

Programme EGEA 2004
International Conference
on Health Benefits of Mediterranean diet
Obesity and Type II Diabetes Prevention

Opening lectures

- Obesity and type II diabetes prevention : What has been done ? Where do we stand ? - *Philippe VAGUE*
- Global dietary trends and the nutrition transition - *Adam DREWNOWSKI*

SESSION 1

Obesity and diabetes : two multifactorial diseases

- Introduction - *Eveline ESCHWEGE*
- The global pandemic of "diobesity"- *Jacob C. SEIDELL*
- From obesity to type 2 diabetes : the interplay between insulin resistance and impaired insulin secretion - *André J. SCHEEN 18*
- Diet-genotype interactions in obesity development - *Denis LAIRON*
- Prevention of type II diabetes - *Philippe VAGUE*
- Diet and lifestyle in relation to obesity : Lessons from observational cohort studies - *Tobias PISCHON*
- Conclusion - *Philippe VAGUE*

WORKSHOP 1

Mediterranean diet, fruits, vegetables, body-weight management and obesity prevention

- Introduction - *Ambroise MARTIN*
- Mediterranean diet and obesity - *Antonia TRICHOPOULOU*
- Fruits, vegetables and body-weight management - *Beth CARLTON-TOHILL*
- The role of fruit and vegetables in the fight against obesity - *Christian REMESY*
- Conclusion - *Beth CARLTON-TOHILL*

Special session - National Interprofessional Committee for potato (CNIPT)

The relevance of potato as a source of carbohydrates and potassium in a Mediterranean diet - *Christian REMESY*

SESSION 2

Prevention of obesity and type II diabetes in children

- Introduction - *Marie-Aline CHARLES*
- The emergence of type II diabetes in children and adolescents as a consequence of the obesity epidemic in childhood - *Anne FAGOT-CAMPAGNA*
- Overweight and obesity in an atherosclerosis prevention trial starting in early childhood. The STRIP study - *Haana LAGSTRÖM*
- Potential sensitive targets for the prevention of childhood obesity - *Claudio MAFFEIS*
- Conclusion session 2 - *Marie-Aline CHARLES*

Special session - Nutritional transitions: Diet quality and diet cost - *Adam DREWNOWSKI*

WORKSHOP 2

From overweight to obesity

- Introduction - *Michel PIPERNO* 74
- Overweight and obesity factors in a Mediterranean population - *Mariette GERBER* 75
- From being overweight to obesity : what treatment(s) ? - *Thierry GIBAUT* 76
- Dieticians practice : what are the solutions ? - *Véronique LIEGEOIS* 79

SESSION 3

Nutritional recommendations : From traditional Mediterranean diet to modern lifestyle adaptations

- Introduction - *Elio RIBOLI*
- The traditional Mediterranean diet recommendations - *Elio RIBOLI*
- The healthy eating pyramid : empirical assessments of validity - *Walter C. WILLETT*
- French nutritional recommendations - *Ambroise MARTIN*
- The Finnish recommendations and their application to prevention of type 2 diabetes - *Jaana LINDSTRÖM*
- Nutritional recommendations : population-wide or directed at high-risk individuals ? - *Pierre MENETON*
- Can individuals implement nutritional recommendations ? Mechanisms for change or mission impossible ?
John E. BLUNDELL