

Nutrition in childhood

New strategies for surviving and thriving in a changing environment

Date: Tuesday 18 January 2011

Venue: ORT House Conference Centre, London NW1

Key speakers

Rob Rees MBE *Chair of The School Food Trust*

Dr Alex Richardson *Senior Research Fellow, University of Oxford*

Professor Richard Sharpe *MRC Human Reproductive Sciences Unit, The Queen's Medical Research Institute, Edinburgh*

Professor Jack Winkler *Nutrition Policy Unit, London Metropolitan University*



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Programme

9.30am Registration and refreshments

10.00am Welcome and introduction

Chair: **Rob Rees MBE** Chair of The School Food Trust

10.10am Opening keynote session:
Nutrient priorities for the developing child

Dr Alex Richardson Senior Research Fellow, University of Oxford

10.40am Epigenetic programming: the effects of environmental and lifestyle exposure in early life

Professor Richard Sharpe MRC Human Reproductive Sciences Unit, The Queen's Medical Research Institute, Edinburgh

11.15am Review of morning sessions/questions and answers

11.30am Refreshments

12.00pm Parallel workshop sessions

A The 'how to' of healthy eating
Sally Child Nutritional Therapist, Author

B A nutritional approach to the prevention and management of childhood obesity
Kate Neil Director of the Centre for Nutrition Education and Lifestyle Management, Nutritional Therapist, Lecturer

C Pregnancy, immunity and allergy prevention: the role of natural interventions in managing current and future health problems
Michael Ash Osteopath, Naturopath, Nutritional Therapist

D Identifying and managing eating distress in children and teenagers
Helen Lynam Nutritional Therapist, Lecturer

1.00pm Lunch

2.00pm Workshop sessions repeated

3.00pm Refreshments

3.15pm Omega-3 fatty acids and the developing brain: the present status of child mental ill-health

Rachel Gow Institute of Psychiatry, King's College, London

3.45pm School feeding and 'the school fringe': factors affecting food choices inside and outside the classroom

Professor Jack Winkler Nutrition Policy Unit, London Metropolitan University

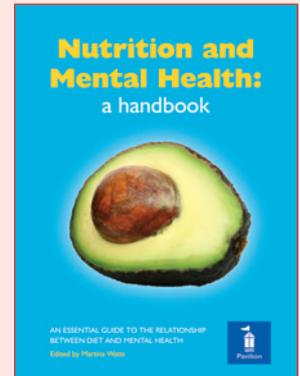
4.15pm Review of afternoon sessions, questions and answers

4.30pm Conference close

Nutrition and Mental Health: a handbook

This handbook explains the science behind nutrition and its effects on mental health, in a clear, accessible way. It explores:

- the complex and dynamic relationship between mental health, diet and nutrition
- how mental health and mental illness related factors, dietary factors and other social, biological and environmental factors interact to affect mental well-being.



The Nutrition and Mental Health handbook contains vital information for: carers, trainers, managers and professionals working within mental health both in social and health care fields within the public, private and voluntary sectors.

Price: £19.95

Format: handbook 184pp

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About the conference

There is increasing concern that children of this generation will have a shorter life expectancy than their parents. This national event will present the latest scientific evidence on the factors contributing to obesity, allergies and learning, mood and behavioural disorders. These include diet during pregnancy and childhood, modern lifestyles and persistent environmental exposures.

Leading researchers and clinicians will explore the role of natural interventions and offer practical, evidence-based and cost-effective approaches on how to manage and, in many cases, prevent common childhood conditions.

Aims of the conference

The conference aims to:

- expose how the uterine environment exerts important 'programming' effects on the foetus, triggering biological responses which increase the risk of modern diseases and may have lifelong consequences
- explore unexpected causes of obesity. Are messages intended to tackle obesity outdated and misleading? Discover how nutritional and lifestyle strategies can be successfully employed to prevent and manage weight gain in childhood
- highlight how nutritional interventions have been successfully employed in modifying mood, behaviour and learning ability
- examine why allergies have increased and which nutritional agents show best evidence when supporting immune and digestive function in children and teenagers
- demonstrate evidence-informed and cost-effective nutritional strategies which can be implemented by parents, teachers and providers of children's healthcare services
- reveal how to manage 'treats' and influence taste preferences in children
- encourage discussion between participants and develop networking opportunities between the private and public sectors.

Key themes

- The fundamental importance of pre-natal and early nutrition for future mental and physical health
- The latest scientific evidence showing how epigenetic changes in utero may lead to developmental and metabolic disorders
- The increasing social and health threats of learning, mood and behavioural disorders and what we can do about them
- Latest developments in the provision of school meals in the current economic climate and an update on initiatives designed to improve the quality of food outlets surrounding schools
- Evidence-informed practice and management in obesity prevention and care
- Reasons underlying the exponential rise in food and inhalant allergies and nutritional strategies to minimise their development
- Risks and effects of subclinical nutrient deficiencies in children and teenagers; the role of supplementation and potential safety issues
- Nutritional approaches to the management of 'fussy eaters' and eating distress

Who should attend?

- Education and health professionals
- Nutritionists, dieticians, nutritional therapists
- Social workers
- Professionals working in the Youth Justice System
- Residential care staff
- Local authority staff
- Policy makers
- Caterers
- Food manufacturers
- Food marketing representatives
- Voluntary and community groups
- Health writers and researchers
- Parents and carers

About the convenor

Martina Watts is a nutritional therapist in private practice with a special interest in the physical and mental health of children and teenagers. She is an independent nutrition consultant for private and voluntary sector clients, schools, local government and the NHS. Martina also works as a health writer and is editor of *Nutrition and Mental Health: A handbook* (Pavilion Publishing). For more information please visit www.thehealthbank.co.uk

BANT CPD recognition



The British Association for Applied Nutrition and Nutritional Therapy (BANT) is the professional body for nutritional therapists. Its primary function is to assist its members in attaining the highest standards of integrity, knowledge, competence and professional practice, in order to protect the client's interests, nutritional therapy and the nutritional therapist. This conference has been granted five hours BANT CPD recognition meaning you can gain CPD points from attending this conference.

Continuous professional development

Professionals within the social care sector are required to undertake Continuous Professional Development (CPD). Delegates can gain CPD points from attending our conferences and exhibitions. This conference may help towards your knowledge requirements at Quality Credit Framework Level (QCF) level 2 – 5.

About Pavilion

Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. We publish over 200 training packs, *Mental Health Today* and *Learning Disability Today* magazines.

Promotional opportunities

For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact:

Graham Hoare, Customer Relations Manager, Pavilion

Tel: 01273 666 703

Email: grahamh@pavpub.com

Unable to attend?

Conference papers, as presented to the delegates on the day, are available on CD-ROM after the conference for £60 + VAT. This useful reference will include: available speaker papers, speaker biographies and any additional inserts.

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To apply, please write to us by post or email stating why you would like to attend this particular conference.

Post: Pavilion, Richmond House, Richmond Road, Brighton, East Sussex, BN2 3RL

Email: info@pavpub.com

Remember to include your contact details as we will be in touch two weeks before the conference to confirm if you have been given a place.

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Date: Tuesday 18 January 2011 Venue: ORT House Conference Centre, London NW1

We cannot accept provisional bookings

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(Please complete this section for each delegate. Photocopies are acceptable.)

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Venue

ORT House Conference Centre, 126 Albert Street, London NW1 7NE
(a map of the venue will be sent with confirmation of your booking)

Date Tuesday 18 January 2011

Conference fees

The fee includes lunch, refreshments and conference materials. Please note accommodation is not included.

Conference papers

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