



# Healthier hydration for wellbeing

**28.Aug 2018**

**Cod. N01-18**

**Mod.:**  
Face-to-face

**Edition**  
2018

**Activity type**  
Summer course

**Date**  
28.Aug 2018

**Location**  
Miramar Palace

**Languages**  
English

**Academic Validity**  
10 hours

**Organising Committee**



Fundación  
**BBVA**



## Description

This course has been designed to provide an integral perspective of hydration on health and disease. Thus, a focus is centered in the physiological influences of adequate water intake in different stages of life as well as the role in health maintenance and disease prevention has been scheduled. Another focus is the impact of a balanced hydration on appetite and cognitive functions, health as well as the interactions with physical activity and some diseases. Finally a session will be oriented to interpret the participation of water intake on dietary habits and hydration by hydrating textures.

## Objectives

To provide the most updated findings on the role of adequate hydration, from a physiological perspective, for the correct function of human body, and specific physiological situations, such as childhood and growth.

To offer a wide view on the effects of adequate hydration for improving wellbeing in general and specific situations, such as exercise performance, certain diseases.

To provide practical tools for identifying risk situations of incorrect hydration, and to help searching alternative ways of hydrating from the act of "drinking" on individuals with determined conditions or ages.

## Course specific contributors



Universidad  
de Navarra

*ciberobn isciü*

instituto  
**imdea**  
alimentación



The Healthy Hydration Company™



basque  
culinary  
center

*Coca-Cola* Iberia

# Program

**28-08-2018**

08:45 - 09:00	Registration
09:00 - 09:30	“WATER IN HEALTH AND DISEASE: Physiology of Hydration” <b>Ángel Gil</b> University of Granada - Professor of Biochemistry and Molecular Biology
09:30 - 10:00	“WATER IN HEALTH AND DISEASE: Water as a Nutrient” <b>Jose Alfredo Martinez Hernández</b> University of Navarra - Professor
10:00 - 10:30	“WATER IN HEALTH AND DISEASE: Hydration and sparkling mineral water” <b>M<sup>a</sup> Pilar Vaquero Rodrigo</b> Institute of Food Science, Technology and Nutrition. CSIC - Scientific Researcher
10:30 - 11:00	“ WATER IN HEALTH AND DISEASE: Impact of hydration on the human brain, heart and muscles. “ <b>José González-Alonso</b> Brunel University of London - Professor of exercise and cardiovascular physiology
11:00 - 11:30	Break
11:30 - 12:00	“MORE THAN HYDRATING. BEVERAGES AND THEIR ROLE ON WELLBEING: Effects of Beverages on Satiety Response” <b>Eva Almirón Roig</b> University of Navarra
12:00 - 12:30	“MORE THAN HYDRATING. BEVERAGES AND THEIR ROLE ON WELLBEING: Alkaline water, Functional Beverages and Bone Health” <b>Susan A. Lanham</b> University of Surrey - Professor
12:30 - 13:00	“MORE THAN HYDRATING. BEVERAGES AND THEIR ROLE ON WELLBEING: Water intake and hydration indices in healthy adults; the European Hydration Research Study (EHRS)” <b>Maria Kapsokefalou</b> Agricultural University of Athens - Professor
13:00 - 13:30	“MORE THAN HYDRATING. BEVERAGES AND THEIR ROLE ON WELLBEING: Nutrición e Hidratación en la Actividad Física” <b>Fermín Milagro Yoldi</b> University of Navarra - Professor of Nutrition and Bromatology
13:30 - 15:30	Break
15:30 - 16:00	“HYDRATION IN NUTRITION: Hydration & Unhealthy Weight” <b>Paul Gately</b> University of Leeds - Professor
16:00 - 16:30	“HYDRATION IN NUTRITION: How well hydrated are you?” <b>Luis Serra Majem</b> University of Las Palmas de Gran Canaria - Professor of Preventive Medicine and Public Health

16:30 - 16:45

Break

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16:45 - 17:00

“HYDRATION IN NUTRITION: Hydration in Europe“

**Rafael Urrialde de Andrés**

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17:00 - 18:30

“SHOWCOOKING AT BCC (Chefs: Estefanía Simon-Sasyk and Erich Eichstetter):  
Hydrating Textures, When drinking is not so easy“

**Rodrigo San Cristóbal Blanco** Coordinator

**Usune Etxeberria Aranburu** Coordinator

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## Directed by



### **Jose Alfredo Martinez Hernández**

Universidad de Navarra, Catedrático

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### **Santiago Navas Carretero**

Universidad de Navarra, Investigador

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Santiago Navas-Carretero holds a grade in pharmacy by the Universidad Complutense de Madrid (2002) and a PhD in Nutrition (2007) in the same University, with the honors of European Doctor. He started working in the University of Navarra in 2008, where he has developed his research since then. Currently he is the director of Precision Nutrition Research Line in the Center for Nutrition Research. He is the principal investigator in various research projects and contracts (Nutriprecisión, MedKids, ALINFA and CORALS), apart from taking part as researcher in numerous studies at regional, National and International Level, where his participation in the 7th Framework Programme and H2020 is demonstrated through Food4Me, PREVIEW and SWEET. In addition, he has authored/co-authored more than 110 scientific research articles or book chapters.

## Teachers



**Eva Almirón Roig**

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**Usune Etxeberria Aranburu**

Basque Culinary Center Fundazioa

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Investigadora y responsable del área de investigación Salud y Gastronomía de BCC Innovation. Durante los años que lleva trabajando en el Centro, Usune ha iniciado dos líneas de investigación relacionadas con la "Gastronomía personalizada" y la "Gastronomía Saludable". Doctora Cum Laude por el Departamento de Ciencias de la Alimentación y Fisiología de la Universidad de Navarra. Especializada en el estudio de los cambios metabólicos y el análisis de la microbiota intestinal en enfermedades metabólicas (principalmente obesidad). Ha cursado el Máster Europeo en Alimentación, Nutrición y Metabolismo, trabajó como investigadora en el Centro de Investigación en Nutrición de la Universidad de Navarra y cuenta con veinte artículos científicos publicados en revistas de alto impacto. Además, cursó un Máster Universitario en Dirección de Empresas (Universidad de Deusto) y ha sido socia fundadora de la startup Idomics Biotech S.L. Usune es licenciada en Ciencia y Tecnología de los alimentos



**Paul Gately**

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## Ángel Gil

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Doctor en Biología. Catedrático de Bioquímica y Biología Molecular de la Universidad de Granada y Director del Grupo de Investigación de Excelencia CTS-461 "Bioquímica nutricional: implicaciones terapéuticas". Presidente de la Fundación Iberoamericana de Nutrición (FINUT). ExPresidente de la Sociedad Española de Nutrición (2011-2014). Autor de 627 publicaciones de las cuales 24 libros, 158 Capítulos de libros y 445 artículos científicos indexados y de 18 patentes todas ellas en explotación. Director del Tratado de Nutrición 5 vol.



## José González-Alonso

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José González-Alonso is a Professor of Exercise and Cardiovascular Physiology and Director of the Brunel University London's Centre for Human Performance, Exercise and Rehabilitation (CSMHP) since 2006. Prior to that, he worked as a senior researcher and post-doctoral fellow at the Copenhagen Muscle Research Centre and the University of Copenhagen for 11½ years. He completed his MA and PhD in Exercise Physiology at the University of Texas at Austin (USA) and his undergraduate studies in Physical Education at the University of Barcelona (Spain). He has published more than 100 original research articles, perspectives and reviews (Google h-index 51). His main area of expertise is human cardiovascular control and skeletal muscle blood flow regulation, particularly in conditions of exercise and environmental stress. His studies have advanced our knowledge and understanding of the impact of hydration and environmental heat stress on physiological function and exercise performance.



## Maria Kapsokefalou

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## Susan A. Lanham

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## **Fermín Milagro Yoldi**

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Fermín Milagro is a researcher at the Nutrition Research Center of the University of Navarra (where he leads the Biomarkers and Bioactive Compounds research line), and is part of the CIBERObn (Carlos III Health Institute). In recent years he has worked in different lines of research in relation to Nutrigenomics, Nutrigenetics, Epigenetics, Metabolomics and Metagenomics of Obesity and Insulin Resistance, with special emphasis on food-gene interaction, in the identification of new biomarkers through omics technologies (genetics, epigenetics, miRNAs, microbiota, metabolomics) and in the search for bioactive compounds with application in these pathologies. He carries out his research both in intervention studies in humans and in animal models and cell cultures. The main goal is the development of precision nutrition in the field of obesity and its comorbidities. He is the author of more than 200 scientific articles (H-factor = 40) and has participated in 26 research projects



## **Rafael Urrialde de Andrés**

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## **M<sup>a</sup> Pilar Vaquero Rodrigo**

CSIC, Investigadora científica

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## **Rodrigo San Cristóbal Blanco**

IMDEA Food Institute, Postdoctoral researcher Juan de la Cierva

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**Luis Serra Majem**

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# Registration fees

<b>REGISTRATION</b>	<b>UNTIL 01-03-2018</b>	<b>UNTIL 31-05-2018</b>	<b>UNTIL 28-08-2018</b>
INVITADOS UNIVERSIDAD DE NAVARRA	0 EUR	-	-
<a href="#">GENERAL</a>	-	34,00 EUR	40,00 EUR
<a href="#">REDUCED FEE</a>	-	20,00 EUR	-
<a href="#">REGISTRATION EXEMPTIONS</a>	-	20,00 EUR	20,00 EUR
<a href="#">REDUCTION FOR OSAKIDETZA</a>	-	-	8,50 EUR
<a href="#">INVITED OSAKIDETZA</a>	-	-	0 EUR

## **Place**

### **Miramar Palace**

Pº de Miraconcha nº 48. Donostia / San Sebastián

Gipuzkoa