

I.4 COURSE

GLOBAL HEALTH AND INDIVIDUALIZED NUTRITION (C)

Director: **J. Alfredo Martínez Hernández.**
Pedro González Muniesa.
University of Navarra. Pamplona.

Venue: Miramar Palace. Donostia-San Sebastián.

Aims: The aim of this summer course is to give some answers to the challenge of individualized nutrition (“a la carte”) within an increasingly globalized society, both for disease prevention and for treatment with an emphasis on obesity.

The program includes topics such as the importance of our genetic heritage in response to different types of Mediterranean diets, the influence of diet on the development of the immune system, and how obesity modulates the nutrigenome, as well as issues about the role of carotenoids, proteins, antioxidants,..., in healthy nutrition. The effects of nutrients on postprandial lipemia, the relationships between the neuroendocrine system, inflammation and obesity, and the importance of dietary fiber and postprandial differences in the metabolome will also be explained in some of the presentations.



CÁTEDRA TOMÁS PASCUAL SANZ
Universidad de Navarra

In collaboration with Instituto Tomás Pascual / Cátedra Universidad de Navarra and IUNS (International Union of Nutritional Sciences).

Registration fees: before 31 May: 75 €. From 1 June: 90 €.

Academic validity: 30 hours.

Official language: English.

European activity



PROGRAM

AUGUST 22

- 8:45 h Welcome
- 9:00 h “Effects of nutrients on postprandial lipemia”
DENIS LAIRON.
INRA Marseille. France.
- 10:00 h “Developmental origins of adult disease”
SIMON LANGLEY-EVANS.
University of Nottingham. United Kingdom.
- 11:00 h Break
- 11:30 h “Nutrigenetics: links between genetic background and response to Mediterranean-type diets”
DENIS LAIRON.
INRA Marseille. France.
- 12:30 h “The impact of childhood obesity on health in later life”
SIMON LANGLEY-EVANS.
University of Nottingham. United Kingdom.

AUGUST 23

- 9:00 h “Dietary fiber type reflects physiological functionality”
KAISA POUTANEN.
VTT and University of Eastern Finland. Finland.
- 10:00 h “Methods of Energy Expenditure Measurement”
GUY PLASQUI.
Maastricht University. Netherlands.
- 11:00 h Break
- 11:30 h “Human metabolism of phenolic compounds in wholegrain foods”
KAISA POUTANEN.
VTT and University of Eastern Finland. Finland.

- 12:30 h “Ethnic differences in energy metabolism: a comparison between South Asians and Caucasians”
GUY PLASQUI.
Maastricht University. Netherlands.
- 17:30 h “Energy balance - the role of appetite & satiety”
MIRIAM CLEGG.
Oxford Brookes University. United Kingdom.
- 18:30 h “Medium chain triglycerides for exercise performance and weight loss”
MIRIAM CLEGG.
Oxford Brookes University. United Kingdom.
- 19:30 h Round table: “Nutrición personalizada en el tratamiento de la obesidad”
ITZIAR ABETE.
Hospital Donostia. Donostia-San Sebastián.
ESTIBALIZ GOYENCHEA.
Colegio de Farmacéuticos de Guipúzcoa. Donostia-San Sebastián.
AMELIA MARTÍ.
M^a JESÚS MORENO-ALIAGA.
Universidad de Navarra. Pamplona.

AUGUST 24

- 9:00 h “Assessing nutritional status”
PENNY NESTEL.
University of Southampton. United Kingdom.
- 10:00 h “The Endocannabinoid system: Inflammation and obesity”
PEDRO GONZÁLEZ MUNIESA.
Universidad de Navarra. Pamplona.
- 11:00 h Break
- 11:30 h “Planning nutritional health improvement: deconstructing the problem”
PENNY NESTEL.
University of Southampton. United Kingdom.
- 12:30 h “Nutrigenome and obesity”
J. ALFREDO MARTÍNEZ HERNÁNDEZ.
Universidad de Navarra. Pamplona.

UPV / EHU

UDA IKASTAROK
CURSOS DE VERANO

INFORMACIÓN E INSCRIPCIONES - ARGIBIDEAK ETA IZEN EMATEA
Secretaría de los Cursos - Ikastaroen Idazkaritza