Food for Prevention

Prof. Pim Assendelft Professor Prevention in Healthcare Dept. of Primary and Community care

'Generalism is our specialism'





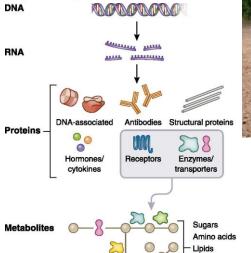






MV.≁

RNA



Organic acids Nucleotides

Diet Microbes













Visiedocument Medisch Specialist 2025



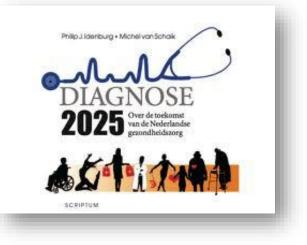


Toekomst Huisartsenzorg – Kerntaken in de praktijk

ALGEMENE INLEIDING

Huisarts anno 2020

In Nederland is vrijwel iedereen ingeschreven bij een huisarts. Patiënten kunnen met medische vragen laagdrempelig terecht in de huisartsenpraktijk. De huisarts werkt samen met een team van zorgverleners binnen de praktijk en met een netwerk van zorg, een huipverleners buiten de praktijk.

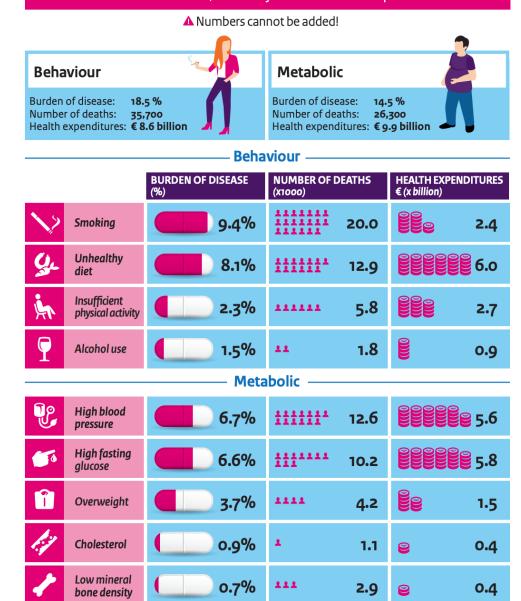








Contribution of different determinants to burden of disease, mortality and healthcare expenditures



Netherlands Nutrition Centre

The Netherlands Nutrition Centre

Healthy, safe and more sustainable food is an important topic in our society. The Netherlands Nutrition Centre (Stichting Voedingscentrum Nederland) is an independent organisation to which people can turn with any questions they have on this topic.

Specifically, the Netherlands Nutrition Centre seeks to explain the relevance of scientific knowledge and translate it into easily understandable, balanced and practical guidelines and advice. Its popular, regularly updated website (with 17 million visits a year) underscore the Nutrition Centre's role as a leading authority. The Netherlands Nutrition Centre encourages consumers to develop and maintain healthy and more sustainable eating habits and the food industry to produce a more sustainable range of food products. Partnering with local professionals and various other relevant parties, we serve as the link that brings them together. The Netherlands Nutrition Centre Guidelines, reports and books on health & Nutrition Wetenschappelijk bewijs leefstijlgeneeskunde



Handboek

Onder redoctie von Dr. Maaike de Vries Drs. Tamara de We

leefstijlgeneeskunde De basis voor iedere praktijk



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Kennissynthese voeding als behandeling van chronische ziekten

Deze kennissynthese is uitgevoerd gedurende de maanden februari – mei 2017 in opdracht van ZonMW.

Projectgroep:

Prof. dr. Renger Witkamp, Wageningen Universiteit Prof. dr. Gerjan Navis, Universitati Medisch Centrum Groningen Dr. II. Jolanda Boer, Rijksinstituut voor Volksgezondheid en Milieu Prof. dr. Jogchum Plat, Maastricht University Prof. dr. Pim Assendelft, Radeboud Universiteit Nijmegen Dr. Jeanne de Vries, Wageningen Universiteit Dr. II. Louise Dekker, Universitair Medisch Centrum Groningen II. Marije Seves, Wageningen Universiteit

Dr. ir. Gerda Pot, Wageningen Universiteit (secretaris)

Versie: definitief, 1 juni 2017

The Combined Lifestyle Intervention (CLI)

- Started January 2019
- Covered by the basic health insurance
- Combination of treatments focussed on healthier foods and eating habits, exercise and, if necessary, individual psychological treatment
- Only CLIs that are proven effective are covered
- Referral by GP, in case of a moderately increased weight-related health risk



Diet and Health Conditions

Get tips to keep diabetes, heart disease, and other health problems under control through healthy eating and healthy living.

AIDS/HIV

Find information related to HIV/AIDS (Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome), including nutrition, food safety and exercise tips.

<u>Cancer</u>

Find nutrition resources for people with cancer and cancer survivors, on topics including eating, food safety, and dietary supplements.

Diabetes

Use these healthy eating resources to manage or reduce your risk of developing diabetes.

Digestive Disorders

Find diet information for a variety of digestive system issues such as constipation, celiac disease, heartburn, and irritable bowel syndrome.

Eating Disorders

Find information on eating disorders such as anorexia nervosa, bulimia, and binge eating disorder.

Food Allergies and Intolerances

Learn about food allergies and sensitivities, as well as celiac disease and lactose intolerance.

Heart Health

Learn how to reduce your risk for heart disease. Find heart-healthy eating tips to reduce fat in the diet and lower cholesterol levels.

High Blood Pressure

Learn about what you can do to help control hypertension (high blood pressure), including the DASH diet.

Kidney Disease

Find information on treatment, management, and diet for kidney diseases.

<u>Osteoporosis</u>

Do all you can to keep your bones healthy. Find a variety of information, tips and hints for preventing or reducing your risk for osteoporosis.

Overweight and Obesity

Manage your weight, choose a safe diet, or calculate your BMI (Body Mass Index). Also find resources for children with weight concerns.

Some issues on health and food











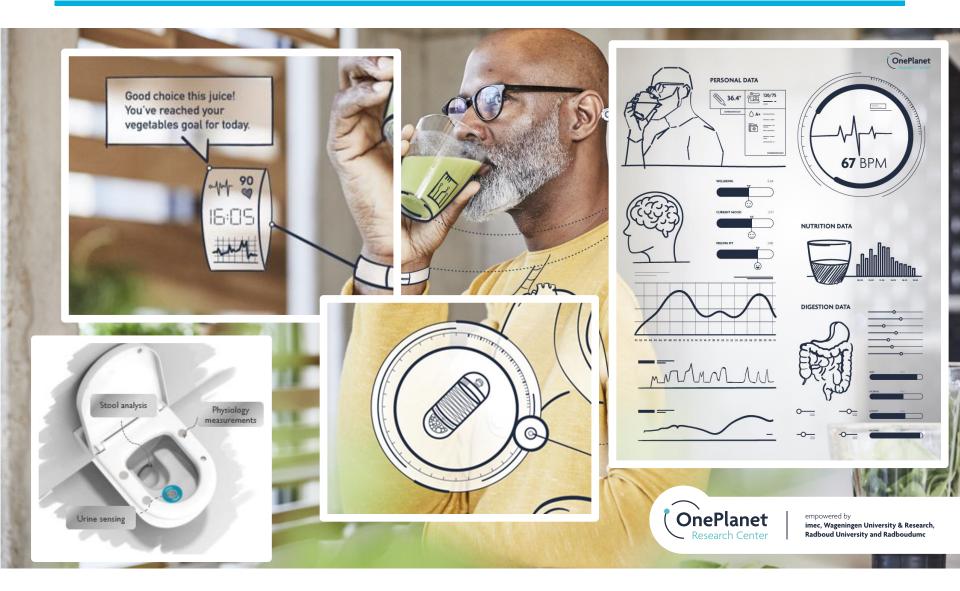
Mom Beach



Diets To Try (And Ones To Avoid) In 2020



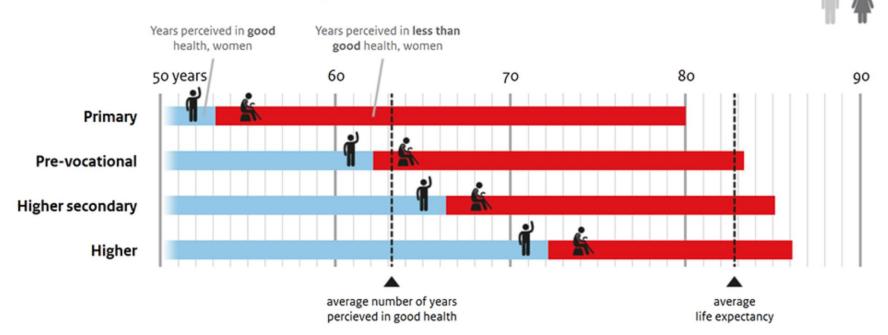






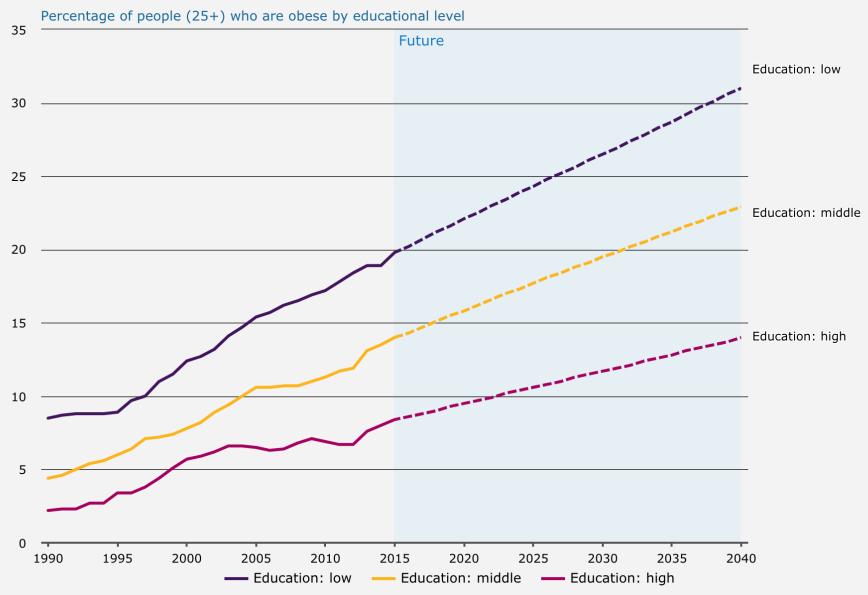






Life expectancy is 6 years shorter Difference in years percieved in good health is 19 years

The percentage of people who are obese will increase at a faster rate among people of low socio-economic status than among people of high socio-economic status









Demographic Variables (age, sex, marital status, race, etc.) Sociopsychological Variables (culture, SES, lifestyle, family, friends, group pressure, etc.)

> Perceived Susceptibility

(eg, definition of healthy weight, overweight, obesity; genetics; family history; cultural view of weight; lifestyle) **Perceived Severity** (Seriousness) (life threatening, restricts activities; limits wardrobe options; physical limitations, social stigma; criticism; mockery, etc.)

Perceived Benefits

of being at healthy weight (look better; feel better; no diseases; nicer wardrobe; more energy; role model; etc.) *Minus*

Perceived Barriers to losing weight (low motivation; apathy; low priority; lack self-control; too busy;

lack reliable information; lack support; no time to exercise; etc.)

Perceived Threat

of becoming obese and developing obesity-related illnesses and conditions

Cues to Action

(illness of family members; mass media; weight loss programs tight fit of clothes; joint pains; lack of energy; preexisting health conditions; physician recommendations, etc.)

Likelihood of making efforts to lose weight or maintain a healthy weight

Self-Efficacy Confidence in ability to sustain a weight loss program (dieting history,

need credible

information; social support, etc.)





What is good food?



The general recommendations regarding foods in the Wheel of Five are as follows:

- Lots of fruit and vegetables
 - e Especially whole grain products, such as whole-grain bread, whole-grain pasta and couscous, and brown rice
- Eess meat and more plant-based food. Vary the diet, switch between fish, pulses, nuts, eggs and vegetarian products
 - Sufficient dairy products such as milk, yogurt and cheese
 - A handful of unsalted nuts
 - Soft or liquid spreadable fats and cooking fats
 - Sufficient amounts of fluid, such as tap water, tea and coffee

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Alles wat u wilt weten over leefstijladvisering in uw praktijk NHG-Standaard Het PreventieConsult module De nieuwe NHG-Zorgmodules Leefstijl Cardiometabool Deze maand verschijnen de NHG-Zorg-LEEESTIIL ADVISERING tes of dishers pare ic² let anaptig aparen au record of en vehicle ana list asses not an list asses not 25 m tes last e-autoint relations and tes last e-autoint relatint relations and tes last e-autoint relations and tes last e-a nodules Leefstijl, met richtlijnen over ALGEMEEN de advisering en begeleding van uw pa-tiërten bij alcoholproblematiek, bewe-gen, stoppen met roken en gezonde staat het voorkómen of beperken van vooding. Als smaakmaker leest u hier onder een samenvatting van de inleidende hoofdstukken Leefstiilodvisering Huisarts en praktijkondersteuner kun-NHG-Standaard Cardiovas Nutrition is all over our national GP guidelines patient begeleiden bij diens zelfdens sa sen quitras bridd no arctin su de bandeling au paterir net co wheng nista est 201 hereits an lais o gentier de laiste an laist o gentier de laiste an laist o gentier de laiste laist o gentier de laiste al darbit at sa paternet ou d'article sen a south sen and al darbit at sa paternet ou d'article sen a south lieft at sa korte toelichting van wat u in de vier • het geven van voorlichting over geten (RVE) zijn de belang-n stellte in Niederland en d in 2023 stierter er bijna ien nat IINE. Dit is orge-Zorgmodules kunt verwachten. zondheidsrisico's en een gezonde dies van gaat daarbij uit var patiemen die oor de een is gewig of anteee woer in oorlikt tieder met de stiil: Waarom Zorgmodules Leefstijl? het motiveren tot en ondersteunen bij de 'Leefstijlmodules' (zoals de Zorgmodu-de 'Leefstijlmodules' (zoals de Zorgmodu-de 'Leefstijlmodules' (zoals de Zorgmodu-NHG-Standaard Problematisch alcoholgebruik (derde herziening) NHG-Standaard M01 NHG-Standaard Diabetes mellitus type 2 en het beleid bij patjienten met proble- problemen en dat verhi Tweede herziening Raine (JEHM, De Gunne W/C, Nigels G, Goude-uased AK, Ulestael FLM, Van day Doos FEE, Heins FJ, Van Bollyneis F, Warden MD, Barner M, Hainaro Wai 2006;49(3):137-52. De transforme et de vertrastringspilde seventuase-te andreast et de vertrastringspilde seventuase-ARD My6 Versies.c maartaoza • Onlangsherzie Centrale adiposites en insulineresistentie worder ook in verband gebracht met vetst-paling in driverse organism als ein negative gevolgen hierzen voer die functie van deze organism. Die alles heeft implicaties voor die behan-deling en controle. Gezen het verbroepte rickor op hans en verstiefen, richt de Maagklachten standsalveijko epast schoel de belangrijk Noast perifer autorome ne meer kan leit en blaaslanet Bij sommigg konten oor NHC-werkgroup: De Jangh E, De Wit NJ, Numens M E, Smeinis P, Van der Wiele GM, Wesseler GH NHC-STANDAARD My1 Versie z.c. mei zotz . In herziering behandeling zich niet alleen op alname van de hyperglykemie – waarnoer het risico op Prikkelbaredarmsyndroom (PDS) M95 Van der Horst H.F. De Witt NJ. Quartero AO, Maris JWW, Berger MY, Bijkerk CJ, Ceijer SMA NHG-Standaard Obesitas Westersen-Kech H an Biedmann II. Langers PAIX, Danser ALM, gewicht met enstig vergeste bulliomvang een verloogd ritioo die Historie MM, Glaver R, Ogwide GA, of compt-ditati. De indicates voor het gestelle gelijk is introdecia gelijk is

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Versie: definitief, 1 juni 2017



Handboek leefstijlgeneeskunde De basis voor iedere praktijk



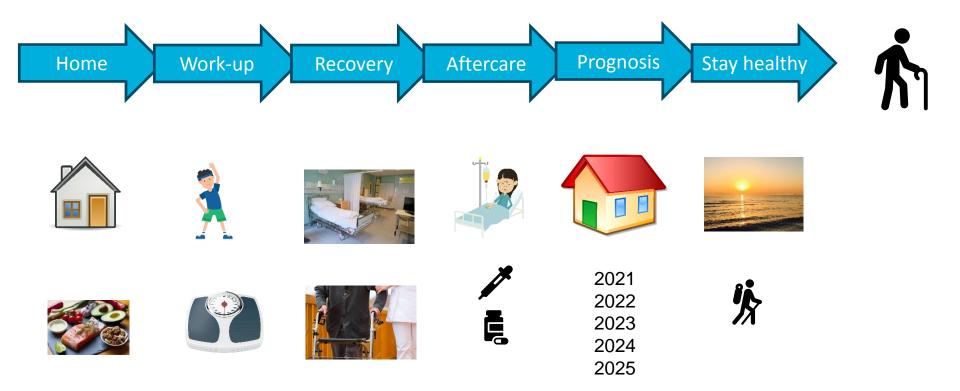








Role of food in health(care)



Wrapping up; Food for prevention

- Role of food is crystal clear
- Generic recommendations for general health and specific guidelines for specific diseases
- Several trends, like fancy diets, microbiome and technology for 'personalised self'
- Be aware of increasing socioeconomic health differences
- Nutrition is behavior and behavior is complex



"For every complex problem there is an answer that is clear, simple and wrong."

– H. L. Mencken