

# Dubai Hosts 7<sup>th</sup> International Nutrition Congress

## Nutrition Conference Report, Dubai, October 2021

**Dubai, United Arab Emirates, November 4, 2021:** The seventh Dubai International Nutrition Congress (DINC) was held under the theme, "Challenges, Resilience and Sustainability in Nutrition".

The three-day congress took place in a hybrid format at the Ritz Carlton Hotel, DIFC, Dubai. The DINC aimed to raise scientific and professional knowledge in the field of nutrition. Scientific sessions on clinical and community nutrition, workshops, and a poster competition highlighted the implications of nutrition and dietetics, and recent advances in research. ([www.dinc.ae](http://www.dinc.ae))

783 people attended the congress in-person while more than 960 attended online, including specialists and members of local, regional and international nutrition associations. The congress was streamed to 63 countries.

The opening ceremony was attended by His Excellency Awadh Al Ketbi, Director General of the Dubai Health Authority, Dr Younis Kazim, CEO of DHA's Dubai Healthcare, and senior members from nutrition associations including Kuwait Food & Nutrition Association (KFNA), Saudi Society for Food & Nutrition and Arab Society of Paediatric Clinical Nutrition (ASPCN).

Nutrition has a deep impact on our development and health. This conference, in its seventh year, aimed to provide a platform to discuss the most pressing nutritional challenges, trends, new developments and solutions that could help enhance the health and wellbeing of the population and highlight the role of technology in nutrition (such as in BMI measurements).

This congress comes in-line with modern national and international trends. It contributed to strengthening health patterns, improving the results of national health indicators, reducing obesity in children and adolescents in accordance with the National Agenda 2021, and achieving the Sustainable Development Goals.

Nutrition related technologies were highlighted in the accompanying exhibition in which several local and international institutions and companies provided detailed explanations about the latest developments in the field of devices, equipment, and smart solutions related to nutrition.

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Over the three days, 66 speakers (35% local, 29% regional and 36% international) offered their insights on important topics such as nutrition and cancer, nutrition for metabolism and microbiology, recent advances in nutrition, paediatric nutrition and child health, critical care nutrition, nutrition and chronic diseases, and nutrition through the life stages. Over 30 research presentations, 16 scientific sessions and 3 dedicated workshops took place.

This year, DINC's major highlight was the discussion on the impacts of climate and environmental change on family nutrition, COVID-19 and its impact on dietary behaviours, nutritional status and challenges in paediatric nutrition.

The congress also focused on themes related to the importance of diet in helping and preventing non-communicable diseases, malnutrition in hospitals, medical therapeutic nutrition for diabetic patients and cancer patients and in the intensive care unit, nutrition for digestive diseases, nutrition related to immune system patients and paediatrics, and nutritional support for athletes.