

A conference for health and nutrition professionals



WHAT'S NEW . . .

... FOR
THE GUT
& GUT
HEALTH?

PROGRAMME

5:00pm Arrival of delegates and refreshments

5:45pm **Professor Sean Strain, OBE**
ULSTER UNIVERSITY

Chairperson's introduction

5:50pm **Professor Thom Huppertz**
WAGENINGEN UNIVERSITY AND RESEARCH

**Lactose for health and nutrition:
breakthrough innovation or old news for
new people?**

6:20pm **Professor Orla O'Sullivan**
TEAGASC FOOD RESEARCH CENTRE AND UNIVERSITY COLLEGE CORK

**No guts, no glory: a role for the microbiome
in athletic performance?**

6:50pm **Gráinne O'Higgins**
SPORT IRELAND INSTITUTE

**Reducing the revolving door of IBS
referrals: more than just FODMAPs**

7:20pm **Professor Alex Miras**
ULSTER UNIVERSITY

**Gut hormones: new insights on the effects
on metabolism, appetite and food intake**

7:50pm **Q&A**
8:00pm Close

5:45pm **25th April 2024** W5, ODYSSEY BELFAST

BIOGRAPHIES

Professor Thom Huppertz

Thom Huppertz holds an MSc from Wageningen University and a PhD from University College Cork. His research career includes academic and industrial research in the field of dairy science and technology, and has spanned many dimensions. From products to processes, and their interactions, from biosynthesis of milk to digestion of milk constituents in the human body, and from product and process optimization to the role of milk and dairy products in sustainable food systems. He currently combines the roles of Professor of Dairy Science and Technology at Wageningen University, Principal Scientist at FrieslandCampina, Distinguished Visiting Professor at Victoria University, Visiting Professor at the State Key Lab of Dairy Biotechnology and Editor-in-Chief of International Dairy Journal.

Professor Orla O'Sullivan

Orla O'Sullivan is a Senior Computational Biologist in Teagasc Food Research Centre, Ireland and Principal Investigator with VistaMilk and APC Microbiome Ireland. She is scientific advisor with SeqBiome and sits on the scientific advisory board of Open Research Europe. In 2019, she was awarded the highly prestigious SFI Early Career Researcher of the Year. Currently she is vice-coordinator of EU project DOMINO and a partner on the EU project CoDiet.

Her research focuses on elucidating the microbiome from various environments including human gut and lung, soil, rumen and food. Of particular interest to her is the role of fitness and diet on the human gut microbiome both in healthy and diseased cohorts. This research has led to collaborations with many sporting bodies including the Irish Rugby Football Union, Cricket Ireland, Sports Ireland and English Premiership teams.

Gráinne O'Higgins

Gráinne O'Higgins is an Advanced Practitioner Dietitian for the National Health Service (NHS) and is a member of the British Dietetic Association (BDA). She has 7 years' experience working in the area of Gastroenterology and, in particular, with individuals suffering from Irritable Bowel Syndrome (IBS). She also holds a post graduate diploma in Sports Nutrition and works for Sport Ireland Institute where she carries out the role as Gut Health Specialist Dietitian, providing evidence-based nutrition advice and support to high performance athletes with gut disorders. She is a registered Practitioner with Sports and Exercise Nutrition Register (SENr) and is nationally recognised for her work in sports nutrition. Grainne will be supporting Irish athletes this summer in Paris for the 2024 Olympic games.

Professor Alexander Miras

Alexander Miras is Professor of Endocrinology at Ulster University and works clinically at the Western Health and Social Care Trust, based at Altnagelvin hospital. He is a former Senior Clinical Lecturer and Consultant in Endocrinology at Imperial College London.

His clinical and research work focus solely on obesity and type 2 diabetes. He has contributed to the clinical management and research in obesity over the last 14 years, through his work at a high throughput Obesity Centre. The specialist interests of his research Group are the mechanisms of action of interventions for obesity, focusing on pharmacotherapy, medical devices and obesity surgery. He is Chair of the Clinical Committee of the Association for the Study of Obesity and of the National Bariatric Surgery Registry Research Committee and his objective is to setup obesity management services in Northern Ireland.

Professor Sean Strain

Sean Strain is Emeritus Professor of Human Nutrition at Ulster University. He is the founder and former director of the Nutrition Innovation Centre for Food and Health (NICHE) at Ulster. He is an author of over 300 peer-reviewed research publications and has attracted over £38M in external research funding during his career.

In 2002, he was elected a member of the Royal Irish Academy. He is a Fellow and former President of The Nutrition Society, and in 2014 he was awarded an OBE for services to nutrition research and education. He was President of the Board of the European Nutrition Leadership Programme, Vice-Chairman, Panel on Dietetic Products, Nutrition and Allergies (NDA), and Chairman of the NDA Working Group on Claims, European Food Safety Authority. He chaired the International Science Advisory Panel for the New Zealand Government funded, High Value Nutrition Programme.

BOOKING

There is no charge for this event.

Places will be allocated on a first come, first served basis. Bookings should be made no later than Friday 19th April.

To reserve your place, please fill out our online booking form at: www.dairycouncil.co.uk/news

Or respond with your details to nutrition@dairycouncil.co.uk

For further information please contact:
Dr Carole Lewis - 07740 683 999
or Dairy Council for Northern Ireland on 028 9077 0113



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