Granada Scientific Week on Healthy Lifestyle & Nutrition in Europe: From Conception to Adolescence

Granada, Spain
April 20\textsuperscript{th}-22\textsuperscript{nd}, 2008

International course:
Symposium HELENA

Promoting a Healthy European Lifestyle through

http://www.helenastudy.com/granada_symposium.php
INTRODUCTION

HELENA is an open and dynamic international symposium that will focus on latest developments on physical exercise and nutrition in young people.

Updated and original data from the EU-funded project HELENA www.helenastudy.com, Healthy lifestyle by Nutrition in Adolescence, will be presented in this meeting for the first time. A total of 26 European research groups and industrial partners are involved in the HELENA study and will take part in the HELENA Symposium.

In addition, leading international experts have been invited in order to provide new insights into several health-related issues, such as physical activity and exercise, physical fitness, nutritional disorders, gene-environmental interactions…., concerning young people.

We consider that the young researchers work requires attention. Consequently, poster sessions will take place in this event and a prize to the best poster will be awarded.

Participants:

1. HELENA study research groups from: Spain, France, Germany, Hungary, Greece, Italy, Belgium, Austria, Sweden, United Kingdom.

2. Research experts from all over the world invited as speakers.

3. Active researchers interested in the area.

ORGANISERS

Organizing committee

President: Manuel J Castillo Garzón (Granada, Spain)
Secretary: Francisco B Ortega Porcel (Granada, Spain)

España Romero, Vanesa (Granada, Spain)
García Artero, Enrique (Granada, Spain)
González Gross, Marcela (Madrid, Spain)
Gutiérrez Sáinz, Ángel (Granada, Spain)
Jiménez Pavón, David (Granada, Spain)
Llorente, Ana (Barcelona, Spain)
Marcos, Ascensión (Madrid, Spain)
Moreno Aznar, Luis A (Zaragoza, Spain)
Ruiz Ruiz, Jonatan (Granada, Spain)
Sanchez, María José (Valencia, Spain)
Valero, Carlos (Valencia, Spain)

Scientific committee

President: Luis A Moreno Aznar (Zaragoza, Spain)

Castillo Garzón, Manuel J (Granada, Spain)
Dallongeville, Jean (Lille, France)
De Henauw, Stefaan (Ghent, Belgium)
Fernández, Laura (Brussels, Belgium)
Gilbert, Chantal (Chipping Campden, UK)
González Gross, Marcela (Madrid, Spain)
Gottrand, Frederic (Lille, France)
Gutiérrez Sáinz, Ángel (Granada, Spain)
Hall, Gunnar (Västra Götalands län, Sweden)
Kersting, Matilde (Dortmund, Germany)
Maes, Lea (Ghent, Belgium)
Molnar, Denes (Pécs, Hungary)
Moreno Aznar, Luis A (Zaragoza, Spain)
Sanchez, Maria Jose (Valencia)
Scalfi, Luca (Napoli, Italy)
Sjöström, Michael (Stockholm, Sweden)
SPEAKERS

Ahrens, Wolfgang (Bremen, Alemania)
Blair, Steven N. (South Carolina, USA)
Branca, Francesco (Rome, Italy)
Breidenassel, Christina (Bonn, Germany)
Castillo Garzón, Manuel J. (Granada, Spain)
d’Amario, Rosanna (Brussels, Belgium)
De Henauw, Stefaan (Ghent, Belgium)
Dallongeville, Jean (Lille, France)
Ferrari, Marika (Rome, Italy)
Gilbert, Chantal (Chipping Campden, UK)
González Gross, Marcela (Madrid, Spain)
Gottrand, Frederic (Lille, France)
Hall, Gumar (Västra Götalands län, Sweden)
Kersting, Matilde (Dortmund, Germany)
Koletzko, Berthold (Munich, Germany)
Maes, Lea (Ghent, Belgium)
Molnar, Denes (Pécs, Hungary)
Moreno, Luis A. (Zaragoza, Spain)
Pietrobelli, Angelo (Verona, Italy)
Simopoulos, Artemis (Washington, USA).
Sjöström, Michael (Stockholm, Sweden)
Vereecken, Carine (Ghent, Belgium)
Wärnberg, Julia (Madrid, Spain)
<table>
<thead>
<tr>
<th>Time</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday 20/04</th>
<th>Monday 21/04</th>
<th>Tuesday 22/04</th>
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<tr>
<td>9:00</td>
<td>HELENA meeting</td>
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<td>HELENA meeting</td>
<td>Registration and Poster display / HELENA meetings (Stakeholders meetings)</td>
<td>SESSION 4 Physical activity and fitness</td>
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<td>SESSION 5 Diet and food patterns</td>
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<td>SESSION 6 Adolescents as food consumers</td>
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<td>WELCOME INAUGURATION and Opinion leaders roundtable</td>
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<td>LUNCH and poster exhibition</td>
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<td>SESSION 7 Blood profile and genetics</td>
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<td>SESSION 2 High quality standards in HELENA cross-sectional study</td>
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<td>SESSION 8 Lifestyle interventions</td>
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<td>Healthy activity: WALKING VISIT TO THE ALHAMBRA</td>
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<td>SESSION 3 Body composition and obesity</td>
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<td>SESSION 9 Closing session</td>
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<td>GALA DINNER AND FLAMENCO SHOW</td>
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SYMPOSIUM PROGRAM

Sunday, 20th April 2008

10:00-12:00: Registration and poster display

12:00-12:30: Welcoming remarks and opening address

14:00-18:30: SOCIAL PROGRAM - Visit to the Alhambra

Monday, 21st April 2008

8:30-12:30: Registration and poster display
8:30-12:30: Helena meetings (Stakeholders meetings)

12:30-13:30: Official Inauguration and Opinion leaders roundtable (Aula Magna)

13:30-15:30: SOCIAL PROGRAM – Welcome reception “Copa de Vino Español y Tapas”

15:30-16:30: SESSION 1 - The HELENA Study: an overview

Rosanna d’Amario

The HELENA project from an EU perspective

Luis A. Moreno

The HELENA project: background and design

16:30-17:30: SESSION 2 - High quality standards in the HELENA cross-sectional study

Stefaan De Henauw

Recruitment, participation and data management.

Frederic Gottrand

Clinical and socio-demographic results.

17:30-18:00: COFFEE BREAK

18:00-19:00: SESSION 3: Body composition and obesity

Angelo Pietrobelli

Assessing body composition during maturation

Denes Molnar

Body composition and obesity in European adolescents

Selected oral communication
Tuesday, 22nd April 2008

9:00-10:30: SESSION 4 - Physical activity and physical fitness for health

Steven N. Blair  
*Fitness and cardiovascular health*

Michael Sjöström  
*Physical activity in the HELENA adolescents*

Manuel J Castillo/ Francisco B Ortega  
*Physical fitness in the HELENA adolescents*

Selected oral communication

10:30-11:00: COFFEE BREAK

11:00-12:00: SESSION 5 - Diet and food patterns

Mathilde Kersting  
*Energy and macronutrient intakes in European adolescents*

Carine Vereecken  
*Food patterns in European adolescents*

Selected oral communication

12:00-13:00: SESSION 6 - Adolescents as food consumers

Chantal Gilbert  
*Food choices and preferences in European adolescents.*

Gunnar Hall  
*Development and acceptability assessment of new food products for European adolescents*

Selected oral communication

13:00-15:00: Lunch and poster exhibition

15:00-16:30: SESSION 7 - Blood profile and genetics

Marcela González-Gross  
*Blood sampling in the HELENA Study*

Christina Breidenassel  
*Nutritional biomarkers in European adolescents: a focus on vitamins in the HELENA study.*

Marika Ferrari  
*Iron status and related parameters in European adolescents*

Julia Wärnberg  
*Immunological Biomarkers in European adolescents (HELENA Study)*

Jean Dallongeville  
*Genetic approach to metabolic variability in adolescents (the HELENA experience)*
16:30-17:30: SESSION 8 - **Lifestyle interventions**

Wolfgang Ahrens
*Lifestyle interventions in children: Development and implementation of a multinational strategy in Europe*

Lea Maes
*Development and effects of the HELENA lifestyle intervention*

Selected oral communication

17:30-18:00: **COFFEE BREAK**

18:00-19:30: CLOSING SESSION - **Promoting an early Healthy European Life-Style**

Berthold Koletzko
*Relevance of nutritional assessment in children and adolescents*

Artemis Simopoulos
*Omega-3 Fatty Acids, Nutrigenetics/Nutrigenomics: Personalized Nutrition*

Francesco Branca
*WHO European region Nutrition Policy: What to do with the HELENA results?*

20:30: **SOCIAL PROGRAM – Gala dinner and Flamenco Show**
ABSTRACTS, POSTERS and AWARDS

All the submitted abstracts will be considered for “Poster” presentations in the HELENA Symposium by the Scientific Committee.

The accepted abstracts will be published in the Symposium abstracts’ book.

Abstracts:

Title (bold letters) and authors’ names and affiliations. Structured abstracts (Objective/s, Methods, Results and Conclusions) are restricted to 250 words (without title, authors and institutions). Time New Roman 12 should be used and it may not contain any tables or graphs. Format file: Microsoft Word or equivalent is preferred.

Presenting author: Indicate the name of the presenting author and his/her contact details (e-mail and phone number required). This person is the only one receiving the information on acceptance of the abstract submitted and any other correspondence. Registration is a requirement for presenting a poster in the Symposium.

The submission of more than one abstract as first author is not allowed. However, an author can be co-author in other abstracts.

Language: The official language of the Symposium is English; thereby, abstracts written in English are preferred. Nevertheless, abstracts written in Spanish will also be considered.

Note: Please, find below an example of the required format for abstracts

NEW DEADLINE for abstract submission: APRIL 10th 2008

Send your abstract/s to: ortegaf@ugr.es

Posters:

Posters size should not exceed 160 cm in height and 110 cm in width. The posters will be fixed at the moment of the registration and will be showed until the end of the Symposium.

Awards:

All participants are encouraged to submit an abstract. The best poster will be awarded (200€).
Example:

HAND SPAN INFLUENCES OPTIMAL GRIP SPAN IN BOYS AND GIRLS AGED 6-12 YEARS

Vanesa España-Romero (1), Enrique G. Artero (1) Alba M. Santaliestra-Pasias (2), Angel Gutierrez (1), Manuel J. Castillo (1), Jonatan R. Ruiz (1,2)

(1) Department of Physiology, School of Medicine, University of Granada, Granada, Spain.

(2) E. U. Ciencias de la Salud, University of Zaragoza, Spain.

(3) Unit for Preventive Nutrition, Department of Biosciences and Nutrition at NOVUM, Karolinska Institutet, Huddinge, Sweden.

Aim: The first aim was to determine if there is an optimal grip span for determining the maximum handgrip strength in boys and girls aged 6 to 12 years, and if the optimal grip span was related to hand span. If so, the second aim was to derive a mathematical equation relating hand span and optimal grip span.

Methods: A total of 123 healthy boys (8.8 ± 1.7 y), and 70 girls (7.6 ± 1.6 y) were evaluated. Each hand was randomly tested on 10 occasions using 5 different grip spans, allowing a 1-minute rest between attempts. The hand span was measured from the tip of the thumb to the tip of the little finger with the hand open widely.

Results: An optimal grip span to determine maximum handgrip strength was identified for both genders. Hand span and optimal grip span showed a significant linear association in the studied children. The equation relating grip span as a function of hand span in boys is formulated as y = x/4+0.44 (r = .97, p = .002), and in girls: y = 0.3x-0.52 (r = .96, p = .008), where x is the hand span (maximal width between first and fifth finger), and y is the optimal grip span.

Conclusions: The results suggest that there is an optimal grip span to which the dynamometer should be adjusted when measuring handgrip strength in children. The optimal grip span was influenced by hand span in both genders.

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Fax nr: 0034 958 24 90 15
E-mail: vanespa@ugr.es
REGISTRATION & PAYMENT

**NEW DEADLINE** for Early Registration: **APRIL 10th 2008**

Fees for registration:

<table>
<thead>
<tr>
<th>Type</th>
<th>The 31st March or before</th>
<th>After 31st March</th>
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<tr>
<td>Type 1:</td>
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<tr>
<td>Student registration *</td>
<td>150 €</td>
<td>175 €</td>
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<tr>
<td>Type 2:</td>
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<td>Full registration **</td>
<td>275 €</td>
<td>300 €</td>
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* Includes coffee breaks and lunches
** Includes also a visit to the Alhambra, welcome reception, including typical Spanish food and wine, Gala Diner and Cultural events

**Note:** Those participants who are also registered for the International Symposium “Demonstrating early programming in humans and animal models” that will be held the 23rd of April also in Granada will get a 25€ discount from the HELENA Symposium’s prices. Web site: [http://www.enasymposium2008.org](http://www.enasymposium2008.org)

Steps for registration:

1) Fill in the registration form (click here)

2) Payment of the symposium. Bank data:
   Banco Santander
   IBAN: ES10 0049 2443 19 2114060114
   BIC (SWIFT): BSCHESMM

3) Send the following 2 documents by e-mail (preferred), fax or post:
   - Registration form.
   - Receipt of payment from the back.

**NOTE – VERY IMPORTANT:** The registration will only be effective when the registration form (duly completed) and the proof of payment, have been sent either by fax or email to Fundación Empresa Universidad de Granada. In the proof of payment you must indicate, as concept of payment, your name and type of registration (type 1 or 2). Those inscribed in the "International Symposium Demonstrating early programming in humans and animal models" must present the corresponding certificate of inscription. Invoices will be provided only after the payments have been received.

Contact for registration:
Marina Manzano Fernández
Fundación Empresa Universidad de Granada
Avda. Del Hospicio, s/n.
Complejo Administrativo Triunfo (Pabellón, 1)
18071, Granada, Spain.
E-mail: mmanzano@feugr.ugr.es
Fax: 0034 958 240 884
VENUE

“Aula Magna”
School of Medicine
Avd. Madrid, s/n
18012, Granada (Spain)
ACCOMODATION AND TRAVEL

Symposium Hotel

<table>
<thead>
<tr>
<th>HOTEL</th>
<th>STARS</th>
<th>Single room*</th>
<th>Double room*</th>
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<tr>
<td>Hotel Vincci Granada</td>
<td>****</td>
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<td><a href="http://www.vinccihooteles.com/content/eng/hotels/vincci_granada/presentacion.php">http://www.vinccihooteles.com/content/eng/hotels/vincci_granada/presentacion.php</a></td>
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</table>

* All prices do not include VAT or breakfast.

How to get to Granada?

Granada has an international airport with direct flights to Madrid, Barcelona and some other European cities.

Malaga airport (100km away from Granada) is a main international airport with connection with many European cities. Buses from Malaga to Granada are departing every 2 hours (aprox.) from the Malaga Central Bus station.

Note: It is very important to indicate that your booking belong to the HELENA meeting y/o symposium.

The booking can be made by phone (0034 958204061), fax (0034 958291037) or e-mail.

Contact person:
Antonio Melgarejo Millán
antonio.melgarejo@vinccihooteles.com

SYMPOSIUM CONTACT

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Secretary of the Organizing committee
Department of Physiology
School of Medicine
University of Granada
Avd. Madrid, s/n
18012, Granada (Spain)
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