5th Management Committee Meeting - MINUTES
24th September, Lisbon, Portugal

COST Action FA1403
Action Title : Interindividual variation in respons to consumption of plant food bioactives and determinants involved (POSITIVe)

AGENDA:
1. Welcome to participants
2. Adoption of the agenda
3. Approval of the minutes and matters arising of last meeting
4. Action budget distribution and use – GP4
5. Promotion of COST Policies – GP4
6. Follow-up of MoU objectives – GP4
    a. WG achievements
    b. Dissemination products and activities
7. Action planning – GP5
    a. Budget Plan
    b. Work Plan
    c. Scheduled events
    d. POSITIVe website update
8. Final Action Dissemination Grant and products
9. POSITIVe Final report
10. Summary of MC decisions
11. Closing

1. Welcome to participants

The chair of the action, Christine Morand, who chairs the meeting, welcomed the participants.

2. Adoption of the agenda

The agenda proposed was adopted.

3. Approval of the minutes and matters arising of last meeting

The minutes of the previous WG meetings held in Dubrovnik in March 2018 and have been sent to all participants in the action, and they are available on the private part of the POSITIVe's website.

The Management Committee approved:

Minutes of the WG1
Minutes of the WG2
Minutes of the FG
Minutes of the Think Tank group
Minutes of the Steering Committee

4. Action budget distribution and use – GP4 : May 2017-April 2018

- Budget Plan:

The total budget available for Science expenditure during GP4 was 147 826 euros. In the Work and Budget plan approved submitted and approved by the MC, the foreseen distribute of the budget was as followed:

- 60% to organise 2 WG meetings and 1 scientific workshop.
- 13,5 % (about 20k€) to organised the 2nd Training School (trainers and about 20 trainee's grant)
- 13,5 % (about 20 k€) was allocated for STSMs which allow to fund 8 to 10 STSMs
- 8% for ITC grants
- 5% was provided to fund Open access licenses for publications.

- Actual expenditures:

The actual sciences expenditures representing about 92% of the total budget, and the distribution between the different COST tools was quite similar to that propose in the initial WBP approved:

Meetings:

- Thessaloniki (Greece) 6th Working Groups and 4th Management Committee meetings + 3rd Scientific Workshop
- Dubrovnik (Croatia) 7th Working Groups meeting

Both meetings gathered 120 partners and more than 100 people were funded on COST budget (88 k€)

STSM: 9 grants allocated

7 were on topics related to WG1 activities and 2 were related to WG2.

8 were attributed to young scientists (ECI & PhD) with a good gender balance.

The scientific reports of these STSMs are available on the website of the Action: https://www6.inra.fr/cost-positive/STSMs

Training School

Organised in Thessaloniki and focused on "Nutrigenetic and nutrigenomics approaches in nutrition research": 16 trainees granted.

ITC Grant:

5 grants were allocated to PhD students and young scientists from Serbia, Turkey, and Portugal.

2 were to attend a Conferences in North America (Canada): 8th International Conference on Polyphenols and Health. 3 were to attend European Conferences: International Conference on Food Function and Bioactive Compounds in Paris and the 5th Foodomic Conference held in Italy.

Dissemination:

2 Open Access publication fees were paid.

5. Promotion of COST Policies – GP4

- Promotion of Inclusiveness Target Cost Countries (ITC) :

1 meeting (on 2) held in an ITC, Croatia.

30% of the funded POSITIVe partners were from ITC countries which is well balanced with the representation level of partners from ITC in the network that reaches 35%.

During the GP4, ITC benefited from 43% of the total budget which is higher than the representation rate of partners from ITC in the network (35%). In details for each cost tools, ITC benefited of 35% of the budget to attend or organize meetings, of 54% of the budget to attend training school, 44% for STSM grants, and 100% for ITC Grant.

- Promotion of ECI :

The promotion of young scientists, has also been an important priority of POSITIVe, the participation of ECIs to WG meetings (25%) is in the same range of their representation in the POSITIVE network (32%).
The young scientists were the greatest beneficiaries of most COST networking tools, including STSM (<90% were PhD or ECIs), 100% of Grants Training School and ITC conference Grants were allocated to young scientists.
In addition, to promote the leadership and the outreach of ECIs in POSITIVe, both the elaboration of the scientific program and the chairing of the sessions of the 3rd scientific workshop of the Action were entrusted to a group of ECIs.

- Promotion of Gender balance

Since the beginning of the Action, women predominate in the POSITIVE network (60%) and this majority is reflected on the respective benefit of Men and Women from the different COST networking tools (60% at meetings, 79 % for other COST tools).

6. Follow-up of MoU objectives – GP4

a. Work Plan / achievements

General goals: *(related MoU objectives: primary, secondary 9,10)*

1. Favor exchanges/interactions between partners
2. Favor the leadership capacity of ECIs

Achievements:

- 6th WG meeting in Thessaloniki (September 2017, 2-days)
- 7th WG meeting in Dubrovnik (March 2018, 2-days)
- 5 ITC Conference grants funded
- 9 STSMs completed
- 4 collaborative reviews and meta-analysis published with Open Access and 4 additional under review
- Organisation of the 2nd TS “Use of nutrigenetics and nutri (epi)genomics in Nutrition research”, aiming to extend the use of these approaches in the POSITIVe community (co-organisation WG1+2)
- Organisation of the 3rd scientific workshop of POSITIVe (Thessaloniki, September 2017, 2 days, 100 attendees)

WG1 goals: *(related MoU objectives: primary, secondary 1,4, 5,6, 7)*

1. Establish a detailed database on determinant specific information for selected bioactive compounds
2. dentify key genes encoding biotransformation enzymes and transport proteins from human and gut microbial origin with major importance for IVA in ADME of selected bioactive compounds
3. Develop a framework that focuses on targeted metabolomics that can be applied to assessing IVA in ADME of selected bioactive compound classes, including an assessment of the analytical coverage of key bioactive metabolites and improvement of existing online resources

4. Application of a framework to identify determinants from metabolome and gut microbiome that allow stratification of individuals according to metabotypes
5. Best practices for data presentation in publications to enable knowledge generation from individual ADME data.

WG1 Achievements:

- Literature survey concluded for 7 plant bioactive subgroups
- 9 review paper accepted, 3 submitted
- 5 STSMs on microbiome variability concluded (U Vienna, INRA, UEA, CSIC, U Lisboa)
- Paper accepted on Interlaboratory trial testing analytical coverage
- Database enrichment for metabolite identification from untargeted metabolomics
- Framework to stratify individuals according to genetic variants or microbiome variants is now proof-of-concept tested for 4 plant bioactive families

WG2 goals: *(related MoU objectives: primary, secondary 2,5,7,8)*

1. Continue the assessment of the inter-individual variability in selected clinical biomarkers of CMD risk in response to selected bioactives consumption, and identify potential factors contributing to variability regarding:
   (i) flavanols
   (ii) anthocyanins and ellagitannins
   (iii) hydroxycinnamic acids
   (iv) plant sterols
2. Identify cellular and molecular targets of plant foods related to CMD health to be covered:
   (i) in humans from clinical trials
   (ii) from in vitro an in vivo studies for flavanols
   (iii) using in-silico docking approach
   (iv) for carotenoids, anthocyanins, flavonols and ellagitannins from in vitro and animals studies
3. Merge databases to undertake statistical analysis to determine factors influencing inter-individual response to some flavonoids consumption on CMD risk factors
4. Identify major genes related to cardiometabolic health and known SNPs

WG2 Achievements:

- Completion of meta-analysis of RCT related to the assessment of IIV in clinical biomarkers of cardiometabolic risk in response to flavanols, anthocyanins, ellagitannins, flavonols and plant sterols. 3 manuscripts were published to date, and 3 additional ones are currently being drafted. The meta-analysis related to hydroxycinnamic acids is ongoing but due to low number of studies found it will be converted into a systematic review which will be submitted for publication early in 2019. A review summary of all findings from WG2 meta-analysis is currently being drafted.
- Identification of published data in human, animal and in-vitro studies for flavanols, carotenoids and phytosterols and extraction of data. Bioinformatic analyses have been performed (pathway, gene network, protein-protein interaction) have been performed for flavanols in animals, in-vitro and near completion for humans. Cell signalling proteins and transcription factors potentially involved in the observed genomic effects have been identified, their 3D structure extracted and in-silico protein-bioactive interactions analyses started. Two systematic papers are on going and a 3rd will start soon. Bioinformatic analyses for carotenoids and phytosterol have started.
- An extensive search for relevant databases was conducted within the Action and associated institutions. Approx 10 datasets were identified. Analysis of the content showed significant diversity across the data from the various studies - variations included population group (gender, age), disease

state (healthy, various diseases), dose, mode of delivery, duration study (acute, chronic) and many more.

- Similar datasets were merged when possible, and appropriate statistical analysis was undertaken, however, this approach was considerably limited due to the small numbers in these merged datasets, with much of the preferred (unsupervised data mining) approaches not feasible. A second extensive search was conducted and although some additional datasets were identified, these were again diverse in their content and as such unsuitable for merging / analysis, and/or unavailable due to ethical or IP issues.
- From genomic data obtained, keys genes (either most repeated ones or those involved in key cellular functions) have been identified for flavanols. Procedure for identifications of relevant SNPs is in being tested, it includes search of gene sequence database, databases for known SNPS, their type, their effect on protein and potential clinical outcome, their frequency in the population, position in the genes and localization in GWAS identified regions. Literature search for polymorphism of the identified genes will be done. These analyses will be reported in a paper.

TTG goals: *(related MoU objectives: primary, secondary 7,9,10)*

1. Establish a quality index to evaluate how inter-individual variability in response to plant food bioactives is reported
2. Prepare and manage the scientific part of the 3rd COST Scientific Workshop
3. Keep updated information on all issues covered by the TTG-ECIs that are relevant for the COST Action
4. Continuing the monthly online meetings of TTG

TTG Achievements:

- Write a first draft of the paper about how to report interindividual variability. A STSM was request to complete the work.
- Organisation of the 3rd scientific workshop, focused on "OMICS": preparation of scientific program, invitation of speakers, dissemination of the conference, and management of the Scientific Committee
- Write a perspective paper related to the 3rd scientific workshop
- Exchanges between EICs through different online meetings to get to know each other and to know the work they perform related to the COST-POSITIVe Action.

WG3 goals *(related MoU objectives: primary, secondary 11,14)*

1. Development of the basics of a 'decision-tree'-style on-line tool
2. Dissemination of key findings of the COST Action to stakeholders and end-user groups.

WG3 Achievements

- Consensus about the content of a roadmap aiming to create an awareness of the complex issues around inter-individual variation in response to consumption of PFB.

3 types dissemination documents for different target audience:

o "White paper 1": targeted to stakeholders

o "White paper 2": targeted to policymakers in Brussels

o Journal supplement/special issue: to disseminate outcomes (5 reviews), targeted towards scientific community.

WG3 & Focus Group goals: *(related MoU objectives: primary, secondary 11,14)*

3. Develop communication materials to illustrate successful interactions between academia and stakeholders and end-user groups

4. Develop dissemination means to communicate the main objectives and activities of POSITIVe to the Food Industry

WG3 + FG Achievements

- Short video Industry-Researchers successful collaboration: professor Z. Kerem (University of Jerusalem) and Dr. Baukje de Roos (Thessalonikki, **2017**).
- 500-words communication blog VITAFOODS.
- Publication in The World of Food Ingredients, Health and Wellness (June **2017**)

Focus Group goals: (*related MoU objectives: primary,, secondary 10, 11, 14)*

5. Keep updated information at the website on all issues relevant to the COST Action
6. Reinforce the visibility of the Action among the whole scientific community
7. Prepare dissemination means to communicate the main objectives and activities of POSITIVe to the general audience

FG Achievements

- Website updated
- Newsletter: issues December 2017 and June 2018
- Presentation of POSITIVe poster, leaflets and newsletters at the 8th International Conference on Polyphenols and Health, Quebec, Canada, October 3-6, 2017
- POSITIVe workshops for the general public during European Researchers' Night, Olsztyn, Poland, September 27, 2017
- POSITIVe promotional video aired in the social media, March, 2017
- Development and publication of a questionnaire directed to consumers in relation with their awareness of the binomial health/diet:

Spanish Consumers' General Understanding of Metabolic Diseases and how they may be Influenced by Diet and Novel Foods: a Preliminary Survey *Nutr Res Food Sci J,* Volume 1(1): 1–10, **2018**, DOI: 10.31038/NRFSJ.1000102
http://researchopenworld.com/spanish-consumers-general-understanding-of-metabolic-diseases-and-how-they-may-be-influenced-by-diet-and-novel-foods-a-preliminary-survey/

b. Dissemination products and activities

Collaborative scientific reviews:

Published

1. **Interindividual Variability in Biomarkers of Cardiometabolic Health after Consumption of Major Plant-Food Bioactive Compounds and the Determinants Involved.** Milenkovic D, Morand C, Cassidy A, Konic-Ristic A, Tomás-Barberán F, Ordovas JM, Kroon P, De Caterina R, Rodriguez-Mateos A. ***Adv Nutr.*** 2017 Jul 14;8(4):558-570. doi: 10.3945/an.116.013623. Open Access **WG2 (IF=6.85)**
2. **A Systematic Review and Meta-Analysis of the Effects of Flavanol-Containing Tea, Cocoa and Apple Products on Body Composition and Blood Lipids: Exploring the Factors Responsible for Variability in Their Efficacy.** González-Sarrías A, Combet E, Pinto P, Mena P, Dall'Asta M, Garcia-Aloy M, Rodríguez-Mateos A, Gibney ER, Dumont J, Massaro M, Sánchez-Meca J, Morand C and García-Conesa MT. ***Nutrients,*** 2017**,** 9, 746; doi:10.3390/nu9070746 Open Access **WG2 (IF=4,196)**
3. **Meta-Analysis of the Effects of Foods and Derived Products Containing Ellagitannins and Anthocyanins on Cardiometabolic Biomarkers: Analysis of Factors Influencing Variability of the Individual Responses.** García-Conesa MT, Chambers K, Combet E, Pinto P, Garcia-Aloy M, Andrés-Lacueva C, de Pascual-Teresa S, Mena P, Konic Ristic A, Hollands WJ, Kroon PA, Rodríguez-Mateos A, Istas G, Kontogiorgis CA, Rai DK,

Gibney ER, Morand C, Espín JC, González-Sarrías A. ***Int. J. Mol. Sci***. 2018, *19*(3), 694; Open Access **WG2 (IF=3.687)**

4. **Bioavailability of Quercetin in Humans with a focus on interindividual variation** Almeida AF, Borge GIA, Piskula M, Tudose A, Tudoreanu L, Valentova K, Williamson G, Nunés dos Santos C. ***Comprehensive Reviews in Food Science and Food Safety***. 2018 Open Access **WG1 (IF=7.028)**

The outcomes of the Action in term of Dissemination, during GP4, 4 scientific collaborative reviews directly resulting from the activities of the network have been published in scientific papers with good impact factors (between 4 and 7).
3 of these papers were related to WG2 activities and 1 to WG1.
Thanks to the Action funding, these papers are in Open Access and pdfs are available on the website of the action: https://www6.inra.fr/cost-positive/Dissemination/Publications-Outcomes

Others scientific outcomes:

STSM done by a young scientist from Greece, at the University of East Anglia has led with the help of researchers expert in plant food metabolism and of and bioinformaticians to the drawing of the metabolic pathway of Flavan-3-ols in humans, that is now freely available on line in the Wikipathways database.
https://www.wikipathways.org/index.php/Pathway:WP4238

Outreach activities:

- Second Training School focused on the "Use of Nutrigenetics and Nutri-epigenomics in Nutrition research ».

Four experts in the domain, and also member of POSITIVe in WG1 and WG2, established the programme.
https://www6.inra.fr/cost-positive/Trainings-Webinars/2017-Use-of-nutri-genetic-epi-genomics
This Training School included open webinars with renowned invited speakers and a 2 days practical session held in Thessaloniki (16 trainees and 4 trainers from and outside the Action).
The webinars are still in free access on the POSITIVe website: https://www6.inra.fr/cost-positive/Trainings-Webinars

- Third Scientific Workshop on "omics breackthroughs in the health effects of plant food bioactives".

A topic of interest identified by a group of ECIs of the Action who was in charge of the elaboration of the scientific programme. This workshop has attracted one hundreds of participants who provided us a very positive feedback about the quality of the workshop. https://www6.inra.fr/cost-positive/Events/Scientific-Workshops/3rd-Scientific-Workshop-Thessaloniki-Greece-2017

- Newsletter

The communication about the activities carried out in POSITIVe over GP4 and about news of some of his members are also ensured by the biennal edition of its newsletter, coordinated by the FG leaders. https://www6.inra.fr/cost-positive/Dissemination/Newsletters

- Toward industry

The Action was invited to participate to Vitafoods Europe, the annual event where the entire nutraceutical sector is present. https://www6.inra.fr/cost-positive/Dissemination/Communication-to-Industry
In addition to give a talk to present the topic addressed in POSITIVe, Baukje de Roos, leader of WG3, was also invited by the Journal 'World of Food Ingredients" (which constitutes a specialist international journal for beverage and food products) developers to write a paper highlighting the importance to develop knowledge

in the field of inter-individual variation in response to plant food bioactives to broaden perspectives for the European industry to design customized foods that can be used in personalized nutrition.

- Other dissemination and outreach activities

Another initiative taken for disseminating about the POSITIVe network outside Europe, was to present the poster of the Action and distribute flyers of the Action in the conference bags of the 8th edition of the ICPH which was held in Quebec, Canada, in October 2017. In addition, several POSITIVE partners gave talks at this Conference and also communicated about the POSITIVE network at the end of their presentations.

- Lobbying

To prepare the future, the Steering Committee members has written in October 2017, a text highlighting the knowledge gaps and research priorities in the topic of the interindividual variation in the health effects of plant food bioactives.
The target of this text was the members of the Management and scientific boards of the JPI HDHL that should redefine in 2018 the Strategic Research Agenda of the JPI for the next years. To reach a largely as possible these board members, the help of the MC members of POSITIVE have been solicited.
In addition, in last December, 2 POSITIVE partners participated to an interactive workshops organized by the JPI in Brussels and aiming to collect relevant ideas for the update of the SRI.
With these initiative in upstream of the writing of next calls, we hope to increase the chance to be considered (POSITIVe topic) for future JPI calls.

7. Action planning – GP5 : May 1st to December 11th, 2018

a. Budget Plan

The total budget available for Science expenditure: 107 217 € has planned to be distributed as follow:

- Up to 75% for organising the last meeting and final Conference in Lisbon, with the aim to invite up to 80 POSITIVe members to attend the Final Conference.
- About 1,7% to attend a dissemination meeting aiming to communicate about the findings of the Action at International Conference : an MC member from Poland (Mariusz Piskula) involved in the organisation of the 19th IUFoST World Food Science and Technology Congress in Mumbai, INDIA (October) invited as speaker the chair of POSITIVe.
- About 24% of the budget for the funding of 5 STSMS, 2 ITC conference grants, open access licences and other printings.

The Management Committee approved the suggestion of the chair:
To give delegation to the SC to re-allocate freely the remaining budget after Lisbon between the other networking tools before Dec 2018 to optimize the use of the GP5- budget.

b. Work Plan

The Work Plan established for GP5, includes several scientific goals for each WG.

General goals: *(related MoU objectives: primary, secondary 9,10,11, 12,13, 14*

1. Favor exchanges between partners

2. Promote dissemination of research from ITC AND Spotlight the main achievements of the Action within the international scientific community

WG1 goals: *(related MoU objectives: primary, secondary 1,4,5, 6, 7)*

3. Establish a detailed database on determinant specific information for selected bioactive compounds
4. Identify key genes encoding biotransformation enzymes and transport proteins from human and gut microbial origin with major importance for IVA in ADME of selected bioactive compounds
5. Develop a framework that focuses on untargeted metabolomics that can be applied to assessing IVA in ADME of selected bioactive compound classes, including an assessment of the analytical coverage of key bioactive metabolites and improvement of existing online resources
6. Application of a framework to identify determinants from metabolome and gut microbiome that allow stratification of individuals according to metabotypes
7. Best practices for data presentation in publications to enable knowledge generation from individual ADME data
8. Explore the feasibility of modelling inter-individual variation in bioavailability of bioactives using existing or new tools, for predictive purpose

WG2 goals: *(related MoU objectives: primary, secondary 2,3,4,5,6,7,8)*

9. Continue the assessment of the inter-individual variability in selected clinical biomarkers of cardiometabolic risk in response to selected PFB, and identify potential factors contributing to variability: (i) flavanols ; (ii) plant sterols
10. Identify main factors affecting IV in CMD response to PFB and identify subpopulations of consumers that may particularly benefit from PFB.
11. Report on current evidence of the effect of PFB on CMD health including optimal exposure to different plant bioactives
12. Identify the importance of gut microbiota and of genetic background on the IV in CMD response to PFB
13. Develop recommendations and best practices for research investigating IV in CMD response to PFB
14. Examine the potential to merge databases in order to undertake statistical analysis to determine factors influencing IV response to some flavonoids intake on CMD risk factors
15. Identify molecular targets of flavanols (i) in animals studies related and (ii) from in-vitro studies related to their CMD health properties
16. Identify most important genes involved in CMD properties of flavanols and Study of the interaction between flavanols and cell signalling proteins involved in their nutrigenomic effects
17. Identify molecular targets of polyphenols, carotenoids, glucosinolates, and phytosterols in human related to CMD health
18. Identify molecular targets of carotenoids and phytosterols from animal and in-vitro studies related to their CMD health properties

WG1 and WG2 goals: *(related MoU objectives: primary, secondary 1,3,4)*

19. Identify main determinants displaying correlation between ADME of bioactives and cardiometabolic endpoints
20. Increase understanding of what could be the optimal exposure that will ensure the best benefit from plant food bioactive intake regarding cardiometabolic endpoints

WG3 goals: *(related MoU objectives: primary, secondary 1-4, 6-8, 10, 12-14)*

21. Identify knowledge gaps and methodological needs for future research and provide a consensus roadmap to encourage innovative scientific investigations in the area (collab with WG1 and WG2)
22. Elaboration of a Roadmap, aimed at the academic community, and published as part of a nutrition journal supplement with open access (collab with WG1+WG2+TTG)
23. Writing of short document for Brussels to help in promoting future calls in the field of IV and plant food biactives

WG3 and FG goals: *(related MoU objectives: primary, secondary 1-3, 5, 11, 14)*

24. Maximize the usefulness and the impact of POSITIVe on different scales and for different end-users through tailored communication and dissemination activities
25. Ilustrate successful collaborations between academics and SMEs/companies for publication on website
26. Preparation of communication materials for stakeholders and end-users interested in the field of the Action

TTG goals: *(related MoU objectives: primary, secondary 7, 9, 10, 11, 14)*

27. Prepare a perspective paper on omics breakthroughs in the health effects of plant food bioactives, derived from the 3rd COST Scientific Workshop
28. Continuing the monthly online meetings of TTG

FG goals: (*related MoU objectives: primary, secondary 11, 12, 14)*

29. Continue the dissemination and communication plan targeting the scientific community

Dissemination Plan:

- Collaborative scientific reviews

- 2 collaborative papers (1 from WG1, 1 from TTG), have been accepted for publications, Open Access fees will be covered from GP5 budget.
- 2 other papers are under review and if possible in term of both budget and deadline the Action will also pay for OA.

Of course, no COST budget will be available to pay for OA.

Twelve additional scientific papers (related to the WG1 and 2) are still under preparation and will not be completed before December 2018. However these papers are expected to be completed and published in 2019:

1. 2nd article from the metabolomics interlaboratory test, on prediction of retention time (13 groups involved) (WG1)
2. Factors explaining inter-personal variation in plasma enterolactone concentrations in humans (WG1)
3. Interindividual variability in human bioavailability of EC (WG1)
4. Flavanol FMD and BP meta-analysis (WG2)
5. Flavanol glucose insulin meta-analysis (WG2)
6. Molecular targets of flavanols related to cardio metabolic health (WG2)
7. in-vitro molecular targets of flavanols related to cardio metabolic health (WG2)
8. in-silico docking of flavanols to cell signaling proteins (WG2)
9. SNPs of genes potentially involved in inter individual variability in response to flavanols (WG2)
10. Gut microbiome and biological response review
11. Phytosterol meta-analysis
12. Hydroxycinnamic acid meta-analysis (WG2)

Of course, no COST budget will be available to pay OA for these rviews.

c. Scheduled events

The unique event scheduled by the Action in GP5 is the one in Lisbon, including both the joint last meetings of WGs and MC (24 september 2018), together with the Final Conference of POSITIVe (25-26 september 2018)
The Final Conference of POSITIVE is the place to present to the scientific community, the main findings resulting from networking activities.To end this POSITIVE session, we will have a round table introduced by some points of the roadmap of POSITIVe. During the second day of the Conference we will speakers working in the area of personalized nutrition as well as representatives of the consumers research area and various stakeholders with an interest in personalized nutrition and plant bioactive compounds for health applications. And the debate between these communities promise to be very informative for our future research.

d. POSITIVe website updated

As always, the POSITIVE website continues to provide to POSITIVe members a direct access to all the activities (meetings, workshops, TS) and outcomes of POSITIVe, including the STSM reports, the papers published, the webinars, the newsletters and to all other types of dissemination products. https://www6.inra.fr/cost-positive/

8. Final Action Dissemination Grant and products

First, the chair explained that FAD refers only to outputs produced after the end date of the Action in order to share and promote the COST Action's results among wider research community, policy makers, other stakeholders and/or the general public.
- the FAD must here to the COST logo and branding guidelines
- the FAD products (e.g. articles, videos, animations, etc.) must be a direct result of work performed by the Action and must be co-authored by Action Participants representing at least 3 different Participating COST Full Members.

The FAD procedure is as follows:

1. Request for the FAD Grant must be approved by both the Action MC and the Action's Science Officer
2. The FAD is funded centrally by the COST Association in the form of a fixed Grant. **up to EUR 10 000**
3. Only Approved FAD products or outputs must be ordered and paid with this grant by the Grant Holder.

A FAD request including a FAD dissemination plan has been drafted and submitted to MC for approval in last May. After the obtention of the MC approval, we received a notification of granting from the COST (10 k€).

The content of the FAD plan corresponds to that has been decided collectively by POSITIVe partners at the last WG3 meeting - Dubrovnik (*see Minutes available on the private part of the POSITIVe website*). It includes:

1. "Journal supplement/special issue": targeted to a wide scientific community

- dissemination of the main scientific outcomes of the Action in a Scientific Journal in the domain of Nutrition with a good impact factor

2. "White paper 1": targeted to stakeholders

- a summary of the main findings of the Action, especially targeting food industry, and highlighting opportunities for translation of research findings in IIV and PFB into practical applications in the future.

3. "White paper 2": targeted to policy makers in Brussels

- high level abstract highlighting the key outcomes of the Action, and the need and relevance of future research calls on capturing IIV in response to PBF to improve the cardiometabolic health of consumers.

Regarding the supplement in a scientific journal dedicated to the dissemination of the main findings of the Action, it will be coordinated by WG leaders and will include 4 papers:

- Introduction, raising awareness of the complex issues around IIV in response to PFB, explaining the aim of the Action and presenting the structure and relevance of the following reviews
- **(**2 and 3) Main scientific outcomes of the working groups, as well as identifying existing research gaps. (*WG1 and 1 WG2)*
- (3) Guidelines to better report inter-individual variability in response to plant bioactive consumption (*TTG)*
- (4) Opportunities and future needs for translation of POSITIVe results into practical applications (*WG3)*

Several Journals in Nutrition have been consulted about their interest in publishing this supplement, most of them responded to our request, however, only one Eur J Nutr provides an agreement for an open access supplemental issue for a cost in agreement with our budget

9. Final Report

Calendar:
Action's end Date: 10 December, 2018
Submission of the Final report:
- For MC approval: *Before 25 December, 2018*
- To Cost Association: *5 January, 2019*

The main objective of the Final Assessment of the COST Action is to identify how well the Action has:

- implemented networking activities;
- developed S&T activities towards the Action's MoU objectives;
- achieved its MoU deliverables,
- achieved additional outputs / achievements, including projects resulting from Action activities and co-authored Action publications by at least two Action participants from two countries participating in the Action, that are on the topic of the Action and for which the networking was necessary;
- achieved dissemination and exploitation of Action results

In addition, the Final Assessment of the Action:

- includes information on potential success story(ies) and emerging topic(s) or potentially important future developments.
- identifies impacts (the short- to long-term scientific, technological and / or socioeconomic changes produced by the Action, directly or indirectly, intended or unintended);
- collects data necessary to demonstrate COST performance and impact.

Internal Calendar:

The final report of the Action must be submitted in eCOST no later than January 9, 2019.
To provide the Final Report in due time, the calendar must respect the following deadlines:
30 November: Full version of the final report produced by the Steering Committee, this will allow to finalize the Report before sending it to MC for approval
15 December: Submission of the complete report to MC for approval,
9 January: Submission of the MC approved Final report to the COST

In addition to presenting and discussing, the achievements of the objectives and deliverables (announced in the MoU of the Action) by WG leaders, this report must also mention other (indirect) outputs and achievements that have resulted or been facilitated by the existence of the network :
- *Including research projects involving at least 1 Action participants and for which the Action networking provide benefit*
- any other *additional outputs/ achievements related to the Action that contribute to the COST mission: "COST enables break-through scientific developments leading to new concepts and products and thereby contributes to strengthen Europe's research and innovation capacities", and for which the Action networking was necessary (e.g. a patent, standards, white paper), establishment of new operational collaborations …*
The chair invites the MC members to let her know by email any other Outputs/achievements related to the Action.

10. Summary of MC decisions

Adoption of agenda 3Rd MC meeting – FA 1403
Adoption of Minutes of the last WG meeting in Dubrovnik :

- WG1 Minutes
- WG2 Minutes
- FG Minutes
- TTG Minutes
- Steering Committee Minutes

Delegation to the SC to re-allocate freely the remaining budget after Lisbon between the other networking tools before Dec 2018 to optimize the use of the GP5- budget