

# **International Conference On Role Of Diet, Physical Activity & Lifestyle In Promoting Health**

**20-21 November 2015  
Hotel Taj Samudra, Colombo, Sri Lanka,**

## ***Agenda***

### **Organized By**

**International Life Sciences Institute-South Asia  
ILSI India Regional Office  
&  
Ministry of Health, Nutrition and Indigenous Medicine  
Government of Sri Lanka**

<p><b>NOVEMBER 20</b></p> <p>09.30-10.30 Hrs.</p>	<p style="text-align: center;"><b><u>INAUGURAL SESSION</u></b></p> <p><b>Welcome Address</b> Mr. D H Pai Panandiker, Chairman, ILSI South Asia Regional Office, ILSI-India</p> <p><b>Keynote Address</b> Dr P G Mahipala, DG, DGHS, Ministry of Health, Nutrition &amp; Indigenous Medicine, Government of Sri Lanka</p> <p><b>Vote of Thanks</b> Mrs. Nirmali Samaratunga, President, ILSI South Asia Sri Lanka Committee</p> <p>10.30-11.00 Hrs. <b>TEA BREAK</b></p>
<p>11.00-12.15 Hrs.</p>	<p style="text-align: center;"><b>SESSION ONE</b></p> <p style="text-align: center;"><b><u>Impact Of Socio Economic Trends On Nutrition Transition</u></b> (Presentations for 25 minutes each and 5 minutes for Q&amp;A)</p> <p style="text-align: center;"><b>Chair: Dr B Sesikeran</b> Former Director, National Institute of Nutrition, India</p> <p><b>Role of Diet, Physical Activity &amp; Lifestyle:</b></p> <ul style="list-style-type: none"> <li>• <b>Global Perspective</b> Dr Michael Sagner, M.D. President, European Society of Lifestyle Medicine (ESLM), Paris</li> <li>• <b>Sri Lankan Perspective</b> Dr. A. M. S. B. Mahamithawa, Director, Estate and Urban Health, Former Director, Nutrition Division, Ministry of Health, Nutrition and Indigenous Medicine, Government of Sri Lanka</li> </ul>
<p>12.15-13.30 Hrs.</p> <p>13.30-14.30 Hrs.</p>	<p style="text-align: center;"><b>SESSION TWO</b></p> <p style="text-align: center;"><b><u>Risk Factors &amp; Determinants Of NCDs</u></b> (Presentations for 25 minutes each and 5 minutes for Q&amp;A)</p> <p style="text-align: center;"><b>Chair: Dr Michael Sagner, M.D.</b> President, European Society of Lifestyle Medicine (ESLM), Paris</p> <p><b>Global Perspective</b> Prof. Fred Brouns, Chair "Health Food Innovation" Dept of Human Biology, Faculty of Health, Medicine and Life Sciences, Maastricht University, Netherlands</p> <p><b>Sri Lankan Perspective</b> Dr. V. T. S. K. Siriwardana, Director , Non-Communicable Diseases Unit, Ministry of Health, Nutrition and Indigenous Medicine, Government of Sri Lanka</p> <p><b>LUNCH BREAK</b></p>

14.30-15.30 Hrs.	<p style="text-align: center;"><b>SESSION THREE</b>  <b><u>Role Of Balanced Nutrition &amp; Physical Activity</u></b>  (Presentations for 25 minutes each and 5 minutes for Q&amp;A)</p> <p style="text-align: center;"><b>Chair: Dr V. Prakash</b>  Distinguished Scientist of CSIR-India, Vice President, IUNS  Director of Research, Innovation and Development at JSSMVP</p> <p><b>Role of Adequate &amp; Balanced Nutrition: Carbohydrates, Fats, Proteins, Dietary Fibres, Micronutrients</b>  Dr B Sesikeran, Former Director, National Institute of Nutrition, India</p> <p><b>Importance of Physical Activity in Maintaining Calorie Balance &amp; Health</b>  Dr. John Foreyt, Professor, Department of Medicine and the Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, Houston, USA</p>
15.30-17.00 Hrs.	<p style="text-align: center;"><b>SESSION FOUR</b>  <b><u>Food For Health</u></b>  (Presentations for 25 minutes each and 5 minutes for Q&amp;A)</p> <p style="text-align: center;"><b>Chair: Prof. Fred Brouns</b>  Chair "Health Food Innovation" Dept of Human Biology, Faculty of Health, Medicine and Life Sciences, Maastricht University, Netherlands</p> <p><b>Functional Foods &amp; Beverages</b>  Dr V. Prakash, Distinguished Scientist of CSIR-India, Vice President, International Union of Nutritional Sciences (IUNS), Director of Research, Innovation and Development at JSSMVP</p> <p><b>Overview Of Global Research On Tea &amp; Health</b>  Dr. Gargi Saha, Research Officer, National Tea Research Foundation, India</p> <p><b>Food for Healthy Gut</b>  Dr B Sesikeran, Former Director, National Institute of Nutrition, India</p>
17.00 Hrs.	<b>TEA BREAK</b>

**END OF DAY ONE**

**NOVEMBER 21**

**09.30-10.30 Hrs.**

**SESSION FIVE**  
**Food Consumption Pattern Data & Physical Activity**

(Presentations for 20 minutes each and 5 minutes for Q&A)

**Chair: Dr. John Foreyt**

Professor, Department of Medicine and the Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, Houston, USA

**Regional**

Dr G.N.V Brahmam, Former HOD, Division of Community Studies, National Institute of Nutrition

**Sri Lanka**

Dr. K D Renuka Silva, Senior Lecturer, Human Nutrition, Department of Applied Nutrition, Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka

**10.30-11.00 Hrs.**

**TEA BREAK**

**11.00-12.30 Hrs.**

**SESSION SIX**  
**Initiatives By Industry For Food Choices**

(Presentations for 20 minutes each including Q&A)

**Chair: Dr V. Prakash**

**Distinguished Scientist of CSIR-India, Vice President, IUNS  
Director of Research, Innovation and Development at JSSMVP**

**Overview**

Prof. Fred Brouns, Chair "Health Food Innovation" Dept of Human Biology, Faculty of Health, Medicine and Life Sciences, Maastricht University, Netherlands

**Industry Approach Towards Healthy & Nutritious Foods**

Ms. Radhini De Costa, AVP Marketing Services, Nestle Lanka Ltd

**Sugar Reduction and Using Sugar Substitutes (Low Calorie Sweeteners)**

Dr Grant Dubois, Sweetness Technologies LLC, USA

**Role of Fats in Promoting Health**

Ms Dilani Hettiarachchi, Nutrition and Health Manager, Unilever Sri Lanka

12.30-13.15 Hrs.	<p style="text-align: center;"><b>SESSION SEVEN</b> <b><u>Consumer Education</u></b></p> <p style="text-align: center;">(Two Presentations for 30 minutes excluding Q&amp;A)</p> <p style="text-align: center;"><b>Chair: Dr B Sesikeran</b> Former Director, National Institute of Nutrition, India</p> <p><b>Consumer Information, Education &amp; Communication</b> Dr Laura Fernandez , Director General, European Food Information Council (EUFIC), Brussels</p>
13.15-14.15 Hrs.	<b>LUNCH BREAK</b>
14.15-16.00 Hrs.	<p style="text-align: center;"><b>PANEL DISCUSSION ON</b> <b><u>Strategies For Public Health Intervention In Sri Lanka</u></b></p> <p style="text-align: center;"><b>Chair: Mr. D H Pai Panandiker</b> Chairman, ILSI South Asia Regional Office, ILSI-India</p>
16.00 Hrs.	<b>TEA BREAK</b>