

**SEMINAR PROPOSAL TEMPLATE**

**Seminar Title/Theme:**

**Hydration Resources for dietitians: The European Healthy Hydration Awareness Campaign (EuHHAC)**

**Symposium Facilitators and Presenters:**

**Presenters:**

Pauline Douglas<sup>1</sup>, Katerina Belogianni<sup>2</sup>, Ezgi Kolay<sup>2</sup>

<sup>1</sup> European Federation of the Associations of Dietitians, Ulster University,

<sup>2</sup> European Federation of the Associations of Dietitians

**Seminar length:**

45 minutes

**Who should attend:**

Dietitians – pre and post registration/qualification, higher education institutions teaching dietetics and public health, health practitioners, those with an interest in healthy hydration from science to translational practice, commissioners of service, policy makers, industry

**Learning outcomes:**

*Purpose of Seminar:* to present and discuss the development and implementation of the “EuHHAC Hydration Resources” for dietitians and nutritionists and updated scientific evidence on hydration.

*Outcomes:*

- To appreciate the rationale and background of the project from presentation of the data on the current hydration knowledge, attitudes and practices of dietitians across Europe and feedback on their preferable modes of learning.
- To know the tools and educational materials that have been developed and how the dietitians can use the EuHHAC Hydration Resources in daily practice.
- To engage in the dissemination of the EuHHAC Hydration Resources
- To gain an understanding of the challenges and lessons learnt from implementing the program and progressing its future goals.

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**Participant outcomes:**

- To have an increased knowledge of healthy hydration
- To appreciate how the current evidence can be translated and put into every day practice for dietitians
- To know what tools are available for use by dietitians
- To actively feel empowered to integrate healthy hydration science into practice and engage in dissemination of healthy hydration practice to enhance the evidence pool.

***Proposed program:***

In 2015, EFAD launched the European Awareness Healthy Hydration Campaign (EuHHAC) as part of the European Dietetic Action Plan 2015-2020 (EuDAP), with the aim of increasing knowledge about healthy hydration among dietitians, harmonising terminology and developing evidence-based online resources to use in their daily practice. The rationale and steps followed as well as the Hydration Resources developed by the EuHHAC working group will be presented, in addition to the updated scientific evidence in the field of hydration.

Speakers at the symposium will discuss data on the current knowledge, attitudes and practices of European dietitians in relation to healthy hydration and the importance of dietitians to promote and embed healthy hydration in their practice. The Hydration Resources developed by the EuHHAC working group, including educational materials and practical tools, will be presented and discussed. Current scientific evidence will be shared to enable the audience to increase their knowledge in this area and address future steps that they can make in their practice to optimize healthy hydration for client and population bases. Time will be provided for questions and discussion after the presentations.

<b>Topic</b>	<b>Time</b>	<b>Speaker</b>
<b>TITLE: Implementing the European Dietetic Action Plan: a model for good practice</b>		
Introduction to symposium; including an overview of the European Healthy Hydration Awareness Campaign–meeting targets of European Dietetic Action Plan 2015-2020 (EuDAP) Dietitians’ Knowledge, Attitudes and Practices on Healthy Hydration- background evidence for the development of the EuHHAC Hydration Resources.	15 mins	Pauline Douglas
Presenting the EuHHAC Hydration Resources: educational materials and tools to use in practice.	15 mins	Katerina Belogianni
Disseminating the EuHHAC Hydration Resources: lessons learnt, and future steps	10 mins	Ezgi Kolay
Q&A	5 mins	All of above

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*Speakers*

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**Pauline Douglas:**  
**Biography:**

Pauline Douglas BSc Dietetics, PgCHEP, MBA, MIHM, FIANE, FHEA, FBDA, RD graduated from Queen Margaret College, Edinburgh with a degree in Human Nutrition and Dietetics. She has an MBA in Health and Social Care Management. She worked in Belfast City Hospital Northern Ireland for many years before going to Ulster University where she is currently Senior Lecturer; Clinical Dietetics Facilitator. She is Ulster Dietetic Expert liaison to the Masters in Dietetics programme Hong Kong University SPACE.

Her research at the Nutrition Innovation Centre for Food and Health (NICHE) is focused on nutrition education.

A particular interest of Pauline's is in healthy hydration and she leads on the European Healthy Hydration Awareness Campaign (EuHHAC) which is specifically focussed on giving dietitians the knowledge, skills and tools to inform their practice and so be facilitators of change.

Pauline is Vice Chair of NNEdPro Global Centre for Nutrition and Health which is an award-winning, interdisciplinary think-tank, training academy and knowledge network anchored in Cambridge and with principal hubs in Cambridge, London, Ulster and Parma. Its international networks extend from North America, through Africa and South Asia to Australia.

Pauline is Associate International Dean (Cordia Group of Educational Institutes in India and Lord Rana Foundation Trust in Northern Ireland).

To date Pauline has published scientific papers, edited several books and been author and contributor to a significant number of policy papers at national and international impact level.

Pauline is a visiting scholar of Wolfson College, University of Cambridge. She is past Chairman of the British Dietetic Association and is their international representative. She currently sits on the Executive committee of the European Federation of the Associations of Dietitians.

**Katerina Belogianni:**  
**Biography:**

Katerina Belogianni is a registered dietitian (RD) holding a PhD in Nutrition Education from Kingston University London and an associate fellow of the Higher Education Academy in the UK. Katerina has worked in large-scale public health projects including the development of Food Based Dietary Guidelines for the Greek population and interventions to reduce food insecurity and obesity in schoolchildren. The last five years, Katerina's work is dedicated in increasing knowledge and competence of dietitians and students by designing online educational courses with practical tools and evaluating their effectiveness. Katerina is also pursuing research on assessing knowledge and skills of dietitians in various areas (hydration, irritable bowel syndrome) and implement integrated approaches in the dietary management of irritable bowel syndrome.

**Ezgi Kolay:**

**Biography:**

Ezgi Kolay is a dietitian holding a master degree in Food Science and Nutrition from Poznan University of Life Science (PULS) and currently a PhD student in Human Nutrition and Dietetics at PULS, Poland. She is a team member of the Nutrition Assessment Lab at PULS. Her specializations are nutritional status assessment, dietary behaviours and nutrition education. She teaches Nutritional Status Assessment, Dietetic Management in Non-Communicable Disease (mainly focuses on obesity and metabolic syndrome), and Nutrition Counselling didactic modules. Ezgi has worked in public health projects in various groups, including the elderly and children population. She is also pursuing research on sugar consumption and dietary behaviours in the aspect of genetic, psychological and behavioural factors.

