Early Nutrition and Long-Term Health

Exploring why nutrition in early life matters

**Strategic vision**
The task force focuses on how nutrition of both mothers and infants may affect the long-term health of the child.

**Background**
The next generation is expected to have a shorter life expectancy than their parents partly due to the increasing obesity epidemic and related non-communicable diseases.

**Objectives**
- Provide scientific evidence to support guidelines for maternal and infant nutrition to ensure life-time optimal health.
- Identify risk factors for obesity and other health consequences at the earliest stages of life.

**Achieved Results**
- Since 2015, the outcomes of the task force activities were published in 6 peer-reviewed publications.
- Importantly, the expert group on ‘Gestational Diabetes and Diet’ published 2 systematic reviews, including one published in Diabetes Care (I.F.13.397).
- In 2019, the Task Force is expected to publish 3 additional manuscripts as outputs of their on-going activities.

**Scientific Impact**
- The outputs of the task force are widely disseminated in major international conferences including 4 events in 2017, Food Matters Live 2018 and at the 13th European Congress of Nutrition (FENS2019).

**UPCOMING**
- In December 2019, the task force will start reviewing factors affecting body composition in fetal life, infancy and childhood and association to long-term health.
- The Task Force will start an activity on ‘Early Biomarkers to predict childhood obesity risk and metabolic health’ in spring 2020.
- The Task Force will join efforts with the Dietary Carbohydrates (DC) task force to review the relevance of carbohydrates in infant nutrition and organise a workshop in the autumn of 2020 on the ‘Health relevance of lowering postprandial glycaemia on children and adolescent through diet’.
- A joint nutrition cluster activity will focus on the mechanisms underlying the Gut-Brain Axis, with a webinar organised early 2020.
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**RELEVANT PUBLICATIONS**


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