

Thursday June 26th

8:30-8:45 **CONFERENCE OPENING**

8:45-9:15 **OPENING LECTURE**

Chair: Inga Thorsdottir (*Iceland*)

8:45-9:15

The effect of 90 years of transformation on nutrition behaviour and diet quality in Eastern European Countries

Malgorzata Schlegel-Zawadzka (*Krakow, Poland*)

9:15-10:15 **PREVENTIVE STRATEGIES FOR DIABETES**

Chairs: Ulf Riserus (*Sweden*) & Bryndis Eva Birgisdottir (*Iceland*)

9:15-9:45

IDEFICS - a community based prevention program for obesity in children

Stefaan De Henauw (*Ghent, Belgium*)

9:45-10:00

Insulin resistance, cardiorespiratory fitness and body composition in Icelandic youth

Anna Sigrídur Olafsdóttir (*Reykjavik, Iceland*)

10:00-10:15

Effect of Fructose on Whole-Body Insulin Sensitivity: A Systematic Review and Meta-Analysis of Controlled Dietary Trials

Adrian Cozma (*Toronto, Canada*)

10:15-10:45 **COFFEE BREAK**

10:45-12:00 **PREVENTIVE STRATEGIES FOR DIABETES, continued**

Chairs: Jim Mann (*New Zealand*) & Laufey Steingrimsdottir (*Iceland*)

10:45-11:15

Changes in the diet of Icelanders and associations with heart disease and risk factors

Vilmundur Gudnason (*Reykjavik, Iceland*)

11:15-11:30

Impact of Diet Composition on Blood Glucose Regulation

Wendy Russell (*Aberdeen, UK*)

11:30-11:45

Importance of dietary factors in relation to gestational weight gain, offspring birth weight and gestational diabetes mellitus

Ingrid Løvold Mostad (*Trondheim, Norway*)

11:45-12:00

A prudent dietary pattern is associated with a lower risk of Gestational diabetes mellitus

Ellen Alma Tryggvadottir (*Reykjavik, Iceland*)

12:00-13:00 **LUNCH BREAK**

13:00-14:30 **PREVENTIVE STRATEGIES FOR DIABETES, continued**

Chairs: Thomas Wolever (*Canada*) & Anne-Marie Aas (*Norway*)

13:00-13:30

Body composition, physical function and glucose metabolism in community dwelling old Icelanders

Alfons Ramel (*Reykjavik, Iceland*)

- 13:30-13:45 **Effect of Lowering the Glycemic Load with Canola Oil on Glycemic Control and Cardiovascular Risk Factors in Type 2 Diabetes**
Cyril Kendall (*Toronto, Canada*)
- 13:45-14:00 **Effects of a diet rich in arabinoxylan and resistant starch versus a low-fiber diet on carbohydrate and lipid metabolism in subjects with metabolic syndrome**
Anne Grethe Schioldan (*Aarhus, Denmark*)
- 14:00-14:15 **Impact of Postprandial Glycaemia on Health: Role in Body Weight Control and Diabetes Prevention**
Fred Brouns (*Maastricht, the Netherlands*)
- 14:15-14:30 **No relation between total sugars intake and incident diabetes: A systematic review and meta-analysis of cohorts**
Christine Tsilas (*Toronto, Canada*)

14:30-15:30 COFFEE BREAK & POSTER PRESENTATIONS

Conveyer: Vladimir Vuksan (*Canada*)

Cod liver oil intake and fasting insulin in healthy community dwelling old Icelanders
Olof Gudny Geirsdottir (*Reykjavik, Iceland*)

Is there a sex-specific difference in risk perception, which leads to different lifestyle intervention strategies in patients with prediabetes?
Caroline Honig (*Potsdam, Germany*)

Microbiota and diabetes prevention and/or treatment
Ascensión Marcós (*Madrid, Spain*)

Processed meat meal rich in saturated fat leads to impaired secretion of gastrointestinal hormones in patients with type 2 diabetes compared to healthy controls
Lenka Belinova (*Prague, Czech Republic*)

Differential improvements of the serum lipid profile in patients with prediabetes by two hypocaloric short-term dietary regimes: low-carb ketogenic diet vs. low-fat diet
Stefan Kabisch (*Potsdam, Germany*)

Influence of a 'low-carb' ketogenic energy-restricted diet on liver fat and glucose metabolism in the prediabetic state
Ulrike Kaiser (*Potsdam, Germany*)

The consumption of high-fat meals and procrastination effect in patients with Type 2 diabetes mellitus
Zeljka Crncevic Orlic (*Rijeka, Croatia*)

Serum 25(OH)D levels and blood-glucose regulation among Icelandic patients with Parkinson's disease
Erna Sif Oskarsdottir (*Reykjavik, Iceland*)

Serum 25(OH)D levels and blood-glucose regulation among patients with Acute Coronary Syndrome in Iceland
Erna Sif Oskarsdottir (*Reykjavik, Iceland*)

15:30-16:15 DEVELOPMENT OF DIABETES

Chair: Alexandra Jenkins (*Canada*)

15:30-16:00	The association of a targeted metabolite profile with life style factors and risk of type 2 Diabetes Heiner Boeing (<i>Potsdam, Germany</i>)
16:00-16:15	Lipidomic profile in preterm infants - does it aid to understand metabolic disturbances in adults? Maria Lankinen (<i>Kuopio, Finland</i>)
17:00-21:00	SUMMER CITY TOUR (Bus departure from the Icelandair Reykjavik Natura Hotel 17:00)

Friday June 27th

8:15-10:00	QUALITY DIABETES CARE THROUGH FOOD AND NUTRITION Chairs: Ursula Schwab (Finland) and Cyril Kendall (Canada)
8:15-8:45	Co-Creating Health - Patients and Health Professionals collaborating to support self management Anna Reid (<i>London, UK</i>)
8:45-9:00	A randomized controlled trial evaluating structured nutrition group education in patients with type 1 diabetes. Study protocol Sofia Isaksson (<i>Gothenburg, Sweden</i>)
9:00-9:15	The effect of meal frequency on quality of life, Beck score of depression and eating behaviour in patients with type 2 diabetes Hana Kahlova (<i>Prague, Czech Republic</i>)
9:15-9:30	Do secondary metabolites from vintage vegetables improve the health status of type 2 diabetics compared to equivalent modern vegetables? Anne Cathrine S. Thorup (<i>Aarhus, Denmark</i>)
9:30-9:45	Type 2 diabetes and therapy success in morbidly obese Icelanders Alfons Ramel (<i>Reykjavik, Iceland</i>)
9:45-10:00	The Lifestyle Portfolio (LP) trial: Rationale and Design John L Sievenpiper and Cyril WC Kendall (<i>Toronto, Canada</i>)
10:00-10:30	COFFEE BREAK
10:30-12:00	OBESITY AND METABOLIC SYNDROME Chairs: Mette Axelsen (Sweden) & Dario Rahelic (Croatia)
10:30-11:00	Comprehensive programme to treat adolescents with overweight and obesity (the EVASYON study) Ascension Marcos (<i>Madrid, Spain</i>)
11:00-11:15	Abnormal blood tests in a sample of obese children starting family-based behavioural treatment Tryggvi Helgason (<i>Reykjavik, Iceland</i>)
11:15-11:30	Postprandial effects of test meals including concentrated arabinoxylan and whole grain rye in subjects with the metabolic syndrome Kjeld Hermansen (<i>Aarhus, Denmark</i>)
11:30-11:45	Dairy lipids, proteins and abdominal obesity (DairyHealth): a 12-week, randomized, parallel-controlled, human intervention study Ann Overgaard (<i>Aarhus, Denmark</i>)
11:45-12:00	Dietary Behaviour Modification, With or Without Exercise, Improves Risk Factors for CVD over One Year in Overweight and Obese Lactating Women Hilde Brekke (<i>Gothenburg, Sweden</i>)
12:00-13:30	LUNCH BREAK

13:30-14:45 METABOLISM AND SYSTEM BIOLOGY

Chairs: Andreas Pfeiffer (Germany) & Lieselotte Cloetens (Sweden)

13:30-14:00

Heated foods, insulin resistance and Nordic diets

Lars Ove Dragsted (*Copenhagen, Denmark*)

14:00-14:15

Plasma fatty acid composition and estimated desaturase activities are associated with cardiometabolic risk in Finnish children 6-8 years of age - The PANIC Study

Taisa Venäläinen (*Kuopio, Finland*)

14:15-14:30

Whole grain rye intake, reflected by a biomarker, is associated with favorable blood lipid outcomes in subjects with the metabolic syndrome (SYSDIET)

Óla Kallý Magnúsdóttir (*Reykjavik, Iceland*)

14:30-14:45

Plasma CMPF (3-carboxy-4-methyl-5-propyl-2-furanpropionic acid) is a potential biomarker for fish intake

Maria Lankinen (*Kuopio, Finland*)

14:45-15:45 COFFEE BREAK & POSTER PRESENTATIONS

Conveyer: Kjeld Hermansen (Denmark)

Feeding foetus' insulin resistance and low-grade inflammation

Melania Mancro (*Roma, Italy*)

Gestational weight gain in normal weight women and offspring cardio-metabolic risk factors at 20 years of age

Laufey Hrolfsdottir (*Reykjavik, Iceland*)

Associations between infant feeding practice prior to six months and body mass index at six years of age

Cindy Mari Imai (*Reykjavik, Iceland*)

Longitudinal associations of plasma fatty acid composition with type 2 diabetes incidence and incidences of insulin secretion and insulin sensitivity in the Finnish Diabetes Prevention Study

Markus Takkunen (*Kuopio, Finland*)

The association between Metabolic Syndrome and Mobility among healthy community living older adults in Iceland: Cross-Sectional Study

Olof Gudny Geirsdottir (*Reykjavik, Iceland*)

The joint association of BMI and physical activity with Metabolic Syndrome among healthy community living older adults in Iceland: Cross-Sectional Study

Olof Gudny Geirsdottir (*Reykjavik, Iceland*)

15:45-17:00 METABOLISM AND SYSTEM BIOLOGY, continued

Chairs: Ingunn Bergstad (Norway) & Birna Thorisdottir (Iceland)

15:45-16:15

Genetics of common diseases

Kari Stefansson (*Reykjavik, Iceland*)

16:15-16:30

Clock genes are implicated in the regulation of metabolic homeostasis in humans

Olga Pivovarova (*Potsdam, Germany*)

16:30-16:45

Regulation of clock genes by insulin

Natalia Rudovich (*Potsdam, Germany*)

- 16:45-17:00 | **The effects of different sweeteners on the development of type 2 diabetes and the metabolic syndrome**
Per Bendix Jeppesen (*Aarhus, Denmark*)
- 17:00-17:15** | **Presentation of the 33rd International Symposium on Diabetes and Nutrition**
- 17:15-18:30** | **GENERAL ASSEMBLY**
Moderator: Ulf Riserus (*Sweden*)
- 20:00-23:00** | **GALA DINNER & AWARDS AT VIKIN MARITIME MUSEUM**
(Bus departure from the Icelandair Reykjavik Natura Hotel 19:40)