



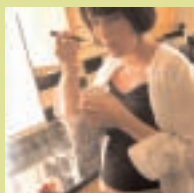
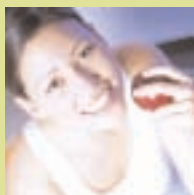
**Start *healthy*
stay *healthy!***

Maternal and child nutrition conference

Tuesday 25 October 2005, King's Hall, Belfast.

Promoting good maternal and child nutrition is vital to improving the health of young families. Those involved in helping parents make informed choices need to ensure they are aware of policy changes and are equipped to empower and support parents to optimise their child's nutrition.

The conference aims to provide up-to-date information on nutrition issues affecting expectant and new parents and will include information on reform of the Food Welfare Scheme and the new guidance in relation to infant weaning. Ultimately it is hoped that professionals and peer groups will benefit from an update on nutrition and that some of the misconceptions about maternal and infant nutrition will be dispelled.





Aim

To update the audience on appropriate current nutrition messages during pregnancy, lactation and early childhood and to raise awareness on the reform of the Food Welfare Scheme, 'Healthy Start', and the new guidelines on weaning at six months.

Potential participants

This conference will be of interest to a range of allied health professionals, including dietitians, paediatric nurses, health visitors and midwives.

Booking

We anticipate that demand for this conference will be high. As places are limited please complete and return the application form by Tuesday 11 October 2005 at the latest.

Cost

There will be no cost to participants for this event.

Date and venue

Tuesday 25 October 2005,
Conference Buildings, King's Hall,
Belfast.

Speakers

Senior Medical Officer,
Department of Health, Social
Services and Public Safety

Wendy Nesbitt,
North and West Belfast Health and
Social Services Trust

Dr Judith Hilton,
Food Standards Agency, London

Gillian Anderson,
United Hospitals Trust

Dr Tony Williams,
St. George's, University of London

Sheila Bodkin,
Altnagelvin Hospital

Dr Andrew Hill,
Leeds University School of Medicine





Programme

- 9.00am Registration
- 9.45am **Update on the Food Welfare Scheme Senior Medical Officer, DHSSPS**
- 10.30am Coffee/tea
- 10.50am **What is optimum nutrition during pregnancy and lactation?** *Wendy Nesbitt, North and West Belfast Health and Social Services Trust*
- 11.20am **Food safety issues during pregnancy and lactation** *Dr Judith Hilton, Food Standards Agency*
- 11.50am **Best practice in breastfeeding support** *Gillian Anderson, United Hospitals Trust*
- 12.10pm **Plenary questions and answers**
- 12.30pm Lunch
- 1.30pm **The evidence to support weaning from six months of age** *Dr Tony Williams, St George's, University of London*
- 2.15pm **Approaches to weaning at six months** *Sheila Bodkin, Altnagelvin Hospital*
- 2.45pm Coffee/tea
- 3.00pm **Influences on children's eating behaviours** *Dr Andrew Hill, Leeds University School of Medicine*
- 3.40pm **Questions**
- 4.00pm **Evaluation and close**

Start *healthy* stay *healthy!*

25 October 2005 **Booking form**

Please complete all details in **BLOCK** capitals. Please photocopy this form for each individual attending.

First name

Surname

Job title

Organisation

Work address

Postcode

Work telephone number

Fax number

Email

Please specify any dietary or access requirements



Health
Promotion
Agency

**Please return this application form before
Tuesday 11 October 2005 to:**

Claire Hind, Training Administrator
Health Promotion Agency for Northern Ireland
18 Ormeau Avenue, Belfast, BT2 8HS
Tel: 028 9031 1611 (voice/minicom)
Fax: 028 9031 1711