



Jordi Salas-Salvadó, MD, PhD

Institution: Human Nutrition Unit, Department of Biochemistry & Biotechnology, Sant Joan University Hospital, Faculty of Medicine of Reus, Rovira i Virgili University, Spain; Pere Virgili Institute of Health Research; CIBER Physiopathology of Obesity and Nutrition, Institute of Health Carlos III, Spain. Dr Salas Salvadó is Professor of Human Nutrition and Bromatology at the Faculty of Medicine and Health Sciences (Rovira i Virgili University). He is Head of Nutrition of the Internal Medicine Service, Sant Joan University Hospital of Reus and Vice-Dean / Head of Studies of the Degree in Human Nutrition and Dietetics of the Rovira i Virgili University. He is also

Distinguished Professor at the Universitat Rovira i Virgili. In recent years, the expertise and research lines of Dr Salas are focused on human clinical trials evaluating the effect of diets and dietary compounds on obesity, type 2 diabetes mellitus, metabolic syndrome and cardiovascular disease. Since 2005, he has been one of the leaders of PREDIMED STUDY, considered the best clinical trial evaluating the effect of the Mediterranean Diet on cardiovascular diseases. He is the coordinator and a member of the Steering Committee of the PREDIMED-PLUS STUDY, a multi-centre, randomised, primary prevention trial on 6000 overweight or obese participants (55-75 years) with metabolic syndrome. The project aim is to determine the effect on adiposity, cardiovascular disease and mortality and quality of life, of an intensive weight loss intervention based on a traditional hypocaloric Mediterranean Diet, physical activity promotion and behavioural therapy compared to a less intensive program using Mediterranean diet (without energy restriction or physical activity). The recruitment started in September 2013 and will finish in June 2016. Final results will be available in 2020. Since 1983 Dr. Salas has directed 18 research projects financed by public bodies and 23 projects in conjunction with the pharmaceutical or food industries. He has published more than 290 original articles in national and international journals, as well as numerous reviews and editorials. Editor of 6 books, he has also co-authored more than 50 books.

A Mediterranean intensive lifestyle intervention: Predimed Plus

Jordi Salas Salvadó^a for the PREDIMED – Plus study investigators

^aHuman Nutrition Unit, Hospital Universitari de Sant Joan de Reus, Faculty of Medicine and Health Sciences, IISPV (Institut d'Investigació Sanitària Pere Virgili), Department of Biochemistry and Biotechnology, Universitat Rovira i Virgili, Reus, Spain, and ^bCIBERObn (Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y Nutrición), Institute of Health Carlos III, Madrid, Spain.

There are no large randomized clinical trials in overweight subjects evaluating the effect of a long-term sustained intentional weight loss using a healthy diet and physical activity promotion on the risk of cardiovascular clinical events. The PREDIMED Plus study is a randomized, multicenter, parallel-group trial for the primary prevention of cardiovascular disease (CVD). Six thousand men and woman without prior CVD, aged between 55 – 75 years, with metabolic syndrome and body mass index between 27- 40 kg/m² (<25% of them with diabetes) will be recruited by primary care medical doctors affiliated to 22 centers throughout Spain to evaluate the effect of an intensive energy-restricted Mediterranean diet, physical activity promotion and behavioral treatment, versus a control group receiving low-intensity recommendations to follow a Mediterranean diet. The main outcomes are: incidence of CVD, weight loss and maintenance, quality of life, incidence of other chronic diseases related to obesity, changes in CVD risk factors, and use of medication. The results of this novel clinical trial will contribute to provide a strong evidence to develop guidelines for overweight management aimed to the primary prevention of CVD.

Learning objectives:

1. Any trial has never demonstrated that weight loss and maintenance reduces the risk of cardiovascular events and mortality.
2. The PREDIMED-Plus study is a randomized, multicentre, parallel group trial for the primary prevention of cardiovascular disease.
3. An intensive energy-restricted healthy diet with physical activity promotion and behavioural treatment may have multiple health benefits.