

# 2021 NUTRITION FUTURES

And just like that another Nutrition Futures conference is over. The Society's first hybrid conference was hosted over two days from sunny London. Imperial College London hosted the event at the Cavendish Conference Centre and provided a diverse programme for attendees.



We, as organisers, were delighted to be able to not only welcome students in person, but also welcome students online from anywhere in the world this year. The hybrid format enabled us to livestream the lectures and workshops to reach people from over 14 countries. Consequently, we had a record number of attendees at our conference and we would like to say a huge thank you to everyone for coming.

## DAY ONE

The conference started with a warm welcome from the Society's President, Professor Julie Lovegrove, along with Dr Aaron Lett and Professor Gary Frost from Imperial College, and the Student Section Chair, Kiu Sum. This was followed by a career's talk from the Julie Wallace award winner Dr Elaine McCarthy. Dr McCarthy spoke of her research career and her research on the first 1000 days of life. She shared some great tips for researchers-to-be including engaging in continual learning. Delegates were then given a motivating talk from Simon Bucknall on public speaking and how essential it is to use 'you' to engage the audience rather than 'I'. The Original Communication sessions allowed 32 individuals to present their original research in lightning 5-minute sessions. During three parallel sessions, delegates heard from in person and online presenters on an extensive range of topics. It was inspiring to see the passion of the speakers and I personally wish you all the best in your future research.

