

13th European Nutrition Conference

The FENS Daily Insight | Edition 3 | Thursday 17 October 2019

The FENS2019 Daily Insight



Today's Events

1. The International Early Career Nutrition Research Championships – part three

The final part of this international competition is a chance to hear four European postgraduate students provide a brief synopsis of their cutting-edge research projects. The judging panel will today vote on their favourite research presentation from the past three days of competition, with the prize for the best candidate awarded at the end of the session. **10:30, Wicklow Hall 1 (Level 2)**

2. Bioactives for human health - a joint symposium

Co-hosted by The Nutrition Society, the Korean Nutrition Society, and the Korean Society of Food Science and Nutrition and chaired by the Society's President, Professor Julie Lovegrove. This joint symposium will explore bioactives for human health, exploring *'Korean Foods (K-Food) on Health Outcomes'*, *'Epigenetic marks on nucleic acids'* and *'Dietary bioactives and cardiovascular health'*. The symposium celebrates the longstanding relationship between these three organisations. **14:45, Liffey Hall 2 (Level 1)**

3. Nutrition Professionals: How to elevate your career, with or without (social) media - The Nutrition Society Student Section

Evidence-based professional advice is often lost in a sea of messages from social media influencers, with a pressing need for nutrition professionals to have their voice heard. This symposium aims to give early career nutrition professionals the tools to use social media. Rhiannon Lambert and Thibault Fiolet are keynote speakers, and the session is followed by a NSTA networking event, *'Ideas for Careers'*, with a chance to ask a panel of experts for career advice. **14:45, Wicklow Hall 2B, followed by the NSTA panel event at 16:15, Foyer (level 5).**

Highlights from yesterday



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Social Events

FENS 2019 Conference Dinner

The conference dinner takes place tonight at Taylors Three Rock Hotel. With over 450 delegates already attending, the evening is sure to be a memorable one. Buses to the venue will depart from outside the Conference Centre at 7.30 PM, although delegates are also welcome to make their own way to the venue. For those wishing to make a last-minute booking, please enquire at the registration desk.



Nutrition Society Training Academy

Students, graduates and early career researchers are invited to join the Nutrition Society Training Academy's (NSTA) 'Ideas for Careers' workshop.

This relaxed 30-minute workshop with complimentary refreshments, will feature a panel of four experts working in different areas of nutrition discussing their respective careers and answering any questions attendees may have about these different nutrition areas.

Industry (Dr Louise Durrant), freelance (Penny Hunking), private clinic (Rhiannon Lambert) and academia (Professor Bruce Griffin) will all be represented on the panel.

16:15, Foyer (level 5).

#FENS2019 highlights



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Summary of the proceeding day

Day two of FENS 2019 featured a jam-packed schedule. With thanks to all delegates for engaging with the sessions and for their thoughtful questions and debate during symposiums.

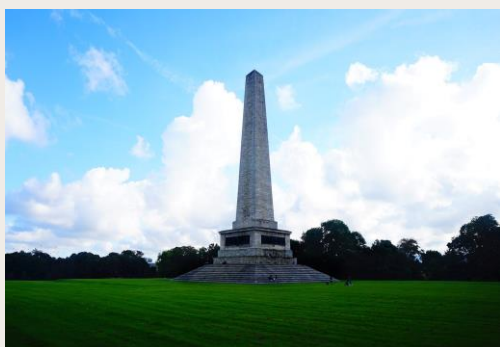
The **Irish Section's Annual General Meeting** took place yesterday, with the results of the 2019 elections announced. Congratulations to those newly elected:

Laura Kirwan - student representative, and Dr Kirsty Pourshahidi - ordinary member.

Professor Arne Astrup's plenary lecture provided delegates with food for thought, as he discussed the need for more personalised nutrition approaches. With a very large amount of individual variability typically observed during dietary interventions targeting weight loss, Professor Astrup explored whether stratifying individuals based on fasting blood glucose levels could predict individual response. Using data from the NUGENOB and DIOGENES studies, Professor Astrup made a case for stratifying persons with obesity into three different groups (normal glycaemic control, prediabetic, and those with type two diabetes).

Those with type two diabetes appeared to respond well to lower carbohydrate and higher fat diets with improvements seen for a number of health markers. Conversely, those with normal glycaemic control responded better to higher carbohydrate and lower fat diets, while those with prediabetes responded well to high fibre diets. With a complicated mix of gut microbiota, insulin, gut hormones and leptin all contributing to individual weight control, Professor Astrup urged delegates to consider the use of foods and diet in treatment of clinical metabolic disorders.

The Nutrition Society were also delighted to officially launch a **new Open Access journal**, *Gut Microbiome*, in collaboration with Cambridge University Press, and the 3rd edition of the bestselling *Introduction to Human Nutrition* textbook (available both online and in print). Visit the Publications section of the Society's website for further information.



What to do in Dublin

With thanks to the Society's Irish Section, they continue to highlight some of the best things to do and see during your stay in Dublin every day in the FENS Insight.

1. Kilmainham Gaol

Dublin's Kilmainham Gaol has held some of the most famous political and military leaders in Irish history, such as; Robert Emmet, Charles Stewart Parnell, the 1916 Easter Rising leaders and Eamon de Valera. The visit includes a guided tour and exhibition.

2. Phoenix Park

The Phoenix Park is the largest urban park in Europe and contains a number of stately homes, including the official residency of the President of Ireland, Áras an Uachtaráin, and the residency of the US Ambassador. Contained within the grounds are numerous sports fields and there are also a number of cycle and walking routes throughout the park.



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What's on tomorrow?

The final day of the conference features our fourth and final plenary speaker and the closing ceremony.

The Oral Communication and Poster presentation sessions continue, with sessions taking place from 08:30. The final symposium sessions of the conference follow, including a symposium organised by the FENS scientific committee on Chrono-nutrition, *'the evidence for why 'you are when you eat'*. Following the award in 2017 of the Nobel Prize in Physiology or Medicine for characterisation of the molecular circadian clock, the session is sure to provide a thought-provoking perspective on the evidence underlying this hot topic. **(10:45, Auditorium)**

Professor Christian Wolfrum, ETH Zurich, Switzerland, will deliver the final FENS plenary lecture and the Rank Prize Fund Lecture exploring *'Epigenetic reprogramming regulating adipose tissue plasticity and function'*. The lecture will focus on the role of the epigenome in regulating adipose tissue composition, which affects systemic energy metabolism with particular relevance for understanding obesity. The Rank Prize Fund is a charitable organisation which seeks to recognise excellence in specific fields of research and reward innovators for their dedication and outstanding contribution. Professor Wolfrum will receive the Rank Prize honorarium during his plenary lecture. **(12:15, Auditorium)**

Finally, the closing ceremony for FENS 2019 will take place featuring a line-up of different speakers representing both FENS and The Nutrition Society. The FENS Scientific Award for lifetime achievement will be awarded to **Professor Mike Gibney**, University College Dublin, who will deliver an Award Lecture reflecting on his career. The hosts of the 14th European Nutrition Conference, FENS 2023, will be announced. **(13:00, Auditorium)**

Archive focus

The interactive archives exhibition

As part of the FENS conference the Society have created a display that represents FENS conferences from 1973 to 2019.

Visit the display in the Exhibition Hall.



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