



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 Teyssèdre, Aprifel (FR)

