

## 3<sup>rd</sup> ANNUAL SCIENTIFIC MEETING

### Agenda

Friday 1<sup>st</sup> July – Evian

**Meeting Chair:** *Tam Fry FRSA, Honorary Chairman, Child Growth Foundation*

#### INTRODUCTION:

- ◆ **Welcome**
- ◆ **The Hydration for Health Initiative: 'progress so far'**

*Dr L. Le Bellego, D. Graham (Danone)*

#### PART 1: SOCIETAL STAKES

- ◆ **Kidney Health: a public health issue**

*Pr Ritz, International Society of Nephrology (Germany)*

- ◆ **Impact of beverage composition on health and the kidneys**
- ◆ **Fluid intake level and chronic kidney disease: emerging evidence**
- ◆ **Q&A**

*Pr Johnson, University of Colorado (USA)*  
*Dr Strippoli, University of Sydney (Australia)*

#### PART 2: NEW SCIENCE

##### a) behavioural evidence

- ◆ **Methodological aspects of fluid intake records and surveys**
- ◆ **First findings of the Fluid Intake survey in the UK**
- ◆ **Results of a China population Fluid Intake survey**
- ◆ **Q&A**

*Dr Vergne, Danone Research (France)*  
*Dr Gandy, British Dietetic Association (UK)*  
*Dr Ma, Centre for Disease Control (China)*

#### PART 2: NEW SCIENCE

##### b) clinical evidence

- ◆ **Effect of reduced water intake on cognitive performance and mood in women**
- ◆ **Physiological and hydration differences between low and high drinkers**
- ◆ **Future directions for hydration markers in daily life**
- ◆ **Q&A**

*Dr Pross, FORENAP (France)*

*Dr Klein, Danone Research (France)*  
*Pr Armstrong, University of Connecticut (USA)*

#### PART 3: INTERVENTION FOR BEHAVIOUR CHANGE

- ◆ **Water intervention programs in children**

*Dr Muckelbauer, Berlin School of Public Health, Charité – University Medical Center Berlin (Germany)*

- ◆ **Educational intervention on water intake improves hydration status and enhances exercise performance in athletic youth**
- ◆ **Q&A**

*Pr Kavouras, Harokopio University (Greece)*

#### ROUNDTABLE

- ◆ **Roundtable discussion**
- ◆ **Conclusion & Meeting Wrap-up**

*Expert Panel*  
*Dr Perthuisot, Danone Research (France)*

#### POSTERS & DEMONSTRATIONS

Sponsored by