



DAY

WEDNESDAY 20 SEPTEMBER



PROGRAMME

12:30 - 14:00 WELCOME (FREE LUNCH) – REGISTRATION – POSTER DISPLAY

14:00 - 14:30 OPENING SESSION

Christel Teyssedre, *Aprifel (FR)*

Elio Riboli, *Imperial College London (UK)*

Joël Doré, *INRAE (FR)*

Claire Bury, *DG Health, European Commission (BE)*

Maria Del Camino Arroyo Perez, *Ministry of Agriculture, Fisheries and Food (SP)*

Marc Fesneau, *French Minister of Agriculture and Food Sovereignty (FR)*

14:30 - 18:15 SESSION 1

Fruit and vegetables: what are the benefits for human health and for food and nutritional security?

Moderators: Jean-Michel Lecerf & Elio Riboli

Introduction: Jean-Michel Lecerf, Institut Pasteur de Lille (FR)

14:30 - 15:35 KEYNOTE LECTURES

Research progress on fruit and vegetables on health and chronic diseases

- Cardiovascular disease prevention

Monique Verschuren, *RIVM (NL)*

- Type 2 diabetes prevention – facts and gaps

Nita Forouhi, *University of Cambridge (UK)*

- Cancer prevention

Marc Gunter, *Imperial College London (UK)*

15:35 - 16:50 KEYNOTE LECTURES

Emerging research on nutrition and global health

- Innovation in evaluating gut microbiota and fiber-rich vegetables interactions

Nathalie Delzenne, *UCLouvain (BE)*

- The role of fruit and vegetables in mental and brain health

Saverio Stranges, *Western University (CA)*

- Nutrition transition towards plant-based foods: ultraprocessed, unprocessed and their health impact

Benjamin Allès, *EREN (FR)*

- Fruit and vegetables in food and nutritional security

Boitshepo Bibi Giyose, *NEPAD (SA)*

16:50 - 17:20 NETWORKING BREAK AND POSTER VISIT

17:20 - 18:15 ORAL COMMUNICATIONS

- Associations between species diversity in our diet and gastrointestinal cancer risk: results from the European Prospective Investigation into Cancer and Nutrition Study

Bernadette Chimera, *IARC (FR)*

- Association between metabolic syndrome and healthy and unhealthy plant-based diets: in the NutriNet-Santé study

Clémentine Prioux, *EREN (FR)*

- Antioxidant-rich foods, antioxidant supplements, and sarcopenia in old-young adults ≥55 years old: A systematic review and meta-analysis of observational studies and randomized controlled trials

Maria de la Serra Besora-Moreno, *University of Rovira i Virgili (SP)*

Conclusion: Elio Riboli, Imperial College London (UK)

Concluding remarks by **Olivier Ramadour**, *Consul General of France in Barcelona (SP)*

18:15 - 18:45 POSTER VISIT

19:00 - 20:00 WELCOME COCKTAIL



09:00 - 09:30 WELCOME COFFEE

09:30 - 12:30 SESSION 2

Fruit and vegetables at the core of sustainability: what environmental and social impacts, and levers?

Moderators: Françoise Lescourret & Alain Peeters

Introduction: Françoise Lescourret, INRAE (FR)

09:30 - 11:15 KEYNOTE LECTURES

- How to preserve and improve soil quality for fruit and vegetable production and health
Marc André Sélosse, *Muséum national d'Histoire naturelle (FR)*
- Tackling climate impacts: fruit and vegetables as part of the crisis or the solution?
Giuseppe Montanaro, *University of Basilicata (IT)*
- Water footprints for fruit and vegetable production: Definitions and optimization practice
Diego Intrigliolo, *Spanish National Research Council (SP)*
- Functional biodiversity to control weeds in fruit orchards
Davide Neri, *Polytechnic University of Marche (IT)*
- Social innovations in fruit and vegetables to address multiple Sustainable Development Goals in food systems
Marie-Josèphe Amiot-Carlin, *INRAE (FR)*

11:15 - 11:45 NETWORKING BREAK AND POSTER VISIT

11:45 - 12:30 ORAL COMMUNICATIONS

- The role of fruit and vegetables in territorial cohesion
Rémi KAHANE, *CIRAD HortSys (FR)*
- Poor access to fruit and vegetables limits the adherence to sustainable diets in The Gambia
Zakari Ali, *LSHTM (GM)*
- The environmental, nutritional and cost impacts of vegan, vegetarian and meat-based meals
Berill Takacs, *University College London (UK)*

Conclusion: Alain Peeters, RHEA (BE)

12:30 - 14:00 LUNCH BREAK AND POSTER VISIT

14:00 - 17:20 SESSION 3

Vegetalizing the diet: what are the determinants of consumer behaviour and choice?

Moderators: Emma Boyland & Frans Folkvord

Introduction: Emma Boyland, University of Liverpool (UK)

14:00 - 16:00 KEYNOTE LECTURES

- The factors that influence our food choices across the lifespan
Sophie Nicklaus, *INRAE (FR)*
- I'll have what you're having: why we need to include social factors in healthy eating interventions
Roel Hermans, *Leefstijl Lab (NL)*
- Creating healthy environments: encouraging fruit and vegetable intake at the day care and primary school
Gertrude Zeinstra, *Wageningen University and Research (NL)*
- The role of marketing in shaping dietary preferences and behaviors
Tim Smits, *KU Leuven (BE)*
- Movement behaviors, eating habits, and appetite control: are they really connected?
David Thivel, *Université Clermont Auvergne (FR)*
- Opportunities for public health policies to promote greater fruit and vegetables intake
Emma Boyland, *University of Liverpool (UK)* & **Frans Folkvord**, *Tilburg University (NL)*





DAY

THURSDAY 21 SEPTEMBER



PROGRAMME

16:00 - 16:30 NETWORKING BREAK AND POSTER VISIT

16:30 - 17:20 ORAL COMMUNICATIONS

- Time-trend of fruit, vegetables and sweets consumption among European adolescents between 2013 and 2018 and related to sociodemographic characteristics: Health Behaviour in School age Children study
Judit Queral, *Institut d'Investigació Sanitària Pere Vi (SP)*
- Food Boost Challenge: application of participatory action research – by, for and with adolescents for assessing small-scale determinants of adolescent's behaviour and actionable possibilities for healthier food choices by adolescents
Wendy Scholtes-Bos, *The Hague University of Applied Sciences (NL)*
- 'Less meat' or 'more fruit and veg'? The role of promotion-prevention framing on attitudes towards diet change in the UK
Heidi Zamzow, *London School of Economics & Political Science (UK)*

Conclusion: Frans Folkvord, *Tilburg University (NL)*

17:20 - 17:50 POSTERS SESSION AWARDS

19:30 - 23:00 GALA DINNER (REGISTRATION REQUIRED)





08:30 - 09:00 WELCOME COFFEE

09:00 - 12:50 **SESSION 4: Placing fruit and vegetables at the center of the one health discussion: solutions, recommendations, actions and priorities**

Moderators: Boitshepo Bibi Giyose & Christian Reynolds

Introduction: Christian Reynolds, City University of London (UK)

09:00 - 10:00 **KEYNOTE LECTURES**

- State of art and role of public policies to achieve sustainable diet
Céline Giner, *OECD (FR)*
- A mapping system to have a win-win solution to tackle food insecurity, the multiple forms of malnutrition and climate change
Kremlin Wickramasinghe, *WHO Europe (DK)*
- Can all people access to healthy and sustainable diet?
Anna Herforth, *Harvard T.H. Chan (USA)*

10:00 - 10:50 **ORAL COMMUNICATIONS**

- A global analysis of national dietary guidelines on plant-based diets and substitutions for animal-based foods
Anna-Lena Klapp, *University of Göttingen (GE)*
 - A case study of 'food biodiversity' and experiences of community food growing environments in the City of Brighton & Hove
Leah Salm, *University of Greenwich (UK)*
 - Protecting health by improving Food Literacy in primary and intermediate schools: an Italian experience with the MaestraNatura e-learning program
Annalisa Silenzi, *Istituto Superiore di Sanità (IT)*
- Conclusion:** Boitshepo Bibi Giyose, NEPAD (SA)

10:50 - 11:15 **NETWORKING BREAK**

11:15 - 12:40 **ROUND TABLE AND PANEL DISCUSSION**

Animated by: Christian Reynolds, City University of London (UK)

- **Boitshepo Bibi Giyose**, *NEPAD (SA)*
- **Carmen Gloria Gonzalez**, *University of Chile (CL)*
- **Machteld van Lieshout**, *The Hague University of Applied Sciences (NL)*
- **Daniel Sauvaitre**, *French National Association Apples and Pears (FR)*
- **Piedad Coscollá Toledo**, *Anecoop (SP)*
- **Philippe Binard**, *Freshfel (BE)*
- **Pilar Santacoloma**, *FAO (IT)*

12:40 - 13:00 **CONCLUSIONS OF THE EGEA CONFERENCE**

Elio Riboli, Imperial College London (UK)

Joël Doré, INRAE (FR)

Albert Rizenthaler, CESE (FR)

Christel Teyssède, Aprifel (FR)

