

The 11th European Nutrition Conference (FENS) will take place from 26th to 29th October at the Madrid Conference Hall

Obesity will be discussed at the 11th FENS European Nutrition Conference

- ❖ A wide number of symposia and oral communications will analyse **the problem of obesity** across the population living in Europe.
- ❖ ***“Obesity is one of the epidemics affecting the European population in the 21st Century, so we have tried to gather the most relevant national and international scientific experts in this field”, explains Prof. Ascensión Marcos, President of the FENS conference.***
- ❖ **The Spanish Nutrition Society (SEN)**, that will host the meeting, is one of the **references** in the study of this disease.

Madrid, July 29, 2011. The relationship between obesity, nutrition and lifestyle will be put on the table at the 11th FENS European Nutrition Conference that Madrid will host from 26th to 29th of October. **Obesity around the different stages of life, including pregnancy, childhood or adolescence, and the relationship of this disease with nutrition** (functional food, nuts, pasta...) **will have an important place in the scientific programme** of the first European Nutrition Conference which will be held in Spain.

“Obesity is one of the epidemics affecting the European population in the 21st Century, so we tried to gather the most relevant national and international scientific experts in this field” explains Prof. **Ascensión Marcos**, President of the 11th European Nutrition Conference (FENS), Head of the Immunonutrition Research Group in the Department of Metabolism & Nutrition in the Institute of Food Science and Technology and Nutrition at the Spanish National Research Council (CSIC).

Obesity is behind **numerous cardiovascular diseases, as well as hypertension, dyslipidemia, metabolic syndrome, diabetes and cancer**, among other pathologies. "We will investigate the causes and consequences of obesity, but particularly, **the goal is to focus our attention on prevention tools, from education to family and which are being developed at European and global levels**" clarifies Prof. Ascensión Marcos.

Obesity at different stages of life

Obesity in pregnancy will be brought up at the symposium on the *"Effects of obesity and/or diabetes on foetal adiposity during pregnancy programming"*, which will be coordinated by Dr. Cristina García Campoy, Department of Paediatrics, and School of Medicine University of Granada. Along these lines, Prof. Lucilla Poston, St. Thomas Hospital in London, will give a workshop entitled *"Dietary recommendations for obese pregnant women: a review of intervention studies"*. *"The increase in obesity cases worldwide is leading to problems during pregnancy. **Pregnant women who are obese are more prone to develop complications during pregnancy and childbirth, diabetes and pre-eclampsia.** Meanwhile, children born from obese mothers are more likely to die during childbirth, suffer congenital malformations, and develop obesity throughout their life"*, advanced Prof. Poston.

Moreover, the communication *"Prevalence of obesity in preschool children"* by Dr. Stojanovic, Faculty of Medicine, University of Nis (Serbia), will present a study, which evaluated a sample of over 500 children from rural and urban areas. The study concluded that **children living in urban areas had higher prevalence of obesity** than those residing in rural areas.

Also, Dr. Pilar Codoñer, Hospital Universitario Dr. Peset Valencia, in the communication *"Body composition is related to metabolic risk in obese children"*, will present the findings of an investigation which studied **120 Spanish children with problems of obesity**. *"The determination of body composition is an effective clinical tool for estimating metabolic risk. Obese children should be evaluated to establish preventive actions"*, summarises Dr. Codoñer.

The relation between obesity and adolescence will be reflected in some of the lectures. Thus, the College of Pharmacists of Seville, the Institute of Behavioural Sciences and the University Pablo de Olavide, are behind the communication *"Perception of weight during adolescence"* in which, after investigating 85 students, conclude that the misperception on overweight seems to be more frequent in the final stages of female adolescence.

Under the heading, *"Low-to-moderate levels of overweight predict the incidence of cardiovascular events: the Spanish SUN cohort"* a study by the University of Navarra in conjunction with other European research groups will be presented, based on more than 15,000 Spanish subjects, which relates **the light increase of BMI with a higher cardiovascular risk**.

Prof. Ángel Gil, from the Centre for Biomedical Research of the University of Granada, moderates **the symposium on functional foods** *“Functional foods and obesity: The Pronaos Project”*. According to him, *“Pronaos Project is aimed at investigating the genetic, molecular and nutritional control systems regulating body weight in order to develop a new generation of food products focused on weight management and prevention obesity”*, explains Prof. Gil.

Moreover, Prof. Marta Garaulet, Department of Physiology and Nutrition in the University of Murcia, will moderate the symposia *“The scientific consensus about the healthy pasta meal”*. *“Among other items, we will explain that carbohydrates are not responsible for obesity. **The diet should be understood as “a whole”** hence a variety of carbohydrates, fats and proteins should be eaten, taking into account individual preferences and different traditions”*, explains Prof. Garaulet.

Nuts and weight management are the focus of the symposium entitled *“Nut Consumption and Body Weight Control”* moderated by Prof. Jordi Salas, University Rovira i Virgili in Reus, which will also consider the relation between nuts and the cardiovascular protection, and its suitability in the prevention of diseases.

A basic foodstuff such as bread and its inclusion as part of a diet will also be assessed in the communication *“Effect of a low-calorie diet with or without bread on dietetic parameters in overweight/obesity women”*. Dr. Carmen Gómez Candela, Head of the Unit of Clinical Nutrition and Dietetics of La Paz Hospital and director of the study, says that *“this research shows that exclusion of bread in a diet is not justified and should not be part of the clinical practice”*.

Madrid, European capital of Nutrition

The 11th FENS European Nutrition Conference **will gather leading experts on Nutrition in Spain for the first time**. More than **200 lectures and 144 oral presentations in addition to nearly 1,000 posters** will be presented by a large number of experts from **38 countries around the world**. From 26th to 29th October, Madrid will become the European capital of Nutrition in which experts will analyse the best nutritional guidelines and lifestyles in Europe.

In addition to the analysis of obesity, among the most interesting topics are those related to Nutrition at different stages in life, food intercultural diet, the role of

different nutrients on human health or the assessment of biomarkers that provide the detection of various nutritional situations.

About FENS:

The Federation of European Nutrition Societies (FENS) is an entity that was established in 1979 to promote research and dissemination of knowledge of Nutrition to improve nutritional status and health in Europe.

About SEN:

The Spanish Nutrition Society (SEN) is an association aimed to promote development, innovation, research and education on Nutrition in Spain. Thereby, the Society have been organizing since 1978 scientific meetings with Spanish and International nutritionists to exchange scientific knowledge.

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