

13th European Nutrition Conference

The FENS Daily Insight | Edition 1 | Tuesday 15 October 2019

The FENS2019 Daily Insight



Welcome to FENS2019

The Nutrition Society, in cooperation with The Nutrition Society Irish Section, is pleased, as host, to welcome you to the 13th European Nutrition Conference - FENS2019.

The FENS European Nutrition Conference is held once every four years, and is the premier European meeting in its field. The theme for the 2019 conference is *“Malnutrition in an Obese World: European Perspectives”*.

The scientific programme features high quality international speakers, covering the spectrum of nutritional science in plenary and parallel session formats. A range of other sessions, such as workshops, special “Hot Topic” presentations, industry symposia, panel debates, and satellite symposia hosted by many different organisations and societies will provide unprecedented possibilities to hear experts and to catch up on the latest science, as well as to become better informed about areas of controversy.

Almost 1000 abstracts were submitted to FENS2019. These have been arranged into a large number of oral and poster communication sessions, providing superb opportunities for sharing new data and for scientific exchange. So, there is plenty to enjoy at the Congress venue and during these four days you will make many new friends.

The Congress venue is in the heart of one of Europe’s great cities and hopefully you will also have time to enjoy some of what Dublin has to offer its visitors. Dublin’s reputation for hospitality and for ensuring a fabulous welcome is legendary.

We know that you will enjoy FENS2019 and your visit to Dublin. We really look forward to seeing you.

*Professor Philip Calder & Professor Helene McNulty
Co-Chairs FENS2019*

Today’s Nutrition Society events

1. The Nutrition Society Award presentations

Presentation of the Julie Wallace and Silver Medal Awards, recognising nutrition science research excellence.
13:30, Auditorium

2. The International Early Career Nutrition Research Championships

A chance to hear four European postgraduate students provide a brief synopsis of their cutting-edge research projects in this international competition. **15:00, Wicklow Hall 1**

3. The Postgraduate Competition

The shortlisted participants from the UK compete for best presentation of PhD research. **17:00, Wicklow Hall 1**



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A letter from the FENS President



Welcome.

As President of FENS it is my very great pleasure to welcome you all to the 13th

European Nutrition Conference (FENS 2019).

The European Nutrition Conferences are conducted every four years and are a major event for FENS as well as the wider nutrition community.

At the FENS 2015 conference in Berlin, the Dublin Convention Centre was selected as the next conference location. This time around, the FENS Conference is being hosted by The Nutrition Society and was scientifically organised by the international FENS scientific committee. Both have spent a great amount of time planning the event over the past four years. I hope that you enjoy the conference location and find the conference structure with its topics useful.

The conference's success depends on contribution from its participants; as poster presenters, as speakers, as debaters, and as listeners. In this spirit, make use of the busy schedule of original communications, symposiums, plenary lectures and social events.

The Federation of European Nutrition Societies (FENS) is a society of European Nutrition societies, with organisations rather than individuals its members. FENS was founded in 1979, but its ambition to encourage pan-European collaboration has never been more appropriate in light of current European political debate.

It has been an honour to lead the Society over the past four years. As my term of office comes to an end with this conference, I wish the incoming President good luck with the execution of his office for the period of the next four days.

*Professor Heiner Boeing
FENS President, 2015-2019*

Today's social event

Join the Welcome Reception at 18:30 on the Ground floor – a great chance to meet and mingle with event delegates over drinks and canapes.

Ground floor, 18:30, all welcome

Explore Dublin

If you will be in Dublin over the weekend, or have a late flight back home on the Friday, the registration desk can help with any queries you might have and provide additional suggestions to help plan your time in Ireland. A range of tailor-made tour options are available for FENS2019 delegates.

A note on CPD

FENS2019 is endorsed by the *Association for Nutrition (AfN)* as proof of Continuing Professional Development. Delegates should collect their certificates on Friday 18 October from the registration desk.



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A collective voice for evidence-based nutrition



The Academy of Nutrition Sciences will be launched today at FENS 2019.

The Association for Nutrition (AfN), the British Dietetic Association (BDA), the British Nutrition Foundation (BNF), and The Nutrition Society are delighted to announce the formation of a new body for joint strategic activity and to present an additional consistent and evidence-based voice in nutrition science.

The establishment of The Academy of Nutrition Sciences is the result of a longstanding working relationship between four organisations with a history of involvement in nutrition science research, the communication and application of research, the science and practice of dietetics and nutrition professional regulation.

All interested delegates are invited to attend the launch event this afternoon, where further information on the new organisation and its objectives will be shared for the first time. Professor Harry J McArdle, Emeritus Professor at the Rowett Institute, University of Aberdeen, who is the new Academy's Chair of Trustees, will be opening proceedings.

17:00, Liffey Meeting Room 2

Further information on the objectives, trustees and working structure of the Academy can be found at: www.academynutritionsciences.org.uk

What to do in Dublin

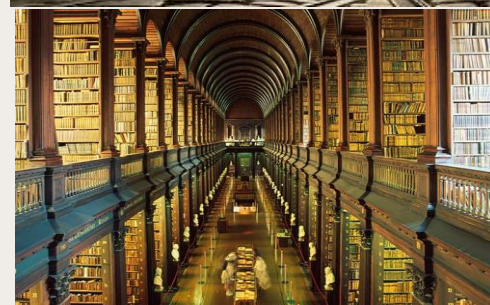
With thanks to the Society's Irish Section, we'll be highlighting some of the best things to do and see during your stay in Dublin in the Daily Insight.

Aquas Guinness storehouse

The Guinness store house is a seven-floor exhibition space at the St James's Gate Brewery in central Dublin, where Guinness was first brewed in 1759. See the 9,000-year brewery lease signed by Guinness' founder in 1759, and learn about the four ingredients of the iconic Irish stout: water, barley, hops and yeast.

Trinity College Dublin: home of the Book of Kells

Discover one of the most important highlights of Irish heritage on this fully guided tour; the 9th Book of Kells' rich ornamentation, multi-layered symbolism and meaning. It is known for its world-renowned artistry, as well as its many hidden secrets and mysteries dating back to the 800 AD.



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What's on tomorrow?

Day two of the conference features plenary speaker Professor Arne Astrup and a debate on where responsibility lies for interventions to prevent obesity.

Professor Arne Astrup, University of Copenhagen, is known for his ground-breaking work on satiety hormones in humans and was a driving force behind the prohibition of industrially produced trans fats in foods in Denmark in 2004. His talk on the '*Personalised dietary management of obesity based on biomarkers of glucose metabolism and microbiota*' explores recent research findings that individual weight loss on a high fibre diet depends on pre-treatment glucose metabolic status, with divergent responses observed between insulin sensitive individuals with obesity and persons with obesity and type 2 diabetes. **(09.30, Auditorium)**

A busy scientific agenda will see additional poster and oral communication presentations. **Dr Alison Tedstone**, Chief Nutritionist at Public Health England **(10:45, Liffey Hall 2)**, will chair a session reviewing the voluntary sugar and wider reduction and reformulation programmes run by PHE.

The FENS scientific symposium entitled, '*Malnutrition, Planetary Health and Climate Change: in search of common drivers*' will examine the recent Lancet report demonstrating how the global burdens related to obesity, undernutrition, and climate change (the 'global syndemic') are interconnected. **Professor Boyd Swinburn**, University of Auckland, and lead author of the Lancet report will be speaking during the symposium. **(15:00, Liffey A)**

The day will finish with a debate exploring whether the individual or society at large has the primary responsibility in preventing obesity. **Professor Susan Jebb**, University of Oxford, and **Professor John Prins**, University of Melbourne, will be speaking. **(18:45, Auditorium)**.

Archive Focus

The interactive archives exhibition

The Nutrition Society's Archive ensures the long-term preservation of records relating to the Society and the Secretariats of IUNS and FENS.

As part of the conference the Nutrition Society has created a display that represents FENS conferences from 1973 to 2019. The records embody the collective memory of thirteen European host organisations representing thirteen cities in eleven different countries over forty-six years of FENS conferences. They are a testament to pan-European scientific collaboration across the decades.



Meet the Nutrition Society Journal Editors

Ever wondered what journal Editors are looking for when you submit your research paper? Considering joining a journal Editorial Board but do not know how to get involved? Or just want to find out more about the strategic direction of the Society's journals?

Then join the *Meet the Editor* session on Wednesday 16 October (day two of FENS2019) in **Wicklow Meeting Room One, 12:15-13:30**, to have all of your publishing questions answered. Open to all. Lunch will be provided.

British Journal of Nutrition: Professor John Mathers, Editor-in-Chief
Nutrition Research Reviews: Professor Jayne Woodside, Editor-in-Chief
Proceedings of the Nutrition Society: Professor Janice Drew, Editor-in-Chief
Public Health Nutrition: Dr Christina Vogel, Deputy Editor



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