

INAUGURAL CONFERENCE ON LIFESTYLE MEDICINE IN THE LAC- REGION

In a serious endeavor to turn the tide, Caribbean Prevention Center is organizing the **inaugural conference on Lifestyle Medicine in Latin America & the Caribbean**. **44 leaders from 22 countries** in their field of business, will participate as speaker, panelist or chairman during the event.

Our aim is to promote regional collaboration by developing best-practice strategies for lifestyle prevention. We believe that this unique conference will serve as a catalyst in the development of an innovative approach to addressing chronic conditions in the LAC region.

OBJECTIVES OF THE CONFERENCE

Promoting NCD Prevention

The focus is on early-stage disease management, risk factors, and preventive measures.

Exchange of Ideas and Strategies

Leaders from Latin American and Caribbean countries will gather to exchange ideas, strategies, and approaches related to NCD prevention. The conference provides a platform for sharing insights and experiences among experts in the field.

Effective Digital Guidance

One of the key objectives is to explore and disseminate effective methods for utilizing digital platforms to guide the population in NCD prevention. This includes strategies for engaging individuals and promoting the significance of regular screenings.

Interdisciplinary Collaboration

The conference seeks to foster interdisciplinary collaboration by bringing together representatives and specialists from diverse fields. This collaboration aims to address common challenges such as poverty and malnutrition, which impact the health and well-being of the population.

Networking and Social Interaction

The conference provides opportunities for leaders from different countries and disciplines to network and interact in a relaxed environment. This aspect aims to promote connections, mutual understanding, and potential collaborations beyond the confines of academic discussions.

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CONFERENCE SESSION TOPICS

In 3 days 7 sessions by 44 speakers from 22 countries on Lifestyle Medicine

Session 1: Health system innovation

This session on Health System Innovation will cover health governance for NCDs, health equity, and social determinants in the LAC region. Discussions will focus on the role of politics in implementing research and driving policy change in public health. The importance of teaching Public Health will be emphasized. An intriguing case study of the high number of centenarians in Martinique will be explored, along with its costs and benefits for the island. Additionally, there will be a panel discussion on the endothelium's significance in cardiovascular health and its implications for public health strategies.

Session 2: Comprehensive approach to CVD prevention

Session 2 will discuss a comprehensive approach to preventing cardiovascular disease (CVD) with a focus on fighting hypertension in low- and middle-income countries (LMICs). The role of implementation science and the HEARTS Initiative for the Americas in this endeavor will be highlighted. Participants will explore multicomponent interventions targeting (Pre)-Hypertension in underprivileged populations. Moreover, the session will delve into the influence of environmental factors on health behaviors, risk factors, and diseases. A panel discussion will provide diverse perspectives on these critical topics. Finally, the session will touch upon health system reform and innovation as a means to achieve better health outcomes.

Session 3: Lifestyle Medicine

Session 3 will focus on Lifestyle Medicine (LM) and its impact on health and well-being. The discussions will cover the importance of Exercise Medicine in promoting a healthy lifestyle and its benefits for overall health. Additionally, the session will delve into the connection between Sexual Health and Lifestyle Medicine, emphasizing how lifestyle choices can influence sexual well-being. Participants will gain valuable insights into adopting healthier lifestyles and understanding the relationship between lifestyle factors and various aspects of health.

Session 4: Lifestyle Medicine & Respiratory diseases

Session 4 will focus on the intersection of Lifestyle Medicine and Respiratory Diseases. The discussions will revolve around the respiratory impact of household pollution and the importance of addressing Pre-COPD (early stages of Chronic Obstructive Pulmonary Disease) through lifestyle interventions. The session will shed light on the impact of COPD on public health in Latin America, offering future perspectives for improved management. A panel discussion will focus on Smoking Cessation, emphasizing its significance in reducing respiratory health risks. Moreover, participants will explore the relationship between Nutrition and the Microbiome, understanding how dietary choices can influence respiratory health. The session will also address the role of environmental carcinogens in respiratory diseases,

highlighting the need for preventive measures and lifestyle changes to promote respiratory well-being.

Session 5: Cancer Prevention

Session 5 will center on Cancer Prevention and explore various aspects related to this critical area of healthcare. Participants will delve into the genetic causes of cancer in the Caribbean, gaining insights into the region's unique challenges and opportunities for prevention. The session will highlight the significance of population screening in Curacao, showcasing effective strategies for early detection.

Furthermore, the discussion will revolve around the development of an information system for early cancer detection, enabling more timely interventions. The Latin American Code Against Cancer will be a key focus, offering a comprehensive framework for cancer prevention and control in the region.

A panel discussion will provide diverse perspectives on cancer prevention, bringing together experts to discuss innovative approaches and challenges in this field. Overall, the session aims to equip participants with valuable knowledge and strategies to combat cancer effectively and promote early detection for better patient outcomes.

Session 6: Nutrition & Overweight

Session 6 will center on Nutrition and Overweight, addressing various critical aspects related to combating obesity and promoting healthier dietary habits. Participants will explore the hidden nutritional challenges in addressing obesity in the Caribbean, understanding the region's unique factors influencing this issue. The Barbados School Nutrition Policy will be highlighted as an effective approach to promote better eating habits among the younger population. The session will delve into experimental nutritional interventions in rural Guatemala, shedding light on innovative strategies for improving nutrition in underserved areas. Food labeling and school nutrition in Chile will be discussed, showcasing how policy measures can impact dietary choices and health outcomes.

Moreover, the link between Diet, Cancer, and Cardiometabolic Diseases will be examined, emphasizing the role of nutrition in preventing these health conditions. The session will also address the challenges of overweight in poverty areas and among immigrants in The Netherlands, offering insights into tackling health disparities.

A discussion involving two individuals sharing their experiences of losing weight, one with success and the other with struggles, will provide valuable perspectives on weight management journeys. Finally, participants will explore the concept of nutritional transition, understanding how dietary patterns evolve with economic and social changes. Overall, the session aims to provide a comprehensive understanding of the complex relationship between nutrition, overweight, and health, offering effective strategies to promote healthier lifestyles and combat obesity.

Session 7: Diabetes

Diabetes provides a brief overview of Lifestyle Medicine's role in preventing and treating diabetes, with a focus on pre-diabetes in adolescents and the connection between obesity and diabetes. The session emphasizes lifestyle factors as key in managing diabetes and highlights the importance of early intervention for pre-diabetes in adolescents. Additionally, the panel discussion delves into the relationship between obesity and diabetes, highlighting obesity as a significant risk factor for type 2 diabetes.



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LIFESTYLE MEDICINE
IN LATIN AMERICA & THE CARIBBEAN
PREVENTION OF NCD'S
February 15-16, 2024 | Willowsdale, Ontario



INAUGURAL CONFERENCE
ON PREVENTION OF
LIFESTYLE MEDICINE
IN LATIN AMERICA & THE CARIBBEAN

PREVENTION OF NCD'S

February 23-25, 2016 - Willowood, Oregon