



FENS Summer School 2019
“Scientific basis for FBDG – new challenges”

Belgrade 19-23rd August 2019

Program

Monday, 19st August: Basics of translating science into recommendations

8:00 – 9:00 Gathering of participants and registration

9:00 – 9:15 Welcome address of the organizers

9:15 – 10:30 Nutrition and health, Heiner Boeing, FENS

10:30 – 11:00 Coffee break

11:00 – 12:30 The global burden approach: DALYs as unifying concept of rating the dietary impact on disease occurrence. AnneMarie Schmidt, Deutsche Gesellschaft fur Ernährung, Germany

12:30 – 13:30 Lunch break

13:30 – 15:00 Sustainability: The new topic in nutrition research. Bryndís Eva Birgisdóttir, School of Health Sciences, University of Iceland, Iceland

15:00 – 15:30 Coffee break

15:30 – 17:00 Group practical work: Role of nutrition in quantifying the burden of disease. Moderator Aleksandra Nikolic, Institute of Epidemiology, Faculty of Medicine, University of Belgrade

Tuesday, 20st August: Methodology for FBDG development

9:00 – 10:30 Generating evidence: from experimental science to human experimental studies. Philip Calder, University of Southampton, Great Britain

10:30 – 11:00 Coffee break

11:00-12:30 EBR as a basis for FBDG development, Margolzata Bala, Jagiellonian University, Krakow, Poland

12:30 – 13:30 Lunch break

13:30 – 15:00 Meta-analysis of observational and intervention studies, Lukas Schwingshackl, Freiburg

15:00 – 15:30 Coffee break

15:30 – 17:00 Group practical work: How to use and evaluate data necessary for dietary recommendations/guidelines. Moderator Dragana Jovic, PhD, National Institute of Public Health

19:00 – 21:00 Social event – River cruise.

Event is included in the registration fee.

Wednesday, 21st August: Principles and examples of Food based dietary guidelines

9:00 – 10:30 FAO/WHO and EFSA guidelines for development of FBDGs and needs for updates. Inge Tetens, University of Copenhagen, Denmark

10:30 – 11:00 Coffee break

11:00 – 12:30 The new Flemish Food Triangle: What and why. Loes Neven, Flemish Institute for Health Promotion&Disease Prevention. Belgium

12:30 – 13:30 Lunch break

13:30 -15:00 Translation of scientific data into consumer-oriented information. Milka Sokolovic, EUFIC, Bruxelles

15:00 – 15:30 Coffee break

15:30 – 17:00 Group work

19:00 Social event - Walking Belgrade Rakia Tour

(optional; confirmation by email and registration on Monday at the desk are necessary; estimated price 12-15 Euros per person depending on the number of registered participants, 2.5 hours duration)

Thursday, 22nd August: The future of FBDGs

9:00 – 10:30 The Nordic Experience with a healthy diet and food based dietary guidelines. Rune Blomhoff, Faculty of Medicine, University of Oslo, Norway

10:30 – 11:00 Coffee break

11:00 – 12:30 Nutrition research and strategies to address waste in nutrition research. Carl Lachat, Ghent University, Ghent, Belgium

12:30 – 13:30 Lunch break

13:30 – 15:00 Social, cultural, ethical aspects of FBDGs. Lidia Iuliana Arhire, University of Medicine and Pharmacy "Grigore T. Popa", Iasi

15:00 – 15:30 Coffee break

15:30 – 17:00 Group work

Friday, 23rd of August: Examination and group work results

9:00 – 10:00 Examination (multiple-choice questions)

10:00 – 10:30 Coffee break

10:30 – 13:00 Presentation of group work

13:00 – 14:30 Discussion round with participants and faculty: perspectives of FBDGs: What we have learned