



International Conference
Health Benefits
of Mediterranean-Style Diet
**From scientific evidence
to health prevention actions**

May 18th - 21st 2005
Montecitorio Eventi, Rome - Italy

Co-Presidents :
D. Greco - Italy
E. Riboli - IARC-WHO

ECM : Italian Accreditation has been requested



Conference organised by **APRIFEL** with the partnerships of
the **Italian Ministry of Health** and the **French Ministry for Agriculture and Food**
and the participation of the **International Agency for Research on Cancer**

Scientific Committee

G. Berglund (Sweden) - A. Drewnowski (USA)
D. Greco (Italy) - S. Panico (Italy) - E. Riboli (IARC - WHO)
B. Rolls (USA) - N. Wareham (UK)

Scientific Coordinator

S. Barnat (France)

Wednesday May 18th 2005

17:00 Registration

17:30 Official opening
Scientific opening

R. Marabelli : Director General Veterinary Public Health, Food and Nutrition -
Ministry of Health – **Italy**

F. Romano : President of INRAN – National Institute for Research on Food and
Nutrition - **Italy**

D. Greco : Director General of Health Prevention- Ministry of Health – **Italy**

E. Riboli : Head, Nutrition and Hormones Group of International Agency for
Research on Cancer - **IARC-WHO**

20:00 Opening Cocktail at the French Embassy "**Palazzo Farnese**"

Special invitation from his Excellency **Loïc Hennekinne**

With the presence of Mr **D. Bussereau**, the French Minister of Agriculture, Food,
Fisheries and Rural Affairs

Thursday May 19th 2005

Session 1 MEDITERRANEAN TYPE DIET / METABOLIC SYNDROME AND CHRONIC DISEASE PREVENTION

9:00

Obesity

Co - chairman : [B. Rolls - USA](#) & [M. Carruba - Italy](#)

Introduction : [M. Carruba - Italy](#)

Dietary energy density as a guide to food choices and weight management

[B. Rolls - USA](#)

Optimal dietary strategies for weight management - [A. Astrup - Denmark](#)

Obesity, socioeconomic status and food intake in children - [M. Hetherington - UK](#)

Prevention of obesity: is it ever too late to start?

[J. Seidell - The Netherlands](#)

Conclusions - [B. Rolls - USA](#)

11:15

Fruit and coffee break

11:30

Diabetes

Chairman : [N. Wareham - UK](#)

Observational studies of dietary factors and the metabolic or insulin resistance syndrome - [N. Wareham - UK](#)

Diet and type 2 diabetes from observational studies - [F. Hu - USA](#)

Dietary interventions and the metabolic syndrome - [D. Giugliano - Italy](#)

Dietary interventions and risk of type 2 diabetes - [J. Tuomilhto - Finland](#)

13:30

Lunch

14:30

Cardiovascular diseases (CVD)

Chairman : [S. Panico - Italy](#)

Cardiovascular risk, n-3 PUFA, and dietary habits after myocardial infarction : the GISSI - Prevention study - [R. Marchioli - Italy](#)

Changing dietary patterns reduces CVD risk - Evidence from primary prevention trials - [E. Feskens - The Netherlands](#)

Mediterranean diet and CVD : beyond cholesterol - [A. Rivellese - Italy](#)

Cardiovascular disease preventable fraction in the population through adherence to Mediterranean diet - [S. Panico - Italy](#)

to Health Prevention Actions

16:00 Fruit and coffee break

16:15 Cardiovascular diseases (CVD)
Chairman : **G. Berglund** - Sweden

CVD Diet visavi other CVD risk factors - **G. Berglund** - Sweden
Energy and fat intake and CVD risk - **M. Leosdottir** - Iceland
Results from the EPIC Heart - **R. Saracci** - Italy
Dietary patterns and risk of CVD - **M. Schulze** - Germany

18:00 End

Friday May 20th 2005

9:00 Cancer
Chairman : **E. Riboli** - IARC-WHO

Where do we stand in the search for the nutritional causes of cancer ?
E. Riboli - IARC-WHO
Nutrition, steroid hormones and breast cancer - **F. Berrino** - Italy
Diet, obesity, physical activity and colorectal cancer - **T. Norat** - France

10:40 Fruit and Coffee break

11:00 Vegetarianism and cancer risk - **T. Key** - UK
Mediterranean diet and cancer risk - **D. Palli** - Italy
Discussion and conclusions - **E. Riboli** - IARC-WHO

13:00 Lunch

Session 2 FROM SCIENTIFIC EVIDENCE TO HEALTH PREVENTION ACTIONS
Moderator : **E. Riboli** - IARC-WHO

14:30 Round table 1 - ACTIONS : WHAT CAN BE DONE TO CHANGE
BEHAVIOUR?

- > Communication - **L. Damiens** - France
- > Children Environment changes - **K.I. Klepp** - Norway
Pro children Program ; Promoting F&V through schools - A European Perspective
- > The Fruit and Vegetable Snack Program in the United States: A Case Study in Policy Development - **L. Di Sogra** - USA
- > Adult Environment changes - **M. Meyer** - Denmark
The workplace fruit program in Denmark
- > The five colours for well-being: opportunities for consumers and producers -
F. Marzano - **P. Bruni** - Italy

16:00 Fruit and coffee break

16:30 Round table 2 - HOW POLITICS ARE INVOLVED? CAN PUBLIC STRATEGIES BE DEVELOPED?

>D. Greco : Director General of Health Prevention - Ministry of Health - Italy

>S. Hercberg : Chairman of the Steering Committee and Vice-Chairman of the Strategic Committee in charge of the "French National Program Nutrition and Health" - France

>A. Trichopoulou : Director of the WHO collaborating Center for Nutrition at the Department of Hygiene and Epidemiology - Greece

>P. Puska : Director General of the National Public Health Institute of Finland

>JM Le Guen : Deputy, Paris - Chairman of the Parliamentary Study Group on Obesity - France

>B. Patrie* : European Deputy ; European Parliament

>W. Kamphausen* : DG SANCO - EU, Team Leader of "positive health" section

19:30 Cocktail reception : at the Caffarelli Terrace; Capitoline Museum

Saturday May 21st 2005

09:00 Poster session
Chairman : A. Drewnowski - USA

10:00 Fruit and coffee break

Session 3 TOWARD NATURALLY NUTRIENT-RICH SNACKS: Global Trends in Snacking Behaviour
Chairman : A. Drewnowski - USA

10:30 Nutrient density as a tool for health promotion: Introducing the Naturally Nutrient Rich (NNR) Index - A. Drewnowski - USA
Predictors of fruit and vegetable consumption by children - J. Wardle - UK
Snacking and obesity - S. Jebb - UK
Metabolic response to snacks: leptin, ghrelin and insulin - D. Chapelot - France

12:30 Conclusions Egea 3 - E. Riboli - IARC-WHO
L. Trentini - President AREFLH

13:00 End

* to be confirmed

REGISTRATION FEES

390€*	Early registration fee (before April 15 th 2005)
490€*	Late registration fee (after April 15 th 2005)
95€*	Early student registration fee (before April 15 th 2005)
125€*	Late student registration fee (after April 15 th 2005)

*Please note that early registration fee payments will only be accepted when received before April 15th 2005

REGISTRATION FEES INCLUDES :

- Admission to Lectures, Symposia, and Poster Session
- Congress bag, containing the Final Programme and Abstract Book
- Opening cocktail
- Conference refreshment breaks

ON-SITE REGISTRATION :

Registration deadline is May 13th, 2005.

An on-site registration desk will be available at the conference venue. We strongly recommend however that participants take advantage of the early registration process.

ACCOMMODATION & TRANSPORT:

> If you wish to consult information concerning accommodation, please visit the following website : www.evices.com/egca

> Alitalia is the Official Carrier of the conference, for more information, please visit : www.evices.com/egca



CONFERENCE CENTRE :

The conference will take place at the Montecitorio Eventi in the historical centre of Rome (Piazza Montecitorio, 131 - 00186 Roma)
www.montecitorioeventi.it

CALL FOR POSTERS

ABSTRACT SUBMISSION DEADLINE : March 11th 2005

Please submit abstract as an attached Word document to :
s.barnat@interfel.com

- The abstracts will be evaluated by the Scientific Committee, and acceptance notified to contributors by April 8th 2005.
- All accepted abstracts will be printed in the Abstract Book distributed during the conference.
- Posters will be exposed all the duration of the conference. A poster session will take place on the May 21, 2005 from 9:00 to 10:00. The chairman of the session will be A. Drewnowski (USA)
- The Scientific Committee will select a «best poster» in each session for a short oral presentation.
- The abstract should be a one-page document based on unpublished material and written in good standard English. The text should clearly state objectives, methodology, results, and conclusion. Simple tables and graphs are allowed.

LAYOUT

Please type the abstract (single line spacing) using Times New Roman font 12.

- 250-300 words maximum.
- Justify both right and left margins.
- Leave 1 inch (2.5 cm) margins all around (top/bottom/left/right)
- Title in bold (initial capital only)
- Leave line space
- Author(s) last name in capital letters, followed by first name
- Please underline the presenting author's name
- To indicate affiliations use superscripts 1,2,3, etc
- Leave line space
- Affiliations of all authors
- Complete address and e-mail of the corresponding author
- Leave two line spaces
- Text

For all information concerning abstract submission, please contact :

APRIFEL

Saïda BARNAT

Egea Scientific Coordinator

60 Rue du Faubourg. Poissonnière

75010 Paris - France

Tel : +33 (0) 1 49 49 15 15

Fax : +33 (0) 1 49 49 15 01

e-mail : s.barnat@interfel.com

SCIENTIFIC COORDINATION



APRIFEL

60, rue du Faubourg Poissonnière
75010 Paris - France
Tel : +33 (0) 1 49 49 15 15
Fax : +33 (0) 1 49 49 15 01
www.aprifel.com

CONFERENCE SECRETARIAT



Evic Events

33, avenue de la République
94300 Vincennes - France
Tel : +33 (0) 1 58 64 14 60
Fax : +33 (0) 1 58 64 14 67
www.evicevents.com