



EGEA edition 8
International conference

EGEA 2018

Nutrition & Health: From science to practice

Co-chairs – E. Riboli & M. Laville

NOVEMBER 7th – 9th
Marriott Hotel – LYON - FRANCE

Scientific Committee:

E. Riboli, M. Laville, MJ. Amiot-Carlin, J. Breda, M. Caroli, ML. Frelut, J. Halford, P. James, JM. Lecerf,
L. Letrilliart, K. Lock, A. Martin, T. Norat, S. Storckdieck, D. Weghuber

Scientific coordinator: S. Barnat



www.egeaconference.com

EGEA 2018 is part of the European program «FRUIT & VEG 4 HEALTH», aimed at extending good food practices through a healthy diet and adequate consumption of fruit and vegetables.

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NOVEMBER 7th

8:00 / 9:30

Welcome - Registration – Poster display

9:30 / 10:30

Opening session - Co- chairs: E. Riboli & M. Laville

S. Barnat - EGEA Scientific Coordinator - Aprifel - FR

C. Faurie-Gauthier - Representative of Lyon City Hall - FR

E. Riboli - Imperial Coll. London - UK

Keynote lecture: The role of F&V in disease prevention & health promotion

10:30 / 12:00

Health promotion in medical education: from rhetoric to action

Co-chairs: **P. James & M. Laville**

• Health workforce for better nutrition - **K. Wickramasinghe** - WHO Europe - RU

• The primary care professional: an agent for healthy eating? - **A. Stavdal** - WONCA Europe - NO

• Health promotion in primary healthcare: how well are French clinicians prepared?

M. Laville - C. Bernard Lyon 1 Univ. - FR

12:00 / 12:30

Fruit & Coffee Break

12:30 / 13:30

Persistency of unhealthy habits. Need and right for a healthy diet worldwide

Co-chairs: **E. Riboli & M. Laville**

• Why it took so long to define a healthy diet - **P. James** - LSHTM - UK

• Food security, food safety & healthy nutrition: are they compatible?- **H. Walls** - LSHTM - UK

13:30 / 14:30

Lunch / Poster Visit

14:30 / 16:00

Parallel sessions

**“The earlier the better”:
from pregnancy to breastfeeding, to...**

Co-chairs: **M. Caroli & D.Weghuber**

Epigenetic and pregnancy

U. Simeoni - Lausanne Univ.- CH

Dietary diversification : a natural need

ML. Frelut - ECOG - FR

Complementary feeding: which model?

M. Caroli - ASL Brindisi - IT

Early chemosensory experiences and later food choices

L. Marlier - CNRS - FR

**“It is never too late”:
food and health in adulthood**

Co-chairs: **M. Laville & A. Stavdal**

Prevention of premature mortality related to chronic diseases and F&V intake

T. Norat - Imperial Coll. London - UK

F&V consumption and cardiovascular disease prevention

M. Verschuren - RIVM - NL

Modulating the microbiota by fiber-rich vegetables: a promising therapeutic approach in obesity?

N. Delzenne - Louvain Drug Res. Inst. - BE

F&V consumption and mental health

S. Stranges - Western Univ. - CA

16:00 / 16:30

Fruit & Coffee Break

16:30 / 18:00

For a healthy diet worldwide: role of GPs in the win-win solution

Co-chairs: **A. Martin & D. Durrer**

• F&V consumption & chronic disease prevention: What are the possible “wins-wins”?

M. Devaux - OECD - FR

• Summary of parallel sessions by the 4 co-chairs

• Promoting a healthy diet through counselling in primary care - **D. Durrer** - EUROPREV - CH

• The value of F&V in GP prescribing – Feedback on the symposium Pre-Egea

A. Martin - C. Bernard - Lyon 1 Univ. - FR

18:00 / 20:00

Welcome Cocktail Dinner - with the Conservatory of Lyon

9:00 / 10:30

Welcome - Registration - Poster Display

10:30 / 12:15

Parallel sessions

How to make childhood lifestyle healthier?

Co-chairs: **M. Nicolino & D. Weghuber**

Children & adolescents obesity : evolution of prevalence in Europe

A. Rito - INSA - PT

Little bests in town: how environment and urbanization can drive children's health

D. Van Kann - Fontys Sports Coll. - NL

Adolescence "the revolution age": How to make a healthy revolution?

A. Vania - Sapienza Rome Univ. - IT

Diet in pregnancy in relation to subsequent pregnancy and neonatal health

F. McAuliffe - Coll. Dublin Univ. - IE

How to prevent undesirable weight gain in adults?

Co-chairs: **P. Ouvrard & L. Letrilliart**

Combining Physical activity and healthy diet

S. Czernichow - G. Pompidou Hosp. - FR

How state of the art technology can help people maintain weight loss?

J. Stubbs - Leeds Univ. - UK

How should nutritional advice be administered during a routine consultation?

JM Lecerf - Pasteur Inst. Lille - FR

Fostering collaboration between General Practitioners and Dietitians to improve nutritional patient care

T. Libert - EFAD - FR

12:30 / 14:00

Lunch – Poster visit

14:00 / 15:30

Parallel sessions

Childhood obesity care

Co-chairs: **M. Nicolino & D. Weghuber**

Introduction

M. Nicolino - Woman-Mother-Child Hosp. Lyon - FR

Psychological profile to become and stay obese?

A. Tanghe - Zeepreventorium - BE

Dietary approach to treat obese children

D. Weghuber - PMU - AT

From physical activity to physical fitness

D. Thivel - Clermont-Auvergne Univ. - FR

Preventing obesity related diseases & brain decline

Co-chairs: **M. Mccarthy & L. Letrilliart**

Improvement F&V intake in weight management in adults with morbid obesity

G. De Pergola - Bari Univ.- IT

Improved lifestyle & decreased diabetes risk over 13 years : the Finnish experience

M. Uusitupa - Eastern Finland Univ. - FI

Cardiologists Current Practices in Nutrition

P. Assyag – French Federation Cardiology - FR

Diet for the mind: what to eat to prevent Alzheimer's and cognitive decline?

T. Ngandu – N. Inst. for Health and Welfare - FI

15:30 / 16:00

Fruit & Coffee Break

16:30 / 17:00

Reporting of parallel sessions by the 4 co-chairs

17:00 / 18:30

Food contaminants: when we mix science and politics (video conference session)

Co-chairs: **J. Ramsay & JM. Lecerf**

- Organic plant products: from perceptions to scientific realities

MJ. Amiot –Carlin - Montpellier Univ. - FR

- Endocrine Disruptors: What are they and where do we go from here

L. Multigner - INSERM - FR

- Human health risk assessment on the consumption of fruits and vegetables containing residual pesticides - **M. Valcke** - INSPQ - CA

- Why should we believe the evaluations of official bodies?- **J. Ramsay** - EFSA - IT

7:30 / 8:30

Welcome - Registration - Poster Display

8:30 / 10:00

Changing consumption due to food system change: the role of marketing, behavioural nutrition and social inequalities (co-organized by N8 Agrifood)

Co-chairs: **J. Halford & J. Breda**

- Food systems and food choices - **C. Reynolds** - Sheffield Univ.- UK
- Household food insecurity and promotion of healthy nutrition
A. Linos - Athens Medical School - GR
- Unhealthy food marketing techniques and food consumption impact
E. Boyland - Liverpool Univ. - UK
- Healthy promotion through digital techniques
F. Folkvord - Radboud Univ. - NL

10:00 / 11:00

Poster session awards - Fruit & Coffee Break

11:00 / 12:30

Helping school children eat healthily: GPs as a vital force for education and impact assessment

Co-chairs: **W. Kalamarz & M. Caroli**

- EU school scheme: a European tool to encourage good eating habits in children
G. Medico - EC-DG Agri -BE
- School food provision & EU School Scheme experience in Italy
S. Berni Canani - CREA - IT
- Parent's representatives: the unavoidable actors
V. Durin - COFACE - FR
- Joining up tools for optimal school food provision - **S. Storcksdieck** - EC-DG-JRC - IT

12:30 / 13:30

Lunch

13:45 / 15:45

Round table: animated by K. Lock and P. James

Considering the roles of key stakeholders in changing F&V consumption

- Introduction : Global benefits of F&V to health and sustainable development
K. Lock - LSHTM - UK
- Panel :
 - A. Delahaye** - Member of the European Parliament - FR
 - M. Devaux** - OECD - FR
 - C. Golidis** - EC-DG Agri - BE
 - W. Kalamarz** - EC-DG Santé - LU
 - D. Sauvaitre** - F&V Sector - FR
 - A. Stavdal** - WONCA Europe - NO

15:45 / 16:00

Closing session - **E. Riboli & H. Walls**