



VIVA Congress Panel

Theme

How can we be more effective in promoting healthy eating habits and prevent obesity?

Preparation

1. Participants were asked to submit a question to the panel when they registered
2. These questions were clustered by topic and sent to the Panel Chair for approval
3. The list of questions below was confirmed with the Panel Chair
4. If panel members have any specific questions they would like to address they will have an opportunity to do so
5. On the day there will be an opportunity for the audience to ask other questions

Panel members

Prof Annie Anderson - CHAIR

Prof Leann Birch

Prof John Reilly

Prof Jaap Seidel

Dr Astrid Smeets

Prof Silvia Scaglioni

Dr Hugo Weenen

Panel questions (agreed with Panel Chair 05.03.13)

Vegetables

1. Is there a role for fruit and vegetable consumption in obesity prevention, or should we be focusing on other dietary behaviours (e.g. sugar sweetened drinks).
[Prof John Reilly, UK]

Obesity

2. Do the panel think healthy eating habits can be fostered by helping parents set up an obesity-protective environment for their children from birth? If so, how could it be achieved?
[Dr Michelle Lee, UK]

3. Is obesity prevention the message we should be using to promote healthy eating? Do we know from the public what the opportunities and barriers are to engagement on the topic?
[Dr Beckie Lang, UK]
4. In some countries, such as NL and UK, the importance of taste and flavour experiences seems to be neglected topics in early feeding practices (and in the general population as well). Would prenatal education to mothers on the importance of taste and flavour learning be part of an effective strategy on healthy eating habits in young children, and subsequently at a later age?
[Dr Gertrude Zeinstra, NL]

Role of industry

5. How do you think baby food industry should contribute to promote healthy eating habits and contribute to obesity prevention programs?
[Dr Elisabetta Vacca, Danone]

Role of government

6. What should the Food Standards Agency in Scotland be doing to promote healthy eating habits?
[Dr Gillian Purdon, Govt UK]
7. What role should Government take in providing practical advice on eating well to the population?
[Dr Helen Crawley, HCP, UK]

Strategy of change

8. Promoting healthy eating may involve the person or the (food) environment. It is so difficult to change the person. Should we not just focus on changing the (food) environment.
[Prof Kees de Graaf, NL]