

DNSG Board Meeting Minutes

Montbrió del Camp, Spain (Tuesday, June 16, 2026)

Attendees

Hana Kahleova
Jordi Salas Salvadó
Haris Dimosthenopoulos
Cyril Kendall
John Sievenpiper
Anne-Marie Aas
Jeffrey Mechanick
Maria Anneli Lankinen
Laura Chiavaroli
Stefan Kabisch

1. Website and Finances

- Website – Jordi's team will continue to manage the website
- Funding and sponsorship opportunities? - Jordi will use surplus funding from DNSG 2026 to fund website

2. Update of the DNSG Constitution

- last updated June 2012
- Cyril will update, removing EASD-specific language and making the changes ratified at recent AGAs regarding membership requirements and the nomination and election of board members and officers

3. DNSG Collaborations

- EASD Satellite Symposium – Oct 2, 2026 at 12:30-2 pm – Current evidence and research priorities for nutrition and GLP-1 medicines – Haris, Cyril, Hana, Jeff, John, Laura will attend
- DIA Egypt –October 7-9, 2026 - Haris and Jordi will attend
- ESPEN – joint webinar November 9, 2026 at 3- 4 pm CET – Harris will be a chair and Laura a speaker. A reciprocal DNSG-ESPEN session at future ESPEN meeting was discussed. Cyrill will follow-up with Rocco Barazzoni
- Expansion of collaborations with scientific societies and organizations? – A joint DNSG-IDF statement on intermittent fasting based on DNSG commissioned 2025 SRMA in BMJ for 2026/2027 was discussed with IDF President Peter Swartz – Jeff and John to follow-up with IDF
- IDF Europe session/webinar – Topics may include technology (CGM) and nutrition and type 1 diabetes – Haris will follow-up
- DNSG-ESPEN session – an ongoing strategic priority. Maria and Ursula have agreed to include it in the DNSG 2027 program. John, Cyril, and Jeff will organize.
- EASO was discussed as another organization for possible collaboration – Jordi will follow-up

4. Guidelines for Organizing DNSG Symposia

- Website should be hosted on DNSG website to prevent loss of information
- Jordi will provide information on the 2026 meeting to Maria and Ursula
- Cyril and Jordi will aim to have the guideline ready by end of 2026

5. Future DNSG Symposia

- 2027 Finland (Kuopio, July 1-3, 2027) – Maria and Ursula to share their program/topic list ASAP with the Executive
- 2028 Italy – Lutgarda, Angela, Gabriele have reaffirmed their commitment to host in Naples in 2028. No specific dates have been proposed.
- 2029 Croatia - Dario Rahelic has reaffirmed his commitment to host in Zagreb or another location. No specific dates have been proposed.
- 2030 Norway – Anne-Marie has agreed to host the meeting

6. Dietary Guidelines Update

- Current update (Jeff and Laura) – New guidelines on nutrition in the context of GLP-1 medicines is in process as per EASD SOP using GRADE with a 2 year timeline. EASD will consider ad hoc endorsement. Funding sought through unrestricted educational grants. GDG selected through call last summer. PICOTs set. Laura leading knowledge synthesis group (Jarvis Noronha) and working subgroup (selected from within ranks of the GDG) to conduct and update the search/selection.
- Next steps - Extractions/synthesis/writing underway and on track for launch next year at DNSG 2027 and EASD 2027.
- DNSG-IDF Joint statement on Intermittent fasting to be undertaken as an update of DNSG 2023 clinical practice guidelines (as detailed above)
- Any new guidelines topics to be decided by board.

7. New Members & Update of Membership List (John)

- New Members – John will provide an updated list for the AGM
- Update of Membership List – John will update the list
- List of Active Members – Cyril already did a first pass cleaning of the list removing any retired/deceased members. Cyril and John will do a second pass.

8. Strategic priorities for 2026–2028?

- Hold harmless document – Jeff will check for a template document

9. 2026 Awards:

- Young Investigator Award: Thomas Roosdorp (Sweden)
- Travel grant awards: Yifei Lin (China), Jara Pérez-Jiménez (Spain)
- Best poster presentation award: Diana Ghidanac (Canada)
- “Science & Rhythm” Awards:
Best Science Presentation: Josué A Pérez Acosta (Spain)
Best Rhythm Performance: Vivian Yin (Canada)