



Food Bioactives and Health - A workshop on international experiences

Real Colegio Complutense Harvard, RCCHU, 26 Trowbridge St., Cambridge

RCCHU Conference Room [June 1st, 2023] In person and hybrid event

[10:00 - 10:10]	Welcome and formal introduction (Daniel Sánchez Mata, Professor of Pharmacy, Complutense University of Madrid, Director RCCHU)
[10:10 - 10:25]	Activities of the ‘RCCHU Study Group’ Functional Foods, Bioactives and Human. (Montaña Cámara, Professor of Pharmacy, Complutense University of Madrid, co-Chair Study Group)
[10:25 - 10:45]	Dietary supplements and health: what has research taught us?. (Howard Sesso, Associate Epidemiologist, Harvard T. Chan School of Public Health, Associate Professor of Medicine, Harvard Medical School Brigham and Women’s Hospital).
[10:45 - 11:05]	Food Bioactives and health at the University of Parma and within the ONFOODS Project (Daniele Del Rio, Head of the School of Advanced Studies on Food and Nutrition, University of Parma)
[11:05 - 11:25]	Coffee break
[11:25 - 11:50]	Elucidating the links between migraine and diet. (Pamela M. Rist, ScD, Assistant Professor of Medicine, Harvard Medical School Associate Epidemiologist, Brigham and Women’s Hospital).
[11:50 - 12:10]	The “Parma Model” of lifestyle community education initiatives and the Parma, io ci sto! public-private interaction. (Francesca Scazzina, Professor of Human Nutrition, University of Parma and Giulia Tella, General Secretary of “Parma, io ci sto!”)
[12:10 - 12:45]	Open discussion



Organizers: **Montaña Cámara** (Professor. Nutrition and Food Science, Complutense University of Madrid); **Howard Sesso** (Associate Director, Division of Preventive Medicine, Brigham and Women's Hospital, Harvard Medical School); **Daniele del Rio** (Head of the School of Advanced Studies on Food and Nutrition, University of Parma)

Sponsors: RCC; [Functional Foods, Bioactives and Human Health](#), study group at RCCHU; Harvard University; Complutense University of Madrid. ONFOODS Project, Parma Italy