



# PEOPLE



# HEALTHY FOOD FOR LIFE

## Supporting Healthy Lifestyles in the Mediterranean Area

Through the development of a Health and Food exchange platform, HEALTHY FOOD FOR LIFE is working towards the following objectives: 1) enhance research capacities in Egypt, Morocco and Tunisia to promote healthy lifestyles in the Mediterranean area, and 2) build knowledge transfer on specific topics making use of the target countries' capacities in treating and preventing obesity and diabetes. The project focuses on tackling specific diet habits, exploiting peculiar diet components that may exert positive health effects, and preserving organoleptic and biological properties of the Mediterranean food even when industrially processed. HEALTHY FOOD FOR LIFE aims to establish the basis for the development of a unique Health and Food collaborative platform necessary to activate research programmes within FP7. Funded by the International Staff Exchange Scheme, HEALTHY FOOD FOR LIFE brings together two main themes, health and agriculture. Egyptian researchers and staff from seven Egyptian universities, research centres and institutes are involved in the project.

- FP7: FP7-PEOPLE-IRSES-2008 Marie Curie Action "International Research Staff Exchange Scheme"
- Contract Type: No contract type
- Start Date: March 2009
- Duration: 48 months
- EC contribution for the project: € 1.04 million

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### List of Partners

- Institut Agronomique et Veterinaire Hassan II (Morocco)
- Faculte Universitaire des Sciences Agronomiques de Gembloux (Belgium)

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# NAAN

## Natural Anti-diabetic & Anti-Hypertensive Drugs

Many Egyptian plants, such as Solanum fruits and Egyptian dates, have been used since ancient times as antihypertensive and antidiabetic in African folk medicine. However, little is known about the active constituents and mechanism of action of these plants. The NAAN project proposes to subject this plant to detailed scientific research in order to produce a safe and effective anti-hypertensive preparation. The project aims to define the most active fraction of the two plant extracts and determine their mechanism of action as anti-hypertensive and antidiabetic drugs respectively. Such studies are the first step to the development of safe and effective natural drugs. The Egyptian participant is involved in the extraction process for the fruits, the fractionation of the products and the pharmacological evaluation of these fractions.

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- Universita del Salento (Italy)

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- Start date: March 2009
- Duration: 34 months
- EC contribution for the project: € 87,200

# PREVENTION T2D

## Life Style and Genetic Factors in Prevention of Type 2 Diabetes

The aim of the fellowship is to gain experience from Finland in preventing Type 2 Diabetes. Incoming International Fellowships consists of two phases, the incoming and returning phase. The incoming phase is used for orientating the researcher about the experience gained in how to prevent type 2 Diabetes (T2D) by using life style changes and also through genetic prediction. A long intervention program is designed to start the implementation in Egypt during the re-integration phase with coordination with the implementing institutions. Included in the project is the researcher's attendance of formal training courses in public health, nutrition and molecular medicine centers in Finland, and several visits and meetings with the national research team of the Finnish Diabetes Prevention Study. The return phase includes several workshops, training courses for the local staff contributing to the project and a pilot study.

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