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 other's cheerleaders.

Sarah O'Donovan

Four incredible days are coming to 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.

BjØrn 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

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. Recognizing 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.

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