Nutrition science - past, present and future
Celebrating important discoveries and developments in nutrition science over the past 25 years

Tuesday 26\textsuperscript{th} April 2016. The Royal Society, 6-9 Carlton House Terrace, London, SW1Y 5AG.

\textbf{Approximate timings}

12.30 – Arrival and refreshments for delegates

13.15 - Welcome from the Chair, Prof Alan Shenkin

13.30 – Keynote address

\textit{Sara Stanner, Science Director, British Nutrition Foundation}
This talk will set the scene about the most dramatic changes that have occurred over the past 25 years in relation to government policy, the food supply, food in schools and communications.

14.00 – The role of nutritional surveys
\textit{Professor Alison Lennox, Professor of Public Health Nutrition, University of Surrey}
This talk will focus on how nutrition surveys, particularly the National Diet and Nutrition Surveys, have supported science and policy over the period, with reference to strengths and limitations of the surveys and major developments in methods used. A summary will be provided of the main changes and trends in nutrient intakes and status of the UK population over the past 25 years and a perspective given on the future of the surveys.

14.35 – Healthy ageing
\textit{Professor John Mathers, Director, Human Nutrition Research Centre, Newcastle University}
Life expectancy has been increasing by 2 years every decade and as many as a third of children born now are forecast to live to 100. This talk will discuss reasons for increased life expectancy and what we have learned over the past 25 years about the ageing process, epigenetics and the role of early nutrition and nutrition along the life course. It will also touch on the impact of obesity and how knowledge has developed about the importance and role of the gut microbiome. Areas of ongoing and future research will be flagged.

15.10 – Break

15.25 – Diet and cardiovascular disease
\textit{Professor Christine Williams, Professor of Human Nutrition, Director of Food Agriculture and Health, University of Reading}
Over the past 25 years, understanding about the relationship between many aspects of diet and cardiovascular health has developed. Yet debate continues. This talk will discuss whether recent research means that guidelines need to change and what research suggests the future might hold.

16.00 – What does the future hold?
\textit{Professor Judy Buttriss, Director General, British Nutrition Foundation}
Through a public health nutrition lens, this talk will consider what we have learned from the past and how we can apply this to encourage dietary behaviour change going forward, particularly for those who currently have relatively poor diets. It will explore what the future might hold for nutrition as we grapple with decisions about what to grow and produce to ensure sustainability of the food supply in the face of likely climate change and a growing and more prosperous global population, expected to reach over 9 billion by 2050.

16.30 – Closing remarks