

Title: Older People, Public Health and the Eatwell Guide

Date: 27 March 2020

Provisional Programme

Time	Length	Type of presentation	Talk	Name
9.00	30 mins	Arrive/ sign in/ tea and coffee		
9.30	10 mins	Welcome		Lord Balfe
9.40	30 mins	Lecture	Challenges of healthy eating message for older people	TBC Public Health England
10.10	30 min	Lecture	Heart health in older adults – what are the nutritional priorities	Dr Tom Butler Senior Lecturer in Nutrition and Dietetics University of Chester
10.40	20 mins	Break/exhibitors/tea and coffee		
11.00	30 mins	Lecture	Anorexia of aging and the obesity paradox	Dr Natalie Cox Clinical Research Fellow University of Southampton
11.30	30 mins	Lecture	Plant-based protein and muscle mass in older adults	Heather Russell RD The Vegan Society
12.00	30 mins	Activity	Round table	1. Cook together eat together 2. Soil Association 3. Healthy Ageing Programme 4. Diabetes and malnutrition
12.30	60 mins	Lunch/exhibitors		
13.30	60 mins	Workshop	Adapting 'healthy eating for older people' resource	Joanna Instone RD Policy Officer for England BDA
14.30	20 mins	Break/exhibitors/tea and coffee		
14.50	30min	Lecture	Update from European Federation of the Association of Dietitians	Stacey Jones, RD Associated Professor Coventry University
15.20-15.40	20 mins	Summary and Close	Talk	Sarah Wren Chef Executive Hertfordshire Independent Living Service

For OPSG and PHSG members, the study day will be followed by:

OPSG AGM and PHSG AGM
15.50 – 16.20