



Eat2beNICE

Effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing Behaviours

H2020 - 728018

D4.5 Learning Modules update online

Dissemination level	Public
Contractual date of delivery	28.02.2023
Actual date of delivery	28.02.2023
Type	Websites, patents filling, etc.
Version	1
Workpackage	WP4 - Public health aspects, policy recommendations, and dissemination
Workpackage leader	Stephen Faraone, UiB

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 728018.

This report reflects only the author's views and the Commission is not responsible for any use that may be made of the information it contains.

**Author list**

Organisation	Name	Contact information
RUMC	Jeanette Mostert	Jeanette.c.mostert@radboudumc.nl
RUMC	Jonathan Marx	Jonathanmarx@gotohealthmedia.com
UiB	Stephen Faraone	sfaraone@childpsychresearch.org

Executive Summary

In addition to the extensive blog list created by our team of scientists, we also created video learning sessions and interviews for both public and professional consumption.

Video is a highly popular and effective form of education, and the video content created complements our blog, tips, and recipes content.

Abbreviations

ADHD Attention deficit / hyperactivity disorder



1. Deliverable report

After creating the first 11 online learning videos (see Deliverable 4.4), we created a strategy for 9 additional videos. These have been recorded and are being distributed through the online platform GoToHealthMedia.

GoToHealth Media is an online interview show featuring health experts and has distribution through its website, VoiceAmerica, the world's largest internet radio station, and is syndicated on eight podcast networks: Amazon, Apple iTunes, Google Play, iHeart Radio, Pandora, Spotify, Stitcher, and TuneIN Radio. The show has been heard in thirty-six countries.

Additionally, these interviews are hosted on the New Brain Nutrition website and YouTube and have earned 502 subscribers and 17,000+ views.

The following 9 videos have been recorded:

1. Overview of Eat2beNICE: what it is and why it's important – by Alejandro Arias-Vasquez
2. The effects of supplements on behaviour and mental health – by Alexander Häge
3. The importance of physical exercise for mental health – Silke Matura
4. Why lifestyle interventions are important for individuals with mental health problems – by Toni Ramos
5. Mental health benefits of the Mediterranean diet – by Jordi Salas
6. The role of the gut microbiome in mental health – by Mirjam Bloemendaal
7. How day-to-day variations in lifestyle affect mood & mental health - by Silke Matura, Alea Ruf
8. Genetic and lifestyle factors that influence ADHD - by Lin Li
9. "Good" versus "Bad" impulsivity - by Jaanus Harro

Furthermore, we have scheduled recordings of 2 more videos in March. One sharing results from the TRACE trial, by Annick Bosch, and a second video with project coordinator Alejandro Arias Vasquez to look back on the project.

Additionally, our Celebrity Chef Sebastian Lege created recipes and a cookbook for us which reinforce the use of healthy ingredients for brain health (see deliverable 4.6)

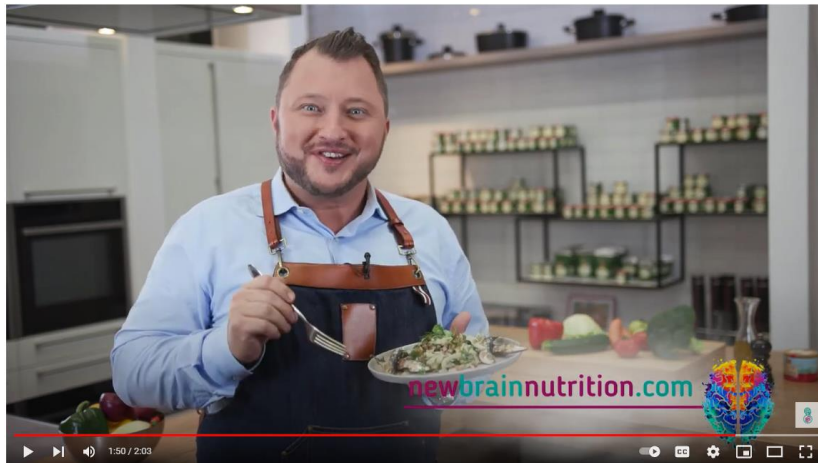


2. Tables and other supporting documents where applicable and necessary

Some examples from of our learning videos:

Foods for Brain Health – Sebastian Lege Celebrity Chef

<https://youtu.be/WJP9cWrMShc>



Foods for Brain Health – Grilled Sardines with Lentil Fennel Salad - Cooking for Your Brain.

Diet and Lifestyle Effect Mental Health – Alejandro Arias Vasquez

<https://gotohealthmedia.com/how-diet-and-lifestyle-affect-your-mental-health-new-brain-nutrition-alejandro-arias-vasquez-phd/>



How Diet and Lifestyle Effect Your Mental Health

Alejandro Arias-Vazquez, PhD

Scientific Coordinator, Eat2beNICE
Associate Professor
Radboud University Medical Center
Nijmegen, The Netherlands



How Exercise Keeps Your Brain Healthy – Silke Matura

<https://gotohealthmedia.com/how-exercise-keeps-your-brain-healthy-new-brain-nutrition-silke-matura-phd/>



How Exercise Keeps Your Brain Healthy

Silke Matura, PhD

Senior Clinical Scientist

Johann Wolfgang Goethe University Hospital
Frankfurt Am Main, Germany

Silke.Matura@kgu.de

How Vitamins and Nutrients Help Brain Health – Alexander Haege

<https://gotohealthmedia.com/how-vitamins-and-nutrients-help-brain-health-new-brain-nutrition-alexander-haega-md/>



How Vitamins & Nutrients Help Brain Health

Alexander Haega, MD

Child and Adolescent Psychiatrist and
Head of Research

Central Institute of Health
Mannheim, Germany

Alexander.Haega@zi-mannheim.de



3. Acknowledgement and Disclaimer

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 728018.

This report reflects only the author's views and the European Union is not liable for any use that may be made of the information contained therein.