

## 15:00 INTRODUCTION



### Welcome note

by Isabelle Seksek, Head of Hydration Initiatives & Partnerships, Water Science Team, Danone Nutricia Research, France



### Introduction lecture: Hippocrates was right. Now what? Water as a part of healthy aging

Evan Johnson, University of Wyoming, USA

## 15:15 SESSION 1 - CURRENT EVIDENCE ON HYDRATION PHYSIOLOGY AND HEALTH OUTCOMES



### Vasopressin as a Fat Hormone: A Means for Conserving Metabolic Water

Richard Johnson, Division of Renal Diseases and Hypertension, University of Colorado Anschutz Medical Campus, USA



### Osmotic thirst and hypovolemic thirst, recent animal data

Daniel Bichet, Departments of Medicine, Pharmacology and Physiology, University of Montreal, Canada



### Redefining Thirst: Beyond dehydration and towards a holistic biopsychological model

Harriet Carroll, Clinical Research Centre, Cardiovascular Research, Hypertension, Lund University, Sweden

*Q&A session*

## 16:10 SESSION 2 - HYDRATION BEHAVIOUR



### Fluid intake habits of Spanish children and adolescents: An update of the Liq.In7 survey

Iris Iglesia Altaba, Growth, Exercise, Nutrition and Development (GENUD) Research Group, Instituto de Investigacion Sanitaria de Aragón (IISA), Spain



### Do people have a same fluid intake patterns across the world? Results of Liq.In7 cross functional surveys

Clémentine Morin, Water Science Team, Danone Nutricia Research, France



### Psychology of Hydration Habits

Esther Papies, Institute of Neuroscience and Psychology and School of Psychology, University of Glasgow, Scotland

*Q&A session*

## 16:55 ————— Break —————

## 17:10 SESSION 3 - EARLY CAREER RESEARCHER AWARD

Pitch your science session - Prepare the new gen of scientists!

## 17:45 SESSION 4 - FUTURE OF HYDRATION



### Associations between water consumption and gut microbiota composition in the American Gut Project Database

Tiphaine Vanhaecke, Water Science Team, Danone Nutricia Research, France



### Influence of sub-optimal Hydration on the immune response

Dorothee Chabas, San Francisco, USA

*Q&A session*

## 18:15 CONCLUSION

### CHAIR



### Isabelle Seksek

Head of Hydration Initiatives & Partnerships, Water Science Team, Danone Nutricia Research, France

### MODERATOR



### Laurent Le Bellego

Scientific Relations Director, Danone Nutricia Research, France



ECRA FINALISTS (more details see page 2)



Pitch 1 - Travis Anderson



Pitch 4 - Hillary Yoder



Pitch 2 - Maria Agustina Battistone



Pitch 5 - David Lartey



Pitch 3 - Nathaniel Willis



Pitch 6 - Adam Seal

# 13<sup>th</sup> Annual HYDRATION FOR HEALTH SCIENTIFIC CONFERENCE

JUNE 23<sup>RD</sup> 2021 15:00 —18:15 CET

WATER AND HYDRATION SCIENCE :  
CURRENT EVIDENCE  
AND FUTURE DIRECTIONS

## EARLY CAREER RESEARCHER AWARD



**Pitch 1 - Modeling Hydration Status Given Daily Measures of Body Mass, Urine Color, and Thirst**

Travis Anderson, University of North Carolina at Greensboro, USA



**Pitch 2 - Urinary UDP, glucose as a novel actionable biomarker of dehydration-induced acute kidney injury**

Maria Agustina Battistone, Massachusetts General Hospital, Harvard Medical School, USA



**Pitch 3 - Copeptin is related to mucolytic bacteria and gut barrier function**

Nathaniel Willis, University of Illinois at Urbana-Champaign, USA



**Pitch 4 - Self-Reported Changes in Thirst and Alertness during Variable Prescribed Fluid Intake**

Hillary Yoder, University of Alabama & University of Wyoming, USA



**Pitch 5 - Estimating differences in risk of chronic kidney disease based on water intake in a national sample.**

David Lartey, Montana State University, Bozeman, USA



**Pitch 6 - The Acute Effect of Adequate Water Intake on Glucose Regulation in Low Drinkers**

Adam Seal, California Polytechnic State University, USA

## THE HYDRATION FOR HEALTH SCIENTIFIC COMMITTEE



**Evan C. Johnson**

University of Wyoming,  
USA



**Joan Gandy**

British Dietetic Association,  
UK



**Stavros Kavouras**

Hydration Science Lab, Arizona State University,  
College of Health Solutions,  
USA



**Widjaja Lukito**

Postgraduate Program in Clinical Nutrition, Department of Nutrition,  
Faculty of Medicine, Universitas Indonesia,  
Indonesia

## EARLY CAREER RESEARCHER AWARD ALUMNIS



**William Adams**

University of North Carolina  
at Greensboro,  
USA



**Alex Buoite Stella**

Department of Medicine, Surgery and Health  
Sciences, University of Trieste,  
Italy



**Carla El Mallah**

American University of Beirut,  
Liban



**Colleen Munoz**

University of Hartford,  
USA



**Justin Holland**

Queensland University of Technology,  
Australia



**Mariia Ivanova**

The Shupyk National Medical Academy  
of Postgraduate Education,  
Ukraine



**Fernando Garcia Arroyo**

National Institute of Cardiology Ignacio  
Chavez, Mexico City,  
Mexico



**Yasuki Sekiguchi**

Department of Kinesiology, University of Connecticut,  
USA



**Hillary Yoder**

University of Alabama,  
USA