



## Welcome.....

### ....to the first Nutrimenthe project newsletter.

This newsletter will serve as a gateway into the Nutrimenthe project for partners, the wider nutritional science community and the public in general. Nutrimenthe is a large scale integrated project funded through the Cooperation Theme 2, 'Food, Agriculture, Fisheries and Bio-technology' of the 7th Framework Programme. Nutrimenthe was launched on 22nd April 2008 during Granada's Scientific Week on Healthy Lifestyle and Nutrition in Europe: From Conception to Adolescence.



### Background

There is evidence that early nutrition can influence later mental performance, cognitive development and behaviour. The idea that the diet of mothers, infants and children could have an influence on long-term mental performance, has major implications for public health practice and policy development. It also has implications for our understanding of human biology, as well as for food product development, economic progress, and future wealth creation.

Current progress in the project has seen some important achievements, with the design of various experimental protocols being finalised, ethical approvals have been obtained from different study groups and the optimisation of the technical genetic procedures has been initiated.

Initial measurements for a large number of samples has also begun, as well as the harmonisation of a new Neuropsychological battery of tests. Nutrimenthe has just recently completed its first full year of work and has successfully reported back to the European Commission on its activities.

### General Assembly Meeting, 11<sup>th</sup> March 2009, Burwalls Centre, Bristol, UK

The third partner meeting of the Nutrimenthe project was held in the wonderful surroundings of the Burwalls Centre overlooking the Clifton suspension bridge in Bristol. The two day conference allowed project staff to professionally and socially catch up and interact. The overall aim of the meeting was to provide an opportunity for the general assembly to be briefed on different work packages and to attend project related training sessions.



### Nutrimenthe abstract accepted for NutrEvent

NutrEvent will bring together 2500 public and private-sector stakeholders from the world of nutrition. The event is a collaboration between a cluster (Nutrition Health Longevity cluster), a major convention centre (Lille Grand Palais), an economic development agency (Eurasanté) and an international scientific & medical congress organiser (Colloquium). The NutrEvent Scientific committee (chaired by Dr Jacques Fricker) is composed of leading academic and industrial specialists from across Europe.

A Nutrimenthe representative will be attending the event, and will present a poster to the scientific conference session. For more information about NutrEvent see - [www.nutrevent.com](http://www.nutrevent.com)

NutrEvent will take place on June the 17th and 18th 2009 in Lille, France.

### CommNet membership

Nutrimenthe is now represented in the 'CommNet' consortium. CommNet is a good practice and knowledge transfer group of communication and dissemination specialists involved in food related EU funded projects in FP6 and 7. For more information see - [www.commnet.eu](http://www.commnet.eu)



### Study sheds new light on why breast-fed babies grow more slowly

The study published on-line (24th April 2009) in the American Journal of Clinical Nutrition has found evidence that the lower protein content of breast milk compared to formula milk may explain the slower growth rates seen in breast-fed infants.

The study was a multi-centre intervention trial in five European countries, co-ordinated by Professor Berthold Koletzko from the University of Munich, Germany. The study was carried out as part of a much larger ongoing research project funded by the European Union to investigate the effects of early nutrition on later health outcomes, the Early Nutrition Programming Project - EARNEST (<http://www.metabolic-programming.org>). This five year research programme is following up a number of intervention trials in early life to see whether the interventions have long term effects on programming various physiological functions. Together with studies in animals to investigate possible mechanisms and observational studies in large numbers of people, the project hopes to gain a better understanding of how conditions in early life, either pre- or post-natally can affect life-long health. Nutrimethe has strong links with the EARNEST project, the research programme follows on from earlier EARNEST work and a number of staff work on both projects. The University of Munich who led the research described above also plays an important role in the Nutrimenthe project, with Professor Koletzko leading the research activity.



### Brussels: malnutrition is back on the agenda

Tackling malnutrition has been re-instated onto the European political agenda. Following the resolution of the Council of Europe in 2003, the European Parliament has recently adopted the report of the Committee on Environment, Public Health and Food Safety, urging the European Commission and member states to consider malnutrition along with with obesity as a critical issue to be addressed during the next few years. These issues should be tackled via a number of activities, including educational programs, scientific endeavours and public health schemes. This major goal comes after the 'Fight Against Malnutrition' campaign launched by the 'European Society for Clinical Nutrition and Metabolism' and its partner the

'European Nutrition for Health Alliance' provided pressure. Read more, by logging on to [www.europarl.europa.eu/oeil/file.jsp?id=5572242](http://www.europarl.europa.eu/oeil/file.jsp?id=5572242)

## Health priorities need to change, MEP explains

The European Life Science Circle (ELSC) conference entitled 'Turning Europe into the Healthiest Society' was held last month in Brussels. 'A paradigm shift is needed in how Europe prioritises and invests in disease prevention', stressed Dr. Jorgo Chatzimarkakis MEP during the well-attended ELSC conference. Mr. Chatzimarkakis emphasised, that good health empowers citizens, and the EU should mobilise every fund it has including structural and agricultural funds to help make Europe the healthiest society. E-health and public-private partnerships are opportunities to improve health literacy across Europe, bringing together the EU policy-makers, Member States, associations and the media. Health information must also be pushed out to lower-income citizens to reduce health inequalities and ensure that everyone can make informed decisions about their well-being.

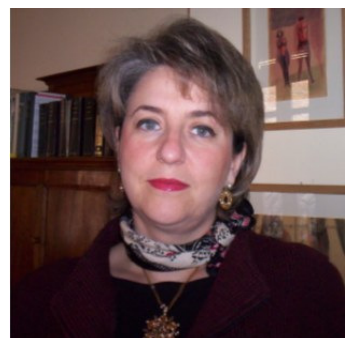
The EARNEST project, the Early Nutrition Academy and the International Society for Developmental Origins of Health and Disease, welcomed 585 delegates from 51 countries to the recent Power of Programming event. Internationally renowned scientists presented their findings relating to the long-term effects of early nutrition on human development and metabolism, to adulthood. The conference, held in Munich between 6<sup>th</sup> and 8<sup>th</sup> May 2010, was organised around plenary sessions, symposia, poster sessions and workshops.

Nutrimenthe presented nine posters and one symposium, Programming of Neurodevelopment, was organised in conjunction with the project. This session featured presentations on the role of folate and LC-PUFA intake during pregnancy and later mental development.

## Focus On

### The Coordinator - Prof Cristina Campoy, University of Granada

Prof Cristina Campoy is a Paediatrician, Neonatologist and Master in Endocrinology & Nutrition, and is the coordinator of the Nutrimenthe Project; she is member of numerous International Societies, ESPGHAN, ISSFAL, European Society of Perinatal Medicine, IPA, as well the director of the new



International Excellence Centre for Paediatric Research (EURISTIKOS) located in the Technological Park for Health Sciences in Granada. She is author or co-author of numerous peer review papers and book chapters (over 160) in both national and international journals. The UGR (represented by Prof. Campoy) has been involved as a partner in several EU Projects NUHEAL, EDEN, FP6-programme EARNEST ([www.metabolic-programming.org](http://www.metabolic-programming.org)), CASCADE, INMA (Spanish Network of Excellence and the Centre for Biomedical Research in Network CIBER:EARNEST

Elena Martin-Bautista, the project manager of Nutrimenthe has worked in the Department of Paediatrics in the School of Medicine at the University of Granada since 2005. She has a PhD in Pharmacy and a Masters in Regenerative Biomedicine. She is an expert in International Research Project Management and Technology Transference. She is also involved in the FP6-Programme EARNEST, and works alongside Cristina Campoy to lead the Nutrimenthe research group.

### **The Advisory board of Nutrimenthe**

The coordinator, with the help from the Steering Group, has established an External Advisory Board (EAB) comprising of international experts who can provide a high level of critical analysis relating to the added value and the validation of the research approach. The involvements of these 'outside project' advisors are critical to the success of the project and the public dissemination outcomes. The current members of the EAB are:

- Prof. Tomas Paus. Professor in Developmental Cognitive Neuroscience (University of Nottingham, UK)
- Prof. Wim Saris. Professor of Human Nutrition (University of Maastricht, The Netherlands)
- Dr. Sonja Rothaermel. Dr. Medical Law (University of Augsburg, Germany)
- Prof. Olle Hernel. Professor in Paediatrics. Department of Clinical Sciences (University of Umea, Sweden).

The EAB met for the first time in Bristol March 2009 at the Nutrimenthe general assembly meeting.

### Website

[www.nutrimenthe.eu](http://www.nutrimenthe.eu)

There is a wealth of information and resource available on the Nutrimenthe website, including -

- [Consortium partners](#)
- [Full research programme](#)
- [Events](#)
- [Links](#) to relevant organisations/projects

The website also includes a 'Public Information' page, information will be posted here relating to how the results of the project can be translated in to practical everyday advice.

### Additional Links

EARNEST <http://www.metabolic-programming.org/>

CommNet [www.commnet.eu](http://www.commnet.eu)

### Contact

For any queries relating to this newsletter or related website please contact Mr Emil Kazounis - [emil.kazounis@betatechnology.co.uk](mailto:emil.kazounis@betatechnology.co.uk).

For further project related enquiries please contact Elena Martin-Bautista - [nutrimentheproject@yahoo.es](mailto:nutrimentheproject@yahoo.es).