



Welcome

Welcome to the second Nutrimenthe project newsletter. This newsletter serves as the gateway into the Nutrimenthe project for partners, the wider nutritional community and the public in general. Nutrimenthe is a large scale integrated project funded through the Cooperation Programme's Theme Two; Food, Agriculture and Fisheries, Biotechnology of the EU's Seventh Framework Programme. The project has been running since April 2008 and has been set up to address the evidence that early nutrition can affect later mental performance, cognitive development and behaviour in children. The project has recently held its third biannual meeting and undergone its first review and is proceeding satisfactorily towards its objectives



Nutrimenthe news - Third Nutrimenthe partner meeting

Nutrimenthe partners met in Tarragona from the 21st to 23rd of October 2009 for the 3rd Nutrimenthe Biannual Meeting. Located on the Spanish coast, 60 miles southwest of Barcelona, Tarragona was one of the first major cities in Spain to be conquered by the Romans and eventually became one of the most prosperous ports in the entire Roman Empire. It is now a UNESCO World Heritage Site.



Image courtesy of [Virtourist](#)

The first day of the meeting focused mainly on Anthropometric training. Approximately 20 people attended the session which began with presentations by J Williams MF Rolland Cachera on the "Standard Operating Procedures to assess anthropometry", "Equations to calculate body composition", and "World Health Organisation growth charts" and was

followed by a practical session where participants learned how to carry out measurements on children. An SOP was distributed to study centres and

Workpackage members. The second day was dedicated to the General Assembly meeting for all partners and a poster session which enabled researchers to exchange their most recent results.

At the General Assembly meeting, Workpackage leaders presented updated reports of the progress achieved so far and discussed meeting and training events planned for the future. At the end of the second day, partners were treated to a guided tour of the Roman city and a gala dinner hosted by SHS. On the third and final day, parallel Workpackage sessions were held. It was clear from this Nutrimenthe meeting that great progress has been made in several Workpackages, including WP 5 (data collection completed), WP10 (initial data collection and analysis completed), and WP11 (several systematic reviews completed and ready for journal submissions). Furthermore, important developments have also been made in WP 7 (Harmonisation of neuropsychological testing), WP 3 (NUHEAL) and WP 4 (CHOP). Overall, partners are aware that there is still a considerable amount of research work to be done but they feel optimistic for the future of Nutrimenthe.

Nutrimenthe project wins award

Nutrimenthe was awarded first prize at the Diario Medico “Best Healthcare Ideas of the Year 2009” in Spain. Diario Medico (Medical Journal) is a Spanish healthcare publication that annually awards “Best Healthcare Idea of the Year” to individuals, institutions and companies whose daily work helps to improve medicine, health care and health. The award is divided into several categories “Research and Pharmacology”, “Patronage and Solidarity”, “Legal Initiative”, “Ethics”, “Professional ethics policy” and “Health Policy and Management”. Nutrimenthe was awarded first prize in the Patronage and Solidarity category. The event was held on November 23rd at the National Theatre of Catalonia in Barcelona, Spain, in the presence of an audience of outstanding personalities from the world of health.



Nutrimenthe publication

Congratulations to the Erasmus MC University Medical Centre for the first Nutrimenthe publication. The paper appeared in the British Journal of Nutrition this September. It is well known that supplementation with folic acid during the first trimester of pregnancy reduces the risk of neural tube defects in the foetus, but there is a lack of information on the association between prenatal folate status and neurodevelopment after neural tube closure. There are several lines of research that suggest that folate intake during early pregnancy is important for mental development.

The present study, conducted by Sabine Roza from the Erasmus MC University Medical Centre, examined the effect of folate supplementation during the first trimester of pregnancy on child behaviour at 18 months in 4214 toddlers from the Generation R study. Lack of folic acid supplementation was related to toddlers showing withdrawn behaviour, attention problems and aggressive behaviour. The study concluded that failure to use folic acid supplements during early pregnancy is associated with child behavioural and emotional problems at 18 months.

Reprints of the paper can be obtained by contacting: Dr Henning Tiemeier, fax þ31 10 7044657, email h.tiemeier@erasmusmc.nl

Nutrimenthe at the first European Food Science Day

Nutrimenthe was represented at the first EU Food Science Day, which took place in Brussels on the 18th November. The event, organised by CommNET, focussed on the need for better communication of food research to industry, policy makers and consumers. The event brought together a wide ranging audience of over 100 participants from all over Europe. Speakers included Catherine Geslain-Laneelle the Executive Director of the European Food Safety Authority, Beate Kettlitz from the Confederation of Food and Drink Industries of the EU, the MEP Lena Ek, Maeve Rute from DG Research and Willemwin Bax from the European Consumers Organisation. The event also enabled nine Framework funded Food projects to present their results in three breakout sessions on “Safer Food”, “Improving Health” and “Reducing Risk” and for others to display posters.

The full text of Catherine Geslain-Laneelle’s speech can be viewed [here](#):



“Knowledge is nothing if not shared” and the event highlighted the need for food scientists to be better at explaining what they are doing. To be able to explain in simple terms the results of food research beyond the confines of their own immediate community. Maeve Rute from DG Research emphasised that although the EC has made dissemination and communication a contractual obligation for projects, there is room for improvement. The EC’s view is that consortia need to reach beyond their own partners and immediate scientific community. Websites are projects’ main means of communication but tend to be targeted just to partners, only a third of projects publish newspaper articles and very few have used TV for example. Will the EC be doing anything to help? In the future, communication training for Food scientists is being considered through calls for proposals to the current Food workprogramme. The EC is also to establish a communication portal next year as a means for project results to find their way to stakeholders. They also wish to promote the CommNET partnership and encourage more linkage between projects. All in all a lively and stimulating event that may be repeated annually.

Early Nutrition Academy - Post graduate course

The latest Postgraduate Course from the ENA was held in Granada from 1st to the 4th of October 2009 and focused on the topic “Role of Nutrition on Mental Performance and Behaviour”. The event was organised by Prof. Berthold Koletzko and Prof. Cristina Campoy.

The Postgraduate School was a mixture of plenary sessions and small group discussions in which participants could practice and develop their knowledge in the role of nutrition on the brain development and behaviour. Highly recognised scientific experts from several countries attended the School as speakers. Welcoming remarks were given by the Dean of the Faculty of Medicine, University of Granada, Indalecio Sanchez-Montesinos García followed by a general introduction by Cristina Campoy.

Read more: The Post Graduate School is aimed at researchers and clinicians and other healthcare professionals interested in developing a career in early and paediatric nutrition. Presentations included: Morphological aspects of brain development (*Enrique Hilario*), Influence of pre and perinatal dietetic factors on the neurodevelopment (*Manuel Castro-*

Gago), Breast milk properties for mental performance and behaviour (*Kim F. Michaelsen*), Effect of diet and genes on brain development, mental performance & behaviour (*Pauline Emmet*), Multinutrients supplementation and mental performance in children (*Catherine Transler*), Roll of micronutrients in children diet and their brain development (*María Ramírez*), Antenatal folic acid supplementation effects on cognition in the early school years (*Cristina Campoy*), Maternal homocysteine and cognitive achievement in children (*Michelle Murphy*), LCPUFAs during the postnatal period: effect on brain development (*Mijna Hadders-Algra*), Cognitive evoked potentials and nutrition (*Eveline de Bruin*), Neuroimaging finding of the association between nutrition and the brain (*Antonio Verdejo*), Current situation in Europe of the research on brain development and Grants, networking and project management for young investigators in Europe (*Elena Martín-Bautista*). Two specific training sessions run at the meeting were Anthropometric training and Communications training. Nutrimente in the news Nutrimente has been mentioned on The Government Monitor website.

For full article click [here](#):

Nutrition news - TORNADO, a new EC-funded Food project

Tornado is a new FP7 project that kicked off this September. The acronym stands for Molecular Targets Open for Regulation by the gut flora - New Avenues for improved Diet to Optimise European health. The project, coordinated by Professor Sven Pettersson from the Karolinska Institute, has 22 partners from 10 EU countries. The main objectives of the project are to:

- Increase the knowledge of the effect of diet on gut flora and specific groups of micro organisms on the immune system and the interaction with other organ systems.
- Increase the cooperation between different scientific disciplines in general and increase and consolidate existing interdisciplinary cooperation among Tornado partners specifically.
- Provide first class scientific data to substantiate health claims and to contribute information and know-how to the EU Health and Consumer Protection Directorate General policy in this area.

Tornado's ultimate goal, is to develop an infrastructure that will accelerate future design of personalised functional food for specific target groups (age and geography).

<http://www.fp7tornado.eu/>

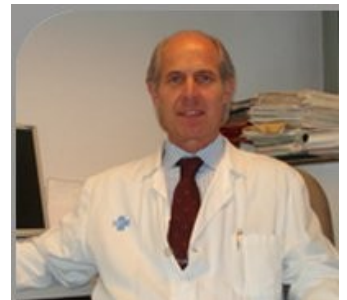


Genetic contribution to obesity smaller than thought:: Study

The contribution of genetics to the development of obesity is smaller than previously thought, says new research that puts the spotlight firmly back on lifestyle and diet. [Read more:](#)

Focus on: Professor Ricardo Closa

Professor Closa is a Paediatrician and Neonatologist. He is Director of the Neonatal Unit of the University Hospital Joan XXIII de Tarragona, and Director of the Department of Medicine and Surgery of the School of Medicine, Universitat Rovira I Virgili. He is also co-director, with Professor Joaquin Escribano, of the Research Unit on Nutrition and Development of the School of Medicine at the Universitat Rovira I Virgili. The Research Unit has been a partner in several EU and National Projects (CHOP, Childhood Obesity Program - FP5; EARNEST - FP6 and PREVENTCD - Spanish Minister of Science and Innovation). The Research Unit is young but very active, publishing more than 15 papers in peer reviewed journals each year.



In Nutrimenthe, Professor Closa is the leader of Workpackage Four, the CHOP group, which is analysing the effect of different levels of protein intake in the first year of life on cognitive and neurological development at 8 years old. CHOP is a large European collaborative prospective investigation involving Germany, Italy, Belgium, Poland and Spain, the main objective of which is to assess the long-term consequences of early protein intake by metabolic programming.

To date, WP4 has developed a Remote Data Entry tool to upload all data generated by the Workpackage and has produced harmonised

Anthropometric and Physical Activity assessments with WP3 and is working on the integration of cross cultural Neurodevelopment and Dietary Intake assessments with WP6.

Currently, the participants in the CHOP study (now 7 years old), are visiting follow-up clinics for growth and body composition assessments and to complete questionnaires on their physical activity, food habits and behaviour.

Resources

Future partner meetings

4th Partner Meeting: Munich, 8th May 2010

5th Partner Meeting: York, 7-8th October 2010

6th Partner Meeting: Brussels, February 2011

Future events

The Power of Programming International Conference on the Developmental Origins on Health and Disease Munich May 2010.

On behalf of the Early Nutrition Programming Project (EARNEST), the Early Nutrition Academy (ENA), and the Developmental Origins of Health and Disease Society (DOHaD), the Organising Committee is delighted to invite you to 'The Power of Programming - Developmental Origins of Health and Disease'; a conference to be held on 6 - 8 May, 2010 in Munich, Germany.

For full details of the programme, registration fees accommodation social programme, abstract submission please visit the event website: <http://www.metabolic-programming.org/munich2010/>

European Open Science Forum, Turin 2nd-7th July 2010: Passion for Science

Nutrimente has the opportunity to be part of the CommNET exhibition stand at next years' ESOF conference. ESOF was founded by the European Association for the Promotion of Science and Technology. It is a biennial meeting dedicated to scientific research and innovation occurring in

Europe that brings together a diverse audience drawn from all scientific disciplines as well as journalists, policy makers and general public from all over the world.

Full information: http://www.esof2010.org/what_is_esof

Links to:

Generation R

http://www.generationr.nl/index.php?option=com_frontpage

Erasmus University Medical Center

<http://www.erasmusmc.nl/>

The Tornado project

<http://www.fp7tornado.eu/>

Early Nutrition Academy

<http://www.metabolic-programming.org/academy.htm>

Universitat Rovira I Virgili.

<http://www.urv.cat/>

CommNET

<http://www.commnet.eu/>

Contact

For any queries relating to this newsletter or related website please contact Dr [Claire Horton](#).

For further project related enquiries please contact [Tania Anjos](#)