



Diabetes and Nutrition Study Group
of the EASD (DNSG)

Report from the DNSG conference 2009 and from the general assembly

The 27th DNSG meeting in Potsdam, Germany was attended by 80 participants. Major topics were covered by invited speakers followed by oral presentations on the same topic. This allowed extensive discussions and a vivid exchange among the participants. The meeting attempted to bridge the field between clinical nutrition, including the results from nutrition studies, strategies for prevention of diabetes, strategies to improve adherence to diets, to the molecular mechanisms by which nutrition acts including the major nutrients carbohydrate, protein, fat and also micronutrients, fibres and glycemic index.

The scientific committee of the meeting was in the fortunate position to dispose over three Young Investigator Awards sponsored by NovoNordisk and two Travel Grants sponsored by Nutricia Danone which were awarded to excellent presentations given on the meeting. Each prize also included an award of 1.000 €.

The prizes were awarded to:

Young Investigator Award

Martin Osterhoff, Germany

Hana Kahleová, Czech Republic

Tiina Lappalainen, Finland

Travel Grant

Erejuwa Omotayo, Malaysia

Jens Holmer Jensen, Denmark

An important aspect of the meeting was the discussion about an update of the European guidelines for "Evidence-based nutritional approaches to the treatment and prevention of diabetes mellitus". Last guidelines were published in 2004 and several aspects were felt by the participants to need an update. In order to initiate the process according to the Grade guidelines a writing committee was selected: The following topics will be guided by:

Low carbohydrates = Anne Maria Aas

Fat quality = Ulf Riserus

Protein quantity / quality = Kjeld Hermansen

Dietary fibre = Andreas F.H. Pfeiffer

Bariatric Surgery = Geltrude Mingrone

Prevention of diabetes = Matti Uusitupa

Carbohydrate counting = Mette Axelsen



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It was also proposed to establish guidelines targeting children, and to add a chapter on fruit groups or dietary micronutrients, and guidelines on enteral nutrition in diabetes. The current phase is the planning phase assembling the topics of what we decide to look at in detail and where update is needed and helpful.

It was also decided that the committee will attempt to gain financial support from the EASD or from educational grants which will be applied for.

The general assembly confirmed the next, the 28th International Symposium on Diabetes and Nutrition in Oslo/Norway which will be organized by Anne-Maria Aas, Ingunn Bergstad, Kirsti Bjerkan and Ingrid Løvold Mostad. A proposal for the topics of this meeting was presented which will include dietary recommendation updating, prevention of diabetes, type1 diabetes mellitus, gestational diabetes mellitus, obesity, diabetes and the heart, vegetarian diet and diabetes, motivation and behaviour change, fatty acids, vitamin D and diabetes, inflammation, nutrition support in critically ill patients, physical activity.

The meeting in 2011 will be organized by Geltrude Mingrone in Rome, Italy.

For the 30th meeting in 2012 Anastasia Thanopoulou offered to take the responsibility in order to follow the tradition that every 10th meeting is held in Greece.

The general assembly was held from 16 to 16:45 on Saturday 27th of June and closed the 27th DNSG meeting in Potsdam.

Andreas F. H. Pfeiffer
Chairman DNSG