

Nutritional Resilience for Healthy Ageing	
Day 1 – 6th June 2023	
08.30	Registration
09.30	Opening remarks – Prof Aaron Maule (Queen’s University Belfast)
09:45	Nutritional concerns during ageing – Prof Emma Stevenson (Newcastle University)
10:30	Coffee
Symposium One – Preventing malnutrition in older adults JPI HDHL PREVNUT	
Chair: Prof Bernadette McGuinness	
~30 mins each project + 30 mins Q&A/discussion	
11:00	<ol style="list-style-type: none"> PROMED-COG: Dr Claire McEvoy (Queen’s University Belfast); Dr Federica Prinelli (National Research Council of Italy); Dr Caterina Trevisan (University of Padova) APPETITE: Prof Dorothee Volkert (Friedrich-Alexander-Universität); Dr Katy Horner (University College Dublin) FORTIPHY: Dr Miriam Clegg (University of Reading)
13:00	Networking lunch
Symposium Two – Nutritional resilience against age-related disease	
Chair: Prof Gary Hardiman	
25mins + 5 mins Q&A each speaker	
14:00	Micronutrient rich diets for preventing cardiometabolic disease – Prof Jayne Woodside (Queen’s University Belfast)
14.30	Dietary modulation of adult hippocampal neurogenesis: Implications for cognitive ageing and dementia – Prof Sandrine Thuret (Kings College London)
15:00	Nutritional approaches to mitigate immunosenescence and inflammageing – Prof Philip Calder (University of Southampton)
15:30	Coffee
Symposium Three – ‘Omic’ measures for nutrition and ageing research	
Chair: Prof Michelle McKinley (TBC)	
25mins + 5 mins Q&A each speaker	
16:00	Metabolomics for nutrition & ageing research – Prof Lorraine Brennan (University College Dublin)
16.30	The ageing microbiome: Identifying targets for nutritional intervention – Dr Edward Chambers (Imperial College London)
17.00	Systems biology to tackle nutritional deficiency & age-related disease – Prof Gary Hardiman (Queen’s University Belfast)
17.30	Closing remarks

Day 2 – 7th June 2023

09:15	Funding opportunities for nutrition and healthy ageing research UKRI Healthy Ageing networks – Dr Colin McClure (Queen’s University Belfast) UKRI BBSRC funding opportunities – Lizzie Treadwell (BBSRC - TBC) Horizon funding opportunities – Patricia McCrory (Queen’s University Belfast)	
09:45	The biopsychosocial model of frailty and resilience: Role of micronutrients – Prof Cristina Polidori (University of Cologne)	
10:15	Coffee	
	Scientific workshops 1	
10:45	<p>1. Immune resilience</p> <p>The role of diet in immune-health and ageing: integrating intervention and observational evidence – Prof Krasimira Aleksandrova (Leibniz Institute)</p> <p>Bugs as drugs: investigating the potential of targeting microbiome dysbiosis for combatting immunosenescence – Dr Niharika A Duggal (University of Birmingham)</p> <p>Rapamycin not Dietary Restriction improves resilience against pathogens – Dr Mirre Simons (University of Sheffield)</p> <p>Chair: Prof Philip Calder (University of Southampton)</p>	<p>2. Cognitive resilience</p> <p>Mediterranean diet, omega-3 fatty acids and cognition: A disconnect between prospective cohort and RCT evidence – Prof Anne-Marie Minihane (University of East Anglia)</p> <p>Nutrition and Cognition – the Dutch perspective – Prof Lisette de Groot (Wageningen University)</p> <p>Feasibility of a multidomain intervention for brain health in older adults with type 2 diabetes in rural regions of Ireland: BRAIN-Diabetes RCT – Dr Claire McEvoy (Queen’s University Belfast)</p> <p>Chair: Dr Rebecca Townsend (Newcastle University)</p>
12:45	Networking Lunch	
13:00	Annual PROMED-Cog update meeting (invite only)	
	Scientific workshops 2: UKRI Healthy Ageing networks	
14:00	<p>3. Food4Years: Food innovations and sensory nutrition for older adults</p> <p>Overview of the Food4Years network – Dr Miriam Clegg (network co-ordinator; University of Reading)</p> <p>A novel approach to investigating inequalities in nutrition and healthy ageing for older Black African adults in the UK – Dr Sophia Amenyah (Bournemouth University)</p> <p>Appetite responses to a leucine-enriched glycomacropeptide (GMP) protein product in appetite-suppressed older adults: A feasibility and proof of concept study – Dr Adrian Holliday (Newcastle University)</p> <p>Chair: Barbara Bray (Queen’s University Belfast)</p>	<p>4. AGENT: Ageing and Nutrition Sensing Network</p> <p>Understanding and influencing the mechanisms of ageing through dietary interventions – Dr Oliver Shannon and Chloe French</p> <p>Gene polymorphisms and mechanistic understanding of impact of nutrition on healthy ageing – Dr Chiara de Lucia and Prof John McLaughlin</p> <p>Understanding the Biological Mechanism and Societal Determinants of Anorexia of Ageing – Prof Gary Frost and Amy Fuller</p> <p>Exploring the impact of protein quality and fibre on gut barrier function, inflammation, and body composition – Dr Douglas Morrison</p> <p>Chair: Prof Gary Frost (Imperial College London)</p>
16:00	Chair workshop summaries	
16:30	Closing remarks	