



EGEA conference 2023

Diet, fruit & vegetables, and One Health: what contributions?

EGEA 2023 - Fact Sheet

Date: 20-22 September 2023

Country: Spain- Barcelona

Co-chairs: Elio Riboli & Joel Doré

Sessions: 4 sessions - **For each session - Call for oral communication (3 communications per session) + Call for posters**

Scientific committee:

- [Jean-Pierre Cravedi](#) (FR)
- [Emma Boyland](#) (UK)
- [Frans Folkvord](#) (NL)
- [Jean-Michel Lecerf](#) (FR)
- [Françoise Lescourret](#) (FR)
- [Alain Peeters](#) (BE)
- [Christian Reynolds](#) (UK)



Preprogramme:

Day 1:

12h30-14h00 **Welcome - Registration - Poster display**

14h00-14h30 **Opening session (30')**

- Christel Teysedre (President of Aprifel) 5'
- Delphine Tailliez (DG Aprifel) 5'
- Elio Riboli 5'
- Joël Doré 5'
- Institutionnel from Spain 10'

14h30 - 18h10 **Session 1: Fruit and vegetables: what are the benefits for human health and for food and nutritional security? (3h40)**

Co-chairs: **Elio Riboli & Jean-Michel Lecerf**

Introduction : *Jean-Michel Lecerf 5'*

- **Research progress on fruit and vegetables on health and chronic diseases**
 - Cardiovascular disease prevention - **Monique Verschuren – NL (15')**
 - Cancer prevention - **Marc Gunter UK (15')**
 - Healthy diet with fruit and vegetables: bioactive components in the prevention of type 2 diabetes- **Nita Forouhi (UK) (15')**

15' Q/A

- **Emerging research on nutrition & global health**

- Modulating the gut microbiota by fiber-rich vegetables: a promising innovative strategy in obesity? **Nathalie Delzenne – BE (15')**
- The role of fruit and vegetables in mental health and cognitive decline prevention - **Saverio Stranges – CA (15')**
- Food offer & health impact: Ultra processed food, raw food, and fruit & vegetables **Jennie Macdiarmid (15') tbc**

- **Conclusion/ Opening : Food and nutritional security *Boitshepo Bibi Giyose (15')***

15 min Q/A

Coffee break + posters (30 min)

ORAL COMMUNICATIONS (x3)

3x 10 min oral communication +15 min question (45 min)

Conclusion: "It is never too late" or "The earlier, the better"?- *Elio Riboli- UK (5')*

18h10 - 18h45 **Poster visit**

18h45 - 20h00 **Welcome cocktail**

20h00 - 22h00 **Dinner (Only for Scientific Committee, Steering Committee, and speakers)**



Day 2:

08h30 - 09h30

Registration -Welcome coffee

9h30-12h30 **Session 2: Fruit and vegetables at the core of sustainability: what environmental and social impacts? (3h)**

Chair: **Françoise Lescourret & Alain Peeters**

- Functional biodiversity to control weeds in fruit orchards [Davide Neri](#) – IT (15')
- Tackling climate impacts: fruit and vegetables as part of the crisis or the solution? [Giuseppe Montanaro](#) – IT (15')
- Fruit and vegetable and soil health: how to preserve and improve soil quality? [Marc André Sélosse](#) – FR (15')
- Fruit and vegetable and water footprints: what links? [Diego Intrigliolo](#) – ES (15')
- **Conclusion/Opening:** Social innovations in fruit and vegetables to address multiple sustainable development goals in food systems - [Marie-Josèphe Amiot-Carlin](#) FR (15')

30 min Q/A

Coffee break + posters (30 min)

ORAL COMMUNICATIONS (x3)

3x 10 min oral communication +15 min question (45 min)

12h30-14h00 **Lunch - Poster visit**

14h00-17h15 **Session 3: Vegetalizing the diet: what are the determinants of consumer behaviour and choice? (3h15)**

Chair **Emma Boyland & Frans Folkvord**

- Introduction - The factors that influence our food choices: an interconnected picture - [Sophie Nicklaus](#) - FR (15')
- The obesogenic food environment - where can we effect change? [Gertrude Zeinstra](#) – Wageningen University NL (15')
- How could marketing techniques be used to improve dietary behaviors? - [Tim Smits](#), KU Leuven – BE (15')
- Movement behaviors, eating habits, and appetite control: are they really connected? [David Thivel](#) – FR (15')
- Key periods in life for behaviour change - [Roel Hermans](#)- Leefstijl Lab, NL (15')
- **Conclusion/Opening:** Opportunities for public health policies to promote greater fruit and vegetables intake - Emma Boyland & Frans Folkvord (15')

30 min Q/A

Coffee break + posters (30 min)

ORAL COMMUNICATIONS (x3)

3x 10 min oral communication +15 min question (45 min)

17h15-17h45

Poster session award

19h30 - 23h00

Gala dinner (Registration required)

Day 3:



8h00 - 9h00 **Registration - welcome coffee**

9h00-12h40 **Session 4: Placing fruit and vegetables at the center of the One Health discussion- Solutions, recommendations, actions and priorities**

Co-chairs: **Boitshepo Bibi Giyose & Christian Reynolds**

Keynotes lecture (1h50)

Introduction: **Christian Reynolds 5'**

- 1- **What can we offer to the citizen?** - what policy actions do agriculture, and the food industry need to implement for sustainable food systems? [Celine Giner-OECD](#) 15'
- 2- **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 15'
- 3- **Is it possible for choice of a healthy diet in a sustainable food system** ?- A case study of fruit and veg in One health. What do we need for food choice to work in a future food system? What could be the policy and practice tradeoffs? [Anna Herforth](#) - Harvard T.H. Chan University 15'

Conclusion: **Boitshepo Bibi Giyose 5'**

10 min Q/A

ORAL COMMUNICATIONS (x3)

3x 10 min oral communication +15 min question (45 min)

10h50-11h15 Coffee break

Round table: sharing the experience of different sectors and countries:

Animated by: **Boitshepo Bibi Giyose & Christian Reynolds**

10 min interaction with participants + round table (1h20)

- **Latin America experience-** [AIAM5](#)
- **African experience** (social and economic impacts)- *Boitshepo Bibi Giyose*
- **Nutrition education in schools** - [Machteld van Lieshout](#)
- **Economy:**
 - o Fiscal policies, incentives, etc. (policymaker) → **FAO tbd**
 - o Economy from an **Agriculture perspective** - *Philippe Binard* [Freshfel](#)
- **Media and communication:** how to craft, communicate the right messages at the right time and targeted audience to effect positive change and impact? **tbd**
- **Farmers' practical experience:** [Daniel Sauvaitre](#)

12h40 -12h50

Conclusions: Elio Riboli and Joël Doré (10 minutes)