

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

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

Day 1/ Part I: **Challenges: Diabetes 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: Diabetes and Contemporary American Nutrition** —Kales  
(US trends in obesity and diabetes and relationship to the nutritional status quo)
- 9:15 **History and Sources of the Mediterranean Diet**—Stamou, Kyrtatas  
(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.)
- 10:00 **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.)
- 11:00 Refreshment Break
- 11:30 **Keynote 1: Epidemiology of the Mediterranean Diet**—Willett  
(Summary of major epidemiologic studies of the last three decades demonstrating that Mediterranean Diet patterns are the “Rolls Royce” of healthy eating habits. Evidence supporting the diet’s association with better health status, greater longevity, and positive effects on chronic diseases.)
- 12:45 PM Lunch
- 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



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

8:00 AM Check-in and Breakfast

8:30 **Back to the Future: Returning Greeks to Traditional Eating**—Linos  
(President of the National Committee for Greek Diet and Prolepsis, a preventive medicine foundation, Dr. Linos will describe the promotion of traditional Greek dietary habits as a means to improve population health. Additionally, she leads the Food Aid and Promotion of Healthy Nutrition Program, which serves 50,000 students in over 300 Greek public schools in socioeconomically vulnerable areas.)

*Best in Class Workplace Diet Programs:*

9:00 **Running a Healthy Food Service: Harvard School of Public Health**—  
Sebastian's Café, Harvard Dining  
(Discussion of nutritional guidelines, recipes, and other resources for creating and promoting healthy, delicious foods in schools and at work sites. For example, the Heart of the Plate program features daily options with a lean protein accompanied by interesting vegetable and whole grain dishes for a balanced healthy meal.)

9:30 **Corporate Best Practices in Nutrition**— Competition Winners  
(The conference organizers will be convening a competition among US corporate medical directors and others to submit their institutions' best in class practices and policies with regard to nutrition. Two winners will be selected by our committee and invited to present at the 2014 conference. Respective company representatives will each deliver a 30 minute presentation.)

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. The executive education program teaches doctors and nurses who want to learn about healthy foods and healthy cooking. Dr. Eisenberg's program exposes its participants to "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: Linos, Kochilas, Corporate Competition, Eisenberg)
- 1:00 **Concluding Remarks**—Kales, Psilakis
- 1:15 Adjourn

*All meals and refreshments served at the event will be consistent with the Mediterranean Diet, inspired and supervised by our world-renowned chefs.*

### **Greek Food and Wine Expo**

**Sunday, September 28, 2014, 2:00- 4:00 PM**

#### **Details Coming Soon**

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. 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.



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