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

Joël Doré
Research director at INRAe, France
JEAN-MICHEL LECERF
Institut Pasteur de Lille, FR

Elio RIBOLI
Imperial College London, UK

JOËL DORE
INRAe, FR

FRANÇOISE LESCOURRET
French National Research Institute for Agriculture, Food and Environment, FR

NUTRITION

ALAIN PEETERS
Human Environment and Agronomy, BE

FOOD SAFETY

FRANS FOLKVORD
Tilburg University, NL

FOOD BEHAVIOURS

EVA BOYLAND
University of Liverpool, UK

SCIENTIFIC COMMITTEE OF EGEA 2023

FOOD POLICY

FRANÇOISE LESCOURRET
French National Research Institute for Agriculture, Food and Environment, FR

JEAN-PIERRE CRAVEDI
French National Research Institute for Agriculture, Food and Environment, FR

APRIFEL - YOUR KEY CONTACT

S C I E N T I F I C  C O M M I T T E E  O F  E G E A  2 0 2 3

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

Scientific coordinator
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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)

SESSION 1
Fruit and vegetables: what are the benefits for individual health and for food and nutritional security?

Co-chairs: Jean-Michel Lecerf & Elio Riboli

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

SESSION 4
Placing fruit and veg at the center of the One Health discussion- Solutions, recommendations, actions and priorities

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

### 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: M. 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 tbd
- Africa: B. Giyose
- Nutrition education in schools: M. van Lieshout

**Economy – FAQ + Freshfel**
- Media & communication: tbd
- Farmers’ reps.: D. Sauvaitre
### Day 1 - Wednesday 20 September, 2023

#### Session 1: Fruit and vegetables: what are the benefits for human health and for food and nutritional security?

**Opening session**

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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tr>
<td>12h30-14h00</td>
<td>Welcome (Free lunch) - Registration - Poster display</td>
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<tr>
<td>14h00-14h05</td>
<td>Introduction</td>
<td>Jean-Michel Lecerf</td>
<td>FR</td>
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<tr>
<td>14h05-14h10</td>
<td>Research progress on fruit and vegetables on health and chronic diseases</td>
<td>Monique Verschuren</td>
<td>RIVM</td>
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<tr>
<td>14h00-14h05</td>
<td>Modulating the gut microbiota by fiber-rich vegetables: a promising innovative strategy in obesity?</td>
<td>Nathalie Delzenne</td>
<td>UCLouvain</td>
<td>BE 15</td>
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<td>14h05-14h10</td>
<td>The role of fruit and vegetables in mental health and cognitive decline prevention</td>
<td>Saverio Stranges</td>
<td>Western University</td>
<td>CA 15</td>
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<td>14h10-14h15</td>
<td>Cardiovascular disease prevention</td>
<td>Marc Gunter</td>
<td>Imperial College London</td>
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<td>14h10-14h15</td>
<td>Cancer prevention</td>
<td>Nita Forouhi</td>
<td>University of Cambridge</td>
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<td>14h15-14h20</td>
<td>Type 2 diabetes</td>
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<td>Emerging research on nutrition &amp; global health</td>
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<td>14h30-14h35</td>
<td>Conclusion/ Opening : Food and nutritional security</td>
<td>Boitshepo Bibi Giyose</td>
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<td>19h30-22h00</td>
<td>Dinner (Only for Scientific Committee, Steering Committee, and speakers)</td>
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**Titles and content to be discussed and reviewed today (deadline 14/02)**
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 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

2023

JANUARY

Call for abstracts – Deadline 30/05

FEBRUARY

End early bird registrations

MARCH

Programme finalized

APRIL

31 March: CV+photo

MAY

1st June : abstracts

JUNE

EVALUATION

15 June – Notification of the authors

JULY

AUGUST

SEPTEMBER

OCTOBER

12 Sept: PPT
Forms to complete (e-mail sent by Egea Contact: 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