

# VegMed Web 2021 - Program

Europe's largest medical congress on plant-based nutrition

28 February – 2 March 2021

Interactive online scientific event

CME points applied for

All times in CET		Sunday 28 February, 2021	
09:00 - 09:15 <b>Welcome</b>			
Stream A	PLANT-BASED MEDICINE	Stream B	CLIMATE CHANGE & PANDEMICS
A1	Food as Medicine	B1	Climate Change & Diet
09:15	<b>Prof. Dr. Andreas Michalsen</b> Food as medicine: An introduction to the various effects of food on our health with a focus on intermittent fasting	09:15	<b>Dr. Martin Herrmann</b> Medical emergency climate crisis: Climate change as a health hazard
10:00	<b>Dr. Conor Kerley</b> Plant-based nutrition and heart failure	10:00	(speaker tba) <b>Sponsored by the Alpro Foundation</b> The impact of the climate crisis and other planetary boundaries
10:20	<b>Dr. Krasimira Alexandrova</b> Plant-based nutrition: The way towards a healthy immune system		
10:45 - 11:00 <b>Networking Break</b>			
A2	Disease Prevention & Treatment I	B2	The Future of Food
11:00	<b>Dr. Matthias Riedl</b> A paradigm shift in the treatment of the metabolic syndrome through plant-based nutrition	11:00	<b>Dr. Marco Springmann</b> The healthiness and sustainability of national and global food based dietary guidelines: a modelling study
11:45	<b>PEER REVIEW SESSION</b> Psychology and chronic diseases	11:45	(speaker tba) Plant-based and cultivated meats: How alternative meat might transform global nutrition and public health
12:30 - 13:30 <b>Lunch</b>			
A3	Mechanisms	B3	Climate Change & Diet - What Can I Do?
13:30	<b>Dr. Jennifer Trilk</b> Mechanisms of nutrition in the development, prevention, and reversal of chronic disease	13:30	<b>PANEL DISCUSSION</b> <b>Dr. Martin Herrmann (KLUG) &amp; Dr. Marco Springmann (more speakers tba)</b> How can we, as health professionals, implement the findings around nutrition, climate change and health effectively in everyday practice?
14:15	<b>PEER REVIEW SESSION</b> Mechanisms: Inflammation and exercise-induced metabolism markers		
15:00 - 15:15 <b>Networking Break</b>			
A4	Disease Prevention & Treatment II	B4	Antimicrobial Resistance
15:15	(speaker tba) <b>Sponsored by Krankenhaus Waldfriede</b> Vegan nutrition and irritable bowel syndrome	15:15	<b>PD Dr. Christian Kessler</b> Antimicrobial resistance and new pathogens through production and consumption of animal foods
16:00	<b>Dr. Shireen Kassam</b> The role of nutrition in cancer prevention and treatment	16:00	<b>Dr. Reyes Tirado</b> Which role does our food system play in the emergence of zoonotic diseases and subsequent pandemics?
16:45 - 17:00 <b>Networking Break</b>			
A5	Neurology & Psychology	B5	Food System Resilience
17:00	<b>Team Sherzai - Dr. Ayesha and Dr. Dean Sherzai</b> Live an unforgettable life: How to avoid Alzheimer's and build a better brain	17:00	<b>PANEL DISCUSSION (speakers tba)</b> Food resilience in times of pandemics
17:45	<b>Dr. Mary Yannakoulia</b> Mediterranean plant-based diet and cognitive decline		
18:05	<b>TALK + WORKSHOP</b> <b>Dr. Bianca Schwennen</b> Orthorexia: Restrictive eating behaviour or a new nutritional trend?	18:45	<b>Prof. Dr. Walter Willet</b> The EAT/LANCET report: How to implement the findings?
19:30 - 19:45 <b>Closing Remarks</b>			

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All times in CET		Monday 1 March, 2021	
09:00 - 09:15 <b>Welcome</b>			
Stream A	NUTRITION IN MEDICAL PRACTICE	Stream B	THE LATEST IN PLANT-BASED SCIENCE
A1	Plant-Based Medicine In Practice	B1	Plant-Based Diets
09:15	<b>TALK + DISCUSSION</b> <b>Dr. Gemma Newman &amp; Dr. Florian Sauer</b> Plant-based nutrition in daily medical practice: Perspectives from Great Britain and Germany	09:15	<b>Prof. Dr. François Mariotti</b> Protein in plant-based diets: Classical and emerging topics
10:00	<b>(speaker tba)</b> Learning from pioneers: Plant-based nutrition on hospital menus	10:00	<b>Prof. Dr. Markus Keller</b> The latest findings on vegan and vegetarian nutrition
10:45 - 11:00 <b>Networking Break</b>			
A2	Plant-Based Medicine - Where to start?	B2	Supplementation
11:00	<b>PANEL DISCUSSION</b> <b>(speakers tba)</b> Nutritional medicine in medical practice, hospitals and healthcare systems: Reality and opportunities	11:00	<b>Prof. Clemens von Schacky</b> <b>Sponsored by NORSAN</b> Omega-3 fatty acids: myths and reality. Time for scientific facts on supply and vegan nutrition.
		11:45	<b>Dr. Shama Virani</b> Evaluating the role of vitamin B12 in lung cancer using multiple sources of evidence
		12:05	<b>Dr. Nico Steckhan</b> To supplement or not to supplement? Survey results from a medical congress on plant-based nutrition
12:30 - 13:30 <b>Lunch</b>			
A3	Healthcare Systems	B3	From Epigenetics to Smart Plants
13:30	<b>WORKSHOP</b> <b>Physicians Association for Nutrition (PAN), Deutsches Krankenhaus Institut (DKI), BKK ProVita &amp; Klüh-Catering</b> A guide for plant-based food in hospitals and health institutions and how to implement it	13:30	<b>Dr. ir. Trudy Voortman</b> Diet in life-course and its impact on epigenetics
14:15	<b>WORKSHOP</b> <b>Uta Köpcke</b> Finding nutritional therapy in the jungle of the German healthcare system	14:15	<b>Prof. Dr. Frantisek Baluska</b> Smart plants? Plant cognition and intelligence
15:00 - 15:15 <b>Networking Break</b>			
A4	Behavioral Diet Change	B4	Peer Review Sessions
15:15	<b>Christel von Scheidt</b> Living the change: As if transforming our diet was easy...	15:15	<b>PEER REVIEW SESSION</b> Miscellaneous: Attitudes of non-vegetarians, food marketing
16:00	<b>(speaker tba)</b> Motivational interviewing in medical practice	16:00	<b>PEER REVIEW SESSION</b> Miscellaneous: Lifestyle, sports nutrition
16:45 - 17:00 <b>Networking Break</b>			
A5	Nutrition & Weight Loss		
17:00	<b>Dr. Michael Greger</b> How not to diet: Evidence based weight loss		
17:45 - 18:00 <b>Closing Remarks</b>			

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All times in CET		Tuesday 2 March, 2021	
09:00 - 09:15 <b>Welcome</b>			
<b>Stream A</b>	<b>PUBLIC HEALTH NUTRITION</b>	<b>Stream B</b>	<b>NUTRITION EDUCATION: FROM KIDS TO CAREERS</b>
A1	Public Health Nutrition: An Introduction	B1	Plant-Based Kids I
09:15	<b>Peter von Philipsborn</b> An introduction to public health nutrition	09:15	<b>PANEL DISCUSSION</b> Prof. Dr. Markus Keller (IV), Carolin Wiedmann, Prof. Dr. Georg Seifert, Prof. Dr. Alfred Längler & Prof. Dr. Bernhard Watzl Plant based nutrition during childhood: Hype, hysteria and households
09:45	<b>Nikolai Pushkarev (EPHA)</b> Public health nutrition in the European Union		
10:15	<b>Niklas Oppenrieder (PAN)</b> The Physicians Association for Nutrition: Let's transform healthcare! The 2021 agenda and beyond		
10:45 - 11:00 <b>Networking Break</b>			
A2	Public Health Nutrition: Best Practices	B2	Plant-Based Kids II
11:00	<b>Dr. Jonneke Brouwers</b> From general practice to public health: How to implement lifestyle medicine in your community	11:00	<b>PEER REVIEW SESSION</b> Child nutrition: Mechanisms and implementation
11:45	<b>Prof. Dr. Heike Englert</b> Healthy lifestyle communities: Research around chances and challenges	11:45	<b>WORKSHOP</b> <b>Edith Gätjen</b> Eating with children: Education and relationships
12:30 - 13:30 <b>Lunch</b>			
A3	Plant-Based Nutrition at Medical Schools	B3	Plant-Based Kids to Plant-Based Careers
13:30	<b>European Medical Students' Association (requested)</b> Nutrition in the curriculum of medical students: What's going on in Europe?	13:30	<b>WORKSHOP</b> <b>Dr. Eliska Selinger</b> Plant-based nutrition, research, and you: A practical approach to your scientific career
13:50	<b>Australian Medical Students' Association (requested)</b> Planetary health in the medical curriculum in Australia; The status quo, what works and what doesn't		
14:10	<b>Dr. Jennifer Trilk</b> Lifestyle medicine at the University of South Carolina School of Medicine Greenville: The classroom-clinic-community model.	14:15	<b>Brenda Davis &amp; Reshma Shah</b> Plant-based nutrition for families
15:00 - 15:15 <b>Networking Break</b>			
A4	The Future of Public Health Nutrition	B4	Advancing Medical Education: A Students' Perspective
15:15	<b>PANEL DISCUSSION (speakers tba)</b> Demanding political change: How can health professionals support sound public health measurements?	15:15	<b>TALK + PANEL DISCUSSION</b> <b>PAN University Groups (more speakers tba)</b> The role of medical students in advancing medical education and public health
16:45 - 17:15 <b>Closing Remarks:</b> <b>Wrap up of learnings and take-homes from VegMed Web 2021</b>			

VegMed Web 2021 official sponsors:

Alpro Foundation, Alpro GmbH, BKK ProVita, Krankenhaus Waldfriede, Mycovital, Norsan (San Omega GmbH), Reformhaus eG and Stiftung Reformhausakademie.

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