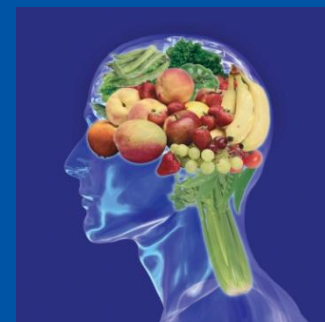


MooDFOOD

PREVENTING DEPRESSION THROUGH FOOD

GAMIAN-Europe
European Research project



August 2017

IN THIS ISSUE

Dear reader,

It has already been almost one year ago since publication of our previous MooDFOOD newsletter. The increased workload for GAMIAN-Europe's staff on the one hand side - due to the organisation's involvement in two new EU-Research projects, ImpleMentAll and CAPICE - and a lack of sufficient dissemination materials on the other hand were the cause of this delay.

Just to remind you, MooDFOOD was launched in January 2014 and many activities – studies, trials - have already taken place. By the end of this year, the evidence-based results of MooDFOOD and its other European and national related projects will be made available and we will be reporting on this as results come out.

This current newsletter already provides you with an update and a snapshot of the MooDFOOD's current project status.

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The Editorial Committee

4th Consortium Meeting and General Assembly Florence, 20 & 21 April 2017



On 20 & 21 April, 25 participants (mainly health professionals and academics) attended the MooDFOOD Consortium meeting, hosted by the [Azienda Unita' Sanitaria Locale Toscana Centro](#) (AUSLTC). GAMIAN-Europe attended the meeting in order to represent the voice of the patient. Project progress was outlined by MooDFOOD coordinator Marjolein Visser (Vrije Universiteit Amsterdam):

- **14 MooDFOOD publications** (six in 2016-2017) and many in preparation, recently submitted or currently being revised;

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- **Two MooDFOOD symposia** planned for 2017: ECO (European Congress on Obesity)_and IUNS (International Union of Nutritional Sciences);
- Depression prevention trial: the inclusion target has been reached and a total of **1025 participants** are now included!

What is the interesting outcome of this (and of the next) Consortium Meeting(s) for patients?

It is not always clear and easy to put research results and scientific findings into an accessible and understandable format for the different stakeholders, in this case patients and their organisations.

With respect to MoodFOOD, it is important to keep its main objective(s) in mind, i.e. **how good food and food behaviour can be used as a tool for (secondary) prevention of depression.**

So far, Consortium meetings are mostly dealing with the ongoing research activities and sharing experience, results and project progress between the scientists involved.



GAMIAN-Europe is involved in MoodFOOD's dissemination activities (Work Package 6; for more details click, [here.](#))

In Florence, an update of the dissemination strategy that has been developed so far was shared with GAMIAN-Europe (e.g. an updated website with a more user-friendly access and menu choices, experience (click here for more information [here](#)). Also, it is intended to translate project materials if the budget stretches that far.

Dissemination by involved stakeholders such as GAMIAN-Europe, by means of their websites and social media (Twitter, Facebook) will be more frequent in the future as well.

The time is right to look for ways to prepare the ground with stakeholders regarding the findings and outcome of the project.



Moreover, there will be more press releases, related to the overall outcomes of the project.

Involvement of GAMIAN-Europe (patients) in MoodFOOD workshop(s) could be organised; and there are plans to generate a 2-way interaction

between EAAD, (European Alliance Against Depression) GAMIAN-Europe members and MoodFOOD in these workshop(s). At GAMIAN-Europe, we are truly looking forward to all these activities, which will lead to increased dissemination and better awareness.

New research from the MoodFOOD team: High sugar intake is linked to poorer long-term mental health



Men with high sugar intake have an increased likelihood to develop

common mental disorders (such as anxiety and depression) compared to those with low intakes, according to UCL research. The study also showed that having a mood disorder did not make people more inclined to eat foods with a high sugar content.

The report, published in 'Scientific Reports' used data from the Whitehall II cohort, analysed the sugar intake from sweet food and beverages and occurrence of common mental disorders in over 5000 men and over 2000 women for a period of 22 years between 1983 and 2013.

Although previous studies have found an increased risk of depression with higher consumption of added sugars, none examined the role of 'reverse causation'. If people with anxiety and/or depression tended to consume more sugary foods and drinks, this could be the real reason why a link between sugar intake and poorer mental health is observed. Although the study looked for this link, it was not seen in the data: men and women with mental disorders were not more likely to consume more sugar. As a result, **the evidence that mental health is adversely affected by a high sugar intake is strengthened.**

Lead author Anika Knüppel (UCL Institute of Epidemiology and Public Health) stated that 'High sugar diets have a number of influences on our health but our study shows that there might also be a link between sugar and mood disorders, particularly among men. **There are numerous factors that influence chances for mood disorders, but having a diet high in sugary foods and drinks might be the straw that breaks the camel's back.**

The full report can be found [here](#).

MoodFOOD at ISNPR



ISNPR 2017

Nutrition for mental and brain health

MoodFOOD was delighted to be presenting the project at the first International Society of Nutritional Psychiatry Research this summer.

This meeting addresses the broad spectrum of research from the sub-cellular to translation and implementation science and will cater for multidisciplinary interests. Researchers and clinicians from the fields of public health, diabetes, cardiovascular disease, obesity and dietetics, as well as psychiatry and psychology participated in the event.

An important element of the ISNPR conference consisted of workshops which offered training from skilled and highly experienced psychiatrists and dietitians. **These focused on the practical aspects of nutrition and clinical care for those with mental disorders.** For more information: read



A few words from Marjolein Visser at the occasion of the ISNPR 2017:

Professor Marjolein Visser is a nutritionist and epidemiologist and professor of Healthy Ageing with

specific attention to nutrition and clinical dietetics at the Department of Health Sciences of the VU University in Amsterdam, as well as the Department of Internal Medicine, VU Medical Centre. Professor Visser is the coordinator of three large EU project consortia: **MooDFOOD**, focusing on the role of nutrition in the prevention of depression, PROMISS, focusing on the prevention of malnutrition in older adults, and the JPI MaNuEL, a HDHL Knowledge Hub focusing on malnutrition in older adults

'During recent years, there has been increasing attention to investigating the link between nutrition and mental diseases. Our MoodFOOD project, which started about 3 years ago, is a unique contributor to this new research field. The recent establishment of a society focusing specifically on the relationship between nutrition and psychiatric disorder will help to give this research field the attention it deserves.'

'During my lecture I will first introduce the MoodFOOD project to the audience. We are really proud of this important project and its team, and the results of this project will certainly contribute to the field. Of course I will also present some results of the project. These will be the results of our observational research as the intervention studies conducted within the MoodFOOD project are still running and results cannot be expected until 2018.'

'The MoodFOOD team presented at other interesting conferences as well.' On May 18th, 2017, this team organized a symposium during ECO2017, the 24th European Congress on Obesity, held in Porto, Portugal. Since obesity is linked to both diet and depression, and thus is an important factor in all the research that we perform within the MoodFOOD project, we feel that our project is very relevant for the obesity research community. The symposium was very

well attended and even attracted some media attention'.



Paper of MoodFOOD project team member, Esther Vermeulen

The association between dietary patterns derived by reduced rank regression and depressive symptoms over time: the Invecchiare in Chianti

The MoodFOOD project, integrating epidemiological evidence and performing a multi-centre prevention trial, is a unique approach to unraveling the multifaceted links between food intake, nutrient status, food-related behaviour and obesity with depression. In turn, this evidence will be used to develop guidelines and practical tools. In collaboration with a diverse group of experts and other stakeholders, this resource will be used to provide policy guidance at both the EU- and Member State level. Esther's role is to deliver observational evidence for the relationship between food consumption patterns and depression. This information was among several elements used for the development of dietary advice given to people participating in the MoodFOOD trial.

In the above mentioned paper, Esther investigated the association between a healthy dietary pattern and depressive symptoms over time among older adults in Tuscany, Italy. In this study, it was seen that a dietary pattern, typical for the Tuscan population, which is high in vegetables, olive oil, fish, fruit, cereals, eggs, potatoes and moderate intakes of wine, red and processed meat consistently lowers depressive symptoms over a 9-year period. **In other words, not only the typically known 'healthy foods' like olive oil, fish and vegetables, but also intakes of food generally considered 'less**

healthy' such as red and processed meat, are important and are part and parcel of a dietary pattern associated with lower depressive symptoms. If you want to know more about the paper, access via:

[The association between dietary patterns derived by reduced rank regression and depressive symptoms over time: the Invecchiare in Chianti \(InCHIANTI\) study'](#)

MooDFOOD -News flash
PREVENTING DEPRESSION THROUGH FOOD

MooDFOOD at ECO2017

ECO 2017, the 24th European Congress on Obesity, was well attended, with participation from researchers, patients and representatives of patients groups and clinicians. Most delegates were unfamiliar with MoodFOOD and there was great interest in this FP7 project. GPs, dieticians, psychologists and other attendees expressed interest in incorporating MoodFOOD findings into their personal clinical work.

As the MoodFOOD project team represents multiple disciplines, including epidemiology, dietetics, nutrition, psychiatry and psychology, the team was able to address questions from different perspectives.

There appears to be a real interest among clinicians and patient communities in accessing accurate scientifically based guidelines around what patients should eat to help prevent and mitigate depression.

Next GAMIAN-Europe's Patient Advisory Board (PAB), Budapest, 22-23 September 2017

During the Annual Convention of GAMIAN-Europe taking place in September, the next PAB meeting will be held. The status of the MoodFOOD project will be presented



and discussed with respect to the dissemination strategy focused on patients. For more information on the Convention: click [here](#).

Webcasts:

If you want to see some researchers talking about MoodFOOD, [watch this](#)



Overview of all reports in a nutshell via CORDIS (Community Research and Development Information Services)

Go to [this website](#)



Previous GAMIAN-Europe newsletters on MoodFOOD

You can find them [here](#)



MoodFOOD @ social Media

Click



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The MoodFood project is part of the FP7 research programme
funded by the European Commission

