

Tbilisi International Conference

Rooms Hotel
19-20 May 2022



Importance of Nutrition in Preventing Disease: Current International Research, Challenges and Opportunities for Georgia

'In Food Excellent Medicine Can be Found'

Conference Programme

19 - 20 May 2022



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Welcome Letter

In the modern world humankind faces many challenges of which the health of the population remains a key one.

Public Health professionals know very well that it is easier and cheaper to prevent disease than treat it, with healthy eating being a principal means for this. In addition, the relatively new but increasingly popular “One Health” approach to disease prediction and control emphasises greater incorporation of environmental and ecosystem factors into disease assessments and intervention.

Major changes in eating habits and lifestyles over last two decades created additional health challenges in Georgia as well as in neighbouring countries, so there is a great deal that we can learn in terms of current developments in nutritional science and new approaches. These are developments that identify the importance of nutrition in preventing and treating various non-communicable diseases.

Our partner society, the Nutrition Society (Great Britain and Ireland), kindly agreed to help us to organise this conference. They are providing eminent speakers who will be presenting their vision on the newest developments in nutritional science and its role in tackling various health problems. We decided to invite neighboring countries to discuss these issues and hope that together we can plan for the future of nutrition in the region for the benefit of all.

Aim

Emphasise the medical importance of nutrition, explore the role of nutrition on incidence of non-communicable diseases: Diabetes, Cancer and CVD - diseases linked to modern eating habits and lifestyle.

Identify nutrition as an important part of public health.

Discuss the potential for collaboration with international partners and the setting up of a regional forum in Bakuriani in 2023.

Objectives

- Learn from the experience of the West, given their extensive research on the harmful effects of modern diet on diabetes, cancer, and CVD; showcase the importance of nutrition in disease.
- Raising awareness of the role and importance of nutrition in society, emphasising the need for relevant modern education.
- Demonstrate the importance of food safety and patterns of disease, the role of healthy nutrition in the development of public health policy and its economic benefits.
- Discuss the possibility of exploring the beneficial effect of local food and variety of mineral waters found in the Caucasus mountains.

Who attends the conference: delegates from variety of background from Georgia with a particular interest in nutrition. Among them: nutritionists, public health workers, GPs and other healthcare professionals, students.

Programme – Day 1

Thursday 19 May 2022

9:30 Registration and refreshments

10.00 WELCOME

Representative of Ministry of Internally Displaced Persons from the Occupied Territories, Labor, Health and Social Affairs of Georgia (TBC)

H.E. Mark Clayton, Ambassador of the UK to Georgia (TBC)

Prof. Julie Lovegrove, President, The Nutrition Society (UK)

Prof. Sophia Bakhtadze, Vice Rector, Tbilisi State Medical University

SYMPOSIUM I: CONTROL / MANAGING CHANGE IN GEORGIA – A PUBLIC HEALTH NUTRITION FOCUS

10:10 **GNS - what the society has achieved so far, prospects of developing nutrition in the Georgian reality - plans for future**

Dr. Manana Stanley,
GNS, President

10:20 **"Food consumption in Georgia, contemporary challenges".**

Eka Bobochidze ANutr, Ketevan Dadiani *G. Natadze Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology, Scientific Research Center of Agriculture*

10:40 **Nutrition - Challenges facing Georgia: history, situation today and prospect for future**

Dr. N Bostoganashili associated professor, University of Georgia,
Prof. Rusudan Kvanchakadze *Georgian Academy of Preventative Medicine, National Center for Disease control and Public Health*

11:00 **Epidemiology and risks of foodborne diseases in Georgia: gaps and challenges of food safety research lacking "One Health" approach.**

Prof. Mamuka Kotetishvili
Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology

- 11:30 Coffee break
- 11:50 **Nutritional map of Natural Mineral Waters in Georgia**
Rusudan Tsiklauri, Saba Kobakhidze, Manana Grdzlishvili
G. Natadze Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology
- 12:10 **Georgian wellness: history and future**
Dr. Michael Kochiashvili MD, Honorary PhD (Medical Sciences, *Tbilisi Medical University*) *Public Health Consultant*
- 12:25 **Health and eating behavior among local and foreign students in Georgia during Covid -19 pandemic**
Mariam Lobjanidze, University of Georgia Prof. R. Kvanchakadze, *Georgian Academy of Preventative Medicine, National Center for Disease control and Public Health*
- 12:45 **Relieving the double burden of diseases among primary school children in Tbilisi: Family based intervention**
Rusudan Gvamichava
Registered Associate Nutritionist, PhD researcher of the University of Westminster, London
- 13:00 Lunch break

SYMPOSIUM II: Changes in diet can influence the prevalence of some non-communicable diseases - current science.

- 14:00 **Better dietary patterns to improve brain health during ageing**
Professor John Mathers
Director, Human Nutrition Research Centre, Faculty of Medical Sciences, Newcastle University, UK
- 14:30 **Diets, foods & nutrients, and inflammatory processes - relevance to chronic disease**
Professor Philip Calder Director, *Head of Human Development & Health, University of Southampton, UK*

- 15:00 **Vitamin D in health and disease: a story of one nutrient**
Tamar Zerekidze MD, *PhD National Institute of Endocrinology*
- 15:20 Coffee break
- 15:40 **Dietary risk factors in high-prevalence cancer**
Professor Bernard Corfe, *Human Nutrition and Health, Newcastle University, UK*
- 16:10 **Dietary fats and Cardiovascular risk.** Professor Julie Lovegrove (BSc, Diet (Dip), PhD, RNutr, FAFN) is Hugh Sinclair Professor of Human Nutrition, Director of the Hugh Sinclair Unit of Human Nutrition
- 16:40 Closing remarks

Programme – Day 2

Friday 19 May 2022

Discussions will be held with our international partners, including with John Mathers (Director of the Human Nutrition Research Centre (HNRC), Director of the Centre for Healthier Lives; Philip Calder (President of the Federation of European Nutrition Societies) and Bernard Corfe (Professor of Human Nutrition and Health at Newcastle University).

These discussions will focus on opportunities for developing and raising the profile of nutrition in Georgia, on opportunities to engage with government and encourage the development of nutrition courses in Georgia, particularly as there is a real interest among the younger generation to learn more about nutrition and nutritional science.

Discussions will also underline Georgia's ambition to take a leading role in the region in teaching nutrition (there are currently no university nutrition courses in the region) and developing nutritional science. There also will be opportunity to ask our international partners to share their expertise in helping Georgian Nutrition Society to become more integrated into FENS and other international networks.

Second day will be offered series of workshops and there will be a closing presentation.

10:00 -11:15 Workshop 1

Developing and delivering a nutrition curriculum in Georgia.

Will be discussed the importance of raising awareness on nutrition in society, emphasizing the need for relevant modern education.

Professor Bernard Corfe, Human Nutrition and Health, Newcastle University, UK

Professor John Mathers Director, Human Nutrition Research Centre, Faculty of Medical Sciences, Newcastle University, UK

11:15 -11:45 Coffee break

11:45 – 13:00 Workshop 2

Growing nutrition research and practice in the region.

Will include the presentation of national nutrition survey plans in Georgia and the importance of exploring the potential benefits of Georgian and regional food and diet and its economic benefits.

Professor Ketevan Dadiani, G. Natadze Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology

Professor Bernard Corfe, Human Nutrition and Health, Newcastle University, UK

13:00 -14:00 **Lunch break**

14:00 – 15:15pm Workshop 3

Engaging with FENS (Federation of European Nutrition Societies)

Benefits of engagement of Georgia and the region with FENS will be discussed.

Professor Philip Calder Director, Head of Human Development & Health, University of Southampton, UK

Manana Stanley, President of Georgian Nutrition Society, member of the working group at the Federation of European Nutrition Societies

15:15 -15:30 **Closing remarks**

Academics, government ministers, clinicians, public health leads, representatives of farming industries and food companies will be invited to take part in workshops.

In closing presentation by the GNS there will be discussion on Bakuriani as a potential international conference venue in 2023 and the possibility of establishing a regular Forum on Nutrition and Health - Georgia (FNHG). This forum will provide a platform for academics and health professionals together with policymakers, farming industries and food companies in the region and beyond, to share knowledge from across multiple disciplines for the benefit for all.

Conference organisers

- The conference is organised by the Georgian Nutrition Society with the help of the Nutrition Society (Great Britain and Ireland),
- Federation of European Nutrition Societies (FENS),
- G. Natadze Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology
- National Institute of Endocrinology
- National Centre for Disease Control and Public Health
- Embassy of Georgia in the UK
- Embassy of United Kingdom in Georgia
- Adjara group

Partners

- Tbilisi State University (Faculty of Medicine)
- Tbilisi State Medical University