

[Third Annual Conference 'Lifestyle as Medicine'](#) – Person empowered lifestyle medicine on **4th of March 2020**, at Beeld en Geluid Den Haag, Zeestraat 82, the Hague Organized by LUMC and TNO.

Program

9.00 Registration and coffee

9.30 **Welcome and opening Chairman Piet-Hein Peeters and Side kick Angela de Rooij-Peek**

Part 1: My Context

Humans, behaviour and health in a changing environment - Prof. dr. Semiha

Denktaş, Erasmus University Rotterdam

Reversing diabetes in shift work - Hinke Anja Werkman, Zorg van Zaak

10.30 **Break**

11.00 **4 short presentations of experience from societal implementation:**

- **The National Diabetes Challenge: how does it anticipate on common barriers to physical activity behavior among people with type 2 diabetes?** - Hanna Regeer, LUMC
- **SLIMMER: a smart and effective way to prevent diabetes** - Dr. Annemien Haveman-Nies, Wageningen University & Research
- **Herstelcirkel in de wijk** - Henk Schers MD PhD, Stichting Herstelcirkel in de Wijk
- **Reverse Diabetes2 Now** - Martijn van Beek, Voeding Leeft

12.00 **Panel discussion**

12.30 **Lunch & information plaza**

13.30 **Part 2: My data**

How to include lifestyle in treatment of patients with kidney disease - Prof. Gerjan

Navis, UMCG

Changing Health - delivering digital weight management and type 2 diabetes services at scale - Prof. Mike Trennel, Changing Health Ltd.

eHealth4All, unlocking the eHealth potential for people with poor health literacy - Robbert

F.M. van Bokhoven MA, Pharos

Precision medicine in primary care: How close are we? – Dr. Dennis Mook, LUMC

15.00 **Break**

15.30 **Part 3: My Biology**

Personalized Nutrition for Prediabetes by Prediction of Glycemic Responses - Orly Ben-Yacov

RD, Weizmann institute (Israel)

Smart Fat: the surprising science behind the body's most misunderstood organ – Prof.

Dr. Liesbeth van Rossum, Erasmus UMC

Diabetes-2-subtyping: a useful tool in personalizing diabetes treatment? - Anne-margreeth

Krijger-Dijkema, Academic Pharmacy Stevenshof and SIR institute for Pharmacy Practice and Policy Leiden

Obesity and metabolic syndrome, the 21st Century disease. The imperfection of the Surgical

fix and healthcare redesign - Kees van Laarhoven RadboudUMC

16.50 **Discussion and closure** - Rens Vandeberg Diabetes Fonds

17.15 **Drinks**