



## DISSEMINATION ACTIVITIES (M61-M72) (1-JAN-2018 TO 31-DEC-2018)

### 1. PREVIEW newsletters

#### PREVIEW newsletters 2018 (M61-M72)

No.	Date	Type of activity	Main responsible	Title/ Description	Place (of publication)	stakeholders addressed	Size of audience (if known)	Countries addressed
1	Jun-2018	PREVIEW Newsletter	USTUTT	PREVIEW Newsletter no. 10	The newsletter was posted on the PREVIEW website and distributed by email to a subscriber list of interested individuals and organisations	Health professionals, journalists, the public	~1000	International
2	Jul-2018	PREVIEW Sydney Newsletter	UNSYD	PREVIEW Newsletter for Sydney participants	The Newsletter was sent to all the Participants at UNSYD who completed the study. It was distributed by email.	Participants	107	Local
3	Dec-2018 To be written by JBM	PREVIEW Newsletter	UNSYD	PREVIEW Newsletter no. 11	The newsletter was posted on the PREVIEW website and distributed by email to a subscriber list of interested individuals and organisations	Health professionals, journalists, the public	~1000	International



No.	Date	Type of activity	Main responsible	Title/ Description	Place (of publication)	stakeholders addressed	Size of audience (if known)	Countries addressed
4	April-2018	Nutrition Seminar	Marta Silvestre, UoA	Weight loss and its maintenance for type 2 diabetes – the PREVIEW study	University of Auckland, Faculty of Medical and Health Sciences	Health professionals, academics	30	New Zealand
	May-2018	Liggins seminar series 2018	Marta Silvestre, UoA	Weight loss and its maintenance for type 2 diabetes – the PREVIEW study	University of Auckland, Liggins Institute	Health professionals, scientists	35	New Zealand
	16-Aug-2018	UM	More Protein after Weight Loss May Reduce Fatty Liver Disease	The American Physiological Society Press Release ( <a href="http://www.the-aps.org/mm/hp/Audiences/Public-Press/2018/48.html">http://www.the-aps.org/mm/hp/Audiences/Public-Press/2018/48.html</a> )	Health professionals	>1000	NA	International
	30-Aug-2018	UCPH	Diabetes prevention : First findings	Press Statement for European Association for the Study of Diabetes (EASD) 2018	Health professionals	>1000	NA	International



No.	Date	Type of activity	Main responsible	Title/ Description	Place (of publication)	stakeholders addressed	Size of audience (if known)	Countries addressed
			from the PREVIEW intervention and population studies comparing two diets and two exercise strategies in 2,500 and 70,000 pre-diabetic individuals, respectively.					
	11-Sep-2018	MU	Press-release for the World	Press-release	Mass-media	>50	NA	Bulgaria



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No.	Date	Type of activity	Main responsible	Title/ Description	Place (of publication)	stakeholders addressed	Size of audience (if known)	Countries addressed
			Obesity Day					



## 2. News and articles in the press

### News and articles in the press 2018 (M61-M72)

No.	Publication date	Main author	Title	Place of publication	Stakeholders addressed	Size of audience (if known)	Countries addressed
	16-Aug-2018	UM	More Protein after Weight Loss May Reduce Fatty Liver Disease	The American Physiological Society Press Release ( <a href="http://www.the-aps.org/mm/hp/Audiences/Public-Press/2018/48.html">http://www.the-aps.org/mm/hp/Audiences/Public-Press/2018/48.html</a> )	Health professionals, journalists	>1000	International
	30-Aug-2018	UCPH	Diabetes prevention: First findings from the PREVIEW intervention and population studies comparing two diets and two exercise strategies in 2,500 and 70,000 pre-diabetic individuals, respectively.	Press Statement for European Association for the Study of Diabetes (EASD) 2018	Health professionals, journalists	>1000	International
	5-Oct-2018	Cambridge Weight Plan	Global study shows soups and shakes diet delivers 10% weight loss needed to reverse pre-diabetes	Press statement for Australia	Journalists	>1000	Local



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No.	Publication date	Main author	Title	Place of publication	Stakeholders addressed	Size of audience (if known)	Countries addressed



### 3. Conference contributions

#### 3.1. Oral presentations and workshops at conferences, national/international meetings

##### Oral presentations at conferences in 2018 (M61-M72)

No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted	Abstracts approved	Abstracts published
1	5-Oct-2018	Anne Raben	Background, aims and main results from the 3-y randomized controlled trial in 2,500 subjects	54th European Association for the Study of Diabetes (EASD) Annual Meeting (Berlin, Germany)	Scientific community	No	NA	NA
2	5-Oct-2018	Edith Feskens	Main results from the large population studies	54 <sup>th</sup> EASD Annual Meeting (Berlin, Germany)	Scientific community	No	NA	NA
3	5-Oct-2018	Jennie Brand-Miller	Translation of the results from PREVIEW into the “real” world	54 <sup>th</sup> EASD Annual Meeting (Berlin, Germany)	Scientific community	No	NA	NA
4	5-Oct-2018	Margiet Westerterp-Plantega	The role of brain and behaviour in the development of type 2 diabetes	54 <sup>th</sup> EASD Annual Meeting (Berlin, Germany)	Scientific community	No	NA	NA
5	4-Oct-2018	Radhika Seimon	Long-term effects of weight loss on muscle strength and bone mineral density in adults with overweight or obesity – a PREVIEW sub-study	54 <sup>th</sup> EASD Annual Meeting (Berlin, Germany)	Scientific community	Yes	Yes	Yes?



No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted	Abstracts approved	Abstracts published
6	17-Oct-2018	Jennie Brand-Miller	Background, aims and main results from the 3-y randomized controlled trial in 2,500 subjects	Nutrition Journal Club, University of Sydney	Academics	No	No	No
7	2-Nov-2018	Jennie Brand-Miller	Background, aims and main results from the 3-y randomized controlled trial in 2,500 subjects	Dietitians Association of Australia, Diabetes Special Interest Group	Dietitians	No	No	No
8	29-Nov-2018	Jennie Brand-Miller	Impaired fasting glucose versus impaired 120-min glucose in pre-diabetes: differences in weight loss maintenance – a PREVIEW sub-study	Nutrition Society of Australia	Nutrition scientists, dietitians	Yes	Yes	Yes
9	27-Feb-2018	Mathijs Drummen	Effects of body weight loss, weight-maintenance and insulin resistance on grey brain matter volume and cortical thickness - a PREVIEW study	Winter Ingestions 2018 (St. Moritz, Switzerland)	Scientific community	yes	yes	no
10	17-21-Jul-2018	Mathijs Drummen	Long-term effects of increased protein intake after weight loss and weight maintenance on intrahepatic lipid content and implications for insulin sensitivity - a PREVIEW study	26th Annual Meeting of the Society for the Study of Ingestive Behavior (SSIB; Bonita Springs, Florida, US)	Scientific community	yes	yes	yes





No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted	Abstracts approved	Abstracts published
11	17-21-Feb-2018	Lea Tischmann	Hunger and fullness during a controlled 48-h high protein vs. medium protein diet, after 34 months on this diet: a PREVIEW respiration-chamber-study	Swiss Winter Conference on Ingestive Behavior (St. Moritz, Switzerland)	Scientific community	yes	yes	yes
12	14-Apr-2018	Georgi Bogdanov	Prevention of type 2 diabetes in obese subjects with diet and physical activity: the PREVIEW project	16 <sup>th</sup> National symposium "Acad. Tasho Tashev" Nutrition and health	Scientific community	No	NA	NA
13	3-Jun-2018	Georgi Bogdanov	Effect of an 8-week low-calorie diet on anthropometric parameters and fasting glucose levels in obese and pre-diabetic subjects. Results from the Bulgarian cohort of the European project PREVIEW	12 <sup>th</sup> Congress of the Bulgarian diabetes association	Scientific community	Yes	Yes	Abstract book



### 3.2. Keynote speeches/Invited speakers at conferences

#### Keynote speeches/invited speakers in 2018 (M61-M72)

No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted	Abstracts approved
1	11-Nov-2018	J. Alfredo Martinez	Microbiota and obesity:role of polyphenols	SLAN 2018, Guadalajara, Mexico	Researchers	?	?
2	13-Nov-2018	J. Alfredo Martinez	Genetic Susceptibility to Obesity	SLAN 2018, Guadalajara, Mexico	Researchers	?	?
3	02-Dec-2018	J. Alfredo Martinez	Nutritional status assessment for precision nutrition based in personalized nutrindices and nutriscores	APNNO2018, Tokyo, Japan	Researchers	?	?
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No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted	Abstracts approved
6							



### 3.3. Posters at conferences

#### Posters at conferences in 2018 (M61-M72)

No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted	Abstracts approved	Abstracts published
1	04-Oct-2018	Grytsje Abma	Coffee and tea consumption in relation to impaired glucose metabolism and diabetes	EASD, Berlin, Germany	Scientific community	yes	yes	EASD website
2	17-21-Jul-2018	Mathijs Drummen	Satiety, energy expenditure and substrate oxidation during a controlled 48-h high protein vs. medium protein diet, after 34 months on respective diets - a PREVIEW respiration chamber study	26th Annual Meeting of the Society for the Study of Ingestive Behavior (SSIB; Bonita Springs, Florida, US)	Scientific community	yes	yes	yes
3	17-21-Jul-2018	Tanja Adam	Psychobehavioral variables and their impact on insulin resistance during lifestyle intervention – a PREVIEW study	26th Annual Meeting of the Society for the Study of Ingestive Behavior (SSIB; Bonita Springs, Florida, US)	Scientific community	yes	yes	yes



### 3.4. Abstracts

#### Abstracts in 2018 (M61-M72)

No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted to the conference	Abstracts approved by the conference	Abstracts published
1	17-21-Feb-2018	Mathijs Drummen	Effects of body weight loss, weight-maintenance and insulin resistance on gray brain matter volume and cortical thickness – a PREVIEW study	Swiss Winter Conference on Ingestive Behavior (St. Moritz, Switzerland)	Scientific community	yes	yes	
2	17-21-Feb-2018	Lea Tischmann	Hunger and fullness during a controlled 48-h high protein vs. medium protein diet, after 34 months on this diet: a PREVIEW respiration-chamber-study	Swiss Winter Conference on Ingestive Behavior (St. Moritz, Switzerland)	Scientific community	yes	yes	
3	17-21-Feb-2018	Margriet Westerterp-Plantega	Energy expenditure and substrate oxidation during a controlled 48-h high protein vs. medium protein diet, after 34 months on respective diet - a PREVIEW respiration chamber study	Swiss Winter Conference on Ingestive Behavior (St. Moritz, Switzerland)	Scientific community	yes	yes	



No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted to the conference	Abstracts approved by the conference	Abstracts published
4	17-21-Jul-2018	Mathijs Drummen	Satiety, energy expenditure and substrate oxidation during a controlled 48-h high protein vs. medium protein diet, after 34 months on respective diets - a PREVIEW respiration chamber study	26th Annual Meeting of the Society for the Study of Ingestive Behavior (SSIB; Bonita Springs, Florida, US)	Scientific community	yes		
5	17-21-Jul-2018	Tanja Adam	Psychobehavioral variables and their impact on insulin resistance during lifestyle intervention – a PREVIEW study	26th Annual Meeting of the Society for the Study of Ingestive Behavior (SSIB; Bonita Springs, Florida, US)	Scientific community	yes		
6	17-21-Jul-2018	Mathijs Drummen	Long-term effects of increased protein intake after weight loss and weight maintenance on intrahepatic lipid content and implications for insulin sensitivity - a PREVIEW study	26th Annual Meeting of the Society for the Study of Ingestive Behavior (SSIB; Bonita Springs, Florida, US)	Scientific community	yes		



No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted to the conference	Abstracts approved by the conference	Abstracts published
7	1-4-Sep-2018	Grith Moeller	The effect of dietary animal and plant protein on putative colorectal cancer related markers in overweight pre-diabetic individuals – a preview sub-study	Congress for European Society for Clinical Nutrition and Metabolism (ESPEN)	Scientific community	yes	yes	yes
8	5-Oct-2018	Radhika Seimon	<b>tbc</b>	European Association for the Study of Diabetes	Scientific community	yes	yes	yes
9	29-Nov-2018	Jennie Brand-Miller	Impaired fasting glucose versus impaired 120-min glucose in pre-diabetes: differences in weight loss maintenance – a PREVIEW sub-study	Nutrition Society of Australia Meeting	Scientific community	yes	yes	yes
10	8-Nov-2018	Elke Dorenbos	Leefstijl, BMI z-score en insulineresistentie bij adolescenten met overgewicht/obesitas en	NVK (Nederlandse Vereniging voor Kindergeneeskunde) dagen 2019	Dutch Paediatricians	1	?	?



No.	Date	Presenter	Title	Conference Title (City, Country)	Stakeholders addressed	Abstracts submitted to the conference	Abstracts approved by the conference	Abstracts published
			verhoogde insulineresistentie – resultaten van de 2-jarige internationale PREVIEW studie					
11	05-07-Sep- 2018	Maija Huttunen-Lenz	Differences in social-cognitive variables associated with attendance to a complex theory-orientated behaviour modification intervention among prediabetic individuals - The PREVIEW Study	Division of Health Psychology Annual Conference in Newcastle Gateshead, UK	Scientific community	Yes	Yes – but due to scheduling clash we had to withdraw the abstract	No





#### 4. Scientific publications in journals

##### Scientific publications in journals in 2018 (M61-M72)

No.	Title	Main author	Title of the periodical or the series	Number, date or frequency	Publisher	Place of publication	Year of publication	Relevant pages	Permanent identifiers (if available)	Is/Will open access provided to this publication?
1	Higher Protein Intake Is Not Associated with Decreased Kidney Function in Pre-Diabetic Older Adults Following a One-Year Intervention-A Preview Sub-St	Grith Møller	Nutrients	Jan 9;10(1)	Molecular Diversity Preservation International and Multidisciplinary Digital Publishing Institute	Online	2018	E54	doi: 10.3390/nu10010054	yes
2	Objectively Measured Physical Activity and Sedentary Time Are Associated With Cardiometabolic Risk Factors in Adults With Prediabetes: The PREVIEW Study	Nils Swindell	Diabetes Care	Mar;41(3)	American Diabetes Association	Online	2018	562-569	doi: 10.2337/dc17-1057	yes



No.	Title	Main author	Title of the periodical or the series	Number, date or frequency	Publisher	Place of publication	Year of publication	Relevant pages	Permanent identifiers (if available)	Is/Will open access provided to this publication?
3	PREVIEW (Prevention of Diabetes Through Lifestyle Intervention and Population Studies in Europe and Around the World) study in children aged 10 to 17 years: Design, methods and baseline results	Elke Dorenbos	Diabetes Obes Metab	May;20(5)	Wiley-Blackwell	Online 8-Feb-2018	2018	1096-1101	doi: 10.1111/dom	yes
4	Long-term effects of increased protein intake after weight loss on intrahepatic lipid content and implications for insulin sensitivity - a PREVIEW study	Mathijs Drummen	Physiol Endocrinol Metab	Aug 7	American Physiological Society	Online	2018		doi: 10.1152/ajpendo.00162.2018	yes
5	Men and women respond differently to rapid weight loss: Metabolic outcomes of a multi-centre intervention study after a low-energy diet in 2500 overweight,	Pia Chistensen	Diabetes Obes Metab	Aug 7	Wiley-Blackwell	Online	2018		doi: 10.1111/dom.13466	yes



No.	Title	Main author	Title of the periodical or the series	Number, date or frequency	Publisher	Place of publication	Year of publication	Relevant pages	Permanent identifiers (if available)	Is/Will open access provided to this publication?
	individuals with pre-diabetes (PREVIEW).									
6	Demographic and Social-Cognitive Factors Associated with Weight Loss in Overweight, Pre-diabetic Participants of the PREVIEW Study	Sylvia Hansen	Int J Behav Med	Aug 20	Springer	Online	2018		doi: 10.1007/s12529-018-9744-x	
7	Protein intake and the incidence of pre-diabetes and diabetes in four population-based studies: the PREVIEW project	Diewertje Sluik	AJCN	Under review, Nov 2018			2019			
8	The GI-FFQ: development and validation of a food frequency questionnaire designed to estimate the dietary intake of glycaemic index (GI) and glycaemic	Elske Brouwer-Brolsma	Nutrients	Submitted, 24-OCT-2018			2019			



No.	Title	Main author	Title of the periodical or the series	Number, date or frequency	Publisher	Place of publication	Year of publication	Relevant pages	Permanent identifiers (if available)	Is/Will open access provided to this publication?
	load (GL). An effort by the PREVIEW consortium									
9	Glycemic index, glycemic load, and prevalence and incidence of impaired glucose tolerance and diabetes in five population studies: the PREVIEW project	Diewertje Sluik	To be submitted	To be submitted, Dec 2018			2019			
10	Insulin Resistance, Weight and Behavioral Variables as Determinants of Brain Reactivity to Food Cues - a PREVIEW Study	Mathijs Drummen	Am J Clin Nutr	<i>(in press)</i>						
11	Associations of brain reactivity to food cues with weight loss,	Mathijs Drummen	Nutrients	<i>(in press)</i>						



No.	Title	Main author	Title of the periodical or the series	Number, date or frequency	Publisher	Place of publication	Year of publication	Relevant pages	Permanent identifiers (if available)	Is/Will open access provided to this publication?
	protein intake and dietary restraint during the PREVIEW intervention									
9	PREVIEW study—influence of a behavior modification intervention (PREMIT) in over 2300 people with pre-diabetes: intention, self-efficacy and outcome expectancies during the early phase of a lifestyle intervention	Maija Huttunen-Lenz	Psychology Research and Behavior Management	12 September	Dovepress	Online	2018	383–394	<a href="http://dx.doi.org/10.2147/prbm.s160355">http://dx.doi.org/10.2147/prbm.s160355</a>	PREVIEW study— influence of a behavior modification intervention (PREMIT) in over 2300 people with pre-diabetes: intention, self-efficacy and outcome expectancies during the early phase of a lifestyle intervention



## 5. Interviews

### Interviews given in 2018 (M61-M72)

No.	Date	Interviewee	Title	Place of publication	Stakeholders addressed	Size of audience (if known)	Countries addressed
1	24-2-2018	Teodora Handjieva-Darlenska	News from the Conference on childhood nutrition on the occasion of the Bulgarian presidency of the European Council	<a href="http://eurocom.bg/shows/video/kardiograma/6772">http://eurocom.bg/shows/video/kardiograma/6772</a>	Wild audience	NA	Bulgaria
2	29-9-2018	Svetoslav Handjiev	Healthy nutrition	<a href="http://eurocom.bg/shows/video/kardiograma/8026">http://eurocom.bg/shows/video/kardiograma/8026</a>	Wild audience	NA	Bulgaria
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## 6. Other activities

This section summarizes all dissemination activities that could not be assigned to any of the other activity sections presented before. They include clinical sessions, meetings, distribution of leaflets, among others.

### Other activities in 2018 (M61-M72)

No.	Date	Type of activity	Main responsible	Title/ Description	Place (of publication)	Stakeholders addressed	Size of audience (if known)	Countries addressed
1	09-14-Aug-2018	Public media monitoring by software from Meltwater	UCPH	Publication by Pia Christensen "Men and women respond differently to rapid weight loss: Metabolic outcomes of a multi-centre intervention study after a low-energy diet in 2500 overweight, individuals with pre-diabetes (PREVIEW)" was mentioned 148	Meltwater reports (reports can be found in the Appendix XX)	Wide audience	N.A.	Worldwide



No.	Date	Type of activity	Main responsible	Title/ Description	Place (of publication)	Stakeholders addressed	Size of audience (if known)	Countries addressed
				times in various popular sources of scientific news				
	Summer 2018	eLearning Module	USTUTT	Preventing type 2 diabetesv	Online	General public	N/A	English speaking