



”Individual Health & Nutrition”

Winter School 2010-2011

Approved as a PhD course at KU Life

Why a Winter School, and why ”Individual Health & Nutrition”?

- ❖ Food and medicine does not affect people in the same manner
- ❖ Can we differentiate diet and medicine towards individuals / groups?
- ❖ Does the future hold differentiated approaches to public health promotion?
- ❖ Scientific knowledge on *individual* health and nutrition is still in its cradle
- ❖ Gather and exchange existing knowledge; pin-point needs for future research; and establish an inspiring environment for relevant people from academia and industry



Winter School 2010-2011 Organisers

- ❖ University of Copenhagen & LMC (Levnedsmiddelcentret) (Lars Ove Dragsted, Annette Erichsen)
- ❖ DHI group (Lisbeth Valentin Hansen, Anders Permin)
- ❖ ActiFoods / KU Life (Peter Olesen)
- ❖ Danish Food & Drink Federation (Ole Linnet Juul)
- ❖ Øresund Food (Mie Bendtsen)



PhD course

- ❖ The Winter School 2010-2011 has been approved as a PhD course (2 ECTS, University of Copenhagen, Lars Ove Dragsted)
- ❖ PhD students are to participate in at least 5 out of the 6 seminars
- ❖ PhD students are to provide an acceptable presentation at seminar 6 in order to pass the course (or write an essay)
- ❖ Find course description on www.oresund.org/food

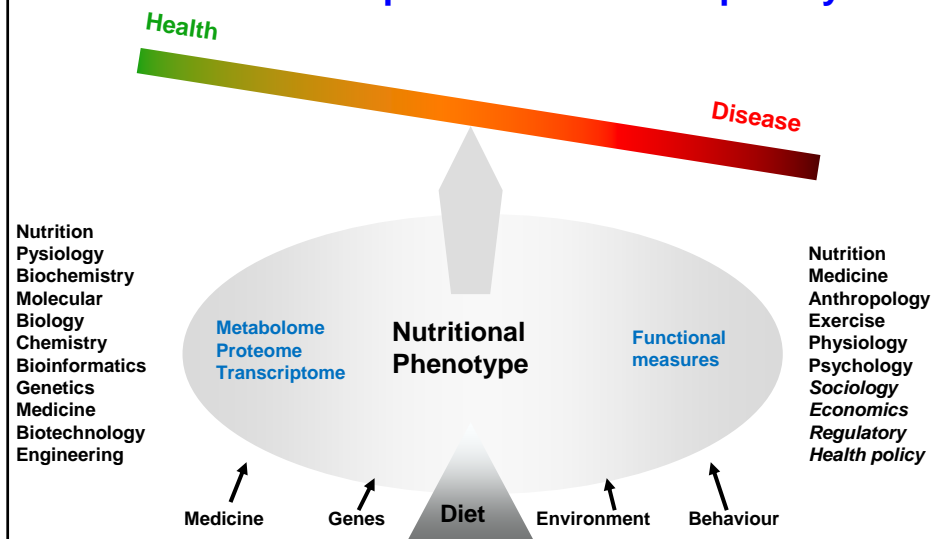


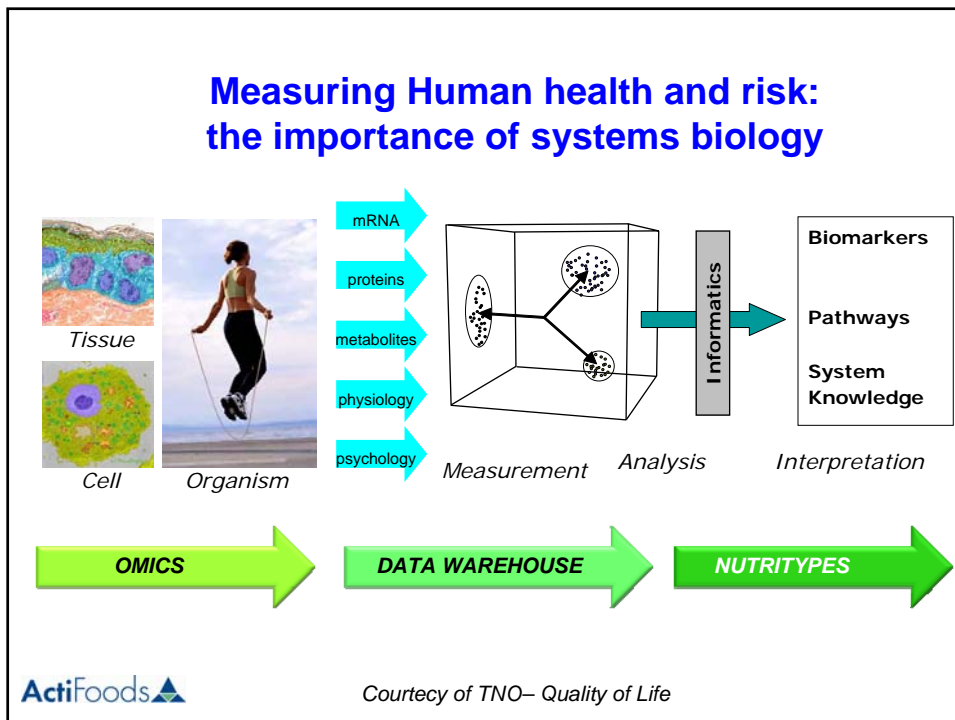
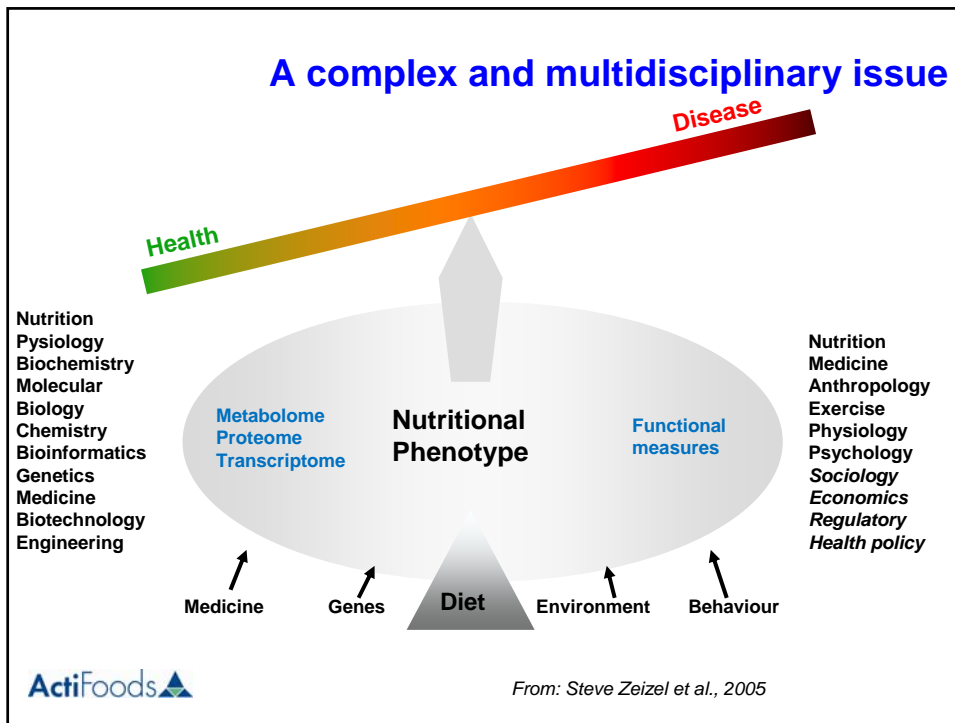
Overview of seminars

- 1) Individual Health & Nutrition: Status & Perspectives (5/10-10)
- 2) Diet-Gene interactions: Nutri-omics (9/11-10)
- 3) Individual food (7/12-10)
- 4) Individual medicine (11/1-11)
- 5) Health promotion at individual or group level (8/2-11)
- 6) The future: Differentiation by “Nutri-types”? & PhD Evaluation (8/3-11)

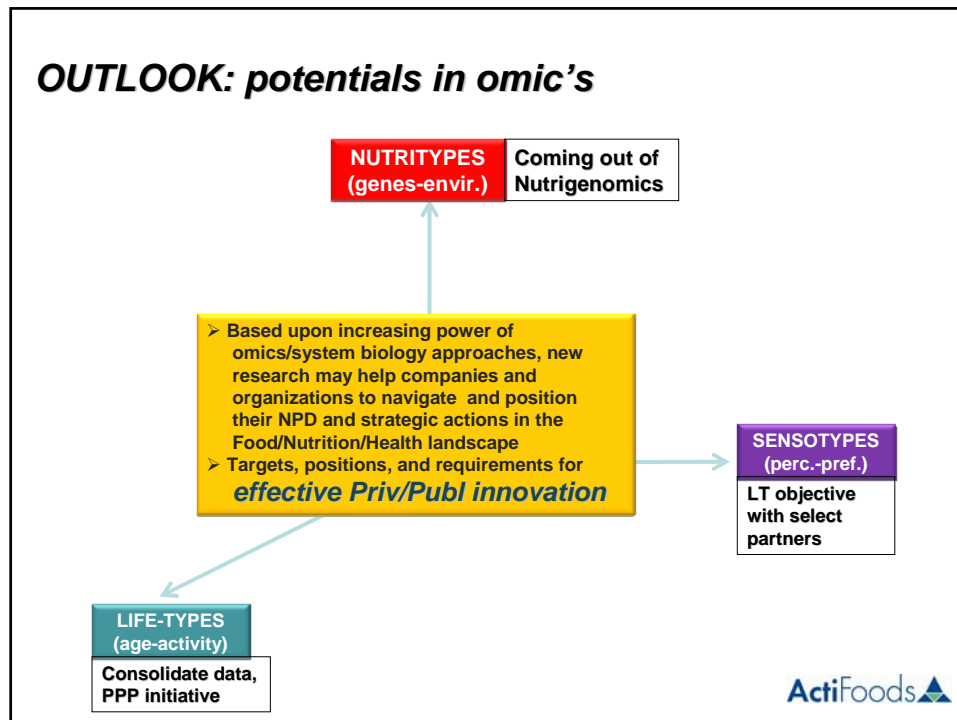


A complex and multidisciplinary issue





OUTLOOK: potentials in omic's



Seminar 6: Program

13.00-13.10. Welcome

13.10 - 13.50. **Inger Björck**. Professor, Antidiabetic Food Center, Lund University, S.
"Anti-diabetic food concepts with positive effects on risk biomarkers and cognition"

13.50 - 14.30. **Martin Kussmann**. Head, Proteomics & Metabonomics Core, Nestlé Institute of Health Science, CH & Honorary Professor, Nutritional Sciences, University of Aarhus, DK. "Nutrigenomics and Personalized Nutrition: Science and Concept"

14.30 - 15.00. Coffee/tea & Networking

15.00 - 15.20. Discussion and final summing up

15.20 - 16.50. **Phd evaluation** (presentations & discussions)

- 15.20-15.40. Ditte Louise Hartvig (KU Life): "Taste sensitivity and food preferences in children"
 - 15.40-16.00. Charlotte Elisabeth Mithril (KU Life): "The effect of breakfast on cognitive performance of school children"
 - 16.00-16.20. Tine Iskov Kopp (DTU): "Alcohol-gene interactions"
 - 16.20-16.40. Maj-Britt Schmidt Andersen (KU Life): "Can knowledge on individual nutritional effects improve health promotion?"
- 16.40-16.50. Summing up



Continious questions at all seminars

The speakers have been asked to try to answer 4 questions:

- ❖ What is state of the art within the field in question?
- ❖ What are the hypotheses?
- ❖ Which results have been achieved?
- ❖ What does future work focus on?



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LEARN – TALK – DISCUSS – GET TO KNOW – ENJOY