Healthy Ageing: the Role of Nutrition and Lifestyle

13th January 2009

9:00-9:30 Registration and coffee

9:30 Welcome
Professor Judy Buttriss, British Nutrition Foundation

Chair: Professor John Mathers, University of Newcastle

09.40 – 10.10 Ageing and health – an introduction to the new BNF Task Force
Professor John Mathers, University of Newcastle

10.10 – 10.40 The effect of diet and lifestyle on heart disease, stroke and dementia
Dr Robert Clarke, University of Oxford

10.40 COFFEE

11.10 – 11.40 Lifestyle strategies to maximise bone health
Dr Sue Lanham-New, University of Surrey

11.40 – 12.10 Diet and arthritis
Professor Paul Dieppe, University of Oxford

12.10 Questions

12.20 LUNCH

13.20 – 13.50 Lifestyle measures to reduce physical frailty with ageing
Professor Mike Rennie, University of Nottingham

13.50 – 14.20 Protecting teeth and oral health in old age
Professor Angus Walls, University of Newcastle

14.20 – 14.50 Diet and skin ageing
Dr Martin Green, Unilever Research, Colworth Science Park

14.50 – 15.10 A public health approach to healthy ageing: conclusions and recommendations of the Task Force
Professor Judy Buttriss, British Nutrition Foundation

15.20 Discussion and Close

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