The First Dubai International Conference on Applied Nutrition

7-8 November, 2016

Sheikh Rashid Hall- Dubai Convention and Exhibition Centre

Tentative Program

www.foodsafetydubai.com
Welcome Note

On behalf of the Food Safety Department of Dubai Municipality, I am delighted to welcome you to the First Dubai International Conference on Applied Nutrition.

As we all know, there is a tremendous increase in diet related chronic diseases in Dubai and the region, largely linked to the sedentary lifestyle and over-intake of food. We also have another risk in the form of unhealthy food choices where in people, especially the children, are consuming excess of certain foods that are high in calories or have ingredients that shouldn’t be consumed in large quantities. Over the past decade, momentum around formulation of policies on nutrition and the emphasis on nutrition education have been steadily building with governments and stakeholders around the world acknowledging nutrition as a key component of human development. In the United Arab Emirates, the National Agenda leading to the Vision 2021 emphasizes the importance of prevention and seeks to reduce lifestyle related diseases such as diabetes and cardiovascular diseases to ensure a longer, healthy life for citizens and residents. As the Department in charge of food policies and regulations, this is an objective that we hold close to our heart and we strive to do our best to fulfill our nation’s vision. This conference is our attempt to bring together some of the global experts who through their endeavors have made a significant contribution to food policies across the globe.

The conference will feature some of the most significant initiatives and programs selected from different regions of the world with a well balanced view from government, regulatory, research and industry perspectives. We will showcase some of the best school based nutrition education programs, national initiatives, international approaches to nutrition labeling, and topics related to food security, safety and nutrition. I am also happy to say that we have worked with the Universities in the UAE and our students will be presenting their work in the exhibition area of the conference.

Whether your area of work is related to food or not, you will enjoy the conference because all the sessions are designed for personal learning as well. You might change the way you eat and the way others eat!
Day 1

7th November 2016

8:00 AM       Registration

9:00 AM       Opening Ceremony

9:20 AM       Key Note Lecture

**Childhood Obesity: Challenges, Costs, and Solutions**

*Tim Baker*, Head Teacher - Charlton Manor Primary School, School Food Plan Alliance Member, National Child Measurement Program Panel member, United Kingdom

**Break**

**Symposium 1: International and Regional Initiatives to Prevent Obesity Among Children**

10:45 AM to 01:00 PM

Childhood obesity is a complex problem of enormous proportions, influenced by macroenvironmental as well as individual factors. Stopping and reversing the tide of obesity requires a multi-factorial, multi-sectorial and multi-stakeholder approach. No one sector alone can be effective. All stakeholders want children to grow up with healthy body weights, unburdened by obesity and its associated health problems. Many Childhood Obesity prevention
Strategies and policies have been proposed and practiced in several countries to counter obesity and the strategies for obesity prevention include Early Care, Nutrition education and Physical Education Strategies. When it comes to reducing childhood obesity, Schools turn out to be the natural development zone for nutrition education and a source of healthy food, especially when children depend on the food provided in the schools during breakfast and lunch. They are one of the main social contexts in which lifestyles are developed and reinforced. School based intervention measures such as healthy meal program and nutrition education have shown to help children attain good health, provide them with the skills necessary to make optimum choice of foods, and the necessary environmental reinforcement they need to adopt long-term, healthy eating behaviors.

This session will cover a wide range of topics on strategies to prevent childhood obesity. Learn from schools that have made a difference to the health of children and listen to new directions in marketing food to children.

**Format:** Presentations followed by panel discussion

**Session Chair:** Joanne Taylor

**Speakers and Panelists:**

**10:45 AM Creating a Healthy and Vibrant School Food Culture**

Tim Baker, Headteacher - Charlton Manor Primary School, School Food Plan Alliance Member, National Child Measurement Program Panel member, United Kingdom

And

Gloria Friday, Charlton Manor Primary School, UK

**11:20 AM Creating and Delivering Successful and Practical Food Education**

Myles Bremner, Director of Programs, Jamie Oliver Food Foundation and Former Director- The School Food Plan, United Kingdom

**11:40 AM International Industry Action and Perspectives on Non-Communicable Diseases**

Rocco Renaldi, World Federation of Advertisers
Promoting Healthy Eating among School Children: Some Examples and the Way Forward

Sidiga Washi, Professor, Director, Nutrition Center for Training and Research School of Health Sciences, Director, Quality Assurance and Institutional Assessment Office, Ahfad University for Women, Sudan

12:15 PM to 01:00 PM Panel Discussion

Hamid Yahya, Schools and Educational Institution Health Services, Dubai Health Authority (Panelist)

Habiba Ali, UAE University, AlAin (Panelist)

Symposium 2: International and Regional Approaches to Nutritional Labeling and Health claims on Foods

02:00 PM – 04:30 PM

Nutrition labels provide information about the composition of food products to assist people to make informed food-purchasing decisions. Consumers can benefit from information about the composition of foods, especially those responsible for buying foods for the family, people with weight concerns, food allergies, heart disease or diabetes; and health conscious consumers. Therefore, nutrition information provided on labels should be truthful and not mislead consumers.

This session will focus on scientific substantiation of health claims and nutrient profiling; and also look at the new risk-based approaches to nutrition labeling such as the Front of Package labeling.

Format: Presentation for 10 to 15 minutes followed by panel discussion

Session Chair: Samuel Godefroy

Speakers and Panelists:

2:00 PM Trends in Nutrition information and Front-of-pack Labeling
Sophie Hieke, Head of Consumer Insights, European Food Information Council, Germany

02:30 PM Understanding Nutrition and Health Claims in EU and Comparison with the Proposed GCC Standards

Linda Amirat, Principal Food Law Advisor – Regulatory Affairs, Campden BRI Group, UK

03:00 PM FoodSwitch: An App to Make Healthier Food Choices

Bruce Neal, Senior Director, Food Policy Division, Professor of Medicine - University of Sydney, Chair- Australian Division of World Action on Salt and Health

03:15 PM Labeling as a Risk Management Tool – Are the Consumers Getting it Right?

Samuel Godefroy, Food Risk Analysis and Regulatory Excellence Platform (FRAREP) - Institute of Nutrition and Functional Foods (INAF), University Laval, Canada

3:45 – 4:30 Panel Discussion
Symposium 3: Global Challenges in Nutrition

8:30 AM - 10:00 AM

This session will look at the global challenges specific to foods, ingredients and nutrients including but not limited to salt, sugar and tranfats. The symposium will showcase specific intervention and endeavours adopted in different countries and highlight replicable best practices, challenges, and successes in bringing together diverse stakeholders for change.

**Format:** The session would include short presentations (10 -15 minutes) and a panel discussion

**Chair:** Yonna Sacre Al Shamy

**Speakers and Panelists:**

**8:30 AM** The Challenges and Successes of Salt, Sugar and Fat Reduction Programs to Prevent Non Communicable Diseases – Iran’s Experience

*Majid Hajifaraji,* Research Associate Prof., Dept. of Nutrition and Food Policy & Planning Research, National Nutrition & Food Technology Research Institute (NNFTRI), Shahid Beheshti University of Medical Sciences (SBUMS), Iran

**9:00 AM** Sweeter is ‘not’ Better- Strategies to Reduce Consumption of Sugar Sweetened Beverages

*Timothy Gill,* Professor of Public Health Nutrition, Research Programs Director, Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders Principal Research Fellow -Prevention Research Collaboration, Sydney Medical School, Sydney School of Public Health
9:30 AM Food Based Dietary Guidelines – Approaches Used to Develop Population-Wide
Healthy Eating Advice

Mary Flynn, Chief Specialist in Public Health Nutrition, Food Safety Authority of Ireland

10:00 AM to 10:30 AM Panel Discussion

Amjad Jarrar, UAE University, Al Ain (Panelist)

Symposium 4: Global Challenges in Nutrition - International Strategies for Salt Reduction

11:00 AM to 1:00 PM

Reducing salt intake is one of the easiest ways to reduce high blood pressure and thus the risks of stroke and cardiovascular and kidney diseases. Reducing salt intake to less than 5 g per day reduces the risk of stroke by 23% and the general rates of cardiovascular disease by 17%. However, the intake in the Middle East region is well above 5 g per day. WHO has developed a set of voluntary global monitoring targets and 25 indicators to assess progress in the implementation of strategies to achieve the global political commitment to reduce the burden of non-communicable diseases.

This session will look at the national and international action on salt reduction by stakeholders through reformulation of staple foods, providing proper and meaningful information to consumers and establishing an adequate monitoring system of dietary salt intake and its major sources in the diet.


Format: The session would include 10 to 15 minutes presentation from each speaker followed by panel discussion
Chair: Dave Shannon

Panelists:

11:00 AM Why Should We Halt the Salt?
Bruce Neal, Senior Director, Food Policy Division, Professor of Medicine - University of Sydney, Chair - Australian Division of World Action on Salt and Health

11:20 AM Beating the Taste Buds - International Regulatory Approaches to Salt Reduction
Saadia Noorani, Programme Lead for WASH and Public Health Nutritionist, World Action on Salt and Health (WASH), Wolfon Institute of Preventive Medicine, Barts and The London School of Medicine and Dentistry, Queen Mary University of London

11:40 AM Salt Reduction in Foods - A South American Perspective
Branka Legetic, Professor in Social Medicine and Organization of Health Services, European University Belgrade, Integrated Faculty for Pharmaceutical sciences, Novi Sad, Serbia

12:00 PM Reducing the Burden of Salt: Kuwait’s Initiatives to Reduce Salt Intake
Husam Fahad Omeira, Executive Director, Science and Technology Sector, Kuwait Institute of Scientific Research

12:20 PM to 01:00 PM Panel Discussion
Ayesha Salem Al Dhaheri, UAE University, Al Ain (Panelist)

Symposium 5: Food Security, Safety and Nutrition – Striking the Balance

2:00 PM to 03:30 PM

Food security, safety and nutrition are essential dimensions of sustainable development. Inadequate food security and nutrition take an enormous toll on economies and
have negative consequences for the livelihoods and economic capabilities of vulnerable populations. Hunger, food insecurity and malnutrition can be ended sustainably within a generation. However, the challenge is immense: one in eight people in the world today (868 million) are undernourished and approximately two billion suffer from micronutrient deficiencies. Despite progress, the global community must address significant challenges to meet the needs of the estimated 868 million undernourished today.

This session will look at the relationship between food security and nutrition and the global challenges as well as landmark achievements in the recent times. The session will also address the food safety aspects that influence nutrition during the panel discussion.

Format: The session would include presentation and a panel discussion.

Session time: 1:30 hours

Moderator: Richard Sprenger

Speakers and Panelists:

2:00 PM Achieving Ethical and Ecologically Sustainable Human Diets through the Planetary Health Paradigm

Robyn Alders, Associate Professor, Faculty of Veterinary Science and Charles Perkins Centre, University of Sydney, Australia

2:20 PM Children are Every Company’s Good Business

Kate Taylor, Senior Industry Partnership Officer, UNOPS China Operation Center

2:40 PM The Role of Integrated Nutrition Security for a Sustainable Food Security through Global Harmonization and Networking

Prakash Vishweshwaraiah, Vice-President of International Union of Nutritional Sciences (IUNS), India

3:00 PM Panel Discussion

Manpreet Singh, Associate Professor, Department of Food Science, Purdue University, USA (Panelist)
Symposium 6: Initiatives to Promote Healthy Food Options in Food Businesses in Dubai

3:30 PM - 05:00 PM

We are living in a world where people are getting increasingly dependent on the food that is not prepared in their homes. Food service businesses like catering facilities, restaurants and cafes are a ready choice for people who are on the ‘fast track’ of a busy life. It is imperative that food service businesses offer healthier choices of food and Dubai Municipality is currently working on programs to promote healthy options in food service businesses.

This session will look at Dubai’s upcoming programs as well as international best practices.

Format: The session would include presentation and a panel discussion.

Session time: 2 hours

Moderator: Dave Shannon

Speakers and Panelists:

3:30 PM Putting Calories-on-Menus – Practical Ways on Getting Started
Frankie Douglas, Food Safety Authority of Ireland

3:50 PM to 5:00 PM Panel Discussion

Timothy Gill, Professor of Public Health Nutrition, Research Programs Director, Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders Principal Research Fellow -Prevention Research Collaboration, Sydney Medical School, Sydney School of Public Health, Australia

Uwe Micheel, Executive Chef, Radisson Blu Hotel, Dubai (Representing Emirates Culinary Guild)
Mariam Saleh, Corporate Nutrition Manager, Abela & Co, Dubai, UAE

Representatives from the Food Safety Department of Dubai Municipality

5:00 PM Closing Ceremony

For further information about the program or to contribute to the program, please visit our website www.foodsafetydubai.com or email difsc@dm.gov.ae