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IOC Consensus Conference on Nutrition in Sport, 25-27 October 2010, International Olympic Committee, Lausanne, Switzerland

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EDITORIAL

IOC Consensus Conference on Nutrition in Sport, 25–27 October 2010, International Olympic Committee, Lausanne, Switzerland

The first Consensus Conference on Nutrition in Sport of the Medical Commission of the International Olympic committee was held in 1991 to review the evidence on the role of nutrition in supporting athletic performance and protecting the health of the athlete. This resulted in the preparation of a short consensus statement, a series of scientific papers published in the *Journal of Sports Sciences* and a booklet that was aimed at providing a summary of the practical information for athletes, coaches and other support staff. In 2003, a further Consensus Conference was held to update the information, and again the scientific papers were published as a special issue of the *Journal of Sports Sciences*. In addition to updating the published materials, this conference was captured in an audiovisual format that was made available on CD. The CD of the conference has been distributed widely and is still used as an effective teaching aid around the world. The Nutrition for Athletes booklet was completely revised and updated for the Games of 2004 in Athens and again for the Games of 2008 in Beijing. Further revisions were produced for the Winter Games of 2006 in Torino and 2010 in Vancouver, the Youth Olympic Games of 2010 in Singapore and the Commonwealth Games of 2010 in Delhi. Each of these booklets included information relevant to the specific competitive environment. In each case, every participant at these Games and all team officials were provided with a copy of the booklet.

Such has been the rate of new developments in the field of sports nutrition that a further conference was held in October 2010 at the IOC Offices in Lausanne, Switzerland. The 2010 Conference provided an opportunity for a complete review of the scientific evidence on the relationship between nutrition, performance and health in sport. The scientific papers that formed the basis of that review were presented at the Conference by leading experts

in the field and were revised in the light of the discussions that took place. Those papers then entered the Journal's normal peer review process and are now published in this supplementary issue of the Journal. Papers from the previous two Consensus Conferences are among the most highly cited in the Journal, attracting considerable attention from the scientific community and providing a strong evidence base for the information provided to athletes.

Publication of these papers in this issue of the *Journal of Sports Sciences* will be followed by a revision of the Nutrition for Athletes booklet to ensure that sound, evidence-based information in the field of nutrition and hydration can be provided to athletes and support staff in the build-up to the 2012 Olympic Games in London.

The 2010 conference featured 12 presentations and involved a total of 28 participants, including both research scientists and sports dieticians, from many different countries. The first day of the conference was devoted to a comprehensive review of new developments in the science that underpins the practice of sports nutrition. The second day was devoted to the practical application of this information across a range of sports with different physical and nutritional demands. Each topic was addressed by a single speaker, and two nominated discussants for each session were given the opportunity to open the discussion. Each speaker circulated a manuscript in advance of the conference, allowing all delegates to prepare for a full and open discussion. These manuscripts, and the evidence on which they are based, have therefore been subjected to rigorous scrutiny.

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