

Nutrition North – Regional Nutrition Research Collaborative

Tuesday 2nd May 2023, 2.30pm

(Zoom Meeting)

Meeting Notes and Actions

In Attendance:

Chair: Bernard Corfe (BC), Professor of Human Nutrition and Health, Newcastle University
Amelia Lake (AL), Professor of Public Health Nutrition, Teeside University
Iain Brownlee (IB), Associate Professor, Dept of Biology, Food and Nutritional Sciences, Northumbria University
Ian Davies (ID), Reader in Nutritional Science, Liverpool John Moores University
Jenny Paxman (JP), Senior Lecturer in Nutrition, Sheffield Hallam University
Nicola Lowe (NL), Professor of Nutritional Sciences, UKRI/GCRF Challenge Leader for the Food Systems Portfolio, University of Central Lancashire (UCLan)
Maria Bryant (MB), Professor in Public Health Nutrition, University of York
Jibin He (JH), Senior Lecturer in Food Science and Technology, Teeside University
Bernadette Moore (BM), Associate Professor of Obesity, University of Leeds
Kevin Williamson (KW), Head of Research, Consultant Nutritionist and Clinical Lead at the Centre for Nutrition and Behaviour, Rotherham Doncaster & South Humber NHS FT (RDaSH)
Carolyn Summerbell (CS), Deputy Director of Fuse, Durham University
Liz Williams (LW), Senior Lecturer in Human Nutrition, University of Sheffield
Leo Stevenson (LS), Senior Lecturer, Nutrition & Food Science, Liverpool Hope University
Marena Ceballos Rasgado (MCR), Research Associate, University of Central Lancashire (UCLan)
Sarah Hill (SH), Project Manager, NHSA

Apologies:

Séamus O’Neill (SO’N), Chief Executive, Northern Health Science Alliance (NHSA)
John McLaughlin (JM), Professor of Gastroenterology and Nutrition, University of Manchester
Victoria Moran (VM), Reader in Maternal & Child Nutrition, University of Central Lancashire (UCLAN)
Sohail Mushtaq (SM), Associate Professor in Nutritional Biochemistry, University of Chester
Paul Gately (PG), Professor of Exercise and Obesity, Leeds Beckett University
Richard Webb (RW), Lecturer in Clinical Nutrition, Liverpool Hope University
Robert Akparibo (RA), Associate Professor in Global Health and Nutrition Epidemiology, University of Sheffield

Charlotte Evans (CE), Associate Professor of Nutritional Epidemiology & Public Health Nutrition, University of Leeds

Jan Mei Soon-Sinclair (JSS), Senior Lecturer in Food Safety Management, University of Central Lancashire (UCLAN)

Samantha Caton (SC), Senior Lecturer, University of Sheffield

Jo Smith (JS), Consultant Dietitian, Tees Esk & Wear Valleys NHS FT

Basma Ellahi (BE), Professor of Public Health Nutrition, University of Chester

Julie Young (JY), Northumbria University

Masoud Isanejad (MI), University of Liverpool

Emma Boyland (EB), Senior Lecturer in Psychology, University of Liverpool

Helen Moore (HM), Associate Professor (Research), Evaluation and Impact Team, Teeside University

Julie Abayomi (JA), Associate Head, Applied Health & Social Care, Edge Hill University

Frances Hillier-Brown (FHB), Lecturer Public Health Nutrition, Health Nutrition Research Centre, Newcastle University

Farzad Amirabdollahian (FA), Professor of Nutrition and Public Health; Associate Dean, Faculty of Education, Health and Wellbeing; Head of School of Public Health Studies, University of Wolverhampton.

Agenda

Item	Topic	Led By
1	Welcome and Introduction	BC/SO'N
2	Update on the previous meeting and review of the agreed actions	BC
	<u>Review of Nutrition North work programmes:</u>	
3	Nutrition Society Special Interest Group	AL
4	Webinar Programme	SM/KW
5	Careers Event	JP/IB
6	White Paper	AL
7	Health Equity North launch: <i>What can Nutrition North learn from this?</i>	BM/ CE
8	Governance and Website	SON/SH/ BC
9	Metafacility: <i>Some initial thoughts</i>	BC

10	Discussion & Any other business: <i>i) Nutrition APPG</i> <i>ii) Regional clinical project, what might we do?</i>	BC JMcl /KW
11	Close of Meeting: <i>Next meeting date – In person meeting, satellite to NutSoc in Liverpool</i>	ID/JA/BC/AL

Meeting Notes

[Nutrition North Meeting 02-05-2023](#)

1. Welcome

BC opened the meeting and thanked everyone for coming.

2. Review of Previous Meeting and Actions

The group agreed that the minutes of the previous meeting were an accurate representation of the proceedings. The actions from the previous meeting were noted to be ongoing or covered by the current agenda.

Review of Nutrition North Work Programmes:

3. NutSoc Special Interest Group

Lead by AL, BC, CE & LW. AL informed the group that the application to establish a Nutrition Society Special Interest Group was successful – Nutrition North is now the first ever regional SIG with NutSoc.

4. Webinar Programme

Lead by KW, SM, BC & SH. KW updated the group on progress so far. 2 working group meetings have been held. Requests for webinar topics were sent out to the network and some good ideas were returned. Aiming to produce 12 live, monthly, webinars that are sponsored and CPD accredited.

Some potential sponsorship sources have been recommended. SM has developed a sponsorship request letter to distribute to suitable companies. KW and SM have also made enquiries regarding webinar funding with Health Education England (HEE), local authorities and local directors of public health.

KW proposed that approximately £20,000 funding would be required to sustain the webinar series for 1 year and requested further suggestions for potential sponsors and webinar topics. KW also asked for input on how to get the webinars accredited for CPD.

ID recommended extending the topics to Sports Nutrition and offered to enquire with the Sports Nutritionists at Liverpool John Moores University.

JP offered advice on gaining accreditation and said it can be very straightforward.

IB, BC and AL discussed some potential conflict issues with sponsorship and the need to align with any NutSoc sponsorship policy.

MB commented that if a sponsor can cover a whole series of webinars, then this makes individual associations less of a problem.

Action (All): To email Kevin Williamson (kevin.williamson@nhs.net) with further ideas for webinar topics and industry contacts as potential sponsor.

Action (ID): To enquire about possible webinars with the Sport Nutrition group at LJM.

5. Annual conference/Careers Event

Lead by IB & JP. An annual conference or careers event that aims to match graduates from the North with employers from the North. JP & IB reported that progress has been difficult so far. Collaborative approach will overlap with individual events already organised by HEIs and Cities. It will be challenging to get buy in from employers, HEIs and students. Every institution is competing for employability.

IB further reported that he has scheduled a meeting with the Northumbria University events team to discuss the plan and JP has also proposed the concept to the employability team at Sheffield Hallam University.

The group discussed the difficulties associated with organising the event which included:

- A flooded market leading to disengagement.
- GDPR.
- Event location and how students will travel there.
- Affordability for students & communication.
- The need for tailored events targeted at specific student groups.
- Institutional reluctance to share information.

AL commented on whether the event should also look at recruitment for senior roles and focus more on gaps in employment. AL asked about using Twitter or LinkedIn instead of holding a physical event.

BC agreed that there may be an opportunity to use LinkedIn as a vehicle for cascading information rather than going through individual institutions.

IB, JP and BC to reflect on whether to continue with the event work programme as initially devised or see if it needs to be adapted to a different format.

6. White paper/expert report

Lead by AL, IB and MV. A report or paper to be published in time for future governments to start reflecting on nutrition policy in the North.

Report aims to cover:

- Nutrition related inequality
- Targets for national improvement
- Economic benefits
- Case studies

Members will be asked to contribute to certain sections.

AL thanked IB and MV for putting together the initial document outline.

Action (SH): *To upload the document outline to the Publication Group Channel on the Nutrition North Teams group.*

Action (SH): *To upload examples of NHTA reports to the Publication Group Channel on the Nutrition North Teams group, to use as guidance.*

Action (SH): *To add CS to the Nutrition North Teams group.*

7. Report on the Health Equity North Launch

BM attended the HEN Launch on Wednesday 19th April 2023 and updated the group on the event. The HEN report was very nicely presented and printed. The launch was well run with press and social media coverage but was only picked up by the Yorkshire Post. Successful at getting politicians and charity stakeholders in the audience but not really targeted towards an academic audience. Overall, a good event but a more scheduled networking session would have been useful. A Nutrition North event would need to consider the audience and improve media traction.

BC thanked BM for the report.

8. Governance & Website

Held over to the next meeting.

9. Nutrition North Metafacility

BC summarized an idea for a collaborative virtual facility to enable nutrition research in the north and increase knowledge.

JH agreed that lots of HEIs have facilities sitting empty. Small to Medium businesses have no resources to do research so a pooled resource could be something valuable to offer to businesses.

IB commented that it could provide a platform for a postdoctoral research centre and suggested mapping resources and facilities. IB also suggested that if NN was set up as a charity it would make multi-organisational projects more feasible.

BC thanked JH and IB and proposed adding the subject to the agenda and discussing in more depth at the next meeting.

10. All-Party Parliamentary Group (APPG) for Nutrition.

BC informed the group that the APPG launches on 6th June 2023. A series of meetings on nutrition and the health of the nation is being planned. Speakers include Prof Charlotte Hardman (University of Liverpool) and Prof Greta Defreyter (Northumbria University).

11. Regional Clinical Project

Held over to the next meeting.

12. Closing discussion

The group finished by discussing the possibility of holding a face-to-face meeting to coincide with the Nutrition Society Summer Conference, in Liverpool, in July 2023.

Action (BC/SH): To look at meeting dates and booking a meeting venue in liverpool

BC also asked MB and CS to report back on the upcoming “Child of the North” meeting in order to explore potential collaboration.

Action (MB/CS): To report on Child of the North Activity and potential for collaboration at the next meeting.

BC thanked everyone for coming and for all their contribution. With no further business, the meeting was closed.

Actions

Item	Due	By
To email Kevin Williamson (kevin.williamson@nhs.net) with further ideas for webinar topics and industry contacts as potential sponsor.		All
To enquire about possible webinars with the Sport Nutrition group at LJM		ID
To upload the document outline to the Publication Group Channel on the Nutrition North Teams group		SH
To upload examples of NHSA reports to the Publication Group Channel on the Nutrition North Teams group, to use as guidance		SH
To add CS to the Nutrition North Teams group.		SH
To look at meeting dates and booking a meeting venue in liverpool		BC/SH
To report on Child of the North Activity and potential for collaboration at the next meeting.		MB/CS