

# VITAMIN D, LIFESTYLE, AND ENVIRONMENT

EXPLORE HOW THESE FACTORS AFFECT PHYSICAL HEALTH,  
COGNITIVE FUNCTION, AND WELLBEING IN UNIVERSITY STUDENTS.

TUESDAY 1 JULY 2025, 09:00-16:00

9:00: Arrival and Registration (with refreshments)

---

09:30: **Welcome and Opening Remarks** with Professor Theocharis Ispoglou and Professor Lauren Owen

---

09:35: **Keynote: "Nutrition and Lifestyle Influences on Cognitive Function and Mental Wellbeing: Mechanisms, Evidence, and Applications"** with Professor Andrew Scholey

A broad overview of how nutrition, supplementation, physical activity, and environmental influences affect cognitive performance, mood, and mental health.

---

10:15: **"NHS Governance and Collaboration in Health Inequality Research"** with Rebecca Harper (West Yorkshire Integrated Care Board). Exploring how NHS governance frameworks can support research on mental health, cognition, and lifestyle in higher education.

---

10:35: Refreshments break and networking

---

10:55: **Keynote: "Exercise and Vitamin D Metabolism: Insights from the VitaDEx Trial"** with Dr Oliver Perkin

---

11:15: **Internal Research Presentations**

→ Dr Jackie Hargreaves: **Cognitive or mental well-being outcomes** (Carnegie School of Sport)

→ Dr Deaglan McCullough: **Physical performance and functional health** (Carnegie School of Sport)

→ Dr Jim Parker: **Daylight exposure in urban grey and green spaces: a pilot field study** (School of Built Environment and Engineering)

---

11:50: **Institutional Reflections** with Richard Newman and Dr Lisa Gorton

Short contributions on translating evidence into student services and university wellbeing strategies.

---

12:05: **Panel Discussion: Addressing Disparities and Strategic Interventions** including a short address from Adele Bunch (HIYH), offering a strategic perspective on tackling health inequalities through interdisciplinary collaboration.

---

12:30: Lunch and networking to support future partnerships

---

13:15: **Session: Collaborative Action Forum – from Evidence to Strategy** (including closing remarks)

Led by Kimberley Frost (HIYH) and Professor Theocharis Ispoglou. Activities will include:

→ Panel-led thematic discussions addressing housing, sun exposure, nutrition, and physical activity disparities

→ Structured audience engagement capturing lived experience, priorities, and practice-based insights

→ Facilitated action planning focusing on practical tools, policy recommendations, and scalable health interventions

---

This programme is subject to change



This event is a university collaboration across Carnegie School of Sport, School of Humanities and Social Sciences and School of Built Environment, Engineering and Computing in partnership with Health Innovation Yorkshire and Humber.