



ARE brainier children better fed?

That's the question being poised at an event in York next month when European experts gather in the city to discuss the findings of an extensive study into the effect of diet on the behaviour and cognitive ability of children.

The formal meeting of the NUTRIMENTHE project, as it is known, takes place on October 7th and 8th, 2010 at The Cedar Court Grand Hotel but will also include a Free Public Event on October 6th for the public, academics, industry and health professionals to discover what it is all about.

NUTRIMENTHE is an €8m, five-year project carrying-out extensive research in the UK, Spain, Italy, Germany, The Netherlands, Poland, Hungary, Belgium and the USA.

Now in its third year, NUTRIMENTHE has involved hundreds of European families with young children, including some from the UK. In particular, it has looked at specific nutritional aspects of diet in the early years including taking folic acid during pregnancy, giving vitamin supplements to children, breast milk versus formula milk and nature versus nurture. The question of how parents and teachers perceive that food effects children's mental function will also be discussed.

"Organising a Public Event in addition to our formal meeting", said event co-ordinator Claire Horton, "is a means of opening up the project to others and is a way of showcasing some of the results after nearly three years research. It also demonstrates the success of European co-operation."

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Notes to Editors

About NUTRIMENTHE

Title: The effect of diet on the mental performance of children.

Coordinator: Professor Cristina Campoy, University of Granada, Spain.

Timescale: 2008-2013.

Budget: €8m.

Partners: 19 partners from UK, Spain, Italy, Germany, The Netherlands, Belgium, Poland, Hungary, USA.

Website: www.nutrimenthe.eu

There is evidence that early nutrition can influence (programme) later mental performance, cognitive development and behaviour. The idea that the diet of mothers, infants and children could have an influence on long-term mental performance has major implications for public health practice and policy development, economic progress and future wealth creation.

NUTRIMENTHE is a five-year study that draws together a wide range of scientific disciplines from organisations around Europe and beyond to study the effect of diet on the mental performance of children. More than 17,000 mothers and 18,000 children are involved in epidemiological (population studies) and nutritional intervention studies taking place in study centres around Europe.

NUTRIMENTHE expects to generate a wealth of new information from the studies and link these to the results of neuropsychological tests, biochemical measurements and brain imaging studies. NUTRIMENTHE also aims to establish positive dietary recommendations for the European population as a whole for certain nutrients, especially Omega-3 fatty acids. NUTRIMENTHE also aims to improve public knowledge especially that of parents, teachers and industry laying the foundations for appropriate health claims about how diet affects mental performance in children.

About the event

NUTRIMENTHE has been running for two-and-a-half-years and the Open Forum is the first event to showcase results emerging from the project. The Open Forum is being organised by Beta Technology, a UK partner in the project.

About the European Commission's Seventh Framework Programme

The EC's Framework Programme has been running since 1984 and is the EC's main scheme for funding research. The current, Seventh Framework Programme (FP7) is the largest programme to date, committing €19bn for research from 2007-2013 including funding for Health, Information Communications Technology, Security, Transport, Environment. NUTRIMENTHE is funded by the Food, Fisheries, Agriculture and Biotechnology programme of FP7.

http://cordis.europa.eu/fp7/home_en.html

About the venue

The Cedar Court Grand is York's newest hotel. This five-star venue is situated in the heart of York, a city of cultural heritage. Constructed on the site of the original North Eastern Railways Headquarters, the hotel revives the splendour of the Golden Age of travel, having been carefully restored to retain all of the original features of this stunning building.

Address of venue

The Boardroom,
Cedar Court Grand Hotel & Spa,
Station Rise,
York,
North Yorkshire,
UK
YO1 6HT.

www.cedarcourtgrand.co.uk

Car parking is available at the venue for event delegates.

The research leading to the results of the NUTRIMENTHE project have received funding from the European Community's 7th Framework Programme (FP7/2008-2013) under grant agreement no: 212652 (NUTRIMENTHE Project "The Effect of Diet on the Mental Performance of Children").



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