

II Mediterranean Symposium

April, 16. San Lorenzo de El Escorial

A better health for youth:
from obesity to sustainability



09:30 h. Opening

09:45 h. Dr. Luis Moreno. Dietary patterns, Mediterranean diet and obesity prevention strategies in the school setting. Universidad de Zaragoza.

10:15 h. Dr. Sandro Dernini. Exploring the environmental, health and economic sustainability of the current food consumption patterns: The Mediterranean dietary paradox.

10:45 h. Break

11:15 h. Sharing field experiences:

- Dr. Monique Romon. SFN. VIF program: shifting from childhood obesity prevention to sustainable and healthy life style for everybody in community based interventions.
- Dr. Mathieu Delabarre. From dependency to empowerment. Equales-uniterres.
- Spanish experiences:
 - Alimentando otros modelos. D. Abel Esteban Cabellos. Sociedad cooperativa Garúa.
 - Programa de Salud integral (SI!). Dra. Gloria Santos-Beneit. Fundación SHE – Health, science & education. CNIC Centro Nacional de Investigaciones Cardiovasculares.

12:30 h. Round table: What projects for the future?

14:15 h. Closing.

Venue & registrations.

When:

April, 16

Venue:

Real Centro Universitario Escorial María Cristina UCM - Paseo de los Alamillos, 2
San Lorenzo de El Escorial, Madrid 28200 ES

Registrations:

On line: www.nutricion.org

Members/registrants of SFN - SEDCA - X International Nutrition Congress can participate for free.

* **Pay attention:** conference will be in english with slides in spanish.

