



nutrients



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Hydration and Health: Data, Evidence and Recommendations on Water Intake for Healthier Hydration and Healthier Life

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Message from the Guest Editor

Water is an important nutrient that is essential for the survival and development of life. Under normal circumstances, the body's own homeostatic regulatory system maintains the dynamic balance of water. Both excessive and insufficient water, which disturb the dynamic balance, have a negative impact on physiological functions, as well as on health. The results of water intake behavior surveys in different countries revealed that the phenomenon of insufficient water intake among different age groups was common. Dehydration caused by insufficient water intake has adverse effects, in terms of cognitive performance and physical activity, and also increases the risk of urinary system diseases and cardiovascular diseases. Adequate water intake is meaningful for maintaining one's hydration status and health. Thus, in this Special Issue, we highlight a series of papers from multidisciplinary perspectives in relation to water intake behaviors, hydration and health, in order to transform scientific theories about water intake into action in the form of water-related health education programs and strategies for promoting adequate water intake and improving hydration status.



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Special *Issue*



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