



**Food and Health Research
in Europe
A workshop for defining future
research agendas**

Zaragoza (Spain) November 8th, 2010

08:30 Opening address by the authorities

Chair: Iris Pigeot and Alfonso Siani

**09:00 Future food and health Research
priorities. Perspective from the
European Technology Platform on Food
for Life**

Gerd Harzer

Leader of Key Trust 1 (Improve Health,
Wellbeing and Longevity)

E.U. Technology Platform on Food for Life

**09:30 Future Food and Health Research
priorities. Priorities of the European
Commission**

José Manuel González, Food, Agriculture
and Fisheries, and Biotechnology, Spanish
Representative, CDTI. Ministry of Science
and Innovation

10:00 Research areas session

Consumer research

Monique Raats (United Kingdom)

FLABEL Project

Nutrition

Luis Moreno (Spain)

HELENA Project

Food processing and health claims

Andreu Palou (Spain)

Bioclaims Project

Food quality and safety

Lonneke van der Geest (Netherlands)

Safefoods Project

11:00 Coffee break

11:30 Working groups

Nutrition and consumer research

Chair: Wolfgang Ahrens

Rapporteur: Lucia Reisch

Food processing and food quality and safety

Chair: Stefaan DeHenauw

Rapporteur: Inge Huybrecht

**12:30 Plenary discussion on the ideas
raised in the working groups**

Chair: Iris Pigeot and Alfonso Siani

Rapporteurs: Lucia Reisch and Inge
Huybrecht

13:00 Conclusions and closing address

Rafael Camacho Fumanal

CEO, Genoma Spain

13:30 End

Child health in Europe

The IDEFICS Study: towards a better understanding of obesity

November 8th, 2010

14:45 Opening address by the authorities

Chairpersons: Stafaan Marild and Manuel J. Castillo

15:00 Introduction to IDEFICS

Obesity prevalence in European children
Wolfgang Ahrens and Iris Pigeot

15:30 Risk factors for obesity and cardiometabolic markers

Socio-demographic risk factors for obesity
Lucia Reisch, Wencke Gwozdz and Karin Bammann

Clustering of cardiovascular risk factors in children
Stefaan DeHenaum

The IDEFICS case-control study on overweight and obesity: First results.

Karin Bammann and Jenny Peplies

Oral presentation

Objectively measured physical activity and sedentary time in European adolescents: associations with fitness and BMI; the HELENA study

Jonatan Ruiz

17:15 Coffee break

Chairpersons: Claudio Galli and Idoia Labayen

17:45 Biological mechanisms

Genes and obesity

Alfonso Siani

Genes and insulin resistance

Licia Iacoviello

Gene expression and obesity

Andreu Palou and Catalina Picó

Oral presentation

Cystatin C in children with severe obesity: relationship with metabolic risk factors and body composition

Esther Ballester-Asensio

November 9th, 2010

Chairpersons: Gianvincenzo Barba and
Ascensión Marcos

**8:30 Introduction to behavioural aspects
of obesity research**

Ethical implications of obesity research in
children

Garrath Williams and Dita Wickins-Drazilova

**08: 50 Nutrition behaviour and food
preferences**

Food consumption and obesity

Vittorio Krogh

Dietary patterns and obesity

Gabriele Eiben

Taste preferences and obesity

Anne Lanfer and Kirsten Buchecker

Oral presentation

Meal frequency while watching TV and
obesity risk in adolescents: The HELENA
study

Juan Pablo Rey-López

11:00 Coffee break

Chairpersons: Toomas Veidebaum and José
Antonio Casajús

**11:30 Physical activity and physical
fitness**

Built environment, physical activity, and
obesity

Ilse De Bourdeaudhuij

Physical activity, sedentary patterns, sleep
and obesity

*Luis Moreno, Sabrina Hense, Alba Santaliestra
and Theodora Mouratidou*

Physical activity versus cardiorespiratory
fitness as risk factors for obesity and
metabolic disorders

Yannis Pitsiladis

Oral presentation

Cardiorespiratory fitness levels among
European children: The IDEFICS study

Pilar De Miguel-Etayo

13:15 Closing

13:30 End