



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

Abu. 23 - Abu. 24 2016

Kod. 094-16

**Mod.:**  
Aurrez aurrekoa

**Edizioa**  
2016

**Jarduera mota**  
Uda Ikastaroa

**Data**  
Abu. 23 - Abu. 24 2016

**Kokalekua**  
Miramar Jauregia

**Hizkuntzak**  
Ingelesa

**Balio akademikoa**  
20 ordu

**Antolakuntza Batzordea**



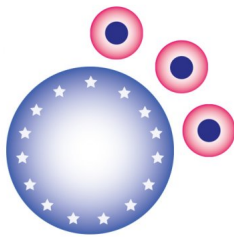
Fundación  
BBVA



## Azalpena

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.

## Ikastaroaren laguntzaile espezifikoak



Osakidetza



Universidad  
de Navarra



# Programa

2016-08-23

11:45 - 12:00	<p>“Welcome and Introduction“</p> <p><b>Anne Raben</b> - University of Copenhagen - Professor <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>Atsedena</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>Atsedena</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 <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/>

## 2016-08-24

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>Atsedena</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/>

## Zuzendaritza



**Jose Alfredo Martinez Hernández**

Universidad de Navarra, Catedrático

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**Anne Raben -**

University of Copenhagen

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## **Irakasleak**



**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 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

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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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**Gareth Stratton -**

Swansea

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# Matrikula prezioak

<b>MATRIKULA</b>	<b>2016-05-23 ARTE</b>	<b>2016-05-31 ARTE</b>	<b>2016-08-23 ARTE</b>
MATRIKULA BEREZIA	35,00 EUR	-	-
<a href="#">OROKORRA</a>	-	60,00 EUR	70,00 EUR
<a href="#">MATRIKULA MURRIZTUA</a>	-	35,00 EUR	46,00 EUR
<a href="#">MATRIKULA EXENTZIOA</a>	-	20,00 EUR	20,00 EUR
<a href="#">OSASUNA MURRIZPENA</a>	-	-	15,00 EUR
<a href="#">E-MENU</a>	-	-	0 EUR
<a href="#">IRAKASLE GONBIDATUA</a>	-	-	0 EUR
<a href="#">PARTZUERGOAREN KIDEAK</a>	-	-	0 EUR

# **Kokalekua**

## **Miramar Jauregia**

Mirakontxa pasealekua 48, 20007 Donostia

Gipuzkoa