



Winter Conference 2023

Event Overview

AT A GLANCE

Multimorbidity, broadly defined as the co-existence of two or more chronic conditions in one individual, is a major global health challenge. Here in England, it is projected that two-thirds of adults aged 65 years and over will be living with multiple long-term conditions by 2035. The growing problem of multimorbidity is linked to increasing lifespans, socioeconomic and lifestyle-related risk factors, including poor diet and physical inactivity.

The Winter Conference explored pathways for prevention of multimorbidity across the life course, the role of ageing, the gut-brain-heart connection, and lifestyle strategies for prevention and management of multimorbidity. It also considered machine learning and precision nutrition approaches for addressing research challenges in multimorbidity. Furthermore, the conference provided an opportunity to discuss how we could best take forward future research to address this global health priority.

CONFERENCE



Diet and lifestyle strategies for prevention and management of multimorbidity



5-6 December 2023

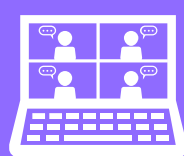


The Royal Society, London, UK

ATTENDEES



225
in-person delegates



55
online delegates



50
#NSWinter23 tweets. [Click here to view.](#)

PROGRAMME



48
Original communications



4
Symposium

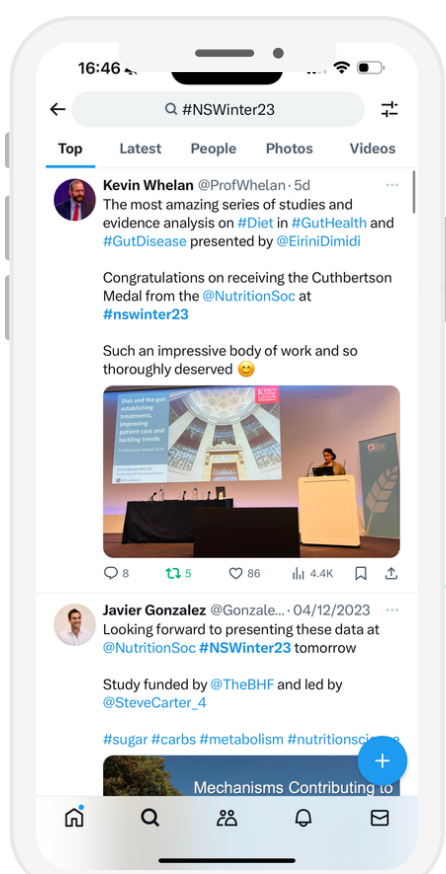


17
Guest speakers

GALLERY



TWEETS



Fantastic couple of days with our final year Nutrition BSc students attending the @NutritionSoc Winter Meeting on diet and lifestyle strategies for prevention & management of multimorbidity
@HNERC_NclUni

Fantastic couple of days at the @NutritionSoc #nswinter23. Really interesting programme covering a range of topics. Great to be able to contribute with exploratory work from the Mycomeat study looking at the effects of the diets on the gut fungi!
Dominic Farsi

The most amazing series of studies and evidence analysis on #Diet in #GutHealth and #GutDisease presented by @EiriniDimidi. Congratulations on receiving the Cuthbertson Medal from the @NutritionSoc at #nswinter23 Such an impressive body of work and so thoroughly deserved
Kevin Whelan