

## HEALTHY FOOD AND/OR NEW DRUGS TO PREVENT AND MANAGE OBESITY?

### Welcome Session

8.45 – 9.15: Registration

9.15 – 9.30: Presentation of the scientific program: Yvan Larondelle (UCLouvain)

### Session 1: Chair: Christophe Matthys (KULeuven)

9.30 – 10.10: Roman Van Goitsenhoven (KULeuven):

*The role of diet in the era of GLP1-based therapies*

10.10 – 10.40: 2 selected oral presentations

1) Clemence Fayt (UCLouvain):

*Obesity susceptibility is linked to inter-individual variability in the food reward system*

2) Charlotte Juton (Sciensano):

*Care4Diabetes, a comprehensive lifestyle education program for people with type 2 diabetes: results of a 12-month pilot project in Wallonia, Belgium*

10.40 – 10.55: Flash presentations of 8 posters

### Poster session 1 and Coffee break

### Session 2: Chair: Jean-Charles Preiser (ULB)

11.30 – 12.10: Jordi Salas-Salvadó (Rovira i Virgili University, Reus, Spain):

*Mediterranean diet health benefits in the prevention / management of obesity and diabetes*

12.10 – 12.40: 2 selected oral presentations

1) Nele Steenackers (UMaastricht & KULeuven):

*Is a <sup>13</sup>C-octanoic acid breath test valid to measure gastric emptying after sleeve gastrectomy and Roux-en-Y gastric bypass?*

2) Manon Autuori (UCLouvain):

*Gut microbiota response to proteins, lipids, and complex meals in healthy volunteers: insights from breath volatolome analysis*

12.40 – 12.55: Flash presentations of 8 posters

### Poster session 2 and lunch break

### Session 3: Chair: Carl Lachat (UGent)

14.00 – 14.20: Carl Lachat (UGent):

*Towards better reporting of nutrition research: where are we to date?*

14.20 – 14.50: Nathalie Esser (ULiège):

*Insights into adipose tissue dysfunction and immunometabolism in obesity*

14.50 – 15.20: 2 selected oral presentations

1) Celien Derboven (KULeuven):

*Definition and application of an in vitro digestion model for people with obesity*

2) Laetitia Lengele (UCLouvain):

*Influence of ultra-processed foods on volatile metabolites production in breath: an exploratory analysis of the MICROBOOST-1 study*

### Poster session 3 and Coffee break

### Closing session: Chair: Vicky De Preter (UCLL)

15.50 – 16.20: Nicolas Lanthier (UCLouvain):

*Towards comprehensive, general care: the example of steatotic liver disease*

16.20 – 16.40: BNS prizes for best communication (oral and poster) (BNS board)