**Mediterranean Diet and Workplace Health**
2014 Initiative for Productivity and Health Management Conference

**Program Agenda: September 27-28, 2014**

**Day 1/ Part I:** Challenges: Diabesity and Contemporary American Nutrition and Value of the Mediterranean Diet: History, Culture, and Scientific Evidence

**8:00 AM**  
Check-in and Breakfast*

**8:30**  
**Welcome and Brief Introductory Remarks**—Kales, Psilakis

**8:45**  
**Challenges: Diabesity and Contemporary American Nutrition** —Kales  
(US trends in obesity and diabetes and relationship to the nutritional status quo; Workplaces and Schools as possible vehicles for Change.)

**9:15**  
**History and Sources of the Mediterranean Diet**—Stamou  
(Multimedia presentation of the sights, sounds, and flavors of the Mediterranean as presented through clips from the award-winning PBS TV show the Cooking Odyssey.)

**9:45**  
**Fundamental Components of the Mediterranean Diet**—Rimm  
(Biochemical-nutritional bases for the benefits of essential Mediterranean foods: olive oil, nuts, legumes, fresh fruits/vegetables, wine, Greek yogurt, etc.)

**10:45**  
**Refreshment Break***

**11:15**  
**Keynote 1: Epidemiology of the Mediterranean Diet**—Willett  
(a: Summary of major epidemiologic evidence of the last decades demonstrating that Mediterranean Diet patterns are the “Rolls Royce” of healthy eating and associated with better health status, greater longevity, and positive effects on chronic diseases.

b: Translation to Sebastian’s Café at HSPH - application of nutritional guidelines, recipes, and other resources for creating and promoting healthy, delicious foods. For example, the “Heart of the Plate” program features daily choices of lean proteins, interesting vegetables/legumes and whole grain dishes for a balanced healthy meal.)
Day 1/ Part I:  Challenges: Diabesity and Contemporary American Nutrition and Value of the Mediterranean Diet: History, Culture, and Scientific Evidence (Cont’d)

12:30 PM  Lunch* and Scientific Poster Viewing

2:15  Keynote 2: Intervention Studies on the Mediterranean Diet—Sacks
(Summary of dietary intervention studies providing further scientific support for the health benefits of Mediterranean Dietary patterns.)

3:30  Refreshment Break

4:00  Greek Food: a Culture of Healthy Indulgence—Kochilas
(Renowned Greek Chef and cookbook author discusses the socio-cultural context of Greek food. How you can “eat like a Greek” and enjoy “indulgent, but healthy cuisine meant to bring pleasure to life.”)

4:30  Wrap-Up, Day 1—Kales, Psilakis
(Concluding remarks and Interactive Discussion with Conference Participants)

4:45  Reception* and Scientific Poster Viewing

Day 2/Part 2: Promoting Dietary Change: Workplace /School Solutions and Other Best Practices from the Field, September 28

8:00 AM  Check-in and Breakfast*

8:30  Mediterranean Diet Adherence and Obesity Risk in European Children: are There Implications for Schools? — Tognon
(Among children from eight countries, a Mediterranean dietary pattern was associated with a lower risk of obesity. However, this favorable dietary pattern was more common in non-Mediterranean countries. What do the results mean for school nutrition programs?)
Corporate Best Practices in Nutrition—Competition Winners

9:00 Running a Healthy Food Service at the University of Massachusetts: Menus of Change—Toong and DiStefano  
(Award-winning UMass Dining (Amherst) is the largest self-operated collegiate dining program in the nation, serving 45,000 meals/day. Creative approaches applying Mediterranean and other healthy eating principles have decreased soda consumption; increased consumption of fruits/vegetables and fish; and produced other beneficial changes.)

9:30 Mediterranean Diet in Fire Service—LeDuc  
(Obesity and overweight are highly prevalent among firefighters. The Broward Sheriff’s Office Fire Rescue Obesity Weight Loss Program offered one-on-one consultations with a nutritionist and group sessions consistent with the tenets of Mediterranean Diet. By incorporating financial incentives and competition among fire stations, over six months, 395 fire fighters lost over 2,000 pounds (an average of 6 pounds each) and experienced other positive changes.)

10:00 Supporting Clients’ Health and Wellness in a High-Volume Food Service—Serrato  
(Compass Group North America is a leading foodservice company with associates in all 50 states, ten provinces and two territories, serving seven million meals a day. Diverse clients include corporate cafes, schools, healthcare facilities and more. Clients’ health and wellness goals are enhanced with a variety of tools: great tasting healthful options (e.g., “Taste of the Mediterranean”), education/information, marketing techniques, silent health tactics, technology and incentives to guide customers toward more healthful choices.)

10:30 Refreshment Break*

Other Innovative Outreach:

11:00 Healthy Kitchens, Healthy Lives: Teaching Healthcare Professionals about Healthy Cooking and Eating—Eisenberg  
(Alternative medicine authority and founder of the Healthy Kitchens course discusses his groundbreaking program, which teaches doctors and nurses about healthy foods and healthy cooking. Participants receive “the latest nutrition science while they taste, prepare, and learn to teach others to enjoy a broad selection of foods that can reduce disease risk and, ideally, replace unhealthy habits.”)
11:30 **International Outreach by a Chef**—Kochilas  
(Renowned Greek Chef discusses a career of culinary outreach and education through best-selling cookbooks, cooking classes on the island of Ikaria, work with Harvard University’s Dining Services and a new Greek television show, “What will we be eating today, Mama?”)

12:00 **Panel Discussion: Motivating Change in Eating Behaviors**—Psilakis, Moderator  
(PANEL: Eisenberg, LeDuc, Linos, Kochilas, Serrato and Toong)

1:00 **Concluding Remarks**—Kales, Psilakis

1:15 Adjourn/ Courtesy Transportation will be available for Conference Participants and Faculty to and from the Greek Food and Wine Expo immediately following.

**Greek Food and Wine Expo**

**Sunday, September 28, 2014,**

**2:00- 6:00 PM**

A [Greek Food and Wine Expo](#) will immediately follow the academic conference at a beautiful, nearby setting. All HSPH conference participants and faculty will be courtesy guests at this event, featuring a wide array of excellent Greek “mezedes” (Greek tapas or appetizers) and Greek wine tastings from leading companies. All products featured must meet the health, quality, and nutrition standards of the Expo’s organizing committee. The event will be held at a [wooded hilltop venue](#) overlooking the Boston skyline a few minutes from Harvard School of Public Health. To accompany your gastronomic tour, the Expo will also feature diverse Mediterranean sights and sounds and information about visiting Greece (including oenotourism/ agrotourism (wine, olives, etc) and ecotourism) from the Greek National Tourism Office.

*All meals and refreshments served at the HSPH event will be consistent with the Mediterranean Diet, inspired by our world-renowned chefs and Sebastian’s Café. We will be featuring FAGE Greek yogurt at Breakfast and the lunch and reception on Day 1 will be accompanied by selected wine pairings from Greece’s Chateau Nico Lazaridi. Check back soon for the full menus.*