



Diabetes and Nutrition Study Group  
of the EASD ( DNSG )

## **Minutes of the General Assembly of the Diabetes and Nutrition Study Group of the EASD - 30<sup>th</sup> International Symposium on Diabetes and Nutrition, Athens, Greece, 30th June 2012, 18.30**

The General Assembly convened 30<sup>th</sup> June, 2012, at 18:30.

### **Welcome**

The members were welcomed by the Chairman, Andreas Pfeiffer, to the 30<sup>th</sup> General Assembly of the DNSG in Athens, Greece. The Chairman thanked the local organizer, Anastasia Thanopoulou, for her excellent organization of the meeting. The beautiful location directly on the coast was coupled with a meeting programme which participants found extremely interesting, keeping the members in the meeting until the final minutes. There were numerous important and outstanding discussions on the different themes covered by the symposium.

### **Executive Committee Elections**

The terms of several members of the Executive Committee have expired and the following positions required re-election:

The position of Chairman: Ulf Risérus had been suggested by the Executive Committee and had agreed to stand for the position. The General Assembly elected him unanimously.

The position of the Vice-Chairman: the suggested candidate, Ursula Schwab, was also unanimously elected by the General Assembly.

The position of Treasurer: Per Bendix Jeppesen was suggested for this position and was voted in unanimously.

Andreas Pfeiffer's term in the Executive Committee has expired and the Committee required one new member. The proposed candidate, Hanna Kahleova, was also elected unanimously and kindly accepted the vote.

### **New Members**

There were proposals for 6 new members whose formal criteria had been approved by the Secretary, Anastasia Thanopoulou. All 6 new members were accepted by the General Assembly and are as follows:



## Diabetes and Nutrition Study Group of the EASD ( DNSG )

- Elena Caceaune, Romania
- Daniela Licaroiu, Romania
- Arash Mirrahimi, Canada
- Velimir Bozikov, Croatia
- Dario Rahelic, Croatia
- Anne Thorup, Denmark

### **Constitution Amendment**

A change to the constitution had become necessary due to new rules introduced by the EASD. The changes were discussed at the meeting and were approved by all members. The amended constitution can be viewed on the DNSG website.

### **Future DNSG Symposia on Diabetes and Nutrition**

The DNSG Meeting in 2013 will be held in Dubrovnik, Croatia. In 2014 it will be held in Reykjavik, Iceland and will be chaired by Inga Thorsdottir.

There was extensive discussion about the location for the meeting in 2015. Finally, all members agreed to a proposal put forward by Hanna Kahleova to hold the meeting in Prague in 2015. Hanna Kahleova will organize the meeting.

### **Nutrition Guidelines**

A major point of discussion was the report from the Guidelines Revision Committee which presented the current status. As previously agreed, the GRADE procedures will be employed and it was decided to organize a training session for the guideline group members by the Cochrane Foundation. This is planned immediately prior to the next DNSG Meeting in June 2013.

Assistance has been acquired for generating the guidelines and literature searches have been initiated. A nutritionist has been employed in Potsdam/Berlin and, if possible, she will receive professional training for literature searches in accordance with the GRADE and Cochrane criteria.

The Guidelines Group elected Andreas Pfeiffer to take on the role of General Coordinator.

There was an extended discussion about the key questions which should be formulated in the following areas:

- Prevention of Diabetes – headed by Matti Uusitupa
- Role of Protein – headed by Kjeld Hermansen and Andreas Pfeiffer



## Diabetes and Nutrition Study Group of the EASD ( DNSG )

- Role of Lipids – headed by Ulf Risérus and Angela Rivellesse
- Carbohydrates – headed by Jim Mann

In order to help formulate the questions, the PICOT table principle was introduced by Jim Mann as a very useful tool. Picot is an abbreviation and stands for the following:

- P – Population
- I – Intervention
- C – Comparator
- O – Outcome
- T – Time or temporality

Matti Uusitupa presented his example of the questions to be asked in more detail with the following more precise questions:

### Prevention of diabetes

1. Prospective cohort studies, min 5 y of length
2. RCTs, min 1 y of length
  - a. end points: DM, OGTT (0 h?, 2 h), Si
  - b. at least 100 subjects
  - c. macro- and microvascular complications
3. Implementation studies not included in the formal process
4. Weight reduction
5. Quality of diets
6. Dietary patterns
7. Physical activity

### **Miscellaneous**

The Young Investigator Award for excellent work and presentation is supported by Novo Nordisk. This year's recipients were:

Dario Rahelic  
Meropi Kontogianni  
Lea Brader

The Travel Grant is sponsored by Nutricia Danone and is also awarded for an excellent presentation. This year's Travel Grants were awarded to:



Diabetes and Nutrition Study Group  
of the EASD ( DNSG )

Vanessa Ha  
Sonja Schiess  
Aino-Maija Eloranta

The meeting closed with a presentation of the next meeting which will be held in Dubrovnik, Croatia, 27<sup>th</sup> – 30<sup>th</sup> June , and which will be headed by the Local Presidents, Professor Velimir Bozikov and Dr. Dario Rahelic.

The general assembly concluded at 19:30.

Andreas F. H. Pfeiffer  
Chairman DNSG, 2007-2012