

Physical Activity & Health: New Knowledge in Research & Technologies



ILSI North America, ILSI Focal Point in China, and
ILSI Argentina Session

21st International Congress of Nutrition

Wednesday, 18 October 2017

| 08:00 – 10:00

| Buenos Aires, Argentina

This session will explore the latest research on health benefits of physical activity and focus on new and innovative technologies that both promote physical activity and provide better methods for collection and analysis of physical activity and dietary intake data. Two case studies will be presented and the session will also examine the application of combination approaches and technologies for individualized physical activity and food intake measures for better adherence to public health recommendations and to promote personalized interventions.

Agenda

- 08:00 [Introductory Remarks: State of the Science on the Biological Importance of Diet and Physical Activity in Disease Risk Reduction and Health Maintenance](#)
Ángel Gil, PhD
University of Granada, Spain
- 08:20 [Diet and Physical Activity: Using Contextual Data to Improve Assessment](#)
Carol Boushey, PhD
University of Hawaii, USA
- 08:45 [The Exercise is Medicine \(EIM\) in China](#)
Wenhua Zhao, MD, PhD
ILSI Focal Point China and Chinese Center for Disease Control & Prevention, China
- 09:00 [Mini Salten](#)
Irina Kovalskys, MD
ILSI Argentina, Argentina
- 09:15 [New Combination Methods for Advancing Physical Activity and Food Intake Assessment for Better Adherence to Public Health Recommendations](#)
Michael Pratt, MD, MPH
University of California, San Diego, USA
- 09:40 [Concluding Panel Discussion](#)
Session Chair: Ángel Gil, PhD
University of Granada, Spain
- 10:00 [Adjourn](#)

The International Life Sciences Institute (ILSI) is a nonprofit, worldwide organization whose mission is to provide science that improves human health and well-being and safeguards the environment.

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Social Media Toolkit

ILSI North America, ILSI Focal Point in China, and ILSI Argentina



Start the Conversation!

Physical Activity & Health: New Knowledge in Research & Technologies, sponsored by ILSI North America, ILSI Focal Point in China, and ILSI Argentina, is using Twitter to reach a global audience. This year's session will explore the latest research on health benefits of physical activity, with a focus on new and innovative technologies that both promote physical activity and provide better methods for data collection and analysis.

Key Social Media Accounts

The ILSI North America Twitter handle is [@ILSI_NA](#)

The ILSI Argentina Twitter handle is [@ILSIArgentina](#)

[#ICN2017](#) is the preferred hashtag for ICN.

www.ilsi.org/physical-activity/ is the session webpage.

Engage with Session Speakers



Ángel Gil, PhD
University of Granada
([@CanalUGR](#))



Carol Boushey, PhD
University of Hawaii
([@UHCancerCenter](#))



Wenhua Zhao, MD, PhD
ILSI Focal Point China &
Chinese Center for Disease
Control & Prevention








Irina Kovalskys, MD
ILSI Argentina
([@ILSIArgentina](#))
([@IKovalskys](#))



Michael Pratt, MD, MPH
University of
California, San Diego
([@UCSanDiego](#))

Example Tweets

-  Discover the latest research on #PhysicalActivity at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI #Health @ILSI_NA @ILSIArgentina
-  Personalized inventions for #PublicHealth. Join the convo at #ICN2017! - www.ilsi.org/event/icn2017 @ILSI_NA @ILSIArgentina #ILSI
-  Experts fr @CanalUGR @UHCancerCenter @ILSIArgentina @UCSanDiego discuss #PhysicalActivity research - www.ilsi.org/event/icn2017 #ICN2017
-  Dr.Gil of @CanalUGR talks about the state of the #science on #diet & #exercise at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI
-  Tracking #PhysicalActivity: Dr. Boushey of @UHCancerCenter tackles new methods for #biosurveillance at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI
-  Exercise is Medicine: Dr. Zhao discusses #PhysicalActivity research at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI
-  Dr. @IKovalskys discusses #obesityprevention at #ICN2017 www.ilsi.org/event/icn2017 #HealthyLiving #ILSI @ILSIArgentina
-  Dr. Pratt of @UCSanDiego shares combo methods for #PhysicalActivity & food intake research www.ilsi.org/event/icn2017 #ICN2017 #ILSI