

Date: April 05, 2023
Time: 10:00 – 18:00 (dinner afterwards at the same location)
Location: Stadskasteel Oudaen
 Oudegracht 99, 3511 AE Utrecht | T: 030-231 1864 | www.oudaen.nl

- 9:30 – 10:00 [Registration](#)
- 10:00 – 10:10 Welcome (*Eva Corpeleijn, NASO president*)
- 10:10 – 10:30 Cold-induced thermogenesis shows a diurnal variation, that unfolds differently in males and females
Mariëtte Boon - Leiden University Medical Center
- 10:30 – 10:50 Prospective relation between long-term glucocorticoid exposure and incident cardiovascular diseases in a large population based cohort: results from the Lifelines cohort study
Eline S. van der Valk – Erasmus MC
- 10:50 – 11:50 **Keynote: Sensory nutrition: looking at nutrition, food intake and dietary patterns from a sensory perspective**
Dr. Monica Mars (WUR, Sensory science and eating behavior)
- 11:50 – 12:50 [Lunch break](#)
- 12.50 - 13:50 General Assembly Meeting (in English, for all members and those interested)
- 13:50 – 14:10 The effect of extended personalization to a combined lifestyle intervention program
Dagmar Smid – TNO Leiden
- 14:10 – 14:30 Timing matters: Late, but not early exercise training remodels gut microbiome and attenuates hepatic steatosis in NAFLD
Artemiy Kovynnev - Leiden University Medical Center
- 14:30 – 14:45 **3 pitches (2 minutes per person)**
- ✓ Stimulation of the beta-2-adrenergic receptor with salbutamol activates human brown adipose tissue *Carlijn Hoekx – Leiden University Medical Center*
 - ✓ Nudging strategies to improve food choices of healthcare workers in the workplace cafeteria: a pragmatic field study *Renate Meeusen – Erasmus MC*
 - ✓ How well does it fit? A process evaluation of a multidisciplinary pre- and postoperative bariatric surgery support program on appropriateness and acceptability from patients' perspective *Nadia Botros – Vitalys Obesity Clinic, Rijnstate Arnhem*
- 14:45 – 15:30 [Coffee/tea break](#)

- 15:30 – 15:50 Dietary galactose increases the expression of mitochondrial OXPHOS genes and modulates the carbohydrate oxidation pathways in mouse intestinal mucosa.
Ferran Fos-Codoner - WUR
- 15:50 – 16:10 A qualitative study to explore the role of general practice in the management of childhood overweight and obesity from the perspectives of GPs, practice nurses and parents.
Maxime van der Velden – Erasmus MC
- 16:10 – 16:30 **4 pitches (2 minutes per person)**
- ✓ Comparison of different methods to measure muscle mass in a population with class II/III obesity: MUSCLE study *Dionne Sizoo – Medical Center Leeuwarden*
 - ✓ The effect of lifestyle and behavior on 2-hour glucose estimations for people with type 2 diabetes *Kristel Kamstra - TNO Leiden*
 - ✓ Long-term Glucocorticoid Exposure and Levels of Appetite-Regulating Hormones in Patients with Obesity *Susanne Kuckuck – Erasmus MC*
 - ✓ Hepatic steatosis in patients with obesity: The role of long-term glucocorticoid exposure and liver fibroblast growth factor 21 *Robin Lengton – Erasmus MC*
- 16:30 – 17:30 **Omics studies into the causes and consequences of obesity: from early-life exposures to Mendelian randomization**
Prof. Bas Heijmans (LUMC; Biomedical Data Sciences, focus on population epigenomics)
- 17:30 – 17:45 Award ceremony NASO Publication Prize 2023 (3 pitches on video)
In alphabetical order: Thirza van Deuren (*MUMC*), Robin van Eenige (*LUMC*), Lars Vliex (*MUMC*)
- 18:00 – late [Free Social Dinner! \(for those who registered for the dinner\)](#)

*** the language is English ***

*** dinner is served as a buffet, so food is served in time, to suit the far-away travelers ***

*** For more information: evert.vanschothorst@wur.nl***