

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

\*Lead Event organiser for Ulster University/NICHE

