



EVERYTHING FOR A BETTER LIFE

About us

The Sabri Ülker Foundation was established in 2009 in honour of Sabri Ülker, a veteran of the Turkish food industry and well known philanthropist in Türkiye and beyond. The focus of the Foundation is public health and our vision, mission and way of working are as follows:

Our Vision

The Sabri Ülker Foundation is a not for profit science-based organization making a significant contribution towards improving public health in Türkiye and beyond.

Our Mission

We operate under 3 key pillars, namely:

Education – promoting a healthy, balanced diet and an appropriate level of physical activity

Research – supporting and encouraging scientific research and other initiatives in the field of food and nutrition, and

Communications – presenting the public with relevant information derived from a variety of reliable sources.

Our way of working

The programme of our Foundation is managed by a Science Committee comprising an international group of scientists who are experts in a range of disciplines relevant to our objectives. A permanent team based in Istanbul is responsible for implementing the programme of the Foundation together with the Science Committee. An important element of our modus operandi is collaboration with internationally recognised centres of excellence. Examples include:

- The British Nutrition Foundation (BNF)
- The European Food Information Council (EUFIC)
- The Nutrition Society of Great Britain and Ireland (The NS)
- The Federation of European Nutrition Societies (FENS)

We also partner with many Universities in Türkiye and elsewhere and with research programmes of the European Union (EU) on a wide range of projects.

In addition to this we work closely with and have responsibility for communication activities of the Hotamışlıgil Lab, Sabri Ülker Center, Harvard TH Chan School of Public Health. This research group is focused on nutrient, genetic and metabolic research with a view to establishing new therapeutic solutions to today's greatest threats to global human health. <https://gsh.sph.harvard.edu/>.

Our Foundation follows closely the activities of reference organizations such as the European Food Safety Authority (EFSA), the American Food and Drug Administration (FDA), the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) among others.

A key goal of our foundation is to empower the public to better consider the role of nutrition and physical activity in achieving and maintaining better health. We accomplish this by way direct contact with the public via education initiatives including our award-winning Balanced Nutrition Education Project and our Website <https://www.sabriulkerfoundation.org/en/>. We also interact with media and healthcare professionals, hosting workshops and conferences and providing the tools for them to communicate sound science in a useful format.

We are proud of our achievements thus far and look forward to a healthier future.

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Welcome



Dr. Talat İçöz

Chairperson
of the Sabri Ülker Foundation

As Chairperson of the Sabri Ülker Foundation, I welcome you to this, our 2022 Annual Report. I am delighted to record that we have completed another successful year, progressing many activities under the three pillars of our Foundation, namely education, research and communications. All activities have been focused on our primary goal of enlightening society on the role of nutrition and physical activity in achieving and maintaining better health. Everything we do is based on sound science and there are many highlights to report. Here I will mention just a few.

In the aftermath of COVID-19 we undertook a consumer survey to evaluate the impact of the pandemic on food consumption patterns and attitudes towards food safety, food

security and food waste. In Türkiye major concerns prevail regarding the safety of foods and there is widespread ignorance about the true picture and with regard to reporting issues. Our Foundation has an important role here in improving consumer awareness.

We participated in World Waste Day in Valencia, Spain where we presented the results of our project which focused on food waste in Türkiye. Some 4.9 million portions of bread are wasted every day in Türkiye and consumers are becoming increasingly aware of the need to reduce food waste. Again, our Foundation has a role to play here in helping consumers to understand how to minimise their food waste.

<https://magazinebbm.com/blog/sabri-ulker-foundation-%E2%80%9Cbread-is-the-most-wasted-food%E2%80%9D-2464>

Our Balanced Nutrition Education Project, launched 11 years ago, has now reached approximately 7 million students, parents and teachers with educational and entertaining materials. The programme, implemented in schools in cooperation with the Turkish Ministry of National Education, is active in 22 provinces throughout Türkiye. The primary goal is to emphasise the importance of balanced healthy eating combined with physical activity. This year, we began research in Adana to evaluate the impact of the programme. We also received the "Sustainability

Communication" award at the Sustainable Business Awards, acknowledging the success of our communication activities associated with the Balanced Nutrition Education Project.

We work together with scientific experts to communicate clear messages about nutrition and health based on sound science. Our YouTube channel "Doya Doya Sağlık TV", is gathering momentum with 18 videos now available from which the public can learn about a wide variety of topics. We have participated in many national and international conferences and congresses several of which have been organized and hosted by our Foundation. In May we partnered with the Nutrition Society of Great Britain and Ireland to host an international conference entitled 'Nutrition for Healthcare Professionals: Achieving health through diet'. In addition to the face-to-face conference in Istanbul this event attracted some 4.000 online delegates from 62 countries. A range of topics were presented and discussed aimed at inspiring healthcare professionals to better consider the role of nutrition in achieving and maintaining optimum health. Our intention is to publish the proceedings in the British Journal of Nutrition in the expectation that this would become a 'go to' reference for those seeking information on the role of nutrition in achieving and maintaining health.

This was the 7th time we have awarded the Sabri Ülker Science

award to an individual for making an outstanding contribution to our understanding of the science behind metabolism, nutrition and health., Assoc. Prof. Nilay Yapıcı from Cornell University, Department of Neurobiology and Behaviour was this year's recipient, awarded for her work entitled "How the Nervous System Controls Eating Motivation and Metabolism", focusing on taste and eating mechanisms in the human brain.

In a new initiative for Türkiye we have collaborated with the Federation of Family Physicians, a group providing primary level preventive health services in nutrition. We have reached 20 thousand family physicians with a programme of Nutrition and Nutrition Communication Training. This has provided input on approaches to weight management, interactions of nutrition supplements with disease, and the role of vitamin supplements in Türkiye.

We continue to have a watching brief on the latest scientific research, food legislation and practices at national and international level relevant to the objectives of our Foundation. We have also continued our much valued cooperation with universities, public and non-governmental organizations in pursuit of our goals. I would like to thank all the team of our Foundation including our Science Committee, who work tirelessly to achieve our objectives, our stakeholders and all the institutions and organizations with whom we collaborate.

Our Science

Committee



Prof. Gökhan Hotamışlıgil

Harvard University, Professor of J.S Simmons Genetics and Metabolism and Nutrition, President of the Sabri Ülker Center



Dr. Julian D. Stowell

Science Committee Member, the Sabri Ülker Foundation



Prof. Serhat Ünal

Vice Rector, Head of Infectious Diseases and Clinical Microbiology Department and Director of Vaccine Institute, Hacettepe University Faculty of Medicine



Prof. F. Nur Baran Aksakal

Faculty Member, Department of Public Health and Head of Environmental Health Department, Gazi University Faculty of Medicine and Member of the WHO European Region European Technical Advisory Group of Experts on Immunization-ETAGE



Dr. Talat İçöz

Chairperson of the Sabri Ülker Foundation



Prof. Diána Bánáti

Professor, Nutrition Institute of the Doctoral School of Nutrition and Food Sciences, University of Debrecen



Dr. Laura Fernández Celemín

General director, European Food Information Council (EUFIC)



Dr. Zeki Ziya Sözen

Science Committee Member, the Sabri Ülker Foundation

Honorary Members



Prof. Beraat Özçelik

Honorary Member of the Sabri Ülker Foundation



Prof. M. Temel Yılmaz

Honorary Member of the Sabri Ülker Foundation



Prof. Hans K. Biesalski

Honorary Member of the Sabri Ülker Foundation



Projects

and Events

Balanced Nutrition

Education Project



11 YEARS



22 PROVINCES



7 MILLION
STUDENTS, THEIR PARENTS
AND TEACHERS



SABRİ ÜLKER
FOOD RESEARCH
FOUNDATION



Balanced
Nutrition



The Balanced Nutrition Education Project is a flagship programme for our Foundation. Over the last 11 years we have so far reached approximately 7 million students, their parents and teachers, with a detailed schedule of education on nutrition and physical activity, with the emphasis on the benefits of balance.

This project was started in cooperation with the General Directorate of Basic Education of the Türkiye Ministry of National Education. It continues apace today with participating schools in 22 provinces throughout Türkiye.



Balanced Nutrition

Education Project Adana Field Research

28-30
Sep. 2022

In order to obtain definitive data on the effectiveness of the Balanced Nutrition Education Project, we initiated a programme of Due Diligence Research in Adana. In this research, relevant parameters on children in 10 schools actively implementing the Balanced Nutrition programme and 10 equivalent schools who have not yet adopted the

programme, are being compared. The research will be completed by the end of the 2022-2023 academic year, and the results will then be shared with the Ministry of National Education, General Directorate of Basic Education. The knowledge gained will pave the way for the development of new materials.

9th Sustainable

Business Awards

18
Oct. 2022

The Balanced Nutrition Education Project was awarded the "Sustainability Communication" award at the ninth Sustainable Business Awards held this year.

In his speech at the award ceremony, Chairperson of Sabri Ülker Foundation Dr. Talat İçöz

said: "The journey of the Sabri Ülker Foundation began in 2009 with the aim of enhancing

society's awareness of the importance of food, nutrition and healthy living, communicating information on these issues to society and becoming a recognised authority. To date, we have supported scientific research at national and international level in line with our mission as well as education programmes and other initiatives related to food and nutrition. We are honoured to have

received this award which acknowledges our efforts with the Balanced Nutrition Education Project, which has been carried out in cooperation with the Türkiye Ministry of National Education, Directorate of Basic Education, since 2011. Receiving this award gives us the confidence that we are on the right track in the programme of our Foundation."



“

With the Balanced Nutrition Education Project, we aim to raise awareness about food waste among pre-school and primary school students in cooperation with the Food and Agriculture Organization of the United Nations (FAO) for the first time in Türkiye. The project has started to be implemented in project schools in 22 provinces.

”

11th International

Congress on Curriculum and Instruction

26-28
Oct. 2022

The 10th International Congress on Curriculum and Instruction (ICCI-EPOK 2022) was hosted by The Education Faculty of Gazi University. The main theme of the event, which was held in Ankara on October 26-28, 2022 was "Research Programmes in Teacher Education". It was held in cooperation with the Education

Programmes and Instruction Association (EPÖDER). Prof. Hünkar Korkmaz addressed the congress with his presentation on "The Role of Non-Governmental Organizations as a Stakeholder of Education Programmes in Healthy Life and Nutrition Education: The Balanced Nutrition Education Project".



Sabri Ülker Science Award

The 7th Sabri Ülker Science Award was awarded to Assistant Professor Nilay Yapıcı.



The objective of the Sabri Ülker Science Award is to encourage and support younger scientists, primarily of Turkish origin, working in the field of metabolism, nutrition and health. This year's award was the 7th in the series and through this initiative we have built up an excellent network of the leading scientists working in the field. This year's winner was Associate Professor Nilay Yapıcı. Nilay Yapıcı is an Assistant Professor at Cornell

University and Nancy and Peter Meinig Family Investigator. Her research focuses on taste and eating mechanisms in the human brain, entitled "How the Nervous System Controls Eating Motivation and Metabolism".

At the ceremony, hosted by our Foundation, Assoc. Prof. Nilay Yapıcı's award was presented by T.R. Deputy Minister of Industry and Technology Dr. Çetin Ali

Dönmez, Yıldız Holding Chairperson Ali Ülker, Harvard Sabri Ülker Center President Prof. Dr. Gökhan Hotamışlıgil and Sabri Ülker Foundation President Dr. Talat İçöz. The event was attended by many scientists, academicians and business colleagues.

Speaking at the ceremony, Assoc. Prof. Nilay Yapıcı said; "Our research focuses on providing new and interesting data on how the brain controls food intake over the long term. I hope that our scientific research will contribute to the prevention of eating disorders, especially including obesity."

A panel entitled "Sabri Ülker Science Award Winners from Past to Present" was also held at the event. The panel, moderated by Prof. Dr. Gökhan Hotamışlıgil, comprised recipients of the Sabri Ülker Science Award from 2016 to date. These included Dr. Ebru Erbay, Dr. Ömer Yılmaz, Dr. Elçin Ünal, Dr. Elif Nur Fırat Karalar and Dr. Tamer Önder. The panelists provided updates on their scientific endeavours and shared their perspectives on what winning the award has meant to them personally.



The 'For Accurate Science'

Platform

The objective of this platform is to communicate accurate scientific information on food and nutrition and to help to reduce the misinformation that consumers may currently be exposed to.

A key objective of the Sabri Ülker Foundation is to minimize the proliferation of misinformation in the area of nutrition and health, especially that occurring in social media. In pursuit of this goal our Foundation launched the "For Accurate Science" platform in 2011 in order to convey accurate and reliable evidence-based information on nutrition and health to the public. This platform has become Türkiye's first scientific digital platform in the area of

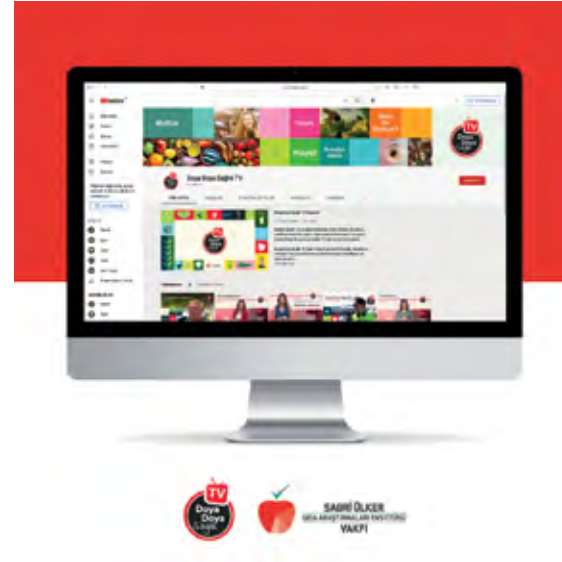
nutrition and health. When a relevant report on this subject appears in the media members of the Sabri Ülker Foundation's Science Committee evaluate the science behind the report, referring as appropriate to the most up-to-date scientific evidence on the subject. Experts discuss a range of topics on YouTube videos. In addition, articles from the 'For Accurate Science' platform are published in book form.

 <https://bilimbunukonusuyor.sabriulkerfoundation.org/>



Doya Doya

Sağlık TV



In a further effort to raise awareness about balanced nutrition, health science and food, we have started broadcasting videos, live chats and other content on our new “Doya Doya Sağlık TV” YouTube channel.

Many scientific experts in the area of health and nutrition have already contributed to this initiative. These have included nutritionists, doctors, chefs, and opinion leaders. A major objective of Doya Doya Sağlık TV has been to clear up misconceptions about food, diet strategies, sustainable kitchen habits, and other issues on food and health. We are well on the way to reaching millions with this programme.

Content aimed at raising awareness of the importance of health and nutrition

Our Foundation’s Secretary General, Selen Tokcan, said of the Doya Doya Sağlık TV channel, “We expect to reach a wide audience and raise awareness with this new project. We emphasise the vital importance of balanced nutrition and already offer content on a wide range of relevant subjects. We welcome everyone who values the contribution of nutrition to mental and physical health, and everyone who is interested in food, cooking, recipes, and nutrition science.”

What can you find on Doya Doya Sağlık TV?

Doya Doya Sağlık TV videos discuss a wide range of subjects from healthy eating habits to common misconceptions and from practical meals to optimal diet strategies. All videos are full of useful and guiding information about nutrition and health.

Examples of the topics so far covered relating to hygiene in the context of the COVID-19 pandemic include: “Is it necessary to use masks?”, “Who pays attention to social distance?” and “How much does the public comply with

hygiene rules?”. Professor F. Nur Baran Aksakal, a Public Health specialist has covered the subject of COVID-19 vaccines and their scientific background.

We discussed with Nutritionist Gamze Şanlı Ak the importance of nutrition in optimizing immune function. Materials available online include: “How to strengthen the immune system during pandemic periods?”, “What foods should be consumed to strengthen the immune system?”, “Which vitamins and minerals strengthen the immune system?”, “Which vitamins have protective properties?”, “Which foods contain which vitamins?”, “What are antioxidant-source foods?”

In another section we have considered nutrition advice during pregnancy and breastfeeding. Nutritionist Gamze Şanlı Ak has also provided input on this topic. There is also a section on the Family Medicine system including a Street Interview.





National and International

Congresses
and Events

International Nutrition, Health Literacy and Education

Conference

11 Feb.
2022

The International Conference on Nutrition, Health Literacy and Education, organized for the second time by our foundation, was held with the participation of experts from Türkiye and internationally. The theme of this year's conference was "Protection of the Child's Well-Being During the Pandemic".

The COVID-19 pandemic has continued to impact our lives during 2022 and has had a particularly devastating effect on our children. Our Foundation hosted the 2nd International Conference on Nutrition, Health Literacy and Education, the theme of which was "Protection of the Well-Being of the Child during the Pandemic Period". The discussion centred around finding sustainable solutions.

Many experts in the field attended the conference, which was held as a hybrid event. Subjects discussed included the education process of

children and how the pandemic has changed the school curriculum, how children's mental health should be supported, the negative effects on health and well-being, and holistic approaches towards coping with and protecting against difficulties during the pandemic. Additionally, the meeting addressed how to be a digital parent in the digital transformation process, how the immune system of children will be affected during and after the pandemic, and how the increased use of computers, televisions and mobile phones could have negative effects on eye health.



Achieving health through diet

Conference

25-26
May 2022

In May, 2022 our Foundation partnered with the Nutrition Society of Great Britain and Ireland in the organization of a conference entitled “Nutrition for healthcare professionals: Achieving health through diet”. The primary purpose of this event was to inspire healthcare professionals to better consider the role of nutrition in their practice. This was a hybrid event which included a group of internationally acknowledged experts who provided input to an invited audience in Istanbul. In addition, over 4,000 delegates from 62 countries participated online.

Dr Julian Stowell, Member of the Sabri Ülker Foundation Science Committee, took a lead role in organising the conference and the subsequent follow-up. He addressed a press meeting in advance of the event, providing background for media delegates:

Healthcare professionals are at the frontline of communication with the public at large and yet they are typically unprepared to emphasise the importance of nutrition and physical activity in maintaining good health. This event provided a unique opportunity to share ideas and experiences from different regions.



5 KİŞİDEN 1'İ
TÜRKİYE'DE AŞIRI KİLOLU VEYA OBEZ



The situation of non-communicable diseases (NCDs) is similar in Türkiye to that in the United Kingdom. According to the latest data from the World Health Organization (WHO) life expectancy at birth is 76 and 80 years for males and females respectively in Türkiye and 9 and 82 years for males and females in the UK.

This gap is small but even smaller when 'healthy' life years are considered, averaging 68.4 years in Türkiye and 70.1 years in the UK. Thus, our latter years are likely to be beset with chronic diseases and disorders.

The four main non-communicable diseases responsible for mortality and morbidity are cancer, cardiovascular disease, chronic respiratory disease and diabetes. Obesity significantly enhances risk and obesity is a major issue in both Türkiye and the UK. Some 25.3% of men and 40.7% of women are estimated to be obese in Türkiye and 27.7% and 29.7% of men and women respectively in the UK (<https://data.worldobesity.org/rankings/>).

Cardiovascular disease is the main cause of death in Türkiye, at 35.8% of the population and in the UK deaths from cardiovascular disease are assessed to be 28.6% of the population. Cancer claims the lives of 25.2% of the Turkish and 31.3% of the UK population (<https://ehnhheart.org/cvd-statistics/cvd-statistics-2017.html>).

The WHO lists among the main modifiable risk factors poor diet, physical inactivity and tobacco use. Back in 2008 the WHO estimated that up to 80% of cardiovascular disease (CVD), 90% of type 2 diabetes and 33% of all cancer cases could be avoided by changing to a healthier diet, increasing physical activity and stopping smoking.

We were privileged to have with us in İstanbul an international group of experts who reviewed for us the status of nutrition and health in their respective regions and areas of expertise. We then learnt from them about initiatives underway to make a positive difference. There were many highlights of the event, and the following list of speakers provides an idea as to the content. Professor John Mathers of the University of Newcastle provided a wide-ranging and compelling overview of the role of nutrition in maintaining good health. Professor Erkki Vartiainen of the Finnish Institute for Health and Welfare explained how initiatives in Finland have led to an 84% reduction in premature cardiovascular deaths in males. Professor Serhat Ünal of Hacettepe University provided an important perspective on the role

of nutrition in immune function and health in the time of COVID-19. Professor İlhan Satman reviewed the far-reaching public health initiatives underway in Türkiye to address obesity and diabetes. Her presentation was matched with that of Professor Mike Lean of Glasgow University who reported a 70% remission of Type 2 diabetes in the DiRECT intervention study, where the participants achieved significant weight loss. Dr Alison Tedstone of the Department of Health and Social Care, England, Wales and Northern Ireland gave us an overview of the nutritional status of the UK population, highlighting the successful programme the Government has implemented to reduce sugar intake. We were also delighted to welcome many other speakers including Professor Julie



Lovegrove of Reading University, President of The Nutrition Society and Member of the UK Scientific Advisory Committee for Nutrition, Professor Gökhan Hotamışligil, of the Sabri Ülker Center, who gave an awe-inspiring presentation on new molecular and architectural determinants of metabolic regulation in health and disease, and Dr Nazan Yardım of the Turkish Ministry of Health who provided an overview of recent initiatives of the Turkish Ministry of Health including the highly successful programme of salt reduction in the Turkish population. Professor Mine Durusu of Hacettepe University highlighted the lack of health literacy in a large proportion of the Turkish population, Ms Claire

Theobald summarized activities of the British Nutrition Foundation, with whom we have collaborated on the Balanced Nutrition Programme and Ms Begüm Mutuş summarised the activities of our Foundation. Professor Ali Atıf Bir of Bahçeşehir University moderated a lively round-table discussion following the main presentations.

We are looking forward to the proceedings being published in the prestigious British Journal of Nutrition where we hope, with open access, a wide range of stakeholders will use the publication as a gateway to additional information and become inspired to better consider the role of nutrition in health.



11th National

Healthy Life Congress

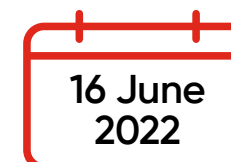


Prof F. Nur Baran Aksakal, a member of our Foundation's Scientific Committee, attended the 11th National Healthy Life Congress, organized by Acıbadem Mehmet Ali Aydınlar University. Here a range of

up-to-date scientific information in the area of nutrition and health was discussed, including Prof Aksakal's presentation on "Nutrition and Nutrition Communication for Health Professionals".

Future of Food

Conference



Our Foundation was invited to become a network partner of the international Future of Food Conference, organized by EIT Food (the European Institute of Innovation & Technology), where the latest developments in agriculture and nutrition were shared. EIT Food is a pan-European organisation supported by the European Union (EU). It ranks as the world's largest and most dynamic food innovation community. Our

participation in EIT Food provides an unrivalled opportunity for networking in this sector. Discussions on EU projects were held at the conference, which also included representatives of institutions such as the Food and Agriculture Organisation of the United Nations (FAO), the European Environment Commission and the food and drink industry association, FoodDrinkEurope.

International Food Loss and Waste Awareness Day

Press Conference

27 Sep.
2022

Our Foundation has undertaken in-depth research on food waste in Türkiye. Our findings were presented at the "Consumer Waste Research-TiA 2022" meeting held in Valencia, Spain, as part of the World Waste Day programme. According to the results of our research, approximately 4.9 million portions of bread are wasted daily in Türkiye.

According to the European Food Information Council (EUFIC), annual food waste in the European Union has been estimated at around 88 million tonnes per annum, equivalent to 174 Kg per person,

Our "Consumer Waste Survey" was carried out using face-to-face interviews with 2.400 participants (50:50% male and female) over the age of 18 in 12 provinces across Türkiye under the leadership of Prof. İrfan Erol, Science Committee Member of the Sabri Ülker

Foundation and Professor, Faculty of Health Sciences, Eastern Mediterranean University.

Zeynep Özkan, Head of the European Union Harmonization Department and coordinator of the "Protect Your Food" Campaign of the T.R. Ministry of Agriculture and Forestry, and Selen Tokcan, Secretary General of our Foundation, presented the results of our research. This was well received by the delegates at the conference.



According to the 2021 report of the United Nations Environment Programme (UNEP), Türkiye ranks 15th among 214 countries in terms of food waste. Research conducted in 2020 estimated that Türkiye wastes 18.1 million tonnes of food per annum out of a total of 931 million tonnes worldwide. In Türkiye food comprises 52% of waste in garbage and 4.9 million portions of bread are wasted daily. Approximately 50 percent of the waste is accounted for by fruits and vegetables.

In her presentation, Zeynep Özkan emphasised the need to improve awareness of food waste. The "Protect food, Protect your Table" campaign in Türkiye is being run in cooperation with. It seeks to engage all elements of the food supply chain. An evaluation of the campaign indicates that consumers have begun to waste less food and as a result households have saved approximately \$US 80 million. There has been a 20 percent increase in date label awareness,



2nd International Congress of Medicine, Health and Communication

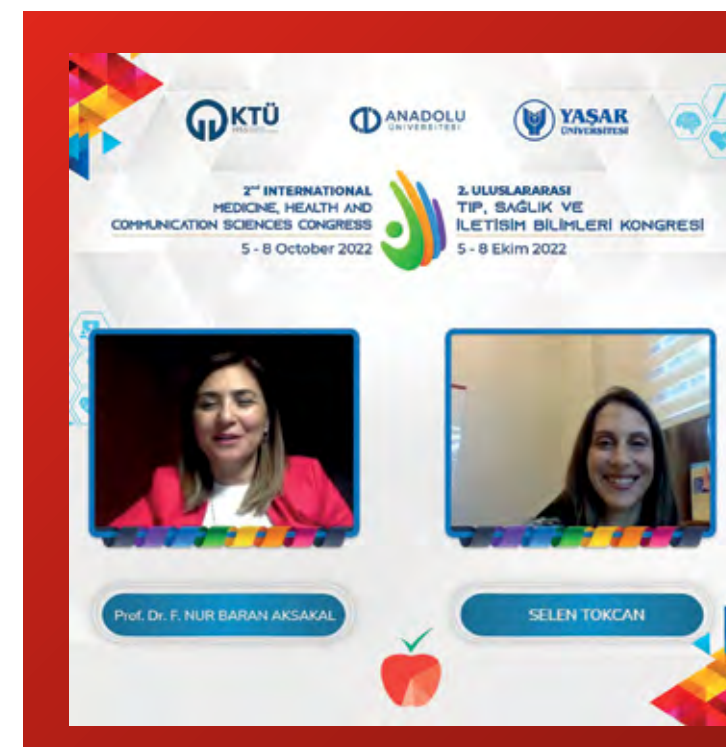
Sciences

5-8 Oct.
2022

Our foundation was among the sponsors of this event which covered topics including the principles of health communication, infectious diseases, and the role of digital media in health communication. The conference was held under the auspices of Trabzon Public Health Association in cooperation with Karadeniz Technical University, Anadolu University and Yaşar University. We provided input on the projects implemented by our Foundation to increase health literacy.

a 40 percent reduction in overcooking and excessive portion sizes, and a 22 percent increase in the recycling of food which would otherwise be wasted. Some 93 percent of consumers have found the campaign to be useful and 84 percent are now more cautious about food waste.

Selen Tokcan, Secretary General of our Foundation, underlined the issue of food waste by noting that nearly 700 million people in the world are struggling with hunger whilst more than 670 million are struggling with obesity. She emphasised the vital importance of all stakeholders working together to minimize food waste.



9th National İSTAHED Family Medicine

Congress

5-9 Oct.
2022

We interacted with family physicians at the 9th National İSTAHED Family Medicine Congress. It is very clear that family physicians play a vital role in public health and our Foundation has developed a nutrition education programme specifically tailored to their needs. This has been a first for Türkiye and the programme has so far reached 20 thousand family physicians and has aroused great interest.

Nutrition Education for Family Physicians

Ongoing from March to July 2022

Our Nutrition and Nutrition Communication programme for Family Physicians has been implemented in cooperation with the Federation of Family Physicians Associations (AHEF) Education seminars, free to all delegates, have been held throughout Türkiye, during which family physicians have been provided with input on topics including approaches to weight management, interactions of nutrition supplements with disease and vitamin supplements.



“

As a result of the survey we conducted in cooperation with AHEF, we determined which areas family physicians most feel the lack of knowledge, and on which subjects they require supporting information. The topics and contents of our education programme have been based on the data obtained in the survey.

”

The curriculum for this extensive programme has been created by Prof Serhat Ünal, Science Committee member of our Foundation. Balanced nutrition has been the overarching theme of the education.

A comprehensive survey was conducted in conjunction with the first phase of the project which involved 1,300 family physicians. Prof. Serhat Ünal commented on the survey: “As a result of the survey we conducted in cooperation with AHEF, we determined which areas family

physicians most feel the lack of knowledge, and on which subjects they require supporting information. The topics and contents of our education programme have been based on the data obtained in the survey.”

The survey revealed a particular lack of knowledge of healthy nutrition. Topics highlighted: approaches to weight control, interactions of nutritional supplements with disease, probiotics and prebiotics, and vitamin supplements.



**SABRİ ÜLKER
CENTER**
at HARVARD SCHOOL OF PUBLIC HEALTH

HARVARD TH CHAN
SCHOOL OF PUBLIC HEALTH



**Hotamışlıgil Lab,
Sabri Ülker Center,**

**the Harvard TH Chan
School of Public Health**

Hotamışlıgil Lab, Sabri Ülker Center,

the Harvard TH Chan School
of Public Health

The Sabri Ülker Foundation, headquartered in Istanbul, and the Sabri Ülker Center, located in the TH Chan School of Public Health, Harvard University, work side-by-side on different aspects of public health. Whilst the Foundation concentrates on direct interactions with the public and initiatives with those responsible for interacting with the public, the Center specializes in fundamental research into nutrients, genetics and metabolism.

The Hotamışlıgil Lab, Sabri Ülker Center studies innate adaptive pathways involved in metabolic health and diseases such as obesity,

diabetes, cardiovascular disease, hepatosteator, and asthma. For the past 25 years, our lab has made important foundational contributions to the burgeoning field of “immunometabolism”, studying the interactions between metabolic and immune responses as critical drivers of numerous chronic diseases. In the last decade, we have approached immunometabolism in these two highly integrated paths: organelle homeostasis and lipid metabolism. Using biochemical, genetic, and physiological studies, we aim to find novel pathways and preventive, therapeutic solutions to today’s greatest threats to global human health.

The Center is under the leadership of world-renowned academician and scientist Prof. Dr. Gökhan Hotamışlıgil. The Center brings together a highly qualified and dedicated multidisciplinary team of scientists from around the world. They work together, inspire each other and have made many groundbreaking and impactful discoveries. We are delighted to note that Turkish scientists are well-represented in the Laboratory and their continued links with Türkiye lead to an enrichment of scientific capabilities in Türkiye and elsewhere. Future activities of the Center will focus on progressing these discoveries in practical terms for the benefit of human health.

Research into Advanced Electron Microscopy with Focused Ion Beam

This research, conducted by Prof. Dr. Gökhan Hotamışlıgil and his team, is a good example of the work of the Sabri Ülker Center. Focused Ion Beam Scanning Advanced Electron Microscopy has been used to understand how regulation of liver subcellular architecture controls metabolic homeostasis. In this research, which was performed for the first time in the world at this volume and resolution, dynamic structural differences within the cell in healthy and disease conditions were revealed by imaging the 3-dimensional molecular architecture of the intact liver tissue. The most important issue revealed by the research is that it is possible to restore normal metabolic functions in the cell with the molecular repair of the deteriorated form. The findings have been published in the Journal Nature (Parlakgöl, G et al, Nature. 2022 March; 603(7902): 736–742. doi:10.1038/s41586-022-04488-5).



The Sabri Ülker Metabolic Research Center in Numbers

Number of employees	23
Number of Turkish scientists currently in the team.....	5
Number of ongoing projects.....	10
Number of Turkish scientists who have participated in the work of the Center since its foundation	35
Number of scientific articles published by Gökhan Hotamışlıgil since the opening of the laboratory.....	201
Total number of citations	70.000

Sabri Ülker Center

Academy Meeting

29 March
2022

Prof. Gökhan Hotamışlıgil, President of the Harvard University Sabri Ülker Center, Ali Ülker, Chairperson of the Yıldız Holding Board and Begüm Mutuş, Board Member of the Sabri Ülker Foundation, participated in a press conference in Istanbul to share details of the work of the Sabri Ülker Center undertaken in 2021. Prof. Gökhan Hotamışlıgil, provided input on the activities of the center undertaken in 2021. He emphasised that new strategies to address diabetes will be available in the very near future. The Harvard University Sabri Ülker Center hosts scientists from around the world. They have, with sustained dedication, undertaken groundbreaking research and made exciting discoveries in the science of metabolism. Since its inception the center has developed into a unique working environment, creating a scientific bridge for Turkish students and academics.

The "Metabolism and Life Symposium", which the Center organizes alternately in Istanbul and Boston, brings together leading scientists from around the world and young generation researchers, creating opportunities for the exchange of ideas and cooperation on the latest scientific developments. This event is also hosted by our Foundation. In 2021 the research team led by Prof. Dr. Gökhan Hotamışlıgil discovered the hormone Fabkin. This hormone helps to regulate metabolism and plays an important role in the recovery of both type 1 and type 2 diabetes. An online publication in the journal Nature (Prentice, K.J., Saksi, J., Robertson, L.T. et al. Nature 600, 720-726 (2021). <https://doi.org/10.1038/s41586-021-04137-3>) reported that blood levels of Fabkin, secreted from the body's fat cells, were abnormally high in mice and human subjects with type 1 or type 2 diabetes.



Karaciğer Hücre İçi Moleküler Mimarisi





Based on genetic and biochemical research, Fabkin is predicted to have promising positive effects in the treatment of diabetes. Another milestone of the research team in 2021 was the discovery of a new mechanism that affects the inflammation caused by fat tissue in obesity and leads to insulin resistance. Hotamışlıgil's team conducted novel research showing that calcium-secreting channels in fat-storing cells, namely adipocytes, can offer new treatments against metabolic complications associated with

chronic inflammation and obesity. The research group led by Ekin Güney, Ana Paula Arruda and Güneş Parlakgöl focused on determining the triggers of meta-inflammation in obesity and the mechanisms whereby it spreads. Good progress was made in the understanding of the underlying mechanisms. The researchers also suggested that inhibiting aberrant IP3R activity in adipocytes may be a potent strategy to inhibit systemic glucose metabolism and inflammatory stress in obesity.





National and International Collaborations

EU

Projects

Our Foundation is the exclusive partner in Türkiye for the European Union (EU) Horizon 2020 grant funded project agroBRIDGES. Fifteen partners from around Europe are involved in this project which provides excellent networking opportunities and showcases the work of our Foundation. The primary objectives of the project are to reduce the intermediaries between food producers and consumers, to provide farmers with practical information and tools to create new business and marketing

models based on short food supply chains, and create communication materials, education programmes, events, and digital tools towards this end.

The main role of our foundation in the project is to support the dissemination and communication of education materials, events, and digital tools to be offered to farmers to encourage improved agricultural sustainability. During this year several we have led several activities including sharing the results of a consumer survey, arranging a workshop which

collected feedback from the project participants, and organizing project meetings.

In addition, two of our 4 PRIMA project applications, which we took part in as partners in 2022, were accepted to proceed to the 2nd stage. We also have an Erasmus+ call application in process, for which we applied as a coordinator this year.

It should be noted that EU projects require detailed and time-consuming applications, and the success rate is low. So, we are pleased that our project "Citizen Labs of Turkey and Malta", for which we sought funding under the EIT Food Call for the Regional Innovation Scheme (RIS) Future Citizen Labs 2022, was awarded a grant. As part of EIT Food's strategic objective to reduce and overcome low consumer trust and transparency in the food system, (RIS) Future Citizen Labs is a programme that aims to actively promote and support a shift in engagement from consumers as passive recipients to consumers as change agents.

We participated in this project as the coordinator, with the objective of raising awareness in society about food safety and waste in local products. In addition, we aimed to increase consumer confidence in food and support local producers. Our involvement included workshops, webinars and various communication projects and the final event of our 4-month engagement was held in Malta on 5 December, 2022. As a highlight of the project the final workshop included a Maltese chef preparing Turkish dishes and the Turkish chef preparing a special Maltese dish. Kerem Ahmet Kıratlı, Turkish Republic Ambassador to Malta, attended our final event. Within the scope of this project, we reached 2,885 people in a short period of four months with our media communication efforts. In addition, we provided access to 154,213 people with our social media posts.





Sabri Ülker Foundation Communication

Activities

Sabri Ülker Healthy Living

Centre



This is an in-house initiative, aimed at colleagues within our Foundation and within Yıldız Holding. We organise a wide variety of activities to encourage our colleagues to subscribe to a healthy lifestyle which includes both nutrition and physical activity.

We provide Corporate Nutrition Consultancy to our colleagues, carry out internal communication activities and organize in-company healthy life events.

The primary goal of the Healthy Living Center is to support lifelong health. We offer personalized diets

to employees which enable them to adopt a sustainable routine of healthy, adequate, and balanced nutrition.

In the last three years, approximately 1500 employees have been provided with consultancy services at the Center. In 2022, some 300 employees were given one-on-one Healthy Life Coaching, 4 out of 10 of whom reached their ideal weight, and a total weight loss of 130 kg was recorded. This year we added an online facility which will widen the scope of our Healthy Living Centre.



Sabri Ülker
Foundation
Nutrition and
Science
Communication
Executive
Özge Dinç

Sabri Ülker Foundation

Publications



SABRİ ÜLKER FOUNDATION
PUBLICATIONS

Sabri Ülker Foundation Publications, which we launched under the banner of “Let Everyone Read”, reached more than 10 million people in its first year, and has subsequently gone from strength to strength. We have featured many volumes in the Academic and Popular Science category, as well as educational and entertaining children’s books.

Sabri Ülker Publications now offers a Super Healthy Children’s Handbook. This handbook addresses many of the questions children may have about health and nutrition and is equally relevant to adults. It is a Turkish language edition of the Super Healthy Child’s Handbook authored by Nina Shapiro, Professor, and head of the Department of Pediatric Otorhinolaryngology (ENT to the layman) at the University of California. It contains age-appropriate instructional

explanations and illustrations of how food affects organs in the body, and what happens in their bodies when they run, sleep, or use an electronic device.

The content of the Super Healthy Children’s Handbook includes: “Why Can’t We Have Cookies for Dinner? What Makes Exercise So Beneficial? Why Can’t I Sleep Later? Why Do I Need to Take Medication? Will I be a needle? Why Am I So Stressed? Do I Have to Wash My Hands and Brush My Teeth Again? Why Can’t I Spend More Screen Time?”

First Sabri Ülker Foundation Publications Library opened in Adana

The first Sabri Ülker Foundation Publications Library was opened in February, 2022 in the Adana Mimar Kemal Primary School. The Sabri Ülker Foundation Publications Libraries will continue to be opened

throughout Türkiye, and our aspiration is that they will play a major role in raising future generations who read, learn and question.

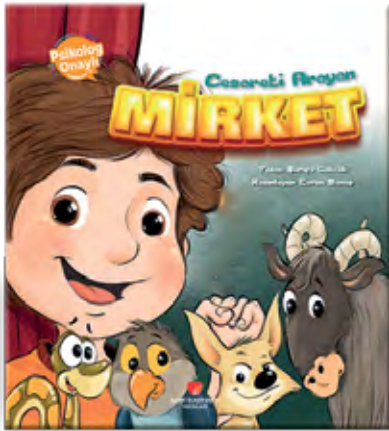


The Most Recent Sabri Ülker Foundation Publications

For children

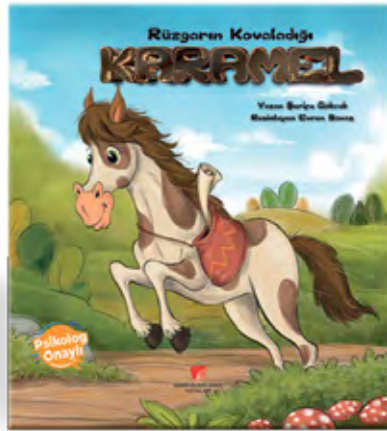
Meerkat Seeking Courage

What is courage? Isn't it to be able to stand against injustice or wrong done not only to one's self but also to one's friends? The Sabri Ülker Foundation Publications' brand new book "Meerkat Searching for Courage" focuses on exactly this issue. In the book written by Clinical Psychologist Pinar Ezgin, children seek the answer to the question of courage with Meerkat.



Caramel Chased by the Wind

Also written by Clinical Psychologist Pinar Ezgin, the story book "Caramel Chased by the Wind" stands out as a story written to enable children to enjoy their time, to be aware of their surroundings, and more importantly, to easily express what they feel, without hesitation.



in all bookstores and
online retailers



Emotions Series both entertains and makes you think

Written by Specialist Psychologist Nazlı Toraman Aydın, but so far available only in Turkish, "İpek ve Duygu Defteri", "Öykü ve Düşünce Balonları", "Roro ve Cesaret Anahtarı" and "Yumuk ve Öfke Şişesi", are stories which aspire to draw children's attention to the importance of awareness and self-expression ("Silk and Emotion Notebook", "Story and Thought Balloons", "Roro and the Key of Courage" and "The Bottle of Tight and Anger" - courtesy of Google Translate). Nazlı constructs her books as a tool for child-parent communications. Each of her stories takes children on a delightful journey, in addition to which, they contain information and ideas that seek to educate and teach.



For adults

Science Communication

From talking about science to engaging the public, from science education to science journalism, "Science Communication" addresses recent trends and changes in science communication.

Combining theoretical knowledge with practical application, focusing on the core of the subject, and providing a coherent and comprehensible overview, "Science Communication" offers professionals and students in this discipline an up-to-date guide equipped with the essential knowledge, strategies, and perspectives they will need.



"Life Tips 3: A Plain Expression of Difficult Subjects" by Murat Ülker

Murat Ülker, successful business person who has transformed Yıldız Holding into a global enterprise, has launched his third book "Life Tips 3: A Plain Expression of Difficult Subjects". Murat Ülker, writes in order to convey his experiences to people from all walks of life. He has spent many years at Yıldız Holding, one of the largest private sector companies in Türkiye, operating with more than 300 brands in more than 130 countries.

Murat Ülker continues to serve as a Board Member of Yıldız Holding and is the Chairperson of Pladis and GODIVA. His new volume, which is now available to the public, includes sections such as "Sustainable Business Models", "Future World", "Food Safety" and "Personal Notes". Murat Ülker won the "Best Business Book of the Year" award from "Platin Business Books Awards" for his first book, "Life Tips - A Plain Expression of Difficult Subjects", published in July 2021. In this third volume he makes striking predictions about the future, based largely on his personal observations and experiences.

For example, the reader will learn how to create a sustainable success model in the "Business" section and get an idea of how the future will be shaped in various sectors in the "World of the Future" section. Murat Ülker, with a wealth of experience in the food industry, also highlights misconceptions about nutrition and important points about "food safety", most certainly key issues for the future. In Life Tips 3, you will also read Murat Ülker's travel notes together with his views on areas such as personal development, society, religion and art.

Murat Ülker met with the journalists to introduce his new book, Life Tips 3. He made the following observations: "In this book, I have attempted to convey my personal views and assessments, which I have documented with all sincerity. The world is changing at an increasingly rapid pace. I believe it

is important not only to witness this change, but also to analyse it and learn from it. I hope my new book will add to the mental universe of the readers and pave the way for inspiring new ideas that will increase their personal motivation."

Bad Advice

In "Bad Advice", Paul A. Offit shares his wisdom on the dos and don'ts of combating misinformation. In this book, Offit tackles science and pseudoscience, discussing not only the ideas fueled by cunning quacks and their "miracle" cures, but also corrosive and dangerous ideologies such as Holocaust and climate change denial. Bad Advice is certainly a unique guide for readers disturbed by the rise in political attacks on science.



2022 Media

Communication

This year, we reached

23.901.549 people

with

2865 articles covering our activities.

Gıdada dev 'inovasyon' pazarına hazırlanmak şart



ALO 174'ü bilmiyor
Türkiye'de gıda güvenliği konusunda dev 'inovasyon' pazarına hazırlanmak şart. Gıda güvenliği, toplumun 3'te 2'si gıda güvenliğinin ne olduğunu bilmiyor. Bozuk ve hatalı gıda ürünü ile karşılaşan tüketici, nereye başvuracağından habersiz. Yurttaşlar ALO 174 hattını bilmiyor, bilenlerin de yüzde 62'si şikâyet etmiyor. Buna gerekçe olarak "uğraşmak istemediğini" gösteriyor. » **ÖZLEM YÜZAK 8'de**

Son tüketime' bakıyoruz
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YURTTAŞ HABERSİZ Gıda güvenliği endişe veriyor

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MENOPÖZDA HATALI BESLENME KEMİK SAĞLIĞINI OLUMSUZ ETKİLİYOR

Menopozda hatalı beslenme kemik sağlığını olumsuz etkiliyor. Kemik sağlığı, menopoz döneminde önemli bir rol oynuyor. Hatalı beslenme, kemik erimesine yol açarak osteoporoz riskini artırıyor. » **ÖZLEM YÜZAK 8'de**

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İştahın perde arkasını beyinde arıyor!



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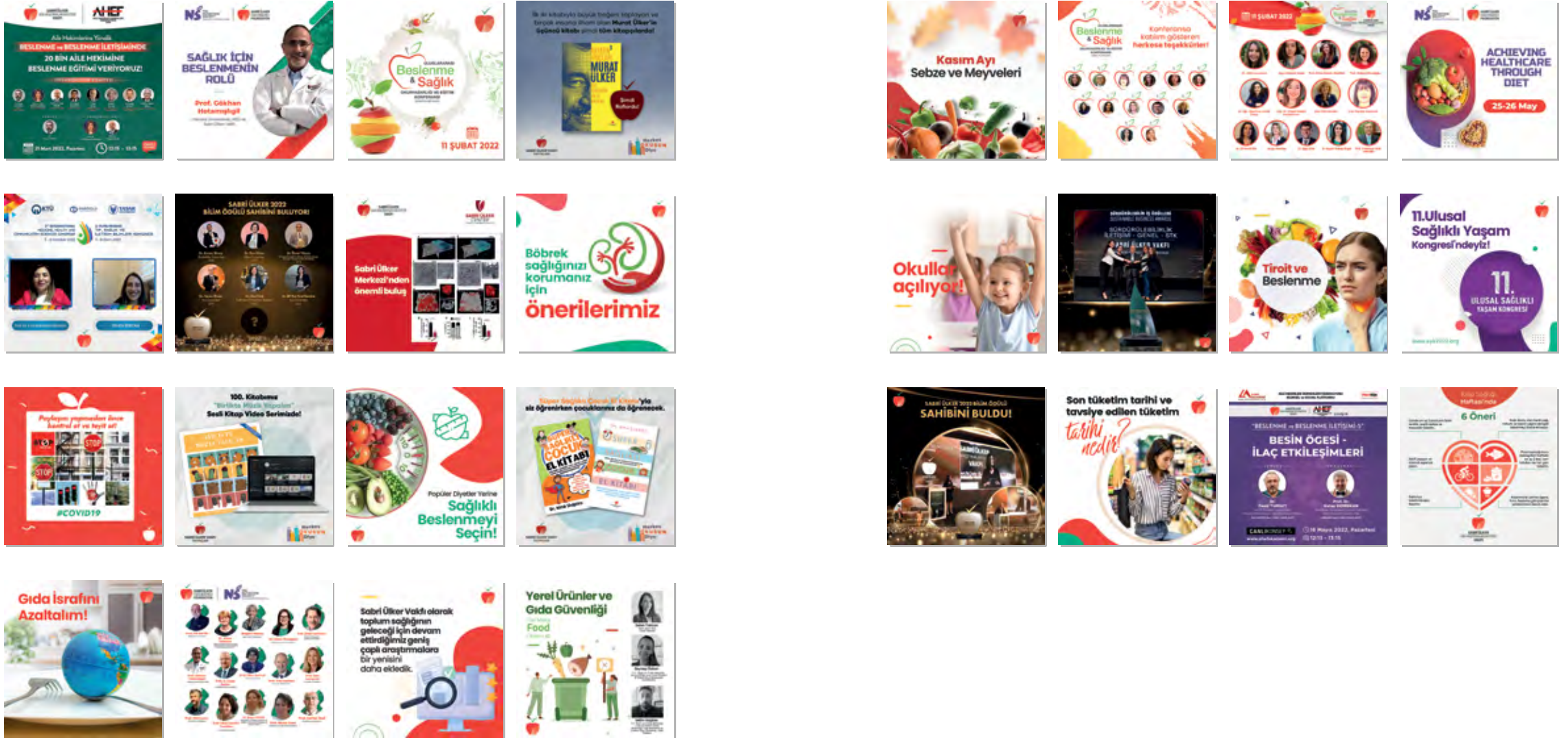
2022 Digital Media

Communication

This year, we reached

26.124.309

people with our social media accounts.



Internal communication

Activities



sabriulkerfoundation.org