



## 2<sup>nd</sup> ANNOUNCEMENT

# Conference 'Nutrition Disparity and Equity: From Differences to Potential' Friday, 8 November 2019 – WICC Wageningen

Register via <https://www.surveymonkey.com/r/Y3KKT9R>

To submit an abstract for oral presentation email to [edemasf2019@gmail.com](mailto:edemasf2019@gmail.com)

### Aim of the conference

The aim of the conference is to coordinate and organize interdisciplinary efforts to set up a research network "Nutrition Disparity and Equity", by bringing together researchers from multidisciplinary fields. This research network supports the objectives of the 4-year research and training programme of The Edema-Steernberg Foundation for the longer term.

The central topic of the conference is 'nutrition disparity and equity' of socially and economically disadvantaged groups. This conference will focus on disparities in dietary habits and lifestyle, with an orientation towards health potential rather than health difference. Attention and effort are directed to early stages of life and the economic and social conditions of those who may benefit most from dietary and lifestyle improvements.

### Preliminary Program

9.00h	Registration and coffee and tea
9.30h	<b>Welcome and opening</b> Professor Dr. Hedwig te Molder, Strategic Communication Group, Wageningen University & Research
9.40h	<b>Building healthy and empowered communities as a strategy to reduce inequalities: a UK perspective</b> Professor Dr. Jane South, School of Health & Community Studies, Leeds Beckett University, UK
10.25h	<b>Diversity in dietary patterns and quality: unexpected finding among ethnic groups and implications for practice</b> Dr. Mary Nicolaou, Department of Public Health, University of Amsterdam
11.10h	Coffee and tea
11.30h	<b>Parallel sessions: Oral Presentations and Workshops</b>
12.30h	Lunch
13.30h	<b>From disparity to potential – a realistic perspective on socio-economic health inequalities</b> Professor Dr. Marianne de Visser, The Netherlands Scientific Council for Government Policy, The Hague
14.15h	<b>Impression of the research projects funded by The Edema-Steernberg Foundation</b>
14.30h	Coffee and tea
14.45h	<b>Parallel session: Oral Presentations and Workshops</b>
16.00h	<b>Participant arena and wrap up</b> Professor Dr. Hedwig te Molder
16.30h	Drinks and bites

## Registration and information

Registration for the conference is open. The conference will be offered free of charge.

## Venue

The conference will be held in the WICC (Wageningen International Conference Centre), which is just a few hundred meters away from the bus station. Busses for Wageningen leave Ede-Wageningen railway station 8 times per hour and take 20 minutes.

## Conference themes

The conference will address several themes, including:

- Promoting healthy nutrition and lifestyle in socially and economically disadvantaged groups.
- Creating a theoretical framework on nutrition disparities.
- Factors explaining the (in)efficacy of organized efforts to support and evaluate healthy eating behaviour.
- The (mis)match between public moralities and notions of ‘the good life’ among socially vulnerable groups, and how to learn from each other.
- Participation/empowerment and the role of health/nutrition professionals.
- The local, national and global context of nutrition disparity and equity.
- Facilitating an interdisciplinary platform for researchers from social and nutrition sciences to present state-of-the-art knowledge and insights on nutrition disparities and equity.

Themes will be addressed by three keynote speakers, short presentations, workshops and participant arenas.

## Oral presentations

The conference offers scientists, professionals and policymakers the opportunity to present their work in the different parallel sessions. Everyone is invited, especially PhDs and postdocs, to submit an abstract for an oral presentation in line with the themes and aims of the conference.

## Workshops

In the morning and afternoon, we will organize several interactive workshops. These workshops will run in parallel with the oral presentations. Workshops accommodate 20 participants. Provisional titles of workshops are:

- Empowerment for healthy nutrition  
(moderators Dr. Sabina Super and Dr. Annemarie Wagemakers)
- Norms and values of professionals on health, health policy and nutrition  
(moderators Dr. Beatrijs Haverkamp and Dr. Christina Gillies)
- Enabling community action and advocacy: The Photovoice Methodology  
(moderator Meredith Overman, MSc)

The final number of workshops offered will depend of the total number of participants for this conference.

## Participant arena

During this session experts from various fields from academia, research organizations, and health practice will reflect on important issues that came up during the day. We will stimulate a lively discussion with the participants.

## Guidelines for abstracts for oral presentations

To facilitate the submission process and the subsequent follow up process, please consider the following guidelines, information, tips, terms and deadlines:

- The maximum word limit for the abstract is 250 words.
- Your abstract should be in English.
- Please provide an informative abstract including a background, purpose, methodology, results, and conclusion.
- Submit your abstract as indicated at the heading of this document.
- Deadline for abstract submission is **10 September 17.00**.

After submission you will receive acknowledgement of the receipt of the abstract via an email within three working days. End of September you will be notified whether your abstract is selected for an oral presentation of 10 minutes.

## Edema-Steernberg Foundation

The Edema-Steernberg Foundation ([www.wur.nl/edemasteernberg](http://www.wur.nl/edemasteernberg)) organizes this 1-day conference. Mrs. Drs. J.M. Edema worked at the Department of Human Nutrition of the former Wageningen Agricultural University from 1968-1987. Her teaching and research activities focused on the social aspects of nutrition. Mrs. Edema passed away on 23 December 2015. In mid-2015, she established The Edema-Steernberg Foundation, which was named after her parents. The Foundation recently funded six interdisciplinary research projects at Wageningen University which aim to answer the question 'Why do we eat what we eat?' for different target groups: pregnant women, adolescents, children, people living with diabetes type 2 and the general population. All projects focus on populations with a lower socio-economic position.

## Conference organisation

*Amy van der Heijden, Human Nutrition and Health / Strategic Communication, WUR*

*Roel Hermans, Netherlands Nutrition Centre*

*Gerry Jager, Human Nutrition and Health, WUR*

*Hedwig te Molder, Strategic Communication, WUR*

*Fré Pepping, The Edema-Steernberg Foundation*

*Annemarie Wagemakers, Health and Society, WUR*

## Information and contact

The secretariat can be contacted via [edemasf2019@gmail.com](mailto:edemasf2019@gmail.com) or by phone via Fré Pepping (+31 6 10242732) or Amy van der Heijden (+31 317 482606).

## Keynotes

### **Building healthy and empowered communities as a strategy to reduce inequalities: a UK perspective**

Dr. Jane South is Professor of Healthy Communities, Leeds Beckett University, working in the field of volunteering, active citizenship and community health. Her track record of community-based research includes participatory research with disadvantaged communities as well as studies on lay health workers, volunteering roles, community resilience and empowerment interventions.

Jane works with Public Health England as an expert advisor on community-centred approaches for health and wellbeing.

Dr. South's keynote will focus on building healthy and empowered communities as part of a strategic approach to improving health and reducing health inequalities. This requires health promoters to work in partnership with individuals and communities most at risk of poor health and develop joint action that strengthens community assets. Drawing on her research and policy work, Jane will reflect on the challenges and opportunities for using community-centred approaches that aim to increase control, social connectedness and equity. Three themes that explore health potential rather than health difference in the context of nutrition disparities will be discussed. First, the importance of making visible the health assets within communities and neighbourhoods experiencing disadvantage. Second, how community-centred interventions can be developed using an evidence-based framework.

Third, exploring evaluation and how outcomes can be best measured.

### **Diversity in dietary patterns and quality: unexpected findings among ethnic groups and implications for practice**

Dr. Mary Nicolaou is assistant professor at the Department of Public Health, Amsterdam UMC, University of Amsterdam. She studies dietary patterns and their determinants with a focus on ethnic minority populations.

Dietary behaviour results from a multitude of factors which, in turn, may differ between population sub-groups. In order to eliminate social inequalities in diet and health, it is crucial to account for the drivers of behaviour while acknowledging the diversity of needs in society.

During her talk, dr. Nicolaou will discuss ethnic differences in dietary patterns and diet quality using examples from both qualitative and quantitative studies. She will address the role of migration, socio-cultural and socio-economic determinants of health and how they may interact with each other in determining dietary behaviour. The discussion will focus on implications for policy and practice.

### **From disparity to potential: a realistic perspective on socio-economic health inequalities**

Dr. Marianne de Visser is Emeritus Professor of Neurology University of Amsterdam and member of The Netherlands Scientific Council for Government Policy.

For decades, the main aim of disease prevention and health promotion policy in The Netherlands has been to reduce health inequalities between groups of higher and lower socio-economic position. After several decades, evidence suggests that the Dutch have become healthier as the result of policy efforts. The Dutch are living longer, and the number of years people feel healthy is increasing. However, health inequalities between socio-economic groups have hardly declined, and have even widened in some respects.

The Netherlands Scientific Council for Government Policy proposes to reinvigorate health-promotion policy by re-directing attention from health inequalities towards health potential. From this perspective, we must consider where the greatest possible health gains lie, and how to keep health losses to a minimum. Three priorities have emerged: 1) early interventions, 2) focus on those at the greatest health disadvantage, and 3) targeting smoking, obesity/poor diet/lack of exercise and problematic alcohol consumption. All of these priorities contribute to a substantial health burden in the Netherlands. Finally, there is a call for investments in monitoring of and research on the effects of policy and interventions with regards to reaching maximum health potential in the general population and in vulnerable groups in society in particular.