



2019

Richard and Hinda Rosenthal Symposium

Behaviour change to improve health for all

 The **Academy** of
Medical Sciences

 NATIONAL
ACADEMY
of MEDICINE

Meeting agenda

09.15 – 09.45	Registration
09.45 – 10.00	<p>Welcome</p> <ul style="list-style-type: none"> • Professor Sir Robert Lechler PMedSci, President, UK Academy of Medical Sciences • Professor Victor J. Dzau, President, US National Academy of Medicine
10.00 – 10.15	<p>Introduction and keynote</p> <p>Chair: Professor Alan Leshner, Chief Executive Officer Emeritus, American Association for the Advancement of Science (AAAS)</p> <ul style="list-style-type: none"> • Professor Dame Theresa Marteau DBE FMedSci, Director of the Behaviour and Health Research Unit, University of Cambridge
<p>Session 1: The neurobiology of behaviour, and what drives individual choices</p> <p>Chair: Professor Huda Akil, Gardner Quarton Distinguished University Professor of Neuroscience and Psychiatry; Co-Director, Molecular and Behavioral Neuroscience Institute, University of Michigan</p> <p>This session will outline and explore:</p> <ul style="list-style-type: none"> • How can an understanding of the basic neural mechanisms of behaviour (drawing on both animal and human studies) reveal targets for interventions to improve health? • Can experiments that examine the neural circuitry that underlies existing interventions explain their efficacy and suggest ways to improve them? • Do different unhealthy behaviours, such as overconsumption of ultra-processed foods and smoking, involve different neural circuits in a way that suggests different types of interventions? 	
10.15 – 10.35	<p>Keynote presentation- Cognitive and neurobiological processes in behavioural regulation and change</p> <ul style="list-style-type: none"> • Professor Todd Hare, Associate Professor of Neuroeconomics and Human Development, University of Zurich
10.35 – 10.45	<p>Targeting neurobiological mechanisms of tobacco and alcohol use</p> <ul style="list-style-type: none"> • Professor Marcus Munafò, Professor of Biological Psychology, University of Bristol
10.45 – 10.55	<p>Leveraging the neural basis of cognitive, emotional, and behavioural dysfunction</p> <ul style="list-style-type: none"> • Professor Barbara Sahakian FBA FMedSci, Professor of Clinical Neuropsychology, University of Cambridge
10.55 – 11.05	<p>Healthy development for children, and policy opportunities for intervention</p> <ul style="list-style-type: none"> • Professor Greg Miller, Louis W. Menk Professor, Institute for Policy Research and Department of Psychology, and co-Director of Foundations of Health Research Center, Northwestern University

11.05 – 12.00	Discussion
12.00 – 13.00	Lunch
<p>Session 2: Behavioural science approaches to effective population-level interventions that improve health equity</p> <p>Chair: Dr Robb Rutledge, Principal Research Associate, Max Planck UCL Centre for Computational Psychiatry and Ageing Research, University College London</p> <p>This session will outline and explore:</p> <ul style="list-style-type: none"> • Where have interventions and policies in the physical, social, and/or economic environments had the most success in changing behaviour across populations to reduce health inequity? • What are the biggest challenges and research gaps? • Are there lessons from effective interventions that can be applied to tackle public health challenges like obesity, alcohol and drug use? 	
13.00 – 13.10	<p>Population approaches to equitable behaviour change intervention</p> <ul style="list-style-type: none"> • Professor Martin White, Programme Lead for Dietary Public Health Research, Centre for Diet and Activity Research (CEDAR), MRC Epidemiology Unit, University of Cambridge
13.10 – 13.20	<p>Behavioural interventions for smoking and obesity</p> <ul style="list-style-type: none"> • Professor Paul Aveyard, Professor of Behavioural Medicine, University of Oxford
13.20 – 13.30	<p>Improving health and equity in diabetes and cardiovascular disease</p> <ul style="list-style-type: none"> • Professor Felicia Hill-Briggs, Professor of Medicine and Senior Director of Population Health Research and Development, Johns Hopkins University and Medicine; Immediate Past President, American Diabetes Association
13.30 – 13.40	<p>Translating evidence into policy</p> <ul style="list-style-type: none"> • Professor Marlene Schwartz, Professor of Human Development and Family Studies, University of Connecticut; Director, Rudd Center for Food Policy & Obesity
13.40 – 14.30	Discussion
14.30 – 15.00	Refreshment break

Session 3: Complex system approaches and emerging technologies to improve health through behaviour change

Chair: Professor Harry Rutter, Professor of Global Public Health, University of Bath

This session will provide an opportunity to discuss the potential value, and limitations, of innovative approaches to tackling public health concerns through complex system approaches and emerging technologies.

15.00 – 15.10	Introduction to complex system approaches <ul style="list-style-type: none">• Professor Harry Rutter, Professor of Global Public Health, University of Bath
15.10 - 15.20	Application of digital technologies to change behavior <ul style="list-style-type: none">• Dr Wendy Nilsen, Program Director, Smart and Connected Health, National Science Foundation
15.20 – 15.30	Modelling complex systems-level approaches to improve population health <ul style="list-style-type: none">• Professor Bruce Y. Lee, Associate Professor of International Health, Johns Hopkins Bloomberg School of Public Health; Executive Director, Global Obesity Prevention Center, Johns Hopkins
15.30 – 15.40	Revolutionising evidence synthesis and use: the Human Behaviour-Change Project <ul style="list-style-type: none">• Professor Susan Michie FMedSci, Professor of Health Psychology, Director of the Centre for Behaviour Change, University College London
15.40 – 15.50	The future of digital public health <ul style="list-style-type: none">• Professor Lucy Yardley, Professor of Health Psychology, Centre for Applications of Health Psychology, University of Southampton and School of Experimental Psychology, University of Bristol
15.50 – 16.30	Discussion
16.30 – 16.50	Conclusions <ul style="list-style-type: none">• Reflections from the meeting co-chairs, and an overview of funding opportunities between the US and UK.• Professor Alan Leshner, Chief Executive Officer Emeritus, American Association for the Advancement of Science (AAAS)• Professor Dame Theresa Marteau DBE FMedSci, Director of the Behaviour and Health Research Unit, University of Cambridge
16.50 – 17.00	Close <ul style="list-style-type: none">• Professor Dame Anne Johnson FMedSci, Vice-President International, UK Academy of Medical Sciences
17.00 – 20.00	Networking reception