



ΓΕΩΠΟΝΙΚΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΑΘΗΝΩΝ



## 1<sup>st</sup> Symposium on Salt Reduction

4<sup>th</sup> November 2016

**Opening and welcome speeches** 09:15-10:15

Rector of the Agricultural University of Athens  
Minister of Rural Development and Food\*  
Minister of Health\*  
President of the Hellenic Dietetic Association  
President of the Hellenic Food Authority

### Round Table 1 – Scientific progress

10:15-11:15

**Chair: Maria Kapsokefalou**, Deputy-Rector of Agricultural University of Athens / **Grigoris Risvas**, member of the Executive Committee of EFAD

1. **Hypertension: the problem and its management** – *Kostas Tsioufis*, Ass. Professor of Cardiology, A' Cardiology Clinic, University of Athens, Hippocratio Hospital; General Secretary of European Society of Hypertension; President Elect of Hellenic Society of Cardiology
2. **“Hidden” sources of sodium intake in primary school children: data from GRECO study** – *Antonis Zampelas*, Professor of Human Nutrition, Department of Food Science and Human Nutrition, Agricultural University of Athens
3. **Indications of sodium chloride intake in Greek population from the “HYDRIA” study** – *Antonia Trichopoulou*, Professor, Director of the WHO Collaborating Centre for Nutrition at the Department of Hygiene and Epidemiology, School of Medicine, University of Athens; President of the Hellenic Health Foundation

**Break 11:15-11:35**

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### Round Table 2 – Strategy, Actions, Awareness

11:35-12:35

**Chair:** **Eirini Tsigarida**, Head of Nutrition Policy and Research Directorate, Hellenic Food Authority / **Panagiotis Varagiannis**, Gen. Secretary of the Hellenic Dietetic Association

4. **Salt Reduction Strategies within WHO European Region** - *João Breda*, Programme Manager Nutrition, Physical Activity and Obesity, World Health Organization, Regional Office for Europe (via web-conference)
5. **Salt Reduction Strategy: Actions and challenges** – *Georgios Marakis*, Expert Scientist, Nutrition Policy and Research Directorate, Hellenic Food Authority
6. **The role of dietitians in raising awareness regarding salt reduction in Greece** – *Dorina Sialvera*, President of the Hellenic Dietetic Association

**Break** 12:35-13:00

### Round Table 3 – Actions from stakeholders regarding salt reduction

13:00-14:30

**Chair:** **Ioannis Tsialtas**, President of the Hellenic Food Authority / **Antonis Zampelas**, Professor of Human Nutrition, Agricultural University of Athens

7. **Chefs' proposals for meals with less salt** – *Miltiadis Karoumpas*, President of the Hellenic Chef Federation; President of Hellenic Chefs Club
8. **Actions and challenges in reducing the salt content of bread** – *I. Manos*, Vice-President of the Hellenic Federation of Bakers
9. **Actions by the Greek Food Industry regarding salt reduction in processed foods** – *Antonis Kampanis*, Co-ordinator of the Nutrition Policy Committee of the Federation of Hellenic Food Industries (SEVT)
10. **Contribution of consumer associations in salt reduction strategy** – *Eleni Alevritou*, Medical Doctor, President of Consumers' Association "The Quality of Life" [E.K.PI.ZO.]

14:30-15:00 **Closing Remarks**