**NATRIJOD SURVEY: Salt and iodine consumption in Lithuanian population: national recommendations**

Conference Programme, Virtual conference

14 January 2021 (Thursday)

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| **I session. Chairs: Marius Miglinas, VU, VU Hospital “Santaros klinikos”; Indre Makarskiene, Ministry of Health** |
| 11:00 – 11:15 | **Opening**. Welcome addresses. Gražina Belian, State Public Health Promotion Fund; Ingrida Zurlyte, WHO Lithuania, Marius Miglinas, Vilnius University Santaros Clinics |
| 11:15 – 11:45 | **Cutting salt to reduce heart disease in WHO European Region**. Joao Rodrigues Da Silva Breda, Kremlin Wickramasinghe (WHO Regional Office for Europe) |
| 11:45 – 12:15 | **Salt consumption: does it really matter?** Francesco P Cappuccio, Warwick University, UK |
| 12:15 – 12:40 | **NATRIJOD survey: salt and potassium intake results.** Marius Miglinas, Vilnius University Santaros Clinics |
| 12:40 – 12:50 | Discussion |
| 12:50 – 13:00 | **NATRIJOD: survey design and statistical analysis specificities.** Nomeda Bratčikovienė, Vilnius Gediminas Technical University |
| 13:00 – 13:15 | **NATRIJOD survey laboratory aspects**. Valdas Banys, Vilnius University Santaros Clinics |
| 13:15 – 13:45 | **Salt and health: salt intake related issues in Italy**. Pasquale Strazzulio, Frydrich II University, Napoli, Italy |
| 13:45 – 14:00 | Questions and discussions. |
| **II session. Chairs: Lina Zabuliene, VU, Valdas Banys, VU** |
| 14:00 – 14:20 | **TTH level dynamics in newborns of Lithuania**, Algirdas Utkus, Deimante Brazdžiūnaite, VU |
| 14:20 – 14:50 | **Iodine nutrition in Latvia**. Ilze Konrade, Riga Stradins University, Riga, Latvia |
| 14:50 – 15:20 | **Iodine status in pregnancy in Greece**. Ioannis Ilias, Elena Venizelua Hospital, Athens, Greece |
| 15:20 – 15:40 | **Iodine intake in Lithuania: past, present and future**. Lina Zabuliene, VU. |
| 15:40 – 16:00 | Questions and discussions |
| **III session. Chairs: Ernesta Mačionienė, VU, Diana Sukackienė, VU** |
| 16:00 – 16:15 | **Dietary habits of Lithuanians**. Rimantas Stukas, VU |
| 16:15 – 16:30 | **Healthy Lifestyle: easy and simple**. Edita Saukaity-Butvilė, Antakalnio outpatient clinics, Vilnius |
| 16:30 – 16:45 | **NATRIJOD survey: salt and iodine intake recommendations.** Ernesta Mačionienė, VU |
| 16:45 – 17:00 | **Questions and discussions** |