



**NUTRITION SOCIETY MEETING**  
*hosted by*  
**THE SCOTTISH SECTION**

**West Park Conference Centre,  
Dundee, Scotland, UK  
Thursday 27 and Friday 28 March 2008**

---

**Behavioural nutrition and energy  
balance in the young**

**Programme**

**This meeting is approved for up to 8.5 credits  
under the Continuing Medical  
Education (CME) Scheme by all  
UK Medical Royal Colleges.  
BDA credits applied for.**

## THE NUTRITION SOCIETY

A company limited by guarantee  
Registered in Cardiff No. 1274585  
Registered Charity No. 272017

### Registered Office

10 Cambridge Court  
210 Shepherds Bush Road  
London W6 7NJ, UK

Telephone: +44 (0)20 7602 0228  
Facsimile: +44 (0)20 7602 1756  
Website: [www.nutritionociety.org](http://www.nutritionociety.org)

### MEETINGS

This meeting is open to Members of The Nutrition Society and other individuals paying the appropriate registration fee. The proceedings of the meeting may not be published, nor communicated to any person except by direct negotiation with and agreement of the Nutrition Society. Press enquires for this meeting should be addressed to Dr Diane Jackson, Rowett Research Institute, Greenburn Road, Bucksburn, Aberdeen AB21 9SB; e-mail: [d.jackson@rowett.ac.uk](mailto:d.jackson@rowett.ac.uk); telephone: +44 [0]1224 712 751 Ext 2505.

### GENERAL INFORMATION

**Venue:** West Park Conference Centre, 319 Perth Road, Dundee DD2 1NN, UK;  
telephone: +44 [0]1382 647 171; website: [www.westparkcentre.com](http://www.westparkcentre.com)

**Maps/Travel Information:** West Park Conference Centre is approximately 2 miles west of the centre of Dundee and the railway station. Dundee airport is located one mile away with daily flights to London City Airport [[www.scotairways.com](http://www.scotairways.com)]. For further details see the West Park website at [www.westparkcentre.com](http://www.westparkcentre.com). All registrants will be provided with a location map; this will be sent out with acknowledgement of booking.

**Accommodation:** A list of nearby hotels is available on the website [www.westparkcentre.com](http://www.westparkcentre.com). Further information, including hotel booking service is available from the Dundee and Angus Tourist Information Centre, website: [www.angusanddundee.com](http://www.angusanddundee.com); e-mail: [Dundee@visitscotland.com](mailto:Dundee@visitscotland.com); telephone +44 [0]1382 527 527.

**Social Functions:** Ceilidh Thursday 27 March 7.00pm until late. The ceilidh will be held in the spectacular and recently refurbished Upper College Hall, University of St Andrews, Fife. Transport has been arranged for delegates who wish to avoid driving to St Andrews. The bus will leave West Park Centre at 6.30pm. The ceilidh will include a band and buffet and there will be bar facilities available. The cost of a ticket for the ceilidh is £25.00. Price includes transport to and from the venue. Dancing will take place in Upper College Hall and the buffet will be served in lower College Hall. This promises to be a thoroughly enjoyable evening. Bring your kilts and dancing shoes!

**Enquiries:** Full information and abstracts available online at: [www.nutritionociety.org](http://www.nutritionociety.org)

Further particulars concerning attendance at and organization of this meeting may be obtained from the Conference Manager, The Nutrition Society, PO Box 485, Tring, Hertfordshire, HP23 6YT, UK; e-mail: [e.costin@nutsoc.org.uk](mailto:e.costin@nutsoc.org.uk); telephone : +44 [0]1442 825 568.

### Original Communications [posters only] submission deadline: 21 January 2008:

Abstracts of Original Communications must be submitted online using the electronic submission form available at [www.nutritionociety.org](http://www.nutritionociety.org). Completion of this form includes electronic submission of copyright and, for Nutrition Society student members, confirmation of supervisor's support. Original Communications should comply with current guidelines and must be attached, using the template provided, to the submission form, during the submission process. A student prize will be awarded for the best Original Communication. Please note that Original Communications will be presented as posters only.

The programme of Original Communications and their unedited abstracts of communications accepted for this meeting will be available on the Society's website: [www.nutritionociety.org](http://www.nutritionociety.org). The printed Original Communications programme and abstract booklet will be distributed at registration.

### Local Organiser:

Dr Diane Jackson, Rowett Research Institute, Greenburn Road, Bucksburn, Aberdeen AB21 9SB; e-mail: [d.jackson@rowett.ac.uk](mailto:d.jackson@rowett.ac.uk); telephone: +44 [0]1224 712 751 Ext 2505.

Dr Margaret Ritchie, Herbal Medicine Research Unit, School of Life Sciences, 74 Canaan Lane, Napier University, Edinburgh EH9 2TB; e-mail [mrr3@tesco.net](mailto:mrr3@tesco.net); telephone : +44 [0]1382 534 206.

## Programme

### *Behavioural nutrition and energy balance in the young*

THURSDAY 27 MARCH 2008

- 09.30 - 10.30 Registration and Coffee
- Morning session **Chair: Dr Diane Jackson** (Rowett Research Institute, Aberdeen, UK)
- 10.30 - 11.00 **Professor Tim Lobstein** (International Obesity Task Force, London, UK)  
*The child obesity crisis: what can be done and who will do it?*
- 11.00 - 11.30 **Professor Johannes Brug** (Amsterdam, The Netherlands)  
*Personal and environmental determinants of nutrition behaviours: theory, evidence, and implications for programmes and policy.*
- 11.30 - 12.00 **Professor John Reilly** (University of Glasgow, UK)  
*Physical activity, sedentary behaviour, and energy balance in the pre-school child.*
- 12.00 - 13.00 **Poster session 1: Chair: Dr Dean Sewell**  
(Heriott Watt University, Edinburgh, UK)
- 13.00 - 14.00 Lunch
- Afternoon session **Chair: Dr Jos Houdijk** (Scottish Agricultural College, Edinburgh, UK)
- 14.00 - 14.30 **Dr Geraldine McNeill** (Rowett Research Institute, Aberdeen, UK)  
*Sugar and saturated fat intake in relation to socio-economic status in Scottish school children.*
- 14.30 - 15.00 **Professor Julian Mercer** (Rowett Research Institute, Aberdeen, UK)  
*Models and mechanisms of energy balance regulation in the young.*
- 15.00 - 15.30 **Dr Walter Gerrits** (Wageningen University, The Netherlands)  
*Influences of dietary fibre on physical activity and behaviour.*
- 15.30 - 16.00 Tea/Coffee
- 16.00 - 17.00 Student Careers Speed Dating Session.
- 19.00 - late Ceilidh and buffet.

## FRIDAY 28 MARCH 2008

- Morning session **Chair: Dr Derek Stewart** (Scottish Crop Research Institute, Dundee, UK)
- 09.30 - 10.00 **Dr Susan Carnell** (University College, London, UK)  
*Appetitive traits and adiposity in children.*
- 10.00 - 10.30 **Dr Carl-Erik Flodmark** (University Hospital, Malmo, Sweden)  
*Childhood obesity - from nutrition to behaviour.*
- 10.30 - 11.00 Tea/Coffee
- 11.00 - 12.30 **Workshop 1: Chair: Dr Derek Stewart**  
(Scottish Crop Research Institute, Dundee, UK)
- 11.00 - 11.20 **Dr Annette Hudson** (AH Consultancy, Halifax, UK)  
*How European directives have affected exercise and nutritional supplements in the young.*
- 11.20 - 11.40 **Dr Heather Peace** (FSA, Scotland)  
*Developing nutritional standards for food and drink provision in Scottish schools.*
- 11.40 - 12.00 **Infant Nutrition Co-ordinator** (Scottish Government)  
*Ensuring the best possible start: promoting nutrition in the early years - a policy perspective.*
- 12.00 - 12.30 Discussion
- 12.30 - 13.30 Lunch
- 13.30 - 14.00 Scottish Section AGM
- Afternoon session
- 14.00 - 15.00 **Poster session 2: Chair: Dr Jos Houdijk**  
(Scottish Agricultural College, Edinburgh, UK)
- 15.00 - 15.30 Tea/Coffee
- 15.30 - 16.30 **Workshop 2: Chair: Dr Margaret Ritchie** (Napier University, Edinburgh, UK)
- 15.30 - 15.50 **Mr Alan Clarke** (Active Schools Manager, Dundee City Council)  
*Active schools in Dundee.*
- 15.50 - 16.10 *Pupils views on initiatives in schools.*
- 16.10 - 16.30 Discussion.
- 16.30 Closing.