

# Ulster Satellite Event on Precision Nutrition

**Date:** 05 November 2025  
**Time:** 10:00 to 17:00 CEST  
**Location:** Room H215, Ulster University, Coleraine Campus, Northern Ireland & Virtual



Time	Session Details/ Speakers	Talk Title
<b>09:30-10:00</b>	Registration	
<b>10:00-10:15</b>	Pauline Douglas & Shumone Ray	Welcome & Intro
<b>10:15-10:30</b>	Martin Kohlmeier	Why One Size Does Not Fit All in Nutrition Practice
<b>10:30-10:45</b>	Helene McNulty	MTHFR, Blood Pressure and Women's Health – Why Riboflavin is Crucial
<b>10:45-11:00</b>	Mary Ward	Co-centre for Sustainable Food and Precision Nutrition
<b>11:00-11:15</b>	Tea/Coffee Break	
<b>11:15-11:30</b>	Sara Mahdavi	Implementation of Precision Nutrition in Clinical Practice Today
<b>11:30-11:45</b>	Sarah Armes & Jenneffer Braga	NSHD 1946 British Birth Cohort and Neuroprotection in Clinical Practice
<b>11:45-12:00</b>	*Catherine Hughes	Precision Nutrition, Apoe E4 and Cognitive Health: Evidence From the TUDA Cohort
<b>12:00-12:15</b>	Shane Gordon	Parkinson's Disease: From the Gut to the Brain
<b>12:15-12:30</b>	BrianOg Murphy/Chris Gill	MAEVE: Microbiota Mediated Flavanoid Metabolites for Cognitive Health
<b>12:30-13:00</b>	Panel Discussion/Q&A Co-chair: Melina Jampolis and Sumantra Ray	
<b>13:00-13:15</b>	Kirsty Pourshahidi	Remarks on behalf of the School of Biomedical Sciences   CABI Food & Nutrition Sciences
<b>13:15-14:15</b>	Lunch Break	
<b>14:15-15:30</b>	Rajna Golubic	GLP1 Agonists: Setting the Scene
	Martin Kohlmeier	Genetics of Responsiveness to GLP1A Agonists
	Sumantra Ray	GLP-1s & Population Health: Challenges and Opportunities
	Melina Jampolis	GLP-1s: Key Insights from Clinical Nutrition Practice
<b>15:30-15:45</b>	Tea/Coffee Break	
<b>15:45-16:30</b>	<b>Breakout Room: Topic A</b> Next Steps in Implementing Precision Nutrition: From Research to Practice	<b>Breakout Room: Topic B</b> The Impact of GLP-1s: From Awareness to Action
<b>16:30-17:00</b>	Breakout Rooms Discussion& Wrap-Up	

\*Lead Event organiser for Ulster University/NICHE

BMJ Group

BMJ Nutrition,  
Prevention & Health



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TEACHING  
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