

Nutrition for healthcare professionals:

Achieving healthcare through diet

To be held in Istanbul, Turkey and online on the 25th and 26th of May, 2022



Please Note: All session times are listed in UK Local Time.

25th May 2022

08:00-08:15 **Welcome and introduction**

Keynote 1

08:15-09:00 The role of nutrition in maintaining good health
Professor John Mathers, University of Newcastle, UK

Session 1 The case for nutrition education

09:00-09:30 The power of interventions – the example of Finland: The North Karelia Project.
Professor Erkki Vartiainen, Finnish Institute for Health and Welfare, Finland

09:30-10:00 Nutrition, immune function and health in the time of COVID 19
Professor Serhat Unal, Hacettepe University, Turkey

10:00-10:15 Panel discussion

10:15-10:45 *Break*

Session 2 The nutritional status of the UK and Turkish populations

10:45-11:15 The nutritional status of the UK population. Overview of the key issues and examples of initiatives to address them
Dr Alison Tedstone - Office of Health Improvement and Disparities, Department of Health and Social Care, England

11:15-11:45 The nutritional status of the Turkish population. Overview of the key issues and examples of initiatives to address them
Professor Halit Tanju Besler, İstanbul Kent University, Turkey

11:45-12:00 Panel discussion

12:00-13:00 *Lunch*

Session 3 Focus on obesity, diabetes and hidden hunger

13:00-13:30 Public health initiatives to address obesity and diabetes in Turkey
Professor İlhan Satman, İstanbul University, Turkey

13:30-14:00 Diabetes No More! Evidence-base weight management and remission of type 2 diabetes: the DiRECT trial
Professor Mike Lean, University of Glasgow, UK

14:00-14:30 Hidden Hunger: Global Challenges and Novel Solutions
Professor Nicola Lowe, University of Central Lancashire, UK

14:30-14:45 Panel discussion

14:45-15:00 End of session

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Keynote 2

08:00-08:45 New molecular and architectural determinants of metabolic regulation in health and disease
Professor Gökhan Hotamışlıgil, Harvard University, USA and Sabri Ülker Foundation

Session 4 - Government initiatives in Turkey and the UK

08:45-09:15 Overview of the health literacy of the Turkish population
Professor Mine Durusu, Hacettepe University, Turkey

09:15-09:45 Recent activities of the Turkish Ministry of Health
Dr Nazan Yardım, Turkish Ministry of Health

09:45-10:15 Recent activities of the UK Scientific Advisory Committee for Nutrition (SACN)
Professor Julie Lovegrove, University of Reading, UK

10:15-10:30 Panel discussion

10:30-11:10 *Break*

Session 5 - Nutrition education initiatives – Sabri Ülker Foundation and the British Nutrition Foundation BNF

11:10-11:40 Initiatives of the British Nutrition Foundation
Ms Claire Theobald, British Nutrition Foundation, UK

11:40-12:10 Initiatives of the Sabri Ülker Foundation, İstanbul, Turkey
Begum Mutuş, General Manager of Sabri Ülker Food Research Foundation

12:10-12:25 Panel discussion

12:25-13:30 *Lunch*

Session 6 – Round table discussion and workshop

13:30-14:30 Identifying examples of best practice, highlighting resources for healthcare professionals – currently available and developing a 'wish list'.
Moderator - Professor Ali Atif Bir, Bahçeşehir University, Turkey