



# ONCONET-SUDOE. Work Package 1.1

## Workshop on Nutrition, Physical Activity & Cancer

March 14<sup>th</sup> - 15<sup>th</sup>, 2019

Event location: Catalan Institute of Oncology (ICO) Auditorium  
Av. Gran Via de l'Hospitalet, 199-203.  
Barcelona 08908, Spain  
For a map, [click here](#)

**Summary:** *How can diet and physical activity help prevent cancer or improve quality of life in cancer survivors.*

### Background:

Cancers are among the leading causes of morbidity and mortality worldwide, and the number of new cases is expected to rise significantly over the next decades. According to the World Health Organization, between 30-50% of all cancer cases could be prevented mainly through healthy lifestyle choices, such as diet and physical activity. A healthy diet and engaging in regular physical activity are not only established risk factors for cancer incidence but they are also important after the diagnosis of cancer.

In this context, ICO has brought together a panel of experts who specialize in the mechanisms of nutrition and exercise science on cancer. The overall aim of the workshop is to analyze and discuss current research on diet, nutrition, physical activity and its influence on the prevention and management of cancer in patients and survivors.

During the workshop, the panel of experts will provide background information and the latest research on key questions and ongoing controversies in the field. Future research directions and implications will be discussed.

After the workshop, highlights and main conclusions from the event will be summarized in a scientific report published and freely accessible via the Onconet website <https://www.onconet-sudoe.eu/en/>.



## Program - Thursday, March 14th. 2019

8:30h - Registration

### Workshop opening and welcome:

- 9 – 9:30h – Dr. Josep María Vilà, President, Catalan Institute of Oncology (ICO)  
 – Dra. Ana Clopés, Deputy Director, Catalan Institute of Oncology (ICO)  
 – Representatives of the ONCONET-SUDOE

**Session I – Diet and cancer prevention (I)** Chair: Paula Jakszyn (ONCONET-SUDOE; Unit of Nutrition and Cancer-UNAC, ICO)

9:30 – 10:05h – **DORA ROMAGUERA**. Instituto de Salud Global (ISGlobal). Barcelona, Spain

Topic: *The WCRF / AICR cancer prevention recommendations 2007 vs 2018: lessons learned and current challenges in the operationalization of an index score.*

10:05 – 10:40h – **ANTONIO AGUDO**. Unit of Nutrition and Cancer (ICO). Barcelona, Spain

Topic: *Nutritional quality as represented by the Nutri-Score label and cancer risk in Europe.*

10:40 – 11:15h – **CECILIA GALBETE**. MG Nutrición 3G S.L. Noain (Navarra), Spain

Topic: *Mediterranean diet: a technical review of its definition and the implication on cancer risk.*

**11:15 – 11:45h - Coffee Break. Location: Cafeteria. 2<sup>nd</sup> floor**

**Diet and cancer prevention (II)**. Chair: Paula Jakszyn (ONCONET-SUDOE; UNAC, ICO)

11:45 – 12:20h – **ANA RAMIREZ DE MOLINA**. Instituto Madrileño de Estudios Avanzados en Alimentación (IMDEA). Madrid, Spain

Topic: *Lipid metabolism in colorectal cancer.*

12:20 – 12:55h – **GEMMA CASTAÑO-VINYALS**. Instituto de Salud Global. (ISGlobal). Barcelona, Spain

Topic: *Mistimed eating patterns and cancer risk.*



12:55 – 13:30h – **Open discussion**

**13:30 – 14:45 - Lunch. Location: ICO Hall. Main (1<sup>st</sup>) floor**

**Session II – Physical activity and sedentary behaviour and cancer.** Chair: Antonio Agudo (ONCONET-SUDOE; Unit of Nutrition and Cancer-UNAC, ICO)

14:45 – 15:30h – **ANNE M. MAY.** University Medical Center Utrecht, Julius Center. Utrecht, The Netherlands

Topic: *The role of physical activity before and after a cancer diagnosis: Current evidence.*

15:30 – 16:00h – **GUILLERMO R. OVIEDO.** Faculty of Psychology, Education and Sport Sciences. Ramon Llull University. Barcelona, Spain

Topic: *Physical activity interventions in patients with chronic conditions.*

16:00 – 16:30h – **SORAYA CASLA.** Asociación Española Contra el Cáncer (AECC). Madrid, Spain

Topic: *Regular exercise interventions in cancer patients.*

16:30 – 17:00h – **MIREIA FÉLEZ.** Research, Innovation and Teaching Unit. Parc Sanitari Sant Joan de Déu-CIBERSAM. Barcelona, Spain

Topic: *Measuring physical activity and sedentary behaviour in free-living environments: methodologies, considerations and limitations.*

17:00 – 17:30h – **Open discussion**

## Closing:

17:30h – Representatives of the ONCONET-SUDOE  
Antonio Agudo, Paula Jakszyn (ONCONET-SUDOE; UNAC, ICO).

## SOCIAL EVENT

Please sign up in order to join us after the event.



## Program - Friday, March 15<sup>th</sup>, 2019

Coffee service available from 9h next to our meeting room

### Working appointment 1 : COORDINATION AND MANAGEMENT.

9 :30 - 10 :45h – Salomé Pires, Mafalda Laranjo and all partner members.

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Please confirm your attendance on our Doodle survey. [Click here.](#)

### Working appointment 2 : Project follow-ups for all working packages.

11:00 - 12:00h – WP2. *Innovative Approaches in the Treatment of Cancer.* (R. Villar)

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12:00 – 13:00h – WPT.T3 *Project follow-up and evaluation.* (A. Moca and Mónica Rivera, Albea Consultancy)

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Please contact Andrea Fuente ([andrea.fuentev@iconcologia.net](mailto:andrea.fuentev@iconcologia.net)) should you require some time and room for technical meetings.

### Working appointment 3 : Generating written WP 1.1. Report.

13:00 – 14:00h – ICO representatives meet Azierta, a company that provides support for medical and scientific meetings and will be responsible for the generation of the final report

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## ICO STAFF contact numbers

- **Andrea Fuente-Vidal**, project manager : +34 -650 82 5978
- **Paulina Sereno**, secretary : +34- 93 260 74 01 (7:30 – 14:30 h)