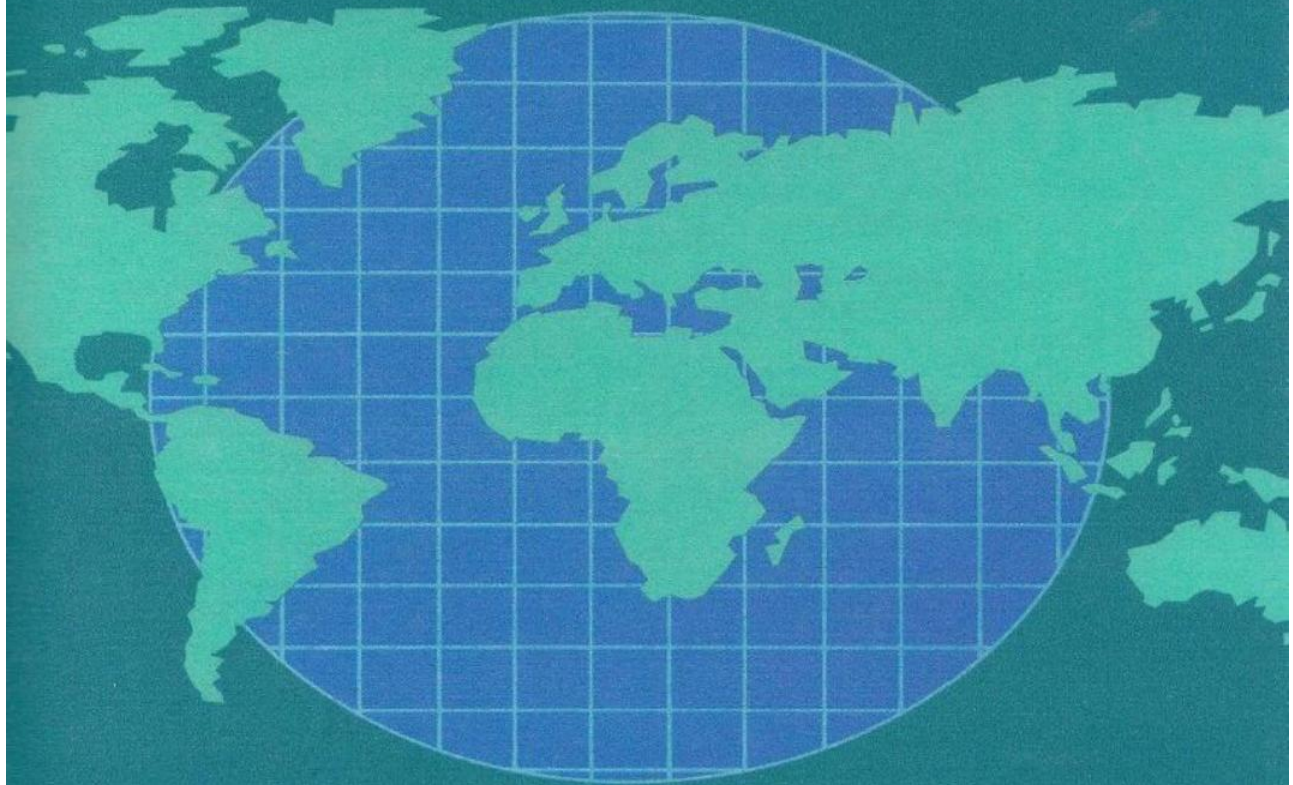




**Inaugural Conference
of the World Council
on Genetics, Nutrition
and Fitness for Health
on “Healthy Agriculture,
Healthy Nutrition,
Healthy People”**



Ancient Olympia, Greece

October 5-8, 2010

Organized by

The Center for Genetics, Nutrition and Health, Washington, D.C. USA

The Inaugural Conference of the World Council on Genetics, Nutrition and Fitness for Health will convene an influential group of physicians, nutritionists, agricultural scientists and environmentalists, as well as architects interested in urban development and urban agriculture, policy makers and scientists from government, academia and industry. The focus of the conference will be the relationship of urban architecture, agriculture and food production systems to physical activity, nutrition and other determinants of human health. Based on the concept of Positive Health as originally articulated by Hippocrates in the fifth century BC, and drawing on the Olympic ideal and the spirit of Olympism, the Conference will seek to enable government and the public in developed as well as developing countries to understand these relationships somewhat better. That understanding, and continued research to deepen it, will be required to allow us not only to develop sound policies for creating urban and rural environments that are ecologically sustainable, but also to contribute to normal development and health throughout the human life cycle, and to prevent or delay diseases such as obesity, type 2 diabetes, cardiovascular disease and cancer.

The Conference will include discussions of the evolutionary aspects of diet as well as the possibilities that optimal nutrition is consistent with ecologically and economically sustainable agriculture. We expect that we shall also discuss the possibilities of improving or perhaps creating scientific and political institutions that can integrate, respectively, research into and regulation of urban planning, agriculture and health care systems.

It is essential that we all join together to reaffirm our commitment to the Health and Fitness of every world citizen. We are grateful for the vision and foresight of Stonyfield Farm, the Greek Government and all the Sponsors for making the Conference at Ancient Olympia possible.

~Artemis P. Simopoulos, M.D. and Ole Faergeman, M.D.

This groundbreaking scientific conference
was made possible with an unrestricted grant from

Stonyfield Farm

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Additional sponsors include:

The Government of Greece

Nutrilite Health Institute (NHI)

Hellenic American University/Hellenic American Union

International Union of Nutritional Sciences (IUNS)

International Society of Nutrigenetics/Nutrigenomics (ISNN)

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The Conference is organized by:

The Center for Genetics, Nutrition and Health (CGNH)

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The Conference at a Glance

October 5 Tuesday	October 6 Wednesday	October 7 Thursday	October 8 Friday	October 9 Saturday
<p>Travel from Athens to Olympia by bus 9:00 a.m.</p> <p>Lunch on the way to Olympia 13:00</p> <p>Registration 17:00 – 18:00</p> <p>Opening Ceremonies 18:00 – 20:00</p> <p>Reception 20:00 – 21:30</p>	<p>Registration 7:00 – 8:30 a.m.</p> <p>Session I. 9:00 – 11:00</p> <p>Coffee Break 11:00 – 11:30</p> <p>Session II. 11:30-13:30</p> <p>Lunch 13:30 – 15:00</p> <p>Roundtable Discussion 15:00 – 16:00</p> <p>Poster Session 16:00 – 18:00</p>	<p>Exercise Program 7:00 – 8:00 a.m.</p> <p>Session III. 9:00 – 11:00</p> <p>Coffee Break 11:00 – 11:30</p> <p>Session III Continued. 11:30 – 12:30</p> <p>Roundtable Discussion 12:30 – 13:30</p> <p>Lunch 13:30 – 15:00</p> <p>FREE AFTERNOON</p>	<p>Exercise Program 7:00 – 8:00 a.m.</p> <p>Session IV. 9:00 – 11:00</p> <p>Coffee Break 11:00 – 11:30</p> <p>Session IV Continued. 11:30 – 13:30</p> <p>Lunch 13:30 – 15:00</p> <p>Roundtable Discussion 15:00 – 18:00</p>	<p>Return to Athens 9:00 a.m.</p>

International Conference on Healthy Agriculture, Healthy Nutrition and
Healthy People
Ancient Olympia, Greece
October 5-8, 2010

Conference Co-chairs

Artemis P. Simopoulos, M.D. (USA)

Ole Faergeman, M.D., DMSc (Denmark)

The Conference on Healthy Agriculture, Healthy Nutrition and Healthy People” is dedicated to the “Concept of Positive Health” as enunciated by Hippocrates:

'Positive health requires a knowledge of man's primary constitution (which today we call genetics) and of the powers of various foods, both those natural to them and those resulting from human skill (today's processed food). But eating alone is not enough for health. There must also be exercise, of which the effects must likewise be known. The combination of these two things makes regimen, when proper attention is given to the season of the year, the changes of the winds, the age of the individual and the situation of his home. If there is any deficiency in food or exercise the body will fall sick.'

(5th Century BC)

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THE OBJECTIVES OF THE INAUGURAL MEETING ARE:

- Review and critique the latest scientific information on nutrition and fitness, taking into consideration genetic endowment, adaptation throughout the lifecycle, and nutritional factors that contribute to fitness and health, specifically, the effect of the various dietary sources of energy on energy expenditure, exercise, and performance.
- Review the relationship of nutrition and fitness to chronic diseases and the influence of agricultural practices on the climate and overall health.
- Emphasize healthy lifestyles consistent with proper nutrition and fitness and stimulate national governments and the private sector to coordinate and thus maximize their efforts to develop programs that encourage proper nutrition and participation in sports activities by all throughout the lifecycle.

Membership
World Council on Genetics, Nutrition and Fitness for Health

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Artemis P. Simopoulos, M.D. (USA)

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11. Ferris, Elizabeth M.D. (UK)
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13. Kang, Jing X. M.D., Ph.D. (USA)
14. Koletzko, Berthold M.D. (Germany)
15. Leighton, Federico M.D., Ph.D. (Chile)
16. Li, Duo Ph.D., MSc, BMed (China)
17. Okuyama, Harumi Ph.D. (Japan)
18. Pérusse, Louis Ph.D. (Canada)
19. Spirou, Chris (Greece)
20. Tapsell, Linda Ph.D. (Australia)

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Conference Chairs

Artemis P. Simopoulos, MD.

Ole Faergeman, M.D., DMSs

Tuesday, October 5

- | | |
|-----------|--|
| 5:00-6:00 | Registration |
| 6:00-8:00 | Welcome – <i>Dr. Artemis P. Simopoulos (USA)</i>
<i>Greek VIP's</i> |
| | Keynote Addresses
<i>Dr. Ole Faergeman (Denmark)</i>
<i>Others – TBD</i> |
| 8:00-9:30 | Reception |

Wednesday, October 6

- | | |
|-----------|------------------------------|
| 7:00-8:30 | Registration |
| 8:30 | Welcome – <i>Greek VIP's</i> |

Session I. Chairs: Ole Faergeman (Denmark) and Konstantinos N. Pavlou (Greece)

- 9:00-9:30 The Importance of the Omega-6/Omega-3 Balance in Health and Disease: Evolutionary Aspects
Dr. Artemis P. Simopoulos (USA)
- 9:30-10:00 The Omega-6/Omega-3 Ratio in Chronic Diseases: Animal Models and Molecular Aspects
Dr. Jing X. Kang (USA)
- 10:00-10:30 Genetic Variation in the Determination of Nutritional Requirements: FADS1 FADS2 case in point
Dr. Berthold Koletzko (Germany)
- 10:30-11:00 Genetics of the Adaptation to Exercise
Dr. Theodore Angelopoulos (USA)
- 11:00-11:30 Coffee Break

Session II. Chairs: Federico Leighton (Chile) and Birgitta Strandvik (Sweden)

- 11:30-11:50 The Current Greek Diet and the Omega-6/Omega-3 Balance
Dr. Demosthenes Panagiotakos (Greece)
- 11:50-12:10 The Chilean Diet and the Omega-6/Omega-3 Balance
Dr. Federico Leighton (Chile)
- 12:10-12:30 From the Swedish to the Mediterranean Diet and the Omega-6/Omega-3 Balance
Dr. Birgitta Strandvik (Sweden)
- 12:30-12:50 From the French Diet to the Mediterranean Diet and the Omega-6/Omega-3 Ratio
Dr. Rémi Rabasa-Lhoret (France)
- 12:50-1:10 Studies on Cognition and the Omega-6/Omega-3 Balance
Dr. Catherine Féart (France)
- 1:10-1:30 Cholesterol guideline: a critique
Dr. Harumi Okuyama (Japan)
- 1:30-3:00 Lunch

Chairs: Michel de Lorgeril (France) and Harumi Okuyama (Japan)

3:00-4:00 Round Table discussion
Define the Characteristics of a Healthy Diet

4:00-6:00 Poster Session

Thursday, October 7

7:00-8:00 Exercise Program

Session III. Chairs: Raffaele De Caterina (Italy) and Regina Casper (USA)

9:00-9:20 Exercise in Health and Disease: An overview
Dr. Konstantinos N. Pavlou (Greece)

9:20-9:40 Obesity: Genetics, Diet and the Environment
Dr. Louis Perusse (Canada)

9:40-10:00 Roles of Dietary Omega-3 and Omega-6 Fatty Acids on Obesity
Dr. Philippe Legrand (France)

10:00-10:20 Genetic and Nutritional Interactions in Cardiovascular Disease
Dr. Raffaele De Caterina (Italy)

10:20-10:40 Diabetes: Genetics, Diet and the Environment
Dr. Jaakko Tuomilehto (Finland)

10:40-11:00 Cancer: Diet, Inflammation and Genetic Interaction
Dr. Vincent Fradet (Canada)

11:00-11:30 Coffee Break

11:30-11:50 Nutrition as a modifiable cause of antisocial and violent behavior
Dr. Bernard Gesch (UK)

11:50-12:10 Stress: Diet and Environmental Factors
Dr. George Chrousos (Greece)

12:10-12:30 Diet and Mental Health
Dr. Regina Casper (USA)

Chairs: Raffaele De Caterina (Italy) and Regina Casper (USA)

12:30-1:30 Round Table discussion

1:30-3:00 Lunch

Free Afternoon

Friday, October 8

Session IV. Chairs: Peter Bourne (USA) and Sarath Gopalan (India)

9:00-9:30 Global Warming and CV Health
Dr. Ole Faergeman (Denmark)

9:30-9:45 Climate change and its impact on Food and Nutrition Security and Food Safety in Turkey and Central Asia
Dr. Meral Aksoy (Turkey)

9:45-10:00 Climate change and its impact on Food and Nutrition Security and Food Safety in Africa
Dr. Enitan Bababunmi (Nigeria)

10:00-10:15 Climate change and its impact on Food and Nutrition Security and Food Safety in China
Dr. Duo Li (China)

10:15-10:30 Climate change and its potential impact on the Nutritional Scenario in South-East Asia
Dr. Sarath Gopalan (India)

10:30-10:45 Climate change and its impact on Food and Nutrition Security and Food Safety in Australia and New Zealand
Dr. Linda Tapsell (Australia)

10:45-11:00 Health-oriented agriculture vs. climate change and food risks in the Mediterranean basin
Dr. Niva Shapira (Israel)

11:00-11:30 Coffee Break

11:30-12:00 First Carbon Neutral extra virgin olive oil in the world
Aris Kefalogiannis (Greece)

- 12:00-12:30 Greener Cow project: Improving nutrition and environmental quality of milk
Pierre Weill (France)
- 12:30-1:00 Healthy People and Homes
Rod Hackney (UK)
- 1:00-1:30 Urban Agriculture and Urban Design
Vikram Bhatt (Canada)
- 1:30-3:00 Lunch
- 3:00-3:30 The global impact of the genetics of PUFA metabolism; The FADS story
Ski Chilton (USA)
- 3:30-4:00 Junk Foods and Junky Minds: Omega-6 Fats in Psychiatric Illness
Joseph Hibbeln (USA)

Chairs: Artemis P. Simopoulos and Ole Faergeman

- 4:00-6:00 Round Table discussion – Plan of Action: Issues to be overcome to achieve
Healthy Agriculture, Healthy Nutrition, Healthy People
- The Role of Government in Achieving Healthy Agriculture, Healthy Nutrition,
and Healthy People
Peter Bourne (USA)
- The Art of Applying Science: Creating a convergence of interests among
producers, consumers, regulators and scientists
William Clay (USA)
- Food Industry Response to Nutritional Research Findings
Sotiris Kitrilakis (Greece)

GREEK COLUMN FOOD GUIDE



S	meat	
M	pasta	
S	legumes	
M	fish	
T	legumes	
T	poultry	
W	legumes	
T	fish	
T	legumes	
F	eggs	
F	fish	
S	legumes	
S	poultry	



- olive oil, lemon, vinegar
- olives
- bread
- cheese
- yogurt
- fruits - fruit juices
- nuts, garlic, onions
- vegetables, herbs, spices
- pasta, rice
- water, wine

Genetics

Principles

Moderation

Variety

Proportionality

Energy intake = Energy expenditure

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