®	Considerations
	Portable Water Dispenser	\$	Potential weight concern for staff refilling container in the sink. Requires room for storage. Account for expenses to provide cups. Requires access to commercial dishwasher or other way to sanitize.
	Water Dispenser	\$	Will require staff to refill container. Potential storage concern. Need committed nutrition services staff. Account for expenses to provide cups.
	Water Cooler	\$/month	Monthly fee for leasing machine. Option for filtered water, which may alleviate students' perceptions about public water sources. Station needs to be placed near existing water source and electric outlet for cold water. May need to disable the hot water spout. Easy to install. Account for expenses to provide cups.
	Bottle Filler	SSSS	Station needs to be placed near existing water source. Filtered water. Ideal for school cafeterias that are undergoing construction because it will make installation easier and be cost effective. Sleek-looking and may alleviate students' perception that public water sources are unsafe. Some models display how many bottles are saved from waste. Account for expenses to provide cups if students do not have refillable water bottles.
	Water Fountain with Bottle Filler	\$\$\$-\$\$\$\$	Must be placed near existing water source. Filtered water. Ideal for school cafeterias undergoing construction because it will make installation easier. Sleek-looking and may alleviate students' perception that public water sources are unsafe. Some models display how many bottles are saved from waste.

 $[\]label{eq:price Key (per unit): $ = $1-$99; $$ = $100-$499; $$$ = $500-$999; $$$ = $1,000-$5,000. $$$

Source: Adapted with permission from

http://waterinschools.org/pdfs/CFPA WaterDispenserOptions.pdf.



(conce

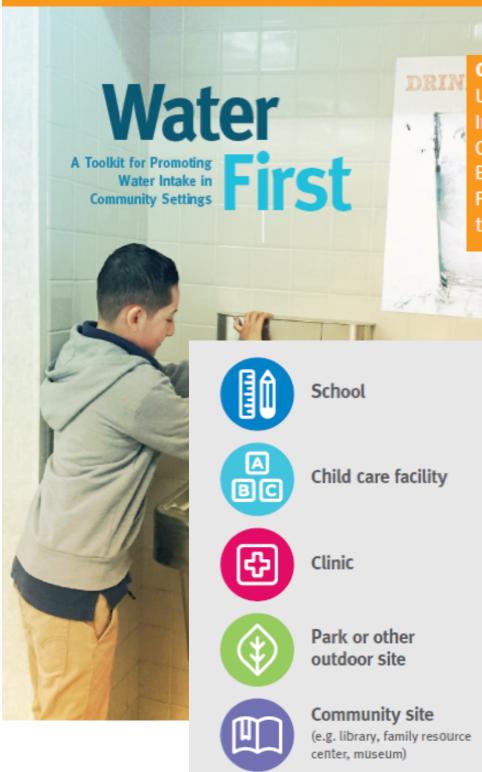
Students' consumption of milk will decrease during school meals.

Although there has not been a lot of research on this particular issue, unpublished research demonstrates that milk consumption is not significantly decreased when drinking water is made available to students in the cafeteria. Water is not a replacement for milk at meals, but rather an additional beverage that is available to students.

Providing cups at water access points will increase littering in the school.

Concern that tap water is not safe

Students do not like the taste of the local tap water



Contributing Organizations

University of California, San Francisco; Nutrition Policy Institute, University of California Office of the President; Rural Community Assistance Corporation; Community Water Center; Enigami Ventures; The California Endowment; California Food Policy Advocates; Cultiva La Salud (formerly known as the Central California Regional Obesity Prevention Program)

Contents

- 2 The Importance of Water Promotion
- 4 Define the Message
- 7 Encourage Healthy Beverage Intake at Home
- 8 Use Art to Drink Smart
- Make a Splash with Simple Promotional Activities
- 12 Educate About the Benefits of Drinking Water
- 14 Incorporate Multimedia Promotion
- 15 Provide Reusable Water Bottles and Cups



Water Week





















A "Prescription" for Water





Water Contract



rethink PLEDGE					
☐ I promise to drink water when I am thirsty.					
☐ I promise to read the food label on the back of my beverage container so I can choose healthy beverages.					
☐ I promise to drink moreover the next week(s) and less					
I promise this because					
Signature Date					
CHAMPIONS for CHANGE For CHANGE The College State Colleg					

Bay Area Nutrition and Physical Activity Collaborative (BANPAC) developed a simple water contract for teens.

Andy-Z Music Video













HEALTHY HYDRATION

for children aged 5-11

Drink plenty

Water

a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or risking harm to teeth.

a useful source of nutrients, especially protein, B vitamins and calcium. Most children should drink reduced fat milks. Unawestaned, calcium fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should only be drunk occasionally.

Fruit and vegetable juices and smoothies

ning and minerals and some er, they also contain sugars and can be acidic so it's re to limit them to one small glass (150ml) a day and to keep them to meakines. 150ml counts as a maximum of I portion of 5 A DAY. They can be diluted with water to reduce acidity and sugars content.

Sugar-free drinks

hydrate without adding extra supera but it's a good idea for most drinks to be milk or water to avoid getting a taste for awest drinks. Fizzy drinks can contain acids that can erode the outer surface of the tooth. Be aware that some of these drinks contain caffeine.

Occasionally

Avoid

Tea and coffee

Caffeine is naturally present in tea and coffee. Small amount
are harmless but high intakes should be avoided, especially
for young children. It's best for children to drink decaffeinate
tea and coffee with reduced-fat miles and no added augura.

Sugary drinks

best avoided as they provide sugars and few nutrients.

Sports and energy drinks

can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

Have regularly

> This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-II years.

The amount of fluid a child needs depends on many factors including their age and gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of fluid a day (on top of the water provided by food in their diet)

Younger children need relatively smaller servings (e.g. 150-200ml) and older children need (e.g 250-300ml)

Occasionally (and in small amounts if caffeinated)

Can have

once a day

Not suttable for children



Promotion of water consumption in elementary school children in San Diego, USA and Tlaltizapan, Mexico

John P Elder, PhD, MPH, (1) Christina K Holub, PhD, MPH, (1) Elva M Arredondo, PhD, (1) Luz María Sánchez-Romero, MD, (2) Jessica E Moreno-Saracho, MPH, (2) Simón Barquera, MD, (2) Juan Rivera, PhD, (2)

Table I

AGUA PARA NIÑOS INTERVENTION ACTIVITIES TO PROMOTE WATER CONSUMPTION,

COMPLETED IN 2012 IN SAN DIEGO, CA AND TLALTIZAPAN, MEXICO

Week	San Diego activities	Tlaltizaþan activities	
1	Introduction	Introduction	
2	Teacher prompts; filtered water offered at lunch	School assembly and Initiation	
3	School assembly, introduction and distribution of water bottles	Water bottles - the new mascota [roughly translated as "mascot"]	
4	Water jeopardy game	Water jeopardy game	
5	Poster contest	Poster contest	
6	[no activity- student testing]	Poster contest (cont.)	
7	[no activity]	Word soup and pipimetro	
8	"Word soup" and pipimetro	Continuation	
9	Opinion paper writing	Opinion paper writing	
10	Flavored water fiesta (end of school)	End of school	

Promotion of water consumption in elementary school children in San Diego, USA and Tlaltizapan, Mexico

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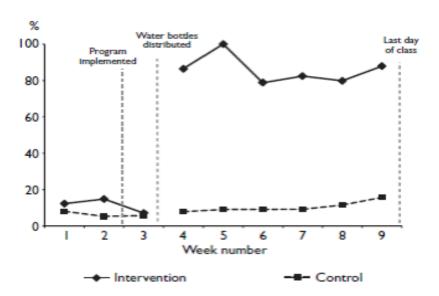


FIGURE 1. PERCENT OF STUDENTS WITH WATER BOTTLES IN CLASS. SAN DIEGO, 2012

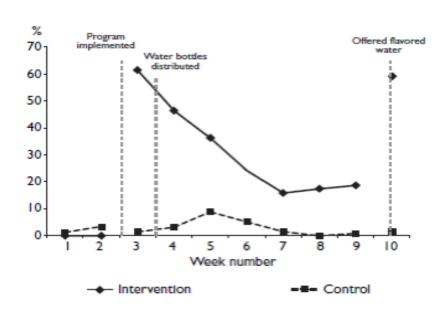
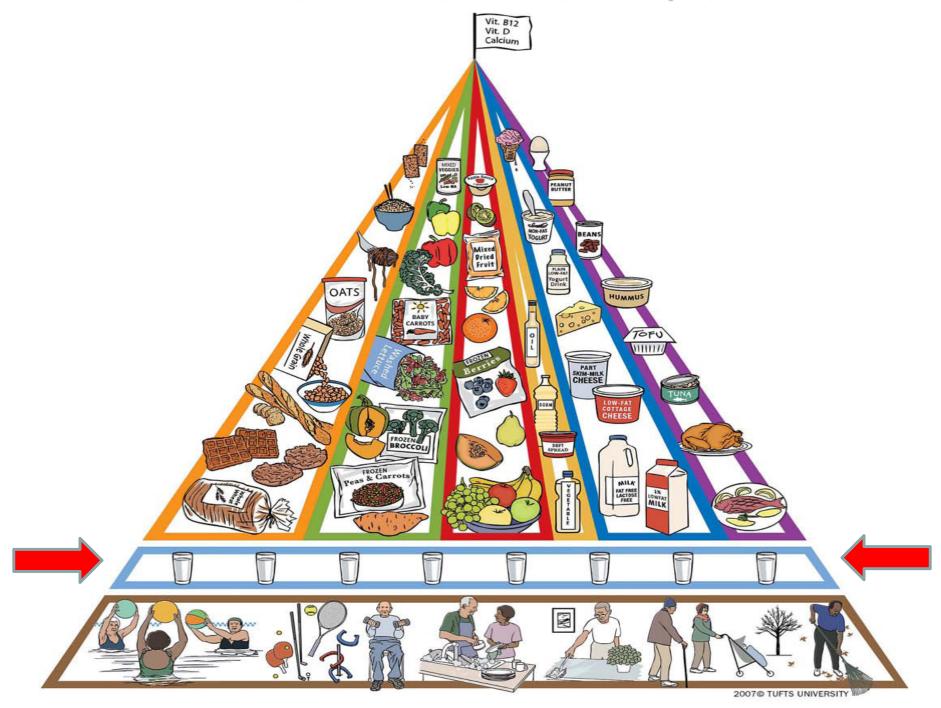


FIGURE 2. PERCENT WATER CONSUMPTION OBSERVED AT LUNCH. SAN DIEGO, 2012

El éxito de un envejecimiento saludable está en una buena hidratación!!

Modified MyPyramid for Older Adults^{1,2}

Alice H. Lichtenstein,* Helen Rasmussen, Winifred W. Yu, Susanna R. Epstein, and Robert M. Russell

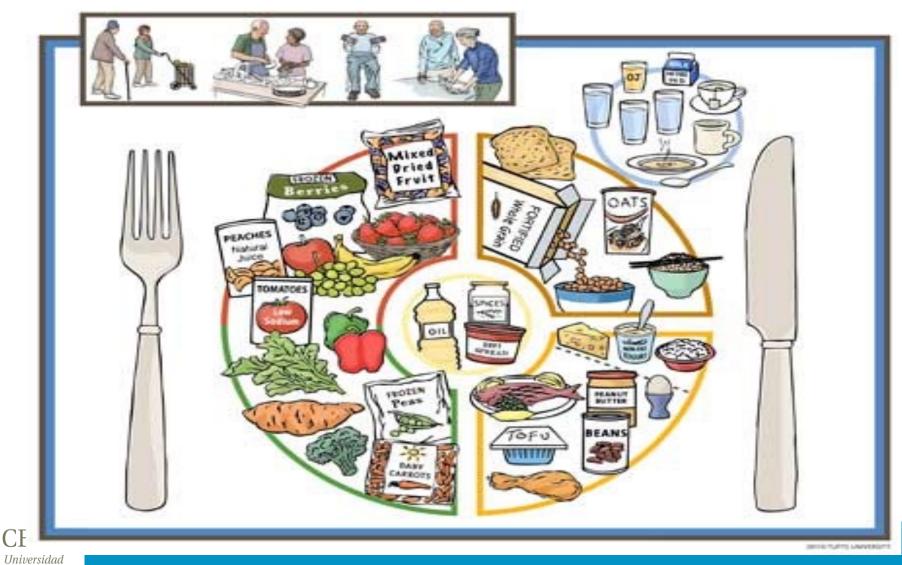


MyPlate for Older Adults. Tufts University

San Pablo

http://www.nutrition.tufts.edu/documents/MyPlateforOlderAdults.pdf

MyPlate for Older Adults



Recomendaciones y necesidades de ingesta de líquidos en personas mayores

- -Beber diariamente una ingesta adecuada de líquidos (2 l/día) de agua u otro tipo de bebidas
- Aconsejable ingerir 1-2 vasos de agua al levantarse
- -Se recomienda beber sin tener sed
- -Las bebidas con sabores variados y con serios minerales, por su palatabilidad, permiten una mejor ingesta de líquidos lo que posibilita una mejor hidratación
- -La ingesta de líquidos debe ser variada y puede provenir de alimentos o distintos tipos de bebidas

Documento de Consenso

PAUTAS DE HIDRATACIÓN CON BEBIDAS CON SALES MINERALES PARA LAS PERSONAS MAYORES



Sociedad Española de Geriatría y Gerontología.-SEGG. Documento Consenso: pautas de hidratación con bebidas con sales minerales para personas mayores. Madrid, 2010.

Taking a Proactive Approach to Preventing Dehydration

Nursing & Rehabilitation Centers: The Safety Net For A Caring, Healthy Society

- Routinely monitor residents for signs of dehydration such as cracked lips, dry oral mucous, poor skin turgor, and dark urine color.
- Keep a list of residents at high risk of dehydration in the nurses' station and other strategic locations to remind others to monitor residents' fluid intake.
 Consider placing a symbol, such as a drop of water, near the beds of those residents at risk of dehydration as a sign for staff members to encourage fluid intake.
 - Schedule fluid administration at least three times a day between meals.
 - To maintain hydration, note the residents' preferences for type and temperature of fluids, and individualize the hydration plan to encourage compliance.
 - Leave filled, fresh water pitchers at residents' bedside and <u>assure that</u> <u>residents are able to easily reach pitchers and glasses</u>.

Activities such as discussion or music groups should include the offering of beverages.

Taking a Proactive Approach to Preventing Dehydration

Nursing & Rehabilitation Centers: The Safety Net For A Caring, Healthy Society

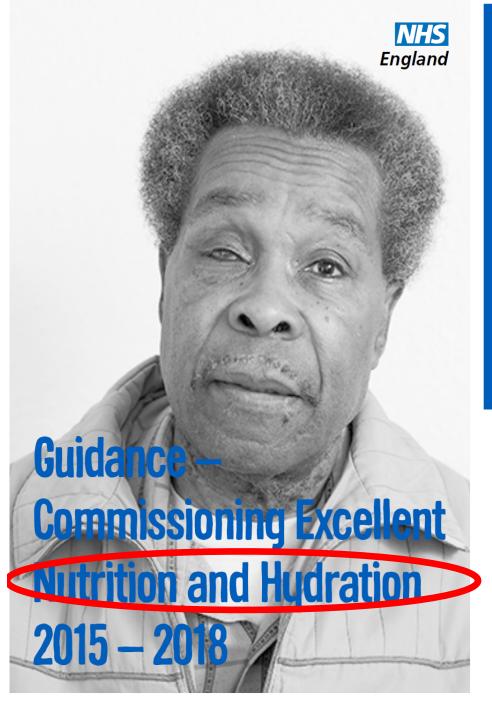
- Arrange for residents to eat meals and have snacks with other residents. Residents typically consume more food and fluids in a social setting.
 - Offer at least a full glass of fluid with medications. Studies have shown that residents tend to drink the entire amount of fluid offered.

Involve the resident and family in establishing and meeting hydration goals.

- Teach staff to use a direct, positive approach when administering fluids. Avoid asking: "Do you want something to drink?" Instead say: "Here is some cool, refreshing water for you Mrs. Jones."
- Offer residents a variety of delicious beverages on a beverage cart. Have a staff member provide drinks from this cart to residents on a daily basis.
 - Sponsor a cocktail hour for residents to enjoy their favorite beverages and socialize.
- Make drinks more appealing by the use of "props" that are colorful and inexpensive, such as lemonade pitchers and glasses, cocktail decorations, or a fruit garnish.

Diferencias en nutrición e hidratación entre Mujeres y Hombres (>70 años): Estudio *NUPHYCO* (2016)

		MUJERES	HOMBRES	Valor p	
	MNA n=1568 MALNUTRICIÓN	12,33 +/- 6,74	12,68 +/- 4,22	0,34	
	NORMAL (12-14)	601 (66,1%)	35 (81,2%)		
22 00/	RIESGO (8-11)	265 (29,2%)	109 (16,5%)	<0,001	
33,9%	MALNUTRICIÓN (0-7)	43 (4,7%)	15 (2,3%)		
	HIDRATACIÓN				
	MUY MALO	13 (1,1%)	8 (1%)		
36,1%	MALO	123 (10,5%)	44 (5,6%)		
7	REGULAR	286 (24,5%)	192 (24,6%)	0,04	
·	BUENO	569 (48,8%)	416 (53,3%)		
	MUY BUENO	176 (15,1%)	121 (15,5%)		



Malnutrition is common in the UK, affecting more than three million people at any one time. Around 1 in 3 patients admitted to acute care will be malnourished or at risk of becoming so, and 35 percent of individuals admitted to care homes will also be affected. In addition 93 percent of those at risk of, or suffering, from malnutrition will be living in the community.

The scale of dehydration in the UK is unknown but is associated with a number of known causes of harm to people.

Our Vision

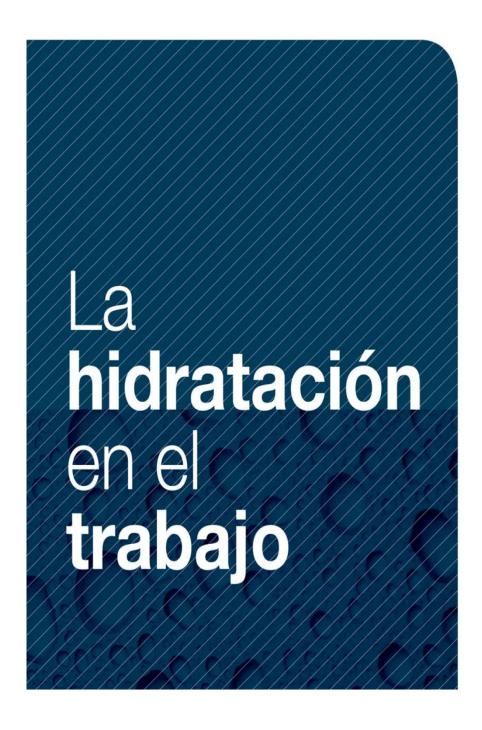
All people will receive safe and high quality nutrition and hydration support when required, through the commissioning of person-centred and clinically effective integrated services in the community and in health care commissioned settings.





Hospital Hydration Best Practice Toolkit

- **6** Practical tips for encouraging water consumption
- Start by encouraging your hospital team to develop a policy on how you will provide water and monitor intake for your patients. Consider nurses' understanding of the issue, and how to explain the benefits of good hydration.
- 3. Some people may need to be reminded, encouraged and even convinced to drink more water. Using a positive approach often helps. "Here is some nice cool refreshing water for you" is often more productive than "Do you want something to drink?"
- Many people prefer to drink 'little and often'. Try to offer water at mealtimes and also between meals.
- Serve small quantities of water alongside coffee and tea and explain why it would be beneficial to drink more water.
- Where possible, inform families and friends about the importance of promoting hydration when they visit. They can help in meeting that important hydration target.
- 12. During the day, try serving glasses of cool water with slices of orange, lime, lemon and ice cubes. Make sure you keep refilling glasses, so patients can drink little and often. By providing citrus fruit with water, you are also helping the consumption of Vitamin C.
- 15. NHS Quality Improvement Scotland (Food, Fluid and Nutritional Care in Hospitals) asks that where clinically appropriate, patients should have access to fresh drinking water at all times. Food and fluid should be provided to patients at the correct temperature and texture.
- Identify those patients at risk of dehydration or those that require assistance with drinking, and monitor and record their fluid intake.



La hidratación en el trabajo

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Coca-Cola España

Madrid (España), 2012



Sostenibilidad y Relaciones Institucionales

VII Premios Estrategia Naos - Edición 2015

Memoria Sanitas Smile Candidatura Sanitas

www.sanitas.

Diciembre 201

- Campaña botellas de cristal e instalación de fuentes. Además de aumentar el consumo de agua reducimos la cantidad de residuos plásticos.
- Incentivos en las máquinas de vending por el consumo de productos saludables: campaña botellas de agua premiadas para promocionar la hidratación
- Consejos de hidratación en las máquinas de vending y en el gimnasio.
- Recetas de batidos, gazpachos y sopas frías disponibles en la Intranet.



HYDRATION Heart CHALLENGE



Being well hydrated can help employees to work to their full potential, feel healthier and more energised. This challenge helps to raise awareness of hydration guidelines and challenges employees to increase their daily fluid intake over a month:

- Publicise the campaign.
- Share the guide with those taking on the challenge.
- Give out record sheets to help employees track their progress.



Challenge objectives

 To encourage employees to have at least 8-10 glasses of 200ml of fluid a day.

Challenge details

The Hydration challenge aims to encourage employees to increase their fluid intake gradually over a period of one month, to increase the amount of water that they drink at work, and during this time to consider the health benefits that this brings. The challenge focuses on water, but remember that other healthier fluids such as no added sugar squashes, low fat milk or herbal teas also count towards daily fluid intake However, high-sugar drinks should be limited, especially between meals.

How to start the challenge

Ideas for encouraging increased water consumption in the workplace:

- Clearly signpost water facilities.
- Provide all employees with water bottles or glasses.
- Provide water coolers, water fountains or bottled water.
- Encourage each employee to fill a bottle of water and commit to drinking it all during the day.
- Run a campaign to promote the benefits of drinking water.
- Link a health promotion campaign to a water-based physical activity challenge, such as swimming, diving, windsurfing, sailing or canoeing.
- Provide access to drinking water in employee restaurant or staff rest areas.
- Provide drinking water in meeting and training rooms.
- Send email messages to encourage employees to drink water.
- Have 'water only' days.





Wise up on water!

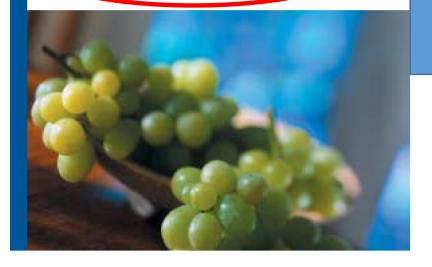
Ten tips for drinking more water

- On a sedentary day, try to drink around two litres of water.
- 2 Start by drinking a glass of fresh water when you get up in the morning.
- 3 If you are not used to drinking water regularly, try initially replacing just one of your other drinks a day with fresh water, increasing your consumption as the weeks go by.
- 4 Ask for a glass of tap water to go with your coffee and tea in cafes.
- 5 Drink a glass of water before and during each meal.
- 6 Hot water with fresh mint, lemon balm or a piece of fruit in like lime, lemon, orange etc often helps those who want a hot drink.
- 7 Carry a bottle filled with chilled tap water with you whenever you leave the house.
- 8 During exercise, drink at 10 to 15 minute intervals or think of it as a full glass every 30 minutes drink slowly and drink early, it's physically easier to do this when you are still feeling fresh.
- 9 Keep a check on your urine. As a general guide to hydration, it should be plentiful, pale in colour and odourless.
- 10 Ask for a jug of iced tap water with your meal when in restaurants and with your alcohol when in bars good establishments will be happy to provide this.

Water in the workplace

University of Minnesota School of Public Health

Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events



BEVERAGES

- Ice water
- Bottled spring or sparkling water regular or flavored with no sugar
- 100% fruit or vegetable juices avoid large-size bottles
- Skim or 1% milk
- Coffee and flavored coffees regular and decaffeinated
- Tea regular and herb teas hot or cold
- Coffee/tea creamers of skim milk,
 1% milk or fat-free half & half



Come, bebe, sé saludable, y serás feliz....

Merece la pena a nivel individual y comunitario!

