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EDITORIAL

IMPROVING HYDRATION GLOBALLY: FROM RECOMMENDATIONS TO CONSUMERS.

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Chair of Spanish Nutrition Foundation (FEN)*



Adequate hydration is part of our daily life and takes many forms, whether it's during meals and sports activities or when we're at leisure, working or studying. Total fluid intake throughout our lifetime can be as much as 80,000 litres. If we think about the moments we drink during physical activity and sport, in the work environment, when we're ill and have to take medications with water, or as a strategy to enhance or aid treatment... our lives and quality of life are surrounded by hydration moments. From the professional field we must ensure we give consumers the message that adequate hydration improves quality of life at all

ages and in all physiological situations. But to achieve this, health professionals and educators must first be convinced of the importance of hydration and have a good understanding of it. In a recent European study among health professionals who were asked "To what extent do you agree with the statement that hydration is important for health, wellbeing and quality of life?", Mediterranean countries (Spain, Italy and Greece) gave the highest scores. Yet in the same study, no differences were observed among the different professionals, and this is a strength and an opportunity we must leverage to send consumers a message with greater conviction. There's still a long way to go, because the scores on whether professionals regularly gave advice about hydration were lower than perceived, although Mediterranean countries once again clearly stood out among the rest. To reinforce the message to consumers we also need leading figures to encourage adequate hydration and associate it with "feeling better", "being well", and "being healthier", as Michelle Obama has done. And, of course, a good part of the efforts should focus on education, ranging from motivating teachers and school authorities to reaching out to pupils

and their families..... because it's been demonstrated that adopting good hydration habits has a "flow on" effect. There's no doubt that if we're capable of improving hydration globally among consumers, we'll make them happier, because it's worth it both for individuals and the community.

References

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CIEAH NEWS

CONFERENCE-DEBATE AT THE ROYAL EUROPEAN ACADEMY OF DOCTORS, BARCELONA, ORGANISED BY THE INTERNATIONAL CHAIR FOR ADVANCED STUDIES ON HYDRATION (CIEAH)

On 30 January 2018 the CIEAH will be holding a CONFERENCE-DEBATE at the European Royal Academia of Doctors, Barcelona, with the title "HYDRATION AND HEALTH in 21st Century Europe".

Prof Dr Lluís Serra-Majem, Director of the University Institute of Biomedical and Health Research at the University of Las Palmas de Gran Canaria and Chair of the CIEAH, will introduce the INTERNATIONAL

CHAIR FOR ADVANCED STUDIES IN HYDRATION at the event opening.

Key members from a wide range of universities, institutes and organisations across Spain will be taking part.

For more information, please see:
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BARCELONA - 1914

HEALTH PROFESSIONALS CORNER

IUNS 21ST INTERNATIONAL CONGRESS OF NUTRITION (ICN). OCTOBER 15-20,
BUENOS AIRES – ARGENTINA.

SYMPOSIUM ON HYDRATION AND WORK. HYDRATION AND HEALTH IN THE WORK ENVIRONMENT.



From left to right, the members of the Scientific Symposium "Hydration and work" are: Dr. Lluís Serra-Majem, Dr. Patricia Sangenis, Dr. Rafael Figueredo Grijalba, Dr. Gregorio Varela Moreiras and Dr. Javier Aranceta Batrina.

In October, the Argentine Nutrition Society organised the 21st IUNS International Congress of Nutrition, in Buenos Aires. The congress programme brought together leading scientists, who addressed key aspects of nutrition in a multicultural setting. The topics ranged from reviews to cutting edge information in nutritional sciences.

Hydration featured in the event through the Scientific Symposium "Hydration and work", moderated by Drs Javier Aranceta Batrina and Gregorio Varela Moreiras. Dr Lluís Serra-Majem, Director of the International Chair for Advanced Studies on Hydration (CIEAH), opened the Symposium with the topic "Hydration and cognitive performance". He was

followed by Dr Rafael Figueredo Grijalba, Deputy President of the Latin American Nutrition Society, who talked about "Hydration in the work environment". Lastly, Dr Patricia Sangenis, Cardiologist and Sports Medicine specialist, and member of the Argentine Olympic Committee, gave a talk about "Hydration and physical activity".

In her presentation she recommended drinking at least 2 glasses of still water before starting the planned physical activity and trying to drink water whenever possible (sips) or every 15-20 minutes of activity. She also noted that once the practice of sports was finished, before consuming solid foods, it is important to drink not less than 1/2 to

3/4 liter of still water or a sports drink. The CIEAH was also represented in the poster session of the Congress with an exhibition of the work "Sugar-Sweetened beverage consumption and obesity in children's meta-analyses: reaching wrong answers for right questions", by Dr Mariela Nissensohn.

Tokyo was chosen as the host city of the next IUNS-ICN, to be held in 2021 with the slogan "The Power of Nutrition: For the Smiles of 10 Billion People". The 2021 congress will be another occasion to bring us together.

IUNS 21st ICN
International Congress of Nutrition
"From Sciences to Nutrition Security"

Buenos Aires, Argentina, 15-20 October 2017 - Sheraton Buenos Aires Hotel & Convention Center
www.iuns-icn2017.com info@iuns-icn2017.com

SAN
Sociedad Argentina de Nutrición



CIEAH EVENTS

III INTERNATIONAL AND V SPANISH HYDRATION CONGRESS

From 13 to 15 May 2018 the CIEAH will be holding the III INTERNATIONAL AND V SPANISH HYDRATION CONGRESS at Palacio Euskalduna, Bilbao.

The programme includes a series of workshops, round tables and sessions by young researchers in this field.

The event will start with the opening conference by Prof Dr Lluís Serra-Majem, Director of the University Institute of Biomedical and Health Research at the University of Las Palmas de Gran Canaria and Chair of the CIEAH, who will talk about "HYDRATION AND HEALTH: SCIENTIFIC EVIDENCE AND RECOMMENDATIONS".

The closing conference, "HYDRATION AND NUTRITIONAL BALANCE" will be given by Prof Dr Adam Drewnowski, a world authority in this field from the University of Washington, Seattle, USA.

The closing act and award ceremony and prizegiving will be held in the Atrium of the Guggenheim Museum.

For more information, please see:
<http://hydration2018.cieah.ulpgc.es>



HIDRATACIÓN

III CONGRESO INTERNACIONAL
V CONGRESO NACIONAL

BILBAO, 13 - 15 DE MAYO DE 2018

HYDRATION SCIENTIFIC LIBRARY

HEALTH BENEFITS OF TEA

María Kapsokefalou.

Professor in Human Nutrition, Agricultural University of Athens, Greece



Photo: Sabri Turcu

Hydration through the consumption of a variety of beverages has been suggested as the best strategy to avoid dehydration. Nevertheless, beverages that conform to dietary guidelines are preferred choices. These comprise beverages with a higher content of beneficial nutrients or bioactive components or a lower content of energy or nutrients positively associated with chronic disease risk.

Tea has unique attributes and if not sugar sweetened, its calorie content is negligible. It is associated with beneficial health effects and even with medicinal potentialities for several ailments, such as reducing the risk of developing heart disease, type-2 diabetes or cancer, and improving bone and dental health. A few recent studies are cited below.

In a Cochrane review summary, in 3- to 6-month interventions, low/moderate evidence suggests that tea lowers blood pressure and LDL-cholesterol, does not affect high-density lipoprotein (HDL)-cholesterol and has no side effects¹. Another study associated regular consumption of tea with reduced risk of developing type-2 diabetes according to meta-analysis². Strong evidence from human studies shows that habitual tea consumption is positively associated with higher bone mineral density at multiple skeletal sites, although the association with fracture risk is less clear. This was confirmed in a recent meta-analysis of 16 studies that examined 138,523 patients³. In an investigation of the anticancer properties of tea, a meta-analysis of nine prospective cohort articles involving 465,274 participants and 3,694 cases of liver cancer from China, Japan and Singapore showed the preventive effects of green tea on the risk of liver cancer in female Asian populations⁴.

The mechanisms underlying these effects are controversial or unclear but it appears that tea polyphenols, especially catechins, play an important role. The absorption of polyphenols has been elucidated, presumably involving the gut microbiota, and their metabolism is well understood². Several studies have addressed the effect of tea polyphenols on specific cardiovascular biomarkers such as plasma antioxidant status, vasodilation, coagulation and inflammation parameters. In a recent review, tea epigallocatechin gallate was linked to antioxidant, anti-ageing, anti-inflammatory, anticarcinogenic, antidiabetic, hypolipidemic, antiviral, antimicrobial, antiparasitic and memory improvement properties⁵.

Whether tea is beneficial for the treatment of obesity remains unconfirmed.

Further studies and holistic approaches that address the complexity of modern nutrition are still necessary to fully unravel and explain the benefits of tea.

References

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WHAT'S NEW?

USE OF SWEETENERS IN BEVERAGES

Use of sweeteners approved by leading international organisations - Joint FAO/WHO Expert Committee on Food Additives (JECFA), Food and Drug Administration, European Food Safety Authority - within the limits of acceptable doses is considered totally safe for human consumption.

The concept of Acceptable Daily Intake is now accepted globally as a base for estimating the safety of food additives and, therefore, for food and beverage legislation. This measure is the amount of a food additive, expressed on a body weight basis, that can be ingested on a daily basis over a lifetime without appreciable health risk.

Most studies on the role of low and no calorie sweeteners in weight control have shown that replacing food and beverages in our daily diet with low or no calorie versions as part of a calorie control programme can reduce overall energy intake and play a significant role in weight control. Low and no calorie sweeteners give individuals with diabetes alternatives so they can enjoy a sweet flavour without increasing their blood glucose level.

At a meeting held in July in Lisbon, 67 international experts in food, nutrition, dietetics, endocrinology, physical activity and general health came together to develop a consensus on low and no calorie sweeteners. Attendees from 42 European and Ibero-American nutrition and dietetic societies and foundations, medical societies, universities and research centres took

part. The conclusions of the meeting will be published in the Second Consensus Document on Sweeteners, which is currently being written.



Attendees at the 2017 meeting on sweeteners, held in Lisbon - Ibero-American Consensus on Sweeteners

In relation to this topic, as part of the 21st International Congress of Nutrition, held in October in Buenos Aires, Prof Anne Raben of the department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen (Denmark), said that "studies have been published associating low calorie sweeteners with the risk of increased appetite, food intake and therefore weight increase. However, intervention studies carried out in the last 25-30 years have shown that low and no calorie sweeteners do not stimulate appetite or increase body weight." In her talk, which was part of the Symposium "Sweeteners: Advantages and Applications in the 21st Century", organised by the Nutrition Research Foundation and the Spanish Nutrition Foundation, Prof Raben said that "various meta-analyses conducted in the last few years have concluded

almost unanimously that the use of low and no calorie sweeteners can help reduce body weight compared with sugar".

This is clearly a highly relevant and topical field of dietetics and nutrition that requires further study and scientific advances to provide greater understanding by analysing benefits, safety and current applications.

CIEAH WEBSITE NEWS

DISCOVER THE BENEFITS OF BECOMING A REGISTERED MEMBER

The CIEAH website now has a registration facility to update regular visitors interested in hydration about the latest posts. After investing just a few minutes to complete the subscription details, visitors can enjoy the benefits of becoming registered members, such as receiving alerts when new publications are added to the scientific library or receiving the CIEAH quarterly newsletter in their email. The data will be included in a file which is owned exclusively by the CIEAH, in accordance with the terms of the Spanish Organic Law on the Protection of Personal Data.

Register now and enjoy the benefits of becoming a full CIEAH registered member!



Attendees at the 2017 meeting on sweeteners, held in Lisbon - Ibero-American Consensus on Sweeteners

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