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)
Day 1:
12h30-14h00 Welcome - Registration - Poster display

14h00-14h30 Opening session (30’)
- Christel Teyssedre (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

09h30-12h30 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/Open: 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/Open: 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:**
  - Fiscal policies, incentives, etc. (policymaker)  → FAO tbd
  - 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)