

## **Conference Report: Highlights of the ESPEN Conference**

Attending the ESPEN (European Society for Clinical Nutrition and Metabolism) conference was a transformative experience, especially being my first international conference during my PhD. ESPEN's focus on the intersection of nutrition and metabolism across diverse health areas aligned well with my research, which examines how modifiable lifestyle factors—including diet and physical activity—impact chronic respiratory disease (CRD) risk and progression. Presenting my systematic review poster on combined lifestyle interventions (CLIs) for asthma and COPD prevention and management was a key highlight. Feedback from peers and experts reinforced the need for expanding CLI applications, particularly in high-risk populations to prevent disease onset, and emphasized the importance of addressing long-term behavior change. Several conference sessions covered nutrition and respiratory health, including muscle wasting and sarcopenia, which are critical concerns for patients with CRD. These discussions deepened my understanding of how dietary interventions can mitigate disease progression. Observing young researchers present their work was particularly inspiring, seeing how they design and conduct impactful research projects. The conference facilitated meaningful connections with international experts and strengthened collaborations within my department. Overall, ESPEN broadened my knowledge of clinical nutrition, offered new perspectives to refine my research, and opened avenues for future collaboration and dissemination.