

MAY 11th
12h30-13h30
ROOM 2

From fluid intake patterns to behavior change: **HOW TO ENCOURAGE HEALTHY HYDRATION?**

Chairman : Luis A. Moreno, MD, Public Health, University of Zaragoza, Spain



Living with obesity increases risks from COVID-19

Jason Halford, PhD, C.Psychol. AFBPsS,
University of Leeds, UK, President Elect European
Association for the Study of Obesity (EASO)



The role of hydration in dietary practice for people with obesity

Pauline Douglas, RD, University of Ulster, UK,
Executive member of the European Federation of the
Association of Dietitians (EFAD)



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

Clémentine Morin, MSc Danone Nutricia Research, France



A European example : are Spanish children drinking enough and healthily ? An update of the Liq.In⁷ cross-sectional survey in children and adolescents

Iris Iglesias, PhD, University of Zaragoza, Spain



The Psychology of Hydration Habits : Automaticity and Reward and effects of the UK pandemic lockdown

Esther Papies, PhD, Institute of Neuroscience
and Psychology and School of Psychology,
University of Glasgow, UK