

Personalised and Precision Nutrition

Report Form 2024



Task Force Chair/s

A/Prof Katherine Livingstone (Australia) and
Dr Omar Ramos-Lopez (Mexico)

Task Force Members

- Katherine M. Livingstone (Australia)
- Omar Ramos-Lopez (Mexico)
- J. Alfredo Martinez (Spain)
- Sarah Berry (United Kingdom)
- Hisanori Kato (Japan)
- J. Alfredo Martinez (Spain)
- John Mathers (United Kingdom)
- Jose L. Santos (Chile)
- Karina Dos Santos (Brazil)

Has your objective(s) as a task force been modified since the original proposal? If so, please provide a brief justification.

No

Have the activities to be undertaken been modified since the original proposal? If so, please provide brief overview and justification.

No.

Brief overview of activities since last annual report

Courses:

- Alimentación Mediterránea De Precisión: Visión Internacional (10 July - 11 July 2024), the way to Paris 2025.
- Nutrición de precisión y nutriómicas (6 February - 07 February 2024), in collaboration with RINN22.
- Precision nutrition and nutriomics (10 March - 12 March 2025), in collaboration with ISNN.
- Curso internacional de actualización en nutrición clínica y dietoterapia (3 March – 12 March 2025).

Publications:

- Ramos-Lopez O, Martinez-Urbistondo, Navas-Carretero S, Zhu R, Huttunen-Lenz M, Stratton G, Handjieva-Darlenska T, Handjiev S, Sundvall JE, Silvestre MP, Jalo E, Pietiläinen KH, Adam TC, Westerterp-Plantenga M, Simpson E, MacDonald I, Taylor MA, Poppitt SD, Schlicht W, Brand-Miller J, Fogelholm M, Raben A, Martinez JA. Health and Liver Diagnostic Markers Influencing Glycemia in Subjects with Prediabetes: Preview Study. *Diagnostics* (Basel). 2024 Dec 23;14(24):2895 doi: 10.3390/diagnostics14242895.
- Ramos-Lopez O, Assmann TS, Astudillo Muñoz EY, Baquerizo-Sedano L, Barrón-Cabrera E, Bernal CA, Bressan J, Cuevas-Sierra A, Dávalos A, De la Cruz-Mosso U, De la Garza AL, De Luis DA, Díaz de la Garza RI, Dos Santos K, Fernández-Condori RC, Fernández-Quintela A, García Díaz DF, Gonzalez-Becerra K, Lopes Rosado E, López de Las Hazas MC, Marín Alejandro BA, Angel Martin A, Martinez-Lopez E, Martínez-Urbistondo D, Milagro FI, Hermsdorff HHM, Muguerza B, Nicoletti CF, Obregón Rivas AM, Parra-Rojas I, Portillo MP, Santos JL, Steemburgo T, Tejero ME, Terán AC, Treviño V, Vizmanos B, Martinez JA. Guidance and Position of RINN22 regarding Precision Nutrition and Nutriomics. *Lifestyle Genom.* 2025;18(1):1-19. doi: 10.1159/000542789. Epub 2024 Nov 30.
- González-Quijano GK, León-Reyes G, Rosado EL, Martínez JA, de Luis DA, Ramos-Lopez O, Tejero ME. Effect of Genotype on the Response to Diet in Cardiovascular Disease-A Scoping Review. *Healthcare* (Basel). 2024 Nov 16;12(22):2292. doi: 10.3390/healthcare12222292.
- Chero-Sandoval L, Martínez-Urbistondo M, Cuevas-Sierra A, Higuera-Gómez A, Martin-Domenech E, Castejón R, Mellor-Pita S, Moreno-Torres V, Ramos-Lopez O, de Luis D, Vargas JA, Martínez JA. Comparison of Metabolic Syndrome, Autoimmune and Viral Distinctive Inflammatory Related Conditions as Affected by Body Mass Index. *J Clin Med.* 2024 Oct 22;13(21):6298. doi: 10.3390/jcm13216298.



Please list any successes accomplished during this period (aligned with proposed measures of success from original proposal, or include justification for modifications)

Publications:

- Livingstone, K.M., Rawstorn, J.C., Alston, L, Partridge SR, Bastian A, Dullaghan K, McNaughton SA, Hendrie GA, Blekkenhorst LC, Maddison R, Zhang Y, Barnett S, Mathers JC, Godrich SL. Co-design of a personalised digital intervention to improve vegetable intake in adults living in Australian rural communities. BMC Public Health 24, 146. 2024. <https://doi.org/10.1186/s12889-024-17641-8>
- Livingstone KM, Rawstorn JC, Partridge SR, Zhang Y, O E, Godrich SL, McNaughton SA, Hendrie GA, Dullaghan K, Abbott G, Blekkenhorst LC, Maddison R, Barnett S, Mathers JC, Alston L. Determining the feasibility of a codesigned and personalised intervention (Veg4Me) to improve vegetable intake in young adults living in rural Australian communities: protocol for a randomised controlled trial. BMJ Open 2024;14:e078001. doi: 10.1136/bmjopen-2023-078001
- Livingstone KM, Love P, Mathers JC, Kirkpatrick SI, Olstad DL. Cultural adaptations and tailoring of public health nutrition interventions in Indigenous peoples and ethnic minority groups: opportunities for personalised and precision nutrition. Proceedings of the Nutrition Society. 2023;82(4):478-486. doi:10.1017/S002966512300304X

Please mention your plans for the coming year and how they have been adapted based on success to date (if appropriate).

- Coordinate on new international collaborative publications and academic activities.
- Organise a symposium at IUNS-ICN Paris 2025.
- Prepare a review for Journal of Nutritional Sciences (Cambridge press) for Paris 2025.