



Food and Behaviour Research Conference

Feeding Success: Why Better Nutrition is Vital for Improving Mental Health and Performance

A one-day conference for professionals, policymakers and the public

Thursday, 23rd September 2010
9.15am to 4.30pm

at The Saïd Business School, Park End Street, Oxford OX1 1HP



An essential conference for:

- Education Professionals
- Health Professionals
- Policy Makers
- Parents and carers
- Local Authority Staff
- Social Workers
- Justice System Workers
- School Meal Providers
- Food Producers
- Food Marketing Organisations
- Voluntary Organisations

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ABOUT THE CONFERENCE

An exceptional opportunity to hear from a panel of top experts, researchers and practitioners about how nutrition affects behaviour, learning and mood

- **What are the real consequences of 'junk food diets'? Find out the truth about the food we consume, and what research shows it's doing to our brains, as well as our bodies.**
 - **Learn how nutrition critically affects brain development and psychological functioning – and how diet at any age impacts on mental health, wellbeing and performance.**
 - **Could better nutrition really reduce anti-social behaviour, boost children's learning, or reduce stress and depression? And can diet help parents and professionals manage conditions like dyslexia, ADHD or autism? What does the scientific evidence show?**
 - **How can you encourage healthy food choices at home, at school and at work? Dealing effectively with food culture, 'fussy eating', poor food choices and food cravings.**
 - **Feeding a better future: Could some simple dietary changes actually help to resolve many of the problems currently facing practitioners and policy-makers in health, education, social services and criminal justice?**
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SPEAKERS

Dr Alex Richardson, (Senior Research Fellow, University of Oxford; Founder Director, FAB Research; Author of 'They Are What You Feed Them')

'Food and Behaviour: A Critical Overview'

Dr Paul Clayton, (Visiting Fellow, Dept Life Sciences, Oxford Brookes University; Chair of Forum on Food and Health; Author of 'Health Defence' and 'Pharmageddon')

'Pharmageddon: Food, Drugs and The Public Health Crisis'

Prof Michael Crawford, (Director, Institute of Brain Chemistry and Human Nutrition, London Metropolitan University)

'Mothers' Diets and Children's Brains: Why We Can't Afford the Real Costs of 'Cheap' Food'

Prof John Stein, (Professor of Neurophysiology, University of Oxford; Chair, Dyslexia Research Trust)

'Nutrition, Dyslexia and Paying Attention: Good Science, Bad Science and the Medical Perspective'

Dr Paul Montgomery, (Director of the Centre for Evidence-Based Intervention, University of Oxford; Co-Director of FAB Research) with **Dr Alex Richardson**

'Omega-3 for Behaviour, Learning and Mood: What's the Real Evidence?'

Prof Margaret Rayman, (Professor of Nutritional Medicine, University of Surrey)

'Beyond Omega-3: Selenium, Iodine and Vitamin D: More Good Reasons to Eat Fish?'

Bernard Gesch, (Senior Research Scientist, University of Oxford; Director of the research charity Natural Justice)

'Feeding Better Behaviour? Evidence from UK Prison Trials and Implications'

Ap Zaalberg, (Senior Policy Advisor and Expert in Psychiatric Care, Forensic Treatment and Suicide Prevention, Ministry of Justice, The Netherlands)

'Nutrition and Antisocial Behaviour - Research and Policy Initiatives in the Netherlands'

David Rex, (Child Health Dietitian NHS Highland, & Healthy Eating in Schools Co-ordinator)

'Dietary Interventions for ADHD, Autism and Related Conditions: What Works in Practice?'

Lord (Nic) Rea, (Former GP, Chair of All-Party Associate Parliamentary Food and Health Forum)

'Closing Comments – Food, Behaviour and Public Policy: Opportunities and Challenges'



HOW TO REGISTER AND PAY

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Public Sector, Education, NHS, Local Authority, Voluntary Organisations & Charities (with income over £1m):	Full Rate: £165	
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	Early Bird: £115 book by 14 September 10	
FAB Associate Members:	Existing Members Only £80	

If paying by cheque, please make payable to 'FAB Research' and post with booking form to **Food and Behaviour Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL.**

If an invoice is required please complete booking form and email to admin@fabresearch.org with details of where invoice should be sent. Please include a valid purchase order number from your finance department or we will not be able to process your booking.

Terms and conditions: Cancellations confirmed in writing more than 14 days prior to the event will be refunded minus an administration charge of 20%. We regret that no refund can be made after that date, for whatever reason, although substitutions may be accepted if notified in writing before the event. The organisers reserve the right to substitute speakers or venue and make changes to the programme as and where required.