

Biography of Professor Jacques Delarue

I was born in Paris. I am married with 2 daughters.

I obtained the position of Professor of Nutrition at the University of Brest in 2000. I am currently Professor Emeritus of Nutrition since September 2024. I obtained both my MD and PhD diplomas at the University of Tours. I was a postdoctoral fellow for 2 years at the Institute of Physiology of Lausanne (Director: Professor Eric Jéquier) under the supervision of Professor Luc Tappy.

From 2009 to August 2024, I created and directed the Department of Nutritional Sciences of the University Hospital of Brest. I retired from my activities at the University Hospital of Brest in August 2024.

I continue to teach medical students at the Faculty of medicine of Brest and I chair the inter-university diploma of clinical nutrition & metabolism which gathers 9 universities.

Since January 2024, I am corresponding member of the French National Academy of Medicine.

Research

My research focuses on the protective effects of long-chain omega-3 fatty acids against insulin-resistance associated with obesity and type 2 diabetes in rodent and human models. I am also investigating the beneficial cardiovascular effects of the Mediterranean diet. As chair of a joint CIHEAM-FENS-IUNS task force on Mediterranean Diet, I am collaborating with other experts in the field to develop a voluntary code of conduct that measures and promotes adherence to and sustainability of the Mediterranean diet in the Mediterranean region.

I am the author of 253 articles (Google Scholar), including 60 in international peer-reviewed journals (PubMed), and have given 150 invited lectures and 95 presentations. I co-chaired and/or contributed to several French recommendations in the field of Nutrition under the auspices of the French National Authority for Health including: a) recommendations for the diagnosis of undernutrition in children and young adults (2019); b) recommendations for the diagnosis of undernutrition in adults aged 70 and over (2021); c) recommendations for the management of obesity (2022); d) recommendations for bariatric surgery (2023); e) recommendations for the management of type 2 diabetes (2024); f) recommendations for primary and secondary cardiovascular prevention (in progress).

National and international functions and activities

I chair the French Society of Nutrition (SFN) (end of term December 2026) and have previously been Vice-President (VP) in charge of the International Relations of the SFN. Every year, I collaborate with the Board of Trustees and the Scientific Committee of the SFN to co-organise the French Nutrition Congress with SFNCM (another French nutrition society), which now attracts around 2,500 in-person participants. I am also a member of the SFN's international scientific committee, which organises international symposiums and joint meetings with other foreign nutrition societies. I was elected Secretary of Federation of European Nutrition Societies (FENS) in 2015 and re-elected in 2019 (end of term 2027). I was a member of the Scientific Committee of the FENS Congress in Dublin (2019) and Belgrade (2023). Since 2015, I chair the FENS Mediterranean Networking Task Force. I contributed to the organisation of symposia during the three World Conferences organised by IFMeD, CIHEAM and FAO in Bari (2016), Milan (2019) and Palermo (2022).

I was elected Secretary General of IUNS by the IUNS General Assembly during the 22nd IUNS-ICN in Tokyo. In this role, I am primarily responsible for relations with the Adhering and Affiliated Bodies of IUNS. I also actively and diligently participate in the activities of the IUNS Council, chaired by Mrs Lynnette Neufeld and co-chaired by Professor Hyun-Sook Kim as President-Elect.

IUNS-ICN Paris 2025

I have the honour to chair the International Organising Committee (IOC) of the 23rd IUNS-ICN Paris 2025, co-organized by SFN, the French Federation of Nutrition (FFN) chaired by Vanessa Cottet, and FENS chaired by Professor Sladjana Sobajic. I am closely involved with Vanessa Cottet (VP of IOC), the PCO (MCI France) and the members of IOC to ensure the success and sustainability of the ICN. As Vice-President of the International Scientific Committee (ISC) of the ICN, I helped Professor Alfredo Martinez, the ISC Chair, to put together the most attractive scientific programme possible. This programme takes into account representation from the five continents, and every effort has been made to facilitate the participation of colleagues from LMICs, as we are committed to doing. I thank all colleagues who accepted to give a plenary or a special lecture, all those who have submitted symposiums and abstracts, and all the attendants.