

ENA CANTABRIA POSTGRADUATE SCHOOL 2010
2nd NUTRENVIGEN-G+D FACTORS MASTER MEETING 2010

**“EARLY NUTRITION AND PHYSICAL ACTIVITY:
DETERMINANTS FOR METABOLIC PROGRAMMING”**

PROGRAMME



Santander (Cantabria)
Hotel Santemar, Sardinero Beach
15-18 September, 2010



INTRODUCTION

The Early Nutrition Academy (ENA) over the past 3 years has organised a series of highly successful Symposiums, trainings and postgraduate courses for young scientists with a commitment to paediatric nutrition research, which have been held about every year. These courses have provided up-to-the-date scientific information, have trained communication and presentation skills, have helped younger academicians to network and build careers in the field, and provided enthusiasm to the participating scholars. I feel the success of these courses is in our mutual interest, as they help to considerably strengthen the field of Academic Paediatric Nutrition.

The ENA Scientific Committee of Cantabria Postgraduate Course designed the programme to:

- Offer a comprehensive Curriculum on physical activity and paediatric nutrition programming research, literature, and clinical trials.
- Provide well-founded advice on the prevention, diagnosis, and management of early nutrition programming of adult diseases.
- Offer unique opportunities to learn from and interact with expert faculty from various European centres, as well as from participants from around the world interested in nutrition & physical activity as determinants of early metabolic programming.
- Serve as an introduction to the new opportunities in Early Nutrition Programming research.

The next ENA Postgraduate Course will be held in Santander from 15-18th September 2010 and it will be focussed on "*Early Nutrition and Physical Activity: determinants for metabolic programming*". The organising team consists of Prof. Berthold Koletzko, head of the Nutrition and Metabolism Division at the University of Munich, and Coordinator of the EU FP6 EARNEST Project and President of the ENA and Prof. Cristina Campoy, head of the EURISTIKOS Excellence Center for Paediatric Research at the University of Granada, Coordinator of the EU FP7 NUTRIMENTHE Project and General Secretary of the ENA, who in collaboration with the local team in Cantabria, will make this course a reality.

VENUE

This 4-days Postgraduate School on Early Nutrition and Physical Activity will be held in Santander, Spain, at the Hotel Santemar (Sardinero Beach) (3.5 days) in Santander city.

DATES AND TIMES

The ENA Postgraduate School will commence at 8:30 on Wednesday, 15th of September 2010, and will end on Saturday, 18th September 2010, around mid-day.

COSTS:

The fee for these 3 and half days of Postgraduate School is € 500.

The fee includes:

- Participation in all activities of the course
- Course materials
- Ground transportation
- 1 meal & 2 coffee breaks per day
- Dinner 17rd September
- Diploma

REGISTRATION FORM

The registration deadline is 10th September 2010. There is a **limit of 40 places** on the course. You can find the registration form in www.metabolic-programming.org (Early Nutrition Academy trainings), www.nutrimenthe.eu, www.nutrenvigen-gd.com.

Additionally, you should send to the organizer (pedgld@humv.es) a short CV to know your research topic and your specialty.

WHO SHOULD ATTEND THE POSTGRADUATE SCHOOL?

Pre-requisitions for participation includes previous experience in clinical or basic science research related to paediatric nutrition, and a career potential with potential work in paediatric nutrition research.

- Clinicians
- Nutrition researchers
- Physical Activity researchers and professionals
- Clinical nutritionists and dieticians
- Industrial researches, etc

The Postgraduate School is aimed at researchers and clinicians and other health care professionals interested in developing an academic career in early and paediatric nutrition.

POSTGRADUATE SCHOOL LEARNING OBJECTIVES

After the Postgraduate School, participants should:

- Have a complete and updated overview of Nutrition impact on Metabolic Programming.
- Have an overview of how Physical Activity could impact on Metabolic Programming.
- Have a current practical knowledge about the early nutrition and physical activity approach for preventing growth and development disorders.
- Read critically and be able to discuss nutritional scientific literature.
- Be familiar with emerging trends in Early Nutrition and Physical Activity related to Metabolic Programming for childhood development.
- Provide graduate students of the Interuniversity Master: “*Genetics, Nutritionals and Environmental Factors for Growth and Development*”- *NUTRENVIGEN-G+D-Factors*” the opportunity to improve their knowledge within a relaxed atmosphere taken contact directly with the most relevant researchers in the field.

FORMAT

The Postgraduate School will be a mixture of plenary sessions and small group discussions in which participants will practice and develop their knowledge in the role of nutrition and physical activity & fitness on the metabolic programming, as well as the actual nutritional and physical activity evidence-based medicine knowledge and skills. Informal social events will encourage free discussion and the establishment of ongoing links.

TOPICS

Main topic: “Early Nutrition and Physical Activity: determinants for metabolic programming”

Sub-topics:

- ✓ Early life programming. Mechanisms and gene-environment interactions
- ✓ Advances in current research and future challenges on early life programming
- ✓ General physical activity and nutrition recommendations for pregnant mothers and infancy to prevent undesirable early programming effects.
- ✓ Impact of infant feeding and under nutrition on later outcome & development
- ✓ Evaluation of the body composition and nutritional status during growth and development
- ✓ Physical activity and fitness status assessment
- ✓ Effects of early programming on adult pathology depending on early life physical activity and dietary habits.

PROGRAMME

DAY	TIME	TOPIC	SPEAKER
Wednesday, 15 th September 2010	8:15	REGISTRATION	
	8:30-9:00	INTRODUCTION INTO THE COURSE Reception	C. Campoy
	9.00-9.45	Three decades of Molecular Genetics (1980-2010). Hospital Valdecilla-University of Cantabria	M. Garcia Fuentes
		Developmental origins of Health and disease: Advances in current research and future challengers on early life programming.	B. Koletzko
	9:45-10:30	Epigenetics mechanisms involved in early nutrition programming	S. Sebert
	10:30-11:00	Coffee break	
	11:00-11:45	Genetic reasons for potential “re-programming” through physical activity and nutritional interventions during childhood	D. González-Lamuño
	11:45-12:30	Effects of placental transport of fatty acids for the neonate	E. Larqué
	12:30-13:15	Impact of dietary factors in pregnancy on offspring health: overview with emphasis on the epidemiologic evidence	S. Olsen
	13:30-14:30	Lunch	
	14:30-15:15	Perinatal environment and its influence on programming (maternal overweight, maternal undernutrition, maternal diabetes, stress, smoking, high fat intake, micronutrientes..)	M. Symonds
	15:15-16:00	Dietary recommendations during pregnancy	B. Koletzko
	16:00-16:30	Coffee break	
	16:30-17:15	Methodological and practical issues related to undertaking epidemiological studies of impact of dietary factors in pregnancy on offspring health: exemplified with the Danish National Birth Cohort	S. Olsen
17:15-18:00	How networking can enhance clinical studies in early nutrition	A. Valls	

DAY	TIME	TOPIC	SPEAKER
Thursday, 16 th September 2010	8:30-9:00	PLENUFAR study: Nutritional and healthy Lifestyle educational program in pregnant and lactating women in Spain	M. Rivero
	9:00-9:45	Early nutrition and adipose tissue development	M. Symonds
	9:45-10:30	Intrauterine growth impairment	G. Rodriguez
	10:30-11:00	Coffee break	
	11:00-11:45	Effects of programming on brain development, mental performance and behavior	C. Campoy
	11:45-12:30	Postnatal growth and body composition	L. Moreno
	12:30-13:15	Programming of food habits	S. Sebert
	13:30-14:30	Lunch	
	14:30-15:15	Effects of early programming on the development of diabetes later in life	L. Castaño
	15:15-16:00	Nutrition in the immediate postnatal period: Benefits of breastfeeding on health and well-being later in life	G. Rodriguez
	16:00-16:30	Coffee break	
	16:30-17:15	Application of the use of actigraphy to evaluate sleep-wakeness patterns in infants and its relation to infant nutrition	M. Rodríguez-Palmero
	17:15-18:00	Training: How to assess physical activity	G. Vicente / G. Rodríguez

DAY	TIME	TOPIC	SPEAKER
Friday, 17 th September 2010	9:00-9:45	Delegates presentation on Physical Activity training	G. Vicente / G. Rodríguez
	9:45-10:30	Assessment on the nutritional status in newborn and infants	V. Luque
	10:30-11:00	Coffee break	
	11:00-11:45	Early programming and physical activity and body fitness	G. Vicente
	11:45-12:30	Health consequences of nutrition and physical activity during childhood (cardiovascular disease, psychosocial health and quality of life)	L. Moreno
	12:30-13:15	Influence of physical activity and obesity on inflammation risk.	A. Marcos
	13:30-14:30	Lunch	
	14:30-15:15	Physical activity and bone health	G. Vicente
	15:15-16:00	The transition from fetal growth restriction to accelerated postnatal growth: a potential role for insulin signalling in skeletal muscle	S. Ozanne
	16:00-16:30	Coffee break	
	16:30-17:15	Neuroendocrine mechanisms responsible for programming	S. Ozanne
	17:15-18:00	Emotional status and appetite. Experimental model	A. Diaz
	20:30	DINNER & FARAWELL PARTY	

DAY	TIME	TOPIC	SPEAKER
Saturday, 18 th September 2010	9:00-10:00	Spanish Maternal and Child Health and Human Development Research Network	A. Valls
	10:00-10:45	Nutrigenomics: programming & re-programming	I. Labayen
	10:45-11:15	Coffee break	
	11:15-12:00	Importance of Nutrition and physical activity in Metabolic diseases	D. González-Lamuño
	12:00-12:30	Wrap-up and goodbye	C. Campoy M. García Fuentes
	12:45-13:00	Meeting NUTREVIGEN-G+D Factors (Only delegates participants in the Master)	C. Campoy M. García-Fuentes MJ Noriega

Honour Committee

Jose C. Gómez Sal

Research Vicerrector University

Galo Peralta

Director del IFIMAV

International Scientific Committee

Cristina Campoy, Prof., MD

Department of Paediatrics. University of Granada. Spain

Berthold Koletzko, Prof., MD

Department of Paediatrics. Ludwig-Maximilians University of München, Germany

Michael Symonds, Prof. MD

Division of Human Development. University of Nottingham. UK

Organisers:

Chairpersons:

Miguel García-Fuentes, Prof. MD

Jesús L. Alvarez-Granda, Prof. MD

Department of Paediatrics. University of Cantabria (Spain)

Committee members:

M^a Jose Noriega (Universidad de Cantabria)

M^a Jesús Cabero (Universidad de Cantabria)

Isabel de las Cuevas (Universidad de Cantabria)

Domingo González-Lamuño (Universidad de Cantabria)

Ricardo Lanza (IFIMAV. Hospital Valdecilla. Cantabria)

Luis Moreno (Universidad de Zaragoza)

Carlos Redondo (Universidad de Cantabria)

Gerardo Rodriguez-Martinez (Universidad de Zaragoza)

SPEAKERS (in alphabetical order):

Cristina Campoy	<i>(University of Granada, Spain)</i>
L. Castaño	<i>(University of País Vasco, Spain)</i>
Miguel García Fuentes	<i>(University of Cantabria, Spain)</i>
Domingo Gonzalez-Lamuño	<i>(University of Cantabria, Spain)</i>
Bert Koletzko	<i>(University of München, Germany)</i>
I. Labayen	<i>(University of País Vasco, Spain)</i>
Elvira Larqué	<i>(University of Murcia, Spain)</i>
Verónica Luque	<i>(University of Rovira i Virgili, Spain)</i>
Ascensión Marcos	<i>(Instituto del Frío, CSIC, Madrid, Spain)</i>
Luis Moreno	<i>(University of Zaragoza, Spain)</i>
Sjudur Olsen	<i>(University of München, Germany)</i>
Susan Ozanne	<i>(University of Cambridge, UK)</i>
Montserrat Rivero	<i>(Laboratorios Ordesa, Spain)</i>
Gerardo Rodriguez	<i>(University of Zaragoza, Spain)</i>
María Rodriguez-Palmero	<i>(Laboratorios Ordesa, Spain)</i>
Sylbain Sebert	<i>(University of Nöttingham, UK)</i>
Michael Symonds	<i>(University of Nöttingham, UK)</i>
A. Valls	<i>(University of País Vasco, Spain)</i>
G. Vicente	<i>(University of Zaragoza, Spain)</i>

TRAVEL INFORMATION

Santander, is the capital of the Autonomous Community of Cantabria, this beautiful region of half a million inhabitants is on the shores of the Cantabrian Sea and is crossed by a mountain range. The shores and inland valleys offer a wide variety of landscapes as a consequence of the mild, moist climate of so called Green Spain. All along the coast there are typical traditional fishing ports and innumerable diverse beaches of soft white sand.

However, Cantabria's attractions are not limited to its natural treasures. History has provided a rich artistic and cultural heritage found in towns and villages that are outstanding in their own right. The archaeological remains and historic buildings bear the mark of a unique history. It is here that we find the world famous Altamira cave paintings, a veritable shrine to the prehistoric age. In addition, there are remarkable remains from the Romans, the Mozarabic presence and the beginnings of the Reconquest of Spain. The artistic heritage offers us vivid evidence of the Romanesque, the Gothic and Baroque styles plus the singular architectural style of the 'Indian's, returning adventurers from Latin America.

Santander is set around a natural port, providing the city with one of the most beautiful bays in the country. The coastal side of the city boasts a long string of top quality beaches and recreational areas, such as the Magdalena Peninsula, the Sardinero and Mataleñas Park.

Santander is a coastal city that grew in 19th century thanks to a flourishing commercial activity and also throughout the 20th century thanks to tourist activity promoted by the Spanish Royal Family. It currently offers a friendly atmosphere within a very beautiful natural setting with large beaches and attractive promenades. All these features make Santander a comfortable city to live in, with a wide range of cultural and sport attractions.

Santander Airport is based about 5 km (3 miles) from the city centre. Bus journey times take approximately 15 minutes though taxis are also available. You will probably have to take a connection flight via Madrid or Barcelona. Iberia (and all their affiliates) www.iberia.es

How to move along Santander (TAXIS/BUS)

All the taxis in Santander are official and sure.

Companies and telephones

-Radio-Taxi: +34 942 333 333

-Tele-Taxi: +34 942 369 191

Language

Spanish is the spoken language throughout Spain. The official language of the course will be English & Spanish (translation available).

Banking & Currency

The majority of banks are open Mon-Fri 08.30 -15.00 with some city centre offices open Saturday morning. Automatic Machines are widely available throughout the area and most are linked to Visa, Maestro or Plus international money systems.

Spanish currency is Euro (€). Most hotels, restaurants and shops in Spain accept major credit cards such as American Express, VISA, Mastercard, Access and Diners Club.

Electricity

The standard voltage in Spain is 240V AC. Plugs have 2 round pins.

Weather

The weather and climate in Santander is Atlantic type, soft and pleasant, with rainy winters and with mild summers. The summer weather and climate in Santander is pleasant, with average temperatures of 20°C / 68°F daytime, and 16°C/60°F overnight.

HOTEL INFORMATION

HOTEL SANTEMAR *****

<http://www.h-santos.es/hoteles/Hotel-Santander-Santemar/>

C/ Joaquín Costa 28

39005 Santander (Cantabria- España)

Tel. (+34) 942 272 900 - Fax (+34) 942 278 604

HOTEL SILKEN RIO SANTANDER ****

<http://www.hoteles-silken.com/hotel-rio-santander>

Avda. Reina Victoria, 153,

39005 Santander (Cantabria – España)

Tel: (+34) 942 274 300 Fax: (+34) 942 278 653

HOTEL HOYUELA*****

<http://www.gruposardinero.com/hotelhoyuela.php>

Avda. de los Hoteles, Nº 7

39005 Santander (Cantabria - España)

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WEBSITES INFORMATION

Web: www.spain.info

Web: www.turismodecantabria.com

Web: <http://portal.ayto-santander.es/>

Web: <http://www.santander2016.eu/eng/>

Web: <http://www.santanderciudadviva.com/>

Web: <http://www.cantabriajuven.com/santander>

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