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2nd DZHK Symposium:

Translational Symposium on Lifestyle-based Prevention of Non-communicable Diseases

16 and 17 of May 2022

German Institute of Human Nutrition Potsdam-Rehbrücke (DiFE)

11:00 – 12:00

Registration & Welcome Lunch

12:00 – 12:15

Welcome
Nicolle Kränkel, Berlin
Marcus Dörr, Greifswald
Tilman Grune, Potsdam

12:15 – 13:00

WELCOME LECTURE:
Political means to change health behavior behavior:
What can we learn from tobacco control?
Ute Mons, DKFZ, Heidelberg

Session 1:

LIFESTYLE INTERVENTIONS IN THE MODERN-DAY ENVIRONMENT
Chair: Martin Halle, München

13:00 – 13:20

Circadian rhythm – when to exercise and when to eat when the city never sleeps?
Ramich O, Potsdam

13:20 – 13:40

Air pollution, but daylight - where to exercise?
Münzel T, Mainz

13:40 – 14:00

Upstream determinants of lifestyle behaviour and chronic disease risk
Lakerveld J, Amsterdam

14:00 – 14:20

Apps and smart watches for lifestyle-based prevention
Weber D, Potsdam

Coffee break with group photo

Session 2: **ENERGY METABOLISM: DIET, EXERCISE OR BOTH?**
Chair: Andreas Pfeiffer, Berlin

15:00 – 15:20 Sex differences in energy metabolism
Hofmann S, München

15:40 – 16:00 Ketone bodies – what is all the hype about?
Schulze PC, Jena

16:00 – 16:20 Energy metabolites and brain function
Morland C, Oslo

Session 3: **FROM CRADLE TO GRAVE: LIFESTYLE INTERVENTIONS AT ALL AGES**
Chair: Tilman Grune, Potsdam

16:30 – 17:00 The choice of vascular biomarkers? What can be achieved?
Hannsen H, Basel

17:00 – 17:30 Promoting physical activity in different age groups
Busse H, Bremen

17:30 – 18:00 Role of plantbased diets for aging and the aged
Norman K, Potsdam

from 19:00 **DINNER**
followed by **DINNER LECTURE**

Patients with T2DM and CVD: Lifestyle versus Pharmacological interventions
Matthias Blüher, Leipzig



Matthias Blüher is Professor of Obesity Medicine, Director of the Helmholtz Institute for Metabolism, Obesity and Vasculature research at the Helmholtz Center Munich and the University of Leipzig, Germany. He is speaker of the Collaborative Research Center “Obesity mechanisms” at the University of Leipzig in Leipzig, Germany. Matthias Blüher’s research is focused on the role of adipose tissue function and distribution in insulin resistance, the development of obesity, type 2 diabetes and other metabolic and cardiovascular diseases.

Professor Blüher completed his medical studies at the University of Leipzig and his postdoctoral fellowship at the Joslin Diabetes Centre, Boston, USA. Matthias’ work has been recognized both nationally and internationally, as he is a recipient of the Obesity Research Award of the German Obesity Society 2003, the Ferdinand-Bertram-Prize of the German Diabetes Association 2008, the European Association for the Study of Diabetes (EASD) Rising Star Award (2010), and the Minkowski Prize of the EASD 2015.

Our Keynote Speakers



Ute Mons is a University Professor of Cardiovascular Epidemiology of Aging at the University of Cologne, Germany. She has co-authored more than 150 research publications, mostly in her main research areas tobacco control, cancer prevention, and chronic disease epidemiology. In these areas, she is involved in several national and international research projects, including being PI of the International Tobacco Control Policy Evaluation Project (ITC) Germany project. She also participates in several national committees to promote public health and tobacco control.

Ute Mons holds an M.A. in Sociology and Economics, a PhD in Epidemiology and the *venia legendi* in Epidemiology and Public Health from the University of Heidelberg. Before her current appointment at the University of Cologne, she was a research scientist at the German Cancer Research Center (DKFZ), and headed the DKFZ Cancer Prevention Unit from 2016 to 2020.

In 2012, Ute Mons was awarded a Stephan-Weiland-Award (young career award of the German Society for Epidemiology, DGEpi), and in 2017, she was awarded one of the European Cancer Leagues ECToH Young Professional Awards recognizing her contribution to tobacco control.

07:30 – 08:30 *Joint exercise session*

Session 4: **GENETICS AND EPIGENETICS OF EXERCISE
AND DIET**
Chair: Martin Bahls, Greifswald

09:00 – 09:30 Epigenetic effects of diet on immune status
Christ A, Bonn

09:30 – 10:00 Acute and chronic exercise-induced adaptations of
the immune system
Zimmer P, Dortmund

10:00 – 10:30 Genetic predisposition versus Lifestyle: Is CV risk
“fate” or not?
Baurecht H, Regensburg

Session 5: **IMMUNITY, EXERCISE AND DIET – WORKS
BOTH WAYS**
Chair: Nicolle Kränkel, Berlin

11:00 – 11:30 Neuroinflammation in hemorrhagic stroke
Xu R, Berlin

11:30 – 12:00 Myeloid cells: Targets to lower CVD risk by
lifestyle interventions?
Sager H, München

12:00 – 12:30 HFpEF: Can we affect immunity by exercise?
Gevaert A, Antwerpen

Lunch

Session 6: **DECISION MAKING, NUDGING AND
PERSUASIVE SYSTEMS DESIGN**
Chair: Marcus Dörr, Greifswald

13:30 – 14:00 Nutrition and Decision making
Park S, Potsdam

14:00 – 14:30 How to change consequential behaviors for good –
Insights from economics and psychology
Patel M, Philadelphia

14:30 – 15:00 Persuasive Systems
Kukkonen O, Oulu

15:00 – 16:00 **FAREWELL SUMMARIES** (*with coffee break*)

Kränkel N, Berlin
Bahls M, Greifswald
Young-DZHK Berlin

16:00 *Departure*



DZHK

DEUTSCHES ZENTRUM FÜR
HERZ-KREISLAUF-FORSCHUNG E.V.



Universitätsmedizin
GREIFSWALD



CHARITÉ
UNIVERSITÄTSMEDIZIN BERLIN

Center for translational cardiovascular disease prevention

Reduce CVD burden – RedCVD

 @redCVD

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