

Special Issue

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

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.

Guest Editor

Prof. Dr. Guansheng Ma

Department of Nutrition and Food Hygiene, School of Public Health, Peking University, Beijing 100191, China

Deadline for manuscript submissions

closed (15 November 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/87738

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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