### Programme Overview

This workshop will examine the roles of biology, eating behaviour and the environment on what we eat. The event will welcome a range of national and international speakers who will present on current research looking at the various influences on appetite from genetics to the environment. Keynote speaker is Professor Jason Halford, who is Head of the Department of Psychological Sciences at the University of Liverpool and who has extensive experience regarding the determinants of appetite, eating behaviour and weight management.

### Who should attend?

This event will be of interest to those working in obesity related areas in the voluntary community sector, academia, industry and government departments.

### How to register

Please click [here](#) to register. If you are unable to attend we would be grateful if you could let us know as soon as possible.

### Find out more

For more information about this event

E-mail: events@safefood.eu

Call: (NI) 0800 085 1683

(ROI) 1850 40 4567

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**Time** | **Programme** | **Speaker**
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9.30am–10.00am | Registration with tea & coffee |  
10.00am–10.10am | Welcome by safefood | Mr Ray Dolan safefood  
10.10am–11.40am | Session 1 Chair: Dr Grace O’ Malley  
10.10am–10.50am | Biological, psychological and environmental triggers of eating behaviour | Prof Jason Halford University of Liverpool  
10.50am–11.10am | Genetic influences on appetite and children’s nutrition | Dr Clare Llewellyn University College London  
11.10am–11.30am | Habit and unconscious food behaviours | Dr Mary McCarthy University College Cork  
11.30am–11.50am | Break |  
11.50am–1.00pm | Session 2 Chair: Prof Jason Halford  
11.50am–12.15pm | Family environmental influences on children’s eating behaviour and appetite | Dr Faye Powell University of Bedfordshire  
12.15pm–12.35pm | Exercise and appetite regulation | Dr David Stensel Loughborough University  
12.35pm–12.55pm | A calorie is not a calorie; how taste, texture and energy density affect satiation and energy intake | Prof Kees de Graaf Wageningen University  
12.55pm | Closing remarks | Mr Ray Dolan safefood  
1.00pm–1.30pm | Lunch and Networking |  
1.30pm–3.30pm | Closed Forum Meeting |  

For detailed directions to the Spencer Hotel please visit [www.thespencerhotel.com](http://www.thespencerhotel.com)

A workshop hosted by the All-island Obesity Action Forum supported by safefood, the Association for the Study of Obesity on the Island of Ireland and the Association for the Study of Obesity (UK).