

COMMITTEE ON HYDRATION

Objectives:

The Committee on Hydration's goal is to further the scientific understanding of adequate hydration sources.

Committee Activities:

Current national recommendations for water intake could be better implemented if consumers were aware of the fact that they can obtain water through food and other beverages and were informed about the many health benefits beyond basic hydration. ILSI North America seeks to raise awareness and provide impetus for these improvements by communicating directly with health professionals at scientific meetings around the globe and through published papers. ILSI North America is also working to provide sound scientific information to the appropriate organizations and individuals so they are familiar with the benefits of including hydration guidelines and recommendations in dietary guidance tools.

In November 2011, the committee organized a second international conference on the state of the science on hydration. The conference focused on new research and will feature the latest science on issues related to hydration and health, physical performance and cognition, as well as sources and patterns of fluid intake and fluid balance. Just as in 2006, the proceedings of the 2011 conference will be published as a supplement to a peer-reviewed journal in 2012.

Committee Members:

The Coca-Cola Company
The Dannon Company, Inc.
Dr Pepper Snapple Group
Nestlé USA
PepsiCo Inc.

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