



**New dietary strategies addressing the
specific needs of elderly
population for an healthy ageing in Europe**

FP7-KBBE-2010-4

Grant Agreement Number 266486

**MEDITERRANEAN DIET (MedDiet) TO COMBAT AGING
IN EUROPEAN COUNTRIES**

The EC-Funded Project NU-AGE Final Conference

**5 April 2016
Brussels, Belgium**

**The Royal Flemish Academy of Science and the Arts
'Auditorium Albert II'
Academy Palace - Hertogsstraat 1 - 1000 Brussel**

Agenda

8.30-9.00 Registration

9.00-9.20 Guest from WHO and EC (to be determined)

9.20-9.45 *Keynote Lecture*- "NU-AGE: MedDiet for the health of the elderly across Europe":
Claudio Franceschi (NU-AGE project Coordinator, UNIBO, Italy)

SESSION 1

9:45-11.00

The NU-AGE MedDiet: COMPLIANCE, NUTRIENTS, AND ITS EFFECT ON COGNITIVE STATUS

Chairpersons: Edith Feskens and Ivan Montoliu

9.45-10.05 "The one year NU-AGE nutritional trial: compliance and changes in dietary intake among elderly people in five EU countries": Lisette de Groot (WU, the Netherland)



10.05-10.25: "Bone health in elderly participants from the NU-AGE intervention study "Susan Fairweather-Tait and Amy Jennings (UEA, UK)

10.25-10.45: "The cognitive status of elderly people before and after the one year NU-AGE diet": Barbara Caracciolo (KI-ARC, Sweden)

10:45-11:00: Open discussion

11.00-11:20 Coffee break

SESSION 2

11.20-13.15

The NU-AGE MedDiet: ADVANCED IMMUNOLOGY AND OMICS

Chairpersons: Susan Fairweather-Tait and Willem de Vos

11.20-11.35 "*Inflammatory and Immunology status of NU-AGE volunteers after dietary intervention*": Claudio Nicoletti (IFR, UK)

11.35-11.50 "*Transcriptomics analyses after the NU-AGE diet*": Caroline Smal (Straticell, Belgium)

11.50-12.05 *NMR Metabolomics and frailty on NU-AGE sub-cohort before and after diet*": Ivan Montoliu (NIHS, Switzerland)

12.05-12.20 *MS Metabolomics on NU-AGE sub-cohort before and after diet*": Estelle Pujots/Blandine Comte (INRA, France)

12.20-12.35 "*Telomeres length on NU-AGE volunteers before and after diet*": Fawzi Kadi (Oru, Sweden)

12.35-13.05 "*Microbiome analyses on NU-AGE volunteers before and after diet: 16S sequencing and HitChip Array*": Ian Jeffrey (UCC, Ireland), Simone Rampelli (UNIBO, Italy), Willem de Vos (WU, the Netherland)

13.05-13.20 "*Proteasome and immunoproteasome function and composition after the NU-AGE diet*": Stathis Gonos (NHFR, Greece)

13.20-14.30 Group photo & Lunch

SESSION 3

14.30-14.50

NU-AGE WITHIN A BROADER PERSPECTIVE: LINKS WITH OTHER EU PROJECTS

Chairpersons: Blandine Comte and Stathis Gonos

14.30-14.50: “DOREMI project: Walking through NU-AGE diet, crossing smart devices with European research”: Oberdan Parodi DOREMI project coordinator (CNR-IFC, Italy)

SESSION 4

14.50-15.40

**SOCIOECONOMIC DETERMINANTS OF FOOD CHOICES
AND HEALTH INFORMATION WITHIN ELDERLY IN EUROPE**

Chairpersons: Aurelia Santoro and Mario Mazzocchi

14:50-15:05 “The main socio economics determinants on food choices in EU elderly”: Xavier Irz (LUKE, Finland)

15:05-15:20 “Attitudes and perceptions of elderly consumers towards nutritional benefits and health-related information”: Sophie Hieke (EUFIC, Belgium)

15:20-15:30 Open discussion

15:30-16.00 Coffee break

SESSION 5

16.00-17.30

THE NU-AGE LARGE COMPANIES AND SMEs: WHAT EU ELDERLY NEED FROM FOOD INDUSTRIES?

Chairpersons: Maurizio Notarfonso and Amelie Dhaussy

16.00-17.30 Round Table: “Discussion on the products specifically designed for elderly people by the NU-AGE large companies and SMEs”

SESSION 6

17.30-18:00

CLOSING REMARKS

17.30-17.45 General Comments by Inge Tetens on behalf of the NU-AGE Advisory Board

17.45-18.00 Closing Remarks by Claudio Franceschi

END OF THE MEETING