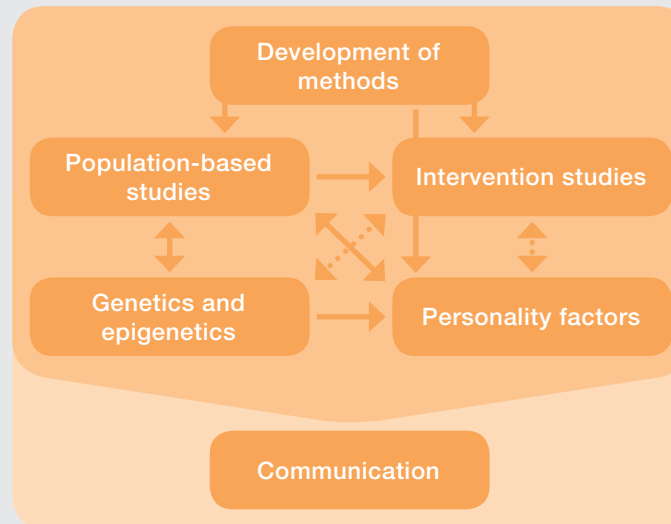


The tasks

The cluster DietBB consists of six interdisciplinary thematic areas, which are scientifically linked:

- development of novel methods and technologies for nutritional and behavioural sciences
- investigate in population-based studies of food intake and food patterns, and brain structure and function across the lifespan (DONALD study, Rhineland study, DELCODE study etc.)
- conduct dietary intervention studies on the effect of food patterns and polyphenol availability on systemic inflammation and risk markers for neurodegenerative diseases
- investigate genetic and epigenetic factors as a biological link between food intake and neurodegeneration
- identify individual and contextual factors as determinants of food choices
- communicate research results and integrate them into individualized dietary recommendations

The network interactions



Imprint

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Diet-Body-Brain (DietBB) –
From epidemiology to evidence-
based communication

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The background

It has been estimated that 1.5 million people suffer from dementia in Germany. Presumably, there are 300 000 people who are diagnosed with dementia every year.

Tackling neurodegenerative diseases will be a major challenge in the coming years considering the ageing population.

The partners

| | |
|---|--|
| University of Bonn | Department of Nutrition and Food Sciences, Nutritional (IEL) - Epidemiology, - Nutritional Physiology, - Food Technology and Food Biotechnology |
| | Department of Computer Science III |
| | Center for Economics and Neuroscience (CENS) |
| | BAEN (Bonn Agrarian and Nutrition Network) |
| University Hospital Bonn | Institute of Human Genetics |
| | Institute for Medical Biometry, Informatics and Epidemiology (IMBIE) |
| | Study Center Bonn (SZB) |
| | Department of Epileptology |
| | Department of Psychiatry and Psychotherapy |
| | Division of Pediatric Endocrinology and Diabetology, Department of General Pediatrics |
| German Center for Neurodegenerative Diseases (DZNE) | Department for Population Health Sciences |
| | Center for Clinical Research |
| German Nutrition Society (DGE) | Department of Professional Media and Coordination of Branch Offices |
| German Sports University Cologne (DSHS) | Institute of Cardiovascular Research and Sports Medicine |
| LIFE&BRAIN GmbH | |
| Haus Rabenhorst O. Lauffs GmbH & Co. KG | |

The need

Nutrition and lifestyle play an important role in the development and the subsequent decline of cognitive abilities. Therefore, the question has been raised whether it is possible to prevent dementia in old age. To date, there are no reliable data known to support this. Furthermore, practices for effectively communicating research results to the public and strategies to achieve corresponding long-term changes in dietary behavior in the population are missing.

The aim of the competence cluster Diet-Body-Brain (DietBB) is to close those gaps. Professionals from different fields include nutrition science, medical science, epidemiology, neuroeconomics and public health will interdisciplinary work together in this regional cluster.

The aims

To face this challenge, the competence cluster DietBB will

- identify major dietary risk factors for cognitive development and decline,
- understand the mechanisms through which diet exerts its effect on cognition,
- raise public awareness as well as that of various stakeholders for this topic,
- integrate and translate research results to the general public,
- develop effective communication strategies to enable long-term dietary behavior change in the population.