

Nutrition, oral health and performance

Centre for Oral Health & Performance (COHP), UCL Eastman Dental Institute, Institute for Sport Exercise and Health (ISEH) and National Centre for Sport and Exercise Medicine (NCSEM)

Friday 28 July 2017, [UCL Roberts Building](#), Torrington Place, London WC1 E7JE

Join us for a ground breaking, one-day symposium in sport and exercise medicine and oral health. World-leading speakers will explore how to maximise performance and minimise negative performance impacts. The symposium will be highly relevant to sport and exercise medicine clinicians and scientists, nutritionists, performance directors, dental care professionals and researchers.

Programme

0900 - 0915 Welcome: Professor Ian Needleman, Centre for Oral Health and Performance, UCL Eastman Dental Institute

Session 1: Sports Nutrition and performance

Current and emerging concepts in nutrition and performance

0915 - 0945 **What is state of the art & science?**
Dr Kevin Currell, Director of Science and Technology Development, English Institute of Sport

0945 - 1015 **What does the horizon look like?**
Professor. Ron Maughan, Emeritus Professor of Sport Science Nutrition, Loughborough University

1015 - 1030 Q&A

1030 - 1100 Break

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Session 2: Oral health and performance

1100 - 1130 **What do we know about oral health in elite and professional sport?**
Dr Julie Gallagher, Centre for Oral Health and Performance, UCL Eastman Dental Institute

1130 - 1200 **What are the impacts on performance and how can we address these?** Ian Needleman

1200 - 1230 Panel discussion from both morning sessions.

1230-1330 Lunch

Session 3: Sport, Nutrition and health

- 1330 - 1400 **Eating disorders, relative energy deficit and athletes**
Dr Anna Katarina Melin , Assistant professor, PhD, Department of Nutrition, Exercise and Sports, Institute of Preventive and Clinical Nutrition, University of Copenhagen. RD for the Swedish Olympic Committee.
University of Copenhagen, Denmark
- 1400 - 1420 **The impact of sport nutrition on health**
Dr Dan Kings, Lead Nutritionist, Aspetar & Aspire Sports Academy Doha, Qatar
- 1420 - 1440 **The impact of sport nutrition on oral health**
Dr Paul Ashley, Centre for Oral Health and Performance, UCL Eastman Dental Institute, London UK
- 1440 - 1500 Panel discussion
- 1500 - 1530 Break
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Session 4: Summary and consensus statement

Consensus statement on sports nutrition, oral health and performance.

- 1600 - 1610 What do the public think? Results of public engagement:
Dr Julie Gallagher
- 1610 - 1630 Panel discussion
Including athletes, sport and exercise medicine clinicians and scientists, sport nutritionists and oral health experts: What are the key issues and how can we improve health and performance?
- 1630 - 1700 Agree outline of a consensus statement
- 1700 Close & drinks reception