

IEM satellite symposium

FENS - October 27th 2011, Madrid

Essential fats and
child development



Our Masterclass program

| | | |
|----------------------|---|--|
| 11:30 - 11:50 | Welcome & Introduction | Dr Estelle Gaudier & Pr Berthold Koletzko |
| 11:50 - 12:45 | Keynote presentation: The messages we share: science or sensation? | Mrs Connie Diekman |
| 12:45 - 13:30 | Lunch | |
| 13:30 - 13:45 | Plenary introduction of the practical assignment | Dr Estelle Gaudier |
| 13:45 - 15:15 | Practical assignment in break-out groups | 1 moderator per group |
| 15:30 - 16:10 | Plenary presentation of each group | 1 person per group |
| 16:10 - 16:30 | Concluding remarks | Mrs Connie Diekman |
| 16:30 | End - move to FENS for the science symposium | |

What is the expert's responsibility?

We attend exciting scientific conferences



We produce ourselves original research

And then it goes (or not) into the wild world

Media, practitioners, consumers, families etc...

If our initial messages are not clear, there is no chance that the general public can understand and implement them!

Objective of the practical assignement

AIM: Put into practice the translation of research results to messages relevant for Health care professionals and the general public

Exercise:

Work on one recent academic paper in the area of dietary fat and children:

- 1) Analyse the messages that are brought forward by the authors and how they could be interpreted by practitioners and media
- 2) Craft key messages for HCP and media
- 3) Reflect on how to apply these learnings for your upcoming professional activities

More brief ...

Not assessing the quality of the paper

Not reading all details of the paper

Put yourself in the role of

- A paediatrician/dietician scrolling through the paper
- A journalist receiving the paper

⇒ Focus on the parts of the paper they would look at in priority: abstract, introduction, discussion

Logistics



In practice, 4 groups for 4 different papers

Dietary Counseling to Improve Fat Quality during Pregnancy Alters Maternal Fat Intake and Infant Essential Fatty Acid Status¹⁻⁴

J. Nutr. 141: 1281-1285, 2011.

Katri Niinivirta,^{5,8*} Erika Isolauri,⁵ Päivi Laakso,⁶ Kaisa Linderborg,⁷ and Kirsi Laitinen^{7,8}

Changing from regular-fat to low-fat dairy foods reduces saturated fat intake but not energy intake in 4-13-y-old children¹⁻⁴

Gilly A Hendrie and Rebecca K Golley

Am J Clin Nutr 2011;93:1117-27.

Nutrition in infancy and long-term risk of obesity: evidence from 2 randomized controlled trials¹⁻³

Atul Singhal, Kathy Kennedy, Julie Lanigan, Mary Fewtrell, Tim J Cole, Terence Stephenson, Alun Elias-Jones, Lawrence T Weaver, Samuel Ighanesebhor, Peter D MacDonald, Jacques Bindels, and Alan Lucas

Am J Clin Nutr 2010;92:1133-44.

The cumulative effect of small dietary changes may significantly improve nutritional intakes in free-living children and adults

D Paineau^{1,17}, F Beaufils², A Boulier³, D-A Cassuto⁴, J Chwalow⁵, P Combris⁶, C Couet⁷, B Jouret⁸, L Lafay⁹, M Laville¹⁰, S Mahe¹¹, C Ricour¹², M Romon¹³, C Simon¹⁴, M Tauber⁸, P Valensi¹⁵, V Chapalain¹⁶, O Zourabichvili¹⁶ and FRJ Bornet^{1,18}

European Journal of Clinical Nutrition (2010) 64, 782-791

Strict timings

Duration: about 1 hrs and 30 min

13.45 - 13.55: Getting acquainted

13.55 – 14.20: Analysis of the article’s messages & controversial headline

14.20 – 14.45: Crafting key messages (for HCP & general public)

14.45 – 15.00: Concrete learning in daily job

15.00 – 15.15: Preparation of plenary feedback

Moderators will be time keepers



Plenary feedback



Start at 15:30

10 min feedback per group

Overall concluding remark by Connie Diekman

Outputs will be collected and shared digitally with the participants

