



## Food and Behaviour Research

A one-day conference on:

# Sugar, Fat, Food and Addiction

New Approaches to the Public Health Crisis

Thursday 10<sup>th</sup> July, 2014 – 9.00 a.m. to 4.30 p.m.

The Royal College of Surgeons of England

35-43 Lincoln's Inn Fields, London WC2A 3PE



### An essential event for:

- Public Health Policy Specialists
- GPs and Paediatricians
- Registered Dietitians and Nutritionists
- Nutritional Therapists
- Community Health Specialists
- Dentists
- Teachers and Educators
- School Food Providers
- Researchers from Academia and Industry
- Food Manufacturers and Marketers
- Charities, Support Groups, and Voluntary Organisations





## About the Conference

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FAB Research is extremely proud to offer this opportunity to hear from our highly distinguished panel of international researchers and expert practitioners, who will present and discuss potential new approaches to the growing public health crisis, focused on the latest evidence linking food and diet with behaviour.

Our central theme is the controversial issue of whether some nutrients, foods or dietary patterns may actually promote (or reduce) 'addictive' behaviours. Sugar has recently come under the spotlight in this respect, although the scientific evidence in this area, and its implications, still remain hotly debated.

Related topics under discussion will include obesity and other eating disorders, alcoholism and other substance use disorders, antisocial behaviour, and other mental health conditions in which impulsivity and poor self-control play a key role, such as ADHD.

Presentations and discussions will be focused on both the latest scientific evidence and its broader implications for policymakers, professionals, food industry representatives and the general public.

### Background

- **Mental health disorders have overtaken physical health disorders in their contribution to the burden of ill health in the UK and other developed countries** – and that burden is even greater if the full costs of 'substance use disorders' are included.
- **Current policies have not been working to reverse these damaging trends.** 'Non-communicable diseases' (physical and mental) are overwhelming public health services and undermining the efficiency of workers in both public and private enterprise, as well as placing huge personal burdens on affected individuals and their families.
- **Nutrition and diet affect the brain as well as the body.** Despite this fact, most health professionals and policymakers – let alone those working in education, social services, criminal justice and allied areas – receive little or no education or training in this crucial area.
- **'Sugar' and 'fat' are the two most hotly debated aspects of diet – but probably also the most misunderstood.** This conference will provide an update on the evidence discussed at two FAB Research meetings last year, viz: **(1) Sugar, Fat and the Public Health Crisis**, and **(2) Sugar and the Brain: Food Choice, Addiction and the Mental Health Crisis**. Both featured US obesity expert Professor Robert Lustig, whose work has helped put sugar in the spotlight. We are delighted he will be joining us again, this time along with Professor Graham MacGregor (Chair of the UK Campaign group 'Action on Sugar'), Captain Joe Hibbeln (one of the world's leading experts on dietary fats and mental health), and a panel of other leading researchers, professionals and public health authorities.

### Topics for discussion will include:

- Why have rates of obesity and related health conditions risen so dramatically in recent years – and what will happen if current trends continue? Has 'healthy eating' advice inadvertently been making matters worse?
- Which dietary fats have actually been shown to be harmful – and which ones are absolutely essential for both physical and mental health, wellbeing and performance?
- Are all calories really the same, or do their effects depend on what foods (or drinks) provide them?
- Is sugar really 'addictive' in any meaningful sense - and if so, what can we do about it? More generally, can eating disorders validly be compared with 'substance use disorders'?
- What's the evidence that food and diet can contribute to other conditions linked with poor 'impulse control' – such as ADHD, antisocial behaviour, and many other mental health disorders? And can nutritional interventions help in their management?
- Most people fail to follow current dietary guidelines. Does that mean that these need revising, and/or how can compliance best be improved: - via public health policy, private enterprise or personal responsibility?

*Learn about the latest developments in research, policy and practice in this fast-evolving field. Ask questions, join in discussion and debate, and gain valuable practical insights that you can use, both at home and at work.*



## Speakers, How to Book, and Associate Membership

### Speakers will include:

- **Professor Simon Capewell** - *Professor of Clinical Epidemiology, Public Health and Policy, University of Liverpool*
- **Dr Bernard Gesch** (tbc) - *Senior Research Scientist, University of Oxford*
- **Professor Jason Halford** - *Reader in Appetite and Obesity, Psychological Sciences, University of Liverpool*
- **Captain Joseph Hibbeln MD** - *Acting Chief, Section of Nutritional Neurosciences, Inst. Alcohol Abuse and Alcoholism, NIH Washington*
- **Professor Robert Lustig MD** - *Professor of Pediatrics, University of California, San Francisco*
- **Professor Graham MacGregor** - *Professor of Cardiovascular Medicine, The Wolfson Institute of Preventive Medicine, London; and Chairman of 'Action on Sugar'*
- **Dr Alex Richardson** - *Senior Research Fellow, University of Oxford; Founder Director of FAB Research*
- **Mr Kevin Williamson** - *Senior Nutritionist, Early Intervention in Psychosis Services, Rotherham, Doncaster and South Humber NHS Foundation Trust*

For further information about the programme and speakers, visit [www.fabresearch.org](http://www.fabresearch.org)

### How to book:

You may book your place by:

- visiting [www.fabresearch.org](http://www.fabresearch.org) and paying on-line
- calling 01463 667319 with your debit or credit card details
- cheque; please print the booking form on the following page and return it to:  
Food and Behaviour Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL  
(cheques payable to Food and Behaviour Research)
- invoice; return the booking form to the above address, or email [admin@fabresearch.org](mailto:admin@fabresearch.org).  
NB we will be unable to process your request without a valid purchase order number.

**Early bird rates are from £99.00 and include refreshments, lunch, conference notes and certification in support of professional development**

### Unable to attend, but don't want to miss out?

As a FAB Associate Member we can bring the conference to you!

FAB Associate Members receive exclusive and unlimited access to our online library of professionally recorded videos and transcripts from FAB events, as well as **generous discounts on FAB conferences** and books.

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Please use one form per delegate

CATEGORY	Early Bird Rate (Booked and paid before 15/5/14)	Please tick	Standard Rate (from 16/5/14)	Please tick
FAB Research Associate Members	<b>£99.00</b>		£129.00	
Charities, and Not for Profit Organisations	<b>£129.00</b>		£149.00	
Health and Education Professionals, Academics and Researchers	<b>£149.00</b>		£199.00	
Central Government and Industry	<b>£199.00</b>		£249.00	

*Conference fees include refreshments and lunch*

Purchase order number			
Name, inc. title (please print)			
Position / job title			
Name of organisation			
Address			
Town / City			
County		Postcode	
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E-mail (please print clearly)			
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**Terms and conditions:** Cancellations confirmed in writing more than 14 days prior to the event will be subject to an administration charge of 40%. We regret that no refund can be made after that date, for whatever reason, although substitutions will be accepted if notified in writing before the event. Bookings made less than seven days prior to the event are non-refundable. The organisers reserve the right to substitute speakers or venue and make changes to the programme as and where required.



**Sugar, Fat, Food and Addiction:  
New Approaches to the Public Health Crisis  
Thursday, 10<sup>th</sup> July 2014**

**Speakers and Chair**



**Professor Simon Capewell** is Professor of Clinical Epidemiology, Public Health and Policy, at the University of Liverpool. He qualified from Newcastle University and subsequently trained in clinical medicine (general, respiratory and cardiovascular) in Cardiff, Oxford and then in Edinburgh where he discovered Public Health. He moved to Glasgow University before being appointed as the first Professor of Clinical Epidemiology at the University of Liverpool in 1999. Simon manages a research programme focussing on the epidemiology and prevention of cardiovascular disease (mainly heart disease and stroke), and hence studies on food policy (obesity, salt, transfats, sugar, fruit, etc). He enjoys mentoring colleagues, facilitating multidisciplinary research teams and writing papers. Personal outputs thus far include over 280 peer-reviewed papers.

**Dr Bernard Gesch** is a Senior Research Scientist at the Department of Physiology, Anatomy and Genetics, at the University of Oxford. Bernard is internationally known for his pioneering research into the links between diet and antisocial and criminal behaviour. In the late eighties he established a programme combining nutritional and social approaches to offending which some UK Courts used successfully as an alternative to imposing custodial sentences on persistent juvenile offenders. With the co-operation of the Home Office, Bernard and colleagues went on to conduct a carefully controlled clinical trial, supported by the charity Natural Justice, that Bernard founded, to test empirically if better nutrition could significantly improve the behaviour of maximum-security prisoners. It did! Bernard now collaborates internationally to replicate these findings, and is currently working with eminent colleagues from several institutions, including the Medical Research Council and the Institute of Psychiatry.



**Professor Jason Halford** is a research specialist in appetite and obesity at the University of Liverpool, and Director of the Human Ingestive Behaviour laboratory there. He is a chartered Health Psychologist and currently the Convenor of the Liverpool Obesity Research Network – LORN. He is also Chair Elect of the UK Association for the Study of Obesity - ASO, Europe's largest and the World's oldest National Obesity Science organisation. Over the past 10 years, his research has focused on drug induced weight gain, the effects of nutrients and fibre on appetite and hormone release, the effects of stress on eating behaviour, and on lean obese differences in the expression of appetite. More recently, he has focused on the effects of branding and food promotion on children's food preferences and diet.

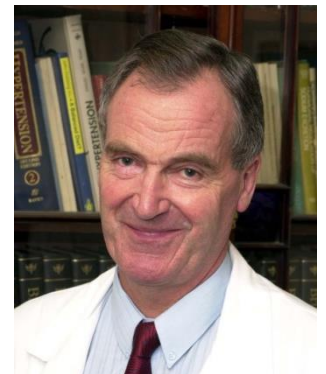
**CAPT Joseph R Hibbeln, MD** is the Acting Chief, Section of Nutritional Neurosciences, Laboratory of Membrane Biophysics and Biochemistry, National Institute on Alcohol Abuse and Alcoholism NIH, Bethesda Maryland. Dr Hibbeln is internationally recognized as originating the field of omega-3 fatty acids in depression and impulsive disorders and his contributions toward understanding nutrition in mental health. The Dietary Guidelines for Americans 2010, and numerous international agencies have cited his work as foundational in developing dietary advice. Dr Hibbeln is the recipient of numerous awards including the Wilhelm Normann Metal in 2012. He has published more than 120 peer-reviewed scientific papers. He is board certified physician in psychiatry and serves as a Captain in the United States Public Health Service (USPHS).





**Professor Robert Lustig MD** is Professor of Pediatrics in the Division of Endocrinology at the University of California, San Francisco, and Director of the Weight Assessment for Teen and Child Health (WATCH) Program at UCSF. He is a noted neuroendocrinologist, with extensive basic and clinical training involving hypothalamic development, anatomy and function. In recent years he has developed a strong following in the nutrition and health world with his warnings about the dangers of consuming too much sugar. Professor Lustig's work has shown how and why the effects on mood and behaviour of a high sugar intake will undermine conventional approaches to the reduction of obesity, ie why attempts to 'eat less and exercise more' simply do not work. His work has helped the scientific community to make progress in the fight against both obesity and the related development of chronic diseases. He is also leading the public relations fight in the US against the use of high fructose corn syrup that is prevalent in so many packaged foods today. He has just released his new book, 'Fat Chance: The bitter truth about sugar'.

**Professor Graham MacGregor** is Professor of Cardiovascular Medicine, The Wolfson Institute of Preventive Medicine, London; and Chairman of 'Action on Sugar'. Graham originally trained as a nephrologist and became interested in blood pressure control mechanisms, particularly related to the renin-angiotensin system, the mechanisms whereby salt puts up blood pressure. In 1996 he set up an action group on salt, Consensus Action on Salt and Health, to try and get the food industry to add less salt to the food and thereby get a reduction in salt intake. This action group was successful and resulted in the Food Standards Agency taking on the task of salt reduction. In 2000 he set up the Blood Pressure Association (now Blood Pressure UK), a patients association for high blood pressure to get better information to patients and to lobby for better treatment of high blood pressure in the UK. Currently, Graham serves as President of the Action on Sugar group who are concerned with sugar and its effects on health. It is successfully working to reach a consensus with the food industry and Government over the harmful effects of a high sugar diet, and bring about a reduction in the amount of sugar in processed foods.



**Dr Alex Richardson** is a Founder/Trustee of FAB Research and a Senior Research Fellow at the Centre for Evidence Based Intervention, University of Oxford, having previously been based at Oxford's Dept of Physiology, Anatomy and Genetics from 1987-2007. She is internationally known for her work on the role of nutrition in behaviour, learning and mood, and is one of the world's leading researchers on the influence of omega-3 and other dietary fats on mental health and performance, particularly in relation to developmental conditions such as ADHD, dyslexia, depression and schizophrenia. Her research has always been multi-disciplinary, and currently involves both experimental studies and nutritional treatment trials. Alex is much sought after as a speaker for public, professional and academic audiences both nationally and internationally. She has over 80 research publications to date, and is also author of 'They Are What You Feed Them'.

**Kevin Williamson** is a senior nutritionist for the early intervention in psychosis services, which are run by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH). His work with young people with mental health problems received a Parliamentary commendation. He has developed a nutritional service for young people in Rotherham, Doncaster, North Lincolnshire and Manchester who have experienced their first episode of psychosis. The service looks at their diet in relation to their illness and provides a healthier, more nutritionally balanced alternative. It drew praise from the Government's Food and Health Forum, which recommended that other NHS trusts adopt a similar approach to RDaSH. To help others replicate the good practice in RDaSH, Kevin has developed an accredited training course on nutritional care in mental health, which is aimed at training mental health professionals to introduce tailored nutritional assessment and positive dietary change with their service users.

