



Nutrition Society Congress 2024

Event Overview



AT A GLANCE

The discipline of nutrition science is diverse in nature – encompassing the study of human health from a molecular to a public health level, and from an ingredient or nutrient level to positioning as part of a (sustainable) global food system. Recognising this diversity, the data used to underpin and inform nutrition science are complex, stemming from a variety of sources. The aim of this congress was to provide an overview of the diversity of the data collected and used within the field of nutrition science and how analysis of this data has and can be used to progress the discipline.

CONFERENCE



Nutrition Society Congress



2-5 July 2024



Assembly Buildings Conference Centre, Belfast, Northern Ireland, UK

ATTENDEES



470 in-person delegates



26 countries reached



360 #NSCongress 24 posts.

PROGRAMME



247 Original communications



6 Symposia



29 Guests speakers

GALLERY



WINNERS

Nutrition Society Oral Communications Competition:



Best Oral Presentation

MS. SINÉAD NIC SHEOIN
From bean to bottle - A snapshot review of the caffeine-containing food supplements notified to the Food Safety Authority of Ireland between January 2023 and December 2023.



Best Poster Presentation

MS. NICOLA ANN WARD
Efficacy of a PROtein enriched MEDiterranean diet with or without Exercise on Nutritional status and Diet Quality in Older Adults at Risk of Undernutrition with Subjective Memory Decline enrolled in the PROMED-EX Trial.

In partnership with Food Safety Authority of Ireland:

Best Poster Presentation

DR. NIMISOERE BATUBO
Evaluating Modifiable Hypertension Risk in Nigerian Adults – The Nigerian Diet Risk Score

Best Poster Presentation - Runner Up

MS. ALYSHA S. THOMPSON
Adherence to a healthful plant-based diet and risk of chronic kidney disease among individuals with diabetes: A prospective cohort study

Best Oral Presentation

MS. ALICE ROBERTS
UK secondary school pupils' perspectives of interventions to encourage healthier food and drink choices in the school environment

Best Oral Presentation - Runner Up

MS. RACHEL NOLAN
Women's experience of body weight management during and post-pregnancy: a mixed methods approach

TWEETS



One of the highlights for me every year is attending The Nutrition Society summer conferences, and this year's #NSCongress24 in Belfast did not disappoint!

As soon as you walk in you can feel the sense of community and belonging that attending a Nutrition Society event provides for every attendee. Our profession is full of supportive, enthusiastic, caring and inspiring individuals who are always happy to connect with one another, provide advice or guidance when needed, and be each others cheerleaders

Sarah O'Donovan

Four incredible days are coming an end. The inaugural The Nutrition Society Congress has been a truly amazing event, at the most beautiful venue.

Attending this congress was an all around awesome experience, and I'm grateful to have had the opportunity to learn from all these experts. If you work in the field of public health nutrition I can only recommend checking out the congress when it returns in 2026.

Björn Petrat-Melin

I am thrilled to share the wonderful experience I had at the recent The Nutrition Society Congress. It was an incredibly enriching and inspiring event.

One of the highlights was meeting so many kind and brilliant people. Connecting with fellow researchers, industry experts, and academics was enlightening, opening doors to potential collaborations and new friendships. Listening to the incredible research presented by my colleagues inspired me with fresh perspectives and innovative ideas. It was truly a privilege to be part of such a passionate community.

Sabrina Paola Demirdjian