

**THURSDAY October 3, 2019**

		<b>9:45 - 10:15</b>	<b>Arrival with coffee and tea</b>		
		<b>10:15 - 10:30</b>	<b>Welcome, Joline Beulens &amp; Trudy Voortman</b>		
		<b>10:30 - 12:00</b>	<b>Morning session: Elderly</b>	<b>Group leader</b>	
			<b>Chairs: Marjolein Harbers, Ellen Smeets</b>		
10.30	-	10.45	Pol Grootswagers	A Novel Oral Nutritional Supplement Improves Gait Speed in Dutch Older Adults with (or at Risk of) Undernutrition	Lisette de Groot, Marco Mensink
10.45	-	11.00	Linda Hengeveld	Prospective associations of poor diet quality with incident frailty in community-dwelling older adults	Marjolein Visser
11.00	-	11.15	Astrid Doorduijn	Dietary intake and resting energy expenditure of patients with mild cognitive impairment and patients with Alzheimer's disease compared to controls: the NUDAD project	Marjolein Visser
11.15	-	11.30	Jordi Kleinloog	Aerobic exercise training improves cerebral blood flow and executive functioning: Results of a randomized, controlled cross-over trial in sedentary elderly men	Peter Joris, Ronald Mensink
11.30	-	11.45	Joost Linschooten	Main barriers and communication challenges in promotion of protein consumption in community-dwelling seniors – 3 qualitative studies	Annet Roodenburg
11.45	-	12.00	Ilse Reinders	Two dietary advice strategies to increase protein intake among community-dwelling older adults: a feasibility study	Hanneke Wijnhoven
12.00	-	13.15	<b>LUNCH</b>		
		<b>13:15 - 15:00</b>	<b>Afternoon session: Obesity &amp; Diabetes</b>		
			<b>Chairs: Elly Mertens, Macarena Lara</b>		
13.15	-	13.30	Robert Memelink	Preservation of lean mass upon combined lifestyle intervention in older adults with obesity and type 2 diabetes during 6-months follow-up after RCT (PROBE study)	Peter Weijs, Mike Tieland
13.30	-	13.45	Yassmina ben Haddi	Coffee consumption and body fat in older adults – the Health ABC study	Margreet Olthof/Laura Schaap
13.45	-	14.00	Petra Vinke	Socio-economic disparities in the association of diet quality and Type 2 Diabetes incidence in the Dutch Lifelines Cohort	Eva Corpeleijn
14.00	-	14.15	Nicole den Braver	Spatial accessibility of food retailers, dietary patterns and type 2 diabetes incidence in four Dutch cohorts	Joline Beulens
14.15	-	14.30	Eralda Asllanaj	The association of healthy lifestyle with total life expectancy and life expectancy with and without diabetes	Trudy Voortman
14.30	-	14.45	Sabine van Oort	The mediating role of insulin sensitivity in the association between alcohol consumption and liver fat in people at high risk of type 2 diabetes mellitus	Joline Beulens
14.45	-	15.00	Vera Wesselink	Vitamin D, magnesium and calcium and their combination in Colorectal Cancer recurrence and survival	Ellen Kampman
15.00	-	15.30	<b>BREAK</b>		
15.30	-	17.15	NAV lecture & debate <i>Speaker: Astrid Postma-Smeets (Voedingscentrum)</i> <i>Title: 'Communicating nutrition science to the public: how to get your message across'</i>		
17.15	-	18:00	<i>Get-together in the bar</i>		
18:00	-	19:45	<i>Dinner (restaurant)</i>		
19:45	-	20:00	<i>Coffee/Tea</i>		
		<b>20:15 - 22:00</b>	<b>Foppe ten Hoor Award session</b>		
			<b>Chairs: Joline Beulens and Trudy Voortman</b>		
20.15	-	20.40	Merel van Rooijen	The saturated fatty acids palmitic acid and stearic acid differently affect fasted and postprandial cardiometabolic risk markers: results of a human dietary intervention trial	Ronald Mensink, Jogchum Plat
20.40	-	21.05	Anh Nhi Nguyen	Diet quality throughout childhood: results from 3 population-based cohorts	Trudy Voortman
21.05	-	21.30	Jantine van den Helder	Effects of a blended home-based exercise program and dietary protein intervention on physical performance in community-dwelling older adults: results from the VITAMIN CRCT	Peter Weijs, Mike Tieland
21.30	-	21.30	<i>Break and voting</i>		
21.45	-	22.00	<i>Award Ceremony</i>		
22.00	-	...	<i>Celebration and Networking at the Bar</i>		

FRIDAY October 4, 2019

9:15 - 10:45

Early morning parallel sessions

**Parallel A: Pregnancy & Childhood**

**Chairs: Petra Vinke, Vera Wesselink**

9.15	-	9.30	Eline van der beek	Dietary patterns of Malaysian pregnant women are associated with ethnicity and early pregnancy waist circumference: A prospective cohort study	-
9.30	-	9.45	Kerstin van der Mark	Voedingsaanbevelingen voor zwangere vrouwen	Marianne Geleijnse
9.45	-	10.00	Outi Sirkka	Infant feeding practices and ethnic differences in childhood BMI.	Margreet Olthof, Jaap Seidell
10.00	-	10.15	Macarena Lara Molina	Estimating the impact of hypothetical lifestyle interventions on ethnic inequalities in children's adiposity	Trudy Voortman
10.15	-	10.30	Arli Zárate Ortiz	Iron deficiency, anemia and depressive symptoms in Mexican adolescents	Alida Melse, Edith Feskens
10.30	-	10.45	Asrullah Muhammad	Time Trend of Age At Menarche and Its Link to Nutritional Status and Non-Communicable Diseases Risk in Indonesia: Evidence from Five Waves of the Indonesian Family Life Survey (IFLS)	Alida Melse, Edith Feskens

**Parallel B: Diet quality and assessment**

**Chairs: Joost Linschooten, Lea Tischmann**

9.15	-	9.30	Laura van der Velde	Needs and perceptions regarding healthy eating among people at risk of food insecurity: a qualitative analysis	Jessica Kieft-de Jong
9.30	-	9.45	Karin Lenssen	The influence of front-of-pack risk-benefit information on the intention to buy dietary supplements?	Alie de Boer, Aalt Bast
9.45	-	10.00	Janet van den Boer	Sensing technologies for automatic monitoring of dietary intake: A systematic review of the literature	H.J. Hermens (Hermie)
10.00	-	10.15	Mariëlle de Rijk	Shiftwork and Nutrition	Jeanne de Vries
10.15	-	10.30	Elly Mertens	Improving health and environmental sustainability of European diets using a benchmarking modelling approach	Marianne Geleijnse
10.30	-	10.45	Liangzi Zhang	How does a simplified recipe collection procedure in dietary assessment tools affect the food group and nutrient intake distributions of the	Marga Ocke, Hendriek Boshuizen

10:45 - 11:30 *Networking and 'Werkgroepleidersvergadering' with coffee and tea*

11:30 - 12.45

Late morning parallel sessions

**Parallel A: Cardiovasculair disease**

**Chairs: Nicole den Braver, Janet van den Boer**

11.30	-	11.45	Marjolein Harbers	Adherence to the Dutch dietary guidelines and 15-year incidence of heart failure in the EPIC-NL cohort	Joline Beulens, Yvonne van der Schouw, Ivonne Sluijs, Femke Rutters
11.45	-	12.00	Sadaf Oliai Araghi	Long-term effects of folic acid and vitamin-B12 supplementation on fracture risk and cardiovascular disease: extended follow-up of the B-PROOF Trial	J.C. Kieft-de Jong & N. van der Velde
12.00	-	12.15	Elisa dal Canto	Circulating vitamin D and vitamin K status in relation to underlying mechanisms of cardiovascular health, and cardiovascular disease risk: the Hoorn Study	Hanne van Ballegooijen
12.15	-	12.30	Anniek van Westing	Circulating and Dietary Omega-3 Fatty Acids and Kidney Function Decline in post-Myocardial Infarction Patients	Marianne Geleijnse
12.30	-	12.45	Ellen Smeets	The effects of nut consumption on vascular endothelial function in humans: Is there a role for L-arginine? The results of a meta-analysis of randomized controlled trials	Peter Joris, Ronald Mensink
12.45	-	13.00	Kamalita Pertiwi	Associations of dairy and fiber intake with circulating odd-chain fatty acids in post-myocardial infarction patients	Marianne Geleijnse
13.00	-	13.15	Inge van de Luitgaarden	Adherence to European alcohol consumption guidelines across Europe in coronary patients: findings from the EuroAspire V survey.	Joline Beulens

**Parallel B: Biomarkers of health and disease**

**Chairs: Pol Grootwagers, Laura van der Velde**

11.30	-	11.45	Sultan Mashnafi	Effects of physical activity on markers for cholesterol absorption and synthesis	Jogchum Plat
11.45	-	12.00	Lea Tischmann	Effects of a high-protein diet on appetite, gut peptides, and endocannabinoids in post-obese participants – a PREVIEW respiration chamber study.	Tanja Adam
12.00	-	12.15	Anoush Kdekian	Impact of isocaloric exchanges of carbohydrate for fat on postprandial glucose, insulin, triglycerides and free fatty acid responses - a systematic review and meta-analysis	Eline van der Beek
12.15	-	12.30	Kim Braun	Whole Blood DNA Methylation Signatures of Diet Quality	Trudy Voortman
12.30	-	12.45	Rieneke Terink	The effect of a ketogenic diet on the exercise induced immune response	Marco Mensink, Renger Witkamp
12.45	-	13.00	Jehad Tayyeb	Common antibiotics modulate hepatic apolipoprotein A-I transcription and secretion	Jogchum Plat
13.00	-	13.15	Kristina S. Fluitman	Results of the MicMAC-study	Marjolein Visser

13:15 - 14:30 *Lunch and Departure*