



Organización Internacional del Café  
Organizaçào Internacional do Café  
Organisation Internationale du Café

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**PRESS RELEASE**

**Seminar on Coffee and Health**

The International Coffee Organization (ICO) and the Federación Nacional de Cafeteros de Colombia will hold a Seminar on Coffee and Health at the Convention and Exhibition Centre in Cartagena, Colombia on Monday 15 September 2003.

The Seminar, chaired by Dr. Ernesto Illy, Chairperson of ISIC (Institute for Scientific Information on Coffee) and Chairperson of the ICO Promotion Committee, will bring together scientific experts from coffee producing and consuming countries. Around 150 participants from 60 countries and representatives of the private sector are expected to attend.

The programme will be as follows:

- Opening remarks: Dr. Gabriel Silva Luján, General Manager, Federación Nacional de Cafeteros de Colombia, Mrs. Beatriz Londoño, Director General, Instituto Colombiano de Bienestar Familiar and Dr. Néstor Osorio, Executive Director, International Coffee Organization
- Introduction: Dr. Ernesto Illy, Chairperson, ISIC
- Overview of health benefits of coffee consumption: Professor Peter Martin, Institute of Coffee Studies, Vanderbilt University, USA (video)
- Coffee and the central nervous system: Dr. Astrid Nehlig, INSERM, France
- Coffee and cancer: Dr. Kazumi Yagasaki, Tokyo Noko University, Japan
- Coffee and antioxidants: Dr. Cristina Scaccini, INRAN, Italy
- Coffee and the heart: Professor Mario Maranhão, former President, World Heart Federation
- Brief comments on the chemistry of coffee: Professor Manuel E. Patarroyo (FIDIC, Colombia) and Dr. Diego Pizano, Federación Nacional de Cafeteros de Colombia
- Concluding remarks: Dr. Ernesto Illy, Chairperson, ISIC

In addition, research on “coffee: attention, memory and mood” by Professor Andy Smith, University of Cardiff, Wales will be presented.

A press conference will be held on the afternoon of Monday 15 September to brief the press about the outcome of the seminar. Copies of the presentations will be made available on the ICO website ([www.ico.org](http://www.ico.org)) and a report of the proceedings will be published.

Néstor Osorio, ICO Executive Director said “A constraint for increasing coffee consumption is the linking of coffee with fears about its effects on health, particularly in certain countries. However, there is now significant scientific information available on the various positive health effects of coffee drinking, covering a range of areas. The dissemination of this information can make a significant contribution to increasing worldwide coffee consumption.”

***About the ICO:** Established as an intergovernmental organization in 1963 to serve the international coffee community, the ICO is the focus for international cooperation on coffee matters, coordinating activities with other international agencies and bringing together producing and consuming Governments and private sector representatives to exchange views and address policy issues. In October 2001, the latest International Coffee Agreement entered into force, with new objectives including promoting quality, promoting coffee consumption and encouraging the development of a sustainable coffee economy. The ICO provides the following services: up-to-date information and statistics; innovative projects to benefit the world coffee economy; economic studies; and promotion of coffee consumption in emerging markets.*

For more information please contact:

Néstor Osorio, Executive Director  
Pablo Dubois, Head of Operations

Tel: + 44 (0) 20 7580 8591  
Fax: +44 (0) 20 7580 6129

Email: [info@ico.org](mailto:info@ico.org)

Website: [www.ico.org](http://www.ico.org)