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Reference

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**Title:** Hydration profile of Ecuadorian population the contribution of total daily pure water: results from ELANS Study

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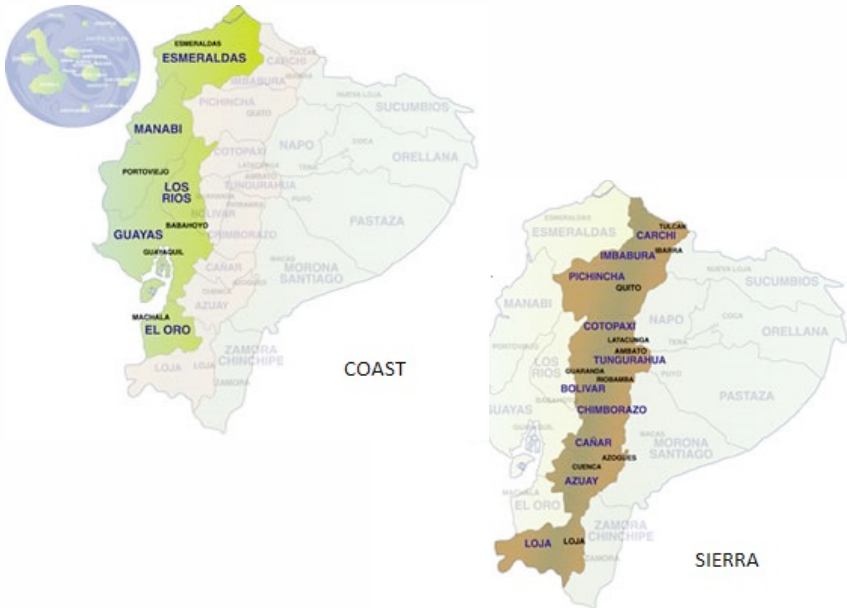
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Background and Objectives:

Water has been considered as the most important drink when talking about healthy and adequate hydration. However there are no recommendations on the percentage of consumption of pure water in relation to the total liquids consumed. This study determined the water consumption habits in populations living at coast and sierra of Ecuador.

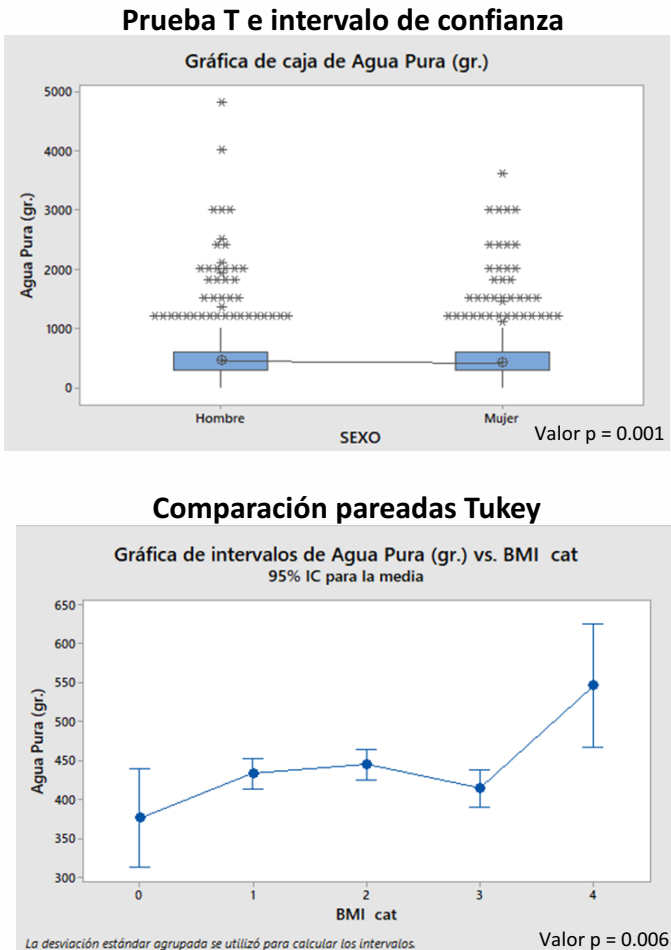
Methods:

Data from the Latin American Nutrition and Health Study (ELANS--Ecuador) were analyzed to know the consumption of total liquids and pure water of the population. For this study it was considered the consumption of pure water and total fluids of each participant using two 24--hour recall surveys and multi-step method in 800 subjects, according to gender, age, socioeconomic status and region of residence. The data were analyzed through descriptive and inferential statistics to define differences between the selected groups.



Results:

		PURE WATER AVERAGE (ml)	TOTAL WATER AVERAGE (ml)	% PURE WATER VS TOTAL WATER
GENDER	Men	452,6	2864,7	16
	Women	414,3	2390,6	17
	TOTAL	433,9	2625,0	
AGE	15 a 19 años	426,9	2483,0	17
	20 a 34 años	436,3	2697,4	16
	35 a 49 años	432,5	2642,6	16
	50 a 65 años	437,6	2561,4	17
	TOTAL	433,9	2625,0	
SEL	High	439,1	2633,3	17
	Medium	436,0	2629,0	16
	Low	430,5	2619,9	17
	TOTAL	433,6	2625,0	
BMI	0	376,3	2417,0	16
	1	433,3	2725,2	16
	2	444,8	2600,7	17
	3	414,1	2524,9	16
	4	545,8	2755,4	20
	TOTAL	433,6	2625,0	
REGION	Coast	427,1	2754,0	16
	Sierra	448,6	2467,6	18
	TOTAL	433,6	2625,0	



Conclusions:

The population studied complies with the recommendations of daily fluid intake according to the European Food Safety Authority (EFSA, 2010), unlike studies carried out in other Latin American countries such as Argentina and Mexico. Although there are no recommendations for consumption of pure water as a means of hydration, water should be the main drink and most abundant in the population. However, in the group studied there is a low percentage of water consumption compared to total liquids.

Keywords:

Habits; water; region; Ecuador; population

Conflict of Interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

Further Collaborators:

On behalf of ELANS Study Group.