



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

23.Ago - 24.Ago 2016

Cód. 094-16

Mod.:
Presencial

Edición
2016

Tipo de actividad
Curso de Verano

Fecha
23.Ago - 24.Ago 2016

Ubicación
Palacio Miramar

Idiomas
Inglés

Validez académica
20 horas

Web
<http://previewstudy.com>

DIRECCIÓN

Jose Alfredo Martinez Hernández,
Universidad de Navarra, Catedrático

Anne Raben -, University of Copenhagen

Comité Organizador

Fundación
BBVA



Descripción

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.

Objetivos

To offer scientific evidence based updates on the progresses in the prevention and treatment of obesity

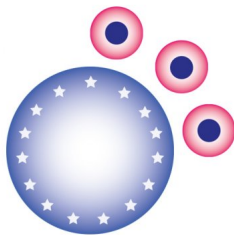
To share the knowledge of worldwide experts in type-2 diabetes management and prevention

To disseminate the results of diet-physical activity binomial in the treatment of obesity and its comorbidities

To understand the relationships between diverse dietary patterns and population's health

To explore the potential benefits of a lifestyle intervention based on diet and physical activity on obesity and type-2 diabetes within the PREVIEW project

Colaboradores específicos del curso



Osakidetza



Universidad de Navarra



Programa

23-08-2016

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

24-08-2016

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

Dirigido por:



Jose Alfredo Martinez Hernández

Universidad de Navarra, Catedrático



Anne Raben -

University of Copenhagen

Profesorado



Tanja Adam

Maastricht University



Jennie Brand-Miller -

University of Sydney



Pia Christensen -

University of Copenhagen, Postdoc



Louise Dye -

University of Leeds



Elizabeth Feskens Johanna

Wageningen University



Mikael Fogelholm -

University of Helsinki, Professor



Pedro Gonzalez Muniesa

Universidad de Navarra, Profesor Contratado Doctor



Sylvia Hansen

University of Stuttgart



Thomas Meinert Larsen

University of Copenhagen



Fermín Milagro Yoldi

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

Santiago Navas-Carretero se licenció en Farmacia por la Universidad Complutense de Madrid en 2002, y se doctoró en Nutrición en 2007 por esta misma Universidad, recibiendo además la mención “Doctor Europeus”. Se incorporó a la Universidad de Navarra en Octubre de 2008 y desde entonces lleva realizando sus labores de investigación en dicho Centro. Es director de la línea de nutrición de precisión del Centro de Investigación en Nutrición de la Universidad de Navarra desde Septiembre de 2017. Es Investigador Principal de 2 contratos de investigación (Nutriprecisión y Medkids), 2 proyectos de Gobierno de Navarra (ALINFA y CORALS-centros educativos), además de haber participado en numerosos proyectos de nivel regional, nacional y europeo. Cabe destacar los proyectos europeos Food4Me, PREVIEW y SWEET. Además, es autor o coautor de 110 artículos científicos y capítulos de libros.



Julia Thurn -

University of Stuttgart



Anita Vreugdenhil

Maastricht UMC

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



Precios matrícula

MATRÍCULA	HASTA 23-05-2016	HASTA 31-05-2016	HASTA 23-08-2016
MATRÍCULA ESPECIAL	35,00 EUR	-	-
GENERAL	-	60,00 EUR	70,00 EUR
MATRÍCULA REDUCIDA	-	35,00 EUR	46,00 EUR
EXENCIÓN DE MATRÍCULA	-	20,00 EUR	20,00 EUR
REDUCCIÓN SALUD	-	-	15,00 EUR
E-MENU	-	-	0 EUR
PONENTE INVITADO	-	-	0 EUR
MIEMBROS DEL CONSORCIO	-	-	0 EUR

Lugar

Palacio Miramar

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Gipuzkoa