



AGENCIA ESPAÑOLA DE CONSUMO, SEGURIDAD ALIMENTARIA Y NUTRICIÓN
MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD
Salón de actos Ernest Lluch · Paseo del Prado, 18-20, Madrid

MADRID,
6 de octubre de 2015

¡come sano y muévete!



PROGRAMME

IX NAOS CONVENTION

8:30-9:00. Registration.

9:00-9:30. Welcome and Opening.

9:30-11:00. Scientific Session. **POLICIES ON HEALTHY FOOD, PHYSICAL ACTIVITY AND OBESITY PREVENTION.**

Chair: **Dr. Lluís Serra Majem.** University of Las Palmas de Gran Canaria. Honour President of the Spanish Society of Community Nutrition (SENC).

- **“Global Policy Strategies to Improve Diet and Reduce Cardiometabolic Disease”.** **Dr. Renata Micha.** Research Assistant Professor, Friedman School of Nutrition Science and Policy. Tufts University. Boston. USA.
- **“Improving lifestyles, tackling obesity: the health and economic impact of prevention”.** **Dr. Michele Cecchini.** Health Division. OECD.
- **“10 years of NAOS Strategy”.** **Dr. Teresa Robledo de Dios.** Executive Director. Spanish Agency for Consumers Affairs, Food Safety and Nutrition. Ministry of Health, Social Services and Equality.

11:00-12:00. **VIII NAOS STRATEGY AWARDS CEREMONY.** **D. Alfonso Alonso Aranegui.** Ministry of Health, Social Services and Equality.

12:00-12:30. Coffee break.

12:30-14:00. Scientific Session. **NUTRITION AND OBESITY.**

Chair: **Dr. Gregorio Varela Moreiras.** CEU San Pablo University. President of Spanish Nutrition Foundation (FEN).

- **“Childhood obesity: can we reduce inequality?”** **Dr. Tim Lobstein.** World Obesity Federation.

- ***“Paradigm shift in the treatment of overweight and obesity”***. Dr. **Gema Frühbeck Martínez**. Clínica Universidad de Navarra. CIBER Obesity and Nutrition. Institute of Health Carlos III.
- ***“How to improve our diet: lessons from the PREDIMED Study”***. Dr. **Ramón Estruch Riba**. Hospital Clínic. University of Barcelona. CIBER Obesity and Nutrition. Institute of Health Carlos III.

14:00-15:00. Lunch.

15:00-16:30. Scientific Session. **PHYSICAL ACTIVITY AND OBESITY.**

Chair: **Dr. Joao Breda**. Programme Manager, Nutrition, Physical Activity and Obesity. Regional Office for Europe. World Health Organization.

- ***“Physical fitness, fatness and cardiovascular health: Fit children, healthy adults”***. Dr. **Jonatan R. Ruiz**. Ramón y Cajal Research Fellow. University of Granada.
- ***“Sedentary lifestyle and obesity”***. Dr. **Luis Moreno Aznar**. University of Zaragoza. President of the Spanish Society of Nutrition (SEÑ).
- ***“Effective interventions with physical activity in children”***. Dr. **Vicente Martínez Vizcaíno**. University of Castilla-La Mancha.

16:30. Closing.