



# Progresses in understanding, preventing and managing obesity and diabetes: **PREVIEW Updates**

**23.Aug - 24.Aug 2016**

**Cod. 094-16**

**Mod.:**

Face-to-face

**Edition**

2016

**Activity type**

Summer course

**Date**

23.Aug - 24.Aug 2016

**Location**

Miramar Palace

**Languages**

English

**Academic Validity**

20 hours

**Organising Committee**

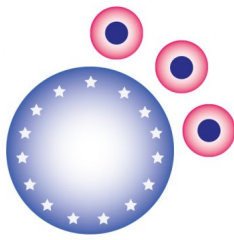
Fundación  
BBVA



## Description

Obesity has become the most important and spread nutritional disease in the XXI century, leading also to a dramatic increase in the incidence of comorbidities such as type 2 diabetes, hypertension, and hypercholesterolemia. In this context, the PREVIEW project, which was funded by the EU 7th FP (2013-2018), as well as National Funds in AUS, NZ and CAN is designed in order to investigate those lifestyles driving to the prevention of type-2 diabetes in obese and overweight individuals at high risk of developing this disease, following criteria of precision medicine. This course will therefore update the knowledge and expertise of prestigious researchers in the control of type-2 diabetes through diet and physical activity. The sessions are devoted to present in an integrated manner the interactions among diet, habits and health, as well as the role of lifestyle interventions, considering the mechanisms regulating body weight metabolism and the immediate challenges in obesity research.

## Course specific contributors



Osakidetza



Universidad  
de Navarra



# Program

**23-08-2016**

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|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:45 - 12:00 | <p>“Welcome and Introduction“</p> <p><b>Anne Raben</b> - University of Copenhagen - Professor<br/><b>Jose Alfredo Martinez Hernández</b> University of Navarra - Professor</p> <hr/>                                                                                       |
| 12:00 - 12:30 | <p>“Diet, Habits and Health (I): Meal Pattern (frequency and regularity) and health“</p> <p><b>Santiago Navas Carretero</b> Universidad de Navarra - Researcher</p> <hr/>                                                                                                  |
| 12:30 - 13:00 | <p>“Diet, Habits and Health (II): The use of Low-Calorie diets for weight loss and prevention of diabetes“</p> <p><b>Pia Christensen</b> - University of Copenhagen - Post Doctoral Reasearcher</p> <hr/>                                                                  |
| 13:00 - 13:30 | <p>“Diet, Habits and Health (III): New Nordic DIet - a new approach“</p> <p><b>Thomas Meinert Larsen</b> University of Copenhagen - Associate Professor</p> <hr/>                                                                                                          |
| 13:30 - 15:00 | <p>Break</p> <hr/>                                                                                                                                                                                                                                                         |
| 15:00 - 15:30 | <p>“Macronutrients and their role in health (I): The importance of carbohydrates for body weight regulation and diabetes prevention. Focus on glycemic index, sugars and non-caloric sweeteners“</p> <p><b>Anne Raben</b> - University of Copenhagen - Professor</p> <hr/> |
| 15:30 - 16:00 | <p>“Macronutrients and their role in health (III): The role of starch intake in human evolution and salivary amylase (AMY 1) copy number variation“</p> <p><b>Jennie Brand-Miller</b> - University of Sydney - Professor</p> <hr/>                                         |
| 16:00 - 16:30 | <p>“Macronutrients and their role in health (II): Dietary macronutrient distribution - role on weight loss“</p> <p><b>Jose Alfredo Martinez Hernández</b> University of Navarra - Professor</p> <hr/>                                                                      |
| 16:30 - 17:00 | <p>Break</p> <hr/>                                                                                                                                                                                                                                                         |
| 17:00 - 17:30 | <p>“Lifestyle Interventions (I): How circadian rythms are connected to sleep, meal pattern and physical activity“</p> <p><b>Margriet S. Westerterp-Plantenga</b> Maastricht University - Professor</p> <hr/>                                                               |
| 17:30 - 18:00 | <p>“Lifestyle Interventions (II): Sensing Change in Physical Activity Interventions“</p> <p><b>Gareth Stratton</b> - Swansea University - Professor</p> <hr/>                                                                                                              |
| 18:00 - 18:30 | <p>“Lifestyle Interventions (III): Tools and techniques for behaviour modification using PREMIT“</p> <p><b>Julia Thurn</b> - University of Stuttgart - Researcher<br/><b>Sylvia Hansen</b> University of Stuttgart - Researcher</p> <hr/>                                  |
| 18:30 - 19:00 | <p>“Lifestyle Interventions (IV): The transition from traditional to globalized nutrition“</p> <p><b>Elizabeth Feskens Johanna</b> Wageningen University - Professor</p> <hr/>                                                                                             |

## 24-08-2016

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|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 - 09:30 | <p>“Mechanisms on body weight homeostasis (I): Gut brain interactions in the regulation of food intake”</p> <p><b>Tanja Adam</b> Maastricht University - Associate Professor</p> <hr/>                                   |
| 09:30 - 10:00 | <p>“Mechanisms on body weight homeostasis (II): The interaction of diet and physical activity in managing obesity”</p> <p><b>Mikael Fogelholm</b> - University of Helsinki - Professor</p> <hr/>                         |
| 10:00 - 10:30 | <p>“Mechanisms on body weight homeostasis (III): Hypoxia as a tool for obesity treatment”</p> <p><b>Pedro Gonzalez Muniesa</b> University of Navarra - Lecturer</p> <hr/>                                                |
| 10:30 - 11:00 | <p>Break</p> <hr/>                                                                                                                                                                                                       |
| 11:00 - 11:30 | <p>“New insights and challenges in obesity research (I): Microbiota, Obesity and Health”</p> <p><b>Fermín Milagro Yoldi</b> Universidad de Navarra - Professor</p> <hr/>                                                 |
| 11:30 - 12:00 | <p>“New insights and challenges in obesity research (II): Childhood obesity; stop the battle be the cure”</p> <p><b>Anita Vreugdenhil</b> Maastricht University Medical Centre - Paediatric Gastroenterologist</p> <hr/> |
| 12:00 - 12:30 | <p>“New insights and challenges in obesity research (III): Glucose regulation and cognitive functions”</p> <p><b>Louise Dye</b> - University of Leeds - Professor</p> <hr/>                                              |

## Directed by



**Jose Alfredo Martinez Hernández**

Universidad de Navarra, Catedrático

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**Anne Raben -**

University of Copenhagen

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## Teachers



**Tanja Adam**

Maastricht University

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**Jennie Brand-Miller -**

University of Sydney

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**Pia Christensen -**

University of Copenhagen, Postdoc

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**Louise Dye -**

University of Leeds

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**Elizabeth Feskens Johanna**

Wageningen University

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**Mikael Fogelholm -**

University of Helsinki, Professor

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**Pedro Gonzalez Muniesa**

Universidad de Navarra, Profesor Contratado Doctor

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**Sylvia Hansen**

University of Stuttgart

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### **Thomas Meinert Larsen**

University of Copenhagen

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### **Fermín Milagro Yoldi**

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Fermín Milagro is a researcher at the Nutrition Research Center of the University of Navarra (where he leads the Biomarkers and Bioactive Compounds research line), and is part of the CIBERObn (Carlos III Health Institute). In recent years he has worked in different lines of research in relation to Nutrigenomics, Nutrigenetics, Epigenetics, Metabolomics and Metagenomics of Obesity and Insulin Resistance, with special emphasis on food-gene interaction, in the identification of new biomarkers through omics technologies (genetics, epigenetics, miRNAs, microbiota, metabolomics) and in the search for bioactive compounds with application in these pathologies. He carries out his research both in intervention studies in humans and in animal models and cell cultures. The main goal is the development of precision nutrition in the field of obesity and its comorbidities. He is the author of more than 200 scientific articles (H-factor = 40) and has participated in 26 research projects



### **Santiago Navas Carretero**

Universidad de Navarra, Investigador

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Santiago Navas-Carretero holds a grade in pharmacy by the Universidad Complutense de Madrid (2002) and a PhD in Nutrition (2007) in the same University, with the honors of European Doctor. He started working in the University of Navarra in 2008, where he has developed his research since then. Currently he is the director of Precision Nutrition Research Line in the Center for Nutrition Research. He is the principal investigator in various research projects and contracts (Nutriprecisión, MedKids, ALINFA and CORALS), apart from taking part as researcher in numerous studies at regional, National and International Level, where his participation in the 7th Framework Programme and H2020 is demonstrated through Food4Me, PREVIEW and SWEET. In addition, he has authored/co-authored more than 110 scientific research articles or book chapters.





**Julia Thurn -**

University of Stuttgart

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**Anita Vreugdenhil**

Maastricht UMC

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Anita Vreugdenhil Paediatric Gastroenterologist Maastrich University Medical Centre, The Netherlands  
Dr Anita Vreugdenhil is Paediatric Gastroenterologist at Maastricht University Medical Centre, and is the founder of the Maastricht programme COACH which encompasses an 'all-inclusive' approach to improve the lifestyle of overweight and obese children in the South of the Netherlands. COACH, the Centre for Overweight Adolescent and Children's healthcare, focuses on custom-made, family based, long-term care for children and young adults who suffer from overweight. Dr Anita Vreugdenhil and her team innovates care for overweight and obese children and evaluates the effect of new interventions on health outcomes. Her specific interest is in early recognition of comorbidities in children with overweight, in particular NAFLD and NASH.



**Margriet S. Westerterp-Plantenga**

Maastricht University

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## Registration fees

| REGISTRATION                                 | UNTIL 23-05-2016 | UNTIL 31-05-2016 | UNTIL 23-08-2016 |
|----------------------------------------------|------------------|------------------|------------------|
| SPECIAL FEES                                 | 35,00 EUR        | -                | -                |
| <a href="#">GENERAL</a>                      | -                | 60,00 EUR        | 70,00 EUR        |
| <a href="#">REDUCED FEE</a>                  | -                | 35,00 EUR        | 46,00 EUR        |
| <a href="#">REGISTRATION EXEMPTIONS</a>      | -                | 20,00 EUR        | 20,00 EUR        |
| <a href="#">REDUCTION FOR<br/>OSAKIDETZA</a> | -                | -                | 15,00 EUR        |
| <a href="#">E-MENU</a>                       | -                | -                | 0 EUR            |
| <a href="#">INVITED SPEAKER</a>              | -                | -                | 0 EUR            |
| <a href="#">CONSORTIUM MEMBERS</a>           | -                | -                | 0 EUR            |

**Place**

**Miramar Palace**

Gipuzkoa