

***Fostering healthier and more sustainable diets through policy, food culture and gastronomy
– learning from the experience with the Mediterranean and Nordic diets***

**A joint meeting of the WHO Regional Office for Europe and the Nordic Council of Ministers
UN City, Copenhagen, Denmark 7 May 2018**

Monday, 7 May 2018 (*Meeting room: Auditorium I*)

- 10:00** **Registration and coffee**
- 10:20 – 10:30** **Opening and welcome**
- Dr João Breda, Head, Office for the Prevention and Control of Noncommunicable Diseases, WHO Regional Office for Europe
- 10:30 – 11:30**
- Keynote presentation from Ms Bente Stærk, Deputy Head of Nutrition, Food and Veterinary Administration, Denmark
 - Keynote presentation from Ms Annica Sohlström, Director General, National Food Agency, Sweden
 - Keynote presentation from Dr Francisco Goiana da Silva, Deputy to the Secretary of State for Health, Portugal
- 11:30 – 12:30** **Launch of the WHO Regional Office for Europe Health Evidence Network report on effective interventions to promote the Mediterranean and Nordic Diets**
- Dr Claudia Stein and Dr João Breda (WHO Regional Office for Europe)*
- Discussion with participants, reflections on country experience
- Reflection from Prof Lorenzo Donini on experience implementing the Mediterranean Diet in Italy, Sapienza University of Rome, Italy
- 12:30 – 13:50** **Guided tasting lunch** (*Lounge area Finger 1*)
- Introduced by Mr Mads Fischer-Møller (Nordic Council of Ministers) and presented by Chef Roberto Flore (University of Copenhagen) in collaboration with restaurant Il Buco*
- 13:50 – 14:00** **Short address**
- Dr Bente Mikkelsen, a.i. Director, Division of Noncommunicable Disease and Health through the Life-course, WHO Regional Office for Europe
- 14:00 – 15:30** **Changing diets: moderated policy exchange based on country case studies**
- Case studies from Nordic Council of Ministers, Portugal and Lithuania
 - Thematic group discussions on challenges and solutions
- 15.30 – 15.45** **Closing remarks and End**