

## **Preliminary Program NEON-meeting 12-13 October 2022**

Venue: NEO, Department of Biosciences and Nutrition, Karolinska Institutet, Jan-Åke Gustafsson-salen (Day 1) and Ersta Diakoni, Bringsalen (Day 2)

### **Day 1 Digital interventions to promote healthier diets and physical activity- 2010, 2020, 2030?**

13.00-13.10 Welcome Professor Marie Löf, Professor Agneta Åkesson, Karolinska Institutet

13.15-13.45 The history of digital lifestyle interventions and perspectives of the future, Professor Ralph Maddison, Deakin University, Australia

13.50-14.20 Panel debate: To tweet or not to tweet? The role of social media in digital interventions  
Chair: Leonie Klompstra, PhD, Linköping University

14.25-14.55 Coffee break

15.00-15.25 Presentation of the Centre of Nutrition and the two-year masters' program in nutrition (Professor/head Jan Johansson, Associate professor Magdalena Rosell, Dr Federico Federico Pietrocola, Dr Christian Riedel, Department of Biosciences and Nutrition, Karolinska Institutet)

15.30- 16.10 PhD student discussion: Development and Validation of a Mobile Phone Application Developed for Measuring Dietary Fiber Intake, Rebecca Ahlin, PhD student, University of Gothenburg. Discussion partner: TBD

16.15- 16.55 PhD student discussion: The DANCE (Diabetes ANd CarbohydratEs) study: background, design and progress of a randomized controlled trial in type 1 diabetes, Afroditi Barouti, PhD student, Karolinska Institutet. Discussion partner: Anna Karin Lindroos, Docent, Swedish Food Agency

19.00- Dinner at Ersta Diakoni, Stora Salongen på terrassen

### **DAY 2 BIG DATA on diet and physical activity and health– potential or fear?**

08.20-08.30 Introduction Professor Marie Löf, Professor Agneta Åkesson, Karolinska Institutet

08.30- 08.55 Ultra-processed food advertisement (outdoors and digital) exposure on behaviours associated with obesity development in Swedish adolescents, Senior researcher, Ioannis Ioakeimidis, Karolinska Institutet

09.00- 09.40 PhD student discussion: Dietitian online – Dietitians lived experiences of digital meetings in clinical practice, Sarah Persson, PhD student, Umeå University. Discussion partner: TBD

09.45-10.15 Panel debate: legal and ethical considerations on data sharing, Chair: TBD

10.15-10.45 Coffee break

10.45-11.25 PhD student discussion: The DiaCert-study – A digital intervention to promote physical activity among patients with type 2 diabetes, Madeleine Hummel, PhD student, Karolinska Institutet. Discussion partner: Julia Otten, Docent, Umeå University

11.30-11.55 Digital twins and prediction of non-communicable disease, Gunnar Cedersund, Senior lecturer, Linköping University

11.55-12.00 Closing remarks