Title: HealthyW8 – empowering healthy lifestyle behaviour – focus dietary intervention and physical activity

Torsten Bohn (1) and Christoph Stahl (2) Sarah Forberger (3), HealthyW8 Consortium

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(Abstract will be available soon)

SPEAKER BIOSKETCH: Dr. Torsten BOHN (LIH)

NAME, SURNAME: Torsten, BOHN

TITLE: PhD, ADR

CURRENT POSITION AND OTHER RELEVANT PROFESSIONAL ACTIVITIES AND ACCOMPLISHMENTS:

Dr. Torsten Bohn is Unit Leader of the Nutrition and Health Research Group at the Department of Precision Health at the Luxembourg Institute of Health. He holds a degree in Food Chemistry from the University of Frankfurt/Main (1997) and a PhD in Human Nutrition obtained at the Swiss Federal Institute of Technology, Zurich (2002).

The research focus of Dr. Bohn rests on micronutrients and secondary plant metabolites, their metabolism and their health benefits, with a focus on inflammation and oxidative stress, as well as dietary patterns and their relation to disease and obesity – he is currently in charge of the EU consortium HealthyW8. One of his specialties is related to food digestion (e.g. he was a member of the INFOGEST COST action) and questions of bioavailability, especially related to carotenoids. Dr. Bohn also teaches as Adjunct Associate Professor at Luxembourg University, and is member of the Nutri-Score Scientific Committee as well as of the EFSA Nutrition, Novel Foods and Food Allergens (NDA) panel. He also is editor-in-chief of the Int J Vitam Nutr Res.

SPEAKER BIOSKETCH: Dr. Christoph STAHL (LIST)

NAME, SURNAME: Christoph, STAHL

TITLE: PhD

CURRENT POSITION AND OTHER RELEVANT PROFESSIONAL ACTIVITIES AND ACCOMPLISHMENTS:

Christoph Stahl received a Diploma in Computer Science from Saarland University (Saarbrücken, Germany) in 2001 and worked as researcher at the German Research Centre for Artificial Intelligence (DFKI) and received in 2009 his PhD (Dr.-Ing.) from Saarland University. From 2010-2014, Stahl worked as postdoctoral researcher at the Cyber Physical Systems department, DFKI Bremen, where he developed assistive systems in the Bremen Ambient Assisted Living Lab. Since 2016 Stahl works at the Luxembourg Institute of Science and Technology (LIST) as Senior R&T Associate in the HUMOD group. In 2018, he received a grant from the AAL Programme (shared by EU and national agencies such as FNR, total cost 2.3M€) as Coordinator of the project „LIFANA – Lifelong Food and Nutrition Assistance" (2018-2021). The project developed a recommender system that creates personalized meal plans that help users to prevent malnutrition and muscle loss. This work is now continued in the Horizon Europe project HealthyW8 (2023-2028) where Stahl leads the technical development of a healthy lifestyle recommender app.

SPEAKER BIOSKETCH: Dr. Sarah FORBERGER (BIPS)

NAME, SURNAME: Sarah, FORBERGER

TITLE: PhD

CURRENT POSITION AND OTHER RELEVANT PROFESSIONAL ACTIVITIES AND ACCOMPLISHMENTS:

Sarah FORBERGER (Dr. phil.) is a Senior Scientist in the Department of Prevention and Evaluation at the Leibniz-Institute for Prevention Research and Epidemiology – BIPS, and a Research Fellow at the Research Centre IMPACT, University of York. Her research is dedicated to health systems research, with a particular focus on implementation science and health policy. She examines how evidence-based health interventions can be successfully integrated into public health policies and healthcare practices to promote healthy behaviours (nutrition, physical activity, tobacco control).

Dr. Forberger joined the Leibniz-Institute for Prevention Research and Epidemiology – BIPS in 2015, driven by her fascination with the dynamic interplay between systems, environments, and interventions. Her academic journey began at TU Dresden, where she earned a master's degree in political science, computer science, and history, followed by a Ph.D. in health policy. Her doctoral research critically examined the implementation of European health policies through soft law instruments, highlighting her interdisciplinary expertise. Dr. Forberger serves as Associate Editor for the International Journal of Behavioral Nutrition and Physical Activity and is an invited reviewer for numerous international journals and funding organisations. She serves as Co-Spokesperson for the Research Section within the German Research Association (DGPH) and the Implementation section within the European Cluster of Obesity Research Projects (OBEClust). Dr. Forberger's extensive professional experience includes scientific management in multiple EU health research projects during her tenure at TU Dresden and as PI and Co-PI in several projects at BIPS. Her career has been marked by fellowships at the Centre for Addiction and Mental Health (CAMH), University of Toronto, the University of Cambridge's El-Erian Institute of Behavioural Economics and Policy, and an upcoming fellowship at Peking University, scheduled for later this year.

Her proactive involvement in numerous international research networks underscores her commitment to fostering interdisciplinary and international collaboration in public health research. Regularly invited to present her research at international conferences, Dr. Forberger continues to contribute significantly to discussions aimed at advancing research and practice in medical and translational sciences, particularly in developing population-based approaches to promote healthy lifestyles.