

EGEA CONFERENCE 2023

WORKSHOP SESSION 1- FRUIT AND VEGETABLES: WHAT ARE
THE BENEFITS FOR HUMAN HEALTH AND FOR FOOD &
NUTRITIONAL SECURITY?

07/02/2023



AGENDA OF THE WORKSHOP

- Clarify the objective and outputs of the workshop
- Introduce the participants
- Present the Scientific Committee
- Present the programme
- Build the presentations (title and content)
- Write a brief description of the session (3-4 lines signed by the co-chairs of each session)
- Discuss the proceedings of EGEA
- Next steps
- Practical information: Travel, Accommodation and Registration



OBJECTIVES AND OUTPUTS



INTRODUCE THE PARTICIPANTS



EGEA 2023 – CO-CHAIRS



Elio Riboli

*Professor of Cancer
Epidemiology and
Prevention at Imperial
College London, UK*



Joël Doré

Research director at
INRAe, France



SCIENTIFIC COMMITTEE OF EGEA 2023

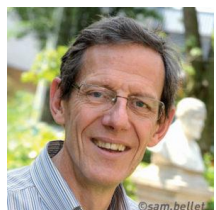
NUTRITION



Elio RIBOLI
Imperial College
London, UK



Joël DORE
INRAe, FR



Jean-Michel LECERF
Institut Pasteur de Lille,
FR

ENVIRONNEMENT



Françoise LESCOURET
French National Research
Institute for Agriculture, Food
and Environment, FR



Alain PEETERS
Human Environment and
Agronomy, BE

FOOD SAFETY



Jean-Pierre CRAVEDI
French National Research
Institute for Agriculture,
Food and Environment, FR

FOOD BEHAVIOURS



Emma BOYLAND
University of
Liverpool, UK



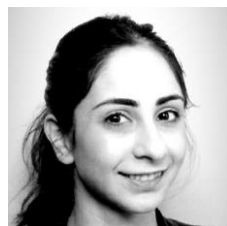
Frans FOLKVORD
Tilburg University, NL

FOOD POLICY



Christian REYNOLDS
Centre for Food Policy,
City, University of
London, UK

APRIFEL - YOUR KEY CONTACT



Scientific coordinator

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NARRATIVE OF THE PROGRAMME (QUICK OVERVIEW)



EGEA 2023
International conference

Title: Diet, Fruit & Vegetables, and One Health: what contributions?

Co-chairs: Elio Riboli & Joël Doré

Date & Location: 20-22 September 2023 - Barcelona, Spain (*Novotel Barcelona City*)

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

SESSION 1

Fruit and vegetables:
what are the benefits
for **individual health**
and for food and
nutritional security?

SESSION 4

Placing fruit and veg at the
center of the One Health
discussion-
**Solutions, recommendations,
actions and priorities**

SESSION 2

Fruit and vegetables
at the core of
**sustainability: what
environmental and
social impacts?**

Co-chairs:
*Françoise
Lescourret &
Alain Peeters*

SESSION 3

Vegetalizing the diet:
what are the
determinants of
**consumer behaviour
and choice?**

Co-chairs:
*Emma Boyland &
Frans Folkvord*

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



NARRATIVE OF THE PROGRAMME (QUICK OVERVIEW)

DIET, FRUIT & VEG, AND ONE HEALTH: WHAT CONTRIBUTIONS?

S1- Fruit and vegetables: what are the benefits for human health and for food & nutritional security?

Prevention of NCDs

- . CVD *M. Verschuren (NL)*
- . Cancers *M. Gunter (UK)*
- . Type 2 Diabetes *N. Forouhi (UK)*

Emerging research on diet and global health

- . Fiber, gut microbiota, and obesity prevention *N. Delzenne (BE)*
- . Mental health *S. Stranges (CA)*
- . Plant-based diets and health impacts (Ultraprocessed vs whole)
Speaker tbd

Conclusion/Opening: Food security (accessible, affordable and nutritious food offer) *B. Giyose (SA)*

S2- Fruit and vegetables at the core of sustainability: what environmental and social impacts?

Environmental impacts (positive, negative, and levers)

- . Biodiversity *D. Neri (IT)*
- . Climate *G. Montanaro (IT)*
- . Soil *M. André-Sélosse (FR)*
- . Water *D. Intrigliolo (SP)*

Conclusion/Opening: Social innovations in fruit and veg to address multiple SDGs in food systems *MJ. Amiot-Carlin (FR)*

S3 - Vegetalizing the diet: what are the determinants of consumer behaviour and choice?

Introduction: Factors that influence our food choices *S. Nicklaus (FR)*

External factors

- . Obesogenic environment
G. Zeinstra (NL)
- . Marketing techniques
T. Smits (BE)

Internal factors

- . Movement behaviours, eating habits and appetite control
D. Thivel (FR)
- . Key periods in life
Roel Hermans (NL)

Conclusion/Opening: Opportunities for public health policies to promote greater fruit and veg intake *E. Boyland (UK) & F. Folkvord (NL)*

S4- Placing F&V at the center of the One Health discussion- Solutions, recommendations, actions

What can we offer to the citizen
C. Giner (OECD, FR)

Mapping system to have a win-win solution (NCDs// climate change)
K. Wickramasinghe (WHO EU, RU)

Is it possible for choice of a healthy diet in a sustainable food system ?
A. Herforth (Harvard, USA)

Round table- Sharing the experience of different sectors and countries:

- . Latin America *Chile representative tbc*
- . Africa – *B. Giyose*
- . Nutrition education in schools – *M. van Lieshout*
- . Economy – *FAO + Freshfel*
- . Media & communication *tba*
- . Farmers' repres. – *D. Sauvatre*

DETAILED PROGRAMME - SESSION 1

Day 1- Wednesday 20 September, 2023						
12h30-14h00	Welcome (Free lunch) - Registration - Poster display					
14h00-14h30	Opening session					
14h00-14h05	Christel Teyssedre		Aprifel	FR	5	
14h05-14h10	Delphine Tailliez		Aprifel	FR	5	
14h10-14h15	Elio Riboli		Imperial College London	UK	5	
14h15-14h20	Joël Doré		INRAE	FR	5	
14h20-14h30	Institutional from Spain			SP	10	30
14h30-18h15	Session 1: Fruit and vegetables: what are the benefits for human health and for food and nutritional security? Co-chairs: Jean-Michel Lecerf & Elio Riboli					
14h30-14h35	Introduction	Jean-Michel Lecerf		FR	5	
	Research progress on fruit and vegetables on health and chronic diseases					
14h35-14h50	Cardiovascular disease prevention	Monique Verschuren	RIVM	NL	15	
14h50-15h05	Cancer prevention	Marc Gunter	Imperial College London	UK	15	
15h05-15h20	Type 2 diabetes	Nita Forouhi	University of Cambridge	UK	15	
15h20-15h35	Q/A				15	
	Emerging research on nutrition & global health					
15h35-15h50	Modulating the gut microbiota by fiber-rich vegetables: a promising innovative strategy in obesity?	Nathalie Delzenne	UCLouvain	BE	15	
15h50-16h05	The role of fruit and vegetables in mental health and cognitive decline prevention	Saverio Stranges	Western University	CA	15	
16h05-16h20	Food offer & health impact: Ultra processed food, raw food, and fruit & vegetables	Benjamin Allès	EREN	tbc	15	
16h20-16h35	Conclusion/ Opening : Food and nutritional security	Boitshepo Bibi Giyose	NEPAD	SA	15	
16h35-16h50	Q/A				15	140
16h50-17h20	Coffe break + Poster visit					
	Oral communications					
17h20-17h30	OC1				10	
17h30-17h40	OC2				10	
17h40-17h50	OC3				10	
17h50-18h05	Q/A				15	
18h05-18h10	Conclusion	Elio Riboli		UK	5	50
18h10-18h45	Poster visit					
18h45-19h15	Welcome cocktail (Free)					
19h30-22h00	Dinner (Only for Scientific Committee, Steering Committee, and speakers)					



→ Titles and content to be discussed and reviewed today (deadline 14/02)

INTRODUCE THE SESSION IN FEW WORDS

Aprifel will write a draft (few lines) to introduce the session
(10/02/2023)



To be validated by the **co-chairs** and the **speakers**
(20/02/2023)



And signed by the co-chairs

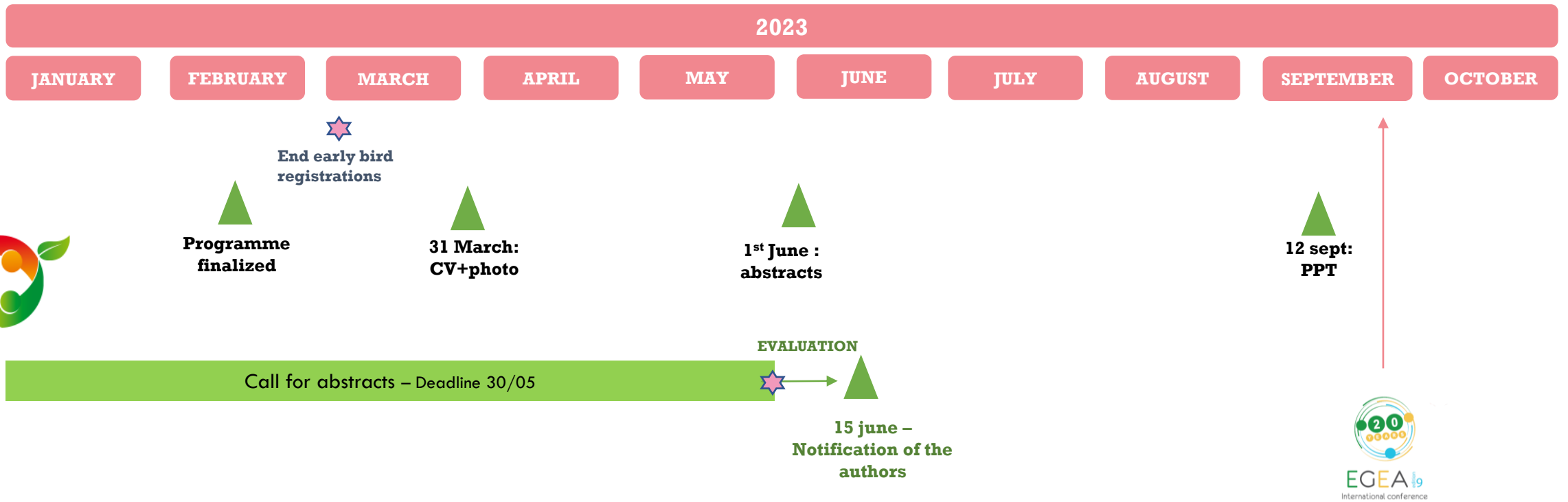


PROCEEDINGS OF EGEA

- Proceedings to be published after EGEA
 - What form:
 - Statement
 - Scientific publication (peer-reviewed journal to be defined?)
 - Other
 - Who would like to contribute and/or sign?
- A process will be prepared based on speakers and Scientific Committee's feedbacks and recommendations.



MACROPLANNING



PRACTICAL INFORMATION

Forms to complete (e-mail sent by Egea Contact: [contact-
egea@kit-group.org](mailto:contact-egea@kit-group.org))

- **Travel:** [CLICK TO HERE TO FILL IN THE TRAVEL FORM](#)
- **Accommodation:** [CLICK TO HERE TO FILL IN THE
ACCOMMODATION FORM](#)
- **Registration:** You will receive a **specific registration link** shortly to check and complete your pre-registration information / reservations





THANK YOU