



Programme

NuGO Short course in Newcastle

Personalised Nutrition: from scientific discovery to interventions

Tuesday 5 July to Thursday 7 July 2016

Course organisers: Dr Fiona Malcomson, Professor John Mathers & Mrs Michelle Barr

Newcastle University: The CORE (<http://www.thecorenewcastle.co.uk/>)

Tuesday 5 July 2016

12.00 Registration and Lunch

13.00 – 13:40 Professor John Mathers (Newcastle) *Introduction to Course and overview of intervention strategies to improve public health*

Scientific discoveries underpinning personalised nutrition

13:40 – 14:20 Dr Georg Lietz (Newcastle) *“Nutrient-gene interactions in relation to vitamin A and carotenoid metabolism”*

14:20 – 15:00 Dr Lorraine Brennan (Dublin) *“Using metabolomic signatures (“metabotypes”) to identify responder’s to dietary interventions”*

15:00 – 15:30 Coffee break

15:30 – 16:10 Dr Hyang-Min Buyn (Newcastle) *“Obesity, mitochondrial epigenetics and cardiovascular disease risk”*

16:10 – 16:50 Prof. Dianne Ford (Newcastle) *“Genotype effects on metabolism of soy isoflavones”*

16:50 – 17:10 Discussions

19:00 Course dinner, Venue TBC

Wednesday 6 July

9:00 – 10:00 Keynote Lecture 1: Prof. Hannelore Daniel (Technical University of Munich) *“Technologies for personalising nutrition interventions”*

10:00- 10:40 Dr Baukje De Roos (Aberdeen) *“Using personalised nutrition strategies to increase fish consumption”*

10:40 – 11:10 *Coffee break*

11:10 – 11:50 Prof. John Mathers (Newcastle) “*Building a personalised nutrition intervention platform: lessons from the Food4Me Study*”

11:50 – 12:30 Dr Carlos Celis-Morales (Glasgow) “*Using genetic-based advice to deliver personalised advice and improve lifestyle: from genes to behavioural changes.*”

12:30 – 13:10 Dr Eileen Gibney (Dublin) “*Development of online dietary assessment and feedback tools*”

13.10 – 14:00 *Lunch*

14:00 – 17:00 Workshop: Designing personalised nutrition interventions

Participants will work in Groups to design personalised nutrition interventions for particular target groups/ conditions

Thursday 7 July

09.00 – 10:00 Keynote Lecture 2: Professor John Hesketh (Newcastle) “*Genetics of selenium metabolism*”

10:00 – 10:40 Dr Georg Lietz (Newcastle) “*Commercial offerings in the Personalised Nutrition market*”

10:40 – 11:00 *Coffee break*

11:00 – 13:00 Group presentations on personalised nutrition interventions (10 mins presentation each + 10 mins feedback)

11:00 - 11:20 Group 1

11:20 – 11:40 Group 2

11:40 – 12:00 Group 3

12:00 – 12:20 Group 4

12:20 – 12:40 Group 5

12:40 – 13:00 Group 6

13:00 – 13:10 Close

13:10 *Lunch and depart*

