

Obesity and Diabetes Task Force

ABOUT THE TASK FORCE

Obesity, and in particular central obesity, is a major risk factor for a number of non-communicable diseases including diabetes, cardiovascular diseases, cancer and dementia. Once considered a problem only in high-income countries, the prevalence of overweight and obesity is also increasing dramatically in low- and middle-income countries, particularly in urban settings.

The task force aims to explore the aetiology, prevention, metabolic consequences and management of obesity and associated co-morbidities. A particular focus is on dietary strategies for the prevention and treatment of obesity and cardio-metabolic diseases.



WHAT'S NEW?

NEW ACTIVITY UNDER DEVELOPMENT on Dietary Guidelines for Diabetes in collaboration with Dietary Carbohydrates Task Force.

NEW PUBLICATION on impact of diet on blood glucose regulation (W.R. Russell *et al.*, 2016) was produced.

PRESENTATION on the current systematic review on dietary treatment options in gestational diabetes at the 1st South Asia and Asia Pacific International Congress on Diabetes in Pregnancy (8-10 September 2016, Colombo, Sri Lanka) and at the 9th International DIP Symposium on Diabetes, Hypertension, Metabolic Syndrome & Pregnancy (8-12 March 2017, Barcelona, Spain).

ACTIVITIES

Insulin Sensitivity and Secretion Markers of Diabetes Risk

Measures that are already part of the diagnostic criteria for diabetes (e.g. fasting glucose, post-load glucose and HbA1c) are relatively well-recognised among experts. The aim is to critically review available

markers for insulin sensitivity and secretion and to systematically review how these markers respond to dietary changes in non-diseased populations.

Gestational Diabetes and Diet

In collaboration with the Metabolic Imprinting Task Force. This activity will assess state-of-the-art nutritional treatment of Gestational Diabetes Mellitus (GDM) by a systematic literature review. Currently there is no clear

guidance available. It is anticipated that such an initiative would support the development of evidence-based recommendations by national and international policy makers.

Establishment of the Efficacy of Intervention in those with the Metabolic Syndrome

The objectives of this project are to better understand the independent and interactive impacts of single components of the metabolic syndrome on the risk of cardio-metabolic diseases. A 'fit-for-purpose'

model will be developed to illustrate the impact of foods, food extracts and supplements on the risk, presence or penetrance of the metabolic syndrome.

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MEMBER COMPANIES

- Arla Foods
- Caelus Health
- Danone
- General Mills
- Mondelēz Europe
- Südzucker Group
- Unilever

ACTIVITIES (CTD)

EU PROJECT

PATHWAY-27 – Pivotal Assessment of the Effects of Bioactives on the Health and Wellbeing, From Human Genome to Food Industry



Scientific understanding of the role and mechanisms of bioactive compounds is fragmented. PATHWAY-27 will determine the impact of selected bioactive-enriched foods (BEF) on physiologically-relevant endpoints related to Metabolic

Syndrome risk and deliver a better understanding of the role and mechanisms of action of selected bioactives and BEF. ILSI Europe is leading the work package on 'Guidelines for the Substantiation of Health Claims on Bioactive Enriched Foods'.

RECENT PUBLICATIONS

W.R. Russell, A. Baka, I. Björck, N. Delzenne, D. Gao, H.R. Griffiths, E. Hadjilucas, K. Juvonen, S. Lahtinen, M. Lansink, L. van Loon, H. Mykkänen, E. Östman, G. Riccardi, S. Vinoy and M.O. Weickert. **Impact of Diet Composition on Blood Glucose Regulation.** *Critical Reviews in Food Science and Nutrition* 2016;56(4):541-590.

A.M. Minihane, S. Vinoy, W.R. Russell, A. Baka, H.M. Roche, K.M. Tuohy, J.L. Teeling, E.E. Blaak, M. Fenech, D. Vauzour, H.J. McArdle, B.H.A. Kremer, L. Sterkman, K. Vafeiadou, M. Massi Benedetti, C.M. Williams and P.C. Calder. **Low-grade Inflammation, Diet Composition and Health: Current Research Evidence and its Translation.** *British Journal of Nutrition* 2015; 114(7):999-1012.

P.C. Calder, N. Ahluwalia, F. Brouns, T. Buetler, K. Clement, K. Cunningham, K. Esposito, L.S. Jonsson, H. Kolb, M. Lansink, A. Marcos, A. Margioris, N. Matusheski, H. Nordmann, J. O'Brien, G. Pugliese, S. Rizkalla, C. Schalkwijk, J. Tuomilehto, J. Warnberg, B. Watzl and B.M. Winkhofer-Roob. **Dietary Factors and Low-grade Inflammation in relation to Overweight and Obesity.** *British Journal of Nutrition* 2011;106(3):S5-S78.

All publications commissioned by this task force are available on our website: www.ilsieurope.eu.

For more information on ILSI Europe's activities, don't forget to follow us on Twitter @ILSI_Europe and connect with us on LinkedIn.

CONTACT

Ms Lilou van Lieshout
Scientific Project Manager
lvlieshout@ilsieurope.be
Tel. (+32) 2 771 00 14

ILSI Europe
Avenue E. Mounier 83, Box 6
BE -1200 Brussels
BELGIUM

Scan the QR code
for more information
on ILSI Europe

