

Hydration for health

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During the 11th European Nutrition Conference, organised by the Federation of European Nutrition Societies (FENS), which took place from the 26-29 October 2011 in Madrid, a couple of symposia addressed the topic of hydration.

Appropriate hydration of the body is a requirement for health and is essential for life itself. Water sustains the body's many vital chemical reactions and maintains correct body functions. However, the important issue of hydration is often neglected, as nutrition advice predominantly focuses on food intake.

In this podcast interview, EUFIC spoke with two key speakers who participated in the symposium "Hydration for Health". Professor Luis Moreno, shares the results from a study investigating the hydration status in Spanish children. Additionally, Dr. Joan Gandy gives insight into the findings from a recent fluid intake survey in the United Kingdom.

EUFIC also produced a podcast on the other hydration symposium at FENS, entitled "Hydration: A Basic Aspect in Nutrition". [Please click here](#) to access that podcast.

About the speakers

Professor Luis Moreno (University of Zaragoza, Spain)

Luis A. Moreno is professor of Public Health at the University of Zaragoza (Spain). He did his M.D. and Ph.D. trainings in the same University. He studied Human Nutrition and Public Health at the University of Nancy (France). His research activities focus on nutrition, lifestyle and body composition in children, and have been supported by several grants from the Spanish Ministry of Health and the EU 6th and 7th Framework Programmes (HELENA, IDEFICS, EURRECA, ENERGY projects). He is author of more than 100 papers published in peer-reviewed journals. He is coordinator of the E.U. project HELENA (Healthy lifestyle by nutrition in adolescence), supported by the EU 6th Framework Programme.

Dr. Joan Gandy (British Dietetic Association, UK)



Joan Gandy is a Registered Dietitian and a Registered Nutritionist (UK Nutrition Society) who has worked as a dietitian in a variety of setting and she was recently elected a Fellow of the British Dietetic Association. She has taught and developed master's programmes and was latterly a Reader in Nutrition. Currently Joan is a consultant nutritionist and dietitian. Until recently she was Editor in Chief of the Journal of Human Nutrition and Dietetics and is currently a member of the Editorial Board. Her areas of expertise include hydration, body composition, diabetes and energy balance.