

## IFNH 6<sup>th</sup> Annual Forum | 28<sup>th</sup> February 2024 | 14.00 - 17.00 GMT

### Future Health: Can nutrition and lifestyle combine to make a global impact?

Chaired by Prof. Ian Givens, IFNH Director and Prof. Vimal Karani, IFNH Deputy Director, University of Reading

14:00	Welcome	Prof. Carol Wagstaff, Research Dean for Agriculture, Food and Health, University of Reading
14:05	IFNH – Activities and achievements 2023	Prof. Ian Givens, IFNH Director, University of Reading
14:15	Cognition and Dementia: Milk fat globule membrane, supplementation for promotion of neurodevelopment in infants and prevention of neurodegeneration in ageing adults	Dr Javier Fontecha, Head, Food Lipid Biomarkers and Health, Institute of Food Science Research (CIAL,CSIC) in the Autónoma University of Madrid
14:45	Dietary fibre: How can we increase intake of this important dietary component?	Prof. Julie Lovegrove, Director Hugh Sinclair Unit of Human Nutrition, University of Reading
15:05	Cognitive function and mood: The effects of flavonoid-rich blueberries in healthy children and adults	Prof. Claire Williams, Chair of Neuroscience, School of Psychology & Clinical Language Sciences, University of Reading
<b>Short Break</b>		
15:30	Obesity: Diet, lifestyle and genes in an obesogenic environment	Prof. John Mathers, Professor of Human Nutrition, Human Nutrition & Exercise Research Centre, Newcastle University
16:00	Food culture: Dietary diversity and farm decision making for resilient agrifood systems in the Global South	Prof. Henny Osbahr, Co-Head, Department of International Development, School of Agriculture, Policy and Development, University of Reading
16:20	Diet, health, and social inequalities: Adaptation and mitigation strategies with indigenous cooperatives in Latin America	Dr Claudia Murray, Research Fellow, Department of Real Estate and Planning, Henley Business School, University of Reading
16:40	Q & A	Chaired by Prof. Ian Givens and Prof. Vimal Karani
17:00	<b>Formal close</b>	