

Foreword

The workshop *Diet and Physical Activity — Interactions for Health*, held 22–24 March 1999, Hotel Alpina, Chamonix, France, discussed and evaluated the science base of effects of diet and physical activity, and interactions between these two, on health. There were more than 50 participants from academia, institutes and industry.

The most significant controllable risk factors affecting the long-term health of the majority of European adults, who neither smoke nor drink excessively are what they eat and how physically active they are.

The background for the workshop was the urgent need for clear and useful messages amongst policy makers and health professionals, who have to tackle the increasing health problems related to lifestyle in the EU and WHO Member States in Europe by effective population based strategies.

It was an interesting and timely challenge.

Dr Nino Binns (UK) chaired the Programme Committee, which included also Dr Marleen van Baak (NL), Mrs Sylvie Chartron (F), Mr Jacques Décombaz (CH), Professor Adrienne Hardman (UK), Professor Antony Kafatos (G), and myself. I would like to thank all these colleagues for a series of stimulating, constructive and pleasant discussions.

I would also like to thank the many outstanding scientists, who gave a series of well-prepared, interesting and thought provoking talks, and all the participants for their contributions to the discussions during the sessions

and the breaks. Dr Carmen Pérez-Rodrigo (E) and Professor Emmanuel Van Praagh (F) kindly agreed to write the Summary Report, with excellent support from Dr Karen Cunningham (UK), and Mr Jacques Décombaz (CH).

The support from the European Branch of *International Life Sciences Institute, ILSI Europe*, which made this Workshop possible, is gratefully acknowledged. Special gratitude is extended to the ILSI Europe *Healthy Lifestyles Task Force*, who initiated the present workshop, to Dr Berry Danse, Executive Director, ILSI Europe, and last, but not least, Ir. Menrike Beukers, Staff Scientist, ILSI Europe, who has been the key person throughout this initiative, and Mrs Ruth Marquet and Ms Nathalie Grisard for efficient assistance.

We can hope for better networking and understanding between the European professionals in the field of the development of Public Health Nutrition, through the increasing support that the European Commission (DG V) and other national and international organisations, above all ILSI Europe, are giving.

We have never before had so great an opportunity to develop the integrated field of preventive nutrition and health enhancing physical activity. This workshop was hopefully a step in the right direction.

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