IMPORTANCE OF HEALTHY HYDRATION FOR CHILDHOOD OBESITY PREVENTION

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Introductory talk and chair by
Prof. Volkan D. Yumuk, M.D., FA.C.P., F.A.C.E., Division of Endocrinology, Metabolism & Diabetes, Istanbul University Cerrahpasa Medical Faculty, Turkey.

Creating a hydrogenic environment for children
Dr. Isabelle Guelinckx, R.D., Ph.D., Danone Nutricia Research, France.

SIPCAN School programs in Austria: a combined behavioral and environmental intervention to promote healthier lifestyle
Dr. Manuel Schätzer, Ph.D., Special Institute for Preventive Cardiology And Nutrition (SIPCAN), Vienna, Austria.

Professor Volkan Demirhan Yumuk graduated from Hacettepe University Medical School in Ankara. In 1994 he went through a research fellowship program in the Division of Endocrinology and Metabolism at University of Michigan School of Medicine. In 1997 he completed the clinical endocrinology fellowship program in the Division of Endocrinology and Metabolism at University of Alabama School of Medicine. He became an associate professor in 1998 and a full professor of medicine in 2006.

He is currently a faculty member in the Division of Endocrinology, Metabolism and Diabetes, Istanbul University Cerrahpasa Medical Faculty. Volkan Yumuk’s research area is obesity and his major clinical interest is prevention and management of obesity and type 2 diabetes. He has published many papers in national and international journals, and authored chapters in books in the field of endocrinology. He is a founding member and current president of the Turkish Association for the Study of Obesity; professor Yumuk is currently the Vice President responsible for the southern region of the European Association for the Study of Obesity.

He has chaired the 18th European Congress on Obesity in Istanbul in 2011. He is been elected as a SCOPE (Specialist Certification of Obesity Professional Education) European Fellow in 2007. He is a reviewer for Obesity, Obesity Reviews; editorial board member and a reviewer for Obesity Facts.
Isabelle Guelinckx obtained her MS and PhD in Biomedical Sciences at the Catholic university of Leuven, Belgium. She specialized into nutrition with a second MS at the University of Maastricht, the Netherlands and a professional bachelor in Dietetics and Nutrition at the Catholic College Leuven, Belgium. This knowledge was put into practice during the clinical research of her doctoral thesis, which aimed to assess the impact of lifestyle advice on gestational weight gain of obese pregnant women.

In 2011 Isabelle joined Danone Nutricia Research where she began managing research projects investigating the short term health impact of dehydration. Her current research focus is the nutritional assessment of fluid intake, with over 30 scientific articles dedicated to the results of the Liq.In7 surveys. These surveys among a nationally representative sample of children and adults are performed with a fluid-specific 7-day record validated for water.

To access online the statistics of Fluid Intake data worldwide, use the Liq.In7 Interactive Map:
http://www.h4hinitiative.com/hydration-science/liqin7

Fluid specific national surveys demonstrated that a high proportion of children and adolescents drank less than the adequate intakes of water from fluids set by the European Food Safety Authorities. Non-adherence to adequate intakes for fluids ranged from 10% (Uruguay) to > 90% (Belgium). Moreover, the fluid type contributing the most to total fluid intake (sum of drinking water and all other fluids) wasn’t always water. Depending on the country, sugar sweetened beverages (SSB) and fruit juices represented up to 55% of total fluid intake. Many publications were dedicated to negative health impact of a regular and high intake of SSB, and consequently several governmental actions were undertaken with the aim to reduce SSB intake. Yet the positive message of “drink more water” was less consistently put forward. A recently published controlled longitudinal field experiment however demonstrated that this message can change drinking behavior; by providing information about water and hydration and by increasing water available at home, preschool children significantly increased their daily water consumption by 3.0-7.8 times. Indeed, having access to water was an important driver to increase water intake. This however should not be taken for granted, as unpublished data of the Liq.In7 surveys in six countries in Latin America and Asia showed that 6% up to 50% of the 6-11 year old children reported to have no source of fluids available at school. Besides school, where 7% up to 27% of total fluid intake of children takes place, attention should also be paid to water availability on other locations. Therefore this talk will cover practical considerations on how to create a “hydrogenic” environment for children outside the school environment.

Dr. Manuel Schätzer studied Nutritional Sciences at the University of Vienna and received his Ph.D. in 2008. He has been working as Project Director for SIPCAN (Special Institute for preventive cardiology and nutrition) since 2007. In addition, he was Project Director for the nationwide program “Our school cafeteria” of the Federal Ministry of Health from 2011-2013.

From 2013-2015, he was an elected member of the managing board of the Union of Austrian Nutritionists. The focus of Dr. Schätzer’s work is the development and implementation of behavioural prevention and environmental intervention programs. He is also a lecturer for the University of Vienna and the Medical University of Vienna.

SIPCAN SCHOOL PROGRAMS IN AUSTRIA: A COMBINED BEHAVIOURAL AND ENVIRONMENTAL INTERVENTION TO PROMOTE HEALTHIER LIFESTYLE

Founded in 2005 the Austrian Special Institute for Preventive Cardiology And Nutrition (SIPCAN) has set itself the target of improving nutrition education, behaviour and the environment e.g. offered beverages at vending machines. Due to the existing infrastructure, school staff, facilities, policies, and environments, the school setting provides a logical choice as a context for implementing interventions to promote a healthy lifestyle. Thus SIPCAN is specialized in developing and implementing school programs focusing on the target group of 10 to 18 year old students. At the moment the school programs include three educational interventions (“Drinking & snack license”, “Movement is fun”, and “Smart drinking”) and three environmental interventions («Vending machine check», «School cafeteria check», and «Lunch check»).

The education is delivered by an on-staff teacher with whom the school children are familiar and it is also aimed to reach the school children’s parents, to reinforce healthier lifestyle also in the home environment. Therefore, no specially trained professionals are required. Additionally, such interventions require a minimum of money, effort, and school time and contain practical lessons regarding healthy nutrition and physical activity. In addition, by e.g. optimizing the vending machine, a reduction in the total mean sugar content of the beverages could be achieved and therefore the school environment is a feasible intervention in an appropriate setting.

Consequently, a complete package of school-based education and improvement of the school environment is able to increase nutrition-related knowledge, dietary behaviour with decreases in the consumption of unhealthy food and with healthy choices but without bans. Last year every third school of the target group attended at least one of our programs. More than 130.000 students benefit from these interventions.
SAVE THE DATE 10TH HYDRATION FOR HEALTH ANNUAL SCIENTIFIC CONFERENCE

The Annual Hydration for Health conference aims at gathering opinion leaders and scientists across disciplines to share the latest scientific evidence on hydration and health. This is an international event and an unique opportunity to discuss the importance of water in the current context of public health. In 2018, the Hydration for Health Annual Scientific Conference will celebrate its 10th anniversary.

Stay tuned about the conference’s update: https://www.h4hinitiative.com/hydration-health-2018-save-date

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Hydration for Health invites young researchers in the field of hydration and health to submit abstracts focusing on novel research that contributes to this field. Submission is encouraged in, but not restricted to, the following areas related to hydration: biomarkers, kidney health, cognition, behavior, well-being, fluid and water intake studies, nutrition, diabetes and obesity.

The Hydration for Health Scientific Conference is a talent accelerator and a key place for young investigators to present their research on hydration and connect with a dynamic network. The challenge is to pitch in three minutes the research with a maximum of two key results.

Six finalists are selected based on an abstract by the Hydration for Health organizing committee.

The winner of the competition will receive the Young Researcher Award trophy during an Award ceremony at the Annual Scientific Conference. She/he will be given the opportunity to submit a full article in the proceeding of the Annual Hydration for Health Scientific Conference.

Apply until April 30th 2018, 5 pm CET:
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