

NNC2024 program: Monday, June 17:

8:30 -9:30	<p>Opening of the conference by the president of the Norwegian Society of Nutrition, Maria Wiik Markhus Key note: Merja Saarinen, LUKE, Finland: Nutrition and environmental impact of food Chair: Marjukka Kolehmainen (University of Eastern Finland, Kuopio)</p>		
9:30 - 9:45	Break		
9:45 – 11:30	<p>Symposia: "Personalized nutrition in the prevention and treatment of lifestyle diseases" Organizers: Kirsten B. Holven, Ursula Schwab</p> <p>Stine Marie Ulven University of Oslo, Norway: Precision nutrition and prevention of cardiometabolic diseases-what are the possibilities and the competence needed?</p> <p>Rikard Landberg, Chalmers University Gothenburg, Sverige: New Precision Nutrition Approaches in a Nordic Context</p> <p>Ursula Schwab, University of Eastern Finland, Kuopio: Gene-diet interactions in lifestyle diseases</p>	<p>Symposia: Towards sustainable eating in the Nordic: Health, food resilience, and food system innovations Organizers: Mari Mohn Paulsen, Anine Medine, Marian Kjellevoid, Ellen Trolle</p> <p>Lene Frost Andersen, University of Oslo, Norway: A sustainable diet in a Nordic setting. Anne Dahl Lassen, DTU and Ellen Trolle, DTU, Denmark: Public food procurement as a driver for sustainable food systems.</p> <p>Amund Måge, Norwegian Institute of Marine Research/UiB, Norway: Sustainable Marine Food and Nordic Food Resilience.</p> <p>Christel Larsson, University of Gothenburg and Anine Medin, University of Agder, Norway: Sustainable diets among Scandinavia's youth</p> <p>Knut Inge Klepp, Norwegian Institute of Public Health: Developing tools for food system transformation, including food summary scores for nutrition and sustainability – The NewTools project.</p>	<p>Symposia: Methodological challenges in nutrition epidemiology Organizers: Johanna Eyrun Torfadottir, Majaliisa Erkkola</p> <p>Agnetha Linn Rostgaard-Hansen, Danish Cancer Institute: Assessment of diet in the Danish cohort Diet, Cancer and Health – Next Generations</p> <p>Georgia D. Tomova, Leeds University, UK: The benefits of modelling all dietary components for energy adjustment and substitution modelling</p> <p>Marco Springmann, University of Oxford & LSHTM, UK: The Diet Impact Assessment model: a tool for analyzing the health, environmental and affordability implications of dietary change</p>
11:30 – 12:30	Lunch		
12:30 – 14:00	<p>Oral presentations: Life course nutrition Chaired by Mari Mohn Paulsen and Frode Slinde</p> <p>Biomarker candidates of habitual food intake in a Swedish cohort of pregnant and lactating women and their infants. Mia Stråvik - Chalmers University of Technology, Sweden</p> <p>Breastfeeding and complementary feeding and associations with background variables and maternal health – The ICE-MCH study 2009-2015. Jenny Jonsdottir - University of Iceland</p>	<p>Oral presentations: Plant-based diets Chaired by Inga Thorsdottir and Cornelia Witthöft</p> <p>Unhealthful plant-based diet adherence is associated with frailty risk in men with low income. Kerstin Schorr - Leiden University Medical Center, Netherlands</p> <p>Trace elements and thyroid health in vegans. Christiane Ambs - German Federal Institute for Risk Assessment Berlin</p> <p>The Health Impact of Substituting Red Meat by Lentils: A Risk-Benefit Case Study in France. Constanza De Matteu Monteiro - Technical University of Denmark - National Food Institute</p>	<p>Oral presentations: Nutrition in the prevention and treatment of chronic diseases Chaired by Ursula Schwab and Kirsten B. Holven</p> <p>Effectiveness of a habitual intake of β-glucan enriched bread vs a wholegrain wheat bread on glycaemic control in adults with pre-diabetes: The CarbHealth study. Therese Hjorth - Chalmers University of Technology, Sweden</p> <p>The association between vitamin K status and cardiovascular disease risk factors in a Danish adult general population. Julie Aaberg Lauridsen - Bispebjerg and Frederiksberg Hospital, Denmark</p>

	<p>Effects of breastfeeding and diet interventions in postpartum women with overweight and obesity: Results from an RCT on weight and cardiometabolic risk factors. Elisabeth Adolfsen Øhman - University of Oslo</p> <p>Norwegian children have many environmental contaminants in their bodies and diet is an important source. Mari Mohn Paulsen - Norwegian Institute of Public Health, Norge</p> <p>Long term effects of increased lean fish intake in pregnancy on child development and mental health at five years: a follow-up of a randomized controlled trial. Synnøve N. Sleire – Havforskninginstituttet</p> <p>Widespread consumption of energy drinks among Norwegian teenagers. Kaja Lund-Iversen - Norwegian Institute of Public Health, Norge</p> <p>The intergenerational transmission of obesity from parents to offspring: Insights from The Tromsø Study 1994-2016. Mari Mikkelsen - UiT The Arctic University of Norway, Norge</p> <p>A comparative study of the environmentally sustainable EAT-Lancet diet vs. the Mediterranean diet in relation to cognitive performance and brain integrity. Jessica Samuelsson - Sahlgrenska Academy, University of Gothenburg, Sweden</p>	<p>Improvement Of The Selenium Supply By Different Selenium Sources As Part Of A Vegan Diet (SelVeg). Rebecca Simon - Friedrich Schiller University Jena, Germany</p> <p>Associations of animal-sourced foods with protein intake and muscle mass of older adults: A cross-sectional study in Gasabo district, Rwanda. Theogene Habumugisha - University of Bergen</p> <p>Comparison of diet quality and carbon footprint among vegan and omnivores: Observations from two parallel dietary surveys in Iceland. Ragnheiður Guðmannsdóttir - University of Iceland</p> <p>Bone and mineral metabolism in plant-based diets – Results from a cross-sectional study on 2-7-year-old Finnish children and their caregivers. Suvi Itkonen - University of Helsinki</p> <p>Analysis of nutrients in plant-based dinner products. Lisbeth Dahl - Institute of Marine Research (IMR)</p>	<p>Vitamin D status and long-term incidence of cardiovascular-related diseases in the general Finnish population – findings based on cohort and register datasets. Folasade Abiola Adebayo - University of Helsinki</p> <p>Saturated fatty acids and total and cardiovascular disease mortality in Norway: A prospective cohort study with up to 45 years of follow-up. Erik Kristoffer Arnesen - University of Oslo, Norway</p> <p>Co-benefits of Biodiverse Diets on Human and Planetary Health - An Analysis of the EPIC Study. Jeroen Berden - International Agency for Research on Cancer / Ghent University</p> <p>Anthropometric, clinical, societal, and nutritional factors associated with bone mineral density in Danish post-menopausal females. Alexandr Parlesak - University of Copenhagen</p> <p>Light to moderate alcohol consumption and risk of kidney and pancreatic cancer in the Norwegian Women and Cancer (NOWAC) Study. Fjorida Llaha - UiT The Arctic University of Norway</p> <p>Vitamin D status and longitudinal changes in body composition in patients with chronic obstructive pulmonary disease – a prospective observational study. Maria Minter - Sahlgrenska Academy</p>
14: 00 – 15:30	<p>Debate: How to assess food quality?</p> <p>Organizers: Emily Sonestedt, Jutta Dierkes, Inga Thorsdottir</p> <p>Invited speakers: Simon Dankel University of Bergen, Andreas Håkansson Lund Technical University, Emily Sonestedt, Lund University</p> <p>Moderator: Ove Sjøstrøm, Mediadropp, Bergen</p>		
15:30 – 16:00	Coffee break		
16:00 – 18:00	Poster presentation with cheese and wine/cider from Hardanger		

NNC2024 program: Tuesday, June 18

8:30 - 9:30	<p>Key note: Mary Barker, University of Southampton, UK: A life-course perspective on nutrition interventions to promote early human development" Chair: Anine C. Medin, University of Agder, Norway</p>		
9:30 - 9:45	Break		
9:45 – 11:30	<p>Symposia: Food composition data and dietary assessment - the integration of sustainability. Organizers: Inger Aakre, Anja Biloft-Jensen, Cornelia Witthöft</p> <p>Lene Frost Andersen, University of Oslo: Local vs global impact data in life cycle assessment food databases – does it matter?</p> <p>Marga Ocké, RIVM, the Netherlands: Challenges and opportunities for estimating nutrient intake and the environmental impact of diet at population level.</p> <p>Sian Astley, EuroFIR Brussels: Ensuring the quality of FCDBs</p>	<p>Symposia: Diet in the prevention of non-communicable diseases Organizers: Fredrik Rosqvist, Jutta Dierkes</p> <p>Emily Sonestedt, Lund University: Dairy intake and chronic disease outcomes – what do we know?</p> <p>Leanne Hodson, Oxford University: Quality of dietary carbohydrates and lipids, timing of dietary intake and fatty liver disease</p> <p>Kirsten B. Holven, University of Oslo: Diet and hypercholesterolemia – more than saturated fatty acids?</p>	<p>Symposia: Diet in infancy and childhood – recommendations and impacts on health? Organizers: Maijaliisa Erkkola, Inga Thorsdottir & Camilla T. Damsgaard</p> <p>Agneta Hörnell, Umeå University, Sweden: Nutrition recommendations for infants</p> <p>Birna Thorisdottir, University of Iceland: Infant nutrition and health outcomes</p> <p>Nina Øverby, University of Agder, Norway: Nutrition now – intervention to enhance early-life nutrition by focusing on the essential first 1000 days</p> <p>Maijaliisa Erkkola, University of Helsinki: Plant-based diets among pre-schoolers – challenges and opportunities</p> <p>Camilla T. Damsgaard, University of Copenhagen: Effects of fish and wholegrain intake in school-aged children – evidence from randomized controlled trials</p>
11:30 – 12:30	Lunch		
12:30 – 14:00	Poster presentations		
14: 00 – 15:30	<p>Debate: Should we all eat plant-based for health and environment? Organizer: Synnøve Næss Sleire, Jutta Dierkes, Lena Leder Invited Speakers: Cornelia Weikert, Federal Institute for Risk Assessment Berlin, Maria Andersson, ETH Zurich Elinor Hallström, RISE Moderator: Ove Sjøstrøm, Mediadropp, Bergen</p>		
15:30 – 16:00	Coffee break		
16:00 – 17:30	<p>Oral presentations: sustainable and healthy diets in the Nordic countries Chaired by Maijaliisa Erkkola and Ellen Trolle</p> <p>Associations between having educated personnel in nutrition, dedicated positions and promotion of a healthy and sustainable diet in Norwegian municipalities</p>	<p>Oral presentations: Micronutrients in foods and associations with health Chaired by Inger Aakre and Lena Leder</p> <p>Iodine status in two-year-old children and women of childbearing age – Results from a national monitoring study in Norway in 2022-</p>	<p>Oral presentations: Dietary behaviour and food intake Chaired by Anja Biloft-Jensen and Anine C. Medin</p> <p>The effect of an app-based dietary education on dietary intake and cardiometabolic risk markers in persons with type 2 diabetes: a randomized</p>

	<p>Liv Elin Torheim - Norwegian Institute of Public Health Optimizing Norwegian diets to meet NNR 2023 recommendations and reduce environmental impacts. Julie Lengle - University of Oslo, Norge Health benefit and risk assessment of fish intake by the Norwegian Scientific Committee for Food and Environment (VKM). Christine Louise Parr - Norwegian Scientific Committee for Food and Environment, Norge Assessment of nutritional and sustainable performance of the Norwegian food system - Implications of food transformation to climate change. Quang Tri Ho - Institute of Marine Research Balancing environmental Sustainability and Nutrition: Dietary Climate Impact in Relation to Micronutrient Intake and Status in a Swedish Cohort. Anna Stubbendorff - Lund University, Sweden Optimizing Diets among Swedish Adolescents for Adequate Nutrition and Climate Impact with a Focus on Vitamin D Intake Using Linear Programming. Andre Hesselink - Sahlgrenska Academy, University of Gothenburg, Sweden Potential life expectancy gains from the Nordic Nutritional Recommendations 2023 in the Nordics. Elaheh Javadi Arjmand - University of Bergen & Haukeland University Hospital, Norge</p> <p>Ultra-processed food consumption in Iceland, diet quality and environmental aspects. Steina Gunnarsdóttir - University of Iceland, Iceland</p>	<p>23. Marianne Hope Abel - Norwegian Institute of Public Health, Norge Development of an Interactive Database to Quantitatively Assess the Impact of Medication on micronutrient status. Michael Wakeman - University of Sunderland, UK The InterVitaminK trial: a population-based randomised double-blinded placebo-controlled trial of the health effects of vitamin K (MK-7) supplementation. Camilla Friis Bryde Nielsen - Bispebjerg and Frederiksberg Hospital, Denmark Immediate effects of a 50% increase in iodine fortification level on iodine intake and thyroid markers. Line Møllehave - Bispebjerg and Frederiksberg Hospital, Denmark The fate of phosphate: Assessing dietary intake and urinary excretion in Swedish adolescents. Fredrik Söderlund - Karolinska Institutet, Sweden Nutrient composition of various shellfish available in Norway and their role in providing key nutrients. Amalie Moxness Reksten – Havforskningsinstituttet Effect of a One-Year Calcium Supplementation on Bone Mineral Density and Bone Turnover Markers in Post-Menopausal Females: the RENEW Study. Inge Tetens - University of Copenhagen, Denmark PREDIN - Pregnancy and Vitamin D Intervention – a randomized double-blind controlled trial. Mathilda Forsby - University of Gothenburg, Sweden</p>	<p>clinical trial. Linnea Sjöblom - Karolinska Institutet, Sweden Managing food textural properties can influence eating behaviour leading to higher expected satiety and satiation. Aikaterini Katsikari – Nofima, Norway Dietary intakes of nutrients differently associate with specific gut microbial taxa of phyla, Euryarchaeota and Lentisphaerota. Mrunalini Lotankar - University of Turku, Finland Adherence to diet recommendations in women with gestational diabetes mellitus. Kirsi Laitinen - University of Turku, Finland Predicting essential and hazardous element concentrations in marine fish from the Northeast Atlantic Ocean: A Bayesian approach. Yiou Zhu - Institute of Marine Research, Norway Demographic, socioeconomic, and lifestyle factors and associations with dietary habits in Iceland: Results from the National Dietary Survey 2019-2021. Margret Johannsdottir - Directorate of Health, Iceland Meal frequency in association with nutrient intake in Swedish adults: a cross-sectional study. Jenny Schultz - Uppsala university, Sweden The diet of Danish school children – new data on intake, nutrient status, and social inequality. Frederik Holmegaard - University of Copenhagen</p>
19:00	Conference dinner		

NNC program: Wednesday, June 19:

Time slot	Activity		
8:30 – 9:30	<p>Key note: Maria Andersson. ETH Zurich: Prevention of iodine and iron deficiency in Europe Chair: Helle Margarethe Meltzer, Norwegian Institute of Public Health</p>		
9:30 – 9:45	Break		
9:45 – 11:30	<p>Symposia: Implementation of the new Nordic Nutritional Recommendations (NNR2023) within the Nordic countries - examples of different approaches Organizers: Amund Måge, Johanna Torfadottir</p> <p>Ole Berg, Norwegian Directorate of Health: From NNR 2023 to Norwegian food based dietary guidelines (FBDGs). National considerations and status of the process.</p> <p>Iben Humble Kristensen, Ministry of Food, Agriculture and Fisheries, Denmark: Translating the NNR into national FBDGs in Denmark.</p> <p>Ragnhildur Gudmannsdottir, University of Iceland: Five step framework for developing environmentally sustainable dietary guideline – calculations from Iceland</p> <p>Ellen Trolle, National Food Institute, Denmark: Dietary modelling behind the Danish FBDGs.</p>	<p>Symposia: Nutrition therapy and gains in health and well-being in older adults Organizers: Hanne Rosendahl-Riise, Alfons Ramel</p> <p>Anette Hjartaker, University of Oslo, Norway: Nutrition and physical frailty in Norwegian older adults: investigating the role of protein, fish and adiposity.</p> <p>Anne Marie Beck, Denmark: Nutrition, readmissions, and mortality in older adults discharged from hospital.</p> <p>Miguel Borda, Stavanger University Hospital, Norway: Diet and dementia: mechanisms and potential for prevention.</p>	<p>Symposia: Diet and microbiota Organizers: Emily Sonestedt, Marjukka Kolehmainen, Kirsi Laitinen</p> <p>Marju Orho-Melander, Lund, Sweden: Diet, metabolites & gut microbiota in a large cohort study.</p> <p>Kati Mokkala, Univ Turku, Finland: Diet, gut microbiota and metabolism interaction (pregnancy cohort, GDM, long-term impacts on development of prediabetes; intervention with probiotics and/or fish oil).</p> <p>Elisabeth Schneider, University College Cork, Ireland: Diet and the microbiota-gut-brain axis – implications for mental health</p>
11:30 – 12:30	<p>Poster awards (sponsored by Sable) Closing of the conference by Maria Wiik Markhus and Jutta Dierkes</p>		