

Abstracts for Innoboot 2021; Food for Health! (April 22, Online)

Keynote	Food for prevention
<p>We know for a long time that food is an important factor for our health. However, for a long time food and eating is an undervalued factor in healthcare. The role of food is only a small part of medicine training. And how often do GP's mention weight during consultations? Pim Assendelft will address the importance of food and healthy lifestyles in relation to prevention.</p> <p>Presenter: <i>Pim Assendelft, professor prevention in healthcare at Radboudumc</i></p>	
Parallel session 1	Fit4Surgery
<p>A skilful surgery team is one element needed for successful surgery. However, the other important factor is the condition of the patient. The project Fit4surgery researches how the patient can prepare for surgery through food and excercises. Patients who improve their condition have in general a better surgical outcome. During the workshop Baukje van den Heuvel will inform us on how patients can prepare better for surgery through targeted fitness and food. Sjors Verlaan from Friesland Campina will address the challenge to introduce specific healthy foods to the market.</p> <p>Presenters: <i>Baukje van den Heuvel, surgeon at Radboudumc</i> <i>Sjors Verlaan, Director Development Specialised Nutrition at Friesland Campina</i></p>	
Parallel session 2	Citizen science on nutrition & related technological solutions
<p>During autumn 2020, OnePlanet has conducted a citizen science research project focused on nutrition. Citizens of Gelderland with a relatively low socio-economic status were asked which questions and challenges related to nutrition they encounter in daily life. In group-interviews we discussed both technological and non-technological solutions to these questions and challenges. This resulted in a better understanding of how technology could support people with their daily life questions and challenges regarding nutrition. We would like to share and discuss this understanding with you and brainstorm on how to incorporate this in future technological solutions based on some exemplary solutions OnePlanet is working on.</p> <p>Presenters: <i>Alex van Kraaij, Jr. biomedical engineer, Precision Health and Nutrition Group at OnePlanet Research Center</i> <i>Sander Hermsen, Principal behaviour scientist, Precision Health and Nutrition Group at OnePlanet Research Center</i></p>	

Parallel session 3	Secondary metabolites from fiber hemp for healthy aging
<p>Nowadays, several CBD-oils are on the market. The suggestion is made that these CBD-oils have health promoting properties, but the scientific evidence is limited. During this session, we will present our research project where we investigate the chemical composition of various CBD-containing extracts from fiber hemp and link them to health parameters related to healthy aging in a whole systems model.</p> <p>Presenters: <i>dr. Karin Struijs, Research Scientist / Lecturer at HAN BioCentre</i> <i>dr. Samantha Hughes, Principal Research Scientist / Lecturer at HAN BioCentre</i></p>	

Parallel session 4	Joint business opportunities for harmonizing food & healthcare
<p>In the round table on 'joint business opportunities for harmonizing Food & Healthcare' 4 start-ups/scale-ups and a physician will discuss on what is needed, possible and not working at this moment to build a closer bridge between food businesses and health care. Questions that will be addressed are 'what best practices do we have that illustrate joint efforts of Food & Health to build a healthy hospital environment and a healthy environment around a patient?'. 'What is currently hindering you to intensify collaboration?'. 'What opportunities could we think of on joint efforts between the food and medical world to have more 'Food for Health and Healthcare' in the future.</p> <p>Table guests of the round table are: <i>Jochem Bossenbroek, CEO and Founder Verdify</i> <i>Jack Stroeken, CEO and Founder EkoMenu</i> <i>Jelle Sijm, CEO and Founder Eatch</i> <i>Anouk Snelders, CEO and Founder Health Food Wall, co-founder The Treat</i> <i>Pim Assendelft, Professor of Prevention in Healthcare at the dept. of Primary and Community care, Radboud University Medical center</i></p>	

Final Keynote	Healthy Business
<p>We all know what food is healthy and what food is not. However, changing behaviour is difficult for individuals but also for companies. Supermarkets play an important role in how people make individual choices in what food people choose. The positioning of healthy and unhealthy choices can make a difference, as well as educating people. In this keynote Albert Heijn will talk about research done to stimulate healthy choices but also about the challenges there are to balance these choices with market demands.</p> <p>Presenter: <i>Arienne de Jong, Lead Health at Albert Heijn</i></p>	