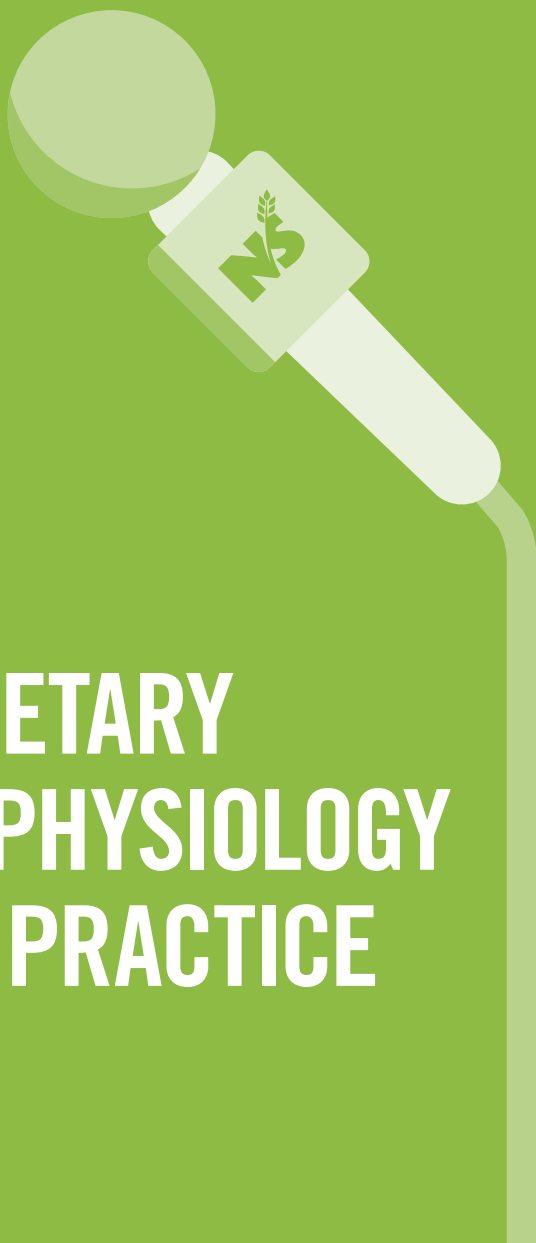


**THE NUTRITION SOCIETY
IRISH SECTION MEETING
18–20 JUNE 2014**



**UNIVERSITY OF ULSTER,
COLERAINE, NORTHERN IRELAND**



CHANGING DIETARY BEHAVIOUR: PHYSIOLOGY THROUGH TO PRACTICE

PROVISIONAL PROGRAMME

Hosted by:



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Dear Colleagues

It is with great pleasure that we welcome you to the 2014 Nutrition Society Irish Section 'Changing dietary behaviour: physiology through to practice' meeting to be held 18–20 June 2014 at the Riverside theatre, on the Coleraine Campus of the University of Ulster.

The NS Science Committee and the Local Organising team from the Irish Section have designed the meeting to reflect and consider aspects of changing dietary behaviour from its study through to practical approaches for effective dietary change and the programme is based around the four main symposia. We are confident that the exciting scientific programme will generate lots of discussion and lively scientific debate and we can assure you that it will be matched by a vibrant evening programme aimed at maximising networking opportunities for all delegates.

When planning your visit, we would encourage you to also take time to experience what this region has to offer. Whether you choose to stay local and enjoy what Coleraine and nearby Portstewart and Portrush have to offer, or you explore the mythical past of the Causeway Coast and this area of outstanding natural beauty, or you venture West to the City of Derry and Donegal hinterland you are sure to be richly rewarded by what the wealth of sights and activities available!

We look forward to another successful Irish Section Meeting and to warmly welcoming you to Coleraine.

With very best wishes,



Dr Alison Gallagher

*NS Honorary Programmes Secretary
and Irish Section Meeting Local Organiser*

and



Professor Mary Ward

Irish Section Meeting Local Organiser

ABOUT THE MEETING

The 2014 Irish Section meeting has been designed to reflect aspects of changing dietary behaviour from its study through to practical approaches for effective dietary change. The aim of the meeting is to explore a range of topics relevant to changing dietary behaviour, delivered by a variety of national and international world renowned experts. Attendees will have the opportunity to gain the latest cutting edge research and updates on how we can change dietary behaviour through novel methodologies being employed in physiological approaches, new technologies for conducting and communicating nutrition research with exploration of new methods for motivating behaviour change, and how we can put theory into practice. In addition there will be several opportunities to network with colleagues from basic science, nutrition, dietetics, public health and industry during the meeting, and by attending our vibrant social programme.

WHO SHOULD ATTEND?

- Nutritionists
- Dietitians
- Health promotion officers
- Policy makers
- Academics
- Food industry representatives
- Students
- Researchers

WHY SHOULD YOU ATTEND?

- Gain a wider understanding of a range of new concepts in nutritional science
- Listen to the experts present the latest cutting edge research
- Network with colleagues from your field
- Keep your CPD requirements up to date
- Participate in discussions around key Original Communications in the area of nutritional science

LISTEN TO A VARIETY OF PRESENTATIONS FOCUSED ON:

- Novel imaging and other methodologies for assessing health and behaviour: applications for nutrition
- New technologies for conducting and communicating nutrition research
- Novel methods for motivating dietary change
- Changing diet and behaviour - putting theory into practice

GENERAL INFORMATION

This meeting is open to Members of the Nutrition Society and other individuals paying the appropriate registration fee. The proceedings of the meeting may not be published, nor communicated to any person except by direct negotiation with and agreement of the Nutrition Society.

Press enquires for this meeting should be directed to The Nutrition Society: +44 (0)20 7605 6557.

VENUE

The meeting will be held at the Riverside Theatre, University of Ulster, Cromore Road, Coleraine BT52 1SA Northern Ireland

SCIENTIFIC ORGANISERS

Dr Alison M Gallagher, Senior Lecturer in Human Nutrition, Northern Ireland Centre for Food and Health (NICHE), University of Ulster, Cromore Road, Coleraine BT52 1SA Northern Ireland
E: am.gallagher@ulster.ac.uk

Professor Mary Ward, Professor of Nutrition and Dietetics, Northern Ireland Centre for Food and Health (NICHE), University of Ulster, Cromore Road, Coleraine BT52 1SA Northern Ireland
E: mw.ward@ulster.ac.uk

REGISTRATION

Registration for the meeting is now open and delegates can access the online form via the Nutrition Society website at www.nutrition society.org/nutrition-society-irish-section-meeting-2014. Those wishing to pay the registration fee by cheque will be able to download a PDF form from the site or request a copy by post.

REGISTRATION FEES

The following registration fees (inclusive of attendance to sessions, lunch and refreshments on 18–20 June) will apply:

Category	Early bird by 9 May 2014	From 10 May 2014
Members	£180 (€215)	£225 (€270)
Non-members	£305 (€370)	£370 (€445)
Student members	£60 (€70)	£85 (€100)
Day rate		
Members	£95 (€110)	£175 (€210)
Non-members	£175 (€210)	£340 (€410)
Student members	£35 (€40)	£60 (€70)

The final registration deadline is 28 May 2014.

MEALS AND SOCIAL FUNCTIONS

Lunches and refreshments are provided as part of the registration fee and will be served throughout the meeting in the Riverside Theatre, unless otherwise stated.

Wednesday 18 June 2014

The NS Irish Section will host a drinks reception in the Riverside Theatre from 19:00, followed by a buffet supper and Ceili at the University of Ulster, Coleraine campus.

Thursday 19 June 2014

On the second evening the NS Irish Section will host the Annual Gala dinner from 19:00 at Portstewart Golf Club (www.portstewartgc.co.uk/). A bus will be available to take delegates from the University of Ulster to the venue.

All social functions can be booked online or via the PDF booking form available at www.nutrition society.org/nutrition-society-irish-section-meeting-2014.

TRAVEL AND ACCOMODATION

The Riverside Theatre is situated on the Coleraine campus, beside the River Bann close to Coleraine town, Portrush and Portstewart. The campus is the administrative centre for the University. The campus is less than four miles from the sea and the nearby popular blue flag beaches at Portrush and Portstewart are excellent for surfing and other watersports.

To download a map of the location, please view www.ulster.ac.uk/information/location/colerainemap.pdf

How to get to Riverside Theatre, University of Ulster:

BY RAIL

Coleraine Railway Station is a five minute taxi ride from the Coleraine campus. The University has its own railway station five minutes walk away from the campus. Rail timetables are available at www.translink.co.uk or by calling +44 (0) 2890 66 66 30.

BY BUS

Coleraine bus services are operated by Ulsterbus. Routes 140C and 140D service the campus. Bus timetables are available at www.translink.co.uk available or by calling +44 (0) 2890 66 66 30.

BY ROAD

The University is located less than a mile from the centre of Coleraine town. Car parking is available at the University's On-campus Halls of Residence, which are within easy walking distance of the Riverside Theatre. (www.ulster.ac.uk/information/location/colerainemap-bw.pdf).

CAR PARKING

There is a charge for daily car parking at the University. To find out more, please visit www.ulster.ac.uk/carparks/. If travelling by car to the meeting it is possible to purchase daily car parking tickets at £3.00 per day.

TAXIS:

Local taxi firms include:

O'Kane Taxis (www.oktaxis.com). Please contact Michael on +44 (0) 7740 984979

City of Derry Taxis. Please contact Martin on +44 (0) 7811 098456

Fon-A-Cab (both Belfast airports). Please contact +44 (0) 2890333333

GB Airport Taxis (always outside Belfast City Airport). Please contact +44 (0) 7964 460206.

BY AIR

- Belfast City Airport is 58 miles from the campus. Coach transport from the airport is available. Please refer to www.belfastcityairport.com for further information.
- Belfast International Airport is 50 miles from the campus. Coach transport from the airport is available. Please refer to www.belfastairport.com/en for further information.
- City of Derry Airport is 23 miles from the campus. Transport from the airport is available. Please refer to www.cityofderryairport.com for further information.

BY SEA

- With Stena Line you can travel from Cairnryan, Scotland and Liverpool, England to Belfast. For further information please refer to www.stenaline.co.uk
- With P&O Ferries you can travel from Cairnryan and Troon, Scotland to Larne. For further information please refer to www.poferries.com

TOURIST INFORMATION

For general queries about the area, please contact the Northern Ireland Tourist Board at www.discovernorthernireland.com.

ACCOMMODATION

For delegates requiring accommodation, we would recommend Cranagh Village Halls of Residence at University of Ulster, Coleraine campus, which is a short distance (five minute walk) to the main meeting location. Bookings can be made at www.accommodation.ulster.ac.uk/home/short-term-let/nutrition-society-booking-form. Wi-Fi is available within Cranagh Village and can be arranged for delegates if this is requested before 14 May 2014 (please indicate on booking form). A location map will be forwarded with the confirmation of booking.

Alternatively, we suggest a room at Cromore Halt Hotel, which is a five minute drive to the campus. For further information please visit www.cromorehalt.co.uk. Alternatively, the Ramada Portrush hotel is a 15 minute drive to the campus. For further information, please visit www.ramadaportrush.com

ENQUIRIES

Please direct queries to the Conference Manager, Danielle Guildford
E: d.guildford@nutritionssociety.org; T: +44 (0)20 7605 6557.

THE PROGRAMME

WEDNESDAY 18 JUNE 2014

09:00–10:45	Registration and refreshments
10:45–11:00	Professor Richard Barnett, Vice Chancellor <i>Welcome and opening of meeting</i>
Symposium 1	Novel imaging and other methodologies for assessing health and behaviour: applications for nutrition
11:00–11:30	Dr Susan Francis (University of Nottingham, UK) <i>Imaging methodologies and applications for nutrition research: what fMRI offers?</i>
11:30–12:00	Professor Kristine Walhovd (University of Oslo, Norway) <i>Applying structural MR brain imaging in nutrition studies: uses and limitations</i>
12:00–12:30	Dr Tony Goldstone (Imperial College London, UK) <i>Novel approaches to investigation of appetite, eating behaviour and obesity</i>
12:30–13:00	Dr Jessica Werthmann (Maastricht University, The Netherlands) <i>Exploring food-related attentional biases and impact on appetite and satiety</i>
13:00–13:15	Panel discussion
13:15–14:15	Lunch
14:30–15:45	Original Communications
15:45–16:15	Refreshments
16:15–17:30	Original Communications
17:40 –18:15	Julie Wallace Lecture
19:00–late	Drinks reception, Buffet Supper and Ceili at the University of Ulster

THURSDAY 19 JUNE 2014

Symposium 2	New technologies for conducting and communicating nutrition research
09:00–09:30	Dr John Gallacher (Cardiff University, Wales) <i>Possibilities provided by the internet for nutrition research: examples of what can be achieved</i>

09:30–10:00	Professor Adrian Moore (University of Ulster, Northern Ireland) <i>GIS and tracking health outcomes: opportunities for nutrition research</i>
10:00–10:30	Professor Adam Drewnowski (University of Washington, USA) <i>Exploiting and characterising databases: opportunities that GIS approaches provide nutritionists</i>
10:30–11:00	Refreshments
11:00–11:30	Dr Laura Fernandez (European Food Information Council – EUFIC, Brussels) <i>E-resources for communicating nutrition research</i>
11:30–11:45	Panel discussion
12:00–13:15	Original Communications
13:30–14:30	Lunch and Annual Section Meeting
Symposium 3	Novel methods for motivating dietary change
14:30–15:00	Professor John Mathers (Newcastle University, UK) <i>Providing effective feedback: experiences from research and newer technologies</i>
15:00–15:30	Dr Aileen McGloin (safefood, Rep of Ireland) <i>Changing dietary behaviours: tapping into digital and social media opportunities</i>
15:30–16:00	Refreshments
16:00–16:30	Dr Alex Johnstone (The Rowett Institute of Nutrition and Health, Scotland) <i>Approaches to influencing food choice across the age groups: from children to the elderly</i>
16:30–17:00	Dr Maeve Kerr (University of Ulster, Northern Ireland) <i>Food and the consumer: could labelling be the answer?</i>
17:00–17:15	Panel discussion
19:00–late	Annual Gala Dinner at Portstewart Golf Club

Symposium 4 Changing diet and behaviour – putting theory into practice

09:30–10:00	Dr Joao Breda (World Health Organisation, Denmark) <i>Nutrition policy and positive impacts on non-communicable diseases: the bigger picture</i>
10:00–10:30	Dr Lou Atkins (University College London, UK) <i>Designing theory-based interventions to change dietary behaviours</i>
10:30–11:00	Refreshments
11:00–11:30	Professor Barbara Stewart-Knox (University of Bradford, UK) <i>Consumer attitudes and acceptability: a necessary focus for changing diet behaviour?</i>
11:30–12:00	Ms Kirsten Whitehead (University of Nottingham, UK) <i>Changing dietary behaviour – the impact of practitioner communication</i>
12:00–12:15	Panel discussion
12:15	Close of meeting

Please note – this programme is provisional and is subject to change. The final programme will be printed in the abstract booklet and will be available at the meeting.

FUTURE DATES FOR YOUR DIARY

Nutrition Society Meetings

www.nutrition society.org/events

Summer Meeting 2014: Carbohydrates in health: friends or foes?

14–17 July 2014

University of Glasgow, UK

www.nutrition society.org/nutrition-society-summer-meeting-2014

Postgraduate Conference 2014

1–2 September 2014

University of Nottingham, UK

Winter Meeting 2014: Nutrition and age-related muscle loss, sarcopenia and cachexia

9–10 December 2014 (tbc)

London, UK

The Nutrition Society

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