

### Nestlé International Nutrition Symposium (NINS)

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An annual Nestlé International Nutritional Symposium has been held at the Nestlé Research Centre near Lausanne since 2004. These symposia bring together over 100 experts from various scientific and clinical backgrounds to present and debate global issues in nutrition and health.

<b>6th NINS</b> 2009	<b>Nutrition and Health Economics</b> This year's NINS will focus on the relationship between social policies and health, as well as the impact of health on the economy. Speakers include 2 Nobel Laureates in Economics, James J Heckman and Robert W Fogel.
<b>5th NINS</b> 2008	<b>Nutrition and Performance</b> The 5 <sup>th</sup> symposium explored the scientific basis of physical performance from molecular biology to whole body physiology. The opportunities for translating this science into nutritional interventions for performance were considered.
<b>4th NINS</b> 2007	<b>Nutrition and Cancer</b> The 4 <sup>th</sup> symposium was divided into three themes: carcinogenesis, cell cycle, biomarker and therapeutics. The symposium focussed on the complex mechanisms underlying cancer and the potential role of nutrition for cancer prevention and intervention.
<b>3rd NINS</b> 2006	<b>Nutrition and the Brain</b> The 3rd symposium explored three aspects of brain function: peripheral input, central brain processing and behavioural output in relation to disease. It also addressed the use of nutrition as a scientifically-based means to promote and maintain healthy neural signalling.

<b>2nd NINS</b> 2005	<b>Nutrition and Energy</b> The 2 <sup>nd</sup> symposium addressed how imbalances in the diet, together with genetic predisposition, can lead to dysregulation of cellular metabolism. Important advances have been made in understanding metabolic regulation, including the complex role of nutrition in health.
<b>1st NINS</b> 2004	<b>Personalised Nutrition</b> The 1 <sup>st</sup> symposium provided insights into how genetic and phenotypic differences between people explain individual differences in the metabolic responses to the same diet. Speakers included 3 Nobel Laureates in Medicine and Physiology: Günter Blobel, Joseph Goldstein, and Michael Brown.

For more information: [http://www.research.nestle.com/Events/events\\_home.htm](http://www.research.nestle.com/Events/events_home.htm)