



Tbilisi International Conference



Nutrition and Public Health

Reviewing the current status: Inspiring improvements

3-4 October 2023

(Hybrid conference)

'Let food be thy medicine and medicine be thy food'

Hippocrates, c400 BC

Conference Programme

Tuesday 3 October

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Welcome Letter

It has been estimated that poor diet is responsible for approximately **11 million deaths** and **255 million disability-adjusted life years** annually around the world. Changes in eating habits in the last 2 decades in Georgia and neighboring countries have created additional health challenges as elsewhere.

Against this backdrop the Georgian Nutrition Society continues to focus on an integrated approach to achieving and maintaining good health via optimum nutrition and physical activity.

Our partner society, the Nutrition Society of Great Britain and Ireland will again collaborate with us in the organisation of this timely conference. We also are very pleased to announce that the Sabri Ülker Foundation, a leading science-based organisation making a significant contribution towards improving public health in Türkiye and beyond, will join us. Both groups will draw on their international network of eminent scientists to help develop a programme which is best suited to the theme of the conference. We are optimistic that this and anticipated future collaborations will be of great benefit to our region and beyond.

Aims and objectives

- To review the role of diet and nutrition in health and non-communicable diseases,
- Raising awareness of the role and importance of nutrition in the health and welfare of society,
- Emphasising the need for relevant, up-to-date, science-based education accessible to all stakeholders,
- To become familiar with the *status quo* in Georgia and elsewhere,
- To learn about inspiring initiatives that have made a positive difference and,
- Above all to identify opportunities for improving the situation in Georgia and beyond.

Who will attend the conference

Delegates having a variety of backgrounds from Georgia, Turkey and the UK with a particular interest in nutrition. Among them will be nutritionists, public health workers, general practitioners, and other healthcare professionals as well as students, media representatives and others having the potential to make a positive difference to society.

Programme

Tuesday 3 October 2023

9.30 am Registration

10.00 am Welcome

SYMPOSIUM I

NUTRITION – IMPLICATIONS FOR PUBLIC HEALTH

10.10 am **Comparing the health and nutrition status of the UK and Turkish populations and examples of initiatives to improve the situation** Dr. Julian Stowell, *Science Committee Member Sabri Ülker Foundation*

10.40 am **The obesity epidemic in Europe** Prof. Diána Bánáti, *Vice-Dean for Science, University of Szeged, Sabri Ülker Foundation.*

11.10 am **Nourishing Georgia's future: Assessing nutritional status and empowering healthy choices amidst Western influences** Eka Bobokhidze (*ANutr*) *Georgia*

11.40 am Coffee break

12.00 am **Keynote Presentation: Global challenges for nutrition and health (virtual)** Prof. John Mathers, *Human Nutrition & Exercise Research Centre, Faculty of Medical Sciences, Newcastle University, UK*

12.30 am **Protein requirements change with age and chronic disease: how can we meet them sustainably (virtual)** Professor Bernard Corfe, *Human Nutrition and Health, Newcastle University, UK*

1.00 pm Lunch break

SYMPOSIUM II:

NUTRITION AND PUBLIC HEALTH - PERSPECTIVES AND CONSIDERATIONS, PLANS FOR FUTURE DEVELOPMENTS FOR GEORGIA

- 2.00 pm **Mediterranean diet and risk of dementia (virtual)** *Oliver Shannon, Human Nutrition & Exercise Research Centre, Faculty of Medical Sciences, Newcastle University, UK*
- 2.30 pm **Nutritional education programme for adults to address malnourishment among children: The Georgian case study**
Rusudan Gvamichava (ANutr) Georgia
- 3.00 pm **Nutrition education for family physicians: an example from Türkiye**
Prof E Nur Baran Aksakal, Department of Public Health, Gazi University Faculty of Medicine
- 3.30 pm **Coffee break**
- 3.40 pm **An industry perspective on achieving improvements in the nutritional status of society**
Dr Caroline Saunders – Senior Director global health and wellness, pladis Global
- 4.10 pm **Developing nutrition and nutritional science in Georgia – important considerations for public health**
Dr Manana Stanley – Georgian Nutrition Society, President
- 4.30 pm **The role of nutritionists and dietitians in Public Health in the UK**
Avril Aslett-Bentley, Consultant Registered Dietitian and Nutritionist, member of the Public Health Specialist Committee, British Dietetic Association
- 5.00 pm **Discussion and Closing remarks**

Programme – day 2

Wednesday 4 October 2023

The second day will offer a series of workshops. These may be held in parallel sessions with the conclusions presented to the plenary group

10.00 -11.00am **Workshop 1**

Developing and delivering a nutrition curriculum for medical professionals

Professor F Nur Aksakal, Department of Public Health, Gazi University.

Reviewing the situation in Georgia: status of nutrition education for medical students, family physicians. Learning from elsewhere including the family physicians initiative in Türkiye

11.00 – 11.30am **Coffee break**

11.30am-12.45 pm **Workshop 2**

The role of the food industry in helping to achieve optimum nutrition

The food industry has a pivotal role in ensuring that safe and nutritionally sound food is available to consumers at a price they can afford and with the information needed for them to make informed choices. This workshop will highlight recent successes and identify opportunities for improvement.

Caroline Saunders, Senior Director global health and wellness, pladis Global, UK

12.45pm – 1.30pm **Lunch**

1.30pm - 3.30pm **Workshops 3 & 4**

Developing and delivering a nutrition curriculum in schools in Georgia, including media education initiatives

How to raise awareness of the role of nutrition in maintaining and achieving optimum health. Drawing on the example of the Balanced Nutrition Education Programme in Türkiye and initiatives to ensure that media representation of nutrition is accurate and understandable by consumers.

Begüm Mutus, Board Member, Yildiz Holding and General Manager, Sabri Ülker Foundation

Nutrition education for parents

Discussion of the current situation of nutrition knowledge of parents in Georgia, the need for reliable information, focus on future opportunities, how to engage with potential stakeholders
Rusudan Gvamichava, University of Westminster

3.30pm - 4pm **Plenary**

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Academics, government ministers, clinicians, public health leads, representatives of farming industries and food companies, students will be invited to take part in the workshops. In the closing presentation by the GNS there will be discussion on Tbilisi/Batumi/ Bakuriani as a potential international conference venue in 2024 and the possibility of establishing a regular Forum on Nutrition and Health - Georgia (FNHG). This forum will provide a platform for academics and health professionals together with policymakers, farming industries and food companies in the region and beyond, to share knowledge from across multiple disciplines for the benefit of all.

Conference organisers

- The conference is organised by the Georgian Nutrition Society with the help of the Nutrition Society (Great Britain and Ireland) and the Sabri Ülker Foundation, Türkiye
- G. Natadze Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology is hosting workshops on October 4.

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