

Science Life

THE 2nd INTERNATIONAL CONFERENCE “NUTRITION AND HEALTH”

Rīga, Latvia, 5–7 October 2016



The 2nd International Conference “Nutrition and Health” was organised by the University of Latvia, Latvia University of Agriculture, and Rīga Stradiņš University in Rīga, Latvia, on 5–7 October 2016. Since 2006, these universities jointly implemented inter-university Master’s study programme “Nutrition Science”, which is still active preparing nutrition science’s Masters in health sciences. With their assistance targeted scientific research in the field of nutrition science has started in Latvia.

Topicality of the Master’s study programme “Nutrition Science” is determined by modern tendencies in the field of public health — consumers are interested in prevention of diseases, the state is interested in reduction of costs for medical services. The numbers of people in Latvia having diseases caused by imbalances and unhealthy nutrition is growing, and part of the younger generation has health problems created by eating disorders. These tendencies necessitated a scientific solution of the nutrition problems, using theoretical and practical knowledge in areas, linked with nutrition science — policy of food and nutrition, production of foodstuffs, food microbiology, food chemistry, medical food therapy, public health, feeding people of different ages (children, adolescents, old people etc.) and different statuses (pregnant woman, sportsmen etc.).

Within the decade of its existence, the programme had ten 10 graduate releases with 240 nutrition science Masters prepared and able to secure research in nutrition science corresponding to international standards. Graduates of the programme have presented to the examination commission their Masters’ thesis on the following topics: public health and nutrition policy, securing of valuable food to population, nutrition and eating habits, nutrition as a risk factor for chronic diseases, nutrition of sportsmen, elaboration of novel and functional foods for determined groups of con-

sumers, evaluation of the nutritional value and biologically active compounds in food and its raw materials. The graduates have demonstrated successful application of the achieved theoretical knowledge in practice.

The programme has strengthened nutrition and health related investigations in Latvia — the teaching staff has started interdisciplinary research, using modern research equipment, available in universities, support of researchers from other institutions and involving students in this research (Jakobsone, 2012). As a result, two international conferences “Nutrition and Health” were organised. The first conference took place in 2012 (some articles based on presentations in the conference were published in the journal *Proceedings of the Latvian Academy of Sciences. Section B*, 2013, Vol. 67, issues 4–5, see <https://www.degruyter.com/view/j/prolas.2013.67.issue-4-5/issue-files/prolas.2013.67.issue-4-5.xml>); the second conference was held in 2016. The objective of both conferences was to offer the possibility to Latvian researchers, students of the programme, and experts from the area of nutrition and health to become acquainted with research results of their foreign and Latvian colleagues. The task of invited lecturers was to highlight the context of the most essential international problems.

The 2nd International Conference “Nutrition and Health” attracted a high number of foreign and Latvian scientists as well as drew the attention of officials from both health and scientific authorities. Participants of the conference were welcomed by the Minister of Health of the Republic of Latvia Anda Čakša, rector of the University of Latvia Indriķis Muižnieks, representatives of the Latvian Academy of Sciences, Rīga Stradiņš University, office of the World Health Organisation in Latvia, and of the Foundation for the Support of Medical Education and Scientific Research. Among



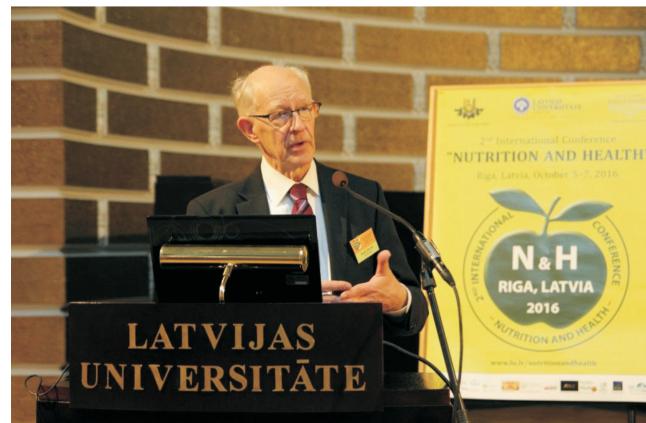
From the left: Anda Čakša, Minister of Health of the Republic of Latvia; Indriķis Muižnieks, Rector of the University of Latvia; Ida Jākobsone, director of the inter-university Master's study programme "Nutrition Science".

the participants there were scientists from Latvia, Lithuania, Russia, Ukraine, Poland, Slovakia, Finland, Germany, France, Norway, the Netherlands, Serbia, and India.

During the 2nd International Conference "Nutrition and Health", 52 oral presentations and 47 posters were presented involving the results of 352 authors in the studies of nutrition policy, public health, nutrition in the human life time, clinical nutrition science, new and functional food, etc. The conference audience had an opportunity to get a broad understanding of the nutrition science, its interdisciplinarity, complexity, and role in disease prevention. Comparison of both the conferences shows that in oral presentations and posters of the 2nd conference a more significant part was devoted to research results from interdisciplinary studies, where researchers from different branches were involved. As an example one can mention the project co-financed by the European Regional Development Fund (ERDF) and European Social Fund (ESF) and implemented in 2010–2015 by Stende Research Centre of the Institute of Agricultural Resources and Economics and University of Latvia (Zute *et al.*, 2015), and the project co-financed by the European Economic Area and implemented by Priekuļi Research Centre of the Institute of Agricultural Resources and Economics, Latvia University of Agriculture and Riga Stradiņš University in 2015–2017. Realisation of these projects offered an opportunity for cooperation to scientists from different branches — breeders, food chemists and technologists, physicians. Using local varieties high quality cereal grains were obtained, and in a clinical research the foodstuff from these grains was evaluated, namely, its influence on human health and quality of human life.

During the 2nd International Conference "Nutrition and Health", six sessions with 12 plenary lectures were presented:

- Inga Birzniecī (Ministry of Health of the Republic of Latvia), "Nutrition Policy in Latvia";



Professor H. C. Huub Lelieveld, President of the Global Harmonization Initiative (The Netherlands).

- Randi Julie Tangvik (National Advisory Board on Disease Related Malnutrition, Oslo University Hospital, Norway), "Nutrition and Patient Safety";
- Iveta Pudule (Centre for Disease Prevention and Control of Latvia), "Nutrition Behaviour of Latvian Adult Population";
- Carina Kronberg-Kippilä (Nutricia Baby Oy, Finland), "Nutrition and its Role in Later Health — Focus on Protein Intake";
- Andrejs Ērglis (Institute of Cardiology and Regenerative Medicine, University of Latvia, Pauls Stradiņš Clinical University Hospital), "Heart Healthy Diet and Lifestyle: Role of Polyphenols in Cardiovascular Disease";
- Iveta Mintāle (Latvian Cardiology Centre, Pauls Stradiņš Clinical University Hospital), "Trimethylamine N-oxide: Diet, Microbiota and Cardiometabolic Health Risk";
- Markus Masin (Deutsche Stiftung gegen Magen- und Darmnährung, Germany), "Nutritional Support in Short Bowel Syndrome";
- Elena Bartkiene (Lithuanian University of Health Sciences), "Safety Aspects of Higher Value Bread";
- Daina Kārkliņa (Faculty of Food Technology, Latvia University of Agriculture, Latvia), "Biologically Active Compounds from Plants and New Processing Technologies for Creating Innovative Food Products";
- Huub Lelieveld (The Global Harmonization Initiative (GHI) Board, The Netherlands), "The Global Harmonization Initiative";
- Aiga Rūrāne (Head of the WHO Country Office in Latvia), "WHO Report Good Maternal Nutrition: The Best Start in Life (2016)";
- Laila Meija, Dace Rezeberga (Riga Stradiņš University, Latvia), "Development of Latvian National Recommendations on Nutrition During Pregnancy".

President of the Global Harmonization Initiative (GHI) Professor H. C. Huub Lelieveld (The Netherlands) informed participants about the objective of the GHI to engage and empower food scientists and experts in industry, government and academia to voice scientific consensus and make recommendations on food safety laws and regulations, globally. The aim of the GHI is to provide objective and fact-based advice that will help to harmonise conflicting regulations and legal policies to eliminate trade barriers that masquerade as food safety protections, reduce the needless destruction of safe foods within and across international borders, promote the use of innovative food safety technologies around the globe and lessen the potential for foodborne illness and pandemic outbreaks (Lelieveld, 2016). Professor Lelieveld also informed about a new series of 26 books, "Nutrition and Health Aspects of Traditional and Ethnic Foods" started by GHI and printing house Elsevier. The series will give the possibility to the world population to get acquainted with the ethnic and traditional foods of each country. Book 3 of this series, "Eastern Europe: Russia, Belarus, Ukraine and Baltic countries" will contain an article "Food, nutrition and health in Latvia". 12 authors from Latvia University of Agriculture, University of Latvia, Riga Stradiņš University, RISEBA University of Business, Arts and Technology, and Stende Research Centre, Institute of Agricultural Resources and Economics, have prepared the mentioned article in 2017, and it has been sent to the editorial board.

The 2nd International Conference "Nutrition and Health" was supported by the Latvian food producers Food Union

"Rīgas piensaimnieks" and "Rīgas piena kombināts" (Riga Dairy Producer Ltd), Orkla Foods Latvia "Gutta", Institute of Horticulture (Dobele), Research Farm "Gundegās", Institute of Agricultural Resources and Economics Stende Research Centre, "Milzu" Ltd, Graci Professional Cereals and OrklaHealth (Nutriless, Möllers), JSC OlainFarm, Rīga Tourism Development Bureau "Live Rīga", Global Harmonization Initiative (GHI).

The summaries of the Conference plenary lectures, oral presentations and posters were posted in the Conference's Programme and Abstracts Book (see http://www.llu.lv/sites/default/files/files/projects/_Abstracts_Programma_Uztur_konf_2016-gala.pdf). Articles based on a part of the presentations were published in two issues of the Proceedings of the Latvian Academy of Sciences, Section B, 2017, Vol. 71, issue 6 (<https://www.degruyter.com/view/j/prolas.2017.71.issue-6/issue-files/prolas.2017.71.issue-6.xml>) and 2018, Vol. 72, issue 2 (see <http://www.degruyter.com/view/j/prolas>) in Open Access status and are available for all interested persons.

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- Zute, S., Šterna, V., Meija, L. (2015). Investigations of the State Stende Cereal Breeding Institute on the suitability of local varieties of cereals for the production of healthy food in Latvia. *Proceedings of the Latvian Academy of Sciences, Section B*, **69** (4), A1–A3.

Ida Jākobsone

2. STARPTAUTISKĀ KONFERENCE "UZTURS UN VESELĪBA" Rīga, Latvija, 2016. g. 5.–7. oktobris

Rīgā, 2016. gadā no 5.–7. oktobrim notika trīs lielāko Latvijas augstskolu — Latvijas Universitātes, Latvijas Lauksaimniecības universitātes un Rīgas Stradiņa universitātes, kuras kopīgi īsteno akadēmisko maģistra studiju programmu "Uzturzinātne" — organizētā Otrā Starptautiskā zinātniskā konference "Uzturs un veselība". Konferencē piedalījās zinātnieki no 13 valstīm — Latvijas, Lietuvas, Krievijas, Ukrainas, Polijas, Slovākijas, Somijas, Vācijas, Francijas, Norvēģijas, Nīderlandes, Serbijas un Indijas. 52 ziņojumos un 47 stenda referātos tika prezentēti 352 zinātnieku starpdisciplināru pētījumu rezultāti, kas aptver plašu pētījumu loku par tēmām: Uzturpolitika, Sabiedrības veselība, Uzturs cilvēka dzīves laikā, Kliniskā uzturzinātne, Jaunā un funkcionālā pārtika.