

Welcome and introduction to day 1



**John Schoonbee**  
Global Chief Medical Officer  
Swiss Re



Food for Thought 2023:  
Rising to the challenge of  
**obesity** and **diabetes**



The questions we need to ask and have answered

- **nutritional epidemiology vs. intervention studies & mechanistic and biological understanding**



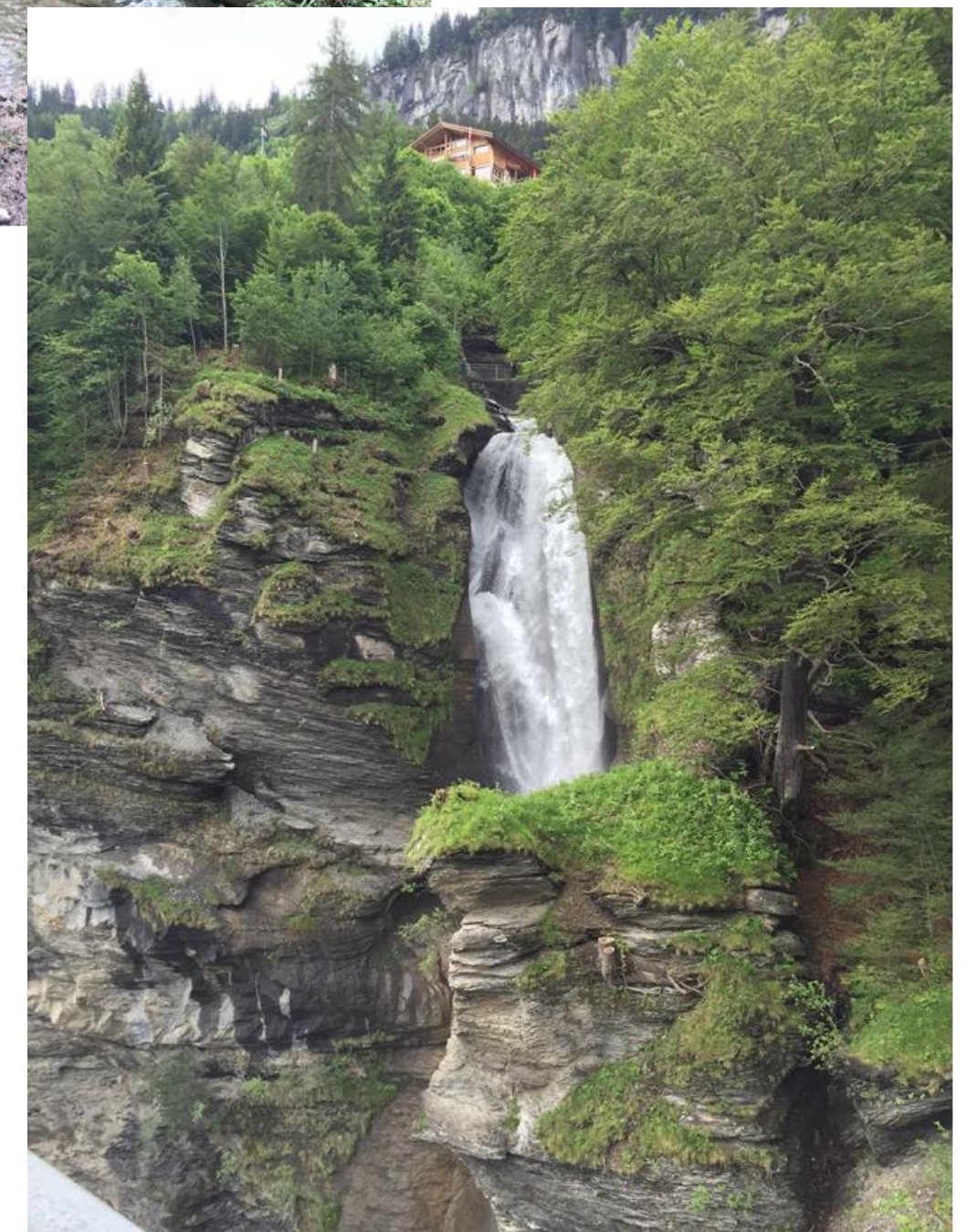
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- **personalisation, behaviour, choice**



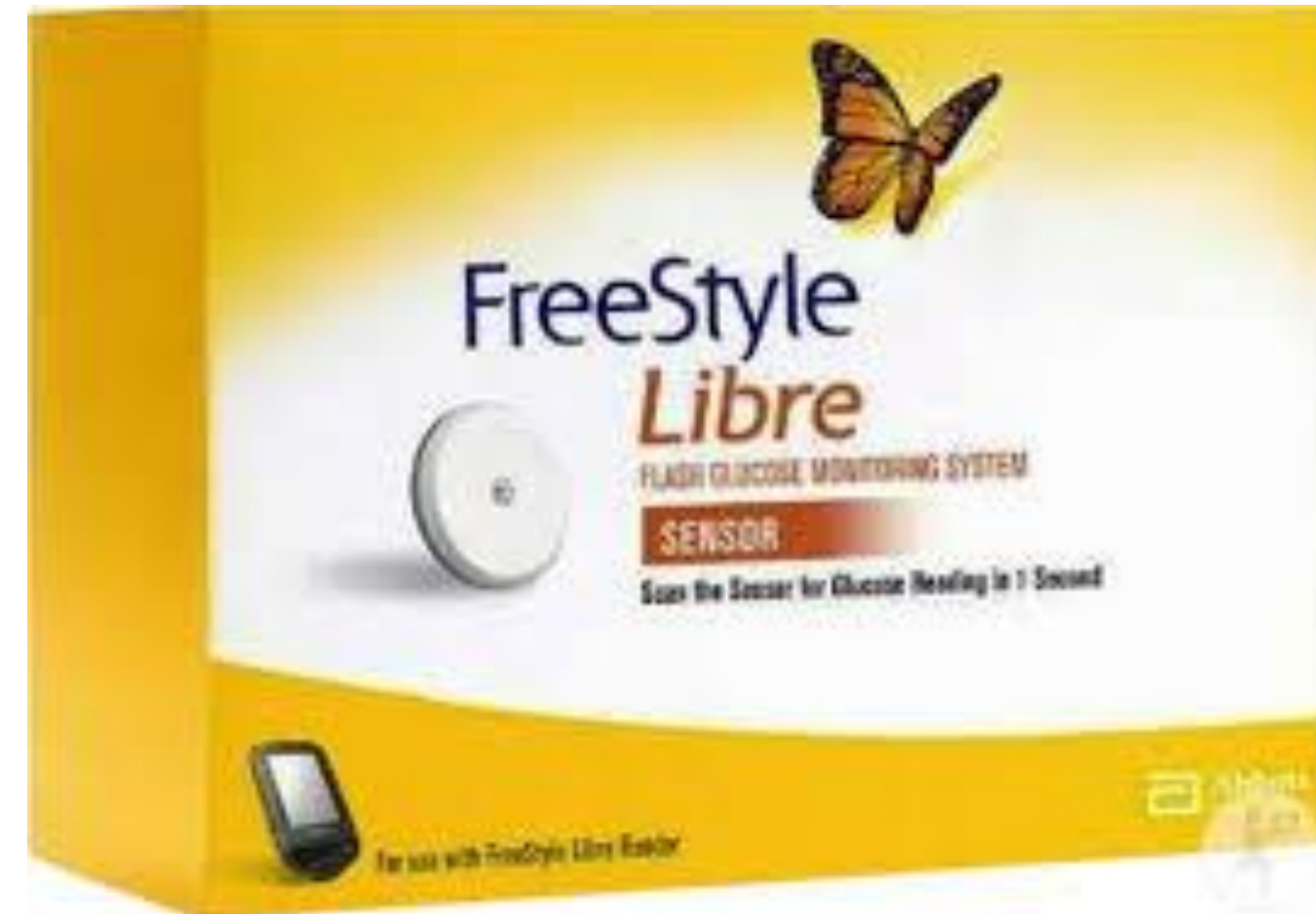
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- personalisation, behaviour, choice
- does  $A \rightarrow B = B \rightarrow A$  ?



## Some logistics

- Listen, learn, engage, consider your OWN bias
- Timing
- A note about CGDs
  - insulin resistance (IR) requires hyperinsulinemia
  - hyperinsulinemia requires (excessive) hyperglycemia
  - hyperglycemia (frequency/extent) is a consequence of food
  - knowing what/how foods increase glucose seems a novel way to understand and address IR
  - BUT :
    - we are designed to handle high glucose
    - a spike is normal and expected when eating anything with sugar or carbohydrate!



### The offer of taking an Abbott FreeStyle Libre :

- entirely voluntary
- use is at your own risk
- NOT for any clinical use
- for experience and learning ONLY