

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

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.
- To gain knowledge of the current scientific evidence with regards to water intake e.g. plasma copeptin - a biomarker of type 2 Diabetes, chronic kidney diseases and cardiovascular diseases.

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 Programme

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.

Topic Time Speaker

Implementing the European Dietetic Action Plan: a model for good practice Introduction to symposium; including an overview of the European Healthy Hydration Awareness Campaign—meeting targets of European Dietetic Action Plan 2015-2020 (EuDAP) - 10 mins Annemieke Van Ginkel-Res

Dietitians' Knowledge, Attitudes and Practices on Healthy Hydration- background evidence for the development of the EuHHAC Hydration Resources - 20 mins Pauline Douglas

Presenting the EuHHAC Hydration Resources: educational materials and tools to use in practice - 30 mins Pauline Douglas / Katerina Belogianni

Current scientific evidence e.g. the effect of water intake on plasma copeptin 50 mins Hydration experts
Disseminating the EuHHAC Hydration Resources: feedback from dietitians, lessons learnt, and future steps - 10 mins Judith Liddell / Pauline Douglas

Panel discussion and closing remarks - 15 mins Annemieke Van Ginkel-Res

Speakers

Annemieke Van Ginkel Res: The introduction will explain the background of the how the healthy hydration awareness campaign came about and how it fits into the overall strategic agenda of EFAD and its political influencing to raise the visibility of dietitians and the vital role they have to play in population health.

Pauline Douglas: will present the background evidence and processes undertaken to identify Dietitians' knowledge attitudes and practices in relation to healthy hydration. Also addressed will be the implementation plan for developing the awareness campaign and the appropriate resources for dietitians to embed healthy hydration into practice.

Katerina Belogianni: will present the rationale and steps of the development part of the educational materials and tools of the EuHHAC Hydration Resources and enable demonstration of their use in practice.
Hydration experts: will share the latest evidence-based research and demonstrate the importance of translating this evidence into practice.

Judith Liddell: will describe the process of dissemination and future steps taking into account the challenges and lessons learnt to enable dietitians to improve healthy hydration in Europe and further afield.