



ENA POSTGRADUATE COURSE 2016



NUTRENVIGEN-G+D FACTORS MASTER 2016

**ROLE OF EARLY NUTRITION ON
NON-COMMUNICABLE DISEASES DEVELOPMENT**



Salón de Grados B – Tower B – 1st Floor

School of Medicine. Health Sciences Technological Park

University of Granada

Avda. de la Investigación, 11 -18016 - Granada

PROGRAM

Granada, 4-5 May, 2016



INTRODUCTION

Over the past 10 years, the Early Nutrition Academy (ENA) has organised a series of highly successful Symposiums, Trainings and Postgraduate courses for young scientists with a commitment to paediatric nutrition research, which have been held about every year. These courses have provided up-to-the-date scientific information, trained communication and presentation skills, helped younger academicians to network and build careers in the field, and provided enthusiasm to the participating scholars.

The ENA, supported by several of the most prestigious researches in the field in Europe, was designed to:

- Offer a comprehensive Curriculum on mother-infant and paediatric nutritional programming research, literature, and clinical trials.
- Provide well-founded advice on the prevention, diagnosis, and management of early nutrition programming of adult diseases.
- Offer unique opportunities to learn from and interact with expert faculty from various International Centres, as well as from participants from around the world interested in early nutrition programming.
- Serve as an introduction to the new opportunities in Early Nutrition Programming research.

This new ENA Postgraduate Course will be held in Granada during 4th-5th May 2016 with the main topic: ***"Role of early nutrition on non-communicable diseases development"***

The organising team consists of Prof. Berthold Koletzko, head of the Nutrition and Metabolism Division at the Ludwig-Maximilians University of Munich, and Co-ordinator of the EU FP7 EarlyNutrition Project and President of the Early Nutrition Academy (ENA) and Prof. Cristina Campoy at the University of Granada, Director of the EURISTIKOS Excellence Centre for Paediatric Research, who in collaboration with her local team, will make this event a reality.

The course has been also supervised, approved and scientifically supported by the ENA members, as well as by the European Commission.



VENUE

These 2 days of Postgraduate Course will be held at the School of Medicine of Granada located at Health Sciences Technological Park, Avda. de la Investigación, 11 – 18016, Granada – Spain (www.ugr.es/~facmed/).

DATES AND TIMES

The ENA Postgraduate School will commence at 8:30 on Wednesday, 4th of May 2016, and will end on Thursday, 5th May 2016.

COST:

The fee for these 2 days of Postgraduate School is € 80 (*Special fee for Students*).

The fee includes:

- Participation in all activities of the course
- Course materials
- 1 meal & 2 coffee breaks per day
- Diploma

REGISTRATION

The registration deadline is **30th April 2016**. There is a **limit of 45 places** on the course. You can find the registration form or register on-line in www.earlynutritionmeeting.com, www.nutrenvigen-gd.com or www.project-earlynutrition.eu

WHO SHOULD ATTEND THE POSTGRADUATE SCHOOL?

The Course is designed to Master and PhD students and also for young investigators with previous knowledge or experience on clinical practice, nutrition and dietetic, sport medicine, basic science research related to pregnant women and paediatric nutrition, industrial stakeholders, and all those with an expertise linked to this field of research.

ENA POSTGRADUATE SCHOOL LEARNING OBJECTIVES

After the Postgraduate School, participants should:

- Have a complete and updated overview of Nutrition impact on the risk for development of non-communicable diseases.



- Have a current practical knowledge about the nutrition approach for preventing very common and chronic disorders.
- Read critically and be able to discuss nutritional scientific literature.
- Be familiar with emerging trends in Nutrition related to Obesity, CVD, Hypertension, ...

FORMAT

The Postgraduate School will be a mixture of workshops, small group discussions and trainings in which participants will practice and develop their knowledge in the role of early nutrition on the development of non-communicable diseases, as well as the nutritional evidence-based medicine knowledge and skills. Informal social events will encourage free discussion and the establishment of ongoing links.

TOPICS

Main topic: “Role of early nutrition on Non-communicable diseases development”

Sub-topics:

- ✓ Patterns of optimal growth
- ✓ Obesity in children and adolescents
- ✓ Diabetes Mellitus – Insulin resistance
- ✓ Hypertension and cardiovascular diseases
- ✓ Brain Development, Mental performance and behaviour
- ✓ New epigenetic & metabolomic markers
- ✓ Mother obesity & diabetes and the offspring gut microbiota
- ✓ Breast feeding and later health
- ✓ Early nutrition and eating behaviour
- ✓ Optimal nutrition of the preterm baby
- ✓ How to create dietary patterns during childhood
- ✓ Role of chemical toxics and pollutants
- ✓ Importance of physical activity during pregnancy
- ✓ Communication and public health outcomes



DEFINITIVE PROGRAM

DAY	TIME	TOPIC	SPEAKER/CHAIR
Day 1 Wednesday, 4 May 2016	8:30 - 9:00	Registration and Welcome Introduction into the Course	Chair: Enrique Herrera - Research Vice-rector / Co-chair: Cristina Campoy
	9:00 - 10:30	Workshop 1: Genetics and human development	Chair: Richard Saffery
	9:00 - 9:30	Epigenetics in human development and disease	Richard Saffery (Australia)
	9:30 - 10:00	The genetics of early growth and its contribution to adult obesity and NCD	Sylvain Sebert (Finland)
	10:00 - 10:30	"Omics" and early programming: placental transcriptome in lean and obese women	Signe Altmäe (Estonia/Spain)
	10:30 - 11:00	Coffee break	
	11:00 - 13:00	Training (Spanish) Internet como plataforma de divulgación científica	Marián García-García (Spain)
	13:00 - 14:00	Lunch	
	14:00 - 15:30	Workshop 2: Role of nutrition and physical activity on cognition and brain development	Chair: Cristina Campoy
	14:00 - 14:30	Oral Supplementation of 2'-fucosyllactose during lactation improves memory and learning in rats	Elena Oliveros (Spain)
	14:30 - 15:00	Prenatal folic acid supplementation: effects on brain development at school age	Cristina Campoy (Spain)
	15:00 - 15:30	The role of exercise and fitness in cognition and brain development	Francisco Ortega (Spain)
	15:30 - 16:30	Coffee break / Poster walk – Chairs: Sylvain Sebert & Signe Altmäe	
	16:30 - 18:00	Workshop 3: Importance of microbiota and brown fat development in early programming	Chair: Michael Symonds
	16:30 - 17:00	Role of microbiota in early programming of offspring health and disease	Ascensión Marcos (Spain)
	17:00 - 17:30	Brown fat development and its role in energy balance	Michael Symonds (UK)
	17:30 - 18:00	Brown Adipose Tissue as a target for Obesity treatment: Role of Melatonin	Ahmad Agil (Spain)
	21:00	Social Dinner	



DAY	TIME	TOPIC	SPEAKER
Day 2 Thursday, 5 May 2016	9:00 – 10:30	Workshop 4: Micronutrients and dietary patterns in early life and childhood	Chair: Wendy Oddy
	9:00 - 9:30	The importance of micronutrients for foetal development and the consequences of micronutrient deficiency during pregnancy	Harry McArdle (UK)
	9:30 -10:00	Micronutrient intake adequacy in European children from birth to 8 years. Influence of calcium intake on bone mineral density	Marta Zaragoza (Spain)
	10:00 - 10:30	Dietary patterns in early and later childhood and health outcomes	Wendy Oddy (Australia)
	10:30 - 11:00	Coffee break	
	11:00 – 13:00	Workshop 5: Prevention of Obesity in children and brain development	Chair: Luis Moreno
	11:00 - 11:30	How should we prevent obesity in children?	Luis Moreno (Spain)
	11:30 - 12:00	Brain development of children born to obese and diabetic pregnant women	Jose P. Martínez-Barbero (Spain)
	12:00 - 12:30	Dysbiosis and its pathological consequences: from infancy to adulthood	Rosaura Leis (Spain)
	12:30 - 13:00	Gut microbial phylogenetic and functional dynamics associated to obesity	Antonio Suárez (Spain)
	13:00 -14:00	Lunch	
	14:00 – 15:30	Workshop 6: Foetal programming & toxics during development	Chair: Nicolás Olea
	14:00 – 14:30	Molecular basis of foetal metabolic programming	Elvira Larqué (Spain)
	14:30 - 15:00	Metals and neurodevelopment in Mexico	Horacio Riojas-Rodriguez (Mexico)
	15:00 – 15:30	Inadvertent human exposure to endocrine disrupting chemicals	Nicolás Olea (Spain)
	15:30 -16:30	Coffee break – Poster walk – Chairs: Harry McArdle & Nicolás Olea	
	16:30 – 17:00	Last talk and Closing event	Chair: Berthold Koletzko Co-Chair: Cristina Campoy
	16:30 - 17:00	Public private collaboration in research	Berthold Koletzko (Germany)
	17:00 – 17:30	Closing event	Cristina Campoy (Spain) Berthold Koletzko (Germany)



Organisers:

Cristina Campoy, Prof., MD

Department of Paediatrics. University of Granada. Spain

Berthold Koletzko, Prof., MD

Department of Paediatrics. Ludwig-Maximilians University of München, Germany

Honour Committee

Rector of the University of Granada

Research Vice-rector University of Granada

Dean of the School of Medicine. University of Granada

SPEAKERS (in alphabetical order):



*Prof. Ahmad Agil
Department of Pharmacology. Neurosciences Institute
University of Granada, Spain*



*Dr. Signe Altmäe
Department of Paediatrics
EURISTIKOS Excellence Centre for Paediatric Research
University of Granada, Spain*



*Prof. Cristina Campoy
Department of Paediatrics
Director of the EURISTIKOS Excellence Centre for Paediatric Research
University of Granada, Spain*



*Dr. Marián García-García
Pharmacist by Madrid Complutense University
Scientific Informative Expertise*



*Prof. Berthold Koletzko
Department of Paediatrics.
Ludwig-Maximilians University of München, Germany*



*Prof. Elvira Larqué
Department of Animal Physiology.
Faculty of Biology. University of Murcia, Spain*



*Prof. Rosaura Leis
Department of Paediatrics
University of Santiago de Compostela, Spain*



*Prof. Ascensión Marcos
Institute of Food Science and Technology (ICTAN) - CSIC
Madrid, Spain*



*Dr. Jose P. Martínez-Barbero
Neuroradiologist
University of Granada, Spain*



*Prof. Harry McArdle
Department of Physiology
University of Nottingham, UK*



*Prof. Luis Moreno
Department of Paediatrics.
Director of GENUD (Growth, Exercise, Nutrition and Development) Research Group
EU Ciencias de la Salud, Universidad de Zaragoza, Spain*



*Prof. Wendy Oddy, PhD BAppSci MPH
Unit of Nutrition and Dietetics, Public Health, Epidemiology
University of Western Australia, Perth, Australia*



*Prof. Nicolás Olea
Director of the BioHealth Institute (Ibs), San Cecilio University Hospital, Granada, Spain
CIBER Epidemiología y Salud Pública (CIBERESP), Madrid, Spain*



*Dr. Francisco Ortega
Department of Physical Education and Sports
University of Granada, Granada, Spain
Department of Biosciences and Nutrition at NOVUM, Karolinska Institutet, Huddinge, Sweden*



*Dr. Elena Oliveros
Abbott Nutrition, R&D, Abbott Laboratories, Granada, Spain*



*Dr. Horacio Riojas-Rodríguez
Dirección de Salud Ambiental, Centro de Investigación en Salud Poblacional
Instituto Nacional de Salud Pública. Cuernavaca, Morelos, México*



*Dr. Richard Saffery
Murdoch Children's Research Institute
Head of Cancer & Disease Epigenetics (CDE) laboratory
The Royal Children's Hospital in Parkville, Melbourne. Australia*



*Prof. Sylvain Sebert
Institute of Health Sciences
University of Oulu, Finland*



*Prof. Antonio Suárez
Department of Biochemistry and Molecular Biology
Biomedical Research Centre (CIB)
University of Granada, Spain*



*Prof. Michael Symonds
Deputy Head of School of Medicine, Faculty of Medicine & Health Sciences
Queen's Medical Centre
Nottingham, UK*



*Dr. Marta Zaragoza
Department of Paediatrics
University of Rovira i Virgili, Reus, Spain*



TRAVEL INFORMATION

Rich in both history and culture, Granada is an ideal holiday destination for anyone looking to visit Spain. With historical monuments and relaxing gardens to explore, it's easy to see why so many travelers are keen to find cheap flights to Granada or Málaga. This beautiful city occupies one of the most historically diverse destinations in Spain and so anybody looking to delve into the past can count on an unforgettable experience among Granada's many fascinating buildings and monuments.

Getting around Granada is also very easy. The bus and train networks are excellent and are also relatively inexpensive, making them ideal for exploring the city. However, visitors should not discount exploring the place on foot. Many of the local attractions are central and in any case wandering through the city's cobbled streets gives one an opportunity to explore the city in a relaxed manner.

The nearest airport is the airport of Granada-Jaén (Federico García-Lorca) (Phone: 0034-958 245 200), located 15 km from the city centre of Granada. You will probably have to take a connection flight via Madrid or Barcelona. Iberia (www.iberia.es), Spanair (www.spanair.com) and Ryanair (www.ryanair.com) offer frequent flights. Flights from and to the UK and some other important European cities are being offered. From Granada airport, a taxi to Granada city center costs from 25.00 € in a four seats taxi to 35.00 € in a six seats taxi would (one way).

The bigger and better International airport closer to Granada is the Málaga Airport (Pablo Picasso - AGP); it is about 1.5 hours away by car from Granada. If you arrive at Málaga airport you can easily find bus connections to Granada or by taxi.

How to move along Granada (TAXI / BUS)

All the taxis in Granada are official and sure.

Companies and telephones

-Tele-Radio-Taxi

+34 958 280 654 (12 lines)

-Radio Taxi G.S.L.

+34 958 132 323 (24 hours)

-Servi-Taxi (Permanent service for Granada)

+34 958 400 199

LANGUAGE

The official language of the International Symposium will be English.

WEATHER

The weather and climate in Granada is extremely sunny, warm and enjoyable, with mild winters and hot summers. The spring weather and climate in Granada is pleasant, with average temperatures ranging from 8°C to 25°C in May. A popular time of year to visit, spring in Granada brings a number of rain showers, together with cold nights, when coats are necessary, but warm weather at midday.



HOTEL INFORMATION

- **HOTEL NAZARÍES *******

www.hotelnazariesgranada.com/

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WEBSITES INFORMATION

🔗 www.spain.info

🔗 www.turismodegranada.org