



Nutrition and Mental Resilience in Children and Adults: Feeding Better Health, Wellbeing and Performance

Wednesday, 29th October 2014

Royal College of Surgeons, London WC2A 3PE



- 8.30am – 9.20am **REGISTRATION AND REFRESHMENTS**
- 9.20am – 9.30am **Welcome and Chair's Introduction**
Professor John Stein (*Physiology, Anatomy & Genetics, University of Oxford*)
- 9.30am – 9.55am **The Role of Diet in Mental Resilience: An Overview**
Dr Alex Richardson (*Centre for Evidence Based Intervention, University of Oxford; and FAB Research*)
- 9.55am – 10.25am **Nutrition and Brain Biochemistry – Understanding The Basics**
Dr Alexis Bailey (*Neuropharmacology, University of Surrey*)
- 10.25am – 10.45am **REFRESHMENT BREAK**
- 10.45am – 11.30am **Dietary Fats and Brain Function: Stress, Anxiety, Depression and Hostility**
Captain Joe Hibbeln (*National Institutes of Health, Washington, DC*)
- 11.30am – 11.50pm **Clinical Trials of Omega-3 Fatty Acids for Depression: Findings and Implications**
Dr Brian Hallahan (*Psychiatry, University of Galway*) **and Captain Joe Hibbeln** (*NIH*)
- 11.50pm – 12.00 **Children's and Parents' Experiences of Food Insecurity in a South London Population**
Dr Kate Harvey (*Psychology, University of Reading*) **and Laurence Guinness**, (*Kids Company*)
- 12:00 – 12:20 pm **Speakers' Panel – Questions and Discussion**
- 12.20pm – 1.40pm **LUNCH**
- Chair – Afternoon Plenary Session: Lucy Jones** (*Dietitian and Broadcaster*)
- 1.40pm – 2.10pm **Mothers' Diets in Pregnancy, Maternal Anxiety and Depression, and Children's Mental Health: An update from the ALSPAC study**
Captain Joe Hibbeln (*NIH*) **and Dr Pauline Emmett** (*University of Bristol*)
- 2.10pm – 2.40pm **Nutrition and Eating Disorders**
Dr Agnes Ayton (*Consultant Child & Adolescent Psychiatrist, NHS Oxford*)
- 2.40pm – 3.00pm **Omega-3 DHA and Sleep**
Professor Paul Montgomery (*Centre for Evidence-Based Intervention, University of Oxford*)
- 3.00pm – 3.20pm **REFRESHMENT BREAK**
- 3.20pm – 3.45pm **Anxiety, Food and Children's Diets – Clinical and Educational Perspectives**
David Rex (*Lead Child Health Dietitian, Highland Council*)
- 3.45pm – 4.05pm **Nutrition and Health - Are Children Getting a Raw Deal?**
Neville Rigby (*Convener, International Obesity Forum, and Former Director of Policy and Public Affairs of the International Obesity Task Force*)
- 4.05pm – 4.25pm **Speakers' Panel – Questions and Discussion**
- 4.25pm – 4.30pm **Closing Comments**

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