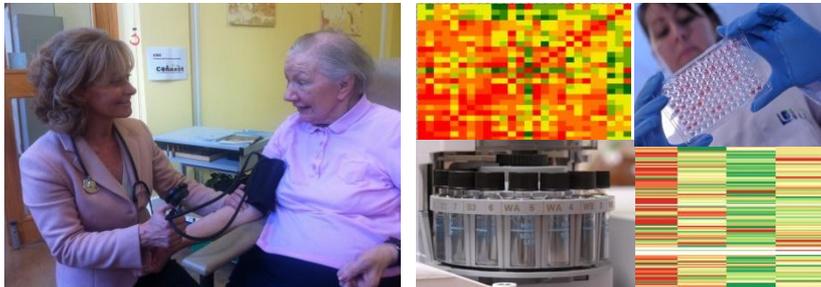


## ABOUT THE PROJECT

The Joint Irish Nutrigenomics Organisation (JINGO) project is a collaborative research effort between 4 universities (UCD, UCC, TCD and UU) assessing 7,000 adults of all ages, healthy and those exhibiting early signs of osteoporosis, heart disease and dementia.

This unique project, encompassing 3 studies, combines traditional public health nutrition data with information collected using advanced tools of molecular biology, to address many questions within this cutting-edge area of personalised nutrition.

Where public health meets innovation



For further information please visit [www.ucd.ie/jingo](http://www.ucd.ie/jingo)

## PROGRAMME

- 9.00 am**      **Registration**
- 9.30 am**      **Welcome**  
Prof. Sean Strain (University of Ulster)  
**Building a research telescope**  
*Prof. Mike Gibney (University College Dublin)*

### Insights from the Metabolic Challenge (MECHE) Study

- 9.45 am**      **Personalising food**  
*Dr. Miriam Ryan (University College Dublin)*  
**Do fats fuel the fire?**  
*Prof. Helen Roche (University College Dublin)*  
**Fitness and the metabolic profile**  
*Dr. Lorraine Brennan (University College Dublin)*

### Findings from the National Adult Nutrition Survey (NANS)

- 10.40 am**    **Epigenetics: how does our diet decorate our genes?**  
*Dr. Eileen Gibney (University College Dublin)*
- 11.00 am**    **Refreshments**

### Trinity-Ulster Department of Agriculture (TUDA) project results

- 11.15 am**    **B-vitamins in our ageing citizens: Is the balance right?**  
*Dr. Anne Molloy (Trinity College Dublin)*  
**Vitamin D and brainpower**  
*Dr. Conal Cunningham (St James Hospital, Dublin)*  
**Nutrition and bone health in older Irish people**  
*Prof. Helene Mc Nulty (University of Ulster)*

- 12.15 pm**    **Public Discussion**

- 1 pm**        **Close of Symposium & Lunch**