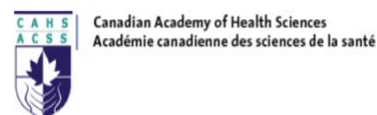


CONSENSUS CONFERENCE ON NUTRITION

May 14 – 16, 2014

Diet and food policies affecting cardiovascular disease globally: A joint conference of the World Heart Federation (WHF) and the CAHS (Canadian Academy of Health Sciences)



Agenda

DAY 1 – Wednesday May 14 - Morning

Scientific Evidence on Nutrition and Cardiovascular Disease: Part A

Co-Chairs: Ann Bolger and Srinath Reddy

Status of the evidence-base regarding the impact of key nutrients or diet patterns on health outcomes.

SESSION I: Dietary Patterns and Macronutrients

9:00-9:25	The Mediterranean Dietary Pattern and Cardiovascular Prevention	Miguel González
9:25-9:50	Monounsaturated, Polyunsaturated Fat (omega-3 and omega-6 fatty acids), Saturated and Trans Fat	Walter Willett
9:50-10:15	Fats and Oils (rapeseed oil – canola fat; palm oil and vegetable oil – saturated fat)	David Jenkins
10:15-10:45	DISCUSSION AND BREAK	
10:45-11:10	Carbohydrates and Sugar	Vasanti Malik
11:10-11:35	Macronutrient Intake in Low, Middle and High Income Countries	Dariush Mozaffarian
11:35-12:00	Dietary Patterns and Macronutrients Around the World: PURE-Nutrition	Mahshid Dehghan
12:00-1:00	DISCUSSION AND LUNCH	

DAY 1 – Wednesday May 14 – Afternoon

Scientific Evidence on Nutrition and Cardiovascular Disease: Part B

Co-Chairs: Walter Willett and Srinath Reddy

Status of the evidence-base regarding the impact of key nutrients or diet patterns on health outcomes.

SESSION I: Dietary Patterns and Macronutrients (cont'd)

1:00-1:25	Macronutrient Composition and CVD Surrogate Markers or Outcomes	Ronald Krauss
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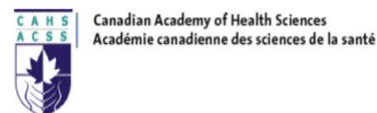
SESSION II: Nutrition Controversies: Dairy Products, Eggs, Fish, Unprocessed Meat

1:25-2:00	An Approach to Determining Nutrient Effects, with Illustrations from dairy, calcium, and vitamin D	Robert Heaney
2:00-2:25	Eggs and Fish	Daan Kromhout
2:25-2:50	Eggs and Fish Intake and Health Outcomes in >200,000 Individuals Across Five International Studies	Andrew Mentz
2:50-3:05	BREAK	
3:05-3:30	Unprocessed Meats (red meat and poultry)	Adam Bernstein

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3:30-4:30

PANEL DISCUSSION

Facilitator:
Salim Yusuf

CAHS Symposium on Dietary Sodium: The Alignment of National/International Guidelines with Current Evidence

SESSION III: Symposium on Dietary Sodium

PART A. NATIONAL/INTERNATIONAL DIETARY GUIDELINES AND REPORTS

4:30-4:50

The American Dietary Sodium Guidelines from the Global Perspective

Dariusz Mozaffarian

4:50-5:10

QUESTIONS AND DISCUSSION

DAY 2 – Thursday May 15 - Morning

CAHS Symposium on Dietary Sodium con't

Co-Chairs: John Cairns and Mary L'Abbé

SESSION III: Symposium on Dietary Sodium: The Alignment of National/International Guidelines with Current Evidence (con't)

8:00-8:05

Introduction

PART A. NATIONAL/INTERNATIONAL DIETARY GUIDELINES AND REPORTS (con't)

8:05-8:25

Guidelines for Canada and the WHO

Mary L'Abbé

8:25-8:45

The IOM Report: Sodium Intake in Populations: Assessment of Evidence

Jamy Ard

8:45-9:05

QUESTIONS AND PANEL DISCUSSION

PART B. PHYSIOLOGIC, CLINICAL AND EPIDEMIOLOGICAL CONSIDERATIONS

9:05-9:25

Mechanisms Underlying the Relationships Among Sodium Intake, Blood Pressure, and CV Events

Theodore Kotchen

9:25-9:45

Normal Salt Intake

David McCarron

9:45-10:05

Sodium and Cardiovascular Disease

Michael Alderman

10:05-10:30

QUESTIONS AND PANEL DISCUSSION

10:30-10:45

NUTRITION BREAK

PART C. EVOLVING EVIDENCE

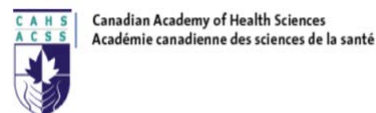
10:45-11:05

Dietary Sodium Lowering: Effects on BP, Renin, Aldosterone, Catecholamine's and Lipids

Niels Graudal

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11:05-11:25	NHLBI Lifestyle Guidelines	TBA
11:25-11:45	Recent Observations – PURE and other data (NEJM 2014?)	Martin O'Donnell
11:45-12:05	QUESTIONS AND PANEL DISCUSSION	
12:05-12:30	SUMMARY DISCUSSION	Chair: John Cairns
12:30-1:30	LUNCH	

DAY 2 – Thursday May 15 - Afternoon

Diet Shifts, Modern Food Distribution, and Food Policy: Part A

Chair: Barry Popkin

SESSION IV: Diet Shifts – Overview on Diet Shift

1:30-2:00	Global Diet Shifts: Major Food and Nutrient Trends, Eating Behavior, Food Sources and Supply	Barry Popkin
2:00-2:30	DISCUSSION	

SESSION V: The Role of Modern Food Distribution

2:30-2:55	Changing Delivery Mechanisms: Retail Sector Changes (wet markets, local stores, and the dynamics)	Katie Ricketts
2:55-3:20	Where the Drivers in the Political Economy of Food Lies?	Jessica Fanzo
3:20-3:45	Food Processing: The Shift Toward Ultra-Processed Food vs. Traditional Whole Grains, Legumes, etc	Carlos Monteiro
3:45-4:15	PANEL DISCUSSION & BREAK – What is known? What are the important gaps? Suggested ways of filling the gaps regarding food policies?	

DAY 3 – Friday May 16

Diet Shifts, Modern Food Distribution, and Food Policy: Part B

Co-Chairs: Srinath Reddy and Richard Black

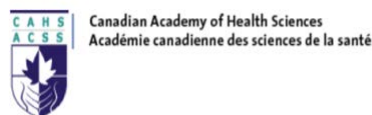
SESSION VI: Agricultural and Food Policies Influencing the Production, Availability and Access to Healthy Foods

8:15-8:40	Agriculture for Improved Nutrition and Health	Rachel Nugent
8:40-9:05	Climate Change, Agriculture and Food Security	Tony Weis
9:05-9:30	Food Policy and Affordability	Richard Black
9:30-9:55	Impact of Subsidies/Taxes	Frank Chaloupka
9:55-10:25	DISCUSSION AND BREAK	

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<u>SESSION VII: Regional, Economic (food insecurity) and Cultural Factors that Influence Consumption of Healthy and Unhealthy Foods</u>		
10:25-10:50	Availability of Food and the Threat of Not Having Enough Food (food insecurity)	Harriet Friedmann
10:50-11:15	Policies to Improve the Composition of Domestic Food Systems and Increase Consumer Awareness	Srinath Reddy
11:15-11:40	Food Regulation to Affect Consumption and Supply	Corinna Hawkes
11:40-11:55	How Can We Overcome Nutrition Barriers Through Policy Changes? How Can We Improve Distribution of Healthy Food?	TBA
11:55-12:00	<i>Concluding Remarks</i>	Salim Yusuf
12:00-1:00	DISCUSSION AND LUNCH	

Consensus Discussions

Working groups have separate lunches and work in their meeting rooms. (Identify 4-5 individuals for each working group)	<u>CHAIRS:</u>
<ul style="list-style-type: none"> <u>Working Group 1:</u> Dietary patterns, macronutrients and micronutrients (other than salt) (WHF lead) <u>Working Group 2:</u> Salt and cardiovascular disease (CAHS lead with WHF involvement) <u>Working Group 3:</u> Policies affecting healthy diets with a focus on cardiovascular disease (WHF lead) 	Walter Willett Stuart MacLeod Barry Popkin
Report of working group and plans for writing report. Each group identifies one person to write the report	

The Organizing Committee gratefully acknowledges the support of:

Campbells Soup Company

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Canadian Institutes of Health Research

The International Life Sciences Institute

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