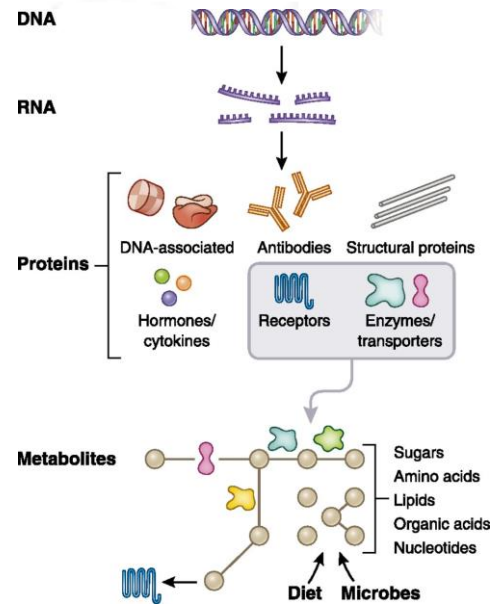


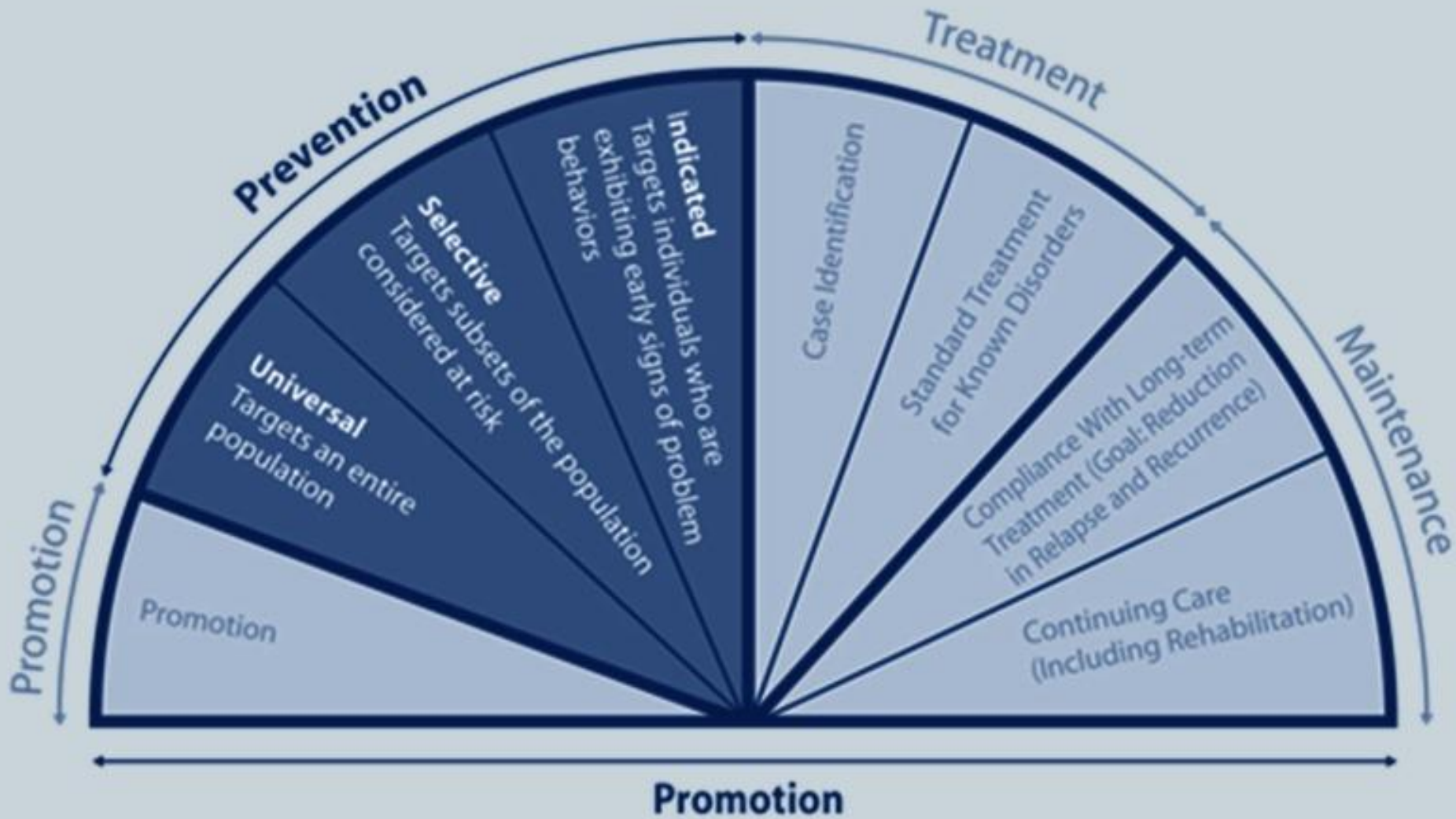
Food for Prevention

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

‘Generalism is our specialism’

Radboudumc







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- en hulpverleners buiten de praktijk.



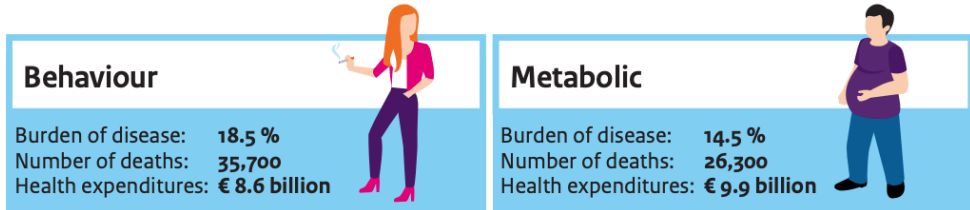
Visiedocument
Medisch Specialist 2025
ambitie, vertrouwen, samenwerken



















Radboudumc

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











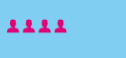









⚠ Numbers cannot be added!



Behaviour

		BURDEN OF DISEASE (%)	NUMBER OF DEATHS (x1000)	HEALTH EXPENDITURES € (x billion)
	Smoking	 9.4%	 20.0	 2.4
	Unhealthy diet	 8.1%	 12.9	 6.0
	Insufficient physical activity	 2.3%	 5.8	 2.7
	Alcohol use	 1.5%	 1.8	 0.9

Metabolic

	High blood pressure	 6.7%	 12.6	 5.6
	High fasting glucose	 6.6%	 10.2	 5.8
	Overweight	 3.7%	 4.2	 1.5
	Cholesterol	 0.9%	 1.1	 0.4
	Low mineral bone density	 0.7%	 2.9	 0.4

The Netherlands Nutrition Centre

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Guidelines, reports and books on health & Nutrition



ad

Kennissynthese voeding als behandeling van chronische ziekten

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

Projectroep:
 Prof. dr. Renger Wijkamp, Wageningen Universiteit
 Prof. dr. Gerjan Navis, Universitair Medisch Centrum Groningen
 Dr. ir. Jolanda Boer, Rijksinstituut voor Volksgezondheid en Milieu
 Prof. dr. Jogchum Plat, Maastricht University
 Prof. dr. Pim Assendelft, Radboud Universiteit Nijmegen
 Dr. Jeanne de Vries, Wageningen Universiteit
 Dr. ir. Louise Dekker, Universitair Medisch Centrum Groningen
 Ir. 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.

[Cancer](#)

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.

[Osteoporosis](#)

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

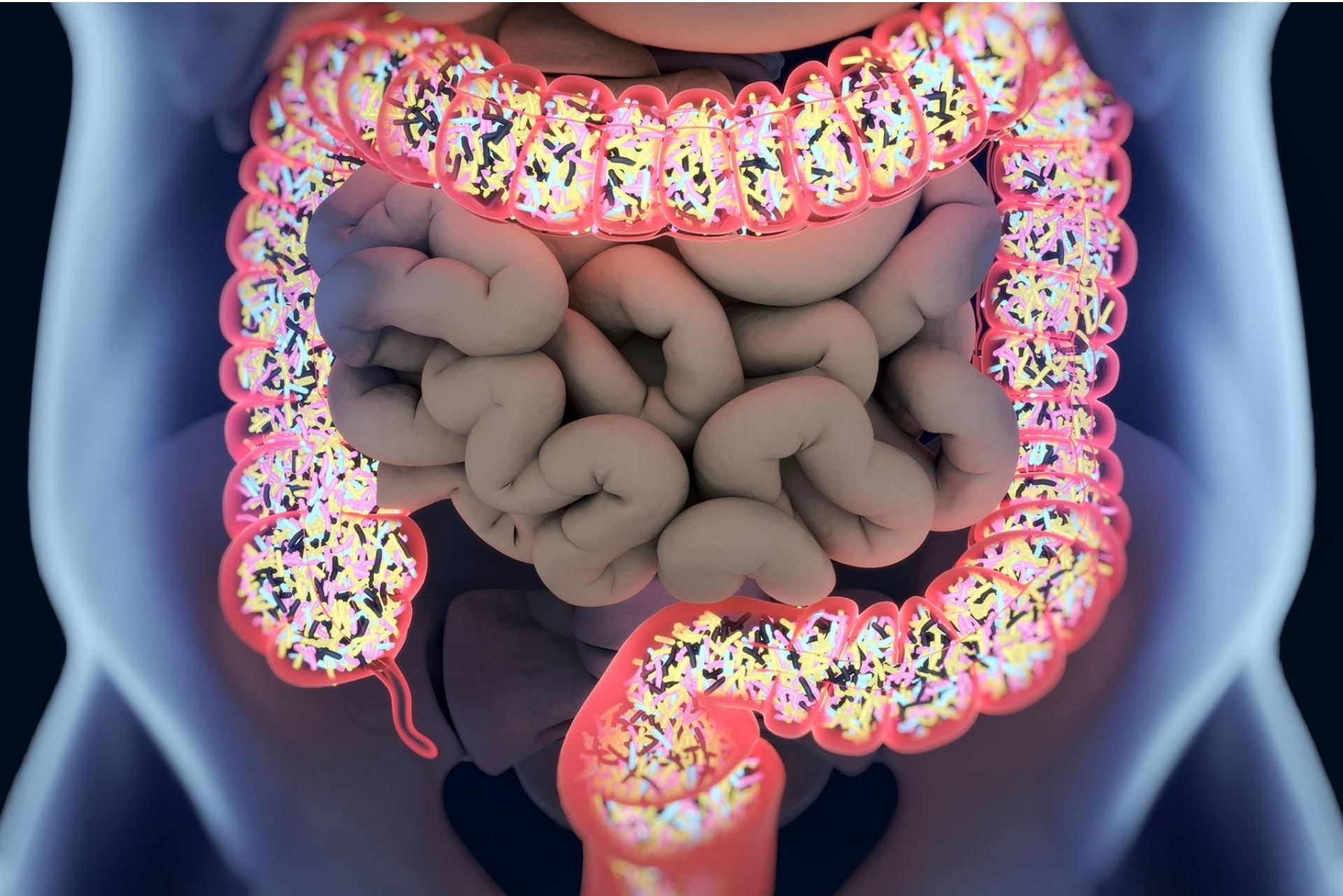


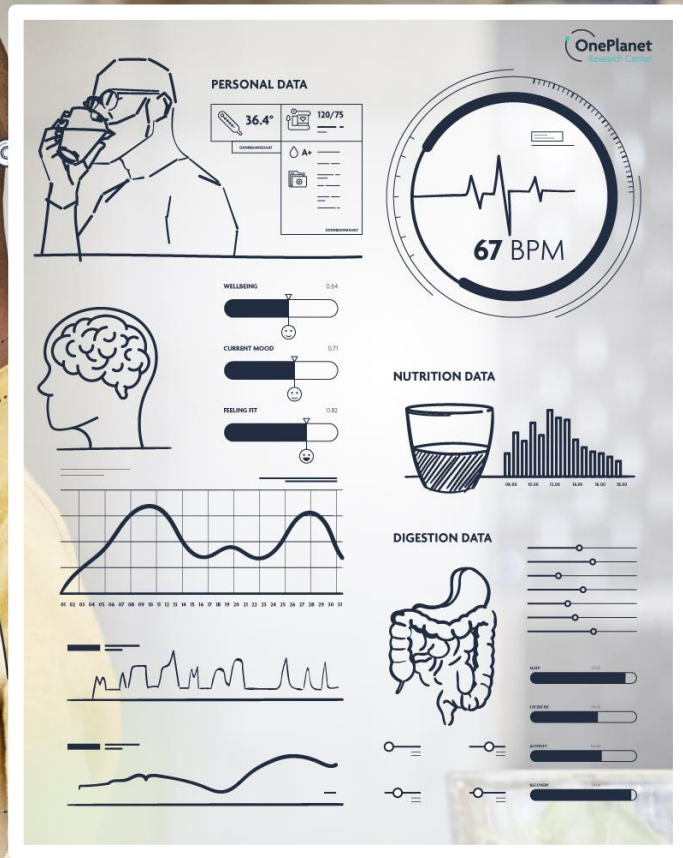
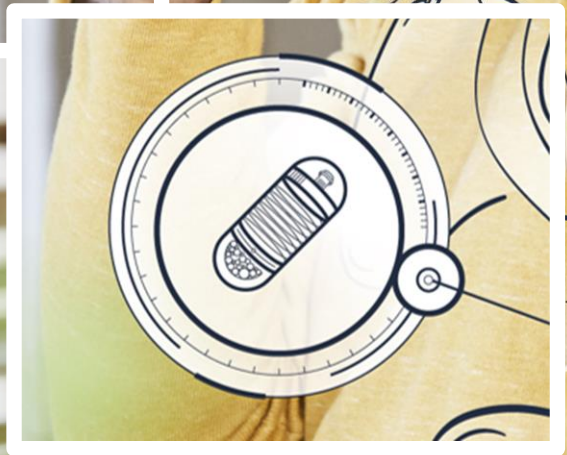
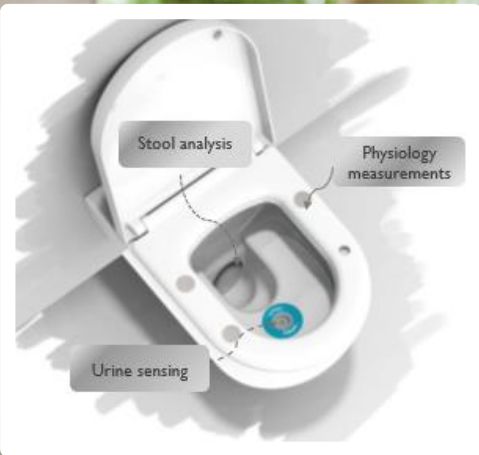
**IS THE
SIRTFood
DIET
RIGHT FOR
YOU?**

Mom Beach

**Diets To Try
(And Ones To Avoid) In 2020**







empowered by
imec, Wageningen University & Research,
Radboud University and Radboudumc

HEALTH IN THE SDG ERA



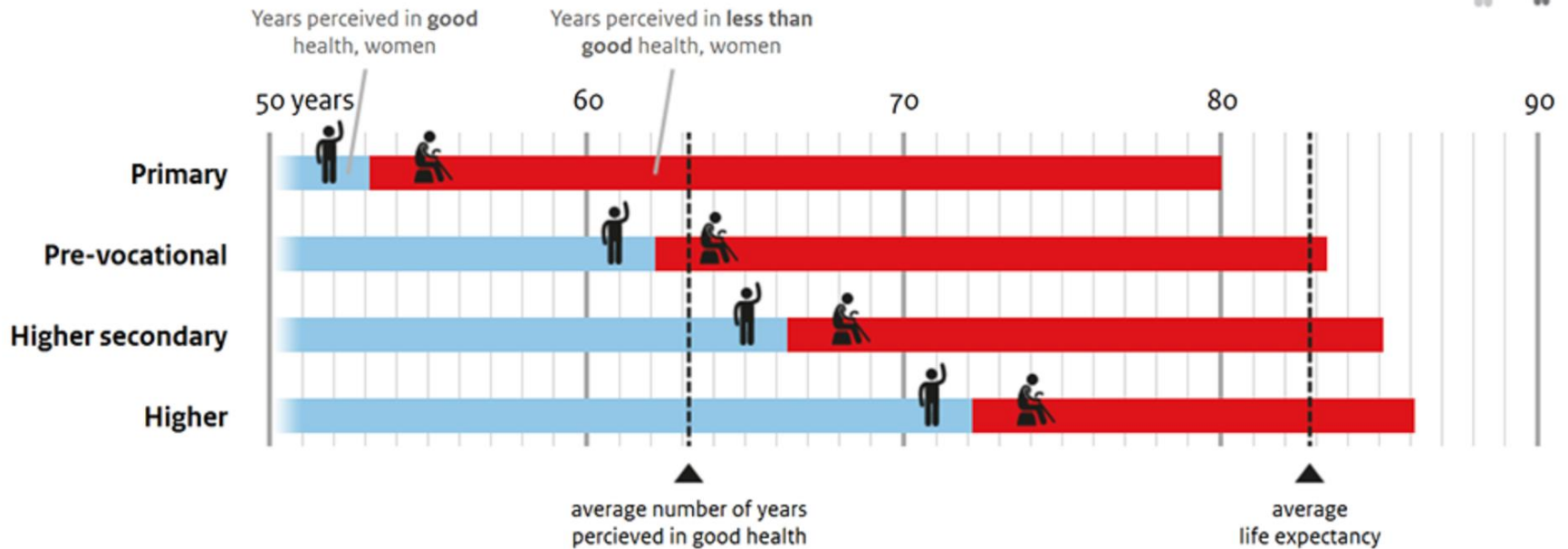
World Health Organization

WWW.WHO.INT/SDGS



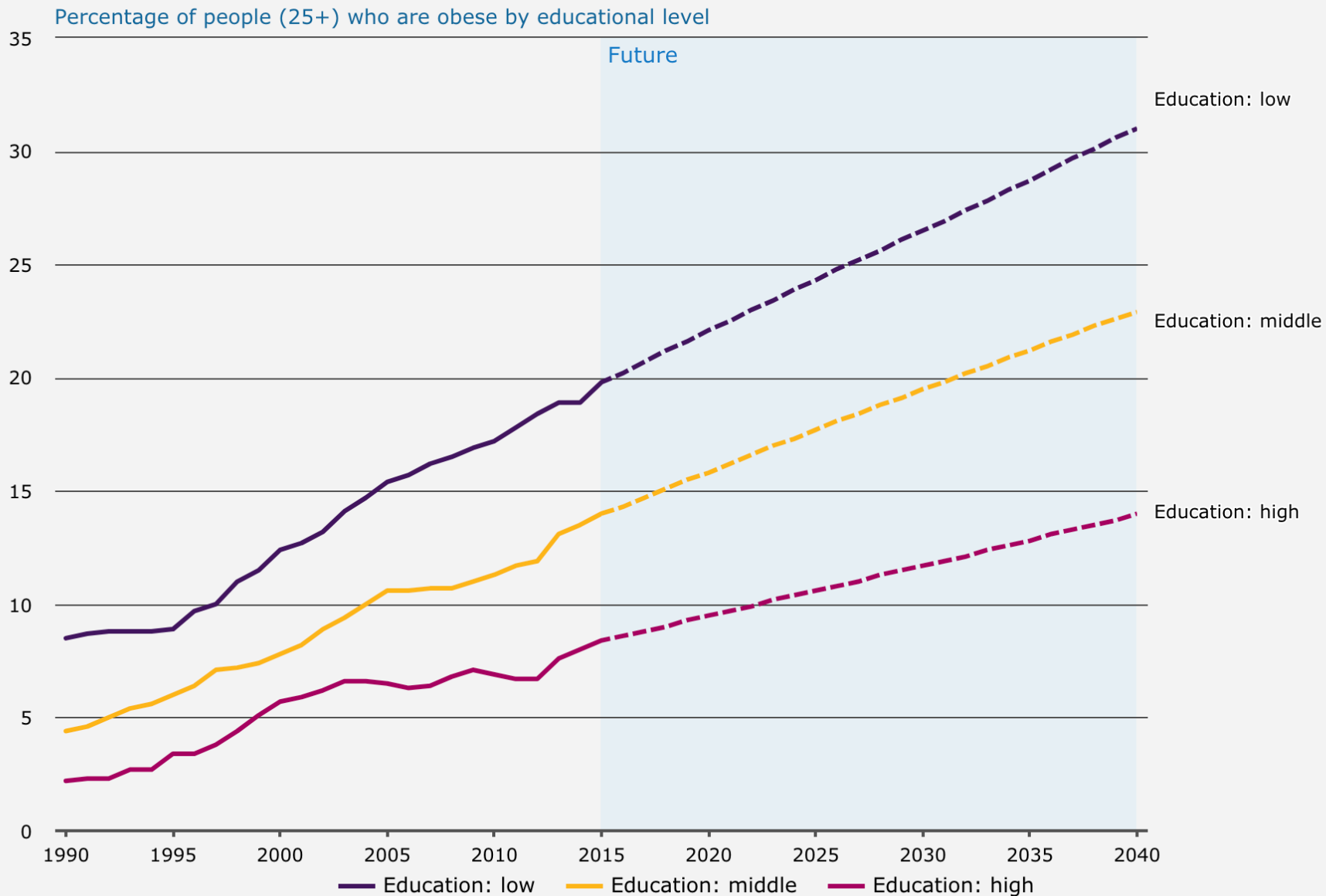


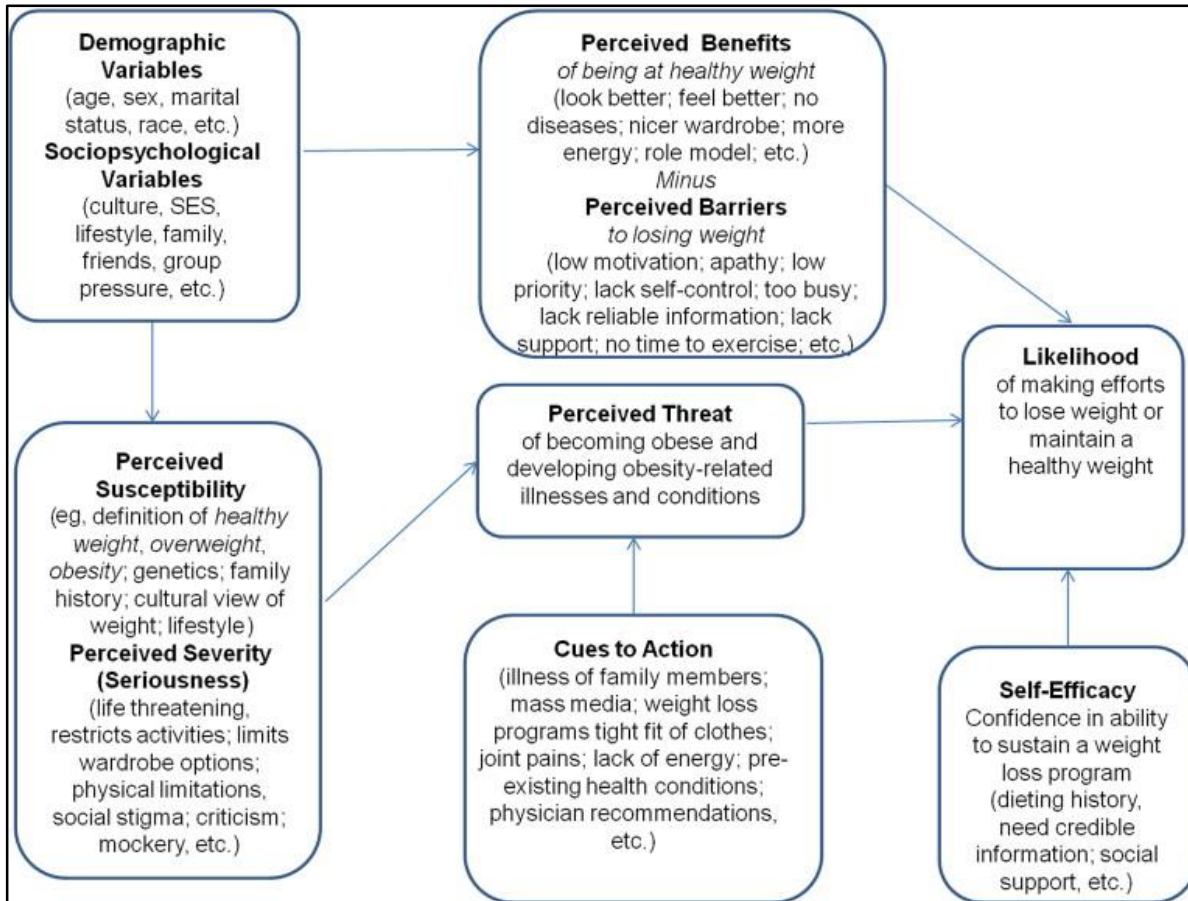
Relation between level of education and (healthy) life expectancy



Life expectancy is 6 years shorter
Difference in years perceived 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












What is good food?



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

-  Lots of fruit and vegetables
-  Especially whole grain products, such as whole-grain bread, whole-grain pasta and couscous, and brown rice
-  Less 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 leefstijladviesing in uw praktijk

De nieuwe NHG-Zorgmodules Leefstijl

Deze maand verschijnen de NHG-Zorgmodules Leefstijl, met richtlijnen over de advisering en begeleiding van uw patiënten bij alcoholproblematiek, bewegen, stoppen met roken en gezonde voeding. Als smaakmaker leest u hieronder een samenvatting van de inhoudende hoofdstukken: Leefstijladviesing.

LEEFSTIJLADVIESING ALGEMEEN

Bij alle leefstijlonderwerpen komen enkele algemene aspecten aan de orde. Zo staat het workören of beperken van gezondheidschade centraal en is een actieve rol van de patiënt essentieel. Hiërarchisch en praktijkondersteuner kunnen patiënten begeleiden bij diens zelfmanagement door:

- het geven van voorlichting over gezondheidsrisico's en een gezonde leefstijl;
- het motiveren tot en ondersteunen bij gedragsverandering.

Alle zorgverleners hebben een signale...

NHG-Standaard M08
NHG-Standaard Het PreventieConsult module Cardiometabool

NHG-Standaard M09
Cardiovasculair risicomanagement

NHG-Standaard Cardiovas

NHG-Standaard M10
NHG-Standaard Problematisch alcoholgebruik (derde herziening)

NHG-Standaard M01
NHG-Standaard Diabetes mellitus type 2

NHG-Standaard M15
NHG-Standaard Obesitas

Maagklachten

Prikkelbaredarmsyndroom (PDS)

Maagklachten

Prikkelbaredarmsyndroom (PDS)

Wetenschappelijk bewijs leefstijlgenesekunde

December 2019

Onder redactie van
 Dr. Rosalinde Meulder
 Dr. Marjan van Elk
 Drs. Marjolijn van der Wal
 Drs. Marjolein van 't Land
 Prof. dr. Anouk Koffie de Jong

LIFESTYLE 4 HEALTH Nederlands Innovatiecentrum voor Leefstijlgenesekunde



ad

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

Versie: definitief, 1 juni 2017

Handboek leefstijlgenesekunde

De basis voor iedere praktijk

Onder redactie van
 Dr. Maaike de Vries
 Drs. Tamara de Weijer, huisarts

Met praktijkvoorbeelden



Role of food in health(care)



2021
2022
2023
2024
2025



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