



EGEA edition 8
International conference

EGEA

2003 – 2018

INTERNATIONAL CONFERENCE

8 PREFACES

4 STATEMENTS

270 SPEAKERS

AGENCY FOR THE RESEARCH AND INFORMATION ON FRUIT & VEGETABLES



EGEA: From Science to Action

Since 2003, under the permanent chairmanship of Professor Elio Riboli, Director of the School of Public Health at Imperial College London, Aprifel developed the EGEA Conference, a strategy for evidence-based policymaking which brings together multidisciplinary knowledge and stakeholders to explore and develop concrete recommendations for policy and practice changes.

A series of multi-disciplinary conferences

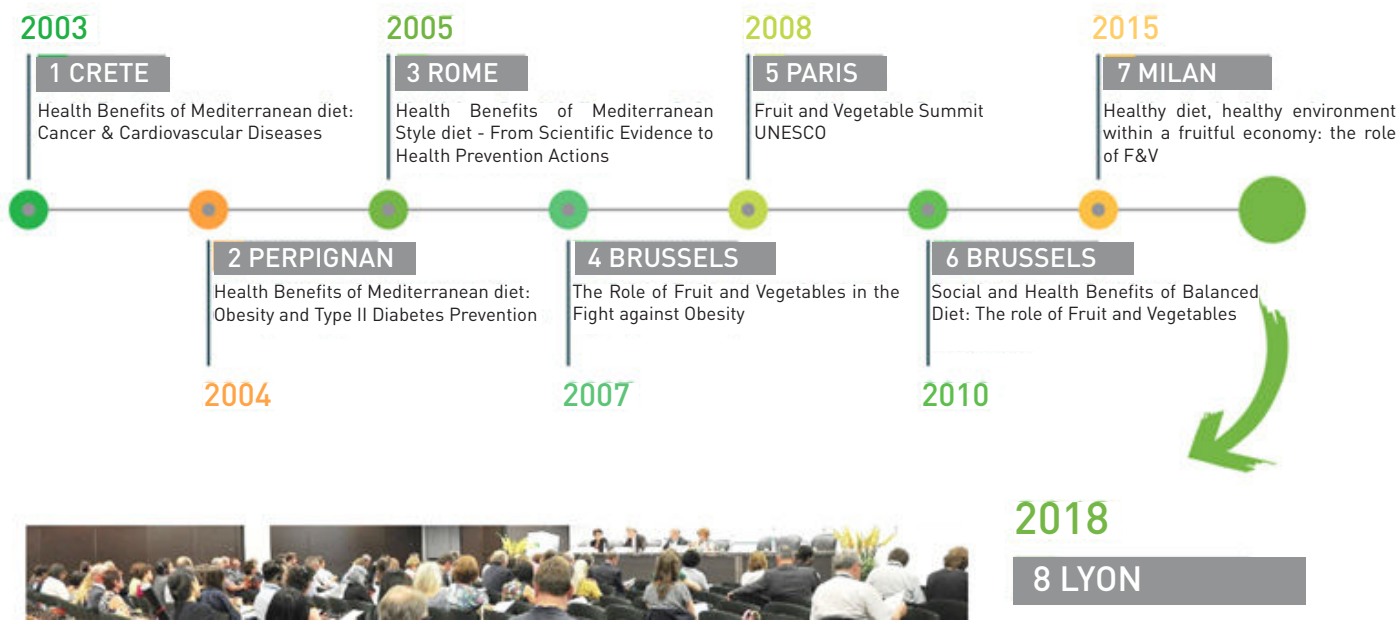


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EGEA 2003

Health Benefits of Mediterranean Diet Highlights on Cancer & Cardiovascular Diseases

June 5th – 8th, 2003 – Capsis Convention Center, Aghia Pelagia, Crete

Co-chairs: **E. Riboli & A. Kafatos**

Scientific Committee:

Kafatos, D. Kromohout, S. Renaud, E. Riboli, A. Schatzkin, A. Trichopoulou

Scientific Coordinator: **S. Barnat**



Nutrition is recognized as a major health determinant. Unhealthy diets and sedentary lifestyles are critically implicated in cardiovascular diseases and various cancers, and underpin the increasing burden of chronic diseases in Europe /worldwide - notably the escalating prevalence of obesity among children and adults. This Symposium on the Mediterranean Diet, organized by Aprifel, is therefore timely in addressing issues of critical significance to public health. It is also timely given the state of public debate between scientists, policy-makers and citizens on appropriate nutritional recommendations for health. On the one hand, the prospects of a coherent nutrition policy (for Europe) appear tantalizing close with the convergence of evidence based policy recommendations from the EURODIET project, the Action Plan produced by the SFSP during the French Presidency of the EU in 2000, the promise of a Community Action Plan on Nutrition embodied in the Commission's White Paper on Food Safety and, most recently, the WHO Action Plan on Nutrition. On the other hand, in the eyes of many citizens, the credibility of the science

underlying accepted guidelines is currently being challenged by the widely publicized controversy as to the health benefits of high-fat vs low-fat dietary recommendations. The Symposium provides us with an opportunity to evaluate the most recent scientific evidence on the health properties traditionally associated with the 'Mediterranean diet' and in so doing to re-assess/debate the bases for a coherent approach to the promotion of healthy diets and lifestyles.

The location of the Symposium in Crete is particularly appropriate since the Mediterranean diet of Crete has a richly documented history stretching back over 4000 years to the Minoan era. Moreover, the health properties attributed to the traditional Cretan diet have been – and continue to be - the source of scientific and popular interest for nearly half a century. The Symposium addresses a broad range of themes: components of the Mediterranean diet; epidemiological, clinical and biochemical studies of cancers and of cardiovascular diseases; interactions between the Mediterranean diet and genetic and lifestyle factors; the current status, prospects and dietary recommendations to be derived from the Mediterranean diet. We are confident that the outcomes of this Symposium will contribute significantly to the development of coherent nutritional recommendations for good health.

Anthony Kafatos

*Professor, Director of Preventive Medicine and Nutrition Clinic
University of Crete School of Medicine*

EGEA 2004

Health benefits of Mediterranean diet Obesity & type 2 diabetes prevention

May 12th – 15th, 2004 – Palais des congrès, Perpignan, France

Co-chairs: **E. Riboli & P. Vague**

Scientific Committee:

J. Blundell, B. Carlton Tohill, MA. Charles, E. Eschwege, E. Riboli, A. Scheen, P. Vague

Scientific Coordinator: **S. Barnat**



Over the years, researchers and public health authorities throughout the world have sought to identify food, nutritional or behavioural factors that are likely to play a role as either risk factors, or protective factors in the determinism of illness and health quality. Several studies developed on cellular, organ, healthy and unhealthy subject, or population models have been carried out during the last 30 years. If, in several cases, the existence of a link between “nutritional” exposure and certain illnesses cannot (for the moment) be asserted by the available arguments, in other cases, on the contrary, the convergence of arguments is such that a consensus can be reached.

The possible health benefits associated with a Mediterranean diet, based on epidemiological studies, were raised more than 15 years ago. Thus, in relation to cardio-vascular conditions, the famous Keys international study (1986) on 16 cohorts, throughout 7 countries, highlighted a lower cholesterol level and a lower cardio-vascular mortality rate in Mediterranean countries compared with countries in Northern Europe and America. The prospective MONICA study (1994) has shown a lower incidence of coronary conditions in the South of France and in the region of Barcelona (Catalonia, Spain). In relation to cancer, descriptive studies of mortality or incidence rates have also found lower rates in Mediterranean countries, notably in the case of colon cancer and breast cancer. Other conditions seem to benefit from food and nutrients contained in Mediterranean diets: osteoporosis, cataract, deterioration in cognitive functions as part of ageing. ... Finally, if one considers life expectancy beyond 65 years of age, 4 countries from Southern Europe are grouped together just behind Sweden, which benefits from high social standards: France, Greece, Italy and Spain.

The EGEA International Conference, organised this year in the beautiful city of Perpignan, is taking stock of the situation in relation to certain aspects of the health benefits associated with Mediterranean diet, by specifically taking an interest in obesity and diabetes, which also constitute a major public health problem. The world’s best specialists, from mecanistic research to epidemiological studies, have pooled together to paint a very comprehensive assessment of scientific knowledge in these domains, justifying the recommended basis that provides, or will provide, the platform for developed nutritional policy in several countries.

Above all, this Conference demonstrates that we now have at our disposal, a wealth of scientific data highlighting the fact that Mediterranean diet constitutes a set of balanced practices and behaviours that are very favourable to personal health, and which have the extraordinary advantage of associating health, pleasure and conviviality. A useful and superb model for public health managers!

Serge Hercberg

President of the National Programme Nutrition-Santé (PNNS)

EGEA 2005

Health benefits of Mediterranean style diet From scientific evidence to health prevention actions

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

Co-chairs: **E. Riboli & D. Greco**

Scientific Committee:

G. Berglund, A. Drewnowski, D. Greco, S. Panico, E. Riboli, B. Rolls, N. Wareham

Scientific Coordinator: **S. Barnat**



This is the third edition of EGEA, the International Conference on the Health Benefits of a Mediterranean Style Diet. Progressively, this Conference is taking an important place at the crossroads of scientific evidence and health prevention actions. The aim is to establish a consensus on an effective strategy to prevent and control chronic diseases such as obesity, diabetes, cardiovascular diseases and cancer, which are becoming, according to the World Health Organization, leading causes of morbidity and mortality around the world. Like infectious diseases, these chronic diseases could be, and should be, prevented and controlled on a mass scale by the preservation or creation of healthy environments, including healthy food systems. Such prevention, however, faces difficulties stemming from the diversity and economic consequences of the environmental factors involved, including the changing nature and quality of food supplies, food advertising, marketing, promotion and food pricing. With the increasing number of meals taken away from home, time limitations of consumers, ... the food industry has

responded by increasing the number of convenience foods and the availability of prepared meals, together with an increase in portion sizes and per capita availability of fat and added sugar. EGEA constitutes a unique and valuable opportunity for the convergence of multidisciplinary approaches, from basic science, health, agriculture, communication, to global prevention policies. Two round tables are being organized to share experiences on various strategies available and to define guidelines for health nutrition policies which could be implemented at the general population level. With the participation of the best world specialists on these issues, the support of the French and Italian Ministries of Health and IARC-WHO, this conference is fully in line with the global strategy of the World Health Organization concerning nutrition, physical activity and health. It is my sound conviction that this conference will again be a success story!

Pr Ambroise MARTIN

Professor of Nutrition, University of Lyon

Member of the steering committee of the French national nutrition health policy

EGEA 2007

The role of fruit and vegetables in the fight against obesity

April 17th – 18th, 2007 – European Commission, Brussels, Belgium

April 19th, 2007 – Sofitel Brussels Europe, Brussels, Belgium

Co-chairs: **E. Riboli & M. Laville**

Scientific Committee:

ML. Frelut, P. Galan, M. Laville, T. Norat

Honorary Scientific Committee:

J. Blundell, A. Drewnowski, T. Lang, M. Laville, T. Lobstein, E. Riboli, B. Watzl

Organizing Committee: **Aprifel, Freshfel, AREFLH**

Conference supported by: **DG SANCO, DG AGRI, EU Platform for Diet, Physical Activity and Health**

Scientific Coordinator: **S. Barnat**



It is a pleasure for me to introduce this book of abstracts for the EGEA conference entitled «The Role of Fruit and Vegetables in the Fight Against Obesity». Fruit and vegetable consumption is a key facet of a balanced diet, which is important not only for the prevention of obesity but a range of other serious illnesses as well. We need to find new and innovative solutions to improving the consumption of fruit and vegetables, and I am confident that an event such as this will contribute to new thinking in this area.

As the Commissioner for Health, I have been observing the worsening in the diet of Europeans in all countries in the recent decades with regret. I believe that it is important for society to support individuals and families in the quest to eat well. It is clear to me that we must be proactive in Europe if we are to turn around the frightening trends we are witnessing.

With the widespread rise in obesity, there is a renewed public focus on diet and health. As major stakeholders in the debate – be it as public health policy makers, food producers and retailers, academics or doctors – it is for us to capitalise on this public awareness as an opportunity to reinforce healthy behaviours.

For the European Commission, 2007 is an important year for nutrition and physical activity. The EU Platform for Action on Diet, Physical Activity and Health will complete its second year of work.

This year will also see the adoption of a White Paper on nutrition and physical activity. This White Paper will set out the role that the Commission can play to support Member States in the prevention of ill health caused by poor diets and low levels of physical activity.

I welcome the decision of the conference organizers to focus on this topic, and I am sure that – given the excellent standard of the abstracts – the conference will contribute positively to our knowledge and ideas on the subject, and act as an inspiration to policy development.

Markos Kyprianou
European Commissioner for Health

EGEA 2008

Fruit and vegetables summit

May 27th – 30th, 2008 – Unesco, Paris, France

Co-chairs: **E. Riboli & S. Hercberg**

Scientific Committee:

E. Bere, A. Drewnowski, M. Chauvet, L. Dube, P. Galan, D. Herman, K. Lock, A. Martin, T. Norat, B. Rolls, E. Valceschini, D. Veschambre

Presented by **EGEA – IFAVA**

Co-sponsored by the **World Health Organization (WHO)**

With the participation of the **European Commission**

With the support of the **French Ministry of Agriculture**

With the technical cooperation of the **Food and Agriculture organization of the United Nations (FAO)**

Scientific Coordinator: **S. Barnat**



It's a great honour for me to contribute to this very important publication following this year's Fruit and Vegetable Summit. Events like this play a crucial role in our ongoing efforts to encourage greater consumption of fruit and vegetables, as part of our strategy to address chronic diseases and the growing problem of obesity.

Last June, European Union agriculture ministers unanimously backed wide-ranging reforms to the Common Market Organisation for fruit and vegetables. My hope is that the reforms, which came into force on 1st January, will play a major role in promoting consumption and thus make a significant contribution to improved public health. Despite plentiful production and great need for the product, the truth is that many people simply don't buy and eat as much fruit and vegetables as they should - as their waistlines and medical bills bear witness. Besides the need to overhaul an old-fashioned support system, one of the main purposes of the reform is to encourage consumers to eat more of these healthy products.

With this in mind, Producer Organisations will be able to include promotion of F&V consumption in their operational programmes. There will be an additional €6 million under our general promotion regulation for the promotion of F&V targeted at children in schools. And there will be an €8 million budget for free distribution of F&V to schools, hospitals and charitable bodies, which will be 100 percent financed by the EU.

The Commission is also currently carrying out a feasibility study and a public consultation into the creation of a school fruit and vegetable scheme, which would be part-financed by the EU budget and would hopefully encourage children to eat more fruit and vegetables from an early age – a habit they would then carry into their adult lives. We hope to complete this work by July and I would welcome all contributions to the debate. The battle against disease and obesity requires action on many fronts. We in the European Commission are determined to play our part and what better way than to promote the consumption of our top quality European fruit and vegetables.

I salute the work you are doing at the Fruit and Vegetable Summit. I think it fits very well with what we are doing in Brussels. Good nutrition isn't rocket science, but it will take a concerted effort to teach the younger generation a few good habits.

In striving to achieve this, your efforts and our policy reforms go hand in hand.

Mariann Fischer Boel

Commissioner for Agriculture and Rural Development

EGEA 2010

Social and Health Benefits of Balanced Diet The role of Fruit and Vegetables

May 5th – 7th, 2010 – European Commission, Brussels, Belgium

Co-chairs: **I. Elmadfa, L. Hoelgaard**

Scientific Committee:

I. Elmadfa, A. Aikenhead, J. Brug, D. Crawford, T. Lang, T. Norat, S. Panico, E. Riboli, H. Verhagen

Organizing Committee:

Aprifel, European Agriculture and Health Consortium, Freshfel, AREFLH

Scientific Coordinator: **S. Barnat**



This year's EGEA conference, the sixth in a successful series that started in 2003, addresses the Social and Health Benefits of Balanced Diets with special focus on The Role of Fruit and Vegetables.

The important role of food, particularly fruit and vegetables, when it comes to health and wellbeing is widely recognised not only by scientists and physicians but also among the general population. Associations have been repeatedly found between a high consumption of fruit and vegetables and lower risks of obesity and several diseases such as diabetes mellitus type 2, cardiovascular diseases, or certain types of cancer. Recent insights into these effects will be presented at this conference.

However, implementation of this knowledge in everyday life is still going slowly. Thus, while the populations of Europe and other industrialised countries fortunately do no longer suffer from severe hunger, undernutrition - especially with regard to certain micronutrients - is still an issue in vulnerable groups, among them lower social classes. Indeed, in the latter, financial constraints appear as a major obstacle to increasing consumption of fruit and vegetables as well as other nutrient-dense foods that would contribute to a healthy nutrition. At the same time, this population group is also at high risk of overweight and obesity with the associated non-communicable diseases. Limited access to nutrition education and information aggravate the problem.

Improving the diets of low income groups should therefore be given more attention in public health and nutrition policy programmes. Steps in this direction have already been taken and some results will be presented during this conference.

Children are another important target group for nutritional intervention as nutritional habits are broadly adopted in childhood. Moreover, they present a population group that is particularly sensitive to nutritional shortcomings. Part of this conference will be dedicated to experiences from kindergarten and school food programmes that are in place in many countries and aim at increasing children's fruit and vegetable consumption.

As can be seen from this short overview, the presentations of this conference cover a broad field of research relevant to the subject and again many esteemed colleagues have paid heed to our invitation. Their contributions make this conference a promising event.

Ibrahim Elmadfa

Director of Institute of Nutritional Sciences, University of Vienna

EGEA 2015

Healthy diet, healthy environment within a fruitful economy: the role of F&V

June 3rd – 5th, 2015 – Fiera Milano, Milan, Italy

Chair: **E. Riboli**

Scientific Committee:

M-J. Amiot-Carlin, M. Caraher, M. Caroli, N. Darmon, M-L. Frelut, F. Gomes, J. Halford, P. James, T. Norat, R. Nugent, S. Panico, E. Riboli, G. Riccardi

Scientific Coordinator: **S. Barnat**



I am honoured to introduce this book of abstracts for EGEA's 7th international symposium promoting a diet rich in fruit and vegetables. I welcome the title of this year's event "healthy diet, healthy environment within a fruitful economy: the role of fruit and vegetables". Indeed healthy diets contribute to making people healthy; and healthy people are the driving force of a healthy economy.

As the EU Health Commissioner, I believe there is a sound economic case for health promotion. This is why I will continue to urge EU countries to invest in disease prevention and health promotion to improve people's health and quality of life. Doing so will help avoid higher societal costs down the line.

Nutrition, as we all know, is an important determinant of health. A balanced diet, with high consumption of fruit and vegetables, helps prevent a number of chronic diseases and improves health outcomes across the board. This is good not only for the individual but for the economy as a whole, as a population in good health makes for an active and productive workforce, and also alleviates the burden on health and social budgets.

So, how is the EU doing in terms of fruit and vegetable consumption? The joint EC/OECD "Health at a Glance: Europe 2014" paints a worrying picture. In the European Union, the proportion of citizens eating vegetables every day ranges from 41% to 95% with an average of 58%. This means that 42% of Europeans eat no vegetables at all during an average day! When it comes to fruit, only 61% of our citizens eat fruit daily, meaning that 39% eat no fruit at all in an average day. Little wonder, then, that the rate of overweight and obesity amongst adults exceeds 50% in no less than 17 EU countries. The Commission is keen to promote fruit and vegetable consumption, especially amongst the young and fosters exchange of best practices to promote good nutrition in a number of dedicated platforms.

The EU-financed fruit scheme continues to provide school children with fruit and vegetables to help shape healthy eating habits. In addition, a number of interesting projects to promote healthy nutrition are being piloted in several European countries. One, called "My healthy family", encourages children, older people and pregnant women from less wealthy regions in Hungary and Poland to eat more fruit and vegetables.

"We love eating", another family-oriented initiative, encourages conscious eating with a diet that includes colorful fruits and vegetables, and more physical activity for people in seven European cities.

The abstracts in this book are a reflection of the wide range of issues we need to address to promote healthy diets, from advertising to agriculture, and provide a source of inspiration for policy makers and stakeholders.

Vytenis Andriukaitis

European Commissioner for Health and Food Safety

EGEA 2018

Nutrition & Health From Science to Practice

November 7th – 9th, 2018 – Marriott Hotel, Lyon, France

Co-chairs: **E. Riboli & M. Laville**

Scientific Committee:

E. Riboli, M. Laville, M-J. Amiot-Carlin, J. Breda, M. Caroli, M-L. Frelut, J. Halford, P. James, J-M. Lecerf, L. Letrilliart, K. Lock, A. Martin, T. Norat, S. Storckdieck, D. Weghuber

Scientific Coordinator: **S. Barnat**



Vytenis Andriukaitis
EU Commissioner for
Health and Food Safety

Phil Hogan
EU Commissioner for
Agriculture & Rural
Development



We are honoured to introduce the booklet for EGEA's 8th international conference, particularly as this year's focus on «Nutrition & Health: from science to practice» is very timely. Our society is increasingly aware of the role good nutrition plays in maintaining good health, preventing diseases and hence keeping not only our population healthier but also our economy more resilient. We are responsible for Health and Food Safety and for Agriculture and Rural Development, respectively, therefore we are acutely aware of just how intricately connected these areas are.

We are happy that this unique international conference on nutrition and health is, once again, focusing on fostering multi-disciplinary knowledge and strategies for evidence-based policy making. By bringing together scientists, medical professionals, producers, whole and retail sellers, foodservice and policy makers, EGEA is facilitating the discussion on how to keep our agriculture sustainable, our food nutritious and safe and our population healthy.

Nutrition is one of the most important health determinants. A balanced, nutritious diet helps to prevent a number of chronic diseases, extend life expectancy and improve people's overall quality of life at every stage. This is why the European Commission promotes the "health in all policies" approach, bringing together all sectors and all levels of government.

One child out of three is overweight or obese in the EU – this is a very alarming situation that requires urgent action. We are particularly aware and focused on linking children's nutrition to the European Pillar of Social Rights, together with education, equal opportunities and social inclusion. Our farmers and food producers are working on improving the nutritional quality of food and making healthier food options – with less salt, sugar and fat – easily available and affordable.

Together with EU governments, we are discussing the ways that will help us to apply all possible tools, such as food labelling, taxation, marketing, education, empowering families and increasing physical activity, particularly in children.

We are moving increasingly towards nutrition-sensitive agriculture and promoting good eating habits more broadly. The EU School Fruit, Vegetables and Milk Scheme is an excellent example of how the EU and our agricultural producers can support Member States to promote healthier eating habits in children. In addition a Teachers Resource Pack has been created to help young people learn more about food production and the wider role played by farmers. Public procurement of food in schools is another tool that Member States can use to improve children's nutrition. Already more than a decade ago, the European Commission launched the European platform for action on diet, physical activity and health. The platform led to more than 300 initiatives designed to promote better nutrition and physical activity in the EU, including a Thematic Network on "Stimulating fresh fruit and vegetable consumption for healthier European consumers" as part of the European Commission's EU Health Policy Platform. And, as recently as June 2018, the Council of the European Union adopted conclusions on "Healthy nutrition for children: the healthy future of Europe".

All these programmes and initiatives, including EGEA's 8th conference, provide a robust framework to address the issue of healthy nutrition and support Member States' efforts to reach the UN Sustainable Development Goals and promote healthy lifestyles. We know that this is a formidable task that requires everyone to work together. It now depends on all of us to put this to use, discuss, cooperate, exchange best practices, learn from our successes and mistakes alike, and achieve sustainable change. Healthy nutrition is definitely one of the best investments we can make together in our future generations.

Vytenis Andriukaitis

European Commissioner for Health and Food Safety

Phil Hogan

EU Commissioner for Agriculture & Rural Development

STATEMENTS

EGEA 2007

The role of fruit and vegetables in the fight against obesity

European action to increase fruit and vegetable consumption

To address the growing challenge of chronic diseases - cancer, coronary heart disease and obesity - on health, the economy and development, EGEA 2007 adopted the following statement, following valuable input from Egea scientists,

- DG Health and Consumer Protection,
- DG Agriculture,
- DG Research,

and the WHO Regional Office for Europe:

Increasing fruit and vegetable consumption is an important part of comprehensive prevention of chronic diseases. Currently only a minority of European citizens eat the daily recommended amount of 400 g of fruit and vegetables.

The WHO European Charter on counteracting obesity sets goals for curbing the epidemic and reversing the trend in children and adolescents by 2015. It recommends increasing consumption of fruit and vegetables.

The German government has given, during its Presidency, commitment to increase fruit and vegetable intake by 2010, so that 20% more people are consuming at least 5 portions of fruit and vegetable each day; and that by 2010, an extra 30% of catering (such as kindergartens, schools, cafeterias and old people's homes) serve healthy meals, which include fruit and vegetables.

The 2007 EGEA conference «The Role of Fruit and Vegetables in the Fight Against Obesity» has identified a number of effective and innovative solutions to increase consumption of fruit and vegetables.

Among these effective solutions, three main areas of action should be given priority:

- **Increase access to and availability of fruit and vegetables in school**
- **Improve information on the health benefits of fruit and vegetables and increase advertising**
- **Reduce social inequalities in fruit and vegetable consumption**



EGEA 2008

Fruit & Vegetables Summit



Rising rates of food insecurity and rising rates of obesity represent a dual burden for global public health. We continue to see high rates of chronic diseases that are largely preventable through a healthier diet.

Improving diet quality has to be seen by all as an urgent priority for global public health

- High consumption of vegetables and fruit is associated with higher overall diet quality and also with healthier lifestyles
- Emerging evidence indicates that fruit and vegetable consumption may also play a role in weight control. By contrast, inadequate consumption is clearly associated with elevated risk of chronic disease
- Increasing consumption of vegetables and fruit is the key to improving diet quality for all

Ensuring that all populations, including disadvantaged ones, have equal access to affordable fruit and vegetables requires an alliance between agriculture, health, and public policy

- Ensuring access to healthy diets by lower income groups should be a priority for public health

Key focus areas for effective population-based interventions, programs and policies must include schools, worksite, community settings, and the media

- In particular, we urge the EU and other national governments to move forward quickly to fund and implement the School Fruit Scheme

We call on the World Health Organization (WHO), Food and Agriculture Organization (FAO) to continue to provide strong global leadership in promoting increased consumption of fruit and vegetables worldwide. All member countries are urged to fund, develop, and implement comprehensive, coordinated, and sustainable policies and programs to improve access to health-promoting vegetables and fruit. Such measures, brought about through a convergence between agriculture and public health will significantly reduce the global burden of chronic disease.

EGEA 2010

Social and Health Benefits of Balanced Diet: The role of Fruit and Vegetables



"We need to do more"

Fruit and vegetable consumption is well below recommended levels throughout the EU, especially in low socioeconomic groups.

EGEA recommends:

- Provide economic incentives to increase fruit and vegetable consumption to low socioeconomic groups in the EU
- Promote and strengthen collaboration between sectors - health, agriculture, social, environment for joined up policy action
- Improve the effectiveness of the EU School Fruit Scheme through more effective implementation, guidance, accompanying measures and clear criteria for evaluation
- Build an ambitious strategy incorporating effective use of media and social marketing tools to promote increased consumption of fresh fruit and vegetable

Healthy diet, healthy environment within a fruitful economy: the role of F&V

Global nutrition and agricultural communities need to find innovative ways to create and support healthy eating environments and promote policies to increase fruit and vegetables (F&V) production and consumption. The aims are to improve public health, profitability of F&V growers and sustainability of the production systems. One way, among others, of achieving this is through taking biodiversity and nutrient-density of crops into account.

The problems of ill health throughout the world are now dominated by four major non communicable diseases (NCDs) - cardiovascular disease, chronic respiratory disease, cancer and diabetes – with escalating overweight/obesity rates, particularly in children, amplifying these immense societal burdens.

The co-existence of undernutrition, micronutrient deficiencies, NCDs and overweight/ obesity reinforces a renewed need to consider health and nutrition as a primary societal goal which requires a transformation in our food systems.

The financial costs of these eating patterns and nutrition related epidemics are already threatening health care and services (even in highly developed countries) and are now significantly impeding national economies.

As the leading cause of death globally, NCDs were responsible for 38 million (68%) of the world's 56 million deaths in 2012. More than 40% of them (16 million) were premature deaths under age 70 years with the burden of disability from NCDs being far greater.

The number of people with NCDs have increased due to the global rise in overweight and obesity which now costs the world \$2 trillion /year. Furthermore, over 1 billion adults are expected to be obese by 2030 if no major effort is made to reverse the current trend.

There is evidence that F&V consumption decreases the risk of cardiovascular diseases, obesity and diabetes, as well as certain types of cancer. Diet and physical inactivity accounts for over 10% of all global disabilities with F&V being dominant factors. This means that billions could be saved each year with disabilities markedly reduced if F&V intakes reached the recommended amount (at least 400g/d).

In their efforts to reduce the prevalence of NCDs, most developed as well as developing countries and governments acknowledge the World Health Organization's declaration for increased F&V consumption. Yet national F&V dietary recommendations are often at odds with the same country's agricultural or food policies. A few examples illustrate this situation:

- Many high-income countries continue to provide producer subsidies for other products, such as grain crops and meat/dairy products, with little support for F&V production, leading to a global deficit in F&V supply and consumption.

- In the United States, F&V should make up 50% of consumers' plates/portions based on "MyPlate" dietary recommendations; yet the Department of Agriculture devotes less than 1% of its farm subsidies to support research, production and marketing for those foods and the whole of the US landscape is distorted by massive excess cereal production for animal feeding and subsidized export. In the U.S., the commodity crops receiving the largest amount of agricultural subsidies are grains, livestock, and dairy and under current agricultural policy, farmers are penalized for growing "specialty crops" (F&V) if they have received federal farm payments to grow other crops.

- In Europe, a fall of the consumption of fresh F&V has been observed over the last decade (nearly one piece of F&V per day/person). Yet, in the EU, close to €40 billion is spent on the farming sector with less than 3 % going to F&V sector while it delivers close to 18 % of total agricultural production value in the EU.

In the US and Europe, studies have shown that access and availability to fruit and vegetables are not evenly distributed among populations compared to less healthy products. Issues of access and availability can be tackled through proactive planning.

Besides the health aspects, the global agenda is now also dominated by climate change and the need for planetary sustainability, with locally produced F&V being much better than animal foods, for minimizing climate change and promoting sustainability. This reinforces the need for a coherent strategic shift in the food supply chain, manufacturing, retailing and in consumer demand. This is now accepted by Heads of State at the 2011 UN General Assembly. However, practically no coherent initiatives have been yet properly implemented.

Policy responses that focus on increasing F&V consumption can achieve significant gains. In high-income countries, most existing policies focus on school feeding initiatives and broader health promotion.

Comprehensive school food policies that set strict nutrition standards can increase children's consumption of F&V. Evidence shows that making F&V available in schools (e.g. through food or nutrient-based standards and school fruit schemes) has a positive impact on daily F&V intake.

Such programmes work by overcoming barriers in terms of access to F&V and by encouraging children to learn healthy taste preferences and dietary behaviours that have been shown to extend beyond the school gate.

By contributing to increased daily F&V intake, food standards and school F&V programmes also help children eat wellbalanced and diversified diets while meeting dietary and energy recommendations and achieving a balanced caloric intake. Nevertheless, such efforts may be overwhelmed by the hundred fold greater marketing of

unhealthy foods (High in Fat, Salt and Sugar- HFSS).

Modest regulatory and fiscal measures have been introduced but these are negligible compared with the

huge, decades long, supply led subsidies by the EU and US which have induced the current distorted food system. Changes are needed to both the food system and food environment to influence the choices people make.

To enhance F&V consumption efficiently, there is an urgent need for
coherent policies that promote healthy eating in the areas outlined below:

A. Information and education

1. Authorize the use of consensual scientific research recommendations for claims on the benefits of fresh F&V consumption. Adopt nutrient profiles and health claims legislation in the EU based on WHO guidance.
2. Reinforce the role and responsibilities of public authorities in informing consumers on the positive assets of fresh produce and the benefit of a healthy diet rich in F&V.
3. Incorporate nutrition into the curricula in national education systems : it is important to develop food chain curricula linking production and consumption systems so that what is produced and consumed is also ecologically sustainable.
4. Develop nutritional guidelines for health professionals so that coherent nutrition advice and support is provided to the public and the media.

B. Food environment

Marketing and advertising

1. Support the F&V sector's promotion and marketing efforts.
2. Involve the advertising and food industries, the media (TV, internet, radio, print, cinema, etc) and the retailers in taking into account F&V public health messages.
3. Regulate food marketing to children to reduce both the power of, and children's exposure to, marketing of unhealthy foods.

Healthy foods in public institutions

1. Establish F&V programmes in schools and extend provision from primary to secondary schools to create a seamless approach.
2. Set nutrition standards for foods provided in schools, universities, public worksite and health care institutions (e.g. in meals, vending machines).
3. Use public procurement as a tool to enhance F&V consumption by adapting guidelines and rules for public bodies (schools, hospitals and other health facilities, prisons, canteens) to use more fresh F&V in their menus.

Healthier retail environment

1. Reinforce the responsibilities of public sector in developing policies and infrastructure to increase access and availability to F&V in supermarkets and retail outlets, especially in underserved areas.
2. Planning authorities ensuring that access and availability to fruit and vegetables are part of municipal governance eg provision of markets for local produce.

Fiscal interventions and incentives

1. Set incentives for retailers and other outlets to increase the availability of healthier foods, especially fresh F&V.
2. Use economic and fiscal tools to create incentives for healthier food choices; this should combine a mix of tax-subsidy schemes. A tax on sugar, sweets and sweetened beverages should be studied alongside subsidy schemes for F&V for the potential to induce, among others, higher consumption of healthier alternatives such as F&V and to gauge any possible adverse effects of direct taxes.
3. F&V subsidies or vouchers to increase economic access for low-income consumers using tax-significant proceedings.

Food system

1. Ensure there is an adequate supply of F&V available to retailers.
2. Support and encourage the F&V supply chain to ensure that F&V reach consumers in minimally processed forms.
3. Support F&V production through similar policy instruments used for grain, meat and dairy production while taking account of the perishable nature of F&V and their nutrient composition (biodiversity).
4. Support F&V research to encourage farmers to increase their production of a variety of F&V, especially of micronutrient rich varieties and cultivars in line with countries' agro ecology and production capacities. Increased production rates will also increase jobs, creating a win-win situation for agriculture, employment and health.

EGEA 2015 STATEMENT

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Note to the editors:

The VII EGEA conference took place in Milan from 3-5 June 2015. This statement was adopted by EGEA as conclusion of its conference considering the valuable contributions from EGEA scientists, European Commission (DG Agriculture, DG SANTE, DG JRC), EuropeanParliament, EPHA, FAO, IFAVA, WCRF International, WPHNA and the WHO.

SPEAKERS

| | SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---|-----------------------------|--|---------|------------|
| A | ABIS Sébastien | CIHEAM | FR | 2008 |
| | AHRENS Wolfgang | University of Bremen | DE | 2010 |
| | AIKENHEAD Ange | Inter. Assoc. for the Study of Obes. | UK | 2010 |
| | AMES Bruce | University of California, Berkeley | US | 2007 |
| | AMIOT Marie-Josèphe | INRA | FR | 2015, 2018 |
| | ANDERSON Annie S. | University of Dundee | UK | 2008 |
| | ASSYAG Patrick | French Federation of Cardiology | FR | 2018 |
| | ASTRUP Arne | Royal Veterinary and Agricultural Univ. | DK | 2005 |
| | AUBAILE-SALLENAVE Françoise | CNRS | FR | 2003 |
| B | BADHAM Jane | JB. Consultancy | ZA | 2008 |
| | BARBERGER-GATEAU Pascale | INSERM | FR | 2010 |
| | BARLING David | City University | UK | 2008 |
| | BASDEVANT Arnaud | Hôtel-Dieu | FR | 2007 |
| | BERE Elling | University of Agder | NO | 2008 |
| | BERGER Alain | Ministry of Agriculture | FR | 2015 |
| | BERGER Patrick | City Hall of Perpignan | FR | 2008 |
| | BERGLUND Göran | Malmö University Hospital | SE | 2005 |
| | BERNI CANANI Sibilla | Council for Agri. Res.& Economics | IT | 2018 |
| | BERRINO Franco | National Tumor Institute | IT | 2005 |
| | BES-RASTROLLO Maira | University of Navarra | ES | 2007 |
| | BIHAN Hélène | INSERM | FR | 2008, 2010 |
| | BINARD Philippe | FRESHFEL | BE | 2015 |
| | BLANCK Heidi M. | Centers for Disease Control & Prev. | US | 2007 |
| | BLENKUŠ Mojca Gabrijelčič | Nat. Inst. of Public Health | SI | 2010 |
| | BLUNDELL John E. | Leeds University | UK | 2004, 2007 |
| | BOCK Anne-Katrin | EC - DG JRC | IT | 2015 |
| | BOURNIGAL Jean-Marc | Ministry of Agri. & fisheries | FR | 2008 |
| | BOYLAND Emma | Liverpool University | UK | 2018 |
| | BRANCA Francesco | WHO | CH | 2008, 2015 |
| | BROWNELL Kelly | Duke University | US | 2015 |
| | BRUG Johannes | VU University Medical Center | NL | 2010 |
| | BRUMER Robert-Jan | Örebro University | SE | 2008 |
| | BRUNI Paolo | Comité général de la coop. Agri. de l'UE | BE | 2010 |
| | BRUNNER Eric | UCL Depart. of Epidem. & Public Health | UK | 2018 |

| SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|-----------------|--------------|---------|----------|
| BRUYERE Bernard | CASINO Group | FR | 2007 |

| | | | | |
|---|----------------------------|-----------------------------|----|------------------|
| C | CALDEIRA Sandra | EC – DG JRC | IT | 2015 |
| | CANAVARI Maurizio | University of Bologna | IT | 2015 |
| | CANDEIAS Vanessa | WHO | CH | 2008 |
| | CAROLI Margherita | ASL-Brindisi | IT | 2010, 2015, 2018 |
| | CARRUBA Michele O. | University of Milan | IT | 2005 |
| | CECCHINI Michele | OECD | FR | 2015 |
| | CHAPELOT Didier | Université Paris 13 | FR | 2005 |
| | CHAPMAN Kathy | The Cancer Council | AU | 2008 |
| | CHARDON Dominique | Terroirs & Cultures | FR | 2008 |
| | CHARLES Marie-Aline | INSERM | FR | 2004 |
| | CHARRONDIERE Ruth | FAO, Italy | IT | 2015 |
| | CHAUVET Michel | Agropolis International | FR | 2008 |
| | CHEVASSUS-au-LOUIS Bernard | French ministry of agri. | FR | 2008 |
| | COMBRIS Pierre | INRA, France | FR | 2007 |
| | COULIBALY Mantiaba | Paris-Dauphine Univ. | FR | 2008 |
| | CRAWFORD David | Deakin University | AU | 2010 |
| | CZERNICHOW Sebastien | Georges-Pompidou Eur. Hosp. | FR | 2018 |
| | CHARDON Dominique | Terroirs & Cultures | FR | 2008 |
| | CHARLES Marie-Aline | INSERM | FR | 2004 |

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|---|---------------------------------------|---------------------------------|----|------------------------|
| D | Da SILVA BREDA João Joaquim Rodrigues | WHO Europe | RU | 2005, 2007, 2010, 2018 |
| | DAMIENS Laurent | Aprifel | FR | 2003, 2005, 2007 |
| | DANIEL Hannelore | Technical University of Munich | DE | 2015 |
| | DARMON Nicole | INRA | FR | 2010, 2015 |
| | DAUCHET Luc | Institut pasteur de Lille | FR | 2008 |
| | DAVIES Sue | Which? | UK | 2015 |
| | de ALMEIDA Maria Daniel Vaz | University of Porto | PT | 2010 |
| | de la MATA Isabel | EC-DG SANTE | LU | 2010 |
| | DECLERCQ Bernard | DGCCRF Laboratory | FR | 2008 |
| | DELAHAYE Angélique | European Parliament | FR | 2015, 2018 |
| | DELZENNE Nathalie | Louvain Drug Research Institute | BE | 2018 |
| | DEPERGOLA Giovanni | Bari Aldo Moro University | IT | 2018 |
| | DESJARDINS Yves | Laval University | CA | 2008 |

| | SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---|----------------------------|---|---------|------------------|
| | DEVAUX Marion | OCDE | FR | 2018 |
| | DI GIULIO Antonio | EC Research DG - RTD | BE | 2007 |
| | DISOGRA Lorelei | Nutr. & Health United Fresh Produce Asso. | US | 2005, 2010 |
| | DOWLER Elizabeth | University of Warwick | UK | 2007 |
| | DREWNOWSKI Adam | University of Washington | US | 2004 - 2008 |
| | DUBE Laurette | McGill University | CA | 2008 |
| | DUDLEY Paula | United Fresh | AU | 2008 |
| | DUNIER-THOMANN Muriel | EFSA | IT | 2008 |
| | DURIN Virginie | COFACE | FR | 2018 |
| | DURRER Dominique | EUROPREV | CH | 2018 |
| | | | | |
| E | ELMADFA Ibrahim | Intern. Union of Nutritional Sciences | AT | 2010 |
| | ESCHWEGE Evelyne | INSERM | FR | 2004 |
| | | | | |
| F | FAGOT-CAMPAGNA Anne | INVS | FR | 2004 |
| | FESKENS Edith | National Institute of Public Health | NL | 2005 |
| | FEUR Elisabeth | General Council of Val de Marne | FR | 2008 |
| | FISCHLER Claude | CETSAH | FR | 2008 |
| | FOLKVORD Frans | Radboud University | FI | 2018 |
| | FRASER Robert | University of Sheffield | UK | 2010 |
| | FRELUT Marie-Laure | ECOG | FR | 2007, 2015, 2018 |
| | FREWER Lynn | Newcastle University | UK | 2015 |
| | | | | |
| G | GARDE Amandine | University of Liverpool | UK | 2015 |
| | GÉRAULT Florence | Ministry of Agriculture unit | FR | 2008 |
| | GERBER Mariette | INSERM | FR | 2003, 2004 |
| | GESLAIN-LANEELLE Catherine | EFSA | IT | 2008 |
| | GIBAULT Thierry | Hôtel-Dieu | FR | 2004 |
| | GIUGLIANO Dario | Second Univ. of Naples | IT | 2005 |
| | GLANZ Karen | Emory University | US | 2008 |
| | GLAYZER Anna | Consumers International | UK | 2015 |
| | GOMES Fabio | National Cancer Institute of Brazil | BR | 2015 |
| | Gonzalez-Diaz Manuel | Oviedo University | ES | 2008 |
| | GRASS Etienne | High Commiss. for Active Solid. against Poverty | FR | 2008 |
| | GRECO Donato | Ministry of Health | IT | 2005 |

| | SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---|------------------------|---------------------------------------|---------|------------------------|
| | GREENAWAY Douglas A. | WIC Association | US | 2010 |
| | GURVIEV Patricia | AgroParisTech | FR | 2008 |
| | | | | |
| H | HALFORD Jason | University of Liverpool | UK | 2015, 2018 |
| | HANSEN Gitte Laub | Danish Cancer Society | DK | 2008 |
| | HASTINGS Gerard B. | University of Stirling | UK | 2008 |
| | HAWKES Corinna | World Cancer Res. Fund Intern. | UK | 2008, 2015 |
| | HE Feng J. | St. George's University of London | UK | 2008 |
| | HENG Leng | EFSA | IT | 2008 |
| | HERCBERG Serge | Inserm | FR | 2005, 2008 |
| | HERMAN Dena | UCLA School of Public Health | US | 2008 |
| | HETHERINGTON Marion M. | Liverpool University | UK | 2005 |
| | HIRSCH Albert | Ligue Nationale contre le Cancer | FR | 2008 |
| | HOELGAARD Lars | EC-DG-AGRI | BE | 2007, 2008, 2010 |
| | HOUSSIN Didier | French Ministry of Health | FR | 2008 |
| | HU Frank | Harvard School of Public Health | US | 2005 |
| | | | | |
| I | ISSANCHOU Sylvie | INRA | FR | 2007, 2015 |
| | | | | |
| J | JACOBS Dirk | FoodDrinkEurope | BE | 2015 |
| | JAMES Philip | London Sch. of Hyg. and Tropical Med. | UK | 2007, 2008, 2015, 2018 |
| | JEBB Susan | Elsie Widdowson Laboratory | UK | 2005 |
| | JIRILLO Emilio | Bari Aldo Moro University | IT | 2015 |
| | | | | |
| K | KAFATOS Anthony | Univ. of Crete Medicine Sch. | GR | 2003 |
| | KALAMARZ Wojciech | EC-DG SANTE | LU | 2018 |
| | KAMPHAUSEN Wilfried | EC-DG SANTE | LU | 2005 |
| | KELLER Ingrid M.C. | Exec. Agcy for Health & Consumers | LU | 2010 |
| | KEY Timothy | Oxford University | UK | 2005 |
| | KHAW Kay-Tee | University of Cambridge | UK | 2008 |
| | KLEPP Knut-Inge | University of Oslo | NO | 2005, 2010 |
| | KROMHOUT Daan | Nat. Ins. for Public Health & Env. | NL | 2003 |
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| | SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---|------------------------------|---------------------------------------|---------|------------------|
| L | LAFITTE François | AREFLH | FR | 2007 |
| | LAGSTROM Hanna | University of Turku | FI | 2004 |
| | LAIRON Denis | INRA | FR | 2003, 2004 |
| | LAMPE Johanna W. | Fred Hutchinson Cancer Res. Cen. | US | 2008 |
| | LANDON Jane | National Heart Forum | UK | 2008 |
| | LANG Tim | City University | UK | 2007, 2010, 2015 |
| | LANZMANN-PETITHORY Dominique | Emile Roux Hos. Cen. | FR | 2003 |
| | LAVILLE Martine | C. Bernard Lyon 1 Univ. | FR | 2007, 2018 |
| | LE GUEN Jean-Marie | French National Assembly | FR | 2005, 2008 |
| | LECERF Jean-Michel | Institut Pasteur de Lille | FR | 2018 |
| | LEMAIRE Ron | IFAVA | CA | 2008 |
| | LEÓSDÓTTIR Margrét | Lund University | IS | 2005 |
| | LESPINASSE Yves | INRA | FR | 2008 |
| | LETRILLIART Laurent | Lyon Univ. | FR | 2018 |
| | LIBER François | City Hall of Dunkerque | FR | 2008 |
| | LIBERT Thérèse | EFAD | FR | 2018 |
| | LIEGEOIS Véronique | Marne La Vallée Univ. | FR | 2004 |
| | LINDSTROM Jaana | National Public Health Inst. | FI | 2004 |
| | LINOS Athena | Athens Medical School | GR | 2018 |
| | LOBSTEIN Tim | International Obesity TaskForce | UK | 2007, 2008 |
| | LOCK Karen | London Sch. of Hyg. and Tropical Med. | UK | 2008, 2018 |

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|---|---------------------|------------------------------|----|------------------|
| M | MADELIN Robert | EC-DG SANCO | BE | 2007 |
| | MAFFEIS Claudio | University of Verona | IT | 2007 |
| | MARABELLI Romano | Ministry of Health | IT | 2005 |
| | MARCHIOLI Roberto | Lab. of Clin. Epidem. of CVD | IT | 2005 |
| | MARLIER Luc | CNRS | FR | 2018 |
| | MARTIN Ambroise | C. Bernard Lyon 1 Univ. | FR | 2004, 2008, 2018 |
| | MARTIN PLAZA Luis | EC-DG SANCO | BE | 2008 |
| | MARZANO Fabrizio | UNAPROA | IT | 2005 |
| | MAZDA Jenab | IARC-WHO | FR | 2008 |
| | MCAULIFFE Fionnuala | University College Dublin | IE | 2018 |
| | MCCARTHY Mary | UEMO | UK | 2018 |
| | MEDICO Giulia | EC-DG-AGRI | BE | 2018 |
| | MENETON Pierre | INSERM | FR | 2004 |

| | SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---|----------------------|---------------------------------------|---------|------------------------|
| | MENNELLA Julie | Monell Chemical Senses Cen. | US | 2015 |
| | MEYER Morten S. | Danish Cancer Society | DK | 2005 |
| | MILNER John A. | Nat. Inst. of Health & Human Services | US | 2008 |
| | MUELHOFF Ellen | FAO | IT | 2008 |
| | MULTIGNER Luc | INSERM | FR | 2018 |
| | MURRAY Jim | European Consumer's organization | BE | 2007 |
| | | | | |
| N | NASKA Androniki | University of Athens | GR | 2003 |
| | NGANDU Tiia | Nat. Inst. for Health & Welfare | FI | 2018 |
| | NICOLINO Marc | Mother-Child Hospital of Lyon | FR | 2018 |
| | NISHIZAWA Takashi | Yamagata University | JP | 2008 |
| | NORAT SOTO Teresa J. | Imperial College London | UK | 2003, 2005 – 2018 |
| | NOWAK Verena | University of Vienna | AT | 2010 |
| | NUGENT Rachel | University of Washington | US | 2015 |
| | | | | |
| O | OTTATI Michele | EC-DG-AGRI | BE | 2007 |
| | OUVRARD Patrick | UEMO | FR | 2018 |
| | | | | |
| P | PALLI Domenico | Scientific Institute of Tuscany | IT | 2005 |
| | PANICO Salvatore | Federico II University | IT | 2003, 2005, 2010, 2015 |
| | PATRIE Beatrice | European Parliament | BE | 2007 |
| | PEDERSON Robert | Danish Cancer Society | DK | 2008 |
| | PERIQUET Alain | Paul Sabatier University | FR | 2008 |
| | PERNIN Charles | CLCV | FR | 2008 |
| | PIETINEN Pirjo | National Public Health Institute | FI | 2005 |
| | PIPERNO Michel | Hospital Center of Perpignan | FR | 2004 |
| | PIVONKA Elizabeth | Produce for Better Health Found. | US | 2008 |
| | PRATTALA Ritva | Nat. Inst. for Health & Welfare | FI | 2010 |
| | PRICE Charles | EC-DG-SANTE | LU | 2010 |
| | | | | |
| R | RAMSAY James | EFSA | IT | 2018 |
| | RAYNER Mike | University of Oxford | UK | 2008 |
| | REBNES Guttorm | Norwegian F&V Marketing Board | NO | 2008 |
| | REMESY Christian | INRA | FR | 2003, 2004 |
| | REMILLER Jacques | National Assembly | FR | 2008 |

| SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---------------------------|---------------------------------|---------|------------|
| RENAUD Serge | INSERM | FR | 2003 |
| RENSHAW Nina | European Public Health Alliance | BE | 2015 |
| REYNOLDS Christian | Sheffield University | UK | 2018 |
| RIBOLI Elio | Imperial College London | UK | 2003-2018 |
| | Humanitas University | IT | |
| RICCARDI Gabriele | Federico II University | IT | 2015 |
| RIMM Eric | University of Boston | US | 2004 |
| RITO Ana | CEIDSS | PT | 2018 |
| RIVELLESE Angela Albarosa | Federico II Univ. | IT | 2005 |
| RODRIGO Carmen Pérez | Univ. of Navarra Pamplona | ES | 2008 |
| RODRÍGUEZ IGLESIAS Pilar | EFSA | IT | 2007 |
| ROLLS Barbara J. | The Pennsylvania State Univ. | US | 2005, 2008 |
| ROMANO Ferdinando | Sapienza Rome Univ. | IT | 2005 |
| ROUX Philippe | EC-DG SANTE | LU | 2015 |
| ROWLEY Chris | Horticulture Australia | AU | 2008 |

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|---|------------------------------|---|----|------------|
| S | SAHLER Benjamin | ARACT Limousin | FR | 2008 |
| | SAMUDA Pauline M. | Caribbean Food & Nutrition Inst. | JM | 2008 |
| | SANCHEZ SCHMID Marie-Thérèse | European Parliament | BE | 2010 |
| | SARACCI Rodolfo | IFC-Nat. Res. Council | IT | 2003, 2005 |
| | | IARC | FR | |
| | SAUVAITRE Daniel | ANPP | FR | 2018 |
| | SCHÄFER ELINDER Liselotte | Stockholm Centre Public Health | SE | 2007 |
| | SCHATZKIN Arthur | Nat. Cancer Inst. Division of Cancer | US | 2003, 2008 |
| | SCHEEN André | University of Liège | BE | 2004 |
| | SCHRODER Helmut | Hospital del Mar | ES | 2008 |
| | SCHULZE Matthias | German Inst. of Human Nutrition | DE | 2005 |
| | SEGRE Andrea | Agro- Food Center | IT | 2015 |
| | SEIDELL Jacob C. | Free Univ. of Amsterdam | NL | 2004, 2005 |
| | SIMEONI Umberto | Lausanne University | CH | 2015, 2018 |
| | SLIMANI Nadia | IARC | FR | 2003 |
| | SORENSEN Glorian | Harvard School of Public Health | US | 2008 |
| | SORENSEN Thorkild I.A. | Institute of Preventive Medicine | DK | 2010 |
| | SOULIAC Laure | Ministry of food, agriculture & fisheries | FR | 2010 |
| | STAVDAL Anna | WONCA Europe | NO | 2018 |

| SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|---------------------|--------------------|---------|------------|
| STORCKSDIECK Stefan | EC- DG - JRC | IT | 2015, 2018 |
| STRANGES Saverio | Western University | CA | 2018 |
| STUBBS James | Leeds University | UK | 2018 |

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|---|----------------------|-------------------------------------|----|-----------|
| T | TANGHE Ann | Zeepreventorium | BE | 2018 |
| | TCHAMITCHIAN Marc | INRA | FR | 2015 |
| | te VELDE Saskia | VU Univ. Medical Center | NL | 2008 |
| | TESTORI COGGI Paola | EU-DG SANCO | BE | 2010 |
| | THIVEL David | Blaise Pascal University | FR | 2018 |
| | THOMPSON Ceri | EU-DG SANCO | LU | 2008 |
| | THORSEN Anne Vibeke | Technical Univ. of Denmark | DK | 2008 |
| | TOHILL Beth | Centers for Disease Control & Prev. | US | 2004 |
| | TOSCANI Oliviero | Oliviero Toscani Studio | IT | 2015 |
| | TRAKATELLIS Antonios | European Parliament | BE | 2005 |
| | TRICHOPOULOU Antonia | Univ. of Athens | GR | 2003-2007 |
| | TRONCOSO Ana | Spanish Food Safety & Nutr. Agcy | ES | 2010 |
| | TRUBSWASSER Ursula | WHO | DK | 2007 |
| | TUOMILEHTO Jaakko | Nat. Public Health Inst. | FI | 2005 |
| | TURNBULL Archie | European Public Health Alliance | BE | 2010 |

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|---|-----------------|--------------------------------|----|------|
| U | ULBERTH Franz | EC- DG JRC | IT | 2015 |
| | ULRICH Cornelia | Nat. Center for Tumor Diseases | DE | 2015 |
| | UUSITUPA Matti | Eastern Finland Univ. | FI | 2018 |

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|---|----------------------|---------------------------------|----|------|
| V | VAGUE Philippe | Timone Hospital | FR | 2004 |
| | VALCESCHINI Egizio | INRA | FR | 2008 |
| | VALCKE Mathieu | INSPQ | CA | 2018 |
| | VAN DER STAPPEN Rudy | EC-DG AGRI | BE | 2015 |
| | VAN KANN Dave | Fontys Univ. | NL | 2018 |
| | VAN ROSSUM Caroline | Nat. Inst. Public Health & Env. | NL | 2008 |
| | VANIA Andrea | Sapienza Rome Univ. | IT | 2018 |
| | VEER Pieter van't | Wageningen Univ. | NL | 2003 |
| | VERHAGEN Hans | Nat. Inst. Public Health & Env. | NL | 2010 |
| | VERSCHUREN Monique | Nat. Inst. Public Health & Env. | NL | 2018 |
| | VESCHAMBRE Daniel | CTIFL | FR | 2008 |

| SPEAKER | ORGANIZATION | COUNTRY | EDITIONS |
|------------------------|---------------------------------------|---------|----------|
| VINTILA Mona | West University of Timisoara | RO | 2010 |
| VOLATIER Jean-Luc | AFSSA | FR | 2008 |
| VOLLSET Stein Emil | Bergen University | NO | 2003 |
| VRIJLANDT Jan Marck | European Vending Asso. | NL | 2007 |
| | | | |
| WEGHUBER Daniel | Paracelsus Medical School | AT | 2018 |
| WALLS Helen | London Sch. of Hyg. and Tropical Med. | UK | 2018 |
| WARDLE Jane | University College London | UK | 2005 |
| WAREHAM Nick | Elsie Widdowson Lab. | UK | 2005 |
| WATZL Bernhard | Fed. Res. Centre for Nutr. & Food | DE | 2007 |
| WICKRAMASINGHE Kremlin | WHO Europe | RU | 2018 |
| WILLETT Walter | Harvard School of Public Health | US | 2004 |
| WOODSIDE Jayne | Queen's University Belfast | UK | 2008 |

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|---|-------------------|-----|----|------|
| X | XUEREB Godfrey C. | WHO | CH | 2008 |
|---|-------------------|-----|----|------|

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|---|-------------|-----------------|----|------|
| Z | ZIGLIO Erio | Innsbruck Univ. | AT | 2015 |
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