

LETTER TO THE EDITOR

GLANCE BACK AT THE NATIONAL CONFERENCE “NUTRITION AND HEALTH 2012”

Traditionally, the 16th national conference in a row on „Nutrition and Health“ with international participation was held in the spa house Beethoven in Teplice on 18 – 19 September, 2012. The Teplice conference is the largest home conference focused on nutrition hygiene and primary prevention referred to a food intake. This year 40 specialists from the Czech Republic and Slovakia participated there. Specialities were represented mainly by physicians, nutritional therapists and regional hygiene stations workers. The Czech Medical Association, Third Faculty of Medicine, Charles University in Prague and the Health Institute located in Ústí nad Labem were in charge of organization of the conference. Within two conference days, 26 special oral presentations were delivered and 16 posters were displayed. This year subtitle of the conference was „Importance and risk factors of major nutrients in primary prevention of diseases.“

The president of the Czech Medical Association Prof. MUDr. Jaroslav Blahoš, DrSc. was in charge of a solemn opening of the conference. He emphasized in his speech the importance of primary prevention of non-infection diseases of mass incidence and he gave a special attention to decreased vitamin D intake in elderly persons in the Czech Republic and to possibilities of its supplementation.

The chairman of the Association of Hygiene of the Czech Medical Association Doc. MUDr. Pavel Dlouhý, CSc. summarized in his contribution the concept of hygiene and the role of the professional Association of Hygiene in promotion of primary diseases prevention. The third speaker of the solemn opening, a representative of the Ministry of Health was apologized due to a current difficult situation with the presence of methyl alcohol in stamped bottles with alcohol in sales network in the Czech Republic.

Within the first day of the conference, it is necessary to emphasize an interesting lecture delivered by the Dean of the Third Faculty of Medicine, Charles University in Prague Prof. MUDr. Michal Anděl, CSc. who pointed out a risk of enhanced pro-

teins intake over 2g/kg of body weight and subsequent kidney damage. Proteins were an issue of the whole first day of sessions. Prof. Anděl also stressed in his lecture current trends in diabetic diet and drew attention to an increasing number of diabetics in the Czech Republic.

Doc. MUDr. Marie Kunešová, CSc. from the Czech Society for the Study of Obesity had a contribution entitled the roles of proteins during weight reduction. According to the recent studies, the increased proteins and polysaccharides intakes with the exclusion of animal fats are recommended during the weight reduction. Additionally, Doc. MUDr. Marie Kunešová pointed out the growing prevalence of overweight and obesity in the Czech population including children. In the conclusion of the lecture, it was highlighted that a slightly enhanced protein content in a diet leads to higher loss of weight and better maintenance of body weight after the reduction.

Prof. MUDr. Zdeněk Rušavý, PhD. from the Czech Diabetologic Society presented an interesting lecture on the topic of omega-3 polyunsaturated fatty acids in prevention and therapy of cardiovascular diseases. The new was a dispute on previously published significant effects of synthetic preparations with the content of polyunsaturated fatty acids on the decrease of lipid levels in blood and a recommendation of higher intake of natural sources, especially sea fish. Recent meta-analyses as well as large control studies have not proved a preventive effect of omega-3 fatty acids on cardiovascular mortality and morbidity.

Prof. Ing. Jana Dostálová, CSc. from the Institute of Chemical Technology in Prague presented an interesting lecture entitled nutrition values of dried soya drinks. Soya drinks are a required product for vegans and people not tolerating lactosis or having allergy to milk products. However, healthy population should not consider soya drinks as a substitute to milk because it is a food of completely different origin. A composition of dried soya drinks is not suitable for nutrition of children, pregnant and breast-feeding women and elderly people.

During the second day of the conference, Mgr. Milena Slavíková from the Regional Hygiene Station in Ústí nad Labem had a lecture on seniors' nutrition that is worth mentioning. Higher incidence of health problems in elderly population may negatively affect their food intake. It was proved that appetite in seniors significantly correlates with a dietary intake. A low appetite for food often correlates with medication. Gastrointestinal problems are also a reason of lower food intake.

Conclusions concerning the relationship between drinking milk and calcium levels in blood in children population were heard in the contribution of MUDr. Pavla Vadičová from the Office of Public Health in Bratislava, Slovakia. Higher calcium values in blood in daily milk intake were not confirmed. Higher calcium levels were found in children who had some physical activities every day. On the contrary, children with higher consumption of meat products have higher phosphorus levels in blood.

MUDr. Vladimír Pavlík from the Faculty of Military Health Sciences, University of Defence presented problems of overweight and obesity in career soldiers. Currently a preventive program has been in progress the main objective of which is pharmacotherapy of indicated obese soldiers using preparations with the content of orlistat and phentermin substances. According to available results, an average reduction of body mass by 6 kg, a decrease of BMI value by 2,1 and a decrease of waist circumference by 7 cm were registered. The program will be carried out in 2013 as well.

MUDr. Marie Nejedlá from the Czech Diabetologic Society presented a national diabetologic program which draws attention to the need of prevention and therapy of obesity and simultaneously to the effective therapy of diabetes. The Czech Republic with over 1 million of diabetics in population is ranking among the countries with the highest prevalence and incidence of this disease in Europe. Diabetes mellitus type 2 is a preventable disease, in which obesity, shortage of physical activity and stress participate together with genetic predisposition. 85% of children with diagnosis of DM are obese, every 5th child in the Czech Republic at the age of 5-18 is overweight or obese. That is why historically the major drop of DM type 2 was registered in the Czech Republic during the period of time when ration cards were used. In the year 2009, expanses on diabetes therapy

exceeded 22 milliard CZK. Due to a continual increase of diabetes incidence, within the following years expanses on diabetes therapy will increase. The program emphasises the primary prevention as a tool to stop diabetes epidemics by promotion of healthy diet and appropriate physical activity.

All presentations were followed by plentiful discussions to particular topics. All participants were satisfied not only with the program of the conference but also with accompanied social events. Hopefully the next already 17th conference, which will be held in September 2013 in Teplice again, will not be less successful.



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Received 13th January 2013.
Revised 13th February 2013.
Published 6th September 2013.