Food. The future Medicine
Thursday 14th September 2017
The Royal Society of Medicine

AGENDA

9:00 Food – From forgotten to future Medicine
Dr Michael Dixon, Chair, College of Medicine

9.05 Premiere of ‘Food For Thought’ a news and current affairs style programme from the College of Medicine in partnership with ITN Productions

9:10 Introduction from Conference Chair
Dr Phil Hammond, NHS Doctor, Journalist, Broadcaster and Campaigner

RECENT DEVELOPMENTS

9:15 What is new from the USA. Video from Dr Andrew Weil, University of Arizona.


9:45 Food for thought. Microbes, diet and the healthy brain Professor John Cryan, University College Cork

10:05 Protecting the next generation – bring back milk! Professor Margaret Rayman, Professor of Nutritional Medicine, University of Surrey

10:25 Group discussion

10:40 Refreshments

HOT TOPICS

11:10 Meat and two veg – but which meat? Patrick Holden, Farmer and Chief Executive, Sustainable Food Trust
Professor Joe Millward, Professor of Human Nutrition, University of Surrey

11:40 Intermittent Fasting – How effective is it for helping weight loss, cancer and other health problems? Dr Michelle Harvie, Research Nightingale and Prevent Breast Cancer Research Centre, University Hospital South Manchester

11:55 Is dairy good or bad? What advice should we be giving patients on eating dairy products? Professor Ian Givens, Professor of Food Chain Nutrition, University of Reading

12:05 Practical learning from abroad – cooked or raw? What can we learn from the East Dr Eleni Tsiompanou, Palliative Medicine Consultant, Nutritional Medicine Specialist, London
12.15 It’s not what we eat but how we eat - lessons from the Chinese health tradition
Peter Deadman, Co-founder of Infinity Foods and the Brighton Natural
Health Centre charity

12:35 Panel discussion beginning with College of Medicine Soapbox Session
(ten 30 second food suggestions from conference delegates)

13:00 Lunch

FUTURE FOOD IN PRACTICE

14:00 The Doctor’s Kitchen. Practical Demonstrations
Dr Rupy Aujla, NHS GP who started the Doctor’s Kitchen

14.30 Eat Well Guide - demonstration of the very latest nutrition research
Rachel Manners, Nutrition Advice Team Leader, Diet and Obesity Team,
Public Health England

14.50 Detecting, treating and preventing poor nutrition in hospital and community.
Caroline Lecko, NHS Improvement

15:10 The Lambeth GP Food Co-operative : An experiment in supplying locally
grown food to the NHS
Ed Rosen, The Lambeth GP Food Co-op.

15:25 Changing the conversation in general practice – five practical food interventions
that will be game changers for patients and GPs. This will include interventions
for hypertension, irritable bowel disease, diabetes/hyperlipidaemia, osteopenia/
osteoporosis, cancer and GORD
led by Dr Catherine Zollman, GP and Cancer Lead at Bristol CCG and Lead
Doctor, Penny Brohn UK

15:50 General discussion

16:00 Refreshments

16:30 Where next? Each member of the panel will “pitch for the future”
followed by a facilitated discussion with the audience
Led by Simon Tuckey, Ambassador to the Food Industry for the
College of Medicine
Members of the College of Medicine Food Forum
Robert Craig, “Farmer of the Year” 2014
Ian Wright, Director General, Food and Drink Federation
Moira Howie, Manager, Nutrition & Health, Waitrose
Ally Jaffee, Bristol Medical Student and Student Nutrition lead for the
College of Medicine

17:30 Reflections on the Day – Conference Chair
Dr Phil Hammond, NHS Doctor, Journalist, Broadcaster and Campaigner
Carrie Grant, Broadcaster, Patient and Carer
Dr Rangan Chatterjee, Doctor, Lifestyle medicine innovator,
Progressive Medicine

17:45 Drinks Reception for all those attending