Cubero Juárez, J.; Franco-Reynolds, L.; Pozo, A.; Sánchez, S.; Benítez, A.; Bermejo, ML.
Health education: an analysis of wine and carbonated beverage consumption in college
students in Extremadura
Nutrición Hospitalaria, vol. 32, núm. 2, diciembre, 2015, p. 27
Grupo Aula Médica
Madrid, España

Available in: http://www.redalyc.org/articulo.oa?id=309243334032
Health education: an analysis of wine and carbonated beverage consumption in college students in Extremadura


Introduction: In our society, Mediterranean Diet (MD) eating habits are currently being lost. Promoting them and learning them is a competency that has to be developed in groups of young people, such as college students, especially correct hydration intake, whose benefits are not only physiological but cognitive as well. Furthermore, worthy of note is the importance of instruction, through Health Education (HE), of healthy eating habits in college students who will be teachers in the future, given their potential as public health agents.

Objective: To analyse the intake of benchmark MD drinks in college students.

Method: A cross-sector and descriptive survey in the healthy university population, with an average age of: 22.01 years and a BMI: 21.93 kg/m², on the Badajoz campus of the UEX (n=160). The analysis was based on the Predimed Survey, which records the consumption of carbonated and/or sweetened beverages (soft drinks, colas, tonic waters, bitter-flavoured drinks) per day and the consumption of wine per week.

Results: The most significant results showed that the daily consumption of carbonated and/or sweetened beverages stood at 58.8% in college students in general and at 67.5% for college students who will be teachers in the future. With respect to wine consumption, worthy of explanation is the fact that it was only quantified at 1.25% in college students who will be teachers in the future.

Conclusions: The moderate residual consumption of wine in the university population analysed and the high consumption of carbonated and/or sweetened beverages stands out. Hence, the promotion of healthy hydration through Health Education is recommendable.

Key words: HE, hydration, MD, college students, cognitive.

DOI:10.3305/nh.2015.32.sup2.10287

Hydration and cognitive performance in elderly people

MA. De la Cámara Serrano.

Introduction: The importance of a suitable hydration has been widely studied and is considered an indispensable factor in the maintenance of a good health. In older adults, there is a predisposition to dehydration due to several physiological factors of age and other social factors. Dehydration makes them more vulnerable to various diseases, being even a cause of death.

Method: The current work gathers information of a succinct bibliographical review on the hydration level of the Spanish elderly population as well as diverse studies that indicate a relation between hydration and cognitive health in the older person.

Results: In Spain, some studies and sociological surveys show an inadequate hydration in older persons, which increases the risk of dehydration and therefore the suffering of disease, hospital admittance and death.

Conclusion: A suitable hydration might improve the condition and cognitive performance of this population and prevent or delay dementia or Alzheimer’s. Most studies indicate a theoretical benefit in cognitive performance associated with the maintenance of a suitable hydration in this population, but there is no proven scientific evidence that shows this benefit. Further research that allows to link the above mentioned association as well as a greater intervention of the agents involved in the maintenance and care of the health of this population to prevent dehydration is necessary.

Key words: hydration, dehydration, cognitive performance, elderly.

DOI:10.3305/nh.2015.32.sup2.10288

Liquid intake habits during competition in paddle players

C. De Teresa¹², E. Parrón, T. Nestares¹³


Introduction: Athletes must maintain a good level of hydration during competition by taking an appropriate amount of water or sport drinks before, after and during exercise. Dehydration reduces performance capability and abilities.

Objective: Given the rise in the practice of paddle, we consider of great interest to study hydration habits of paddle players.

Method: The study involved 416 non-professional (amateur) paddle players (128 women, 288 men) aged from 9 to 66, from Almeria (Spain), with an average of 14.6 years of sports practice and 4.4 years playing paddle. Prior informed consent was assessed by a validated survey liquid intake. SPSS 20.0 was used.